

Lakewinds

MEMBER NEWSLETTER
FEBRUARY | MARCH 2010

Feeding Inspiration

Local Meat,

LOCAL BUTCHER, ENDLESS POSSIBILITIES.

By Anne Wilbur

When it comes to explaining the route most modern day meat products take to the grocery store, it's complex. But, for Lakewinds, the process is simple and delivers the freshest, safest and largest variety of cuts available.

Compare a modern supermarket flow chart for the handling of a meat product to that of Lakewinds, says Meat Department Manager and Master Butcher Greg Dick. Large supermarkets may source their beef from ranches located in the western U.S., but they tend to rely on larger operations. When the cattle are ready for the market, they are sent to huge feed lots, mingling with a variety of other cattle. From there they are sent through a meat factory where speed and efficiency are valued over humane treatment and safe handling for bacteria. The factory then portions the meat into standard cuts, packs them in boxes, and the boxes are shipped to a warehouse, and then ordered by the supermarket. The workers at the market then stock the shelves, occasionally cutting deli meat or specialty items.

The flow chart for Lakewinds meats is simple and performed daily, so the meat is fresh and safe. Foremost, Greg finds farms, like Hidden Stream Farm near Elgin, Minn., that are local and practice humane and natural or organic farming methods. On a daily basis, the farmer takes a steer, designated for Lakewinds, to a local meat locker that may process at the most 50 cattle a day. Each steer or hog is carefully dressed, ensuring no contamination and then cut into four sides. From there, the farmer brings his own meat to the Lakewinds butchers, who cut the sides into portions according to our customer specifications.

At Lakewinds, a butcher is a quality craftsman with a direct connection to the farms that supply the product. The Lakewinds butchers proudly stand behind their quality products. A supermarket worker may take pride in his work, but is unlikely to have a master's knowledge. The Lakewinds unique model gives the customer more

control because they have a direct connection to the process of bringing the meat to market through our butcher.

Greg and his team have a total of 120 years of experience as butchers. They can offer unique and specialized cuts, endless and detailed options for preparing the food, and a fresh, healthy and safe product.

Because they bring in whole sides, Lakewinds butchers can offer distinctive cuts. Some of the cuts Greg has recently offered include the Korean style rib, a delicious cross-cut rib that you can marinate and grill. He also offers oxtail for the best soup stocks and bone-in chuck roast, a much tastier version of chuck than the boneless version commonly found in stores.

There are two main reasons for unsafe meat, says Greg. The first factor goes back to the flow chart. Beef, pork, lamb or chicken that

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FROM THE G.M.



There is no escape—it is definitely winter. Well I guess there is escape that takes the form of airplanes and islands, but on a day to day basis the winter thing can not be avoided. So you may as well enjoy it. The smells of comfort foods like pot roast and apple crisp make me happy, especially after a day spent attempting to cross country ski. For many it is a football game with chips and salsa or guacamole. Whatever floats your boat, be sure to check out our new sales flyer and see all of the deals we secured so you can enjoy your comfort foods in February at a better price. We would also love for you to join us in March for our 3rd annual Gluten-Free Roundup. As in the last 2 years we will have all kinds of vendors sampling their newest gluten-free foods. It is a great chance to try before you buy, listen to country western music and connect with other folks who share the same food needs. Please take some extra time to read the article on our meat program. Many of you may not be aware of how unique our meat program is. While many stores make claims about being local and talk about their butchers, if you dig a little deeper you will likely find the claims do not go very deep. Not only do we source all of our beef, chicken, pork, lamb and turkey from small farms in Minnesota, but the connection between the farm and our store is very direct. We do not use a big processor who cuts and packages the meat; we do the processing in the store using trained butchers. This gives us very tight controls over the quality and safety of the product and gives us the ultimate flexibility in what we offer to our customers. We don't have a warehouse where this processed product is held, because virtually every day we are processing meat that just arrived and putting it out to sell. When we say our meat is local, fresh and the highest quality, we really mean it. Stop by and talk to our butchers, you will be impressed. Have a warm and comforting winter.
Libby Trader, General Manager

BOARD CORNER



Much of the Board's activity over the past ten months has been on creating a new strategic vision for Lakewinds. We've shared aspects of that work in previous Board Corners and hope you share our excitement for our future together. One of the pieces of that plan was to find a long-term solution for Anoka, a location operating with a vastly different business model than our other stores and not a candidate for future capital investment.

We were approached last May by a local group looking to purchase the Anoka location and establish an independent Grass Roots Co-op. We

supported this initiative and felt it is consistent with Lakewinds' long-term goals, although we have been moving forward with caution to ensure we meet our members' needs and expectations. To that end, I am happy to report that (at press time) Lakewinds has agreed in principle to sell the Anoka assets to Grass Roots Co-op. The deal is scheduled to close on February 26, 2010.

We understand this transaction may necessitate some members to cancel their memberships. And while we never like to lose a member, we are excited by the creation of a vibrant new addition to the thriving Twin Cities cooperative community.

As for our cooperative, we continue to find new ways to feed inspiration and look forward to working with you to expand Lakewinds' unique ability to inspire people and communities to enjoy a healthy and sustainable future. Watch this space for future updates. As always, please feel free to contact me if you have any questions about any Board activity.

Sincerely,

John DePaolis, Board President



BOARD OF DIRECTORS

John DePaolis—President
Doug Engen
Adelle Caroline Hermes
Fred Ladner
Jennifer Reilly—Vice President
Katherine Roseth
Joe Wagner—Secretary
Dale Woodbeck—Treasurer

VISION:

Inspiring people and communities to enjoy a healthy and sustainable future.

MISSION:

We are a member owned food cooperative committed to outstanding service to our members, patrons and the greater community, leading the way with education, healthy food choices and sustainable products.

Lakewinds Community GRANT PROGRAM TAKES FLIGHT

By Rachael Eide, Outreach & Member Services Coordinator

In any given month, Lakewinds donates both time and resources to several community groups looking to make a difference. While these donations are always much appreciated by the recipients and those they serve, Lakewinds has grown to a level where we are in a better position to impact our communities in a much larger way.

For several months now, members have heard about a community grant program

by the Lakewinds Board once the fiscal year is complete and the co-op's financial performance is understood. Decisions on grants will be made by a committee made up of Board members, members at large and employees.

Applicants must meet key criteria as well as submit an application including organization information, purpose of the grant, and budget information.

"LAKEWINDS WILL DONATE LARGER SUMS OF MONEY, RANGING FROM \$1,000-\$10,000, TO NON-PROFIT ORGANIZATIONS ENGAGED IN ACTIVITIES CONSISTENT WITH ITS MISSION."

in the works as a way for Lakewinds to do just that. This year, the Lakewinds Board of Directors approved the final stages of the grant program set to begin accepting applications June 1st, 2010. Interested parties may download the application requirements as early as March 1 to allow ample time to complete the application process. Consistent with the cooperative principle based on concern for the community, Lakewinds will donate larger sums of money, ranging from \$1,000-\$10,000, to non-profit organizations engaged in activities consistent with its mission. Total dollars donated in the grant program will be determined

For details or more information on specific grant application requirements and deadlines, visit www.lakewinds.coop.

Lakewinds members who are interested in serving on the grant approval committee should also check the website for further information regarding the committee application process. The time commitment required for this process is dependent on the number of applications received (approximately 20 hours over a 6-week period in August to early September). Details on the program including applications and contact information will be available by March 1.

COOPERATIVE PRINCIPLES:

- » Voluntary and open membership
- » Democratic member control
- » Member economic participation
- » Autonomy and independence
- » Education, training and information
- » Cooperation among cooperatives
- » Concern for community

COOPERATIVE VALUES:

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity.

In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.



With over 1,700 gluten-free products, Lakewinds has one of the largest selections of gluten-free products in the Twin Cities area. We are a resource for people who are just learning about the gluten-free lifestyle and for those who have been maintaining a gluten-free diet for some time. The third annual Gluten-Free Roundup is coming to Lakewinds stores in March.

Saddle Up

COME ON DOWN TO THE 3RD ANNUAL GLUTEN-FREE ROUNDUP

By Anne Wilbur

GLUTEN-FREE ROUNDUP

11 a.m. to 4 p.m.

March 6 at the Minnetonka Store

March 20 at the Chanhassen Store

March 27 at the Anoka Store

This event brings together our many gluten-free resources by presenting gluten-free solutions, introducing customers to suppliers and support groups and showcasing the large number of products available at our stores.

Watch for products from Bob's Red Mill, Glutano, French Meadow, Kettle Cuisine, Nana's Cookies, Hans' Sausages, Cascade Fresh, Bittersweet Bakery, and more.

To further highlight our many gluten-free

products, through the month of March, Lakewinds will be offering demos of gluten-free foods. Look for the red dot on the shelf tags to indicate gluten-free products throughout the year.

We ensure that our staff can answer your questions about gluten intolerance by providing a two-hour class, taught by Angela Litzinger, about the gluten-free diet and lifestyle. If staff can't answer every question, the information desks contain most of the training information that will also supply answers.

Celiac Disease

Thanks to continued research, society as a whole has become more aware of the number of people who need to be on a gluten-free diet. We now know that there are several levels of gluten intolerance ranging from the autoimmune disease celiac sprue to gluten allergies.

Celiac disease is a life long autoimmune disease, says Dr. Ramalingam Arumugam, pediatric gastroenterologist at Minnesota Gastroenterology, P.A. (MNGI). The GI practice has 57 gastroenterologists and six outpatient clinics, which are located in Bloomington, Coon Rapids, Eagan, Maplewood, Plymouth and St. Paul.

From 2006 to 2008, MNGI pediatric gastroenterologists diagnosed and treated a total of 433 children with celiac sprue disease, according to the 2008 MNGI Quality and Outcomes report.

"It is one of the most under diagnosed diseases in the United States," says Arumugam. Research has found the disease is more prevalent in Caucasians, and it is estimated that 1 in 200 people may have the disease in the U.S.

For many years, the disease was often misdiagnosed as malabsorption and failure to thrive. Later, when gluten was identified as the cause of the disease, science focused on possible problems in the wheat crop. Today we understand that the cause of celiac disease is gluten.

Gluten is a protein found in wheat, rye and barley and a number of lesser known grains and flours. For a full list of grains that contain gluten go to www.csaceliacs.org/gluten_grains.php. A small number of celiac

patients also react to oats, which are believed to produce symptoms after

cross contamination with other grains. For a person with celiac disease, eating foods containing gluten can be life threatening.

When gluten is eaten by someone with celiac disease, enzyme tissue (transglutaminase) in the body modifies the protein. This causes the immune system to react with the tissue in the small intestine, resulting in an inflammation. This reaction eventually damages the villi in the lining of the small intestine, causing malabsorption of much needed nutrients. Undiagnosed celiac disease can cause malnutrition, weakening bones and anemia.

Within the last few years, a new blood test for celiac disease has been introduced. The blood test is 90 percent accurate in diagnosing the disease, says Arumugam.

Celiac disease runs in families, though the exact genetic makeup is still unknown. If one family member has the illness, Dr. Arumugam recommends that all first-degree relatives (mother, father, brother, sister, son and daughters of the celiac patient) get tested for celiac disease. There are varying degrees of severity, and one family member may be much more affected by the disease than another.

The disease may go undiagnosed in babies, because the only symptom may be diarrhea. Research has found that babies who are nursed for an extended time

before being introduced to wheat seem to be unaffected by the disease. However, if a child who weighs in the 90th percentile for her age group has an unexplained drop in growth and constant diarrhea, she should be tested, he says.

Even though the blood test is 90 percent accurate, if a person tests positive, Dr. Arumugam will also perform an endoscopic biopsy of the small bowel. "I would not start anyone on a strict, lifelong gluten-free diet based on a test that is only 90 percent accurate. The small biopsy with histology, called the gold standard for celiac disease, should also be performed to fully determine if someone has celiac disease."

The blood test for celiac disease is done routinely for children with other autoimmune diseases, such as Down syndrome or diabetes, he says. Approximately 10 percent of children with Down syndrome or Type 1 diabetes could develop celiac disease in their lifetime.

All tests lose their usefulness if the patient is already on a gluten-free diet, Arumugam says. Intestinal damage begins to heal within weeks of gluten being removed from the diet, and antibody levels decline over months. He urges people not to go on a gluten-free diet if they plan on being tested.

Gluten Allergy

Unlike celiac disease, a gluten allergy is a food allergy caused by an immune system reaction that occurs after eating gluten. All food allergies are a reaction involving immune cells called Immunoglobulin E (IgE), a class of antibody.

Food allergies most commonly occur in the first six months to first several years of life. The most common food allergy is milk, followed by soy, wheat, eggs, nuts, peanuts and seafood, says Arumugam.

The symptoms of a gluten allergy occur in three areas: the skin and mucous membranes; the ear, nose, throat, and chest; or in the gastrointestinal tract.

Even a small amount of the allergy-causing food may trigger symptoms such as digestive problems, hives or

swollen airways. In some people, a food allergy can cause severe symptoms, such as swelling of the breathing passages, known as anaphylaxis.

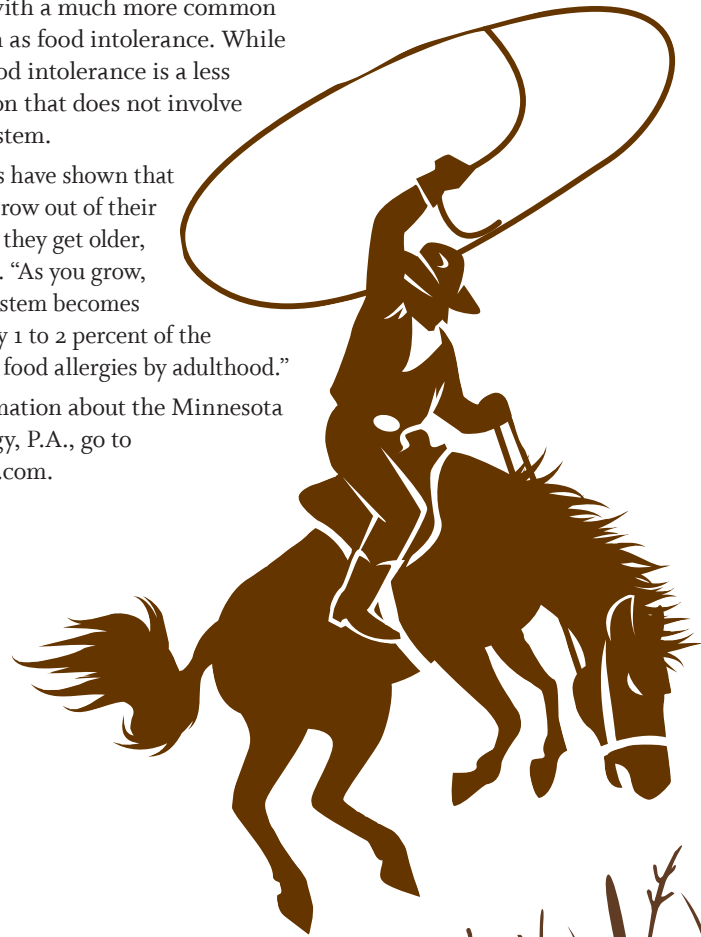
Minnesota Gastroenterology uses two types of tests for food allergies. The first is a blood test to look for levels of the antibody IgE in the body. If the number is high, then the person likely has a food allergy. The second test identifies the type of food allergy, using a skin prick to test for reactions to foods on the skin.

As with celiac disease, the only treatment is complete elimination of the food that causes the allergy, which may require a gluten-free diet.

Dr. Arumugam says many people confuse a food allergy with a much more common reaction known as food intolerance. While bothersome, food intolerance is a less serious condition that does not involve the immune system.

Research studies have shown that many children grow out of their food allergies as they get older, Arumugam says. "As you grow, your immune system becomes smarter and only 1 to 2 percent of the population have food allergies by adulthood."

For more information about the Minnesota Gastroenterology, P.A., go to www.mngastro.com.



13,300 STRONG *and Growing.*

By Rachael Eide, Outreach & Member Services Coordinator

Do you love your co-op? Do you find joy in talking about your co-op shopping experience? If you do, you can earn a Lakewinds gift card by making a referral beginning this February. Maybe you have a friend with the resolution to eat healthier this year? Or neighbors who struggle with

13,300 active member-owners. It is because of this support that we were able to grow and to offer healthy food choices and sustainable products. Because of our members we lead the way in education while remaining committed to outstanding service to our members, patrons, and the greater community.

co-workers. Our goal for the month is to have 150 new member-owners join the co-op!

For more information, please stop at the customer service desk or go online to www.lakewinds.coop. Gift cards will all be mailed the first week of March following the end of the drive.

“OUR GOAL FOR THE MONTH IS TO HAVE 150 NEW MEMBER-OWNERS JOIN THE CO-OP!”

special diet needs? How about co-workers looking to support their local community and economy? Encourage them to become a member-owner at Lakewinds.

Started nearly 40 years ago as a small buying club, Lakewinds has grown from a staff of volunteers who helped with gardening needs, raised chickens for eggs and stocked shelves with all the natural products they could find. We have since evolved into a strong, community focused co-op with over

During the month of February, Lakewinds members will have the opportunity to earn a \$10 Lakewinds gift card for each new member owner who joins with their referral. The referral program will encourage members to get the word out about your co-op and support this year's membership drive. Membership referral cards will be available in late January to get you started. Simply fill out the back of the card and pass it on to your friends, family, neighbors and



Continued from “Local Meat, Local Butcher, Endless Possibilities,” Page

mingles with animals from other farms in the feed lot or in the factory creates the potential for e-coli contamination (see the movie Food Inc. for more details).

The other safety problem is caused by the emphasis on speed and volume in a large factory. When workers are required to dress animals quickly, contaminants from the innards may taint the meat. A small town meat locker is much less likely to allow that to happen. Lakewinds often uses Burt's Meat and Poultry in Eyota, Minn.

The Butcher Is In

A supermarket may have a butcher, but increasingly they are unable to provide customer service. A new customer recently came to Greg saying she could no longer get freshly ground pork at her usual store, so she had turned to Lakewinds, which can safely grind meat from its own side of pork.

“The level of service is limitless. We are butchers

at Lakewinds, versus the meat cutters you might find at other stores,” Greg says.

That service includes knowledge of all cuts and how they can be prepared. Before Christmas, a customer asked Greg how to prepare a leg of lamb for a wood fire oven. The discussion took a half an hour and several more phone calls, but the result was a one of a kind meal for the customer.

“For people who want to learn, I have the time and can share and provide information,” he says.

Another joy found in having a local butcher



is specialty cuts. Another customer wanted to surprise her parents, who were gourmets, with a unique 30th anniversary gift. From the side of beef, Greg was able to create a tomahawk beef rib chop, an unusual steak created with arm-length ribs. “It blew her parents out of the water,” he says about her parents' reaction.

In addition to enhancing the cooking experience for customers, the Lakewinds meat department can create new products.

A popular recent addition is deli meat. The meat department now roasts and makes deli meat that has no additives or flavor enhancers. This specialty has proved very popular.

Greg wants to provide more products and talk about his work. If you want to know more about getting quality, safe meat, it really is very simple. Just ask about your butcher's direct connection to the farmer. It's a relationship that connects him to the natural process of life, and he looks forward to talking about it.

UPCOMING CLASSES

February & March

Our mission: We are a member-owned cooperative committed to outstanding customer service. We support our community by providing education, healthy food choices, and environmentally friendly products.

All classes are held in the Minnetonka classroom, unless otherwise noted. To register for a Lakewinds class, call the Minnetonka customer service desk at 952-473-0292 or visit our web site www.lakewinds.coop and click on classes.

Easy, Raw Family Favorites (D/T)

\$50/\$45 members
Thursday, Feb. 4, 6:30–8:30 p.m.
Instructor: Susan Powers, founder of Rawmazing

Quick Cakes and Bars (D/T)

\$20/\$17 members
Monday, Feb. 8, 6:30–8:30 p.m.
Instructor: David S. Cargo

Raw Foods: Everyday Meals (D/T)

\$50/\$45 members
Tuesday, Feb. 9, 6:30–8:30 p.m.
Instructor: Anna Dvorak

Acupressure for Couples (L/H)

2 for 1 Price—\$40/\$35 members
Thursday, Feb. 11, 6:30–8:30 p.m.
Instructor: Dr. Larry Caldwell

Informed Consumer Series: Diffusing Essential Oils: An Introduction to Diffusion for Balance, Beauty and Well-Being for Body and Home (D)

Cost: Free
Monday, Feb. 15, 6:30–8:30 p.m.
Instructor: William. R. McGilvray, Founder of Australian Essential Oil Company.

Kombucha 101: How to Make the Divine Tea (DT)

\$45/\$40 members
Tuesday, Feb. 16, 6:30–8:30 p.m.
Instructor: Barb Bredesen

Gluten & Dairy Free Celebrations Class (D/T)

\$35/\$30 members
Wednesday, Feb. 17, 6:30–8:30 p.m.
Instructor: Angela Litzinger

The Art of Skin Care (L)

\$15/\$12 members
Thursday, Feb. 18, 6:30–8:30 p.m.
Instructor: Kathleen Maxwell

Chair Yoga for Healthy Bones (D/H)

\$65/\$60 members;
Age 65+ Special Price: \$35/\$30 members
Six Saturdays: Feb. 20–March 27, 10:30–12 p.m.
Instructor: Mary Tellers, Certified Chair Yoga Instructor.

Beyond the Obvious: Strategies to Feed Your Picky Eater (L)

\$12/\$10 members
Saturday, Feb. 20, 1–3:30 p.m.
Instructor: Katja Rowell, MD of Family Feeding Dynamics

Intro to Raw Foods (D/T)

\$50/\$45 members
Tuesday, Feb. 23, 6:30–8:30 p.m.
Instructor Anna Dvorak

Chinese Healing Strategies (L)

\$25/\$20 members
Wednesday, Feb. 24, 6:30–8:30 p.m.
Instructor: Lynn Jaffe

Stress Busting Foods (L)

\$24/\$20 members
Thursday, Feb. 25, 6:30–8 p.m.
Instructor: Jennette Turner

Learn a New Approach to Gluten Free with Raw Foods (D/T)

\$50/\$45 members
Tuesday, March 2, 6:30–8:30 p.m.
Instructor: Susan Powers, founder of Rawmazing

Eating Healthy for Great Skin (L)

\$15/\$12 members
Wednesday, March 3, 6:30–8:30 p.m.
Instructor: Kathy Maxwell

Multigrain Breads (D/T)

\$20/\$17 members
Thursday, March 4, 6:30–8:30 p.m.
Instructor: David S. Cargo

Women's Yoga Retreat: Relax, Renew & Restore (H)

\$55/\$50 members
Saturday, March 6, 2–6 p.m.
Instructor: Mary Tellers

Gluten & Dairy Free Muffins and Quick Breads (D/T)

\$35/\$30 members
Thursday, March 8, 6:30–8:30 p.m.
Instructor: Angela Litzinger

Informed Consumer Series: Screening of "Fresh" The Movie

Cost: Free
Tuesday, March 9, 7–8:15 p.m.

Taking Better Vacation and Other Photographs With Your Digital Camera. Basics of Photographic Composition (L/H)

\$35/\$30 members
Thursday March 11, 6:30–8:30 p.m.
Instructor: Mark Paulson

Too Much Bread (D/T)

\$20/\$17 members
Monday, March 15, 6:30–8:30 p.m.
Instructor: David S. Cargo

Lighten Up for Spring with Gluten, Dairy & Sugar Free Restrictions (D/T)

\$35/\$30 members
Tuesday, March 16, 6:30–8:30 p.m.
Instructor: Miriam Katz, Holistic Nutritionist MA

Informed Consumer Series: Essential Oil Diffusion & the Potent Australian Essential Oils (D)

Cost: Free
Wednesday, March 17, 6:30–8:30 p.m.
Instructor: William. R. McGilvray, Founder of Australian Essential Oil Company and Co-Director of Plant Extracts International Inc.

"Cooking" Gluten Free Raw Meals (D/T)

\$50/\$45 members
Thursday, March 18, 6:30–8:30 p.m.
Instructor: Susan Powers founder of Rawmazing

Raw & Gluten Free Healthy Gourmet Appetizers & Desserts (D/T)

\$35/\$30 members
Tuesday, March 23, 6:30–8:30 p.m.
Instructor: Rebecca Irey, founder of Pure Market Express

Healthy Indian Cooking 101: A Gluten Free Vegetarian Meal (D/T)

\$30/\$25 members
Wednesday, March 24, 6:30–8:30 p.m.
Instructor: Rupa Dash



Class Codes: DM-Demo with Meal
DT-Demo with Tasting • H-Hands On • L-Lecture



SALE DATES

FEBRUARY
FEBRUARY 1–28

MARCH
MARCH 1–31

Member of the Twin Cities
Natural Food Co-ops.
www.twincitiesfood.coop

Printed on recycled paper
with soy based inks.



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www.lakewinds.coop

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Minnetonka, Minnesota 55345
952-473-0292

ANOKA

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1917 2nd Avenue South
Anoka, Minnesota 55303
763-427-4340

CHANHASSEN

Highway 5 and Great Plains Blvd.
435 Pond Promenade
Chanhasen, Minnesota 55317
952-697-3366

CORPORATE OFFICE

County Road 101 and Minnetonka Blvd.
17515 Minnetonka Blvd.
Minnetonka, Minnesota 55345
952-473-0292

CO-OP *Heartbeats*

Easter Food Order Forms

Look for order forms for hams, other specialty meats and desserts in late March for Easter on April 4th. Order forms can be found in each department as well as on our website at www.lakewinds.coop.

Receive “Feeding Inspiration” Via Email and Save a Tree

Opt in to the bi-monthly Lakewinds Newsletter in your email inbox. One way to cut down on paper and help the environment is to sign up for an email newsletter. To sign up for this service, visit our website at www.lakewinds.coop and enter your name and email address under the heading “Join the Co-op.”

Deli Plates And Dishes Cut Down on Waste

Lakewinds is now offering real plates and dishes for your deli experience. Now you can enjoy our delicious deli food without worrying about the wasteful paper and plastic utensils. For those who want to eat on location, please use our “recyclable utensils” and place them in the required bins for cleaning. This program is offered at the Chanhasen store but will be expanded into Minnetonka in the near future.

Flowers for Valentines

In our tradition of freshness, we offer fresh, beautiful bouquets and flowers from Brad at Pacific Floral for you to share with your loved one. Your beloved will be thrilled with a thoughtful, fragrant gift.



Co-ops to Participate in Minnesota FoodShare’s March Campaign

Co-ops and their members, shoppers and suppliers have always been willing to lend a hand – and pass the plate – to

benefit those less fortunate. During March, the 11 Twin Cities food co-ops are banding together to raise donations of money and food for Minnesota FoodShare. And they need your help.

Stop by any co-op during March and donate at the register or customer service desk. You’ll feel good knowing your donations stay in your community to stock local food shelves and benefit those in need. More information will be available at your local co-op and at www.themix.coop in the weeks to come. Or, visit <http://mnfoodshare.gmcc.org>.

Lakewinds New Monthly Sales Flyer

Fresh off the press, our new “Inspired Sales” flyer is ready to be picked up in our stores or downloaded online. We’ve picked the best deals and advertised them in this flyer.

