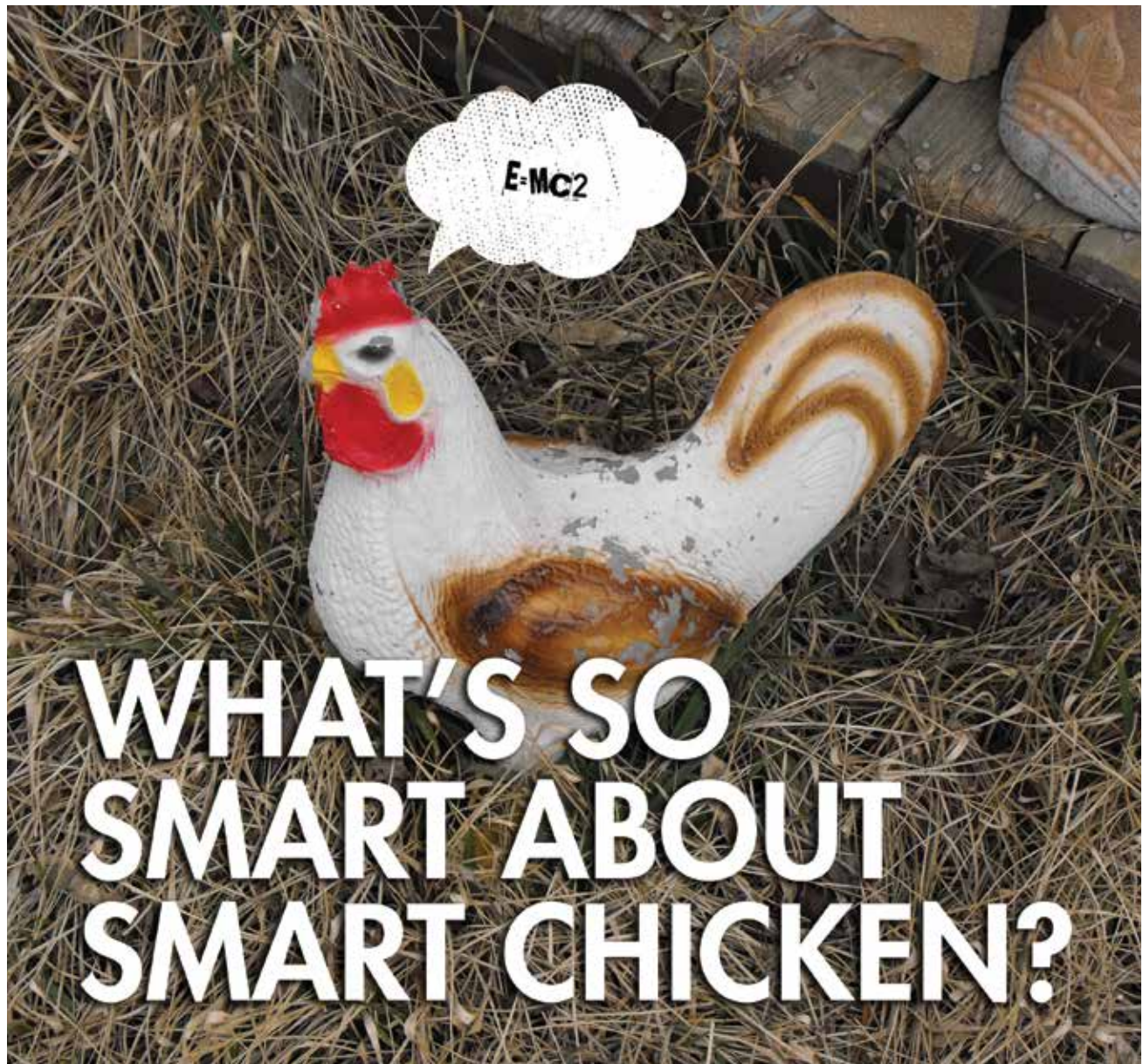


FREE | JULY AUGUST SEPTEMBER 2013 | VOL 76 | NO 3

CO-OP NEWS



INSIDE: PROPOSED CHANGES TO CO-OP BYLAWS | GOOD BOOKS FOR COOKS | PLEASURES OF THE PICNIC | LOTS MORE!



FREE FAMILY FUN!

**COME TO OUR LEBANON STORE
AUGUST 10, 2013, FROM 10 TO 2,
FOR ONE OF OUR MOST POPULAR
EVENTS OF THE YEAR!**

You and your little cooperators will enjoy activities for kids, free and delicious food samples galore, and plenty of live music and other entertainment.

This yearly event has become an Upper Valley tradition drawing children of all ages. It's free and loaded with wonderful food samples and stuff for the kids to do. Friendly people will be ready to serve you and your family with the best in local and regional fare.

Celebrating Our Producers

How far did the food on your table travel before it finally reached you? At the Co-op, more than 250 local and regional farms and food producers supply our stores throughout the year. Those local and regional producers make our free sampling events possible.

The Producers Fair is a great way to meet these folks and celebrate all the work they do! Our big events like the Producers Fair are only possible because of all the local food producers who work together to bring us their wares. Thanks, producers, for all you do!

Save the date, and join us. We look forward to seeing you there!

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COMING UP AT THE CO-OP

Save the date of October 19 and join us for a special member meeting to start the voting period on proposed changes to the Co-op bylaws! See pages 6-11 for complete information or go to coopfoodstore.coop/bylaws. Also coming up this summer and early fall, we'll have great sampling events such as corn roasts, ice cream socials, and more! Stay tuned to our website at coopfoodstore.coop/calendar for dates and times.

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P. O. Box 633
Hanover, NH 03755.

Web Addresses

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

Board of Directors

President: Kay Litten; Vice-President: Margaret Drye;
Treasurer: Zeb Mushlin; Secretary: Wynne Washburn
Balkcom; Martha Graber; Tricia Groff; Tyler A. Kurasek; John Rosenquest; Susan Sanzone Fauver

Board Administrator

Genie Braasch

Management Team

Terry Appleby, General Manager; Tony Alongi, Director of Finance; Bruce Follett, Merchandising Director; Steve Miller, Food Store Manager, Hanover; 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 Choate,
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., ice cream window open to 9 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

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 sustainable forestry practices."



THE CHALLENGES OF CO-OP DEVELOPMENT

Over the years, the Hanover Co-op has been undercapitalized, and when we have had capital needs for expansion we've had to borrow money from commercial sources to finance debt.



This year's Consumer Cooperative Management Association meeting in Austin, Texas, included quite a lot of talk about new cooperative development. More co-ops are in various stages of development now than at any time since the early 1970s. The Food

Cooperative Initiative, a development organization that provides free advice and grants to startup co-ops, estimates that more than 200 groups are organizing around the country currently. Here in our region, we celebrated the June opening of the Monadnock Co-op in Keene, and we know of community groups actively working to start stores in Barre, Vermont, and Walpole, New Hampshire.

At the conference in Austin, I was invited to join with about 30 other cooperators to discuss the opportunities in new cooperative development and to hear about some of the ways efforts are being

CAPITAL NEEDS AND LONG-TERM GOALS

The Board has been carefully looking at ways to address capital needs and will be bringing proposals to the membership in the coming months. If we are to participate with other cooperative organizations to bring the benefits of our form of business to other communities and to satisfy the desire for more cooperative enterprises nationwide, we all should engage in the discussion.

addressed. One thing is clear—development of new stores is hard work and takes time and capital. Co-op members may have read a recent article in



A problem with our current means of financing our capital needs is that we just don't save enough to adequately take care of the needs of our business. A case in point: the needs of the Hanover store must be addressed over the next couple of years. We need to find a better way to demonstrate member benefit, so that important issues like store remodels and expansion can move forward.

the *Valley News* regarding the efforts of residents in Enfield, New Hampshire, to persuade us to open a Co-op Food Store along the Mascoma Valley/Route 4 corridor. People in that area do not have a traditional grocery store and must travel miles from home to access all the food they need for their families. About 1,500 of those families are members of the Hanover Co-op. At an Enfield meeting of almost 100 interested residents, we heard the frustration of not having a local grocery store.

One of the greatest challenges for cooperative development—and a specific challenge for the Hanover Co-op in order to consider further expansion to Enfield—is capital. Cooperatives' capital needs are generally met by the members of the co-op. With member capital, the cooperative is able to maintain stores and expand the business. Over the years, the Hanover Co-op has been undercapitalized, and when we have had capital needs for expansion we've had to borrow money from commercial sources to finance debt. We then run operations to provide the cash-flow needed to pay all our expenses, including the interest and principal on loans.

A problem with our current means of financing our

capital needs is that we just don't save enough to adequately take care of the needs of our business. A case in point: the needs of the Hanover store must be addressed over the next couple of years. Rather than having a reserve fund adequate to meet the capital needs of our store locations, we have returned earnings to members in the form of patronage refunds. We need to find a better way to demonstrate member benefit, so that important issues like store remodels and expansion can move forward.

Over the past several months, the Co-op's Board and management have been discussing future capital needs and how to meet them. The Board has been carefully looking at ways to address those needs and will be bringing proposals to the membership in the coming months. If we are to participate with other cooperative organizations to bring the benefits of our form of business to other communities and to satisfy the desire for more cooperative enterprises nationwide, we all should engage in the discussion. Now is the time for more robust development of the cooperative model. Do we have the desire and the will, as our founders did in 1936, to do our part to make the movement grow?

CRITICAL MEMBER VOTE COMING IN OCTOBER!



by Margaret Drye
Vice President

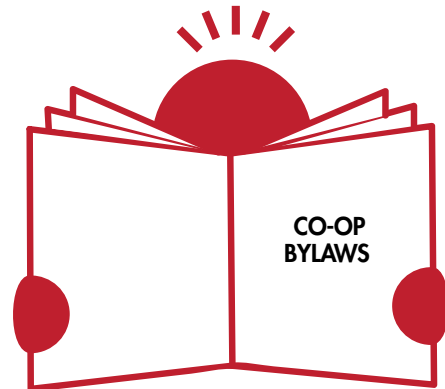
A house in my town has been added onto so many times, it resembles a rabbit warren inside—floor heights don't match, and it's hard to get from one part of the house to the other.

Our Co-op bylaws are like that house. Having been amended multiple times in our 77-year history, they are unnecessarily detailed in some places and confusing in others. They could use some simplification.

Our Hanover store was built in 1963. It's overdue for a renovation. Think how much better it will be when the heating, plumbing, and lighting are brought into the twenty-first century. Then, think how much better it would be if we could fund the renovation ourselves instead of having to borrow money and pay interest.

As our business has expanded and grown, the cost of doing business has grown, too. A thriving business needs capital to fund its maintenance, its day-to-day operations, and its dreams.

To address these issues, the Board of Directors is proposing a comprehensive plan that revises the bylaws in three



YOUR VOTE AND THE CO-OP BYLAWS

While the proposed bylaws will not increase the cost of membership (\$50), we must address the fact that for the same investment in the Co-op, some memberships have two people with two votes, and some have one person with one vote. Our proposal aims to standardize our definition of membership in order to meet the international cooperative principle of "one member, one vote."

areas: membership, common capital, and general housekeeping.

While the proposed bylaws will not increase the cost of membership (\$50), we must address the fact that for the same investment in the Co-op, some memberships have two people with two votes, and some have one person with one vote. Our proposal aims to standardize our definition of membership in order to meet the international cooperative principle of “one member, one vote.”

The money that members invest to join the Co-op is only one source of dollars for meeting the Co-op’s capital needs. Many co-ops around the country have been building common capital by issuing one class of stock to members when they join the co-op and a second class of common stock whenever part of the patronage refund is paid in the form of stock. Our proposal seeks to establish that second class of stock and to change the percent of the patronage refund that the board can choose to pay out as stock.

Finally, some of the housekeeping details in the revision involve increasing the number of votes that constitute a quorum, changing the number of board members, and streamlining the bylaws by eliminating some of the unnecessary details and definitions.

All these points will be explained further at community forums scheduled throughout the summer and early fall. Please make an effort to attend one of these informational meetings, if at all possible. Look for information about upcoming forums on the website, in the stores, in ads in the *Valley News*, via social media, and by email.

Details on the voting process plus the final revised text of the bylaws will be mailed to all members by the end of September. Voting will take place in October.

Copies of the current bylaws and the proposed bylaws are posted on the Co-op website, www.coopfoodstore.coop. They can also be printed for you by a Service Desk staff person.

The Board welcomes any questions or concerns about the proposed changes. It is our hope that you will carefully consider our proposal and support it in October. We believe that the changes being proposed will set us on a firmer foundation and position us well for the future.

You can reach the Board by contacting Board Administrator Genie Braasch, at (603) 640-6340 or email her gbraasch@coopfoodstore.com. Questions can also be directed to the Board via bylaws@coopfoodstore.com.

THREE AREAS OF REVISION



As our business has expanded and grown, the cost of doing business has grown, too. A thriving business needs capital to fund its maintenance, its day-to-day operations, and its dreams. To address these issues, the Board of Directors is proposing a comprehensive plan that revises the bylaws in three areas: membership, common capital, and general housekeeping.



THE BYLAWS: FREQUENTLY ASKED QUESTIONS

Why are the bylaws being changed?

The bylaws are a patchwork of the original 1936 bylaws plus multiple amendments made over the decades. They contain an unnecessary level of detail and need to be simplified while staying current with cooperative law in the state of New Hampshire. Some parts do not correspond with international cooperative principles, such as the concept of having two votes in one membership.

Also, the Co-op needs a means to accrue working capital so that it can avoid borrowing money to maintain the Co-op's facilities and meet its financial needs. To do this, the bylaws need to define a second type of stock.

Why can't two people be named on a membership?

The Cooperative Principles, by which all true cooperatives abide, include economic participation on the part of all members and the democratic principle of one member, one vote. This basic democratic approach means that no one can buy more votes. All members invest equally and are treated equally.

Currently, a single member pays \$50 to join and gets one vote. A two-person membership pays \$50 and gets two votes. That is not equitable and does not meet the basic democratic principle or the concept of all members having equal say regardless of their financial input.

CAPITAL DIFFERENCES

In private or stockholder-owned businesses, individuals invest to earn a financial return. In a co-op, individuals are motivated by a shared need for certain products or services. By joining together, members gain access to products, services, or markets not otherwise available to them. As a result, the members themselves are responsible for working together to capitalize the business.—go.coop



Does this mean current members cannot remain two to a membership?

To be named as a member, an individual will need to own ten (10) shares of stock in his/her own name. We will no longer allow memberships to be held in two names.

Current memberships held in two names will need to change to one name.

Can the second member own his or her own membership?

Yes. The second person will have to apply, purchase ten (10) shares, and will receive a new member number.

Can two people on a current membership split up their shares to form two memberships?

Yes. One of them will keep the original member number. If they have at least twenty (20) shares, they will be able to form two memberships without purchasing more shares.

If they have fewer than twenty shares, they will need to decide how to split the shares to form two new memberships and purchase or accrue the remaining shares needed.

If they don't purchase two memberships, can the second person participate in member benefits such as member discounts and reduced rates on classes?

Only the person named on the membership will be able to vote, and any patronage refund will be issued in the name of the person on the membership.

Members of the household can participate by carrying a membership card that belongs to the owner of the membership. That membership card will trigger their member benefits for that member number, including purchases toward patronage refund.

The proposed bylaws say "Subscribers to membership will have to purchase or accrue 10 shares within 3 years." What if they don't?

They will cease to be a subscriber and their shares and credits from patronage refunds will become part of the general reserve of the Co-op. In other words, they will lose their shares and their member number will be closed. This will be made clear to every subscriber who does not purchase the full ten shares upon joining.

What does it mean to accrue shares?

To accrue shares is to let patronage refunds pay for them instead of buying them outright. A subscriber who

Please see **BYLAWS** on page 10

BYLAWS continued from page 10

needs to reach ten shares automatically has up to eighty (80) percent of their patronage refund put toward the purchase of shares each year until they reach ten shares.

Please explain more about the classes of stock (“A” and “B”).

Class A stock is owned by the individual member and can be cashed in (redeemed) upon cancelling their membership. Members will need to own ten shares of Class A stock in order to be a member.

Class B stock will be common stock owned by the cooperative’s members as a whole. It represents money on hand which can be reinvested in the Co-op for the purpose of making capital improvements such as remodels, new equipment, replacement of high-cost items. It will allow the Co-op to avoid having to borrow money at interest in order to make capital improvements.

Class B stock cannot be redeemed by an individual member upon demand; it will only be redeemable if the Board decides to buy it back (see below).

Why do we need Class B stock?

Currently, the Co-op gives its earnings back to the member-owners in the form of patronage refunds. This means it does not keep money on hand for large expenses and must borrow money and pay interest. The current bylaws allow the Board to “keep” some of the money by issuing up to fifty percent (50%) of patronage refunds as stock to each member, but the shares are owned by the individual member and can simply be cashed in whenever they want or upon leaving the Co-op as a member.

Will the Board always give part of the patronage refund back as Class B stock?

Each year, the Board will determine the need to issue part of any patronage refund as Class B stock instead of cash. It will have the option to issue anywhere from zero to eighty percent (80%) as Class B stock.

Is it possible that the Board will redeem Class B stock?

The bylaws state: “When the Board of Directors determines that the Cooperative has sufficient working

capital, the Board may in its discretion call Class B shares for payment at par.” This means that the Board could decide to pay members for some portion of their Class B stock, should the Board wish to do so. It does not require the Board to pay anyone for their Class B stock.

Who can I talk to personally about my questions and concerns regarding proposed bylaws changes?

Board members or a member of the management team will be happy to discuss the proposed changes with you. You’ll find their contact information below. Or, send us an email at bylaws@coopfoodstore.com.

Management Team

- Terry Appleby, General Manager
terry@coopfoodstore.com, 603-640-6303
- Tony Alongi, Chief Financial Officer
aalongi@coopfoodstore.com, 603-640-6505
- Rosemary Fifield, Director of Education and Member Services
rosemary@coopfoodstore.com, 603-640-6507
- Tony White, Operations Director
tony@coopfoodstore.com, 603-640-6572

Board of Directors

To contact the Board, call Board Administrator Genie Braasch at 603-640-6340 or email the addresses below:

- Margaret Drye
MargaretDrye@board.coopfoodstore.com
- Zeb Mushlin
zebmushlin@board.coopfoodstore.com
- Kay Litten
kaylitten@board.coopfoodstore.com
- Wynne Washburn Balkcom
wynnewashburn@board.coopfoodstore.com
- Martha Graber
marthagraber@board.coopfoodstore.com
- Tricia Groff
triciagroff@board.coopfoodstore.com
- John Rosenquest III
johnrosenquest@board.coopfoodstore.com
- Susan Sanzone Fauver
susanfauver@board.coopfoodstore.com
- Tyler Kurasek
tylerkurasek@board.coopfoodstore.com

CURRENT AND PROPOSED CO-OP BYLAWS: A COMPARISON

Bylaws changes	Current (2008)	Proposed (2013)
Membership	Article III	Article III
Total shares needed	10	10
Persons per membership	Up to 2	1
Shares needed to vote	3 each	10
Shares needed for member benefits	None	10
Rights of Members/Meetings	Article VI	Article IV
Quorum needed for balloting effectiveness	200	500
Board of Directors	Article VII	Article V
Number of Board members	9	12
Capital	Article IV	Article VII
Classes of stock	1	2
Class A stock	All stock is one type	Issued for membership
Class B stock	All stock is one type	Issued in lieu of cash for patronage refund
Distribution of Net Savings	Article V	Article VIII
Patronage refund in the form of shares	Up to 50 percent	Up to 80 percent

GET COPIES OF THE CURRENT AND PROPOSED BYLAWS AT COOPFOODSTORE.COOP/BYLAWS



WHAT'S ONLINE?

by Ken Davis
Head Webgeek

Talk about a facelift! We listened to your suggestions and tore our online offerings down to the ground and started from scratch—with a redesigned website, email newsletter, social media presence, and more.

User-Focused Experience

There's an old saying in design that "a job isn't finished when there's nothing left to add; a job is finished when there's nothing left to take away."

With "keep it simple" and "focus on the basics" as our philosophy, we designed the new site by whittling

the content down to the basic information that most of our site visitors regularly want. For those wish to dig deeper, our blog, *The Cooperative Consumer*, will cover the rest—including consumer news, recalls, nutrition tips, and plenty more.

Online Specials

Currently, not all of the products on sale in our stores appear in the ads that are posted on our website. Wonder why?

In the grocery business, many items on sale have a limited availability or may only be available in certain locations. The industry standard is to promote these items anyway, at great deals, even though customers

may find them unavailable. When we've tried to publish a longer list of sale items, we've encountered the same thing. We think it's misleading at best, the bait-and-switch at worst, and not the Co-op way.

Our philosophy is to do our best to promote a great selection of weekly specials and Co+op Deals that you will have an excellent chance of finding at any of our stores. But there are plenty of other great deals, too. Browse our stores and you're sure to find great specials in every department.

More to Come

This is just the beginning, of course. We'll be developing more features and content over time, always careful to add only what's needed rather than giving you more for more's sake. Ideas we're working on include a database of the most-requested recipes available in our stores, a customizable list of all of our specials, a shopping app, and a responsive design.

Whatcha Think?

We hope you'll find it much quicker and easier to locate the information you need and that you'll have fun along the way. Find it all at coopfoodstore.coop. Got a comment? Email us at comment@coopfoodstore.com.

BRING BACK THE SACK UPDATE

The Co-op is into its second year of the new and popular Bring Back the Sack (BBTS) program, completing the second quarter of 2013 on July 1! Four winners of gift cards worth \$250 each were drawn from more than 2,000 BBTS cards submitted by our shoppers. The names and home towns of the winners are posted on the Co-op's blog, *The Cooperative Consumer*, at coopfoodstore.coop.

BBTS cards are available at the registers. Customers who bring in their own bags for packing their groceries can have their cards punched for each bag they provide. Twenty punches complete a card, which can then be submitted to the Service Desks for inclusion in the quarterly raffle.

Thanks for helping us Bring Back the Sack!

CO-OP IN THE COMMUNITY: EMPLOYEE VOLUNTEERS

Over the past few months, Co-op employees have been busy at work helping their community. A great big "Thank you!" to all of the Co-op volunteers who dedicated their time. Keep up the great work!

Here are a few projects staff have been working on:

Nature Trail

The Vermont Institute of Natural Science is creating an accessible nature trail on their property in Quechee. A group of Co-op staff put its muscles to work moving huge boulders and helping establish the foundation of the trail during a volunteer day with the Upper Valley Trails Alliance.

Public Park

Anyone familiar with the Lebanon portion of the Rail Trail may have noticed clean-up occurring at the small park on the Mascoma River. Some determined volunteers from the Co-op wrestled with vines and debris and will continue working with the Lebanon Recreation Department to make the park outstanding.

Green Up and Tree Planting

On a beautiful spring day, a group from our White River Junction Store set out to green up the community. After picking up bags and bags full of trash, these energetic volunteers headed out to plant native trees along the river banks in Clifford Park!

Electronic Waste Event

This spring the Co-op hosted another E-Waste Collection. Our team of TV-hauling, computer-tossing, car-wrangling volunteers collected over 30,000 pounds of electronic waste in just four hours! A huge "Thank you!" to our partner, WinCycle. They do amazing work, and without them we couldn't host these events.

Please see AT THE CO-OP on page 14

AT THE CO-OP continued from page 10



WATER

Did you know the average family of four uses about 400 gallons of water a day? Water is one of the most valuable resources on the planet. When we think about our impact on the environment, we tend to consider our electric usage, the gas we put in our car, what we're eating, and so on.

Because of its easy availability, water doesn't always register when we think about our carbon footprint, but it should. It actually takes a considerable amount of energy to make our water drinkable. In fact, according to the EPA, running your faucet for about five minutes is equal to leaving a 60 watt light bulb on for 22 hours! This energy use, combined with the global issue of water availability, should make water something we all consider on a daily basis.

At the Co-op, we're making efforts to reduce our water usage. Recently, Co-op staff created an amazing rainwater collection system for our White River Junction Store. Now instead of watering our outdoor plants with drinking water, we utilize the rain that falls. With this system, we hope to save several hundred gallons of water in 2013!

Water Saving Tips:

Develop New Habits

About half the water we use in our homes is used in the bathroom. Simply turning off the faucet while you shave or brush your teeth can save hundreds of gallons a year. Also, consider taking a shower instead of a bath. Showers tend to use less water than a bath.

It's OK – use a dishwasher!

Dishwashers have traditionally had a reputation for being water hogs. With new technologies, most dishwashers can actually be more efficient than washing dishes by hand.

For the best water savings, make sure dishwashers are full when being used.

Rain, Rain...

Consider installing a rain water collection system to water outdoor plants.

Check out the EPA's Water Sense program for more great tips and information: www.epa.gov/watersense.

CO-OP BOARD ELECTION UPDATE

Members, thanks for your vote! During the thirty-day voting period that ended on April 30, 2013, Co-op members got out the vote to fill four seats on the Board of Directors.

The winners were Margaret Drye, Susan Sanzone Fauver, Tyler A. Kurasek, and John Rosenquest.

Margaret, Susan, and John were elected to three-year terms. Tyler was elected to a one-year term. For the second year in a row, Co-op members were able to vote online as well as by paper ballot. Thanks to all of our members who took advantage of the online option!

The members of our 2013 Board of Directors are:

- Kay Litten, President: Term ends in 2014
- Margaret Drye, Vice President: Term ends in 2016
- Zeb Mushlin, Treasurer: Term ends in 2015
- Wynne Washburn Balkcom, Secretary: Term ends in 2015
- Martha Graber: Term ends in 2015
- Tricia Groff: Term ends in 2014
- Tyler A. Kurasek: Term ends in 2014
- John Rosenquest: Term ends in 2016
- Susan Sanzone Fauver: Term ends in 2016

All Co-op members are welcome to attend the Co-op's Board of Director meetings. For more information, please contact Board Administrator Genie Braasch at (603) 640-6340, or email her at gbrasch@coopfoodstore.com.

GOT A QUESTION?



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[FACEBOOK.COM/COOPFOODSTORES](https://facebook.com/COOPFOODSTORES)

WHAT'S SO SMART ABOUT SMART CHICKEN?



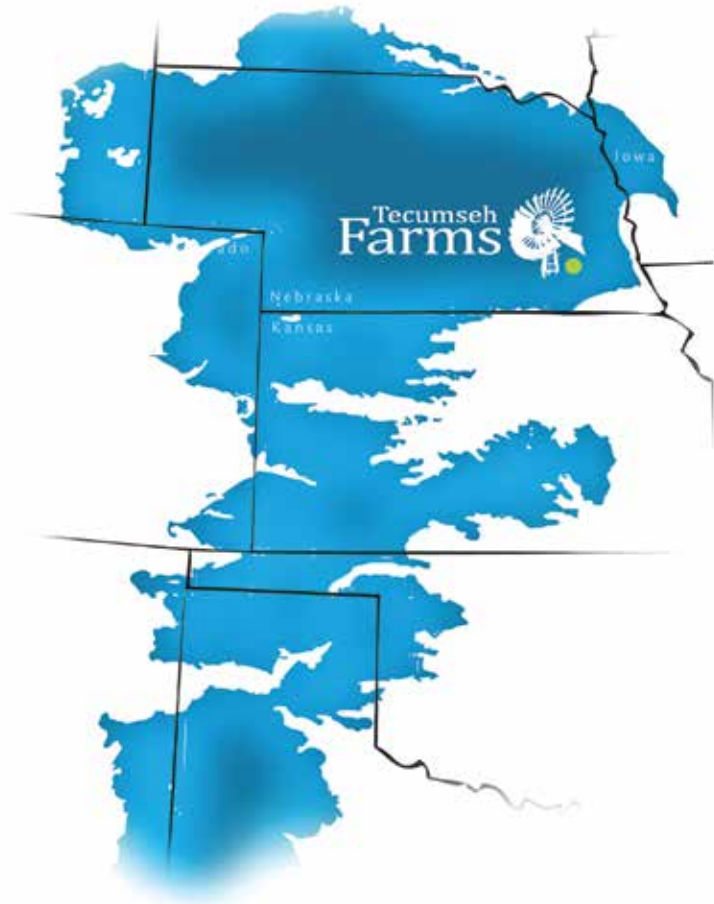
by **Amanda Charland**
Sustainability
Coordinator

Food choices are among the most important decisions we make. Not only do they immediately impact our well-being; they also make a

statement. Each item of food we purchase is layered with a multitude of issues to consider—environmental impact, worker conditions, political issues, nutritional value, and so on.

As if to make our choices more complicated, it's difficult to find consensus among experts on most food issues. When it comes to eating sustainably, schools of thought span the spectrum from supporting vibrant local systems to participating in well-managed global distribution systems—and everything in between. It's even difficult to find consensus about the type of diet we should be eating to reduce our environmental footprint.

Though making sound food choices may seem overwhelming, the good news is that more information is available to us now than ever before. With educated consumers putting additional pressure on the government to regulate food, on retailers and distributors to become more sustainable, and on farmers to adopt better practices, remarkable steps have been taken toward a better food system.



Chickens

Recently, my life seems to revolve around chickens. A few months ago I jumped on the backyard urban farming craze and acquired four hens. I won't deny that my decision to get chickens was motivated by

a combination of superficial and practical reasons. First and foremost, chickens are highly entertaining creatures. From watching them trip over themselves while they race to catch the same berry (even though there are dozens more all around them) to the elaborate neck bending, bobbing dance that is apparently a dominance display, chickens provide hours of entertainment. Of course, there are all of the practical benefits as well—they produce great compost, they control the bug population of your yard, and they love to munch on annoying weeds. Oh, and you'll get delicious fresh eggs every day!

In addition to my adventures with backyard chickens, I recently had the opportunity to visit the Organic Smart Chicken facilities in Nebraska. While there are plenty of angles and conflicting opinions about sustainable food systems that we won't delve into here, I would like to focus on the very innovative approach this company is taking to provide better food.

The Journey

After a long day of travel, a group of Co-op employees set out to our first Organic Smart Chicken destination. Winding into the country side, we pulled up to a picturesque rolling landscape dotted with dozens of barns. Set against the backdrop of a perfect blue-sky day, it was hard to believe this peaceful farm housed thousands of chickens. In fact, the only indicators that we were about to step into a barn full of chickens were several large, open doors with little white heads curiously peering out at a big meadow.

Upon arrival, we were asked a few simple questions rooted in protecting this organic flock from any outside diseases or pests. To the first question—"Has anyone been around live chickens in the last seven days?"—I, of course, had to answer yes. Because of this, while everyone else donned a small pair of plastic booties and wandered the farm in their casual clothing, I was asked to put on booties, a full body zip-up resembling a novelty version of a hazmat suit, and, to top off the look, the always-stylish hairnet (the good kind, too—the one that makes your head look like it's being devoured by a giant jellyfish). Now fully suited, I lumbered into the barn with several fears and few positive expectations.

I was pleasantly surprised to see a barn full of healthy and calm chickens. My sense of smell wasn't assaulted by the compounded scents of thousands of chickens. After all, now that I'm well familiar with what a mere

four hens can produce, I was imagining something pretty overwhelming. As the farm director described this marvel, he explained that it had a lot to do with their environmental controls.

The most obvious thing about this barn was the careful attention to detail, from the unique tunnel ventilation system that controlled humidity and temperature to the feed lines that distributed carefully formulated local grains and adjusted themselves based on the bird's height. After seeing this, I was inspired with a few ideas to improve my own chicken coop!

I won't delve too deeply into the details of Smart Chicken's farming practices or their certifications; their water-saving techniques, local sourcing of feed, and more are easy to find in a quick internet search. I do want to impart the details you can't get without seeing the farm.

Better Farming

As a Certified Organic and Certified Humane farm, they not only complied with a very high set of standards, they also documented absolutely everything. Though the attention to detail and documentation was very impressive, what really resonated with me was the story of how they came to realize the true benefits of mimicking natural conditions.

Smart Chicken is a rather large operation that easily could have chosen to produce conventional chicken using the questionable, low-cost, high-production methods of other similar-sized companies. Instead, they chose to invest more time and care into raising the birds, to hire people instead of machines, and to use methods better for the environment.

These methods not only ended up creating a better product, but as the director spoke about the evolution of Smart Chicken, it was clear the switch to certified humane changed even the attitude of the people on the farm. At first, the certifications seemed to mean a lot of paper work and following a set of rules in order to be in compliance. But as the other benefits started to unfold—the product quality was better, greater efficiency in operations—people started to really believe in the process for the better overall operation of the farm. If at any point there was doubt about the certifications, it was certainly removed once the benefits became clear.

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GOOD BOOKS FOR COOKS

THE VERMONT FARM TABLE COOKBOOK: 150 HOME-GROWN RECIPES FROM THE GREEN MOUNTAIN STATE

by Tracey Medeiros, Photos by Oliver Parini, Countryman Press \$19.95

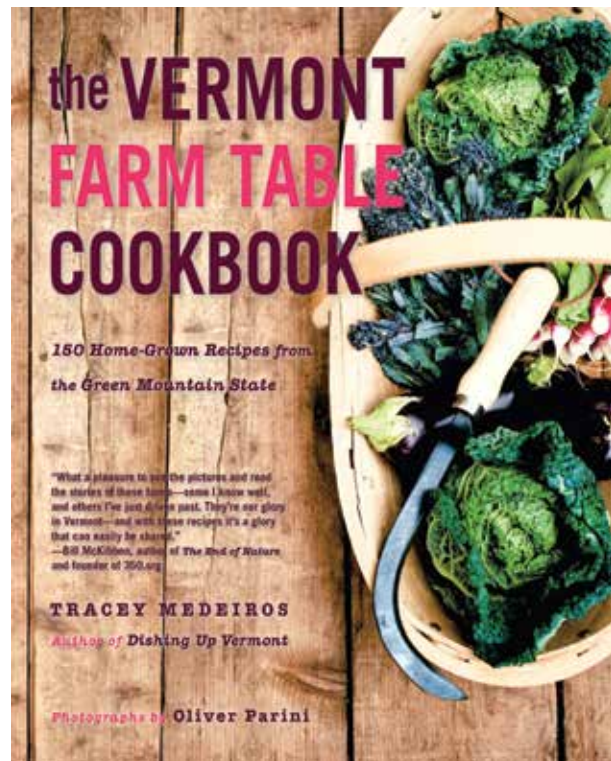
by Martha Esersky Lorden

Products with the “Made in Vermont” label carry a certain cachet. This popular branding promises quality ingredients and manufacturing indigenous to Vermont. For folks in the Upper Valley, the bounty of locally based food products from the Green Mountain State is ample.

In her second cookbook, food writer Tracey Medeiros (*Dishing Up Vermont*) offers a cooks’ tour of Vermont farms and farmers markets, inns, resorts, and food artisans with this treasure-trove of recipes starring local agriculture. The foundation for each recipe is home-grown, wholesome, sustainable food produced by Vermont farmers who Medeiros places at the “top of the food chain.” These Green Mountain farmers and the consumers who buy local foodstuffs are forging Vermont’s successful farm-to-table bond, and the recipes selected by Medeiros celebrate that alliance.

The point of departure for the recipe collection is a series of Profiles spotlighting Vermont food producers and culinary artisans. The foodsmiths described in each Profile range from family farms to local food co-ops. There are creameries, bread companies, restaurants, spas, and distilleries, too.

Upper Valley residents will recognize profiles on Cedar Circle Farm of East Thetford and Cloudland Farm and the Farmers Market of Woodstock. Carpenter and Main Restaurant gets a mention, as does the King Arthur Flour



Company, both of Norwich. Quechee's Simon Pearce Restaurant is featured, as well as the Vermont Spirits company, also based in Quechee.

Included are a directory with contact information for each contributor and an index for both "People and Places" and "Recipe and Ingredients." Over 60 establishments that adhere to the beliefs of home-grown in Vermont are promoted, and they represent a superb geographical cross-section of what edible Vermont has to offer.

Contributions by each establishment include heirloom recipes steeped in history, international fare, and nouvelle twists; all reflect a common philosophy uniting land, soil, and community. The cookbook is organized by types of dishes (breakfast; breads; soups, and salads; vegetables; sandwiches, pizza and savory pies; pasta and polenta). There are sections dedicated to poultry, meat, fish and seafood; also, condiments and sauces, drinks, and desserts. Ingredients—mostly certified organic, raised for local farm stands and farmers markets, or from on-site gardens and orchards—are showcased, all produced under rigorous standards and farming practices.

Medeiros is clearly proud of the Vermont food ethic and aesthetic, and she paints a beautiful portrait of it here. Her passion for healthful and wholesome community-based agriculture and dining shines through. The cookbook is excellent publicity for the Made in Vermont movement and is proof that there are a multitude of culinary adventures awaiting the hungry tourist.

The Vermont Farm Table Cookbook is both an invitation to cook with the goodness of produce from the Green Mountain state and an excellent lesson on what "eating Vermont" means for future consumers and Vermont farmers. With a powerful guiding philosophy at her side, Medeiros champions a healthy community-driven sustainable lifestyle. Her book is sure to garner both local and national appeal.

RECIPE

From *The Vermont Farm Table Cookbook* by Tracey Medeiros

As summer progresses, varieties of locally grown cherry tomatoes, fresh herbs, and corn on the cob will appear in the Co-op food bins and in local farmers markets. The following recipe for a grain-based summer salad comes from the kitchens of Sterling College, a small Northeast Kingdom liberal arts college with an environmental focus. True to their commitment to grassroots sustainability, students raise twelve percent of the food served in the dining hall.

Late Summer Quinoa Salad

Makes 4 cups

Feel free to substitute other vegetables and flavorings for the ones in this recipe. Quinoa salad is great with roasted butternut squash cubes and walnuts instead of tomatoes and corn. In the winter, try sun-dried tomatoes and black olives with red wine vinegar instead of apple cider vinegar. Quinoa is a great backdrop to highlight whatever is local and in season. This salad is best eaten the day it's made.

1 cup quinoa, rinsed and drained
2 cups water
3 tablespoons extra-virgin olive oil
4 ears corn, kernels cut from cobs
1 cup cherry tomatoes cut into quarters
4 scallions, thinly sliced
½ cup chopped fresh parsley
½ cup Vermont apple cider vinegar
Kosher salt and freshly ground black pepper

1. Combine the quinoa and water in a small saucepan and bring to a boil over high heat. Cover, reduce the heat, and simmer until the quinoa is tender and the water is absorbed, 10 to 15 minutes. Let cool.

2. Heat 2 tablespoons of the oil in a medium cast-iron skillet over medium-high heat until very hot. Add the corn kernels and cook, stirring constantly, until slightly blackened on the outside and barely cooked inside, about 30 seconds. Spread the corn on a plate in a single layer to cool.

3. Transfer the corn to a large bowl, and add the quinoa, tomatoes, scallions, and parsley. Stir in the vinegar and remaining 1 tablespoon oil, and season with salt and pepper to taste. Set aside to marinate at least 30 minutes or up to 3 hours. Serve.

PLEASURES OF THE PICNIC

What we eat at a picnic can be more than a box lunch but need not be a gourmet *tour de force*. A picnic can be a break from mealtime routine, a chance to commune with both nature and your company.

by Martha Esersky Lorden

Whenever I see a red checkered tablecloth, I can't help but think of a picnic. Turned into a colorful blanket, the symbol of eating *al fresco* is the classic canvas for a spread of old-fashioned American culinary delights. Add a green hillside dotted with daisies and a woven wicker basket. Now toss in a bottle of wine accompanied by plates of cheese, bread, and fruit. For good measure, bring along a few large-brimmed hats, and the picture is complete.

With summer now in full swing, the desire to picnic is picking up. This portable and often impromptu outdoor meal is a wonderful option with the increased selection of fresh, seasonal, local produce at farm stands and cooperatives. Browsing the produce and prepared food sections of the Co-op inspires the season's picnic menu.

History

The ideal picnic has a certain romantic elegance. Victorian-style picnics came into fashion in America by the 1860s and were often very elaborate affairs. Designed around lengthy menus and elegantly outfitted hampers, Victorian picnickers filled them with every tool and gastronomic delight imaginable. Dishes included timbales, stuffed eggs, pressed chicken salad, aspics, jellied roasts, fish balls, and the ever-popular baked bean sandwich. Desserts featured puddings, prune and other fruit whips, custards, and cakes. By the 19th century, the

American picnic was a sort of English high tea *en plein air*.

This stylish "informality" in dining came to America via Great Britain, by way of the French. The origins of the word *piquenique*, according to Michael Quinon at World Wide Words, describe an outdoor gathering with food, where participants bring a little something to the party. The French *piquer* enjoyed this leisurely potluck meal where attendees gracefully picked at delicious trifles of this and that. Historians find references to the word in the 17th and 18th century (the period of Louis XIV-XV), and by 1800 it appears in English. I like to imagine the French nobility at these affairs joyously poo-pooing the cumbersome rules of formal dining at Versailles while eating finger food and romping about in nature days before the French Revolution.

The American Picnic

It is this mildly rebellious spirit of the picnic that makes it such a great match for Americans. Picnics are a collaborative, resourceful approach to enjoying the fruits of one's labor in the wild. Busy as bees and as industrious as the ants that march across their picnic blankets, Americans found ways to eat outdoors—clambakes, the old box social, Texas BBQs, and Louisiana shrimp boils. There's backyard grilling, tailgating at athletic events, outdoor concerts, the Old-Fashioned July 4th family reunion. Don't forget the hiking trails, seaside vistas, mountain tops, and national or state parks where



picnic tables beckon. Given the cornucopia of fresh food from the American landscape, the options for what to pack in the picnic box are limitless.

Picnic Fare

There are no hard and fast rules when it comes to American picnic foods-- there are just traditions. Many of us fall back on the reliable cold chicken with potato salad, cole slaw, and rolls, or ham and cheese sandwiches with chips and pickles followed by brownies or fresh fruit salad. Hamburgers, hotdogs, and beans are also perennial favorites for noshing out of doors, and for many folks, cookouts simply feel incomplete without them.

On the other hand, there is that extreme form of outdoor dining typical of the professional and competitive picnicker: NFL tailgaters or the sophisticated diners on the lawn at Tanglewood who light torches and enjoy champagne, entire roast pig, *coq au vin*, escargots, and chocolate mousse served on real china, eaten with sterling silver, and

accompanied by linens that are actually made of linen (no folksy red-checked tablecloths here).

Indeed, today's picnic venues and menus are getting an extreme makeover, but there is no need to go to such lengths to amp up your picnic experience. What we eat at a picnic can be more than a box lunch but need not be a gourmet *tour de force*. A picnic can be a break from mealtime routine, a chance to commune with both nature and your company. Most importantly, a picnic can be an opportunity for tasting a number of small portable plates that, once consumed in the fresh air, become memorable culinary experiences and part of your own picnic food traditions.

High on my list of excellent picnic foods are cold soups and tortes, pickled foods, slaws, local cheeses, and crusty breads. Chilled roasted vegetables and salads travel well and offer that refreshing crunch as well as hydration in the hot weather. Grain-based

Please see PLEASURES OF THE PICNIC on page 22

PLEASURES OF THE PICNIC

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salads (quinoa, couscous, farro, and barley) are nice replacements for traditional pasta-based and mayonnaise dressed salads. Sliced baked ham or marinated chicken and beef make wonderful contents for wraps or are great rolled around asparagus and red peppers. Food eaten with your fingers adds to the convenience of the fun we associate with summer picnics. And you can leave the clean-up to the ants.

Planning a Picnic

Regardless of the equipment used to package, transport, or eat picnic fare, you can plan a quality dining experience that is both smart and simple. Pick up a used basket at a thrift store, or drag out that old Scotch Plaid cooler if you want to be stylish or retro. With the advent of lightweight insulated bag coolers, you can easily hike to your picnic destination and not worry about bringing along ice cold dishes on a summer's day.

If you are looking for a more intimate and personal picnic experience, and the sound of distant thunder looms, plan an indoor picnic. Move over, breakfast in bed! Why not picnic on the porch or on the floor? Bring out the basket, the ground cloth, the picnic plates and cutlery, and treat yourself to a great picnic menu under your own roof. Add a few flowers as a centerpiece, and enjoy your own picnic paradise at home.

Sometimes the best picnics are those that are not extensively planned. Beautiful weather beckons, friends are free, and with a destination selected, the meal comes together in a collaborative fashion. Great expense of time or money is not needed for a sophisticated and satisfying picnic adventure. However, with a little planning and a few good picnic-worthy recipes by your side, you can assemble a simple smorgasbord of samplings that are in tune with the available produce of the summer season.

When I got married, a very popular wedding gift was a woven wicker picnic basket. Somehow, that basket with its nested cups and plates and its snaps and straps for cutlery, a bottle opener, and linens represented the idyllic adventures my husband and I were going to enjoy together for the rest of our lives. As someone once said, "You can plan a pretty picnic, but you can never predict the weather." Now that we are both

retired, I've dusted it off. For us, eating on the road these days is actually more of a fast food picnic, but I still believe that the stylish wicker suitcase is nothing short of romance in a box.

RECIPES

These refreshing cold soups are two of my favorites, and they're just as delicious when served from a paper cup as from a wine glass.

Summer Gazpacho

Adapted from Company's Coming Soups by Jean Paré (2006)

Combine the following ingredients in a bowl; toss. Then pureé in a blender till smooth.

4 large tomatoes (peeled, seeded, and chopped)
1 English cucumber (peeled, seeded, and chopped)
1 cup chopped red pepper
½ cup chopped red onion
2½ tablespoons olive oil
1½ tablespoons red wine vinegar
1 garlic clove (minced)
½ teaspoon lime juice
½ teaspoon lemon zest
1 tablespoon white balsamic vinegar
2 dashes Tabasco

Salt and pepper to taste. Serve with chopped cucumber, sliced avocado, croutons, or a dollop of sour cream.

Yellow Summer Squash Buttermilk Soup

Adapted from the Whole Living website

Curry powder (1-2 teaspoons)
2 tablespoons unsalted butter
1 medium sweet onion, coarsely chopped
2 medium garlic cloves, minced
2 pounds yellow squash, cut into ½-inch-thick rounds
1 large Russet potato, peeled and cut into ½-inch cubes
3½ cups low-sodium chicken stock
½ cup buttermilk
Chives, chopped for garnish

Melt butter in a large saucepan over medium heat. Cook onion, garlic, squash, and potato, stirring often, until vegetables begin to soften (but not brown), about 5 minutes. Add curry powder and combine. Add 3 cups stock and bring to a boil. Reduce heat; simmer, stirring occasionally until potato is tender when pierced with the tip of a paring knife, 20 to 25 minutes.

Remove from heat; let cool slightly. Puree soup until smooth. Pour through a fine sieve into a clean large saucepan. Set pan over medium-low heat. Stir in remaining ½ cup stock; stirring constantly for 5 minutes. Slowly pour in buttermilk. Serve chilled.

Roasted Vegetable Torte

Adapted from The Barefoot Contessa Cooks (1999) by Ina Garten

I was served this elegant but simply prepared layered vegetable dish at a recent luncheon. It can be served either cold or hot and holds up well. Top it with a spoonful of your favorite yogurt or tangy vinaigrette.

2 zucchini, cut into ¼-inch slices
1 red onion, sliced
1 garlic clove, minced
2 red bell peppers, halved, cored, and seeded
2 yellow bell peppers, halved, cored, and seeded
1 eggplant, unpeeled, cut into ¼-inch slices (1½ pounds)
½ cup grated Parmesan

Preheat oven to 400 degrees. In large sauté pan, cook zucchini, onion, garlic, and 2 tablespoons olive oil for 10 minutes. Season with salt and pepper. Brush the peppers and eggplant with olive oil, season with salt and pepper, and roast on a baking sheet for 30-40 minutes until soft (not browned).

In 6-inch round cake pan, place each vegetable in a single, overlapping layer, sprinkling Parmesan and salt and pepper to taste between each of the layers of vegetables: Begin with half of the eggplant, then layer half of the zucchini and onions, then all of the red peppers, then the rest of the zucchini and onions, and, finally, the rest of the eggplant. Cover the top of the vegetables with a 6-inch round of parchment or waxed paper. Place another cake pan or bottom of a tart pan on top and weight it with a heavy jar. Place on a plate or baking sheet (it will leak), and chill completely. Drain the liquids, place on a platter, and serve at room temperature.

CHICKEN

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From Farm to Store

After seeing the farm, our group toured both the kill facility and the processing facility. While I won't go into the details of the killing or processing, I will say that where previously the emphasis had been on living conditions for the animals, the priority now seemed to be working conditions. Even when discussing the controlled atmosphere stunning of birds before processing, Smart Chicken emphasized the benefits to both the birds and the employees. What struck me most about the processing was that very little was done by machines. Almost all of the processing was handled by very skilled workers.

While it is not my intention to make claims regarding sustainable farming or low-carbon diets, I hope to convey that some very impressive processes and strategies are at work on this farm. To see a farm of this magnitude operating in a much better way than conventional farms inspires a great deal of hope. In a world where our food is predominantly supplied by large industrial farms with some very environmentally damaging practices, farms like Smart Chicken are showing us that it is possible to operate differently.

Whether you choose to eat local, conventional, organic, raise your own, or eat no meat at all, your decision supports the kind of food system you'd like to see. As we make informed food choices, we can encourage more of these large farms to switch to humane and environmentally responsible farming systems.

FODMAP IS NOT A TYPO!



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

FODMAP is an oddly named but promising new way of referring to foods that can exacerbate Irritable Bowel Syndrome (IBS). While IBS is not caused by a food allergy, certain foods

and beverages can cause distressing symptoms such as abdominal pain or discomfort, cramping, diarrhea or constipation, or both. Studies estimate that IBS affects 10 to 15 percent of the population.

Carbohydrates in foods known as fermentable oligosaccharides, disaccharides, monosaccharides, and polyols (FODMAPs) can worsen the symptoms of IBS. Poorly absorbed in the intestine and rapidly fermented by gut bacteria, they can lead to increased gas, bloating, cramping, and diarrhea. A variety of common foods including apples, broccoli, cashews, milk, and sugar-free gum can be loaded with these kinds of carbohydrates.

Avoiding food high in FODMAPs has been shown to reduce symptoms in the majority of patients. Strictly following a low-FODMAP diet does not cure IBS but may greatly reduce the frequency of discomfort.

By steering clear of high FODMAP foods and creating meals and snacks from low FODMAP alternatives, IBS sufferers can often find significant relief. The table at right can help you to select low FODMAP choices.

WHAT IS IRRITABLE BOWEL SYNDROME?

Irritable bowel syndrome (IBS) is a disorder that affects the large intestine (colon). Irritable bowel syndrome commonly causes cramping, abdominal pain, bloating gas, diarrhea, and constipation. Despite these uncomfortable signs and symptoms, IBS doesn't cause permanent damage to the colon. Studies estimate that IBS affects 10 to 15 percent of the population. FODMAP is a new way of referring to foods that can exacerbate IBS symptoms.

If you think a low FODMAP diet may be worth a try, it's a good idea to work with a registered dietitian familiar with the diet to assure that you're meeting your nutritional needs within the diet restrictions.

Need more guidance? Find comprehensive FODMAP diet information at these reliable websites:

Australia's Monash University Low FODMAP website
<http://s.coop/ipr8d>

FODMAP specialists and registered dietitians, Patsy Catsos www.ibsfree.net and Kate Scarlata www.katescarlata.com

TABLE OF HIGH AND LOW FODMAP CHOICES

FODMAP	High FODMAP Foods	Low FODMAP Aletrnatives
Oligosaccharides: Fructans and Galactans Fructo-oligosaccharides (FOS) Galacto-oligosaccharides (GOS)	Asparagus, artichokes, Brussels sprouts, broccoli, beetroot, cabbage, cashews, celery, chicory, chicory root (aka inulin), garlic, leeks, okra, onions, pistachios, radicchio, rye, shallots, snow peas, sugar snap peas, Savoy cabbage, sweet corn, watermelon, wheat, legumes: chickpeas, lentils, kidney beans	Alfalfa, bean sprouts, green beans, bok choy, bell pepper, carrot, chives, cucumber, eggplant, fresh herbs, lettuce, white poatoes, pumpkin, sweet potatoes (limit to ½ cup serving), scallions (green part only), spinach, tomatoes, zucchini; Gluten free (GF) bread and pasta, rice, quinoa, sourdough spelt bread; almonds (<10 nuts), all nuts except for cashews and pistachios; all seeds Garlic/onion-infused oil: fructans in garlic are water soluble, so you can stir-fry these foods in oil for flavor and then remove them from the oil.
<p>A Note about Soy: It is the fiber in soy that must be avoided, but some forms of soy are low enough in FODMAPs to be allowed.</p> <ul style="list-style-type: none"> • Allowed: soybean oil, soybean lecithin, soy sauce, firm tofu, tempeh, soy milk if made from soy protein • Not allowed: silken tofu, whole soy beans, edamame, soy milk made from whole soy, soy crumbles (imitation ground beef) 		
Disaccharides: Lactose	Milk and milk products such as yogurt, cheese, pudding, ice cream, custard, and cheese such as ricotta, cottage, and mascarpone	Lactose-free milk and milk products, hard cheeses such as Parmesan, Romano, Swiss, cheddar, brie, camembert, feta, mozzarella, unsweetened almond and rice beverages
Monosaccharides: Fructose (in excess of glucose)	Apples, mangoes, nectarines, plums, peaches, pears, coconut milk, watermelon, coconut cream, dried fruits, fruit juices Sweeteners such as agave, honey, high fructose corn syrup (HFCS) Alcohol such as sherry and port wine	Bananas, blueberries, grapefruit, grapes, honeydew, lemons, limes, mandarin, melon (except watermelon), oranges, passion fruit, raspberries, strawberries, tangelos Sweeteners such as sugar, molasses, maple syrup, glucose, and aspartame
<p>A breath hydrogen test can identify those who can absorb fructose and lactose normally, so that they can keep these foods in their diet.</p>		
Polyols (sugar alcohols)	Apples, apricots, blackberries, cherries, nectarines, pears, peaches, plums, prunes, watermelon, cauliflower, button mushrooms, and snow peas Sweeteners such as sorbitol, mannitol, xylitol, maltitol, and isomalt (sugar-free gums/mints, cough medicines/drops)	Fruits such as bananas, blueberries, grapefruit, grapes, honeydew, kiwi, lemons, limes, oranges, passion fruit, and raspberries Sweeteners such as sugar, molasses, maple syrup, glucose, and aspartame

PARTNERS

JULY PARTNER: SPECIAL NEEDS SUPPORT CENTER OF THE UPPER VALLEY

The year was 1979. A group of people came together to share their stories, look to one another for support, and share resources. They had one thing in common: children with special needs.

Little did these founders know that those early, loosely organized meetings would blossom and grow into a thriving Upper Valley nonprofit. Today, the Special Needs Support Center of the Upper Valley is a grassroots family organization supporting children and adults with special needs as well as their caregivers—believing that people often find their greatest support in others who are in a similar situation.

The organization offers emotional support through caring staff members and connections with other parents, peer support groups, educational workshops for parents and professionals, educational advocacy, and more.

SNSC believes that support through education, social, and respite opportunities helps to empower caregivers to face the challenge of helping their child grow within their school and community.

How you can help:

- Make a financial contribution to Special Needs Support Center of the Upper Valley when you shop at the Co-op Food Stores, Community Market, or Service Center during July.
- Volunteer. The organization needs people to help in a wide variety of areas.
- Visit the organization at snc-uv.org to learn more.

AUGUST PARTNER: HEADREST

When a hotline for crisis and addiction began serving the Upper Valley from the campus of Dartmouth College in 1971, volunteers and staff soon found the need was overwhelming. They had two choices: disband or grow the organization to meet the demand.

They grew.

Today, Headrest is a recognized leader in providing crisis and addiction services, providing help to clients within the Upper Connecticut River Valley, New Hampshire, Vermont, and beyond.

Headrest is an Upper Valley nonprofit dedicated to helping low-income populations struggling with addiction to drugs and/or alcohol.

The organization's clients have little or no financial means for therapy and support and often have nowhere else to turn.

Because the need is so great, the group's ability to provide care is at capacity—and yet the number of needy clients continues to grow. Additional funding would enable the group to add the counselors and services needed.

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 August.
- Contact Headrest to learn about volunteer opportunities by calling (603) 448-4400.
- Visit www.headrest.org.



The Co-op Community Partner of the Month program gives shoppers the opportunity to support a different Upper Valley nonprofit each month through donation boxes located at our registers. Ninety percent of all donations go directly to the Partner of the Month, with ten percent earmarked for the HCCE.

SEPTEMBER PARTNER: THE ADVOCATES OF GRAFTON COUNTY MENTAL HEALTH COURT

Regardless of diagnosis, mental illness is highly treatable—and there are people everywhere dedicated to raising awareness and offering hope. Unfortunately, if the mentally ill run afoul of the courts before receiving treatment, the system is often punitive at worst and unforgiving at best—encouraging punishment and precluding care.

Fortunately, in the Upper Valley, there are people making a difference.

The Advocates of Grafton County Mental Health Court is a new and progressive non-profit that offers a county-wide system of alternative sentencing for the mentally ill. It's a progressive model that has found great success nationwide and has been supported locally by both mental-health advocates and law-enforcement officials.

In the model, a separate court takes mental illness into account when evaluating an accused individual's crimes. While still holding the individual accountable, the court also lays out a course of action and treatment. The

fundamental principle of the program is that individuals who engage in criminal behavior due to their mental illness should undergo appropriate treatment to modify their behavior and achieve recovery, particularly since incarceration alone has proven to be ineffective.

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 September.
- Visit hallsofhope.org to learn more.

BE A COMMUNITY PARTNER!

The only downside to something as popular as the Co-op Community Partner program is that there is a long waiting list. So get your name on the list before it grows even longer! The Co-op is currently scheduling organizations to be featured as partners in 2017. If your organization is interested, please send an email to comment@coopfoodstore.com or call us at (603) 643-2667.

SPECIAL MEMBER MEETING



OCTOBER 19, 2013

Stay tuned to coopfoodstore.coop for time and location. The Board of Directors is proposing a comprehensive plan that revises the bylaws in three areas: membership, common capital, and general housekeeping. See pages 6-11 for complete information or go to coopfoodstore.coop/bylaws.