

LOCAL & ORGANIC
aren't a corner of our store,
they are the CORNERSTONE
of our BUSINESS.

Percent of total store sales to date in 2019 that were organic: 46%

Percent of total store sales to date in 2019 that were local: 24%

Percentage of produce sales to date in 2019 that were organic: 80%



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Permit 25

LOCAL AT THE CO-OP IS WITHIN 100 MILES OF DECORAH. WE KNOW THE FARMERS. WE KNOW THEIR PRACTICES. WE KNOW WHAT IS IMPORTANT TO YOU.



2020 VISION FOR DOWNTOWN DECORAH

By David Lester, General Manager

As I write this article from my office, the snow is falling, people are scurrying up and down Water Street and the holiday shopping has begun. What a joy it is to see such a vibrant small-town shopping district with unique retailers, independently-owned restaurants, two grocery stores, yoga studios, banks, hair salons, Vesterheim Museum and many other businesses and other service providers with very few vacant storefronts. Other towns in rural Iowa would say we are very lucky to have such a downtown scene, but I would argue that it's not just luck. Decorah has a lot of passionate, committed people making this happen. It takes a lot of hard work from private citizens and city officials coming together to create what we have here in Decorah. It didn't just happen.

If you have not been to the new Impact Coffee location at 101 W. Water St. (the old J.C. Penney location), do so immediately! What a beautiful renovation and addition to our downtown. Stan Fullerton, building owner, and Sean Brown, business owner, have created a lovely, comfortable, luxurious space to meet friends and relax. The whole vibe of downtown Decorah went up several notches with this renovation and this type of space benefits our community in so many ways.

At the Co-op, the staff and I talk a lot about creating that "third place" for people that is not work or home. The third place is a place where people can relax, interact with others, exchange ideas and build relationships. For some that place might be Wal-Mart, the public library, the Peace and Justice Center, or one of the many businesses downtown. The Co-op has been this type of place for many of our members since 1974, and we welcome more of these spaces being created downtown. One of my favorite things to do at about 3pm during the week is to leave my office and walk the Deli seating area. What I find are kids of all ages eating, doing homework, laughing and waiting to get picked up by their parents after school. For several of these kids, this is their third place.

Continued on page 3

everyone can shop. everyone welcome. no membership required.



DO YOU LOVE YOUR CO-OP?

THIS COULD BE YOU!

WE NEED YOU

As we approach our first full fiscal year post-remodel and embrace the changing grocery market of the area, the OCC Board is seeking people interested in serving on the board of directors for the Co-op.

The Co-op is governed by a 7-member Board of Directors, with each director elected to serve a 3-year term on the board. The primary responsibilities of the Board of Directors are to provide overall direction and ensure the long-range security and viability of the Co-op. This includes creating and sustaining a transparent and accountable relationship with the member/ownership. In addition, the Board of Directors is responsible for hiring, compensating, delegating responsibility, and holding accountable a general manager (GM).

The Board operates according to Policy Governance which uses policy language developed and voted on by the board to set out the goals of the organization, limitations of the general manager, and to outline the board's work and process.

COME JOIN US ON THE CO-OP BOARD!

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BILL IVERSON

MICHELLE BARNES

ANDY SASSAMAN

SCOTT TIMM

DETRA DETTMAN

The Policy Governance Model is an operating system for boards developed by John Carver in the 1970's. The OCC Board adopted the concept of policy governance in 1996-97. The Board began using an organized approach to governance during 2008 and continues to refine the policies. A basic explanation follows:

- Members own the Oneota Community Co-op.
- Member/owners elect the Board to direct the OCC on their behalf.
- The Board hires the General Manager to manage the OCC under its direction.
- The General Manager hires staff to operate the store according to his/her interpretation of the Board's direction.
- The Staff serves the customers, many of whom are member/owners.

Policy governance is a method to help keep the roles and responsibilities of the various groups separate enough to run a business effectively, while keeping the board accountable to the member/ownership and the General Manager accountable to the Board. The Board does this, in a nutshell by doing three things:

- Develop written expectations (policies).
- Assign authority to the GM to reasonably interpret and implement these policies, and assign authority to the board for operating effectively under a system of governance as outlined in our by-laws and policies.
- Check to see if the board and the GM fulfilled the expectations.

The Board has a serious responsibility to do the following:

- Provide governance and fiscal oversight.
- Clarify the meaning of the OCC's values.
- Be responsive to the member/owners.
- Envision the future.
- The Board does not make operational decisions; it is the role of the General Manager whom the Board evaluates.

The Board of Directors holds monthly business meetings, which are also open to all member/owners to attend.

In April 2020, there will be 2 full-term positions open for candidates to fill as Scott Hawthorn and Emily Neal complete their terms. Full-term positions require a commitment of three years.

Our Board is best served by having members with skills and personalities as diverse as the Co-op itself.

- Are you skilled at financial oversight?
- Are you interested in lending your expertise to help a local business thrive?
- Do you have a passion for the Co-op mission or commitment to cooperative values?
- Do you like policy formation and critical thinking?
- Do you like your community and neighbors?

If being on the board is calling to you for any of the reasons above - or others, we want to hear from you.

Application packets can be found with Co-op Front End staff, or online at <http://oneotacoop.com/about-us/board-of-directors/board-application-run-for-the-board>.

Any questions you have regarding the upcoming election can be directed to Scott Hawthorn, Board Vice President and chair of the Board Nominating Committee or to any Board members.

Scott's contact information includes: oneotahawthorn@gmail.com and/or 563-277-0036.

Serving on the Board is a wonderful way to make a positive impact, not only at the Co-op, but also in our community, region, state, and beyond. The application deadline is right around the corner - January 3. We hope to hear from you!

2020 BOARD ELECTION CALENDAR		
Activity Deadline	Candidate recruitment/self-nomination	Ongoing
	Candidate applications and statements due for all candidates	January 3
	Board interviews candidates as necessary	January 6-27
	Board Nomination	January 28 Board Meeting
	Final deadline for all candidates for name inclusion on ballot	February 10
	Candidate Forum	TBA
	Ballots and candidate statements with announcement of annual meeting presented to members in good standing	March 1
	Voting ends at end of business day	April 1
	Administration of ballot counting	Early April
	Election results announced	April Annual Business Meeting
	New board members start service	April Board Meeting

Chili Season



Crockpot Black Bean Chili

Servings: 4 - 6. Prep time: 6 hours, 10 minutes; 10 minutes active.

- 1 cup dried black beans, rinsed
- 2 large carrots, chopped
- 1 medium green pepper, chopped
- 1 15-ounce can diced tomatoes
- 1/4 cup quinoa
- 4 cups water
- 1 1/2 tablespoons chili powder
- 1 teaspoon salt

1. Combine all the ingredients in the slow cooker and close the lid. Set the cooker on low and cook for 6 hours.
2. After 6 hours, test the beans for doneness. If they are not quite tender, cover and cook for another half an hour.
3. Serve hot or transfer to containers to refrigerate or freeze.

A good bowl of chili brings together simple ingredients to create big flavor. Warm up with these hearty and nutritious vegetarian recipes.



Veggie Chili with Beer

Servings: 5. Prep time: 30 minutes; 15 minutes active.

- 2 teaspoons extra virgin olive oil
- 1 medium onion, chopped
- 1 tablespoon chili powder
- 1/2 teaspoon chipotle powder
- 1 medium yellow bell pepper, chopped
- 1 medium green pepper, chopped
- 1 large carrot, chopped
- 1 cup wheat beer, red ale or lager
- 1 14.5-ounce can fire-roasted tomatoes, puree
- 1 15-ounce can kidney beans, drained
- 1 teaspoon dried oregano
- 1/2 teaspoon salt

1. In a large pot, heat the olive oil. Sauté the onion for 5 minutes over medium heat, until soft.
2. Add the chili powder and chipotle and stir until fragrant, then add the peppers, carrot and beer.
3. Uncover and add the remaining ingredients, stirring to combine. Simmer for another 5-10 minutes to combine the flavors and thicken the chili.

Adding beer elevates a simple chili to a rave-worthy one ideal for a weekend gathering with friends.

Three Bean Chili

Servings: 6. Prep time: 40 minutes.

- 2 tablespoons canola or vegetable oil
- 1 cup onion, diced
- 1/2 cup green bell pepper, diced
- 7 ounces vegetarian ground beef
- 1 28-ounce can diced tomato
- 1 15-ounce can kidney beans
- 1 15-ounce can red beans
- 1 15-ounce can pinto beans
- 1 packet chili seasoning

1. In a medium, heavy-bottomed pot, heat the oil over medium heat.

2. Add the diced onions and pepper and sauté on high heat until soft, about 5 minutes.
3. Crumble vegetarian ground beef into the onion mix and brown, as you would with ground beef.
4. When cooked through, add beans and tomatoes, and bring to a boil. Simmer, stirring often, for 30 minutes, or until thick.

Note: If you prefer, substitute ground turkey or beef for the vegetarian meat.

Cornbread flecked with diced jalapeño peppers makes a tasty accompaniment to this hearty chili.



Reprinted by permission from StrongerTogether.coop. Find more recipes, plus information about your food and where it comes from at www.strongertogether.coop.

2020 VISION FOR DOWNTOWN DECORAH

Continued from page 1

It is very unusual for a city to have most of its schools within a few blocks of its downtown district. Once again, Decorah is unique with this asset. It has always been comforting to me as a parent knowing that my boys could walk from school, pick up a snack, hang out with friends and walk or bike home in a safe downtown. As city and school officials work together to solve the next location of a new grade school, it will be important to highlight the benefits of keeping our schools closer together and close to our downtown. The benefits of students spending less time in buses, connecting with older students nearby, and opportunities to walk to Vesterheim, downtown businesses and other schools are priceless.

City organizations like the Decorah Downtown Betterment (DDBA) and the Self-Supported Municipal Improvement District (SSMID) are two groups of business owners and downtown property owners who have an interest in improving the downtown experience. SSMID funds are generated through a special, state-approved tax levy that is valid for ten years. The Decorah SSMID district is up for renewal in 2020 and members of this committee are in the process of submitting an application that would raise \$20,000/year for the next ten years. SSMID funds help pay for larger projects in the downtown district, trees, park benches, water fountains and other physical improvements for downtown. Decorah Betterment has a smaller budget to work with which is generated from memberships.

One of the projects this group leads each year are the hanging flower baskets we all get to enjoy throughout the summer months. DDBA is also an organization that lobbies for and helps

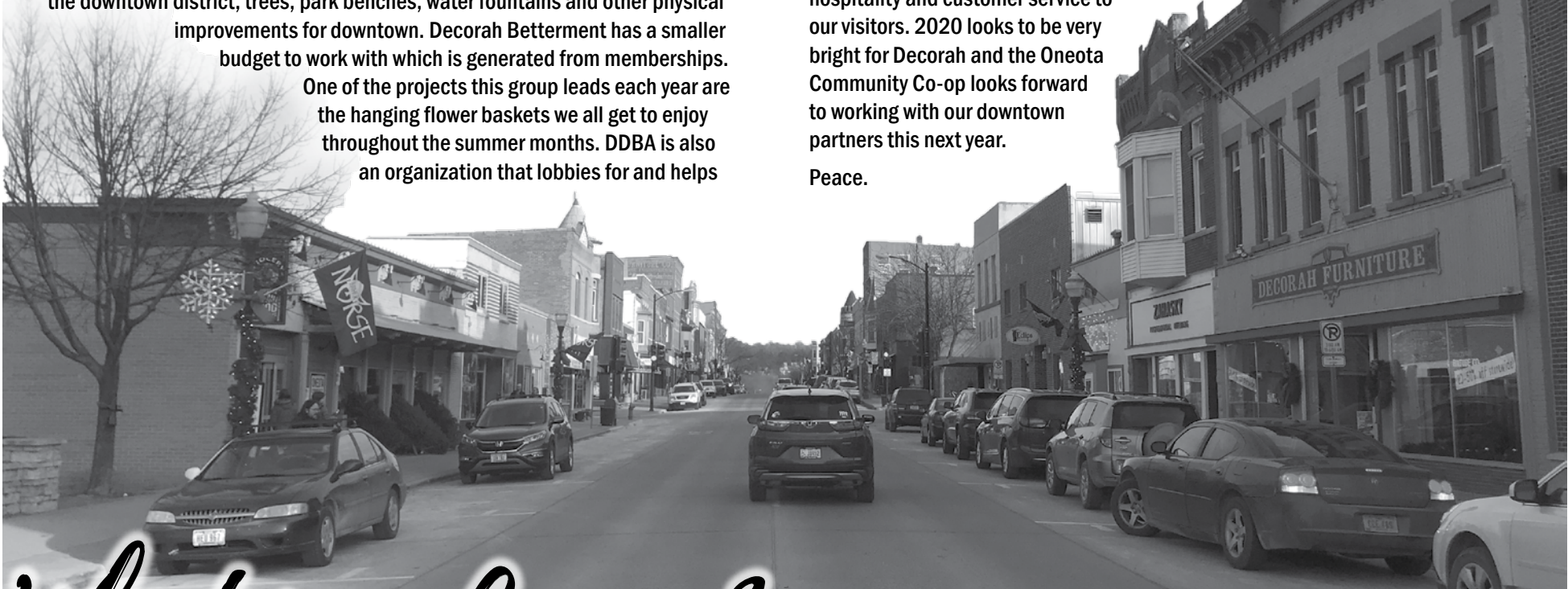
organize other larger projects like the current Water Street Park, the new Christmas lights and the future Dry Run Park project.

What does the future hold for downtown Decorah as our city's edges begin to expand and develop? This has been a question on my mind for quite some time and will be one that I will be thinking about a lot as I become the President of DDBA in 2020. It is important to focus on the whole economic picture of Decorah and there needs to be a balance with the development of our city's edges and our downtown district. City officials spent a lot of time and effort the last couple of years developing a vision of what Decorah's downtown could look like. One of the areas of focus in this visioning work is the corridor from Luther College to downtown (College Drive). Investment in this type of visioning will have a big impact on economic development and address access issues along this route for students, residents and visitors alike.

When I talk to visitors in the store, I typically hear a handful of reasons why they are here: beer, eagles, trout, bike trail,

Vesterheim and a historic downtown with great food. There is a lot to see and do in our small town of 8,000 people and I think as a community we are on the right track to providing outstanding hospitality and customer service to our visitors. 2020 looks to be very bright for Decorah and the Oneota Community Co-op looks forward to working with our downtown partners this next year.

Peace.



What is a Co-op?

By: Co+op, stronger together

We all have childhood memories of parents, teachers and others encouraging us to work together. A co-op is what "working together" looks like all grown up. From the outside, many co-ops look like any other business, since a co-op provides products and services like conventional businesses do. But it's what goes on behind the scenes that makes it different.

A cooperative exists to serve its members, but what makes co-ops unique is that the members are also the owners. So, in addition to getting the products and services you need, you also have a say in the business decisions your cooperative makes.

Rather than rewarding outside investors with its profits, a co-op returns surplus revenue to its members in proportion to how much they use the co-op. This democratic approach to business results in a powerful economic force that benefits the co-op, its members and the communities it serves.

Why co-ops matter

Cooperation is defined as working together towards the same end, and joining forces to accomplish a task that one can't achieve alone. Simply put, co-ops provide the framework that allows people to get what they want in a way that better meets their economic, social and cultural needs.

And because cooperation builds strong bonds between the people who use products and the people who supply them, co-ops offer a way to transform the way business is done.

Co-ops give you the opportunity to get the products and services you need on a daily basis while strengthening the community around you.

In addition to a co-op's commitment to serving its members, most adhere to a set of seven principles that help guide the business. And as a result, many co-ops set a standard for the surrounding business community with a commitment to environmental and social responsibility.

Did you know? Co-ops are all around you

Co-ops of all kinds are all around you. More than 800 million people around the world belong to cooperatives, and at least 100 million of them are employed by co-ops. And more often than you probably realize, co-ops play a vital part of your everyday life.

Consider the cup of coffee and cranberry muffin you recently enjoyed. That premium Sumatra Siborong-Borong coffee was likely purchased from a grower co-op in Indonesia. The flour in the muffin started as wheat from a farmer-owned, grain elevator co-op in the Midwest, and those cranberries might be from Ocean Spray, a producer-owned co-op.

Knowing the source of the foods you eat, the services you employ and the products you purchase are just a few of the benefits of joining a cooperative. As a member, co-ops invite you to take part in the way your favorite grocery store or financial institution is run, and share in any profits. This community approach to business is at the heart of the cooperative philosophy.

DRIVEN BY A MISSION

MISSION STATEMENT

Oneota Community Food Co-op

The mission of the Oneota Community Co-op is to build vibrant communities and ecosystems by providing organic, locally produced and bulk foods, as well as other products and services that are sustainable for those who consume and produce them.

Ends Policy

As a member-owned consumer cooperative, the organizational goals of the Oneota Community Co-op originate from our commitment to the seven internationally recognized Principles of Cooperation and reflect our concern for our community.

The Oneota Community Co-op serves primarily members, customers, and the OCC staff, but also its service extends outward to the following:

- vendors and suppliers,
- the larger community of cooperatives,
- the wider regional community.

Because the Oneota Community Co-op exists as an institution grounded in the cooperative principles, there will be the following:

- 1 A retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, locally grown and/or processed and affordable. A business that encourages the expansion of sustainably grown local food sources.
- 2 A community that is educated about food and other products which are healthy for people and the environment.
- 3 A business that promotes the development of cooperation and cooperative enterprise.
- 4 A business that promotes environmental and financial sustainability.
- 5 Employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.
- 6 Employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.

CO-OP EVENTS & CLASSES

oneotacoop.com/classes-and-events

CLASS KEY

GF

Gluten Free

VG

Vegetarian

VN

Vegan

HO

Hands-on and Let's Eat

DM

Demonstration and Let's Eat

L

Lecture

Please call ahead to register for classes. Classes without a minimum number of attendees may be cancelled.

Events held in the Co-op Kitchen Classroom at 308 W. Water St. unless otherwise noted.

The Co-op Kitchen Classroom's programming is continually growing & expanding. We encourage you to check out our online education list & online registration options!

JANUARY

HERBS FOR IMMUNE SYSTEM AND WINTER WELLNESS
Tuesday, January 14th, 6:00-7:30pm
Those who take herbs to support the immune system may find illnesses last for a fraction of the time of those who don't, or they may manage to dodge an illness entirely. Explore the various options Nature has designed to keep us well by supporting and enhancing our internal immune system. We will discuss herbs from near and far to aid us as we navigate our long dark winters, while sharing a pot of warm herbal tea together.
Class Code: L, DM
Min participants: 14
Max participants: 24
Instructor: Jane Hawley Stevens
Cost: \$20 member/owners, \$25 community members

MAKING HERBAL COUGH SYRUP
Wednesday, January 15th, 6:00-8:00pm
Get prepared for the cold season. In this class, we will cover the different aspects of an effective cough syrup and how to make a syrup incorporating soothing herbs. We will discuss in detail which herbs to choose from and why. Learn the properties of herbs that address symptoms of the common cold: antitarrals, antitussive, expectorants, and demulcents. Not to worry, no test will follow, but you can gain insight into making your own herbal remedies to suit your family's needs. Participants will leave with their own jar of cough syrup made in class.
Class Code: L, HO
Min participants: 14
Max participants: 24
Instructor: Jane Hawley Stevens
Cost: \$20 member/owners, \$25 community members

INSTRUCTOR BIO

JANE HAWLEY STEVENS
Has specialized in herbs since 1981. With a degree in horticulture from the University of Wisconsin-Madison, she founded her business in 1987. Four Elements Organic Herbals is based on plants grown in her cultivated fields, Chakra Garden, prairie and woodlands. The parts of her job that she enjoys the most are propagating the herbs used in her products and teaching. A pioneer of the organic farming movement and natural products industry, and recently awarded Organic Farmer of the Year, Jane inspires others by encouraging their connection to nature as a source of wellbeing through her products and classes in herbalism and organic living.

FEBRUARY

DOING MORE WITH ROOT VEGETABLES
Wednesday, February 12th, 6:00-8:00pm
Want to support local farmers through the winter? Want to learn how to prepare those unfamiliar roots in the Produce aisle? Or are you just in need of a recipe for something warm and nutritious to reinvigorate your root repertoire? If the answer is "YES!" this class is for you! Get rooted with Peter Kraus and a cast of seasonal vegetables for a fun evening of cooking, eating, experimenting, and story sharing.
Class Code: HO, VG, VN, GF, DF
Min participants: 8
Max participants: 16
Instructor: Peter Kraus
Cost: \$15 member/owners, \$18 community members

WINTER SALADS
Wednesday, February 26th, 6:00-8:00pm
Winter is often a season of heavy and festive foods, as well as a hard time to find fresh, local greens. Join Peter Kraus for an evening of innovation and inspiration seeking. Participants will get the opportunity to brainstorm and experiment with preparing light, crunchy and seasonal salads that are nourishing and fun so that they might sustain us until the spring growing season.
Class Code: HO, VG, VN, GF, DF
Min participants: 6
Max participants: 20
Instructor: Peter Kraus
Cost: \$15 member/owners, \$18 community members

INSTRUCTOR BIO

PETER KRAUS
Is a farmer, naturalist, and fermentation enthusiast. He finds joy experimenting with edible flowers, foraged and farm-fresh herbs, sourdough breads, and more. Peter Kraus grew up rooted in the Driftless area's rolling agricultural and wooded landscape, and is passionate about bringing together its people and stories through creative adventures into farm-to-table and seasonal eating. Loves teaching, cooking, eating, and storytelling, especially when it involves fresh local produce, wildcrafted or foraged ingredients, fermentation, or sourdough baking. Peter draws inspiration from working in kitchens and on farms from Washington to Maine, as well as his roots growing up on his family's farm along Canoe Creek. In Peter's classes, come prepared to learn, prepare and eat good food, and share stories.

MARCH

SOURDOUGH BAKING BASICS
Wednesday, March 11th, 6:00-8:00pm
In this hands-on workshop participants will have the opportunity to see and handle sourdough at each stage of preparation and learn tips and tricks for creating the perfect crusty loaf. Participants will also get a chance to engage in topics ranging from using sourdough culture in pastries, gluten free sourdough, the local grain economy, and more!
Participants in the sourdough workshop will not only have the opportunity to handle, discuss, and eat sourdough but also take home their own sourdough starter. There will also be plenty of opportunities to ask questions, share stories, discuss baking experiences, and offer insights.
Class Code: HO, VG, VN, DF
Min participants: 6
Max participants: 16
Instructor: Peter Kraus
Cost: \$15 member/owners, \$18 community members

MAKING SOUP FROM LEFTOVERS
Wednesday, March 25th, 6:00-8:00pm
Looking for a way to make a delicious dinner, clean your fridge, and help the planet? It's a tall order for a bowl of soup, but Peter Kraus claims making soup using leftovers can do all that and more! Using food to its fullest not only saves money, it's a way to honor the effort that goes into growing, harvesting, and preparing a meal. In the class, Peter Kraus will guide participants through planning menus that make the most of each meal. He'll discuss the basics of soup, stock-making, and successful and unsuccessful ingredient combinations. There will also be plenty of opportunities for participants to ask questions, share stories, discuss leftover enigmas, and offer insights. The class also includes take-home recipes and a bowl of "leftover" soup.
Class Code: HO
Min participants: 8
Max participants: 16
Instructor: Peter Kraus
Cost: \$15 member/owners, \$18 community members

The Kitchen Classroom - IT'S RENTABLE!

The Kitchen Classroom is located conveniently next to the Co-op on Water Street in downtown Decorah, IA. It is available for a fee for use as long as that use meets certain requirements, and the Kitchen Classroom is not otherwise reserved. We currently have three levels at which the space, equipment and/or staff can be utilized. Each level includes 4 hours of time in the space.

The three levels are as follows:

LEVEL ONE - includes use of space, tables, chairs, restroom, refrigerator, sink.
Cost: member/owners \$30; community \$50 - each additional hour \$10 member/owners, \$15 community

LEVEL TWO - includes all items listed in Level One plus optional use of all kitchen equipment.
Cost: member/owners \$60; community \$80 - each additional hour \$20 member/owners; \$25 community

LEVEL THREE - includes all items listed in Level One and Level Two plus the use of a staff member for teaching purposes. Cost: \$60 member/owners; \$80 community members - plus additional \$30/hr for staff member. Each additional hour - space rental \$20 member/owners; \$25 community - plus \$30/hr for staff member. Additional planning/prep time by staff figured at \$30/hr rate. Ingredients and other class supplies are not included in these charges.
NOTE: Please inquire about negotiable rates for low-income and non-profit entities.

For more details, including a list of available equipment, please visit the Education and Events page of the Co-op website: www.oneotacoop.com/education-events/ or e-mail kitchenclassroom@oneotacoop.com.

To make a reservation or for information about scheduling, please contact the Marketing Department, (563) 382-4666 or kitchenclassroom@oneotacoop.com.



Come learn with us!



GABI MASEK, L.AC

ACUPUNCTURE & CHINESE MEDICINE

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111 Winnebago St
Decorah, IA 52101

wildcraftedacu@gmail.com
wildcraftedacupuncture.com





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Creative Midwest Fare • Local Seasonal Menus

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Digesting the Season

By Gretchen Fox Schempp, Wellness Manager

Are the holidays hard to digest? Joyful and busy. Exciting and hopeful. Maybe mentally and physically exhausting? Definitely a challenge on the gut. The 12 days of Christmas are sometimes more than a person can take, but they don't have to be! First and foremost, we must remember what this season is really about. Kindness, giving, faith, sharing, caring (for others AND ourselves) and lots and lots of eating and indulging. How can we get ahead of January gut busting now and have a happy and healthy season? Instead of waiting until 2020 to put those good habits to work, why not try for feeling your best through all the good meals and high times?

What kind of activity supports you most when you are under stress? Think about it. What wouldn't you give up during a normal week? Your daily walk or run? Your morning meditation? Your healthy salad for lunch? Your evening yoga class? That 15 minutes with your journal? Your daily vitamin supplement? Whatever it may be that you wouldn't go without on any other day - keep it in focus now. Those healthy self-care habits are more important than ever when the stress hits a fever pitch. AND it's going to make January 1 feel a lot lighter if you do!

We have all the fixins' for your holiday meal at the Co-op, of course, but we also have a great selection of wellness items to support your Happy Holidays too.

For the literal digestion of your holiday indulgences take a look at our wide selection of digestive enzymes from Enzymedica. They will cover your gluten sensitivities, dairy tummy aches and acid and heartburn woes with one of the great enzyme blends they are known for. (Picture here of the items?)

Other popular tried and true (by our customers) items to check out for taking care of your gut are as follows:

Nature's Way DGL Licorice Chewables



Licorice coats the digestive tract soothing and protecting the stomach lining and is even said to help heal ulcers and prevent their reoccurrence. Deglycyrrhizinated Licorice (aka DGL) is licorice that has been processed to remove a substantial amount of naturally occurring glycyrrhizin making it a safer option than plain licorice supplements, thereby, reducing interactions with medical conditions and medicines.

Dr. Ohira's Original Probiotics



Shelf stable and a staple in my supplement cupboard after my bout with the Cyclospora parasite a few years ago. My go-to for nausea, sour stomach, constipation or the opposite. Get your probiotics however you can though. Yogurt, fermented foods and kombucha are great options as well.

Urban Moonshine Bitters



These come in the Original formula (great for cocktails in addition to digestion) and Chamomile for nervous tummies. Great for calming the mind and belly in case Uncle Fred wants to talk politics. Bitters work well when taken regularly before meals but can also be of assistance taken after the fact. Why wait for the gas or bloat? Get ahead of the game and reap the extra support such as curbing sugar cravings!

Kal and/or Uncle Harry's Activated Charcoal



Capsules or powder, you pick. In the case of gas or an under-tempered turkey situation, activated charcoal absorbs toxins and chemicals in the gut. Since it is not absorbed by your body it can remove toxins through your feces. Proper hydration is an important consideration particularly with detoxification supplements.

Digesting the holidays can be a challenge. Sticking to some of your healthy routines through it all and stocking the medicine cabinet with some helpful supplements like probiotics and enzymes can help you not just survive the season but thrive during it! Until next year, Be Well!



Playing DEFENSE with Megafood

When immune challenges hit, it's important to hit back by powering your immune system. After all, our immune system is what keeps us healthy. Whether it's winter weather, stress, travel, or more time spent indoors that has you feeling compromised, Immune Defense* was formulated to help you stand your ground.

A winning team

It's nice when one product has it all. We included the iconic nutritional immune boosters, like FoodState® Vitamin C and Zinc,* and then turned to the botanical boost of Elderberry fruit (*Sambucus nigra*), our quarterback, if you will.* Add in the herbal extracts of *Echinacea purpurea* and *Andrographis paniculata*, the bitter plants known for their positive promotion of our immune response,* and you've got a whole team of support packed into each tablet, upping the odds that you'll enjoy an undefeated season.

In other words, Immune Defense* offers:

- Elderberry
- Echinacea
- Zinc
- Vitamin C
- Andrographis
- Healthy immune system support*

As for dosage, simply take 2 tablets 3 times daily for 5 days when you feel the need. Here's to you feeling your best all year long.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



NEW DATE!

Wellness Wednesday

Now the third Wednesday of every month!
Members receive 10% off Wellness products
(Excludes already marked down sale items)
It's like an extra Member Appreciation Day sale
every month but just in the Wellness department!



By: Siri Steven, Produce Staff Member

If you've ever seen the Fair Trade sticker on our produce and wondered what that means, you're not alone. As a consumer, there's a lot of information to process while grocery shopping: GMO-free/nonGMO, organic, conventional, local, Fair Trade. It can be overwhelming to say the least.

I'll admit, even working in the Produce department, I didn't give it much thought. I understood the basic premise of equal and fair pay for farmers and workers, but it wasn't until I watched an eye-opening video (check out "The Fair Trade Difference" on YouTube if you're interested) on how Fair Trade actually works that it made me really want to buy these products. I'm eager to share with you why you should consider spending your money on Fair Trade products whenever possible.

Fair Trade products do so much more than provide equal, fair pay to the farmers growing the produce we consume. The whole premise of Fair trade is consciously recognizing that the food and goods we purchase every day directly affect the livelihood of the

farmers and laborers. Every time you purchase those Fair Trade certified bananas, the producers of the bananas earn an additional amount of money that goes into a Community Development Fund. Then the community of workers vote on how that money can be used to improve their lives and benefit their quality of life.

For example, in a small community in the Philippines teachers were noticing their students struggling to pay attention and focus in class due to lack of food. So the coconut farmers in their town voted to use their Community Development money to start a program to ensure that the children of their community were fed. This in turn allowed them to thrive, learn and grow. Through this program families were even given the opportunity to learn how to grow their own vegetables and fruits in their backyard.

When you buy those Fair Trade coffee beans from Columbia, know that your purchase may be providing dental care to the farmers and workers who grew, harvested and produced it. How cool is that? You are making a profound impact on a community on the other side of the world just by choosing to purchase their product. Your dollars are supercharged and making a positive impact on the planet. That's why shopping at the Oneota Co-op and buying Fair Trade products has a profound impact not only on our local economy, but also directly benefits our global community as well.

If you are looking to purchase Fair Trade products at the Oneota Co-op, we make it a priority to carry Equal Exchange or Eco bananas and Equal Exchange also has a fair trade avocado. In addition, we have Del Cabo Farms and Wholesum brand cherry and grape tomatoes and Covilli green beans (just to name a few). We also have many other products in our Grocery, Bulk and Wellness departments that are Fair Trade certified. We don't always have the option of getting Fair Trade products, but when we're able to, we do!

I'll leave you with this quote: "Individually we make a choice. Together we make a difference." We live in a world of convenience and unfortunately that can result in unfair working conditions and unequal compensation for the people who are in the fields. The fact is, nearly 85% of the produce we consume in the United States is harvested in another country. We can make a conscious choice to buy Fair Trade products which makes a positive impact on the farmers and laborers who provide this incredible food for us. Where you spend your money matters. Every purchase can make a difference. That's why buying Fair Trade matters.

Holiday Store Hours

CHRISTMAS EVE
December 24th - 8 AM - 4 PM

CHRISTMAS DAY
December 25th - CLOSED

NEW YEARS EVE
December 31st - 8 AM - 4 PM

NEW YEARS DAY
January 1st - CLOSED

HOLIDAY HAMS *are in-store now!*

We ♥ Beeler's ham!

Beeler's breed Duroc hogs and raise them using their trademarked Haluka method. This means no antibiotics are given to the animals, they are vegetarian-fed, and given plenty of open space to grow. Beeler's ham contains NO nitrates or nitrites, casein, or gluten.

We ♥ our Spectrum Partnership

Co-op Bulk repack items are proudly packaged by Spectrum Network of Decorah.

"The focus of The Spectrum Network is on increasing the independence of the people we work with. Through various programs in Winneshiek and Howard Counties in Northeast Iowa, The Spectrum Network serves adults with disabilities, mental illness, and others with barriers to work and life to lead more productive, independent lives."

**ONEOTA
COMMUNITY
FOOD
COOPERATIVE**
decorah, iowa

**the
Spectrum
network**

MEET A DELI STAFF MEMBER!

Melissa Palmer



Where did you grow up?

I grew up around the Burr Oak and Bluffton areas in Iowa with my parents, my brother David, and my sister Michelle. I am the oldest. David is two years younger than me and Michelle is 5 years younger. I went to North Winneshiek School from kindergarten through graduation.

Where do you live now?

I recently moved back home with my 3 kids. Keneddy is 16, Kaesen is 12, and Kyler is 9. We also have 5 cats - Simba, Kix, Ruby, Nermal and Tuxedo, our newest addition. We also have a 3 year old dog named Red.

How do you think your friends and family would describe you?

I think my family and friends would describe me as kind, funny, stubborn and determined. I like to play the guitar, read, sew, fish and camp.

What are you most proud of?

I'm most proud how far my kids and I have come to live in happier times.

What do you do at the Oneota Co-op?

I'm the Baker at the Co-op and I love it. I

recently became a Shift Kitchen Manager too. Even though I didn't have much experience in baking, I'm learning new things every day here. I love that it's a challenge to make myself better and better. I love my boss and co-workers. Working in the kitchen here is so fun!

What are your "favorites" at the Oneota Co-op?

My favorite thing to make at the Co-op is our cream pies. They are so yummy. My favorite thing to eat here is probably our Sonoma Chicken Salad, but our soups are amazing too. There's so many good things to eat here. It's hard to narrow it down to a few.

What do you look forward to at the Oneota Co-op?

I look forward to making the Deli Bakery bigger and bigger.

Do you have any life mottos or quotes?

My life motto is "anything worth doing is supposed to be hard." My favorite quote is "change your thoughts and change your world" by Norman Vincent Peale.

ONEOTA DELI *Catering*

*Let the Oneota Deli help you
with your next gathering.*



CHECK OUT OUR
CATERING MENUS
IN-STORE BY THE
BAKERY CASE
OR ONLINE AT
ONEOTACOO.
COM/DELI/
CATERING-MENU



Calling all Green Plate users!



Please return your used
Green Plate containers
to the Oneota Deli so we
can keep this program going!

Bring your own cup!

Save \$.25 each time

you bring your own cup, insulated
thermos, or mug for a to-go coffee,
tea or cocoa from the Deli!



BUY A REUSABLE DRINKING VESSEL

*& your first fill-up
in the Deli is*

FREE!



DELI HOURS

Monday-Saturday Hours

**HOT BAR, HOT-TO-GO,
COFFEE/TEA:**

8:00 am – 7:00 pm

**MADE-TO-ORDER
SANDWICHES & WRAPS**

8:00 am - 7:00 pm

PASTRIES, COFFEE/TEA:

8:00 am – 7:00 pm

SALAD BAR & SOUPS:

10:00 am – 7:00 pm

**WHOLE OVEN-
ROASTED CHICKENS:**

3:00 pm until gone

Sunday Hours

**HOT BAR, HOT-TO-GO,
COFFEE/TEA:**

10:00 am – 6:00 pm

**MADE-TO-ORDER
SANDWICHES & WRAPS**

10:00 am - 6:00 pm

PASTRIES, COFFEE/TEA:

10:00 am – 6:00 pm

SALAD BAR & SOUPS:

10:00 am – 6:00 pm

**WHOLE OVEN-
ROASTED CHICKENS:**

3:00 pm until gone

★ Breakfast Items

★ Hot & cold
sandwiches

★ Hot bar buffet
check oneotacoop.com
for our daily menu

Using Local & Organic
ingredients whenever possible.

★ Homemade soups
★ Fresh salad bar





By: Kristin Evenrud, Front End and HR Manager

As 2020 draws near, I cannot help but reflect back over the past year and recognize how generous our customers have been during our Round Up at the Register quarterly campaigns. We raised over \$7,000 in 2019 with most of the donations made up of pocket change. You might be wondering how many register trips it takes to make over \$7,000 and the answer is over 14,000 transactions! Some of our customers shop several times a day and choose to round up on every shop.

Here is a list of our 2019 Round Up at the Register recipients:

- Q1 - Habitat for Humanity \$1,645.26 – plus matching funds of \$250 from Decorah Bank & Trust and the Oneota Co-op (total \$2,145.26)
- Q2 - Neighbors Helping Neighbors - \$1,400.67
- Q3 - Humane Society of Northeast Iowa - \$2,000.79
- Q4 - Northeast Iowa Area Agency on Aging - \$1,700.05

Non-profit organizations are welcome to apply to be considered as a recipient for the Co-op Round Up at the Register campaigns at any time throughout the year. The application is located at www.oneotacoop.com/about-us/community. Our leadership team chooses the recipient for each quarter taking into account the Co-op's mission and Ends. We are planning four quarterly round up campaigns for 2020 and look forward to helping our community give back.

SHOPPING THE CO-OP HELPS YOUR COMMUNITY

Unlike most corporately-owned businesses that make decisions primarily to maximize profits; co-ops make decisions to maximize services to their owners and their community.

The Oneota Community Food Co-op contributes thousands of dollars annually to local organizations in the form of sponsorships, gift baskets, and donations. Co-op shoppers give back thousands of additional dollars to local non-profit organizations through spare change donated in our "Round Up at the Register" campaigns held throughout the year. Thank you for shopping the Co-op and strengthening your community.

Below is a list of the organizations that the Co-op has contributed to in some manner:

- | | |
|---|---|
| <ul style="list-style-type: none">• Downtown Decorah Betterment Association• The Cornucopia Institute (An Environmental Non Profit Group Protecting Your Food Rights)• Winneshiek Co. Convention & Visitors Bureau• Winneshiek County Development• Decorah Area Chamber of Commerce• Farm to School program• Iowa Environmental Council• St Ben's Mardi Gras• Winneshiek County Cattlemen's Assn.• Nordic Fest• Banquet of Blessings• Boy Scouts• Wisconsin Public Television• Northeast Iowa Artist Studio Tour• Northeast Iowa Peace & Justice Center Inc.• Decorah Viking Athletic Booster Club• Decorah Music Boosters• National Alliance on Mental Illness of Northeast Iowa• Habitat for Humanity | <ul style="list-style-type: none">• MOSES- Midwest Organic & Sustainable Education Service• Thunder Road• PVMA-Food for Change• Decorah High School Homecoming• HSNEI-Humane Society for Northeast Iowa• Luther Women's Soccer• Oneota Valley Community Orchestra• Food Coop Initiative• Decorah Human Powered Trails• Winneshiek County Neighbors Helping Neighbors• Kid's Lunch Club• ArtHaus• Decorah Pride• Decorah Walking School Bus• Decorah Community Food Pantry• Northeast Iowa Area Agency on Aging |
|---|---|



BUY ANY 6 BOTTLES OF WINE AND **SAVE 10%**



2 CHANCES TO SHOP
MEMBER APPRECIATION DAYS



TUESDAY March 17 & **SATURDAY March 21**

May be combined with other member discounts.

*discount excludes Co-op and Member Deals sale items and special-order case discounts.



Oneota Community Food Co-op

MISSION STATEMENT

The mission of the Oneota Community Co-op is to build vibrant communities and ecosystems by providing organic, locally produced and bulk foods, as well as other products and services that are sustainable for those who consume and produce them.



Ends Policy

As a member-owned consumer cooperative, the organizational goals of the Oneota Community Co-op originate from our commitment to the seven internationally recognized Principles of Cooperation and reflect our concern for our community.

The Oneota Community Co-op serves primarily members, customers, and the OCC staff, but also its service extends outward to the following:

- vendors and suppliers,
- the larger community of cooperatives,
- the wider regional comm unity.

Because the Oneota Community Co-op exists as an institution grounded in the cooperative principles, there will be the following:

- ←end 1

A retail source for food and other products that, to the greatest extent possible, are organic, sustainably produced, locally grown and/or processed and affordable. A business that encourages the expansion of sustainably grown local food sources.
- ←end 2

A community that is educated about food and other products which are healthy for people and the environment.
- ←end 3

A business that promotes the development of cooperation and cooperative enterprise.
- ←end 4

A business that promotes environmental and financial sustainability.
- ←end 5

Employment in a work place that provides the personal satisfaction of collaborative work directed toward common goals and provides extraordinary customer service.
- ←end 6

A diverse, local community whose fabric is strengthened through caring, and sharing gifts of time, energy and resources.

Oneota Community Food Co-op Staff

General Manager, David Lester.....	gm@oneotacoop.com
Financial Manager, Niki Sanness.....	finance@oneotacoop.com
HR Coordinator, Kristin Evenrud	hr@oneotacoop.com
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Demo Coordinator, Andrea Springmeier.....	andreas@oneotacoop.com
Graphics Coordinator, Kaija Kjome.....	kaija@oneotacoop.com
Member Volunteer Coordinator, Andrea Springmeier.....	membervolunteers@oneotacoop.com
Customer Service, general inquiries.....	customerservice@oneotacoop.com

"The Scoop" Newsletter Staff

Editor	Nate Furler
Design/Layout	Kaija Kjome and Nate Furler
The Scoop is published quarterly and distributed to 18,000+ residents and members. If you are interested in advertising in The Scoop, please contact Nate Furler at the Co-op - 563.382.4666 or nate@oneotacoop.com.	

2019-2020 Co-op Board of Directors

Michelle Barness	oneotabarness@gmail.com
Detra Dettman	oneotadettman@gmail.com
Scott Hawthorn - Vice President	oneotahawthorn@gmail.com
Bill Iverson - Secretary	oneotaiiverson@gmail.com
Emily Neal - Treasurer	oneotaneal@gmail.com
Andy Sassaman.....	oneotasassaman@gmail.com
Scott Timm - President.....	oneotatimm@gmail.com

The Statement of Cooperative Identity

A Cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the Tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

The cooperative principles are guidelines by which Cooperatives put their values into practice.

1st Principle.....	Voluntary & Open Membership
2nd Principle.....	Democratic Member Control
3rd Principle.....	Member Economic Participation
4th Principle.....	Autonomy & Independence
5th Principle.....	Education, Training & Information
6th Principle.....	Cooperation Among Cooperatives
7th Principle.....	Concern For Community

Cooperative member/ownership benefits the business as well as its members. It provides us with equity to make major purchases (such as new equipment) or improvements (like our four ex-pansions). Co-op owners gain many benefits as well as rights and responsibilities. Your partici-pation and commitment enliven the Co-op and help to make it a true community organization. Patronage dividends will be given in profitable years at the discretion of the Board.

MEMBER-OWNERSHIP

The Co-op is owned by its members. Member/owners help decide what the store carries and have a voice in planning the Co-op's future.

It's quick and simple to become an owner. You buy a refundable share for \$140, usually paying for it over seven years, on a payment plan that suits you. We invite you to become one of the owners of this thriving local business!

As a Co-op member-owner, you can:

- Support a locally owned and operated business that is part of our community and puts money back into the local economy.
- Get additional discounts on specific "member deals" sale items.
- Receive a 5% discount on Mondays if you are 60 years of age or older.
- Place free classified ads or reduced-rate display ads in The Scoop.
- Once each month, ask for your 5% discount on an unlimited quantity of purchases. (Excludes Member Deals, Co+op Deals, milk, eggs, magazines, wine, beer, fresh breads and pastries and Café items).
- Receive discounts on Co-op sponsored classes.
- Write checks for up to \$20 over purchase for cash back.
- Enjoy a special order case discount on most Grocery, Bulk, Wellness and Produce special orders. Case quantities vary. (Excludes Co+op Deals and Member Deals sale items).
- Have access to information on the Co-op's financial status.
- Run for a seat on the Board of Directors.
- Vote in Board elections and on referenda. (Share payment must be current).
- Share in the success of the Co-op through your member patronage dividend in the years where there is sufficient profit. Patronage dividends are given at the discretion of the Board of Directors.
- Own the store where you shop!
- Shares in the Oneota Co-op are fully refundable, minus the administration fee, should you choose to leave the Co-op.

everyone can shop. everyone welcome. no membership required.

Welcome to these new member/owners:

Mike Puff	Emily Stevens	Andrea Strand	Rosalyn Ramsey
David G. Charbonneau	Naomi Nance	Mary Avenanti	Hannah Hoffmann
Val Brincks	Stephen Rogers	Fangcheng Li	Lee Lindstrom
Barbara Wilkerson	Nikita Daly	Nicole Gilliland	Joy Campbell
Brittany Sisk	Troy Downey	Alexandra Massman	JoAnn Tangen
Rachael Button	Joan M. Berg	Nicky Yaneff	Megan Lien
Peter Kraus	Cathy Larsen	Julie Bryce	John Dingley
Ann Seebach	Sylviane Teter-Manning	Ashley Shockey	Marion Niles
Becca Hermann	Nyra Phillips	Jami Weinacht	
Melody Coffey	Jeri Wilson	Emily Rose	
Nimo Abdi	Rheanon Leverington	Jim Plaughter	

Member Volunteers - Sep/Oct/Nov

THANK YOU to all of the Co-op members who helped out in one way or another as member volunteers. Your efforts make us better.

Scott Hawthorn	Taylor Claman	Curt Iverson	Wendy Stevens
Scott Timm	Brittney Claman	Jon Hart	Arllys Adelman
Emily Neal	Michael McElrath	Mary Hart	Cathy Baldner
Michelle Barness	Joanne Wu	Janet Snider	Frances Kittleson
Bill Iverson	Wendy Stevens	Onita Mohr	Amy Jensen
Andy Sassaman	Annette Schweinefus	Brenda Burke	Katie Lawless
Detra Dettman	Cynthia Lantz	Jerry Aulwes	Corby Preus
Barb Dale	Karen Martin-Schramm	Randall Duvall	
Linda Martin	Carol Bentley-Iverson	Louise Hagen	

If you are interested in learning about the member volunteer program at the Co-op, please contact us at membervolunteers@oneotacoop.com.

Senior Discount Mondays

EVERY MONDAY

Member/owners who are 60 years of age or older

receive an extra **5%** off purchases*.

*Excludes already marked down Co+op Deals and Oneota Sale items.





It's in the bag.

By: Nate Furler, Marketing Manager

Environmental responsibility has always been at the forefront of our organizational mission and Ends. Considerable thought is put into each choice when it comes to packaging and supplies used at the Co-op. It is a topic of discussion among our managers and buyers each time we bring in new products and evaluate the products and services we already provide.

Though we have not completely rid the Co-op of single use plastic bags - you'll find them in our Produce and Bulk departments - we have limited the use of plastic bags at our checkouts for over four decades. This decision has prevented well over 2 million single-use plastic grocery bags from entering the waste stream.

According to an analysis on plastic bags done by the Department of the Environment and Heritage of Australia, "the amount of energy that is consumed to make one HDPE singlet

bag, including the energy content of the bag (the embodied energy) is 0.48 megajoules (MJ). The energy consumed by driving a car one kilometer (.621 miles) is the equivalent to manufacturing roughly 8.7 plastic bags (14 bags per mile). This equates to nearly 143,000 miles if that energy were used to drive the average car. You could drive around the planet Earth 5.74 times with the amount of energy saved from not using plastic bags at our checkouts.

At the Co-op we utilize cardboard boxes saved from deliveries to our store for shoppers to use. In addition, we sell reusable bags and provide paper bags for use at our checkouts - and in Produce and Bulk. We realize that paper bags still require energy and resources to produce and do not negate a carbon footprint. However, the fact that they are composed of recycled and renewable resources is a huge gain for shoppers and the planet.

Thank you Co-op member/owners and shoppers for your dedication to environmentally sustainable choices at the Co-op!

A Label of Contents: GMO Labels Explained

By: National Co+op Grocers

For nearly a decade, food co-ops have advocated for national, mandatory labeling of foods produced with genetic engineering (commonly called GMOs). We have called for a clear, simple label that can tell people at a glance if a product contains ingredients that were produced using genetic engineering. Our motivation has always been simple: we believe that people have a right to know what's in their food.

A strong grassroots effort that included the voices of many co-op shoppers and staff succeeded in raising the call for GMO labeling to the attention of Congress. In 2016, Congress passed the National Bioengineered Food Disclosure Standard, a law that requires labeling of genetically engineered ("bioengineered") foods. Accordingly, the U.S. Department of Agriculture (USDA) developed and released labeling requirements in late 2018 that offer food companies several options for disclosing the presence of genetically modified materials in their products.

Although companies have until January 1, 2022 to label qualifying products, you'll probably start to see products with genetically engineered ingredients labeled well before then. While we feel that transparency of genetically modified foods has been generally improved, learning more about labeling requirements and what you'll see on packages can help you make informed choices.

What's in a name? GMO to bioengineered

Despite widespread familiarity with the terms GMO and genetically engineered, the new labels will exclusively use the term bioengineered to refer to food that contains genetically modified DNA. In fact, companies are prohibited from using the terms GMO, genetically modified and genetically engineered to describe products that do contain genetically modified material on the label.

Products that do not contain genetically modified material (such as those verified by the Non-GMO Project) will be allowed to continue to use the term Non-GMO in labeling.

What to look for on the package Despite the potential for confusion, USDA offers food companies several different ways to legally label bioengineered foods, to be determined at the company's discretion.

- 1. Written disclosure**
The most direct option companies can choose is to provide a written disclosure on the ingredient panel that says bioengineered food, or contains a bioengineered food ingredient.
- 2. Symbol**
Companies may instead choose to disclose using a symbol designed by USDA that reads BIOENGINEERED.
- 3. Electronic or digital disclosure**
Companies can choose to include a QR code on the package that will lead to a

written bioengineered food disclosure when a customer scans it. One of the least transparent options, a serious drawback of this method is that it is unfair to shoppers who do not have a smartphone and/or reliable internet access to view the bioengineered food disclosure online. In certain circumstances, companies could also use text messages, phone numbers or web addresses to provide a bioengineered disclosure.

Which foods are required to be labeled?
Most (but not all) foods containing detectable amounts of genetically modified materials must be labeled. For example, cereal made with GMO corn must be labeled.

Labeling exemptions for highly refined oils and sugars
Derived from Bioengineering USDA GMO labelIt may surprise you to know that highly refined oils and sugars, like those extracted from corn, soybeans and sugar beets, lose so much of their unique DNA during processing that it is no longer detectable by currently available tests. Foods made with these extremely common ingredients, even though they may have been derived from bioengineered crops, are not required to be labeled unless there is other detectable bioengineered DNA in the product. Companies may voluntarily choose to disclose these processed



ingredients using the options listed above, with the language "derived from bioengineering" (see example shown).

Labeling exemptions for dairy products, eggs and meats
Products like milk, cheese, ice cream, eggs and meats that come from animals fed a diet that includes bioengineered feed like corn, alfalfa and soy are not subject to labeling.

To make matters even more confusing, companies are actually prohibited from disclosing GMOs in any multi-ingredient food that has beef, poultry, catfish or eggs as a top ingredient, even if they contain other GMO ingredients. This means that if the same GMO corn used in the cereal example above is also an ingredient in beef soup, the cereal manufacturer must disclose the GMO corn, but the beef soup manufacturer

~continued on next page

Member/Owner

SPECIAL ORDERS

15% OFF RETAIL PRICE

SPECIAL ORDER CASE DISCOUNT

(excludes Co+op Deals and already sale priced items)

A Label of Contents: GMO Labels Explained

cannot disclose the GMO corn to you. Because this exemption is complex, you might want to read up on it here.

The desire for transparency is here to stay Although the exemptions in this rule mean that these labels do not achieve the level of transparency food co-ops and consumer rights groups had hoped for, we take heart in the fact that many companies have heard from their customers and food co-ops when it comes to this issue.

Consumer research continues to demonstrate that people expect and appreciate transparency about where, how and from what their food is made. The trend is for companies to become increasingly forthcoming about these matters. Companies that champion their customers' right to know how their food was produced will likely choose the on-package written disclosure or symbol, and use USDA's voluntary labels to the extent allowed by law, even if their product is exempt. For products where disclosure is prohibited by law, some

companies may even join consumer groups to legally challenge those exemptions.

USDA organic certification remains the gold standard for transparency Although the bioengineered food labels fall short of the transparency that many shoppers want—there is still a popular food label that provides transparency in production—USDA organic certification. Organic food, by law, cannot be produced from GMO plants or animals, making it a meaningful way for people to know how their food was produced and what's in it.

Food co-ops will continue to work within our supply chain to encourage transparent and straightforward labeling. If you have further questions, check out USDA's answers to frequently asked questions about bioengineered labeling requirements.

Reprinted by permission from StrongerTogether.coop. Find articles about your food and where it comes from, recipes and a whole lot more at www.strongertogether.coop.



HOOK'S CHEESE

By: Beth Hoven Rotto, Cheese Buyer

Recently I took a trip to Mineral Point, Wisconsin, one of my favorite towns to explore, and as luck would have it, the small sales area of the Hook's Cheese was open! They aren't open often, and they seem to only stay open until their fresh cheese curds are sold out which isn't very long. College sweethearts, Tony and Julie Hook, have been making cheese there for somewhere around 45 years. Many of their cheeses have won awards over the years. In fact, Julie was the first woman to win a World Cheese Prize for her cheese. Their small operation is housed in a small, old-time cheese-making facility at the bottom of Shake Rag Alley in the historic district of Mineral Point. Milk is purchased from the same group of small, local farmers as over the decades.

I've toured Hook's Cheese with the Wisconsin Milk Marketing board before and learned about the hard work and care required in crafting and aging artisan cheese. Going the extra mile has really paid off for Hook's. When I recently brought home Hook's Paradise Blue cheese, my husband said, "Does Hook's make the best cheese in the world or what?" His sentiments were echoed by many people who sampled Paradise Blue during the community celebration of the inauguration of Luther's new president, Jenifer Ward.

Last September members of the Co-op Cheese Club received a bag with several cheeses from Hook's. Since that time, I've tried to keep Hook's cheese on hand in our retail case. Look for the black label with bold white printing. Here are some that I will be bringing to you and some on a rotating basis.

TRIPLE PLAY is an excellent mixed milk cheese from Hooks containing a blend of cow, sheep and goat milk. Triple Play Extra Innings is a special batch that has been extra aged until some of the lactic acid crystals that everyone seems to love start to form.

PARADISE BLUE. This double cream, rich blue cheese has a mild taste that is nice and smooth. It's delicious on its own, on a burger, on a salad or with a drizzle of honey. An award winner!

TWO YEAR CHEDDAR. I love a nice, sharp cheddar with a slice of apple pie. Forget the ice cream. Use this cheddar for grilled cheese, mac and cheese, atop a burger, or any place you'd like a nice cheesy flavor. This is old-fashioned hand cheddared cheese using an intensive process of cutting and stacking the curd that is physically demanding and definitely bypassed in large scale cheddar making.

SHEEP GOUDA. I always get excited about sheep milk cheese. This makes a blissful snack with nuts or olives and would also be great for dessert!

By the way, if you are a cheese lover and would like to get in on trying cheeses from around the region and the world, consider joining the Co-op Cheese Club. In the Cheese Club you'll receive 2 to 3 special, limited quantity cheeses each month. You can join monthly or save with a 6-month subscription. You're sure to be thrilled with what comes your way each month. Just call (563-382-4666) or stop in the Co-op and speak to a staff member.

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LOOKING TO STAY


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Oneota Community Food Co-op





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@oneotacoop



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UP-TO-DATE?

SUBSCRIBE TO OUR WEEKLY E-NEWSLETTER



BY FILLING OUT THE FORM AT THE BOTTOM OF THIS PAGE!



these sales valid **DEC 18 - DEC 31, 2019**
Co-op Deals sale prices are available to all shoppers of the Co-op!

Packaged Grocery	Reg Price	SALE Price	Savings
AMY'S, Soup, 14.1-14.7 oz, selected varieties	\$3.39-3.99	2/\$5	\$0.89-1.49
ANGIE'S BOOMCHICKAPOP, Holidrizzle Kettle Corn, 4.5 oz, selected varieties	\$3.99	\$2.99	\$1.00
APPLEGATE, Breakfast Sausage, 7 oz, selected varieties	\$4.99	\$3.99	\$1.00
BARBARA'S, Cheese Puffs, 5.5-7 oz, selected varieties	\$3.29	2/\$5	\$0.79
BEANFIELD'S, Bean Chips, 5.5-6 oz, selected varieties	\$3.69	2/\$5	\$1.19
BIOKLEEN, Laundry Liquid Soap, 64 oz, selected varieties	\$12.99	\$9.99	\$3.00
BLUE DIAMOND, Nut Thins, 4.25 oz, selected varieties	\$3.99	2/\$5	\$1.49
BOB'S RED MILL, Super-Fine Almond Flour, 16 oz	\$10.59	\$8.99	\$1.60
Gluten Free All-Purpose Baking Flour, 22 oz	\$4.99	\$3.49	\$1.50
Organic Coconut Flour, 16 oz	\$4.69	\$3.49	\$1.20
Buttermilk Pancake & Waffle Mix, 24 oz	\$4.49	\$3.49	\$1.00
Gluten Free Bread Mix, 16 oz	\$4.99	\$3.99	\$1.00
Gluten Free Pie Crust Mix, 16 oz	\$3.79	\$3.29	\$0.50
Organic 7 Grain Pancake & Waffle Mix, 24 oz	\$4.89	\$3.49	\$1.40
Paleo Pancake & Waffle Mix, 13 oz	\$8.99	\$6.99	\$2.00
Organic Unbleached All-Purpose Flour, 5 lb	\$8.49	\$6.99	\$1.50
Organic Whole Wheat Pastry Flour, 5 lb	\$8.19	\$6.99	\$1.20
Gluten Free 1 To 1 Baking Flour, 64 oz	\$13.99	\$9.99	\$4.00
CASCADIAN FARM, Organic Frozen Vegetables, 10 oz, selected varieties	\$3.79	2/\$4	\$1.79
CHOCOLOVE, Chocolate Bar, 2.9-3.2 oz, selected varieties	\$3.29	2/\$4	\$1.29
EARTH BALANCE, Buttery Spread, 13-16 oz, selected varieties	\$4.69-4.79	\$3.99	\$0.70-0.80
EQUAL EXCHANGE, Organic Coffee, 10-12 oz, selected varieties	\$8.99	\$6.99	\$2.00
Chocolate Bars, 2.8-3.5 oz, selected varieties	\$3.79	2/\$5	\$1.29
Tea, 20 ct, selected varieties	\$4.99	2/\$7	\$1.49
Baking & Drinking Cocoa, 8 oz, selected varieties	\$7.99	\$5.99	\$2.00
GEROLSTEINER, Mineral Water, 25.3 oz	\$2.29	2/\$3	\$0.79
GREEN MOUNTAIN GRINGO, Salsa, 16 oz, selected varieties	\$5.69	\$3.99	\$1.70
HONEY MAMA'S, Cacao-Nectar Bar, 2.5 oz, selected varieties	\$4.99	\$3.99	\$1.00
IMMACULATE, Cinnamon Rolls, 17.5 oz	\$5.59	\$3.99	\$1.60
Gluten Free Cookie Dough, 14 oz, selected varieties	\$4.29	\$3.49	\$0.80
Flaky Biscuits, 16 oz	\$4.29	2/\$6	\$1.29
Crescent Rolls, 8 oz	\$3.99	2/\$6	\$0.99
JUSTIN'S, Classic & Honey Peanut Butter, 28 oz	\$7.99	\$5.99	\$2.00
KETTLE BRAND, Potato Chips, 13 oz, selected varieties	\$5.79	\$3.99	\$1.80
LATE JULY, Organic Tortilla Chips, 5.5-6 oz, selected varieties	\$3.29	2/\$4	\$1.29
LUNA & LARRY'S, Coconut Bliss Frozen Dessert, 16 oz, selected varieties	\$6.79	2/\$10	\$1.79
MARANATHA, Organic Peanut Butter, 16 oz, selected varieties	\$6.99	\$5.99	\$1.00
MOM'S BEST, Cereal, 15-24 oz, selected varieties	\$3.69	2/\$6	\$0.69
ORGANIC VALLEY, Ghee Clarified Butter, 13 oz	\$9.49	\$8.99	\$0.50
Eggnog, 32 oz	\$4.99	\$4.49	\$0.50
REED'S, Ginger Brew, 4 pk, selected varieties	\$7.29	\$5.99	\$1.30
R.W. KNUDSEN, Organic Sparkling Juice, 750 ml, selected varieties	\$4.39	2/\$5	\$1.89
R.W. KNUDSEN, Simply Nutritious Juice, 32 oz, selected varieties	\$4.29	2/\$5	\$1.79
SEEDS OF CHANGE, Organic Ready to Heat Rice, 8.5 oz, selected varieties	\$3.69	2/\$5	\$1.19
STRETCH ISLAND, Fruit Leather, .5 oz, selected varieties	\$0.59	3/\$1	\$0.26
TALENTI, Gelato or Sorbetto, 16 oz, selected varieties	\$5.69	\$3.99	\$1.70
TERRA, Vegetable Chips, 4.2-6 oz, selected varieties	\$3.79	2/\$5	\$1.29
UDI'S, Gluten Free Pizza, 10-11 oz, selected varieties	\$7.69	\$4.99	\$2.70

Bulk	Reg Price	SALE Price	Savings
Organic Quick Rolled Oats	\$1.19/lb	\$.99/lb	\$0.20/lb
Organic Yellow Popcorn	\$2.29/lb	\$1.49/lb	\$0.80/lb
Organic Black-Eyed Peas	\$2.49/lb	\$1.49/lb	\$1.00/lb
Organic Shredded Coconut	\$4.49/lb	\$2.29/lb	\$2.20/lb
Organic Sunflower Seeds	\$4.99/lb	\$2.99/lb	\$2.00/lb
Organic Pumpkin Seeds	\$5.99/lb	\$2.99/lb	\$3.00/lb
Organic Black Mission Figs	\$8.49/lb	\$5.99/lb	\$2.50/lb
Organic Dark Chocolate Chips	\$7.99/lb	\$6.99/lb	\$1.00/lb
Organic Roasted and Salted Pistachios	\$11.99/lb	\$8.99/lb	\$3.00/lb
Organic Walnut Halves & Pieces	\$14.99/lb	\$9.99/lb	\$5.00/lb
Organic Whole Roasted & Salted Cashews	\$16.49/lb	\$12.99/lb	\$3.50/lb

Supplements, Body Care & Gifts:			
ALBA BOTANICA,			
Very Emollient Body Lotion, 32 oz, selected varieties	\$16.99	\$11.99	\$5.00
BADGER, Balms, .75 oz, selected varieties	\$5.99	\$3.99	\$2.00
BADGER, Organic Tattoo Balm, 2 oz, selected varieties	\$8.99	\$6.99	\$2.00
BIG DIPPER WAX WORKS,			
Aromatherapy Apothecary Candles, 3 ct, selected varieties	\$9.99	\$8.99	\$1.00
EVOLUTION SALT CO, Raindrop Salt Lamp	\$18.99	\$14.99	\$4.00
Sphere Salt Lamp	\$33.99	\$22.99	\$11.00
Aromatherapy Salt Lamp	\$28.99	19.99	\$9.00
GARDEN OF LIFE, RAW Probiotics for Kids, 96 grams	\$24.99	\$19.99	\$5.00
HERBAN COWBOY, Deodorant, 2.8 oz, selected varieties	\$7.99	\$5.99	\$2.00
Spray Deodorants, 2.8 oz, selected varieties	\$8.99	\$4.99	\$4.00
Dusk Shave Cream, 6.7 oz	\$8.99	\$5.99	\$3.00
Cologne, 1.7 oz, selected varieties	\$28.99	\$18.99	\$10.00
MEGAFOOD, Multivitamin for Women 55+, 60 ct	\$32.99	\$24.99	\$8.00
Balanced B Complex, 90 ct	\$39.99	31.99	\$8.00
Daily Turmeric, 59.1 grams	\$21.99	\$16.99	\$5.00
B12 Energy, Cranberry & Ginger, 90 ct	\$23.99	\$19.99	\$4.00
Blood Builder, 90 ct	\$33.99	\$25.99	\$8.00
MegaFlora, 30 ct	\$26.99	19.99	\$7.00
MegaFlora, 60 ct	\$44.99	\$34.99	\$10.00
MegaFlora, 90 ct	\$56.99	43.99	\$13.00
Turmeric Strength, 60 ct	\$28.99	\$22.99	\$6.00
Kids One Daily Chew - Grape, 30 ct	\$24.99	\$16.99	\$8.00
Women Over 40 One Daily, 60 ct	\$40.99	34.99	\$6.00
Women Over 40 One Daily, 90 ct	\$52.99	44.99	\$8.00
Balanced Minerals, 90 ct	\$32.99	\$26.99	\$4.00
MegaFlora Plus, 30 ct	\$38.99	\$31.99	\$7.00
PRANAROM, Organic Winter Trees Oil Diffusion Blend, 5 ml	\$10.99	\$8.99	\$2.00
Organic Royal Three Oil Diffusion Blend, 5 ml	\$10.99	\$8.99	\$2.00
Organic Pomander Oil Diffusion Blend, 5 ml	\$10.99	\$8.99	\$2.00
PRESERVE, Triple Blade Razor	\$8.99	\$5.99	\$3.00
Triple Blade Razor Replacement Blades, 4 ct	\$7.99	\$5.99	\$2.00
Shave 5 System Razor	\$9.99	\$7.99	\$2.00
Shave 5 System Replacement Blades, 4 ct	\$12.99	\$9.99	\$3.00
Tongue Cleaner	\$2.49	3/\$5	\$0.83
Soft Junior Toothbrush	\$3.99	2/\$5	\$1.49
SOURCE NATURALS, Wellness Formula, 45 ct	\$10.99	\$9.99	\$1.00

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