

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 June 30, 2013. The next quarter goes from July 1, 2013 through September 30, 2013.

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

INSIDE THIS ISSUE

CO-OP NEWS.....	2
MEMBERS SPEAK OUT	3
NEW IN THE AISLES	4
THE FOOD YOU EAT	4
IN YOUR COMMUNITY, ON YOUR PLANET	5
EMPLOYEE OF THE MONTH	7
CO-OP BULLETIN BOARD	8

SPECIAL INSERTS:

5/1 - 5/14 CO-OP DEALS
5/15 - 5/28 CO-OP DEALS

EAST END FOOD CO-OP

7516 MEADE STREET
PITTSBURGH, PA 15208
412-242-3598
www.eastendfood.coop

Ah-choo! Allergy Season Has Arrived

by Heather Hackett, Marketing & Member Services Manager

If you're like me, the spring is a sniffing, sneezy, cough-filled time. Unfortunately, Pittsburgh was rated the 31st worst city in the country for spring allergies in 2010 by the Allergy and Asthma Association of America and it's an especially difficult place for allergy sufferers to call home.

What Causes Allergies?

Allergies are caused by your body overreacting to a harmless substance. These substances, called allergens, can be just about anything in our everyday environment: pet dander, dust, mold, grass, pollen, different foods, weeds, and so on. About 20% of Americans suffer from allergies of some kind. Although some people have year-round triggers, spring allergies caused by seasonal environmental allergens (such as pollen, weeds, and grass) are especially common.

The most frequent responses to allergens are itchy eyes, sneezing, inflammation of the sinuses, and irritation of the skin. Some people have a higher tolerance than others and so these reactions can be mild or severe depending on the person, the allergen, and the form of exposure to the allergen. Although allergic responses can be as serious as asphyxiation, it is more often the case that they are simply inconvenient and annoying.

Preventing the Symptoms

The first step for preventing allergy issues is to know what you're allergic to. Skin tests are the most common way to find out what your particular triggers are. During a skin test, a doctor will expose you to common allergens through a tiny prick from a needle and then evaluate the response of the skin at the injection site.

Even once you know what you're allergic to it can be difficult to avoid the triggers when they're a normal part of your everyday environment. But, avoiding exposure to triggers is still one of the most important ways to decrease your body's response.

Ways to Minimize the Damage

- If you use allergy medication, begin to take it before your symptoms flare up to minimize your inflammation and overall responses.
- Avoid the outdoors on days with especially high pollen counts (check out www.pollen.com).
- Keep your windows closed and use air conditioners instead of fans.

- If you must do yard work, wear a mask.
- Bathe after spending time outdoors.
- Take your shoes off at the door so you don't track allergens around the house.
- Vacuum frequently if you have carpet.

Options for Treatment

There are a number of over-the-counter medications that work adequately for many allergy sufferers. These medications are formulated to decrease your body's immune response to allergens and reduce symptoms. They can take the form of oral medications, nasal sprays, inhalers, eye drops, or a combination of all four depending on your specific allergies and symptoms. Steroids are also frequently prescribed for treatment, especially if allergic responses develop into what is known as a sinus infection, which is caused by blockage in the nasal passageways contributing to the growth of bacteria that cause infection.

Some people opt for immunotherapy if they have persistent allergy problems or severe responses. Immunotherapy treatments entail being injected with an extract of the specific allergens that you are allergic to. Over time, the concentration of allergens in the dosage increases and theoretically a patient will become more tolerant of exposure to those allergens. It often takes several years for this desensitization method to have an effect, but patients who respond well can typically reduce (or sometimes even eliminate) the need for medications and decrease the likelihood of sinus infections.

But, what about people who want to avoid medications or injections? There are still other options to explore, such as homeopathic remedies and non-medicinal treatments. Even for people taking medication, I would recommend the following measures:

- Use a neti pot to rinse out the sinuses with a salt water solution that flushes out the nasal passageways.



- Regular consumption of locally made honey to increase your tolerance for local pollens and soothe throat inflammation.
- Stay hydrated to flush out toxins.
- Get an air cleaner, or several air cleaners depending on the size of your home.
- Consume beneficial herbs such as butterbur, milk thistle.

Although it's unlikely to wholly prevent allergic responses, there are a number of methods that may contribute to both the prevention and reduction of symptoms. You should always consult your doctor when it comes to deciding what methods and treatment are best for you.

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- "Allergies." Mayo Clinic. 29 January 2013. <<http://www.mayoclinic.com/health/allergies/DS01118>>
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- Goodman, Brenda. "Shifting Temps May Prime You for Spring Allergies." CBS Pittsburgh. 7 March 2013. <<http://pittsburgh.cbslocal.com/2013/03/07/shifting-temps-may-prime-you-for-spring-allergies>>
- Lundgren, Linnae. "What Causes Allergic Reactions?" HowStuffWorks.com. 18 April 2006. <<http://health.howstuffworks.com/diseases-conditions/allergies/allergy-basics/what-causes-allergic-reactions.htm>>

Suffering From Spring Allergies? Your Co-op is Here to Help!

Your Co-op offers a wide selection of products that can be used preventatively to boost your body's response to allergens and prevent symptoms from occurring. We also carry a number of homeopathic treatments that offer natural alleviation of such common symptoms as sneezing, coughing, and itchy eyes. Check the list below to see what options may work best for you this allergy season.

PRODUCT	APPLICATION/USE
Quercetin	A bioflavonoid with antioxidant and anti-inflammatory properties. Inhibits the production of Histamines in the body.
Nettle leaf	Contact with Nettle causes your body to release histamine, which diminishes the amount of histamine stored in your cells. When you come into contact with an allergen, your depleted histamine stores result in a less intense response to the allergen.
Eyebright	A white flowered herb that contains astringent tannins and flavonoids, beneficial in minimizing unpleasant allergy symptoms, including runny noses and watery eyes.
NAC	N-Acetyl Cysteine is an altered form of the Amino acid Cysteine. NAC helps break down excess mucous associated with allergies.
Vitamin C	Vitamin C's natural antihistamine properties make it a classic allergy treatment. A daily dose of 4,000 mgs, or more, helps reduce the severity of sinus stuffiness and runny nose
Sabadil Adrisin	Both of these Homeopathic complexes temporarily relieve the common symptoms associated with most allergies. They can be used by people of all ages with no side effects.

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. For Board Meeting times please inquire at the Customer Service Desk.



WE OWN IT - CO-OP

Dated Materials — DO NOT DELAY



Register Round Up

by Heather Hackett, Marketing & Member Services Manager

As I mentioned in last month's Co-operator, your Co-op has revised the policy that guides our process for making donations. This month, I have another update on our procedures for charitable giving to share with you: the Co-op is replacing 5% Wednesdays with the Register Round Up.

The Register Round Up is not a new concept; several businesses enlist this type of program to support local non-profits and causes. As a customer is rung up for their purchases they will be asked if they want to round their total up to the nearest dollar, which would then be donated to a charity. Although this round up only costs the customer a few cents here and there, when combined with all the other customers' few

cents it can result in a significant contribution to an organization.

Your Co-op will be choosing a different organization to receive this donation monthly. We will be accepting requests from local organizations that wish to be the recipient of the Register Round Up in the same fashion we accept other donation requests; the form and criteria are available on our website at <http://www.eastendfood.coop/co-op/community/donations>.

We anticipate this program will be a great success and we welcome your feedback. Simply contact Member Services at 412-242-3598 x 103 or email memberservices@eastendfood.coop.

May's Register Round Up Recipient: Shady Lane

As a leader in the development of early care & education since 1966, Shady Lane has a demonstrated commitment to children, families and educators, serving as a highly valuable resource and member of the Pittsburgh community. With a focus on the value, attributes and individuality of each child, our best practices today encourage children's development as both individuals

and members of their families and a diverse, inclusive community.

If you want to support Shady Lane in its mission to "help all children realize their full potential," be sure to tell your Co-op cashier that you want to Round Up your total this month! To learn more about Shady Lane, check out: <http://www.shadylane.org/>

Growing in Cooperation

In March we welcomed 69 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 invite all of you new members to sign up for a Member Orientation with a member services expert. We will give you a tour of

the store, explain the benefits of membership, and fill you in on the many ways you can become more involved in your Co-op. Most orientations occur on Tuesday evenings at 7 PM, but exceptions can be made. To reserve your spot, call 412-242-3598 x 103 or email memberservices@eastendfood.coop.

Attention all Moms:

Your Co-op thinks you all deserve a treat this Mother's day, which is why we've created a gift basket filled with goodies that we are going to raffle off! This raffle does not require you to be a member. To enter for a chance to win, simply email a picture of you and your child or children to memberservices@eastendfood.coop. We plan to post these photos on Facebook when

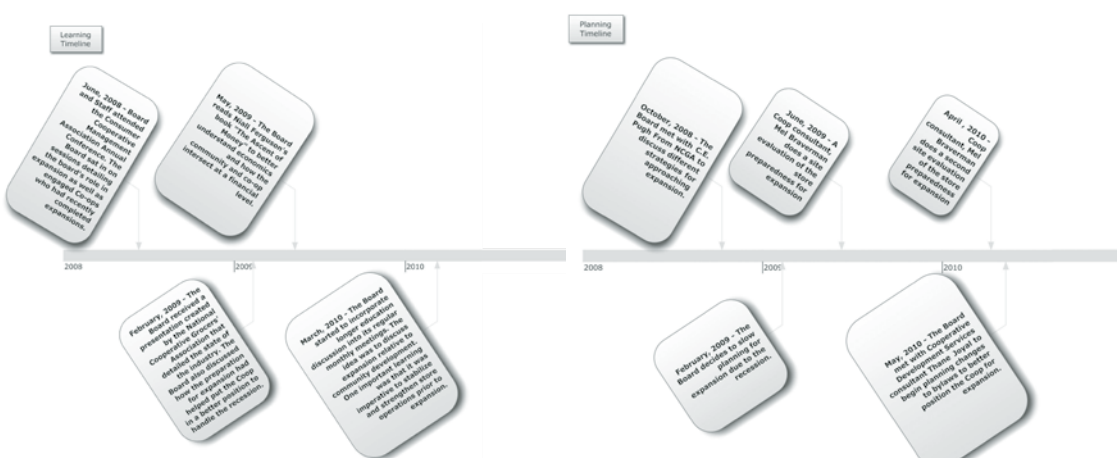
we announce the winner on Mother's Day, so please specify if you do not wish your photo to be publicly posted. All entries must be received by midnight on Saturday, May 11th. Happy Mother's Day!



Board Corner

by EEFC Board of Directors

By now you have probably heard that your Co-op Board and management team are working on a plan to expand the Co-op. This process has spanned several years and the Board wanted to spend a bit of time this month reviewing several different steps along this process. The following timelines chronicle the learning, planning, and implementation activities to date:



Going forward, Justin will be challenged with investing in people, processes, and infrastructure in order to assist with the growth and expansion of our Co-op. As the Board

learned earlier, organizational readiness is key in the expansion process. It ensures that the Co-op will be able to weather the various stresses of expanding and/or relocating.

Bike Fresh Bike Local



On June 2nd your Co-op will be joining the Pennsylvania Association for Sustainable Agriculture (PASA) at their first annual Bike Fresh Bike Local Allegheny County. The proceeds of this event support PASA's work in Western Pennsylvania on behalf of family farms.

Bike Fresh Bike Local is a biking event that takes riders on a tour of some of western PA's finest farmlands and country roads. Participants will register to ride 25, 50, or 75 mile routes and each route begins and ends at the Ice Rink in North Park. The event will end at 3:00 pm with a local foods celebration at the Ice Rink that includes free lunch and a craft beer or root beer.

Your Co-op is a Breakaway Sponsor of this event and will have plenty of literature

and information available at the Ice Rink festivities. We will also be manning the first stop on the route at The Eden Hall Campus of Chatham University. Each route will pass our rest stop where we will be supplying hydration fluids and snacks to riders.

If you are interested in learning more about Bike Fresh Bike Local Allegheny County, check out <http://pasafarming.org/events/bike-fresh-bike-local>. Riders can register in advance through the website for \$40 or pay \$45 on the day of the event. If you want to show your support, but you're not up for the ride, you can join your Co-op as a volunteer for this event. Please contact our Volunteer Coordinator, Eryn Hughes, at 412-242-3598 x 323 to arrange your participation.

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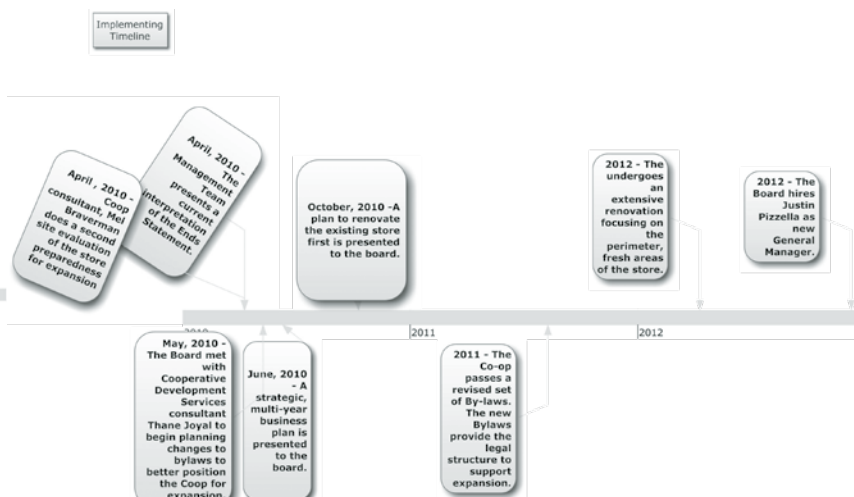
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The Board is now re-focusing on visioning and strategic planning to ensure that we continue to deliver the products and services that our Ends policy describes. We are also

working to set a trajectory for progress and expansion into the future.



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

What a great job all of you do. So patient answering questions, always interested in helping members and a great selection of product.

Co-op employees are always willing to answer questions or provide recommendations - we're glad to hear that this is recognized and appreciated by our customers! As for our products: we hold high standards for what we sell on our shelves and are committed to maintaining the great selection you referred to. Thanks for the positive feedback!

— Heather, Marketing & Member Services Manager

I think there should be quantity limits on sale items so that everyone can have more of a chance to buy them.

Thank you so much for bringing this topic up. We offer rain checks at customer service whenever we are out of stock on a sale item.

— Maura, Grocery Manager

The honeys in bulk are too high and too hard to manipulate for some customers.

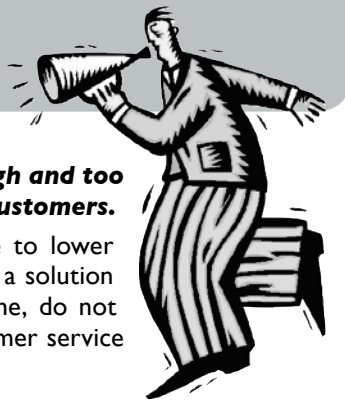
Unfortunately we are unable to lower the shelves. We will look for a solution in the future. In the meantime, do not hesitate to ask staff or customer service for assistance.

— Ian, Bulk

Regarding the surface drain on the sidewalk at the base of the downspout located between the front door of the Co-op and Braddock Avenue. It is totally clogged up and needs to be cleaned out. Not having proper water drainage creates all kinds of building problems. Not sure if it's the owner's responsibility to take care of this or the Co-op's.

It is our landlord's responsibility. I will follow up with him again regarding cleaning it out.

— Justin Pizzella, General Manager



Playing Fair

by Karen Horst of Ten Thousand Villages

The simple things in life like nourishing food, clean water, education for children, and material possessions that make life livable are hard to come by for 80% of the world's population. This is the astounding number of people living in poverty. This statistic includes marginalized artisans with limited access to markets or steady employment who are depending on fair trade.

So What Does Fair Trade Mean, Exactly?

In over 70 countries around the world, between May 4 and 19, people are celebrating World Fair Trade Day. But, what does fair trade mean, exactly?

There are seven key characteristics that define fair trade:

1. Provides an opportunity for employment – unlike charity, employment opportunities allow marginalized artisans access to new markets, providing a stable income to end poverty.
2. Payment of a fair price – covering the cost of materials, tools, labor, packaging, and shipping, as well as food, shelter, education, medical care, and more.
3. Transparent and accountable business practices – nothing is hidden from plain view, everything is documented, and pay stubs are provided for all workers.
4. Growth of capacity – specifically focused on building knowledge of the design process and gaining independence to access new markets.
5. Gender equality – opportunities for both men and women to work and earn an income to support their families.
6. Safe working conditions – this includes well-ventilated, well-lit workshops and reasonable hours.
7. Environmental considerations – the bigger picture of environmental concerns is essential to guiding the entire production process, such as how materials and waste disposal methods are chosen.

The Ten Thousand Villages Mission

Fair trade started in the 1940s right here in Pennsylvania with Edna Ruth Byler, the mother of fair trade. It began with one woman selling products from the trunk of her car, but grew into private sales at churches, then a store in her basement, and eventually became Ten Thousand Villages. Over 65 years later, Ten Thousand Villages retail stores are now across the country and Canada.

Through long-term relationships with artisans, design collaboration, and cash advanced payments, Ten Thousand Villages stays com-

mitted to keeping the artisan producer first. You can learn more about the 130+ artisan groups from 38 developing countries in the Pittsburgh store on Forbes Avenue in Squirrel Hill. Speak with one of the 60 volunteers and discover just how important fair trade is in creating a more sustainable future.

What Can We Do?

Socially conscious shopping is one place to start. As consumers living in North America, we have spending power. Companies are watching to see where you spend your money and your dollar is a vote. It matters, it has power, and it sends a signal to promote change. Look for fair trade at your Co-op and elsewhere. Fair trade food commodities that are commonly available include coffee, chocolate, bananas, pineapples, mangos, honey, sugar, and wine. And a fair trade handicraft gift will give twice: once to the special someone you bestow it upon and twice to the artisan who crafted it.

Additionally, Fair Trade Resource Network is an organization promoted to spreading the word about fair trade. Individuals who become members of FTRN can access worldwide news, online lectures, products, and



event information. Currently, FTRN features a listing of the national celebrations for World Fair Trade Day. Members can select a city and find an event they wish to attend.

Celebrating Fair Trade

The East End of Pittsburgh invites you to join in the celebration. First, on Wednesday, May 8th at 6:30 PM, you can join me for a presentation at the East End Food Co-op called Trading Fairly. At Trading Fairly you can learn more about the guidelines of fair trade and how you can make an impact on the fair trade market. I'll tell you more about the Ten Thousand Villages history and buying practices. There will also be a short video, informational literature, and an opportunity to ask questions.

Then, on Saturday, May 11th, Ten Thousand Villages will roll out the red carpet for fair trade artisans in developing countries. Live music, food, kid-focused activities, and local partners like the East End Food Co-op will share in this special day. Check out www.pittsburgh.tenthousandvillages.com for a full list of performers and events scheduled from 10:30 AM - 4:00 PM. It's all free and it's all in support of our artisans!



STAND UP FOR LOVE

A wedding gift in good taste, this hand-painted cake stand was crafted by fairly paid artisans.

Tran Kinh and his wife, Thuy, are the fifth generation running their family-owned ceramic workshop.

Photo: © Lynn Johnson

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THE FOOD YOU EAT

Cinco de Mayo

by **StrongerTogether.coop**

Each year on the fifth of May, Cinco de Mayo celebrations commemorate the 1862 victory of Mexican peasants over the French army at The Battle of Puebla. In the U.S., Cinco de Mayo celebrations have become increasingly common and much like St. Patty's Day, even people without Mexican ancestry participate. Food is a cornerstone of this holiday's observance so we wanted to provide some tips for your Cinco de Mayo menu.

Spice it up!

Use traditional Mexican spices including: annatto seed (or achiote), saffron (Mexican saffron), basil, chili peppers, cilantro, cinnamon, cloves, coriander, cumin, garlic, nutmeg, onion, oregano, sage, and thyme. Don't forget to look in bulk spices at your co-op, where you'll be able to conveniently buy only the quantity you need for your recipe.

Snack Away!

Mexican food offers plenty of fun possibilities for snacking. Arrange a party tray of vegetables in flag colors using red and green peppers and jicama or cauliflower. Serve with guacamole, salsa, or any Mexican dip. You could also partner a chili sauce with shrimp cocktail or simply sprinkle deviled eggs with Mexican seasoning.

The Main Course

Easy options include tostadas, quesadillas (try them with sweet potatoes and caramelized onions), chilaquiles, enchiladas (add roasted red bell peppers), tamales (try chicken or shredded pork with olives and capers), burritos, tacos, omelets, empanadas and fajitas bursting with

sautéed vegetables. Serve an array of red and green, mild, and hot sauces. Extend the meal selection with soups (such as black bean or beer and cheese), tortillas, and fresh veggie salads (spinach and mushroom with pecan dressing or cucumber, orange, chipotle peppers, and green onions with vinaigrette).

Sides include plenty of fresh vegetables, both cooked and raw. Serve Mexican succotash (with zucchini, limas, corn, and tomatoes), sautéed mushrooms, and green beans, or steamed and spiced carrots (toss them with green grapes). Steam artichokes and drizzle with a mustard sauce, and stew or fry eggplant. Mexican rice and refried beans -- in fact, any beans -- are always welcome side dishes.

Leave Room for Desserts

Fresh fruit is the most traditional Mexican dessert. Serve it as a compote, or simply sprinkle fruit slices with coconut and cinnamon. Oranges, pineapples, strawberries, papayas, bananas, melons, prickly pears, coconut, guava, and manioc work well. Other fruit desserts include sautéed strawberries and bananas flambé (sweetened, brandy-ignited bananas served hot, often over ice cream).

But, if you're looking for something more decadent, then fried pastries (such as sopapillas or bunuelos) dusted with powdered sugar or drizzled with honey are traditional. Cake options include Mexican chocolate cake or brownies, often seasoned with chili and/or cinnamon. Flan is also quite popular; it's a large, flattish, custardy cake that's easy to make and always impressive.

Reducing Your Cancer Risk Through Diet

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

In 2005, cancer became the leading cause of death among Americans for the first time. One of the many sad aspects of this is that much of our country's cancer incidence could be prevented with dietary changes. Some foods (like fresh fruits, vegetables and whole grains) seem to help our bodies fight off cancer before, or soon after, it starts. Other foods (especially animal products such as meats and dairy) seem to compromise our immune systems, thereby raising the risk of cancer growth in the body. This is because foods from animal sources contain growth hormones (some added, some naturally there) that stifle our bodies' abilities to eliminate old, damaged cells and therefore allow the growth and spread of cancer cells. This is especially true in hormonally-active parts of the body, such as the ovaries, breasts, colon, and prostate.

Death rates due to breast cancer are considerably higher in areas with a high dairy consumption. For every glass of milk a woman consumes on average each day, her risk of dying from ovarian cancer increases by 20% according to a 2004 study by Brigham and Women's Hospital, of Harvard Medical School. Populations of countries that don't drink much milk have much lower rates of these and other hormone-related cancers, including prostate cancer.

In addition, a higher intake of meat — including poultry and fish — was associated with a significantly higher breast cancer incidence rate in a 2008 study of over 700 people. The risk increased by about 30% for each serving eaten per day.

Some would argue that vegetarian diets are

not nutritionally balanced. But, according to the American Dietetic Association, "appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes."

You can get your protein from plant sources instead of animal products. Instead of animal meat, try eating beans, grains, nuts, seeds, and vegetables. And try switching to rice, oat, soy, or almond milk instead of cows' milk. You can also get your calcium from leafy green vegetables like broccoli and kale, and/or from nuts and seeds like almonds or sesame.

To learn more, you can join us for a lecture at your Co-op on June 5th at 6:30 PM. This event will be free; just call 412-242-3598 to reserve your seat. If you're unable to attend, but want to learn more about reducing your cancer risk through diet, you can visit our website at www.coalitionforcancerprevention.org.

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- Stocks, P. "Breast Cancer Anomalies" *British Journal of Cancer* 24, 633-643.

Avocado Chimichurri Sauce

by **StrongerTogether.coop**

Serves: 4-6

INGREDIENTS

2 large ripe avocados, pitted and diced

1 lime, juiced

1 tablespoon olive oil

1/2 small red onion, diced

1/4 red bell pepper, diced

3 jalapeno peppers, minced

1 tomato, seeded and diced

1 tablespoon fresh cilantro, chopped

2 cloves fresh garlic, minced

Salt and pepper to taste

PREPARATION

1. In a medium bowl, toss the diced avocado with the lime juice and olive oil.
2. Stir in remainder of ingredients.
3. Season with salt and pepper to taste.

NUTRITIONAL INFORMATION

Per Serving: 36 calories, 0 g. fat, 0 mg. cholesterol, 4 g. carbohydrate, 0 g. dietary fiber, 1 g. protein, 202 mg. sodium



NEW IN THE AISLES

New Products on Our Shelves

Aisle 1:

Mary's Gone Crackers -
GF Bread Crumbs

Aisle 2:

Tru Roots - Gluten Free Pastas

Aisle 3:

Dream Blend - Coconut Almond
Chia Drink

Aisle 4:

CocoRoons - GF Raw Low Glycemic
Macaroons

Lydia's - Kale Krunchies

Two Moms In the Raw - Crackers,
Cereal, Granola, Truffles & Bars

Virgil's Dr. Better Soda

Aisle 6:

Soyboy Not Dogs

Legume Bistro's Good Faith
Sauerkraut - local

Sunshine Shiitake Mushroom Burgers

Farm to Table Conference

by Eryn Hughes, Outreach Coordinator

Farm to Table is a two-day public event hosted by American HealthCare at the David L. Lawrence Convention Center in downtown Pittsburgh. For this event, American HealthCare brought in speakers, vendors, and workshop leaders from local businesses and organizations. Everyone from health insurance advocates to local food producers, coffee roasters, and farmers shared information about healthy lifestyles. Cooking demonstrations rounded off an abundance of educational gardening, nutrition, and general health displays for people of all ages.

In addition to supplying the yogurt and gra-



nola for the Farm Fresh Breakfast that kicked off day two of this event (on March 23), your Co-op also had the opportunity to table with the Pennsylvania Association for Sustainable Agriculture. Your Co-op is a lifetime member of PASA, as are many of the local farmers from whom we purchase products,

so we welcomed the opportunity to partner up with them again at this year's conference.

In addition to learning about local farms and community supported agriculture (CSAs) at the PASA table, attendees were also told about the Co-op's products, policies, membership, and benefits. In order to best

complement the local products provided at the event, we provided samples of Praas, an ayurvedic herbal tonic available in our Supplements department and manufactured in Sewickley, PA. It caught a lot of attention and although it's labeled as a "tonic," it is meant to be eaten, so we used this unique spread on rice crackers and chips.

Later in the afternoon, we visited the GMO Free PA table and learned about some new bills in legislation that can affect labeling. Based out of Philadelphia, GMO Free PA is a proud member of the "Right to Know GMO" campaign, which is a coalition of 37 states plus Canada formed to coordinate efforts to label genetically engineered foods. While at their table, we also learned about

the stance different companies are taking on the issues and discussed with them the Co-op's own proactive stance on labeling and transparency. (Check out the Non-GMO Shopping Guide easily found in the aisles or at Customer Service.)

Attendance at Farm to Table was notably high this year and we enjoyed conversations with both new and familiar folks. Frankferd Farms, one of the vendors we purchase from in several departments of the store, was there showcasing products and sharing their philosophy. In fact, when we ran out of rice crackers for our sampling they came to the rescue with their popular Tres Rios blue corn chips. Thanks Frankferd Farms! Thanks, also, to our Co-op volunteers for their support!

Compost: A Gardener’s Indispensable Friend

by Nancy Martin of the PA Resources Council

Gardeners know that soil is the basic building block for a healthy, productive garden that yields nutritious food without worries of chemical contamination in the form of pesticides, synthetic fertilizers, and GMOs. Good garden soil is teeming with life - a living, breathing community of micro and macro organisms that are essential to healthy soil and vegetation. According to Oregon State University researchers Rick Stehouwer and Toni Bilik, “[o]ne teaspoon of good garden soil to which compost has been added contains 100 million bacteria and 800 feet of fungal threads!”

Soil is comprised of roughly 25% air, 20% water, 45% minerals and 4-8% organic matter. That 4-8% of organic matter is what supports life on this planet by providing the nutrients that make plants grow. The organic matter found in compost introduces vital nutrients to the garden, including macronutrients like nitrogen, phosphorous, and potassium, as well as micronutrients like manganese, copper, iron, and zinc.

Composting is the natural process of decomposition actively managed in order to speed up the process. Decomposition returns nutrients to the soil, improves soil texture, and supports new plant growth. We can speed up this natural process by composting food and yard waste in a managed backyard composting bin. The organic material is broken down by microorganisms and the finished compost, or humus, acts as a natural fertilizer

and provides a valuable soil amendment.

Compost bins bring their own workforce, too! Compost piles are habitats for both chemical and physical decomposers. These include bacteria, fungi, actinomycetes, mites, centipedes, springtails, nematodes, worms, and many others. We provide them with shelter, warmth, food, air, and water. They do the rest. The finished product is dark and crumbly, bearing no resemblance to the original components, and it yields a fresh, earthy smell.

Finished compost has numerous uses in the lawn and garden. It adds nutrients to the soil, improves soil friability (crumbly structure), aids in water retention and drainage, helps to control weeds, and reduces erosion. It can be worked into the soil at planting time or added as surface mulch at any time. In addition, compost use results in healthier plants that have fewer pest problems and are able to ward off disease.

Even if you don’t garden, you can do the earth a service by composting because it lowers the amount of material ending up in landfills. According to the Pennsylvania DEP’s Bureau of Land Recycling and Waste Management, Division of Waste Minimization and Planning, wastes from lawns and backyard gardens (such as leaves and grass) account for an estimated 18% of the annual municipal waste stream.

If we all were to compost we could reduce the amount of material we’re sending to our landfills by 25%. (Recycling reduces it by an

additional 50%) That’s significant considering that a typical landfill is the size of 100-200 football fields and its construction destroys habitats and unleashes the potential for environmental consequences such as the release of methane (a greenhouse gas) and leachate (a toxic liquid).

As you can see, the uses and benefits of compost are many and varied. We can amend our garden soil to improve its structure and nutrient levels, use it as mulch, or make a compost tea for our plants. It is also used to remediate contaminated soils, decrease our dependence on chemical fertilizers and pesticides, reduce the amount of water used in cultivation, and lower the amount of material being sent to landfills. Over time, using compost as a soil conditioner will even improve the structure and texture of the clay soil that we have in the southwestern PA region by allowing it to resist compaction, retain nutrients, water, and air while improving drainage.

From the first day of preparing the garden beds in the spring through garden cleanup in the fall, gardeners can lean on compost as an indispensable friend. To learn more about how to set up and maintain a backyard composting system as well as how to use that compost, attend the PA Resources Council’s Backyard Composting Workshop at the East End Food Co-op. It begins at 6:30 PM on May 29th and the registration fee is \$50/person or \$55/couple. Participants will receive their own 80-gallon, rodent-proof Earth Machine



composting bin. For additional information, contact Nancy at 412-488-7490 x 247. To register, call 412-488-7490 x 226 or visit www.zerowastepgh.org.

References:
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Craig Freudenrich, PhD., How Composting Works, <http://home.howstuffworks.com/composting.htm>, (2011)
Rick Stehouwer and Toni Bilik, et al, extension.psu.edu/backyard-composting/documents/composting.ppt
Composting for the Homeowner ; University of Illinois Extension

Tomato Plants Available at Your Co-op

by Bob Madden of Garden Dream Urban Farm & Nursery

Howdy all. It is finally time to plant tomatoes and I wanted to tell you a little about some of the main varieties we will be providing the Co-op this spring. “Back on the farm” at Garden Dreams Urban Farm & Nursery in Wilkinsburg, we grow 100+ varieties of tomatoes. Since we can’t bring them all to the Co-op, we choose our favorites of each size, type, and color so that you can grow some of the best varieties available. Before I discuss those varieties, let’s review the descriptors you’ll find on our plant tags so you are able to learn a lot about a tomato (or our other veggies and herbs) just by reading the tag.

Breeding

In their natural settings, wild tomatoes required two plants to produce viable seed. Today, our garden tomatoes have come from a long history of breeding that has provided us with a plant that can pollinate itself. By self-pollinating, tomatoes produce the same quality fruits as the parent plant. In other words, your (theoretical) grandma’s Brandywine was genetically similar to the seeds that have been passed down to you, so your Brandywine will produce a similar sweet and delicious fruit.

Hybrid: I like to describe this as “the hand of man.” Hybrid means that people pur-

posefully cross-pollinate two different varieties of tomato, in a controlled setting in order to get a new tomato with combined good qualities. Hybrids are usually produced for their ability to produce a lot of tomatoes and/or are resistant to disease, not usually for flavor or texture. If you really like a hybrid, saving the seed and planting it won’t produce the same fruit, and the new plant will often revert to something less desirable.

Open-Pollinated: This is the



opposite of a hybrid. Any tomato marked “Open Pollinated” originated from seed that was taken from plants that were not purposefully crossed with something else. Plant breeders usually test them for several years to make sure the genetics are stable so you get the same great qualities year after year. If you are saving your own seed it is best to place the plant away from other tomatoes, to ensure self-pollination.

Heirloom: This term simply means an open pollinated tomato that has been around for a long time. Different organizations have defined this to mean different things, yet generally it means that there is record of it being grown for the last 25 or 50 years. Gardeners grow these for their unusual appearance.

Fruiting Type

Determinate: These produce a lot of fruits all at one time and don’t continue to produce much after that. They are often grown for canning efforts. They also tend to stay smaller, so they can easily go in a pot.

Indeterminate: These produce tomatoes over a longer period of time and will keep producing until killed by frost. These are great for home gardens because you can have a few ripening at a time for a good long while.

We also will have a wide range of excellent cherry tomatoes for you to pick from. You can find out more about those and our other seedlings and products at mygardendreams.com, find us on Facebook, or email us for more information: gardendreamers@gmail.com.

Red & Pink					
Rose de Berne	Heirloom	Pink	5 ounces	French	Delectable translucent, & thin skinned
Brandywine	Heirloom	Pink	1+ pound	Ohio	The classic heirloom, meaty with a perfect hint of tartness
Cuostalee	Heirloom	Red/orange	1-2 pounds	French	Heavy yields, excellent flavor and rich
Carmello	Heirloom	Red	8-10 ounces	French	Exquisite taste, juicy, productive, and resistant to some diseases
Thessaloniki	Heirloom	Red	5-7 ounces	Greek	Excellent flavor, mild, earthy, slightly acidic and prolific
Boxcar Willie	Heirloom	Orange/red	6-10 ounces	Eastern U.S.A.	Excellent tart-sweet, juicy, heavy and consistent crops
Beefsteak	Open-Pollinated	Red	10-12 ounces	Eastern U.S.A.	Popular old standard with old time taste
Celebrity	Hybrid	Red	8-12 ounces	U.S.A.	1984 AAS winner, long popular, widely adapted and reliable, with exceptional flavor for a hybrid
Rutgers	Heirloom	Red	6-8 ounces	New Jersey	The original Campbell's soup strain from 1928, great old fashioned flavor, and good for canning

Yellow & Orange					
Yellow Brandywine	Heirloom	Yellow	1+ pound		Slightly ribbed, smooth creamy texture, juicy with rich complex tangy flavor
Lillian's Yellow	Heirloom	Yellow	10-16 ounces		Thin skinned and juicy with mild sweet citrusy flavor
Jubilee	Heirloom	Orange	8 ounces		1943 AAS winner, best medium size orange, smooth meaty texture, and mild flavor
Persimmon	Heirloom	Orange	12-32 ounces		Vigorous and prolific, great flavor, and meaty with few seeds

The Funky Crew					
Green Zebra	Open-Pollinated	Green with Yellow Stripes	3-4 ounces		Sweet zingy flavor, great in salads, and productive
White Beauty	Heirloom	White	6-8 ounces		Slightly flattened shape, luscious sweet yet acidic flavor
Copia	Open-Pollinated	Yellow with Multi-Colored Stripes	12-16 ounces	California	Stunning to see, juicy, sweet, and productive
Pineapple	Heirloom	Yellow with Red Marbling	Up to 2 pounds	West Virginia	Beefsteak with very sweet and fruity taste
Black Krim	Heirloom	Dark Red-Purple	10-13 ounces	Russia	Rich sweet flavor with hint of salt, and very juicy
Cherokee Purple	Heirloom	Dark Red-Purple	10-13 ounces	Tennessee	A classic heirloom with beautiful colors, a sweet and rich flavor, and juicy

unclassified 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, 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. squirrelhillmassage.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.edu

Bike to Work Day

Are you participating in Bike to Work Day this year? Then, be sure to stop by your Co-op's hydration station on May 17th from 7 am – 9:30 am. We'll be providing riders with hydration fluids, snacks, and samples. We'll also be distributing "Swag Bags" provided by our friends at Bike Pittsburgh.

If you plan to stay longer than just a pit-stop, the Co-op features parking for up to 40 bikes. Our indoor bike parking area (on the Penn Avenue side of The Factory) is home to a self-service Fix-It station if you have any maintenance issues during your pit-stop. We also have two bike locks available for up to two hours of use; customers can request the lock at Customer Service year-round.

Bike to Work Day is observed annually in many cities across the country, but here

in Pittsburgh it also kicks off the start of the 2013 Car Free Friday events. Car Free Fridays is a BikePGH program dedicated to ending rush hour traffic by encouraging residents to use alternative transportation for car-free commutes. For more information on Bike to Work Day or Car Free Fridays, check out www.BikePGH.org.



Willpower Unwrapped

by Nickie Corey, MS, BCBA

Picture this: an empty bag of M&Ms, a puddle of melted ice cream at the bottom of the carton, and you, barely conscious on the couch. Sound familiar? Even if chocolate-laden sundaes aren't your indulgence of choice, you certainly have personal junk food favorites that send your willpower to its knees. Even if you've chosen healthier alternatives, overindulgence can still prevent you from reaching your health goals. But, the good news is willpower can be strengthened. We can do this by changing the environment around us so that temptations are lessened (or not there at all) and implementing specific behavioral strategies to ensure success when we do get cravings.

Let's go back to the scenario above. How did you get there? It was a busy evening and you returned home late with the kids from a soccer game. Everyone is famished and you opt for the microwavable dinners to save time. You're all still hungry afterwards since those entrees are so small and the kids start begging for ice cream sundaes. You're out of your usual dessert (granola bars), so you cave. You're so rushed with serving everyone and cleaning up that you end up going without. After the usual bedtime chaos, you are beat. Finally able to relax, you grab the ice cream carton and your favorite topping - M&Ms. You escape to the couch, turn on the TV, and start eating. Before you know it, the carton's almost empty and a few commercial breaks later you mindlessly reach for the M&Ms and finish the bag of those as well.

Why did this happen? You may think it's because you were born with weak willpower. But, the truth is, there were other factors involved. Factors that were not in your immediate control. It was late after a hectic day. The area of your brain controlling willpower is overloaded and therefore not working as effectively. The sugar and high fructose corn syrup (HFCS) in the ice cream and candy induce

the release of dopamine and other chemicals that give you pleasurable sensations. It's in our DNA as humans to consume fats and sweets. Furthermore, sugar and HFCS are addictive – often the more you eat, the more your body craves. You knew that the frozen dinner wasn't the healthiest choice, but it's hard to resist the convenience when there's no time for cooking.

Many of the factors that weaken our willpower are out of our direct control. But, there are a number of changes that we can make to fight temptation head on.

- Purchase quick and healthy options that store well in the freezer so you're always prepared for those hectic nights when cooking isn't possible
- Replace sweet, calorie-laden desserts with healthy snacks like fruit or nuts
- When you allow the kids to have sweets, put them away as soon as the kids are done eating them – out of sight, out of mind
- When you do eat sweets or snacks, always separate your serving into a dish – eating directly out of the bag or carton encourages over-indulgence
- If you want more of a snack or sweet when you're done with your serving, focus on something else like the TV or a book.

By making small changes in our daily routines, we can withstand the temptations we're surrounded by. If you're interested in learning strategies to gain more willpower, resist temptation, and change unhealthy habits into healthy ones, then come to my class "Willpower Unwrapped: The Science Behind the Cravings" here at the Co-op on May 22nd at 6:30 PM. If you're unable to attend the class, but want to learn more about developing a healthy lifestyle through health coaching and behavior analysis, call me at 540-287-1280 or email me at healthyhabits13@hotmail.com.



This year marks the fifth Dick's Sporting Goods Pittsburgh Marathon and that's cause for celebration. Over 30,000 participants are anticipated and over five million dollars have been raised through the Run for a Reason Charity Program, which offers runners the opportunity to fundraise on behalf of more than 70 charity organizations. To show support for everyone involved in this year's Marathon, your Co-op will be participating in Munchies With the Marathon.

Munchies With the Marathon is a new program that offers local businesses the opportunity to contribute to the festivities surrounding the Marathon and your Co-op was eager to get involved. On Marathon Day, we'll be offering sales and specials geared towards runners, walkers, organizers, volunteers, and spectators. There will be something for everyone and we're located right on the Marathon's course so you won't have to go far from the action to stop in!

We here at the Co-op wish the best of luck to all registered participants – we applaud you for your efforts and accomplishments!



BOARD OF DIRECTORS

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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**
 Jane Harter, **Administrative Manager/HR**
 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
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 Friday: 11:00—10:00
 Saturday: 10:00—10:00
 Sunday: 11:00— 3:00
 Monday: Closed

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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

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

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.

Fourth Annual AMY STINE WORKSHOP on Holistic Medicine



Amy Stine was a much beloved holistic family physician in the Pittsburgh area with a private practice addressing body, mind and spirit. This workshop is offered in her memory and provides healing concepts for both the medical professional and the public.

This year's theme is

SPIRITUALITY IN MEDICINE

and will feature Christina Puchalski, MD, MS, Director of the George Washington Institute for Spirituality and Health, as the Keynote Speaker and other local speakers on spirituality, healing, and fascia.

Saturday, May 11, 2013

Herberman Conference Center

UPMC Shadyside

5320 Centre Avenue

Pittsburgh, PA 15232

Pre-registration is required by May 3

For more information, contact Oakland Walters

Phone: 412-623-3811 Email: waltersoc@upmc.edu

STAFF NEWS

New Faces...

Lauren Eldredge, Front End/Cashier - Lauren developed a love of gardening and fresh vegetables during college and sees working at the Co-op as a way to further her interest in healthy food. This spring she is finishing her last semester of graduate school at Chatham University in their landscape architecture program. Lauren loves to bike around the city, hike, and travel.

Employee of the Month

Congratulations to Jessica Santacrose, who was chosen as the Co-op staff pick for April 2013 Employee-of-the-Month! Jessica has worked here for almost 2 years. She is a cook, but also works in the meat department and at the café counter as a barista.



Q. What's one thing you've learned in your time working at the Co-op?

A. I've worked in kitchens before, but here I learn a lot about natural foods.

Q. What is your favorite product here?

A. Greek Gourmet Hummus, from Squirrel Hill. Smoked white bean will change your life!

Q. Favorite thing(s) about the Co-op in general?

A. I live two blocks away. I really like living and working in the same neighborhood. I feel like part of a community—I'm not just showing up and doing a job. Also, the sustainability. I can't tell you how excited I was when I got here on the first day and found out we compost! Yay!

Q. If you could change one thing about the Co-op, what would it be?

A. We'd sell alcohol—neat local stuff like Arsenal cider and Wigle whiskey.

DID YOU KNOW...

At one time in our Co-op's history, all member-owners were required to volunteer in the store. Now, volunteering is optional, but the Co-op still relies on member participation, from share purchasing and shopping, to voting in elections and volunteering. And as a volunteer, you can benefit as well. It feels good to participate, to be part of the community, and to get to know the people who work and shop here. The extra discount on store purchases can make a big difference, too!

Members who volunteer for 2 hours get a 10% discount off of store purchases. They also pay only 5% above cost for bulk/case special orders during the week following their service, whereas the everyday special order bulk/case discount for members is 20% off retail prices. Volunteers must work a minimum of 2 hours and no more than 4 hours at a time. If you volunteer for 4 hours in a week, the discounts are applicable for 2 weeks.

Benefits can also add up:

- 10% quarterly member discount + 10% volunteer discount = 20%
- 10% ACCESS discount + 10% volunteer discount = 20%
- 5% senior discount + 10% volunteer discount = 15%

All member-owners who have paid the full, one-time \$100 share can volunteer. Just ask for a Volunteer Application at the Customer Service desk. You can return it to Customer Service or mail it in. Our Volunteer Coordinator, Eryn Hughes, will review the application and contact you to discuss the current volunteer opportunities.

Some of the areas where you can help include: Grocery & Stock, Bulk, Produce, Health & Beauty, Café, Front End, Administration, or Outreach. Don't see yourself fitting in to the departments above? If you have another idea for volunteering just let us know and we can talk it over.

Questions? Call Eryn Hughes, at 412.242.3598 ext 323

What's good for the planet
is delicious for you.

A menu full of options, including locally grown, organic, vegan and gluten-free fare. All delectable. All environmentally sound. All at Café Phipps.



phippsconservatory.org

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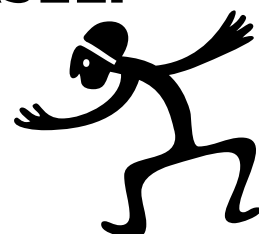


Join the Green Energy Collaborative (it's free) and switch to a 100% Pennsylvania Wind Energy Plan offered by TriEagle Energy. Save up to 26% compared to Duquesne Light.*

LowCostWind.com

* Based on the generation, transmission, and GRT portion of the bill. Prices as of 4/9/13. The Green Energy Collaborative is a program of CITIZEN POWER, Inc. For more information call your local CITIZEN POWER office at 412-421-7029.

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The Co-Operator

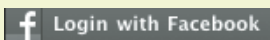
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THE CURRENT 10% DISCOUNT QUARTER ENDS ON JUNE 30, 2013!

The next quarter goes
from July 1, 2013 thru
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End Food Co-op boards!

WE OWN IT-



May 2013 ... hot bar specials

sunday	monday	tuesday	wednesday	thursday	friday	saturday
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!						
			1 Burrito Bar	2 Stewed Kale Over Cous Cous	3 Pizza Dairy & Vegan	4 Corn and Roasted Red Pepper Quesadilla
5 Chef's Choice	6 Roasted Potato Nicoise	7 Orange Ginger Tempeh	8 Caribbean Kitchen	9 Tofu Tikka Masala	10 Pizza Dairy & Vegan	11 Broccoli Cheddar Quiche
12 Chef's Chouce	13 Ginger Cilantro Tofu & Kale	14 Indian Spiced Black Eye Peas & Spinach	15 Indian Kitchen	16 Cheesy Farro Bake	17 Pizza Dairy & Vegan	18 Mean Green Pasta
19 Chef's Choice	20 Fanesca	21 Honey Dijon Seitan	22 Wünder Bar (German Kitchen)	23 Grandma Annie's Spinash Balls	24 Pizza Dairy & Vegan	25 Quiche Lorraine
26 Chef's Choice	27 Tomato Basil Chevre Quiche	28 Tofu & Mixed Veg w/ Romesco Sauce	29 Middle Eastern Kitchen	30 Moroccan Cauliflower & Lentils	31 Pizza Dairy & Vegan	

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, MAY 1, 6:30 PM

Juicing and Blending: A Road to Better Health

Deborah Uttenreither of LifeFuel Health Coaching

It's recommended to have five to nine servings of fruit and vegetables per day and increasingly folks are using juice and smoothies to accomplish their daily allowance. But, many of the bottled varieties contain sweeteners and artificial ingredients, which is why we suggest making your own! Handmade juices and smoothies are a delicious and satisfying way to increase your health and well being. Attend this workshop to learn more about the advantages and techniques to making great tasting juices and smoothies. This workshop is FREE; just call 412-242-3598 to reserve your spot!

WEDNESDAY, MAY 8, 6:30 PM

Trading Fairly with Ten Thousand Villages

Karen Horst of Ten Thousand Villages

Learn more about the guidelines of fair trade and how you can make an impact on the fair trade market. Our presenter will focus on the buying practices of Ten Thousand Villages including long term trading relationships and advanced payments. There will be a short video presentation, informational literature, and a Question and Answer session. This workshop is FREE; just call 412-242-3598 to reserve your spot!

WEDNESDAY, MAY 22, 6:30 PM

Willpower Unwrapped: The Science Behind the Cravings

Nickie Corey of Healthy Habit Change

Explore common perceptions of willpower and seek to change the attitude that willpower is something you either have or you don't. This workshop will examine the factors that contribute to weak willpower and then present strategies to overcome temptations. Attendees will learn some techniques to reduce cravings, make healthy choices, and mitigate mental and physical ailments through diet and exercise. This workshop is FREE; just call 412-242-3598 to reserve your spot!

WEDNESDAY, MAY 29, 6:30 PM

Backyard Composting Workshop

Nancy Martin of the PA Resources Council

By utilizing the natural process of decomposition, organic materials often considered "waste" (grass clippings, food scraps, autumn leaves, and even paper) can be recycled back into a rich soil conditioner. Composting helps you reduce your waste, it improves the health

ONE MONTH, TWO FLYERS, LOTS OF GREAT DEALS!

FIRST FLYER RUNS FROM

**WEDNESDAY, MAY 1 TO
TUESDAY, MAY 14**

SECOND FLYER RUNS FROM

**WEDNESDAY, MAY 15 TO
TUESDAY, MAY 28**

CHECK IT OUT ON OUR WEBSITE —
www.eastendfood.coop



of your gardens, and most of all, it's easy and enjoyable to do. Attend this workshop to learn the importance of compost, how to set up a compost pile, and how to maintain and use your compost. You will also receive a compost bin to keep. Cost is \$50 for individuals and \$55 for couples. For information/registration contact Nancy at 412-388-7490 x247 or email nancym@ccicenter.org

WEDNESDAY, JUNE 5, 6:30

Reducing Cancer Risk Through Diet

George Eisman of Coalition for Cancer Prevention

Some foods seem to help our bodies fight off cancer before it starts, while other foods can compromise our immune systems, thereby raising our risk of getting cancer and other chronic diseases. Learn which foods increase your risk of getting cancer, which fruits and vegetables are best for reducing your cancer risk, and even what kind of milk is best to drink. We'll also discuss how to replace high-risk foods with better options without causing nutrient deficiencies and why some foods considered "heart-healthy" may actually increase your risk of getting cancer. This workshop is FREE; just call 412-242-3598

Look for your Co-op at these upcoming events:

Saturday, May 11, 11:00 AM - 4:00 PM: Join us for World Fair Trade Day at Ten Thousand Villages in Squirrel Hill (5824 Forbes Ave. Pittsburgh, PA 15217).

Your Co-op will provide information about sustainability and our local product offerings, as well as samples and a coupon for savings on our Fair Trade coffees. Visit the Ten Thousand Villages website for information: **<http://pittsburgh.tenthousandvillages.com>**.

Friday, May 17, 7:00 AM - 9:30 AM: Your Co-op is hosting a hydration station for Bike to Work Day (BTWD) again this year! The purpose of BTWD is to celebrate people who bike to work and also make it fun or friendly for those who might be trying bike commuting for the first time. Your Co-op's station will be located near the store on Meade Street and it will feature hydration fluids, snacks, and 'Swag Bags' filled with goodies and giveaways for participants.

Saturday, May 18, 11:00 AM - 6:00 PM: Your Co-op is excited to host an educational table at the Venture Outdoors Festival again this year. Last year, you might have seen us cooperating to make solar-powered smoothies, sustainability games, filtered water and hydration samples. This year, we'll be back with more interactive games, information and resources. For more information, check out: **<http://www.ventureoutdoors.org/vofest.aspx>**

June 1: Rainbow Kitchen's Walk and Ride Against Hunger

June 2: PASA's Bike Fresh, Bike Local

There's always more to come – stay tuned to our website, Facebook, Google+, and Twitter for event updates!

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