



BlueBerry Jam

Cook County Whole Foods Co-op where Everyone is Welcome!

Board Report

by Nick Vavrichek, Co-op Board

Are you passionate about the Co-op? You can get involved and make a bigger difference! Consider running for one of the two possible Board of Directors (BOD) "seats" up for election this autumn. Erik Hahn, after many years of service on the BOD has chosen not to run for reelection this fall. Also, Kathy Bolstad's term expires this year and creates an opening for election.



The Co-op's Board of Directors primary purpose is to be the visionaries for the Co-op's future. The BOD monitors and directs the Co-op's progress in meeting our "Ends". (See the Ends Statements below) We are not involved in the day to day operations of the Co-op. Those responsibilities are those of the General Manager and the employees. If elected, your responsibilities will include attending and participating in monthly board meetings, and a few other events, trainings, and serving on committees as needed, this is a three year commitment. Here are some thoughts from a few current BOD members. Judy Peterson says that serving on the BOD is a privilege to represent our amazing, diverse, and creative owners. Working together, she says, we do make a difference in our community and our world. Barb LaVigne decided to run for the Board because she values the Co-op for its good food and the health and happiness of our community. She decided to take a turn overseeing our Co-op's policies and over-arching principles. For me, I agree with both Judy and Barb and find it very gratifying to give something back to our wonderful cooperative. I have been a Co-op shopper/owner most of my adult life and truly value and believe in this unique business model. It's wonderful to "own the store" with our community.

If you are interested in running for a seat on the Co-op's BOD, pick up a board packet and application at the Information Desk at the Co-op, or visit www.cookcounty.coop. Board application deadline is Tuesday, 1 September 2015. Feel free to contact any of the BOD members to ask any questions. The election takes place at our owners annual meeting in October.

Bylaws Update

by Jennifer Stoltz

Throughout the year, the Board has been reviewing our current Co-op Bylaws. Bylaws are the rules and regulations enacted by our cooperative to provide a framework for its operation and management. Bylaws may specify the qualifications, rights, and liabilities of membership, and the powers, duties, and grounds for the dissolution of our organization, and they can only be changed by a vote of the Owners. We initially thought only a few tweaks would be necessary but quickly realized that they had been tweaked a number of times and needed a total overhaul to simplify our Bylaws and to get them consistent with Minnesota Cooperative Statutes.

We started with a Fresh Start Template and sent them off to an attorney for review. We're still in the process of review, but hope to have the proposed Bylaws ready by August, and we will put them to a vote of the Owners at our Annual meeting in October.

If any owners would like to discuss the changes to our bylaws, there will be time set aside at 5:30 pm at our Tuesday, August 25th and Tuesday, September 22nd board meetings.

All board meetings are held in the Conference Room in the Co-op. Stop by the Co-op Information Desk to pick up a copy of the Bylaws, or visit: www.cookcounty.coop

Cook County Whole Foods Co-op Ends Policies

As a result of all the Cook County Whole Foods Co-op does, we will be:

- A successful, cooperative grocery that is a trusted source of healthy, local, and sustainable products and services for all;
- A leader in environmentally sustainable practices;
- A source of employment that provides meaningful work and fair compensation;
- A welcoming and friendly gathering place where the community has a sense of belonging; and,
- A trusted resource for information on food, wellness and the value of cooperative principles.



A Member Owned Community Grocery Working to Create a Healthy and Sustainable Society

The Blueberry Jam

Published by
Cook County Whole Foods Co-op
20 E. First St., P.O. Box 813
Grand Marais, MN 55604
218.387.2503
coopoutreach@boreal.org
www.cookcounty.coop

Hours September-June
Mon. – Sat. 9 a.m. – 7 p.m.
Sunday 10 a.m. – 6 p.m.

July & August
Mon. – Sat. 8 a.m. – 8 p.m.
Sunday 9 a.m. – 7 p.m.

Ownership investment:
\$120 full-equity investment

Moving? Let us know if any of your account information changes, and we will update that right away!

Please recycle! The Blueberry Jam is 100% recyclable!

Staff

Jennifer Stoltz
General Manager

Andrew Ashcroft
Customer Service Manager

Marietta Berneking
Bookkeeper

Kim Falter
Wellness Coordinator

Michael Garry
Grocery Manager

Pat Hennessy
Meat Buyer

Diane Dimitrova
Deli Manager

Tom Knutson
IT Coordinator

Reed Schmidt
Marketing & Education

Leslie Pedersen
Cheese Buyer

Jeri Person
Produce Manager

Ray White
Bulk & Cooler Buyer

Welcome New Owners

Micki Abrahamson
Francine Alt-Greene
Thersa Andrus
Ranie Arnold
Linda Baudry
Matthew Baxley
Jill Boen
Debra Bourne
Lisa Brickner
Trilby Busch
Nancy Carlson
Andi Carlson
Julie Cosgrove
Kyleleen Cullen
Mike Cuzzo
Lindsey Dietz
Linda Eldridge
Rain Elfvin
Mattie Erstad

Carolyn Fritz
Maria Gaffney
Stephen Green
Nancy Gustafson
Joan Hand
Olivia Hedstrom
Alan Hedstrom
Jody Helmerson
Catherine Hewitt
Hannah Hoaglund
Shana Iannaccone
Kevin Ilenda
Barb & Dave Jansen
Barbara Johnson
Tammi Johnson
Denise Kaitala
Mary Kozorys
Nathanael Kuenzli
Nadia LaRussa
Connie Lehr
Curt Levang
Dani Lind

Kate Lindello
Russell Luebbert
Ruth Anne Martin
Nancy Murphy
LaRaye Osborne
Jerry & Maureen Pearo
Arlene Ramsdale
Marie Reed
Charlie Seibert
Randy Sjogren
Sandra Skrien
Terri Sogren
Heath Stanton
Carol Stender
Mara Taft
Mitchell Tillges
Wendy Trylinski
Raymond Urbanski
Voyageur Brewing Co.
Fred Wright
Tim & Maddee Young
Thank you!

Full-Equity Shares

Owners who paid their \$120 full-equity investment

Thersa Andrus
Linda Baudry
Trilby Busch
Carl & Beth Foster
Maria Gaffney

Megan Heikes
Barb & Dave Jansen
Barbara Johnson
Denise Kaitala
Dave Klett & Liz Halloran
Becky Kondrad
Nadia LaRussa
Connie Lehr
Jill Levene & Jerry Vanek

Kate Lindello
Jerry & Maureen Pearo
Kathryn Ramberg & Max Whalers
Marie Reed
David & Karen Saethre
Heath Stanton
Randy & Lynne Wiitala
Thank you!

Become a Co-op Owner

Anyone may shop at the Co-op; only owners receive the following benefits, here are just a few:

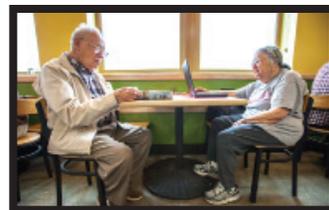
- Monthly owner specials, plus 5% discount off most items on the 5th of each month
- Four \$5.00 discounts annually on purchases of \$50 or more, one every three months
- Four \$5.00 *need-based* discounts annually on purchases of \$50 or more. To apply stop by the Co-op or visit: www.cookcounty.coop
- Blueberry Jam newsletter
- Possible patronage rebate: the more you spend, the more you receive!
- Voting rights: one owner = one vote
- Discount on Co-op classes

It's Easy to Become an Owner

Fill out an application form with a cashier, we will set up your account at the register, it's easy.

Pick a Payment Option:

Purchase your full \$120 (this is not an annual fee) equity or you may choose to pay \$12 annually until the full amount has been paid. Benefits begin with the first \$12 investment.



Equity Facts:

Ownership in the Cook County Whole Foods Co-op is voluntary. Pursuant to our bylaws, you may request a refund of your equity account balance. Refunds will be made within 90 days of a written request if replacement funds are available at that time as determined by the Co-op Board of Directors. If your ownership account expires and you do not request a refund, your account balance will be added to the Co-op's capital fund after two years of inactivity.

Look What's New at the Co-op!



Bulk Department

Turkish Sumac
Organic Curry
Cashews
Organic Non-GMO soybeans

Grandy Oats

High Antioxidant
Trail Mix

Columbus

Organic Canola Oil

Century Sun Organic Sunflower Oil

Fika Organic Mexican Dark Roast Coffee-*Local*

Frontier Organic Yerba Mate Tea

Tea Source Mach-U Peach-U Tea Blend
Goji Berries

Cooler/Dairy Department

Wildbrine Sauerkrauts and Kimchee

Castle Rock Organic milk in returnable glass bottles-*Local*

Holy Land Hummus 36oz., various flavors-*Local*

State Line Produce Organic Eggs and Soy-Free/Non-GMO Eggs-*Local*

Stoneyfield Greek and Chia Yogurt

Silk Cashew Milk

Silk Dairy Free Soy Yogurt

Evolution Organic Juices 64oz.

Follow Your Heart Vegan Lactose Free Cheese Alternatives

Mamma Chia Organic Cranberry Lemonade

Siggi's Orange/Ginger Icelandic Style Yogurt

Daiya Provolone Style Dairy Free Slices

Turmeric Alive Energy Shots and Elixers

General Merchandise

Toteables: BPA-free, canvas wine, water and beverage totes

Maggie's: Cotton Sport Socks and Cushion Foot Crew Sock

Coming Soon! **Kleen Kanteen** Co-op Travel Mugs

Grocery Department

Coconut Bliss Ice Cream Bars

Sir Kensington Condiments

So Delicious Cashew Milk Ice Cream

Black Eye Brewing Coffee-*Local*

Dufore Puff Pastry Dough

Lily of The Desert Aloe Water

Zoe Olive Oil

Bare Honey Honeys-*Local*

C2o Coconut Water Popsicles

Meat Department

Bodin's Lake Superior Wild Lake Trout Fillets-*Local*

Ferndale Market Uncured Smoked Turkey Breasts-*Local*

Niman Ranch Uncured Sliced Pastrami, Corned Beef and Beef

Wellness Department

Simply B Natural: Nature's Magic Juice and Black & Blue Salve-*Local*

Goddess Gardens Natural Sunscreens

Nubian 24 hour Deodorant

Dr. Bronner's Toothpaste

Weleda Birch Cellulite Body Oil

Mineral Fusion Lip Tints

MegaFood Daily Maca Plus

Amazing Grass Raw Reserve Greens & Protein

Pure Hawaiian Spirulina Powder

Renew Life: Extra Strength Shelf Stable Probiotic 30 billion

Critical Care Shelf Stable Probiotic 50 billion

Four Elements: Lemon Eucalyptus Bug Spray

Lavender Catnip Bug Spray-*Local*

Co-op Brand Supplements



OG=Organic GF=Gluten Free
Local=400 mile radius from Grand Marais, Minnesota

Maque Choux Southern Corn Salad

Ingredients

¼ pound bacon, cooked crisp
1 tablespoon butter
½ cup diced yellow onion
½ cup diced green bell pepper
4 cups corn kernels (fresh or frozen)
½ cup diced fresh tomato
½ teaspoon dried thyme
¼ cup milk
Pinch of cayenne pepper
Salt and black pepper to taste



Preparation

Cook bacon until crisp and set aside. Crumble or chop when cooled. In a large skillet, heat the butter over medium-high heat. Add the onion and green peppers and sauté for a few minutes. Add the corn, tomato, thyme and milk and continue to cook over medium heat, stirring occasionally, for 10 minutes or until corn is tender.

Remove from heat and stir in the cayenne, crumbled bacon and salt and pepper. Serve warm.

Serving suggestion

A traditional side to Creole dishes, this salad is often spiced up with a dash of hot sauce. Turn it into the main course by adding cooked chicken, sausage, crabmeat or shrimp just before serving, stuffed into fresh tomatoes or spooned over ripe avocado halves. This dish reheats well; make it ahead of time and refrigerate up to 2 days

Recipe courtesy of the National Cooperative Grocers-*NCG*



Board of Directors

Barb LaVigne - President

Term Expires 2016

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blavigne@boreal.org

Don Grant - Vice President

Term Expires 2016

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Term Expires 2017

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Term Expires 2016

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Nick Vavrichek

Term Expires 2017

218-387-3340

yurtboyz@boreal.org

Let Us Hear From You!

Do you have questions, comments or suggestions for the Co-op Board of Directors? Give us a call, e-mail, leave a note, or come to a board meeting. Board meeting times and dates vary, please check our website www.cookcounty.coop or call 218.387.2503 for the latest information. Notify the Board President in advance if you would like a topic to be added to the agenda.

Want to go paperless?

Receive your Co-op "Blueberry Jam" Newsletter via e-mail, it's easy! Send your name, e-mail address and owner number to: coopoutreach@boreal.org

coefficient

multiplying food co-op impact

Sustainability: Planet, People, Products

by Jennifer Stoltz

Local.
Healthy.
Organic.
Fair trade.
Wellness.
Community.



These words are associated strongly with both co-ops and the "world of sustainability." Sustainability is a natural fit with co-op culture, and increasingly, co-ops are formalizing this long-standing ethos into organized programs with goals, measurement and reporting.

In business, thinking surrounding sustainability is organized into three components:

- Environmental integrity
- Concern for the community/ social equity
- Economic success

We summarize this triple bottom line as "planet, people, products." This marks a paradigmatic shift from traditional business, where the bottom line is focused exclusively on economic success.

Many traditional businesses have begun to pursue sustainability however, because sustainability programs have been shown over and over to be sound business decisions, as common outcomes include:

- Reducing operating expenses
- Improving staff productivity and lowering turnover rates
- Increasing customer loyalty and positive brand association
- Minimizing risk

In terms of energy alone, grocery stores consume more energy per square foot than any other building type, second only

to food service (restaurants). A typical grocery store's profit margin and energy spending each amount to roughly 1% of total sales. Because of this, the U.S. EPA estimates that each dollar in energy savings is equivalent to increasing sales by \$59.00.

Our Co-op has joined a sustainability program to track everything from waste, recycling and energy use to local and fair trade sales. Co+efficient is a sustainability software program just for NCG co-ops that provides a common framework for addressing all areas of store operation. The program includes an online portal for tracking metrics and dashboards to help users understand and improve their performance. It also packages data in ways which will make it easy to share our progress with our owners. Co+efficient metrics are based on the best of existing industry standards, including Global Reporting Initiative (GRI), EPA EnergyStar, United States Green Building Council, B Corp, Sustainable Food Trade Association, and others.

The metrics will be updated over time, as industry standards change and evolve.

Stay tuned to hear the results of our tracking. It will be great to have data to see how well we're doing and to highlight areas that we need to improve.

**Excerpts from this article were reprinted with permission from Sheila Samuelson, NCG Sustainability Specialist*

Local
Healthy
Organic
Fair trade
Wellness
Community

Peach Butter

Ingredients

6 cups roughly-chopped fresh peaches, pits removed
Pinch of ground cinnamon and/or ginger
2 to 4 tablespoons honey (adjust according to the sweetness of the peaches)

Preparation

In a large, heavy-bottom pot, stir together the peaches, spices and honey. Cook over low-medium heat, uncovered, stirring frequently, for about 45 minutes, until the peaches begin to break down. Use an immersion blender to puree the peaches until smooth. (A regular blender can be used, blending the peaches in small batches. But be careful – the peach mixture will be very hot and sticky!) Cook the peach puree another 15 to 20 minutes, stirring frequently, until the mixture is thick and spreadable. Remove from heat and let cool. Pour into mason jars or sturdy plastic containers, cover and refrigerate.



Serving Suggestion

Spread peach butter on waffles, pancakes, toast, scones or biscuits to liven up your breakfast, or drizzle over a chunk of salty blue cheese on an appetizer platter. Add vanilla, mango or strawberries for more exotic flavor combinations. Peach butter will keep refrigerated for a few weeks.

Recipe courtesy of the National Cooperative Grocers-NCG



Did you Know?

Peaches are grown commercially in 28 states. The top four peach-producing states are California, South Carolina, Georgia and New Jersey. California produces both fresh and processed peaches, whereas South Carolina and Georgia produce mainly fresh peaches.

The peach is a member of the rose family, and there are over 700 varieties of the fruit.

A large peach has fewer than 70 calories and contains 3 grams of fiber. It's also a good source of vitamins A and C.

Co-op Calendar 2015

July

- Extended hours begin 1 July
- Store hours July & August
- Monday-Saturday 8:00a.m.-8:00p.m.
- Sunday 9:00a.m.-7:00p.m.
- Co-op is Open the 4th of July
- Saturday, 4 July 8:00a.m.-8:00p.m.

Owner Appreciation Day

Sunday, 5 July

Wellness Wednesday

Wednesday, 15 July

Co-op Board Meeting

Tuesday, 28 July 5:30-7:30p.m.

August

Owner Appreciation Day

Wednesday, 5 August

Wellness Wednesday

Wednesday, 19 August

Co-op Board Meeting

Tuesday, 25 August 5:30p.m.-7:30p.m.

Bylaws Review:Co-op Board Meeting

Tuesday, 25 August 5:30-5:45p.m.

Extended store hours end 31 August

September

Store Hours September-June

Monday-Saturday 9:00a.m.-7:00p.m.

Sunday 10:00a.m.-6:00p.m.

Board Candidacy Applications Due

Tuesday, 1 September

Owner Appreciation Day

Saturday, 5 September

Co-op is Open Labor Day

Monday, 7 September 9:00a.m.-7:00p.m.

Wellness Wednesday

Wednesday, 16 September

Co-op Board Meeting

Tuesday, 22 September 5:30p.m.-7:30p.m.

Bylaws Review:Co-op Board Meeting

Tuesday, 22 September 5:30-5:45p.m.

Preserving Fruits & Veggies with Fermentation

Sunday, 27 September 6:30-8:00p.m.

Adopt-A-Highway Cleanup Day

Saturday, 12 September 10:00a.m.-Noon

Class Schedule

July-August-September 2015

Preserving Fruits & Veggies with Fermentation

Sunday, 27 September 6:30-8:00pm.

Cindy Hale co-owner, Clover Valley Farms

For this hands-on workshop, bring a SMALL sampling of your fall harvest (cabbage, beets, carrots, onions and maybe even some crab apples or other fall fruits). Learn how to ferment cabbage into sauerkraut, pickle beans and carrots, even fruits for winter time treats. Bring canning jars with lids for each item you bring. We will have time to quickly demonstrate several types of fall fermentation but NOT to “put up” your fall harvest so bring small amounts, what will fit in the jars you bring. You will get recipes for continuing your fall preservation at home! Class size: 6 \$10 for owner/\$15 for non-owners

How to Register

Pre-registration is requested, stop by the Co-op or call 218-387-2503. Payment is required at time of registration.

Instructors

Cindy Hale is a self-taught cook from way back. In 2013, Cindy left her 20 year career as a research ecologist with the University of Minnesota Duluth to farm full-time. On the farm, Cindy and her family strive to eat not only locally but from what is available from their farm. Creativity and the pursuit of simple but fabulous flavors lead to home wine and beer brewing, fermented foods and eventually to making vinegars for their own use in about 2009. The health benefits of live culture vinegars are well known, Cindy takes it the next step, making great tasting food that is also very healthy. Join her to learn and share a one of a kind culinary experience. For more information visit: www.clovervalleyfarms.com



Know Your Cosmetics

by Kim Falter, Wellness Coordinator

We assume when we purchase a product that it is safe, and that our government is doing their part to protect us from exposure to potentially dangerous chemicals. Yet the cosmetic industry operates virtually unregulated!

The FDA place few restrictions on cosmetic companies, allowing them to use almost any raw material they see fit. From the FDA Handbook, "With the exception of color additives and a few prohibited ingredients, a cosmetic manufacturer may, on his own responsibility, use essentially any raw material as a cosmetic ingredient and market the product without approval." This is why dangerous chemicals such as formaldehyde (cancer causing), parabens (mimics estrogen), and phthalates (endocrine disruptor) end up in your shampoos, lotions and make-up. "Many Americans are surprised to learn that the ingredients in their makeup, shampoo and body lotion are largely unregulated and, in some cases, harmful to their health," reports Environmental Working Group executive director Heather White. "The fact is that companies can put potentially dangerous ingredients into products they sell without ever having to prove they are safe." Long term, these chemi-

cals accumulate in the body and lead to potentially serious conditions from fertility issues to cancer.

In the short term, a lot of these cosmetics show up as allergens and skin irritants. What we want out of a cosmetic is a product that not only protects, but



nourishes the skin and hair. This lack of regulation means cosmetic companies can make any unsubstantiated claim they wish with very little recourse. We hear a lot of, "You've got to read labels!", but when it comes to cosmetics you almost need a degree in chemistry

to understand what is in these products. I say, "Know your company!"

Mineral Fusion is a cosmetic company with a mission. They are dedicated to making cosmetics, skin care, body care and hair care healthy and effective while contributing to the wellbeing of our community. Based out of Denver, Colorado, Mineral Fusion produces cosmetics that nourish the skin, making it a perfect choice for everyone, even those with sensitive skin. All of their products are made in the United States, they never conduct animal testing, and are committed to sustainability via wind power utilization, soy inks and packaging made from recyclable materials. All their products are free of gluten, parabens, talcs, sodium lauryl sulfate, phthalates, artificial colors and synthetic fragrances.

Shopping for your cosmetics does not have to be a task that induces a sense of dread. It should be fun! Arm yourself with a bit of information on the company and make sure it is clearly stated that the product is free of harmful chemicals such as parabens and phthalates.

The Environmental Working Group website, ewg.org is a great resource for checking up on the toxicity of most cosmetics on the market today.

MNDOT Adopt-A-Highway

Adopt-A-Highway Litter Removal Service of America, Inc. (AAHLRSA) was founded by Teryl Macia, a visionary with a background in public relations, who saw an opportunity to help companies build and grow their brands while providing support with the cleaning of our roadways and the well being of the environment.

In it's early stages Adopt-A-Highway Litter Removal Service of America partnered with the California Department of Transportation to develop a sponsorship program, which expanded nationwide and now supports 23 markets.

Since its inception, AAHLRSA has cleaned millions of miles of U.S. roadways and cannot wait to clean more!

In fact, we are expanding services to include sponsorship opportunities for Rest Stops and 511 traffic information



services. The public can volunteer and participate in Adopt-A-Highway to pick up litter along Minnesota's highways. Adopt-A-Highway also enables residents who are environmentally conscious to make a personal contribution to a cleaner environment. These volunteers save MnDOT \$7 million every year, WOW!

The Co-op is a proud participant of the Adopt-A-Highway Program since 1992 and has "adopted" the section of Highway 61 between Lund's Cabins and the Fall River.

Adopt-A-Highway cleanup day:
Saturday, 12 September at 10:00a.m.
Meet at the Co-op at 9:45a.m., stick around after the cleanup and enjoy FREE lunch on us!



MN Food Share Follow-up

“Round-Up”

Minnesota FoodShare March Campaign

For more than 30 years, Minnesota FoodShare has coordinated the March Campaign, the annual grassroots food and fund drive that provides more than half the food



distributed by 300 food shelves throughout the state. The March Campaign is the only statewide effort where every dollar donated goes directly to food shelves to purchase food for the hungry. Cook County Whole Foods Co-op along with 14 other food co-ops in Minnesota participated this March. As a group we raised \$116,597 and collected 9,900 pounds of food for Minnesota Food Shelves.

Cook County Whole Foods Co-op presented a \$2,200 check to the Cook County Food Shelf on Monday, April 27th which we collected from direct donations and our round up at the register program. Donations to food shelves tend to drop in the spring so this annual drive delivers donations to food shelves at a much needed time.

Welcome! New Co-op Employees

Macie Anderson-Storekeeper
Josh Butter-Grocery
Laura Dalin-Produce
Diane Dimitrova-Deli Manager

Need-Based \$5.00 off Coupon

Cook County Whole Foods Co-op offers all Co-op owners a quarterly \$5.00 off coupon on purchases over \$50.00. Low income owners may receive a second \$5.00 coupon on purchases over \$50.00 if they meet certain qualifications.

Please review the criteria below and fill out the application if you qualify for a second \$5.00 off coupon. If you meet the criteria, an owner number and signature are all that is required. We may ask you to update your information on an annual basis to remain enrolled in the program. All information will remain confidential.

Family Size	Adj. Gross Annual Income*	Adj. Gross Monthly Income*
One	\$23,340	\$1,945
Two	\$31,460	\$2,622
Three	\$39,580	\$3,298
Four	\$47,700	\$3,974
Five	\$55,820	\$4,652
Six	\$63,940	\$5,328
Seven	\$72,060	\$6,005
Eight	\$80,180	\$6,682

Add \$8,120 of allowable income for each additional family member.

*Adjusted Gross Income (AGI) can be found on:

- Line 4 on a Form 1040EZ
- Line 21 on a Form 1040A
- Line 37 on a Form 1040

Maximum Adjusted Gross Income for Eligibility: (200% of Federal Poverty

To apply for the need-based discounts, stop by the Co-op, and ask for an application at the Information Desk or fill out and submit an application on line: cookcounty.coop/need_based_coupon.php

Mattie Erstad-Produce & Deli
Sarah Fagerman-Produce
Olivia Hedstrom-Deli
Jeffery Pavelka-Deli
Kara Pearson-Deli
Reed Schmidt-Marketing & Education
Amy Seitz-Storekeeper

Food Shelf Report

by Kim Falter, Wellness Coordinator

Thank you all for your generous contributions over the last few months. Your monetary donations went to the purchase of these items:

- 84 - Jars Organic Peanut Butter
- 18 - 4-packs Diced Peaches

Upon entering the Co-op you will see a wooden box ready for your monetary contribution. Please make the check payable to: Cook County Whole Foods Co-op and we'll put that donation towards the purchase of healthy, organic foods. Checks made out directly to the Food Shelf are welcome as well. We also have a basket located by the Information desk for any non-perishable food donations. These items are transported to our Food Shelf on a monthly basis, so please keep your donations non-perishable items only.

Thanks again for all your support and keep those donations coming!

The Cook County Food Shelf is open every Monday afternoon from 3 to 5 p.m. in the lower level of The First Congregational Church UCC in Grand Marais. The Food Shelf is also open the first Wednesday night of each month from 5 to 7 p.m. In addition to food for people, the Food Shelf accepts and distributes food for pets. The Food Shelf serves as a NAPS program for elderly and WIC small-bags distribution site.

The Cook County Food Shelf
First Congregational Church UCC
300 W. 2nd Street
Grand Marais 218-387-9860



stronger together



20 E. First Street
P.O. Box 813
Grand Marais, MN 55604

Co-op Hours

July & August

Monday-Saturday 8:00 a.m.-8:00 p.m.
Sunday 9:00 a.m.-7:00 p.m.

September - June

Monday-Saturday 9:00 a.m.-7:00 p.m.
Sunday 10:00 a.m.-6:00 p.m.

Co-op Calendar 2015

July

Co-op is Open the 4th of July

Saturday, 4 July 8:00a.m.-8:00p.m.

September

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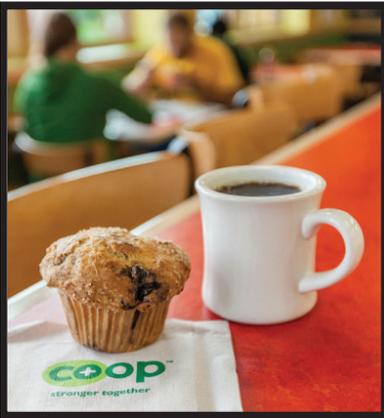
Complete calendar on pg. 5

Your newsletter is printed on post-consumer recycled paper.

Ways to Save

Owner Appreciation Day

The 5th of each month. Owners receive an additional 5% off most items. FREE Organic and Fair Trade fresh brewed coffee ALL day!



Wellness Wednesday

is the 3rd Wednesday of each month, all non-sale health and body care items are 10% off.

Owner Discounts

Four \$5.00 discounts annually on purchases of \$50 or more, one every three months

Four \$5.00 need-based discounts annually on purchases of \$50 or more. To apply stop by the Co-op or visit: www.cookcounty.coop

Co-op Deals See what's on sale at: www.cookcounty.coop

Pick up the sale flyer in the store.

Bag Discount We offer a 10¢ bag discount when you bring your own reusable grocery bag. Bag credit limit, 5 per visit. Check out the Co-op's logo bags for sale.

Additional coupons, brochures and flyers available at the Information Desk.

Find the Co-op Online!

www.cookcounty.coop

The Co-op has a Facebook page under Cook County Whole Foods Co-op. You can link to the Co-op's Facebook page from our website and vice versa.

facebook.com/cookcountycoop

We'll let you know via **facebook**, **boreal.org** and **cookcounty.coop** about news and other happenings.

Free WiFi Spot

Stop by the Co-op, enjoy a beverage or perhaps something from the deli grab & go cooler, relax, stay a while and enjoy using the Co-op's FREE WiFi hot spot. Convenient, comfortable and it supports the Co-op Ends: a welcoming and friendly gathering place where the community has a sense of belonging.



Did you know you can use the **Co-op Conference Room** during regular business hours for **FREE**? Call 218.387.2503 or stop by the Co-op to sign up. Pick up a copy of the Conference Room Use Policy at the Co-op or visit www.cookcounty.coop

Wellness Blog

Want to find out more about the products in our Wellness Department? Check out Kim's Wellness blog:

In Fine Fettle! Find her at:

www.coopwellness.blogspot.com

Check out the new and improved Cook County Whole Foods Co-op Website www.cookcounty.coop