

WHOLE FOODS CO-OP

garbanzo gazette

SUMMER 2023

INSIDE:

Updates from Past GIVE! Grow Local Food Fund Recipients, the 7 Cooperative Principles, Fairhaven Pizza Farm, Your Guide for a Local Backyard BBQ, and Summer Outreach Events

Learn about the Superior Hiking Trail and some staff recommendations for trail foods from the Co-op!

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KAREN'S NATURALS
JUST VEGGIES WITH
TASTY BITE RICE

WFC
BRANDED
KLEAN
KANTEEN

BULK DRIED
MANGO

WFC DELI
ALTERNATIVE
ENERGY BAR





Sarah Hannigan
General Manager

Summer Inspiration

Summer is the time to pack it all in. The days are long, but the season is fleeting. At our stores, this is the time to get fixings for the grill, the freshest produce from the bioregion, and Co-op-made deli salads and sandwiches to make picnicking easy. It's also when the Co-op is out and about in the community – we'll share Co-op goodies along a few parade routes, and we'll pedal our blender bike to spin smoothies for our neighbors and eventgoers. (If you haven't hopped on that bike yet, I encourage you to do so – it makes broad smiles and tasty beverages!)

Operationally, this is the time for us to look back, close the books on our fiscal year, engage our auditors to review our finances and gather the data we use to measure our progress toward our broader non-economic goals. I look forward to sharing this progress in our redesigned Annual Report and at the Annual Owner Meeting in October.

This is also the time we look forward. We've been finalizing the budget for the coming year and updating our strategic priorities for the current phase of our multi-year business plan. In the year ahead, we'll continue our focus on staff engagement and appreciation. We'll launch a third-party administered staff engagement survey to better understand what we're doing well and what we can do to further the employee experience.

One recent milestone related to staff is the successful renewal of our Collective Bargaining Agreement. Contract negotiations with UFCW Local 1189, which represents most of our hourly employees, wrapped up in June. The new three-year contract outlines enhanced benefits, recognizes Juneteenth and Martin Luther King Jr Day as paid holidays, and increases starting wages to \$15.20–\$22.45 per hour. I am grateful for the continued strong, positive, and mutually respectful relationship WFC shares with UFCW in supporting unionized employees.

Our strategic plan also prioritizes customer satisfaction. We're gearing up to invest in our deli, produce, and grocery departments to offer an expanded selection and a more effortless shopping experience. We're working on enhancements to Owner benefits to bring more tangible value to your investment in the Co-op. We're also elevating the cooperative business model – there's much that sets an impact-driven cooperative apart from a profit-driven corporation. We are guided by the Cooperative Principles, highlighted on pages 8 and 9. Through the business of selling groceries, we strive to have the biggest positive impact possible in our community.

This is also the time of year we ask you to join us. Consider running for the Board of Directors. If you work with, volunteer at, or are served by an area non-profit, encourage them to apply for the 2024 GIVE! Non-profit Support Program and benefit from round-up donations from our shoppers. We're also calling for artists for our Owner show, and we're inviting educators to give us a pitch for a class to teach at the Co-op.

I hope these pages fill you with summer inspiration – to visit the Fairhaven Pizza Farm, grab a snack and check out a section of the Superior Hiking Trail, build the best local BBQ, and meet us out and about in the community. We'll let you pedal the blender bike! 🥕



*In cooperation,
Sarah Hannigan, General Manager
sarah@wholefoods.coop*



Scott Van Daele
Board of Directors

Are You a Leader?

Are you a leader that needs a little boost of motivation? As a professional in the non-profit sector, tackling challenging issues is part of my daily routine. Being a successful non-profit leader brings unique demands, but my commitment to helping others can be a powerful motivator to accomplish the job.

Even with higher-than-average motivation levels, there are moments when I need a little boost.

As Board members of Whole Foods Co-op, we care about the brand, mission, and our ENDS, which are

extremely important, but I also love focusing on understanding the people behind it. When you take care of yourself as a leader, when you understand who you are—what makes you tick, what energizes you, what keeps you up at night—and when you know your team and can say ‘what do you need to accomplish the goals that are in front of you?’ And have true understanding, you can make a real difference.

Joining the Whole Foods Co-op Board of Directors gave me my boost of motivation and consistently nourishes and develops my leadership skills while inspiring strategic impacts on our Twin Ports community. Consider leading with me and other members of the Board. 🌱

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.

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.

Apply Now – August 1, 2023

Annual Election: Fall 2023

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, and is one the eligibility requirements. Reach out to the Whole Foods Co-op Board Recruitment Committee at boardapplicants@wholefoods.coop.



Learn more and apply here: wholefoods.coop/wfc-board



GROW LOCAL FOOD FUND

Updates From Past Recipients

The Grow Local Food Fund (GLFF) provides funding for projects that build the resiliency of our local food economy. 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.



POLISH FARMER

📍 *Moose Lake, MN*

Polish Farmer was a GLFF recipient in the spring of 2022. Grant funding was used to purchase dry bean cleaning equipment, including a threshing machine and winnowing fan. These purchases have saved hours of labor and about 70 lbs of product waste in the past year.

“While rounding up at the register can seem insignificant, know that it can make a great impact for local farms and organizations. I am very thankful to have a grocer like Whole Foods Co-op and a community of shoppers who support local foods and non-profit organizations. Thank you for rounding up!”

– Britt Johnson, owner



SUPERIOR SMALL BATCH

📍 *Superior, WI*

In the fall of 2021, Superior Small Batch (SSB) received GLFF funding to support purchasing an automatic patty-forming machine. They estimate this has enabled them to quadruple their efficiency in making veggie burgers. The productivity increase has helped them to expand their investment in our regional food system by committing to an annual production run of SSB Localburgers. Eighty percent of the ingredients in Localburgers come from Minnesota and Wisconsin.

“WFC’s commitment to supporting our regional food system is real and significant. We can all be proud of the role WFC plays in our community.”

– Shane Dickey, owner



UFF-DA ORGANICS

📍 *Wrenshall, MN*

Uff-da Organics received a GLFF grant in spring 2022, which allowed them to restore a fanning mill, purchase a debarker, and purchase screens. This equipment is used to clean grain and will enable them to clean their own seed for planting rather than purchasing it.

“As farmers, we are so very lucky and I feel very proud to have such a supportive community behind us. It’s a special thing. Supporting this grant is a wonderful way to have a direct impact on our local farmers and grow the food system. I’m excited to see what we can continue building together! Thank you.”

– Adam Kemp, owner



NON-PROFIT SUPPORT PROGRAM

GIVE! ROUND-UP

Now Accepting Applications!

The GIVE! Non-profit Support Program supports our community with contributions to a new non-profit organization each month. Monthly GIVE! round-up donations are divided between the featured non-profit and the Grow Local Food Fund.

We are now accepting applications for 2024! 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 August 1, 2023. Priority will be given to organizations that serve the Twin Ports area of Duluth and Superior. Applicant organizations must be engaged in activities that address one or more of the following funding priorities: Environmental Stewardship, Equity and Diversity, Food Access, and Local Food Economy. WFC staff and Owners will assess eligibility and vote for the 2024 recipients, who will be announced at the Annual Owner Meeting on October 16, 2023, and in the Winter *Garbanzo Gazette* in January 2024.



Learn more and apply here:
wholefoods.coop/givenonprofits



JULY GIVE! RECIPIENT Superior Hiking Trail Association

Building, maintaining, managing, and promoting the Superior Hiking Trail. Funds will help coordinate contractors and volunteers for trail maintenance projects, plus support for operating, permitting, and administrative work.



AUGUST GIVE! RECIPIENT Damiano Center

Honoring the dignity of all people and strengthening our community by providing essential services to people who are in need. Funds will support eight programs that provide essential, emergency help to homeless and other low-income neighbors.

Community Action Duluth was the GIVE! non-profit for May 2023. Our shoppers raised \$6,018 to help support their Seeds of Success food access programs, including the Lincoln Park and Central Hillside Farmers Markets, and the Mobile Market. Thank you for rounding up!



TUESDAYS 2–5PM

Essentia Health parking lot
across from 503 E 3rd St,
Duluth, MN

June 13–September 26

EBT Match & Power of Produce Club

The Lincoln Park and Central Hillside farmers markets each provide a \$25 dollar match for all SNAP participants and also run the Power of Produce Club, which provides children under 18 and adults over 60 with \$4 each market to be spent on fresh produce.



THURSDAYS 3–6PM

Harrison Community Center
3002 W 3rd St, Duluth, MN

June 15–September 28



The Mobile Market is a refrigerated van that visits Duluth neighborhoods offering affordable fresh produce, pantry staples, meat, and dairy.



Find the Mobile Market schedule and shop online:
communityactionduluth.org/mobile-market



SEPTEMBER GIVE! RECIPIENT Hawk Ridge Bird Observatory

Protecting birds of prey and other migratory birds in the Western Lake Superior Region through research, education, and stewardship. Funds will support program scholarships and educational programs about environmental stewardship through birds.

The Superior Hiking Trail

A SUPERIOR ADVENTURE AWAITS

The Superior Hiking Trail (SHT) stretches over 300+ miles through northeastern Minnesota from Jay Cooke State Park to the Canadian border. The trail hugs the rocky ridges and cliffs of basalt and rhyolites that line the north shore of Lake Superior, offering some of the region's most breathtaking views and challenging terrain.

Conceptualized in the 1970s by Leland Schaar, a Park Ranger in Tofte, the trail was designed by Tom Peterson, the SHT's first Trail Building Coordinator, in 1986. Over the next



decades, the trail was built bit by bit – crossing through state parks, national forests, private land,

and even city streets. In 2017, all the sections were finally connected, with the full SHT ribboning the terrain from Duluth to Canada.

Today, the SHT is widely regarded as one of the best hiking trails in the United States. Each year thousands of hikers from around the world hit the trail to experience both the thrill and serenity of the area. Some thru-hike the entire trail over many days, camping at the rustic backcountry sites along the way. Day-hikers can choose from dozens of trailheads, offering distinct destinations, challenges, and views.

The SHT covers 42 miles through Duluth, traversing ridgelines, crossing creeks, and dipping down for a stretch along the Lakewalk. There are so many sections to enjoy.



GIVE!

Photo by Sam Bruggeman

The Superior Hiking Trail Association is the GIVE! Non-profit Support Program July recipient. The SHTA stewards the trail, coordinating the construction, maintenance, management, and promotion of this unique community asset. Thank you, Co-op shoppers, for supporting the trail by rounding up at the registers!

Learn more about the SHTA in our video here: wholefoods.coop/shta



The westernmost section offers some of the trail's most scenic overlooks, including stunning views of the Saint Louis River and Estuary from Barton's Peak and Ely's Peak.

Above Duluth's Lakeside neighborhood, the trail passes by the Hawk Ridge Bird Observatory, where naturalists and volunteers can be found counting birds during the seasonal migration.

Whether you're planning a day hike or backpacking a longer section of the trail, the Co-op has you covered. Find a large assortment of snacks, dehydrated foods, and other hiking essentials throughout our stores. If you need inspiration, check out some staff favorites on the next page! 🥕



Be sure to stop by the Co-op to pick up a copy of the St. Louis Estuary National Water Trail map.



Hawk Ridge protects birds of prey and other migratory birds in the Western Lake Superior Region through research, education, and stewardship. To learn more, visit hawkridge.org.

Staff Favorites: Our Top 5 Go-to Trail Foods From the Co-op



Cory V.
Grocery Lead Purchaser, Hillside

1. Frontier Pinto and Black Bean Flakes (bulk)
2. Mike's Mighty Good Ramen
3. Liquid IV Hydration Multiplier Drink Mix
4. Go Macro Bars
5. Karen's Naturals Organic Fruits & Veggies



Erika O.
Store Manager, Denfeld

1. Mike's Mighty Good Ramen with Epic Jerky cut into pieces
2. Natural Sea tuna packets & Safe Catch salmon packets
3. Tasty Bite Rice
4. Patagonia Provisions Soup Mix
5. Creating a blend of overnight oats with products from the bulk section



Rianna R.
Deli Assistant Manager, Hillside

1. Tillamook Extra Sharp Cheddar
2. Garlic Sesame Sticks (bulk)
3. Dried Mango (bulk)
4. Antioxidant Trail Mix (bulk) or GORP (good ol' raisins & peanuts)
5. Apples

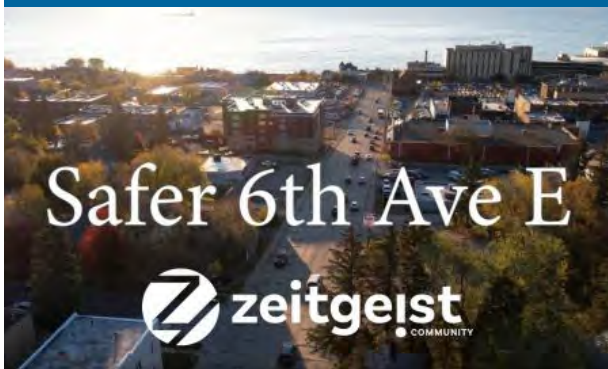


Matt L.
Produce Assistant Manager, Denfeld

1. Yker Acres Beef Jerky
2. The Good Crisp Potato Crisps (they don't squish in the backpack)
3. WFC Deli Alternative Energy Bars
4. Any of my awesome Hydro Flasks I've bought at the Co-op!
5. Bent Paddle hemp-derived THC Gummies



HILLSIDE NIGHT OUT



Tuesday, August 1st at Freedom Farms Hillside
500 E 10th St, Duluth, MN

Come celebrate all the great things about the Hillside, including upcoming changes to make 6th Ave East safer! Food, music, activities, and fun! Learn more about the Event and how to be part of the Safer 6th Ave East community vision to turn this former highway into a great place at zeitgeistarts.com/community.



The 7 Cooperative Principles



When shopping at Whole Foods Co-op, one may perceive it as merely a grocery store. However, Owners know the Co-op encompasses so much more.

Our business is cooperative: an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through jointly-owned and democratically-controlled enterprises.

As a cooperative, we uphold core values known as the 7 Cooperative Principles. These principles were adopted by the International Co-operative Alliance in 1995, with their origins tracing back to the first modern cooperative founded in Rochdale, England, in 1844.

In conjunction with our mission, the Cooperative Principles guide our daily operations. In this infographic, we share how WFC incorporates each principle. Follow the pathways from each principle to explore them!

Whole Foods Co-op is more than a grocery store. Through our 7 Cooperative Principles, we support our Owners, other food cooperatives, and our local community.

1 VOLUNTARY AND OPEN MEMBERSHIP

2 DEMOCRATIC MEMBER CONTROL

3 MEMBER ECONOMIC PARTICIPATION

4 AUTONOMY AND INDEPENDENCE

5 EDUCATION, TRAINING, AND INFORMATION

6 COOPERATION AMONG COOPERATIVES

7 CONCERN FOR THE COMMUNITY



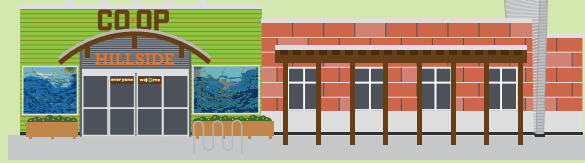
We love to share stories about our positive impact. Let us know if there are stories you are interested in hearing. Visit our website and send us a comment to add a request: [wholefoods.coop/comment](https://www.wholefoods.coop/comment)

Shaped to meet the needs of our 13,000+ member-Owners, ensuring the experience is created for our community needs.



Governed by nine Owner-elected Board members.

All Owners are welcome to attend monthly Board meetings.



Supported by one-time equity investments of consumer-Owners who receive regular discounts, and patronage rebates in profitable years.

Committed to community-centered values as an independent and locally-owned cooperative business.



Curated training is developed for staff; public education and outreach are facilitated through classes and publications like this *Gazette*.



Empowered through partnerships with other cooperative businesses. WFC is a member-owner of Twin Cities Co-op Partners, National Co-op Grocers, and Frontier Co-op, and we often work in partnership with other natural food co-ops.



Engaged in our community, WFC prioritizes supporting local non-profits and food producers and is an active presence through varied community events and projects.



Fairhaven Farm

CULTIVATING A WELL BEATON PATH, ONE SLICE AT A TIME

By André LeTendre-Wilcox, *Education & Outreach Coordinator*

Fairhaven Farm, nestled just north of Duluth in Saginaw, Minnesota, is family-owned and operated by John and Emily Beaton. John established Fairhaven Farm in 2014 while completing an apprenticeship at Northern Harvest Farm in Wrenshall. In 2017 the couple bought a farmstead and land in Saginaw, where Fairhaven Farm found its permanent home.

The Beatons commit to sustainable agriculture practices and pay special care to soil health. John and Emily are not just farmers; they are caretakers of the land. John has served as the President of the Lake Superior Sustainable Farming Association since 2018. They tell us, “We grow vegetables, herbs, fruits, and flowers using bio-intensive,

regenerative, and organic practices. We also produce greenhouse-grown starter plants and source quality seeds and supplies for home gardeners.” Each spring, the

Co-op features Fairhaven Farm’s wide array of vegetable and herb starter plants. During the summer, Fairhaven offers its produce through Community Supported Agriculture (CSA) weekly shares for its members.

A new and exciting element sprouting up at Fairhaven Farm this season is Pizza Nights. Fairhaven offers the first Pizza Farm in the Lake Superior BioRegion, hosting guests Wednesday and Friday nights during the summer and into early fall.

Now, before we go any further, what is a Pizza Farm? John and Emily set the stage: “Imagine gathering at the farm on a summer night with your family and friends for a unique outdoor dining experience. Take in the scenery, stroll through the vegetable field, and enjoy freshly prepared pizzas from our wood-fired oven. This isn’t farm-to-table, we’ve brought the table to the farm!”

To prepare for the Pizza Farm venture, John and Emily “...participated in farm business courses, mentorship programs, have been working with a farm business management consultant for financial planning, and have consulted with other successful pizza farm owners in the Midwest.” After a successful Kickstarter campaign, many difficult decisions, and a few pivots, the Pizza Farm opened in June of 2023.

Let’s get into the delicious details of how the pizza comes together! Fairhaven’s pizza crust is made from Minnesota-grown and milled flour. The real secret is in the sauce. John and Emily have been toiling to create the perfect seed-to-plate crushed tomato sauce for years. Meat and cheese toppings are also sourced locally. Fresh herbs and vegetable toppings are picked daily at Fairhaven Farm, ensuring the pizza is always bursting with flavor. Pizza Farm options include classic sausage, pepperoni, and vegetarian pies. Through the growing season, pizza offerings will change to showcase the freshest local ingredients. Sourcing ingredients from their farm and other local growers is very important to the Beatons. They say, “We believe nothing brings people together more than growing, preparing, and sharing good food, grown right.”

A visit to the Pizza Farm is a great way to spend a summer evening with friends and family. The delicious pizza and beautiful setting make for a one-of-a-kind Northland experience. Fairhaven Farm also hosts a variety of events throughout the year, including farm tours, educational workshops, and farm stays. Yes, you can camp there!

To create a positive experience and ensure there’s enough pizza, Pizza Farm guests must make a reservation. 🍷

FARM
FAIRHAVEN



Visit fairhaven.farm to make a Pizza Farm reservation!



“We believe nothing brings people together more than growing, preparing, and sharing good food, grown right.”

– John & Emily Beaton,
owners of Fairhaven Farm

Photos courtesy Fairhaven Farm

Keepin' It Real, Real Local

YOUR GUIDE FOR A LOCAL BACKYARD BBQ

Create lasting memories before summer slips away by hosting a backyard BBQ. Accompany your favorite summer foods with your best playlist, and you'll have the perfect recipe for a lovely gathering. We recommend local Yker Acres' bratwurst complemented with Spirit Creek Farm's ferments served over a toasted bun from Positively 3rd

Street Bakery for a quick crowd-pleaser. Complete the meal with some grilled Food Farm zucchini. If you are looking for a meatless option, Superior Small Batch offers the best vegan burgers in the Twin Ports. Nothing brings people together more than sharing a good meal. Happy summer. 🍴



The Stamper family of Carlton, MN, provides the community with responsibly raised food. The animals on their farm live in a low-stress environment with outdoor access 365 days a year. *Thank you for taking great care of these animals so our community can share in the bounty.*



Northern Harvest Farm and Uff-da Organics have joined forces and purchased Spirit Creek Farm. *We congratulate you on the new venture and thank you for putting in the work to continue to this great product.*



Food Farm is a Certified Organic Farm and has been providing fresh produce to WFC since 1976. *We cannot thank you enough for being such great stewards to the land.*



Positively, 3rd Street Bakery is a worker-owned cooperative. When you purchase 3rd Street items you are supporting two community cooperatives and countless other small businesses that provide the ingredients. *Thank you for putting your workers' needs and the community as the focus of your passion.*



Our local go-to vegan burger is Superior Small Batch of Superior WI. SSB has a mission to feed the community and build the regional food system with plant-based whole foods. *We thank you for leading the way for plant-based food production in the Northland and for all your humanitarian work in the region!*

The Perfect Local Brat

Ingredients

- ▶ 6 Yker Acres brats
- ▶ 6 Positively 3rd Street Bakery brat buns
- ▶ 1 16 oz. jar of Spirit Creek Farm sauerkraut
- ▶ 2 cans of Wisco Pop! Organic Ginger Soda (additional liquid may be needed)
- ▶ 1 tsp. garlic powder
- ▶ 1 tsp. onion powder
- ▶ 1 tsp. smoked paprika
- ▶ 1 tsp. black pepper

Instructions

1. Combine the juice of the kraut, ginger ale, and seasonings; bring to a boil. Turn down the heat to a simmer.
2. Add the brats, and simmer for about 12 minutes. Add more liquid, if needed, depending on the size of your pan. Water is a fine choice.
3. Remove the brats and set them on a hot grill to sear. Be sure the brats are thoroughly cooked.
4. Split your bun and add condiments, if desired. Place the brat and top with kraut.

coop explorers corner

Did you know that products at the Co-op are labeled if they are Fair Trade, Local, or Organic? Learn more with printable coloring pages!

Scan the QR code to download or pick one up at either store!



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!



Summer Outreach Events

JULY–SEPTEMBER 2023

We're excited to go out into the community for outdoor events! Find us at Meet in the Park, Unity in Our Community, and the Lake Superior Harvest Festival. Look for the Whole Foods Co-op orange tent! We'll also be at the YMCA 15th Annual Sidewalk Shuffle 5K, and two parades: the Spirit Valley Days Parade and the Duluth-Superior Pride Parade. We hope to see you there!



JULY

15th Annual Sidewalk Shuffle 5K

Duluth Area Family YMCA
Wednesday, July 12 • Noon

📍 Lakewalk at Endion Station, Duluth, MN

A race to raise funds to ensure that Y programming, memberships, and lifesaving community resources are available for all.

Meet in the Park

Lincoln Park Children & Families Collaborative
Sunday, July 16 • Noon – 4pm

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

A neighborhood celebration that promotes individual and community health. There will be a bounce house, food, outdoor activities, free resources, and more!

AUGUST

Spirit Valley Days Parade

Spirit Valley Days
Thursday, August 3 • 6 – 7pm

📍 Grand Avenue Business District, Duluth, MN

Spirit Valley Days is a three-day extravaganza celebrating the West Duluth neighborhood. The parade will march from 59th Ave West, along Grand Ave, turning at Central Ave onto Ramsey street.

Unity in Our Community

Duluth Public Schools ISD 709
Monday, August 21 • 4 – 7pm

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

A free event welcoming students back from summer break, open to students, parents, and staff. There will be free food, bounce houses, music, and more!

SEPTEMBER

Duluth-Superior Pride Parade

Duluth-Superior Pride
Sunday, September 3 • Noon

📍 Tower Avenue, Superior, WI

The Duluth-Superior Pride Festival returns this summer on Labor Day Weekend with events all around the Twin Ports. The parade will be on Sunday.

Lake Superior Harvest Festival

Lake Superior Sustainable Farming Association
Saturday, September 9 • 10am – 4pm

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

A family-oriented event featuring a huge farmers market, live music, renewable Energy Fair, non-profit exhibitors tent, and educational demonstrations.

Top: WFC staff at the Spirit Valley Days Parade 2022. Bottom Left: WFC booth at the Lake Superior Harvest Festival 2022. Bottom Right: Making smoothies with the WFC blender bike.

WFC OWNER ART SHOW

AN ANNUAL CELEBRATION OF ART AND COMMUNITY! OCTOBER 2023

Share your art with the Co-op community! To be included in this year's Annual Owner Art Show, all artists must submit an online application or paper form by September 1, 2023. Applications will close early if gallery space is filled before the deadline; be sure to apply soon!

Owner artists can submit up to three 2D art pieces. Accepted works will depend on artwork size and available space.



Visit [wholefoods.coop/art](https://www.wholefoods.coop/art) to apply.

Paper forms are available at Customer Service.



CALL FOR OWNER ART!



SAVE THE DATE



2023 ANNUAL OWNER MEETING

MONDAY, OCTOBER 16TH

📍 Clyde Iron Works Event Center, Duluth, MN

Join us for the 2023 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!

Want to teach a class at the Co-op?

We're looking for instructors for Fall 2023! We are scheduling now for October–December and seeking instructors for cooking classes, food-related classes, and kids' classes. Ideas are welcome!

If you are interested, please email marketing@wholefoods.coop.



WHOLE FOODS CO-OP

HILLSIDE

610 East 4th Street
Duluth, MN 55805

DENFELD

4426 Grand Avenue
Duluth, MN 55807

www.wholefoods.coop
218.728.0884

OPEN DAILY • 7am-9pm

Holiday Hours

July 4th: 7am-7pm
Labor Day: 7am-9pm

Owned by YOU and
13,000+
of your neighbors!

Don't forget to use your monthly Owner Coupon (\$5 off \$40)! Stay updated on deals and benefits through the weekly Owner email! Sign up if you're not subscribed: wholefoods.coop/newsletter

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ATTENTION OWNERS:

This is the last print issue of the *Garbanzo Gazette* you will receive unless you opt in!

To reduce paper and printing waste, Whole Foods Co-op is changing how we distribute the *Garbanzo Gazette*. Starting with the next issue, Fall 2023, Owners will only receive a paper version by mail if they have opted in. The issue you are reading will be the last paper copy you will receive if you have not opted in.

Everyone subscribed to our weekly Owner email will receive a digital version via email. Visit our webpage below to update your email address if needed. Plus, you can view the most current and previous issues online at wholefoods.coop/garbanzo-gazette



Opt in for print Gazettes online or update email address: wholefoods.coop/opt-in



In-store Opt-in: If preferred, you can opt in by filling out this form, cutting along the dotted line, and bringing it to customer service at either store.

Primary Owner's Full Name: _____

Phone: _____

Owner Number: _____

Street Address: _____

City: _____

State: _____ Zipcode: _____