

Silver City Food Co-op Garbanzo Gazette

Volume 18

✧ Your Monthly Newsletter ✧ September 2018

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

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YOU
ARE
WHAT
YOU
EAT

Co-op Buys Building for Possible Relocation

On July 31st, our Co-op purchased the property on the Northwest corner of College and Pope (907 Pope St – the former LifeQuest property) for \$275,000. It is mortgaged with the monthly payments at \$1,520.32. There will be some utilities, insurance and property taxes which will add around \$1,000 to \$1,500 per month.

Much research and work occurred in a very short period of time and the Board decided that this location was a sound investment and the probable future home of our Co-op.

As the monthly costs of the property are within our current cash flow, the Board is looking more deeply into how to move forward within a tight renovation budget. Currently, the low end of the budget is \$200,000 for equipment (including refrigeration) and \$400,000 for renovation (including electrical and mechanicals). Shaving another \$100,000 or more is also being studied.

Final costs cannot be determined until much more research is done. There is much to do on this front. To guide and keep track of all the projects that are going on, the Board created a weekly work subgroup (Pope St. Project Committee) to operate as a project manager to move us forward.

The first decision was to move forward with a Member/Marketing survey. This is just getting off the ground at press time with a projected time-line of implementation during Oct., which is Co-op Month.

Before final costs can be established, a decided architectural plan must be developed. That will be pursued with different architects as the criteria is determined.

Funding for this project is also being investigated. There are four paths that will probably all be used to some extent. First is simply more bank loans. Second is pursuing donations to the cause. Third is a Member loan program and finally there are possible fundraisers.

An actual time-line for relocating is still in flux depending on costs and revenues. The first projection of moving next



summer is beginning to look ambitious although still possible. The prospect that a move may not happen until 2020 (or later) is a scenario being studied.

Getting information to Members is also a priority of ours. This newsletter certainly provides a monthly summary but for more in-depth information, we are developing our website further. Already there is quite a bit of information there and we are adding to it continually: silvercityfoodcoop.coop

We are also using social media, signage and meetings to connect with all our Membership. The next Board meeting is on Sept. 12th although location is not determined at press time. Please check the website for updated information.

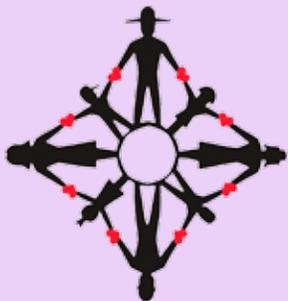
Currently there are no plans to use the building other than for meetings and storage, but there are possibilities there including renting out part of it while we wait to begin renovation. There are pluses and minuses to every idea and every move is weighed carefully.

Joe Z ✧✧✧

2053 members/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

Vision Statement

Promoting the inherently healthy relationship between food, community, and nature.

Seven Cooperative Principles

- Voluntary and open membership
- Democratic member control
- Member economic participation
- Autonomy and independence
- Education, training and information
- Cooperation among co-ops
- Concern for community

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Cup o'

So many Members want to help! That seems to be the nature of our Membership: helpful, dedicated, concerned, caring, loyal and supportive.

Of course I'm talking about the Co-op's decision to purchase the property at the northwest corner of College and Pope (907 Pope St). A huge decision that can set the Co-op's future for decades.

For those of us who work at the Store, the overwhelming response has been positive! We see a wide variety of our Membership (and non-members) daily and the excitement is evident in unsolicited comments – and for me personally – quite a few unexpected hugs.

You don't see that at Whole Foods or Natural Grocers or Albertsons. Can you imagine a Whole Foods announcing that they are relocating a store and the Manger gets hugs with an outpouring of offers to help? That ain't gonna happen.

Co-ops are special that way. It is seen in Cooperatives across the county mostly because we are rightfully seen as benefiting our Members, our Community and our Planet! We are service based not profit based as are most other businesses. Each Co-op is guided by the 7 Cooperative Principles which can be seen on this page if you glance to the left of this column.

Our Co-ops are technically and legally owned by us – the Members. There is an economic as well as an emotional component to this. The third Co-operative principle is Member economic participation. That is what our \$10 yearly equity payment is all about. In regular businesses, the investment money comes from deep pockets of a business (such as Walmart) or from investors looking for a return on their dollars (such as Whole Foods and Albertsons).

While exceedingly important, the truth is the Membership equity is not that big compared to the amounts necessary to invest in our future. Quite a few Members have suggested raising it to \$20 – which the Board has decided to do starting in 2020.

Even with that – our Co-op is one of the least expensive to join. We want it that way because it allows even those of us with very limited means to join and be part of our Co-op. And in our particular community – there are very many with limited means.

Now we are looking at a move, no matter how frugal we are, that will cost much more than the yearly equity payments can provide.

So – let's get back to the question of, "how can Members help?" Some want to volunteer time – which is great! Though right at this moment as we do more official research – there aren't any projects that could use Members doing tasks. Although – if you have specialty skills that can be offered – we do want to know. To this end – we will be putting a page on our website where Members can let us know what kind of skills they can share with us. That's timed to be

Joe

by Joe Z

active this month so please look for it soon.

But let me tell you the absolutely most important way each of us can help even though it might not be as exciting as picking up a hammer and knocking down a wall: Support your Co-op!

Pretty lame, huh. But it's the truth. The best way to help our Co-op right now is to make that extra trip to our Store; purchase the products that you normally might not buy from us; try out new products; look at our non-food products and see if there are gifts you can get for friends (or yourself); introduce friends to the Co-op.

Our primary strength is in providing healthy foods to our Members and our Community. Thus the best way to help is to simply use the Co-op more. And we all win. You get something, your Co-op gets something and the ultimate result will be a relocated store where the Co-op can serve you and our community much better than we can in our current location.

The second best way is to just donate. Quite a few folks have asked how they can donate to the cause and we will be getting a donation page going on our website which we will launch by the end of the month.

I'm going to start that campaign off with a hefty donation – at least for me. I went through my finances and looked at all the worthy causes that I give to from feeding the needy to helping preserve wildlife and I decided that our Co-op is a worthy cause too. And in some ways – it might be even more worthy because it will become a real tangible entity that will serve our kids and grandkids as well as serving our community well into the future.

We'll put out an email blast when we start but some folks have already come forth with checks. Wow. Folks really want this! We'll also have a mechanism where donations can happen at the registers if someone desires.

Finally – please think about loaning the Co-op some dollars. This program is not in effect yet and is still in the discussion phases. We do not know the scope of it yet. But now is a good time to start thinking about that possibility.

So there you have it. These are the best ways to help our Co-op move forward at this point in time. Please continue to watch our website for more and more information (silvercityfoodcoop.coop). Do read the business plan! We already have quite a bit of info on the site and more is coming! We will succeed heartily with this relocation with the collective support of our Membership and we are well on the way!



HEY! LISTEN UP!

Member Appreciation Days

3-Day MAD in September



15% OFF

**Shop all three days
as much as you want!**

September 26, 27, 28 - Wed. Thurs. Fri.

**(excludes mark-down items
25% maximum discount)**

\$ Become a member and save \$

Kitchen Meditations

Summer

Ricotta Cheese with Pears & Honey



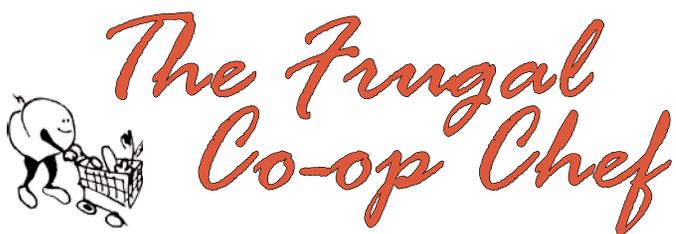
*This recipe is also great with maple syrup.
Feel free to use any kind of pear and, also, apples.*

Ingredients:

- 1/3 cup whole milk ricotta cheese
- 1/2 teaspoon finely grated orange zest
- Pinch of salt
- 2 teaspoons honey, plus more for drizzling
- 2 slices multi-grain bread, toasted
- 1 medium Bartlett pear, thinly sliced
- 3 tablespoons unsalted, chopped/sliced almonds
(roasted or raw is fine)

Directions:

Combine ricotta, orange zest, salt and 2 teaspoons honey in a small bowl. Dividing evenly, spread ricotta mixture onto toast. Top with pear, drizzle with honey and sprinkle with almonds.



Thai Noodle Bowl

- 32 ounces unsalted veggie or chicken stock
- 1 1/2 tablespoons soy sauce (regular or low-sodium)
- 2 cups small broccoli florets
- 1 cup thinly sliced carrots
- 1 cup bean sprouts
- 4 ounces uncooked Pad Thai noodles or white rice noodles
- 12 ounces tofu
(alternatively, cooked turkey or chicken breast)
- 1/4 cup sliced green onions

- In a large soup pot heat stock and soy sauce over medium heat. Add broccoli, carrots, bean sprouts, noodles and tofu, turkey or chicken. Cook about 15 minutes or until veggies are soft and noodles cooked.
- Ladle soup into bowls and garnish with green onions.

Almond Butter Baked Apples

4 BAKED APPLES

Ingredients:

- 4 medium-size apples
- 8 tablespoons almond butter
- 12 pecan pieces, chopped (or walnuts)
- 1/3 cup raisins (or cranberries or Goji berries)
- 1/3 cup shredded coconut
- 1/4 cup pumpkin seeds or sunflower seeds
- 1/2 teaspoon cinnamon
- 1/4 teaspoon fine sea salt
- Maple syrup for drizzling

Directions:

Preheat the oven to 350°F then line a baking sheet with parchment paper. Wash and dry the apples and remove the stems. Using a knife, cut the top 1/2-inch layer off of each apple. If necessary, slice a thin sliver off the bottom so that the apples are level. Careful to cut too much, you want the bottom to be able to hold the filling. From the top of the apple, cut down around the center of the core, leaving about 1-inch in the bottom. Use a spoon to scoop out the core and seeds, until clean.

Layer one tablespoon almond butter inside of each apple then top with 1/8th of the pecans, raisins, coconut, and pumpkin seeds. Sprinkle with 1/8 teaspoon cinnamon and salt then drizzle with pure maple syrup. Repeat that step until they are stuffed full.

Bake in the oven for 30 minutes, or until apples are tender. Serve warm with a dairy or non-dairy ice cream, if you like.

Health Nuggets

Eating with the Seasons

Eating with the seasons can be a real boon to health and autumn, with all its bounty, is the perfect time for this. From September to November, the harvest brings a variety of nutritious and delicious produce, from squash and sweet potatoes to apples, pears and figs. Why not partake of these fall fruits and vegetables which offer essential vitamins and antioxidants? When choosing veggies, you'll find the entire cruciferous family, which includes cabbage, broccoli, rutabaga, cauliflower and more. Winter squash, beets, pumpkins and sweet potatoes are also in abundance. As we move into a season of cooler temperatures and shorter days, these nourishing and delectable foods can be the foundation of a healthy lifestyle.

Jake's September Produce Picks



Local Apples

Every fall the Co-op carries an assortment of locally-grown apples. Here, in a nutshell, we offer some interesting points about three varieties of local apples that you will commonly find in the store during the harvest season.

Jonathan apples are an example of an American heirloom variety that was once popular and then faded from commercial production. Early in the nineteenth century, the Jonathan was one of the most important types in the U.S. and served as a parent to many popular new apples. Fortunately, it has continued to thrive as the favorite fruit of many people. It's a classic American apple, widely regarded as one of the best flavored with a good sweet/sharp balance. Enjoy them cooked or raw in both sweet and savory dishes.

Another slightly tart, yet also sweet apple, is the Golden Blush. Possessing a complex, nuanced flavor, it is a juicy, firm fruit with yellow skin and orange-pink blush. This beauty is perfect for snacking, but also cooks up well in tarts and pies. Think refreshing and delicious! It's a great keeper, lasting for months in cold storage.

Lastly, is the versatile Granny Smith. Originating in Australia in 1868, it is named after Maria Ann "Granny" Smith, who propagated the cultivar from a chance seedling. It's a bright, light green apple, firm and juicy, with a thick skin and a tart, acidic, yet subtly sweet flavor. Raw or baked, Granny Smiths are delicious. Also superb keepers, they are a very good apple, indeed!



Hallie shows us the latest addition to our vegan dairy selections.

Pears

Pears are one of the world's oldest cultivated and beloved fruits. Native to temperate Europe and Western Asia, pears are one of the two dozen plants known to have been grown for millennia. In 5,000 B.C., Feng Li, a Chinese diplomat, abandoned his responsibilities when he became consumed by grafting peaches, almonds, persimmons, pears and apples as a commercial venture. In *The Odyssey*, the Greek poet laureate Homer lauds pears as a "gift of the gods." Later, Roman farmers documented extensive pear growing and grafting techniques. Thanks to their versatility and long storage life, pears were a valuable and much-desired commodity among the trading routes of the ancient world.

Today there are 3000 types of pears grown across the world. They vary by size, shape, sweetness, flavor and crispness. All pears can be divided into two simple categories: European and Asian. The former is a smooth-skinned fruit with gentle bumps and curves in that typical bottom-heavy shape. Asian pears are a uniform yellowish color and shaped more like apples, with a completely different texture and taste. We carry both types at our Co-op.

Pears are a mild, sweet fruit with a fibrous center. They are rich in important antioxidants, flavonoids, and dietary fiber and pack all of these nutrients into a fat-free, cholesterol-free, 100-calorie package. Consuming fruits and vegetables of all kinds has long been associated with a reduced risk of a range of health conditions. Many studies have suggested that increasing consumption of plant foods like pears decreases the risk of obesity, diabetes, heart disease, and overall mortality while promoting a healthy complexion, increased energy, and a lower weight.



Produce Manager Jake hard at work.

Becky's September Dairy Pick

Miyoko's Sensational Vegan Cream Cheese

The Co-op now carries *Miyoko's Sensational Vegan Cream Cheese*, a thick, savory, cultured cashew cream cheese speckled with green scallions. With a creamy, rich flavor, it's great on bagels, sandwiches, crackers, cucumber slices and appetizers. Miyoko's makes an array of organic vegan cheeses and butter that are all Non-GMO. No fake colors, flavors or fillers are ever used in any of their products.

CO-OP Community

Co-op Community Donations

The Co-op donated to or collected donations on behalf of these organizations:

*The Volunteer Center
The Food Pantry
Virus Theater*

We would like to thank the members who give generously each month with donations to the Food Pantry through the Food Co-op's "Chili" program.



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Ellen O'Bryan • Bridget O'Leary • Tasha Marsh • Scott Zager
catherine bialopiotrowicz • Malika Crozier
Mary Ann Gelb-Finn • Athena and Two Crow Schumacher
Tim Garner • Jennifer Lamborn • Debaure James
Susan Van Auken • Jane Papin • Logan Campbell • John Tank



Calling for Guest Writers!

Do you love your Co-op?
Do you want to help get
the word out
about the issues
facing the Co-op?

We would love your help writing articles for the Garbanzo Gazette!

If interested please email
judith@silvercityfoodcoop.coop

Three hours earns a 15% Volunteer Discount

Taste Samplers Needed!

Isn't it fun to get free food?

It's even more fun to be the gracious person giving the food.

Become a sampler and hand out food samples every other Wednesday from 9 am to 12 noon or 12 noon to 3 pm.

It's fun and you get to see all of your friends.

Contact: judith@silvercityfoodcoop.coop



Round Up Donation Program

The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

Round Up for September

July
Round Up
\$1000.78!

Round Up
for
October

NM Breastfeeding Taskforce

Check out the following list to see a few of the services offered to mothers, families, and our community by this valuable organization.



- Supporting hospitals and clinics in their efforts to achieve Baby-Friendly designation
- Empowering peer counselors to improve breastfeeding duration rates across New Mexico
- Improving workplace breastfeeding conditions
- Hosting an internationally recognized annual breastfeeding conference
- Advocating for supportive legislative policies and building chapter/community support

Expanding Your Horizons

The donations received through Round Up will be focused on the cost of food and t-shirts for the *Expanding Your Horizons* conference on February 23, 2019. This will be an event on the WNMU campus where 5th to 8th grade girls from the region come to experience hands-on workshops led by role model women in STEM (Science, Technology, Engineering and Mathematics) careers. The Co-op Round Up will also join our list of sponsors on the back of the t-shirts. Thank you for the opportunity to participate in the Round Up program!



Supporting People in Need

Our mission at SPIN (Supporting People In Need) is to create and sustain housing and support services for families and individuals with disabilities, especially mental illness. We currently operate a transitional house which houses four men. The goal of our transition house is to help people with roots in Grant County to transition back into society while learning about themselves and how to serve the community they are a part of. We work with the Department of Corrections to transition people back into society in healthy and sustainable ways. We are also in the development stage of our Permanent Supportive Housing project. We will begin with 24 units with 24-hour support and crisis intervention for persons with mental illness. It is our vision to house and help people who cannot do so for themselves. We know our project will be an asset to the community and will be a cost effective and innovative way to manage mental illness.



Recruiting Board Members in Training



Scott Zager, SCFC member and volunteer, is our new "Board Member in Training." He is currently volunteering on the Pope St. Committee, a group that is collectively managing our new building project, and the Member Connect Committee. Scott will also be updating the Co-op's Mail Chimp system.

Thanks, Scott, for all you do!

THREE MONTH TERM: If you would like a little taste of board work before buying the whole hog, becoming a B.I.T. is probably a good idea.

DESCRIPTION: Commit to attend 3 consecutive board meetings. (They are held the third Wednesday of every month at the Pope Street building, from 4:30 to 7:30 pm).

Identify a board "buddy" to act as your mentor and answer any questions you have.

CONTACT: Laurie Anderson
laurindaa713@gmail.com

Recruitment, Orientation, and Development Chair
Or, any board member

WE LOOK FORWARD TO HEARING FROM YOU!

Round Up Applications Now Being Accepted!

The Co-op is accepting applications for the 2019 Round Up program now through October 1, 2018.

For more than 40 years, the Silver City Food Co-op has been committed to giving back to our community. In 2017, we introduced the Round Up Program, a new way for member/owners and customers to participate in this commitment. This simple yet powerful community giving program allows customers to "round-up" their grocery bill for recipient organizations that share our commitment to a healthy community.

Applications are available online
through October 1st.

www.silvercityfoodcoop.coop

Chosen recipients will be announced in December of 2018.

MAD September
Three Day MAD
September 26, 27, 28

to receive 15% off your purchases!
(Excluding mark-down items
25% maximum discount)

Be sure to tell the cashier **BEFORE** they start ringing up your purchases that you are using your MAD discount!

Member Appreciation Days (MAD) are offered 4 times each year, and are yet another way to save money at the Co-op.

Memberships are only \$10/year and you can recoup your membership by shopping just one MAD.

RAIN CHECK

Sorry we are out.
Lettuce make it up
to you!



We now have rainchecks
to give our member/owners
and customers
better service!

Produce Compost Guidelines

This is a free service provided for our customers. We are not able to honor "special" requests for specific produce in bags and keep this service free. Please note:

- First come, first served
- One bag per person, please
- Scraps are bagged randomly as produce is processed
- Best days for compost are Tuesday & Thursday



Arriving in 2020: New GMO Labeling . . .

Our Right to Know, Our Responsibility to Know

One reason so many people value their local co-ops is because buying and eating food is no longer as simple an issue as it was for our ancestors. Daily, we are inundated with the insidious, often confusing messages about food products. New technology is continually adopted by our food distribution system, and we are often in the dark when it comes to having enough information to make an informed choice. We desire transparency in the food supply chain, yet pervasive advertising and emotional debate too often blur our vision. Many U.S. consumers have been disturbed and outraged that our government has been slow to enact a mandatory, national labeling standard for GMO foods when over 90% of our corn and soybean crops are now GMOs. Full GMO disclosure has been mandated in 64 other countries; we, too, have a right to know what is in our food.

While health, taste and safety may be primary concerns for the discerning food shopper, our food choices are also laden with questions about humane and ecologically sound farming practices, organic versus conventional food production, fair trade, the threat of corporate takeover of our food system as well as the genetic integrity and diversity of our seeds and food. We co-op shoppers rely heavily on the buyers on the co-op staff to select products that are not only healthy but also support a sustainable food system. We expect the food we buy at the co-op to be produced in ways that are environmentally sound and socially just. Nonetheless, because we are a cooperative community, we members also have a responsibility to educate ourselves and each other about food issues, and, to be sure, our concerns extend beyond personal health to the health of the environment and social justice.

The GMO Debate: Where's the Truth?

The heated debate surrounding genetically-modified foods, GMOs, is perhaps one of the most baffling questions we face when examining the world food system; consequently, it can seem almost impossible to educate ourselves with confidence given the inconsistent "facts" that are presented to us.

To review, a GMO is a plant, animal or microorganism altered in a laboratory process in which genes from the DNA of one species are extracted and inserted into the genes of an unrelated plant or animal. The foreign genes may come from bacteria, viruses, insects, animals or even humans. The resulting organism possesses a combination of genes that does not occur in nature nor through traditional crossbreeding, engineered to express a specific set of traits. These traits can range from an increased tolerance to floods, drought or salt water, to the enrichment of beneficial nutrients (such as "golden rice" that produces its own beta-carotene) to an improved resistance to certain viruses, insects, or (most alarmingly) herbicides.

Depending on with whom you talk, GMOs represent either a spectacular step toward feeding a world in which close to 800 million people do not have enough food to live a healthy, active life, or GMOs are part of a destructive and dangerous system that allows global food companies to radically harm our land and water, control the way we eat, and fill our bodies with unhealthy, disease-producing "food." Because the facts offered by both sides of the debate conflict, the truth is indeed hard to discern.

On one hand, GMO experimentation carried out by scientists at universities or nonprofit research centers holds tremendous potential for improving the lives of people around the world, offering solutions to childhood blindness in Asia, insect infestations in Africa, or famines caused by typhoons in India. In this light, we should think twice before we wholly reject GMOs. While many of us co-op members proudly "vote with our forks," we must also remember that our freedom to choose is not shared by most people on the planet, let alone most people in the U.S. or Silver City. As population is expected to increase another two billion by the end of this century, and climate change will first affect the poorest who live closest to the land, GMOs may well offer solutions to ensure all people are well fed.

On the other hand, while it's critical to keep our minds open to the potential of GMOs, we must look at what is *actually* happening with GMO research and implementation. The giant agrochemical companies that produce the vast majority of the world's GMOs are **not** working to improve the lives of the neediest on the planet. Rather, despite their claims otherwise, these companies create billion dollar junk products for the American consumer market and spend little time and energy on improving the viability of products such as cassava, rice, millet, and sorghum--foods that people in the developing world actually eat. In the U.S. and increasingly in the developing world, GMO crops are planted **not** to improve global nutrition but to maximize corporate profits through the raising of vast monocultural fields of "Roundup Ready" corn and soybeans which are then funneled into a global system of processed food and industrial meat. The two main traits that have been developed and implemented to date by the genetic engineering of crops are herbicide tolerance and the ability of a plant to produce its own pesticide. These "breakthroughs" have no health benefit, only economic benefit.

Pro-GMO advocates argue that eating GMOs pose no health threat, and even *The New York Times* recently reports that a comprehensive analysis by the National Academies of Sciences, Engineering and Medicine proves that GM foods are "safe" (Pollack). Even if these data are true—and they are indeed disputable since long-term studies are not yet possible--the problems with GMOs as they're being used by the Big Food industry extend beyond the question of whether or not a particular plant is safe to eat. After years of mergers and

acquisitions, the world food system is now dominated by five pesticide/seed companies, and the rampant expansion of GMO crops in the past twenty years has fueled this consolidation of power.¹ Moreover, pro-GMO spokespeople argue that GM insect-resistant plants have reduced the need for pesticides on crops. While that claim is true, most GM seeds are designed to be herbicide resistant; consequently, the use of herbicides--particularly glyphosate, the main ingredient in Round Up--has increased dramatically in tandem with the profits earned by the companies who sell both the seeds and the herbicide.

Labeling Food with GMOs and Corporate Political Power

The U.S. has been extremely slow to label GMOs in our foods considering that GMOs were first introduced into our food system in the mid 1990s. Many co-op shoppers are familiar with The Non-GMO Project logo with the monarch butterfly perched on a plant. The Non-GMO Project was established in reaction to the absence of any federally-mandated labeling laws. A non-profit organization committed to educating the public as well as preserving genetic diversity in our food crops, The Non-GMO Project calls itself "North America's only third-party verification for products produced according to the rigorous best practices for GMO avoidance."

Co-op shoppers are likely aware that if we want to avoid GMOs in our food, we simply need to buy organic (and steer clear of all highly-processed) foods. If food is labeled USDA Certified Organic, then we can be sure that it does not contain genetically modified constituents. Under the organic standards, genetic engineering is an excluded method because it conflicts with the basic philosophy of organic farming requiring that we work within rather than against natural biological systems. And although the organic food market is growing 20% yearly (!), not everyone has the means to eat organic food. Consequently, most consumers are in the dark about the food they're eating, and they know it--a series of polls posted on the Center for Food Safety website, shows us that over 90% of all U.S. consumers believe that foods containing GMOs should be labeled.

Big Food companies have worked hard to silence the call for GMO labeling, spending tens of millions of dollars in the U.S. alone trying to limit the amount of information they must provide about the GM ingredients in their food. In 2014, Mike Pompeo (then, Rep. Pompeo, R-Kansas, and now U.S. Secretary of State) introduced a federal bill that sought to prevent states from requiring GMO labels on foods.² At that time, activists in over a dozen states were battling for mandatory GMO labeling. Pompeo's bill was



¹The top five agrochemical companies are Monsanto, DuPont/Dow, Syngenta, Bayer and BASF. In 2009, these companies earned a combined \$27.4 billion in seed sales and \$44.4 billion in chemical sales. Collectively, they control two-thirds of the world's agrochemical market. By 2019, the global agrochemical industry is expected to reach a value of \$261 billion. Currently, several of these companies are in the process of merging; their influence soon will be consolidated further (Jenkins).

²Opponents of the bill dubbed it the "DARK" Act, for "Deny Americans the Right to Know."

with an Orwellian Twist

by Jennifer Lamborn

seen as a handout to Big Food, and perhaps it's no coincidence that the Pompeo campaign's top individual contributor was Koch Industries.³ In 2016, President Obama signed the Senate version of Pompeo's bill into law. On the face of it, this law seems like a step in the right direction, giving consumers the information they've been asking for. However, when we look deeper, we see that the law keeps the labeling rules in the hands of a single federal agency, the U.S.D.A., and preempts stricter labeling rules written by states such as Vermont, Maine, and Connecticut. Further, when we look at the prototype labels, we can't help but wonder about whose welfare is at stake: the people or the corporations?



The Proposed Labels

The first surprise about these labels is that we no longer see the familiar "GMO" acronym; rather, the U.S.D.A. has decided to use the new acronym "BE" for "bioengineered." Industry representatives claim that the new term provides a "clean slate," erasing some of the negative connotations that have gathered around the term "GMO" (Kennedy). These prototypes look like the kind of logos we might see on health food or on the wall of a yoga studio. The smiley face is such a positive, friendly image that it's difficult not to view these labels as patent examples of pro-GMO propaganda.



In addition, the new U.S.D.A. guidelines allow for the option of a QR code (instead of the smiley face label) that shoppers can scan with their smartphones and be taken to the company's website which would then reveal further information about the food.⁴ When 50 percent of the country's poor and 65% of the elderly do not even own smartphones, we must question whether this QR code option is aimed at raising public awareness or yet another way for companies to hide what they are trying to feed people.

Finally, not all foods with GM constituents will require a label. Highly refined foods such as candy and oils are exempt from the new guidelines. The rationale here is that these products contain no genetic material after such intense processing.

The bottom line is that the new GMO labeling law will not require companies to provide us with a simple, at-a-glance disclosure on packaged food.

Organic Food is the Gold Standard

At this point in the evolution of food marketing, we've come to accept that food labels are often misleading. Does the cacao farmer really make enough money to let his children go to school, even though the label on the chocolate bar boasts "Fair Trade Certified?" How much range does a "free range" chicken actually have, let alone enjoy? When the U.S.D.A. provides the "humanely raised" or "sustainably farmed" imprimatur on food products, could we spell out what that actually means?

Organic food, by contrast, is not misleading. There is no need for a label on a head of cabbage that is grown in Gila or a bunch of basil picked from the backyard. Small farms preserve the genetic diversity that the prevalence of GMO monocrops threatens to destroy. Twenty five years ago, many of the same agrochemical companies fought bit-

terly to prevent the legally strict "organic" label from being applied to foods grown without synthetic chemicals. Since then, we've witnessed the flourishing of new growers, preparers, and sellers of organic food, and food co-ops have been instrumental in the growth of this market. We must ask ourselves: is genetic engineering of food *in itself* bad or might there be a positive role for GM plants in our food system, one that doesn't necessitate the destruction of our water, soil and biodiversity? Perhaps. But we should keep in mind the words of Indian food activist Vandana Shiva: "In nature's economy, the currency is not money, it is life."

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³Koch Industries, Inc. is the energy, agricultural, chemical and fertilizer conglomerate run by billionaire brothers Charles and David Koch, notorious political conservatives.

Container Credit Update

You earned a total of 591 container credits during the MAD month of June and July. At \$0.05 that is a total of \$29.55 for this period, or \$14.78 per month, and a projected total of \$177.36 per year. I consider this program to be a success! There is clear interest and excitement out there, which is what I hoped for. I also brought in several different reusable bags and containers and priced them affordably for members. These have been selling quite well too. At this point we are considering what other educational tools might help get people involved with the container credit program as well as possibly doubling the credit to 10 cents to get people more invested. Even at that amount we would be giving away less than \$400 a year or \$30 a month. If this offsets our packaging costs, it's well worth it! Thank you for your interest and support in the program. If you have feedback or ideas please let me know. ~Evan Humphrey



We now have stainless steel funnels available to borrow in the kitchen for bulk and spices!

Behind the Scenes at the Co-op

This column, which started in the November 2017 issue, features people who keep our co-op running smoothly. You can read the past issues of the Garbanzo Gazette on our website and learn about the general manager, POS (point-of-sale) workers, receivers, produce crew, finance department, assistant manager, and deli crew.



By Susan Van Auken

❖❖❖ *Volunteers and Directors* ❖❖❖

Volunteers

Back in the 1970s, when many food co-ops started, as our co-op did, members provided much of the needed labor. In some of the co-ops, members were required to participate for at least several to many hours a month; in others, members who worked received additional discounts on their purchases. These volunteers participated in all sorts of tasks, such as driving a truck to pick up food from a neighboring city; unloading the truck; pricing the groceries; cutting, wrapping, and weighing cheese bought in bulk; keeping the books; cleaning the peanut butter machine; and more. The members of these fledgling co-ops thought this work was fun, and it allowed them access to the food they wanted to eat.

In the early 1990s, the volunteer programs at co-ops across the country changed, mainly due to IRS and labor laws. Suits were filed against co-ops for not paying into workers compensation and not paying minimum wage for volunteer labor. Since then co-ops have been required to limit the volunteer activity to peripheral type of work. These legal issues changed the nature of volunteering at most food co-ops. Now only a few co-ops still have extensive member work programs, and those stores are usually member-only stores.

Trends and attitudes have also changed since the 1970s. Many co-op members do not have the time, or do not want to spend the time, to volunteer at

a grocery store. Nevertheless, our co-op does have a volunteer program, and a couple of dozen member-owners participate by making popcorn on Popcorn Fridays, sampling products, helping with member picnics, writing for the Garbanzo Gazette, and working on board committees.

For three hours of volunteer time, these member-owners receive a volunteer voucher for a 15% discount on one day's shopping. Currently Judith Kenney coordinates the volunteer program. Member-owners who volunteer are noted in the Garbanzo Gazette each month.



Volunteer Malika Crozier enjoying popcorn Friday with member Russ Rappa.

Directors

The Board of Directors, which a co-op must have according to the NM State Statutes, generally operates behind the scenes. Our overpacked store provides no space for the board to meet or gather, and thus it must rely on offsite meeting spaces. The website and the newsletter are the board's communication links with the member-owners who elected them. Although the board tries to keep member-owners informed of its activities, their role is often misunderstood.

According to the bylaws, the co-op must have a governing board of at least five and no more than seven directors. Some directors are appointed by the board to fill vacancies, but most directors have been elected by the membership. The bylaws state that "The business and affairs of the Co-op shall be managed under the direction and supervision of the board of directors. . . ." and that ". . . directors are accountable to the active member-owners."

Summarized from the bylaws, the stated responsibilities of the board include articulating the long-term vision; assuring that the purpose of the co-op is actively pursued; providing fiduciary oversight; hiring and evaluating the general manager (GM); ensuring compliance with many legal and regulatory details; and creating policies and procedures to implement these responsibilities.

The board's responsibilities may sound easier than they actually are, and in reality, board work takes tremendous effort, time, and commitment. Planning for our current expansion heavily fills every director's current schedule; recruiting new directors is a yearly task that has proved difficult over the past few years; monitoring the policies that direct the GM is a monthly task; connecting with member-owners is an ongoing effort; and in the past, hiring a new GM took months of planning-meetings and interviews. The member-owners who are directors have to be dedicated to the co-op and willing to spend from ten to many more hours a month, as needed.

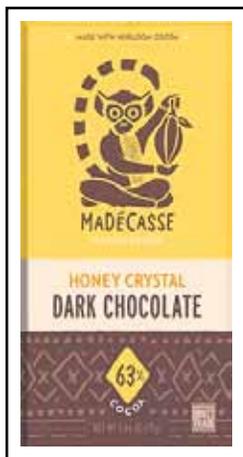
Although each director receives a \$70 to \$90 stipend every month, being a director really is a labor of love and the stipend, simply a way for the co-op to thank them for their commitment. For all practical purposes, the many hours spent by directors to benefit our co-op is truly a volunteer effort. Consider how much time they have already spent – and will continue to spend – studying the details concerning the purchase of and move to a new building, a complex and lengthy process that has really only just begun.

Even with all the hard work required to serve, many directors find their term on the board quite fulfilling and a great way to give back to the co-op we all love!

Grocery Department

NEWS

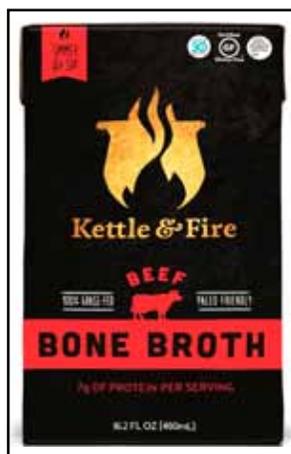
New Products are Popping Up Everywhere in the Co-op!



Discover the rich, robust flavors of Madécasse Chocolate!

The Madécasse Chocolate company is committed to being completely transparent about where its ingredients are sourced. All of their chocolate comes from heirloom cocoa beans grown on small Madagascar farms. Cocoa is purchased directly from farmers in order to provide the best profit for a hardworking staff who harvest the cocoa while, also, ensuring that the product is pure and natural.

- Dark Salted Almond-A nutty classic***
- Dark Honey Crystal-Unexpected, yet delectable!***
- Dark Mint-Mint lovers rejoice!***
- Dark with Sea Salt & Cacao Nibs-Addicting, savory crunch!***
- Pure Dark-Rich & Fruity***



Kettle & Fire

Kettle and Fire Bone Broth sources beef and chicken from farms that raise their animals without hormones or antibiotics. The broth is composed of premium ingredients and traditionally slow-simmered up to 20 hours. Their packaging is recyclable, sustainable and made with natural materials.

- Butternut Squash Soup (made with bone broth)***
- Healthy Tomato Soup (made with bone broth)***
- Beef Bone Broth (100% grass-fed)***
- Chicken Bone Broth (rich and flavorful)***

This Bar Saves Lives ❤️

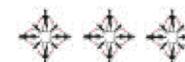
Helping kids one snack bar at a time.

When you buy one of these delicious bars, you help this company to provide food aid to malnourished children around the world.

- Dark Cherry & Chocolate***
- Madagascar Vanilla***
- Wild Blueberry & Pistachio***

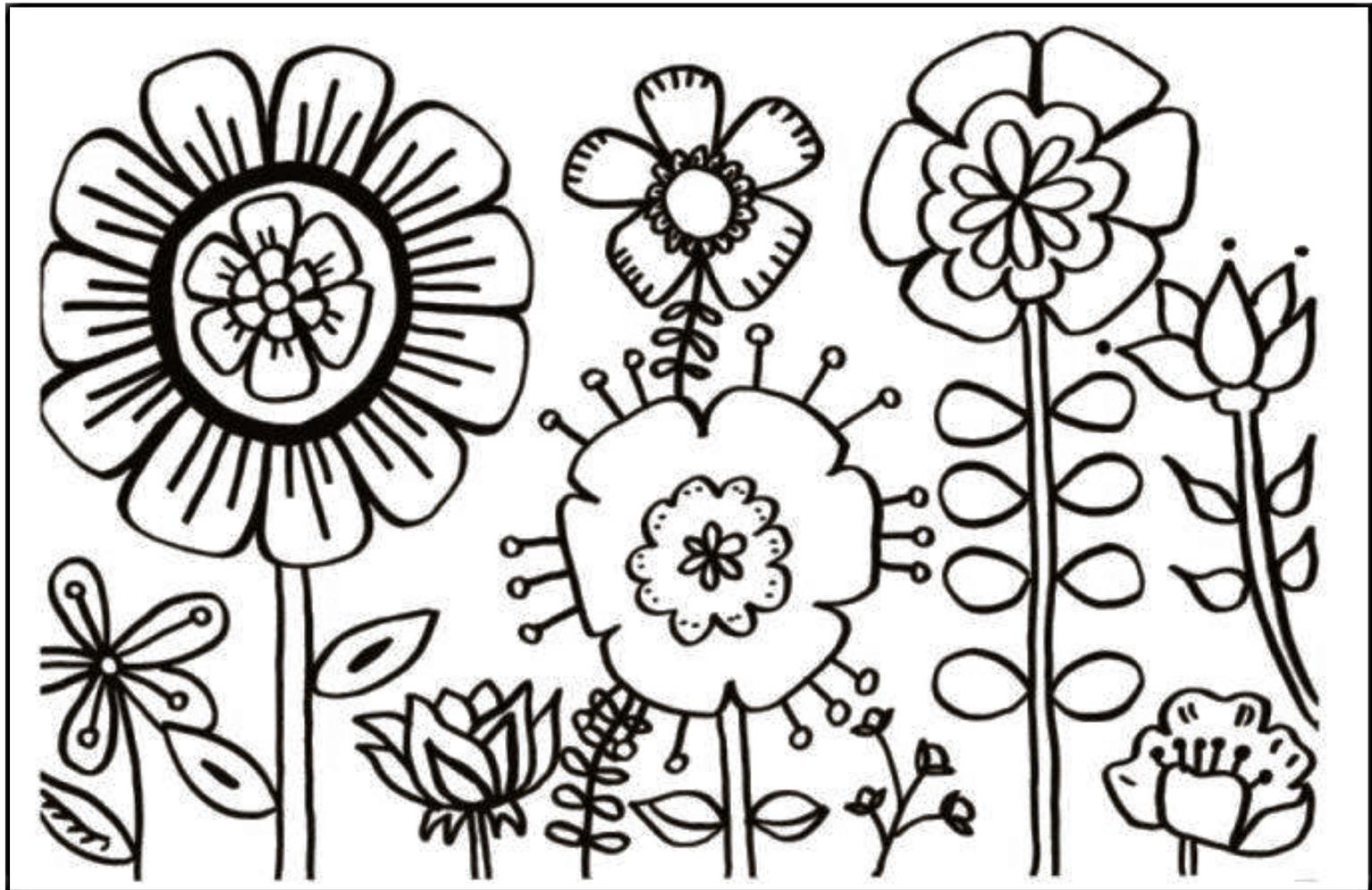


Grocery buyer Doug Smith in his "office".



FREE FRUIT FUN

Now Kids, color in this here picture,
bring it on down to the Co-op and get your free piece of fruit.
(Produce Staff Selection)



NAME: _____ AGE: _____

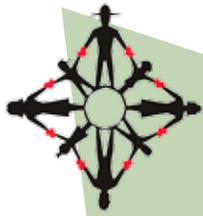
Apple Facts

- Why are some apples lopsided? It often has to do with the seeds. An apple that develops with more seeds on one side than the other will grow lopsided.
- Are peeled apples as healthy as those without peels? Nope. Two-thirds of the fiber in an apple and many of the nutrients are found in the peel.
- How many kinds of apples are there? Apples are the most varied fruit. In fact, there are 7,500 apple varieties, more than for any other food. There are 15 popular varieties that makes up approximately 90% of the apples produced in the U.S.
- How many seeds are in an apple? If an apple blossom is well pollinated, the apple that results will contain an average of 5–12 seeds. That's true of all varieties.
- What is the name for the spaces inside an apple where the seeds are? The seed chambers in an apple are called carpels. Each apple has five carpels.
- What is the connection between apples and bees? Bees are needed to pollinate apple blossoms. Just one bee can carry 100,000 pollen grains from flower to flower, cross-pollinating as it buzzes around an orchard.
- Do apples grow in the all the states? No. Apples grow in 37 of the 50 U.S. states. The Pilgrims of Massachusetts Bay Colony planted apple seeds in 1629. Native Americans and pioneers brought apple seeds with them when they moved west. Johnny Appleseed, who actually named John Chapman, planted orchards in Ohio and Indiana.

CO-OP
KID



Korner



Silver City Food Co-op Product Selection Policy

Here at the Silver City Food Co-op, our intention is to offer customers food that is fresh, healthful, delicious, ethically sourced and produced in a manner respectful to Earth and its inhabitants. Our buyers are approached by many companies and must sift through a profusion of brands in order to offer Co-op customers high quality, health-supportive products at fair prices. In this article, some of our buyers share methods and concerns for choosing products in their sections that, to the best of their considerable abilities, support these fundamental principles.

With these goals in mind, we give strong preference to products that are:

- | | |
|---|---|
| 1. Regionally produced (all New Mexico, eastern Arizona, southern Colorado, western Texas, northern Mexico) | 9. High nutritional value (see Review Form) |
| 2. Certified Organic | 10. Priced fairly |
| 3. Free from GMOs | 11. Free from High Fructose Corn Syrup and excessive sugars |
| 4. Minimally packaged | 12. Free from Hydrogenated/Trans Fats & Lard |
| 5. Minimally processed | 13. Free from MSG |
| 6. Products from other cooperatives | 14. Free from animal testing |
| 7. Fair Trade Products | 15. Free from antibiotics and growth hormones |
| 8. Produced in countries with appropriate safety standards | 16. Free from unsafe additives |

Other considerations*:

1. Percentage of store that should be bulk
2. Reasons for bringing in new product
3. Product mix including organic selections
4. Sales reports regarding specific products

*The Silver City Food Co-op may choose to carry some products as a convenience to our members/shoppers.

Revised march 2014 / Reviewed July 2018

Bulk • Evan Humphrey

When considering whether to bring a new product into our bulk department, I strictly adhere to our Product Selection Policy. I pay particular attention to Organic, Fair Trade, and/or regionally sourced while always considering quality and price. Tierra Farms has been a huge boon to the bulk department with their high standards, fair prices, and awesome customer service.

Over the last year, I have reviewed our existing products and discontinued some things that I felt were not in compliance with these standards. There are a few exceptions to this however, that I have not found suitable replacements for and there are still a few non-organic products that sell very well. I imagine this is because they are often so much less expensive. A good example are the non-organic almonds from Blue Diamond (supplier can vary), which are only \$7.69/lb compared to \$13.29/lb for the organic almonds. We sell about 100 pounds of these almonds every month. This is clearly a product that is in demand, so I haven't gotten rid of it.

Because of space limitations, I can only carry products that move well. This also ensures that the product remains fresh. I can try putting it on sale to see if it catches your eye, but in the long run, the numbers tell me if it goes or stays. I have replaced many products that saw low movement with products that are now selling well. This is a continuous process however, because often the novelty of a new product will wear off. It's important to keep things new and exciting!

While I try to have a presence on the floor to sample and gather feedback, as a department buyer it often feels as though I'm shooting in the dark. I would love to hear more feedback about the products that we carry to help in my decision-making process. Please find me or write me a note if you any ideas or suggestions. Thanks!



Grocery • Doug Smith

In the grocery department, our perfect product would be organic, ethically sourced and local. These are our top three priorities but, as we all know, it's not a perfect world, so we strive to hit as many of these attributes as possible. Our next priority is to find as clean of a product as we can, within the price point our customers can afford. This may mean local from a trusted source or non-GMO certified. Ultimately, if a product is not selling, we always look for other options to replace it, as we continually strive to serve our community better every day.



Frozen • Misha Engel

In the frozen department, I try to select a diversity of products. I research a variety of companies that make entrees, pizzas, fruits and vegetables, breads, and frozen desserts. Space limits a lot of my decisions, as well.

In the meat and local meat section, I give priority to what is locally produced, specifically beef and pork from local ranchers: J6, EZ Does It, Gila River Ranch, and Sweet Grass. Overall, I try to order meats that are chemical-free, grass fed and free of antibiotics and hormones. I order a lot of pork and poultry from our sister co-op, La Montanita in Albuquerque via the Co-op Distribution Center (CDC).^{*} Often, it takes extra effort to bring in certain meats as they are seasonal. Sometimes Beelers Pork is only available every other week for delivery.

Local items in Frozen have a less stringent rule for ingredients. I order Buenatural tortillas (organic) and local tamales. Our Amigos tortillas are made in Deming and the pico de gallo taco sauce (green and red) come from Mi Ranchito in Bayard. Living Harvest breads, muffins, cookies and cinnamon rolls are also made with local love!

We are at the mercy of our distributors, as well as availability of local vendors and ranchers. Bon Appetit!



^{*} CDC carries local products from over 400 producers by way of the local foodshed, which is defined as within 300 miles from around Albuquerque.

Supplements • Kate Stansberger



Supplements have some specific challenges. For example, locally sourced is not easily possible. But, for the most part, I try to adhere to all of the Co-op's other guidelines, such as non-GMO^{*}, fair trade, etc. In addition, I look for companies who use third-party testing of their products (for actual nutrient content, no contaminants, etc.). Also, I look for companies whose products/ingredients have clinical studies backing them. Low/no-sugar products (such as chewables and gummies) are also a priority and I like to support companies that "give back" to their communities and special causes (good example: Vitamin Angels).

^{*}Many companies are working their way through non-GMO certification. Supplements have some special circumstances.



2 U From Your Board . . .

Pope Street Project • Update • August 15, 2018

Building purchase and rationale (Jennifer)

- Strategic plan directed: “Expand reach into the community by opening a new, bigger store that is more enticing to shoppers,” including:
 - o “increase parking and aisle space”
 - o “less need for [frequent] stocking”
 - o “offer more variety and increase convenience for the shop per (one-stop shopping)”
 - o “expose more members of the community to Co-op model”
 - o “increase sales”
 - o “bring everything under one roof and enhance cohesion of company”
 - o “draw in new members”
 - o “more space for...prepared foods”
 - o “consolidate three kitchens into one” [when we had Market Café’]
- 907 Pope Street building met all our criteria for expansion
 - o Double square footage of current building (5,372 sq ft. to 11,050 sq ft.)
 - o 36 dedicated parking spots
 - o Remain part of downtown
 - o High visibility
 - o Ease of delivery
 - o Strong structure and foundation
 - o Possibility of phased construction and service expansion
- Assessment of Risk (cost of renovation to current assets and potential revenue)
 - o Building cost significantly less than appraised value and taxable value, so resale, if absolutely necessary, could bring a profit to the Co-op
 - o Building cost significantly less than appraised value of our two current buildings, which we have paid off (\$5,000 left on small building)
 - o We can sell 520 & 111 buildings to pay off mortgage of new building with 2/3 of signed membership approval
 - o 10% Sales increase (conservative): ~\$29,000/mo.

Personnel cost increase:	25%?
Renovation Debt	30%?
Increased Inventory and Overhead	38%?

The board and GM are hovering between a comfort of using \$7,500-\$10,000 per month of post-move sales to pay for debt, so renovation debt could be lower than 30%

Inspections (Julianna)

- Asbestos 6/25/2018 - a suspected tile from the Environmental Site Assessment was collected and tested. No asbestos detected
- Structural 6/29/2018 - Stantec CSI structural engineer checked all structures and found no evidence of any vertical settlement of any portion of any building. No evidence that the integrity of any structural components of any of the buildings was compromised
- Roof 7/10/2018 and 7/13/2018 Report from roofer verified by LifeQuest. Roofer checked roof in compliance with manufacturer’s warranty, small leaking problems seem to require sealing the parapet
- Plumbing 7/13/2018 No significant issue. Sewer camera showed that PVC sewer pipe is in excellent shape and was properly installed

- Electrical 7/16/2018 A new three phase service needs to be installed to accommodate the heavier usage due to refrigeration loads
- Mold 7/24/2018 All suspected areas were checked. No microbial growth found in any area except a 4x4 inch section that can be easily site treated

Environmental and Parking (Shanti)

- Souder Miller & Associates - Phase I Environmental Site Assessment (ESA)
 - o The purpose of the ESA is to identify recognized environmental conditions that may require further investigation or remediation.
- Limited findings
 - Dry cleaners in the area from 1948 records
 - Above ground oil storage tank found on property (removed by the seller).
 - NMDOT Patrol Yard - 0.4 miles from LifeQuest property - a release from 1990 - current status "No further action required"
- Parking
 - o Liability of public parking - Q's had an agreement with LifeQuest for afterhours parking; we are in conversation with Q's as well
 - o Co-op parking needs for events and construction

Immediate Uses and Communication (Joe)

- Building already being used for staff meetings, future board meetings
- Electricity and water are on
- Extra storage will be utilized as needed
- Member Feedback and Communication
 - o It is very important that there are avenues for your input and that our information is shared
 - Website has regular updates on this project and a forum for comments
 - Member survey is in draft form/meld with marketing study; one bid is in
 - Member--Board Interactive Meetings happening every other month with more discussion
 - Emails will be increased
 - lists have been redefined to get specific messages to different groups, such as non-members and members, distance from Co-op, or active Members and inactive Members

Long-term Uses/Architectural (Jean-Robert)

- Two drafts of initial architectural plans exist (David Vesica and Jean-Robert Beffort)
- RFP for architect selection is in progress
 - o Phase I
 - Build a new warehouse level to the main building and utilize a number of existing features, like bathrooms and some office space. OR, Renovate main building, and use wood shop as office space
 - Overall square footage from existing 2 buildings at 520 will increase 3500 square feet to about 8600 total square feet
 - Maintain existing Quonset Hut as is
 - Demolish outside metal structure

- Position main entry at northeast corner of main building with signage above
- Move kitchen and produce prep, dairy and frozen into main building
- Expand retail space into main building with exposed trusses
- Maintain windows on north wall and add more natural light
- Shrink down existing bathrooms to 2 ADA restrooms, and one for employees
- Increase aesthetic appeal of building outside
- Adjust parking lot to new configuration of parking spaces abutting main building and new entry
- Move warehouse/stock/receiving either into back end of main building, or into existing wood shop area (dropped floor needed)
- Receive trucks with product on north end with sunken loading dock or ramp
- Provide drainage to sewer on Pope Street
- o Phase II
 - Enclose and expand existing southwest canopy area into separate access board meeting and general purpose area
 - New offices
 - Café with access to south garden area
 - Close off remaining pope street access with new window storefront along entire east facade with additional signage above
- o Phase III
 - Turn Quonset Hut into bakery or other supplemental use
 - ?

Financing (Laurie)

- Purchase price of building was \$275K. This was below county assessed value which is almost always below market, and below bank appraisal, which also tends to be low
- Monthly mortgage is \$1520. This does not include insurance, property tax, or utilities
- Finance team estimates total monthly cost of the building about \$3000
- At the end of June, our 2nd quarter financial reports showed positive increases in sales, net operating profit and bottom line profit and our cash position was strong. Joe has cautioned us that the third quarter of the year has historically been a weaker quarter
- Down payment, closing costs, inspections and other costs related to the building purchase have significantly brought down our cash. We will be careful with further expansion related expenses, so our cash level is acceptable. On the other hand, we do not want to have the building remain unused any longer than necessary since a move is forecast to improve our sales
- There may be state or federal grants available for some or all of equipment purchases
- The finance committee will carefully watch cash levels





Shanti Ceane



*Jennifer Johnston
President*



*Jean-Robert Béffort
Vice-President*



*Laurie Anderson
Treasurer*



Julianna Flynn

Should The Co-op Benefit From Round-Up Donations?

By Julianna Flynn

As most everyone knows by now, the co-op has a new building! The former LifeQuest building on the corner of College and Pope Streets is our potential new home that will provide space for movement and growth in the future, as well as an immediate home for meetings, classes, and other compatible uses.

Now comes the challenge of financing the remodel of the LifeQuest building to fit the needs of the Co-op. When I walk around town I'm often asked "Why don't we use the round-up to pay for the new building?"

Last month the Members Connect (MC) Committee wrote an article about our round-up program. This got the MC to thinking about where this money goes. The round-up really adds up, a bit of change that no one misses turned into \$19,235 last year, averaging over \$1,600 a month! Traditionally, the round-up goes to local 501(C)3 non-profit groups, giving a boost to community organizations and the people they serve. This generous giving by the membership directly engages SCFC in the community. It promotes us as something more than another grocery store. It may also be thought of as a form of good-will advertis-

ing. Perhaps, by reaching out to other benevolent organizations, SCFC draws their membership to us. Or perhaps it should be considered goodness for goodness' sake.

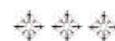
The round-up program is already in place for the rest of this year. At present we are looking forward to applications for 2019. We have a lot of worthy partners in this community and our members have always been happy to donate. The money that these groups receive can ease the stress of a small organization, and the visibility given to the group during their round-up month can help bring in new members and other donations.

The worry I hear is that we need our members' help for ourselves right now. If giving levels continue as they have, the round-up money could pay the mortgage on the new building. It could buy a needed refrigeration unit. Is it irresponsible to give money away when we need to take care of ourselves? This is a determination that goes on in everyone's life. What can I afford to give? Who do I give it to?

For the time being, the Round Up will support external organizations, but there may be other ways to raise money for charitable causes, including the Co-op. Do we round up for ourselves and use a chili pepper-like paper campaign for other partners? Do we use a paper campaign for the new building?

We need your thoughts, ideas and feedback so we can make the best decision about how to support our own fundraising needs, and those of deserving community organizations. You can email your response, or use one of the suggestions boxes in the store.

Thanks to all our members for their generosity and thoughtfulness. I've been deeply touched by the depth of everyone's concern about what is best for our co-op.



UPDATE:

The Round-Up Selection Process Goes Online & Other Co-op Expansion Fundraising Ideas

by Jean-Robert P. Béffort

As detailed in last month's article, the Round-Up Donation Program application process will be going online with an interactive PDF format on September 1st @ the SCFC website. <https://www.silvercityfoodcoop.coop> The deadline for submissions will be September 30th. Decisions of the 2019 participants for the 12 months will be decided by the Membership Connect Committee on November 8th. Recipients must be a registered 501(c)3 non-profit organization and be able to provide their IRS letter of determination.

The Membership Connect Committee is also tasked with connecting with membership and coming up with fundraising ideas for the Pope Street Expansion Project. One possibility is to have a paper buying campaign for the new building which is then strung above the register laundry-line fashion (similar to a chili-pepper paper campaign for food or paper tennis shoes dedicated to kids causes). Denominations can be anywhere from \$1 to \$10, \$25, \$50 or fill in your own custom amount, if you would like to support the expansion move.

Also under consideration is a Fund Raiser Dinner Party, much like the Virus Theater put on, to raise a large amount of funds for their renovation of the El Sol Theater. This could possibly take place in the one of the new Pope Street buildings so the public and membership could have a first-hand look of the property. At some point a Member Loan Program needs to be considered and implemented as well.

If you have any feedback on these ideas or others, the board can be reached at board@silvercityfoodcoop.coop



Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at the Volunteer Center on 13th Street at 4:30 pm.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those members who would like to speak. If ten minutes is insufficient, a special meeting may be called on another day. If a member wants more time, they can contact the president and ask to be added to the agenda. Please make this request at least one week before the meeting.

Jennifer Johnston/President

Board Term: 2018-2021
johnstonjenny40@gmail.com

Jean-Robert Béffort/Vice President

Board Term: 2016-2019
aspace.studiogallery@gmail.com

Laurie Anderson/Treasurer

Board Term: 2017-2020
laurindaa713@gmail.com

Shanti Ceane

Board Term: 2018-2021
shantifo@gamil.com

Julianna Flynn

Board Term: 2018-2019
juliannaflynn8@gmail.com

Board of Directors

September Sales

To Our Co-op Members & Customers: Please note that sales run for a two-week period.
 Each month 100s of items are on sale. To see a complete list, please visit our website.
 The pictured items are just a sample of the great values you will find at the Co-op each month.

September 5 - September 18 **coop deals**



Applegate
 Uncured
 Pepperoni
 5 oz
 reg \$4.99
SALE \$3.79



Health-Ade
 Pomegranate
 Kombucha
 16 oz
 reg \$3.89
SALE \$3.00



Westsoy
 Seitan-Chicken Style
 8 oz
 reg \$5.69
SALE \$3.99



Endangered Species
 Eagle
 Chocolate Bites
 4.7 oz
 reg \$5.39
SALE \$3.99



Angie's
 White Cheddar
 Popcorn
 4.5 oz
 reg \$3.69
SALE \$2.50



Garden of Life
 Plant Protein
 Vanilla, 265 g
 reg \$25.99
SALE \$19.99

September 19 - October 2 **coop deals**



Bellwether Farms
 Crème Fraîche
 7.5 oz
 reg \$3.99
SALE \$2.99



Celestial Seasonings
 Red Zinger Tea
 20 bags
 reg \$3.59
SALE \$2.50



Woodstock
 Kosher Dill Pickles
 24 oz
 reg \$6.39
SALE \$3.79



Radius
 Totz Toothbrush
 reg \$3.39
SALE \$2.99



Jackson's Honest
 Sweet Potato Chips
 5 oz
 reg \$4.19
SALE \$2.50



Quantum Health
 TheraZinc
 Elderberry
 14 lozenges
 reg \$2.99
SALE \$1.99

Members Only Specials

Sept. 5 - Oct. 2

20% OFF!
 listed prices



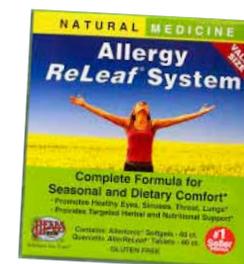
wildbrine
 Red Beet/Cabbage
 Sauerkraut
 18 oz
 reg \$6.99



gimme
 Seaweed Snacks
 Wasabi
 .35 oz
 reg \$2.19



Grandpa's
 Pine Tar Soap
 3.25 oz
 reg \$3.99



Natural Medicine
 Allergy
 ReLeaf System
 60 ct. Softgels
 60 ct. Tablets
 reg \$46.99