

**IN  
SIDE:**  
food safety  
producer's fair  
cooperative democracy

vol 8 / no.4 / free / july-aug '08

kid's games!  
food!  
music!  
hayrides!  
free!

# the **P**roducer's **F**air!

10 a.m. - 2 p.m.

**Saturday**  
**AUG 9**

CO  
OP



Lebanon Store  
Center St. Mt. Lebanon, NH

# What's inside?

## On the Front

Any holiday that celebrates independence is a celebration of the cooperative spirit.

### General Manager's Report: Page 4

Why did we discontinue gasoline sales at our Lyme Road store?

### Board Report: Page 5

We're seeking a better response, and we can't do it without your help.

### At the Co-op: Page 6

Check out the latest on HCCF, gallery exhibits, and board/membership information.

### Sustainability Report: Page 7

Bag the bottles! Tap water is local, good for you, and another little green step.

## Food Safety Special Section: Pages 8-12

Be safe this summer! We've got a picnic food safety quiz, tips on keeping foods safe outdoors, and the latest information on tomatoes and *Salmonella*.

### Nutrition With An Attitude: Page 13

Is sweetened water with a smidgen of vitamins good for you? Well, maybe a little, says our dietitian. But it's nothing compared to nature.

### Seasonal Fare with Flare: Page 14

Stone fruit—a favorite of high summer. Check out these delicious recipes!

### Co-op 101: Page 16

The cooperative movement has democracy at its core. Fourth in the series.

### Community Partners: Page 18

ACORN and Headrest need your help this July and August.

### Calendar: Page 19

When are the next Board meetings? Closings? Special events? It's all here.

## On the Back

Our mystery shopper program was such a success, we're doing it again! Find out how you can help us to make our Co-op an even better place to shop.

#### The Co-op News

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Send inquiries to:  
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<http://www.coopfoodstore.coop>

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#### 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.

#### Values

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.

#### Principles

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

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training, and Information
6. Cooperation Among Cooperatives
7. Concern for Community

#### Editorial Staff

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Flying Squirrel Graphics

#### Confidentiality

The Co-op protects the confidentiality of information collected for membership purposes. Questions and concerns about the application of this policy should be directed to the Co-op's general manager.

#### Your Mailing Address

Please notify us if your mailing address has changed. This saves us money and enables your mail to be delivered promptly.

#### Store Hours

Hanover: 8 a.m.–8 p.m. daily  
Lebanon: 7 a.m.–9 p.m. daily

#### Service Center Hours

Gas: 6 a.m.–8 p.m. daily  
Mechanics: Mon-Fri: 8 a.m.–4:30 p.m.

#### Phone Numbers

Hanover Co-op Food Store: 643-2667  
Lebanon Co-op Food Store: 643-4889  
Park Street Service Center: 643-6650

#### Email Address

[comment@coopfoodstore.com](mailto:comment@coopfoodstore.com)

# The Decision On Gas at Lyme Road



## *General Manager's Report by Terry Appleby*

As of this writing, destruction of the original Co-op Community Market on Lyme Road has taken place. The old gas pumps and underground tanks have been removed, and the

former service station building has been demolished. When the new store is completed in roughly five months, the site will not include gasoline for sale.

I am the first to admit that the Co-op could have done a better job of communicating about the decision to discontinue the sale of gas at Lyme Road, and for that I apologize. This was a big issue that affects many members and non-member consumers. We should have solicited feedback and communicated issues and concerns in a timelier way. This is my belated attempt to explain how the decision was made.

In the initial phases of planning for a new Community Market, Co-op management considered gasoline sales to be a given. During our surveys and focus groups, our primary interest was to find which products members wanted in an expanded store. We did ask questions about the usefulness of gas at the store and found a high percentage of respondents appreciated that convenience. Unsurprisingly, we also found that a higher percentage of non-members patronized that location, as compared to the two food stores.

Early on, several groups—the Town of Hanover's planning board, neighbors, and the Co-op's Board of Directors—made clear their desire that a well-built, environmentally sound building should anchor this developing part of Hanover. Last fall, as we put together the design and program for the new store, it became apparent that affording the kind of store needed would be impossible when we added the significant cost of new gas pumps and related infrastructure—roughly \$300-\$400,000. We had to make choices about how to proceed.

A major decision point was the economics of gasoline

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**As gas prices have risen in the past several months, already low gas margins have shrunk further, at times to zero. Paying back such a significant investment with no profit from gas sales would require subsidizing the sale of gas with higher prices on food, just as it is done with convenience stores.**

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sales. The gas business has been a money loser for the Co-op for years. As gas prices have risen in the past several months, already low gas margins have shrunk further, at times to zero. Paying back such a significant investment with no profit from gas sales would require subsidizing the sale of gas with higher prices on food, just as it is done with convenience stores. We did not want to build a conventional convenience store. We wanted prices on food at the new market to be in line with our other stores.

Another decision point was parking. The larger footprint of the new store meant parking space would be tighter. The presence of gas pumps and the need to accommodate a large tanker truck on a regular basis would exacerbate the problem.

We were also concerned about the safety of the young people likely to access the site from the Ray and Richmond schools. During the two-year period leading up to our design of the store, I attended many meetings about the development of the section of the Lyme Road between the traffic roundabouts. A repetitive theme involved the desire to make the area friendly to walkers and bicyclers and to encourage alternative and mass transportation.

I believe the decision to discontinue gas at the Lyme Road site was right and necessary. However, I clearly made a mistake by not developing a better mechanism for involving and communicating with the members along the way. I promise to do better in the future. Lesson learned.

*You can reach Terry Appleby by calling 603-643-2667, ext. 6303 or email him at [terry@coopfoodstore.com](mailto:terry@coopfoodstore.com).*

# Seeking a BETTER RESPONSE



## *Board Report by Margaret Drye*

A standard rule of thumb about surveys says that even a three percent return rate is a great response. If we think of our recent board election and by-laws vote

as a survey, while we got a better response than in recent years, we didn't get a "great" response.

Of the roughly 32,000 Co-op members eligible to vote, 345 voted in the most recent election. That's about one percent. Only 126 people attended the annual meeting (that's not even half a percent), and that number includes the 40 Board members and working staff who had to be there.

This is not an uncommon problem. My sister, who works for a union in Cleveland, reports that one year they held their annual meeting at Geauga Lake Amusement Park. Over 20,000 attended (including friends and family), but they still couldn't get a quorum for the business meeting part of the day! Even a meeting at the Cleveland Indians ballpark failed to draw a goodly amount of members.

I'm easy. Offering food is usually all it takes to get me motivated for a meeting. This year's dessert buffet was definitely worth the trip: layer cakes, baklava, cheesecakes, strawberry shortcake with homemade biscuits, fresh fruit, chocolates, and more, all wonderfully created and served by the commissary and catering staff. It was a feast.

It wasn't only the great spread that made this year's meeting worth attending. Our keynote speaker, Michael Shuman, is not only a well-known author, he was also addressing an intriguing concept – how local businesses can compete with and beat global competition.

So, if great desserts and an inspiring speaker didn't bring you out, what would? Is it the time of day (evening), the time of the week (a Sunday night) or the time of year (early spring) that is a problem? If we changed any of these variables, would it help?

Should we take this response as a vote of confidence? Can we

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interpret these results to say that 99 percent of the members think things are going well enough that it isn't worth the time to attend the meeting or vote? Even if we dared, it wouldn't be very fulfilling. Our principles and policies say that we govern on behalf of our members, and it's hard to do that in a vacuum. And while the short question and answer sessions at annual meetings can be frustrating because there usually isn't time to explore an area of concern in depth, at least they are better than nothing.

We are, after all, a cooperative. We've all invested money in the Co-op in order to join. We continue to spend time shopping there. Could I ask for one further piece of cooperation?

You may have read in the last *Co-op News* that there is now an online Discussion Board with postings that all members can reply to ([www.coopfoodstore.coop/member\\_central/discussion\\_board](http://www.coopfoodstore.coop/member_central/discussion_board)). There is also a place to send comments ([comments@coopfoodstore.com](mailto:comments@coopfoodstore.com).) If you participated in this year's voting and/or annual meeting, we're glad you got involved and we appreciate your input. If you didn't, could you please take a moment to send us a response on how we could improve/change/expand our annual meeting?

As always, all Co-op members are also welcome to attend our monthly board meetings. Details are in the calendar on page 19 in this newsletter.

Think of this as a survey. Even if only three percent of our members reply, that will be "great!"

*Margaret Drye is vice-president of the Co-op's Board of Directors. You can email her at [comment@coopfoodstore.com](mailto:comment@coopfoodstore.com).*

# At the CO-OP

## *Co-op Members Do it Again!*

For the past seven years, thousands of Co-op members have shown their support for the Hanover Cooperative Community Fund (HCCF) by donating their annual patronage refund checks to this charitable fund.

Since this year's checks began arriving in member mailboxes a month ago, 784 members have returned \$17,943.96 to the HCCF. That brings the grand total of patronage refunds donated by Co-op members since 2002 to \$105,091!

In 2007, 1,116 Co-op members showed their support for the HCCF by turning in a record \$19,562 in patronage refund checks. With your help, we can surpass that number!

If you would like to donate to the fund, you can send your check to the HCCF, 45 South Park Street, Hanover, NH 03755 or give it to any cashier or service desk staff at any of our retail locations. We will gladly give you a receipt for tax purposes.

Thank you in advance for your generosity!

If you love beautiful and unique art, then you will want to visit the Co-op Cafe Gallery this summer! Now through August 3, look for oils on linen and prints on canvas by Maggie Duford. From August 4 through September 14, check out the one-of-a-kind crayon artwork by Cecily Herzig. The Gallery is located in the Lebanon Co-op and is open daily from 7:00 a.m. to 9:00 p.m.



## Benefits of MEMBERSHIP

Above, long-time Co-op employee Penny Ashey discusses the benefits of Co-op membership with a customer. To learn more about the Co-op and what you support by being a Co-op member, visit our Service Desks. Our staff can provide you with brochures and information on everything from volunteer opportunities and member benefits to a breakdown of the Co-op's various products and services. To find this online, visit our website at [www.coopfoodstore.coop](http://www.coopfoodstore.coop).

## Check out the Board

The Co-op's Board of Directors holds meetings on the third Wednesday of every month, starting at 5:30 p.m. in the Board Room upstairs at the Hanover Co-op Food Store. Anyone who is interested in attending is asked to contact the Co-op, as the time and place of these meetings is subject to change. For further information, call Genie Braasch at (603) 643-2667 ext. 6340 or e-mail: [gbraasch@coopfoodstore.com](mailto:gbraasch@coopfoodstore.com). Can't make a meeting? Visit the board members online and check out their discussion board at [www.coopfoodstore.coop/members!](http://www.coopfoodstore.coop/members!)

# Think Globally, Drink Locally!



## *Sustainability Report by Emily Neuman*

In the last 30 years, annual availability of bottled water has increased from 1.6 to 25.4 gallons per person. Ninety-five percent is non-sparkling, domestic water. Of that, about 40 percent is simply tap water in a plastic bottle.

Consider these facts about bottled water:

1) Compared to Europeans, Americans show greater demand for the cheapest waters. 2) Even "cheap" bottled water costs 1,000 times more than tap water. The irony is, cheap bottled water usually is tap water. 3) Processing, packaging, and transporting bottled water are energy-intensive. The Pacific Institute has estimated that the energy required is equivalent to filling up a quarter of every bottle with oil. 4) Bottled water drinkers throw about 85 percent of plastic water bottles in the trash. Only 15 percent are recycled.

Despite the financial and environmental costs associated with bottled water, the market for it is growing faster than any other segment of the beverage industry. With steady growth and healthy margins, beverage companies have enthusiastically embraced water sales and are aggressively segmenting the market.

Responding to concerns about the environmental impact of the bottled water industry, a new segment has emerged: greener water. Bottlers of tap water - also known as purified water - have not yet jumped in, but spring and artesian water bottlers have. Nestle's Poland Springs brand sells an EcoShape bottle, featuring the lightest plastic bottle on the market. Fiji Water has announced a multi-faceted program to reduce the environmental footprint of its product. Icelandic Glacial vigorously markets its Carbon Neutral certification and natural source.

Despite these changes, and no matter the source, for the sustainability-minded consumer it might be time to switch back to the tap. Marketing campaigns and "sustainability efforts" do not erase the basic conundrum: Is it ever sustainable to spend non-renewable resources on bottling and shipping water to people who already have access to water through their own tap or well?

This spring, the Hanover Recycling Committee published a

## at the co-op ...

We're in the habit of drinking bottled water, too.

Recently, though, we've made some changes and shifted back to the tap. We served tap water, rather than bottled water, at Dairy Day this year. We will switch to serving tap water, rather than bottled water, at staff meetings. The Co-op's Wellness and Sustainability Coordinators are cooperating on a program to encourage staff to drink tap water at work in reusable cups.

fact sheet on bottled water with the town's annual report. They gently reminded Hanover citizens about the town water system and encouraged residents to choose town water over bottled water. In October 2006, the town began using a new filtration system. According to the town water report, the water has been reliably fresh and clear ever since.

The local foods movement encourages us to support our local agricultural system and to get to know our local farmers. The Co-op has enthusiastically embraced this movement and is a great source for locally grown foods. We can only hope that local water is the next big thing. But don't count on us to start bottling it. Next time you're at the Co-op and thirsty, take a free drink - at the fountain. It's cold, it's refreshing, and it's local!

### Little Green Steps:



Get back into the habit of drinking tap water instead of bottled.



If you do buy a bottled drink, recycle the container.

You can reach Emily Neuman by calling 603-643-2667, ext. 6359 or by email at [eneuman@coopfoodstore.com](mailto:eneuman@coopfoodstore.com).

Bottled water can be divided into two broad categories: purified water and all other water. Purified water is processed tap water. The Co-op carries four brands of purified water: Dasani, Aquafina, Nestle Pure Water, and Shurfine. Other water includes spring water, mineral water, and artesian water.

# Understanding Contamination of Produce



by *Rosemary Fifield*  
*Director, Education and Member Services*

For years, consumers were aware of dangerous bacteria associated with raw poultry, eggs, and meat. We knew that consumption of undercooked poultry or eggs could result in foodborne illness from *Salmonella* and that improperly cooked ground beef could put us at risk from dangerous forms of *E. coli*. We recognized the possibility of cross-contaminating ready-to-eat foods, like salads and raw vegetables, if we weren't careful when handling raw poultry and meats, and so we washed our hands and utensils frequently and kept separate cutting boards for each type of food.

Then *E. coli* O157:H7 and various *Salmonella* species began showing up on produce itself. *Salmonella* was found on cantaloupes in 2002 and again in 2008. Packaged spinach and other leafy greens were recalled in 2006 because of the presence of *E. coli*. The recent warning about tomatoes with *Salmonella* is just one of several in the past ten years. Obviously, these pathogens are no longer confined to animal products.

So how did *E. coli* and *Salmonella* make the transition from meat to freshly harvested produce?

## **In the Field**

Three main sources have been identified as the culprits: improperly composted manure, contaminated water supplies, and wild animals in the growing fields.

Livestock animals—cows, pigs, sheep, and chickens—can carry pathogenic bacteria in their intestines while showing

no symptoms of their own. This often occurs when large numbers of animals are confined in close quarters such as feedlots or industrial-sized barns. Infected animals shed the bacteria in their waste, which may be composted, kept in waste lagoons, or spread on nearby fields. Proper composting will generate heat sufficient to kill the majority of pathogens. Raw manure, if used on food crops that will be harvested four months or less from application, can spread dangerous bacteria.

Runoff from pastures, feedlots, or improperly maintained waste lagoons has the potential to contaminate water supplies that farmers use for irrigation or washing their produce. Infected farm workers without proper toilet facilities in the fields have also been known to taint the water in

irrigation ditches and streams.

Wild animals can carry the same intestinal bacteria as domesticated species. They spread the bacteria onto crops through their own droppings or by tracking in fecal material from infected livestock nearby. Wild boars with cow manure on their hooves are believed to have carried *E. coli* into the California spinach fields in 2006 when they broke through the fence to eat the spinach.

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## Widespread

distribution also means that any resulting foodborne illnesses may be widely separated geographically, keeping authorities from recognizing an outbreak as quickly as they might if the cases were in one area. The recent recall of tomatoes because of *Salmonella* began in early June; the first cases of illness were reported on April 10.

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## **In the Processing**

Large-scale production and distribution practices increase the impact of produce contamination when it does occur. Centralized packing and distribution plants allow commingling of clean produce with tainted before shipping it nationwide. Increased handling and travel time provides greater opportunity for bacteria to be introduced and to grow to dangerous numbers.

Widespread distribution also means that any resulting foodborne illnesses may be widely separated geographi-

cally, keeping authorities from recognizing an outbreak as quickly as they might if the cases were in one area. Tainted products may remain on the shelves for a longer period of time before the source is identified and a recall is initiated. The recent recall of tomatoes because of *Salmonella* began in early June; the first cases of illness were reported on April 10.

### Assessing the Safety of Local

Tomatoes grown in New Hampshire and Vermont were never implicated in the most recent tomato recall. However, the safety of local produce—even produce grown in home gardens—should not be taken for granted.

Fortunately, if a grower is local, we have the opportunity to question that grower and possibly even see for ourselves how safely our food is being produced and handled. So what should we look for?



Livestock, including poultry, and their manure should be physically separated from food-growing areas.



The droppings of pets and wild animals also contain a wide range of bacteria. Therefore, green yard waste should be properly composted, just like manure, before being put on a garden.



Safe water should be used at all stages of production and harvesting.



Those handling the produce should have appropriate toilet facilities and practice proper hygiene.



Produce that requires refrigeration should be kept cold.

### It's in Your Hands

We have no good reason to fear the safety of produce as long as we use good sense when purchasing, handling, and cooking it:



Purchase from a grower or retailer whom you trust.



Choose fruits and vegetables without damage or obvious spoilage.



Thoroughly wash all produce before eating or preparing it—even that which you grow yourself.



Avoid cross-contamination, even among produce types. Always wash cutting boards, utensils, dishes, and countertops with hot water and soap when switching between types of foods.



Refrigerate foods properly.



When in doubt, throw it out.

You can reach Rosemary Fifield by calling 603-640-6507 or by email at [rosemary@coopfoodstore.com](mailto:rosemary@coopfoodstore.com).

## Food Safety at the Co-op

Can you name four segments of the population who are particularly at risk from foodborne illness? Do you know why *Listeria* is of particular concern for pregnant women? If you were loading a refrigerator with ground beef, chicken, and a pork roast and only one item could go on each shelf, which one would you put on the top? Which one on the bottom?

Co-op staff who handle perishable foods at any of our locations can answer all those questions and more. All employees working in produce, meat, seafood, deli, café, prepared foods, or cheese, plus our demo staff, delivery drivers, and merchandisers, are required to take the four-hour Co-op Food Safety Certification class and pass a quiz at the end.

In addition, we offer the nationally recognized 16-hour ServSafe course and exam four times a year for interested staff and community members. In the past year, we have ServSafe certified 21 Co-op staff, four cooks from an area restaurant, and one board member of Willing Hands Enterprises. In July, we expect to add ten more Co-op staff and two more restaurant employees to the list of certified food safety managers in the Upper Valley.

By the way, the answers are: pregnant women, children five and under, the elderly, and those whose immune systems are suppressed; *Listeria* can cause miscarriages and illness in the newborn; the pork roast should go on top, the ground beef in the middle, and the chicken on the bottom.

Want to test your food safety knowledge even more? Turn the page for our Picnic Food Safety Quiz!

Take Our

# picnic

# Food Safety Quiz!

*When carrying cold foods in a cooler to a picnic, you should put the meat you're going to grill*

- A) on the top next to the ice pack
- B) on the bottom
- C) in the middle surrounded by cold fruit and vegetables
- D) none of the above

*On a hot day, cold foods taken from the cooler should be*

- A) returned to the cooler after no more than one hour
- B) kept in the shade
- C) reheated when you get home
- D) considered safe if refrigerated within four hours

*Melons cut ahead of time for a picnic*

- A) should be scrubbed before cutting
- B) need to be kept cold
- C) have the potential to cause foodborne illness
- D) all of the above

*Cut tomatoes*

- A) are not at risk of causing foodborne illness
- B) can be assumed to be acidic enough to kill bacteria
- C) must be refrigerated and treated as potentially dangerous
- D) should not be carried on a picnic

*Partially cooking meats ahead of time and finishing them on the grill*

- A) is a good way to ensure that foods are cooked sufficiently
- B) can encourage the growth of bacteria during the interim
- C) is recommended by the USDA as a best practice when going on a picnic
- D) ensures the safety of the food

*The most common cause of foodborne illness in summer salads is*

- A) insufficient mixing of ingredients
- B) mayonnaise
- C) flies and ants
- D) improper handling of the protein-based ingredients (eggs, pasta, shrimp, etc.)

*Marinade from poultry, meat, or fish can be used to baste the grilled product if*

- A) the marinade has remained at refrigerator temperatures
- B) it has been brought to a boil after the poultry, meat, or fish was removed
- C) the grilled poultry, meat, or fish will be eaten immediately
- D) the marinade contains an acid ingredient

*Local fruits and vegetables*

- A) are free of bacteria and other microorganisms if they're organic
- B) should be washed thoroughly before preparing
- C) are not capable of causing cross-contamination with other foods
- D) must be cooked in order to be safe to eat

*Hamburgers cooked on the grill*

- A) should be preheated in the house
- B) can remain unrefrigerated if they are well-done
- C) should never be served with tomatoes and onions
- D) should be cooked to an internal temperature of 165 degrees

*Cold beverages for a picnic should be kept in a separate cooler from foods that need to remain cold before serving*

- A) to avoid cross-contamination from the beverages
- B) to prevent unnecessary warming of the foods due to frequent opening and closing
- C) to protect the food from ants drawn to the sticky beverages
- D) to keep the beverages from freezing

**answers on page 12**

# Foodborne Illness **is no picnic**

Summer is the season for family barbecues and picnics, and at some point most of us will be grilling those burgers or shooing flies from the potato salad.

Unfortunately, summer is also the time when foodborne illnesses are more common, and we need to take extra precautions to keep bacteria under control. Remember, foodborne illness is no picnic—it can result in diarrhea, vomiting, headaches, aches and pains, and, in some cases, severe dehydration or worse.

Here's a list of rules to remember so you can have your picnic and safely eat it, too.

#### **Wash your hands.**

Dirty hands are one of the most common ways to contaminate food, yet handwashing is one of the easiest things we can do to protect ourselves and our families. Wash your hands before you eat or handle foods and after changing diapers, petting the dog, or going to the bathroom. Always wash your hands thoroughly before and after handling raw meat or poultry.

Outside without a water source? Bring along antibacterial hand wipes or gels.

#### **Wash your food.**

Fruits and vegetables need to be cleaned as well. After all, they're handled by a number of individuals between harvest and home and exposed to all sorts of possible contaminants. Rinse them thoroughly with fresh water before eating, and be sure to reach the folds and stems of leafy greens.

#### **Wash your tools.**

Wash utensils, cutting boards, dishes, and surfaces with soap and water, especially after contact with raw meat or poultry. Never let raw meat or poultry come in contact with other foods. Use soapy paper towels rather than sponges or rags to clean up meat juices; then promptly throw them away.

Don't let raw food juices drip on other foods while cooking on the grill, and keep plates and utensils that have touched raw meat, poultry, seafood, or marinades from touching

cooked foods. Never reuse marinade that has held raw meat, chicken, or seafood as a sauce at the table unless you bring it to a boil first.

#### **Keep 'em cool.**

Store perishables in a cooler with ice on top of the food, as well as underneath. Bring one cooler for drinks (you'll open it more often) and another to store foods like salads, cooked items, and dairy products. Keep raw meat and poultry separate from other foods in tightly sealed plastic bags, plastic containers, or their own small cooler. Keep foods in the cooler until the last minute and return leftovers as soon as possible after you have eaten.

#### **Cook 'em through.**

Ground beef or other meats used to make hamburgers can be very risky if not handled properly because they are ground and mixed, bringing surface bacteria to the inside. Unlike a steak that has its bacteria on the outside where they are killed upon searing, a hamburger needs to be cooked until the meat in the middle is done.

Remember that the time needed to cook meat properly on a grill may be different from that needed on the stove. Use a meat thermometer to be sure or bring some easy, disposable "T-sticks" to test for the proper internal temperature of the meat of your choice.

Cook hot dogs until hot all the way through, and make sure that chicken is not pink in the middle. Never partially pre-cook meats or poultry to "finish off" later—bacteria will grow faster.

#### **Watch the time.**

Don't let your food sit out for hours. Two hours at room temperature is considered safe; one hour is the limit on very hot days.

#### **When in doubt, throw it out.**

If you think a food may have been contaminated, improperly cooked, or left out too long, throw it away. No matter what you think the cost of the discarded food might be, the cost of foodborne illness can be considerably greater in many ways.

# Answers for the Picnic Food Safety Quiz

*When carrying cold foods in a cooler to a picnic, you should put the meat you're going to grill*

B) on the bottom.

Raw meat, poultry, or fish should never be put above foods that will not be cooked, such as salads, raw fruit and vegetables, or prepared foods. Whether in your refrigerator or in the cooler, keep them on the bottom where their juices cannot drip into other foods.

*On a hot day, cold foods taken from the cooler should be*

A) returned to the cooler after no more than one hour.

While it is considered safe to keep foods at room temperature for up to two hours, hot summer temperatures will quicken the pace of bacterial growth and put food at risk within one hour.

*Melons cut ahead of time for a picnic*

D) all of the above

Melons have the potential to cause foodborne illness because their centers are sweet and welcoming to the growth of bacteria. They should be scrubbed before cutting to eliminate the bacteria that naturally collect on them while growing and then be refrigerated until ready to eat.

*Cut tomatoes*

C) must be refrigerated and treated as potentially dangerous.

Modern tomatoes can no longer be considered safe to eat because of their natural acidity. Many varieties are not acidic enough and some strains of bacteria are resistant to acid. Treat cut tomatoes as potentially dangerous and keep them refrigerated.

*Partially cooking meats ahead of time and finishing them on the grill*

B) can encourage the growth of bacteria during the interim.

Never precook meats or any other food with the intent of finishing the cooking at a later time. Cook foods thoroughly with one continuous application of heat to ensure destruction of bacteria and viruses.

*The most common cause of foodborne illness in summer salads is*

D) improper handling of the protein-based ingredients (eggs, pasta, shrimp, etc.).

It is a common misconception that mayonnaise is the cause of foodborne illness from summer salads. However, commercial mayonnaise is too acidic to support the growth of bacteria. It's the protein source – eggs, pasta, shrimp, chicken, tuna, or cooked vegetables – that must be protected by prompt refrigeration. For best results, refrigerate all ingredients before mixing together to ensure proper temperature control throughout preparation and storage.

*Marinade from poultry, meat, or fish can be used to baste the grilled product if*

B) it has been brought to a boil after the poultry, meat, or fish was removed.

Marinade that has held raw poultry, meat, or fish should not be used to baste grilling foods nor should it be used as a sauce at the table unless it has been brought to a rolling boil first.

*Local fruits and vegetables*

B) should be washed thoroughly before preparing or eating.

All fruits and vegetables, regardless of how or where they were grown, should be thoroughly washed before eating or preparing. Protect other ready-to-eat foods from unwashed produce to avoid possible cross-contamination.

*Hamburgers cooked on the grill*

D) should be cooked to an internal temperature of 165 degrees.

When meat is ground up, the bacteria that reside on the surface of the meat are drawn into the middle where they proliferate on the many surfaces created by the grinding process. If *E. coli* O157:H7 or other shiga-toxin producing bacteria are present, undercooked burgers can present a real danger to children, the elderly, and anyone who is immunosuppressed. Use a quick-read thermometer or a T-stick made for hamburgers to test the internal temperature of the burger before serving or eating.

*Cold beverages for a picnic should be kept in a separate cooler from foods that need to remain cold before serving*

B) to prevent unnecessary warming of the foods due to frequent opening and closing of the cooler.

**WWW.**

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# Nutrients from Whole Foods or Sweetened Water—Which is the Better Choice?



*Nutrition with an Attitude*  
by *Mary Saucier Choate,*  
*M.S., R.D., L.D.*  
*Food and Nutrition Educator*

If a big cola company marketed a beverage as “Soda with half the sugar plus added vitamins and minerals!” would you consider it to be a nutritious choice or would you be surprised that they would try to pass it off as a health drink?

That is essentially what the very popular vitaminwater is: water plus about eight teaspoons of sugar and a small amount of added vitamins or minerals. Although they have names like orange-orange and peach-mango, there is no, or only a trace of, actual juice in them (zero to less than one percent juice content). Yet the cost of this “pumped up” sugar water is about 40 percent more than that of the whole foods which it seeks (unsuccessfully) to represent.

These drinks, and their knock-off imitators, may fool unsuspecting consumers into thinking that they are doing something for their health that is as good as, or better than, drinking or eating the real thing. Though vitamin-fortified waters are marketed with healthy descriptions of fruit and nutrients on the label, they are missing something that only the real thing can provide: food synergy.

Food synergy, as described by researchers studying the benefits of whole foods, means that whole foods and food patterns act together to decrease the risk of many chronic diseases in a way that isolated nutrients do not. Well-nourished people—those eating meals and snacks rich in fruits, vegetables, whole grains, and other whole foods—seem to have the lowest risk of diseases such as heart disease, high blood pressure, many cancers, and diabetes. Studies looking at the effectiveness of individual supplements, especially at high doses, show no effect or possibly increased risk of some diseases or even death.

This is not to say that drinking a sweetened vitamin-enriched water drink with a snappy fruit title and clever ingredient description is harmful. In no way, however, is this kind of drink giving you the benefits of the actual orange, tea, or other whole food.

Let’s look at the very popular vitaminwater® “essential orange-orange (c + calcium),” for example. With a name like orange-orange, you would expect it to have some orange in it. It contains no juice. It does have added sugar, however; the 20-ounce bottle will give you 33 grams of it—as much sugar as a 10-ounce cola.

This drink must have a decent amount of vitamin C and calcium, right? A 20-ounce bottle does have 250 percent of the daily value for vitamin C (150 milligrams) and 10 percent (100 milligrams) of the daily value for calcium. Ten ounces of fresh orange juice would give you that much vitamin C naturally, along with the trace vitamins and minerals naturally present, good amounts of potassium and folate, and those precious antioxidant phytochemicals. Researchers are still teasing out the benefits of these plant compounds. One thing is known for sure, however: phytochemicals are beneficial to our health, there are thousands of them, and we haven’t discovered all of them yet. There is no way for a manufactured food or drink to contain them all. Eating a real whole food or beverage means you are getting all of the nutrients, discovered and undiscovered.

Regarding the added calcium in “orange-orange/c + calcium,” about 2½ ounces of milk (5 tablespoons) will provide 100 milligrams of calcium, plus nutrients such as vitamin D, B vitamins, and protein.

Warning for smokers: be aware that the added vitamin A in vitaminwater® comes from Vitamin A palmitate. This form of vitamin has been shown to increase the risk of lung cancer in smokers. The form of vitamin A in orange and red-colored fruits and vegetables and dark leafy greens—beta-carotene—has no such effect. A bit of beta-carotene is used in vitaminwater® for color, according to the package.

Bottom line, if you can fit the extra 125 calories into your daily calorie budget, go ahead and enjoy these sugared waters as a “fun food” extra; but if you are looking for the real deal, eat the real food.

*You can reach Mary Choate by calling 603-643-2667, ext. 6342 or by email at [mary@coopfoodstore.com](mailto:mary@coopfoodstore.com).*

References for this article are available online at [www.coopfoodstore.coop/news](http://www.coopfoodstore.coop/news).

# Stone Fruit



## *Seasonal Fare with Flare by Victoria Hicks*

During high summer, the lovely stone fruits beckon from our produce counters. Known as stone fruits because they contain a single pit or stone rather than a core with multiple seeds, these

delectable fruits include peaches, nectarines, apricots, plums, and cherries.

### **Peaches**

Take advantage of the two to three weeks when regional tree-ripened peaches may be found. White peaches are pure nectar, as are the golden-fleshed ones, and all are perfect when simply chilled and sliced. Peaches are good with a raspberry puree as well as in preserves and pies. They take well to broiling, baking, or poaching, with poaching a good way to soften peaches that are hard.

“New Jersey white peaches are the best-tasting peaches in the country!” says my sister-in-law Megan Hicks, whose family is in the peach-growing business. Although not as big a producer of peaches as other states, New Jersey has a long history of peach production dating back to the early 1600s.

Slice peaches at the last possible moment to prevent discoloring. When peaches are really ripe, you can peel them by rubbing with the dull side of a table knife without breaking the skin. Add confectioners’ or granulated sugar to taste. Brown sugar or maple syrup is also good. Light cream, sour cream, and crème fraîche are natural companions to peaches. Once you’ve had a really good one, it’s easy to understand how this fruit’s name has become a term of endearment.

### **Nectarines**

Like a fuzzless peach with a golden flesh, a lovely aroma, and a delicious peachy plum flavor, nectarines are best eaten as a dessert fruit with no accompaniments. They can also be prepared as peaches, using any of the recipes for that fruit. Look for well-fleshed fruits, not too hard, or they will take a long time to ripen.

### **Plums**

There are several standard varieties of plums: the round red plum, the greengage plum, the tiny damson plum used often for jam, and the Italian plum which is purple and comes later in the season. Red and greengage plums are somewhat soft when ripe, while damsons and Italian plums are rather firm and have a more solid meat. Ripe plums are delicious eaten just as they are, and they are also wonderful poached. The Italian plums lend themselves extremely well to baking.

### **Apricots**

One of the finest fruits when ripe, apricots should be tender to the touch, sweet, and full of flavor. California, Oregon, and Washington are all areas where apricots are available at their peak. Few fruits are better than apricots for dessert. Simply dip them in water and eat them as they are. They are also delicious sliced and served with sugar and heavy cream.

### **Cherries**

California, Oregon, Washington, and parts of British Columbia appear to be the ideal growing areas for cherries, including the luscious Bing and Rainier. Cherries are wonderful when simply served fresh in a huge bowl and are a perfect dessert.

### **Rustic Plum Pie**

*Makes one 9-inch pie*

#### *For pastry dough*

1 stick ( $\frac{1}{2}$  cup) plus 1 Tbs. cold unsalted butter  
1 $\frac{1}{4}$  cups all-purpose flour  
2 Tbs. sugar  
 $\frac{1}{2}$  tsp. salt  
3 to 5 Tbs. ice water

#### *For filling*

$\frac{3}{4}$  pound Italian prune plums  
2 $\frac{2}{3}$  cup sugar  
1 $\frac{1}{2}$  Tbs. cornstarch  
2 Tbs. fresh lemon juice  
1 Tbs. milk  
1 Tbs. sugar

*Make dough:*

Cut butter into bits and, in a bowl with a pastry blender or in a food processor, blend or pulse together with flour, sugar, and salt until mixture resembles coarse meal. Add 2 tablespoons ice water and toss or pulse until incorporated. Add enough remaining ice water, 1 tablespoon at a time, tossing with a fork or pulsing to incorporate, to form a dough. Gather dough into a ball. On a work surface smear dough with heel of hand in 3 or 4 forward motions to make dough easier to work with. Form dough into a ball and flatten into a disk. Chill dough, wrapped in plastic wrap, 1 hour.

Preheat oven to 375°F.

*Make filling:*

Halve and pit plums. Cut plums into ¾-inch-thick wedges and in a bowl toss with sugar, cornstarch, and lemon juice.

On a lightly floured surface with floured rolling pin roll out dough into an 11-inch round (about 1/8 inch thick). Transfer dough to a 9-inch (1-quart) glass pie plate. (Do not trim overhang.) Spoon filling into shell and fold edge of dough over filling, leaving center uncovered. Bake pie in middle of oven 35 minutes. Brush crust with milk and sprinkle with sugar. Bake pie 10 minutes more, or until filling is bubbling and crust is golden. Cool pie on a rack.

—Adapted from *Gourmet*, September 1997

**Clafouti (Cherry Flan)**

*Serves 6-8*

The clafouti which is traditional in the Limousin (historic province in central France) during the cherry season is peasant cooking for family meals and about as simple a dessert to make as you can imagine: a pancake batter poured over fruit in a fireproof dish, then baked in the oven. It looks like a tart and is usually eaten warm.

- 1¼ cup milk
- 1/3 cup sugar
- 3 eggs
- 1 Tbs. vanilla
- 1/8 tsp. salt
- ½ cup flour
- 3 cups fresh, black sweet cherries, pitted  
(or drained, canned pitted Bing cherries)
- 1/3 cup sugar
- powdered sugar

Preheat oven to 350°F. In a blender, blend the milk, sugar, eggs, vanilla, salt, and flour. Pour a ¼-inch layer of the batter in a 7 to 8 cup lightly buttered fireproof baking dish. Place in the oven until a film of batter sets in the pan. Remove from the heat and spread the cherries over the batter. Sprinkle on the 1/3 cup of sugar. Pour on the rest of the batter. Bake for

about 45 minutes to an hour. The clafouti is done when puffed and brown and a knife plunged in the center comes out clean. Sprinkle with powdered sugar, and serve warm.

*Cook's Note:* A variation of the classic version marinates the cherries in ¼ cup kirsch and 1/3 cup sugar for one hour. Substitute this liquid for part of the milk called for in the batter; omit the 1/3 cup sugar near the end of the recipe.

—Adapted from *Mastering the Art of French Cooking*  
by Julia Child

**Peach and Arugula Salad**

*Makes 8 servings*

- 1 Tbs. balsamic vinegar
- 2 tsp. fresh lemon juice
- ¼ tsp salt (preferably sea salt)
- 3 Tbs. extra-virgin olive oil
- 4 firm-ripe peaches (1½ lb total)
- 24 thin slices pancetta (Italian unsmoked cured bacon; 1¼ lb)
- 2 Tbs. olive oil
- 6 oz baby arugula (6 cups)
- 2½ oz crumbled feta or goat cheese (½ cup)
- Coarsely ground black pepper to taste

Whisk together vinegar, juice, and salt, then add extra-virgin oil in a stream, whisking until emulsified.

Cut an X in bottom of each peach and immerse in boiling water 15 seconds, then transfer to a bowl of ice water. Peel peaches and cut each into 6 wedges, then unroll pancetta slices and wrap one slice around each wedge, overlapping ends of pancetta. Heat remaining oil in a 12-inch nonstick skillet over moderate heat until hot but not smoking, then cook peaches in 2 batches, turning over occasionally with tongs, until pancetta is browned on all sides and cooked through, about 5 minutes per batch. Transfer to a plate and keep warm, covered loosely with foil.

Divide arugula and warm pancetta-wrapped peaches among 8 salad plates. Drizzle with dressing and sprinkle with feta and pepper.

*Cooks' notes:* Dressing can be made 1 hour ahead and kept, covered, at room temperature. Peaches can be peeled, tossed with an additional teaspoon lemon juice, and wrapped with pancetta 1 hour ahead. Keep chilled, covered with plastic wrap.

—Adapted from *Gourmet*, June 2004

*You can reach Victoria Hicks by emailing comment@coopfoodstore.com. Want to see more of her recipes? Visit us online at www.coopfoodstore.com!*

# Cooperative DEMOCRACY



*Cooperative Education 101: Part IV*  
by Ken Davis

Independence Day, as most of us know, is intended to be about more than just flags on a T-shirt or food on a grill. Among many other things, it is democracy's day. But despite its noble intentions, democracy put in practice

remains a funny and fickle thing—often not living up to the lofty ideals that are used to describe it.

Some say people are the problem—as if our inherent, self-serving faults and weaknesses are the tight hamstrings that keep democracy from running at a full sprint. Others say that a democracy may work fine enough, but is not superior to any of the other governing systems that make up the overall world-view in which a democracy must exist. Still others say that democracy simply doesn't work at all or, perhaps, doesn't even truly exist. It is an experiment still in flux and bound for failure, something that is all but a myth.

Philosophical arguments notwithstanding, it is democracy and its twin sister, independence, that Americans celebrate this time of year, which makes Independence Day a fully cooperative holiday. A cooperative business is one that is owned and governed by the very people who use its services, with each member entitled to one vote in the resulting cooperative democracy. This makes a cooperative one of the most uniquely democratic organizations you can find anywhere in the world, and any holiday that celebrates independence and democracy is a celebration of the cooperative spirit.

Our co-op did not invent this idea, of course. All cooperatives trace their origins to England's Industrial Revolution, where living conditions were extremely harsh for working-class people in the textile milling towns of northern

England. Mill workers labored long hours under dangerous working conditions for low pay. Plagued by unending poverty, they were forced to buy food on credit from merchants who charged high prices for goods that were of poor quality and often adulterated.

When the self-described "Rochdale Pioneers" opened their first cooperative food store in Rochdale, England, in 1844, they also developed a series of operating principles that ensured their success and the success of the hundreds of other cooperatives worldwide that eventually imitated them.

Today, these basic principles still guide cooperatives around the world, with the second principle having particular relevance to Independence Day:

## **Democratic Member Control**

Cooperatives are democratic organizations controlled by their members, who actively participate in setting their

policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives members have equal voting rights (one member, one vote), and cooperatives at other levels are also organized in a democratic manner.

Sounds wonderful, of course. But have you ever wondered how our co-op puts this principle into practice? To illustrate, we'll break it down by the paraphrased words of the very principle itself:

### ***1) Cooperatives are democratic organizations controlled by their members.***

Membership, then, is the foundation that makes a cooperative democracy possible. And to become a member of our co-op, there are three options:

You can pay \$50 when you join, earning you ten shares in the Co-op. You can sell the shares back to the Co-op should you ever decide, or you can keep them as long as you

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## Each member

is entitled to one vote in the cooperative democracy. This makes a cooperative one of the most uniquely democratic organizations you can find anywhere in the world, and any holiday that celebrates independence and democracy is a celebration of the cooperative spirit.

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want—even if you no longer live near the Co-op—and as a result can take pride in the fact that you are an owner of a highly successful business dedicated to the triple bottom lines of financial, environmental, and social responsibility.

For those who do not wish to pay \$50 but want to join anyway, there is a second option, which we call our patronage refund deduction plan. A member's patronage refund is calculated as a percentage of his or her combined annual purchases at any of our retail locations. This percentage, or refund rate, is established annually by the Board of Directors and varies depending on how profitable Co-op operations have been during the preceding year. Patronage refund checks for the previous calendar year are issued following the Co-op's annual meeting in the spring. Members joining the Co-op through the patronage refund deduction plan receive 20 percent of their patronage refund in cash and 80 percent in the form of Co-op stock, allowing them to accrue their ten shares over time.

A third option is a combination of the previous two. You can pay \$15 to purchase three of the requisite ten shares, giving you the benefits of membership while you accrue the rest.

## **2) Members actively participate in setting policies and making decisions.**

Some people join the Co-op simply because they like the stores and products, and we happily welcome their membership. They like the selection, like the service, but if a competitor they like moves in, they may never be seen again.

Other people join purely because we are a co-op that exists to serve its members and the communities in which those members live, and it is those members who take fullest advantage of the opportunities afforded to them. It matters to these members that we are not owned by a holding company or corporation that exists to generate dividends for shareholders all over the globe. These members participate in cooperative decision-making. They may fill out suggestion forms, call or email us, or may use our internet discussion board ([www.coopfoodstore.coop/membercentral/discussion-board](http://www.coopfoodstore.coop/membercentral/discussion-board)) to voice their concerns. They speak to managers. They get in touch with Board members. And they attend Board meetings and the Annual Meeting so that they may address themselves to the Board, management, and fellow members.

It's still not a perfect system, of course. For example, recently Co-op management decided to eliminate gas pumps from the new Community Market building being constructed by the Co-op on Lyme Road in Hanover—a decision that some members passionately felt took place without enough opportunity for member input. But even then, the cooperative democratic process allowed for the voices to be heard.

“At no other organization in the Upper Valley, be it a government entity, a nonprofit, or an investor-owned business, would there be such forthright public discussion of, and accountability for, a strategic decision such as the one under discussion,” Co-op Board president Don Kreis posted to the Co-op's online discussion board. “I am proud to be part of governing an organization committed to that kind of transparency.”

## **3) Men and women serving as elected representatives are accountable to the membership.**

Some members are so committed to the Co-op that they run for election to our Board of Directors, which operates under a system called the Policy Governance Model. Our Board's leadership is best conceived neither as volunteer-helper, nor as watchdog, but as trustee-owner. Policy Governance is an approach to the job of governing that emphasizes empowerment of both board and staff and the strategic ability to lead leaders. The Board meets the third Wednesday of each month, and all members are welcome and encouraged to attend so as to ensure Board members are accountable to the people they lead. Meeting time is subject to change, and you can call the Co-op at (603) 643-2667 ext. 6307 to confirm.

## **4) In primary cooperatives, members have equal voting rights (one member, one vote), and cooperatives at other levels are also organized in a democratic manner.**

Co-op members with at least three shares are entitled to take part in our annual election process, which includes the opportunity to vote for the Board of Directors and for changes to our organizational Bylaws. A member's participation in these elections ensures that the Co-op's development is compatible with the member's vision.

### **The Future of Cooperative Democracy**

In short, our Co-op, like others around the world, strives to make sure that processes are in place to live out the democratic principles the cooperative founders envisioned. But none of it is possible without you. Cooperative people help a cooperative democracy to run as close to a full sprint as possible. As a result, if you're a member reading this, we invite you to participate in all the many opportunities available to you. If you are not a member—if you picked up this issue of the Co-op News during a routine shopping trip or are reading it on our website—we invite you to join. Whatever democracy really is, you can help us make sure that it works within the cooperative structure, making every day at the Co-op an Independence Day.

*You can reach Ken Davis by calling 603-643-2667, ext. 6544 or by email at [kdavis@coopfoodstore.com](mailto:kdavis@coopfoodstore.com).*

# COMMUNITY PARTNERS

## July: Acorn

When HIV and AIDS first appeared in the Upper Valley, our area responded like many other parts of the country—medical and social-service communities were not prepared to meet the overwhelming need, misinformation was rampant, and fear, hostility, and prejudice often ruled the day.

Even within the shelter of an ivy-league community which prides itself on progressive thought and open-minded dialogue, people who had the condition or knew someone who did were often afraid to talk about it. Then in 1988, a diverse and compassionate group of volunteers came together to help, and ACORN was born.

ACORN—A Community Resource Network—is a comprehensive and professional service organization dedicated to supporting those infected and affected by HIV and Hepatitis C viruses. ACORN offers case management, support groups, assistance with transportation to medical appointments, and emergency financial help for housing, food, clothing, and medical needs. It also offers a non-invasive, oral HIV test administered by certified HIV counselors and testers.

ACORN, located on 2 Blacksmith Street in Lebanon, New Hampshire, provides services to anyone living in Windsor and Orange counties in Vermont and Grafton and Sullivan counties in New Hampshire. All services are free and confidential.

In addition to supporting people who are already infected with HIV and/or HCV, ACORN's mission includes stopping the spread of these viruses through a variety of community outreach and educational programs and services.

### *How you can help:*

Make a cash contribution at the registers when you shop at the Co-op Food Stores or Service Center during July.

Contact ACORN to learn about volunteer opportunities by calling 800-816-2220 or visiting [www.acornvtnh.org](http://www.acornvtnh.org).

## August: Headrest

For more than 35 years, Headrest has been providing services to those with substance-use disorders in the Upper Valley area. Services include transitional living, residential detox, outpatient counseling, and a 24-hour crisis hotline.

Located behind the Lebanon, New Hampshire Fire Station at 14 Church Street, Headrest's vision is to become a leader and an innovator in not only providing addiction and crisis services, but also by responding with services to those who do not have the ability to pay.

Many in the Upper Valley are unable to access substance-abuse counseling services because of limiting conditions. These conditions may be economic, physical/mental, limited access to transportation, or the individual may be incarcerated. Headrest's volunteers are willing to go to those who cannot come to them.


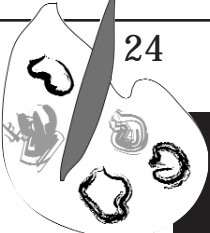
Through the Headrest outreach program, a substance-abuse counselor will go to the client at his or her location to provide desperately needed services. Their objective is to reduce the effects of socio-economic barriers on an individual's ability to acquire services by bringing counseling services into our jail systems, homeless shelters, schools, senior centers, and homes.

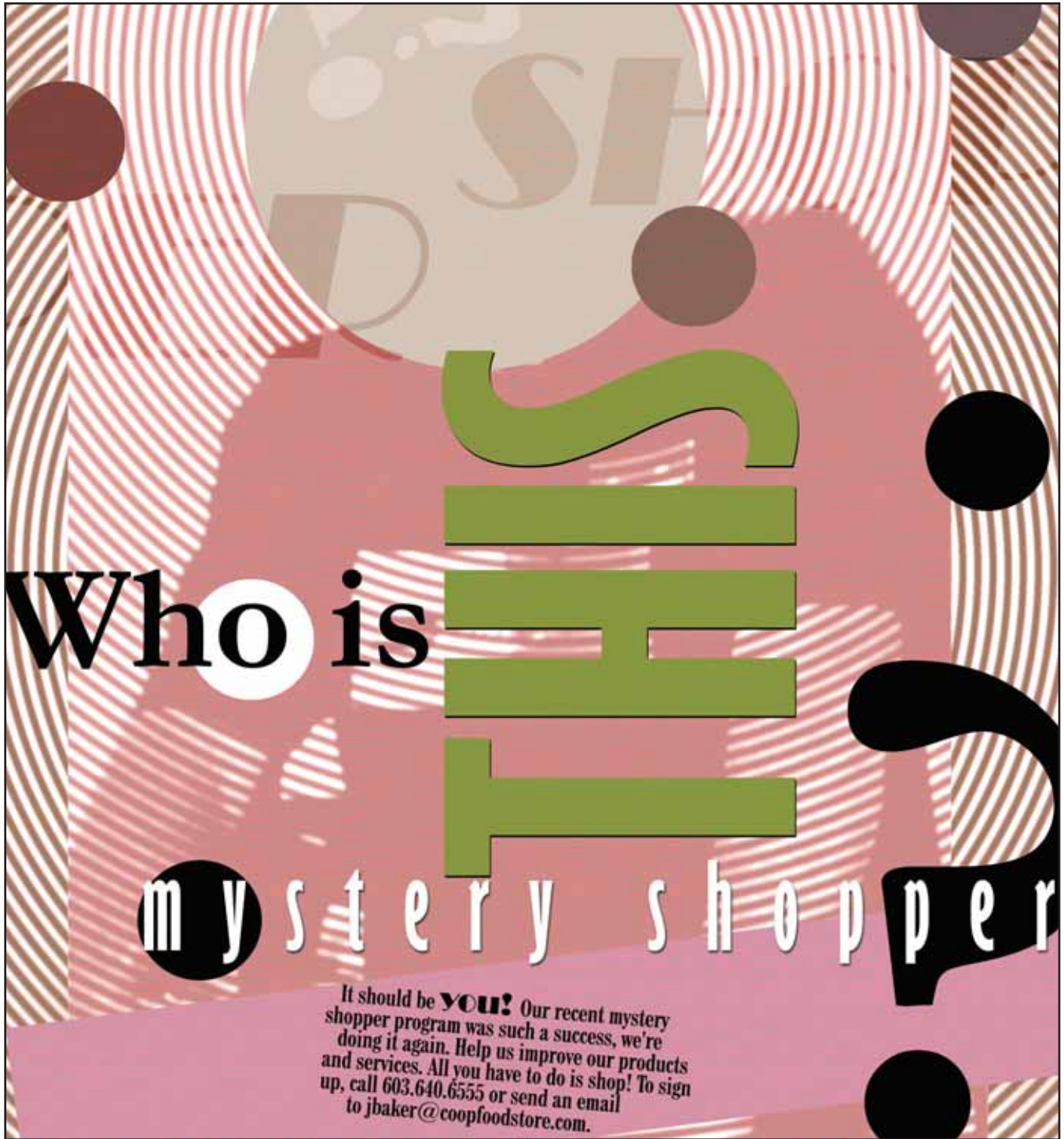
Headrest also strives to work with adolescents, helping them make informed decisions and healthy choices that reduce the effects of peer-pressure or break generational cycles of addiction.

### *How you can help:*

Make a cash contribution at the registers when you shop at the Co-op Food Stores or Service Center during August.

Contact Headrest to learn about volunteer opportunities by calling (603) 448-4800 or visiting [www.headrest.org](http://www.headrest.org).

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
29	30	July	1	2	3	4 Independence Day! All Co-op locations closed
6	7	8	9	10	11	12
<b>ACORN: July Community Partner of the Month</b>						
13	14	15	16 Board Meeting, 5:30 p.m., Hanover Boardroom	17	18	19
20		22	23	24	25	26
<b>In the Gallery: Paintings by Maggie Duford</b> Through August 3.						
27		29	30	31	August	1
3	4	5	6	7	8	9 Producer's Fair! 10 a.m.-2 p.m. Lebanon Co-op, Centerra Market, Lebanon, NH
<b>Producer's Fair This Saturday! →</b>						
10	11	12	13	14	15	16
<b>Headrest: August Community Partner of the Month</b>						
17	18	19	20 Board Meeting, 5:30 p.m., Hanover Boardroom	21	22	23
24		24	26	27	28	29
<b>In the Gallery: Crayon Art by Cecily Herzig</b> August 4 through September 14.						



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