

The CO-OP NEWS

Winter 2012 | Vol. 75 | No. 1 | Always Free



**Saying "no" to diets and
"yes" to healthy eating!
A report by Co-op Dietitian
Mary Saucier Choate**

ALSO INSIDE: SERVICE CENTER | WINTER RECIPES | WIN A \$250 CO-OP SHOPPING SPREE!

March 31, 2012

CO-OP EXPO and Annual Meeting



Above, Co-op Sustainability Coordinator Emily Neuman weighs trash during the 2011 Co-op Expo and Annual Meeting in order to track progress toward the Co-op's goal of reducing waste at Co-op events. The 2012 Expo will spotlight environmental sustainability activities throughout the Upper Valley.

Bring your whole family to the Co-op Expo and Annual Meeting this year, where our spotlight will be on environmental sustainability. Our dozens of colorful displays and booths will educate, entertain, and feed you delicious food samples while you learn more about how people all over the Upper Valley are working toward a more sustainable world.

Co-op Board members and Board candidates will also be

available to chat about the issues that mean the most to you, while the business meeting will be your opportunity to bring up topics for general discussion with your fellow Co-op members and Co-op management.

So, save the date and plan to join us for this fun-filled, informative event! You won't want to miss it. Stay tuned to coopfoodstore.coop for times, locations, and other details as the event draws near. See you there!

What's Inside?

The General Manager's Report, Page 4

What Does the Service Center Decision Say About Our Cooperative Nature?

Board Report, Page 5

Crisis? Opportunity? Or Both?

From the Editor, Page 6

Major Changes in 2012

Vote, Page 7

Board Election 2012

Nominate a Special Co-op Member, Page 8

Allen and Nan King Award for Community Service

At the Co-op, Page 9-12

Gimme 5 | Annual Meeting & Expo | Cooperative Consumer | Fedco | Garden
| Bring Back the Sack | Haven Food Drive | Green Ribbon for Flood Relief

Sustainability Report, Page 13

Establishing Our Environmental Goals

Nutrition with an Attitude, Page 14

Say "No" to Dieting and "Yes" to Healthy Living!

On Education, Page 16

Learning Together

Co-op Recipes, Page 18

Quick Winter Warm-up Recipes

Question of the Week, Page 20

Our Members Speak

Community Partners, Page 22

January: Willing Hands | February: Haven | March: Grafton County Senior
Citizens Council, Inc. | April: Watson Upper Valley Dog Park Supporters

On the Back

Get the *Co-op News* in Your Inbox!

The *Co-op News* is a publication of the Hanover Consumer Cooperative Society. Copyright 2012. All rights reserved. Permission to reproduce any part of this publication may be granted at the discretion of the editor. Send inquiries to:

P. O. Box 633
Hanover, NH 03755.

Web Addresses

<http://www.coopfoodstore.coop>
<http://www.facebook.com/coopfoodstores>
<http://www.twitter.com/coopfoodstores>

Board of Directors

President: Kay Litten
Vice-President: Janet L. Saint Germain
Treasurer: Don Kreis
Secretary: Tricia Groff
John Boutin, Margaret Drye, Martha Graber, Dale Shriver, Corrie Wolosin

Board Administrator

Genie Braasch

Management Team

Terry Appleby, General Manager
Tony Alongi, Director of Finance
Bruce Follett, Food Store Manager, Lebanon
Steve Miller, Food Store Manager, Hanover
Rosemary Fifield, Education Director
Loretta Land, Human Resource Director
Tony White, Operations Director
Allan Reetz, Communications Director
Wm J. Williams III, Director of Information Technology

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

Rosemary Fifield (editor), Mary Choate, Judi Colla,
Ken Davis, Emily Neuman
Graphic design: Ken Davis
Photography: Erika Gavin, Allan Reetz

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
White River Junction: 7 a.m.–8 p.m. daily
Community Food Market: 6 a.m.–8 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 & Email

Hanover and Lebanon Food Stores: 643-2667
Park Street Service Center: 643-6650
Co-op Market: 643-2725
White River Junction Food Store: 802-295-3400
e: comment@coopfoodstore.com

What Does the Service Center Decision Say About Our Cooperative Nature?



*by Terry Appleby
General Manager*

In November, I recommended to the Co-op's Board of Directors that we discontinue the operation of the Service Center on South Park Street, next to the Hanover store. The Board voted unanimously at its November meeting to close the station. As soon as that decision was made public, I began to hear from many members concerned about the loss of a convenient source of gas and car repair.

Even more troubling to some was the fact that the decision was made without member input.

Management and the Co-op's Boards had been discussing the Service Center's lack of profitability for several years. Unfortunately, I had not been having the same discussion with the members during that time. Losses, while significant, seemed manageable when viewed as providing a necessary service for the members. However, as we looked at the cost of continuing operations and the changes needed to bring the station to profitability, we had to balance the losses against the community good and ask whether they were costs to be borne by the entire membership. Again, because the membership was not involved in those conversations, we came to a conclusion without fully understanding the value placed on the station by those who use it versus the thousands of other members who do not. In December, after taking into consideration the concerns voiced by the members who came forward, I recommended to the Board that we give the Service Center one more year to reach profitability and then reassess the situation.

How the decision was made—and the reaction it caused—say something about our specific cooperative nature. As our co-op has grown, it has evolved into more of a representative democracy. Over the years, as the number of members increased, the members have given the Board of Directors more authority to act on their behalf. One manifestation of that was the bylaw approved by the membership authorizing the Board to make decisions involving sums of up to four percent of the Co-op's annual revenue. Consequently, the Board has twice voted to expand the operation, first by authorizing the construction of the Lyme Road Community Market, and then by allowing for the expansion into White River Junction. Neither of those projects required a membership vote, and both were received with a minimum of adverse reaction by the members.

The decision to close the Service Center was a different matter. As one member pointed out at a public forum, taking away a service is different than providing a new one. At any rate, the decision to close the station raises the question of how representative we want our democracy to be. This fundamental question for cooperatives speaks to the cooperative principle of Democratic Member Control. Large co-ops like REI or Agrimark invest a great deal of authority in their boards, while other cooperatives leave their boards little leeway for decision-making.

An exciting aspect of the controversy surrounding the decision on the Service Center is that it has energized many to examine their role as members. The issue has given members a reason to consider such topics as transparency, individual interest versus the greater good, representative democracy, and many other questions elemental to cooperation. The other exciting thing, to me, is that members became involved and had a Board listening to them. I hope you and your fellow members will continue to voice opinions on the nature of our cooperative!

coopfoodstore.coop/news

Crisis? Opportunity? Or Both?



by *Kay Litten*
Board President

For the seven and a half years that I have served on the Hanover Co-op's Board of Directors, the financial drain of the Co-op Service Center has been a matter of regular concern. Last spring, one of our gas tanks

started to leak, and although the staff and management exerted herculean efforts in seeking ways to repair the tank, repair turned out to be impossible. The resulting quotes for a new tank and the work associated with the tank's replacement amounted to roughly \$250,000.

Management first brought the issue to the Board in April, 2011, and we discussed it through the rest of the spring and summer. At the November board meeting, General Manager Terry Appleby explained that after going over various scenarios for several months, and considering that both gas sales and car repairs have been operating at a loss for years, management was recommending that the Board vote to close those two branches of the Co-op's business.

This discussion was both painful and fraught with concerns. Many members and local residents, including several board members, rely on these services. Nonetheless, believing that we have been elected to be faithful keepers of the Co-op's well-being—especially its financial well-being—we voted to support the decision of the management team. None of us want to be in the position of putting our beloved co-op into fiscal jeopardy. The board voted, unanimously, to close both businesses.

Management notified first the employees of the service center and gas station and then posted notices of the businesses' closings in all stores on Monday, November 21, for both employees and members. The *Valley News* ran a front page article on the closings on Tuesday, November 22. Although both Terry Appleby and I were quoted correctly, the story did contain several inaccuracies.

And then we were all swept up in a state of extreme brouhaha. Both Terry and I received endless phone calls, and we spent a week answering e-mails from members who ranged from extremely irate to merely concerned to



completely supportive of the decision. We knew that we had to find a way to speak to members. Terry proposed a series of two-hour afternoon meetings in the Board Room of the Hanover store on Monday through Friday, December 5th through 9th.

Terry Appleby, Chief Financial Officer Tony Alongi, and several Board members attended each day. Director of Operations Tony White joined the group on three days, and I was there from Tuesday through Friday. On Thursday and Friday, we met with the most vocal and largest groups.

These afternoons produced a combination of appreciation for a great business and fine stores and intense dismay over the decision to close the two car-related parts of the Co-op. We heard all sorts of positive comments, but at least 80 percent of the contributions were very negative and focused on the closings.

At the end of Friday's session, Terry asked to speak to the three board officers who remained at the meeting. He told us that, after endless consultation with Alongi and White, he had decided to ask the Board to reconsider its vote and to make a motion to direct management to take one year to explore and consider various ways to keep these departments of the Co-op from losing money. If, at the end of a year's valiant efforts, no progress is made, the vote to close them could be brought up again.

So, the members spoke clearly of their concerns, and management and the Board are now working together to find ways to keep operating those parts of our business which have caused so much recent angst for some of our members. Stay tuned!



From the Editor

With this issue of the *Co-op News*, we begin another era in the history of publications put out by the Hanover Consumer Cooperative Society.

When our Co-op was first formed as a buying club in 1936, it communicated with its members through the publication of two weekly bulletins that covered cooperative and consumer issues, respectively. Those hand-typed, mimeographed sheets were delivered by bicycle to the early members, who happened to live within reasonable pedaling distance of one another.

Four-page folded sheets began to appear in the 1960s and were mailed to members on a monthly or bimonthly basis. The newsletter switched to tabloid-sized newsprint in 1980 and adopted a standard, multi-column newspaper style. By 2000, it averaged 20 pages per issue and was mailed to every Co-op member six times per year.

In 2001 we switched to today's magazine or "half-tab" format, still using newsprint for economic purposes. We also began mailing copies only to those members who requested them. Additional copies were stocked in the stores for pickup at the registers.

Major Changes in 2012

This year, we will no longer mail the *Co-op News*. Members and shoppers can access it online on our website, coopfoodstore.coop, or pick up paper copies in any of our retail locations. Members who wish to be alerted by email when a new issue arrives are welcome to put themselves on our e-newsletter mailing list. Issues will come out in January, May, July, and October.

In addition to changes in the News, we will be changing how our members receive election and annual meeting information. **Watch for the mailer coming your way in mid-March, with candidate statements, voting information, ballots, and details about this year's Annual Meeting and Expo on Sunday, March 31.**

The Co-op's Annual Report will also see a major makeover this year. We will be using a smaller, more colorful format to highlight the past year's most interesting data and information, with links to online resources where you can read more detail about the topics that interest you most. Annual Reports will not be mailed, but will be available at the Annual Meeting and in the stores.

Why All the Changes?

With increased awareness of environmental sustainability issues, many of our members no longer wish to receive printed materials in the mail. In addition, the cost of mailing continues to increase. Electronic media make it easy to receive information in a more sustainable and economical manner and, for many, are the preferred means of communication. Meanwhile, for those who prefer print, the *News* will continue to be available, but will no longer be mailed out.

We hope our newly designed Annual Report will catch your fancy and pique your interest in the Co-op's yearly roundup of milestones and financial performance.

As always, we look forward to receiving your feedback on how we're doing!

A handwritten signature in black ink that reads "Rosemary Telford". The signature is written in a cursive style with a large, looped "R" and "T".



Four former presidents of the Hanover Co-op Board of Directors, plus our current president, happened to find themselves in one place recently, so a photographer captured the moment for Co-op history. From left, Ruth Sylvester, Steve Maker, Michael Yacavone, Donald Kreis, and current president, Kay Litten. Photo by Karen Byerly.

Board Election 2012

Our nine-member Board of Directors will have four seats up for election in 2012. Three seats will be for three-year terms, and one seat will be for one year to fill out the term of Jill Mikucki, who resigned in 2011.

In early January, the Nominating Committee will select its slate of nominees based on the current board composition and its needs for complementary skills and experience as well as future board leadership. Interested individuals not selected for the slate may run as independent candidates. This requires submission to the Nominating Committee of a petition signed by fifty voting Co-op members. The petition must be received by January 31, 2012.

Vote Online!

In addition to voting for Board of Directors with the standard paper ballots, Co-op members will have the option to vote online. Candidate statements will be posted for instant reference, and all voting members will be able to vote using their membership number. Stay tuned to coopfoodstore.coop for complete details.

How Do I Know if I am a Voting Member?

Members who own at least three Co-op shares as of March 1, 2012 can vote. If two people are named on the membership, they must own at least six shares in order for both to vote. Where only enough shares are held for a single voter, the first person who signs in with the membership number and password will be the voter. You can find out how many shares you own by calling the Co-op Member Services Desk at 603-643-2667 and pressing "0" when the message starts.

What if someone votes online *and* by paper ballot?

All votes are anonymous. However, paper ballots must be submitted in sealed envelopes with the membership number and member name on the outside for validation purposes. Envelopes remain sealed until the close of voting. Before envelopes are opened, a list of online voters will be compared against all validation information on the envelopes. Envelopes containing duplicate votes will be marked "invalid" and destroyed along with the ballots they contain.

Allen and Nan King Award for Service to the Community

The King Award recognizes the achievements of a Co-op member who demonstrates the ideals embodied in the Cooperative Principle "Concern for Community."

The recipient will be announced at the Co-op's Annual Meeting on March 31, 2012, and honored with a donation of \$500 to the charity of his or her choice.

You can submit your nomination through our web site, coopfoodstore.coop, or use the form below.

Nominations can be emailed, mailed, or dropped off to the Service Desk in any Co-op food store. Nominations are due by the end of the business day on February 6, 2012.

Previous King Award Recipients

- 2001 Robert Norman
- 2002 Caroline Henderson and Sami Izzo
- 2003 Pat Howe and Ethel Weinberger
- 2004 Lizann Peyton
- 2005 Alice Jackson and Nancy Nye
- 2006 Bruce Pacht
- 2007 Kathleen Hooke
and Ronald Michaud
- 2008 Susan Gault and Mark Lansburgh
- 2009 William Boyle
- 2010 Nicole Corman
- 2011 Steve Taylor

Nomination Form

Please submit your nomination by February 6th, 2012.

- email: Genie Braasch, Board Administrator: gbraasch@coopfoodstore.com
- mail: King Award, PO Box 633, Hanover, NH 03755
- drop off: at any Co-op Food Store Service Desk



Allen and Nan King joined the Hanover Co-op in 1941 and were active Co-op members for over 50 years, serving on the Board of Directors and as Presidents. They personified the cooperative values and contributed to the local and wider community in many ways.

Co-op Member Name:

What does this person do to positively affect the sustainable development of our community?

Who benefits most from this individual's efforts, and how do they benefit?

Nominated By

Name:

Co-op Member #:

Please attach additional sheets if necessary!

Gimme 5 Every Day!

Co-op members have asked, and we are responding! For the past few years, the Co-op has accepted number 5 plastics for recycling approximately twice a month through special collections.

We are pleased to announce that you can now bring your clean and dry number 5 plastics, including Brita filters and all Preserve products, to the Hanover and Lebanon Service Desks any time you wish.

Items must be completely clean and completely dry. We reserve the right to refuse dirty or wet containers and cannot accept drop-offs in White River Junction or at the Co-op Community Market, due to space restrictions.

Why Gimme 5?

Ever wondered why the Co-op offers *Gimme 5* recycling, when many shoppers have access to plastic recycling for numbers 1 through 7 through their town's zero sort program?

Local recyclers currently bale plastics numbered 3 through 7 together and ship them to Asian buyers.

Preserve Products, of Waltham, Massachusetts, uses number 5 plastics to manufacture its 100 percent recycled-content products, many of which we carry at the Co-op.

Preserve is unique in its efforts to build a domestic market for recycled number 5 plastics, which include many containers found in the Dairy Department such as dip and spread containers, margarine tubs, and most yogurt tubs.

For a complete list, check our website at coopfoodstore.coop/content/what-can-be-recycled and always double-check the container and its lid for the number "5" inside the recycle symbol.

See you and your "fives" at the Service Desks!

SATURDAY, MARCH 31, 2012

Co-op Annual Meeting & Expo

This year, the Co-op's Annual Meeting and Expo will take place on Saturday, March 31. Voting for Board of Directors also will begin on that day and continue through Sunday, April 29.

Watch your mail in mid-March for a special Co-op mailer with Annual Meeting and Expo details, plus Board candidate statements, ballots, and voting information.

We'll also have posters in the stores and plenty of information on our website, coopfoodstore.coop. If you're on our e-newsletter mailing list, you'll be among the first to know!

The Cooperative Consumer

When an important bit of cooperative or food information is looking for a home, where does it go? It gets posted to The Cooperative Consumer—the new Co-op education blog!

Authored by Co-op Education and Member Services Director Rosemary Fifield, the Cooperative Consumer can be found at cooperativeconsumer.tumblr.com or by clicking on the link at the bottom of any page of the main Co-op website at coopfoodstore.coop.

The Cooperative Consumer gives you more in-depth information from a long-time Co-op activist and educator. The news is fresh and informative, and many of the topics come from members themselves, sharing their thoughts and questions with the Co-op through the ever-popular Member Question of the Week. Check it out and learn more!

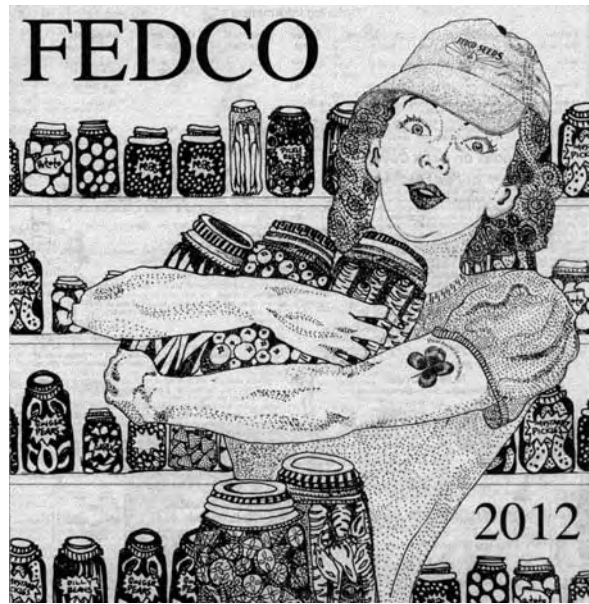
Fedco Orders Due January 15!

In 1978, a small New England co-op that offered seeds particularly suited for cold climates formed in Maine. The co-op had 98 orders the first year, all of them from growers and gardeners in its home state.

Today Fedco serves all 50 states, filling more than 24,000 orders totaling more than \$3 million annually. The Co-op, with its own storied history, partnered with Fedco early on. Together they now serve Co-op members throughout the Upper Valley every year.

One of many Co-op member benefits is a 20 percent discount on seeds and 15 percent discount on organic gardening supplies through our annual group order to Fedco. Fedco sells vegetable, flower, and herb seeds selected for their ability to grow well in northern New England. Organic Growers Supply, a division of Fedco, offers gardening books, tools, cover crop seeds, compost starter, organic fertilizer, and more.

Because Fedco does not have an individual owner or beneficiary, profit is not its primary goal. Consumers own 60 percent of the cooperative and worker members 40 percent. Consumer and worker members share



proportionately in the cooperative's profits.

Take advantage of being a Co-op member and take part in this unique cooperative partnership! Catalogs and the Co-op's special ordering information are available in the Hanover and Lebanon food stores.

Deadline for the group order is January 15, 2012.

Please return the completed forms, with payment, to the Service Desk in any store by 6:00 p.m. Please note that the Co-op does not take orders for the Seedlings or Moose Tubers divisions of Fedco, nor can we accept late orders.

Co-op Community Garden Update

One of the many benefits of Co-op membership is the opportunity to rent a garden plot for the summer. The Co-op's Community Garden is located on Route 5 in Norwich, Vermont, next to the Farmer's Market.

We still have a few garden plots remaining for Summer 2012. Full-sized plots (approximately 20 feet by 20 feet) rent for \$30; half-sized for \$15. The rental fee covers maintenance costs and the pumping of on-site water from the adjacent wetland.

A security deposit equal to the rental fee for the plot is required. The deposit will be returned if the plot is cleared of all stakes, markers, and other non-plant debris in early fall. To enter the drawing for the remaining 2012 plots, please send two checks for either \$30 (full plot) or \$15

(half plot) made out to "Co-op Food Stores" along with your contact information to:

Michele Jordan, Member Services Coordinator
Hanover Co-op
P.O. Box 633
Hanover, NH 03755

so they are received on or before March 1, 2012. Winners will be notified by phone or e-mail during early March. If there are more requests than plots available, a waiting list will be established.

Checks will be returned to those who do not get a plot. If you have further questions, contact Michele at (603) 640-6323 or email missy@coopfoodstore.com.

You Could Win a \$250 Shopping Spree!



Last year, Co-op shoppers brought in over one million of their own bags to carry home their purchases. Even so, new bags provided by the Co-op still made up more than half of the total number of bags used by our customers. We would like to increase the reuse of bags and bring down the demand for new ones.

Many people who bring their own bags have told us that the incentive is not the nickel back that they receive. The incentive is doing the right thing for the environment and for future generations.

Under the nickel a bag program, if the average customer provides five bags per visit and shops once per week, he or she would receive 25 cents per week or \$13 per year. The Co-op is going to up the ante for these dedicated shoppers who provide their own bags week after week. Beginning on January 2, 2012, we are instituting a new “Bring Back the Sack” benefit at the Co-op. Instead of giving back five cents for each bag provided by the customer, we are pooling the money to provide the opportunity for sixteen dedicated bag recyclers to win \$250 Co-op gift cards.

Four times a year—in January, April, July, and October—the Co-op will give away four \$250 Co-op shopping sprees to shoppers whose names have been entered

into our drawing. To enter, a shopper must have a fully punched “Bring Back the Sack” card, representing twenty bags they provided for packing their groceries on shopping trips to the Co-op.

Pick Up Your Card

The next time you bring your own bags while shopping, ask the cashier for one of our “Bring Back the Sack” cards. Each card has twenty spots representing twenty bags. The cashier will punch your card once for each of your bags used while bagging your groceries. When you have reused twenty bags, your card will be full, and you can put it into our raffle bin.

The more times you provide your own bags, the more cards you can fill and add to the pot, thereby increasing your odds of winning. Cards will have no time limit. If you don’t complete a card in time for the April drawing, drop it off for one of the subsequent ones. After each drawing, the pot will be emptied and the previous three months’ cards destroyed. Your odds of winning will be determined by the number of cards you enter and the number of cards entered overall during each quarter. Complete instructions are available at all Co-op locations.

Please note that the punched cards will have no cash value and cannot be redeemed for cash. Their sole purpose is to provide the owner with proof of having provided at least twenty of his or her own bags for carrying out groceries. The Co-op reserves the right to discontinue the program at any time.

Haven Food Drive

Charitable giving during the holidays is a wonderful thing, but, unfortunately, the need doesn't end when the holidays do. This year, as a continued result of local destruction by Hurricane Irene, more people are in need of help than ever before. Add to that the lingering effects of a tough economy, and food shelves know no season.

As it has for the past 23 years, this February the Co-op will partner with the Upper Valley Haven to sponsor our annual Haven Food Drive. At this time of year, winter heating bills are often at their highest and families struggle with a stack of bills on their table, wondering whether to pay the heat or buy food, because there isn't enough money for both.

The Upper Valley Haven—located in White River Junction, Vermont—offers a variety of services to Upper Valley residents who need a helping hand, including emergency food provisions. That's where you and the Food Drive come in.


Special shelf tags with The Haven Food Drive logo direct our Hanover store shoppers to items that are

needed the most. And shoppers at all Co-op locations can make a cash donation to the food drive at the check-out counter through our Community Partner of the Month program. Your donations will be used to purchase products by the case.

Our goal this year is to collect 4,000 pounds of non-perishable food, including items such as canned stews, hearty soups, tuna fish, canned fruits and vegetables, peanut butter, and cold cereal. It's always a lofty goal and even more challenging when economic conditions are tough. But you can help us make it happen!

Volunteers Needed

Every year, a key component of the success of the Haven Food Drive is our volunteers! Each year we depend on volunteers to box, weigh, and deliver food to The Haven from the Hanover store. This activity takes place at the volunteers' convenience between 8:00 a.m. and 3:00 p.m. on Mondays, Wednesdays, and Fridays in February. Ideally, volunteers make a commitment to the four occurrences of one of those days. However, if this is not possible, consider offering your assistance as a substitute or a one-time volunteer. For more information, or to sign up, contact Michele Jordan by January 18th at (603) 640-6323 or send her an email at missy@coopfoodstore.com.



Buy a Ribbon for Flood Relief!

Long after the waters of Hurricane Irene have subsided, the need continues. And as a result, the Co-op has teamed up with groSolar to help provide flood relief for our neighbors impacted by Hurricane Irene. Get your green ribbon magnet at the Service Desk in any of our food stores. Ribbons are \$4 each, with 100 percent of proceeds going to aid flood victims.

Establishing Environmental Goals for Our Co-op



by *Emily Neuman*
Sustainability Coordinator

The Co-op has made good progress toward its environmental goals in 2011, and you can be proud that we are well on our way to meeting our 2012 environmental goals.

Because of these efforts, our Co-op has been playing a key role in making this region a sustainability leader. During 2012, the Co-op will be celebrating its substantial environmental progress of the last five years and looking ahead to what is possible in the next five-to-ten-year period. We hope that many members will become engaged in the celebration and the visioning.

We need to know what you, the members, would like your co-op to be doing for the environment. In other communities, cooperatives are conserving key farmland, moving toward more organic food sales, and buying 100 percent green electricity. All of these things are possible for our community, too, but we need to know that our membership stands firmly behind whatever we undertake, as some of these endeavors would require financial investment and risk.

As a first step, we hope that you will attend this year's Annual Meeting and Expo on March 31st. The Expo will be all about environmental sustainability activities in the Upper Valley. By attending, you will discover that all kinds of exciting work is being done, whether your

interest is bikes, buildings, food, or fuels. We are planning engaging activities for all ages, including opportunities to weigh in on how Upper Valley organizations should direct their environmental efforts over the next ten years. You are sure to enjoy yourself, as we'll have music, food, and art on hand to inspire you. Our hope is that you will leave the event committed to doing at least one more good thing for our local environment than you already do. And, you'll leave with the energy and knowledge to make it happen.

Co-op Board of Directors End No. 6:

Because of the Hanover Co-op, there will be a thriving business organization that protects and restores the environment.

2008-2012 Sustainability Department Vision

The Co-op is a thriving business organization that protects and restores the environment. Co-op staff understand the environmental impacts of the company's operations. Co-op shoppers are well-informed about the environmental impacts of their food choices. Through its operations, the Co-op supports a zero waste food system powered by clean, renewable energy. Values and norms at the Co-op support the realization of this vision.

2012 Goals

- Reduce total waste generation and achieve Zero Waste at all locations (defined as 90 percent diversion of waste from landfill).
- Cap energy consumption and reduce energy-related greenhouse gas emissions by ten percent.
- Cultivate a staff culture that helps the Co-op achieve its environmental goals.
- Ensure that Co-op shoppers are well-informed about the environmental impacts of their food choices.

Sustainable Expo!

**Interested in sustainability?
Attend the Co-op Annual Meeting
and Expo on March 31, 2012. The
event will spotlight environmental
sustainability activities in the Upper
Valley and will feature music, food,
art, and more. See you there!**

Say “No” to Dieting and “Yes” to Healthy Living!



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

The beginning of the year means that a lot of people will have made resolutions to lose weight—resolutions that often fail by week two or three of

the new year. The idea of dieting and getting to that goal weight offers so many promises: better health, more energy, and improved fitness. It is too bad these promises are seldom fulfilled for very long, if at all. Strict dieting for weight loss “at all costs” can lead to some short-lived weight loss and reaching some health goals, but when the bad habits and weight return, these benefits are lost again.

The good news is that all of these goals can be reached by focusing on healthy lifestyle choices rather than weight.

Healthful daily choices may or may not reduce weight, but can result in better health, more energy, and improved fitness that lasts. This overall approach to health, instead of one that is weight-focused, has been shown to be long lasting. Sustainable health goals are based on many measures of health, not a single number on a scale: measures such as improved cholesterol levels, improved blood glucose control, better blood pressure, and improved fitness levels including stamina and strength, balance, and flexibility, among others. This kind of approach, formally titled “Health At Every Size” or HAES, promotes balanced eating, enjoyable physical activity, and respect for the diversity of body shapes and sizes.

You might not have realized that the road to good health could bypass the scale, but many studies have shown this to be the case. For example, many of us mistakenly believe that overweight means an increased risk of death, but 2005 research published in the *Annals of Epidemiology* and separate research in the *Journal of the American Medical Association* found that overweight status was not linked with increased mortality rate when compared with underweight or obese weights.

*What if the number
on the scale didn't
matter?*

In fact, it very often doesn't. Lifestyle changes such as choosing more healthful whole foods and being more active can reduce blood pressure, improve blood lipids like cholesterol, and improve insulin sensitivity.



Much of the research around weight and health that concludes overweight causes a variety of health problems often fails to factor in important considerations, such as a person's fitness level, exercise routine or lack thereof, kind of diet, yo-yo dieting, diet drug use, economic status, or family history. These factors complicate the relationship between weight and health. For example, if a study subject is overweight and is using or has used diet drugs that affect heart health and the researchers don't factor this in, the results can look like it is the weight causing the heart problems and not the drug side effects.

What if the number on the scale didn't matter? Well, in fact, it very often doesn't. Lifestyle changes such as choosing more healthful whole foods and being more active can reduce blood pressure, improve blood lipids like cholesterol, and improve insulin sensitivity. Choosing whole foods and physical activities that you enjoy contribute to a sustainable, healthy lifestyle that doesn't require stringent food rules or a gym membership to reach healthy goals.

Part of the problem is the status quo. When everyone "knows" something is true—even if it isn't—it is hard to break through with the facts. In the past, the status quo was such that real physicians were in advertisements for mentholated cigarettes and "everyone" knew you needed eight glasses of water a day. Now we know better, but it can take a long time for the real facts to get through when "everyone knows" you can't be fit and fat.

The HAES Manifesto

The HAES Manifesto has a list of suggested actions you can take to improve your own well-being and educate others about what real, sustainable health means:

1. Accept your size. Love and appreciate the body you have. Self-acceptance empowers you to move on and make positive changes.
2. Trust yourself. We all have internal systems designed to keep us healthy—and at a healthy weight. Support your body in naturally finding its appropriate weight by honoring its signals of hunger, fullness, and appetite.
3. Adopt healthy lifestyle habits. Develop and nurture connections with others, and look for purpose and meaning in your life. Fulfilling your social, emotional, and spiritual needs restores food to its rightful place as a source of nourishment and pleasure.
 - Find the joy in moving your body and becoming more physically vital in your everyday life.

For more Information:

www.MyPlate.gov

The HAES Manifesto: <http://s.coop/7qke>

McGee DL; Diverse Populations Collaboration. Ann Epidemiol. 2005 Feb;15(2):87-97. Body mass index and mortality: a meta-analysis based on person-level data from twenty-six observational studies.

JAMA. 2005;293(15):1861-1867. Excess Deaths Associated With Underweight, Overweight, and Obesity

Paul Campos, et al; International Journal of Epidemiology (February 2006) 35 (1): 55-60. The epidemiology of overweight and obesity: public health crisis or moral panic?

Bacon L; Aphramor L ;Nutrition Journal 2011, 10:9 Weight Science: Evaluating the Evidence for a Paradigm Shift

- Eat when you're hungry, stop when you're full, and seek out pleasurable and satisfying foods.
- Tailor your tastes so that you enjoy more nutritious foods, staying mindful that there is plenty of room for less nutritious choices in the context of an overall healthy diet and lifestyle.

4. Embrace size diversity. Humans come in a variety of sizes and shapes. Open yourself to the beauty found across the spectrum, and support others in recognizing their unique attractiveness.

What does healthful living without dieting include? One of the easiest places to start is with the new MyPlate guide at www.MyPlate.gov. Making half of your plate vegetables and fruit, one-quarter protein, and one-quarter whole grains will nourish your body with the naturally complex mixture of nutrients that real whole foods offer. Increasing your activity level can mean simply parking farther away every time you park the car when shopping, choosing the stairs on purpose instead of the elevator, and returning the grocery cart to the store lobby. When you are ready, think about activities you used to enjoy or ones you would like to try, and start slowly. Getting healthy can be very pleasant, especially when you focus on health and not on the bathroom scale.

Learning Together

by Ken Davis

In its broadest sense, education speaks to a basic human drive—something that propels anyone, anywhere, to learn more than he or she knew before.

If you doubt that, try a simple experiment. Mention a term, phrase, or concept around someone who has never heard it before. Then watch what happens. Most people will ask you what you are talking about so quickly, they hardly even realize they've done it. Curiosity is that voracious. Wonder is that hard-wired into the human condition. And education is fuel for the mind's fire.

“So,” says an astute reader, “tell us something we don't know. Education is important. Few would deny that. But education at a grocery store?”

Did you know that your Co-op has a department devoted to member and consumer education? And if so, did you ever wonder why?

Cooperative Education

Early cooperators knew the valuable role education would play in the cooperative movement, and their emphasis on education left a legacy that exists to this day.

During England's industrial revolution of the mid-1840s, the cooperative movement's founders—known today as the Rochdale Pioneers—recognized the value of education enough to place that value within the echelon of principles that would come to guide cooperatives around the globe.

The Rochdale Society of Equitable Pioneers was a group of weavers, artisans, and craftspeople in Rochdale, England, who banded together to open their own cooperative food store selling unadulterated food and staple products they could not otherwise afford. In doing so, they also set down the original Rochdale Principles of Co-operation, including “Promotion of education.” Through speakers, courses, free libraries, and reading rooms, the Pioneers provided learning opportunities to their members and shoppers on a variety of social, economic, and consumer topics.

In 1966, the International Cooperative Alliance updated and adopted the Rochdale Principles as the Cooperative

Education Central

At our Co-op, our bylaws stipulate the organization must have an education program. The Education Department is charged with giving our shoppers information related both to the cooperative movement and to the products and services our specific co-op provides.

Principles, changing the education statement to “Education of members and public in cooperative principles.” In 1995, the Cooperative Principles were revised once more to include:

Education, Training and Information

Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public – particularly young people and opinion leaders – about the nature and benefits of cooperation.

Because “the nature and benefits of cooperation” is a broad topic to tackle, it takes a variety of people with a lot of expertise to make it happen. And at our Co-op, we've taken the concept and run with it in vast and sundry ways from the very beginning—ensuring that education was a foundation of our organization even in its infancy in 1936.

Early members of our fledgling Hanover Consumer Cooperative Society produced cooperative information and consumer news on mimeographed sheets and delivered them by bicycle to other members. In 1949, Sally Gerstenberger became the Co-op's first education secretary, setting the stage for our current-day commitment to providing consumer and cooperative

education to members and non-members alike. Although today's printed newsletter and the digital ether of cyberspace have replaced those mimeographed sheets and bicycle deliveries, the Co-op's commitment to education remains the same.

The Co-op Approach

Education is an important part of co-ops around the globe. Ari Weinzweig, a co-founder Zingerman's Deli, once quipped that cooperative education departments exist all over the world "in order to give liberal arts majors a place to work." And each cooperative approaches education differently.

At our Co-op, our bylaws stipulate the organization must have an education program. The Education Department is charged with giving our shoppers information related both to the cooperative movement and to the products and services our specific co-op provides. And yes, it's staffed with a liberal arts major or two.

Our Education Department also provides Co-op members with additional member-linkage opportunities so they can communicate directly with the Co-op they own. Our approach has always been to educate in a way that is descriptive, rather than prescriptive, so that our members and customer can make their own purchasing

decisions based on the information we provide.

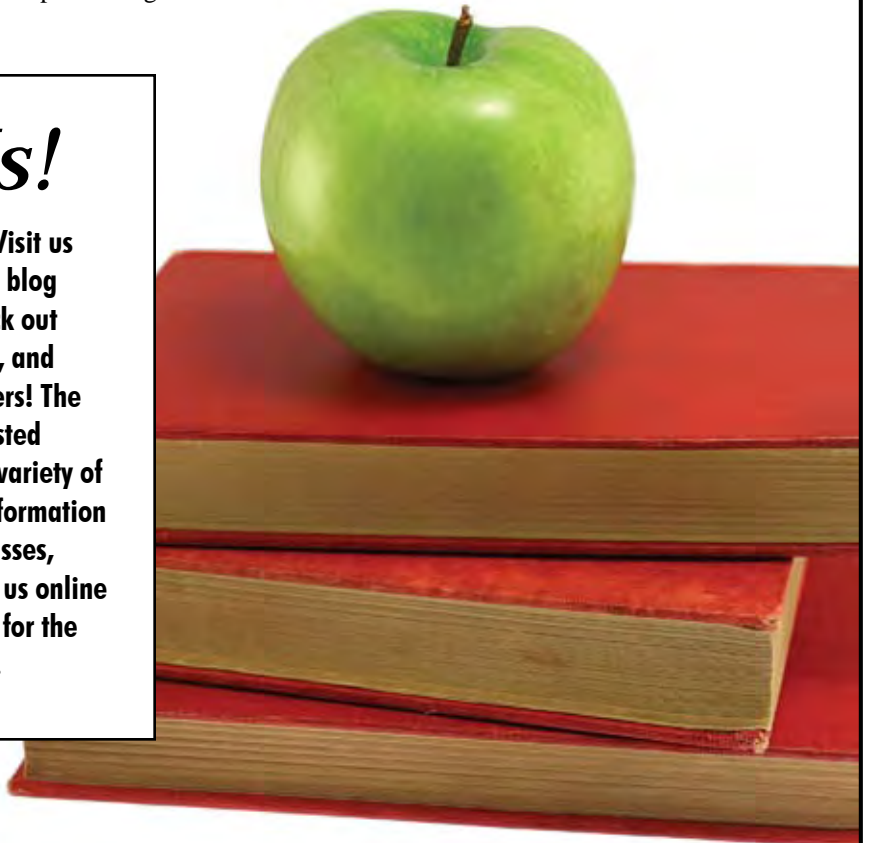
It's not always an easy road to travel. While many members and consumers simply want us to be their favorite grocery store, others envision us as a socio-political lobbying body, fighting for causes as varied as our membership itself. Indeed, our "descriptive rather than prescriptive" approach is something from which we admittedly deviate from time to time—championing causes such as protecting small family farms or mending a frayed national food safety net.

So, the road to education is nonlinear and broad, and the cooperative movement has ensured that road can travel through a grocery store, of all things. If it's a concept that sounds lofty, sometimes unattainable, and thoroughly interesting, it's because it is. And we invite you to learn more about why it is so interesting and to take part in our education efforts.

In the issues of the *Co-op News* that lie ahead this year, we'll examine more closely some of the ways we bring cooperative education to our communities. Stick around, find out more, and we'll all learn something together. It's cooperative education at its finest—the Fifth Cooperative Principle in action.

Follow Us!

Want Co-op education online? Visit us at coopfoodstore.coop, read our blog *The Cooperative Consumer*, check out our Twitter and Facebook pages, and subscribe to our email newsletters! The Co-op regularly provides interested members and customers with a variety of updates, including important information on food safety issues, Co-op Classes, consumer news, and more. Visit us online at coopfoodstore.coop and look for the links at the bottom of any page.



Quick Winter Warm-up Recipes

by Rosemary Fifield

We all need a collection of quick recipes to put together for lunches and dinners after a long day out of the house. Soups, stews, and chili are among some of the quickest and easiest dishes to make, and they can be the most satisfying, especially on a cold or rainy day.

Italian Pasta and Bean Soup

Serves 6

This classic soup has as many variations as there are Italian cooks, so feel free to improvise and adjust to your family's tastes. A little tomato paste can be a wonderful addition. I like to use macaroni that is approximately the same size as the beans for consistency and appearance, but use whatever you have on hand. If you have a rind from Romano or Parmesan cheese, toss that in for added flavor.

This particular recipe is the absolute favorite of my granddaughter, and it's always a pleasure to see her enjoy something my Sicilian grandmother once made for me!

2 tsp. olive oil
 1 medium onion, finely chopped
 1 large celery stalk, finely chopped
 1 large carrot, finely chopped
 2 cloves garlic, finely chopped
 4 cups vegetarian or low salt beef broth
 2 cups water
 2 cans cannellini beans, drained and rinsed
 6 oz. medium macaroni (elbows, medium shells, mini penne, ditalini)
 ½ tsp. dried oregano or 1½ tsp. minced fresh oregano
 ½ tsp. dried thyme or 1½ tsp. fresh thyme
 ½ tsp. dried basil or 1½ tsp. minced fresh basil
 Freshly ground black pepper to taste
 Grated Romano or Parmesan cheese

Heat oil in a large pot over medium heat. Add onion, celery, and carrots and cook, stirring, until soft, about 5 minutes. Add garlic, and sauté for a minute or two

to soften but not brown. Pour in the broth and water. Bring to a simmer over medium heat.

Add the beans and bring to a boil. Add the macaroni, herbs, and pepper. Simmer, uncovered, until the macaroni is tender, approximately 10 minutes.

Serve the soup with a sprinkling of grated cheese and a chunk of good crusty bread.

The following recipes can also be found in *The Co-op Cookbook: Delicious and Healthy Meals in Less Than Half an Hour*, available in our stores.

Three Bean Vegetarian Chili

Serves 6

Hearty, healthful, and satisfying, this chili is great over rice, couscous, or quinoa or served with slices of whole grain bread. Flavor and thickness can be adjusted by adding a small amount of tomato paste for a stronger tomato flavor, or more beans for extra thickness.

2 Tbs. olive oil
 2 medium onions, diced
 2 small green peppers, diced
 1 clove garlic, minced
 2 cups cooked kidney beans, drained and rinsed if canned
 2 cups cooked cannellini beans, drained and rinsed if canned
 2 cups cooked black beans, drained and rinsed if canned
 4 cups crushed tomatoes
 2 cups diced tomatoes
 ½ tsp. dried basil or 1½ tsp. minced fresh basil
 ¼ tsp. cumin
 1 Tbs. chili powder
 2 cups cooked corn kernels

Heat oil in a medium stockpot over medium heat. Add onion, pepper, and garlic and sauté for 5 minutes. Add beans, tomatoes, and spices, and simmer gently for 20 minutes. Add corn and bring up to serving temperature.

Santa Fe Soup*Serves 4*

Salsa is a great ingredient in quick meals, providing a variety of vegetables and flavors ready to use. Serve this soup with warm, folded corn tortillas, crusty bread, or wedges of pita bread to sop up all the delicious flavor.

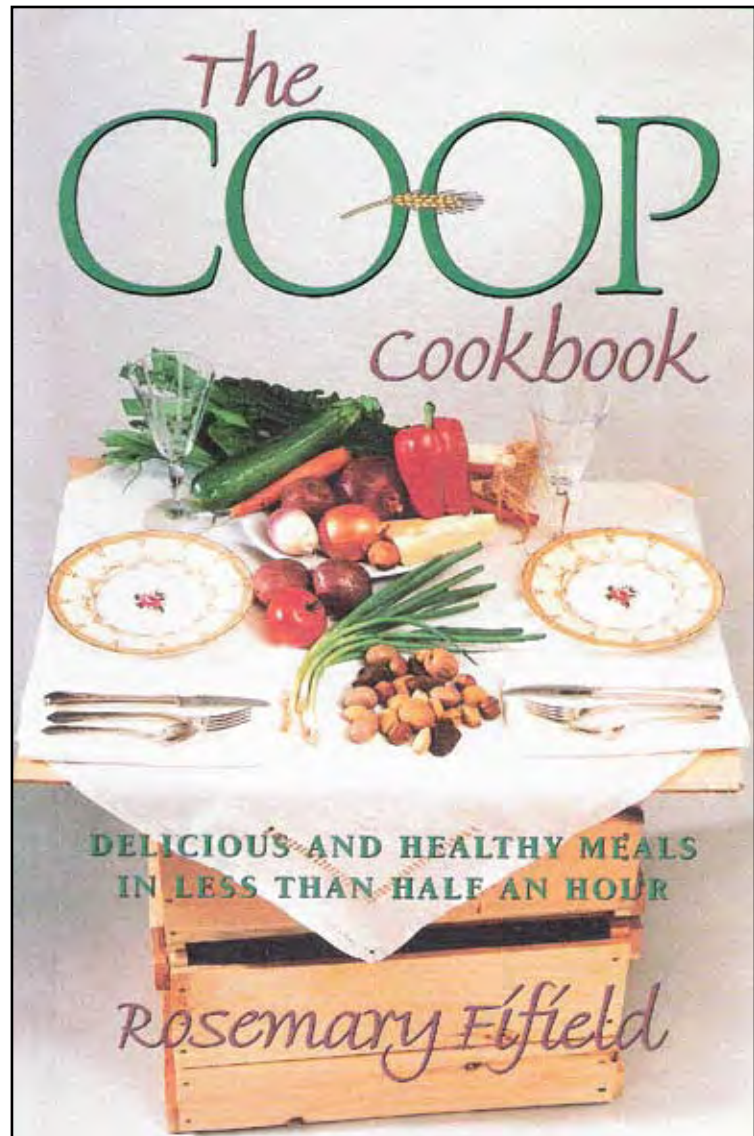
- 3 cups vegetable broth
- 4 cups cooked black beans, drained and rinsed if canned
- 1 Tbs. olive oil
- 2 cloves garlic, finely chopped
- 1 medium onion, finely chopped
- 2 cups stewed tomatoes
- 1 cup salsa or picante sauce
- 8 oz. elbows, shells, or spiral macaroni (optional)
- 2 tsp. chili powder (or to taste)
- Salt and freshly ground black pepper to taste

Combine 1 cup of the broth with 2 cups of black beans in a blender or food processor, and purée until smooth. Or mash beans with a masher and stir in the liquid by hand. Heat oil in a large pot over medium heat. Add garlic and onion and cook, stirring, for 1 minute. Add tomatoes, salsa, remaining broth, and remaining beans. Bring to a boil, cover, and simmer over medium heat for 5 minutes. Return the broth mixture to a rolling boil and stir in the macaroni, if used. Cook, uncovered, until the pasta is cooked but still firm to the bite (al dente), approximately ten minutes. Stir in the chili powder and the mashed beans and heat through. Taste and season as needed. If soup is too thick, adjust with water or additional broth and serve.

Spicy African Stew*Serves 6*

Choose your favorite thick and chunky salsa in a spiciness that appeals to you and your family, then add rice, vegetables, chick peas, and peanut butter to create the flavors of Africa in a hearty, good-for-you stew.

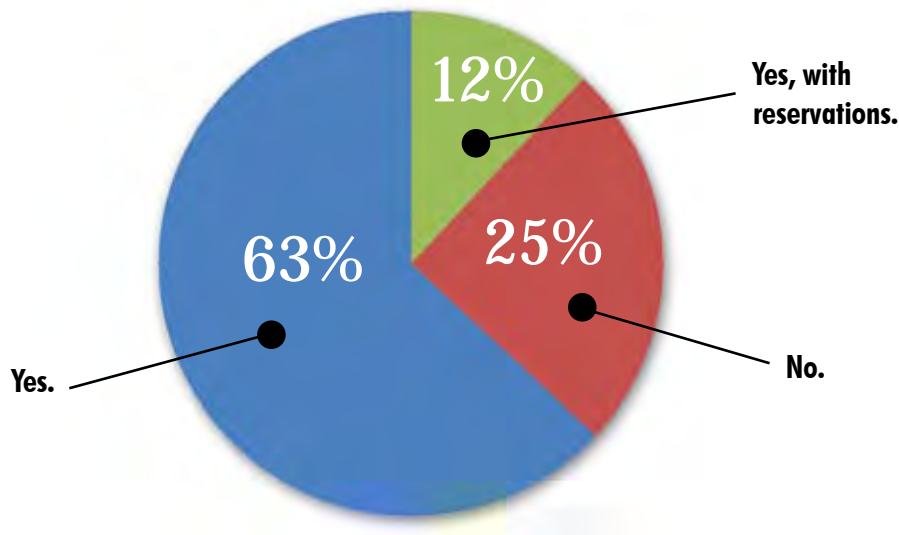
- 1 Tbs. vegetable oil
- 1 medium onion, chopped
- 1 medium sweet potato, peeled and diced
- 2 cloves garlic, minced
- 1 small zucchini, peeled and diced



- 6 cups vegetable broth
- $\frac{3}{4}$ tsp. dried thyme leaves
- $\frac{1}{2}$ tsp. cumin powder
- $\frac{3}{4}$ cup long-grain white rice
- 16 oz. thick and chunky salsa
- 4 cups cooked chick peas, drained and rinsed if canned
- $\frac{1}{3}$ cup creamy peanut butter

In a large saucepan, heat the vegetable oil to medium high and sauté the onions, sweet potato, garlic, and zucchini about 5 minutes. Add the broth, thyme, cumin, and rice. Bring to a boil, reduce heat, cover, and simmer for 15 minutes.

Add the salsa and beans and bring to a boil. Add the peanut butter and stir until combined. Serve hot.



Above, the breakdown of responses to a Question of the Week about whether or not the Co-op should be more proactive in supporting food-based movements.

Our Members Speak

Each week, the Co-op puts out its “Question of the Week for Members.” To date, over 500 Co-op members have responded at least once, and many have answered as many as thirteen questions.

While not all questions address issues that need action, member input on the following three questions has influenced our thinking about how to proceed with bags at checkout and our approach to activism on food issues. For results on all of our weekly questions, check out our website, coopfoodstore.coop.

Should the Co-op charge customers for each bag they use, rather than giving back five cents for each bag not used?

184 responses: Yes 65.8% | No 21.2% | Not Sure 13%

The arguments made by those who opposed the idea or weren’t sure gave us plenty of food for thought.

“My initial reaction is that we should definitely charge, but what if charging for bags has the unintended consequence of driving away non-members?”

“I would think it would reduce repeat business. I rarely remember my reuseable bags and am not all that ‘green.’ It is a misconception to presume that your customers are all on the green bandwagon; so many people aren’t. I shop

at the co-op because I like the selection and price of hard to find international foods and ease of buying local. If I were charged for bags that are free at other stores, being a frugal Vermonter, I would switch to shopping at other stores.”

“No. While I support the idea, I think it would discourage lower income members from joining and shopping at the Co-op.”

Outcome: The Co-op does not have plans to charge for bags at this time.

Would you support having the five cent bag credit automatically go into the Green Energy Fund, rather than being refunded to the shopper?

**126 responses: Yes 62.7% | No 32.5%
Need More Information 4.8%**

While the majority said they were willing to give up the five cents, one out of three members said no. In addition, some who were willing to give up their credits expressed concern that others would stop providing their own bags without an incentive.

Outcome: As one member pointed out, the average shopper who brings bags regularly earns approximately

\$13 per year in nickels. This year, we have decided to offer our faithful bag recyclers the opportunity to win a much more substantial reward through our Bring Back the Sack raffle. See page 11 for details.

Should the Co-op be more proactive about supporting food-based movements, such as groups that protest genetically modified crops, federal subsidies that favor agribusiness over small farms, or the abuse of terms like “natural” in the labeling of cereal?

**59 responses: Yes 64.4% | No 23.7%
With Reservations 11.9%**

As always, our members had plenty to offer beyond a simple Yes/No answer, and the diversity of their responses illustrates why this question was asked in the first place. With 28,000 member households, the Co-op is owned by people with a wide variety of outlooks and opinions:

“Yes, to the extent of providing members educational and resource materials concerning these issues and how they might individually support them. However, I’m reluctant to see the Co-op overall promoting positions that would be potentially divisive to its members. That level of proactive involvement might be more appropriate at a Co-op committee or study group level, with the statement that this may not represent the views of all Co-op members.”

“Absolutely. Our food coop can play a crucial role in protesting GMOs and federal subsidies that favor agribusiness over small farms. Part of that role should be providing basic information to co-op members, non-member co-op shoppers, and the community at large about genetically engineered foods and federal subsidies that favor national and transnational agribusiness and food processors.”

“Please stick to education, not activism, when it comes to food-based movements. When I shop at the Co-op, I’m looking for food choices, not ideology. Unless the Co-op intends to provide ‘equal time’ to both sides of a food-based movement, please remain officially neutral in the discussion.”

“Yes! Especially with regard to the term ‘natural’ and supporting groups that protest GMOs.”

“I think the Coop’s most appropriate role is to educate members and the general public about these issues but not lead the charge.”

“Yes, I think Co-op should be more proactive. The more information provided the better, and making it easy for people to sign petitions, etc. is good.”

“Not all of your customers are going to be concerned about or supportive of fighting GMO foods, GMO research, big agribusinesses, etc. And where will you draw the line as far as the issues you will integrate into your mission? Will you fight use of GMOs but not the killing of animals? Support vegetarians but not vegans? I support the co-op seeking greater information for consumers, more so than any other goal.”

“Being proactive as a group, using the clout of members in a democratic way can certainly help to encourage responsibility and accountability in government and industry. They know there is an awareness of their actions, profit should not be the bottom line.”

“I don’t think the Co-op should involve itself politically in these causes (can of worms because there would be so many different opinions among the membership), but I think it would be GREAT if it took steps to educate its members about organizations that do champion these causes and thereby provide the opportunity for members to get involved individually.”

“Supporting (resistance to) misuse of funds and abuse of the term natural makes sense; however I’m not so sure that GMOs merit the same concern.”

“Yes. Protest GMOs like they did in Europe.”

“No! No political protests. PLEASE just stick to offering high quality food.”

“Yes, absolutely! The coop needs to be right in the thicket of food politics, arguing for clean and sustainable agriculture.”

“Yes!! Especially abuse in labeling.”

“No. While most food based movements are a good thing, many such groups are fronts for agendas that do not show in their names. And if the Co-op supports one group it then should support all groups and then gets bogged down in matters that it doesn’t have to. But, if the Co-op feels it should offer more support, start small. How about a bulletin board in the vestibule dedicated to food groups stating the group’s name and area of concern.”

Outcome: “The Cooperative Consumer” (see page 9) is our newest vehicle for meeting member and shopper interest in learning more about food issues. We offer updates on what’s going on in the world of food, with plenty of links to sites where interested folks can learn more and become as involved as they wish to be.

For results on all of our weekly questions, check out our website, coopfoodstore.coop.

People Helping People

Community Partners

January Community Partner: Willing Hands

Willing Hands Enterprises is the brainchild of a former Co-op employee who saw Upper Valley people in need of food and knew the Co-op had excess produce that was going to waste. With support from the Co-op, in 2004, he began to personally distribute those fresh fruits and vegetables to local human services organizations.

Today, Willing Hands drivers pick up excess food from many local donors including grocers, farmers, and bakers and deliver it to over 40 service organizations including senior centers, food shelves, community meals, rehabilitation programs, and subsidized housing. In addition to the immediate area around Hanover and Lebanon, some of the towns they visit include Windsor, Springfield, Orford, West Fairlee, South Royalton, Sharon, Cornish, and Claremont.

Willing Hands provides this service seven days a week, all year round, free of charge, delivering two to three tons of healthy food daily. Because these fresh produce items are often unfamiliar to the recipients, Willing Hands volunteers also provide recipes, cooking help, and other types of information that promote healthy eating and wellness among the people they serve.

How You Can Help:

- Make a cash contribution at the registers when you shop at any Co-op location during January.
- Call the organization at (802) 698-0265.
- Learn more by visiting the Willing Hands website at www.willinghands.org.

February Community Partner: The Upper Valley Haven

The Upper Valley Haven was started in 1980 by five clergy members and parishioners of St. Paul's and St. James' Episcopal Churches in White River Junction and Woodstock, Vermont. A food shelf and clothing room was added in 1983. That year the food shelf served 327 families.

In May 2004, the Haven Family Shelter, Food Shelf, and Clothing Room moved into a new building on Hartford Avenue in White River Junction. Today the Haven's food shelf serves more than twice as many families every month than it served per year in the early 1980s. Haven outreach staff also report that an estimated 50 people a night are homeless in the Upper Valley—living in the woods, in tents, in their cars, or on the couches of family or friends.

Even larger numbers are those of the working poor who, despite holding jobs, struggle to provide the basic necessities of food, clothing, and shelter.

How You Can Help

- Make a donation to The Haven when you shop at any Co-op location during the month of February and support the Haven Food Drive in the Hanover store.
- Donate clean, functional, and seasonally appropriate clothing to The Haven at 713 Hartford Avenue, White River Junction, Vermont.
- Call The Upper Valley Haven at (802) 295-6500 to learn about volunteer opportunities, or visit www.uppervalleyhaven.org.

March Community Partner: Grafton County Senior Citizens Council, Inc.

"Growing old," a Co-op employee's elderly mother liked to say, "isn't for sissies."

It's a sentiment with which many would agree wholeheartedly. And for close to 40 years, Grafton County Senior Citizens Council, Inc. (GCSCC) has worked to make sure that older adults in our community have access to programs and services that support and enhance their health, well-being, dignity, and independence.

Through eight senior centers, the council promotes, develops, and carries out a range of community-based long term care programs. Its programs and services help

older adults to remain independent in their own homes for as long as possible.

The council serves nearly one out of every two residents over the age of 60 in Grafton County. The number of elderly people in Grafton County is growing, and the number of participants in GCSCC programs is growing too—making GCSCC more needed than ever.

How You Can Help

- Make a donation to GCSCC when you shop at any Co-op location during the month of March.
- Volunteer with GCSCC and give your time and skills to people who need it in our community.
- Call GCSCC at 603-448-4897 to learn more or visit gcsc.org.

April Community Partner: Watson Upper Valley Dog Park Supporters

In January of 2003, a small group of Upper Valley dog owners kicked around a big idea: They would work to form a dog park, providing a place for dogs to be free to run and play. It was an idea that had proven to be a hit in other communities, with more than 2,000 similar parks existing nationwide and growing in number every day.

Watson Dog Park officially opened to a “leash-cutting” ceremony on June 7, 2008. Located on Route 14 West in

Hartford, Vermont, the bucolic fenced-in, off-leash area had typical park amenities such as benches, double-gated entry, waste-disposal systems and bags, signage, donation lock boxes, and a commemorative brick patio.

Then, in 2011, Tropical Storm Irene hit.

Flood waters overran the nearby riverbanks and hit the park broadside, washing away everything in its path and filling what was left with mud and debris.

As a result, as of this writing, Watson Dog Park has been virtually demolished, and the group is at square one working to rebuild. And they need your help!

How You Can Help:

- Spread the word about the dog park to your family, friends, and neighbors.
- Contact WUVDPS at info@watsondogpark.org to learn more about the organization and upcoming projects.
- Keep an eye out for a newly redesigned website—watsondogpark.org—coming soon.
- Volunteer to work on the operations committee or to participate in fundraising efforts.
- Make a donation to UVDPS at any Co-op location whenever you shop at the Co-op during the month of April.
- Send donations directly to WUVDPS, PO Box 671, Hartford, VT 05047.

Be a Partner!

Started in 2002, the Co-op Community Partner program has given tens of thousands of dollars to local non-profits over the years and has proven so successful that it has created a waiting list of worthy organizations spreading into 2016.

Our Community Partner program offers an opportunity for Co-op shoppers to donate at the registers to a local non-profit organization each month. Ninety percent of all donations go directly to the Partner of the Month. Ten percent goes to the Hanover Cooperative Community Fund (HCCF), the Co-op’s charitable foundation. Want to become a Co-op Community Partner? Email comment@coopfoodstore.com or call Ken Davis at 603-640-6544.





Get the *Co-op News* in Your Inbox

Beginning this month, the *Co-op News* is no longer being mailed but is available free electronically and by pickup in our stores.

Send us your email to get the Co-op News in your inbox!

Email comment@coopfoodstore.com, or give your email address to our Service Desk staff. We'll let you know when our newest issue is ready for you to read online or pick up in the stores. You can also subscribe online by going to www.coopfoodstore.coop and clicking on "enews" at the bottom of any page. See you online!

coopfoodstore.coop/news