

COOK COUNTY
WholeFoods
CO-OP



the blueberry jam

Winter 2021

The Board Report
COVID-19 Update
WebCart Orders
Benefits of a Plant-Based Diet





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 in their current board positions at time of print:

LORRIE OSWALD, President
boreallor@gmail.com
Term expires 2021.

**DON GRANT, Vice President/
Treasurer**
dcgrant@boreal.org
Term expires 2022.

YUSEF OREST, Secretary
yuseforest@gmail.com
Term expires 2020.

JANE ALEXANDER
jalexander813@icloud.com
Term expires 2021.

JILL BARBER
krisandjillbarber@gmail.com
Term expires 2022.

LIBBY LARSON
lib.lou.lars@gmail.com
Term expires 2022.

MIKE GARRY
mikeworks@icloud.com
Term expires 2023.



The Board Report

Nick Vavrichek, Board Member

As I write this report in December, I am on the last official month of being on the Board of Directors (BOD) for the Cook County Whole Foods Co-op.

I've been on the BOD for nine years now (the max allowed) and in some ways it has gone by quickly, and in other ways it seems like a very long time since I was elected. So much has happened in those nine years.

I am the only Board member still serving who was on the BOD before the new store was built. Collectively, making the decision to build the new store was not easy. It took a giant leap of faith. I think we got it right! A lot of good things have happened to benefit our Co-op and community as a result of those decisions. Among them are:

- We have a far greater selection of products and services
- We are able to provide meaningful employment for far more people
- We are able to be a community meeting space (Pre & post COVID-19)
- We have increased leverage to give back to owners and community

Over the years I have had the privilege of working with some amazing Board members, getting to know the fabulous staff, and have been fortunate enough to work with only one general manager, Jennifer Stoltz. She has done a remarkable job of holding the whole thing together and growing our incredible Co-op. We are very fortunate to have such a talented, knowledgeable and dedicated General Manager.

If you haven't noticed, we have a pretty amazing Co-op for the size of our community! Over the years I've been told hundreds of times "this is one of the nicest Co-ops I've ever been in." This didn't "just" happen. Our Co-op has been built by the hard work and dedication of staff, owners and volunteers including Board members, over the past 40+ years. We can all be very proud of what we have accomplished here. That being said, if you have any interest in serving on the Co-op Board, please consider it. It's a great way to get involved and to contribute something back.

This, my last year on the Board, has been extra challenging due to the influence of dealing with the COVID-19 pandemic. Our normal monthly meetings used to be held in the Co-op's conference room, over dinner, laughter and good conversation. Since March, monthly meetings have been Zoom meetings, which are effective, but frankly just not the same or as fun. Nevertheless your Board has carried on and done the work.



COVID-19 Update

By Jennifer Stoltz, General Manager

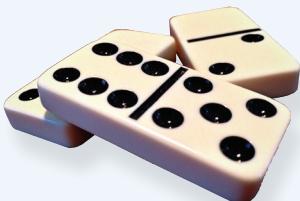


I want to thank each of the Board members for going above and beyond these past few months. In addition I'd like to thank the Co-op employees for going way above and beyond these past nine months, day in, day out, keeping our store running as smoothly as possible, and with a friendly face...at least the part you can see.

So, fellow Co-op owners, hunker down this winter, be safe, wear a mask in public, eat well, don't forget to get some exercise, and when things get back to normal, I look forward to seeing you in the store and hopefully enjoying lunch in the sunny cafe seating area.

And finally, one last thing, I'd like to take this opportunity to thank my partner, Kent Jones, who will soon be starting his 20th year working at the Co-op, for his shared insights and wisdom which has helped me tremendously to be a better Board member. And yes, it's true, so far he is winning our Winter long Domino Train Tournament! Best regards,

Nick Vavrichek



As COVID-19 cases continue to rise, Cook County Whole Foods Co-op continues to take steps to keep shoppers and staff safe. We still limit the number of shoppers in the store to 12 people. As we head into winter, there are fewer shoppers so we no longer need someone at the door every minute that we're open, but I can assure you that we continue to sanitize carts and baskets. We also sanitize high touch areas and ask everyone to wear a mask and to remain socially distanced from other shoppers and staff. We also provide hand sanitizer and cart sanitation supplies in the entryway. Please feel free to sanitize your cart for added protection.

Below are some answers to frequently asked questions regarding COVID-19 and Cook County Whole Foods Co-op. Please email or call Jennifer Stoltz at jennifer@cookcounty.coop or 218-387-2503 with any questions or concerns.

Frequently Asked Questions

Why did you remove the one way arrows on the floor?

We chose to remove the one way arrows on the floor for a number of reasons. They created a bottleneck of traffic in the produce department and increased the amount of time that people needed to stay in the store. Also, many customers ignored (or forgot about) the arrows which created conflicts and confrontations between shoppers. If someone just wants to buy a few items in the deli, it is safer and faster for them to go directly to the deli versus having to walk through the entire store.

Why are you allowing couples or multiple people in the store together?

When we initially reopened, we limited the number of people per household to one person. This policy was received poorly by many customers which led to confrontations at the door and stressed out staff who tried to get customers to comply with this policy. As shopper numbers declined, we were able to maintain the 12 people in the store at a time rule while allowing couples to shop together. We count couples as two people so the store should not get overly crowded.



Continued on page 4

COVID-19 Update

Continued from page 3

Why do I have to place curbside orders a day ahead, and why are curbside orders only available Monday-Friday?

We need the orders a day ahead because we pick and pack curbside orders in the morning before we open. If we shopped for them while open, there would be too many people in the store, and it would create lines at the checkout counters. Curbside orders take a great deal of time to pick and pack. On busy mornings, all staff get involved to make sure that all of the orders are filled. We do not have as many staff working during the weekends since we do not have any incoming food deliveries. There is no way to insure that we would be able to complete curbside orders on weekends. Furthermore, we are asking staff to stay home and get tested even if they have the mildest of symptoms such as a runny nose or sore throat. This means that we have multiple employee absences a day which is another reason why we have chosen to limit curbside pick up to Mondays-Fridays.

When are you going to bring back the scoop bulk bins?

Bulk scoop bins are difficult to maintain. We do not have the capacity to regularly change out bins and scoops which is the only way to keep the department safe. In the meantime, we have brought back special orders so you can order in bulk to reduce packaging.

When will you be able to sell hot soup?

As is the case with the scoop bulk bins, self-serve soup wells are difficult to keep sanitized and clean. We are now selling wrapped hot sandwiches and food items out of the wells. We offer our deli soup in the freezer section. They are now in microwave safe containers so you can defrost and heat them up fairly quickly.

How do I place an online order?

A link to WebCart, our online ordering system, is available at www.cookcounty.coop. This includes instructions for how to use the site. If you are having trouble logging into your owner account, please contact us at info@cookcounty.coop or 218-387-2503 so we can update your email address and phone

number. When placing your order, please let us know if you would like substitutions, and let us know which substitutions are acceptable. Be as specific as possible. All of the products on our shelves are not listed in WebCart. You are able to add items to your cart that you cannot find by clicking the Can't Find Something button in your shopping cart. You can then type in what you are looking for.

Why are the restrooms closed?

We have chosen to keep our restrooms closed for a couple of reasons. Since we are only allowing 12 people in the store at a time, we want to move people through the store as quickly as possible. Also, sanitizing the store takes a lot of time. We have closed off areas of the store to the public to reduce the amount of cleaning that we have to do throughout the day.

Can I bring in my own reusable bags and containers?

Yes, we are now allowing people to bring in their own clean reusable bags and containers. Please bag your own groceries when using a reusable bag.

What are the best days and times to shop to avoid crowds?

There are fewer shoppers in the store first thing in the morning, the last hour that we're open, and there's often a lull around 2:00. You may want to avoid shopping on Tuesdays and Fridays. We receive large deliveries on those days so aisles can get crowded with additional staff stocking shelves.



**Thank you for following
our COVID-19 policies when
shopping in the Co-op!**



Your WebCart Order

By: Susan Shelley, POS Coordinator



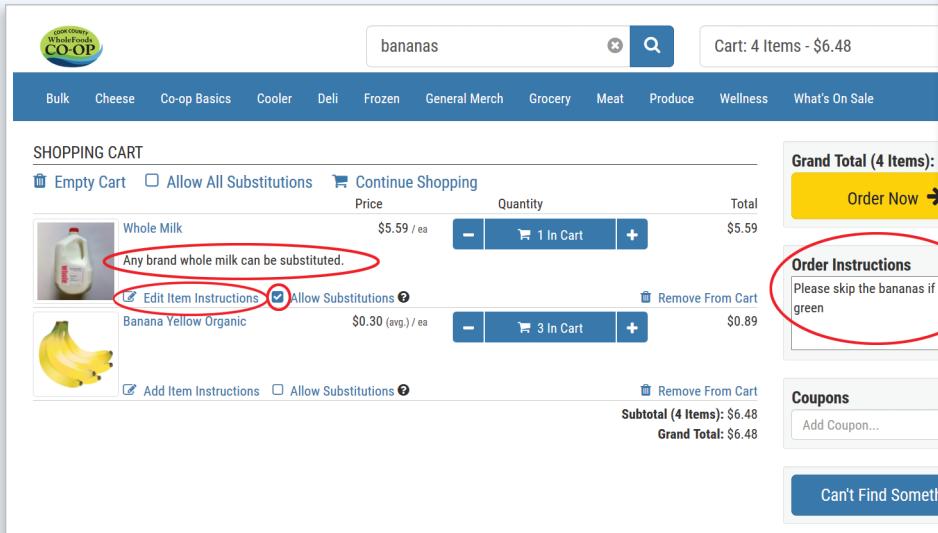
Remember to Register your Owner Account!

What is the benefit of creating an account? Creating an account links your Ownership to WebCart, meaning:

- You'll receive your Owner Appreciation Day 5% discount when you order groceries for pickup on the 5th of every month
- You'll earn patronage dividends in profitable years: the more you spend, the more you earn
- Accounts on WebCart also enable you to keep track of purchases, save your credit card for faster checkout, and edit your privacy setting

If you're having issues registering, your owner account probably has outdated or incorrect information. Please email **info@cookcounty.coop** with your preferred email address and phone number. We will update your owner information.

Out of Stocks, Substitutions and Order Instructions

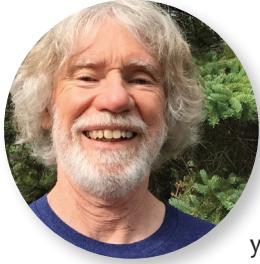


If you have a preference for some items — let's say you only want ripe bananas — then you can add **Order Instructions**.



WebCart is not plugged into our inventory system so it's possible to add an item to your cart that is currently out of stock. **By default we do not substitute items.** If you want to allow a substitution, from the Shopping Cart page you must select **both** "Allow Substitution" **and** "Add Item Instructions" with your substitution preference. If you do not choose to substitute, out of stock items will be indicated on your receipt and you will not be charged for these items.

If we are also out of your specific substitution preference, **we will not select any alternative substitute.** If you would accept **ANY** similar substitution please indicate that in the "Add Item Instructions" section. Once your order is picked and packed — including any substitutions — we cannot go back and make changes or additions.



Benefits of a Plant-Based Diet

By Denny FitzPatrick, Front End Store Keeper
Carly Puch, Host of *Consciously Clueless: The Podcast*



Walking into the Co-op, you'll be greeted by a mouth-watering array of colorful produce.

Grab your bag and dive in. A plant-based diet — rich in vegetables, fruits, whole grains, beans, seeds, and nuts — offers many health benefits. According to the Mayo Clinic, it can boost your immune system, reduce inflammation, maintain healthy weight, lower blood pressure, lower cancer risk, and slow cognitive decline. A “less meat, more plants” style of eating can even lengthen your life, according to a recent study in *JAMA Internal Medicine* that tracked more than 70,000 people.

Trying to go vegan overnight might be challenging and frustrating. Give yourself some grace. Try a plant-forward flexitarian diet.

- Use the stealth approach: sneak extra veggies into salads, soups, smoothies and casseroles; add berries and other fruit to whole-grain breakfast cereals, salads and snacks.
- Get creative with prep: steam, broil, roast, sauté, blend up soups, smoothies, sauces. Go raw.
- Use meat as a garnish, not a centerpiece.
- Go for the greens and leafy veggies.
- Choose fruit for dessert.

The COVID-19 pandemic makes a strong immune system essential. Plants have nutrients not available from other foods. The vitamins and minerals, phytochemicals and antioxidants in plants help keep your cells healthy, and your body in balance, to let your immune system function at its best.

A plant-based diet also benefits the health of the planet, and reduces your environmental impact. For example, you can save more water by foregoing one steak than by not showering for six months (It takes 2,400 gallons of water to produce 1 pound of meat).

The UN Food and Agricultural Organization estimates that 14.5% of global greenhouse emissions come from livestock farming, more than from transportation.

Another benefit is lessening the mistreatment of animals. Unfortunately, whether in large-animal agriculture operations, or small farms, animals are often treated as production machines. For example, like humans, cows only produce milk when they have a baby to feed, so they must be impregnated over and over for milk.

Aim to fill two-thirds of your plate with plant-based foods, the rest with a lean protein or a plant protein like tofu, tempeh, or beans. Going plant-forward is easier than ever these days. Removing meat doesn't have to mean removing protein. Tofu, quinoa, mushrooms, lentils, chickpeas, beans, artichokes, asparagus, broccoli, Brussels sprouts, collards, corn, potatoes, peppers, spinach, sweet potatoes, and turnip greens all provide protein.

Choosing healthier food is a privilege. Many people don't have access to the food that fuels the body. Vote with your dollar if you do have that access, by choosing plant-based food, thereby showing large companies that plant-forward demand is growing. There are also many intersecting, intertwined factors in the issue, like treatment of workers at meat plants, and the existence of “food deserts.”

By choosing different items for your plate, you can make changes in your own life, the lives of people around you, and the world at large. When we make healthier choices, we can better show up to make the world a better place.

Continued on next page

Benefits of a Plant-Based Diet

Continued from previous page

If you are interested in finding out more about plant-based living, but don't know where to start, Carly Puch is a certified health and wellness coach who specializes in plant-based eating. You can contact her at consciouslycarly@gmail.com or listen to her podcast *Consciously Clueless* to learn more.



Another good source is Harvard Medical School: www.health.harvard.edu/blog/what-is-a-plant-based-diet-and-why-should-you-try-it-2018092614760.

Change doesn't have to be perfect, but it can be conscious. Go for it. Your body will thank you, the planet will thank you.



White Bean and Vegetable Paella

By: Co+op, welcome to the table

In Valencia, Spain, paella is often cooked in large pans over an open fire. You can translate the flavors to your own home kitchen by cooking in a large sauté or frying pan. This version is plant-based and allows you to skip the work of prepping meats and seafood, too.

Total Time: 45 minutes | Yields: 6 servings

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 3 cups vegetable stock
- 1/2 teaspoon saffron, crumbled
- 4 cloves garlic, chopped
- 1 large red bell pepper, chopped
- 1 1/2 cups paella or risotto rice (or medium- or short-grain white rice)
- 1 tablespoon tomato paste
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 1/2 teaspoon cracked black pepper
- 2 medium tomatoes, chopped
- 1 medium zucchini, quartered lengthwise and sliced
- 1 can artichoke hearts, quartered
- 1 15-oz. canned cannellini beans, drained
- 1/2 cup frozen peas, thawed

Preparation:

1. In a large skillet or paella pan over medium-high heat, heat the olive oil and sauté the onion until clear and soft, about 5 minutes. While the onion cooks, measure the vegetable stock and water and crumble the saffron into the liquid to infuse.
2. To the pan, add the garlic and peppers and stir for a minute, then add the rice and tomato paste and paprika, and stir to mix well. Cook, scraping the bottom of the pan, for about 2 minutes. Add the stock mixture, salt and pepper to the rice mixture and stir well. Reduce the heat to medium-low after it comes to a boil. Simmer for 15 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, artichokes, cannellini beans and peas and cook for 5 more minutes.
4. Test the rice. If it is still a little crunchy, cover the pan and take off the heat to steam for 5 minutes or so. Serve hot.

Nutritional Information:

Calories: 360 | Fat: 5 g. | Cholesterol: 0 mg. | Sodium: 640 mg. Carbohydrates: 69 g. | Fiber: 8 g. | Protein: 11 g.



Vitamin D—A Shining Star Nutrient

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

Vitamin D is both a nutrient we eat and a hormone our bodies make. It is a fat-soluble vitamin that has long been known to help the body absorb and retain calcium and phosphorus; both critical for building bone. Increasing evidence suggest that vitamin D can play an important role in our bodies beyond bone health, including wide-ranging disease prevention.

Few foods contain vitamin D, though some foods are fortified. For most people, the best way to get enough vitamin D is taking a supplement because it is hard to eat enough or produce enough through sun exposure, especially in northern climates (i.e. Cook County)! Vitamin D supplements are available in two forms: vitamin D2 and vitamin D3. Some experts cite vitamin D3 as the preferred supplement form as it is naturally produced in the body and found in most foods that naturally contain the vitamin.

Recommended Amounts

The Recommended Dietary Allowance (RDA) for vitamin D provides the daily amount needed to maintain healthy bones and normal calcium metabolism in healthy people. It assumes minimal sun exposure. The RDA for people ages 1-70 years is 600 IU and 800 IU for adults over 70. The Upper Limit for maximum daily intake for both children and adults is 4,000 IU.

Most people in the United States are not meeting minimum intake requirements for vitamin D. The average intake in the U.S. from food and supplements is approximately 300 IU. Worldwide, an estimated one billion people have inadequate levels of vitamin D in their blood. However, there is scientific debate on just how much vitamin D people need and what serum levels should be to help prevent disease.

Vitamin D and Health

The role of vitamin D in disease prevention is a popular area of research, but, clear answers about the benefit of taking amounts beyond the RDA are not entirely conclusive. Observational studies show a strong connection with lower rates of certain diseases in populations that live in sunnier climates or have higher serum vitamin D. A growing body of scientific research

does show a promising link between adequate vitamin D, higher serum vitamin D levels and the following diseases:

- Bone health and muscle strength
- Cancer
- Heart disease
- Type 2 diabetes
- Immune function
- Depression
- Immune function
- Depression

There is even new, emerging evidence a correlation could exist between vitamin D levels and COVID-19 outcomes. Researchers suggest this is likely due to vitamin D’s important role in down-regulating the body’s inflammatory response.

Food Sources of Vitamin D

Few foods are naturally rich in vitamin D3. The best sources are fatty fish and fish liver oils. Smaller amounts are found in egg yolks, cheese and beef liver. Certain mushrooms contain higher amounts of D2 from exposure to UV light. Many foods are fortified with vitamin D like dairy and plant-based milks, orange juice and fortified cereals. Check the Nutrient Fact Label for vitamin D content.

Sunlight and Vitamin D

Vitamin D3 can be formed when a chemical reaction occurs in human skin, when a steroid called 7-dehydrocholesterol is broken down by the sun’s UVB light. The amount of the vitamin absorbed can vary widely based on the following conditions:

- Use of sunscreen; correctly applied sunscreen can reduce vitamin D absorption by more than 90%
- Wearing full clothing that covers the skin
- Time outdoors
- Darker skin tones — melanin acts as a natural sunscreen
- Older age- decrease in 7-dehydrocholesterol as we age
- Northern latitudes where UVB light is weaker

Toxicity

Vitamin D toxicity most often occurs from taking inappropriate amounts of supplements. It is not advised to take daily vitamin D supplements containing more than 4,000 IU unless monitored by a physician.

So make sure you get enough of this hard working nutrient and “shine-on”!

The True Confessions of a WebCart Shopper

By: Leslie Pedersen, Cheese Buyer and Cashier



Shop, shop, shop. This is what we do, beginning very early every morning, Monday thru Friday. Our goal is to finish customers' shopping by the time we open at 10:00am. Lately, this is a frantic pursuit, as our WebCart orders have vastly increased. For those who don't know, WebCart is an online shopping service with secure payment — rolled out last July. This endeavor took weeks of intensive IT hours and ongoing photography to accomplish the new system. Then began the learning curve of staff and customers to learn how to use it to its maximum potential.

Even though there are still some glitches to be worked out, WebCart is a vast improvement to the e-mail and phone-in ordering of early COVID-19 days. As a WebCart shopper myself, I can attest to it. Gone are the days of backtracking aisles pushing heavy carts, because WebCart orders follow the layout of the store! Before, you might go to the meat aisle for one item, back to produce for bananas, and then back across the store to wellness. We chuckled to ourselves while grading the lists. If an order followed the layout of the store it got a A+.

WebCart offers us actual bar codes. Many products are very similar, and this program offers immediate clarification — regarding flavors and volume. (However, that being said, please be aware that when ordering bananas, “one” does indeed mean one single banana, not one bunch like many customers assume.) Oh boy, and what about “cloves” or “heads” of garlic, or a bunch or stalk of celery? WebCart helps to clear the mud.

A helpful feature that WebCart offers is the Notes feature. This is the place for customers to “fine tune” their orders. Please use this space to be specific about your purchase, especially to indicate if you want substitutions. Out-of-stocks are far more frequent now with COVID-19 affecting so many producers. It is rare that I can get through an order without having at least one item being unavailable. Notes can be left about ripeness of produce, as well.

The payment option linked to WebCart is also very helpful. Please make sure to enter your payment method — credit card, house charge (providing you have money on account) or payment at the time of pick up via check, gift card or EBT. Unfortunately, some customers are still missing this step, forcing us to make additional phone calls early mornings, for payment information.

By far, the most important benefit of WebCart is that it helps to keep staff and customers safe by reducing in-person contact and touch points on products. This may be a hard pill to swallow, for those of us who appreciated the friendliness and social aspects of the coop pre-COVID-19. As a personal shopper, it has been hard for me to hear the complaints of “un-friendliness” we have been getting of late. I would ask customers to consider that we are not only under the stress of increased vulnerability to COVID-19 by doing our jobs, but we are also trying to keep others safe by less social interaction.

Keeping WebCart up to date, is a tricky and laborious task for buyers, working to stay on top of out-of-stock items. As a buyer myself, I am constantly evaluating whether a product will be a long-term out-of-stock or just temporary? Should I leave it in WebCart or should I remove it? Products and pictures are constantly being updated as needed. We are working hard to keep WebCart as current and up to date as possible! So as you can see, it is a complicated business and takes many extra hours, adding more pressure on staff.

When we first started shopping for customers, I recall making the comment aloud, “This is kind of fun shopping for other people” and a chorus of staff calling back, “Let's see if you still feel the same way a couple of weeks from now.” Well, it's been longer than that, and I can say, honestly, I do enjoy shopping for others. It is especially rewarding when I recognize a customer's name, or we receive the occasional note of thanks, in that all important note section.

I would ask in closing to remember that we are all in this thing together. Let's be kind and get on with it. And just wear your mask.





Those Mighty Mushrooms and your Immune System

Kim Falter, M.S. Holistic Nutrition, Wellness Coordinator

Mushrooms are amazing and amazingly complex. They are not technically a vegetable, nor a plant. Mushrooms actually have more in common with humans than plants. We share 55% of our DNA with mushrooms versus the 15% we share with plants. Mushrooms breathe oxygen like we do, unlike plants that breathe carbon dioxide. Therefore, it's hard to pin these little guys down. Much is yet to be discovered about these spore-ous land 'dwellers', yet they have been used medicinally for literally centuries.

In the time of COVID-19, we are all hyper-aware of coming in contact with illness. We wear masks, we social distance, we sanitize our hands- we do our best to avoid contraction. Yet, once contracted, your immune system will be your line of defense against the illness and your eventual return to optimal health. Minding your immune system, keeping it strong, does not mean you won't get sick. It could mean that, but primarily it is insurance. Keeping the immune system at its best places the odds in your favor of a quick recovery and a potential reduction in long-term or secondary conditions. Mushrooms have been used in the East as remedies to a myriad of human ailments, a few stand out as great contributors to immune health.

Chaga (Inonotus obliquus):

Right in our backyard, this mushroom grows as a canker on dead birch trees. Native Americans used it for its medicinal properties and as a fire-starter, which as we all know, could come in handy in the dampness of our boreal forests. Researchers have shown chaga to produce antiviral activity in both HIV and influenza, antioxidant properties, strong immune cell production and regulation, and to contain many anti-tumor compounds. It has actually been used as an anti-cancer drug in Russia since 1955.

But don't take my word for it, check out these fascinating studies located at PubMed.gov:

- Continuous intake of the Chaga mushroom (Inonotus obliquus) aqueous extract suppresses cancer progression and maintains body temperature in mice
- Anticancer effects of fraction isolated from fruiting bodies of Chaga medicinal mushroom, Inonotus obliquus (Pers.:Fr.) Pilat (Aphyllophoromycetidae): in vitro studies
- The Antiviral, Anti-Inflammatory Effects of Natural Medicinal Herbs and Mushrooms and SARS-CoV-2 Infection

Reishi (Ganoderma lucidum)

Reishi translates to "divine" or 'spiritual mushroom' in Japanese. In China it is called ling chi, or ling zhi, and translates to "tree of life mushroom". Though research tends to show that reishi does not have all the anti cancer properties of other mushrooms, it does tend to show great promise at stimulating and activating the cells and processes of the immune system. In Japan they sometimes call it mannentake or '10,000-year mushroom' and the Chinese refer to it as the mushroom of immortality. There is something to these descriptors in that studies have shown in addition to immune system support, the reishi mushroom helps reduce damage due to free radicals, as well as minimize some of the detrimental effects of aging.

These are just two of the incredible mushrooms found in Host Defense Daily Immune Support formula. This formula, available in capsule, liquid or spray-is a great way to conveniently keep your immune system strong during the winter months. Other mushrooms in this formula are Royal Sun Blazei or coguemelo de Deus (translates to mushroom of God), Lion's Mane or yamabushitake in Japan (translates to mountain-priest mushroom), and maitake ('dancing mushroom') — all work to help fight the good fight against winter ailments.

Stay Healthy!



OWNERS

Local Producer's SCHOLARSHIP Producer Application

Here at COOK COUNTY WHOLE FOODS CO-OP we strive to offer as much local food as we can. Because of our commitment to our community, we offer Local Producers Scholarships. The purpose of our Local Producers Scholarship is to help local food producers expand their production. We are looking for local food producers who are committed to organic farming. If you are interested in applying please drop off, e-mail or send a letter to the Cook County Whole Foods Co-op.

- Application Deadline is February 15, 2021**
- 1) you are interested in applying please drop off, e-mail or send a letter to the Cook County Whole Foods Co-op.
 - 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.
- Name: _____ Phone Number: _____
 Email: _____
 Address: _____
 City: _____ State: _____ Zip Code: _____
- Application must be received by Cook County, MN.



Local Producer's Scholarships

Here at the Co-op, we strive to offer as much local food as we can, because it's good for the community and the earth... plus local food just tastes better. To spur the growth of local food production, Cook County Whole Foods Co-op offers annual Local Producers Scholarships (LPS). This year the Board voted to increase the scholarships to **\$1,000**. The LPS strives to help local

producers establish and improve their farms, buy needed equipment and supplies, and pay for education on organic farming. Applicants must be residents of Cook County, MN.

The Application deadline is February 15, 2021.

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

Pick up an application at the Co-op or download one from our website.

Welcome New Owners!

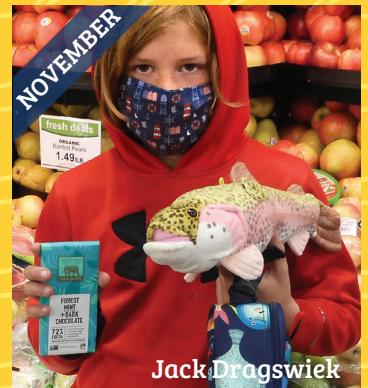
New Owners from 8-27-20 to 12-14-20

- | | | |
|---|----------------------------------|-----------------------------|
| Shawn Allen | Lizabeth Flink & Peter Gesell | Ana Liuzzi |
| Elizabeth Bayer | Paul Folsom | TJ Long |
| Eric Beckner | Emily Fox | Larry Luttmers |
| Chris Bethke | Kate Freeborn | Karen McDonald |
| John Bodin | Meg & Peter Gag | Thomas Novotny |
| Janet & Terry Breithaupt | Devinna Hansen | Nolan Olsen |
| Lisa Burton | Rebecca Hogge | Chuck Olsen & Lori Erickson |
| John & Kathryn Cashman | Rene & Ralph Hudleston | Jim & Kay Olson |
| Allison Cecere | Ken & Dorie Huettl | Allen Ondrachek |
| Teresa Chmelik | Andrea Hurth | Matthew Pauser |
| Christine Clayburg | Brian Jetty | John & Elizabeth Petran |
| Trevor Cook | James Joerke & Allegra Dalton | Bob Safford & Pat Kubiak |
| Nicole Cross | Marnie Keifer & Cindy Avery | Anne & Matt Schuerger |
| Audrey & Nick Cullen | Bryan Kelly | Krystyna & Arthur Smolecki |
| Katie Cushmore | Erica & Adam Kirsch | Tom Swadberg |
| Carolyn & Dennis Davidson | Jonathan Kirsch & Julie Grossman | Sarah & Austin Tedrow |
| Samantha & John Denney | Alyce Kuenzli | Marie Tessier |
| Susan Eidem | Bob & Holly Lamond | Raymond & Diana Thron |
| Aly & David Elias | Dallas Lepak | Josh Tolkan |
| Alec Ferris & Evelyn Coffin | Enno & Kileen Limvere | Emily UjiFusa |
| Benjamin Figueroa & Mariprovi Maldonado | | Heather Ummel-Wagner |
| | | Gerri & Tom Valind |

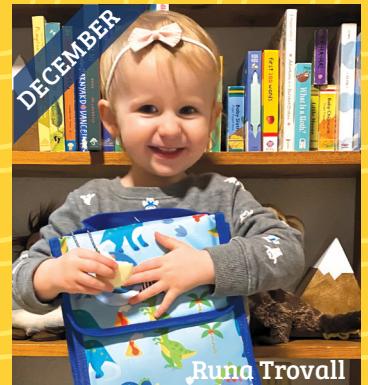
Lunch Box Winners!



Autumn Schueller



Jack Dragswiek



Runa Trovall



Cook County Whole Foods Co-op
20 East First Street
PO Box 813
Grand Marais, MN 55604

218-387-2503
facebook.com/cookcountycoop
cookcounty.coop

