

# THE WHEATSVILLE BREEZE

A PUBLICATION OF WHEATSVILLE FOOD CO-OP • 3101 GUADALUPE • AUSTIN, TEXAS 78705

## Join Us Saturday, October 5 11 AM – 12 PM at 4001 S. Lamar for our **MEETING** and a **MEAL** Wheatville Annual Owner Meeting



CO-OP OWNERS are cordially invited to join us for a lunchtime meeting of food, cooperation and education as we discuss the state of our co-op, and its connection to our community. Hear important updates from our Board. Local vendors and Community Partners will be on hand talking about the difference that Wheatville is making for them.

Lunch is on us! Enjoy a complimentary meal between the hours of 10 am and 1 pm. Bring the coupon on the left and get up to \$12 off your meal to enjoy during the meeting.



# VOTE

2020 Wheatville Election  
Sept 23 - Nov 22

Candidate Forum  
Voting Guidelines  
and Ballot pages 8-11



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## LUNCH COUPON

FOR OWNERS ONLY

VALID ONLY AT  
4001 S. LAMAR STORE

10/5/2019

10 AM – 1 PM



UP TO \$12 OFF YOUR MEAL, NO CASH VALUE  
ALCOHOL PURCHASES NOT PERMITTED

## Caring for Our Community: Wheatsville Community Action

# Community ACTION

Each year during our annual election Wheatsville Owners vote for 11 local non-profit organizations to support in the coming year. Wheatsville then adds a \$1,000 donation to the non-profit at the end of each organization's assigned month.

In addition, Wheatsville also accepts cash donations at the register throughout the month



### September: Urban Roots

For the month of September our owner-elected Community Action nonprofit is once again, Urban Roots!

Urban Roots provides paid internships to Austin youth where they learn to work on a 3.5 acre sustainable farm in East Austin, and gain invaluable hands on and leadership skills.

Each year, Urban Roots has a goal of growing 30,000 pounds of produce through the work of their youth interns, volunteers, and small staff. They donate 40% of their harvest to local soup kitchens and food pantries, then sell the remainder at farmers markets and other venues. Visit Urban Roots' website to find out more information on their mission and how you can get involved.

<http://Urbanrootsatx.org>



### October: Wheatsville Cooperative Community Fund

October is National Co-op month and our Community Action group is the Co-op Community Fund! So what exactly is the Co-op Com-

munity Fund? Wheatsville has a Community Fund in our name, and we use the earnings from it to support local community groups and the cooperative movement. All funds collected will go into the Twin Pines Cooperative Fund, while the interest collected from those donations will be used toward local non-profits in Austin. We focus on groups that are working toward a similar mission as Wheatsville. The Wheatsville Co-op Community Fund supports the two cooperative principles of: Cooperation among Cooperatives and Concern for the Community.

Wow! In May:  
our shoppers contributed  
**\$14,338.06** to the  
Sustainable Food Center

In June:  
our generous shoppers  
donated **\$13,020.49**  
to Hospice Austin!

In July, **\$12,854.78**  
was raised for  
Workers Defense Project.  
Thank You!

Total Co-op Owners as of September 2  
**24,000!**

If you have an ownership inquiry or  
need to update your mailing info  
please contact Karen Kovalovich at  
[membership@wheatsville.coop](mailto:membership@wheatsville.coop)

The Wheatsville Breeze is a publication of

## Wheatsville Food Co-op

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website [www.wheatsville.coop](http://www.wheatsville.coop)

Contributors:

Doug Addison, Beth Beutel, Aldia Bluewillow, Felix Casey, Nick Conn, Frontier Co-op, Rose Marie Klee, Karen Kovalovich, Megan McDonald, Niki Nash, Nature's Path, Deanna Orozco, Lisa Weems and StrongerTogether.coop

Photos by:

Brian Birzer, Aldia Bluewillow, Carlos Hernandez, Nandy Castillo, Karen Kovalovich and Raquel Dadomo, except where otherwise noted or not known.

Wheatsville Board of Directors' meetings are usually held on the third Tuesday of every month. Check [wheatsville.coop/membership/board-of-directors](http://wheatsville.coop/membership/board-of-directors) for details. Owners are encouraged to attend. Something that you would like discussed? Use the Open Time Form on the Board's webpage.

**Wheatsville 2019 Board of Directors**  
**Rose Marie Klee, President**  
**Jason Bourgeois**      **Doug Addison**  
**Brandon Hines**        **Megan McDonald**  
**Lisa Mitchell**        **MeriJays O'Connor**  
**Lyz Nagan**            **Melissa Sledge**

The purpose of Wheatsville is to create a self-reliant, self-empowering community of people that will grow and promote a transformation of society toward cooperation, justice, and nonexploitation.

The mission of Wheatsville is to serve a broad range of people by providing them goods and services, and by using efficient methods which avoid exploitation of the producer and the environment. The focus of this mission is to supply high-quality food and nondiscriminatory information about food to people in Austin TX.



Linda, Michael, and Romeo Van Hatten at the 2016 Big Co-op Fair.

## The History of Our Wheatsville Bakehouse by Lisa Weems, Deli Coordinator



When we opened our South Lamar location in September 2013, we not only achieved the dream of a second location, but the vision of our very own Bakehouse. Six years later, **Bakehouse supervisor Robin Roosa**, and her talented team, make not just our delicious pastries and one-of-a-kind vegan donuts, but hundreds of fresh bread loaves and rolls daily. Our breads are made with all-organic flours and no preservatives. Nearly all of our deli sandwiches are made using Bakehouse sourdough and whole wheat sandwich breads, rustic rolls, and of course, French rolls for our famous popcorn tofu po'boys!



photo by Brian Birzer

Our journey to bread production began the summer before South Lamar opened, when Robin traveled to **Wild Oats Co-op in Williamstown, Massachusetts**. She worked side by side with the bread bakers there to perfect the art of Pain d'Ancienne, the inspiration for our rustic breads.

Though the dough itself is quite simple (flour, water, salt, and yeast), the process is anything but. Once the dough is mixed, it must be proofed overnight. The proofing process creates air bubbles in the dough as the yeast works, creating the tender, open crumb that is the hallmark of our rustic bread.

The following day, the dough is cut into portions and hand-shaped, using a twisting method that looks easy but takes some practice to master. Finally, the loaves are placed in a 500°F deck oven directly on the stone.

At Wild Oats, the old deck oven did not have steaming capability, so the loaves were misted with a spray bottle of water. Steam allows the crust of the bread to remain soft for the initial stage of baking so that the loaves can expand. It also dissolves sugars on the surface of the dough so that they caramelize during baking to create a crisp golden brown crust. Our deck ovens have steaming capability and humidity control to ensure a perfect result every time.

When Robin returned to Austin, she immediately got to work creating our very own sourdough starter, feeding and it twice daily for several weeks and

allowing it to ferment before beginning to develop our sourdough bread recipe. We use this very same starter to this day and aspire to match the bakeries in San Francisco that have been using the same starter for over a hundred years. We once heard from a transplanted Northern Californian that our sourdough is the best she's had outside of the Bay Area—high praise indeed!

In addition to the sourdough, rustic, and whole wheat breads that we make year-round, we are proud to offer featured seasonal breads that are totally unique to Wheatsville! In September, we will be featuring **apple challah bread**, a beautiful braided egg loaf studded with peak-of-season apples and a hint of cinnamon. In October, we will be featuring

**mesquite flour bread**. Mesquite flour is milled from the dried pods of the mesquite tree and has a distinctive flavor reminiscent of dark chocolate and molasses. We'll also reprise last year's delicious pumpkinnickel, reimagined this year as rolls topped with everything bagel seasoning.

We are so proud of our amazing breads and the bakers who put care and love in making them everyday! Please ask at the deli counter for a sample anytime!

## Fall Owner Drive

by Karen Kovalovich, Ownership & Outreach Coordinator



Friday, September 27

thru Sunday, October 6th

Ownership sits at the heart of Wheatsville Food Co-op – it's what makes us very different from other businesses and we are over **23,000 owners strong!** We are hosting an Owner Drive September 27 through October 6th to spread the love to more Austinites!!!

Already an Owner? **Invite your friends and neighbors to join!** There are lots of economic benefits when you join the co-op. Owners get loads of exclusive offers, along with co-op wide deals for everyone.

Along with the savings you will get when joining the co-op, you are also becoming part owner, and have a say in the co-op. You can vote for the Board of Directors or run for a seat on the board, and be a bigger part of how we help our local community. **The Wheatsville Election begins September 23!** Cast your vote when you join! Please visit the Hospitality desk at your closest location to find out more details about how you can benefit from ownership.



photo by Nandy Castillo

The South Lamar Deli crew shows their Pride donuts, flags, and fans!

**CO-OP OWNERS!**  
 Please update your email information now  
 for expanded Owner benefits!  
 Contact Karen Kovalovich at [membership@wheatsville.coop](mailto:membership@wheatsville.coop)  
 or at <https://wheatsville.coop/membership/owner-center>

## Organic Month Vendor Spotlight: Nature's Path

Nature's Path was founded in Vancouver BC in 1985 by **Arran and Ratana Stephens**. The company started out, and still is today, a passionate, family-run company that makes delicious, organic breakfast and snack foods.

The seed for Nature's Path was planted way back in the 1930s when Arran Stephens was growing up on his family's second-generation organic berry farm. Arran's father taught him how to care for and nurture the soil, telling him to "always leave the earth better than you found it". These words have been woven into the very fabric of Nature's Path.

Over the last 30 years Nature's Path has grown to be North America's largest certified organic breakfast and snack food company with a product line of over 150 cold cereals, granolas, hot oatmeal, waffles, bars, and cookies.

### ORGANIC PIONEERS FROM THE BEGINNING

Nature's Path products were the first USDA certified organic cereals on the market and since then their company and founders have worked tirelessly to keep organic advocacy at the forefront of our mission. They continually invest in farmland, converting it to organic, and they always challenge organic standards for the better.

### SUSTAINABILITY GOALS

At Nature's Path sustainability is at the heart of everything they do. It's their mission to leave the earth better than they found it and that's why every decision must align with their triple bottom line – **being socially responsible, environmentally sustainable, and financially viable.**

#### 1. GROW ORGANIC

They grow and purchase only certified USDA Organic and Canada Organic ingredients. Their commitment to organic has kept over 70,500 tons of chemical fertilizers and over 1,000 tons of pesticides out of the soil between 2013-2016.

#### 2. BECOME CARBON NEUTRAL

They have a goal to be completely carbon neutral by 2020. To do that they're reducing their use of electricity, paperboard, and CO2 emissions per ton of product produced. They also purchase RECs (Renewable Energy Credits) to support green energy projects in the US.

#### 3. ACHIEVE ZERO WASTE - they did it!

Since all 3 of their manufacturing facilities have achieved Zero Waste certification, some would say they can cross this one off their list. But, the work continues in order to maintain their Zero Waste status and do the best for our planet.



#### 4. PRESERVE WATER

Organic farming and watershed protection go hand in hand, but they don't stop there. They also send some of their waste water to a biogas digester to be converted to energy, they are implementing an Environmental Management System, and practice eco-efficiency and continuous improvement.

#### 5. EDUCATE, INSPIRE & ENGAGE

They want to make an impact not only by taking action themselves, but by inspiring others to take action too. They provide sustainability training for all team members, collaborate with and donate to many organizations, maintain an SFTA dashboard, and B-Lab assessments.

#### 6. GIVE BACK

Through financial contributions, in-kind donations, and volunteerism – they support many initiatives that align with their mission to leave the earth better. Some of these include: **hunger relief, endangered species and habitat restoration, youth and environmental education, and more.** They have an annual goal to donate at least 2 million dollars in food to food banks, partners, charities and other causes. In addition, **1% of EnviroKidz sales go to support endangered animals, protect their habitats and educate children worldwide.**

from [www.naturespath.com](http://www.naturespath.com)

## Certified Organic: Non GMO and So Much More by Co-op, stronger together

When it comes to food labels, the USDA Certified Organic seal is the gold standard and indicates so much more than just "pesticide-free food." The label represents a sustainable, transparent and ecologically sound system of food production that not only produces abundant, nutritious, delicious food but also speaks to one of today's hottest food topics: genetically modified organisms (GMOs). GMOs have never been allowed in organic production and remain excluded from organic certification to this day.

Most people interpret the USDA Organic seal as representing what the food isn't. Organic food isn't contaminated by toxic pesticides, antibiotics, added hormones, or synthetic fertilizers, and it isn't irradiated or genetically modified in a lab. Since all of these things are potentially present or true in conventionally farmed and produced foods, the best way for concerned consumers to avoid them is to look for the USDA Organic seal. But the seal also represents a much broader set of positive goals for our food system, ones that protect the land and our right to know what is in our food.

### Organic Agriculture Is Sustainable

At its best, organic production uses sustainable practices that once established are relatively self-perpetuating and long-term solutions. These practices include:

- **Building healthy soil, naturally.** This is done through composting, green manure cover crops, crop rotation and other time-honored methods. Organic farmers have no need for synthetic fertilizers that can pollute our water supply.
- **Using biological methods to control pests.** Pest management can be achieved by maintaining native plants as habitats for pollinators and beneficial predatory insects that will prey on common pests.
- **Maintaining humane conditions for livestock.** Plenty of fresh air and space to roam means animals are healthier and farmers don't need to rely on daily doses of antibiotics to keep them well.

### Organic Systems Are Transparent

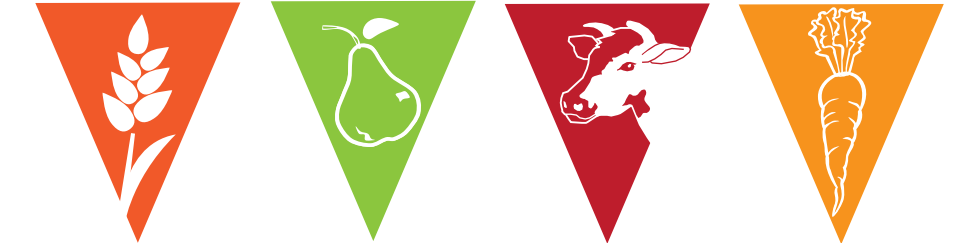
Today, most food travels many miles and changes hands multiple times before it reaches our plate making it hard to know how it was produced. Not so for organic. Items that bear the USDA Organic seal have a fully transparent production and delivery record known as an "audit trail" that is annually documented, inspected and evaluated by third-party organic certifying agents. It's their job to ensure organic producers adhere to the organic standards developed and enforced by the U.S. National Organic Program.

([www.ams.usda.gov/AMSv1.0/NOP](http://www.ams.usda.gov/AMSv1.0/NOP))

What is more, many countries participate in equivalency programs that harmonize organic certification requirements internationally. This means that for something imported to the United States to be labeled as organic, it must have international documentation that its production adhered to the same standards or better than items bearing the USDA Organic seal. There are also international certifying agents that use the same criteria all over the world that meet or improve upon qualifying certification standards. Organic is a global movement that is only increasing in momentum.

# ORGANIC HARVEST

## September is Organic Month!



### Organic Is Non-GMO

GMOs are plants or animals created through the process of genetic engineering. ([strongertogether.coop/fresh-from-the-source/what-is-a-gmo](http://strongertogether.coop/fresh-from-the-source/what-is-a-gmo))

Under the organic standards, genetic engineering is an excluded method. Genetic engineering conflicts with the basic philosophy of organic farming which takes the approach of working with natural biological systems in order to produce healthy food.

Because GMO crops are prevalent in the United States food supply (173 million U.S. acres in 2012), organic farmers must take extra steps to ensure their organic crops are not inadvertently contaminated by GMOs. These efforts are verified by their inspector each year. Methods used include buying non-GMO seeds from reputable distributors and testing them before planting, timing their planting to prevent cross-pollination with neighboring GMO crops, preserving a "buffer zone" of uncultivated land around the perimeter of the farm, and documented cleaning of farm equipment. Certifiers accredited by the USDA conduct periodic residue testing to further verify organic food does not contain prohibited substances, including GMOs. ([usda.gov/2013/02/20/organic-101-strengthening-organic-integrity-through-increased-residue-testing](http://usda.gov/2013/02/20/organic-101-strengthening-organic-integrity-through-increased-residue-testing))

### Certified Organic, the Gold Standard

Regardless of which USDA certified organic label ("100% organic," "organic," or "made with organic ingredients") appears on the product packaging, none of the ingredients inside are allowed to contain GMOs. On the other hand, food bearing only a non-GMO label or claim is not making any other assurances about how it was produced. Only certified organic food that bears the USDA label is guaranteed to provide you with all the benefits discussed in this article. This is why the seal is known as the "gold standard" of food labels.



National Co-op Grocers (NCG) is a founding sponsor of National Organic Coalition ([strongertogether.coop/voices-from-the-field/national-organic-coalition](http://strongertogether.coop/voices-from-the-field/national-organic-coalition)) which advocates for preserving strong organic standards, and a partner of the Just Label It campaign which calls for mandatory labeling of GMO foods so that consumers have the right to choose.

# Board TOP 10 PICKS



DOUG ADDISON: BOARD OF DIRECTORS



## Liberté Philippine Coconut Yogurt

I START MY DAY AND MICROBIOME OFF RIGHT WITH SOME TASTY PROBIOTICS.

## Wheatsville Deli Green Goblin Smoothie

WHAT POPEYE WOULD ORDER. AH-GAGAGAGAGA!

## Seapoint Farms Dry-roasted Edamame

MY GO-TO SAVORY, LOW-FAT SNACK. TRY THE WASABI-FLAVORED!



## Epic Bison Bars

I KEEP A COUPLE IN MY GO-BAG FOR NOSHING ON THE RUN.

## Ojai Cook Bite Back Tartar Sauce

THIS MIRACLE CONDIMENT DISAPPEARED FROM WHEATSVILLE SHELVES FOR A WHILE. PRODUCT REQUEST SUBMITTED AND WISH FULFILLED!



## Guayaki Yerba Mate Shot

A RELIABLE DOSE OF MENTAL ACUITY FOR THOSE LATE NIGHT BOARD MEETINGS.

## Zion Health Clay Dry

## White Pine-scented Deodorant

KEEPS ME SMELLIN' FRESH WHEN THE PRESSURE'S ON.



## Amy's Low-fat Chunky Vegetable Soup

YOU CAN'T FIND IT ANYWHERE ELSE IN AUSTIN. THE MISSUS KEEPS A DRAWER FULL AT WORK.



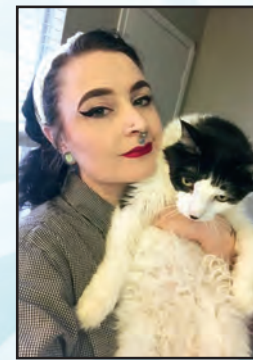
## 4th Tap Brewing Co-op Kung Fu Robot IPA

CO-HOP-ERATIVE GOODNESS!

## Wheatsville Bakehouse Dark Chocolate Peanut Butter Cups

A DECADENT TREAT AND DEFINITELY BETTER THAN T.J.'S.

## Staff Spotlight: Felix Casey



Deli Order Clerk, S Lamar interviewed by Beth Beutel, Human Resources Generalist

### 1. What's your history with Wheatsville?

One of the first people I met when I moved here was Kyle Rotta in the meat department. They encouraged me to apply after I started spending all my time at Wheatsville and now here I am!

### 2. Where are you from; when did you come to Austin?

I grew up in San Diego, California. I went to college in Santa Cruz and bounced around the Bay Area for a few years before moving to Austin in Sept. of 2018.

### 3. What is your favorite product at Wheatsville?

Justin's Dark Chocolate Peanut Butter Cups; I could eat those babies for days.

### 4. What is your favorite place to go in Austin?

Number one is Austin Boulderling Project. I love being able to challenge myself physically and mentally, and the feeling of satisfaction that comes from reaching the top of the wall. Number two is Mazel Tov Mondays at the Buzz Mill. No explanation needed.

### 5. Tell us something about yourself that people may not know:

One time I watched every Fast and Furious movie in one sitting. Also I am non-binary and I use they/them pronouns!

## Workers Assistance Program, Inc.

Creating Better Workplaces, Schools & Communities

When there's a need ... we have a service.



We support Wheatsville Food Co-op!  
www.workersassistance.com  
512-328-8519

Workers Assistance Program, Inc. is an Austin (c)(3) community-funded nonprofit collaborative fission of charitable and educational services. Since 1977 our mission has been to serve Austin folks of all ages by promoting optimal levels of organizational and individual well-being.

**PAL | Peer Assistance Leadership:** Mentoring students through a program, adopted by the state, as an elective course to fight teen pregnancy, gang participation, and climbing dropout rates.

**Alliance Work Partners:** Outfitting the workplace with healthier, more productive employees and lowering healthcare costs by providing world-class employee assistance programs.

**Texas HIV Connection:** Focusing at both the state and personal level on decreasing the spread of HIV by increasing education and participation in the act of prevention.

**Coordinated Training Services:** Providing training statewide to expand the prevention infrastructure, guided by the latest in technology, research, and quality standard approaches.

**Youth Advocacy:** Empowering youth to communicate with respect, lead substance-free lives, and experience greater opportunities by focusing on the client's strengths.

**Child Care Food Program:** Offering nutrition training and funding for food supplements to day care providers to assist in compliance with the USDA's Child & Adult Care Food Program.



## Update from the Board of Directors by Rose Marie KLee, Board President

**The purpose of the Wheatsville Co-op is to promote a transformation of society toward cooperation, justice, and non-exploitation.**

We are constantly exploring what this work means as our co-op evolves from the organization that was born on March 16, 1976.

**October is Co-op Month:** a time to appreciate the power of cooperation. Many of you know the story of the **Rochdale Pioneers**, the community often seen as first to implement the cooperative business model as we know it. They were motivated by the need for staples that were fairly-priced, unadulterated, and sold with honest weights because they lived in a company town. The textile mill owned their housing and the stores, which had false scales for weighing goods and used gypsum to cut the ground flour that they sold. The founders of Wheatsville envisioned a place where the community could come together, could find health foods such as whole wheat and tofu that were not readily available at that time, and where we could participate in an economy that was created to serve people (in contrast to the paradigm that people exist in service to the economy). What does Wheatsville mean today, in a time when there are many competitors who sell similar foods? We are constantly asking this question and would love to hear your thoughts as well. We always look for new ways to effectively serve the needs of Owners and customers and to cultivate community connection through food.

**At our May 2019 board retreat**, we spent the morning with our entire management team focusing on financial performance and how we need to respond to increasingly challenging market conditions. We are always trying to strike the optimal balance between fair prices to vendors, fair wages to staff, and fair prices to consumers.

We appreciate our Owners and customers who know that the grocery cart is a powerful vehicle for social change. Because we all need to eat, the choices we make about how we engage in the food economy have a profound impact on what does and can exist in the world. We know that many local vendors have been born and have managed to grow because the Wheatsville community was able to support their emerging business before they were able to produce the volumes required by larger chains. We know that smaller local farmers could not exist without a local market to serve. We know that the co-op, which exists to meet people's needs, is constantly looking for high-quality products that consumers can trust. We also know that the power of the co-op comes from the ripple effect that we can all have, such as by rounding up for Community Action Partners.

The afternoon focus of the May board retreat was Diversity, Equity, and Inclusion (DE&I) along with strategic Owner engagement. We reflected on the origin of our name (the first community of freed slaves in Austin, founded by James Wheat, near the neighborhood where our co-op first opened its doors), and discussed what the strategic governance work of the board could look like in relation to DE&I. Wheatsville has entered a partnership with Austin's **SAFE Institute**, a well-regarded local organization that specializes in helping businesses foster respectful and inclusive environments. I am personally very excited to discover how our cooperative community can promote the much-needed transformation of society in this realm.

**On August 1, the Board formally accepted the resignation of longtime GM/Chief Executive Officer, Dan Gilotte.** We thank Dan for his service to Wheatsville, and appreciate his many accomplishments and contributions to our co-op through over two decades of service.



Niki Nash, Dana Tomlin, and Bill Bickford

**We are very excited and grateful to have an Interim General Management Team** in place, consisting of three highly-experienced and long-time management team members: **Niki Nash, Dana Tomlin, and Bill Bickford.** Niki, Dana, and Bill have a combined **52** years of Wheatsville service including **44** years of working together as a management team.

**Please join us on October 5, 2019, at our South Lamar location for the Annual Owner Meeting**, beginning at 11:00am. The purpose of the Annual Meeting is for Co-op leadership to provide an in-person update on Wheatsville. It is also an opportunity to meet the Board of Directors and Board candidates who are listed on the ballot. We will be sharing important updates about our financial condition and organizational priorities for the coming year.

We encourage you to participate in the Annual Meeting as well as the **Co-op Vote**. This year's election will include election of three directors and selection of our Community Action Partners.

Thank you for being part of the Wheatsville Cooperative Community!

## Co-ops Nurture the Local Economy by Megan McDonald, Board Member



As someone who grew up eating more filler than real food—in the form of “TV dinners” and fast food—I’ve come a long way in my understanding and relationship to food, and I’m not alone. The rise of natural, organic food and the local and slow food movements show an awakening of food consciousness within society at large. It’s really something to celebrate.

Yet, there’s been a missing piece in our conversations about food and food systems. It’s not just **WHAT** you buy, but **WHERE** you buy it. As antitrust enforcement and anti-competitive regulations have loosened while technological change and consumer habits have created shifts in the grocery industry, large chain grocery stores have become more and more powerful.

Here’s a mind-blowing fact for you: “In the entire south of Texas (San Antonio, Austin, Corpus Christi), 60 percent of retail food purchases today are made at H-E-B stores. H-E-B and Walmart together command 87 percent of eaters’ grocery dollars in that part of the state,” according to Jon Steinman in his fascinating book *Grocery Story: The Promise of Food Co-ops in the Age of Grocery Giants*.

Steinman’s book is filled with shocking—and yes, disturbing—facts like that. He explains that the transition from neighborhood mom and pop grocery stores to our modern day grocery giants has created a bottleneck of power, “a commanding of authority over the supply chain”, that leaves suppliers, farmers, and consumers at the complete mercy of major corporations.

What do we lose when we give up this power? As it turns out—A lot. For instance, big chains often require suppliers to pay fees to shelf and promote their products, often making these shelves inaccessible to small-scale foodmakers and limiting choice for consumers.

Another example is the culture of “sameness” that grocery chains have created by demanding farmers grow food to rigid standards, which has “whittled down the genetic diversity of the global food supply,” writes Steinman. When power is consolidated and unchecked to this degree, everything we eat is shaped by it (literally!).

So what do we do? Yes, you knew where I was going with this... Food co-ops to the rescue! As an alternative to grocery store monopolies, cooperatives disperse power to the communities they serve. As the only food co-op in Texas(!), Wheatsville Co-op is a mission-driven business that is run for and by the community. As co-op owners and shoppers you can rest easy knowing your money is staying within our community to support local suppliers and farmers, important community organizations, and the local economy. Being a co-op supporter is being a part of a movement to bring our food system back into the hands of the people. For a more detailed look into our food system and how food co-ops play a role, I highly recommend reading *Grocery Story: The Promise of Food Co-ops in the Age of Grocery Giants*.

# CANDIDATE FORUM

## Rachel Fischer



**Place of employment:**  
Miraval  
**Position/Title:** Farmer  
**Years lived in Austin:** 17

### Personal Statement

The bulk of my professional career has been in public or private bureaucratic structures where I have been directed by a Board of Directors and informed decisions for said Board by way of organizational oversight/continuity and sector research. I am a HUGE believer in cooperatives as the way forward through our current national and global economies. I was an early investor in Moontower Agriculture Cooperative (now defunct) and avid supporter of cooperatives whenever I can be. I am pleased to encourage my friends and neighbors to support cooperative businesses whenever they can, and I even worked for awhile with a womens' cleaning cooperative (Clean Day)! Perhaps my favorite (next to Wheatsville) is KOOP... where I have also considered serving on the Board. It would be my honor to deepen my knowledge of grocery, community, and cooperation with Wheatsville. Likewise my background in business, community development, and regulatory affairs could all be well utilized by The Coop. Finally, I am familiar with Roberts Rules, bylaws, vote-taking, confidentiality, and general decorum for conducting board-directed business (including fiduciary duty).

## Brandon Hines (incumbent)



**Place of employment:**  
Dimensional Fund Advisors  
**Position/Title:** VP, Sr. Manager,  
Information Risk & Security  
**Years lived in Austin:** 30

### Personal Statement

I am excited about the prospect of continuing to serve on the Wheatsville Board of Directors. I believe that I bring a unique perspective and strong passion in representing Wheatsville members with my work on the Board. I started shopping at Wheatsville in the early nineties shortly after moving to Austin and Wheatsville has been my primary grocery store for more than 25 years. In that time I have gained many experiences that I believe can benefit Wheatsville. I attended the University of Texas at Austin receiving a Bachelor of Science in Communication and a Master in Business Administration. I have extensive experience in technology and media and have worked across industries such as health care, entertainment and finance. Over the past year and a half I have learned much about Wheatsville and what it means to be on the board during such challenging market conditions. I believe that Wheatsville will need directors to help lead the organization by focusing on the fundamentals in order to expand the community of shoppers and strengthen its financial position. I consider Wheatsville to be a key ingredient in my success in life and I hope to continue to contribute back to this organization that means so much to the Austin community.

## Cece Weldon



**Place of employment:**  
IBEX Strategy Group  
**Position/Title:** President  
**Years lived in Austin:** 8

### Personal Statement

I am very excited about the opportunity to serve on the Board and support the owners, employees, business partners and community! I was motivated to run for the Board because Wheatsville provides so much to me and I would love the opportunity to give back to the Wheatsville community. I believe I have a unique perspective and skillset that would be beneficial to the Board. First, I grew up on a farm and understand the importance of sustainable food sources and the need to support local farmers. Second, I earned an undergraduate degree in Environmental Science and a Masters in Business Administration. Third, I have previous board experience from serving on two non-profit boards including serving in the role of President. Lastly, Wheatsville's future success is extremely important to me and it would be an honor to serve on the Board, supporting the organization, it's owners, employees and business partners.

1. What role do you think Wheatsville will play in Austin's future?

Modeling sustainability in all areas including business, employee/HR practices, customer appreciation and communication, buying (organic, co-op owned, local), community engagement (Round Up campaigns, birthday party, customer appreciation, \$5 Dinner, Meatless burger Monday, etc.) and health/wellness!

Wheatsville continues to lead on many issues that shape Austin's future from promoting livable wages to raising money for local non-profits. Most importantly, Wheatsville promotes cooperative businesses. Cooperative businesses are owned by and benefit the community. By expanding the cooperative economy, Wheatsville will continue to lay the groundwork for many other community focused organizations that have the potential to thrive as a cooperative business.

I believe that Wheatsville will play an important role in continuing to provide it's customers with quality and healthy products, provide it's employees with livable wages, continue to support local small businesses (vendors/partners), and offer it's owners, employees and partners a sense of community – something that will be difficult to maintain as Austin grows.

2. In what ways are you working to contribute to and improve the Austin community?

I am actively involved in sustainable agriculture, professionally and as a volunteer. I believe supporting local/sustainable is the best we can do for personal wellness/family/community engagement, and the environment. I vocalize and demonstrate commitment to cooperative values, as I believe Wheatsville does as a business, I strive to (personally) "practice what I preach."  
Co-ops I support: • Black Star • Moontower  
• Yard to Market • KOOP

In addition to my work on Wheatsville's board, I am focused on ecological, transportation and economic sustainability issues. Promoting healthy local food reduces the impact of transporting foods while keeping money within the community. I am a vocal advocate for electric vehicles and bicycles. I lead group rides to help cyclists build their skills on city streets, and through cycling, I have raised thousands of dollars for charity.

I have a passion for animals and volunteer at Austin Humane Society, fostering dogs who have medical conditions or are too young to be adopted. I also spend time at the shelter walking dogs who are awaiting their forever homes. I am a member of Central Texas Toastmasters, a group that helps it's members become better speakers and leaders. Lastly, I provide pro-bono executive and leadership coaching to clients in Austin, supporting them in reaching new heights in their careers.

3. If you can find healthy, organic food at another grocery store, why choose Wheatsville?

Please see question (answer) #1. I believe our greatest vote is our dollar and/or how we engage our community at fundamental levels.

Shopping at Wheatsville is about so much more than getting groceries. Wheatsville is the only Austin grocery store whose interests are aligned with the Austin community. Wheatsville has a long history of supporting community initiatives by funding local non-profits and leading on important initiatives such as livable wages.

I choose Wheatsville for healthy, organic food over other stores because I love what Wheatsville is, it's purpose and the sense of community I feel when I shop at Wheatsville. At other stores you are treated like a transaction, at Wheatsville they treat you like family.

4. Which of the 10 cooperative values resonates with you and why?

I believe that #5 and #7 combine to create a culture of transparency and commitment, growth by building on what works, which we agree, and how we can all benefit.

Social responsibility resonates most with me. I come from a very modest background. I have been fortunate, in large part, due to Austin's supportive community. Many people, more talented and equally deserving, do not have similar opportunities. I believe that acting for the benefit of society you provide more people with the opportunity to reach their full potential, which in turn, benefits everyone in the community.

The value that resonates most with me is caring for others. From the products Wheatsville sells, to the employees they hire, to the local businesses it supports, to the democratic member control, to the giving back to the community – to me caring for others is present in everything Wheatsville does.

## Cooperative Values

1. Self-help
2. Self-responsibility
3. Democracy
4. Equality
5. Equity
6. Solidarity
7. Honesty
8. Openness
9. Social Responsibility
10. Caring for others

## ELECTION PREVIEW

by Jason Bourgeois, Nominations Committee



Hello, Wheatsville!

Owners, mark your calendars for the upcoming 2020 Wheatsville Board of Directors election. Your vote is imperative in shaping the future of our local food co-op and in strengthening our community. **Voting begins Monday, September 23, and voting ends Friday, November 22.**

This year the Nominations Committee is thrilled to introduce three excellent Board candidates, each of whom is running for a three-year term on the Board. The candidates seeking a 3-year term include, incumbent director **Brandon Hines** plus Wheatsville owners **Rachel Fischer** and **Cece Weldon**. You can find their responses to the four questions posed in the Board Candidate application in the Candidate Forum. Each candidate is a fully invested Owner who has attended an orientation session the Nominations Committee held for prospective board members this summer, and each candidate agreed to abide by the Director's Code of Ethics and Code of Conduct if elected. Prospective board members also were expected to attend at least one board meeting in order to get a sense of the board in action.

The Nominations Committee and the entire board are excited about the candidates we are presenting to Owners this year, and we encourage every Wheatsville Owner to take a few minutes to learn about the candidates and to vote. The candidate profiles on Page 8-9 will be available in binders at the Guadalupe and south Lamar store's voting kiosks, and you will get the chance to meet the candidates in person at the **Annual Owner Meeting on October 5** at the south Lamar store. All candidates will be invited to introduce themselves and answer questions from owners. Check the Wheatsville website for short candidate statement videos after the election begins and watch for a board member-led "get out the vote" tabling in front of both stores on select Sundays this fall, where candidates might also be in attendance. This issue of the Breeze includes a ballot, which Owners can use to cast their vote either by mail or at the store's hospitality desk. Online voting will be available at <http://wheatsville.coop>.

Democracy is a guiding principal of Wheatsville and all co-ops. Your participation in the board election drives an immediate and lasting impact on the future of our co-op economy, the Wheatsville experience, and our greater community. Stay with the Home team and cast your **vote!**



## 2020 Election Ballot

Voting starts Monday, September 23, and ends Friday, November 22 at store closing (11PM) for paper ballots and 11:59 PM for online ballots. **All Wheatville Owners are eligible to vote.**

You must include your name, address, and phone number. Please enter your owner card number. If you don't know your card number, you may still vote and we can look it up. All information is confirmed and confidential. **One owner per ballot.**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Owner card # \_\_\_\_\_  
Phone \_\_\_\_\_  
Email: \_\_\_\_\_

## Board of Directors

Vote for UP TO 3 candidates to fill 3 3-year terms.

All candidates have been endorsed by the Board Nominations Committee. Candidate information is available at [wheatville.coop](http://wheatville.coop) (including candidate videos), and at the voting kiosk in both stores, and in the Breeze.

- Rachel Fischer \_\_\_\_\_
- Brandon Hines (incumbent) \_\_\_\_\_
- Cece Weldon \_\_\_\_\_

Submit ballot at the Voting Kiosk at either store or mail to: Wheatville Food Co-op, Attn: Election, 4001 S. Lamar Blvd., Austin TX 78704 or vote online at [www.wheatville.coop](http://www.wheatville.coop)

## Community Action

Vote for up to 11 local organizations.

We have 20 community non-profit organizations on the ballot. The eleven non-profits receiving the most votes will be assigned a fundraising month in 2020. One month is reserved for the Wheatville Cooperative Community Fund. More information can be found on our website ballot or at our voting kiosk in-store.

Note: Selection of recipients for Community Action donations is by non-binding vote providing advisory input from the owners to the Board and management.

- Austin Parks Foundation**  
*Improves public parks, trails and green spaces*
- Austin Pets Alive!**  
*No-kill animal shelter, run almost exclusively by volunteers*
- Austin Sunshine Camp**  
*Free overnight summer camp to children experiencing poverty*
- Caritas of Austin**  
*A safety net for those experiencing poverty*
- CASA of Travis County**  
*Empowers volunteers to advocate for abused or neglected children*
- Central Texas Food Bank**  
*Distributes food and groceries throughout Central Texas*
- Divine Canines**  
*Free therapy dog services for people in need*
- Farmshare Austin**  
*Teach new farmers and sell locally-grown produce at mobile markets*
- Foundation Communities**  
*Creates housing where families and individuals succeed*
- Hospice Austin**  
*Hospice and health care for terminally ill persons*
- Keep Austin Fed**  
*Food rescue and distribution to charitable organizations*
- KOOP Radio**  
*Representing the underserved, through diverse programming*
- Manos De Cristo**  
*Provides dental care, adult education & food and clothing*
- Meals on Wheels of Central Texas**  
*Prepares and delivers healthy meals to homebound persons*
- People's Community Clinic**  
*Primary health care service providers*
- SAFE**  
*Safety for those affected by sexual and domestic violence*
- Sustainable Food Center**  
*Makes healthy, local food accessible for everyone*
- Urban Roots**  
*Uses farming to empower young leaders & nourish community*
- Waterloo Counseling Center**  
*Provides LGBTQIA+ affirming counseling to all on a sliding scale*
- Workers Defense Project**  
*Seeks to improve working conditions of low-wage workers*

## How To Vote in the Annual Election: Tips and Guidelines for Voting in the Wheatville Election

by Karen Kovalovich, Ownership & Outreach Coordinator, 2020 Vote Coordinator



Last fall, owners submitted 897 valid votes in the Wheatville Election. With over 24,000 Owners, we are positive we can surpass that number this year! With 3 different ways you can submit your ballot, participating in the annual election has never been easier! Here are some tips to ensure that your vote is tallied correctly and we have another successful election!

**Tip 1:** You have 3 different options for casting your ballot! You can submit the ballot included in the Breeze via mail, you can fill out your ballot online at [www.wheatville.coop](http://www.wheatville.coop).

or you can stop by either one of our locations and submit your ballot in person at one of our voting kiosks.

**Tip 2:** All voters must be current Co-op Owners. Democratic control of the co-op is a benefit outlined in the Cooperative Principles and is reserved for co-op owners. Encourage your family and friends to join so they can participate in the election, too!

**Tip 3:** Ballots must contain the voter's full name. While we maintain the anonymity of the votes, all ballots must have a name listed to verify against our owner database. Voters should use the same name on their ballot that is listed on the ownership account. Using alternate names or nicknames can impede the verification process and may prevent your vote from being tallied. Ballots missing a name or those cast by non-owners will be declared invalid.

**Tip 4:** One name per ballot. If you live in a household with more than one owner, each owner needs to submit a separate ballot. Each vote is counted individually per Owner, not per household.

**Tip 5:** One vote per owner. Each owner is entitled to one vote during the Annual Wheatville Election. Duplicate ballots will be declared invalid unless the owner contacts the Vote Coordinator and requests to cast a replacement ballot.

**Tip 6:** Be thorough! Filling out all the contact information on the ballot helps the Vote Coordinator verify your ownership and allows us to contact you should a question arise. Note: When a ballot contains errors, the Vote Coordinator will make attempts to contact the voter before officially declaring it invalid. We want to make sure that every owner receives the opportunity to participate in the election!

I can't wait to see all those votes start rolling in! And if you have any questions about voting, feel free to contact me, Karen, at [membership@wheatville.coop](mailto:membership@wheatville.coop).



July 11, 2019

Wheatville  
3101 Guadalupe St  
Austin, TX 78705-2819



Dear Wheatville,

Thank you for donating to the uninsured of Austin! Your generous donation of a \$75 Wheatville Gift Card to buy snacks, which will be much appreciated by the kids participating in the Pediatric Clinic.

The Volunteer Healthcare Clinic (VHC) provides much-needed medical services to children and adults in our community who have no other access to care. Your generous donation makes it possible that those receiving health care to also benefit from a healthy start to the school year.

Your goodwill is making a tangible difference in the lives of fellow Austinites and their children.

Sincerely,

Marci Roe  
Executive Director



Hospice Austin  
Your comfort. Our calling.

Thanks to the Wheatville Food Co-op, there are a lot of smiles at Hospice Austin this morning! We just received your check, and are so pleased to be part of your Community Action program.

Wheatville's success in bringing people together is impressive, and we are deeply touched by the outpouring of support from owners and shoppers. Wheatville's love of high-quality food—and our community—shines through again and again.

Hospice care is a labor of love. As the community's only nonprofit hospice, we accept all patients facing the final months of a serious illness regardless of their ability to pay.

Your donations—and your attention to this special work—help ensure that hospice services and grief support are available to anyone in the community who might need us. Friends like you help us comfort families on some of their darkest days, and that is a comfort to us.

With appreciation,

Marjorie Mulanax  
Executive Director

## WE LOVE WHEATSVILLE!

We keep track of all the love you give us—in person, on comment cards, emails, Facebook, Instagram, Twitter etc. Here are a some of the comments we've gotten that we thought would be fun to share!

### \$5 Dinner Encounters

"Every time I'm here I see a friend I haven't seen in weeks... years... decades!"

"We like your \$5 dinner ... we just had a baby and Thursday's are our night out (good food and do-able with baby) Keep up the good work!"



Liked by **wheatville** and **23 others**  
**yovegangirl** I almost forgot what day it was and missed out on this pasta perfection at @wheatville! This is the box I was MOST looking forward to this month, and I went ham on the garlic bread & salad sides. (There is SO MUCH mushroom spaghetti under this salad lol) SO satisfied 🍴

### From our receipt surveys (Sola)

"Deli foods are the best and freshest in the city. The convenience of the taco bar and chilled cut fruit near the register is awesome for grabbing a quick bite before work."

### From our receipt surveys (Guad)

"Wheatville offers a unique and highly personal experience. Any employee is willing to put what they are doing on hold to help you out, including special orders. The quality of the deli is tremendous. There isn't any fluff at Wheatville. All of the products are of high quality to ensure that your money is not wasted. Plus, there are always enough cashiers to ensure a speedy checkout. Many grocery stores only have one or two cashiers that are 5 times the size of Wheatville and expect their customers to wait 10 to 15 minutes to check out. Great job!"

"Great attention when I walk in. Always consistent in service, quality and cleanliness. Maintains cashew tamari dressing."

"I was worried the deli would be closed because I came in just before 9 pm. The person who helped me was really nice and they actually stayed open the posted hours (unlike a lot of places that close early). My checkout person was very friendly, too, and I didn't have to wait long in line. Also, I am vegan and love that I can get vegan Bahn Mi here! It's the only place I know that has it."

### A new Facebook recommend

"I have to say this is my favorite grocery store in all of Austin! Great selection, fresh produce, and a delicious deli! And all of the employees are always friendly and helpful."



### From our Vendors



Liked by **abuchanan6075** and **37 others**  
**mmmpanadas** Thanks so much @wheatville for selecting us as July's featured vendor. Words can not describe our gratitude for this organization. They took a chance on us when we were just two crazy kids who wanted to put hand crafted food in the frozen aisle. All along, they have been an amazing partner and the perfect teacher. The work they do to put local food on your table is mind blowing. So much ❤️!

**From Sam Lash at Farm to Table** regarding Texas peaches: "We can't tell you how much Wheatville's support of Farm to Table and local agriculture means to us and our local community."

### Phone Call

Long time owner called today because her sister had bought Field Day broth for \$2 and she wanted to know how long it was on sale for. She was so happy to hear about the Basics Program! "Thanks to everyone who made this happen"

### Road Trips to Wheatville

"I don't come into town to run errands, I come to go to Wheatville." Marble Falls Visitor

After saying hello to Rachel she let me know that this is her absolute favorite store in ALL of Austin. "It's got a great vibe." She wanted all the staff to know this!! She wishes Dallas had a Wheatville.

### Heard in the store

Customer buying 4 containers of popcorn tofu: "I'm going to overnight these to my friend! She lives in Abilene & now I got her hooked on it!"

*continued on next page*

## MORE LOVE...

"My son has an egg allergy so he's never been able to enjoy a donut. My friend told me y'all's donuts are vegan so I showed up at 8 am to grab some for him! Another reason I love WV!"

Wheatville Nerd to her friend the Wheatville Newbie: "Look at how much of a Wheatville Nerd I am, my credit union put the coop's picture on my bank card." [www.ufcu.org/personal/cards/great-rate](http://www.ufcu.org/personal/cards/great-rate)

A customer was buying a variety of our house made sausages and commented that she did not often buy meat, but when she did it was from us because we have such a great selection.

"The best part about Wheatville are the people who work here. I always tell people to go to WV because the experience is like no other." Long time owner Sage W.

"Congratulations, Wheatville! You're the only grocery store in Austin with rhubarb. I'm from up north and it's everywhere but very hard to find here." new Austinite

A customer mentioned that she travels all over the US for work and is constantly looking for the best vegetarian Reuben. She was surprised to discover her favorite Reuben was in her own home town!

### Heard Around Town

While ordering at Whataburger in my Wheatville t-shirt, Jeriel D. let me know Wheatville is his favorite store. That's a high compliment, cause this guy hustles and has fun while he works. If you're ever at the Ben White/Manchaca location, return the love!

### On Instagram

"I've been frequenting Wheatville on Guadalupe because they carry a little bit of everything and you can count on finding locally sourced high quality items. Every time I go to Wheatville they ask if I'm a member, and each time I reluctantly decline. I didn't want to commit until I knew I would shop there enough, and after realizing it's become my most visited store for the past three months, I finally decided to join the Co-op!" seathislife



**47 likes**  
**yovegangirl** I went to @wheatville for a \$5 box too early (they start at 4pm!) but I was so hungry so I took a look around at the options. Honestly, I don't know why I look for food anywhere else. Wheatville has the best, most balanced and most affordable vegan meal options all in one place! I got a compostable cup of African Peanut Soup - I wasn't sure I would like the consistency but the smell took me by surprise so I went for it. It was AWESOME! I may have picked up something sweet for later too (as if I haven't had enough sugar already today!) I saw a sign for the \$5 meal tonight while I was there, and it's local Jerk Tempeh so... Yeah I'll be back in a few hours. Luv ya #atx ❤️

"Love that we can ALWAYS round up @wheatville checkout to support a local non profit. Wheatville is an ATX staple!" preptoyourdoor

# Staff TOP 1 PICKS

DEANNA OROZCO, PRODUCE VAP CLERK, S. LAMAR



## Neocell Derma Matrix Collagen Skin Complex Powder

MAKES MY SKIN FEEL HYDRATED FROM THE INSIDE OUT.

## Wheatville's Aphrodite Tea

MY FAVORITE TEA GIVES ME CALM WARMTH FROM WITHIN AND HELPS ME TAKE A MOMENT TO STOP AND BREATHE DEEPLY.



## Miyoko's Garlic Herb Vegan Cheez Wheel

SOOO CREAMY AND FILLED WITH FLAVOR. SPREAD ON CRACKERS OR MINI BELL PEPPERS!



## Siete Sea Salt Chips.

LOCAL, GRAIN FREE, WHOLE 30 APPROVED, EXCELLENT ALTERNATIVE TO CORN CHIPS. NEED I SAY MORE?



## HIC Easy Turn Spiral Zoodler

LIFE CHANGING PERFECT SPIRALS THAT LAST IN THE FRIDGE & PROVIDES A CLEAN, GRAIN FREE ALTERNATIVE TO YR RECIPES.

## Prickly Pair Farm Flowers

GROWN IN LAMPASAS, TX, BEAUTIFUL BOUQUETS TO FILL YOUR SPACE OR TO GIVE TO BRIGHTEN SOMEONE ELSE'S DAY.



## Bee Delightful Canna Bees CBD Honey

A THOUGHTFUL, LOCAL BRAND. PROVIDES POWERFUL RELIEF. PUT IN TEA OR EAT IT STRAIGHT FROM THE SPOON!

## Nutpods Creamer

WHOLE 30 APPROVED AND DELICIOUS!!



## RX Bar, Blueberry

TASTY WHOLE 30 APPROVED PROTEIN BAR THAT IS THE PERFECT SNACK ON THE GO.

## Hard Squashes in Produce

FROM SPAGHETTI SQUASH TO STUFFED GREEN ACORN OR A DELICATA SALAD— ENDLESS AND TASTY DISHES AWAIT YOU!!





**EVERY THURSDAY**  
**4 – 8PM**  
 our deli serves up a  
 delicious hot dinner for  
 just \$5 EACH at BOTH  
 STORES.

## Co-op Month Vendor Spotlight: Frontier Co-op

Since 1976, Frontier Co-op has been dedicated to advocating for organic agriculture and providing high quality products that are produced with respect for the environment and the people who grow and manufacture them.



Cabin along Wapsipinicon River where Frontier began

Frontier Co-op began as a two-person operation in 1976 in a river cabin in Eastern Iowa. Since then they've grown steadily to become a major supplier to the natural products industry. Their success throughout the years reflects their close harmony with the product needs and the values of their members and consumers.

As a co-op, Frontier is owned by its thousands of wholesale customers, like Wheatville! This means the business is operated in the shared interest of the members which extends beyond financial interests to the underlying values concerning environmental stewardship and social responsibility. And like all co-ops, Frontier is guided by the 7 basic international cooperative principles wherein values are put into practice.

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

Frontier Co-op addresses the principle of Concern for Community in a large variety of ways through charitable funds for each of their three brands: Frontier, Simply Organic and Aura Cacia. More than half of their giving goes directly to improving life in the communities that grow their products; boosting employment and supporting basics like clean water, roads, school and medical care.

The Frontier Co-op Giving Fund is a philanthropic organization, funded primarily by our members' uncashed patronage checks, that supports social, educational, and environmental causes. The Frontier Co-op Giving Fund has since given millions to a variety of charities and organizations since it was founded in 2000.

Simply Organic products support a wide variety of organic and sustainable farming

**FRONTIER®**  
**CO-OP**  
MEMBER OWNED SINCE 1976



**Simply Organic**



**coop™**  
stronger together



Aura Cacia funded school in Ambohimena

communities through the Simply Organic Giving Fund. Simply Organic has provided more than 1.5 million dollars of support to organic causes since 2001 and is having a remarkable impact both here in the U.S. and internationally.

Your Aura Cacia purchases help make the world a better place. We've established the Aura Cacia Positive Change Project to help women around the world positively transform their lives.

Frontier Co-op provides regular support to organizations and causes that share our values about organics, sustainability, social justice and caring for those in need — American Herbal Products Association, Bulk Is Green Council, the Organic Trade Association, the Organic Center, United Plant Savers, the Red Cross, Alzheimer's Association and numerous others.

Look for Frontier Co-op brands at Wheatville in the herbs & spices section (Simply Organic & Frontier) and the bodycare department (Aura Cacia) and know that your purchase of these products makes a global impact.

## THE POWER OF CO-OPS:

### NATIONAL CO+OP GROCERS AND NATURAL/ORGANIC INDUSTRY PARTNERS RAISE \$77,000 FOR NATIONAL FARM TO SCHOOL NETWORK

July 16, 2019

Iowa City, Iowa – National Co+op Grocers (NCG) and partners within the natural/organic foods industry have made a \$77,350 contribution to the National Farm to School Network (NFSN) to help increase kids' access to healthy, local food across the US.

NCG led the fundraising effort as part of its annual grocery and wellness conference and tradeshow, Co+nvergence, held on June 26 in St. Paul, Minn. More than 350 retail food co-op grocery and wellness buyers attended, joined by nearly 300 representatives from natural and organic grocery and wellness companies.

A leader in U.S. farm to school movement since 2007, NFSN enriches the connection communities have with fresh, healthy food and local food producers by enhancing food purchasing and education practices at schools and early care and education settings. The money raised at Co+nvergence will be used to fund NFSN's new equity learning lab, a project aimed at advancing equity within the farm to school movement.

"Food co-ops believe that everyone should have access to good, healthy food and we are excited to support NFSN's work to impact food access by advancing diversity and inclusion within farm to school programs," said C.E. Pugh, CEO of NCG. "It is an honor to support this important grassroots work."

"NCG and its partners' generous donation will have a big impact at an especially critical time," said Helen Dombalis, Executive Director of NFSN. "Advancing equity has been a core value of NFSN since our founding. In recent years, on a strategic level, our partners and staff have identified advancing racial and social equity as a key priority for the next phase of our organization. This donation will help us train farm to school leaders from across the country to increase their knowledge of equity principles and strategies and to ensure we maximize impact towards addressing inequities and injustices in our food system."

Industry partners joining NCG in the fundraising initiative include United Natural Foods (UNFI), which contributed \$15,000 and Alter Eco, maker of fair trade and organic chocolate sold by NCG co-ops nationwide, which also contributed generously to the effort.

"Alter Eco is proud to partner with values driven organizations like NCG in supporting National Farm to School Network," said Mike Forbes, CEO at Alter Eco. "It's critical that our kids understand where their food comes from and why it matters!"

#### About NCG

National Co+op Grocers (NCG), founded in 1999, is a business services cooperative for retail food co-ops located throughout the United States. NCG helps unify food co-ops in order to optimize operational and marketing resources, strengthen purchasing power and ultimately offer more value to natural food co-op owners and shoppers everywhere. Our 145 member and associate co-ops operate more than 200 storefronts in 37 states with combined annual sales of nearly \$2.1 billion. NCG is a winner of the **dotCoop Global Awards for Cooperative Excellence** and a certified B Corp. Find a map of NCG member and associate co-ops. To learn more about co-ops, visit [www.strongertogether.coop](http://www.strongertogether.coop).

#### About NFSN

National Farm to School Network is the leading voice for the U.S. farm to school and farm to early care and education movement, working as an information, advocacy and networking hub for communities to bring local food sourcing, gardens, and food and agriculture education into schools and early care and education settings. National Farm to School Network works at the local, state and national levels to expand and sustain the number, quality and impact of farm to school and farm to early care and education initiatives across the country. Learn more at [www.farmtoschool.org](http://www.farmtoschool.org).



Dear Wheatville Friends!  
Thank you so much for donating to Emma's Craftwork's recital to benefit Inside Books Project! We really appreciate your support!

THANK YOU!! - Robert  
Thanks a bunch!  
We appreciate it! - Sheri

THANK YOU SO MUCH!  
- Skot!

WE APPRECIATE YOU!!! - D  
with appreciation, Mela

THANK YOU SO MUCH!  
- Jill

Art created by A. Benavides and donated to Inside Books Project  
06/2019



Gracias! Thank you!

por ser parte de nuestra familia

Youth Rise Texas  
1307 East 4th Street  
Austin Texas 78702

Thank you - Noe

Wheatville Coop  
3101 Guadalupe St.  
Austin, TX 78705

Yum!

Thank you - Muriel  
Emily  
D  
R



WHEATVILLE FRIENDS

WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO PERSONALLY THANK YOU FOR YOUR DEDICATION AND COMMITMENT TO FCSI. YOUR SUPPORT ENABLES US TO CONTINUE OUR WORK PREPARING AND IMPROVING THE DEVELOPMENTAL PATH FOR NEW FOOD CO-OPS ACROSS THE COUNTRY.

Here's to a Cooperative 2019!

Sara Reed, Michael Bonville, Jacquin





3101 GUADALUPE, AUSTIN, TX 78705

PRSRT STD  
U.S. POSTAGE  
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## CURBSIDE GROCERY PICK-UP

Order your groceries online through Instacart and have them delivered OR request **CURBSIDE PICK-UP** for EITHER STORE!



## coop explorers



**FALL MEMBERSHIP DRIVE**  
SEPTEMBER 6-15

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## Become a Co+op Explorer!

Wheatsville Food Co-op would like to invite kids ages 12 and under to become Co+op Explorers! All Co+op Explorers will be given an official members card and are eligible to receive a free piece of fruit each time they visit!

To become a card-carrying Co+op Explorer, kids just need to bring a parent or supervising adult to the Hospitality Desk and ask to sign up. Each child will be issued their very own super official Co+op Explorers membership card, sticker, and temporary tattoo.

Once kids are signed up, kids and parents can simply stop by the designated Co+op Explorers fruit basket when they visit Wheatsville. Each child is welcome to take one piece of fruit to enjoy while shopping. That's all there is to it!

There are also monthly coloring page drawings that kids can enter to win prizes, and during your child's birthday month parents will receive an email inviting them to stop by our hospitality desk for a special birthday gift! If you have questions, please ask a staff member for more information.