

# LIVING NATURALLY

a community newsletter



WINTER  
2020

5 WAYS TO BE  
WELL IN THE  
NEW YEAR

MEMBER-OWNER  
APPRECIATION  
MONTH

INTERNATIONAL  
WOMEN'S DAY



Valley NATURAL  
FOODS™



# CO-OP HAPPENINGS

## P.4 WINTER WELLNESS

Learn five ways to be well in the new year and a recipe for making your honey facial!

## P.6 MEMBER-OWNER APPRECIATION MONTH

February is Member-Owner Appreciation Month and we have some great promotions planned for our Member-Owners.



## P.8 BE THE MVP ON GAME DAY!

Hosting a big party for Game Day? Check out our simple tips to stand out, plus four Game Day recipes to get you ready.

## P.11 UPCOMING CLASSES & EVENTS

See what classes and events are coming up at the co-op! For a complete list of events and class descriptions visit: [www.valleynaturalfoods.com/events-classes/](http://www.valleynaturalfoods.com/events-classes/)

## P.12 INTERNATIONAL WOMEN'S DAY

Celebrating women at the co-op this International Women's Day and everyday! This year's theme is #EachforEqual. Hear from our newest board member, Delphanie Daniels, and staff members as to what this day means to them.

## P.14 COMMUNITY OUTREACH

Looking back at the 2019 year of Register Round-Up donations as well as looking forward to a new year of giving.

Interested in becoming a Register Round-Up Recipient? Details can be found on page 14.



## LIVING NATURALLY WINTER 2020

Nick Seeberger  
CEO

Ashley Greywitt  
Marketing Manager

Kelsey Evans  
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### Store Hours

8 a.m.–9 p.m. Daily

### Drive-Thru Hours

6 a.m.–8 p.m. Daily

Sign up for our e-newsletter on our website, [valleynaturalfoods.com](http://valleynaturalfoods.com) to receive the latest deals and news from Valley Natural Foods.



Keep up to date with what's happening at the co-op @valleynaturalfoods

## GOING PAPERLESS

This will be our final mailed Living Naturally newsletter. We will continue to publish and have Living Naturally available in-store, electronically on our website and linked in our weekly e-newsletter.

# Letter from the CEO Nick Seeberger



Welcome to 2020! I'm excited for the annual right of resolutions and finding ways to make the most of the Minnesota winter. In my family, this means plenty of exercise, whether it is a trip to our local YMCA or skiing at Lebanon Hills, and eating well – citrus, fish and plenty of stews will fill our table these cold nights. From my family to yours I wish you a healthy and active winter.

At the co-op, we have planned exciting promotions and events to keep you active at your co-op all winter long. We are kicking off the New Year with our Healthy Starts promotion which will include classes, demos and promotions designed to help you with your healthy eating goals. On January 16 we give you reason to get out of the house and meet your neighbors at our \$3 Community Dinner, featuring chili and fixings. All February long there are savings and extra discounts as our way of saying thank you to all our member-owners for your support of the co-op. Finally, in March we will once again recognize International Women's Day by sharing the stories of some of the many women-owned businesses we work with.

We dedicate an entire month to celebrating our member-owners, because at the end of the day, we exist to meet your needs. The \$100 investment you make in the co-op makes you an equal owner with each of our over 12,000 owners.

In 1977 Valley Natural Foods was formed by people looking to provide themselves with access to natural, unadulterated foods, and foods specific to their family's dietary needs that weren't available at other grocers. Today, we continue to hear and respond to our owner's need for high-quality organic and local products, items free from allergens, a place to enjoy good food with family and friends, and a place where people are treated with dignity and respect.

By becoming owners, shopping at the store and participating in board elections you are telling us you support the direction the co-op is headed. The equity provided by our owners, through your \$100 investment and the retained portion of your patronage refund, have created a strong and vibrant business that has survived an incredibly challenging few years. The challenge has come in the form of many new places to shop for food, many of them touting similar values to the co-op. While we are excited to see more stores offering organic products and supporting local producers, it is disheartening to see how many of them plaster local all over their walls without actually having many local products. By continuing to be the best when it comes to local and organic products, we are seeing new owners coming to the store and our sales rise. Because of our

strong community roots and ownership, we have a financial backbone that is solid and will allow us to continue to serve our community for many years to come.

We know that our community is why we are here today and that is why we take the month of February to say, "thank you." Your support has allowed us to provide an updated space to shop and eat in. We look forward to serving you all month long and encourage you to take us up on our member-owner coupons and specials detailed on page 6.

Finally, this will be our final mailed Living Naturally magazine. We will continue to publish and have Living Naturally available in-store, electronically on our website and linked to through our weekly e-newsletter. This change is driven by the recognition that a lot of resources, financial and material, go in to printing and delivering this publication four times a year to 12,000 households. Look for our next edition in-store in April!

Sincerely,

Nick Seeberger  
CEO

# 5 WAYS

## TO BE WELL IN THE NEW YEAR



### PAUSE

Being more mindful can help boost working memory, focus and overall well-being, while reducing stress and rumination. Try the DIY Honey Facial on the next page to help you relax and rejuvenate!



### BE ACTIVE

Exercise can boost energy, improve your mood and is good for your body and mind.



### EAT ORGANIC

Certified organic contains fewer pesticides, is better for the environment and animals are NOT given antibiotics, growth hormones, or fed animal byproducts. Valley Natural Foods offers one of the widest selections of organic and natural products available in the South Metro.



### GIVE BACK

Giving back to your community is good for your health, gives you a sense of purpose and gives you a better sense of community. Consider rounding up for our Register Round-Up program the next time you're in shopping.



### KEEP LEARNING

Continued learning can boost your mood and may help you to live longer. Try one of our classes at the Co-op!

*This information should not be used to diagnose, treat, prevent or cure any disease or condition.*

# NATURALLY SWEET SKIN with a DIY Honey Facial



Is your skin in need of some sweet relief, but so is your budget? Get a healthy, honeyed glow with just a few basic ingredients from your kitchen! Many high-end skin care products contain ingredients derived from nature: extracts from fruits, plant oils, and honey, for example. Why not put together your own easy, enjoyable and chemical-free DIY facial?

For fresh, clean, moisturized skin your go-to ingredient is honey. Not only is honey a natural humectant, (meaning it attracts moisture) but it has proven antibacterial, antiseptic action. Applied to your skin, honey gently disinfects blemishes and kills bacteria while protecting your skin and sealing in moisture. Compare this to conventional skin care ingredients used against blemishes that often contain alcohol and harsh acids which can leave skin dry and irritated. No contest!

Here are some recipes for homemade honey facials for a variety of skin types. For maximum benefit, choose raw honey that has not been pasteurized, to ensure vitamin and enzyme content is as high as possible. All recipes assume a base of 2 tablespoons honey at room temperature—enough for one facial.

### For normal skin

Mix in 1 teaspoon of fresh lemon juice. Lemon juice contains naturally occurring alpha-hydroxy acids (AHAs) that gently exfoliate dead skin cells and work to even out skin tone.

### For oily/acne-prone skin

Mix in 1/2 teaspoon of cinnamon. The addition of cinnamon, a noted antibacterial, doubles the blemish-busting strength of this facial. Not appropriate for people with sensitive skin.

### For dry skin

Mix in 1 teaspoon mashed avocado and/or 1 teaspoon plain yogurt. Rich plant-based fat from the avocado moisturizes while lactic acid from the yogurt stimulates collagen production and exfoliates dead skin.

### For sensitive skin

Mix in 1 teaspoon aloe vera gel. You can find aloe gel in the supplement section of your local co-op or natural food store, or buy a healthy aloe plant and snap off a leaf and scoop out the gel whenever you need it.

Once you have chosen your formula\*, mix ingredients well and apply to clean, damp skin, avoiding eye area. Leave treatment on for 10-15 minutes and rinse well with warm water until no honey remains. Discard remaining honey mixture and enjoy your beautiful, replenished skin!

\*Important: always do a test-patch with new facial products on the tender skin of your inner forearm before applying to your face to check for negative reactions. If you have an allergy to bees, pollen, or honey seek a professional's advice before trying this at home.

*Reprinted by permission from NCG. Find more recipes and information at [www.welcometothetable.coop](http://www.welcometothetable.coop)*

# FEBRUARY IS MEMBER-OWNER APPRECIATION MONTH

## DOUBLE YOUR DISCOUNT

MEMBER-OWNERS GET AN ADDITIONAL 5% OFF ONE TIME DURING THE MONTH OF FEBRUARY. CAN BE COMBINED WITH MONTHLY 5% DISCOUNT. CANNOT BE COMBINED WITH OTHER OFFERS.

Shop four weeks of Member-Owner exclusive deals!



LOVE YOUR CO-OP?  
**REFER A FRIEND**

AND GET A FREE VALLEY NATURAL FOODS REUSABLE BAG DURING MEMBER-OWNER APPRECIATION MONTH THIS FEBRUARY.

## FOLLOW US ON SOCIAL MEDIA

FOLLOW US ON FACEBOOK AND INSTAGRAM TO STAY UP-TO-DATE ON SPECIAL MEMBER-OWNER DEALS AND GIVEAWAYS DURING THE MONTH OF FEBRUARY.

### MEMBER-OWNER COUPON

WEEK 1 | 2/1-2/8/2020



## BOGO

BUY ONE, GET ONE FREE  
THOUSAND HILLS  
80/20 GROUND BEEF  
(LIMIT 2)

Offer applies before tax. Limit one discount per shopper. Not valid with any other offers or discounts. Cannot be used to purchase gift cards, classes or owner shares. Must present this coupon to receive the offer. Valid 2/1-2/8/2020



### MEMBER-OWNER COUPON

WEEK 2 | 2/9-2/15/2020



## BOGO

BUY ONE, GET ONE FREE  
VALLEY'S OWN GLUTEN-FREE  
COOKIES, ALL VARIETIES  
(LIMIT 4)

Offer applies before tax. Limit one discount per shopper. Not valid with any other offers or discounts. Cannot be used to purchase gift cards, classes or owner shares. Must present this coupon to receive the offer. Valid 2/9-2/15/2020



### MEMBER-OWNER COUPON

WEEK 3 | 2/16-2/22/2020



## 50% OFF

REG. PRICE 8.99/LB.  
DELI FRESH  
CRANBERRY CHICKEN SALAD  
(LIMIT 2 LBS.)

Offer applies before tax. Limit one discount per shopper. Not valid with any other offers or discounts. Cannot be used to purchase gift cards, classes or owner shares. Must present this coupon to receive the offer. Valid 2/16-2/22/2020



### MEMBER-OWNER COUPON

WEEK 4 | 2/23-2/29/2020



## BOGO

BUY ONE, GET ONE FREE  
DESERT ESSENCE  
LOTION, ALL VARIETIES  
(LIMIT 4)

Offer applies before tax. Limit one discount per shopper. Not valid with any other offers or discounts. Cannot be used to purchase gift cards, classes or owner shares. Must present this coupon to receive the offer. Valid 2/23-2/29/2020



# BE THE MVP ON GAME DAY

Check out these simple tips to help you stand out on Game Day!

## HAVE A PREGAME HUDDLE

Make a game plan a few days ahead of time. By checking off smaller items on your list you'll be able to enjoy the big game instead of sitting on the sidelines!

If you plan on using serving dishes or crockpots; pull them out the night before and use sticky notes to label what will be in each container. This will prevent you from fumbling with your dishes while guests are around.

Veggies and certain fruits can be prepared the night before. Fruits that are prone to browning should be cut closer to game time and can be tossed in lemon juice to help prevent browning.

Prepare dips, soups and chili a day or two beforehand. This can actually help bring out the flavor better and all you will have to do on game day is warm them up.

## PUT IN SIMPLE SUBSTITUTIONS

Don't over complicate your party by making intricate recipes. Instead, try your hand at one of the simple recipes on the next page from National Co-op Grocer's Welcome to the Table.



Locally-produced Earthgrown Organics' Guacamole makes the perfect teammate with our deli house-made Garden Fresh Salsa. Grab a bag of local Whole Grain Milling Tortilla Chips and you have a Minnesota-made app!

Our produce department also offers a fresh selection of pre-cut vegetables that can easily be arranged into a veggie tray with our housemade dips or hummus. Or try a local favorite Baba's Hummus.



## CALL IN FOR BACKUP

You don't have to make everything from scratch and spend hours in the kitchen. The co-op offers a variety of natural and organic menu options to help make hosting a breeze.

Check out our Deli and Meat department for easy Grab and Go items like Jalapeño Poppers, Housemade Dips and Hummus, Bars and More!



Deli Catering  
952-891-1212  
catering@valleynaturalfoods.com

## HANDOFF THE WORK

Split up the responsibilities! Don't be afraid to ask your guests to bring a dish to share, they'll be happy to help out and may even share their secret recipes with you.

## TAKE A TIMEOUT

It's your party too so don't be afraid to take a break from hosting. Grab a plate of food, take a seat and enjoy the company of those around you. After all, food helps bring family and friends together.



## CHORIZO AND AVOCADO SALSA

Total Time: 20 minutes

Servings: 6

### Ingredients

6 ounces chorizo sausage, diced small	diced
1 tablespoon minced garlic	1 cup corn kernels
1 jalapeño pepper, seeded and minced	1 tablespoon minced chipotle peppers in adobo sauce
1 tomato, diced	1 lime, zest and juice
2 avocados, peeled and	Salt to taste

### Preparation

1. Sauté the diced chorizo in a skillet until lightly browned. Remove from the skillet and set on a paper towel to drain and cool.
2. In a mixing bowl, stir together the garlic, jalapeño, tomato, avocado, corn, chipotle peppers and lime zest and juice. Add the chorizo and salt to taste.

### Serving Suggestion

This salsa is delicious in a breakfast burrito or taco. For a party platter, cut 3 avocados in half and remove the pits. Use a tablespoon to remove some of the avocado flesh and create a well. Slice a small piece from the bottom of the avocado so it will sit flat without rocking. Spoon the salsa into the individual avocado halves and serve with tortilla chips and spoons.

Reprinted by permission from NCG. Find more recipes and information at [www.welcometothetable.coop](http://www.welcometothetable.coop)

## AVOCADO BROWNIES

Total Time: 45 minutes; 20 minutes active

Servings: 16

### Ingredients

3/4 cup unbleached flour	1/2 cup brown sugar
1/2 cup cocoa	2 large eggs
1/2 teaspoon salt	1/2 cup canola oil or 1 stick melted butter
1/4 teaspoon baking soda	1 teaspoon vanilla
3/4 cup mashed avocado (1 large or 2 small)	1 teaspoon vanilla
1/2 cup white sugar	

### Preparation

1. Preheat the oven to 350°F. Lightly oil an 8-inch square baking pan.
2. In a large bowl, mix the flour, cocoa, salt and baking soda, crushing any lumps of cocoa with the back of your spoon.
3. In a food processor, puree the avocado until completely smooth. Add the white and brown sugars and process, then add the eggs, oil or butter and vanilla and process until smooth. Scrape the avocado mixture into the flour mixture and stir to combine. Spread the batter in the prepared pan.
4. Bake for 20-25 minutes, until the top looks dry and a toothpick inserted in the middle of the pan comes out with big wet crumbs attached-not dry. Don't overbake, if you like a gooey brownie, take it out while a little gooey in the middle and chill to make it easier to cut.
5. Cut into 16 squares and serve.

Reprinted by permission from NCG. Find more recipes and information at [www.welcometothetable.coop](http://www.welcometothetable.coop)

## FEISTY 5 SPICE CHICKEN WINGS

Total Time: 1 hour 30 minutes; 15 minutes active

Servings: 6

### Ingredients

3/4 cup tamari	1 tablespoon minced ginger
1/4 cup seasoned rice wine vinegar	1 scallion, minced
2 tablespoons sesame oil	2 teaspoons Chinese 5 Spice powder
2 tablespoons gochujang (Korean chili paste)	2 pounds chicken wings, tips removed
2 teaspoons minced garlic	

### Preparation

1. Combine tamari, vinegar, oil, gochujang, garlic, ginger, scallion and spice powder in a blender and puree. Reserve 1/4 cup of the marinade and refrigerate for later use. Place the wings in a large bowl or plastic ziplock bag and cover with remaining marinade. Marinate the wings in the refrigerator for at least 2 hours (or up to 24).
2. Preheat oven to 450°F.
3. Remove wings from the marinade, lay them on an oiled sheet pan, drizzle lightly with leftover marinade from the bag or bowl and roast for about 12 to 15 minutes. When finished, toss the still-warm wings with the additional reserved marinade.

Reprinted by permission from NCG. Find more recipes and information at [www.welcometothetable.coop](http://www.welcometothetable.coop)

## SLOW COOKER ORANGE CHIPOTLE BEEF TACOS

Total Time: 4-8 hours; 20 minutes active

Servings: 6

### Ingredients

1 1/2 pounds beef chuck roast	quartered
2 tablespoons tomato paste	12 taco shells or corn tortillas
1 teaspoon chipotle powder	3 cups shredded lettuce
1 teaspoon ground cumin	3 medium tomatoes, chopped
1/2 teaspoon dried oregano	1 1/2 cups shredded Monterey Jack cheese
1/2 teaspoon salt	
4 cloves garlic, peeled	
2 large seedless oranges,	

### Preparation

1. Place the beef in a slow cooker. Stir together the tomato paste, chipotle, cumin, oregano and salt in a small bowl, then rub the mixture over the beef. Place garlic cloves and oranges on top of the meat and cover the pot. Turn temperature to high and cook for 4 hours, or on low for 7 to 8 hours. When the meat shreds when pressed with a fork, turn off the cooker and take out the insert to cool. Use tongs to transfer the meat to a bowl to cool, and shred the beef.
2. Place a strainer over a small pot and strain the liquids from the cooker into the pot. Squeeze the oranges over the strainer. Bring the juices to a boil and cook for about 10 minutes, until reduced to a syrupy consistency. Pour over the shredded beef and toss to coat. Taste for seasoning; add salt or more chipotle, if desired. Serve with taco shells or warm corn tortillas, lettuce, chopped tomato and shredded cheese.

Reprinted by permission from NCG. Find more recipes and information at [www.welcometothetable.coop](http://www.welcometothetable.coop)

# CLASSES AND EVENTS

## KIDS' CLASSES

\$3 Member-Owner | \$5 Non-Member-Owner

## ADULT CLASSES

\$5 Member-Owner | \$7 Non-Member-Owner

## JANUARY

### KID'S CLASS: PIZZAZZ PIZZA PARTY

Tuesday, January 7 | 6-7 p.m.

Instructor: Jackie Mart

Space is limited to 6 attendees.

### GUT HEALTH

Wednesday, January 8 | 6:30-8 p.m.

Instructor: Eileen Johnson, RN

### WHAT'S NEW, HEALTHY AND LOCAL?

Thursday, January 9 | 6-8 p.m.

Instructor: Loris Sofia Gregory

### EAT THIS, NOT THAT IN 2020

Tuesday, January 14 | 6-7 p.m.

Instructor: Jackie Mart

### AROMATHERAPY FOR COLD & FLU PREVENTION

Wednesday, January 15 | 6-7 p.m.

Instructor: Sammi Boerner



### \$3 COMMUNITY DINNER

Thursday, January 16 | 5-7 p.m.

Chili & fixings with corn bread.

### COLD-WEATHER STOVETOP SENSATIONS

Thursday, January 23 | 6-8 p.m.

Instructor: AmyLeo Barankovich

### KID'S CLASS: HEALTHY WINTER SNACKS

Friday, January 24 | 6-7:15 p.m.

Instructor: Michele Jaeger

Space is limited to 6 attendees.

### DETOXIFICATION

Wednesday, January 29 | 6:30-8 p.m.

Instructor: Eileen Johnson, RN

## FEBRUARY

**FREE CLASSES FOR MEMBER-OWNERS DURING THE MONTH OF FEBRUARY!**

### WARM UP FEBRUARY

Tuesday, February 4 | 6-8 p.m.

Instructor: Loris Sofia Gregory

### FREEDOM FROM THE SUGAR BLUES

Thursday, February 6 | 6-7 p.m.

Instructor: Sue Rapley

### SUPERFOOD SMOOTHIES MADE SIMPLE: WINTER EDITION

Friday, February 7 | 6-7 p.m.

Instructor: Jackie Mart

### KID'S CLASS: LOVE AT FIRST BITE

Wednesday, February 12 | 6-7 p.m.

Instructor: Jackie Mart

Space is limited to 6 attendees.

### SELF CARE TIPS

Tuesday, February 18 | 6-7 p.m.

Instructor: Sammi Boerner

### PROTECTING HORMONES

Wednesday, February 19 | 6:30-8 p.m.

Instructor: Eileen Johnson, RN

### KOMBUCHA 101

Wednesday, February 26 | 6:30-7:30 p.m.

Instructor: Michele Jaeger

Space is limited to 12 attendees.

### FEBRUARY FEASTING

Thursday, February 27 | 6-8 p.m.

Instructor: AmyLeo Barankovich

Space is limited to 15 attendees unless otherwise stated. Class registrations are refundable up to 48 hours prior to the event. If for some reason Valley Natural Foods cancels the class before the start date, attendees will be issued a full refund. If inclement weather arises, the class may be rescheduled for a different date.

## MARCH

### MAKE AND TAKE: DIY BEAUTY PRODUCTS

Wednesday, March 4 | 6-7 p.m.

Instructor: Jackie Mart

Space is limited to 8 attendees.

### KID'S CLASS: GREENS GALORE!

Tuesday, March 10 | 6-7 p.m.

Instructor: Jackie Mart

Space is limited to 6 attendees.

### BLUE ZONES KITCHEN

Wednesday, March 11 | 6-8 p.m.

Instructor: Loris Sofia Gregory

### MARCH INTO SPRING VEGGIES

Thursday, March 19 | 6-8 p.m.

Instructor: AmyLeo Barankovich

### LOVE YOUR LIVER

Friday, March 20 | 6-7:30 p.m.

Instructor: Michele Jaeger

### DE-STRESS WITH AROMATHERAPY

Wednesday, March 25 | 6-7 p.m.

Instructor: Sammi Boerner

### DEMYSTIFYING DIET TRENDS

Thursday, March 26 | 6-7 p.m.

Instructor: Sue Rapley

Registration and full class descriptions can be found online at:

[www.valleynaturalfoods.com/events-classes/](http://www.valleynaturalfoods.com/events-classes/)



International Women's Day

SUNDAY, MARCH 8, 2020



## Delphanie Daniels VNF Board Member

Have you heard the proverb, "A woman's work is never done?" Well, it's true! We wake up daily, try to work out to maintain our physique, walk into our respective workplaces to lead teams, facilitate meetings, manage projects, run schools, teach classes, etc. After work, we juggle the day-to-day home responsibilities by cleaning, cooking, doing laundry, attending dance and sports activities for our children, nieces and nephews, among other errands – all to wake up the next day and repeat the same demanding routine. Thus, a woman's work is never done.

International Women's Day is extremely special as it allows us to pause for one day to acknowledge the splendor and many accomplishments of the woman. We have made tremendous strides since the early days of the Women's Rights Movement. Nevertheless, we still have a distance to go. For example, significant disparities still exist with women – and especially women of color – as compared to white males. Women earn 79 cents for every dollar men earn; and African American women make 61 cents for every dollar men make (Payscale 2019 report). Women hold 6.6% of Fortune 500 CEO roles and 27% of board seats (ISS Analytics). So, I am left wondering: Why are we still here when women contribute so much to our society?

As an African American woman all the way from West Point, Mississippi, I wear my womanhood proudly and choose to advocate for ALL women. The fight for women's equality and inclusivity has to be prioritized – period. Our voices matter. Our brilliance matters. Our experiences matter. We matter. So this International Women's Day, I implore you to stop and pay homage to the amazing women in your life whose work is never done because of all they do to make this world just a little bit brighter and better!

I am woman. We are women. Women matter. #EachforEqual

I AM WOMAN.  
WE ARE WOMEN.  
WOMEN MATTER.

#EachforEqual

# A Brief History of Women at the Co-op



In 1977, a group of parents, predominately women, concerned about the impact of processed and packaged foods on the environment and their families opened a bulk food co-op. This picture shows the storefront, provided by Christina Huddleston (shown in plaid).



Being able to share food with their loved ones prompted Jill Webster and Joanne Lamb (pictured left) to venture into the world of gluten-free baking and start Valley's Own Bakehouse in 2011. Today it is part of the Valley Community Food Co-op Family of Businesses including Valley Natural Foods, Valley's Own Bakehouse and Brody's 579. The Bakehouse and Brody's 579 are currently managed by Renee Johnson.



Susan McGaughey led the co-op for 37 years before her retirement in 2017. Her drive to learn, teach and serve ignited decades of success. Always the teacher, she made a difference in the lives of those she served from her first five dollar contribution in 1977 to growing the co-op to over 12,000 member-owners. Valley Natural Foods commemorates Susan's ongoing dedication to education by naming the Education Room in her honor.

This year's theme for International Women's Day is "Each for Equal". We gave our staff the opportunity to share what this means to them.

Q. What does working at a women-founded co-op mean to you?

**Cindy:** I am proud that VNF was founded by a woman. It shows the power and strength a woman can have individually, but then also collectively as she gained the support of other women. Taking care of our families and communities is an important aspect of life and I'm happy to be a part of that.

**Riley:** Anyone can achieve their goals and be successful in life regardless of their gender.

Q. How does VNF support equality in the workplace?

**Cindy:** There is a lot of equality in VNF workplace. Everything from women managing individual departments, to higher management and operating positions in the co-op. I feel people here are placed according to individual qualifications and not based on gender, which creates the equality we need.

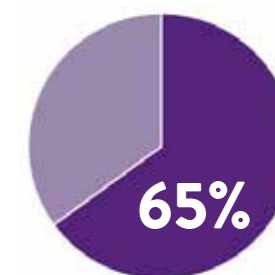
**Riley:** Valley Natural Foods is such a welcoming environment. As an employee, it's great to be a part of a co-op that does not

discriminate anyone because of their race, gender, sexuality, beliefs, or opinions. Everyone is welcome, everyone matters, and VNF genuinely cares about people's thoughts and opinions.

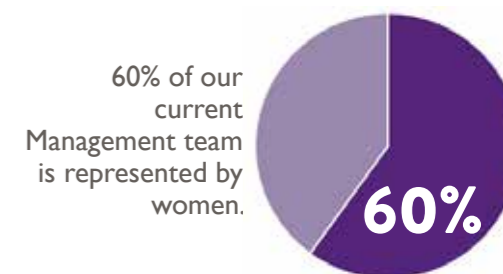
Q. What do you love about working at Valley Natural Foods (in areas of empowerment, work/life balance, personal/professional growth, etc.)?

**Cindy:** I love the work/life balance I have working at VNF, my schedule is flexible and if I need time off, I am able to take it. I am growing on a personal level as I continue to challenge myself everyday to juggle work priorities, work efficiently, and all the while keeping a smile on my face and helping customers. They are the reason I am here!

**Riley:** I love working at Valley Natural Foods! Since being employed here, I have grown significantly in the areas of communication and working with people that are different than I am. I love the welcoming and homey environment; I look forward to working each shift!



VNF carries products from over 28 women-owned businesses and over 65% of those businesses are local.



60% of our current Management team is represented by women.



# COMMUNITY OUTREACH

- Giving back through Register Round-Up and Green Stamps

When you shop at Valley Natural Foods, you will hear an invitation at the end of your transaction: "Would you like to round up?" Customers are invited to round up their purchase as part of our Register Round-Up program. You can also donate 5¢ for every reusable bag you use during your shopping trip to our Green Stamps Program. That spare change then goes to local community organizations. As a cooperative, we give back to our community as part of the co-op principle: Concern for the Community. So, when you round up, you are sharing your change with local community organizations that improve the health and food security of others.

## INTERESTED IN BECOMING A REGISTER ROUND-UP RECIPIENT?

If you are a local, 501(c)(3) nonprofit you can apply to be a Register Round-Up recipient for our next fiscal year. Simply go to our website and submit your application by April 15, 2020.

[www.valleynaturalfoods.com/register-round-up-application/](http://www.valleynaturalfoods.com/register-round-up-application/)

*Recipients will be selected and contacted before July 1, 2020.*

# 2019 REGISTER ROUND-UP

A charitable program of Valley Natural Foods

## JANUARY



### 360 COMMUNITIES

360 Communities—360 Communities is a food shelf and resource center serving Dakota County. They provide hope and support to people by engaging communities to prevent violence, ensure school success and promote long-term self-sufficiency. They also have two domestic violence shelters and are a "Super Shelf" model food shelf, which offers fresh produce and healthy foods. The funds raised through the Register Round-Up will help provide healthy food for those in need.

[www.360communities.org](http://www.360communities.org)

## FEBRUARY



### WESTVIEW FAMILY NETWORK COMMITTEE

Westview Family Network Committee—Westview Family Network Committee strives to help all students meet their basic needs so that they can be great learners. Round-up donations will provide for students who don't have the financial means to purchase school supplies, shoes, winter clothing, snacks and more. Donations will also go towards needed supplies for the schoolyard garden that feeds families who can't afford fruits and vegetables.

[www.isd196.org](http://www.isd196.org)

## MARCH



### OAK RIDGE ELEMENTARY SCHOOL PTO

Oak Ridge Elementary School PTO—Oak Ridge Elementary School of Leadership, Environmental & Health Sciences focuses on teaching students about science and the environment, as well as providing scholarships for additional learning opportunities. The Parent Teacher Organization for Oak Ridge Elementary would use the funds to enable the school to offer classes taught by Midwest Food Connection. Instructors teach students about foods they wouldn't normally be exposed to and stress the importance of nutrition and healthy eating.

[www.oakridgepto.org](http://www.oakridgepto.org)

UPCOMING REGISTER ROUND-UP RECIPIENTS

LOCAL ORGANIZATIONS



11

received funds throughout the year

52,894

contributions to the green stamp bag program



TOTAL DONATIONS

\$34,000



raised, affecting thousands of people who received benefits from member-owner and customer contributions







13750 Co. Rd. 11,  
Burnsville, MN 55337



Valley Natural Foods Co-op works in partnership with the South Metro community to support health and well-being through education and expertise in local, sustainable food and wellness services.

— Valley Natural Foods Mission Statement