MESSAGE FROM THE BOARD

Hello All!

This New Year certainly promises to be full of changes and excitement! While many of us will set goals, or make resolutions, these goals can often times be daunting and intimidating. One way to overcome this is to make small changes that you can stick to. Perhaps creating a small group of others with the same goals can help keep us accountable and on track. Whatever way you choose, I wish you success! The Sitka Food Co-op has made some changes this past year, and the Board is excited about the growth we anticipate in the coming year. We have steadily grown each year, and 2019 should be no different. Our "Co-op Cares" program has given hundreds of dollars to local organizations (most recently Blessings in a Backpack) and a survey went out asking members to vote on the next two groups to aid. As always, we love to support local organizations!

With new growth, there are always changes, and some are more challenging than others. While the Co-op is growing every year, we are continuing to work towards creating a space where we can expand our operations and possibly times (pickup hours, retail shopping, ordering assistance, etc). More members also can equate to more buying power, and that is important when living on an island. There are a lot of "irons in the fire", but we have a dedicated Board, staff, and amazing volunteers, so we look forward to the next step instead of being nervous. Thank you for all your support! Speaking of support - sometimes ordering can be confusing, which can be frustrating. Please, let us know if you need any assistance with placing an order: sitkafoodcoop@gmail.com and we would be pleased to help.

Having never lived on an island before, my family and I were surprised at the occasional times of food vulnerability here. We were relieved to find the Co-op and be able to order items in advance! It really makes for easier meal planning and purchasing. Not only that, but the actual community within the Co-op is amazing. From gardening tips and recipes, to recycling and preservation, I have personally learned (and continue to learn) so much.

The "Co-op Cares" slogan isn't just a bumper sticker, it really is true!

Cooperatively yours,

Hannah Green - Board Treasurer

UPCOMING DATES

1/6 Deadline: Midnight
Blue Valley Meats
(1/22 delivery)

1/8 Delivery: 5:30pm-8pm
Produce Only
Centennial Hall

1/11 Deadline: Midnight
All Foodclub orders
(1/22 delivery)

1/13 Deadline: 3:00pm
Azure Orders
(1/22 delivery)

1/14 Board Meeting
4:30pm-6:30pm
Library Meeting Room

1/22 Delivery Day: 5:30 - 8pm
All Orders
Centennial Hall

2/1 Deadline: Midnight
Produce Only

Environmental Corner:

Make your New Year’s resolution good for both you and the environment! Try to walk, run, and/or bike places. Start small, maybe just once a week and soon it’ll become a habit!
Greetings Everyone -

Here's hoping that the New Year will bring us all a fabulous future filled with growth, goodwill, and gaiety... and may we all continue to cooperate with each other as we work towards a creating a better future for our community.

There’s much to look forward to in 2019, but rather than talking about the year ahead this month (I’ll do this in the next newsletter), I want to take a moment to review the year past... and what a year it was! While a complete report and review will be presented at our Annual Meeting in March, a quick summary of our growth over 2017 is as follows:

- 65.6 tons of food & products were brought up by barge – an increase of 15%
- UNFI sales increased by 8%
- Azure sales increased by 14%
- Fresh Produce sales increased by 40%
- Blue Valley Meats sales increased by 51%
- Value of all purchases was $416,000 - an overall increase of 23% over 2017!

What these numbers show is that the Co-op is still growing exponentially year, after year, after year. Amazing! Of course, what makes the Co-op so amazing is how our members work together (dare I say "cooperatively") to make our Co-op the success that it is. Special thanks go out to all the members who volunteer their time to be part of a committee or help out on our delivery days. In addition, thanks must also go out to our Board of Directors for they are the ones who are dedicated to helping the Co-op grow and have a vision for where we're heading and how we can get there. Lastly, thanks to all the members who participated in our “Co-op Cares” program. One might wonder how a penny or two here, or a dime there, can make any sort of difference, but they really can. This year those pennies and dimes added up to $970. The SAFV shelter received $430 and the Blessings in a Backpack program will receive $540. To paraphrase what Hannah wrote: The "Co-op Cares" program isn't just a slogan, it truly shows that all our members really do care!

“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.” ~ Margaret Mead

Here's wishing everyone all the best for the New Year! ~ Keith Nyitray

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VOLUNTEER WITH THE SITKA FOOD CO-OP!
Sign-up to volunteer for at least 3-4 hours on delivery days and receive a 10% discount on your order! Check out www.sitkafoodcoop.org/membership/volunteer for upcoming opportunities, we are Thankful for YOU, our amazing volunteers!!
MESSAGE FROM THE CAPITAL CAMPAIGN COMMITTEE

Currently, we are still corresponding with the Sitka Presbyterian Administrative Commission about possibly relocating to their facility on Sawmill Creek Road. However, nothing is definite yet and, as such, our Member Loan Program is still on hold. Hopefully we’ll know more by the end of this month. In the meantime… we are still accepting pledges in order to get a better handle on just how much we’ll be able to expand and improve our operation should we relocate. Our goal is to raise $100,000 and we’re almost halfway there. So far we’ve received over $48,000 in pledges from over 30 members.

We’ve heard from several members that, while they can’t commit to the $500 minimum required to participate in the Member Loan Program, they’re still interested in helping the Co-op grow and would like to make a small donation. So… we’ve also created a “GoFundMe” donation site. gofundme.com/sitka-food-coop039s-new-home. Every penny, dime, and dollar helps… THANKS!

If you are interested in learning more about this campaign… please contact us at: sitkafoodcoop@gmail.com … and we will gladly send you additional information about the Member Loan Program, the GoFundMe site, and other ways that you can help support the growth of the Co-op.

Cooperatively yours,

Capital Campaign Committee
Ariane, Hannah, Joann, Kathy, & Keith

UNFI SPECIALS
ORDER BY 1/11 FOR 1/22 DELIVERY
ALL SALES BELOW ARE
20-30% DISCOUNTED THIS MONTH!

Thai Kitchen Coconut Milk (organic) $2.80/13.7 oz

Hope Hummus (organic) $3.75/8 oz

Imagine Foods - Broths (organic) $3.10/32 oz

Simply 7 Quinoa Chips $2.90/3.5 oz bag

Wildbrine Sauerkrauts: $6.15/18 oz

All Nancy’s Kefirs (Organic) 20% off

Select Muir Glen Tomato Products (organic) 20% off

Medjool Dates (organic): $6.85/ lb

Barley, Pearled (organic) $1.47/ lb
United Natural Foods, Incorporated, (UNFI) was founded in 1996. Throughout the years, UNFI has welcomed many changes to become one of the nations largest supplier of wholesome, natural, organic and specialty foods - including dry goods, refrigerated and frozen groceries, personal care products, vitamins, nutritional supplements, pet foods, and non-food items such as household items and cleaning products.

With over 22,000 items that we can choose from, UNFI is definitely our largest and most important supplier. From a distribution center in Auburn, WA., the Co-op is able to get the quality food, products, and personal care items that we know and love into our homes here in Sitka.

UNFI has also been listed as a Fortune 500 company since 2016. The Fortune 500 is an annual list compiled and published by Fortune magazine that ranks 500 of the largest United States corporations by total revenue for their respective fiscal years. And with already 9.700 employees, they are still growing!

UNFI is also 1 of over 400 companies that supports the "Just Label It!" movement that calls for the labeling of genetically modified and engineered foods for increased transparency in the food system.

The following quote is from their website:

“The people who founded UNFI did so because everyone deserves access to healthy, sustainable food. We believe that companies should contribute positively. Be a good neighbor. We operate by those core values - seeing the big picture and doing what’s right”.

To learn more about UNFI and their mission visit: https://www.unfi.com

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**Hannah’s "Healthier" Cookies**

Preheat oven to 350F. In a bowl use an electric mixer to cream together butter, brown sugar, and vanilla. Stir in the egg. Stir in flour and baking soda until well combined. Stir in quinoa flakes and chia seeds. Stir in the dark chocolate chips. The freeze dried strawberries, can either be stirred in now or you can crush them into powder and roll the cookie dough in before baking. Place cookie dough balls onto a greased cookie sheet and bake at 350F for 8-10 minutes or until the bottom of the cookies have browned.