

The Food Co-op Commons

Newsletter of The Food Co-op, Port Townsend, WA



Story Highlight

Interview with Daddy's Muesli

By: Sheryl Morgenstern, Co-owner Pages 11-12

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Where we seek to uphold the health of our community and world by making available reasonably priced whole foods and other basic goods and resources by means of our life-affirming democratic organization.



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414 Kearney Street
www.foodcoop.coop

Dear fellow Co-operators,

By the time you read this I am really hoping that our plans are moving along, that the permits are issued and that we are getting ready to dig in - literally and figuratively.

We chose the theme “We’re Digging in” for our project as it really spoke to what we are doing here at the Co-op: we’ve chosen this place, we are metaphorically digging in (as opposed to thinking that there might be another home for us elsewhere), and we are literally planning to dig in to the ground - and hillside - in order to meet many of our future needs.

Over the past five years we’ve done our homework (check out the time line elsewhere in this issue) and we’ve made the decision to stay here on Kearney Street and make this location work. We think this is the least risky move to make. Not doing anything is the most risky, with the second most risky being relocation and building a new store. And where would we go anyway? We’re in the best location in town—and we know it! So now we are getting ready to break ground and that is when things start to get very interesting.

So why are we digging into the hillside? Your Co-op puts a high value on recycling and re-using, which takes up a lot of space - we will need to use every square foot of our property in order for this plan to work. So while the hillside isn’t super steep, it is steep enough that it will require a retaining wall for us to be able to stockpile our recycling and compost, as well as stash our trash in front of it while waiting for service.

Additionally, the retaining wall will allow us to extend the addition back another precious five feet to give us a bit more space to allocate to our new ‘warehouse,’ where we will receive, store and process goods for sale in the store. Moreover, staff will gain a new, larger break room and a second, much needed bathroom.

Currently, we think that we will start with building the retaining wall and the addition - possibly in early December - and that will take about three months. This could get a bit tricky as we will have to bring product into the store through another entrance while construction is going on. And then, once the addition is complete, we will start remodeling inside the store. We anticipate that this phase could last anywhere up to six months and that much of the work will happen at night. That’s the plan anyway; I’m sure reality will be a bit different!

While there will be plenty of other gains with this project (such as a hot/cold salad bar, a larger meat department and a more welcoming entrance/exit), I am also aware that we haven’t fixed everything - that was never really possible. We are confident, however, that we have resolved some of our most pressing concerns, such as making the working environment for staff much more functional, and that makes us feel pretty darn good.

We will need you, our members, to help us by continuing to shop at the Co-op during the work. We hope that you will make a commitment to support us during construction - and beyond!



Kenna Eaton, GM

DEMOCRACY AT WORK

by: Lisa Barclay, Board Member

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Feeling shut out of the national democratic process? Why not check out democracy a little closer to home? Since 1844, co-ops have been incubators for democracy. Before the UK even had universal suffrage (let alone public education for everyone), the new organizations called co-ops were educating people and giving them a place to practice democracy. We're still at it today, so visit a Food Co-op board meeting to witness and participate in democracy.

What is democracy? Democracy is more than voting: It's learning about issues and discussing them; it's listening carefully and accepting differences of opinion; it's about transparency; and it's about accepting democratically reached decisions even when you disagree.

Come see the board at work, maybe participate in one of our discussions. In November and December, we'll be discussing the role of education, outreach, and advocacy in cooperatives as well as reviewing the fifth End (or goal) of our strategic plan. In January, we begin a year-long series of discussions about what it means to be a cooperative, especially today when national chains carry organic foods, and how that affects our mission and principles.

Board meetings are the first Tuesday of each month at 5:30 at the Co-op Annex at 2110 Lawrence Street. If you enjoy the board meetings, perhaps one day you'll run for the board—the Co-op needs people who love the Co-op and our community, are willing to work hard, and want to practice democracy.





Staff Spotlight

On Katy Morse



Front End P.I.C. & Artist

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Katy Morse has been a member of the Food Co-op since 1984, when she hitchhiked into town with a back pack and a guitar. She came from an intentional community in Ojai, after graduating from Fairhaven College in Bellingham, with a degree in Spiritual Creativity. There are many themes which have followed her through life. Her first job in PT was at the Salal Cafe as a cook, then as part owner of Waterfront Pizza. During her 15 years at Waterfront she learned how to run a successful business using cooperative principals, (making 'edible mandalas' aka pizza) while raising her 2 children. In 1997 she became the Kinetic Rosehip Kween, and everything changed. She fell in love with Charles Bodony (kinetic sculpture wizard), sold her shares of the pizza shop, got married, and began her career as a massage therapist. In 2006 she started working at the Food Co-op to supplement her income. Now she manages to balance her life between service through art, healing, and food.



"There are many reasons why I love working at the Food Co-op. There is the great food with excellent organic and local products, and the wonderful people who work here. Our staff is awesome! We work hard and are constantly striving to improve our co-op culture, while giving the best customer service to members and visitors. I have great respect for our leadership teams, and appreciate the cohesiveness of our Board of Directors. Their direction helps us with the day to day operations, and has viable plans for our future."

"The organization has grown tremendously since I first came here, and I have deep appreciation for all the people who came before me to build this thriving co-op. Not only are we successful as a community hub connecting local and organic farmers and producers to the members and shoppers; we are also a healthy business that carefully manages our resources. The organization is very generous to employees, and contributes substantially to local events and non-profits. There are so many ways that working and shopping here benefits our community. I love being part of that, and am excited about the expansion being planned for our store."

"Working at the Food Co-op is also in alignment with my core values of taking care of the earth, being environmentally conscientious and having a holistic approach to healthy living. I am part of our sustainability committee, called SURF for Sustainable Resource Fellowship. We help to educate staff about recycling, and provide incentives for being sustainable at work. I applaud my teammates on the committee for doing the dirty work of plowing through the dumpsters to get data for waste audits. It's another level of really caring about how we are processing what gets thrown away or recycled. That kind of commitment shows up because we are in it together."

"I still offer massage and healing energy work in my private practice. I also have been painting with acrylics on canvas, and am a member of the Intentional Creativity Guild. The painting I do with Color of Woman techniques is focused on images of the Divine Feminine. There's a world of creativity and healing expression that goes along with this. I've been offering classes for painting, and Red Thread Circles for women to gather and find inspiration for life."

"I am giving thanks for being here with all of you in Port Townsend!"



Glyphosate in our Food

by: Our Product Research Committee

We PRC members keep an eye out for food issues that might be important to Food Co-op members and last year we began researching the prevalence of glyphosate in the country's food supply. You may not have heard of glyphosate, but you've probably heard of Roundup. Glyphosate is the active ingredient in that ubiquitous herbicide. Roundup weed killer is used by homeowners all over the country as well as on "Roundup Ready" GMO crops like corn, canola, and soy, which means it is used a lot. In addition, some non-organic farmers spray glyphosate on their grains and beans prior to harvest to kill the plant to make it easier to harvest—a process called desiccation.

The EPA has long considered glyphosate a safe herbicide, but that assumption is being increasingly questioned as studies indicate possible links to cancer, hormonal problems, and auto-immune diseases. So why would some people think glyphosate safe while others do not?

Glyphosate works by interrupting the shikimate pathway of plants and bacteria, killing them because plants and bacteria need the pathway to make essential amino acids. Since animals don't have shikimate pathways*, the EPA thought that glyphosate would not hurt humans. However, as we learn more about the human microbiome, it is becoming evident that the extensive use of glyphosate could indeed be affecting us. Glyphosate devastates gut bacteria in animals, even in minuscule amounts. Glyphosate is so effective that, in 2010, it was actually patented as an antibiotic. But we need microbes for our guts to function; a healthy gut is essential to our immune system as well as proper digestion of our food.

The accelerating use of glyphosate means it has become hard to avoid. Recent testing has shown that glyphosate is present in many products, from wheat bread to baby formula to beef, as well as in some water supplies.

So what to do? The best answer is one you've heard before: Eat organic food or food from local farmers who do not use pesticides or herbicides. It costs more, but it is better for us and better for the environment. We like to think of it as investing in our future.

The PRC has been reviewing our non-organic products containing beans or grains and contacting vendors and manufacturers to see if their ingredients might have been sprayed with glyphosate before harvest. We started by checking the non-organic bulk products and found mostly good news. For instance, neither Zursun (beans) nor Wheat Montana use glyphosate. And we now have organic masa harina from Hummingbird for tortillas! On the other hand, processed food companies don't always know the exact source of their ingredients because they buy through a distributor, so they have not always been able to tell us much.

We also contacted WSU for information on whether Washington wheat or legumes are sprayed with glyphosate. We learned that Pacific Northwest farmers do not spray to desiccate their fields, although glyphosate is sometimes used before planting in no-till farming (a technique to conserve soil).

Also, there are no commercial GMO beans or wheat grown in the Pacific Northwest, so no glyphosate would be sprayed during the growing season because it would kill the plants. Roundup Ready GMO plants can survive the herbicide but non-GMO plants cannot.

You too can have an impact by emailing the manufacturers of products with non-organic grains or legumes as ingredients. Politely ask for assurance that their wheat (or other grain or legume) is harvested without glyphosate. In addition, you can contact the county to request they cease spraying glyphosate to kill roadside weeds, because the glyphosate then gets in our water supply. And you can write the EPA to ask them to prohibit glyphosate.

The PRC will continue to review products, so periodically check the binder up front under the Board's board for new information. And if you are interested in joining our friendly band of product researchers, come to a PRC meeting at the Annex at 3pm on the first Tuesday of the month.

*The shikimate pathway is a seven step metabolic route used by bacteria, fungi, algae, some protozoan parasites and plants for the biosynthesis of folates and aromatic amino acids.



Farm to School Apples

by: Laura Llewellyn

Did you know that you can buy apples and support school gardens at the same time? It's a program called Farm to School Apples. The Co-op has been participating in this program since 2012.

Here is how it works. We buy 3# bags of Fuji apples (Sometimes Gala) from **Organically Grown Company** (OGC) under the Farm to School label. You buy these Fuji apple bags. We count how many bags we sell and donate 70% of profit on each bag. In general that adds up to a little over a dollar per bag. These apples are only seasonally available from roughly September to May. Several other co-ops and natural food stores in Washington and Oregon sell Farm to School Apples. Each store chooses who they donate to.

We are currently donating to the Community Wellness Project. We previously donated to its predecessor, the Jefferson County Farm to School Coalition. Each year, your purchases have accumulated to a donation exceeding \$1,100. From January to May of this year we donated \$918.90. Which means we are on track to donate more than ever!

Next time you buy a Fuji apple, look for the Farm to School label and consider buying a bag. Your support really does add up!





The Community Wellness Project

by: **Kathryn Lamka**

Continuing with the momentum of over a decade of Farm to School activism in Quilcene and Port Townsend, the 501(c)(3) Community Wellness Project (CWP) has a new slate of board members who are excited to bring their focus to Chimacum and support programs that benefit both student health and academic achievement.

CWP recently created a small grant program for Chimacum teachers and staff to do projects that are aligned with the academic objectives of the schools while also promoting the physical, mental, or emotional health of students. Focus areas may include gardening, nutrition, exercise, classroom mindfulness practice, communication skills, club activities, or fund development for a longer-term project.

CWP is supporting the Chimacum Farm to School Committee, which has been actively meeting regularly throughout the year to explore the feasibility of programs to enhance food service, support hands-on learning in school gardens, and improve nutrition and academic performance. The farm to school movement is growing nationwide and the concept is not only about food service: school gardens, student health, and academics are an essential piece of the puzzle.

Fundraising for CWP's programs include the Fuji Apple Program, made possible by The Food Co-op, and donations by community members at various local events (e.g., Interdependence Day, Farm Tour). Other possible sources include grants, events sponsored by CWP, and other government funding mechanisms.



The current CWP board members are Crystie Kisler, Kathryn Lamka, Abby Jorgensen, Ron McClung and Robin Mills, with Candice Cosler as advisor. Please contact kathrynlamka@gmail.com if you would like to learn more or support this work to improve how our kids eat, think and thrive!

All About Daddy's Muesli

Port
Townsend's
Local Muesli
available in the
Food Co-op's
Bulk Area!

Q&A interview with Sheryl Morgenstern

What makes Daddy's Muesli perfect for a nutritious meal?

The protein content is the star of our muesli in terms of nutrition. It contains 9g of protein per ½ cup and 6g of fiber as well. That means that we are really FEEDING ourselves, not just filling up. Plus our muesli is certified organic, wheat and dairy free and is vegan. I often muse with customers at the farmers market that all we would have to do is eat some greens and we would have a totally balanced meal!

What change do you hope Daddy's Muesli brings to the world?

Oh there's so much! One area of change is back to the re-education of consumers about making the choice to eat real food. I put it this way because I really do believe that for millennia humans have eaten real food but in the last 60 years we, especially in western cultures, have been literally fed a bill of goods when it comes to food. We have been hoodwinked into choosing convenience and price over quality, so it's no wonder that our population is fatter and sicker than ever! Can you see me on my soap box!!! I can't help it!!!

Another way that we plan on bringing positive change into the world is by giving away our profits. We have a grand plan that, once we start selling a minimum of 20,000lbs per month, we will start finding places to donate 50% of our profits. We are still in the development stages about the particulars of this plan, but we are both passionate about philanthropy. Both Tim and I were raised by very generous parents and want to continue that process as much as possible. Call it a selfish act; we both love helping other people!



Could you tell us about your passion for Muesli?

I see our muesli as real food, the sort of food that our bodies are designed to eat. It's recognizable; not 'designed' in a food lab. It's food, not product. Michael Pollan, the fabulous food writer, talks about getting back to eating food that our grandmothers would recognize.

Daddy's Muesli has a unique history as a partner project. What do you think each of your personalities brings?

Beyond the initial recipe, Tim doesn't involve himself much in the day to day running of Daddys. What he brings to the partnership is his passion for philanthropy, which I completely share. I will talk more about this with the next question. I think that I bring a pragmatic practical personality to the process. I also bring my passion for feeding people delicious and healthy food and my passion for reminding people what real food tastes like. I spend a lot of time at the farmers market talking with people about real food versus product.

Daddy's Muesli has quite a memorable name! Who is 'Daddy'?

That would be Tim Lambert, my beloved husband and business partner of nearly 25 years. When we were making muesli for our own personal use, prior to going into business, our children were much younger and when they wanted some of the muesli they started calling it Daddy's muesli because they knew that their daddy was the one making it. So when we decided to start the business the name stuck!

How can Daddy's Muesli's model help build and strengthen local communities?

When businesses make a commitment to philanthropy in local communities it helps strengthen those communities. If we help fund a new small business that has all of its ducks in a row but needs an infusion of capital to get going, as we did, then that business will be providing jobs for people who live in that town. Perhaps that entrepreneur thought of re-locating to a larger city because there wasn't work in the small town. But with an infusion of capital from Daddys Inc they can start their business and stay in their small town. Then they will be spending their money in that small town, on groceries, a house, clothing, etc. They will be paying taxes in that small town. All of the money they spend there in turn helps the small business owners in that town.

We love our member-guided mission at The Co-op. Do you have any thoughts for our community?

Buy as much local food as possible, buy as little packaged food as possible. Do your research to find out who really owns the company who is making your favorite food...we have so much power as consumers and so if we take the time to educate ourselves we can make a big impact on what food is available. We as consumers have to get away from the Walmart mentality when it comes to what we are willing to pay for our food. We have been brainwashed into thinking that food should be cheap, but only bagged food-like product is cheap. Real food is, unfortunately, expensive. But it is also a type of insurance for our health. As long as we value our iphones more than the food we eat we cannot be surprised at the rising cost of health care and the obesity and health epidemic in our country.

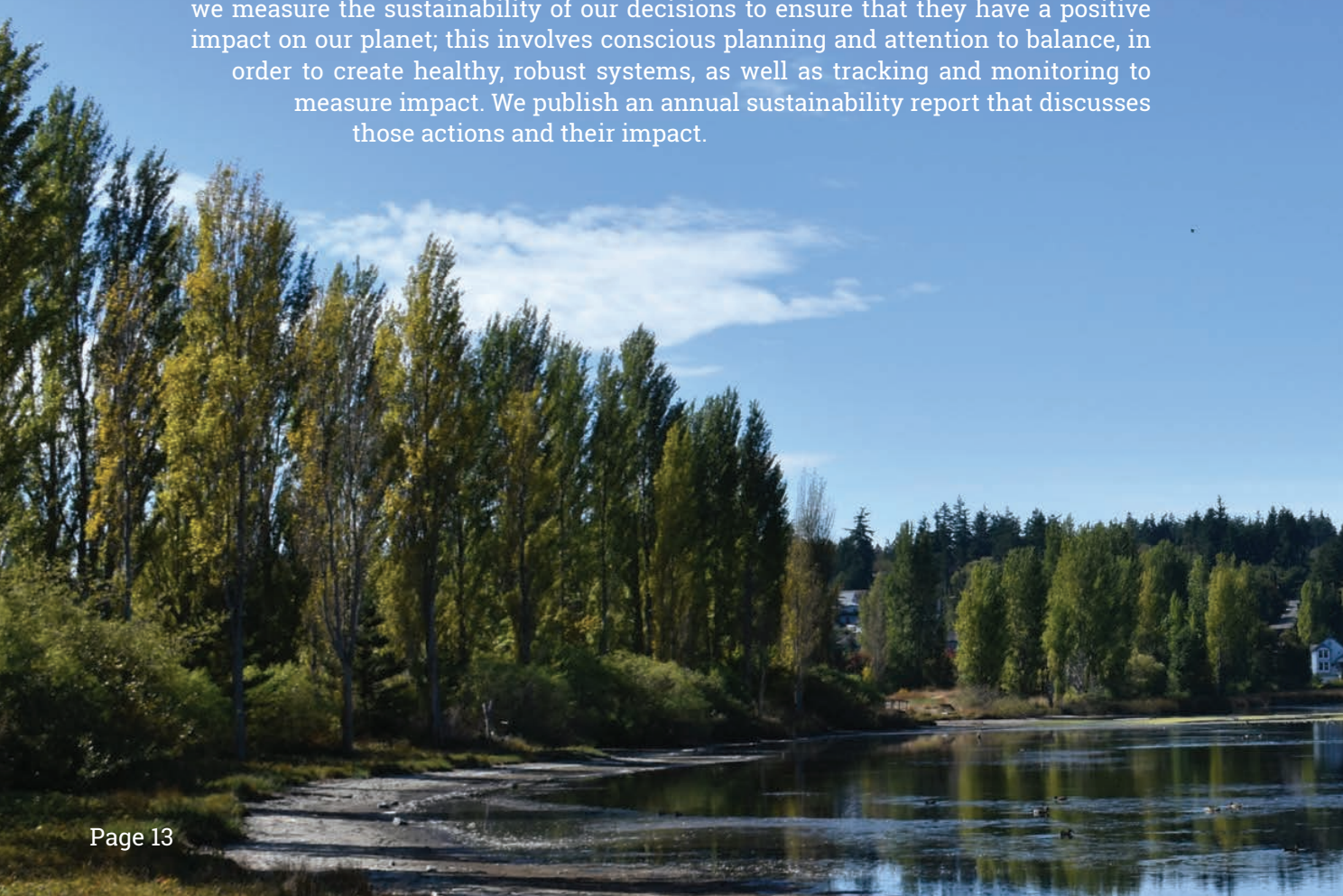
A BIG thing I so want the community to think about is packaging! So many items that are available are packaged in these fancy stand up pouches. We researched those pouches for our muesli and came very close to going down that road but then the representative at the pouch manufacturing company made it really clear that YOU CANNOT RECYCLE THOSE POUCHES ANYWHERE! They are not recyclable. They are garbage. And yet we continue to purchase them because our raw cacao and our hemp seeds and all our other favorite groovy foods are packaged in these pouches. I would love to see the co-op take a stand in regards to these pouches.

Your Local Co-op & Our Environment

by: Kenna Eaton, General Manager


Since this Co-op was founded 45 years ago it has had a strong commitment to minimizing its impact on the environment. Our governing documents calls that out in several different ways but the one I report on most often is our End A4, that states that “our operations will be environmentally sustainable for the benefit of our members, community and planet”. Whew! That’s a pretty tall order!

At The Food Co-op ‘sustainable’ means taking a whole system, cooperative approach that looks at both the immediate and the long-term impact of our actions. Annually we measure the sustainability of our decisions to ensure that they have a positive impact on our planet; this involves conscious planning and attention to balance, in order to create healthy, robust systems, as well as tracking and monitoring to measure impact. We publish an annual sustainability report that discusses those actions and their impact.





Adopted a sustainable seafood policy.



Reduced our propane usage by 28% for the second year in a row.



Highlights from our 2016 Annual Sustainability Report


Every year, a progress report on our efforts towards this End A4, are presented to the Board and our members and new goals are set for the following year, measured and reported on. Look for a copy of our 2016 report on our web site and in our store (next to the Boards board).



Exceeded \$6 million dollars in sales of certified organically grown product.




Reduced our water usage levels by 2% even as our sales of water grew 10%.



Added a 'food scraps' program to direct 75 lbs. per week of food waste to pigs in addition to compost.



Collected over \$10,000 in Beans for Bags and donated to charities.



EPA Green Chill program award winner for the 3rd year in a row!

First Aid for your Animal Companions

by: Dr. Anna Gardner, Holistic Veterinarian



In an emergency it is helpful to have a basic first aid kit on hand in your home as well as in your vehicle. When there is an emergency, it is not always possible to get to the veterinarian immediately; however, a first aid kit is not a substitute for emergency veterinary care, so please always immediately consult with a veterinarian if you have any emergency or medical concern.

Necessities

The first thing to have is a thermometer. The normal temperature for cats and dogs should be about 101 to 102 degrees. Too low is a sign that the animal is chilled or going into shock and too high can indicate infection and other conditions.

Include bandages, veterinary tape, gauze pads, scissors, tweezers, a bulb syringe and plain eyewash. An elastic bandage can act as a tourniquet above a wound and stop bleeding.

A heating pad can be useful if your animal is in shock to keep them warm. Fill plastic water bottles with hot (not boiling) water and cover with towels, checking regularly to make sure it is not too hot.

Hydrogen peroxide or other antiseptic is useful for wound cleaning. Include an antibiotic or calendula ointment for topical use for wounds or hot spots.

Honey, especially Manuka honey, with [its special properties]... can be helpful. Dissolve the honey in hot water then cool and give with a syringe. Puppies can suffer from hypoglycemia or low blood sugar.

Homeopathic & Herbal Remedies

Rescue Remedy, two drops every 15 minutes, is helpful for calming stress and anxiety in an emergency situation and helps with shock.

Slippery Elm is a useful herb for diarrhea and can be given at one-half capsule per 10 pounds of body weight twice a day or made into a syrup and given with a syringe.

A few homeopathic remedies that are useful in an emergency are Aconite for fever, Apis Mel for bee and insect stings, Arnica for injuries, shock and bruises, Arsenicum album for diarrhea, Carbo vegetalis for collapse and shock, Hepar Sulph for bites and abscesses, Hypericum for puncture wounds and injuries to the toes and feet, Nux vomica for nausea and vomiting, and Rhus Tox for strains and sprains. You can purchase them in 30 C potency or get a complete emergency first aid homeopathic kit.

Basic first aid training is useful including CPR for animals and basic emergency care, as well as being prepared with useful telephone numbers such as the emergency clinic or poison hotline. May your pets stay healthy and well!

Update on Member Dividends

In early June we declared a dividend of 100% of our profits earned during 2016 to our members, noting that we are distributing 20% and retaining 80%. Good news: the money we retain is one way we can pay for our expansion project without needing to raise prices. Some of our members have opted to donate their dividends to our newly created Co-op Community Fund, an endowment fund with 45 other food co-ops that invests only in developing cooperatives. The interest generated by this fund comes back to us for re-gifting back to nonprofits in our community—it's truly the circle that keeps on giving!

This year, Frontier Co-op Herbs offered to match your donations up to \$1,000 if the Food Co-op also put in \$1,000. I'm very pleased to announce that our members have donated \$2,000 worth of dividends, making our total investment \$4,000 so far in 2017. Now there is a new challenge match that we want to offer our members: if you donate your dividend, we will match it up to \$500, as will Organic Valley Co-op. Wow! Talk about growing the cooperative economy!

FRONTIER
CO-OP
MEMBER OWNED SINCE 1976

ORGANIC VALLEY
FARMER-OWNED

Local Purchases Are Now on Your Receipt!

Have you wondered how much of your Co-op purchases are local? Now you can see those local purchases every time you shop!

The Co-op carries a broad selection of locally grown and produced goods from muesli to blueberries, in fact almost 11% of all of our purchases are from locally owned businesses, which equals over \$1.7 million this year alone.

So, will this number reflect all of your local purchases? Almost but not quite as there are a couple of exceptions:

- Special orders are not included.
- Our own fresh made deli items are not included, however products from other local businesses sold in the deli are.

As always, please let us know what you think of this new added feature and thanks for shopping local here at your Food Co-op!

New!

SUBTOTAL	11.86
TOTAL	11.86
Cash	11.86
TOTAL TENDERED	11.86

Change	0.00

Total spent on local items:	\$ 1.99
Dividend Balance:	\$ 0.00
Customer:	
Account:	

Thank you for shopping local
at your Co-op!

What's Socca?

by: **Sidonie Maroon**

In case you haven't heard, socca [sokka] is a traditional street food from the Ligurian coast, hailing from Genoa but beloved in both France and Italy. It's a thin unleavened pancake made out of chickpea flour, olive oil and water. It's usually cooked on a street-side grill and served as a slice with toppings like rosemary and roasted onions. It answers to farinata and torta di ceci, but will always turn around when you shout "Socca!"

What I love about a fermented socca batter

It's simple to make and can be incorporated into my regular kitchen routine. I soak chickpeas overnight, then drain off the soaking water, puree the beans with fresh water and add salt. Finally, I countertop ferment the batter just like for a sourdough bread. Once fermented, the batter will keep in the fridge for a couple of weeks. The recipe makes six 12-inch flat breads, so for minimal effort that's a whole lot of fresh bread and yumminess.

What I love about baking socca

I love that after preheating the oven I'm only 15-20 minutes away from a hot slice of socca. No rolling out dough, because I just pour the batter onto a parchment-lined pizza pan and spread it out with the back of a big spoon.

What I love about eating socca

It's delicious. It tastes like a good sourdough pizza crust but thinner. It complements a lot of foods. I like to rub it with olive oil and rosemary and make caramelized onions to go with it. Pesto, red sauce, olives, hummus, melted cheese, herb butter, eggs...we use it to make little foldover sandwiches with chicken and tomato. It's good with roasted butternut squash or roasted anything. Like a pizza, it's sociable. It comes out of the oven in a big round that's set on the table, sliced and shared over wine or beer and nibbles. It's easy enough to make anytime, especially when the batter is ready to go in the fridge and it's just a matter of preheating the oven.



Socca Recipe

2 Cups of dry chickpeas

3 Cups of filtered water

2 Tsps of sea salt

Soaking Time:

8 - 12 hours overnight

Fermenting Time:

24 hours at room temp.

Baking Time:

15 - 20 minutes at 450°F

Soak the chickpeas overnight 8-12 hours in water covered by 2 inches. The next day drain the chickpeas and blend until smooth with 3 cups fresh filtered water and 2 teaspoons sea salt. Blend for 5-7 minutes using a food processor or 1½ minutes with a Vitamix. Scrape the batter out into a work bowl and cover with a towel. It will take about 24 hours to ferment at room temperature. You'll know it's fermented when it's puffed up, has bubbles and tastes like sourdough. At this point you can refrigerate and use as needed or bake a batch right away.

To bake, Preheat oven to 500°F. Line a pizza pan with parchment paper and spread 1 tablespoon olive oil on the parchment. Measure out 1 cup of the fermented batter, add herbs or spices if wanted. Pour batter onto parchment and spread into an even 12-inch round using the back of a large spoon, making sure there are no thin or thick spots. Drizzle 2 teaspoons of olive oil over the top. I like to cut away the excess parchment around the circumference. I also have a pizza stone under the pizza pan. Turn the heat down to 450°F and bake for 15-20 minutes. It should be firm but flexible and crisp around the edges. If you get a thin spot it'll tend to burn in that area. Serve hot or at room temperature and enjoy!

Upcoming Store Demos

Classes take a break for November, December and January and will resume in February 2018



October 15th

Delicious dals
& fresh chutney

November 12th

The three sisters -
corn, bean, & squash

December 10th

Gluten-free
Holiday Baking

Digging Into our Expansion Timeline

1

We need more room!



Spring 2013

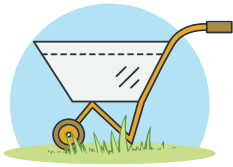
Our board and General Manager add “improve our facilities” to our new five year strategic plan.

September 2014

Our board and GM begin to research The Co-op’s options for a long-term solution.

2

Planning for our future



January 2015

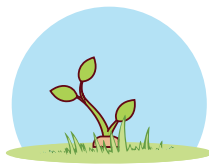
Member event gives us a list of qualities members want in a store, which helps guide our search for a solution.

Spring 2015

A working group of staff, member-owners, and board members research potential sites.

3

Decision time!



Spring 2016

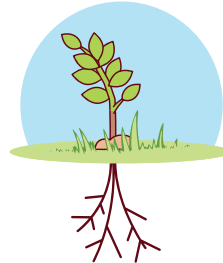
We conduct financial feasibility & market studies to help us determine the scope as well as the details of our expansion.

Summer 2016

The board evaluates our options and agrees on a solution - stay with improvements to our current building.

4

Digging into the details



Spring 2017

We work with a fellow cooperative that specializes in helping food co-ops develop expansion and remodeling plans.

Summer 2017

Plans are made, revised, and revised again!

5

Let’s grow!



December 2017

We break ground for the expansion! (anticipated)

April 2018

Our Co-op is refreshed and renovated, with new equipment and much needed space.

Late Summer 2018

The Co-op celebrates our grand unveiling!