

WHOLE FOODS CO-OP

garbanzo gazette

SUMMER 2024

**Learn about local kombucha
at the Co-op!**

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Sarah Hannigan

General Manager

Delivering Values, Delivering Value

With Whole Foods in our name, we are sometimes confused with Whole Foods Market, the niche upscale chain grocery store owned by Amazon. Yes, the name is similar, but our business models couldn't be more different.

Whole Foods Co-op is a neighborhood-based independent consumer-owned cooperative grocery store. We are owned by you, our friends, our neighbors. Today over 13,600 individuals own an equal share in the business. We were founded in 1970 to serve those who were looking for alternatives to what was offered in traditional grocery stores and markets. Access to whole foods was limited, and the Co-op delivered an alternative, first through a buying club, and then a small store run by volunteers.

Over the years we grew. And grew and grew. Today we operate two neighborhood grocery stores, employ over 150 people, and strive to meet the evolving needs of our community and our shoppers. Through the early 2010s we led the way in delivering alternatives that were not readily available elsewhere: plant-based proteins, gluten-free foods, locally sourced products, natural and organic foods. As their popularity grew, so did their availability. Today, many of the foods that had only been available at the Co-op are stocked just about everywhere. We are now called to deliver on other alternatives.

As a cooperative, we uplift a regenerative economic model. We are truly local – locally owned, locally managed, locally operated. Dollars spent at the Co-op stay in our community, supporting our staff, our local vendors and service providers. We are representatively governed by a Board of Directors; recruitment is underway to provide Owners with the opportunity to join the Board and help shape the direction of our business.

As a cooperative, we celebrate collaboration. We benefit tremendously by working closely with other cooperatives and are thrilled to have been selected as the host for a national gathering of cooperative leaders in May 2025. Duluth will welcome hundreds of cooperators from around the country who are dedicated to using the cooperative model to make lasting change.

As a cooperative, we are called to deliver value for our Owners. While we offer a myriad of benefits, we've consistently heard the call to provide additional savings. We're excited to launch Owner Extras, an everyday savings program that gives Co-op Owners an extra 10% off hundreds of items that are already on sale through Co-op Deals. Owners save more every day, in every department at the Co-op.

And, as a cooperative we are connected to the community. We're exploring ways to better serve the Hillside and Denfeld neighborhoods by offering a shopping experience that meets the needs of our neighbors. And we remain dedicated to fostering meaningful community partnerships. The annual application cycle for local non-profits to participate in our shopper round-up program is underway, giving organizations an opportunity to raise funds and also awareness about their vital work.

Thank you for being part of our bustling cooperative, our collaborative efforts, our continued evolution, and our collective success! 🥕

In cooperation and with gratitude,

Sarah Hannigan, General Manager

sarah@wholefoods.coop

Adding Extra Value for Co-op Owners!

We're excited to announce new and improved benefits for Co-op Owners!

For many years we've offered a monthly coupon for Owners, giving you a little extra once per month. On July 3rd, we're switching that up and will



start giving Co-op Owners additional savings every day! With Owner Extras, you'll save on hundreds of items every time you shop. Owner Extras adds an additional 10% savings on everything that is on sale through **Co+op Deals**.



Savings will be automatically applied at the register when you provide your Owner information. You'll see additional savings on your receipt every time you purchase products that are already on sale through Co+op Deals, our bi-monthly sales program that features great savings on hundreds of products throughout our stores. Co+op Deals are featured in our sales flyer, on the Co+op Deals app, and in the stores under the dark green Co+op Deals signs.

We're making this change because we know that Owners want to save more, more often. We also heard that the monthly coupon we had been offering wasn't ideal since it required a minimum purchase, and it wasn't always known if it had been used already – by you or someone else on your Owner account.

Owner Extras will replace the monthly Owner coupons – all other benefits of being an Owner of the Co-op remain in place: special order case discounts, savings on Co-op classes, and valuable incentives at 45+ local businesses through our Community Perks program!

We love the simplicity of Owner Extras and hope you do too as you save more every day!





**Maria Isley
& Amber Schlater**

Board of Directors

Rising Tides: CCMA 2024

Whole Foods Co-op (WFC) was present at this year's Consumer Cooperative Management Association Conference (CCMA) in Portland, Maine. CCMA is a national gathering for food cooperative directors, management, staff, and sector allies organized by the University of Wisconsin Center for Cooperatives. Representing WFC were Board members Tristen Eberling, Maria Isley, Amber Schlater, and Scott Van Daele along with staff, Theron Beaudreau and Holly Wolfe who joined cooperatives from across the country and reflected our commitment to engage and contribute with the cooperative community on national scale.

This year's theme, Rising Tides: Lifting Communities Through Cooperation, fittingly chosen for a conference situated on the Atlantic Ocean, drew upon the inspiration "a rising tide lifts all boats". In the cooperative world, as we thrive, so does the well-being and prosperity of the communities we serve. Cooperatives, including our own, serve as catalysts for positive change by fostering prosperity, social justice, and environmental stewardship. Moreover, WFC has demonstrated remarkable adaptability in recent years, responding effectively to changing circumstances, and further exemplifying our role as agents of positive transformation.

Every time we attend this conference, it reinforces that meeting new people from different parts of the country brings a wealth of perspectives and experiences while fostering a sense of unity amidst diversity. Connecting with other cooperatives strengthens our collective impact, allowing us to learn from one another's successes and challenges. It bolsters solidarity within the cooperative movement, amplifying our capacity for positive change.

"As a first-time attendee at the CCMA conference, I was taken aback by the amount of passion and how proud fellow Co-op members were about not only their store but their communities and how important it is for them to better serve them. From supporting local producers to having meaningful conversations with the neighborhoods they are in, it all makes for a beautiful way of connecting to life's circle. I am grateful for Whole Foods Co-op, how amazing our leadership team is, and how we are seen within our community. Talking with other co-ops from Kansas City, Santa Monica, Milwaukee, and others, they have not had the success we have and find themselves struggling to find that community connection and success as a co-op." – Scott Van Daele, Board member



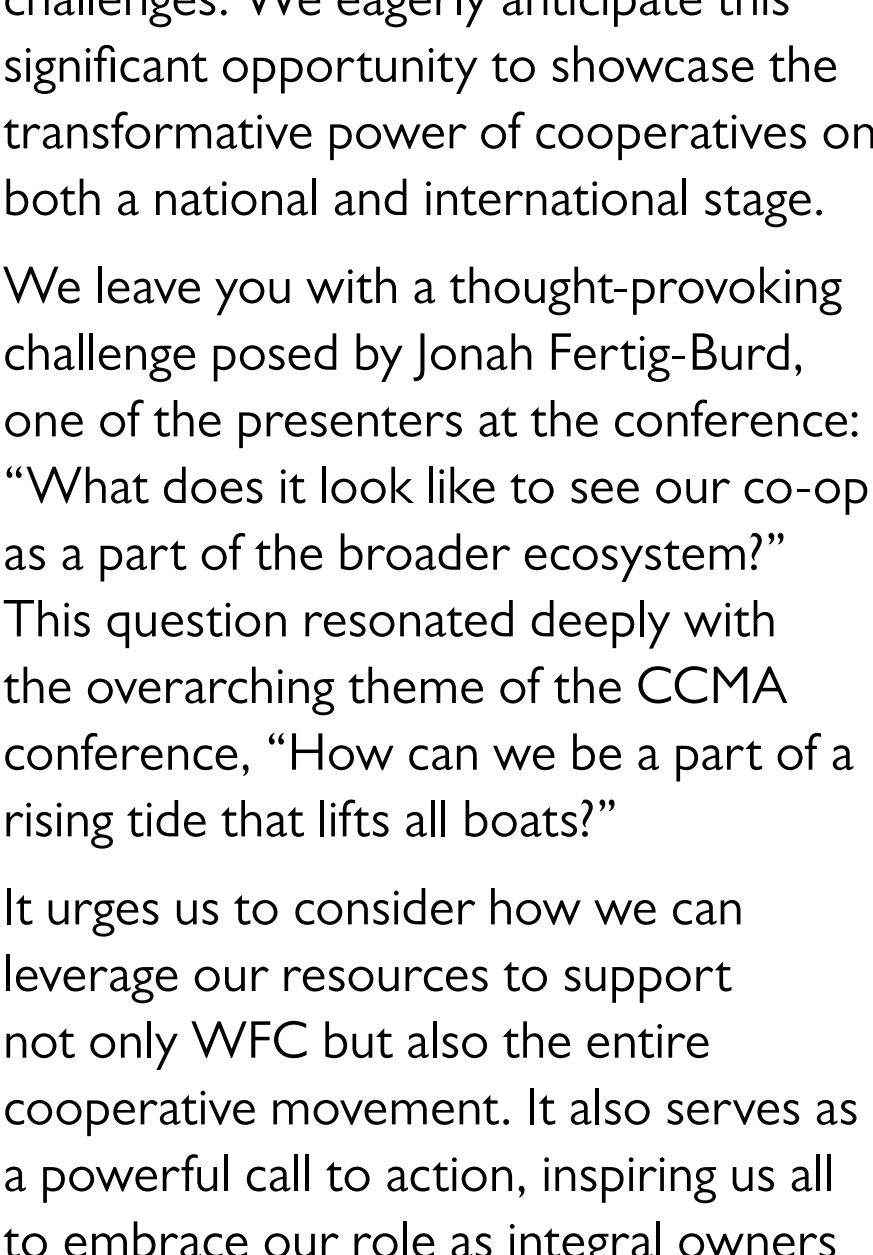
WFC Board members Amber Schlater and Maria Isley presenting at CCMA

This year, we presented a workshop to a dynamic audience of over 70 workshop attendees. Our workshop, titled "Strategies for Board Engagement in Policy Governance," aimed to facilitate a conversation about how to equip board directors with skills and strategies to communicate effectively while maintaining the integrity of a board's commitment to speaking with one voice. We intended to inspire attendees to embrace opportunities for dialogue and shared growth, recognizing the wealth of expertise that exists within our cooperative networks.

In addition to keynote addresses and workshops, CCMA boasted multiple opportunities to tour various facets of the cooperative economy in the greater Portland area, from tempeh production to bicycle composting. One of these tours highlighted a self-described "food business incubator", Fork Food Lab, a shared industrial kitchen and processing space that aims to bolster food startups by infusing equity into access to equipment and mentorship. This shared space even hosts an on-site USDA employee, thus further demonstrating a well-thought, intentional approach to reducing barriers. Touring facilities like these and engaging with the creative minds involved in their inception energized our WFC attendees, to say the least, serving as an invaluable creativity catalyst that we are excited to incorporate into the greater Twin Ports region.

"CCMA challenges me to look at my community differently. Think 'Beyond the Bag.' How are we meeting the basic needs of our community beyond just providing groceries? How can we build a cooperative ecosystem?" – Holly Wolfe, WFC Board Administrator

The conference included two days full of community tours, workshops, keynote presentations, evening receptions, and, of course, indulging in eating lobster. However, one of the most thrilling moments of the conference was the announcement that the 2025 CCMA will be hosted in Duluth! This exciting news not only underscores the significance of our cooperative community but also offers an exceptional opportunity to showcase our vibrant city to cooperative leaders from across the nation.



Front row: WFC Board members Amber Schlater, Tristen Eberling, Scott Van Daele, and Maria Isley

Back row: WFC staff Theron Beaudreau and Holly Wolfe

"As a new Board member and a first time CCMA attendee, it was cool to see all of the co-ops that exist across the country, and how we're all working towards similar goals. Very excited to see what comes next year with Duluth hosting the event." – Tristen Eberling, Board member

WFC is thrilled to serve as hosts for next year's CCMA conference, and the anticipation is further heightened by the announcement by the United Nations General Assembly that 2025 has been designated as the International Year of Cooperatives. The International Year of Cooperatives aims to elevate awareness of cooperatives' immense contributions to society and foster global cooperation in addressing pressing social challenges. We eagerly anticipate this significant opportunity to showcase the transformative power of cooperatives on both a national and international stage.

We leave you with a thought-provoking challenge posed by Jonah Fertig-Burd, one of the presenters at the conference: "What does it look like to see our co-op as a part of the broader ecosystem?" This question resonated deeply with the overarching theme of the CCMA conference, "How can we be a part of a rising tide that lifts all boats?"

It urges us to consider how we can leverage our resources to support not only WFC but also the entire cooperative movement. It also serves as a powerful call to action, inspiring us all to embrace our role as integral owners of a cooperative ecosystem dedicated to collective growth and prosperity. 🌱

Apply for the Board of Directors

As a Co-op Owner, you are a vital part of ensuring the future strength of Whole Foods Co-op. Board members are another important part of the cooperative model – providing oversight, support, and diverse expertise and perspectives to the General Manager in their leadership role.

[LEARN MORE & APPLY](#) ▶▶

Why should YOU run for the Board?

- ▶ Learn more about cooperative principles, policy governance, and the cooperative business model.
- ▶ Connect with community members and other co-op enthusiasts from around the country.
- ▶ Share your unique lived experience, perspective, and skills in support of the Co-op’s positive impact in our region.
- ▶ Engage in learning around sustainable agriculture, food access, equity, supply chains, labor unions, and other topics relevant to our community.

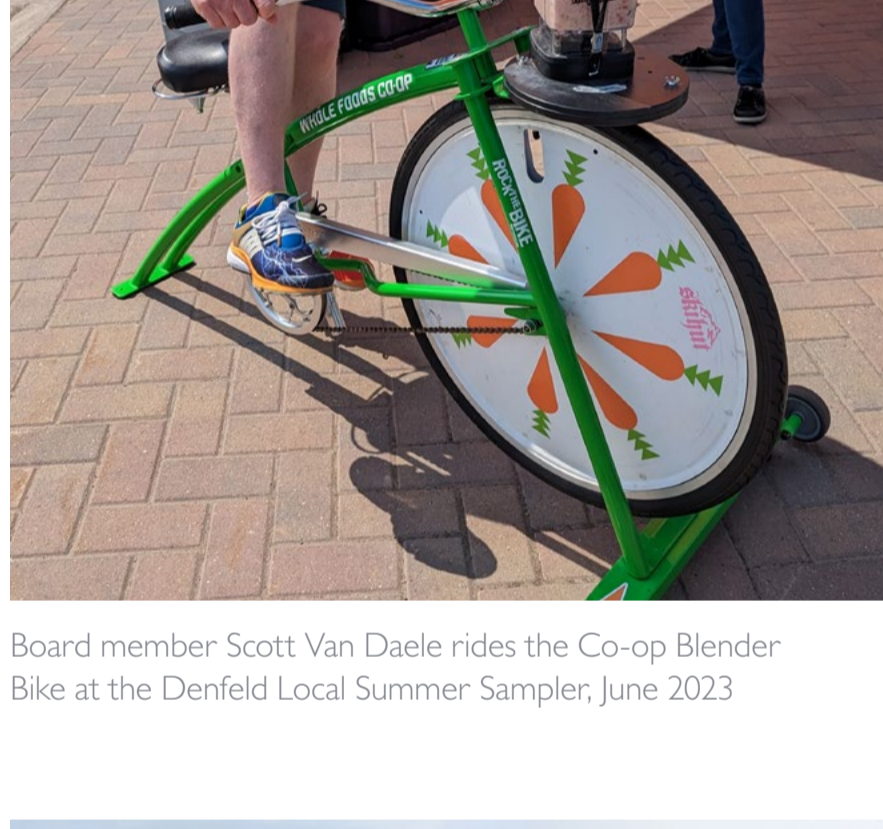
Applications due: **July 31, 2024**

Board Election: **October 2024**

Still unsure about what the Board does?

All Board meetings have an Open Listening Session that Co-op Owners are encouraged to attend. This is a great way to learn more about this part of the Co-op’s foundation and operation. Attending at least one Board meeting within the last 12 months is required for all Board applicants. Reach out to the Whole Foods Co-op Board Recruitment Committee to learn more: boardapplicants@wholefoods.coop

HELP SHAPE YOUR CO-OP & COMMUNITY!



Board member Scott Van Daele rides the Co-op Blender Bike at the Denfeld Local Summer Sampler, June 2023



Board member Amber Schlater promotes Co-op Ownership and Board service at the Hillside Local Summer Sampler, June 2023



Board member Maria Isley hands out Co-op t-shirts at the Lake Superior Harvest Festival, September 2023



Board members Susan Darley-Hill, Diane Desotelle, Maria Isley, and Board Administrator Holly Wolfe attend the Denfeld Solar Project Ribbon Cutting, October 2023

SAVE THE DATE

2024 ANNUAL OWNER MEETING

TUESDAY, OCTOBER 22ND

📍 Clyde Iron Works Event Center,
Duluth, MN

Join us for the
2024 Annual Owner Meeting!

Mark the date on your calendar and
look for announcements and registration
details this fall.

We can't wait to see you there!





CO-OP STAFF ART July 2024

During July, find artwork by Co-op staff at both stores! Stop by Hillside to check out a group show of artwork in a variety of media from our talented team of employees, and visit Denfeld to see a solo photography show by David Jensen.

CO-OP OWNER ART SHOW

AN ANNUAL CELEBRATION OF ART
AND COMMUNITY! **OCTOBER 2024**

Our love of local extends beyond food!
Local artists are featured on the gallery
walls in the eating areas of our stores.
We're especially excited to host a group
show for Owners in October. We'd
love to share your visual art with the
community!

Visit [wholefoods.coop/art](https://www.wholefoods.coop/art) to learn
more and apply. Paper forms are
available at Customer Service.

A gallery wall with various framed artworks and a wooden sculpture. The wall is made of horizontal wooden planks. Several framed paintings are displayed, including a landscape with a tree, a seascape, and a landscape with a body of water. A large, dark wooden sculpture of a fish is mounted on the wall. A white circular graphic is overlaid on the right side of the image, containing the text 'CALL FOR OWNER ART!' in green.

**CALL
FOR
OWNER
ART!**

NON-PROFIT SUPPORT PROGRAM

Now Accepting Applications!

The GIVE! Non-Profit Support Program connects Co-op shopper round-up donations to non-profit organizations in our community with programs that support environmental stewardship, food access, equity and diversity, and local food systems.

In 2025, nine non-profits will be selected by Co-op Owners and staff to be featured. Each organization will receive 50% of the shopper donations for their designated month (the other 50% goes to the Co-op's Grow Local Food Fund, which is a grant program that supports local food producers and farmers).

Applications are now open! Non-partisan and non-sectarian 501(c)(3) designated non-profits are eligible to apply. To be considered, submit an online application (including required uploads) by July 31, 2024. Priority is given to organizations that serve the Twin Ports area of Duluth, MN, and Superior, WI. Co-op staff will review applications and put forward a slate for Owners to choose from in the annual election. 2025 recipients will be announced at the Annual Owner Meeting on October 22, 2024, and in the Winter Garbanzo Gazette in January 2025.

[LEARN MORE & APPLY](#) ▶▶

GIVE!

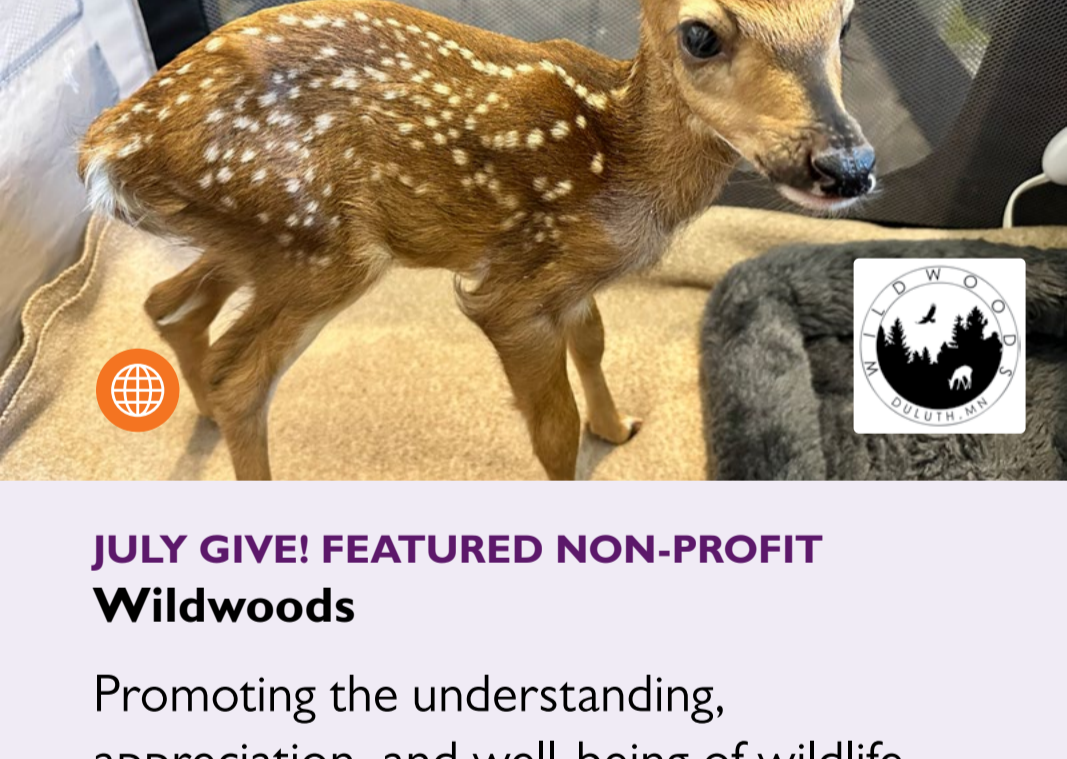
A total of \$58,843 in shopper round-up donations were made from January through May 2024 to support the Grow Local Food Fund and local non-profits. Thank you for rounding up!

- Grow Local Food Fund** **\$17,128**
- Friends of Sax-Zim Bog** **\$5,586**
- Lake Superior Community Health Center** **\$5,505**
- Chum + Minnesota Foodshare** **\$13,133**
- Domestic Abuse Intervention Programs** **\$6,037**
- Whole Foods Co-op Access Discount** **\$5,727**
- Fran Skinner Memorial Matching Fund** **\$5,727**

GIVE! donations total \$785,879 since 2017!

THANK YOU!

Round up at the registers in July, August, and September to support these three Non-Profit Support Program recipients and the Grow Local Food Fund.



JULY GIVE! FEATURED NON-PROFIT Wildwoods

Promoting the understanding, appreciation, and well-being of wildlife. Wildwoods will use funds to rehabilitate and release orphaned wildlife, give emergency support to raptors and injured wildlife, and share programs with the community to reduce harmful human/wildlife interactions.



AUGUST GIVE! FEATURED NON-PROFIT Friends of the Duluth Public Library

Raising public awareness for and providing resources to develop library services, facilities, community programming, and special events. Funds will go towards library programming.



SEPTEMBER GIVE! FEATURED NON-PROFIT Life House

Providing homeless and at-risk youth with a safe alternative to the streets through emergency shelter, transitional and supportive housing, and comprehensive supportive services. Funds will support the Drop-in Youth Center, as well as Mental Health and Wellness, Housing programs, Futures Education, and Employment programs.



GROW LOCAL FOOD FUND

Updates from Past Recipients

The Grow Local Food Fund (GLFF) provides funding to farmers and food producers for projects that build the resiliency of our local food system. It is funded through our GIVE! round-up program. Three local growers/food producers who received a GLFF grant in the past would like to update you on their projects and share how they have improved their operations. Thank you for rounding up at the registers to strengthen the local farming and food producer community. Your contribution has made a real impact.



MIDWAY MEADOWS

 *Esko, MN*



Midway Meadows was a GLFF recipient in 2023. Grant funding was used to purchase a manure spreader for the farm's pastures and an energy efficient cattle cup. The funds helped them become more environmentally compatible, farming in harmony with the natural environment.

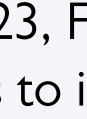
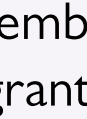
“Many thanks! The GLFF dollars were put to great use here at Midway Meadows.”

– Julianne Motis, owner



FARM SOL

 *Saginaw, MN*




In September 2023, Farm Sol used grant funds to install a new greenhouse structure and purchase garden soil and wood chips. The new greenhouse will allow the farm to extend its growing season and provide better crop rotation through all of its greenhouses.

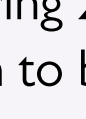
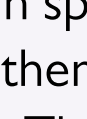
“Thanks to the generosity of the Co-op Owners and shoppers, our business is going to be able to take a big leap forward in 2024. By funding our project you have helped our farm move ever closer to ecological and financial sustainability!”

– John Lencowski, owner



FARM LANDE

 *Duluth, MN*



Farm Lande received a GLFF grant in spring 2022, which allowed them to build a walk-in cooler. The new cooler has allowed them to scale up vegetable production, hold produce between markets, harvest ahead of time, and grow crops that require refrigeration, which has helped them round out production across the season and make a meaningful living from the farm.

“Thank you!!! We couldn't do this without your support.”

– Claire Lande, owner



Triple Crown BBQ Sauce

A WINNER IS CROWNED

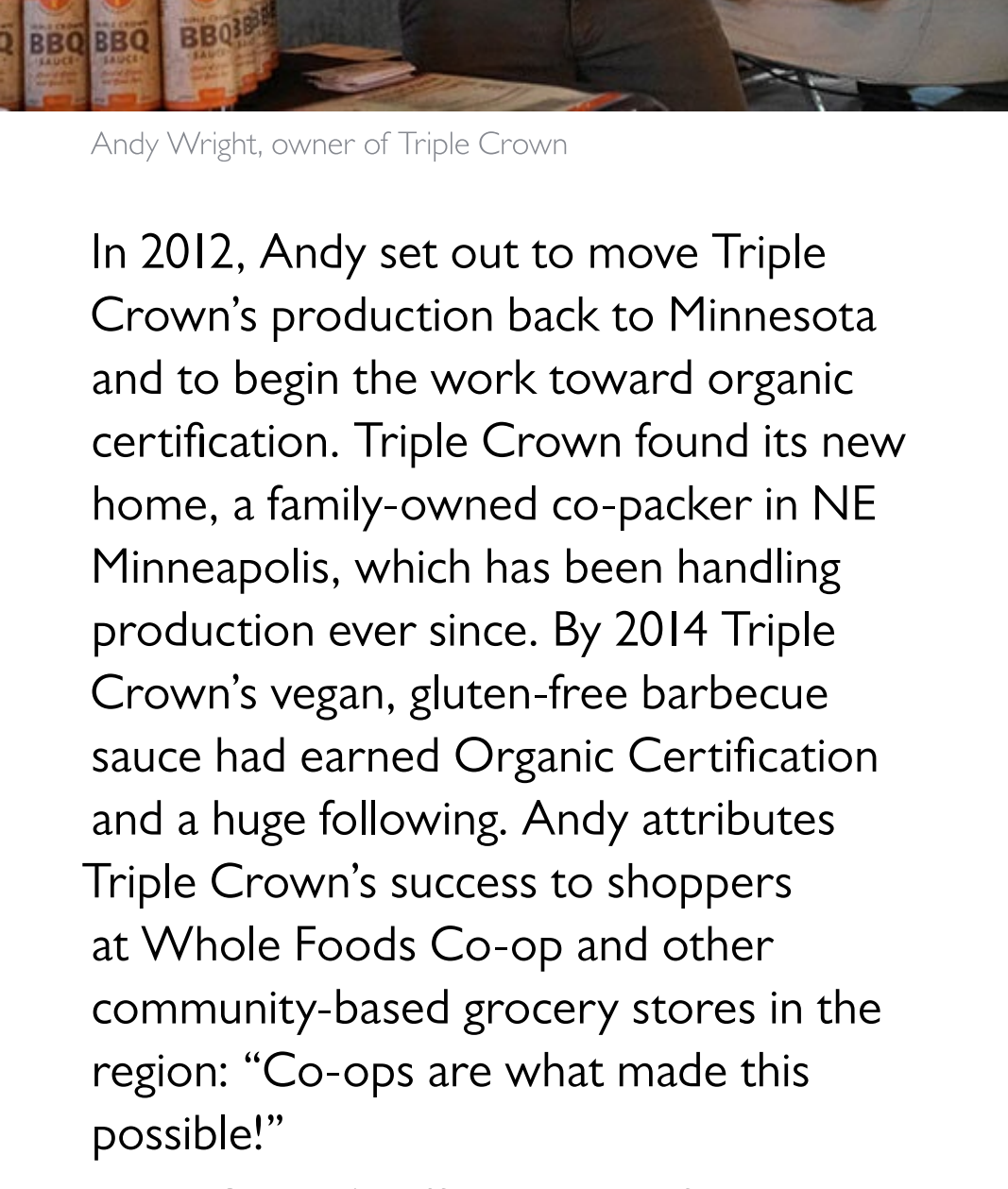
By André LeTendre-Wilcox, Education & Outreach Coordinator

When it comes to barbecue, the sauce makes all the difference. In Minnesota, **Triple Crown** is outstanding in its field. Locally made, vegan, gluten-free and award winning, this is the sauce to add to your summer lineup.

Triple Crown began years before it earned its name. In 1994, Richard Schaff entered a bottle of the barbecue sauce recipe he had crafted with precision into the Minnesota State Fair. The “Kansas City Style” sauce secured top honors as a Blue Premium Winner and did so again in 1997 and 2001. The recipe was a hit, and with the three-peat, Richard’s sauce had a name: Triple Crown.

TRIPLE CROWN ORGANIC BBQ * SAUCE *

Armed with awards and fueled by passion, Richard began making and bottling Triple Crown in a small maple syrup processing facility in Wisconsin. His wholesale business took off when Richard began distributing through Co-op Partners Warehouse (CPW). CPW, a cooperatively owned distributor located in the Twin Cities, has been key to getting small local brands onto the shelves at independent co-op grocery retailers throughout the region. At CPW, Richard found access to new markets (and new barbecue enthusiasts) and he also found a pathway to keep the sauce flowing as he approached retirement. Andy Wright was one of Triple Crown’s early (and biggest) fans. Andy also worked at CPW where he helped elevate small brands and local and organic products. When Richard decided to retire, he sold Triple Crown to Andy. Andy knew the recipe was spectacular, and he also knew that he could take it to the next level by choosing organic ingredients.



Andy Wright, owner of Triple Crown

In 2012, Andy set out to move Triple Crown’s production back to Minnesota and to begin the work toward organic certification. Triple Crown found its new home, a family-owned co-packer in NE Minneapolis, which has been handling production ever since. By 2014 Triple Crown’s vegan, gluten-free barbecue sauce had earned Organic Certification and a huge following. Andy attributes Triple Crown’s success to shoppers at Whole Foods Co-op and other community-based grocery stores in the region: “Co-ops are what made this possible!”

Triple Crown’s offerings now feature two additional flavors and international distribution. And their trophy case holds more than those original three blue ribbons: the Black Garlic sauce won the Good Food Award in San Francisco in 2019; and later that year the Original took the category prize the largest and most prestigious sauce contest in the USA, the American Royal.

Triple Crown’s sauces effortlessly accompany a wide range of dishes, from grilled and smoked meats, such as ribs, chicken, and brisket, to vegetables, sandwiches, and even pizza; yes, pizza! Its ability to harmonize with various ingredients makes it a go-to-choice for professional chefs, backyard grill masters, and 3 am fridge raiders.



Whole Foods Co-op is proud to offer Triple Crown on our shelves. We encourage you to try all three flavors. Each one is a winner! 🥕

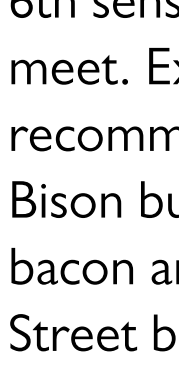
The Original



Triple Crown Original boasts a well-balanced flavor profile of sweet and tangy, that will please even the most sophisticated of palates. A classic style barbecue sauce with a tomato base, its sweet notes provide a delightful hint of caramelization,

while the tanginess cuts through the richness. Meanwhile, the smoky essence of campfire pairs exquisitely with everything from chicken nuggets to baby back ribs.

Hickory Bourbon



The Hickory Bourbon is a sauce with attitude. It has all the attributes of the Original, and the addition of a flavorful and aromatic taste that only bourbon can provide. Organic Featherbone Whiskey from the award-winning Journeyman Distillery of Three Oaks, Michigan teases the 6th sense where taste and scent meet. Excellent on everything, but we recommend drizzling it on a Native Wise Bison burger topped with Yker Acres bacon and served on a Positively 3rd Street bun. It is so good!

Black Garlic



You need to try it! It is like running into an old friend that you have not seen in years, you instantly remember what you liked about them and then are blown away by the person they have become. You get the delicious taste of the Original sauce, and it is almost as if

your taste buds pause before sending your brain the umami flavor signals sent by the ancient Asian ingredient of aged garlic, procured from Black Garlic North America of Wisconsin. Dab this sauce on anything and everything, it turns every culinary situation into a gastronomical experiment.



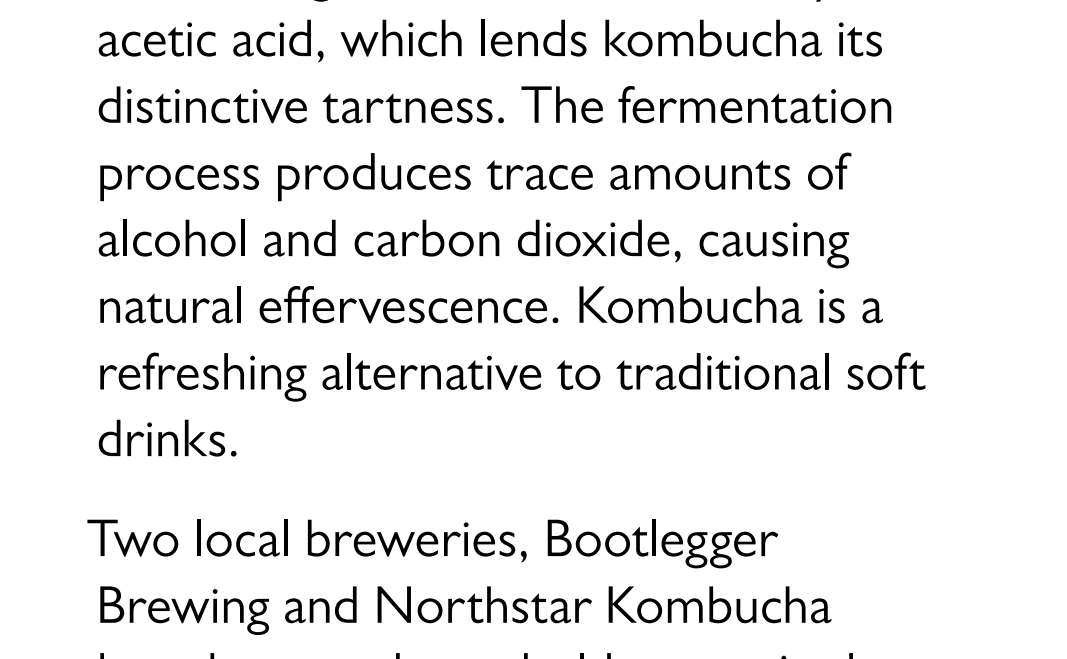
Tea of Immortality

THE RISE OF LOCAL KOMBUCHA

By André LeTendre-Wilcox, Education & Outreach Coordinator

Kombucha has become increasingly popular, captivating enthusiasts with tangy flavors and effervescence, as well as a myriad of potential health benefits.

With this surge in popularity, some believe kombucha to be a new type of beverage. Kombucha is one of those things where what's old is new again, with the earliest record dating back to over 2200 years ago. Chinese Emperor Qin Shi Huang discovered this fermented tea and consumed it to maintain his youth and vitality. His belief in kombucha's benefits was so great that he ordered it to be sipped by the entire kingdom, and it became known as the "Tea of Immortality."



Kombucha, often called "booch," is created through a two-step fermentation process. Starting with a base of sweetened brewed tea, a symbiotic culture of bacteria and yeast (SCOBY) is introduced. The bacteria and yeast consume sugar, transforming it into various organic acids, most notably acetic acid, which lends kombucha its distinctive tartness. The fermentation process produces trace amounts of alcohol and carbon dioxide, causing natural effervescence. Kombucha is a refreshing alternative to traditional soft drinks.

Two local breweries, Bootlegger Brewing and Northstar Kombucha have become household names in the kombucha revolution. Let's explore their contributions to the ever-growing kombucha scene, their unique offerings, and some of the processes used by both breweries.

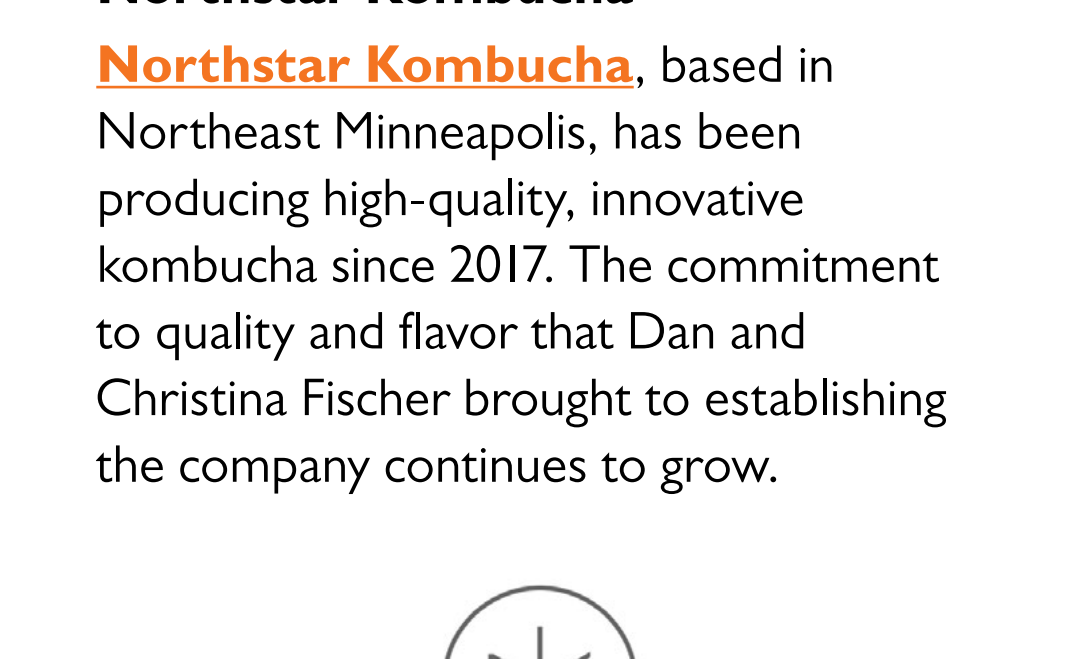


Bootlegger Brewing

Bootlegger Brewing, situated in Spring Lake Park, Minnesota, boasts a rich history, bold flavors, and a commitment to providing high-quality kombucha. Owner Jake Haneman embarked on his booch journey in the early 2000s after being diagnosed with cancer. Looking for something to aid his immune system and understanding the health benefits of kombucha, Jake set out to create a unique drink. Coming from a family who always had a batch of kombucha brewing, Jake said that he relied on the "Alaskan hippie biker side of the family" for advice and support. He also relied on their brewing secrets and their 50-year-old SCOBY culture, which is the "mother" of all of Bootlegger Brewing's kombuchas. After many gallons of trial and error, Bootlegger Brewing made their first delivery in 2016. Today, their beverages are available in over 200 locations.



Bootlegger Brewery offers a diverse range of flavors in small-batch, handcrafted kombucha that cater to all palates. Jake takes pride in using only organic teas and fruit juices to infuse their kombucha with natural flavors and aromas.

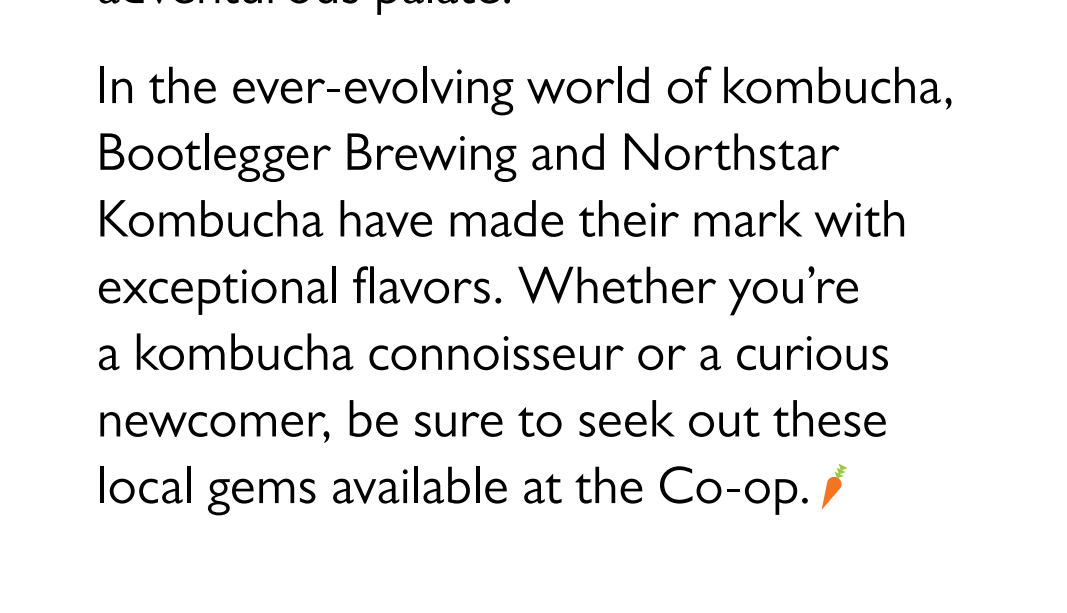


Top: Dylan Hanlon (Production Manager), Jake Haneman (Owner), and Brandon Martin (Operations Manager) of Bootlegger Brewing

Bottom: Grover (Brewery Dog/Moral Support) of Bootlegger Brewing

Popular varieties, such as Lemony Lookout, Hearty Woodsman Ginger, Sturdy Girl Apple Cinnamon, and Legendary Lavender, are developed carefully, producing a balanced, refreshing drink that captivates the senses.

As demand increased, the company also grew. In 2022, Bootlegger Brewing acquired its own canning line and expanded its team to include six employees. Throughout the process, Jake has been committed to using sustainable practices, organic ingredients, and accessing local goods and services whenever possible.



Northstar Kombucha

Northstar Kombucha, based in Northeast Minneapolis, has been producing high-quality, innovative kombucha since 2017. The commitment to quality and flavor that Dan and Christina Fischer brought to establishing the company continues to grow.



NORTHSTAR KOMBUCHA

Northstar Kombucha is made without additional sugar, sweeteners, or juices. It is proudly produced with local ingredients – many of which are procured from local farms – and is bottled using only US-made bottles. Rishi Tea and Botanicals, a Wisconsin-based tea company that you may recognize from the Co-op's shelves, provides the tea for Northstar's recipes.

According to Dan, sometimes changes to the product must be made to delight the customer and maintain a high-quality standard. Northstar is keeping to that standard by introducing exciting new flavors to the line-up, including Raspberry Hibiscus, White Peach, and the seasonal Mango Turmeric. Northstar Kombucha is an excellent choice if you're looking for delicious and healthy kombucha products that cater to an adventurous palate.

In the ever-evolving world of kombucha, Bootlegger Brewing and Northstar Kombucha have made their mark with exceptional flavors. Whether you're a kombucha connoisseur or a curious newcomer, be sure to seek out these local gems available at the Co-op. 🥕

CO-OP SNACKS ON THE GO

Stop at the Co-op for fresh and convenient road trip snacks, hiking fuel, and picnic food! Here are some ideas for easy grab and go options.

- ▶ **Packaged snacks: energy bars, jerky, fruit jerky, and more**
- ▶ **Fresh fruit and veggies with hummus and other dips**
- ▶ **Cold drinks: kombucha, pop, teas, sparkling water, lemonade, and juices**
- ▶ **Deli grab & go sandwiches, salads, snack packs, and more**





Visit our new website!



New look,
same web address:
wholefoods.coop

co+op explorers corner



Solve the Co-op Word Search!

Download or pick up a copy at
customer service.

DOWNLOAD ▶▶

Co+op Explorers Program:
Kids (12 and under) can take one free
banana or apple per co-op visit from
the Co+op Explorers basket in the
produce section!

OUTREACH EVENTS

Summer Outreach Events

JULY-SEPTEMBER 2024

Whole Foods Co-op staff is excited to be out in the community this summer. We hope to see you at these events!

JULY



16th Annual Sidewalk Shuffle

Duluth Area YMCA

Wednesday, July 10 • Noon

📍 Lakewalk at Endion Station, Duluth

[LEARN MORE](#) ➡➡



Meet in the Park

Lincoln Park Children

& Families Collaborative

Sunday, July 21 • 10am – 2pm

📍 Harrison Park, 3002 W 3rd Street, Duluth, MN

[LEARN MORE](#) ➡➡

AUGUST



Spirit Valley Days Parade

Spirit Valley Days

Thursday, August 1 • 6 – 7pm

📍 Grand Avenue Business District, Duluth, MN

[LEARN MORE](#) ➡➡



Unity in Our Community

Duluth Public School ISD 709

Monday, August 19 • 4 – 7pm

📍 Bayfront Festival Park, 350 Harbor Drive, Duluth, MN

[LEARN MORE](#) ➡➡

SEPTEMBER



Duluth-Superior Pride Parade

Duluth-Superior Pride

Sunday, September 1 • Noon – 1pm

📍 Tower Avenue, Superior, WI

[LEARN MORE](#) ➡➡



Lake Superior Harvest Festival

Lake Superior Sustainable

Farming Association

Saturday, September 7 • 10am – 4pm

📍 Bayfront Festival Park, 350 Harbor Drive, Duluth, MN

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