

WINTER 2016/2017



Table

Winter Warmth

FOOD SOVEREIGNTY & HUMAN RIGHTS

40 Years of Co-op Local



Table

published by

OLYMPIA FOOD CO-OP

WEST

921 ROGERS ST NW • OLYMPIA, WA 98502

(360) 754-7666

open daily 8AM-9PM

GARDEN CENTER daily 10AM-7PM seasonal (hours/days vary)

EAST

3111 PACIFIC AVE SE • OLYMPIA, WA 98501

(360) 956-3870

open daily 8AM-9PM

Both Co-ops are open every day except for
New Years Day due to inventory

BUSINESS OFFICE

608 COLUMBIA ST SW • OLYMPIA, WA 98501

(360) 357-1106

www.olympiafood.coop

EDITOR & ADVERTISING COORD. Jennifer Shafer

STAFF LIAISON/ COORDINATOR Maureen Tobin

NEWSLETTER COMMITTEE Jennifer Shafer,
Maureen Tobin, Desdra Dawning, Jenn Kliese,
Whitney Bard

GRAPHIC DESIGN & ART DIRECTION Jenn Kliese

PHOTOGRAPHY Jenn Kliese, olyhillary, Whitney
Bard, Gary Wessels-Galbreath

CONTRIBUTORS Jen Shafer, Whitney Bard, Chie
Okazaki, Maureen Tobin, John Farinelli, Meghan
Hinz, Tina S, Desdra Dawning

Opinions expressed in the **Co-op Table** are those
of the authors and do not necessarily reflect the views
of the Co-op Staff, Board of Directors, Co-op Adver-
tisers or anyone else. Co-op members are welcome to
respond.

The **Co-op Table** is published on a quarterly
basis and comes out in March, June, September, &
December with an additional special Co-op Elections
supplement appearing in October. Please contact the
editor, Jennifer Shafer, at newsletter@olympiafood.coop
or (360) 789-7613 to discuss your article idea or
advertising inquiry. You may also leave messages
in the newsletter box at either store, Attention: Co-op
News.

Acceptance of advertising does not indicate endorsement by the Co-op
or the product or service offered

cover photo by Whitney Bard,

back cover photo by Gary Wessels-Galbreath

IN THIS ISSUE

Winter Warmth: Recipes	p. 4
Annual Membership Meeting	p. 9
Winter Immunity	p. 10
40 Years of Co-op Local!	p. 14
Local Product Highlights	p. 16
Co+op Basics	p. 17
Community Classes	p. 20
Board Report	p. 23

The Co-op will be open
DECEMBER 25
from 9am-5pm
& closed
JANUARY 1
for inventory.



garden
CENTER
WESTSIDE
Winter Hours

SAT/SUN thru Dec 16
10am-4pm

DAILY, Dec 17-24
10am-4pm

Dec 25-Feb 2
CLOSED

The staff collective would like to recognize the diversity within our community. If you have thoughts on our store hours we would love to hear from you at customerservice@olympiafood.coop

BOARD ELECTION RESULTS

☒ **Desdra Dawning (185)**

☒ **Brian Frisina (179)**

☒ **Jamie Rossman (161)**

☒ **Jim Hutcheon (153)**

☒ **Casey Hook (113)**

We had 259 members vote in our election this year, significantly more than last year! Of those votes 229 were verified and counted.

Desdra Dawning, Brian Frisina (Raven Red-bone), and Jaime Rossman came in first, second, and third in number of votes and have accepted 3 year terms to serve on the Board. Jim Hutcheon came in 4th and accepted the 2 year term to serve on the Board. Casey Hook came in 5th and accepted the 1 year term to serve on the Board.

Special thanks to Mardi Halvorsen, Caleb Baldwin, and Dylan Brooks for running for a position on the Board. We appreciate your time and dedication to the Co-op!

Also thank you to the voting Members for participating in the process of Co-op democracy. Democratic Member Control is the second of seven Cooperative Principles and is crucial to the life of the Cooperative movement.

Welcome to our new Olympia Food Co-op Board Members!

We invite you to join us!

BECOME A WORKING MEMBER

Active participation of members is the foundation of any cooperative. At the Olympia Food Co-op, working members have supported the operations of the Co-op since we opened in 1977, and are a valued part of our Co-op community.

As a working member, you can learn about your Co-op from the inside out, meet people, gain new skills, and receive discounts on your groceries. Join a long tradition of working members who have made the Olympia Food Co-op the successful, community-oriented organization it is today!

Sign up for an introduction tour at either store today!

WESTSIDE

EASTSIDE

JANUARY

THURSDAY 5TH, 1-3PM
THURSDAY 12TH, 3-5PM
WEDNESDAY 18TH, 11AM-1PM

FEBRUARY

FRIDAY 3RD, 2-4PM
WEDNESDAY 8TH, 12-2PM
THURSDAY 16TH, 1-3PM

MARCH

FRIDAY 3RD, 1-3PM
WEDNESDAY 8TH, 10AM-12PM
FRIDAY 10TH, 3-5PM
WEDNESDAY 15TH, 11AM-1PM

DECEMBER

THURSDAY 1ST, 5:30-7:30PM
SUNDAY 4TH, 9:30-11:30AM

JANUARY

THURSDAY 5TH, 5:30-7:30PM
SUNDAY 8TH, 9:30-11:30AM

FEBRUARY

THURSDAY 2ND, 5:30-7:30PM
SUNDAY 5TH, 9:30-11:30AM



Winter War



with

Nutritious Recipes for the Cold Months

Recipes & Photos by Whitney Bard
with Chie Okazaki & Mo Tobin

Introduction by Jen Shafer

There is a saying that parents use when trying to convince their little ones to choose protein and nutrient-rich foods over the more enticing and less rewarding sweets and salts of the snacks kids so often desire. “Eat your strong food” is what you may hear parents say when coaxing their kids to make better choices. There is a good and (seemingly) obvious reason for this: food is medicine. When we view it that way, food choices can go a long way in supporting our immunity and overall wellness. With winter come cold and damp conditions and the circulation of more viruses, increasing challenges to our natural immunity. As a Co-op shopper, you are most likely already oriented towards this perspective, but it is still good to get the reminder to “eat our strong food,” remembering that nutrient-rich food is an ally to combatting illness. Co-op Staff members, Whitney Bard, Chie Ozaki, and Mo Tobin shared some recipes to help us create meals that are immune rich and can help us stay well this winter.

SPICE MARKET CHICKEN SOUP

4 roasted chicken thighs, meat and pan drippings
2 cups brown rice
1 onion, diced
2 Tbsp. salt
2 Tbsp. brown mustard seeds
1 Tbsp. cinnamon
1 Tbsp. turmeric
1 Tbsp. cumin
1 tsp. coriander
1 tsp. allspice
1/2 tsp. cardamom
1/2 tsp. cloves
8 cups chicken broth

Roast the chicken thighs in a cast iron pan, skin down for 25 minutes at 420 degrees, until golden brown. When cool,

Continued on page 6

Winter Warmth, continued from page 5

remove, shred and reserve the meat. Retain the bones for a future broth. In a large soup pot, sauté the onions with the salt in the chicken pan drippings. Meanwhile, combine all spices in a lightweight skillet and toast until the color just begins to change and the aromas mature; add the toasted spices and the brown rice to the sautéing onions, stirring them together. Stir the chicken broth into the mixture, cover and cook over medium heat until the rice opens, about 50 minutes. Stir frequently; the soup will thicken as it cooks, settling on the bottom. Add in the reserved chicken meat; continue to cook for 10 minutes more. Salt to taste.

STAY STRONG CHICKEN SOUP

4 roasted chicken thighs, meat and pan drippings
3 cups potatoes, diced
2 cups carrots, diced
2 cups yellow onion, diced
1 Tbsp. salt
1 head garlic, chopped
1 Tbsp. powdered turmeric
6 cups chicken broth
¼ cup apple cider vinegar
3 inches ginger, grated
2 inches fresh horseradish root, peeled and grated

Roast the chicken thighs in a cast iron pan, skin down for 25 minutes at 420 degrees, until golden brown. When cool, remove, shred and reserve the meat. Retain the bones for a future broth. In a large soup pot, sauté the onions with the salt in the chicken pan drippings. Add in the chopped garlic and turmeric and stir in until well combined. Pour in the chicken broth and, stirring occasionally, allow the vegetables to cook together on a low boil until soft, about 45 minutes. Combine the apple cider vinegar, ginger, horseradish root and reserved chicken meat in the soup pot and allow to cook for 15 more minutes. Salt to taste.

BLACK VELVET & GREEN CHILIES

2 cups dried black beans, soaked overnight (or two large cans of black beans)
2 Tbsp. cinnamon
2 Tbsp. cumin seed
2 tsp. allspice
½ tsp. cayenne
¼ cup olive oil
¾ cup cocoa powder
1 cup water
2 Tbsp. salt
3 cans Hatch chilies

Rinse the beans and cover with 5 cups of vegetable broth. Bring to a boil and allow to cook until soft, about an hour. Combine all spices in a lightweight skillet and toast until the color just begins to change and the aromas mature. Turn off the heating element and add the olive oil, stirring until combined. Add this mixture to the cooking beans. Add water and stir as the beans begin to open, until the soup attains the consistency of pancake batter. Place the cocoa powder in a small bowl. Boil one cup of water (or strain off one cup of the bean water) and, while whisking, add it to the cocoa powder in small sips. Whisk the chocolate until smooth (add more water if needed), then stir into the beans and add the salt. After the beans are thoroughly opened, add the chilies and continue to cook for 10 more minutes. Salt to taste.

CRANBERRIED SLAW

1 small green cabbage, about 2 lbs.
1 cup fresh cranberries
½ cup white wine vinegar
½ cup olive oil
¼ cup agave
2 tsp. salt
1 jalapeño
½ cup dried cranberries

Using the smallest blade on a food processor, slice the cranberries and reserve in a small bowl. If a food processor is not available, chop roughly. Remove the outer layer of the cabbage, cut in half and slice out the stem. Also using the food processor, slice the cabbage and add to a large bowl. In a saucepan, heat up the oil, vinegar and salt together,

whisking until it just starts to boil. Pour over the cabbage and let cool for 30 seconds then, using clean hands, massage the dressing into the cabbage. Grate and add the jalapeño, using as much as you prefer. Add in the cranberries and toss together.

JAPANESE WINTER HOTPOT WITH TURKEY DUMPLINGS

Serves 4

Hotpot or "Nabe" is to be eaten in the autumn and winter months with a table full of people gathered around the hotpot. There are many types of hotpots: crab, pork, kimchi, tamari flavored, salt flavored, etc. Some hotpots have dips for your meat and veggies instead of a seasoned broth. Traditionally, we add ingredients into a ceramic hotpot at the table and add ingredients as we share our meal over a portable single burner. To simplify the matter, we will make this recipe at the stove so it will be more like a stew ready to go.

Dashi (broth):
3" piece kombu (kelp)
2 cups bonito flakes
Turkey dumplings:
1lb ground turkey
1 egg
1-inch ginger, chopped
3 green onions, chopped
Sea salt

For Nabe (hotpot):
1 medium daikon, thick coins
2 leeks, washed well and in chunks
8 leaves Napa cabbage
2 carrots, sliced on the bias or made into flowers
2 medium burdock root (gobo), sliced
6 shiitake mushrooms, quartered
3 baby bok choy (or other greens such as chrysanthemum, mizuna, chard) chopped
½ to 1 block firm tofu
Salmon, cut into chunks
Miso, chickpea and/or red miso to taste (I like to use a mixture of the salty red and sweet chickpea)

For rice porridge:
Cooked rice, brown or white
Mochi, toasted

First make the dashi (broth): Place kombu in a medium sized pot. Fill pot with water

Continued on page 8



Continued from page 6

and bring to a boil. Toss the 2 cups of bonito flakes in and bring down to a simmer for 5 minutes. Strain the broth and put back into the pot.

Then make the dumplings: Place all ingredients for the dumplings into the food processor and grind until mixed. When the dashi for the hotpot is ready, drop spoonful sized balls of the turkey dumpling mixture into the simmering broth to cook. When they float to the surface, they are ready. Set aside cooked dumplings and start to cook the other ingredients.

Construct the hotpot: Start cooking in the broth the vegetables that take longer to cook like daikon and leeks. Then add the burdock, carrots, shiitake, Napa, tofu, and baby bok choy. The salmon can be added near the end of the cooking time for it does not take long for it to cook. This will add to the base flavor of the broth, which will then be used to make a rice porridge at the end of the meal.

Add flavor: Once everything is cooked through, turn off the heat and add the miso to taste. It may take several tablespoons. Add a pinch of salt or Tamari if Miso is not your favorite flavor. Then enjoy!

Make the porridge: When everybody is done eating, turn the heat back on and add the rice or you can also add a noodle of your choice

such as mung bean or rice noodles. Simmer and enjoy the porridge. Some people like to add toasted mochi (sweet rice cakes) as well. Yum!

SPLIT PEA SOUP

Serves 6-8

3 cups dried split peas
7 cups water or stock (may need more)
1 bay leaf
2 tsp. salt
1 tsp. dry mustard
2 cups onions , minced
4 medium garlic cloves , minced
3 stalks celery , minced
2 medium carrots , sliced
1 potato , diced
Fresh ground black pepper
1 -4 Tbsp. apple cider vinegar to taste (or balsamic vinegar)
Optional toppings:
Sesame oil or seeds
Nutritional yeast
Fresh ripe tomato , diced
Fresh parsley , minced

Place split peas, water, bay leaf, salt, and mustard in a soup pot. Bring to a boil, reduce heat to low, and simmer, partially covered for about 20 minutes, stirring occasionally to prevent split peas from sticking to bottom of

pot. Add onions, garlic, celery, carrots and potato. (You can sauté these first or add them in directly if you want a fat free soup).

Partially cover and allow to simmer for about 40 minutes, stirring occasionally. You may need to add extra water to prevent the soup from sticking to the bottom of the pot.

Season to taste with pepper and vinegar. Serve with a drizzle of sesame oil, diced tomato and minced parsley.

SUNSET YAMS

3 large yams, washed and cut in half
2 Tbsp. local honey
2 Tbsp. olive oil
¼ cup lime juice
1 tsp. salt
¼ tsp. cayenne

Pre-heat oven to 375°F. Lay yams, jacket side down, on a cookie sheet. Combine all remaining ingredients in a small bowl and whisk together. Brush or drizzle the dressing on the yams, making sure the surfaces are evenly coated. Bake for 30 minutes, remove from oven and drain off the hot liquid in the pan, reapplying to any parts that have dried out. Return to the oven and bake until they turn dark and bubble at the edges, about 30 more minutes. Can be served hot or cold. ■



FOOD SOVEREIGNTY & HUMAN RIGHTS

on the Annual Membership Meeting Feature Presentation

by Jen Shafer, Co-op Table Editor

The Co-op's Annual Membership Meeting took place on Saturday, November 12, at the downtown Olympia Community Center. On the heels of an election week that brought many painful emotions and fears for the future to the surface, the meeting served as a concrete reminder of the things that persevere as the larger world around us changes. These treasured things such as community, cooperatives, local food and food systems and the wisdom inherent in First Nations perspective and ways of living became clear through the event's featured presentation and organizational updates.

Context

The Meeting's feature presentation was called "Food Sovereignty and Human Rights" and consisted of three presentations by First Nation people. Sonny Davis, a Quinault fisherman, husband and father, spoke to the Quinault's and tribes' of Washington State (30 federally recognized as well as some unrecognized tribes) relationships to traditional and sustainable fishing. The Quinault and other local tribes, such as the Makah, Squaxin and Skokomish to name a few, provided the first supply of seafood, as well as access to and education for fishing these waters, to non-Native settlers. Davis has first hand experience in the past and present of seafood production in Washington State and is the owner of Native Harvest, which is a "Quinault family-owned business offering premium seafood caught and processed with the care and spirit passed down to us through the generations." He impressed upon the audience, that although a large global population has made some large-scale food production necessary, it is the local resources that provide what he called, "a vibrancy to food." While food is necessary for survival and can be further viewed as medicine for good health and fuel to carry through our days,

there is another layer to food-soul that Native Harvest wants to bring into the market. As the original keepers of this land, Native cultures have a legacy of care for this land and therefore, a deeper connection to it as well as thousands of year's knowledge base and instinct from which to cultivate food.

Davis gave the audience context for the current seafood industry by sharing an overview of the fishing rights struggle in Washington State. As a child in the 70's, Davis grew up fishing with his Quinault family and community and saw the transition from unregulated to regulated; the initial resistance of the state to cooperate even when regulations were put into law; and the eventual and mutually sustainable partnership the Tribes have with the State. George Bolt, a "typically law and order" type of judge was "appalled at the State of Washington's behavior towards tribal rights" and it was his unexpected support of the Tribes' welfare in 1974 that essentially forced the State to co-manage with the Tribes. Until then, rules governing catch were unregulated and violations of treaty rights continued without consequence. In one year for example, 300 fishing violations occurred and only one ended with a conviction. Davis shared that tribes had wanted regulation all along, but also feared challenges in court for fear of losing their rights, so often had resisted taking the violations to a higher court.

Davis concluded his talk by stating, "We're here, have been a long time, and are not going anywhere." When asked by an audience member how we as consumers can support sustainable fishing in the Pacific Northwest, Davis said, "Support the tribes and their efforts to maintain treaty rights and their work within the industry." The Co-op carries some of Native Harvest's products such as their smoked salmon and purchasing them is one of the immediate ways to support tribal practices and production.

Bridging the Past & Present

Aleta Poste, a Squaxin tribal member, and Elizabeth Campbell, a Spokane tribal member, made the second portion of the presentation. These two women work with the Squaxin Island Tribal Garden, which is an impressive collaborative effort on the Squaxin Island reservation to support its community through growing healthy food, ensuring food sovereignty and security, building community, providing care, and restoring tradition and culture. They spoke using a PowerPoint

presentation that illustrated how comprehensive and holistic the Garden project is.

Poste and Campbell contextualized their work by sharing the significance of food to the tribes of the Salish Sea (Puget Sound). As Poste said, "food is at the center of our culture; it is present when we view new life and when we mourn the loss of a loved one." From the meetings of many area tribes in the Longhouse to the signing of the Medicine Creek Treaty, food is at the heart of what the Squaxin people value.

Currently, the staff of 8 (all Squaxin except for Elizabeth) manages 2-5 acre properties hosting vegetables, herbs, berries, and a fruit orchard for both food consumption and medicinal uses. They have 10 raised beds planted according to the needs and wishes of tribal elders and the garden is integrated into educational curriculum and childcare support. The Garden is responsible for creating jobs and supporting many programs such as On The Job Training (OJT) and Temporary Assistance for Needy Families (TANF). In February of 2016, 6 tribal members moved from training to being permanent staff of the Tribal Garden.

Campbell spoke to the currently in development ten-year strategic plan and the momentum that is currently in play within the Squaxin Island community. She recognized the support and collaboration coming from other tribes such as the Nisqually and from outside community partners such as SPSCC and other local farms such as Helsing Junction. The Squaxin Island Tribal Garden also restores the Squaxin's connection to native foods and for example was able to persuade the Shelton Airport to collaborate in the protection and cultivation of an area of prairie where the Camas bulb had once been abundant. In addition, Ozette potatoes and rainbow corn have been produced and the practice of seed saving has begun.

Campbell went on to share that disease rates for Tribal people are higher than for non-Native groups and so the Squaxin Tribal Garden Project has decided to "Steer the bow into the wave." Native people have an incidence of diabetes that is 6-9x's higher than the national average and so the Squaxin want to address health issues by taking ownership of what they eat.

Continued on page 16



Foundational Support for Your Immune System

By John Farinelli, Co-op Member

Being sick is a bummer. Most people see sickness as a nuisance that keeps us from doing the things we want to be doing. However, our bodies always have a reason for why we feel the way we do. The discomfort that you feel when you're sick, that's your body communicating to you that something isn't right. This is your body letting you know that either something you are doing is taxing your systems or that it's time to start doing something more supportive. Either way, your immune system is compromised and is fighting fiercely to keep you from developing long-term damage and chronic illness. After all, it's in our body's best interest to keep us feeling good so we can keep providing the nourishment it needs to thrive. Our bodies only slow us down when we need to conserve energy and redirect it towards fighting off an infection or processing toxins.

I used to believe that getting sick was an inevitability that came along with the changing of the leaves and the onset of rain. But once I began paying more attention to the messages my body was telling me and treating food as medicine, I learned that it is possible to get through the colder months without coming down with a cold or flu. There are so many aspects to staying healthy in the winter, and covering them all is beyond the scope of this article. Today, I'd like to share with you a little about nutrition and why soups are an ideal winter food for supporting health through colder months. At the end I will give a few tips about other aspects that can help keep you healthy this winter.

Most people as it gets colder are less inclined to eat cooling foods, like raw vegetables and fruit. The body will start to crave more energy-dense foods, in an attempt to store energy. The body is doing this in preparation for

the scarcity that, throughout most of human time, accompanied winter. It's very easy this time of year to opt for a pumpkin spice muffin instead of a kale salad. While there is more storable energy (carbohydrates) in processed grains and sugar, there are significantly less nutrients. There's a good chance that occasionally eating this way will not tip the scale from feeling fine and dandy to achy and stuffy. With that said, sugar does put extra strain on the immune system and I would advise avoiding sugar if you are feeling any symptoms of sickness. If you are feeling fine, everyone has their own threshold of how much their body is able to handle. If your body goes long enough without getting the nutrients it needs to support the immune system and detoxification, the burden becomes too much to handle.

To ward off illness, make sure you are getting enough nutrients to support your immune system. Start by cooking more. Cooking at home instead of eating out or buying processed foods is a simple way to get more nutrients without putting much thought into it. For added benefit, cook with butter, ghee, coconut oil, lard, or tallow instead of canola oil, safflower oil, or other highly processed



Immunity

“vegetable oils.” Also, use an unrefined salt, high in minerals like himalayan salt or celtic salt, instead of iodized table salt. High mineral salt at 90+ minerals, instead of just sodium chloride and synthetic iodine found in table salt. These minerals are essential to every metabolic function that needs to happen in the body.

Making soups and congee (rice porridge) are great ways to still eat something comforting while also getting easily absorbable nutrients. As the ingredients cook in liquid, they begin to gently break down. This allows your body to absorb the nutrients more easily and spend less energy on digestion. The cooking process also breaks down plant anti nutrients, like phytates and oxalates, which allows you to absorb more of the minerals in your vegetables. This is why soup is traditionally given to those who are sick. The easily absorbed nutrients, and the reserve energy can then be used for fighting off infection, processing toxins, cellular repair, and powering other processes in your body that keep you feeling good.

Another great thing about soup is that you can make a large batch and eat it throughout the week. Be aware, there is a big difference,

nutritionally, when it comes to making a soup with store-bought broth and homemade broth. A broth you make at home is going to have significantly more nutrients than what you buy at the store. If you eat meat, use a meat or bone broth as your base. The bones will release amino acids like glutamine, as well as minerals like calcium and magnesium as they simmer. If you are vegetarian, try a veggie or mushroom broth. Homemade broth can be made in as little as 30 minutes but generally cooking them longer pulls out more nutrients. If you have the time, you can cook a veggie stock up to 2 hours before it begins to get bitter. A bone broth can go up to 12 hours if you like, but you don’t get any added nutritional benefit by cooking longer than 12 hours. If you are sensitive to histamines, are immune compromised or are chronically ill, a shorter broth of 30 minutes to 2 hours will be better for your body.

Soups are a staple of my winter diet and I also use them therapeutically when I get sick. If you get sick, eating soup at least once per day will warm and comfort you, while giving your body a nutritional boost. If you are able, try sticking to an exclusively soup or broth diet until symptoms begin to lessen. You’ll be

amazed at how beneficial this can be when combating an illness.

Nutrition is just one piece of the equation that can keep you healthy during the winter. Here are some other things to consider to stay healthy during the winter. For starters, it’s important to stimulate your lymph. Your lymph system is the way your immune system moves throughout your body. Unlike your circulatory system which has your heart to pump it, your lymph relies entirely on movement and physical stimulation through the skin to circulate. When you don’t move, your immune system can’t do its job. To move your lymph, go for a 30 minute walk everyday, do yoga or use a sauna regularly. Doing even one of these regularly will keep your lymph flowing.

When it’s cold we tend to close up windows, which cause the air to get stale and also fosters mold growth. Make a point to get outside and breathe fresh air. At home, open your windows occasionally when the rain lets up. Even 5-10 minutes daily is beneficial. To prevent mold, run a fan and a heater when taking a shower. Wash any bath mats, towels,

Continued on page 12



sweater, and shower curtains regularly with hot water. Spray your shower down with a mix of citrus essential oils and apple cider vinegar to help prevent mold growth. (Bleach actually spreads mold and is very toxic, so avoid that!)

It's easy to forget about drinking water in the winter, but hydration is essential for every process in the body, even when it's cold. Make sure to drink half your bodyweight in ounces of water each day to support your immune system. If you are sick, you need even more water to flush things out. Coffee, soda, tea, and alcohol dehydrate you, so they don't count towards your daily amount. In addition to dehydrating the body, caffeine, sugar and alcohol put stress on the immune system. If you are feeling any cold or flu symptoms, I strongly suggest cutting these out while you are healing. Add a lemon wedge and a pinch of himalayan salt to your water to keep electrolytes replenished.

If you're not well rested, this puts strain on your immune system. Your body does most of its repair work while you are sleeping. One way to make sure you're getting a full night's sleep is by limiting or avoiding smartphone and computer use 1-2 hours before bed. Even if you can fall asleep right after shutting off your computer, the light emitted from these screens tricks your brain into thinking it's still daylight and reduces the restorative effects of sleep. You may be sleeping, but your sleep is not as deep or beneficial. If you need to use a computer or smartphone before bed, try using a blue light blocking app like f.lux.

To recap, your immune system needs adequate nutrition to keep you feeling like a million bucks. Try cooking at home more and explore broth, soup, and congee. Drinking fresh green juice and green smoothies you make at home or from a juice bar in town are other ways to sneak nutrients into your daily routine. Try moving everyday. 30 minutes or more is ideal, but even getting 5-10 minutes is beneficial. Getting fresh air, reducing your exposure to mold, drinking enough water and getting deep, restful sleep are powerful ways to support your immune system. I challenge you to take one of the tips from this article and start doing it today. I wish you amazing health and wellness through these damp and dark months!

Building Strong Immunity: The Basics for Self Care

By Meghan Hinz, LMP

**Co-op member &
community classes teacher**

Every day we are exposed to billions of microorganisms. They live all over our bodies, inside and out. They come in through our food, on our hands, and in the air. They're everywhere! Many are allies, but some are responsible for colds, the flu, and other unwelcome illness. There's only so much we can do to reduce exposure so it's important to bolster our internal defenses in order to keep illness at bay. And while the immune system itself is incredibly complex, supporting it begins with simple steps.

There are two major players when it comes to immune function: specialized immune cells, found in the blood and tissues and the digestive system. Cells in the blood and tissues team up to identify and destroy invaders. These cells need to be healthy, active, and in good number to do their job. The role of the digestive system begins in the stomach where the acidic environment kills off pathogens, but does not harm probiotics. Any survivors move on to the intestines where beneficial bacteria crowd out and fight off remaining pathogens. Probiotic gut bacteria also assist in the breakdown of food, making nutrients available to immune and other cells so they can function optimally.

Sugars, including starchy processed foods that are quickly converted to sugars, can significantly affect our defenses by decreasing the activity of immune cells for hours after consumption. They also create an environment that favors pathogenic gut flora making it difficult for probiotic bacteria to survive, eliminating a critical line of defense. This imbalance is also a known factor in Leaky Gut Syndrome, which can contribute to more complex immune issues such as food sensitivities and autoimmune conditions.

Stress also has a considerable impact on our immune systems. Most of us associate stress with external factors like traffic jams, a difficult work life, or major life changes, but stress can also be internal. Inflammation, lack

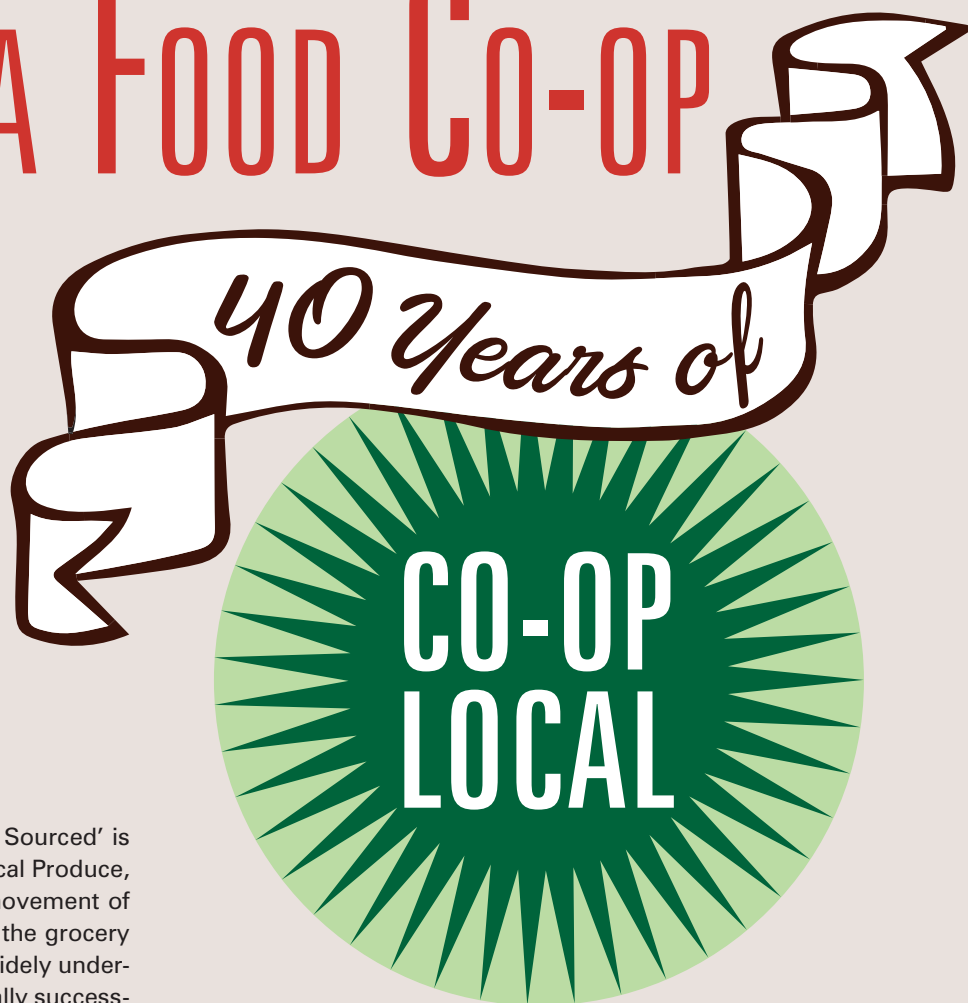
of sleep, exposure to allergens (and foods to which we are sensitive), and intense exercise can increase strain on the body. This overwhelms the immune system with what amounts to busy-work, making it difficult for those specialized cells to identify and destroy pathogens – and easier for us to get sick.

Here's the great news: the basics of caring for your immune system and preventing illness are simple and accessible. An organic whole foods diet including plenty of colorful vegetables and fruits provides vital nutrients to support immune function. Live fermented foods ensure a healthy balance of gut bacteria to fight off pathogens and maximize nutrient absorption. Remember that probiotics are killed off at temperatures over 105°F so be mindful when using ferments in meals and make sure purchased products are labeled as live, raw or unpasteurized. When I can't make it myself, OlyKraut, found in the Co-op's cold case, is my top pick! Stress-relieving practices such as breathing exercises, meditation and yoga have also been shown to support healthy immune function.

When these foundational pieces are in place, additional supplements, such as herbs with antimicrobial or immune-supportive actions, individual nutrients, and probiotic supplements, are much more effective. These are great tools to consider when our exposure is heightened or we feel the first signs of a cold coming on. When choosing supplements, check the label for any "inactive" ingredients or sugars that may be counteractive and keep in mind that food-based products are easier for the body to recognize and utilize.

When it comes down to it, we all have to eat. Making conscious food choices part of your self-care routine streamlines your time, energy, and budget by giving your immune system the nutritional support it needs without relying on costly supplements. Prevention may not seem as exciting as the latest remedy, but it's as simple as it is vital to a strong immune system. ■

THE OLYMPIA FOOD CO-OP CELEBRATES



By Tina S, Staff Member

When it comes to your food, the declaration of 'Locally Sourced' is everywhere these days. You've seen it: Local Cheese, Local Produce, Local Wine. It's official; local is "in." The natural food movement of the 1970's has changed what we expect when we go to the grocery store – sourcing foods from our local producers is now widely understood to be more ecologically sustainable and economically successful as well as a higher quality choice. Thank goodness!

But, what does it mean when Local is advertised? This is actually a pretty interesting question because it can mean wildly different things from store to store. It could mean regionally-sourced, as in it came from within your neighboring states. It could refer to a small sized farm business, or, it could mean multi million dollar farms, which sell within their home state and beyond.

At The Olympia Food Coop (OFC), Local has been a foundational value from day one. It is the bedrock to every choice we make. This value makes me beam with pride every day. I'm sure you know the feeling because at OFC our Local is Co-op Local. It is an inspired, unwavering understanding that people matter; that this planet matters; that our food matters. Most of all, it is the knowledge that when you come through the Olympia Food Co-op's doors, you won't have to wonder exactly where something local came from, because Co-op Local is clear. At OFC, it means that we work directly with the food producer, building longstanding relationships with people and businesses in our areas that love what they do and the food they make. Co-op Local is Direct, Fresh and Strong Community. Every time.

Next year is quite a significant year; 2017 will be 40 years of Local for The Olympia Food Co-op. That's right – forty years of putting the

highest quality food first along with the health of small farms, food producers and our local economy. This is no small accomplishment. When I think about it, it gets to the root of why I've been a member of OFC for so many years. As a shopper, I can make my selections with confidence, knowing exactly where my delicious food has come from. And as a Staff member, I can see the impact of our Co-op Local every time I receive a delivery in the warehouse and sign an invoice from a local producer. Knowing that each of those dollars will circulate within our communities for somewhere around a hundred times before it leaves our local economy, leaves me with a great sense of purpose and pride. I see this phenomenon every day and for me, that is the power of Co-op Local.

Whether it's the amazing food, where it came from, or the people we share it with in our lives – Co-op Local is something we can celebrate.





Clockwise from top left: OlyKraut Cranberry Brineade; The Honey Man, Raw Washington Honey Comb; Alaffia, Shea Butter Bar Soap; Sweets, Peace Love & Raw Raw Naimo Bar, Cobb's Peanutbutter Cup, Blissful Wunders Raspberry Truffle. Photos by Whitney Bard



LOCAL PRODUCT HIGHLIGHTS



The Co-op is truly blessed to be able to offer such a wide variety of locally produced products. There are so many choices! We are especially proud of our cheese and meat offerings, as we work hard to choose suppliers who treat their animals, their land, and their workers with integrity, care and devotion to the values of sustainable and organic agriculture that we know our members care about. It's never been easier to get great tasting dairy and meat products and support local growers at the Co-op than now! Here are just a few that we carry.

In our fresh meat cases, **Heritage Meats** of Rochester continues to connect us with locally grown meats, such as Pure Country Pork from Ephrata, WA, and Jerry Foster grass fed beef from Curtis, WA. We are also able to offer great prices on many cuts of beef from Colvin Ranch near Tenino, WA, that is also grass fed.

Locally produced cheeses seem to become more plentiful every year. A new popular favorite to try are the goat cheeses from **The Farmstead** in Northeast Olympia. Their Chevre is soft, spreadable and lightly creamy, made with locally harvested sea salt. The

Honey Vanilla Chevre is a really decadent experience made with raw, local honey and organic vanilla- like a desert cheese but not too sweet.

We also offer several types of goat cheese from **Steamboat Island Goat Farm**, including popular cheddar, feta and halloumi varieties that can convert even the most timid goat cheese eater.

Tunawerth Creamery in Rochester also makes some great local cheese from grass-fed cows, including two types of curds and a really amazing Gouda. We are also able to offer Tunawerth milk in two sizes and yogurt in glass jars.

*Food Sovereignty & Human Rights,
continued from page 9*

The Future

The third and final piece of the presentation came from Co-op Staff member and coordinator of the Staff's Anti-Oppression Committee, Benjamin (Ben) Sitting Bull, who is Oglala Lakota and a direct descendent of Chief Sitting Bull. He thanked local tribes and expressed being "grateful to be able to choose to make [his] home here." He shared his personal experience on the Pine Ridge agency (in South Dakota) and the scarcity of food there as well as its poor quality, having only one grocery store for an entire reservation. He shared his dream of starting a co-op there or at least creating a delegation to bring good food to the reservation. Ben talked about the work of the Co-op to support the current work of the Water Protectors, the Standing Rock Sioux and their supporters, who are fighting the construction of the Dakota Access Pipeline, an oil pipeline under the Missouri River and dangerously close to their reservation and the source of their (and many others') drinking water.

The Co-op matched donations for the first \$1000 gathered through our registers' Round Up program. Also used to support the Community Sustaining Fund and the rebuilding of local business, Magic Kombucha, the Round Up at the Register program asks customers to round up their grocery bill to the nearest whole dollar and that change will go towards supporting the cause of the group the customer indicates. So far, the Co-op has raised \$4000 for Standing Rock (and probably will have raised more by the time of this printing) through this effort. To learn more about this Water Protectors' movement and how you can further support their work, please go to <http://www.ocetisakowincamp.org>.

Ben, in closing, shared these words from his people: "Mni Wicani" which translates to Water is Life. From the abundantly food-rich waters of the Salish Sea to the water irrigating our local farms and gardens, we know intimately the truth of these words. The work of Native people within food production and food sovereignty can teach and inspire us all to know what is essential and what is of true value. May we support the development of our local food systems with the grace and soul inherent in the perspectives of these tribal community leaders. ■

More ways to save with Co+op Basics

Maureen Tobin, Staff Member

Looking to stretch your grocery budget? Concerned about prices and find yourself shopping around for the best offer for the quality products you love? So are we! Co-op staff and volunteers shop here too and we know that everyone is looking for a good deal. That's why we want you to know about our Co+op Basics program. Co+op Basics offers everyday low prices on many popular grocery and household items. From milk to pasta to toilet paper, you'll find new offerings like Field Day olive oil that has a great flavor and, because it's part of this program, we can offer it at a value, everyday, regardless of specials. And you'll find new low prices on some old favorites, like Organic Valley milk—still from local farmers in the South Sound, and now at a better price than ever before.

Don't worry, we aren't paying our farmers or employees any less. We're simply committed to improving our selection so that everyone can find more value when shopping the Co-op. Since we joined this program through the National Cooperative Grocers, we've been able to add items across our departments. This winter, you'll find more than 100 Co+op Basics items in the store, with more added all the time. Just look for the purple signs!

Some Co-op Basics favorites that are worthy of mention include Equal Exchange coffees, always fair trade and organic and produced by co-ops, Field Day pasta sauces and beans (if you like spicy, try the black refries!), gluten free pastas from Field Day, Cliff and Luna bars, and Allafia soaps and shampoos. Their prices have been set for everyday, so you know what to expect and know you can get it at the Co-op!

Don't forget to take advantage of these other great ways to save when shopping the Co-op:

- **Co+op Deals**— in store specials and our biweekly flyer focused on packaged grocery; a few items may not be available at our store due to its national distribution but it's full of great deals from manufacturers and gives you an idea of what the best deals are each period
- **Co+op Deals Coupons**— you can find these on the shelf and in the booklets, and they can be applied even when an item is already on special
- **Bulk**— save when buying just what you need; buy a pinch or a pound and waste less, both in your pantry and in unnecessary packaging
- **Produce weekly specials**— our produce department changes its prices weekly and always passes along deals on the best fresh items we can find through our local farm program or Northwest distributors ■

Lay down your arms...and your legs
MAKE YOUR BED, NOT WAR



Holy Lamb Organics Oakville 273-9400
 OG Mattresses Comforters Pillows Toppers Baby Sheets

Sweet Creek Foods



Family owned & operated

*Supporting local
 farmers & fisherman*



Our products are sold at your Co-op

scf@sweetcreekfoods.com
 www.sweetcreekfoods.com

Olympia Community School

New central location – Scholarships available

**Independent progressive education
 since 1973**

*Cultivating curiosity and love of learning
 Hands on discovery and problem solving
 Nurturing and inclusive environment*

(360) 866-8047

olympiacommunityschool.org



Good for You,
 the **Community,**
 and the **Planet!**

Public Transportation:

- ✓ Supports Local Economic Activities
- ✓ Reduces Carbon Footprint
- ✓ Reduces Fuel Consumption
- ✓ Reduces Reliance on Foreign Oil
- ✓ Enhances Personal Independence
- ✓ Saves Money

Transit • Vanpool • Carpool • Bike • Walk

Drive Less. Use Sustainable Transportation More!

360.786.1881
 intercitytransit.com

**INTERcity
 TRANSIT**



1320 San Francisco NE
 Olympia, WA 98506
 360-753-8553

Open For Dinner
Thurs-Sun
5:30-9:00 pm

**We Also Make
 Pizza To Go**

Dr. Karen Feeley, D.C.


Network Spinal Analysis

Somato-Respiratory Integration


360-561-4238

kfeeleydc@gmail.com

**Educating
the *WHOLE* child.**



| Parent-Tot | Pre-School | Kindergarten |
| Grades 1-5 | Middle School 6-8 |



**Olympia Waldorf
SCHOOL**
Est. 1985
www.olympiawaldorf.org



true self yoga

A class for every body

ONE FREE CLASS
(1st visit only- redeem by 2/15/17)

2727 Westmoor Ct SW
Olympia, WA 98502

360-830-6556

www.trueself.yoga

CALL ME FOR ALL YOUR REAL ESTATE NEEDS
Who Am I? I'm not a lifelong local. I moved here on a leap of faith and I haven't found one reason to go. Instead I've found a million reasons to stay. I love it here. I'm not in the sales business.

I'M IN THE SERVICE BUSINESS
I don't mince words. I deliver information as facts, not opinions. If you contact me, I answer. Or get back to you ASAP! I help sellers market their home across every medium available. No stone goes unturned. I help you weigh every offer in context so that you can select a quality buyer for your home. The details are handled without hassle or fuss.

**SELLING A HOME IS A PROCESS, A JOURNEY.
I'M JUST HONORED TO BE YOUR GUIDE**

Bobbi Kelly
bobbikelly@comcast.net
360-515-1103




ALWAYS SAFE & LOCK, inc.

www.alwayssecurity.com

SECURITY TECHNOLOGY SPECIALISTS

Card Access • Video Surveillance • Intrusion Alarms
Handicapped Operators • Safes • Locks • Keys

Auto Chip Keys & Remotes

(360) 357-8500
815 4th Ave. E. Fax: (360) 754-8331
Olympia, WA 98506 mail@alwayssecurity.com



**Annual
WASTE-FREE HOLIDAY
DISCOUNT**

FROM DAY AFTER THANKSGIVING
THROUGH CHRISTMAS EVE

\$10 off Gift Certificate Purchases
(EXCLUDES 30 MIN. SESSIONS)

CALL • STOP IN • PURCHASE ONLINE

541 McPhee Road SW • Olympia, WA 98502 • 360-867-0725
WWW.MASSAGEPLACE.NET

BLUE HERON BAKERY

*Bring your family & Friends
to the new*

Blue Heron Bakery and Cafe

NEW CAFE LOCATION!

We ARE open 7 days a week 7am-7pm!
4419 Harrison Ave Suite 108
ONE BUILDING WEST OF JAY'S FARMSTAND

Let's do Lunch!

blueheronbakery.com **360-866-2253**

toast, soup, sandwiches to-go, pizza,
our new original ice-cream, along with
all our classic baked goods...
We've got indoor and outdoor
seating—so come, sit down, and enjoy!



find us at [Yinyangmamma@facebook.com](https://www.facebook.com/Yinyangmamma)

**YOGA
TRAPEZE**
with Lori

Private and Public Classes call
for info 360-451-3179





Community Classes

WINTER 2017 SCHEDULE

Pre-registration is required for all Co-op classes. Register online at www.olympiafood.coop anytime or in person at either store between the hours of 11am-6pm. Registration is not available over the phone. There is a \$7 non-refundable registration fee per class/per person unless otherwise noted.

Milk Kefir

Sunday, January 8 10am-noon
Facilitator: Julie Kamin-Martin
Location: GRuB Farmhouse
Enrollment: 20

Join Julie Martin, founder of Oly-Cultures, in this informative class on how to create your own milk kefir. Kefir is an age-old probiotic beverage hailing from Asia, and is a charming and light health tonic. The class will include a step-by-step demonstration on how to ferment and store your milk kefir. Julie will also lead a discussion on some of the numerous ways milk kefir can be used in the home, such as in baking and desserts. Participants will also be invited to sample milk kefir products.

Healthy Meals for the New Year

Sunday, January 15 1-3:30pm
Facilitator: Erin Majors
Location: GRuB Farmhouse
Enrollment: 15

Bring in the new year with new skills and healthy habits. Join Erin and learn how to set yourself up for Healthy Eating for the week. Erin will share a few easy formulas for putting together quick, versatile meals that will save you time during your busy workweek and encourage you to eat healthy foods even when you have limited time or energy for cooking. All foods prepared will be vegetarian, and most can be modified to be vegan or include meat as desired by class participants.

Make Your Own Kombucha

Sunday, January 19 10am-noon
Facilitator: Julie Martin-Kamin
Location: GRuB Farmhouse
Enrollment: 20

Since around 70% of the human immune system is found in the gut, healthy bacteria and probiotics are essential for optimal health. Kombucha, a traditional fermented drink, has an abundance of both! Join the founder of Oly-Cultures as she demonstrates how to make effervescent kombucha at home for pennies on the dollar. Julie will discuss the best bottles for fermented kombucha, how to store the Symbiotic Colony of Bacteria and Yeast (SCOBY), offer tips for customizing kombucha with natural flavors, and share a number of different blends with students.

Homemade Mozzarella

Saturday, January 21 10am-noon
Facilitator: Julie Kamin-Martin
Location: GRuB Farmhouse
Enrollment: 20

In this two hour class, participants will learn how to create soft, creamy, and delicious mozzarella. Julie L. Martin (founder of Oly-Cultures) will demonstrate the process from start to finish. Guests will learn about the acidification of the milk proteins, creation of the curds and whey, the proper method for kneading, how to store fresh mozzarella and a variety of recipes and ideas for serving your homemade mozzarella.

Nourishing Soups

Saturday, January 21 3-5pm
Facilitator: Chie Okazaki
Location: GRuB Farmhouse
Enrollment: 16

Embrace the winter with hearty, warming soups and stews. Chie will lead the class through three incredible soups, including a Japanese pork and miso stew and a creamy cauliflower soup that is unbelievably dairy-free. Get ready for tips, techniques, and fabulous tastings to warm you up.

Water Kefir

Sunday, January 29 10am-noon
Facilitator: Julie Kamin-Martin
Location: GRuB Farmhouse
Enrollment: 20

Founder of Oly-Cultures, Julie Martin, will lead this two hour class to show participants how to create their own water kefir. Water kefir is a wonderful lactose free drink full of healthy bacteria and probiotics.

Homemade Ricotta

Saturday, February 11 10am-noon
Facilitator: Julie Kamin-Martin
Location: GRuB Farmhouse
Enrollment: 20

Join Julie L. Martin, founder of Oly-Cultures, to learn how to make your own incredible ricotta cheese. Julie will demonstrate the process from start to finish. Participants will learn both the art

and science behind this classic, versatile, and scrumptious food, as well as a variety of recipes and ideas for serving your homemade ricotta.

Sensational Salads

Saturday, February 11 3-5pm
Facilitator: Chie Okazaki
Location: GRuB Farmhouse
Enrollment: 16

Liven up your plate with colorful bursts of flavor! Chie will share both delicious recipes and specific techniques to cut ingredients to bring out textures and flavors. Seasonal and healthful salads can be both fun to make and divine to eat – come ready to try out new kitchen tricks and, of course, samples of each salad.

Heart Healthy Foods

Sunday, February 12 1-3:30pm
Facilitator: Erin Majors
Location: GRuB Farmhouse
Enrollment: 16

Be a sweetheart to your own heart by eating foods that support a healthy cardiovascular system! Erin has recently begun to study foods that support heart health and is excited to share recipes and information with you. We will discuss and prepare recipes that include healthier breakfast choices, delicious vegetable side dishes, scrumptious fish entrees, and a tasty heart-healthy dessert.

Mood Food

Saturday, February 18 11am-1pm
Facilitator: Valarie Burson
Location: GRuB Farmhouse
Enrollment: 16

Did we mention it's winter? In the Pacific Northwest, we need to attend to our bodies and minds to stay positive through the dark and damp months. A diet with the right nutrients can improve memory, energy, sleep, and attitude. In this class we will be cooking, and sampling, several dishes that combine the most powerful "mood foods." We will also talk about supplements for the winter months.

What class participants are saying?

"My favorite part was all of it"

"I'd like to thank the instructor, because that class actually changed my life"

"Watching Kate make the salves & listening to her wisdom was inspiring"

"Thank you for offering such a variety of classes and keeping the price affordable"

"I like meeting people with diverse backgrounds and ideas"

"This was an awesome class to begin my own adventure."

"Awesome - lots of fun!!"

"Now I make the best pie crust!"

"I will take any class Julie teaches"

"Erin was fantastic! I had no idea of kale's versatility"

"Now I'm not afraid to make sauerkraut"

"Great cooking tips, friendly, organized"



OLYKRAUT
★ RawTradition ★

We make raw fermented sauerkraut and kimchi right here in Olympia with as much local produce as possible. We support our farmers and so should you.
Eat your (fermented) vegetables!

PO Box 1234
Olympia, WA 98507
www.olykraut.com

probiotic
cultures

Gently Used & New Home Furnishings

We help make your house into your home!



402 Washington St NE, Olympia, WA
Open M-F 12:30-6 Sat 10-6 Sun 10-4

olyfurnitureworks.com • 360-570-0165

White Tiger Medicine



360 890-2715

209 E Fourth Ave, Ste 207
Downtown Olympia

Craniosacral Therapy & Energetic Unwinding For The Whole Family

headaches, neck & back pain, joint pain, fibromyalgia
sports injuries, post surgery recovery, whiplash injuries
pregnancy, postpartum health, infant & toddler health
elderly health and well being

Want to know how Craniosacral Therapy & Energetic
Unwinding can benefit you and your loved ones?

Call me for a free informational meeting
Small groups welcome

www.whitetigernaturalmedicine.com

Celebrating 40 Years Serving Our Community

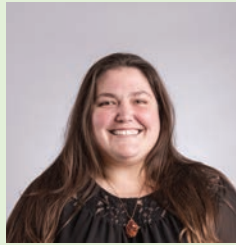
RADIANCE
Herbs & Massage
OLYMPIA • WASHINGTON

Mon-Fri 10-7 :: Sat 10-6 :: Sun 11-5
RadianceHerbs.com :: 113 5th Ave SE, Olympia :: (360) 357-5250

OFC Board of Directors



Desdra Dawning
President (new term!)



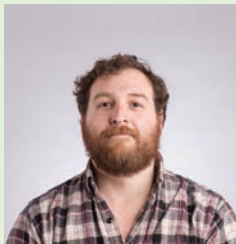
Laura Kaszynski
Staff Representative



David Copley
Secretary



Micheal Snow
Director



Sam Green
Director



Brian Frisina
Director



Julianne Panagacos
Director



Jaime Rossman
Director



Jim Hutcheon
Director



Casey Hook
Director

Board photos by OlyHilary Photography olyhilary.smugmug.com

Attend a Board Meeting!

Board of Directors meetings are held on the 3rd Thursday of every month from 6:30-9:30 pm at the Co-op's downtown business office, 610 Columbia Street SW Olympia, WA 98501 (unless otherwise noted). The Olympia Food Co-op Board of Directors welcomes the attendance of active Co-op members at Board meetings. Board meetings may include an executive session, which is closed to members in order to discuss matters requiring confidentiality. For more information contact the Board of Directors at ofcboard@olympiafood.coop

Olympia Food Co-op Mission Statement

The purpose of the cooperative is to contribute to the health and well being of people by providing wholesome foods and other goods and services, accessible to all, through a locally oriented, collectively managed, not-for-profit cooperative organization that relies on consensus decision making. We strive to make human effects on the earth and its inhabitants positive and renewing, and to encourage economic and social justice. Our goals are to:

- Provide information about food
- Make good food accessible to more people
- Support efforts to increase democratic process
- Support efforts to foster a socially and economically egalitarian society
- Provide information about collective process and consensus decision making
- Support local production
- See to the long term health of the business
- Assist in the development of local community resources

Seven Cooperative Principles

- 1. Voluntary, Open Membership**
Open to all without gender, social, racial, political, or religious discrimination.
- 2. Democratic Member Control**
One member, one vote.
- 3. Member Economic Participation**
Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.
- 4. Autonomy And Independence**
Cooperatives are autonomous, self-help organizations controlled by their members.
- 5. Education, Training And Information**
Cooperatives provide education and training for members so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.
- 6. Cooperation Among Cooperatives**
Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures.
- 7. Concern For The Community**
While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

Board Report

Written by Desdra Dawning, Board Member
October 2016 Meeting

The Co-op has been busy in a number of areas these past months. Board committees--which are comprised of Staff, Board and Co-op Members-at-large-- have worked on some important areas of concern. This report is meant to summarize some of these activities. More detailed examination may come at a later date.

HIRING:

In 2016, the Olympia Food Co-op hired 7 new Staff into the Produce, Deli, Dairy and Grocery Departments. Hather, Sylvan and Matt joined Produce; Martha and Jamie went into Deli; Carlos is now the new Dairy Manager and Sophia has joined Grocery. They completed over 100 hours of training in multiple areas of the store. In addition to department training, new Staff members are also given training in anti-oppression, collective management and finance.

The Co-op continually accepts applications for employment, and especially encourages people with food service, farming, management and cooperative business experience to apply. Application forms are always available at the Customer Service desks at both stores.

EASTSIDE EXPANSION:

For many years, Co-op Expansion has been a hot topic, and because of the many variables involved it has traveled and evolved through many different proposals and plan ideas. The most recent efforts involved a feasibility study and proforma on the Eastside Expansion project. The plan to build a new building next to the current Eastside store and demolish the old one was determined to be unacceptable. The cost of the project and the current inability of the Co-op to pay for it, the loss of parking spaces, the inability to further expand on the site, and other considerations were taken into account, and the BOD agreed with the Expansion Committee to move in another direction. However, the floor plans developed are still available for a possible 3rd store.

The decision to not move forward with this plan is by no means the end of Expansion. All the work that has been done has put the Co-op in a much better position to consider new options, investigate them and take action. We now have financial tools that allow us to evaluate the financial feasibility of different projects, and the Expansion Committee now has the blueprint of a process to follow for another project.

In the meantime, plans are moving forward for a store reset (remodel) of the Eastside store, much like what was accomplished recently at the Westside store. Opening up aisles to allow for better customer flow and cleaning are two major parts of this plan.

DISCOUNT TASK FORCE:

In order for the Co-op to become more financially stable, a Discount Task Force was created in May of 2015 to examine the discount system currently being used and to offer suggestions into how to more effectively manage that system. A member survey was conducted in February and March of 2016 regarding discounts, access to and proposed changes to the discount structure, and education of Co-op sustainability. In order to get in-person feedback from Co-op members, this process was followed by a round of focus groups comprised of discount-using members (particularly seniors). The results of this were presented to the BOD in May, with a request to create an implementation plan for the discount system. This plan will involve Staff in how membership is discussed to members, how folks are signed up, and how to guide new members in choosing the appropriate membership. The new plan has been named the Cooperative Access Program or CAP.

Once the BOD has consented to the implementation plan, the Discount Task Force will disseminate information to the membership on opting in to a regular membership (no fees/dues required per original agreement) or opting in to our new yearly discount program. An article will be featured in the next edition of our new Table publication, and details about the new discount system will be made available online. And handouts explaining our impending changes will be made available for current senior and disability members and new members signing up.

ORGANIZATIONAL HEALTH TASK FORCE:

An Organizational Health Task Force was created in 2015 to examine the over-all health of our cooperative organization. Their goal originally was to create a retreat that could be attended by all Staff members to address any internal issues standing in the way of the smooth and friendly running of the Co-op, and even more importantly, to celebrate each other as part of an amazing community. During the summer months of 2016, a survey was conducted of all Staff who were willing to participate, with questions covering all aspects of their working-at-the-Co-op world.

John McNamara, working with grant funds from the Northwest Cooperative Development Center, helped Co-op Staff to administer the survey--referred to as the Co-operative Index--to the Staff. This Index, through about 170 specific questions, measures the maturity, trust, values and principles of the organization. These questions covered a wide range of issues: communication systems, transparency, trust in leader competence, relations with and trust among co-workers, responsibility, independence, community, work environment, and more. The results have been presented to the BOD and are soon to come to the Staff Collective. The next step in this process with is for the Organizational Health Task Force to examine the results and determine how to go about implementing the necessary changes that will bring the Co-op into better alignment with its mission statement and cooperative principles. ■

What is Good Nutrition?



The Nutritional Therapist
Training Program



800.918.9798

www.nutritionaltherapy.com



Olympia Food Co-op

3111 Pacific Ave SE
Olympia, WA 98501

Address Service Requested

STANDARD
US POSTAGE
PAID
APEX MAILING
SERVICES INC

Olympia Food Co-op Stands with Standing Rock



*Olympia Food Co-op Members celebrate the
send-off of donated funds & supplies for the
Standing Rock water protectors
November 2016*