

THE
Connection
UPDATE NEWSLETTER



PEOPLE'S
FOOD CO-OP
BAKERY & NATURAL FOODS GROCERY STORE

HELLO TO ALL PFC MEMBERS & STAFF

Hello to all Peoples Food Co-op members and staff,

For the past year the Board of Directors has been seeking a General Manager for the store. Although the search continues, on December 15th the Board made a decision to hire me as an General Manager Consultant for a period of four to five months. My commitment is to provide proven leadership, and business modeling expertise in a cooperative setting. This will involve reviewing all aspects of the business including financial, operational, merchandising and organizational structure. My goal is to have the best interest of the Peoples Food Co-op mission, members, staff and community in mind while seeking opportunities that will continue the Co-op's future relevance and success.

I have worked my entire adult working life, over 35 years is in retail management endeavors. For over the 22 years I have devoted my life to natural and organic food organizations, serving

eight years as General Manager of a large food co-op in Minneapolis. My first introduction to Food Co-ops was in 190 tour of Willy Street Co-op in Madison, Wisconsin. I was hooked when I discovered they sold bulk tofu. Ultimately I realized I shared the Co-op's vision to sell wholesome food with a mission to care for the land, people, diversity and community in a healthy cooperative business model.

Currently I am semi-retired living in St Paul, Minnesota. When the prospect was presented to me to put my skills and knowledge to work in assisting other Co-ops I jumped at the opportunity. It is my aspiration that the Cooperative business model succeeds and thrives in the highly competitive food industry. The Co-ops have been instrumental in addressing many social, environmental and food issues for over the past 40 years.

My initial impression of Ann Arbor is that it is a beautiful, charming, diverse and vibrant city.

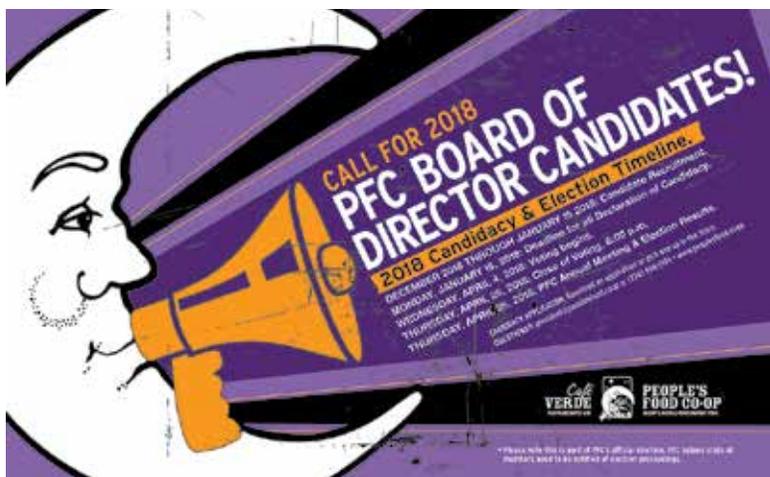


The people and staff at the Co-op are welcoming, friendly and warm. I have spent time walking the streets getting to know the rhythm and wonderful offerings of the City.

I am grateful to have the chance to work with a delightful, caring and dedicated staff and Board. Together we will work to continue the good work of Peoples Food Co-op to serve Ann Arbor and its loyal members into the coming years.

Luke Schell
General Manager Consultant
Peoples Food Co-op

Applications are on the website peoplesfood.coop or at the cashier checkout!



IT'S PFC'S ELECTION SEASON! CALL FOR 2018 PFC BOARD OF DIRECTOR CANDIDATES!

2018 Candidacy & Election Timeline.

- December 2018 through January 15 2018: Candidate Recruitment.
- Monday, January 15, 2018: Deadline for all Declaration of Candidacy.
- Wednesday, April 4, 2018: Voting begins.
- Thursday, April 26, 2018: Close of Voting, 6:00 p.m.
- Thursday, April 26, 2018: PFC Annual Meeting & Election Results.

FROM THE BOARD JANUARY 2018

your BOARD MATTERS



ANN SPRUNGER
PRESIDENT

The Board has had a busy few months. Here are some highlights of our activities:

*In October, Steve Rich was appointed to the Board to fill the vacancy created when Jeremy Lapham resigned. Steve, a local lawyer, was a Board candidate in the Spring, 2017 election. He has given us his all in getting oriented and has been appointed to the Linkage Committee. We are excited to have him join us.

* In September we resumed the search for a General Manager. Unfortunately we had no applicants whom we believed would be a good fit or had the necessary qualifications needed to lead the Co-op. We will resume the search in January.

*We had a full day Board retreat in mid-November. It was a great day of learning and sharing. These retreats help us have longer conversations than Board meetings can offer. The day is energizing and provides for us to grow our relationships and our vision. We have been reviewing our policies and Ends statements to insure that we are operating intelligently.

*We had the unique opportunity to hire Luke Schell, a seasoned grocery / co-op professional from St. Paul, MN. Luke started working December 15 and will be here 4-6 months. Luke is working with staff and the Board to help support and develop our business model, positioning the Co-op to thrive.

*Keegan Rodgers resigned from the Board effective January 1, 2018. The Board will be appointing a Co-op member to complete his term.

Even though the marketplace and political climate has changed since we started our cooperative, PFC is still vital today. Your support of PFC results in:

- A local business with unlimited owners
- A local business that hires local workers at a fair wage and pays benefits
- A local business that supports local business growth by selling local products
- A local business that operates ethically
- A local business that encourages sustainable food production
- A local business that keeps more of your money in the community

*Consequently, our entire community benefits.
We appreciate your continued support.*

Happy New Year!



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TERM EXPIRES 2018



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PERSEPHONE HERNANDEZ-VOGT
DIRECTOR
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FROM YOUR Supplements Department Team:

This time of year, many people are fighting the common cold. In many places around the world, people have found that plants growing locally help enhance their immune systems. Echinacea in North America, Olive leaf in the Mediterranean area, Astragalus In China, Reishi mushroom in Japan, Elderberry in Europe, Pelargonium Sidodes in Africa and Pau d' Arco in South America are some of the herbs used for immune system support.

Your Co-op has these available for you. Echinacea, Olive leaf, Astragalus, Reishi, Elderberry and Pau'd Arco are available in liquid extracts by Herb Pharm.



Pelargonium Sidodes is available in tincture and syrup form under the name Umka Cold Care. We also have dried Echinacea, Astragalus, Elderberry and Pau 'd Arco in our bulk Herb section. We will be happy to help you find any of these next time you are shopping.

New Year's Resolutions: **BEYOND HOPES & FEARS**

Written by: **David M. Hall**

We all desire to make positive changes in our lives, but studies have shown that generally less than 10% of people are able to fulfill their intentions with these annual resolutions.

How can we cultivate changes desired in a safer, balanced way? Here are some basic pointers:

SIMPLIFY: Set yourself up with easy and practical, attainable steps.

LESS IS MORE: Choose 3-5 specific things. Or just one. That can assist with focus, and the

more specific and detailed the better. For example, "Developing patience" is a giant, general issue. It needs a face, like getting your child to school on time, and the exact moments and methods where it applies.

ENVISION SHORT AND LONG-TERM:

What is possible now, and what can you give yourself more time to achieve? Most personal change cannot be done with a "quick fix" approach, but there may be parts that can be taken piece by piece. Yes, if there are one-time goals possible, then knock one out! Fortifying oneself with a long-term perspective can alleviate pressure. Running a race? One step at a time.

BE REALISTIC AND POSITIVE: "Healthier



eating" often ranks highest on polls. Does that mean no sugar, no processed food, no coffee, "no" crazy?! How about a "yes" approach to more fruits and vegetables, and simply less refined sugar. Pressuring oneself with ultimatums in the negative is bound to set up a battle! Allowing flexibility within parameters is a gentler, more humane method.

Best wishes!

Eating for Athletic Fitness

Written by: **Charles Davidson**

Whether you're training for a marathon or you just exercise to stay fit, it's important to remember that the human body, like any engine, needs fuel to maintain performance. But not all food is created equally, and it's important to eat the right kinds of foods whatever your fitness goals.

For aerobic training (any prolonged activity like running, biking, or swimming), the body's main source of fuel comes in the form of carbohydrates. Carbs have received some bad press in recent years, but they are the key resource for maintaining any fitness regimen. It's true that simple carbs like

white bread and pasta, candy, and potatoes won't give you any prolonged benefit; they're used up too quickly and are poor in nutrients. Eat them only immediately after a workout, if at all. But complex carbs such as whole grains (whole-wheat bread and pasta), oats, and sweet potatoes provide lasting energy and nutrition.

Every time you work out, you're actually breaking down your muscles. Ultimately, you build them up as they repair, and for this you need protein. Red meat is often high in saturated fat and hard to digest, making it difficult for your body to use

the meat for muscle repair. You should look for lean meats and other proteins: chicken (especially white meat) and fish (which is also rich in omega-3 fatty acids), as well as protein-rich quinoa, beans, and tofu.

Whenever your muscles or tissue break down, your body generates "free radicals" that can be harmful over time. It's important to keep your diet high in antioxidants, which will "scavenge" free radicals. Luckily,

there's a huge variety of antioxidant-rich foods, including veggies, fruits, nuts, seeds, and even red wine. Your local food co-op staff should be able to direct you to the freshest foods high in antioxidants.

And as for what to drink before, during, and after a workout, make it water—and plenty of it. The amount you'll need will vary depending on factors like heat, body weight, and the intensity of your workout. Stay away from juice and soda, which are high in empty calories, and keep alcohol consumption to a minimum. Coffee, tea, and other caffeinated drinks are okay in moderation, as long as they don't upset your stomach during workouts. After you exercise, an occasional sport drink or fruit juice is fine for immediate recovery, but don't overdo it.

How to pack all this nutrition into your daily diet? Eat several small meals to help you maintain energy during your workout and throughout the day. Try to space them out, and snack if you need to; your co-op staff will be able to point you toward healthy, nutritious snacks that you can enjoy and feel good about.





2018 PFC CLASS SERIES

For more information, registration or cancellations check our Website, Facebook.

WEIGHT LOSS - DO HERBS HELP?

Lead by: Linda Diane Feldt
Tuesday, January 16TH
7:00 - 8:30pm
Crazy Wisdom Bookstore & Tea Room

How can Facebook make a difference? Why is it so hard to keep off weight? different ideas about weight loss from someone who has lost much more than 100 pounds over ten years, and kept it off.

NEW YEAR RENEWAL W/ NATURE'S DIET

Lead by: Ellen Livingston
Tuesday, January 16TH
7:00 - 8:30pm
Pittsfield Branch: Program Room

This event is intended for grade 6 - adult Just in time for a new year learn how to cleanse your body, clarify your mind.

Ellen Livingston is a certified yoga teacher and has benefited from a raw vegan diet since 2002. Ellen offers yoga and raw food classes in the community and from her home on 5 acres in Ann Arbor. Ellen also offers life coaching and health retreats.

COOKING 101: HOW TO SHOP ON A BUDGET

Lead by: Keegan Rodgers, Head Baker at PFC
Monday, January 22ND
7:00-8:30
Malletts Creek Branch

Keegan C. Rodgers, Head Baker at the People's Food Co-Op, leads this hands-on and lively workshop on how to shop well on a budget. Students will learn how to prepare meal plans, grocery lists and how to save money at the grocery store. Discussion will also cover how maximize use of ingredients and minimize food waste.

PRACTICAL PERMACULTURE: 10 SIMPLE WAYS TO LIVE IT

Lead by: David M. Hall
Wednesday, January 24TH
7:00 - 8:30pm
Crazy Wisdom Community Room

Permaculture is not an intellectual philosophy, it is a set of tools whose use is through living it. If we seek a sustainable future, this calls for a new way of relating to the world, following basic principles of nature.

FRENCH MACARON 101

Lead by: Keegan Rodgers, Head Baker at PFC
Wednesday, January 31ST
7:00-8:30
Ann Arbor Downtown Library 4th Floor

Keegan C. Rodgers, Head Baker at the People's Food Co-op, leads this hands-on and lively workshop on how to make macarons! In this class, students will learn all about how to make French Macarons. The ingredients, the steps to make and how to properly store will be all included in this hands on class.

HERBS, HOMEOPATHY & INTEGRATIVE MEDICINE MEETS CONVENTIONAL MEDICINE

Lead by: Linda Diane Feldt
Tuesday, February 20TH
7:00 - 8:30pm
Crazy Wisdom Bookstore & Tea Room

Interactions, cautions, what is safe, what is dangerous? February - herbs, homeopathy and integrative medicine meets conventional medicine - interactions, cautions, what is safe, what is dangerous.

NUTRITION & THE CONSCIOUSNESS

Lead by: David M. Hall
Tuesday, February 27TH
7:00 - 8:30pm
Crazy Wisdom Community Room

Does nutrition have any correlation to a person's own mental and "spiritual" states? Are there connections between brain function, basic awareness, and ability to make good decisions with the food we take into our bodies? Come to discuss this fascinating subject.



5 INGREDIENT DETOX SMOOTHIE

Vegan, 5 ingredient detox smoothie with lots of fiber, antioxidants, and immune boosting nutrients for optimum health. Perfect for breakfast or a snack.

Cuisine: Vegan, Gluten-Free
Serves: 2

INGREDIENTS

- 1 cup frozen berries
- 1 cup organic spinach or kale
- 1/2 cup bananas, previously peeled, sliced & frozen
- 1 Tbsp. flaxseed meal
- 1 cup fruit juice
- optional: 2 Tbsp. silken tofu

INSTRUCTIONS

1. Add all ingredients to a blender and blend on high until smooth. If too thick, add a splash more juice or water. For more sweetness, add extra frozen banana.
2. Pour into two serving glasses and enjoy.

NUTRITION INFORMATION

Serving size: 1 smoothie (of 2) Calories: 181 Fat: 1.6g Saturated fat: 0g Carbohydrates: 41g Sugar: 29g Sodium: 19mg Fiber: 4.7g Protein: 2.5g



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