

July 2013

Volume 24: Issue 7

# THE CO-OPERATOR

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

## STORE NEWS

### MEMBER BONUS!

Get 10% off the order of your choice, now until September 30, 2013. The next quarter goes from October 1, 2013 through December 31, 2013.

BOARD OF DIRECTORS  
MONTHLY MEETING  
THURSDAY, JULY 11  
AT 7PM

YOUR CO-OP IN YOUR  
COMMUNITY  
on Page 2

### CO-OP ORIENTATION

Orientations are held every Tuesday at 7 PM.

To register, call 412.242.3598 x103 or email [memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop)

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### SPECIAL INSERTS:

7/3 - 7/16 CO-OP DEALS  
7/17 - 7/30 CO-OP DEALS

### EAST END FOOD CO-OP

7516 MEADE STREET  
PITTSBURGH, PA 15208  
412-242-3598  
[www.eastendfood.coop](http://www.eastendfood.coop)

## Global Justice and Ethics in Food Choices

by George Eisman (MA, RD) and Claire Holzner (MA) of Coalition for Cancer Prevention Through Plant-Based Eating

The highest level of consciousness in food selection includes consideration of not only our own health and environment, but of other human beings: future generations as well as those presently living on our planet. Unfortunately, in Western society, the "us vs. them" paradigm pervades all fields of human behavior, including the distribution of food and other commodities. The most ignoble practice in regard to diet is wealthy, well-fed countries importing foods and other commodities grown in poor, hungry countries.

It seems absurd that poor nations feed wealthy nations, but this has been happening for many years. This circumstance is a legacy of the colonial period that has gone on for many years.

In many tropical regions of the world, traditional agriculture used a system called "slash and burn." In this system, a farmer cleared a patch of land by chopping out the vegetation and then burning it off. Crops were then planted for a season or two, after which the thin soils wore out as they were exposed to the powerful equatorial sun. The farmer then moved on to a nearby patch of land and repeated the cycle. This would be repeated again several times before the first patch was used again giving the land time to replenish itself naturally.

When European colonial powers began invading these lands a few hundred years ago, they found much "unused" land, which in reality was the plots left unused that year. The colonists claimed these lands, and began establishing "plantations" on them. They built fences around these plantations to keep the native farmers from returning to them. Bananas, coffee, tea, and sugar cane plantations were thus started throughout the tropics, leaving the local farmers to eke out a meager subsistence on the little patch that was left to them. As those soils gave out, the farmers had no choice but to sign on to work on the plantation or try to revolt against the superior weaponry of the colonists. Eventually, colonial-based corporations, like the East

India Tea Company, came to dominate these countries, both economically and militarily.

What began as 17th and 18th century colonialism in which rich countries "mined" colonies for their natural resources has now evolved into a system owned by multi-national corporations. These corporations use cheap land and labor to grow products that can be sold at low prices in richer countries. Because of higher labor costs in the richer countries, these products cannot be grown and sold so cheaply at home in spite of the greater transport costs to import the products from abroad.

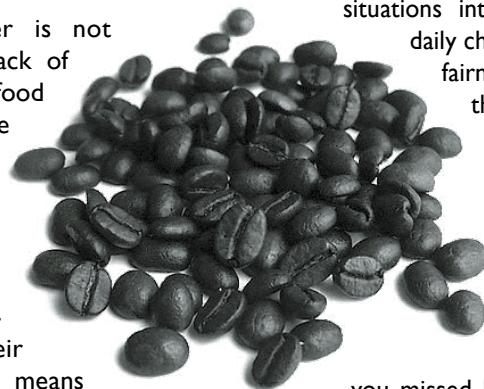
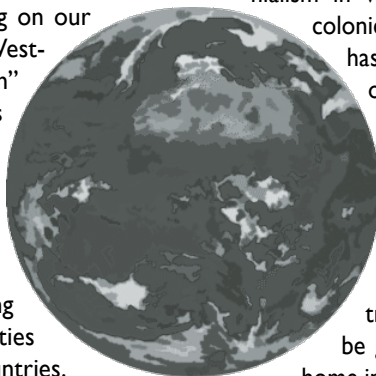
The sad effect, besides the exploitation of the poor workers and the usurping of their land, is the loss of small family farms in the richer countries, as only large conglomerated farms (often owned by the same corporations that own the land in the poorer countries) can compete. The people in the richer countries often overeat because food is so cheap (and often devoid of full nutrition as the produce has to be picked green before the long shipment). The poor countries get hungrier as their food leaves their country, leaving less and less fertile soil on which to grow their own food.

Additionally, hunger is not just created from a lack of potential for adequate food production. Rather, the good land is often used for purposes other than growing sustenance food, because wealthy land-owners want the highest return from their property, even if that means there will be too little food for the poorest people. Cash crops then take precedence over food crops when affluent countries provide a market for them. The basic law of economics is the relationship between supply and demand. The more people buy of something (demand), the more the producers will market it (supply).

So the fields that once grew food crops in many of the poorer countries of the world are now used either to grow feed for animals, so that the wealthy may eat meat, or to grow cash crops for export. These cash crops include non-edible items such as cut flowers, cotton, and rubber; non-nutritious foods such as coffee, tea, cocoa and sugar; and non-staple food items such as bananas and pineapples. These items are shipped to wealthier countries because more money can be obtained for them than would be obtained if staple foods were grown and sold locally. The costs of these items are still low by standards of the wealthy nations because the laborers are paid far less than the U.S. minimum wage. Many countries are willing to produce these commodities, thereby keeping the supply high.

The stereotyped doting mother's line, "Clean your plate, there are children starving in Africa" (or China, or Europe, depending on the decade) was the right idea, but inaccurate in its solution. What would do more good would be for the mother to buy a little less (especially imported) food at the store, and serve smaller portions. When we buy less, it eventually sends the signal to importers to ship less. Try buying local or even growing your own produce. Your Co-op is a perfect place to put our awareness of global food situations into practice and make daily choices to promote food fairness and justice around the world.

George Eisman is a well-known, respected dietician who spoke at your Co-op last month. If you missed his lecture ("Reducing Cancer Risk Through Diet"), you can check him out at the upcoming North American Vegetarian Society Summerfest taking place at Pitt-Johnstown July 3rd-7th. More information is available at [www.coalitionforcancerprevention.org/](http://www.coalitionforcancerprevention.org/) and [www.vegetariansummerfest.org/](http://www.vegetariansummerfest.org/)



ALL MEMBERS ARE WELCOME TO ATTEND THE CO-OP BOARD MEETINGS.

Check the bulletin board in the front vestibule for dates, times and agenda items. The next meeting will take place on Thursday, July 11 at 7pm.



WE OWN IT - CO-OP

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## Breaking Away From the Consumerism of the Food Market & Buying Cooperatively

by Sarah Jugovic

Why shop co-op? Not only do food co-ops provide customers with a distribution center for natural foods that are often locally grown, sourced, and produced but co-ops cater to the needs of their members in more ways than one. By highlighting the benefits of fresh and natural markets provided by cooperative food missions, the way that we live, think, eat, and shop can be altered to redeem us from the unsustainable consumer lifestyle so many of us live.

As of now, there are more than 29,000 co-ops in the United States with an estimated 350 million people claiming memberships within the cooperatives community as a whole. Consumer co-ops are the most well known cooperatives since they operate similarly to existing business models, but instead of making a profit, the profit goes back to their patrons and members.

### Culture Jamming as a Co-op Member

Just as Kalle Lasn, activist and co-founder of *AdBusters* magazine, came to find something wrong with consumerism and the way that the numbing, commercial artificiality begins to take over the modern era, those who choose to become members at food cooperatives take a stand against such warning signs. Lasn is a champion of culture jamming, an act that requires a concerned citizen to effect change by standing for their rights and the rights of others. The defining characteristic of our American culture has become consumerism, but by breaking this trend, the individual becomes the free sovereign, rather than allowing the corporate sector to hold all the power.

As a member at a food cooperative, an individual has a voice and stake in the cooperative's decisions and can even serve on the cooperative's board committees. The level of member participation is entirely up to the individual, but by paying a membership fee that is an investment in shares, this makes

the individual a co-owner of the cooperative. Other benefits include a discount in daily purchases, discounts on special orders, access to the co-op Federal Credit Union, voting privileges in elections, and the opportunity to volunteer at the co-op. Not only do members have a say in the decisions regarding products, supplies, and services, but by becoming an integral part of the co-op, the entire cooperative flourishes with each of its members.

When it comes to volunteering as a member, the food co-op works with you, compared to a chain grocer that makes the customer subordinate in their business practices. Working member volunteers have the opportunity to interact with shoppers, share their interest in products, learn specialized work, make connections at community events, and so much more.

Food co-ops around the United States have come to create a cooperative identity, rather than a corporate identity, that Kalle Lasn would surely support. With the seven principles of a cooperative identity to guide (voluntary open membership, democratic member control, member economic participation, autonomy and independence, education, training, & information, cooperation among co-operatives, and concern for the community), the tables can be turned on the consumerist ideals that Americans have become accustomed to.

### The Food Co-op benefit

Food is everywhere you go, and the industry will always be around in order to sustain human life. In terms of making a food system sustainable itself, the answer is found within supporting the local community's food economy. Local food systems promote concern for the community by ecologically benefitting farmers and consumers alike. Many food cooperatives, such as the East End Food Co-op, emphasize sourcing locally-made fresh and organic foods in a consumer direct approach. This practice

contributes to the creation of a food culture that is grown and produced in about a 250-mile radius, the East End Food Co-op's operational definition of local.

The direct connection customers make to the local economy with their dollar further perpetuates the significance of sustaining a community within itself. Not to mention that buying locally also helps the environment to reap benefits. Because transportation costs are decreased, less packaging is used, and energies are conserved, supporting local economy conserves fossil fuels and emissions, too. To exist, co-ops need employees, and by providing over 850,000 jobs, cooperatives sustain the local economy in turn through the 74 billion dollars created through wages. As cooperatives not only provide for the community, they also give back.

### Pittsburgh's Consumer-Owned Natural and Organic Market

In the Pittsburgh area, the East End Food Co-op is the only member-owned organic and natural foods supplier. Not only does this cooperative supply their community with a locally sourced food market, but they also provide fair-trade bulk products, a fresh vegetarian and vegan café, gluten-free options, educational materials, and volunteering opportunities. In order to support their mission, the East End Co-op provides its customers with opportunities to invest in a membership share, volunteer, dine, shop, and become educated about healthy eating, all elements of a cooperative business. After more than 30 years of growth since their



**stronger together**

establishment in 1980, the East End Food Co-op now has an estimated 10,000+ members who own a stake in the Co-op.

As the food cooperative and

industry builds upon itself, the constant changing business does its best to stick to their cooperative missions. Recently they updated their Ends Statement to reflect this mission:

"The East End Food Co-op exists to enhance the physical and social health in our community. To these ends, we will create:

1. A sustainable member-owned business open to everyone
2. An ethical and resilient food infrastructure
3. A vibrant, dynamic community of happy, healthy people
4. A creative vision to transform the future."

#### References:

Lasn, Kalle. "Culture Jam: How to Reverse America's Suicidal Consumer Binge, and Why We Must." New York: Quill, 2000. Xii+. Print.

"Food Co-ops." Stronger Together. Co-op, Stronger Together, 2013. Web. 14 May 2013. <<http://strongertogether.coop/food-coops/co-op-values-principles/>>.

Feenstra, Gail W. "Local food systems and sustainable communities." *American Journal of Alternative Agriculture* 12.01 (1997): 28-36.

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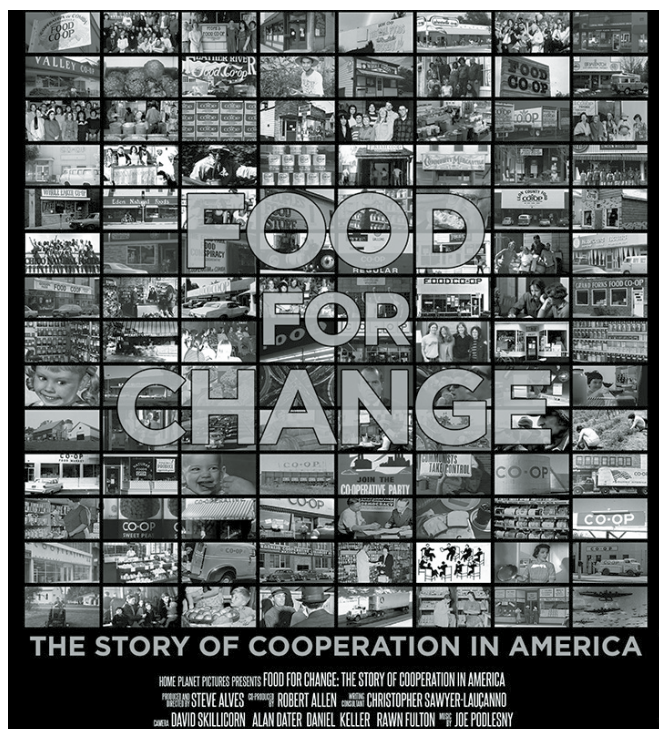
### July's Round Up Recipient: Food For Change

In celebration of the International Day of the Co-op (on July 6th), we will be donating our Round Up funds to the *Food For Change* documentary, a feature-length documentary about the history of the co-op movement and food co-ops today. The film is still a work in progress and focuses on co-ops as a force for dynamic social and economic change in American culture. Two of the seven co-op principles are manifested in this project:

- 1) co-ops working together, which is how this film came about and how it is funded (Principle #6), and 2) Education and training about co-ops (Principle #5).

The movie tells the story of the cooperative movement in the U.S. through interviews, rare archival footage, and commentary by the filmmaker and social historians. This is the first film to examine the important historical role played by food co-ops, their pioneering quest for organic foods, and their current efforts to create regional food systems. Additionally, the film shows how the co-op movement strengthens communities where they are located, enhancing local economies and food security. The goal is to educate a wide national audience about the principles of cooperation with a focus on food.

If you want to support the filmmakers in their mission to raise awareness of the significance of co-ops, be sure to tell your Co-op cashier that you want to Round Up your total this month! To learn more about *Food For Change*, check out <http://foodforchange.coop/>



### International Day of the Cooperatives: July 6, 2013

The first Saturday of each July is the International Day of the Cooperatives. Here at your Co-op, we will be using this international observance as an opportunity to highlight our products that are made by cooperative suppliers. Be sure to look for the "Made by a Co-op" markers on the shelves this month!

Below is a list of some of the items produced by a cooperative that you can find every day at your Co-op.

- Organic Valley dairy products
- Frontier bulk herbs, teas, & spices
- Just Coffee coffee beans
- Equal Exchange coffee beans & bananas
- Clarion River Organics produce
- Real Pickles pickles, sauerkraut & other fermented veggies
- Keystone Farm beef
- Middlefield Cheese
- Bob's Red Mill Natural Foods



### Growing In Cooperation

In the month of May we welcomed 66 new members to our Co-op!

We extend our gratitude to each and every member, whether you've been signed up for weeks, months, or years. We couldn't do it without you - thank you for your support, your patronage, and your investment in this business!

We invite all of you new members to sign up for a Member Orientation. We will give you a guided tour of the store, explain the many perks of membership, and fill you in on the many ways you can become more involved in your Co-op. To reserve your spot, call 412-242-3598 x 103 or email [memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop).





#### ENDS POLICY STATEMENT

The East End Food Co-op exists to enhance physical and social health in our community. To these ends, we will create:

1. A sustainable member-owned business open to everyone
2. An ethical and resilient food infrastructure
3. A vibrant, dynamic community of happy, healthy people
4. A creative vision to transform the future

#### STATEMENT OF COOPERATIVE IDENTITY

##### Definition

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural need and aspirations through a jointly-owned and democratically-controlled enterprise.

##### Values

Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

##### Seven Principles

The co-operative principles are guidelines by which co-operatives put their values into practice.

##### 1: Voluntary and Open Membership

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

##### 2: Democratic Member Control

Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary co-operatives members have equal voting rights (one member, one vote) and co-operatives at other levels are also organized in a democratic manner.

##### 3: Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their co-operative. At least part of that capital is usually the common property of the co-operative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their co-operative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the co-operative; and supporting other activities approved by the membership.

##### 4: Autonomy and Independence

Co-operatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their co-operative autonomy.

##### 5: Education, Training and Information

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

##### 6: Cooperation among Co-operatives

Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through national, regional, and international structures.

##### 7: Concern for Community

Co-operatives work for the sustainable development of their communities through policies approved by their members.

Source: ICA News, No. 5/6, 1995.

Last updated: 2 June, 1996.

## MEMBERS SPEAK OUT

**The bulletin board in the entryway entitled "The Values" actually lists the ICA Cooperative Principles. The ICA values number ten – they are a different list. As the most visible co-op in Pittsburgh I feel it is important for East End to keep this straight. The community looks to East End to lead on this. Check out [www.ica.coop](http://www.ica.coop) for the co-op principles & values.**

Thanks for your comment – the General Manager made me aware of this inaccurate wording recently. We recently hired a graphic designer and have our eyes on a lot of updates to make around the store, including the sign in the entryway. Thanks for your interest in supporting cooperative values, principles, and the East End Food Co-op – we appreciate your patience until we are able to update things.

— Heather, Marketing & Member Services Manager

**I am concerned that the shopping carts outside get drenched in rain. Please try to have a dry area for carts.**

Thank you for your concern. We have ordered a cart corral with a canopy; also, a new awning will be in place by the end of July. Thanks for your patience as we improve our storefront!

— Eric, Front End Manager

**Please look into putting in more obvious Enter/Exit signs on the Penn Avenue side of the parking lot. It seems that almost every time I come, I get stuck going in/out because someone is going the wrong way.**

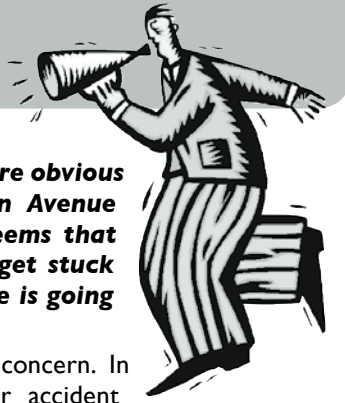
Thank you for sharing your concern. In the winter there was a car accident on Penn Avenue that resulted in the destruction of the "Exit Only" sign. It is our landlord's responsibility to replace this sign, but we have followed up on several occasions with him to reinforce the need for this signage and we will continue to remind him until the necessary sign is in place. We apologize for the inconvenience and confusion during the interim.

— Heather, Marketing & Member Services Manager

**Please carry coarse ground whole wheat flour. Thanks.**

We only carry the organic whole wheat bread and whole wheat pastry flours. We do not currently have a supplier that carries that item.

— Ian, Bulk



## board corner

### Build a stronger, healthier region through Co-op leadership. Announce your candidacy for the East End Food Co-op Board of Directors!

by EEFC Board of Directors

What's your vision of your community at its healthiest? Your investment in active Co-op membership demonstrates a drive toward fulfillment of this potential. You understand that the benefits of local, sustainable agriculture go beyond the nutritional and ecological. Thriving local food producers provide secure local jobs and a more resilient local economy. You've sensed the revolution in consciousness taking place as people are becoming increasingly aware of their power to demand high-quality food options and an enhanced level of wellness.

You recognize that the opportunities for positive community transformation and growth have never been greater.

Share your vision. Contribute to the strategic leadership and development of an organization well-positioned for opportunity. Serve your Co-op and your community as a member of the East End Food Co-op Board of Directors.

#### Qualities of a Good Board Candidate

In addition to being dedicated to the Co-op and its principles, a good candidate for the board possesses the following qualities and abilities:

- Excellent communication skills
- Ability and desire to work closely with other Board members as part of a cohesive team
- Vision for the future, and an ability to see present-day decisions in the context of the long-term health of the Co-op
- The ability to speak openly and independently in group discussions, while also being able to abide by decisions arrived at collectively by the Board
- Good judgment, honesty, and courage

#### Qualifications

Directors are elected by the EEFC membership. To run for the Board, a candidate must:

- Be a voting member of the Co-op, at least 18 years old, and must not have an overriding conflict of interest with service on the Board
- Attend at least one Board of Directors meeting before the end of the election cycle
- Complete the declaration of candidacy form, found in the Candidate's Packet available from Customer Service

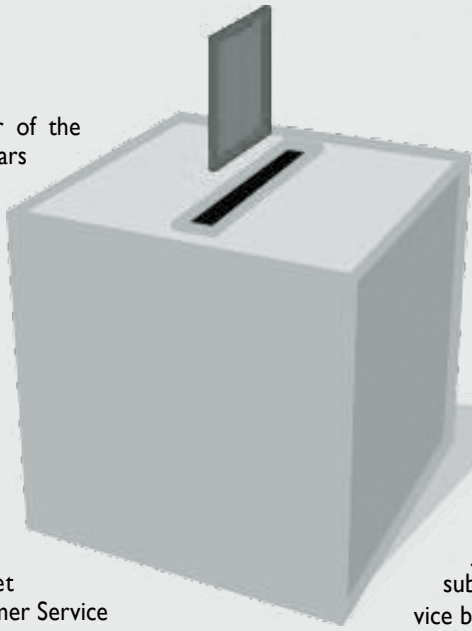
Candidates should plan to attend at least one Board meeting before the Annual Meeting, attend the Annual Meeting itself, provide a short "Questions for the Candidates" article and photo to appear in the Co-operator, and attend a membership event where can-

didates can meet and answer questions from member-owners.

Elections for the Board of Directors will take place this fall. If you are interested in running, pick up a candidate packet from Customer Service in July, then complete and submit it at Customer Service before August 1, 2013.

#### Questions?

Questions or concerns about candidacy or Board service may be directed to [eeec.nominations.and.elections@gmail.com](mailto:eeec.nominations.and.elections@gmail.com).



LOOKING FOR WAYS TO

GET MORE INVOLVED

IN YOUR CO-OP?

RUN FOR THE:  
BOARD OF  
DIRECTORS!



# THE FOOD YOU EAT

## Endurance: Food is Your Fuel

by Eryn Hughes, Outreach Coordinator

Following Pennsylvania Association for Sustainable Agriculture's (PASA) Bike Fresh Bike Local distance ride in Allegheny County on June 2nd, most of the cyclists were hungry. Fortunately, they were replenished by food and drink from North Country Brewing. The weeks prior to the event, however, were also essential for covering nutritional needs and staying hydrated. To prepare for optimal performance, many cyclists tried to get plenty of rest, maintained a stretching program, and avoided excess amounts of caffeine and alcohol (which limit absorption of vitamins and minerals). The long, steady ride, and the recovery after, was much easier for those who followed this kind of plan. Below are recommendations for anyone preparing for an endurance event.

### Plan Each Meal Carefully

Shop with whole, plant-based nutrition in mind, and avoid as many additives as possible. Most outdoor enthusiasts want their nutrition to be completely unprocessed and rapidly bioavailable (able to be absorbed by the body). The East End Food Co-op is a great place to shop for wholesome ingredients to build tasty and healthy recipes. Start with dark leafy greens and bright colored vegetables to make beneficial combinations of vitamins and minerals. And you can retain the bioavailability of vitamins and minerals by eating your vegetables raw or just blanching them.

You can also stock up on grains (like brown rice and millet) and legumes (like lentils and chickpeas) in our Bulk Section. Combine them for complete protein in every meal. You can even find great sources of protein in seasonal mushrooms. Most importantly, try to limit the amount of processed foods you eat. When possible, choose local, seasonal, and organic products. Purchasing locally produced foods supports business in your community, but it's also fresher because the items travel less time before they reach our shelves and your cupboard.

Many sports nutrition professionals advise a 60/20/20 ratio of carbohydrates/fats/protein throughout training. The extra complex carbohydrates aid in muscle recovery and replenish glycogen stores. It's important to stick to your regular training diet on the day of the event, too, so your digestive system doesn't have to deal with unfamiliar fare. Choose foods that taste good and make you feel good. Also, chew each mouthful completely.

### Drink Before You're Thirsty

It's good practice to begin your outdoor activity following proper rest and hydration, and then maintain a balance of electrolytes while you're exercising. You might start off with one 16-ounce bottle of half electrolyte fluid and half plain water for every 2 hours of vigorous activity, then adjust this amount according to body weight, age, and the atmospheric temperature. You should also monitor your hydration by the frequency and clarity of urine output.

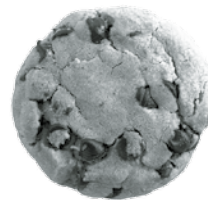
Drink early and sip often — don't wait until you're thirsty! Here in Allegheny County we have lots of hills that demand more water on a hot day. Dehydration can decrease your focus, strength and ability to recover from any outdoor activity. It can have long-term effects as well ([www.nlm.nih.gov/medlineplus/ency/article/000982.htm](http://www.nlm.nih.gov/medlineplus/ency/article/000982.htm)). Also, make sure you are including electrolytes in your fluid intake, to maintain proper absorption of minerals. This prevents the lesser known, but very dangerous, hyponatremia (<http://www.ncbi.nlm.nih.gov/pubmed/11370203>). Drink more water if you have insufficient sweat and urine output (once every 2 hours is ideal), and take in more electrolytes if you notice that you're losing minerals (e.g., you see salt on your brow and/or dark, cloudy urine).

For more on special diets, you can visit [www.eastendfood.coop/market/special-diets](http://www.eastendfood.coop/market/special-diets). Let your fuel help you thrive and celebrate good health!

## Salt, Sugar & Fat for your summer pleasure?

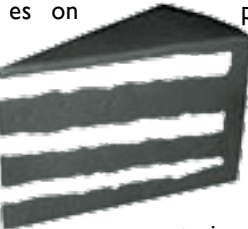
by Claire Westbrook

By about now, you are likely in the throes of heat and summer activities, which for my family include plenty of cooking on the grill, ice cream, and trying to stay cool. We mostly succeed at being healthy eaters, but after reading Michael Moss's *Salt, Sugar, Fat* I've begun scrutinizing the foods I'm consuming more than ever before.

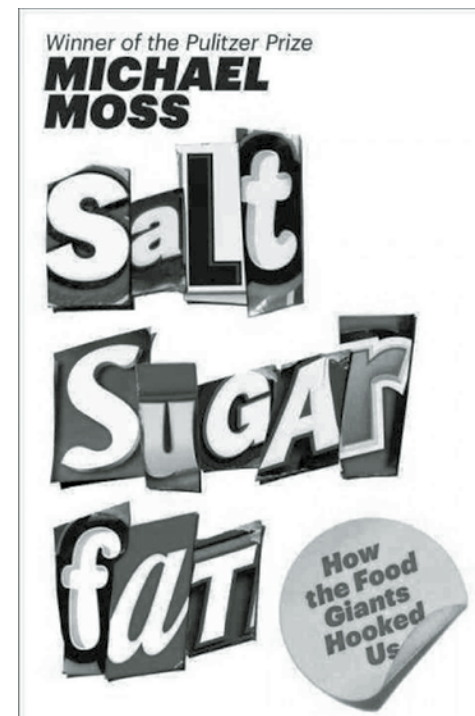


As a working mother of two, I share the same concerns of women from previous decades that aim to care for their family and provide fresh foods that can be ready in a pinch, yet are appetizing and healthy. As Moss uncovers in chapter after chapter of investigative reporting, it seems as though I'm going to need to be increasingly vigilant of the various ingredients in the foods I buy.

The main caveat of Moss's book focuses on processed foods and the overall report is not good. There is way more salt, sugar, and fat in all processed foods than seems possible to imagine, but when you do the math it's all right there. Even the low-calorie nut thins I love to scarf down have enough salt for several days worth of the recommended daily allowance for sodium! For an individual assessment, check out the Recommended Daily Intake tables on the USDA website - you may be in for a shock.



In reading *Salt, Sugar, Fat*, it's clear that Moss has done his homework and talked to practically everyone in the industry that has anything to do with processed food. The best part of Moss's treatise is the journey through history and food science detailing how we've arrived at the current pandemic of obesity and other health problems. Largely, he attributes the cause as stemming from the perceived needs of the time-crunched individual and the resulting demand for convenient foods.



If you or someone you know are dealing with issues around processed foods this book will make you want to take stock of what's in your shopping basket this summer, if only to avoid any spare tire action for your poolside body. But more importantly, it can help you make better shopping decisions that will benefit you for the rest of your life.

To check out Recommended Daily Intake tables, visit [www.fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes](http://www.fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes) and to learn more about Michael Moss's Pulitzer Prize winning *Salt, Sugar, Fat*, check out [www.michaelmossbooks.com](http://www.michaelmossbooks.com).



## NEW IN THE AISLES New Products on Our Shelves

### Aisle 1:

Spectrum Canola & Coconut Oil Blend

Spectrum Organic Olive Spray oil

### Aisle 3:

NuttZo Organic Omega 3 Nut & Seed Butters

### Fresh Bread Rack:

Najat's Falafel Wrap

### Aisle 6:

Brunton Milk (local)

Michael Angelo's Baked Ziti w/Turkey Meatballs

Miso Mayo - Original, Garlic/Dill, and Spicy Red Pepper

What more do you want from your house?

Improve comfort and efficiency.  
Create more living space.



**AJ Stones**  
Master Green Remodeler

Older houses our specialty • Consulting and Remodeling



[ajstones.com](http://ajstones.com)

412-241-6042

### Wasabi Deviled Eggs

by StrongerTogether.coop

Serves: 6

#### INGREDIENTS

- 6 large eggs
- 1 /4 cup mayonnaise
- 1 teaspoon prepared wasabi paste
- 1/2 teaspoon salt
- 1 tablespoon pickled ginger slices, minced
- 1/4 cup sliced water chestnuts, minced
- 1/4 cup sliced scallions
- 1/2 teaspoon smoked paprika or regular paprika

#### PREPARATION

1. Put eggs in a medium saucepan and cover with cold water. Put over high heat and bring to a full, rolling boil. Cover and take off the heat, and let stand for 15 minutes. Drain, then rinse with cold water and chill. Placing the eggs on their sides to chill will help center the yolks.
2. Peel the eggs and cut each in half lengthwise. Scoop out the yolks into a medium bowl. Mash the yolks thoroughly, then stir in the mayonnaise, wasabi and salt. Add the ginger and water chestnuts and mix well. Transfer the mixture to a quart sized plastic bag, then cut the corner to make a half inch hole. Squeeze the bag to fill each egg half with a generous mound of filling. Garnish each with scallions and a sprinkle of smoked paprika. Chill until time to serve.

#### TOTAL TIME

40 Minutes; 20 Minutes Active





## Eat Local, Breathe Better

by Jennifer Bails of the Breathe Project

As an East End Food Co-op member, you know the importance of eating sustainably produced and locally grown food. We at the Breathe Project applaud your decision to support our local food systems because of the collective impact your choices make to help clean our air in the Pittsburgh region - and to improve our health.

Food miles are the distance food travels from where it is grown to where it is purchased or consumed. The average American prepared meal contains ingredients from at least five countries outside the United States, according to the National Resources Defense Council (NRDC). By buying local, it means your food isn't traveling hundreds of miles by plane, train, truck, and ship to reach your plate—and consuming fossil fuels and spewing air pollution in the process.

Your individual choices really do matter. For instance, a recent NRDC study found that harmful air pollution in California produced from transporting six major food imports was up 45 times more than emissions from local or regional transport of the same foods. What food you eat affects how we all live and breathe.

### Great Progress, But A Long Way To Go

We are all proud that Pittsburgh is a city on the rise, with a vibrant arts and cultural scene, an “Eds and Meds” economy that is attracting innovative start-ups and high-tech firms, and a quality of life earning us the title of America’s “Most Livable City.” But in one area, our region lags behind. Our air quality - although much improved in recent decades - still ranks among the worst in the nation and fails to meet federal health standards.

Pittsburgh's chronic air pollution has been the topic of hundreds of news stories, scientific studies, and high-profile rankings that, unfortunately, show that to achieve cleaner, healthy air in Pittsburgh we have far to go. Levels of fine particle pollution and gases that are largely invisible to the naked eye remain dangerously high, creating widespread and serious health problems.

### The Dirt On Our Region's Air Pollution

Fine particle pollution, sometimes called PM<sub>2.5</sub> or soot, is created by combustion sources, such as power plants, factories, cars, diesel trucks and buses, and wood burning. Extensive studies link soot to developmental problems, adverse birth outcomes, heart and lung disease, cancer, and even premature death.

Another pollutant that bedevils our region is ozone, or smog, which forms when sunlight reacts with gases emitted by cars, industrial and power facilities, and other fossil fuel-burning sources. Acute exposure can trigger asthma attacks, while long-term exposure can lead to reduced lung function and heart disease.

How bad is the problem? A recent analysis by the Clean Air Task Force (CATF) found that six out of 10 of the air quality monitors measuring particle pollution in the Pittsburgh region ranked in the worst 10 percent of the U.S. for national averages over the last decade. Even the cleanest measured air quality in our region ranked nationwide in the worst 33 percent for fine particle pollution daily and annual averages, according to the CATF report.

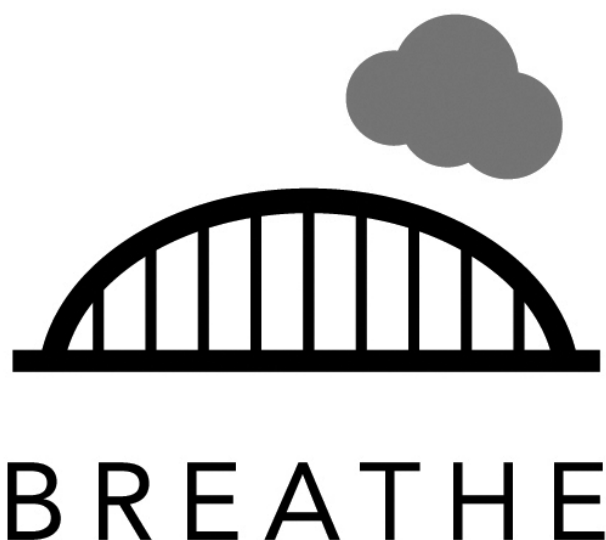
### Be Part of the Solution

In the fall of 2011, The Heinz Endowments launched the Breathe Project, a coalition of organizations, businesses, government and residents working to improve air quality throughout Southwestern Pennsylvania. Already, more than 160 companies and civic groups - including the East End Food Co-op - have joined together to help clean our air for healthier communities and a stronger economy. Thousands of individuals also are making their voices heard online through the Breathe Project to stand up for the clean air we all need and deserve.

We are now charting our journey to cleaner air through four sectors that promise significant improvement: cleaner, more efficient public transit and vehicle traffic management; cleaner school bus fleets; more energy efficient buildings; and more initiatives by business and industry to improve air quality.

And we continue to encourage individuals to make smarter transportation and energy-use choices and take other easy, money-saving steps in their daily lives that help clean our air. This includes, of course, buying locally grown produce, meat, and other goods, and supporting local businesses like the East End Food Co-op.

We are inspired by your commitment to our health and environment and honored to be working with you to truly make Pittsburgh a most livable city. Please visit [www.breatheproject.org](http://www.breatheproject.org) to learn more about the Breathe Project and find other ways to take action.



## Honeybee Life Part II

by Hannah Reiff of Garden Dreams Urban Farm & Nursery

To follow up my article from last month's newsletter, I visited Burgh Bees to learn more about the lives of honeybees. Burgh Bees is a local non-profit dedicated to the promotion of urban beekeeping. Below is an interview with beekeeper Stephen Repasky, who is the President of Burgh Bees as well as the Community Apiary Director.

**Hannah Reiff:** How did you get started beekeeping?

**Stephen Repasky:** I grew up on a farm in southern Armstrong County and my dad kept bees when I was young. I would help with harvesting honey and holding the smoker while he worked the hives. That interest continued with my education as I went on to get my Bachelor of Science degree in Wildlife Science at Penn State and beekeeping just fit in as a hobby.

**HR:** What is Burgh Bees all about?

**SR:** Burgh Bees is the area's urban beekeeping organization. Our mission is to educate beekeepers and promote beekeeping as a vital part of sustainable agriculture in Pittsburgh and its suburbs. We have over 100 dues paying members, we hold multiple beekeeping classes, and we put on presentations to school groups and civic organizations. We are proud to be home to the nation's first Community Apiary, which is located in Homewood on Susquehanna Street. The apiary is home to about 20 hives owned and managed by city residents and has been a model for others around the country.

**HR:** What are a few recommendations you would give to new beekeepers or those interested in keeping bees?

**SR:** First and most important is to take a class. There is an art and a science to beekeeping and the class will help a new beekeeper with the science. The second thing a new beekeeper should do is to find a mentor to help with the art of beekeeping. This is where certain techniques are used at certain times to produce an outcome that is both good for the bees and the beekeeper. Once someone decides to keep bees, we recommend that they also talk with their neighbors to make sure they are onboard with a new hobby that involves stinging insects.

**HR:** What would you say is a common misconception about honey bees?

**SR:** The most common misconception is that because they sting, then they will attack you. That is very far from the truth. Honeybees are extremely docile and will only sting in defense of themselves or their hive. As beekeepers, we use smoke and wear veils so that we can manage the bees safely. With those two items, a colony of honeybees is quite gentle. In fact, most beekeepers will tell you that they only get stung because they do something such as crushing a bee by accident. Burgh Bees hosts large numbers of young school aged children at the apiary every year, and each time they walk away without a sting. Society has lumped all stinging insects under the word “bee” and it gets the honey bee in trouble. Wasps, hornets and yellow jackets are very aggressive and will sting immediately if disturbed, and when they sting they do not die, unlike the honey bee which loses its life once it stings.

**HR:** Can you explain a few of the reasons honey bees are having such a hard time lately and why many beekeepers have been losing their hives over winter?



**SR:** Honey bee colonies have been dying off at an alarming rate since 2006 when Colony Collapse Disorder (CCD) was identified or officially named. Prior to 2006, beekeepers would lose on average 10% to 15% of their colonies every winter. After 2006 they have lost an average of 25-30% of their colonies, with the highest losses amongst the commercial beekeepers. The winter of 2012-2013 turned out to be the worst winter die off of honey bees since 2006. Here in the northeast, winter losses approached 50% and some lost upwards of 70% of their hives. CCD does not have just one single cause that we can point a finger at. It is caused by a variety of variables such as pesticides, genetics, bee parasites such as the varroa mite, nutrition, loss of forage, management, chemical use inside and outside the hive, and loss of habitat.

**HR:** You are a Master Beekeeper. What is involved in becoming certified?

**SR:** I am certified through the Eastern Apicultural Society and one of 18 Master Beekeepers in Pennsylvania and approximately 150 nationwide. Certification means that we have an advanced college level understanding of beekeeping and honey bees. We are educators and masters of our skill. Master Beekeepers are involved in teaching classes, mentoring new beekeepers, and many other aspects of beekeeping such as raising queens, conducting small research projects, writing articles, and taking hobby beekeeping to another level. Certification requires an extensive testing process, at least 5 years of beekeeping experience, and a letter of support from another Master Beekeeper or the president of your local beekeeping organization. The actual test involves an oral interview, a field practicum that requires the candidate to inspect a colony, a lab portion that requires the candidate to identify diseases and other things, and a written exam portion.

**HR:** Anything else you think people would find interesting about bees or beekeeping?

**SR:** EVERYTHING! Asking that is like opening a can of worms. There is a lot there! I encourage people to read about the importance of bees and beekeepers and of course please support your local beekeepers and beekeeping organizations by buying honey, attending events, or even just a small donation. Plant native pollinator friendly plants and find non-chemical alternatives to reducing “weeds” in your lawn. Honey bee populations are falling at an alarming rate and beekeepers can't stop it alone; we need the help of everyone out there.

If you are interested in learning more about honeybees or beekeeping, be sure to check out your Co-op's upcoming workshop, Bee Curious. It will be presented by Master Beekeeper Joe Zgurzynski and will take place on July 17th at 6:30 PM. See the full event listing on Page 8. To learn more about Burgh Bees, visit <http://burghbees.com/>

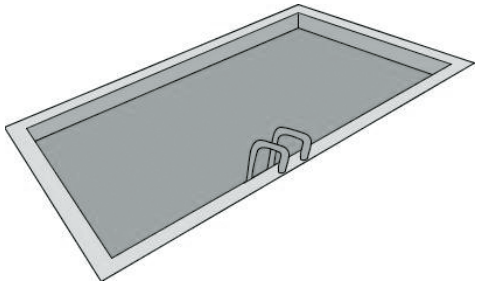


Injury Prevention in Endurance Sports

by Dr. Colin Gundling (DPT) of Allegheny Chesapeake Physical Therapy

In the 1972 Summer Olympics, Frank Shorter was the first American since 1908 to receive a gold medal in the men's marathon. What followed was an endurance athletic boom that led to events such as the Ironman Triathlon and the 135 mile Badwater Ultramarathon. Whether you are a hardcore endurance athlete like Frank Shorter or someone training for your first 5k, you have a heightened risk for injury. Many common injuries sustained by endurance athletes are a result of training error and can be prevented. This article discusses ways to be proactive against injury in the pursuit of endurance athletics.

Swimming



If you are new to swimming for exercise, proper instruction is paramount. Just a few sessions with a local YMCA instructor will make swimming much more enjoyable and productive for you. The most common stroke used is the front crawl (freestyle). This stroke puts the shoulder in an extreme position, which increases the risk of impingement of multiple structures in the joint. To prevent this, one should perform the 'posterior capsule stretch' and the 'towel internal rotation stretch' once warmed up. Furthermore, strengthening the rotator cuff with the use of resistance bands is very important. Low back pain can also be common and back stretches such as 'child's pose', 'cobra', and 'cat/camel' should help relieve much of the pain.

Allegheny Chesapeake Physical Therapy

Cycling

Often cycling injuries are associated with riding at too low of a cadence. If you do have pain, try riding in an easier gear. Another way



to avoid injury is by properly fitting your bike to you. A quick way to fit a bike is as follows (for more complete fitting, talk to your local bike shop or fit specialist):

- 1. Bike size — Stand with the bike between your legs and feet flat on the ground:
  - a. Road Bike — 1-2 inches between the tube of the bike and your pubic bone
  - b. Hybrid/Mountain Bike — 2-4 inches between the tube and your pubic bone
- 2. Seat height — Knees should be almost straight (15-30°angle) when your foot is at the bottom of the pedal stroke
- 3. Handlebar height — In relationship to the saddle:
  - a. Road Bike — 1-2 inches above
  - b. Mountain Bike — 4-6 inches above
  - c. Hybrid — Even with or 1-2 inches below



Running

Of the three sports discussed here, running has the highest injury rate, yet remains quite popular because it is accessible to the general population. There are four keys to running injury-free: strength, flexibility, running form, and training progression. One should not take on running until they are able to perform single leg squats (to 45°) without: 1) dropping their opposite hip, and 2) allowing their weight bearing knee to move towards midline. If this does occur, specific strengthening to the hip abductors and external rotators is likely necessary. In addition, you should be able to lie on your stomach and bring your heel to within six inches of your buttock; if you are unable to do this, quadriceps stretching is needed. Once the strength and flexibility goals are met, one may move to actually running with the understanding that endurance running is all about short, light strides. Begin your progression at an easy distance, three times a week then increase the distance 10% each week until you reach your desired mileage.

This article is a good introduction to getting started into endurance athletics, but it is by no means comprehensive. If you have any medical complications then you should not start a program without professional guidance. But, even without medical complications, many people are unsure about how to get started or would benefit from some guidance in how to properly train. On July 10th at 6:30 PM, you're welcome to join a few colleagues and myself (an avid endurance athlete) at your Co-op for a workshop where we will go into greater detail on injury prevention, perform basic screens, and give suggestions to individuals in attendance.



BOARD OF DIRECTORS

- Torey Verts, **President**
- Sarah Aerni, **Vice-President**
- Mike Collura, **Treasurer**
- Mark Frey, **Secretary**
- Guy Miller '15
- Mark Frey '15
- Dirk Kalp '15
- Cortney Seltman '14
- Tina Russell '14
- Dennis Schauer '14

WHO WE ARE

The East End Food Co-op is Pittsburgh's only member-owned natural and organic food market, serving the community since 1980. We offer the finest in certified organic produce and herbs, bulk foods, vitamins and supplements, cruelty-free health and beauty aids, organic and natural packaged goods and hard-to-find items for special dietary needs.

Our award-winning Vegetarian Café and Juice Bar offers a daily array of fresh, wholesome, hot entrées, soups, salads and vegan dishes.

While the Co-op is open to the public and membership is not required to make purchases, members do receive better prices, have access to the EEFC Federal Credit Union, and can vote and serve on the Board of Directors.

MANAGEMENT TEAM

- Justin Pizzella, **General Manager**
- Heather Hackett, **Marketing and Member Services Manager**
- Maura Holliday, **Grocery Manager**
- eric cressley, **Front End Manager**
- Thomas Murphy and Amber Pertz, **Café Managers**
- Allisyn Vincent, **Produce Manager**

EAST END FOOD CO-OP

7516 Meade Street • Pittsburgh, PA 15208  
Store 412.242.3598  
Café 412.242.7726  
Credit Union 412.243.7574

[www.eastendfood.coop](http://www.eastendfood.coop)  
[memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop)

Enter to Win!

July is National Picnic Month and Pittsburgh has a lot of great places to go for one. Regardless of your neck of the woods, you're sure to have a great time kicking back for a meal in the sunshine. Your Co-op will provide you with many of the supplies you need for a great picnic if you win this raffle!

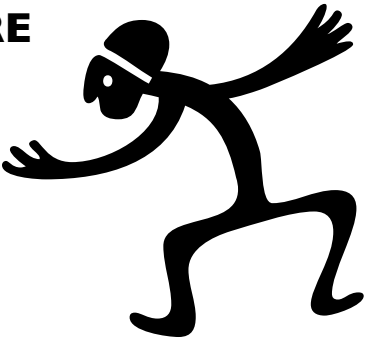
HOW TO ENTER:

- Email [memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop) with "Picnic Basket" in the subject line
- All entries must be submitted by midnight on July 31
- Winner will be announced on August 1
- Membership is not required



IMAGINE YOURSELF HERE

The Co-Operator reaches over 10,000 people per month and every issue is posted on our website. Call 412-242-3598 x 103 for pricing and availability.



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# THE CO-OPERATOR

**Heather Hackett**, Editor

**Kaine Raden-Shore**, LR Design, Design, Layout & Production

**The Co-operator** is a monthly publication mailed to members of the East End Food Co-op. Additional copies are available at Customer Service, in the store's entrance area, and at outreach events. Also available online at [www.eastendfood.coop](http://www.eastendfood.coop)

**The Co-Operator** is printed by Typecraft Press, Inc.

WRITE TO US ... We welcome letters to the editor!

Send your message (250 words or less) to:

Member Services, East End Food Co-op,

7516 Meade Street, Pittsburgh, PA 15208

Or e-mail to: [memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop)

## SUBMISSION DEADLINES

All submissions, articles, and advertisements must be received in the Co-op office by the first of each month for the following month. Opinions expressed are the writers' own and do not necessarily reflect Co-op policy. The East End Food Co-op does not endorse the views or products of the advertisers in this newsletter.

**For information about submissions and advertising, please contact Member Services at 412.242.3598 x103.**

## un-classified ads

**S. RAND WERRIN, DDS** — Holistic approach to oral health care. Patient comfort, preventive education and safe dental materials are a priority. Keep a beautiful, vital and healthy smile for a lifetime. Visit our Oakland office online at: [www.dentalpgh.com](http://www.dentalpgh.com), 412-621-0200, 3506 5th Avenue, Pittsburgh 15213.

**ARE YOU SATISFIED WITH YOUR LAST MASSAGE?** Still having neck and shoulder or lower back pain? Contact Eddie Shaw: 855-1532. Licensed Massage Therapist—14 years experience, specializing in Deep Tissue Massage and MFR. Mention this ad and get \$15 off your first massage. [squirrelhill-massage.com](http://squirrelhill-massage.com)

**RESEARCH STUDY** — University of Pittsburgh is recruiting women age 40-60 for a study of risk factors for cardiovascular disease. The study includes: wearing study monitors, a blood draw, questionnaires and scans of arteries. \$150 compensation. Call Dana @ 412-648-7096 or email [schreiberdr@upmc.com](mailto:schreiberdr@upmc.com)

**JEANIE ANDERSON, CNHP** — Now accepting clients at the strip district office. With over 30 years experience, Jeanie offers Nutritional Counseling, Total Body Modification, Natural Healing, plus many other modalities and is "Dedicated to keeping your body in natural harmony." 724-368-2098. [andersonhealthemporium.com](http://andersonhealthemporium.com)

**BEEKEEPING CLASS** for beginners September 7th in Fox Chapel, PA by Master Beekeeper Joe Zgurzynski. Fee \$115. Please email [Joe@CountryBarnFarm.com](mailto:Joe@CountryBarnFarm.com) or call 412-225-0930 for details.

**NEW HAZLETT THEATER CSA PERFORMANCE SERIES:** become a shareholder today, receive an entire year of performances, and support local artists in your community. [www.newhazletttheater.org/#csa](http://www.newhazletttheater.org/#csa)



# STAFF NEWS

## New Faces...

**Alexandra Esker, Café** - Alexandra loves living in Braddock with her cats, books, and bicycles. Photography is her greatest hobby and how she spends most of her time. She has always loved animals, which led her to become a vegan. She wants to be a part of the Co-op staff because in ten years of shopping here, she says she's always encountered nice, helpful people.

**Kurt Kaefer, Stock** - Kurt enjoys helping people. He doesn't mind working hard or sweating, and "will volunteer for practically anything." He enjoys reading, playing guitar and cooking. He also likes being outside and loves to do yard work.

**Ethan Lennox, Front End** - Ethan is currently studying in the Masters in English program at Duquesne University. He enjoys reading, writing, and hiking, and he hopes to someday walk the Camino de Santiago through Northern Spain. He has come to work at the Co-op because he and his wife shop here on a regular basis and it's become one of his favorite places in Pittsburgh!

**Koren Lockhart, Kitchen** - Koren would like to work in film, as "a jack of all trades." She is also a Private First Class in the National Guard. Born and raised in Reading, PA, she moved to Pittsburgh in 2011. She says she never heard of anything like the Co-op until she moved here and a couple of friends told her to check us out. Koren loves new ideas, experiences, and people.

**Erica Peiffer, Administration** - Erica is passionate about eating organic food and supporting local farmers. She is currently a member of PASA, and has volunteered at Blackberry Meadows Farm. She also volunteered at EEFC before coming to work as the Board Clerk. She likes to spend her time with her family, being creative in her garden and her kitchen. Her dream is to start an organic food cooperative in Chile.

**Beverly Reed, Front End/Produce** - Beverly is a small town girl with big city dreams! Originally from Wheeling, WV, she hopes to call Pittsburgh home after she finishes school in the fall. She's excited to work at the Co-op because she wants to be more involved in the community that surrounds organic and natural foods. She enjoys biking, reading, writing, and cooking, and hopes to become a nurse someday.

**Justin Soety, Café** - Currently a student of psychology at Duquesne University, Justin is interested in primatology and evolutionary psychology. Before moving to Pittsburgh, he worked for two years at the Whole Foods Cooperative in Erie, PA, where he witnessed the environmental and economic benefits of supporting local and organic agriculture. He enjoys outdoor activities like hiking and cycling, and he loves to travel.

## Employee of the Month

*Congratulations to Rachel Tracewski, who was chosen as the Co-op staff pick for June 2013 Employee of the Month! Rachel was hired at the Co-op when she moved to Pittsburgh about a year ago and she works in both the HBC (Health & Body Care) and POS (Point of Sales) departments.*



**Q.** Describe one thing you've learned in your time working at the Co-op.

**A.** I've definitely expanded my knowledge of herbs. Helping to manage the bulk herbs section pushed me to read books about a lot of the herbs I had never been exposed to before and to study their uses so I could better help our customers.

**Q.** What do you like to do when you're not at the Co-op?

**A.** I like walking and riding my bike. I like going to museums, and the Strip District. I just love being outside and taking in the sights of the city.

**Q.** Any interesting stories you'd like to share about your experience at the Co-op?

**A.** Shortly after I began working here I got into a bike accident, and the staff took up a collection for me to help offset costs. I think that really spoke to

the kind of people that work here and the kind of place the Co-op is. People are supportive of each other. A lot of creative people work here and have shows or events outside of work, and their co-workers really make an effort to get out and support them. Friendships and connections extend beyond the time we spend together on the clock.

**Q.** What wouldn't you ever change about the Co-op?

**A.** The culture. We have a code of ethics that we stand by, which I think is really different from other grocery stores and corporations. So at the end of the day it's really about providing a service that is hopefully making people healthier and more aware of where their food is coming from. That is something I am really passionate about and it's nice to be a part of that.

# DID YOU KNOW...

as a fully-paid member of the East End Food Co-op, you are eligible to run for election to the Board of Directors?

The Co-op's Board of Directors is a group of dedicated volunteers elected directly by the membership, and is made up of members just like you. Board members work to ensure accountability to cooperative principles, while also making sure the Co-op remains a sustainable business. They do this through a system of checks and balances called Policy Governance.

Board elections are held annually, and the number of positions available depends on the number of appointments expiring that year.

- There are 9 Directors on the Board
- Directors may be appointed as officers or as committee chairs
- Each Director is elected for a term of 3 years
- There is no limit to the number of terms that a Director may serve
- This year, three positions are up for election

The Board's accountability to membership includes providing an annual report, convening an annual meeting, and keeping members informed regarding pertinent decisions. Board members also work toward advancing the Co-op's vision and ensuring continuity of the Board and the General Manager. To these ends, Board members are expected to attend monthly meetings and participate in committee work. Time commitments are typically between 6-15 hours a month.

The benefits of serving on the Board of Directors include:

- The opportunity to support the Co-op and to make a difference in the community
- Personal and professional growth achieved through attendance at national and local workshops, retreats, and planning meetings
- Connecting with others who share similar goals and ideals

If you're interested in running in this year's Board of Directors election, please see the Board Corner article on page 2 for more information on the elections process. Candidate packets will be available at Customer Service during the entire month of July and must be submitted by August 1st. The voting process will begin on September 1st and conclude at the Annual Meeting on October 19th.

As always, all Co-op members are encouraged to attend Board Meetings – if you would like to check out the Board in action before deciding whether to announce your candidacy, you can attend the next meeting on July 11th. In addition, if you have any questions about candidacy or Board service, you may direct your inquiries to [eeec.nomination.and.elections@gmail.com](mailto:eeec.nomination.and.elections@gmail.com)

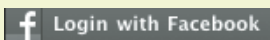


# BULLETIN BOARD



## THE CURRENT 10% DISCOUNT QUARTER ENDS ON SEPTEMBER 30, 2013!

The next quarter goes  
from October 1, 2013  
thru December 31, 2013.



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WE OWN IT-



## July 2013 ... hot bar specials

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1 Tempeh Adobe	2 Honey BBQ Tofu & Red Pepper MAC	3 Burrito Bar	4 BBQ Cheddar Quesadillas	5 Pizza Dairy & Vegan	6 Fresh Herbed Quiche
7 Chef's Choice	8 Fresh Herb & Vegetable Pasta in a White Sauce	9 Seitan Vindaloo	10 Indian Kitchen	11 Ratatouille with Summer Vegetables	12 Pizza Dairy & Vegan	13 Spicy Red Tempeh
14 Chef's Choice	15 Mustard Green & Goat Cheese Quesadillas	16 Mussaman Curry	17 Thai Kitchen	18 Vegetable Stacks	19 Pizza Dairy & Vegan	20 Kung Pao Tofu
21 Chef's Choice	22 Summer Squash Curry	23 Haluski	24 Pittsburgh Kitchen	25 Jamaican Jerk Seitan	26 Pizza Dairy & Vegan	27 Quiche Florentine
28 Chef's Choice	29 Vegetable Noodle Stir Fry	30 Spinach Feta Cakes	31 Middle Eastern Kitchen	Serving DAILY vegetarian and vegan specials, vegetable and grain side dishes — all made from scratch in the Co-op Café. Also featuring fresh soups, a salad bar, and deli sandwiches and salads. Don't forget your made-to-order smoothie, juice or Fair Trade espresso drink!		

## café hours

### weekends

WEEKEND BRUNCH BAR

9 AM - 1:00 PM

HOT FOODS

1:30 PM - 7 PM

### daily

JUICE BAR

8 AM - 7 PM

SALAD BAR & SOUP

8 AM - 7 PM

HOT FOODS

11 AM - 7 PM

REDUCE

REUSE

RECYCLE!

## Your Co-op Events

WEDNESDAY, JULY 10, 6:30 PM

### How to Avoid Injury When Staying Healthy: Basics of Injury Prevention with Cardiovascular Activities

Dr. Colin Gundling (PT, DPT) & Dr. Scott Rosen (PT, DPT) of Allegheny  
Chesapeake Physical Therapy

Exercise is a major component of a healthy lifestyle and summer is prime time to be active. If you are a person who pursues regular cardiovascular activity, you can attend this workshop to learn more about ways to prevent injury while maintaining an active, healthy lifestyle. Dr. Gundling and Dr. Rosen will discuss the basics of strength and flexibility, the healthy progression of a training program, and ways to identify serious injuries versus basic aches and pains. This event is FREE; just call 412-242-3598 to reserve your spot!

WEDNESDAY, JULY 17, 6:30 PM

### Bee Curious

Joe Zgurzynski of Burgh Bees

Join us at this workshop to learn more about basic honeybee biology and beekeeping techniques from a Master Beekeeper. You will also learn how to make your garden bee friendly; native plants that are important to honey bees in our region will be highlighted, as well as some of the many fruits and vegetables that depend on honeybees for pollination. This workshop will be informative for folks who want to learn more about honeybees and will also help potential beekeepers decide if beekeeping is for them. There will be a round table discussion with several new beekeepers who will discuss their experiences in addition to local honey for attendees to taste. This event is FREE; just call 412-242-3598 to reserve your spot!

WEDNESDAY, JULY 24, 6:30 PM

### Farmageddon: Film Screening

Join us to watch *Farmageddon*, a documentary produced by Kristin Canty. This film tells the story of small, family farmers providing foods (such as raw milk) to their communities who were forced to stop. The film examines the many ways our country's government has increasingly regulated America's small farmers' production, often in cases when the farmer has even demonstrated that they are contributing healthful products to our food supply. Though the film deals with intense scenes and dramatic situations, the overall tone is optimistic, encouraging farmers and consumers alike to take action to preserve individuals' rights to access food of their choice and farmers' rights to produce these foods. There will be time for a group discussion to follow the viewing. This event is FREE; just call 412-242-3598 to reserve your spot!

## ONE MONTH, TWO FLYERS, LOTS OF GREAT DEALS!

FIRST FLYER RUNS FROM

**WEDNESDAY, JULY 3 TO  
TUESDAY, JULY 16**

SECOND FLYER RUNS FROM

**WEDNESDAY, JULY 17 TO  
TUESDAY, JULY 30**

CHECK IT OUT ON OUR WEBSITE —  
**[www.eastendfood.coop](http://www.eastendfood.coop)**



WEDNESDAY, AUGUST 14, 6:30 PM

### Don't Toss the Bones: How to Make Bone Broth

Carrie Hahn of the Weston A. Price Foundation

This Pennsylvania Association of Sustainable Agriculture (PASA) Sustainability School event will highlight the many uses of Bone Broth. Used almost universally in traditional cuisines, broth is an essential aspect of good cooking. It's also a valuable source of important nutrients that should be consumed frequently. When properly prepared, bone broths are not only economical and nutritious, they're also delicious! This presentation will teach you about the importance of using the right ingredients, why bone broth is so good for you, and how to make the perfect broth.

This PASA Sustainability School is FREE, but we will be accepting donations to benefit PASA; just call 412-242-3598 to reserve your spot!

### Look for your Co-op at these upcoming events:

**SATURDAY, JULY 6, 10:00 AM – 2:00 PM:** Be Cooperative on International Cooperatives Day at the East End Coop-

erative Ministry (116 S. Highland Ave). Current, fully paid Co-op members can join us in volunteering to serve food in the Orr Compassionate Care Center on International Cooperatives Day! RSVP to [volunteer@eastendfood.coop](mailto:volunteer@eastendfood.coop) ASAP, there are limited spots. Learn more at <http://eecm.org/volunteers/volunteer-opportunities#hunger>

**SATURDAY, JULY 20, 1:30 PM – 8:00 PM:** The annual Pittsburgh Blues Festival to benefit the Greater Pittsburgh Area Food Bank will be held at the Hartwood Acres Park Stage on Middle Road. In addition to various blues musicians and artists, your Co-op will be on-site providing samples and information about healthy food. Ticket prices for single day, weekend, or family packs, range from \$30-110, for the Food Bank's biggest fundraiser of the year! Event info is available at <http://www.pghblues.com/>

**SUNDAY, JULY 26, 1:00 PM – 6:00 PM:** Your Co-op is excited to be joining the Homewood Children's Village for a Summer Health and Wellness Expo. Many Homewood neighborhood risk factors adversely affect children's health and well-being. This event aims to raise awareness of these factors and improve upon them through community education and outreach. The event is free to attend and will take place in the center of Homewood. More info is available at <http://www.hcvpgh.org>

SHOP CO-OP EVERY DAY — 8 AM - 9 PM / 412-242-3598 CREDIT UNION — WED 6 - 8 PM / SAT 11 AM - 3 PM / 412-243-7574