

COOK COUNTY  
WholeFoods  
CO-OP



# the blueberry jammy

Summer 2021

IN THIS ISSUE:  
The Board Report  
Current COVID-19 Practices  
Plastic Free By 2033





# Every Good Story has a Final Chapter

Yusef Orest, Board of Directors



## About the Blueberry Jam

The opinions of the authors featured in the BlueberryJam 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 consultation from a licensed health care provider.

### GO PAPERLESS!

Send an email to: [info@cookcounty.coop](mailto:info@cookcounty.coop), and we will put you on the email list. Once a year, however, the ANNUAL REPORT is mailed to all members by mandate of our bylaws.

### Our Board of Directors:

JILL BARBER  
President  
Term expires 2022.

YUSEF OREST  
Vice President  
Term expires 2023.

DON GRANT  
Treasurer  
Term expires 2022.

LIBBY LARSON  
Secretary  
Term expires 2022.

JANE ALEXANDER  
Term expires 2021.

ALYSSA HEDSTROM  
Term expires 2021.

ERIK HAHN  
Term expires 2021.

Every story has a few good chapters. Today, as we honor Jennifer Stoltz, we remember how much of a page-turner her story at Cook County Whole Foods Co-op has been!

In April of 2021, after 11 years of tireless and dedicated service, Jennifer made the decision to leave her position as General Manager at the Co-op and seek out her next chapter in life. The entire Board of Directors, staff, and community thank her for her service and dedication to our Co-op community!

Let's take a look back at how it all began. Did you know Jennifer served as a board member both in the late 1980s and early 1990's? Jennifer has been a cooperator for quite some time now! Jennifer became an employee in the spring of 2009, as Customer Service Manager. In May of 2010 she became the General Manager.

Jennifer wasted no time planning her first project — the now nationally famous expansion of the Co-op. Jennifer coordinated hiring consultants, choosing the design-build firm Builders Commonwealth, and refining what the owners wanted and needed out of the next store. Jennifer led the effort to raise over \$600,000 in owner loans to support achieving this lofty plan — that is a lot of capital! Ultimately, Jennifer and the Board arrived at a decision to build the largest and most energy efficient store possible on the existing site.

In order to accomplish this, Jennifer became a national trend-setter, by finding a temporary home for the store at a former bowling alley. At first, many in the cooperative grocery circles thought some of Jennifer's goals were too tall a mountain to climb — Jennifer's tenacity proved them wrong again and again! The new building was completed enough to move in after just 7 months in a temporary location, and the doors opened back up to welcome owners on June 26 th of 2013. The new space was a hit, sales exceeded projections almost immediately, and the Co-op has been growing faster and further than expected ever since!

No one had moved to a temporary location before, and no one thought it could be done. Now when you ask some of these same consultants, they will admit moving to a temporary location during a remodel has become standard practice because it was so successful here at the Cook County Whole Foods Co-op! Between Jennifer's creative leadership on the expansion of the Co-op, and our energy efficient footprint, the Cook County Whole Foods Co-op is well known across the United States as a shining star of cooperative groceries. For a trip down memory lane, check out Jennifer's blog post from back during expansion times:

[www.cookcountycoop.blogspot.com/](http://www.cookcountycoop.blogspot.com/)

Over the years there are numerous achievements to be grateful for, but when we asked Jennifer for a few that stood out to her, she graciously

Continued on the next page.



shared some of her favorites: As a monumental achievement for us all, the expansion was one of Jennifer’s fondest and proudest accomplishments as well. Winning an award for the energy efficient building design and achieving an energy star certification score of 100 are two accolades Jennifer will look back on with pride. Jennifer also helped the Co-op win the EPA GreenChill award for the lowest emissions of a small partner two years in a row — no small feat! Finally, let’s not forget that in 2013 Jennifer received the Entrepreneur of the Year award by the Cook County Chamber.

Jennifer acknowledged that working through the COVID-19 pandemic was difficult, to say the least, but she stressed that working with the staff, who all stepped up and worked incredibly hard, was an honor and privilege. Jennifer noted how much she appreciated how strong the staff was through the crisis, and that the “thank yous” from both staff and owners were appreciated.

Jennifer, as we inch closer to the final pages of your Co-op story, we thank you. With the utmost gratitude for the last year’s achievements, and all of your achievements before that, we thank you. For your dedication and service to our entire community of Co-op owners, we thank you. For all you have done to support making our Co-op thrive in every sense of the word, we thank you. We simply can not thank you enough times, or say it from a high enough mountain here in Cook County — Thank you Jennifer, thank you!

If you would like to take a longer trip down memory lane of the Co-op’s history, please visit the the history time line on our webpage: <https://cookcounty.coop/wp-content/uploads/2016/10/Anniversary-Timeline.pdf>

Jennifer has graciously offered to stay on as General Manger as the Co-op prepares to search for a replacement. The Board of Directors has partnered with long-time consultant Columinate to help conduct a General Manager search. The Board of Directors will continue to provide updates to owners as we move through this process.

## Current COVID-19 Practices

*Jennifer Stoltz, General Manager*

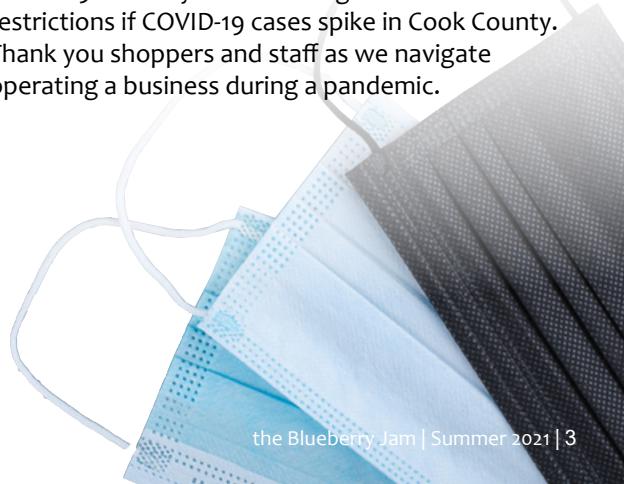


Operating a retail business during COVID-19 has been challenging. Throughout the pandemic, we have followed Centers for Disease Control and Prevention (CDC) guidelines. On May 16, 2021, the CDC updated their recommendations for fully vaccinated individuals and announced that fully vaccinated people can resume activities without wearing a mask or social distancing. As a result, Cook County Whole Foods Co-op removed our mask mandate. Fully vaccinated shoppers and staff do not need to wear a mask while inside the Co-op.

We have also removed the 12 shopper limit in the store. However, we still recommend shopping alone if you are able to reduce the number of people in the store during our busy summer months.

Shoppers are welcome to continue wearing masks in the store, and we continue to offer curbside pick up Monday-Friday if you want to avoid entering the store entirely. We are also happy to announce that we are refilling our bulk scoop bins so you can buy as little or as much as you like. Bulk scoops are being cleaned nightly, and we continue to sanitize the store. New inversion spice bins have been ordered so bulk spices will return soon. It has been great to see the return of bulk and smiling faces in the grocery aisles.

We continue to monitor the risks associated with COVID-19 and may need to bring back certain restrictions if COVID-19 cases spike in Cook County. Thank you shoppers and staff as we navigate operating a business during a pandemic.



# A Farmer-Led Future for Tea

Co+op, stronger together

## The Roots of the Tea Trade

Did you know that tea is the second most popular drink in the world — second only to water?

Here's another question: do you know that, even today, it is likely that the tea products lining your grocery store's shelves — even those sold as Fair Trade — were sourced from plantations established under colonialism?

Tea cultivation and consumption originated in China. Global trade for much of the 1700s and 1800s was defined by foreign companies trying to gain a foothold in the profitable tea market.

The top four tea producing countries today are China, India, Kenya, and Sri Lanka respectively — and it is no coincidence that after China, the top tea producing nations are all former British colonies.

After the British East India Company lost a long-standing trade monopoly with China, British colonists introduced tea production elsewhere, beginning in India in the mid-1800s.

As with so many plantation systems throughout history, cheap labor was essential to the scheme. British planters recruited labor from the most vulnerable populations through indentured contracts.

Families were central to the recruitment strategy as they were less likely to leave the plantation; after all, it was where they both worked and lived.

## Tea Farming Today

Despite more modern reforms, the colonial plantation system created a vast monoculture tea infrastructure so deeply rooted that it remains largely unchanged.

Shortly after Indian independence from Britain, the Indian government enacted reforms meant to provide protections to plantation workers. While the reforms were a very important advancement for tea workers, the fundamental imbalance in power remains.

Tea workers remain deeply dependent on the plantations for all of their basic human needs. When tea prices fall below the cost of production, it is far too common an occurrence that plantations will be abandoned by the owners, leaving the workers and their families in dire circumstances.

Cara Ross, a Sales Director at Equal Exchange, recalls hearing from tea farmers who experienced this at the Potong Tea Garden in Darjeeling, a tea growing region in India. “Overnight, workers lost not only income, but housing, food, healthcare and education,” Ross says. “The Potong Tea Garden’s history stands out to me as a clear example of the injustices of the colonial plantation model, which at its core is built upon the indentured servitude and dependency of workers.”





## Natural Bug Defense

Natasha Lundstrom,  
Storekeeper

### Building an Alternative: Power to the Farmers

Equal Exchange is working to forge a different path for small farmers everywhere. As an alternative trade organization (ATO), we partner with small farmer organizations around the world to change existing power structures and build economic solidarity between farmers and consumers.

Most of Equal Exchange's tea partners are small farmers: they own just a few hectares of land and cultivate a mix of tea and other commercial crops like spices for export, as well as crops for their own kitchen. Through their democratic organizations, farmers can pool resources and their harvests to trade at a viable scale.

The farmers at the Potong Tea Garden are building yet another alternative to the colonial plantation model: After the previous owners of the plantation abandoned the business when prices dropped too low, the workers from the garden organized. Potong's 343 members now collectively run the tea garden, with members revitalizing the land, introducing native plants and regenerating the soil and local ecosystem, all while running the garden democratically.

To create a future where the tea industry is led by farmers, we need to do two things. First, we need to continue to build a marketplace for small tea farmers. Secondly, we need to build awareness about the problems in the industry.

As an alternative trader, Equal Exchange is deeply committed to both of these efforts: they're expanding their tea program, and creating spaces for consumers to learn about where tea comes from and the people who grow it.

You can help by shopping for small-farmer grown Equal Exchange tea at the Co-op.



Summer is upon us!

And so are the bugs, literally.

Fortunately there are some effective and safe essential oils we can use to both help repel bugs and treat their bites.

Vetiver is known to be toxic to ticks, it is a more viscous oil so you can add some drops to a carrier oil such as jojoba or almond oil and rub it on.



The mosquito is another nuisance in the summer. There are several essential oils that many bugs hate the smell of, including mosquitoes. Some of these oils are Lavender, Lemongrass, Cedarwood Bark, Rosemary, Citronella and Peppermint.

Make a spray with a mix of these oils in a base of witch hazel or vodka. You can experiment with which ones work well for you.

Pranarôm also offers Aromashield Defense Spray that contains essential oils. Pranarôm's directions for use are: Mist over clothing and exposed skin, reapplying as needed. Once you return indoors, wash skin with soap and water to remove.

Lavender oil works well to soothe itchy mosquito bites by applying it directly onto the affected area. I have used this method and it really works for me, and hopefully for you too!



# COMMUNITY

## coop explorers

Here are our very own Co-op Explorers Club Lunch Box Winners!

CONGRATULATIONS!



Calyx Grinager



Ruby Hawsen



Lillyann Brandt

## Zoom Cooking Classes

Most evenings were quiet in the Deli this past year. Gone were the laughter and excitement of friends and neighbors, learning to cook in fun, new ways — from sushi to Korean to Brazilian. Pizzas and breads were baked. Babies were walked down grocery aisles so Moms could enjoy a few moments to expand their repertoires in cooking class. It was a vibrant place!

In lieu of that experience, we offered zoom cooking classes — highlighting a variety of topics. Although they filled a void during the pandemic, we hope to regain the fun of cooking together! If possible, we'll open up the opportunity to the Community again, later this year.

Here's what we offered to continue our focus on community health...

**FREE Zoom Class!**  
*Why Plant-Based?*  
Thursday, February 25<sup>th</sup>, 7-8pm

Have you wondered why, increasingly, people are eating plant-based? Are you curious about transitioning, conversationally, to plant-based foods? Do you have a plant-based diet? Would you like a better understanding of how to move toward a plant-based diet? Join Chef and Plant-Based Foods Mentor, Amy Leo Barankovich of Vegan Affairs, for a 30-minute Zoom class on this very topic. Amy will begin, in the Co-op Deli, with a 15-minute tour of our plant-based options, and then, fill your questions for 30 minutes. She'll share, demonstrate a quick and easy way to prepare plant-based Quinoa Dip. At the end of the session, we'll award mystery books to create plant-based inspiration. Come prepared with your questions and an appetite to learn about the delicious and nutritious world of Plant-Based Eating. [Email for the Zoom link and to be added to our list!](mailto:info@coockountycoop.com)

**COOK COUNTY WholeFoods CO-OP**

Join us in the Co-op Deli for a **FREE Zoom Class**  
with Carol Morgan, Certified Health Coach, who'll teach us to make a healthy, low-carb pizza. You can get the same great pizza taste without sacrificing your healthy eating style! Recipes provided!

**Thursday, April 15<sup>th</sup> | 7:8-8:00pm**  
Email [info@coockountycoop.com](mailto:info@coockountycoop.com) for your link to attend!

**COOK COUNTY WholeFoods CO-OP**

**JAMAICAN Cooking Class**  
Join us in the Co-op Deli for a **FREE Zoom Class** with Doreen Brown, who'll teach us to make a super healthy and delicious Jamaican cornmeal porridge — a healthy and hearty breakfast, filled with variety of the island!

**Thursday, March 25<sup>th</sup> | 7-8:00pm**  
Email [info@coockountycoop.com](mailto:info@coockountycoop.com) for your link to attend!

**COOK COUNTY WholeFoods CO-OP**

**The Amazing Avocado**  
Is a powerhouse superfood! These luscious gems — which are technically fruits, are packed with anti-aging, disease-fighting antioxidants, and nearly 20 different vitamins and minerals.

**Thursday, May 27<sup>th</sup> | 7-8:30pm**  
Join Chef and Plant-Based Foods Mentor, Amy Leo Barankovich of Vegan Affairs, for a free zoom class and continue to move towards a plant-based diet OR simply explore Chocolate Avocado Mousse! High-in-omega fats, remarkably thought you could have avocados for dessert? It's so rich, thick and chocolatey that you have to eat it slowly to enjoy the deep flavor! And to further expand your palates, she'll make a Kimchi-Avocado Guacamole as well!

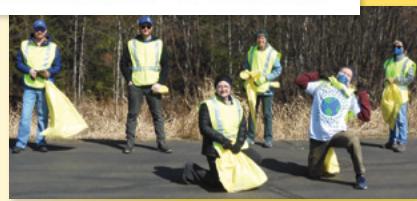
Come prepared with your questions and an appetite to learn!  
Email: [info@coockountycoop.com](mailto:info@coockountycoop.com) for your free zoom link.

**COOK COUNTY WholeFoods CO-OP**

## Sharing in the Community

Here are some of the organizations we contributed to this year.

- 2021 Grand Portage Wellness Fair
- Alliance for the Great Lakes
- Beargrease Sled Dog Marathon
- Birch Grove Community School
- C.C. Public Health & Human Services
- Care Partners of Cook County
- Cook County Chamber of Commerce Foundation
- Cook County Extension
- Cook County Higher Education
- Cook County Historical Society
- Cooperative Development Foundation
- Cooperative Development Fund of CDS
- Empty Bowls
- Explorers Club Lunch Boxes/Snacks
- Family Farm Defenders
- Food Co-op Initiative
- Give, Send, Go
- Grand Marais Art Colony
- Grand Marais Playhouse
- Grand Portage Elderly Nutrition Program
- Great Expectations School
- Hamilton Habitat, Inc.
- Lutsen Lutheran Pollinator Gardens
- Minnesota Children's Press
- MOSES
- National Fire Safety Council
- Norpine Fat Bike Classic
- North House Folk School
- North Point, Inc.
- North Shore Health Care Foundation
- North Superior Ski and Run Club
- Oshki Ogimaag Yearbook Fundraiser
- Ruby's Pantry
- Sawtooth Mountain Clinic
- Smith Benefit Online Raffle
- Superior Cycling Association
- Superior Hiking Trail Association
- Violence Prevention Center
- WISE
- WTIP
- Zoongoshkiniigkwe Mentorship Program



# Celebrate Summer!

Stay Deliciously Hydrated This Summer...



## Watermelon Mint Frosé

Co+op, welcome to the table

For a non-alcoholic version, use a non-alcoholic rose or substitute it with apple juice, white grape juice, ginger ale or coconut water with a squeeze of lime.

### Ingredients—

3 cups cubed seedless watermelon  
1.5 cups frozen strawberries  
2.5 cups rosé wine  
12 large mint leaves, plus more for garnish

### Preparation—

Place the cubed watermelon in a freezer container and freeze. Just before serving, combine the frozen watermelon, strawberries, rosé and mint in a blender. Blend until smooth. Serve immediately, garnished with a sprig of mint and a slice of strawberry.

Serve with a fun and easy appetizer — skewers of cubed watermelon and feta cheese drizzled with balsamic vinegar.

Total Time: 3 hours includes freezing; 10 minutes active  
Servings: 4



## Minty Green Tea Pops

Co+op, welcome to the table

Cool off with these refreshing homemade minty green tea ice pops. While this recipe calls for plain green tea, you can use any other green tea or black tea as well.

### Ingredients—

4 cups water  
4 teabags green tea  
1/2 cup fresh spearmint, plus 10 small leaves  
1/4 cup honey  
Ice pop molds & sticks or 3-oz. paper cups & sticks

### Preparation—

Prepare your pop molds. If using paper cups, place them on a sheet pan.  
In a 2-quart pot, bring the water to a boil. Remove from heat and let cool for a few seconds, then drop in the teabags and 1/2 cup mint. Steep for 5 minutes, then remove the tea bags and stir in the honey until dissolved. Let cool.  
When cooled completely, strain into a pitcher, pressing on the mint gently. Pour the tea mixture into the prepared pop molds, place a mint leaf in each, then freeze completely. If using paper cups, freeze for half an hour before inserting sticks.  
When frozen, store in an airtight bag or container.



## Plastic Free by 2033

Jennifer Stoltz, General Manager

In the 1967 movie *The Graduate*, Mr. McGuire told Benjamin, “I just want to say one word to you. Just one word. Plastics.” Well, he was right. Plastics are everywhere and fill our grocery shelves. While I’m sure that plastics were a good investment for many people, we’re starting to realize that they are damaging our environment, polluting our water and killing wildlife. The co-op gets frequent requests to reduce or totally remove plastic from our store. Unfortunately, it’s not an easy task to cut back on plastic in a world that spent years changing packaging to lightweight, cheap plastic containers or bags. However, we are working toward a goal of Plastic Free by 2033. National Co-op Grocers (NCG) stated this goal in September of 2019 and is helping reduce plastics through our supply chain.

Here are some of the initiatives that we’re taking to achieve the goal of a plastic free store.

- Plastic single serve water bottles have been removed from the store and replaced with water in aluminum bottles.
- Tracking how much of the products that we sell are in plastic and working on reducing that number. Approximately 44% of what we sell is currently wrapped or sold in plastic.

- Selling bamboo toothbrushes, reusable straws, reusable containers, products in glass...
- Carrying bulk items which can be packed in your own reusable containers.
- We have joined the Climate Collaborative which leverages the power of the natural products industry to reverse climate change — including the climate impact of packaging.

Achieving a plastic free store by 2033 requires your help.

- Bring your own container or bag to package bulk items.
- Purchase produce without a bag or put produce in a reusable bag.
- Buy items in environmentally sustainable packaging.

The food and packaging industries are working at a fever pitch to design waste out of packaging and develop new materials that share some of plastic’s advantages while being renewably sourced and harmless in backyard compost or the ocean. We expect to see the results of this work over the next several years, as more packaging is designed to be like Alter Eco’s award winning, fully compostable foil truffle wrap.

Is an entirely plastic-free grocery store achievable by 2033? The truth is, we don’t know, but we’re certain it won’t happen if we don’t try.



## Zero Waste Cook County!

Kristina Mattson, Denny FitzPatrick and Olya Wright

Is throwing away #5 plastics hurting your brain? Is the upstream and downstream accumulation of waste driving you crazy?

The theme of World Environment Day was Reimagine, Recreate, Restore. Happy to say there’s a local movement afoot to form a volunteer group of recyclers and food-waste warriors called Zero Waste Cook County! Never underestimate the power of community action. We need your help to develop and implement solutions to reduce waste and expand recycling. We hope to:

- Launch a Facebook site to facilitate the process.
- Meet with county officials and community leaders to find the best paths forward.
- Create a #5 plastics collection hub.
- Work with Terracycle to offer recycling of household waste that is generally not accepted at recycling centers.

Let’s see how much more waste, litter, and pollution we can keep out of our landfill and natural spaces.

**For more details or to help, contact Co-op owners**

**Kristina Mattson or  
Denny FitzPatrick**

**kristinagac@hotmail.com  
dfitz@boreal.org**



## Food for Thought

Adrian Hess, Meat Buyer, Deli

“It’s not that we are what we eat, but that we eat the way we are.”

— Benjamin Lorr

Recently, I had the pleasure of returning home from a long road trip. What kept me going through the plains of rural Nebraska at 2:00 a.m. was an audio book titled *The Secret Life Of Groceries* — *The Dark Miracle of the American Supermarket*, by Benjamin Lorr. Ominous title notwithstanding, I wasn’t prepared for what Lorr had to say. The book was brutal in detail and deep with fascinating historical facts of the rise of the modern day supermarket and all its mechanizations, human or not. It gave me pause to think about where I work and what sort of relationship with food, and the grocery industry I have.

Lorr broke it down that the grocery industry is, in essence, retail sales. Not just any type of retail however — food retail. Where an item for sale that is meant to feed you, is more than just that.

From the perspective of myself, a buyer, an item on my shelf has many characteristics. It has a quality, a price, an availability, a marketability, a desirability, a taste, a best-by date, a season and so on. All of these things combine to transform the item from just food, to a product. My job is to offer these products in a manner consistent with what we as a society have come to expect and want. As consumers our demands and desires have never been higher, particularly for the meat industry. The pandemic proved that point, and showed to many that when the system is hindered, it can be hard if not impossible to meet our expectations fully. Lorr is right that how we think of food has changed dramatically over the last 40 years. Instead of food being food with few signifiers around wealth, status, or diet; food can now be a reflection of your values or a presentation of your personality.

**“The bottom line is that we expect more out of our grocery options than ever before.”**

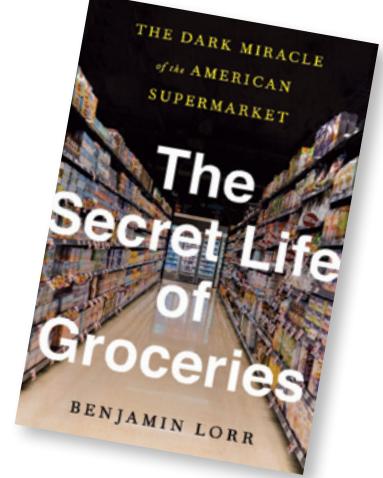
The bottom line is that we expect more out of our grocery options than ever before, largely without thought as to what it takes to reach the level we have arrived at. Near the end of the book, it’s clear that Lorr found the American grocery system to be ultimately, deeply flawed, but nevertheless highly functional. Unfortunately, the need for a plethora of choice in our global economy has encouraged a business model that Lorr describes as a “race to the bottom”.

Thankfully, I do not believe that the entire industry is heading that direction. I see an alternative, and I just so happen to be working at it! Here at the co-op we strive to provide local, ethical, and natural food while coexisting with a network of wholesale corporations, long distance shipping, government regulation, and a host of other hurdles within the industry.

Perhaps most importantly, we do all that while strengthening our community through what we offer as a whole.

Our Co-op is a shining example of what the grocery industry can be when at its best.

It is in no small sense, a miracle.



# OWNERS

## Welcome New Owners!

Drew Augustyn	Rebecca Kanten-McCoy	Ryan & Tara Peterson
Jonathan Baller & Tammy Olsen	Lori Karau	Janet & Kent Peterson
Brittany & Travis Beauchene	Margaret Kelnberger	Michelle & Ryan Petz
Scott & Trish Brown	JoEllen & Blane Klemek	Greg Phillips
Amy & Nathaniel Brugge	Andreas & Susan Kocher	Jacob Rachuy & Sarah Bransford
Alexis Carpenter	Joyce Leddy	Rocio Rivas
Tom Cobb & Robert Wozniah	Mitch Lehr	Angie Robinson
Kimberly & David Dahl	Levi & Molly Libra	Cole & Katie Sabe
Debra Danielson & Scott Meister	Kristin Lindholm	Joe Schaepfi
Angela & Richard De Witt	Gordon & Joyce Lindquist	Madelaine Silins
Mark Egan	Caleb Lines & Sarah Thomson	Ruth & Joe Sippel
Courtney Elford	Natasha & Aaron Lundstrom	Patti Slanga
Karen Flink	Ellen Mayer	Debra & Tim Smith
Michele & Randy Gehring	Megan McClanahan	Jodee & Erol Sonderegger
Nancy Giguere & Bruce Tyler	Albert & Katie McCornack	Sarah & Tom Sutliff
Aaron Hangge & Amanda Olson	Scott Minke	Kim Toland
Pauline Hanson & Dion Johnson	Rolf Morck	Karna & Bruce Trautman
Jean Hilde	Chuck & Terry Mosher	Sandra Wessner
Mike Hill	Pam Nimmerfroh	Bill Winter
Greg Hoy & Kristen Dallara	Dawn & Brian Northrop	Kristin Woizeschke & Martin
Dale Jackson	Katie Oakes	Kagermeier
Wanda & Paul James	Cindy Oberg & Don Hauser	Ashlee Worden
Jeffrey & Mary Johnson	Lauren Penrose & Dax Earl	

## Run for the Board



Being a Board Member is a great way to get involved in long range planning which shapes this vital community resource. There's always lively conversation and healthy food at the monthly Board meetings. If you are someone who cares about our Co-op and its values and would like to play an integral role in its continued success, we invite you to consider running this Fall. Learn all about it, and access an application here:

<https://cookcounty.coop/about-us/board-of-directors/>

All submissions due by September 1, 2021

## The Calendar

### JULY

Owner Appreciation Day  
Monday, July 5<sup>th</sup>

Wellness Wednesday  
Wednesday, July 21<sup>st</sup>

Board Meeting  
@ the Community Center  
Tuesday, July 27<sup>th</sup>,  
5:30-7:30pm

### AUGUST

Owner Appreciation Day  
Thursday, August 5<sup>th</sup>

Wellness Wednesday  
Wednesday, August 18<sup>th</sup>

Board Meeting  
@ the Community Center  
Tuesday, August 24<sup>th</sup>,  
5:30pm-7:30pm

### SEPTEMBER

Owner Appreciation Day  
Sunday, September 5<sup>th</sup>,

Wellness Wednesday  
Wednesday, September 15<sup>th</sup>

Board Meeting  
@ the Community Center  
Tuesday, September 28<sup>th</sup>,  
5:30pm-7:30pm

## HOW MUCH IS AN OWNERSHIP?

Pay full \$120 (not an annual fee)  
or: x10 quarterly payments of \$12.  
Benefits start with first \$12 payment.

Stop by the store and register to become an owner.  
More info at: [cookcounty.coop](http://cookcounty.coop).

## BENEFITS OF OWNERSHIP:

**News:** A subscription to the Blueberry Jam Newsletter and the Annual Report and keep up with what's new. **Earning:** Patronage Dividends in profitable years, the more you spend, the more you earn.

**VIP:** Attend our annual meetings and get discounts on Co-op classes. Eligible to apply for financial aid scholarships.

**Voting:** Vote for the Board of Directors and run for the Board. Have a say in our future.

**Savings:** Enjoy quarterly coupons, owner specials and Owner Appreciation Day.

## WHAT IS FULL EQUITY?

Full Equity means an owner has paid their total \$120 equity share into the Co-op. The more full equity payments we have, the more we can grow, the more we can give back to the community!

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.



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Grand Marais, MN 55604

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[cookcounty.coop](http://cookcounty.coop)

