MESSAGE FROM THE BOARD

Hello once again fellow Co-op members.

I hope the summer treated you well and that those with school age children are settling into their new routines. For the Co-op, the summer slowed down as it usually does. Many Board members left town or had family come visit for a bit. Keith, however, stayed very busy working on a handful of grants. I will let him discuss them further, but needless to say some exciting times are ahead for us.

This month, the Board is looking forward to two days of training with Margaret Lund thanks to a grant from the Alaska Cooperative Development Center (ACDC). Margaret is an independent consultant with over 25 years of experience working with cooperatives such as ours! We are very excited to welcome her back and hope to come out of the training more equipped to serve our members.

We also have Board member Hannah Green attending a business "boot camp" in Juneau later this month as part of the regional $25,000 "Path to Prosperity" grant/competition that we are a finalist for. This grant is offered through Spruce Root, a local organization geared towards supporting and encouraging the growth of local businesses. Regardless of the grant outcome, we are very excited for this opportunity to gain more tools for our Co-op.

As a member, please don’t hesitate to let us know of any concerns you may have so that we can work together to try and come up with a solution. As Simon Gorbaty mentioned in last month’s newsletter, Alaska’s financial future remains uncertain. We will do our best to continue bringing in wholesome foods and natural products at the best possible price despite the rising costs.

Cooperatively yours,

Ariane Goudeau ~ Board Chair
Greetings Fellow Co-op-ers;

While September sort of marks the end of summer and the start of a new season, it also marks the start of some exciting events taking place. As Ariane mentioned in the Board’s message (and I mentioned last month), we’ve been busy behind the scenes obtaining grants for the Co-op… three of them to be exact… with each one helping the Co-op grow in different ways.

The first grant is to bring back Margaret Lund from the Democracy At Work Institute (DAWI) to do a day of Board training and another day to hold a "visioning session" with the Board, staff, and several "super-volunteers" to help the Co-op peer into the future and create a more formal vision of where we want to go and how we can get there.

The second grant, while not specifically a grant, will send a Board member (Hannah Green) to Juneau for an intense two-day session that will focus on creating better business and financial plans. Our hope is that we’ll become one of the two "winners" of the competition who will receive a $25,000 grant for technical and professional assistance over the following year. Whether we receive the grant or not, we'll still be a "winner" as, besides the training, we'll also be making connections with other up and coming regional producers and vendors.

The third, and most exciting grant, is a $30,000 grant from the Catholic Campaign for Human Development (which will be administered by Spruce Root – a regional CDFI that has the required 501(c)3 status to administer the funds). This grant is to help us reach out to and educate more households and businesses here in Sitka… especially people with fixed or low-incomes and other segments of Sitka that we’re not currently reaching. To fully take advantage of this grant we will definitely need some member support and input!

Are you interested in helping us create a new logo? How about helping us create a web-tutorial for new members... or figuring out how to streamline our ordering system... or even making a radio ad or two? We've three committees (Media, Rebranding, & Operations) that could use your creative insights and input. If you're at all interested please feel free to contact me either in person or by email.

Besides helping out on a committee, there's always a need for members to help out on our delivery days and yes... we provide training. So far this year over sixty individuals have put in almost 900 hours helping out on our delivery days and... as I always like to say... "we can't do what we do (or keep our prices as low as we do) without member support." Why not volunteer?

Keith Nyitray - General Manager

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!!
Cooperative Principles

"Co-operatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their co-operatives. They inform the general public - particularly young people and opinion leaders - about the nature and benefits of co-operation."

Our Co-op puts this principle into action through a variety of strategies including: sending Board members, staff, and interested members to various conferences... bringing up consultants to work with and train Board members and staff... participating in online workshops and teleconferences, and... collaborating with local organizations in order to educate them about our Co-op and what we're doing to support our community.

UNFI SPECIALS
ORDER BY 9/13 FOR
9/24 DELIVERY

Late July Snacks
Tortilla Chips
$3.15/ 11 oz

Koyo Ramen Noodles
assorted, $1.00/ 2 oz

Muir Glen Tomatoes
assorted, organic
$1.85/ 14.5 oz

Noosa Yogurts
assorted, $2.40/ 8 oz

Delgrosso Pasta Sauces
assorted flavors
$3.10/ 24 oz

Hope Hummus
assorted, organic
$3.90/ 8 oz

Stahlbush Vegetables
assorted frozen
$2.40/10 oz

Red Lentils
Bulk - organic
$1.56/lb

Walnuts
Halves/Pieces
$5.01/lb
While not everyone eats meat, if you do, you might consider ordering from Applegate Farms. Their products contain no antibiotics, no hormones, no GMOs and come from humanely raised animals that are raised on a vegetarian and grass-fed diet... that means no animal by-products are fed to them ever!

Applegate Farms was founded in 1987 and one of the first crazy things they did was produce and sell deli meats without antibiotics. Since then, they have introduced organic meats, made sure there were no GMOs in their products and have been on the forefront of raising their animals humanely. The cows, pigs, chickens receive no growth hormones or antibiotics, are fed a vegetarian diet and have room to move about and engage in enrichment with their kind.

Their products contain no fillers or extra stuff, “just simple ingredients,” so if you’re looking for beef, burgers, bacon, sausage, chicken, hotdogs, cheese and other similar items for meals or snacking, look for Applegate Farms when ordering these products from our Co-op!

Check them out at: www.applegate.com

**DesRosiers Tried and True "AIP/Gluten Free" Pizza Crust**

Trust us; we have tried a few to find this favorite!

**Ingredients:**
- 2/3 c Tapioca Flour (or Arrowroot Flour)
- 1/4 c + 2T Coconut Flour
- 1 tsp Cream of Tartar
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1 T Dried Oregano
- 1/2 T Dried Basil
- 2 T Olive Oil
- 1/2 c Warm Water

**Ingredient note:** can use ANY dried herbs you love- think rosemary, fennel, thyme and marjoram!

**Directions:**
- Preheat oven to 425 Degrees. Line a sheet/pan with parchment paper.
- In mixing bowl, whisk together all dry ingredients.
- Slowly pour in 2 T Olive Oil, continuously stir until combined.
- Mix the Warm Water in thoroughly - the dough will be smooth yet slightly crumbly!
- Place dough on parchment paper lined sheet. Lay another piece of parchment paper on top and roll/flatten to smooth dough into desired crust shape (about 1/4 inch thick)
- Bake for 12 to 13 minutes, until light golden brown.
- Now it's time to pick your favorite pizza toppings! (try a delicious pesto or the "Nomato Sauce" that was in the August Newsletter- yum!)

Recipe Inspiration from: HeWontKnowItsPaleo.com