



COOK COUNTY
WholeFoods
CO-OP

The Blueberry Jammy Winter Report

Winter 2020

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Looking Back...

The Board Report

Barb LaVigne, Board Member



About the Blueberry Jam

The opinions of the authors featured in the Blueberry Jam do not necessarily reflect the opinions of the Cook County Whole Foods Co-op.

Nutritional & health information found in these pages is not meant to substitute a consultation from a licensed health care provider.

GO PAPERLESS!

Send an email to: info@cookcounty.coop, and get on the email list. Once a year the ANNUAL REPORT is mailed to all owners by mandate of our bylaws.

Our Board of Directors:

JANE ALEXANDER

jalexander813@icloud.com

Term expires 2021.

JILL BARBER

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Term expires 2022.

DON GRANT

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Term expires 2022.

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lib.lou.lars@gmail.com

Term expires 2022.

YUSEF OREST

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Term expires 2020.

LORRIE OSWALD

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Term expires 2021.

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kojnlv70@icloud.com

Term expires 2020.

I have been a part of the Cook County Whole Foods Co-op Board of Directors for 3 terms—9 years.

Our Co-op has a three term limit, so I will no longer be on the board come January. Through my board service I have gained a better appreciation for our store and for co-ops in general.



I joined the board in 2011 just as talk of expansion to our present store was beginning. It was an exciting time to jump in. At that time the board meetings were held in the conference room at WTIP because there was no room at the Co-op. Ralph Latham was also part of the board at that time and he always read a poem to start the meeting. Sometimes it was something he wrote and sometimes it was something he found that seemed relevant or fun. His soft baritone set a wonderful tone to start our work.

Expansion was a natural result of continued sales growth at the Co-op. We were quickly outgrowing our space at the old Cascade Kayaks building and the structure's deficiencies had begun to show. Never designed as a grocery store, the building had multiple levels, making it hard for customers and employees. It was far from energy efficient and the roof leaked. People loved the funky old place though. One of the things I found most charming was the ingenious counter-weight jug on a string that Kent Jones devised as a way to automatically close the front door. Deciding to demolish the old building and rebuild was a decision based on many community outreach sessions, co-op industry consultant's expertise, and faith in our store's continuing success. It was not an easy process. Being a co-op means everyone has a voice, which is great and messy and complicated and emotional. I am proud of our result and hope that our ownership is as well.

One of the best things about being on the board has been the opportunity to learn more about how cooperatives work in general and about how our Co-op works in particular. In a world where more and more is being owned and controlled by a smaller portion of our society, the co-op business model is an antidote. A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically controlled enterprise. Cooperatives are based on the values of self-help, self responsibility, democracy, equality, equity, and solidarity. In the tradition of co-op founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others. Choices about where to buy our food are expanding. I think it's worth considering what kind of business you want to support.

Continued on next page.

Our store operates under the umbrella of the following “Ends” statement:

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

A successful grocery rooted in the Cooperative Principles.

A trusted source for affordable, healthy, local and sustainable products and services for all.

A leader in environmentally sustainable practice.

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.

The very idea of a business making that sort of statement is pretty inspiring to me. Our work as a board is to continually assess our success toward the Ends and to seek opportunities to expand its scope. Look through the Annual Report on our website to see concrete examples of our Ends statement in practice.

The Cook County Whole Foods Co-op Board uses a system called Policy Governance that enables us to monitor the performance of our store and our manager. Learning about and implementing Policy Governance has been a very interesting part of being on the board. Each month we review reports on one or more of the following subjects:

- General Manager (GM) limitations
- GM constraint
- Financial condition and activities
- Business planning and financial budgeting
- Asset protection
- Membership and equity benefits
- Treatment of customers
- Staff treatment and compensation
- Communication and support to the board
- Board logistical support
- Emergency GM succession
- The Board’s code of conduct
- Accountability of the GM
- GM performance

I am grateful to those board members before me that adopted Policy Governance and wrote our policies. The work they did gives the board a solid framework for assessing the health and progress

of our store. Policy Governance also protects us (and prohibits us) from micromanaging day to day operations.

Jennifer Stoltz has been the general manager of our store the whole tenure of my service. We are lucky for her leadership, as she comes to every board meeting prepared, patient and positive. Her guidance through the expansion was amazing. She is continually educating us and herself on all things co-op. She has made serving on this board a very positive experience for me.

I would recommend serving on the Co-op Board. In my experience, Co-op Board service seems to attract interesting people and I have enjoyed working with them. I have gained a greater appreciation for the co-op business model and seen over and over again how fortunate we are to have this gem of a store in our community.



Local Producers Scholarship

The Cook County Whole Foods Co-op Local Producers Scholarship helps Cook County Producers establish and improve their farms or businesses, buy needed equipment and supplies and helps pay for education on organic farming. **Applications for the 2020 Local Food Producers Scholarship are due February 14, 2020.** Applicants must be Cook County residents involved in sustainable food production who are currently selling their produce or other food products through the Cook County Whole Foods Co-op or plan to in the future. Funds can be used for training programs, conferences in sustainable food production or for equipment that would be used in food production.

If you are interested in applying, please drop off, e-mail or send a letter to the Cook County Whole Foods Co-op. Please include:

- 1) complete contact information
- 2) your experience and commitment to sustainable food production
- 3) a description of what the funds would be used for, and
- 4) expected benefits of your endeavors for local food production and for delivery of local food supplies to the Co-op.



Winter Renovations

Jennifer Stoltz, General Manager

Once the gales of November and snow arrive, the aisles at Cook County Whole Foods Co-op become less crowded. Fewer shoppers offer a calmer atmosphere for customers and workers alike. While the pace may be slower, we like to fill the winter months with cleaning projects and upgrades to ensure that we're ready for the next summer season. 36% of our business happens between July 1st-September 30th. During those months, we order pallets of food and throw it on the shelves. I fill in as a stocker, cashier, bagger as needed to help move customers through the store. There's not a lot of time to upgrade systems or facilities, but I make lists all summer long and plan improvements for the winter months. Last year we added a meat case, a freezer and reset our packaged grocery department.

Here's what we're working on this winter:

- **LED Light Conversion** > Our fluorescent light tubes were starting to flicker and falter so it was time to upgrade to LED bulbs. The new LED bulbs use 60% less energy and should last 50,000 hours which is 12 times the life of fluorescent tubes. We'll also receive a rebate from Grand Marais PUC for the upgrade.
- **Express Check-Out** > We know that it can be frustrating when you only want to buy a bowl of soup, and there's a long line in front of you. We plan to remove our current information desk and replace it with an express check-out lane and service desk. An added bonus of the remodel will be more room for produce.
- **Deli Assessment** > In early November, a deli specialist from National Co-op Grocers spent time in our store observing our deli, asking questions and taking pictures. She'll follow up with a written report and action plan with ideas on how to streamline prep and production.
- **Hand Dryers** > Cintas, our reusable roll towel provider, is getting out of the reusable towel business. We installed hand dryers in the public restrooms to avoid the waste of paper towels.

Please excuse a few messes as we work through the winter to improve your Co-op!





“Who Owns Your Grocery Store?”

Jon Steinman, from YES Magazine’s Opinion Piece
www.yesmagazine.org/opinion/2019/12/06/grocery-store-own/

I spent 13 years investigating every facet of the food supply. It led me to the conclusion that the grocery store is, hands down, the most influential force shaping food, the planet, and our health. So I wrote a book about it, bought a tour van, and took the book on the road.

The message I’m sharing is that it’s time to pay a lot more attention to who owns the grocery stores we shop at and what those answers mean to the future of food and the future of our communities.

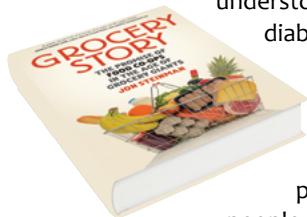


We have invested considerable energy over the past decade into deepening our understanding of how and where food is grown and who grows it. Organic food has exploded into a \$50 billion industry in the United States. Farm-to-table restaurants are plentiful. Farmers markets are thriving and community supported agriculture models are enabling new generations of farmers to usher in a new food paradigm. But there remains a cavernous gap in the effort—where we buy our groceries. **If 10% of our weekly food budget is at a farmers market, what about the other 90%? It’s almost certainly being invested in a grocery store. So what are we investing in?**

If it’s The Fresh Market, you’re investing in Apollo Global Management—a firm that includes the former Blackwater in its portfolio. If it’s Trader Joe’s, you’re investing in Aldi Nord—a German multinational grocer. If it’s Whole Foods, you’re investing in Amazon and lining the pockets of the wealthiest person on the planet. And what of the smaller chains? The trajectory of grocery consolidation suggests you’re investing in what will likely become an acquisition by one of a handful of hungry grocery giants.

“Well, that’s capitalism for ya,” some will say. No doubt. But this is different. This is about food. Grocery stores are not, in any way, just some other “business.” These buildings operating in our neighborhoods bear tremendous social and economic responsibilities.

Take human health. The connection between food and health is now well understood. Studies show that the common cold, diabetes, and heart disease can be prevented, curtailed, or managed through the foods we eat. Food is medicine. So what responsibilities have we placed upon these grocers that are proportional to the vital health services they’re providing? What have we done to ensure all people, regardless of income, race or geography, are provided access to healthy, wholesome, and risk-free food at the grocery stores in their neighborhoods? Not much. We’ve left the health implications of our grocery stores entirely in the hands of market forces.



So where can eaters find greater assurance in the future of their grocery stores? My research and experience within the food system leads me to only one model. That is the consumer cooperative—food co-ops—full-service grocery stores collectively owned by their customers.

Here’s why:  There have been zero instances of a food co-op in America being acquired by a chain grocer. Why not? It would first require a vote by the co-op’s thousands of shareholders who would be asked to decide on whether or not to sell the store. It’s true that there are examples of food co-ops closing, but any decision to change the ownership of a cooperatively owned grocery store is a democratic one, made by the people who would be most affected by the decision: eaters and workers—us! Community consultations on the future of neighborhood grocery stores are built directly into the cooperative model of ownership.

— Jon Steinman



Portion Size Matters

Annie Albertson, M.S., R.D., Co-op Grocer

Obesity is at epidemic levels and many Americans are searching for ways to help control their weight.

Research suggests that portion sizes have increased significantly over the past 2 decades contributing to increased body weight. The fundamental rule of weight management is that people gain weight when they eat more calories than they expend. Therefore, the number of calories in the amount of food consumed is integral to weight management.

Identifying and consuming the correct portion size of any food or beverage is critical to a healthy diet but often is confusing and misleading. Many problems related to portion size stem from misconceptions about what the term actually means. For example, the Nutrition Facts label states a certain Serving Size, a standard set by US Food and Drug Administration to describe “the amount of food customarily consumed in one sitting of food.” It is simply used as a reference point to describe the amount of food in relation to the nutritional information shown. Portion Size is the amount of a specific food that you actually eat. It is often larger or smaller than the stated serving size on the Nutrition Facts label.

The proper portion sizes of food are the portions that allow you to fuel your body with energy and nutrients, feel satisfied and maintain a healthy weight. Unlike serving size, the appropriate portion size is calculated based on how many calories you plan to eat in a day. As such, portion sizes can vary as long as nutritional needs are met. The goals are outlined in the 2015 to 2020 Dietary Guidelines for Americans and are based on age, sex, height, current weight and activity level. health.gov/dietaryguidelines/2015/guidelines/appendix-2/

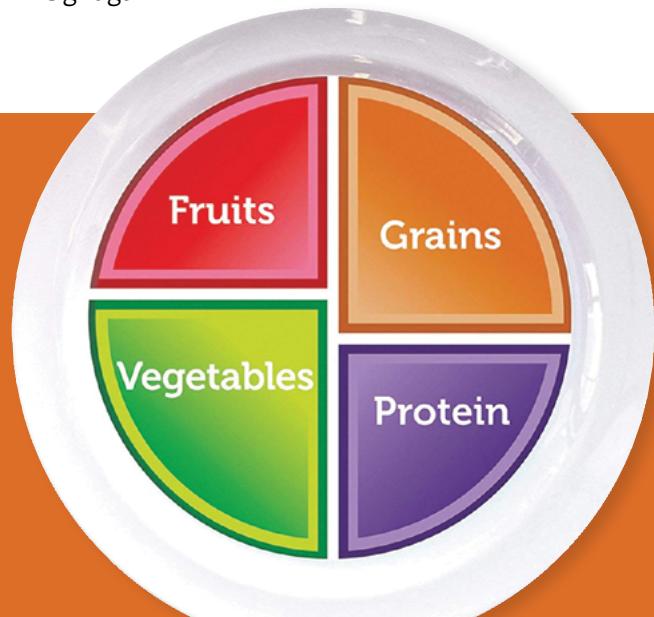
The unfortunate truth is that most people consume what is served by themselves or someone else. And, that amount is often much larger than appropriate, especially when eating out. People can compensate for eating larger portions by eating fewer calories during the rest of the day or the time period before or following the eating occasion. However, this is often difficult to do and research shows that it is common for people eating larger portions to not notice and not compensate at prior or subsequent meals. This can lead to a total eating pattern which includes more calories consumed than expended, which can result in weight gain.

Controlling Portions

choosemyplate.gov

Here are a few tips and tricks for controlling the portions you eat:

- Weighing and measuring are the most accurate ways to control portions. For most of us, that is not always practical or appealing. Using visual clues can be a helpful guide keeping portions in check.
- Using a plate as a portion guide works well for meal time and you can switch to a smaller plate to help cutback.



Spinach & Bean Burrito Wrap

Portion, Calorie and Nutrition Awareness for the New Year!

Are you in need of a new, quick & healthy lunch idea? If so, you'll love this Spinach & Bean Burrito Wrap recipe! Not only do these wraps taste amazing, but they are ridiculously easy to assemble, as well.

Yields: 6 servings | Serving Size: 1 wrap | Calories: 282 | Total Fat: 5 g
Saturated Fat: 1 g | Trans Fat: 0 g | Cholesterol: 3 | Carbohydrates: 50 g
Sodium: 560 mg | Dietary Fiber: 5 g | Sugars: 3 g | Protein: 13 g

- 6 cups fresh spinach
- 1 (15 ounce) can black beans, rinsed and drained
- 1 1/2 cups cooked brown rice, seasoned with cumin
- 1/2 cup chopped lettuce
- 1/2 cup grated cheddar cheese, or dairy-free cheddar shreds
- 1/2 cup salsa, optional Pico de Gallo
- 6 tablespoons Greek yogurt, fat-free
- salt to taste
- 6 (8" whole grain) wraps or tortillas

To warm tortillas, preheat oven to 300 degrees. Stack tortillas, wrap in foil, place on a cookie sheet and warm 15 minutes while preparing the remaining ingredients.

Place spinach in a food processor and pulse until finely chopped, or use a knife to dice leaves. In a large skillet turn to medium heat, add black beans and spinach. Heat until spinach is wilted, about 3 minutes.

Evenly distribute spinach and bean mixture in the middle of the wraps (leaving about 2" on one end for folding), add 1/4 cup rice to each wrap, add lettuce, cheese, salsa and Greek yogurt evenly over wraps. Fold wraps over and under on the ends, and top with extra salsa. *Enjoy!*

Cooking Classes Resume in January!

Becky Rayman,
Marketing & Education Co-ordinator

Join us as we resume warm Winter activities in the Deli! Our own Deli Manager, Adam Mella, will divulge a previously secret recipe during a new once-in-a-lifetime class offering.

We'll be making Pad Thai—a traditional part of Thai cuisine. You will learn this simple, but popular Thai dish that can be easily prepared at home. Healthy ingredients are available right here, on our shelves. As always, we will eat what we create, so come hungry.

January 15th, 7-9pm
\$20 for owners
\$25 for non-owners

Sign up and pay at the cash register or call the Co-op at 218-387-2503 with your credit card to hold your place! Watch for more fun classes this Winter!



Controlling Portions *(continued)*

- Use your hands as a portion guide. As your hands usually correspond to your body size which is related to appropriate portion.
- High-protein foods: A palm-sized portion for women and two palm-sized portions for men.
- Vegetables and salad: A fist-sized portion for women and 2 fist-sized portions for men.
- High-carb foods: One cupped-hand portion for women and two for men.
- Keep a daily photo log of the food you eat.

- High fat foods: One thumb-sized portion for women and two for men- such as butter, oils and fats.
- Limit both the frequency and portion of nutrient poor foods such as sweets and certain beverages.
- Request a half portion when eating out, split the meal with someone or take half home for the next day.

Preparing and eating food is meant to be an enjoyable part of everyday life. Keeping portions in check allows us to enjoy the foods we love without having to worry about excess calorie intake.



Winter Wellness Cocktails

Kim Falter, MS Holistic Nutrition, Wellness Coordinator

Keeping ourselves healthy during the harsh winter months can sometimes feel like a chore, but it doesn't have to be! Stay healthy with these healthy Winter Cocktails!



Elderberry Immune Cocktail:

By Kim Falter

- 1 part Honey Gardens Elderberry Immune Boost Drink
- 2 parts Q Tonic tonic water
- 1 dropper Urban Moonshine Immune Tonic
- Squeeze of one lime slice

Mix all liquids thoroughly.
Squeeze in lime slice and enjoy!



Winter Warm Up Tea:

By Shire City Herbals

- 12 ounces boiling water
- 1 tablespoon fresh grated ginger root
- 1/2 lemon juiced
- honey or stevia, to taste
- 1 tablespoon Fire Cider

Steep the grated ginger and lemon juice in the boiling water for about 5 minutes.
Cover and let the ginger-y goodness infuse in hot water.

Add sweetener and Fire Cider. Enjoy often!

Why Elderberry?

Although toxic in its raw state, elderberries have shown great health benefits when cooked and processed. Elderberry has been noted as a medicine as far back as 400BC. Traditionally it has been known to boost the immune system and help ward against the common cold and influenza due to its high antioxidant content, yet research has been sparse to substantiate such claims. In recent years, the National Institutes of Health have compiled some very compelling studies shining a new bright light on the benefits of this versatile shrub. For further information look in to these recent studies showing promise:

- Elderberry supplementation reduces cold duration and symptoms in air travelers: a randomized, double-blind placebo-controlled clinical trial
- Black Elderberry (*Sambucus Nigra*) supplementation effectively treats upper respiratory symptoms: a meta-analysis of randomized, controlled clinical trials
- Randomized study of the efficacy and safety of oral elderberry extract in the treatment of influenza A & B virus infections.

All these studies can be found on pubmed.gov.

Why Fire Cider?

Fire cider is commonly known as a rich mix of healthy ingredients composed of roots, citrus, herbs and spices—soaked in apple cider vinegar then sweetened with honey. A daily tonic traditional amongst New Englanders, fire cider has laid claim to benefits to digestion, immune system enhancement, and as a protectant against allergies—to name a few. The Shire City Herbals Fire Cider we currently carry at the Co-op contains oranges, lemons, onions, ginger, turmeric, habanero pepper and black pepper—all beneficial on their own, yet creating a power-packed combo in this apple cider infusion.

Please ask Kim for a taste next time you visit the Wellness aisle!

Why Ginger?

Studies have shown great support for ginger in cases of digestive distress, reduction in a variety of inflammation cases, and, according to 'Staying Healthy with Nutrition' author Nelson M. Haas MD, "Ginger root extracts as tea and capsules are very good for enhancing warmth and circulation in the body."

Staff Picks:

What's your favorite product?



Brian says:
Salad Girl
Sassy Slaw



Bill says:
GoodBelly Probiotics
Orange Juice



Yvonne says:
Bulk
White Chocolate Chunks



Louise says:
TastyBite
Indian Bombay Potatoes



Pizza Time!

Adam Mella, Deli Manager

Living up here, food delivery service is a rarity. This is one of the tradeoffs we all make for a life in the northwoods, and I'm OK with that. But sometimes I miss pizza time.

Frozen pizza is sometimes good but never great. Making pizza from scratch is a mess. Both options take away a bit of the luster of pizza time, and is that truly pizza time anymore? That's more like, hey, here's some pizza. It lacks the pizzazz. No thanks, friends.

The Co-op deli has been carrying pre-made pizza dough for a while now and it has developed a pretty loyal following of customers. It is one of my favorite products in the store. You can find it in the cheese cooler next to our portioned pizza sauce and shredded part-skim mozzarella—both the perfect amounts.

Next time you are looking for a quick and easy dinner, pick up one of our pizza kits and whatever other toppings you desire. Pizza time is surely in your future. The dough is easy to work with and rises in about an hour.

I've tried many variations so far, but my favorite method is baking the pizza in a cast iron pan (the same one I use for hashbrowns).

It will take a bit longer than on a standard baking sheet, but I think it is worth the wait.

My favorite topping combo lately has been pepperoni and avocado slices, give that a try next time you are in the mood for

pizza supper!

Add YOUR favorite toppings!





Benefits of Bulk

Denny FitzPatrick

In today's fast-paced, grab'n go world, convenience becomes more important, and time becomes more precious. Following that national trend, over the past year, the Co-op's bulk sales have grown less than other departments. But now, the results of a recent study may elevate bulk foods to a more popular status: Organic bulk foods on average are 89 percent less expensive than their organic packaged counterparts, according to research results from the Portland State University's Food Industry Leadership Center. Awesome, eh?

Organic bulk foods on average are 89% less expensive than their organic packaged counterparts...

If you need more incentive, Bulk is Green (BIG), a national non-profit organization dedicated to raising awareness of the economical and environmental benefits of buying natural and organic foods in bulk, summarizes the advantages of buying from the bulk bins:

- **It's Cheaper** > Buying natural and organic foods in the bulk section of the grocery store offers an average savings of 30 to 89 percent versus packaged food.
- **It's Eco-Friendly** > Eliminating packaging reduces carbon footprints. Buying in bulk mitigates the amount of garbage that ends up in landfills, and streamlines transport miles, reducing CO₂ emissions.
- **It Reduces Waste** > Buying in bulk allows you the flexibility to purchase the exact amount of food you need, as opposed to purchasing packaged goods with a pre-determined amount that may not get used before its expiration date.
- **It's Sustainable** > Plastic is a huge environmental threat right now as it is contaminating our world quicker than ever before. Say no to plastic and packaging, shop conscientiously, and take a stand for the type of world we want to see.

Consider healthy bulk foods: dried beans, oats, whole grains, popcorn, pasta. Plan ahead. Make it fun. Save money. Cut down on waste. Save the Earth, buy in bulk.



The International Bulk Foods Movement

By: Bulk Is Green Foundation, London, England

You can make a big difference in your food budget, and a big difference in the impact you make on the environment, by simply buying bulk foods whenever possible, and encouraging their wider availability at every opportunity!

You may still have to go to a natural foods store or cooperative to find bulk foods. Major supermarket chains have yet to embrace the concept of offering food and other products in bulk. If you want to change this, make yourself heard—tell them you want it!

Tell them you want the savings and selection that come from bulk. Tell them you want to see your food before you buy it, and not just trust some fancy picture on a box. And tell them you want to reduce your impact on the environment.

Finally, tell your local store that bulk foods allow them to stock more product density in less space—and they won't have to constantly rearrange their shelves to maintain fresh product.

Get onboard with bulk!

**FOR MORE INFORMATION:
WWW.BULKISGREEN.ORG.UK/**

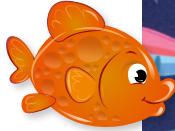


OWNERS

Welcome New Owners!

9/16/19 - 12-11-19

- Finley Alverson
- Christina Andersen
- Keven Bartness
- Daryl Bathke
- Christina Busillo
- Savannah & Tyler Capps
- William & Regina Cherwin
- Luis Cortes & Donnelly Perez
- Charles Darley
- Danielle & William Dey
- Janice Dillon
- Laurie Dunn
- Aaron & Matthew Eisenhuth
- Tom Gallagher
- Chad & Megan Goodale
- Teresa Hahn
- Kayle Hielscher & Steven Anderson
- Anna Hill
- David Hughes
- Nora Huxtable
- Nikki Imsdahl
- Rebecca & Aaron Isbell
- Jacquelyn & Sophie Jenson
- Jeff & Alexandra Jones
- Barbara Lammi
- Sandy Maxwell
- Nancy Meyer
- David Olson
- Ross Orenstein
- Shami Orkibi
- Wayne Pray
- Madeline Rauma
- Brody Romnes
- Sansanee Santisulewongchote
- Damien Shriver
- Bob Thompson
- Craig Zoellner & Margie Kline



Kids love our Explorers Club Program!
Kids (12 and under) enjoy a juicy piece of fruit and the chance to win a mighty swell lunchbox.



Vivian Stover



Illia Nesgoda



Tuk Alexander

Calendar

This is our basic calendar of events. Please watch our website, facebook page and boreal.org for new events each month!

JANUARY

Owner Appreciation Day
Sunday, January 5th

Pad Thai Cooking Class
Wednesday, January 15th, 7-9pm

Wellness Wednesday
Wednesday, January 15th

Board Meeting
Tuesday, January 28th, 5:30pm

FEBRUARY

Owner Appreciation Day
Wednesday, February 5th

Wellness Wednesday
Wednesday, February 19th

Board Meeting
Tuesday, February 25th, 5:30pm

MARCH

Owner Appreciation Day
Thursday, March 5th

Wellness Wednesday
Wednesday, March 18th

Board Meeting
Tuesday, March 24th, 5:30pm





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facebook.com/cookcountycoop
cookcounty.coop

