

# LIVING NATURALLY

a community newsletter



SPRING  
2020

THE OPEN  
DOOR'S GARDEN  
TO TABLE

EARTH DAY  
INITIATIVES

ALLERGY  
AWARENESS  
MONTH



Valley NATURAL  
FOODS™





## LIVING NATURALLY SPRING 2020

**Nick Seeberger**  
CEO

**Ashley Greywitt**  
Marketing Manager

**Kelsey Brosius**  
Design

**Susie Hessburg**  
Photography

### Store Hours

10 a.m.–8 p.m. Daily

9 a.m.–10 a.m. is reserved for  
seniors, first responders and  
healthcare workers

### Drive-Thru Hours

9 a.m.–8 p.m. Daily for the Basics  
Bag Program Only.

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

## EXCITING CHANGES

### ARE COMING...

Your favorite Valley Natural  
Foods items could be coming to  
your doorstep. Stay tuned for  
information in our newsletter  
and on our website.

# CO-OP HAPPENINGS

## P.3 LETTER FROM THE CEO

A message from Nick Seeberger  
on our changing grocery  
environment.

## P.4 YOUR HEALTH IS OUR TOP PRIORITY

See what store changes we have  
made during the COVID-19  
outbreak and a guide for how to  
stay entertained at home.

## P.6 LETTER FROM THE BOARD

Our Board President, Mark  
Mosiniak is sharing why you should  
consider running for the  
Valley Natural Foods' Board of  
Directors.



## P.7 COMMUNITY OUTREACH

The latest on what we are doing  
in the community and learn about  
our new partnership with The  
Open Door.

## P.8 EARTH DAY INITIATIVES

This Earth Day we are making  
strides to be even greener! Learn  
what we're doing this year and  
what you can do at home to  
reduce, reuse and recycle.

## P.10 THE GARDEN CORNER

Learn how to start seedlings in  
your home and tips for a container  
patio garden.



## P.12 MAY IS ALLERGY AWARENESS MONTH

Learn more about food allergies  
and common symptoms of an  
allergic reaction.

## P.13 MEMORIAL DAY RECIPES

Celebrate this Memorial Day with  
Red, White & Blue Potato Salad,  
Spicy Pineapple Chicken Kebabs  
and Watermelon Mint Frosé.

# Letter from the CEO Nick Seeberger



All of us at Valley Natural Foods, are  
working hard to ensure as safe of  
a space as possible for our customers  
to get healthy, organic, local food. It is  
encouraging to see how quickly our  
community is stepping up and doing their  
part not only for their personal health  
and safety, but of those more vulnerable  
in our society; social distancing in the  
aisles and at the registers, facemasks  
being worn and washing or sanitizing  
hands when they arrive at the co-op.

I want to assure you that every decision  
we make considers the impact it will have  
on the safety and well-being of our staff  
and customers. That's why I am excited to

**"It is encouraging  
to see how  
quickly our  
community is  
stepping up and  
doing their part..."**

share that we will be  
launching curbside  
pick-up and delivery  
options for the co-  
op in April. Providing  
these options for  
our community will  
reduce the amount  
of person-to-person  
interaction and support slowing the  
spread of the coronavirus. This program  
will take the place of the Basics Bag  
program we launched in late-March.  
Look for more information at [www.valleynaturalfoods.com](http://www.valleynaturalfoods.com). Our store will  
continue to be open and accessible for  
shopping.

Thank you for trusting the co-op to  
provide a safe shopping environment and  
access to the food you need to feed your  
family. Our key actions to protect the  
health and well-being of customers and  
staff are cleaning and sanitizing, practicing  
social distancing, providing masks for  
staff and strictly enforcing that staff are  
symptom-free before coming to work  
and that they have the financial means to

stay home if sick. To support staff we are  
allowing them to draw up to two weeks  
of negative paid time off (PTO), have  
created a PTO pool that they can draw  
on for additional time off, provide full-  
time staff with short-term disability, and  
are fully compliant with the Families First  
Coronavirus Relief Act (FFCRA) that  
provides additional sick time and paid  
leave. Our staff are doing an excellent job  
keeping the store stocked and safe, I can't  
say enough about their hard work.

One thing we all are proud of at the co-  
op is the number of local food growers  
and producers we work with. Did you  
know that for each dollar spent at Valley  
Natural Foods, a \$1.60 is generated in  
the local economy, that's  
1.5 times more than if you  
spent the same amount  
at a conventional grocer  
(source: National Co-op  
Grocers). Our impact  
is bigger because of our  
work with local farmers  
and producers, the wages  
and benefits we provide  
our staff and our greater  
rate of donation than other grocers.  
Thank you for shopping the co-op during  
the pandemic so we can continue to have  
an outsized impact on our community.

**"For each  
dollar spent at  
Valley Natural  
Foods, a \$1.60  
is generated  
in the local  
economy..."**

Sincerely,

Nick Seeberger



# YOUR HEALTH IS OUR TOP PRIORITY

We are doing our best to keep you informed of all the changes during novel coronavirus, COVID-19. Our teams are continuing cleaning and sanitizing practices in our store and are working to provide staff resources they need to stay safe, healthy and support their loved ones. Valley Natural Foods is committed to providing healthy food and wellness products to our community and ensuring access to everyone. To follow this commitment, we have made the following changes in our store:

## TEMPORARY STORE HOURS

10 A.M. – 8 P.M.

Open to the public. Our Coffee and Juice Bar is temporarily closed and the drive-thru will only be open for the Basics Bag Program.

9 A.M. – 10 A.M.

Reserved for seniors, healthcare workers and first responders. Keep in mind we are following the CDC recommendations and suggest anyone at risk to use their best judgement about entering public spaces.

## ADDED PRECAUTIONS

To prevent close contact of customers we have limited the number of shoppers in our store to 50 at a time. We ask that those who are able, to limit shoppers to 1 per family. Staff are also required to wear face masks while working at all times.

## SOCIAL DISTANCING

We are asking our staff to follow the CDC recommended six-foot social distancing, and we request our customers to do the same.

## FULL-SERVICE TO PRE-PACK

All full-service functions such as our hot bar, salad bar, fresh meat case and deli prepared foods have moved to pre-pack/grab & go.



We will evaluate these measures and will continue to be flexible in our operations as this situation continues to unfold. We are grateful you continue to shop with us for your food and wellness needs and will continue to serve you and our community.

**For the most up-to-date information please visit our website.**

# YOUR ACTIVITY GUIDE

Staying at home can be challenging. Luckily there are many activities you can do for free right now!



## GET ACTIVE

- Workout • Have a Dance Party • Go for a Bike Ride • Walk Your Dog • Do Some Yard Work • Yoga • Zumba • Wash Your Car • Try a Workout Video • Create an Obstacle Course in Your Yard • Jump Rope • Play Catch • Start a Garden • Go for a Hike • Foster a Pet, If Able



## GET CONNECTED

- Write a letter • Call a Friend • Video Chat • Host a Virtual Happy Hour, Book Club or Game Night • Send a Text to Check-In on a Loved One

Video Chat Sites: Google Chats, Zoom, Facetime and Skype to name a few!



## GET CREATIVE

- Build a fort • Rearrange Your Furniture • Make Wall Art • Try a New Recipe • Paint Your Nails • Have a Backyard Campout • Brew Your Own Kombucha • Learn How to Play an Instrument • Learn a New Language • Pick Up a New Hobby • Paint • Create a Scavenger Hunt in Your Home • Play a Board Game • Put Together a Puzzle



## GET RELAXED

- Take a Bath • Do a Face Mask • Meditate • Read a Book • Take Deep Breaths • Drink Herbal Tea • Journal • Take a Nap • Listen to Music • Stretch • Sleep In • Watch the Sunrise • Have a Self-Care Evening • Stargaze • Daydream • Go for a Drive



## GET TECHY

- Watch a Performance • Play a Video Game • Listen to a Podcast • Try an Adult Coloring App • Online Shop at Your Favorite Local Store • Take an Online Class • Watch a Documentary • Follow a Blog • Make a Custom Photo Book (Mixbook, Snapfish and Shutterfly to name a few) • Watch a Movie



## GET ORGANIZED

- Make a To-Do List • Clean Out Your Closet • Organize Your Kitchen • Collect All Your Recipes and Make a Recipe Book • Match All Your Unpaired Socks • Do Your Laundry and Put it Away • Go Through Seasonal Clothes and Decor • Clean the Inside of Your Car



# LETTER

## from the board



### MARK MOSINIAK PRESIDENT - BOARD OF DIRECTORS

I consider it a privilege to work on the Board of Directors at Valley Natural Foods and have found the work to be both challenging and rewarding. As we approach our annual election, I wanted to write a short note to inform you that our co-op's election is held annually to elect new members to our seven-member Board of Directors. This year we have two positions up for election.

Our grocery store is unique because we are a co-op and a democratic organization controlled by our member-owners who actively participate in setting our policies and making decisions as part of the Board of Directors. Our member-owners help us maintain the co-op's mission of supporting the health and well-being of our South Metro community through education and expertise in local, sustainable food and wellness services. Our Board of Directors work with management to provide overall direction and ensure the long-range security and viability of our co-op.

It is critical that board members be accountable to our member-owners and so we are looking for people with sound judgment who are willing to

work cooperatively within our process and board culture and be faithful to our co-op's mission. As a part of their overall responsibilities, all board members must:

- Commit to a three-year term;
- Attend monthly board meetings and other special meetings as they arise. (10-20 hours per month);
- Serve on board committees as needed;
- Build a working relationship with fellow Board members;
- Never use information gained through their position for personal gain and must always act in the best interest of the co-op.

This year's board elections will begin September 1, 2020 and go through September 26, 2020. If you're interested in applying to represent our co-op as a Valley Natural Foods' board member, you can complete an application online at: [www.valleynaturalfoods.com/board-candidate-application/](http://www.valleynaturalfoods.com/board-candidate-application/)

Candidate qualifications and FAQs can be found at [www.valleynaturalfoods.com](http://www.valleynaturalfoods.com).

Sincerely,  
Mark Mosiniak  
President – Board of Directors



Share your talents and serve our cooperative community as a member of Valley Natural Foods' Board of Directors. Applications are available on our website and due by July 31, 2020. For more information or to apply, visit: [valleynaturalfoods.com/board-candidate-application/](http://valleynaturalfoods.com/board-candidate-application/)

## RUN FOR YOUR CO-OP BOARD

### CALL FOR CANDIDATES

# COMMUNITY OUTREACH

## APRIL REGISTER ROUND-UP RECIPIENT

Our goal during the pandemic is to see that our community is healthy, fed and employed. To support community health and well-being we are looking to support local organizations who provide food and services to individuals in crisis in Dakota County. We currently have a Register Round-Up program where shoppers have the ability to "Round Up" their remaining change to the next dollar, and have the money go towards an organization in our community.

We normally set this list of organizations annually but have changed our focus and are working quickly to make sure there are resources available for those who need them most. For the month of April, we will have Round-Up Donations go towards Community Action Partnership (CAP) of Dakota County. The CAP agency office is in Rosemount and offers services such as food & nutrition, safe & stable housing and crisis prevention resources.

The agency's food shelf, which operates under the leadership of just one paid employee and many volunteers, is still open, although it's changed the way it gets food in the hands of those that need it through social distancing practices. Instead of local residents setting up appointments to come in and shop around, they send in grocery lists to the workers who do the shopping for them.



## THE OPEN DOOR PANTRY

Food access for those in need is of great concern, and we are taking steps to support people in our community as much as possible. We have made a \$5,000 direct donation to The Open Door to support their programs seeing that people who don't have access to food are fed.

All Register Round-Up contributions from March were matched by Valley Natural Foods up to \$5000 and went to organizations offering food to our community, including school partnerships for child food access, food pantries, and organizations providing food to seniors.

## COMMUNITY GARDENS PARTNERSHIP

We are excited to announce a partnership with The Open Door to provide fresh, local and organic food to people right here in Dakota County. The Open Door's Garden to Table program will take over the management of the former community garden plots and through their network of volunteers, will be able to grow and harvest food to provide to patrons of The Open Door Food Pantry.

The Open Door, with the support of the community, is able to assist thousands of local individuals each month through their pantry in Eagan, Mobile Pantries® and Mobile Lunch Box program designed to connect those in need with fresh, nutritious options. Our mission here at Valley Natural Foods is to support health and well-being in the South Metro Community, and in doing so, we want to be sure we are making the biggest impact possible for the most amount of people.

The space has been well cared for and we are excited to evolve the garden to address hunger issues with the hope to provide greater food access in the South Metro. For information on volunteering at The Open Door visit their website at [theopendoorpantry.org/get-involved/volunteer](http://theopendoorpantry.org/get-involved/volunteer).



## YOUR APRIL ROUND-UP CONTRIBUTIONS WILL GO TO:

**CAP** |   
COMMUNITY ACTION PARTNERSHIP  
(DAKOTA COUNTY)

**\$25** PROVIDES 24 HOURS OF CHILDCARE FOR A FAMILY IN CRISIS

**\$100** PROVIDES MEALS AND COMPANIONSHIP FOR A MONTH TO HOMEBOUND SENIORS



# EARTH DAY APRIL 22, 2020



Join us in our commitment for a cleaner planet!



**MORE THAN 60 MILLION PLASTIC BOTTLES END UP IN LANDFILLS AND INCINERATORS EVERY DAY**

*That's more than 22 billion bottles a year!*

Last year Valley Natural Foods removed plastic bags from the frontend registers. This year, we are taking a stand against plastic water bottles.

Our goal is to remove all small plastic water bottles from our store by Earth Day 2020.

There are a variety of new individual water options available at the store including boxed water and water in aluminum cans.



## SIMPLE WAYS TO DO YOUR PART



### REDUCE

#### START REDUCING FOOD WASTE WITH THESE TIPS:

Leave enough space between food items in your refrigerator to allow cold air to circulate properly.

Keep track of what you throw away, if it becomes a habit then consider not purchasing that item the next time you go shopping.

Label your leftovers in the fridge/freezer so you can keep track of how long they have been in there and incorporate them into your weekly routine.

Store food in the correct place, learn which fruits and vegetables belong in the refrigerator and which ones don't.



### REUSE

#### REUSE VARIOUS ITEMS IN YOUR HOME :

There are various items in your home that you can reuse or repurpose.

Try starting plants in old milk jugs, plastic water bottles or egg cartons. Just place a spoonful of potting soil in each slot, and plant a seed.

Glass jars can be reused for bulk storage, bathroom containers or for canning.

Old towels and clothes can be cut up and used as rags.

Consider donating what you don't need to a shelter or secondhand store for someone else to reuse.



### RECYCLE

#### RECYCLING TIPS FROM DAKOTA COUNTY:

Leave caps on containers.

Clean out bottles, jars and containers of most food residue and let them dry.

Plastic containers, jugs and bottles numbered 1, 2 or 5 can be recycled, all other plastics have to go to a special recycling plant.

Clear berry or produce containers of inserts and any remaining fruit.

When in doubt, throw it out!

More information can be found online at [www.co.dakota.mn.us/Environment/Residential](http://www.co.dakota.mn.us/Environment/Residential).



# THE GARDEN CORNER



Every spring, we acknowledge the arrival of warmer temperatures and renewal of life with plants beginning to emerge out of the earth. If you are eager to get into the garden you can get a headstart by planting seedlings at home. If you don't want to start your own seedlings, we will be carrying a small variety of plants from Len Busch Roses available for purchase at the store.

## STARTING YOUR OWN SEEDLINGS

Decide what containers you want to use for your seedlings. You can use purchased pots and flats or recycle old egg cartons, yogurt cups and plastic milk jugs for starting your plants. Before adding soil, make sure there are a few holes in the bottom of your container to allow for adequate drainage.

Add potting mix to your containers and avoid packing your soil too tight, instead tap the container on a surface a few times to settle the soil.

Follow directions on your seed pack for what depth to plant your seeds at, if you're unsure check out some of the websites on the following page. You can label your containers using popsicle sticks with the plant name on them and then stick them in the soil.

After you've got your seeds into the soil sprinkle them with water. Only water seedlings when they need it, you can test the soils with your fingers to see if it is too dry or not.



Keep the seedlings near light, they do best with a fluorescent light, but can also be placed near a windowsill. Seedlings will do best with around 14 hours of light a day.

When your seedlings begin to have leaves and stems you can begin to "harden them off." You want to move them outdoors for periods of time that get progressively longer each day. This will help them get acclimated to the conditions outdoors.

When the risk of frost is over it is usually safe to transplant your seedlings. Be sure to grab the plant by the root system rather than the stem and place them as deep as their root system is into your garden or a bigger container for a patio garden.

Water immediately and continue to monitor your plants. There are great online resources for tending to your plants and even for diagnosing common plant diseases on the next page.

## CONTAINER PATIO GARDEN

If you don't have a yard for gardening you can always try your green thumb at container gardening on your deck or patio. The key to container gardening is sunlight, regular watering and protection from the wind.

The National Gardening Association recommends at least 6 hours of sunlight to grow healthy plants. So be sure your patio space has adequate sunlight before venturing into the world of container gardening.

Potting mixes work best for container plants as they are well aerated and do not tend to inhibit any fungi, bacteria or weeds that could be detrimental later.

Plants that have a larger root system or are root crops, like carrots, will require deeper containers whereas small containers work better for lettuces, spinach and peppers.

## PLANTS THAT DO WELL IN CONTAINER GARDENS INCLUDE:

- Beans
- Carrots
- Chard
- Cucumbers
- Eggplant
- Herbs
- Lettuce
- Onions
- Peppers
- Spinach
- Squash
- Tomatoes

Vegetables grown in containers will need extra fertilizer and watering. Be sure that your containers are able to drain so that your soil and plants do not become prone to disease.

The National Gardening Association has great recommendations for growing containers with different plant combinations. For example, try combining a "tomato sauce barrel" with tomato, herb and onion plants in the container. Then when it comes time to harvest you are ready to make your own pasta sauce!



## MORE INFO

The following websites have great information about gardening and container gardening:

[garden.org/](https://garden.org/)  
[www.welcometothetable.coop/](https://www.welcometothetable.coop/)  
<https://dakotamastergardeners.org/>

Happy Gardening!



# MAY IS FOOD ALLERGY AWARENESS MONTH

## What is a food allergy?

A food allergy is an abnormal response to a food that is triggered by the immune system.

## What is an allergic reaction?

Allergic reactions range from person to person. Someone who is extremely sensitive can react to microscopic amounts of the food or food residue.

Some symptoms of an allergic reaction can include:

- Itchy skin
- Hives
- Skin rashes
- Swelling of the tongue, throat and lips
- Problems breathing
- Wheezing
- Mild stomach discomfort to severe pain
- Vomiting
- Diarrhea

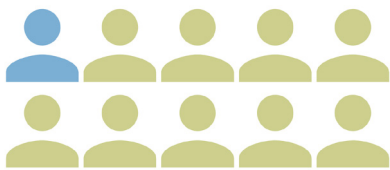
If a reaction is so severe a person may experience anaphylaxis. Anaphylaxis is an allergic reaction that if left untreated can be life threatening. Anaphylaxis can occur within minutes of being exposed to an allergen and the individual may go into anaphylactic shock which can result in death. A person with this type of reaction will experience a drop in blood pressure that will cause their airways to narrow and breathing to become difficult.

## What can you do?

There is no cure for food allergies, although avoiding the foods that cause allergic reactions will prevent symptoms. People with food allergies should familiarize themselves with learning how to read food labels properly and not be afraid of asking how food is prepared at a restaurant or grocery store.

For more information visit: [acaai.org/allergies/types/food-allergy](http://acaai.org/allergies/types/food-allergy)

## KNOW THE FACTS



In the United States, 1 in 10 adults has a food allergy.

# 90%

Although people can be allergic to any food item, 90% of food allergies are caused by what is known as the “Big 8 Allergens.” These include:



### SHELLFISH

Clams, scallops, crawfish, crabs, lobster and shrimp to name a few.



### PEANUTS



### WHEAT

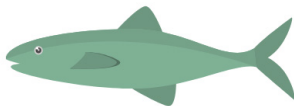


### TREE NUTS

Almonds, cashews, coconuts, pecans, pine nuts, pistachios, and walnuts to name a few.



### SOY



### FISH



### EGGS



### MILK

# CELEBRATE MEMORIAL DAY

THIS RECIPE  
IS FREE FROM  
THE “BIG 8  
ALLERGENS”



*Photos provided by WelcometotheTable.coop.*

WITH  
THESE  
GREAT  
RECIPES

THIS FESTIVE POTATO SALAD IS THE PERFECT  
ACCOMPANIMENT TO YOUR MEMORIAL DAY MEAL

## Red, White and Blue Potato Salad

### Ingredients

1 pound mixed red, white and blue new potatoes  
1 medium jarred roasted red pepper, drained and patted dry  
1/2 cup fresh mint, chiffonade  
2 tablespoons white wine vinegar  
1 teaspoon honey  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
3 tablespoons olive oil

### Preparation

Put the potatoes in a large pot and add cold water to cover by an inch. Place over high heat and bring to a boil, and cook for about 10 minutes before checking for doneness. Using a paring knife, pierce the smallest potatoes first, and when the knife enters easily transfer the potato to a colander to drain. Continue checking the potatoes every few minutes. When all the potatoes are done, drain and let cool. Slice the potatoes in half, or quarters if large, and place in a large bowl.

Chop the pepper and add to the bowl, then add the mint. In a cup, whisk the vinegar, honey, salt and pepper, then add the olive oil and whisk to combine. Pour over the potatoes and toss to mix. Serve at room temperature, or refrigerate for up to three days before serving.

### Serving Suggestion

Add eye appeal to your salad with a colorful mix of red, blue and white new potatoes, drizzled with a light vinaigrette. Meat, fish or tofu done with a white or red balsamic marinade or glaze will bring a sweeter contrast to your meal.

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



# Spicy Pineapple Chicken Kebabs



Photos provided by WelcometotheTable.coop.

A PINEAPPLE, COCONUT MILK MARINADE SERVES DOUBLE DUTY AS A TENDERIZER AND, ONCE COOKED DOWN, A RICH, SPICY SAUCE TO DRIZZLE OVER THE GRILLED KEBABS.

## Ingredients

- 1 cup coconut milk
- 1/2 cup pineapple juice
- 2 tablespoons lime juice
- 2 tablespoons honey
- 2 tablespoons Sriracha sauce
- 2 tablespoons soy sauce
- 2 large red bell peppers
- 1 small pineapple, peeled and cored
- 4 medium boneless, skinless chicken breasts

## Serving Suggestion

A platter of jasmine or basmati rice studded with shredded coconut and just a dash of curry powder is a great base for the sweet and slightly spicy skewers. They're also a tasty appetizer course, served with a chilled fruity Sauvignon Blanc or Viognier.

## Preparation

In a medium bowl, mix the coconut milk, pineapple juice, lime juice, honey, Sriracha sauce and soy sauce. Reserve.

Cut the pepper and pineapple into 1 1/2-inch chunks and add to the marinade. Slice each chicken breast into thirds lengthwise and widthwise into 9 similar-sized pieces. Place in the marinade and toss to coat, then refrigerate, covered, for at least 3 hours and up to 24 hours.

Heat the grill and thread the chicken, peppers and pineapple onto 6 skewers, alternating the ingredients. Put the leftover marinade in a small pot and bring it to a vigorous boil, and cook until a meat or kitchen thermometer reads 165°F and sauce has reduced and thickened. Keep warm until ready to serve.

When the grill is hot, use tongs to dip a wad of paper towel into a tablespoon of vegetable oil and swab the hot grill with it. Place the skewers on the grill and cook for about 5 minutes per side, moving the skewers to a cooler part of the grill if the pineapple and chicken show signs of burning. Serve the skewers drizzled with the sauce.

# Watermelon

CELEBRATE WITH THIS FESTIVE, FROSTY, REFRESHING SUMMER DRINK.

## Ingredients

- 3 cups cubed seedless watermelon
- 1 cup frozen strawberries
- 2 cups rosé wine
- 12 large mint leaves, plus more for garnish

## Preparation

Place the cubed watermelon in a freezer container and freeze. Just before serving, combine the frozen watermelon, strawberries, rosé and mint in a blender. Secure the lid and blend until smooth. Serve immediately, garnished with a sprig of mint.

## Serving Suggestion

Craving more watermelon? Serve the frosé with a fun and easy appetizer—skewers of cubed watermelon and feta cheese drizzled with balsamic vinegar.

# Mint Frosé



THIS RECIPE IS FREE FROM THE "BIG 8 ALLERGENS"

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





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