

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 December 31, 2012. The next quarter goes from January 1, 2013 through March 31, 2013.

BOARD OF DIRECTORS

MONTHLY MEETING

ALL MEMBERS ARE WELCOME.

The next meeting will take place on Monday, October 15 at 7pm.

YOUR CO-OP IN YOUR COMMUNITY

on Page 2

CO-OP ORIENTATION

Join us for an orientation and learn the secrets every member wants to know — Tuesdays at 7pm.

Call 412.242.3598 ext. 103 to register.

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SPECIAL INSERTS:

10/3 - 10/16 CO-OP DEALS
10/17 - 10/30 CO-OP DEALS

EAST END FOOD CO-OP

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

In Celebration of Co-op Month & Information for Non-GMO Month

Co-ops Make a Difference Every Day

by Co-op News Service

Food co-ops bring people together to share good food and create healthy communities. This year, cooperatives of all kinds will be celebrating the United Nations declaration of 2012 as the International Year of Cooperatives. We are thrilled to have the opportunity to show everyone how our co-ops build a better world and make a difference in their communities every day.



All co-ops are part of an international movement that has strong impacts globally. Members of the world's communities and cooperatives play an important role in this. When you support your local co-op with your shopping dollars, you are taking part in a business system that cares about people and contributes to a livable community. Our food co-ops contribute to many local economies in the U.S. with \$1.3 billion dollars in annual sales and over 1.3 million members. That's just one of many benefits food co-ops bring to the table.

Food co-ops have spent the last decades at the forefront of virtually every positive reform in the food industry. From product labeling laws and reduced packaging to organic food production, we have set the standard for food safety and quality.

We strive to connect our farmers and shoppers so you know where your food comes from. Did you know that nearly 30 percent of all farmers' products in the U.S. are marketed through producer-owned

cooperatives? And of course, you can find many of these popular co-op food brands, such as Organic Valley Family of Farms, Frontier Natural Products, Equal Exchange, Florida's Natural and Cabot Creamery, in retail food co-ops.

Food co-ops continue to extend their influence beyond the doors of the store to make it possible for everyone to participate in the local food movement by also promoting community supported agriculture, community gardens and farm-to-school initiatives.

In co-op classrooms nationwide, we love to share what we know about enhancing wellness and enjoying delicious food. We're not just handing out information, but giving everyone a way to think about and explore a different relationship to food, one that reflects the values and agriculture of a certain place.



Our co-ops are also a critical part of neighborhoods because we are building and sustaining local communities. The co-op is owned by thousands of people who care about where they live. Vermont's governor, Peter Shumlin, is a member of the Putney Food Co-op in Putney, Vermont. He says, "The great thing about the co-op is that you see people from all walks of life coming together. It's really a community center. It's a community resource." That's why we put so much into what we do to make the world better. It all comes together at the co-op.

It's Election Season

by Christine Allen, Nominations & Elections Committee Chair

Join us at our EEFC Annual Meeting, where we'll celebrate our 35th anniversary while presenting you all the information you need to be a well-informed Co-op Member.

SATURDAY, 10/13/12; 5-7PM

Special Location: The Environmental Charter School at Frick Park

829 Milton Street, Pgh 15218, located only one mile from our store, next to Frick Park.

Public Transportation: PAT bus 61B

There are places onsite to lock your bicycle but there's no parking lot on the school grounds. Please park at the Frick Park Tennis Courts on S. Braddock, which is just around the corner from the school. Additional parking is available on the far side of S. Braddock.

If you've participated in the past- thank you! Can't wait to see you again.

If you haven't yet participated in an Annual Meeting, this is the year to join your Co-op friends for a night of good food, good music & most importantly: taking care of business.

Annual Reports

Co-op staff & volunteers have been hard at work all year.

We'll report vital information regarding:

- General Management
- Board of Directors
- Finances
- Membership

Annual Elections

Each year, EEFC members have the opportunity & responsibility to elect volunteer Directors to serve 3-year terms on the Board.

Elected by the Membership to represent & serve the Membership, the Board is legally & financially responsible for the Co-op. The Board is also charged with envisioning & creating our Co-op's future while holding true to-

Cont. on Page 4

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 Monday, October 15 at 7pm.



Dated Materials — DO NOT DELAY

East End Food Co-operative
7516 Meade Street
Pittsburgh, PA 15208



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[Insert Another Joke About the Size of Our Ideas]: The Big Idea Bookstore

by Hannah Dobbz

Growing up I watched this awful show called *Kidsongs*, which was about a group of kids who find an abandoned TV station, fix it up, and figure out how to run the whole shebang without the help of any adults. I remember, even at the age of 5, thinking that there would be nothing cooler than running an abandoned television station and broadcasting all the programs that we wanted to see.

In 2001, another group of kids, in Pittsburgh, put together a bookstore based on similar principles (albeit without the cheesy musical numbers). They called it the Big Idea Bookstore, and, amazingly, the place lasted for a decade, despite its own rotating cast of unpaid diehards and flaky one-time volunteers. I joined the bookstore when it was already in its eighth year—its fifth year in the claustrophobic cubbyhole on Millvale Ave. This incarnation of the Big Idea was charming, but we all agreed that we were growing out of the tiny playpen that seemed big enough in 2004 when the lease was signed.

In early 2010, I made a pact with one of my co-volunteers that someday we would move to a bigger space and make the Big Idea our regular, sustainable job. We agreed that such a reality would be a dream come true—no more being bossed around at jobs we don't care about—but it certainly seemed unlikely. My first job, when I was 16, at Dunkin Donuts was a perfect example of workers feeling no

investment in their product: I nearly burned down the store by putting a muffin in the conveyor toaster to see what would happen; I'm pretty sure my manager dealt drugs out of the back office; and everyone stole things from work every day. With experiences like this, I could never understand how such a high-turnover, low-investment model is even practical: When workers feel no connection to their labor, they tend to do more damage to the company over all. With that in mind, we hoped to transform the rinky-dink volunteer-run bookshop into a bona fide worker-owned bookstore, café, and events space.

In October 2010, we began laying plans, but every lawyer we talked to assured us that incorporating as a cooperative was actually impossible in the state of Pennsylvania, which both confused us and dampened our spirits about the project (though we later learned that PA has a non-profit cooperative statute, but no for-profit one; instead, we incorporated as an LLC, with everyone listed as equal owners.) With the help of the Keystone Development Center, an organization dedicated to helping co-op start-ups in the Keystone State, we began to unravel the mysteries of the cooperative world—an underground realm that is kept quiet within the wage labor system. We fell down the rabbit hole and became enamored by the phantasmagoria of worker-owned cooperatives.

Attending the Eastern Conference on Workplace Democracy in Baltimore in July 2011, we fell a little deeper, uncovering the truths about incorporation, about self-governance, and about being successful businesspeople outside the worn template of hierarchical labor. The possibilities for worker-ownership flickered and gleamed in the conference sessions and among attendees—each a dedicated cooperative business-owner in their respective field. In this underground world of horizontal labor, we weren't competitors or bosses to each other; we were supporters and allies.

On the way back to Pittsburgh I recalled the first cooperative that I had ever read about: It was started by Kristy Thomas in 1986 in the fictional town of Stoneybrook, Conn., and it was called the Baby-sitters Club. This worker-cooperative run by middle-schoolers with mediocre personalities lasted for fourteen years, and I thought, "If a group of imaginary seventh-graders can write a successful business plan, then so can we."

In our new location (around the corner from the old one in Bloomfield), the Big Idea Cooperative Bookstore and Café's nine co-owners now facilitate the space as a community resource for radical and progressive literature; organic, local, and fairly traded food and beverages (we have partnered with the East End Food Co-op and other local pur-



veyors); and community events ranging from lectures to screenings to discussion groups. This September we will be celebrating one year at our new location (4812 Liberty Ave.), and on October 27, we will be hosting our second annual member drive. The membership program allows for community input on the business as we develop, plus members receive exclusive perks such as special discounts and sales, as well as annual member parties. Supporters may purchase a Big Idea membership at a sliding scale rate based on their income. Annual membership costs range from \$20 to \$100, but the perks remain the same no matter the level at which you join.

We hope to see you soon!

Order your Thanksgiving menu items from us! Tofu turkey, gravy, sides, vegan & traditional baked goods and all the fixins! Check online and in-store starting in mid October for our menu.



Please check in with Customer Service to find out information regarding your quarterly membership discount!

Cooperation in Pittsburgh

Here in Pittsburgh, the creative community is a sharing, thriving and inspiring one. Where once there was only one cooperative, now there are many, growing farmer, worker, consumer co-ops that allow members to become share-holders. For Co-op Month, we'd like to give a shout-out to some of the Co-op partners we work with, as a demonstration of our effort to support Cooperative Principle number 6: Cooperation among Cooperatives.

Please take a moment from your October Co-op Month to support these community-based businesses and maybe even pick up a Discussion Course from our Book Department to learn how to start your own!

Pittsburgh Cooperatives and Collectives

East End Food Co-op

7516 Meade Street
Pittsburgh
(412) 242-3598
<http://www.eastendfood.coop/>

Big Idea Bookstore Cooperative

4812 Liberty Avenue
Pittsburgh
(412) 687-4323
<http://thebigideapgh.org/>

East End Cooperative Ministry

250 N. Highland Ave.
Pittsburgh
412-361-5549
<http://eecm.org>



Farmers' Market Co-op of East Liberty

344 North Sheridan Avenue
Pittsburgh
(412) 661-4414
<http://www.farmersmarketcooperativeofeastliberty.com/>

Cyberpunk Apocalypse

<http://thecyberpunkapocalypse.tumblr.com/>

Free Ride Collective

214 N. Lexington St.
Pittsburgh
<http://freeridepgh.org/>

Ujamaa Collective

1901 Centre Avenue, Suite 100
Pittsburgh
<http://www.ujamaacollective.org>
Learn more about Cooperatives here:
<http://www.eastendfood.coop/co-op/cooperatives/>

Your Co-op in Your Community

During September 2012 your Co-op had a presence at the following events. We hope to see more of you next month. Check the back page of *The Co-operator* for our October 2012 events!

SEPTEMBER 8, 2012

The Big Pour

City of Asylum Poetry Local Gardens Reading



Mulford Street Corridor Block Association Clean Up: Part of Mayor Luke Ravenstahl's Love Your Block Project

SEPTEMBER 16, 2012

A Taste of Grow Pittsburgh

SEPTEMBER 21- 23, 2012

Mother Earth News Fair

SEPTEMBER 23, 2012

ART HARVEST!



SEPTEMBER 27, 2012

Clean Water Action 40th Anniversary

SEPTEMBER 28, 2012

American Meat Screening, partnered with PASA

SEPTEMBER 30, 2012

Sunday's Best Brunch @ 720 Music, Clothing and Café





ENDS POLICY STATEMENT

East End Food Cooperative, a member-owned business, exists to create, promote and sustain a healthy, strong, and vibrant local community that serves the need for physical well-being, mutual respect, social connectedness and economic vitality while ensuring sustainability in the use of all resources toward this end.

Adopted by the EEFC Board of Directors, January 24, 2005

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

Hi, it seems to me that the origin of your apples is often mislabeled on your signs. Today one bin said "origin USA" but the bag with the apples said "product of Chile." Another bin said "origin USA" but the bag was labeled "Argentina." The Chile bag did say "US fancy" and the Argentina bag said "USDA organic," but I assume those grades do not mean the apples were grown in USA. Why is it so hard to get organic apples grown in USA? Thanks!

Sorry for the mis-labeling of the country of origin on the sign. That was our mistake. All organic apples are coming from South America between May-September. As soon as domestic organic apples are available, we will have them in. Thanks for your comment!

— Paul Smith, Produce Buyer

I was looking for Buttermilk Blue in the cheese section today – didn't see it. I'm hoping that it's a temporary outage as opposed to it no longer being stocked.

We have them back in now, as well as a number of very delicious new Blues. Stop by the café and ask for Caldwell if you have any questions about our exciting new cheeses!

— Caldwell Linker, Cheese Buyer

Please put another bike rack out front. I'm a cyclist and I usually find the rack already full.

Thanks for your comment. We just installed a new bike corral here in the East End Food Co-op parking lot. It has enough room for 20 additional bikes.

— Tara Powers, Member Services and Marketing Manager

Do you ever carry Caveman Blue from Rogue Creamery in Oregon? I love that cheese!!

At this time we do not, but we are expanding our selection of cheeses with our new cooler and I will definitely keep your request in mind. We do carry Rogue's Oregon Blue Vein (which won a 1st place in its category at the American Cheese Society awards this year) & their Smokey Blue.

— Caldwell Linker, Cheese Buyer

Great Place! I give the store a 10 and would recommend to many!

Thank you!!

— East End Food Co-op staff



THANK YOU for being a Member/Owner!

In the month of September 2012, we had a total of 76 new members. This is the most new members we have acquired in one month, in the past 7 years! We currently have a total of 9,935 new members. Help us reach our goal of 10,000 members in time for

our Annual Membership Meeting on October 13, 2012. Pick up a brochure at customer service to learn about all the discounts and perks you receive for being a member/owner of our Co-op!

book review

Economics is Everybody's Business

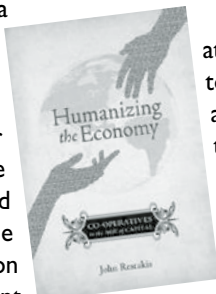
Humanizing the Economy: Co-operatives in the Age of Capital, by John Restakis

by Karen Bernard, Book Buyer

It's been four years since, during the close of the Bush II era, the free market ethos held so dear by that administration failed so spectacularly. In October, 2008, Congress approved the bailout plan to halt a financial meltdown, but many legislators opposed this government intervention in the market as "a slippery slope to socialism." In their minds, the only options were a free market system on the one hand, and "socialism" on the other. So, as he announced the partial nationalization of America's largest banks, President Bush said that this was only a temporary action. "These measures," he assured us, "are not intended to take over the free market, but to preserve it." American taxpayers, it seemed, were to bear the cost of the bank bailout, but must not expect to profit from it.

In his 2010 book, *Humanizing the Economy: Co-operatives in the Age of Capital*, John Restakis points out that "The free market system, such as it is, has been able to survive only because the state has been there to support it—and to salvage it." (This happened in the U.S. with the depression of 1873-86, and the Great Depression of the 1930s as well.) He draws attention to the crisis we face today—the way corporate capitalism is failing to meet even the most basic needs of billions of people in the United States and around the world, undermining the foundations of healthy societies, caring communities, and personal well-being. Beyond salvaging the status quo, then, what alternatives can we imagine to this capitalist system now in such chaos? Restakis clearly shows that there is a middle path between *laissez faire* economics and dreaded "socialism," a path where the market can be made responsive to human needs—without state control. Co-operatives, in fact, have a

long and rich history. Their seeds, he says, were sown in the resistance that rose at the dawn of the industrial age, and they are thriving in many parts of the world today.



I admit that this book did not look at all interesting from outside. I like to feature books with covers that are attractive and inviting. Not that this one is ugly by any means, but it's plain. And it's about "the economy," not many people's favorite subject. Of course we're going to carry it, it's about co-ops. (Besides, a manager recommended it.) I have to

tell you, though, this book is good. It's well written, the history in the first two chapters is fascinating, and the real-life examples extremely hopeful. I'm always grateful for coherent synopses of how we got into the mess we're in—understanding the roots of distress goes a long way toward seeing our way out of it. And the author is lucid and concise in his outline of the ideology underlying "the grand delusion" we're living. He explains how "the rise of the free market myth that has so enthralled politicians, policy makers, academics and a great swath of the public in Western democracies can be traced to the early 18th century and the onset of the Industrial Revolution." Out of this atmosphere came economic theory "deeply influenced by the mechanistic model of the universe embodied in Newtonian physics and utilitarianism—a philosophy in which the individual came to be regarded not as an integral part of a social whole, but as an isolated social atom struggling with impersonal and unchanging market forces." In this story, the human is an egotistical, selfish, competitive individual whose sole motivation is to maximize pleasure and minimize pain. And society is analogous to the machine, subject to the

laws of the market, which "exists in a sphere of its own." Here, the essential elements of an organic human life—shared land, meaningful labor, and community-derived identity—are deprived of their socially embedded meaning and turned instead into commodities to supply the needs of an autonomous market system. As economist Karl Polanyi put it, the overarching dynamic of western history since the rise of the machine age has been opposition: subjection of society to the mechanism of the market, and society's corresponding defense against the damages caused by this system. This dynamic is now being played out on a global level.

Restakis doesn't mince words. He doesn't hesitate, for example, to point out the marks of religious fervor in the free market faithful: blind faith, supreme self-confidence, imperviousness to evidence and hostility to opposing views. But he doesn't belabor these kinds of issues. He's interested in telling us about humanizing, not mechanizing efforts—efforts that integrate economic activity within the broader framework of social values. Most of the book presents a range of alternatives to corporate capitalism, such as Emilia Romagna's wide-spread co-operative economy in Northern Italy, Argentina's recovered factory movement, Japan's consumer health co-operatives, and Sri Lanka's small farmer movement for fair trade.

Co-operatives, in all these varied cases, are structures that consciously elevate the needs of society over the "self-regulating" market. Does this kind of socialism involve state control? No. Co-operatives are more democratic than our current capitalist structure will ever be. Although somewhere along the line, "free markets" have been identified as the source of free and democratic socie-

- Cont. on Page 5

THE FOOD YOU EAT

Genetically Engineered Crops

by Center for Food Safety

The genetic engineering of plants and animals is looming as one of the greatest and most intractable environmental challenges of the 21st Century. Already, this novel technology has invaded our grocery stores and our kitchen pantries by fundamentally altering some of our most important staple food crops.

By being able to take the genetic material from one organism and insert it into the permanent genetic code of another, biotechnologists have engineered numerous novel creations, such as potatoes with bacteria genes, “super” pigs with human growth genes, fish with cattle growth genes, tomatoes with flounder genes, and thousands of other plants, animals and insects. At an alarming rate, these creations are now being patented and released into the environment.

Currently, up to 85 percent of U.S. corn is genetically engineered as are 91 percent of soybeans and 88 percent of cotton (cottonseed oil is often used in food products). According to industry, up to 95% of sugar beets are now GE. It has been estimated that upwards of 70 percent of processed foods on supermarket shelves—from soda to soup, crackers to condiments—contain genetically engineered ingredients.

A number of studies over the past decade have revealed that genetically engineered foods can pose serious risks to humans, domesticated animals, wildlife and the environment. Human health effects can include higher risks of toxicity, allergenicity, antibiotic resistance, immune-suppression and cancer. As for environmental impacts, the use of genetic engineering in agriculture will lead to uncontrolled biological pollution, threatening numerous microbial, plant and animal species with extinction, and the potential contamination of all non-genetically engineered life forms with novel and possibly hazardous genetic material.

Despite these long-term and wide-ranging risks, Congress has yet to pass a single law intended to manage them responsibly. This despite the fact that our regulatory agencies have failed to adequately address the human

health or environmental impacts of genetic engineering. On the federal level, eight agencies attempt to regulate biotechnology using 12 different statutes or laws that were written long before genetically engineered food, animals and insects became a reality. The result has been a regulatory tangle, where any regulation even exists, as existing laws are grossly manipulated to manage threats they were never intended to regulate. Among many bizarre examples of these regulatory anomalies is the current attempt by the Food and Drug Administration (FDA) to regulate genetically engineered fish as “new animal drugs.” Yet, at the same time, the FDA claims it has no jurisdiction over genetically engineered pet fish like the Glofish.

The haphazard and negligent agency regulation of biotechnology has been a disaster for consumers and the environment. Unsuspecting consumers by the tens of millions are being allowed to purchase and consume unlabeled genetically engineered foods, despite a finding by FDA scientists that these foods could pose serious risks. And new genetically engineered crops are being approved by federal agencies despite admissions that they will contaminate native and conventional plants and pose other significant new environmental threats. In short, there has been a complete abdication of any responsible legislative or regulatory oversight of genetically engineered foods. Clearly, now is a critical time to challenge the government's negligence in managing the human health and environmental threats from biotechnology.

CFS seeks to halt the approval, commercialization or release of any new genetically engineered crops until they have been thoroughly tested and found safe for human health and the environment. CFS maintains that any foods that already contain genetically engineered ingredients must be clearly labeled. Additionally, CFS advocates the containment and reduction of existing genetically engineered crops.

<http://www.centerforfoodsafety.org/campaign/genetically-engineered-food/crops/>



NO KID HUNGRY Solutions

by Tara Powers, Marketing and Member Services Manager



In honor of World Food Day on October 16, 2012 the East End Food Co-op would like to highlight the No Kid Hungry campaign. Their honorable commitment is to ending childhood hunger in America by 2015. World hunger is a very large-scale problem. Asking the question “What can I possibly do to help” may seem overwhelming. I would like to empower our community to act now by offering some easy, feel-good ways to help:

Take the pledge

Sign up now and add your voice to the national movement of people committed to ending childhood hunger in America by 2015: www.nokidhungry.org

Volunteer at a local culinary event

Since 1988, thousands have helped at Share Our Strength's culinary events. There are many ways to get involved. Whether you're helping recruit chefs, find sponsors, plan logistics or work the night of an event,

volunteering plays a critical role in helping us do more to help kids struggling with hunger in our community and across the country. Find out more here: www.nokidhungry.org/take-action/community

Tell Congress: Protect federal nutrition programs

Please join the No Kid Hungry campaign in standing up for kids in need. Urge your members of Congress to protect federal nutrition programs in the Farm Bill.

Send a letter to your representative.

Make a call

Dial 1-877-698-8228. When prompted, enter your zip code and listen to the brief instructions.

State that you are a constituent and give your name and the town you are calling from.

Share that you oppose cuts to SNAP and other nutrition assistance programs.

*Information shared from: www.nokidhungry.org

It's Election Season

from Page 1

—our “Ends Policy Statement” & “Statement of Cooperative Identity,” including our Values & Principles.

We have 3 empty Director seats to fill this year.

Candidates

We're fortunate to have 4 well-qualified candidates on our slate.

Read complete information about the Candidates!

- included in this edition of the Co-operator
- displayed on in-store signage
- available at the Customer Service Desk

Ballots

Each fully-paid Member Household Membership is allowed to return 1 completed ballot.

How-to-Get Your Ballot

Ballots are enclosed in this month's Co-operator available in the store at the Customer Service Desk.

How-to Return Your Ballot to Cast Your Vote

Completed Ballots can be mailed via the United States Postal Service but must be received no later than noon, Sat. October 13th, 2012.

Nominations & Elections Committee
East End Food Co-operative
7516 Meade St.
PGH, PA 15208

Completed ballots can be returned to the Customer Service Desk, in the store, until Noon, Saturday, 10/13/12.

The last chance to return your completed ballot is at the Annual Meeting: Sat. 10/13/12.

Elected Candidates

Winners will be announced on our website Monday, 10/15/12.

Everyone is invited to attend this event, but only fully paid members are eligible to vote. This is an exciting & critical point in time, your Co-op is planning for the future. Be a part of it!

NEW IN THE AISLES New Products on Our Shelves

Beverage Cooler

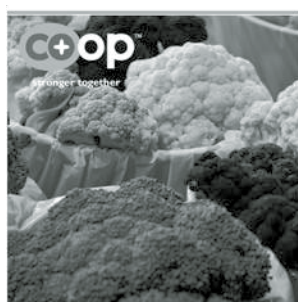
Reed's Kombucha
Alo Escape
C20 Coconut Water

Aisle 2

Tru Roots Sprouted Line: Beans, Seeds, Rice, Lentils
Dr. McDougalls Soup (variety of flavors, 2 servings)
Asian Entree Microwavable Bowls

Aisle 6

Green Pastures Fermented Cod Liver Oil
E3 Live: World's First Frozen Algae
Health Force Super Foods:
Vitamineral Green
GHT Male
Vitamin Code Healthy Food,
Raw K Complex, Raw Zinc



What's Fresh:
Broccoli



Mediterranean
Broccoli Salad



Broccoli

Broccoli's dark green buds contain a ton of nutrients, like vitamin C and fiber, and pack a punch of flavor that's a delectable companion to cheese, lemon, chicken, tofu and pasta. Tickle your taste buds with a spicy broccoli side dish. Bake or sauté broccoli florets and chopped stems with butter, sea salt and crushed red pepper flakes, and then top with Pecorino Romano cheese. Once home from the market, broccoli should be stored in perforated bags in the fridge for three to five days. Broccoli can also be found in shades of light green or purple; whatever the color, it's a great addition to snacks and meals.



What's Fresh:
Apples



Brined Pork Chops
with Gingered Apples



Apples

Red, green and yellow —apples are grown in all 50 states, making them a great locally produced fruit nationwide. From juice to cobbler, apples are at the heart of American cookery. Peak apple-pickin' season generally runs from September to October. From the bushel, pick apples that are bruise-free and firm to the touch. Try them diced on a mixed spring greens salad with pecans and blue cheese with a drizzle of olive oil and squeeze of lemon. Or add some curry-roasted red apples and toasted pine nuts to cooked couscous for a delicious side. Finish dinner with butter pecan ice cream sundaes topped with caramelized apples.

IN YOUR COMMUNITY, ON YOUR PLANET

Economics is Everybody's Business

Cont. From Page 3

-ties, anyone with a passing knowledge of history knows that democracy began centuries before capitalism. And since the late 1700s, state control has been used, sometimes brutally, to enforce *laissez faire* for the propertied class. We might ask as well, how it is that a "free market" is run by corporations with the legal rights of personhood—without the accountability of real people—and with authoritarian models of command and control in individual firms. Hardly what we could honestly call democracy. In any society, Restakis says, "authoritarian power in economics trumps democratic power in politics." Therefore, he concludes, without a democratic economy, democracy can not survive.

Restakis is clear that what ultimately conditions how people live and what societies become is the degree to which we can exercise control over our lives. "Economics is central to this," he says. "This is the question that lies at the bottom of the resentment and rage that continues to fuel the resistance to globalization generally and the corporate model of free market capitalism specifically." What is often less clear is how those who seek change can respond constructively and concretely to this challenge, moving beyond protest to a vision of what else is possible. Co-operative alternatives, then, will depend on co-operative people, thinking and acting, both locally and globally. It is happening:

The popular drive to democratize economies is a force that is working to transform virtually every economy in the world today.... With over 800 million members in 85 countries the co-operative movement is by far the most durable and most powerful grassroots movement in the world. Co-operatives employ more people in democratically run enterprises than all the world's multinational companies combined. Although the forms co-ops take and the uses to which they are put display an astounding variety, their essential structure remains what it was when they were first organized in the mid-1800s—enterprises that are collectively owned and democratically controlled by their members for their mutual benefit. As the global economic crisis continues to take its toll, co-operatives continue to provide livelihoods and essential services in the very places where established multinationals are shedding workers and shuttering plants. In its own quiet way, the co-operative vision continues to thrive and hold the keys to the emergence of an economic model that is capable of remaking and humanizing the current capitalist system.

*If you're interested in learning about co-operatives in a more social way, check out **A Discussion Course on Cooperatives, a manual for community self-directed education**, published by our very own East End Food Co-op and coordinated by former board member Lisa Stolarski, with help from co-op members here and elsewhere. Topics include: history and origins; principles, values and philosophy; cooperative models; cooperative responses to globalization; and legal aspects, among others. Cost is \$10.*

What is Proposition 37?

by Co-op News Service

PROPOSITION 37 GENETICALLY ENGINEERED FOODS. LABELING. INITIATIVE STATUTE.

OFFICIAL TITLE AND SUMMARY

PREPARED BY THE ATTORNEY GENERAL

GENETICALLY ENGINEERED FOODS. LABELING. INITIATIVE STATUTE.

- Requires labeling on raw or processed food offered for sale to consumers if made from plants or animals with genetic material changed in specified ways.
- Prohibits labeling or advertising such food, or other processed food, as "natural."
- Exempts foods that are: certified organic; unintentionally produced with genetically engineered material; made from animals fed or injected with genetically engineered material but not genetically engineered themselves; processed with or containing only small amounts of genetically engineered ingredients; administered for treatment of medical conditions; sold for immediate consumption such as in a restaurant; or alcoholic beverages.

On November 6, 2012 the residents of California will have the opportunity to vote for or against Proposition 37. The impact of this vote will have a huge effect on the food industry. If this proposition has a majority of the vote and passes, manufacturers who sell product in California will be required to label foods sold that contain genetically engineered ingredients. Many believe that this will affect labeling/packaging of the rest of the nation's food as well. The East End Food Co-op supports Proposition 37 and our right to know. In the meantime, many manufacturers have adopted a policy of transparency and already label foods that have not been genetically modified.

Many of the brands pictured here can be found here at the Co-op.

To learn more about GMOs, visit our store throughout the month of October for informational talks, screenings and free educational materials, including a free CD by internationally best-selling author, Jeffrey M. Smith from The Campaign for Healthier Eating in America.

Information taken from CA Voter Guide, voterguide.sos.ca.gov/ & <http://www.nongmoproject.org>



Learn More About Genetic Engineering

by Karen Bernard

If you want to learn more about genetically engineered foods, we have several books, as well as **The GMO Trilogy**, a collection of two DVDs and a CD, by Jeffrey Smith. The Trilogy, a good deal at \$16.95, also includes a Non-GMO Shopping Guide and a brochure covering various health effects. One DVD, **Unnatural Selection**, explores issues of democracy, patents, farming (including fish, that can escape into the wild), health, and the environment. (As Andrew Kimbrell, of the Center for Food Safety, says, chemicals don't reproduce themselves—even huge oil or chemical spills dilute over time, but DNA is the opposite—it's self-replicating.) **The Health Dangers of GE Foods and Their Cover-up** is the other DVD. (One surprise for me was the link between GE foods and the spike in allergies since their introduction.) The CD is called **You're Eating WHAT?: Stop eating genetically engineered foods, and please copy this for your friends!** You can also listen to this for free (62 minutes) online. Mr. Smith is a good storyteller and, if you prefer to read, you might want his book, **Seeds of Deception: Exposing Industry and Government Lies About the Safety of the Genetically Engineered Foods You're Eating**.

Another important book is **Stolen Harvest: The Hijacking of the Global Food Supply**, by one of my

heroes, Vandana Shiva. A physicist by training, Dr. Shiva won the Alternative Nobel Peace Prize (the Right Livelihood Award) in 1993, is the director of Navdanya, a network of seed keepers, and has written many books. This one covers the impacts of corporate agriculture on the environment and small farmers (millions have committed suicide in India), and deals with genetic engineering, seed patents, and food security. Another of her books, **Biopiracy: The Plunder of Nature and Knowledge**, concerns the issue of corporate ownership and control of nature.

Three other books to consider: **GMO Free: Exposing the Hazards of Biotechnology to Ensure the Integrity of Our Food Supply**, by Dr. Mae-Wan Ho and Lim Li Ching; **Uncertain Peril: Genetic Engineering and the Future of Seeds**, by Claire Hope Cummings; and **The World According to Monsanto: Pollution, Corruption, and the Control of Our Food Supply**, by Marie-Monique Robin.... Speaking of Monsanto, check out **Patent for a Pig: The Big Business of Genetics**, (43 minutes) online.

P.S. The latest issue of Mother Earth News has a simple guide to avoiding GMOs on page 13.

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DE-CLUTTERING FOR THE WHOLE YOU — Creating openness and breathing space in your home and in your life. It's not just "straightening up" one more time. Co-op member discount. Jude Goldstein, M.A. in Counseling, 845.641.7908 / judegoldstein@yahoo.com

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DR. DONALD MANTELL, MD, ND, Natural Health Solutions, Treats All Cancers. Wholistic Approach for Optimum Health with 30 years of experience in wholistic medicine. 3495 Greensburg Rd. Murrysville, PA 15668, 724-327-5604.

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EDDIE SHAW, MASSAGE THERAPIST — New office space at Maxon Towers, 6315 Forbes Avenue, Across from the Starbuck for Forbes and Shady in Squirrel Hill. es_message@yahoo.com, 412-855-1532. My deep tissue massage and gentle stretching will relax and elongate tight muscles, leaving you feeling balanced and at ease. Mention this ad and receive a one-time \$20 discount.

ENVIRONMENTALLY RESPONSIBLE CARPET CLEANING — Offering new non-toxic, family and pet friendly products to clean your carpet and upholstery. Discount for fellow CO-OP members. Jason Young, owner, 17 years' experience 724-422-3449

RESEARCH STUDY — MRI and two interview sessions seeks healthy adults ages 35-60. Cannot have low blood pressure, hypertension, heart disease, or diabetes. \$150 compensation. Call Kim at 412-246-6200 or email at novaklj@upmc.edu.



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Considering GMOs & The Future of Food w/ Deborah Garcia

by Claire Westbrook

For those of you who are aware of the veritable gene revolution that scientists, marketers, and already-wealthy corporations are producing—without any input from the rest of us, this article probably won't shed much new light on the topic of GMOs and their global implications. For the rest of us who may still be uninformed on how these engineered genes can spread, endanger us and, possibly, cause the demise of humanity.... we've got a lot to learn. Read on even if you do know a lot already, if only to add a little more fuel to your non-gmo fightin' power!

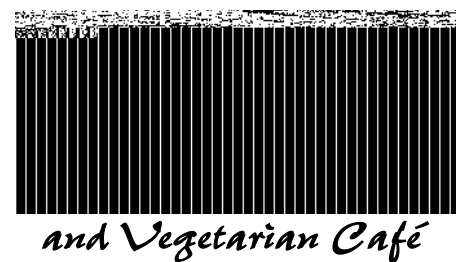
Deborah Garcia's DVD, *The Future of Food*, offers many glimpses into the current state of GMOs. She covers a wide range of topics, starting with a scientist whose work creating a new bacteria led to a Supreme Court decision allowing patents on living things, to the economics of corporate farming. Now don't get me wrong, the film is not entirely doomsday prophecy, but its close. It should be. It has to be. Because, I feel, it is rather foolish to tamper with nature and its divine wisdom, since it is extremely unpredictable. Everything in the world has been here so much longer than we have. To think that, after only a couple hundred thousand years here, we've figured it all out enough to go and start recreating everything is playing Russian roulette at best and a science fiction novel gone awry at worst. Either way, the fact is that ALL OF US have to act now if we want food that's going to actually nourish us rather than destroy us. Think about it and investigate



GMOs on your own. Research the newly dubbed "terminator technology" and "suicide seeds" if you're questioning how the growth of these foods can be harmful.

Encouraging news regarding this state of affairs is the founding of the Non-GMO Project. The goal of this project is to create a standardized meaning for the term "non-GMO" for the North American food industry. Founded in 2005, the Non-GMO Project is the only group that offers verification of products made according to best practices for GMO avoidance. Absence of all GMOs is the target for Non-GMO-Project-compliant products. Continuous improvement practices that work toward achieving this goal must be part of all participating manufacturers' quality management systems.

You've probably (hopefully) started to see the Non-GMO Project Verified Seal on a number of products throughout the East End Food Co-op. This indicates that that particu-



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 1977. 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, **Operations Manager**
Jane Harter, **Administrative Manager/HR**
Tara Powers, **Marketing and Member Services Manager**
Allisyn Vincent-Skolnik, **Front End Manager**
Thomas Murphy and Amber Pertz, **Café Managers**

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
memberservices@eastendfood.coop

lar product has gone through the verification process, an assurance of production according to the following consensus-based, best practices for GMO avoidance:

- Use of an action threshold of 0.9%. This requirement is in alignment with the laws in the European Union, which state that any product containing more than 0.9% GMO must be labeled as such.
- Ongoing testing of all at-risk ingredients. This requirement ensures that any ingredient being grown commercially, in GMO form, must be tested prior to use to be labeled a verified product.
- Traceability and segregation. After the test, rigorous practices are followed in order to ensure ingredient integrity through to the finished product.
- Thorough review of ingredient specification sheets. This requirement determines the absence of GMO risk, even for low-risk ingredients.
- Ongoing verification. Annual audits are conducted, along with onsite inspections for high-risk products, to maintain standards.

All of this certainly helps me feel more informed when I'm shopping. I take advantage of the many products offered at the Co-op that bear the Non-GMO Project Verified seal for obvious reasons. Hopefully you will too!

THE CO-OPERATOR

Tara Powers, Editor/Advertising Sales

Linda Raden, LR Design, Design, Layout & Production

The Co-operator is published twelve times a year and mailed to members of the East End Food Co-op. Additional copies are available at the Customer Service desk and at the entrance area to the store.

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:

Tara Powers, 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. The East End Food Co-op does not endorse the views or products of the advertisers in this newsletter. Opinions expressed are the writers' own and do not necessarily reflect Co-op policy.

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

Employee of the Month

Congratulations to TJ Guzzy who was chosen as the Co-op staff pick for September 2012 Employee-of-the-Month!

Q. How long have you worked at the Co-op?

A. A little over a year.

Q. What are your favorite things about working here?

A. The freedom to cook whatever I want; good management; and a very relaxing environment.

Q. Are there things that you wish you could change?

A. Yes, I wish I could cook meat once in a while.

Q. How did you feel when you were told that you'd won the contest?

A. Ecstatic!



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STAFF NEWS

New Faces...

The Co-op has been on a hiring spree! Please welcome everyone:

Maura Allard, Grocery Manager — Maura is getting married this month and loves cooking and gardening with her fiancé. She is a chef and a registered dietician who is psyched to be an integral piece of the local food movement. Outside of the Co-op you can also find her hiking and playing with her two dogs.

Christian Shakhnaitis, Stock — Christian loves to share nutritional knowledge and experiences and is passionate about building a healthier more positive community. He spent a summer making goat cheese on a Colorado farm and is into bicycles, music, nature, reading, cooking and handcrafted sign making.

Kaitlyn Baril, Front End — Kaitlyn is new to Pittsburgh. She studied Fine Arts and loves cats, participating in festivals, organizing and exhibiting at galleries, bicycling, printmaking, building, and drinking beer. She dreams of climbing the peaks in Patagonia and opening an art gallery or venue.

Michael Koehler, Café — Michael is a Pittsburgh native who bikes, skates and calls Lawrenceville home. He enjoys painting and exhibiting his work throughout Pittsburgh as much as possible. He also enjoys gardening and long bike rides with his dog, a coonhound named Yogi.

Mike Eaton, Stock — Mike is the Pittsburgh Tea Examiner and writes articles for Pittsburgh's own *Play Unplugged*. He enjoys writing stories and hopes to eventually find the various people in his audience for whom each story was always meant.

Amanda Collins, Café/ Bakery — Amanda has been baking for years and has recently spent time working on an organic farm in the South of France. When she's not at the Co-op she likes to read, sing and dance.

Kaitlin Dann, Café — Kaitlin is a professional dancer who moved from New Hampshire to Pittsburgh, for college, and has been here since. She is a coffee-addicted vegetarian who, outside of the Co-op, can be found cooking, traveling, going to performances, and teaching dance throughout Pittsburgh. Kaitlin aspires to get a masters in Dance Education.

Hop Aboard the Co-op Train!

by Claire Westbrook

One of my favorite things about taking a road trip is planning the itinerary, even if the freer spirit in me initially balks at the idea. On my first cross country road trip (in my 1978 VW camper van, of course!) almost twenty years ago, I was fortunate enough to have come across **The Tofu Tollbooth**, which helped me determine where I'd be able to restock my "fridge" along the way. What a lifesaver! And a great vehicle for discovering how other co-ops and health food stores around the country looked and operated.

I don't remember how many different places I stopped in, but I do recall the feeling of every place being more like home than a big box grocery store and that's still the case today. My most recent road trip took us to Acadia National Park in Maine and, even though I'd planned to take my *Tofu Tollbooth*, it was one of the couple of things I forgot. Fortunately, the lifesaving phone device I'd taken along acted as my new guide as we made our way northeast, and it didn't take long for me to find our first "refueling" station. The store is in Clarks Summit, PA, and is aptly named Everything Natural. It was a welcome and lovingly inspired relief to find this after only being on the road for a couple days, and I felt cared for from the moment I walked through the door. A few days later we managed to come across the Littleton Food Co-op in Littleton, NH, where I was surprised to see a much more blended variety of items available (think EEFC meets Shop 'n Save), and where my idea for a national co-op membership was born.

I followed up on this idea when we got home by contacting the National Cooperative Business Association (the same folks who created the awesome Cooperate USA app that was just released in September) about whether such a thing existed and, if not, what the likelihood of creating such a thing might be. While the response was encouraging, I was reminded that because each co-op serves its members in the ways the members choose, a discount on groceries isn't necessarily a part of membership at all co-ops. Some co-ops offer dividends or other types of benefits for members, so having something consistent throughout the

DID YOU KNOW...

Step Ten in the Better Eating For Life Program is "Make Friends with Fat?"!

"Fat" became a dirty word in the 1980's through the 1990's, but now consumers are coming around to incorporating the right fats into a healthy diet. Fats are essential to a healthy immune system and regulating inflammation, blood pressure and metabolism.

The Step 10 packet covers types of oils, from monounsaturated to tropical, and includes a discussion about the role of cholesterol in the body. A servings chart is also provided for common types of fat, and a suggested list of snacks and eating choices, including walnuts and flaxseeds, is provided.

As usual, the Better Eating for Life packet includes some delicious recipes like E-Z Olive Tapenade, Tangy Citrus-Cran Flax Muffins, Poached Salmon with Greens, and Sweet Pepper Walnut Dip. Web resources and recommended cookbooks round out the packet.

You can find a new installment of Better Eating for Life on the information rack near the Customer Service Desk each month. Previous months' installments are also available by request.

Better Eating for Life is a twelve part educational program for incorporating healthy eating into any diet, created by Mary S. Choate, M.S., R.D., L.D., Food and Nutrition Educator at Co-op Food Stores, Hanover and Lebanon, NH.



country could be tricky.

I'm still curious, though, whether such a thing could be implemented, as it could, theoretically, drive more business to member-owned co-ops. People who are traveling and want to support co-ops wherever they are would have more reason to do so. The increase in business alone, plus heightened awareness of co-operatives in general, could be worth the small discount.... What do you think?

As we celebrate our co-op every day, and all the benefits it brings to our community, let's figure out some other ways to broaden the horizons so that everyone can have a piece of the co-op pie—whether locally, around the country or, heck, even abroad. Write to me with your ideas: timespaceone@gmail.com, and enjoy Co-op Month all October!

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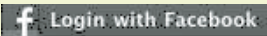
* According to the PA Power Switch website (9/17/12). Not including special offers.
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BULLETIN BOARD



OCTOBER MARKS A NEW 10% MEMBER DISCOUNT QUARTER! thru DEC. 31, 2012

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WE OWN IT-



October 2012 ... hot bar specials

| sunday | monday | tuesday | wednesday | thursday | friday | saturday |
|---------------------|------------------------------------|--|--------------------------|-----------------------------|---------------------------|---------------------------------|
| | 1 Buffalo Chickpea Potato Skins | 2 Yam, Chard & Quinoa Gratin | 3 Burrito Bar | 4 Spicy Peanut Tempeh | 5 Pizza Dairy & Vegan | 6 Autumn Sausage Stew |
| 7 Chef's Choice | 8 Mock Chicken & Biscuits | 9 Tea & Ginger Simmered Chickpeas | 10 Indian Kitchen | 11 Broccoli Quinoa | 12 Pizza Dairy & Vegan | 13 Sun Dried Tomato Frittata |
| 14 Chef's Choice | 15 Seitan Sroganoff | 16 Spicy Red Tempeh | 17 Country Kitchen | 18 Apple & Squash Gratin | 19 Pizza Dairy & Vegan | 20 Quiche Lorraine |
| 21 Chef's Choice | 22 Tofu & Hard Cider Stew | 23 Tempeh w/ Pumpkin & Ancho Chile Mole | 24 Pittsburgh Kitchen | 25 Chickpea Curry | 26 Pizza Dairy & Vegan | 27 Harvest Ragout |
| 28 Chef's Choice | 29 Autumn Millet Risotto | 30 Pumpkin & Chard Lasagna | 31 African 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 - 1:30 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

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More at <http://social.un.org/coopsyear/>



Your October Co-Op Events

TUESDAY OCTOBER 2, 8AM-2PM

Where to Turn Resource Fair

David L. Lawrence Convention Center

Many topics will be covered at the Where to Turn Resource Fair, an information session by American Healthcare Group. The East End Food Co-op will focus on sharing helpful tips on natural health and natural foods.

SATURDAY OCTOBER 13, 5-7PM

Annual Member Meeting

The Environmental Charter School at Frick Park

Our Annual Meeting will give you the opportunity to mingle with your fellow Co-op members/owners & our Board of Directors, eat good food and listen to good music!

TUESDAY OCTOBER 16, 6:30-8:30PM

Cass Ingram Lecture

East End Food Co-op

Dr. Cass Ingram, D.O., is a world renowned expert in the field of nutritional medicine. He is an acclaimed lecturer; author of twenty books, including *The Cure is in the Cupboard: How to Use Oregano for Better Health*, and *Natural Cures for Killer Germs*; and a consultant to the World Health Organization on natural alternatives to pharmaceutical drugs. Free and open to the public. Please register at Customer Service: 412.242.3598.

FRIDAY OCTOBER 19, 6:30-8:30PM

Carl Davidson Presentation

East End Food Co-op

During Co-op Month we are honored to host Carl Davidson! Carl will talk with us about Spain's Mondragon Cooperatives, using visuals that go into the history, structure and operating principles that make a great Co-op. Free and open to the public. Please register at Customer Service: 412.242.3598.

SATURDAY OCTOBER 20, 1-4PM

High Performance Homes, the Next Frontier in Home Renovations

Diagnostic Energy Auditors of Western PA (DEAWP)

Park Place, Regent Square

Learn how to turn your home into a high performance home and increase your comfort, health and energy savings. DEAWP

will demonstrate how a simple redesign of return ducts and strategic air sealing of a basement will dramatically impact this 10 room East End Victorian home.

This is the first in a series of public workshops, featuring different building types, aimed at turning low performance houses into high performance homes. A short lecture with time for questions and answers will precede the tour of the demonstration home.

To Register : info@deawp.org or 412.241.6705.

THURSDAY OCTOBER 25, 6-7PM & 7:15-8:15PM

Non-GMO Month Movie Screening

"Unnatural Selection" & "The Hidden Health Dangers of GE Foods and Their Cover-Up", short discussion afterwards. Each attendee receives a free copy of Jeffrey Smith's Audio CD "Don't Put That In Your Mouth," a discussion on ending the genetic engineering of our food. Free and open to the public. Please register at Customer Service: 412.242.3598.

SATURDAY OCTOBER 27, 8:30AM-1:30PM

Celebrating a Gluten Free Lifestyle Conference

Four Points Sheraton: 910 Sheraton Drive Mars, PA 16046

The Gluten Intolerance Group (GIG) of Western Pennsylvania and the Allegheny Center for Digestive Health (home of the Celiac Center in Pittsburgh), are hosting the "Celebrating a Gluten Free Lifestyle" conference. Join us for an educational day centered around living healthy, gluten free.

TUESDAY OCTOBER 30, 6PM

Just Harvest 24th Annual Celebration Dinner

Omni William Penn Hotel in downtown Pittsburgh

The East End Food Co-op will be present at, and a sponsor of, the Just Harvest Dinner. We support their commitment, over the past 25 years, to serving those in our community who are affected by hunger and poverty.

THURSDAY NOVEMBER 1, 6:30-8:30PM

Backyard Composting Workshop

PA Resources Council

East End Food Co-op

Composting is nature's way of recycling. By utilizing the natural process of decomposition, organic materials often considered "waste," such as grass clippings, food scraps, autumn leaves and even paper, can be recycled back into a rich soil conditioner.

ONE MONTH, TWO FLYERS, LOTS OF GREAT DEALS!

FIRST FLYER RUNS FROM **WEDNESDAY, OCTOBER 3 TO TUESDAY, OCTOBER 16**

SECOND FLYER RUNS FROM **WEDNESDAY, OCTOBER 17 TO TUESDAY, OCTOBER 30**

AND DON'T FORGET ABOUT **MEADE STREET MADNESS WEEKLY SALES** —

TEN NEW ITEMS EACH WEEK, AT DELICIOUSLY LOW PRICES!

CHECK THEM OUT IN-STORE OR IN THE NEWS FEED ON OUR WEBSITE — www.eastendfood.coop



Through this transition, soil organisms, many of which are too small to see, break down the organic material in a compost pile so that valuable plant nutrients can be released for future generations of plants to use. Composting helps you reduce your waste stream, it improves the health of your gardens, and most of all its easy to do and enjoyable.

This workshop thoroughly covers the importance of composting, setting up a compost pile, proper maintenance and ways of using finished compost. Participants will receive an Earth Machine Compost Bin with attendance. This bin, approved across the state as an ideal bin for urban and suburban areas, has an eighty-gallon capacity. Cost: \$50 Single/\$55 Couple (Includes one compost unit per registration), register on-line at www.zerowastephgh.org, or call 412-488-7490 X 226.

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