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Food For All Program is Here. Page 11.



All Forms of Produce Count. Page 20.

Volume 77 | Number 4 | Always free!

CO-OP NEWS

FOR YOUR CALENDAR

Board Meetings

Our Board of Directors represents the membership and is elected annually by members. The Co-op Board meets monthly. Members are welcome at Board meetings. If you would like to attend or need directions, please contact Genie Braasch at (603) 640-6340 or email gbraasch@coopfoodstore.com.

Upcoming Meeting Schedule:

October 22, 5:30 p.m.
November 19, 5:30 p.m.
December 17, 5:30 p.m.

Location to be determined. See coopfoodstore.coop/board

Holiday Hours

All Co-op Locations

Thanksgiving: Closed
Christmas Eve: Close at 4 p.m.
Christmas Day: Closed
New Year's Eve: Close at 6 p.m.
New Year's: Closed

Free Samples & More

Check our complete event calendar at coopfoodstore.coop/calendar. Want to receive Co-op updates by email? Go to coopfoodstore.coop/enews.

coming soon ...



We love the holiday season at the Co-op. This is a great time for our staff, shoppers, and members to get together and remind one another why we care about who we are and what we do as a community of cooperators. We're a food co-op, of course, so when we hold a get-together, we think it's a great time to dish out some of our best stuff. Our holiday demos and samplings are fun, festive, and all free!

Sound good? All we need to make it worthwhile is you! It wouldn't be the same without you, after all. So stay tuned to our website at coopfoodstore.coop/calendar for dates, times, and other information about our Taste of Tradition Holiday Parties and Pamper Me Parties, as well as board meetings, special events, classes, and more! See you at the samplings!

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ABOUT OUR PAPER

The *Co-op News* is printed by a local business on a recycled paper that has no synthetic content. It is new paper that has been certified by the Forest Stewardship Council (FSC) as coming from "responsible forestry practices." A chain of custody is maintained which can identify a lot number all the way back to the tree from which the pulp was obtained.

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P. O. Box 633
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Web Addresses

<http://www.coopfoodstore.coop>
<http://www.facebook.com/coopfoodstores>
<http://www.twitter.com/coopfoodstores>

Board of Directors

President: Margaret Drye; Vice President: Zeb Mushlin;
Secretary: Wynne Washburn Balkcom; Treasurer: John Rosenquest; Kerry Artman; Michael Bettmann; Sarah Blum; Kay Litten; Martha Graber; Susan Sanzone Fauver

Board Administrator

Genie Brausch

Management Team

Terry Appleby, General Manager; Tony Alongi, Director of Finance; Bruce Follett, Merchandising Director; Paul Lambe, Professional Development Manager; Steve Miller, Food Store Manager, Hanover; Cathy Moloney, Food Store Manager, White River Junction; Rosemary Fifield, Education Director; Robert Kazakiewicz, Food Store Manager, Lebanon; Loretta Land, Human Resource Director; Tony White, Operations Director; Allan Reetz, Communications Director

Statement of Cooperative Identity

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

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.

Principles

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 Community

Editorial Staff

Rosemary Fifield (editor), Mary Choote,
Ken Davis, Amanda Charland
Graphic design: Ken Davis
Photography: Erika Gavin, Allan Reetz

Confidentiality

The Co-op protects the confidentiality of information collected for membership purposes. Questions and concerns about the application of this policy should be directed to the Co-op's general manager.

Store Hours

Hanover: 8 a.m.–8 p.m. daily
Lebanon: 7 a.m.–9 p.m. daily
White River Junction: 7 a.m.–8 p.m. daily
Co-op Market: Mon-Fri: 6 a.m. to 8 p.m., Saturday and Sunday 8 a.m. to 8 p.m.

Service Center Hours

Unattended pump hours: daily, 6 a.m. to 10 p.m., credit and debit only; attended pump hours: Monday-Friday, 7 a.m. to 5 p.m., Saturday and Sunday, 8 a.m. to 5 p.m.
Mechanics on duty: Monday-Friday, 8 a.m. to 4:30 p.m., Saturdays 8 a.m. to noon for select repair work

Phone & Email

Hanover and Lebanon Food Stores: 603-643-2667
Park Street Service Center: 603-643-6650
Co-op Market: 603-643-2725
White River Junction Food Store: 802-295-3400
e: comment@coopfoodstore.com

FROM THE EDITOR

This is the final issue of the *Co-op News* to be laid out in magazine format and the first issue to be made available only in electronic form.

Going forward, we will use our website, coopfoodstore.com, to bring you articles, blogs, messages, and updates from the General Manager, Board President, and Co-op staff on a more frequent and timely basis than the quarterly printed publication allows. You'll be able to read the latest information from the Co-op the way it appeals to you—choosing news in general or opting to follow specific authors or issues. By eschewing print, we'll save resources, both environmental and financial, while providing more responsive, up-to-date information when it is most useful to you.

Member Communication a Priority

Communicating regularly with its members has been a priority for the Co-op since its inception in 1936. From the beginning, volunteers edited, mimeographed, and delivered — by bicycle — two informational bulletins per week to all members. One dealt with the history and principles of cooperative societies, the other shared member information about good buys from various sources of supply.

For the next thirty years, the mimeographed sheet was a weekly publication. A copy of “This Week at the Co-op” dated July 26, 1955, includes information on Co-op tires and batteries; a special on Co-op Brand Wheat Shreds, Dry Skim Milk, and Molasses; a recipe for Wheat Shreds Bread; an article on “Constructive Citizenship,” and the names of three new members.

The *Co-op News* is Born

By 1965, the bulletin had become an eight-page printed monthly known as the “Co-op News.” It sported the international cooperative symbol – the twin pines – and came complete with the occasional photograph. Much of its content centered on the cooperative movement and philosophy, credit unions, board minutes, committee activities, and consumer advocacy. Over the years, the *Co-op News* underwent several more permutations.

In October, 1980, the first *Co-op News* was laid out newspaper-style and published on folded, tabloid-size newsprint, a format that was to continue for the next 21 years. Spot color was added in 1985, and the eight-page publication averaged seven issues per year. Over the next fifteen years, it expanded to twenty tabloid pages, published five or six times a year and mailed to every Co-op member household. Unlike other food co-op newsletters, ours has never accepted ads to pay publication costs and has always been free. For decades, it was mailed to every Co-op member on a regular basis.

In August, 2001, we changed from a newspaper to a magazine in an effort to make the *News* more visually appealing, easy to display, and convenient to read. With a colorful, eye-catching cover meant to draw attention at the registers, it sought to stand out in an era of burgeoning information overload. At that point, we began mailing it only to those members who requested a mailed copy, and recently stopped mailing it altogether due to increased postal rates.

Keeping Up with Members

Today, electronic communications and social media are the main sources of information for the majority of our members and shoppers. They access the *Co-op News* online and no longer pick up copies at the registers. We apologize to members who prefer paper copies, but unfortunately, the cost of printing small batches is prohibitive and we cannot justify the expenditure. We hope you'll find our website-based *Co-op News* to be useful, appealing, and convenient. Look for more frequent, up-to-date information on the topics of importance to you at www.coopfoodstore.com.

As always, we welcome your comments and suggestions on how we might improve our communications with members and shoppers. Email comment@coopfoodstore.com or drop a message in the suggestion box at any Co-op Food Store.



CULTURE CHANGE AT THE CO-OP



by Terry Appleby
General Manager

For a few years now I have been writing business plans with a goal of more employee participation in management of the business through a process called open book management. One of the

principles of the system is employee access to the numbers that drive the Co-op's business so they can make changes and influence the outcomes.

I have read about open book and seen it in action at other businesses. Our version was working in some parts of our organization and not so well in others. Last year my business plan incorporated the idea of culture change as a prerequisite for open book management to work better across the Co-op. The culture change envisioned has five components – learning, appreciation, leadership, communication, and service. I feel that as we make progress in these areas, we will be more able to effectively implement open book.

This spring the Co-op's Management Team broke into groups of two and each group took on one of the elements of change. We recruited members for our teams from staff throughout the organization to work on the issues. Each group developed a plan for moving forward. On our service group, for example, we identified hiring practices and staff orientation as areas to improve if we are to retain a high level of, and commitment to, service. Since the spring we

have been meeting periodically and have revamped our hiring practice using new methods of screening applicants, developing new interview questions to ensure we are focused on people with a service orientation, developing plans for participatory hiring committees, and so on. Once we have all the systems in place, the group will reconfigure and move on to the orientation process.

Each culture change team is making steady progress on its area of work. On a weekly basis, each team leader reports to the Management Team about advancement toward goals. One noticeable outcome from the reports is how the work of one team overlaps with the interests of others, especially in the key area of staff development. This year, under the direction of Paul Lambe, our manager of training and staff development, we have been able to offer more training opportunities than ever before.

The benefits of training are far-reaching in that investments in staff show up over and over again in improved performance. Of special interest this summer was a program called "Rising Stars" attended by 15 staff people who are either team leaders or supervisors. The participants came back from three days of training enthused about putting into practice what they had just learned. One benefit is that many went back to their departments and instituted short meetings at the beginning of work days or shifts to go over important information or messages to use in the day ahead. This little innovation keeps staff more up to date on goings on and increases team work. It is one small example of how culture change is beginning to happen at the Co-op.

COMMON GOALS



**by Margaret Drye
Board President**

For the Co-op's Board of Directors, this summer offered many opportunities to hear from our members. Over 400 Co-op members, staff, management, and board members attended the comment period of our

July board meeting held in the Hanover High School auditorium. The comment period of the August meeting, held at the Black Center, drew approximately 65 members.

Since mid-June, we have been reading and processing thoughtful letters to the Board on many subjects, as well as reviewing the comments made by members at our July and August meetings. We established a taskforce to re-examine our Treatment of Staff policy. That taskforce met multiple times and presented its preliminary report at our August meeting. We received some very helpful feedback at our meeting from members and remain committed to the work of the task force.

The Co-op Board and management have been processing and addressing a wide variety of comments, including requests for specific financial documents, financial analysis, and copies of our board monitoring reports. Unfortunately, not all of the requests we have received have proven helpful or beneficial to the Co-op. In August, in my capacity as Board President, I received a letter purporting to be on behalf of five members alleging fraud in connection with Co-op construction projects. Any allegation of impropriety or illegal action is one that the Board and management take very seriously. Although we asked for specific information repeatedly from the individual making the charge on behalf of a handful of members, it was not forthcoming.

At the August Board meeting, it became apparent that while many of those named in the letter were interested in a request for financial records, they had

no knowledge of the fraud allegations. They have since stated that they never intended to be linked to such allegations. Nevertheless, the Board had to address these allegations when they were made and, in the end, these unsubstantiated rumors of fraud and kickbacks cost the Co-op time and money. Access to specific financial information and the board monitoring packets are requests we have not had before. We are taking steps to ensure we can make this process work and are reviewing the applicable bylaws and state statutes for guidance.

All these requests are part of the greater issue of "transparency." Transparency in a cooperative doesn't mean open access to everything by everyone. It does mean we need to manage the Co-op's asset of business information responsibly, while balancing it with what makes a cooperative different from other kinds of businesses—democratic control by its members.

Member comment at meetings is one way for the Board to hear from members, but it is a limited one. There are other, better ways to encourage the healthy give-and-take we all desire. We are looking into options for interaction, including member forums on some of the subjects that have surfaced recently: our accounting, our pricing, our governing, and more. We can do "coffee with the board." We can offer summaries of board packets to members who want to attend the meetings. Based on a suggestion at our August meeting, we have added a link at coopfoodstore.coop/board to a group of articles related to transparency and employment policy. We will continue to add other pertinent information to that resource library. These are just some of the ways we can make information more accessible to our members and how members can interact with their board.

Co-op boards across the nation often struggle with how to engage their members. Our Co-op's recent surge of comments and requests for information is an opportunity for the Board and our members to re-evaluate why we're all members, what makes the Co-op special, and how we can further ensure we all work cooperatively toward a goal we all desire: the greater good of our co-op.



BRING BACK THE SACK UPDATE

The Co-op's Bring Back the Sack program offers participants a chance to win a \$100 Co-op shopping spree while helping the Co-op work for a greener planet too! More than 2,600 cards were turned in during the third quarter of 2014. The winners were:

Dolly L., Meriden, NH
Barbara P., Thetford, VT
Meg M., Lyme, NH
Edith H., Norwich, VT
Sally A., Hanover, NH
Jane M., WRJ, VT
Gilbert R., Hanover, NH
Kathryn P., Topsham, VT
Michael B., Woodstock, VT
Sharon K., Canaan, NH

How Does It Work?

Four times a year, the Co-op draws ten winners of gift cards worth \$100 each. The names and hometowns of the winners are then posted in the *Co-op News* and on the Co-op website, www.coopfoodstore.coop.

How to Enter?

Now into its third year, Bring Back the Sack is more popular than ever. How to enter? It's easy!

To enter, a shopper must have a fully punched Bring Back the Sack card, representing twenty bags they provided for packing their groceries on shopping trips to the Co-op. Simple as that.

Ask for Your Card

The next time you bring your own bags while

PLEASE SEE BRING BACK THE SACK, PAGE 15

ENTER THE DRAWING FOR A 2015 COMMUNITY GARDEN PLOT

One of the many benefits of Co-op membership is the opportunity to rent a garden plot for the summer. During the fall we offer signups for the following year's gardening season. The Co-op's Community Garden is located on Route 5 in Norwich, Vermont, next to the Farmers Market. Garden management is accomplished by a committee of gardeners.

Garden Guidelines

All gardeners must tend their plots with organic gardening methods, limiting themselves to natural or organic fertilizers and pest-control methods. In the spirit of cooperation, gardeners are considerate in their use of water, a limited resource. All gardeners must participate in maintaining the common areas of the garden. Many gardeners prefer a no-till approach to gardening. Those who wish to have tilled gardens are responsible for their own rototilling.

Two Sizes

In addition to full plots measuring approximately 20 feet by 20 feet, we offer half-plots. Full-sized plots rent for \$30; half-sized for \$15.

Sign Up Now for 2015

Early sign-up allows gardeners to begin work on their plots as soon as they wish in the spring. Gardeners in good standing from the previous year are given priority because of the work they have already put into improving their plots.

The Co-op will hold a drawing to allocate remaining plots. Members who were on the waiting list in the past will need to apply again. To enter the drawing for a 2015 plot, please send two checks for either \$30 (full plot) or \$15 (half plot) made out to "Co-op Food Stores," along with your contact information, to:

Michele Jordan
Member Services Coordinator
Hanover Co-op
P.O. Box 633
Hanover, NH 03755

so they are received on or before December 1, 2014. The second check will be held and returned to you after your plot has been cleared of all debris at the end of the gardening season. Winners will be notified by phone or e-mail during early December. If there are more requests than plots available, a waiting list will be established. Checks will be returned to those who do not get a plot. If you have further questions, please call (603) 640-6323 or email Missy@coopfoodstore.com.

FEDCO ORDER UPDATE

Fedco Seed Company is a cooperative business in Waterville, Maine, that sells a wide range of seeds at very competitive prices. Co-op members who participate in our annual group order receive a 20 percent discount. Fedco catalogs and ordering information for members will be available in early December. Stay tuned to coopfoodstore.coop and look for signs in our stores.

RUN FOR THE BOARD

**Our election is coming in April,
2015, and now is the time to think
about being a candidate.**

If you are interested in running for the Co-op Board of Directors, please contact Genie Braasch, Board Administrator, by emailing gbraasch@coopfoodstore.com. You will be contacted with information about Board service and how to submit your name for consideration by the Nominating Committee. Candidates should be prepared to attend monthly meetings, be willing to learn and work within the Policy Governance model, and have a preference for long-term, strategic, and conceptual thinking.

COOPFOODSTORE.COOP/BOARD

LONG TIME COMING



Artist's rendering of the future Hanover Co-op food store. In the works now and coming soon! Work has already started and is expected to last eight to ten months.

CO-OP BREAKS GROUND ON HANOVER RENOVATION PROJECT

by Ken Davis
Co-op Education Department

Imagine an old home—large and charming in a nondescript sort of way—with a long-neglected remodeling project finally taking shape after years of planning and preparation. There are drop cloths on the

living room furniture, the ever-present sound of saws, and some rearranging of functional areas as the work progresses.

Now imagine all this going on with nearly 1,500 people passing through each day.

Welcome to the renovation of the Hanover Co-op Food Store—an ambitious, long-term project. Work has already started and is expected to last eight to ten months.

Steve Miller, manager of the Hanover store, has an ebullient way about him, with a light, silvery voice that



The Park Street store was built in 1963 and renovated twice, most recently in 1994. Since the last expansion and remodeling project, very little has been invested in the store's structural or substantive needs.

reflects a pronounced sense of enthusiasm when he talks about the potential of the Hanover store space.

“We’re going to need our customers to bear with us a bit,” he says, “but all their favorite products will still be there, and our commitment to high-quality customer service will be the same as always.”

Ironically, the placid, unremarkable sense of that space has long been its most remarkable physical feature. Nestled comfortably between Park Street and the Dartmouth College playing fields, the store is more utilitarian than ornate—particularly when compared to other modern food retailers with beautiful, earthy stores designed to reflect an emphasis on organic, artisanal, and local products.

In addition to a tired physical design, the building is also aging and has structural issues needing immediate attention. The interior of the store needs a facelift, heating and ventilation systems require an

overhaul, and virtually the entire refrigeration system is due for replacement.

Improving the store, updating the design, and continuing to operate it each day will take grit and patience, project managers say, but it will all be worth it.

“This will require a lot of cooperation from our valued members, our hard working staff, and everyone involved with this project,” Miller says. “The end result will be a beautiful, updated store with a shopping experience to be proud of.”

Past and Future

The Co-op as an organization was only a year old in 1937 when members opened the first store, located in a small basement space on Hanover’s Main Street.

PLEASE SEE HANOVER RENOVATION, PAGE 10



At left, the Park Street store not long after first opening for business. For 20 years, the Co-op served its communities on Main Street in Hanover, at a site now occupied by the Dartmouth Bookstore. Then, in 1962, the Co-op Board of authorized the purchase of the store's present site at 45 S. Park Street in Hanover.

HANOVER RENOVATION, CONTINUED FROM PAGE 9

Within a few years, the Co-op moved to the basement, and eventually the upstairs, of a new site on Main Street now occupied by the Dartmouth Bookstore, where it served the surrounding communities for 20 years. But as the Co-op grew, the downtown location became cramped, and the lack of a parking lot was inconvenient for both customers and staff.

In 1962, the Co-op Board of Directors authorized the purchase of the store's present site. The Park Street store was built in 1963 and renovated twice, most recently in 1994. Since the last expansion and remodeling project, very little has been invested in the store's structural or substantive needs.

"Year after year, some project or other has pushed spending on the Hanover store to the back of the line," says Co-op General Manager Terry Appleby. "Over the past year, we have had an assessment of the store done by our architects and engineers and determined that we cannot put off the work any longer."

A phased construction plan will allow the renovation to take place while still keeping the store open and operational. The first phase includes building an addition to the store that will be the future home of a Delicatessen, Cheese Shop, and new Park Street

entrance. The initial phase also requires moving the Bulk Department to another area of the store.

"Customers will begin to notice product moving from one location to another," Miller says. "Part of the success of the entire project depends upon folks supporting us while we shift products around to make room for construction."

Garnering that sort of general, overriding support—particularly from members—is what made the project possible. Members approved the \$5.3 million renovation plan in April of 2014 as part of a 30-day voting process that yielded more than 1,200 valid votes. Eighty-eight percent of votes backed the renovation.

"Our hope is that a comprehensive remodel of the store will make our members proud and correct some of the quirks of the present store," says Appleby, referencing a much-maligned bottleneck in the store entryway that has long been cause for member concern. "None of this will be an easy undertaking, but it will result in a much better shopping experience for our members and a much improved work environment for our staff."

For more information and regular updates on the project, visit coopfoodstore.coop/categories/Hanover-Renovation.

FOOD FOR ALL



FOOD FOR ALL



Food for All is a Member Benefit.

It is part of our effort to make healthy foods more affordable to the community. Read on to learn more and apply!



BRINGING MORE HEALTHY FOOD TO MORE PEOPLE IN OUR COMMUNITIES

In early September, the Co-op launched a new discount program called Food for All, intended to make healthy food more accessible to everyone in our communities, regardless of income.

How Does It Work?

Members of the Co-op Food Stores who are currently recipients of food stamps, supplemental security income, or participating in the WIC program may apply for Food For All, which provides a ten percent discount on purchases for up to one year. Proof of eligibility will be required upon joining the program and will need to be renewed annually. The registers will recognize the Co-op card and apply the Food For All discount automatically. The discount will apply to all purchases except alcohol, stamps, cooking classes, gas, and services at the Service Center.

How to Apply

Complete a Co-op Food for All application, available at the Service Desks in each of our stores or at coopfoodstore.coop/foodforall. Attach verification of eligibility from WIC, DCF, or Supplemental Security and submit the completed application to the Service Desks.

Not a Member?

Fill out the Co-op Food For All application and a membership application, no payment required! Upon approval, you will become a Subscriber and will earn your full membership through your shopping.

PLEASE SEE FOOD FOR ALL, PAGE 15

STOCK OPTIONS



Folks looking to create a made-from-scratch soup stock might turn to Gramma's recipe of old, but home cooks should not discount utilizing the quality stocks available commercially. The Co-op's shelves are brimming with options.

SELECTING A STOCK FOR SOUPS, SAUCES, AND SIMMERING

by Martha Esersky Lorden

The traditional cure-all for whatever ails a body is a bowl of chicken soup. How it acquired such status as a great folk remedy is anyone's guess.

The effectiveness of this magical broth in un-stuffing noses has been the subject of great study, and the

results are in. According to Dr. Stephen Rennard of the University of Nebraska Medical Center (<http://fyinutrition.com/mystery-chicken-noodle-soup>), chicken soup's high levels of zinc and cysteine have anti-inflammatory properties that help reduce phlegm. Its disinfecting, soothing heat can alleviate cold symptoms and speed recovery, and versions including garlic and onion pack a powerful antioxidantal punch.

Who knew that there really is such a thing as Jewish Penicillin?

Folks looking to create a made-from-scratch soup stock might turn to Gramma's recipe of old, but home cooks should not discount utilizing the quality stocks available commercially, which also contain (and may even surpass) the healing potential of the favorite family super soup. The Co-op's shelves are brimming with options. Where to begin? There are cans, bottles, boxes, and jars—some labeled as stock, others as broth. There are granulated powders, concentrates, and bouillon cubes; low fat, low sodium, MSG free; organic, stock made from free-range chickens, stock with wine and seasonings, gluten-free ... it boggles the mind. The makers of stocks and broths are obviously keeping up with the latest food trends—even for something as basic as soup stock.

The creation of a good stock, according to chef Jacob Brun (Stella Culinary School), is the foundation of all great cuisines. Its role in the kitchen is profound. The art of making a stock lies behind any chef's mastery of the mother sauces of classical cuisine, as they are precise reductions of a quality stock.

But what exactly is a stock? And how does it differ from a broth? Many cooks look to richness or thickness as a point of differentiation, with stocks requiring simmering roasted bones to produce a flavorful gelatin. Some identify simmering fresh meat as what renders the lighter broth. Then there are debates about the levels of salt and seasonings. Like much terminology, colloquial usage can confuse the culinary definition. It's a tedious affair trying to get to the bottom of these differences because, in truth, the differences are not easily standardized.

A quick look in the dictionary of the culinary world, *Barron's Food Lover's Companion*, and we find that broth is defined as a liquid resulting from cooking vegetables, meat, or fish in water. The term is sometimes used synonymously with bouillon. On the other hand, a stock (from an old German word meaning "root") is simply a strained broth. In other words, a stock is just a broth until it is strained. As a mere physical, not culinary, refinement of a broth, stock is associated with professional kitchens and

serves as a base for sauce-making or for simmering other ingredients.

When my favorite Food Network cooking diva sings the praises of keeping copious amounts of fabulous stock in the freezer for braises, gravies, and soups, I scoff. Sure, I envy the luxury she enjoys every time she pops the lid of one of her quarts of stock kept on hand for cooking up comforting soups or braised shanks, but I know that her homemade liquid gold takes pounds of ingredients and hours of simmering, usually in pots the size of the Grand Canyon. Or does it?

In just a basic home stockpot, cooks can pull off a restaurant-grade stock. The basic building blocks are the classical triad of bones, some aromatics (like onions, carrots, celery, and parsley), and water. The formula seems simple enough, and what a great way to use up odds and ends of vegetables or those bone-in meat parts not usually served up as main dishes—chicken necks, backs, and wings, or veal knuckle bones. How difficult can it be to roast the bones and vegetables, cover them in water, and simmer them with a sachet of seasonings (bay leaf, peppercorns, thyme, and garlic)? A little cooling after a three-to-four-hour simmer, some skimming of fat, and a thorough straining, and—voilà—stock!

For the impatient and busy home cook, there are also excellent quick methods for making stock. I had my doubts, but I've finally come up with a recipe, inspired by Mark Bittman, that produces a flavorful, golden stock in just under an hour with some fresh chicken parts that you can get from your butcher. Part stock, part broth, this liquid cooking base can do anything that a stock-in-a-box can do. I love to cook rice in it or use it as a base for my pasta sauces. It also makes a terrific base for soups. You can also make any kind of stock at home in the reliable and convenient set-it-and-forget-it slow cooker. (See recipes below.)

While many say that homemade stock is much better than anything you can buy in a can or carton, the tongue is the final judge. Yet, many home cooks opt for a commercial brand that delivers a nice umami from its combination of sodium levels, additives,

PLEASE SEE STOCK OPTIONS, PAGE 14



In just a basic home stockpot, cooks can pull off a restaurant-grade stock. The basic building blocks are the classical triad of bones, some aromatics (like onions, carrots, celery, and parsley), and water.

STOCK OPTIONS, CONTINUED FROM PAGE 13

and meat /vegetable/seafood base. Some choose a prepared stock based on label information alone, not taste, and still other cooks select a variety simply because it has absolutely no additives whatsoever. Seeking to control the level of intensity or salinity in their dishes, many cooks enjoy using granulated bouillon, low salt/low fat stocks, or concentrates. When looking for a quality stand-in for homemade stock, you want a clean and savory flavor of meat, seafood, or vegetables, and you don't want any lingering chemical tastes or anything overly salty. And as for shelf life, prepared stock can't be beat.

Be adventurous in your sampling, and you are certain to find that go-to stock for all your cooking. Though labeled "stock," these prepared liquids are flavorful factory-made broths designed for the home cook. Unless you are preparing a demi-glace sauce for your master chef class, no worries. Your stock options are plentiful.

RECIPES

Quick Chicken Stock (an interpretation of a Mark Bittman recipe from *How to Cook Everything*)

I use this recipe as the base for my Matzoh Ball soup and pasta sauces as well as for cooking rice and braising chicken. It is surprisingly flavorful—and fast. You know it's done when a golden color is achieved and a rich chicken flavor develops.

4 chicken wings with skin and meat removed
2 backs of a chicken, with skin removed
1/2 large onion, rough chopped (don't peel it)
1 large carrot, rough chopped
1 stalk of celery, rough chopped
1 bay leaf
4 cups water

PLEASE SEE STOCK OPTIONS, PAGE 15

STOCK OPTIONS, CONTINUED FROM PAGE 14

Combine all ingredients in a large pot and turn heat to high. Bring almost to boil, then lower the heat so the mixture bubbles very lightly. Cook for 30 minutes, or an hour if you have more time.

Cool slightly and strain. Press down the solids to extract as much liquid as possible and discard the solids.

Homemade Vegetable Stock (Slow Cooker Method) (from *Slow Cooker: The Best Cookbook Ever with More Than 400 Easy-to-Make Recipes* by Diane Phillips)

1/4 cup olive oil
4 carrots, cut into chunks
4 parsnips, cut into chunks
2 large onions, chopped
1 bunch (or approximately 3 cups chopped)
Swiss chard
8 oz. sliced mushroom
2 cups water
2 Tbs. tomato paste
2 Tbs. dried thyme
1 bay leaf
2 tsp. salt
1/2 tsp. whole black peppercorns

Put everything (and I mean everything!) into the insert of a 5-to-7-quart slow cooker and gently stir to combine. Cook on high for 5 hours or low for 9 hours. Pour vegetable stock through a fine-meshed sieve set over a large bowl. If you desire, remove some of the larger chunks of vegetables first and discard them prior to pouring. Skim off any fat that accumulates. In refrigerator, stock will keep for up to five days. In the freezer this will stay fresh up to 6 months.

Martha Esersky Lorden is a local culinary historian, instructor, and food writer who reviews cookbooks for Publishers Weekly and other trade publications. She is a member of the Culinary Historians of New York (CHNY) and the owner of Kitchen D'Or, a personal chef service here in the Upper Valley.

FOOD FOR ALL, CONTINUED FROM PAGE 11

What's Next?

Please allow approximately two weeks for processing. Once approved, you will receive a letter from Member Services and begin receiving a ten percent discount on your eligible purchases for up to one year from the date of approval.

At the end of this period, the discount will automatically be discontinued. You may re-apply using a new application and updated verification. No discounts may be applied retroactively.

Learn More

Food For All is just one of the programs the Co-op offers to support the communities we serve.

Other programs include the Hanover Cooperative Community Fund, the Co-op Community Partner of the Month program, various community donations and individual sponsorship programs, and of course, the Co-op Kids Club.

To learn more about our work in the community, contact us!

BRING BACK THE SACK, CONTINUED FROM PAGE 6

shopping, ask the cashier for one of our "Bring Back the Sack" cards. Each card has twenty spots representing twenty bags. The cashier will punch your card once for each of your bags used while bagging your groceries.

When you have reused twenty bags, your card will be full, and you can put it into our raffle bin. The more times you provide your own bags, the more cards you can fill and add to the pot, thereby increasing your odds of winning!

Is There a Catch?

Nope! Cards have no time limit. After each drawing, the pot will be emptied and the previous three months' cards destroyed. Your odds of winning will be determined by the number of cards you enter and the number of cards entered overall during each quarter.

Thank you for helping all of us at the Co-op Bring Back the Sack!

GLASS OR PLASTIC?

WHICH CONTAINERS ARE MORE ECO-FRIENDLY?



by **Amanda Charland**
Sustainability Coordinator

Since more and more people are considering their environmental footprint when shopping, companies are starting to think about it too. While we tend to think of the big purchases like cars and home heating systems as the main contributors to our environmental impact, sometimes the largest impacts we have are actually the sum of all the small choices we make on a daily basis.

Grocery shopping can be one of those small activities with the potential to have a huge environmental impact. While there are many ways the food industry contributes directly to environmental issues like climate change, deforestation, and water pollution, there are also more subtle ways our food choices impact the environment. One major choice consumers and companies alike are starting to pay more attention to is how food gets from the farm to the shelf. A big piece of that is how food is packaged.

In recent years, concern about the impact of plastics on both the environment and human health has caused many people to look to other alternatives for packaging. Plastic has earned a very bad



Editor's Note: This article explores the environmental aspects of plastic packaging. It does not address health concerns related to the use of plastic in contact with food.

reputation and rightfully so. In an effort to avoid plastics, many companies are switching to other increasingly popular alternatives, especially glass. But is glass really a better environmental option?

Unfortunately, like many sustainability questions, this one isn't easy to answer.

Plastic Packaging

A few decades ago plastic became the package of choice because it's durable, affordable, and lightweight. Companies particularly liked this because lighter packaging meant cheaper shipping costs. From an environmental standpoint, being lightweight also scores plastic points because it takes much less fuel for transportation. Plastic containers also uses less space, so it takes fewer trips to ship than trying to ship the equivalent amount of product in glass.

However, in order to find the overall environmental impact, we have to consider every stage of life not just transportation. Manufacturing is an important step when it comes to environmental impact. Many plastic food containers are made using polyethylene terephthalate (PET) which is produced from crude oil.

The extraction process of crude oil is responsible for a piece of plastic's environmental impact because it generates greenhouse gases and can pollute ecosystems and watersheds. Oil is then transported, refined into pellets, transported again, and finally heated and formed by packaging manufactures to create containers. Recycled plastics go through a similar process; used containers are transported to recycling facilities, collected, melted into pellets, and from here manufacturing follows the same process as virgin plastic.

Plastics are a major source of recycled material in the US but only some kinds of plastics are regularly recycled. In order for anything to be recycled, there has to be a demand for products made from the recycled material. Some plastics are much more difficult to remake into useful products and therefore there is little demand from companies looking to purchase these recyclables. To add to the recycling complexity, while plastic is versatile and can be made into a variety of products, much of it is also 'down-cycled' meaning that it can only be remade a finite number of times and it's often made into a lesser quality plastic.

Though many locations in the Upper Valley will take plastics number one through seven for recycling, not all of those plastics will get recycled. In fact, there is a good chance that plastics five through seven probably will not be recycled even when you throw them in the recycling bin. Both reuse and recycling are important to determining a product's sustainability and plastic packaging does not score as well as glass in either category.

Glass

So let's take a look at glass.

First, here's a quick synopsis on how glass is made. Glass is made from silicon dioxide (also known as sand), soda ash, and limestone. Raw materials for glass are typically mined (though, glass can be easily made from recycled material). Similar to the extraction of crude oil for plastics, mining can be very environmentally damaging, causing habitat destruction and air and water pollution. Next, the components of glass are combined and melted, formed, and then heated again (at one point, to over 2500°F!). Using recycled glass requires less energy than creating new glass so manufactures will often some percentage of recycled glass for new containers. The biggest environmental impacts of glass at this point are the mining of raw materials and the energy needed to fuel large furnaces that burn both very hot and for very long periods of time.

Transportation is where glass takes a major hit from a sustainability perspective. This is actually for two reasons. The first, which is important but not nearly as significant as its weight, is that glass is much more fragile than plastic. This means that glass packaging tends to have much higher food waste rates from packages breaking. The second, which has already been mentioned, is that glass is much heavier than plastic (often at least ten times heavier) and requires more fuel and more space to ship.

Despite glass requiring much more energy to ship, it also boasts some impressive eco-benefits at the end of its life. Probably the most impressive is actually glass' recyclability rate. In the recycling world, the glass that is used for food packaging is like an eco-hero; it's infinitely recyclable. Theoretically, you can just keep using it to make new glass. However, despite this amazing fact, much of the glass you throw in the

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recycling bin, never finds its way back into a new product because there are other uses for crushed glass (for example, many landfills use crushed glass as a layering component). Much of the glass packaging on store shelves has some amount of recycled glass in it. Also, glass containers are usually much easier to reuse multiple times so the chance that a glass container will have a longer useful life than a plastic one is much better.

The Winner

With all of these complexities, it's clear that no matter which container you choose, there's an environmental impact. The question is which has a less harmful environmental impact. It might surprise you to know that more than several life cycle assessments of plastic and glass have labeled plastic a strong winner, primarily because it is so much lighter. In these studies, plastic was shown to not only have a much smaller overall carbon footprint but it also created less air and water pollution overall. But don't rule out glass just yet.

Because there are so many variables to determining the environmental impact it's difficult to crown a true eco-packaging victor. Life cycle assessments make a lot of predictions about how far a container is shipped, how it will be dealt with at the end of its life, how many times it will be reused, and so on. For example, if you live in an area of the country that doesn't recycle plastics and you also reuse your glass jars several times, a lifecycle assessment outcome would be completely different. Additionally, it's good to keep in mind that some of these assessments have been funded by plastic companies.

While there isn't a clear winner, there is good news. Both glass and plastic packaging have both become impressively more lightweight in the last decade. In fact, many types of packaging- glass, plastic, aluminum, aseptic packages, and so on- are becoming much more sustainable. In addition, both recycling availability and rates of recycling have gone up in the last decade. Greater awareness about recycling has caused consumers and companies alike to demand more products from recycled material and is consequently creating a larger market for recycled material.



The Solution

So if there's no clear winner, what can you do to reduce your environmental impact? The best solution is to consider walking away from single-use disposables altogether. Try bringing reusable containers and getting as many products as you can in the bulk section. You can also find products like milk and yogurt in reusable containers that you can bring back to the Co-op when you're done. For beer drinkers there's even an option to fill reusable growlers of beer at our White River Junction Store.

Lastly, remember that packaging only makes up a small portion of the environmental footprint of your grocery cart. Your actual food choices are much more critical to the environment. Still, small changes in your shopping cart can add up to large environmental gains in the long run.

CELEBRATE OCTOBER CO-OP STYLE

The Cooperative and Fair Trade movements have much in common: shared values and ethics, principled goals, and a commitment to social and economic justice. Fitting, then, that the world-changing collaboration of Cooperation and Fair Trade are both celebrated at the same time in October. This time of year is a good time to remember exactly what they are all about.

WHAT IS A COOPERATIVE?

A co-op is an organization owned by, and operated for, the benefit of those who use its services. A cooperative's noble intent, which separates it from more corporate enterprises, may be best summarized by the words of legendary co-op activist Tom Webb: "Co-ops exist to meet human need. Corporations exist to meet human greed."

Members of a cooperative support the organization with their patronage, participate in decision-making, and share in the profits generated by the co-op's activities. 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.

WHAT IS FAIR TRADE?

When you pay an obscenely low price for bananas, do you think a Third World farmer and his family earned a living wage to grow them for you? The answer, of course, is no. But the Fair Trade movement has been working for years to change the injustice of that dynamic.

In developing countries, many food producers labor for long hours on small plots of land far removed from the markets in which they can sell their wares—especially if those markets are in the West. The Fair Trade movement shortens the path from farm to table, thus reducing the number of high-priced middlemen in-



Above, the new "SPP" symbol, adopted by our friends at Equal Exchange—pioneers of the Fair Trade movement. SPP only certifies small farmers, which advocates believe keeps the Fair Trade movement true to its original small farmer focus.

between and providing a living wage for the farmer. Fair Trade started decades ago with individual companies called Alternative Trade Organizations (ATOs), who made a commitment to work directly with indigenous peoples and to market their products directly to consumers. Today, the grassroots movement is a worldwide phenomenon, and co-ops are dedicated supporters of Fair Trade organizations and farmers.

LEARN MORE

How can you honor Co-op and Fair Trade Month? Learn more about the two movements and the principles for which they stand! Look in our stores and on our website (coopfoodstore.coop) this October.

ALL FORMS OF PRODUCE COUNT

A good diet can include a variety of fruits and vegetables, whether they are fresh, frozen, canned, dried, or otherwise preserved. These lightly processed foods have a longer shelf-life than fresh, with little waste, which helps save money and prevents loss through spoilage.



**by Mary Saucier Choate
M.S., R.D.N., L.D.
Food and Nutrition Educator**

Many consumers believe that only fresh fruits and vegetables count when it comes to meeting nutrition guidelines. In fact, all forms of produce count—fresh, frozen, canned, and dried.

Fruits and vegetables are major contributors of important nutrients, and consuming these daily may reduce the risk of many chronic diseases including heart disease, high blood pressure, diabetes, and certain types of cancer. Eating the recommended two cups of fruit and two-and-a-half cups of vegetables a day from only fresh produce, however, can be a challenge for people who are short on time for shopping and cooking or who are on a budget.

The good news is that a good diet can include a variety of fruits and vegetables, whether they are fresh, frozen, canned, dried, or otherwise preserved. These lightly processed foods have a longer shelf-life than fresh, with little waste, which helps save money

and prevents loss through spoilage. Another benefit of frozen, canned, and dried produce is that they are ready to eat—no chopping or washing required. This can be important to busy families trying to quickly prepare a nutritious meal.

Fresh

When you can grow your own vegetables, go to farmers' markets and farm stands, and buy local produce from the grocery store, you can get produce at its very highest nutrition level. Consuming them soon after purchase is a great way to get the most nutrition from these fresh foods.

But when buying produce from other parts of the country or the world, nutrient loss during transit can make preserved forms a better choice than fresh. Domestic produce may spend up to five days in transit and then several days on display. Transportation time for imported produce can range from a few days to several weeks. Studies show that some frozen fruits and vegetables have higher levels of carotenoids—some of which can be converted to vitamin A—vitamin C, and folate than fresh fruits and vegetables that have been stored for five days.

Canned and Frozen

Researchers have found that frozen vegetables



When you can grow your own vegetables, go to farmers' markets and farm stands, and buy local produce from the grocery store, you can get produce at its very highest nutrition level. Consuming them soon after purchase is a great way to get the most nutrition from these fresh foods.

maintain much of their nutritional value because they are quickly blanched either on the field site or right after being taken from farmers' fields. This stops the normal enzymatic reactions that can break down many nutrients. Freezing also slows the nutrient breakdown of fruits, which are not blanched, and preserves them from spoilage.

Minerals, fiber, folate, and protein content are similar in fresh, canned, and frozen fruit and vegetable products. These nutrients are relatively stable and are not sensitive to heat.

Nutrients such as vitamin E and beta-carotene are soluble in fats and may be released from the plant cells by heating, freezing, or other processing treatments. When used in recipes containing small amounts of oils, these fat-soluble nutrients may be more available and digestible from canned or frozen produce than from fresh, raw foods. Tomatoes are the most significant food source of the powerful antioxidant

lycopene. Canned or home-cooked tomatoes and tomato sauces are the best source of this nutrient as it has greater bioavailability after cooking and processing.

Canning treatments have an effect on water-soluble nutrients such as vitamin C and B vitamins, and some phytochemicals (healthful plant-based compounds) which are sensitive to heat, light, and oxygen. As a result, certain nutrients may be lower in some canned foods than in fresh or frozen. For most water-soluble nutrients, much of what is lost ends up in the liquid in which the product is packed. Exceptions to this are vitamins which are destroyed by the canning process. Vitamin C has been shown to decrease in a range from 8 percent in beets to 90 percent in carrots; thiamin losses may range from 25 percent in asparagus to 66 percent in spinach. This loss would also occur at home if cooked in water. The nutrients retained after canning remain at stable levels during the one- to two-year shelf life of the canned product.

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PRODUCE, CONTINUED FROM PAGE 21

The Question of BPA Safety

Bisphenol A (BPA) is an industrial chemical found in epoxy resins, which act as a protective lining on the inside of some metal-based food and beverage cans. Studies on BPA are ongoing in the US and Europe. As of January of 2014, the European Food Safety Authority has stated that “the health risk for all population groups is low— including for fetuses, infants, young children and adults.” This is because the highest estimates for exposure to BPA are three to five times lower than the lowest daily estimated safe level of exposure.

In the US, research studies pursued by the Food and Drug Administration’s (FDA) National Center for Toxicological Research have shown that oral BPA administration results in rapid metabolism of BPA to an inactive form. Researchers found that primates (including humans) of all ages effectively metabolize and excrete BPA much more rapidly and efficiently than rodents (on which the early studies based safety concerns). And they found no effects of BPA at any dose in the low-dose range that is similar to the levels we are actually exposed to.

The health risk seems low and the convenience and nutrition benefits of using canned produce are high. For those who still feel uncomfortable with consuming canned foods until all of the research is concluded, produce “canned “ in glass jars is also available.

Dried

Traditionally dried fruits and vegetables—that is, those dried as whole or cut pieces, with no additives or with only sulfur dioxide added to preserve nutrients—are a particularly significant source of dietary potassium and fiber as well as antioxidant phytochemicals. In fact, antioxidant values are much higher for dried fruit than

for fresh because antioxidants are concentrated during the dehydration process. Depending in the specific fruit, they can provide additional important vitamins and minerals, such as carotenoids (dried peaches and apricots), vitamin K (dried plums), calcium and manganese (dried figs), and boron (raisins and dried plums).

Still, vitamin C is mostly destroyed during blanching and drying, and some additional minerals may be lost during rehydration if soaking water is discarded. Using a sulfite treatment prevents the loss of some vitamin C and beta-carotene and helps to preserve the food, but causes the destruction of thiamin and may cause a reaction in those sensitive to sulfites.

Calories in dried fruit and vegetables are concentrated with the removal of water, so the serving size is smaller; about one-quarter cup will provide similar calories to a whole piece of fresh produce or a one-half cup serving of canned or frozen.

Fried banana chips are not a traditionally dried food as they are fried in saturated fat after drying. Dried cranberries are too tart for most people to enjoy without added fruit juice- or sugar-sweetening. With the sweetener, they contain about as much sugar as plain raisins and offer antioxidants and fiber, a pretty good trade-off.

Count Them All for Good Nutrition

Stocking your pantry and freezer with lots of different produce choices is key to making a produce-centered meal or snack easy to put together and enjoy! Knowing that all forms of produce “count” can help busy consumers to make the best choice for their health, the season, their budget, and their schedule.

TO MAXIMIZE YOUR NUTRITION FROM ALL FORMS OF PRODUCE

Raw: Refrigerate, if needed, and plan to prepare it soon. Buy local to prevent nutrient loss during transportation.

Preserve nutrients by minimizing the use of water. Methods such as griddling (cooking on a hot pan with little or no oil), microwave cooking, roasting, or steaming have been shown to preserve the most nutrients. Any liquid that may be left over can be added to soups or smoothies to utilize the nutrients that may leach into it.

PLEASE SEE MAXIMIZING NUTRITION, NEXT PAGE

MAXIMIZING NUTRITION, FROM PREVIOUS PAGE

Canned: Store in a cool, dark place.

Choose low-sodium vegetables and no-added-sugar fruits.

Use the brine/syrup in canned produce.- It contains some of the vitamin C and other compounds that leached from the produce.

Note: If low sodium vegetables are not available and sodium is an issue, drain and rinse canned vegetables to reduce sodium by 41 percent! Canned food has a shelf life of at least two years from the date of processing. Its food safety and nutritional value are maintained well beyond two years, but it may have some variation in quality, such as a change of color and texture.

Frozen: Use freezer packaging.

For longer term frozen storage, avoid “frost-free” freezers.

Frozen products should not be stored for long periods in “frost-free” home freezers, because the warming cycles to prevent frost warm frozen products stored in them. This shortens the amount of time they maintain their peak nutrient levels. Storage in freezers where temperature is well-maintained may be for up to one year.

Dried: For best retention of nutrients in dried foods, store them in a cool, dark, dry place and use within a year.

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PARTNERS

OCTOBER PARTNER: HANOVER COOPERATIVE COMMUNITY FUND

The Hanover Cooperative Community Fund has been around so long that it's hard to imagine October without it—but the HCCF was not always such a no-brainer of an idea.

The brainchild of the Co-op's board of Directors in 2001, the idea seemed to some a little overly ambitious at first: Develop a nonprofit charitable foundation—separate from the Co-op itself—and make annual donations to local nonprofits that contribute to the

quality of life of Upper Valley residents.

The concept caught on quickly, and today, the HCCF has an endowment of more than \$300,000 earmarked for helping Upper Valley nonprofits. And because October is National Co-op Month, one of the ways we celebrate is to make the HCCF our annual October Community Partner of the Month.

The HCCF is supported by your donations at the registers each October, and additional funds are donated throughout the year by staff, members, and area businesses that participate in our fundraising events. As of this August, Co-op members donated

735 patronage refund checks to the HCCF, for a total of more than \$9,264. (Thanks, members!)

How you can help:

- Make a cash contribution at the registers when you shop at the Co-op Food Stores, Community Market, or Service Center during October.
- Learn more about HCCF and how you can get involved at coopfoodstore.coop/community.

Want to Apply?

Qualifying organizations are welcome to apply for the HCCF. Funds can only be disbursed to groups which are tax-exempt 501(c)(3) organizations or which meet eligible social welfare objectives. To uphold the fund's tax status, funds cannot be provided to groups engaged in political, lobbying, or ineligible activities. Learn more at coopfoodstore.coop/community.

NOVEMBER PARTNER: TWIN PINES HOUSING TRUST

The Upper Valley: beautiful, sheltered, majestic.

And not exactly cheap.

Affordable housing means your monthly rent or mortgage is less than 30 percent of your income—an ideal harder and harder to come by for working-class families in America. In the Upper Valley in particular, it means a renter or homeowner must earn a salary of nearly three times the minimum wage in order to live in the most basic of housing—and that's before winter heating bills and skyrocketing food and transportation costs come into play.

To say the least, it's a struggle for many families in our community, and social service agencies say it's often the needs of the children that bear the brunt of the burden

Fortunately there is a place to turn.

Twin Pines Housing Trust is a not-for-profit housing developer in the Upper Valley dedicated to increasing the number of safe, attractive, and efficient homes and apartments available to income-qualified residents. With central offices located in White River Junction, Vermont, Twin Pines helps meet area needs by building and renovating affordable multi-family apartments, single-family homes, and mobile home parks.

How you can help:

- Make a contribution when you shop at the Co-op during November.
- Volunteer By calling the Twin Pines office at (802) 291-7000 or visiting <http://www.tphtrust.org/>.
- Donate items that improve the living environment of Twin Pines' residents, such as art supplies, children's books, new plastic playground equipment, or outdoor storage sheds.

DECEMBER PARTNER: GOOD NEIGHBOR HEALTH CLINIC AND RED LOGAN DENTAL CLINIC

Once, while riding the bus to work, a Co-op staff member met a young woman taking her daughter to the Good Neighbor Health Clinic for a checkup. The woman worked three jobs, she said, and joked that "one job paid for rent, one job paid for food, and one job paid for daycare."

This is the world of the working poor.

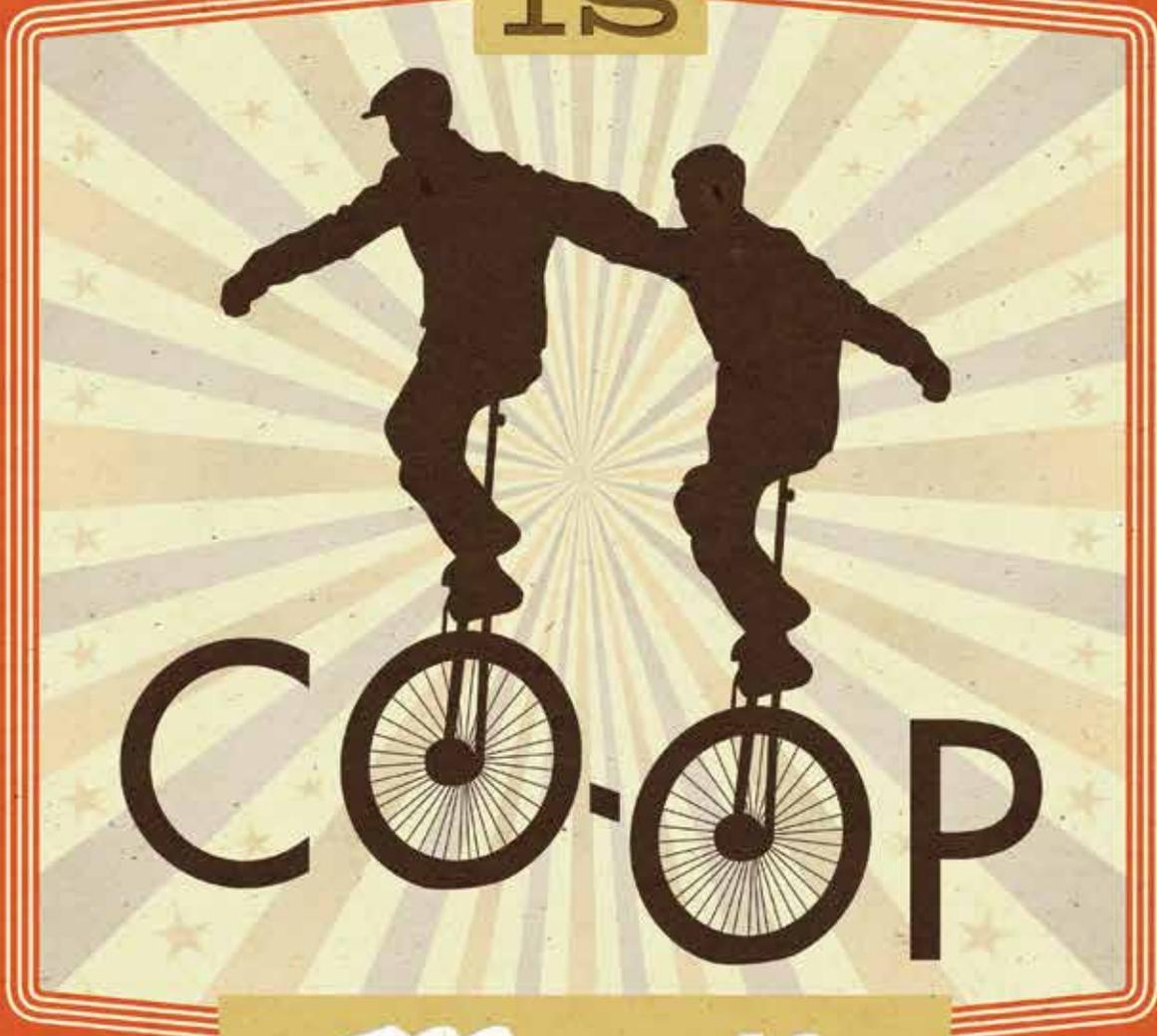
Founded in 1992, The Good Neighbor Health Clinic is a free healthcare facility where qualified uninsured or underinsured people in the Upper Valley can access a broad range of medical services, even if those clients are without the ability to pay. In 1996, the Red Logan Dental Clinic opened, as well, in response to the increasing need for dental care among the same population. Both clinics are located in White River Junction, Vermont, with satellite medical clinics in Lebanon, Enfield, and Claremont, New Hampshire.

Together, the organizations provide a wide range of much-needed primary care services, management of chronic disease, and preventative health care. The clinics are staffed by volunteer physicians, dentists, nurses, allied health personnel, medical students, and administrative staff.

How you can help:

- Make a contribution when you shop at the Co-op during December.
- Call to learn about the wide variety of volunteer opportunities. Good Neighbor Health Clinic: (802) 295-1868; Red Logan Dental Health Clinic: (802) 295-7573.

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www.Co-opMonth.coop