

The Voice of the Keweenaw Co-op Market & Deli

# Circumspice

HANCOCK, MICHIGAN

SPRING 2009

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## kir-`kum-spi-ke

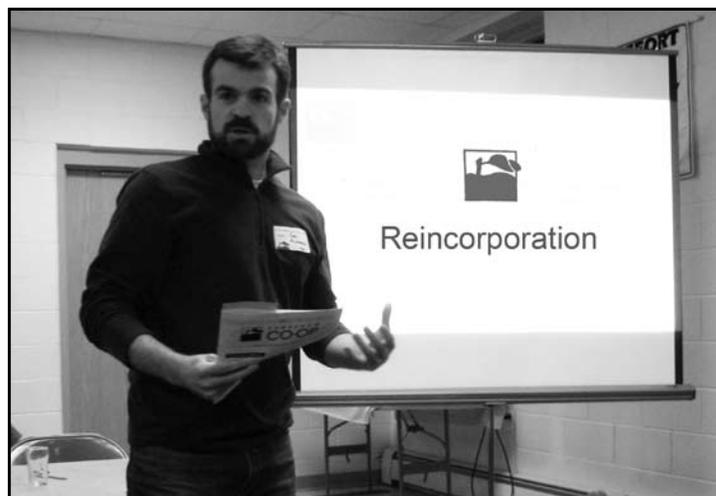
The name Circumspice, Latin for look around, was inspired by Michigan's state motto—*Si Quaeris Peninsulam Amoenam Circumspice*. Which means, "If you seek a pleasant peninsula, look around." The motto originally appeared on the Great Seal in 1835 designed by Lewis Cass.

## Taking Ownership of Our Co-op Principle #3: Member Economic Participation

The Rochdale Principles were laid out by the Rochdale Society of Equitable Pioneers in 1844, when they founded the prototypical consumer cooperative. Though they have undergone several revisions to reflect changing attitudes and priorities over the years, the concept of member economic participation has always been a cornerstone of these guiding tenets.

We currently maintain little democratic control over the capital of our Cooperative. The amount of member-controlled equity in the organization is small. Our current bylaws make no provision for surpluses to be returned to members. We as members are not truly "invested" in our co-op, and as a result have only a peripheral interest in its health and performance. In short, from an economic perspective, we're not operating very cooperatively!

To remedy this situation, your Board of Directors has developed a proposal to reincorporate and revise our bylaws to allow us to operate as a "true" cooperative. Those of you who



Board member Cory McDonald presenting at this year's General Membership Meeting.

were at the General Membership Meeting in February heard the details of the plan. On page 6, your president describes what the proposed changes will mean to you. Be on the lookout for further educational opportunities, they're on the way!

This is a very exciting development and represents a huge step forward in our co-op's life.

(...continued on page 6)



*Circumspice*

1035 Ethel Avenue  
Hancock, MI • 49930  
(906) 482-2030  
www.keweenaw.coop

#### STORE HOURS

Mon-Sat 10am-8pm  
Sunday 10am-5pm

The Circumspice newsletter is published four times a year for the members and customers of Keweenaw Co-op. The newsletter is published to provide information about the Keweenaw Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op management, board, or members. Submissions must be received one month prior to publication. The next deadline is June 1st. Refer submissions and questions to faye@keweenaw.coop.

Editor: Faye Carr  
General Assist: Barb Hardy  
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The Circumspice newsletter is printed on post consumer recycled paper. This paper is recyclable.

The Circumspice newsletter is also available on our website [www.keweenaw.coop](http://www.keweenaw.coop).

## featured products

Staff selections from their department. Try a few out!



### Grocery — Kay Lang

#### *Nairn's Oatcakes*

Baked in Scotland, these oatcakes are wheat free and made without artificial color, flavourings, preservatives, hydrogenated fat and with all the nutritional benefits of oats. Choose from mixed berries, stem ginger oat biscuits and organic rough oatcakes.



### Coffee — Darlene Baasto

#### *Twin Lakes Java - Low-Acid Monsoon Coffee*

This is a mellow, soft, low-acid coffee, roasted locally with a light body. Grown in wet areas, the beans are exposed to salty ocean air to create the distinct flavor. If other coffees give you heartburn or indigestion give this low-acid one a try.



### Cheese — Daniel Krueger

#### *Saxon Homestead Creamery Cheeses*

The Big Ed's and Greenfield's raw milk cow cheeses are from a single herd grazing on an original homestead family farm in Cleveland, Wisconsin. The Saxon Evalon LaClare goat cheese milk comes from the LaClare family farm... *flavor, by nature™*



### Bulk Food & Spices — Rachel Sommer

#### *Maple Valley Organic Maple Sugar*

Located in Wisconsin, a pioneer in organic and fair practices for maple production, a cooperative since 2007. In response to member requests the Co-op now carries bulk organic maple sugar. Prepackaged to preserve freshness in the Bulk Department.



### Produce — Jess Juntunen

#### *Organic Baby Spinach and Spring Mix*

Spring is here! Treat yourself to a salad made from fresh organic baby spring greens and baby spinach. Available in bulk so you can get just the amount that you need. Add some baby spinach to other dishes hot or cold for a boost in flavor and nutrition.



### Wine — Anitra Bennett

#### *Mackinaw Trail Winery - Big Red*

Nestled in the heart of the Upper Peninsula in Manistique, owner wine maker, Ralph Stabile incorporates old world techniques gained from his Italian background. Big Red is their flagship wine, not aged in oak, a semi-dry, soft and fruity blend.

## New! E-cloth®

by Karen Rumisek — Housewares Buyer

**N**ew at the Keweenaw Co-op! E-cloth brings household cleaning back to basics. **With just water**, the high-performance micro fiber cloth cuts through, lifts and captures dust, dirt, grime, oil, grease, and bacteria off all hard surfaces including stainless steel, glass, window frames and sills, tile, wood, plastic, counter tops and more!

Initially created in the early 1990s for use in Swedish hospitals, and introduced later to the general public in the United Kingdom, E-cloth is now the leading brand of non-chemical cleaning cloths in the U.K. earning the Green Product of the Year 2007 award from the prestigious U.K.-based Good Housekeeping Institute.

- Use of E-cloth can reduce the need for chemically-based household surface cleaners by up to 90 percent creating cleaner, more healthful spaces. The cloths themselves are cleaned and disinfected through high-heat washing cycle with other laundry.
- E-cloth products have a lifespan of 300+ washes with no reduction in effectiveness. This reduces the waste created by paper towels and other disposable cleaning materials.
- Used only with water, E-cloth poses no health risks or irritation to people with chemical sensitivities, allergies and/or respiratory ailments, auto-immune deficiencies or susceptible groups like the elderly, children, or expectant mothers.



**6 types of E-cloth: General Purpose Cloth, Dusting Cloth, Glass/Polishing Cloth, Kitchen Pack, Shower Pack, and Screen Cleaning Pack**

- Manufactured using proprietary, state-of-the-art machinery available only by a limited number of factories in the world, E-cloth has 1,200,000 fiber strands for every square inch of surface area per cloth (the maximum density commercially available) which allows for more dirt and bacteria to be captured and lifted away from surfaces resulting in an exceptional level of clean.
- Independent tests have shown that E-cloths are highly efficient at removing bacteria from domestic surfaces.

The Co-op currently stocks the General Purpose Cloth, Dusting Cloth, Glass/Polishing Cloth, Kitchen Pack, Shower Pack, and Screen Cleaning Pack. Go to [www.ecloth.com](http://www.ecloth.com) for more information and to view a demonstration video. ::



**Energy Bar  
Brigade™**

Thanks to everyone for your generous support of the program. So far Co-op members and shoppers have recycled over 500 wrappers for the Copper Country Humane Society. The eco-friendly innovator, TerraCycle will upcycle the used wrappers into accessories and



products. **All energy bar wrappers with a foil lining are acceptable. We ask kindly that you try to keep the wrapper in tact and as flat as possible to reduce the labor preparing them for shipment.** Thanks again for helping to eliminate the idea of waste!

## WELCOME!

Welcome the following new members who joined the Co-op between December 15, 2008 and March 7, 2009.

Jack & Karen Reiss  
 Elsa & William Green  
 Robert & Nikki Pizzi & Jeanette Harrison  
 Roabbyn Lucier  
 Angela Guisfredi  
 & Mike VanWagner  
 Kim Anderson  
 Jodi Rossi  
 PeriAnn & Edward Wasie  
 Jodi & Eugene Haapala  
 Elizabeth & Eric Petaja  
 Char-anne Yakimow & Nick Karch  
 Kristopher Bunker & Kaitlyn Reed  
 Ann & Thomas Snow  
 Joseph & Sophie Perveault  
 Guy & Sam Tober  
 Erick & Christine Awonohopsy  
 Mike Maksimehak  
 Mike Keenan  
 Amy & Matt Thyer  
 Roger & Carol Kramer  
 Larry & Jane Gremaux  
 Leanna VanSlooten  
 & Geoff Kinrade  
 Raman Gopalan & Tejal Desai  
 Jane & Eric Nordberg  
 Pete & Cindy Method  
 Ron & Mary Csiki  
 Don Niemi  
 Alex Krol & Yolanda Munoz  
 Juice DeMers  
 Curt Bergstrom,  
 Mike & Jaime Yowell  
 Brenda & Diana Edwards  
 Barbara VanAlstine  
 Debra & Dennis Kamrad  
 Tom Curski  
 Gary Angove  
 Fred Maki

## Back to Basics

by Susan Burack - Member

The Keweenaw Co-op was founded in 1972 to provide a source for brown rice to the community. Since then, with increasing lifestyle demands, pre-packaged convenience foods have overtaken the natural foods market.

At a time when food prices are rising and incomes are shrinking, grains and beans need to come front and center once more. They are the basis of a healthy diet, too. The food industry makes it easy for us to eat processed, refined foods that produce profits but are not as good for us or the environment.

### BREAKFAST

Begin your day with whole grain cereals. Cook the night before

while you are doing the dishes and reheat in the morning. Top with nuts and dried fruit. Yum.

### LUNCH

Pack whole grains combined with beans, veggies and a sauce or dressing. Cook a big pot to provide a week's worth of lunches.



big pot to provide a week's worth of lunches.

### DINNER

Whole grains are the main ingredient of casseroles, pilafs, stir fries and such.

### IN A HURRY?

Bulgar, couscous, instant black and/or refried beans with some veggies and you are good to go in minutes.

Explore bulk foods—eat healthy for less. ::

## New Co-op Produce Manager

### Jess Juntunen



Jess is a familiar face at the Co-op. Over the last five years she has worked in the Co-op deli and kitchen, as a cashier, and in produce. Jess welcomes the challenge of managing the Produce Department. Liz Archer-Hess passed on the role of Produce Manager to pursue her medical career, but you can still find her helping out at the Co-op occasionally. As always, the Produce Department emphasizes delicious organic and local produce combined with excellent customer service.

## From the GM

by Curt Webb — General Manager

After I vented about United Natural Food Inc's trend toward corporate consolidation in this year's Annual Report, I realized that our time would be better spent on the positive. So, let's turn the page and look at something good that's happening in the world of organic distribution.

Co-op Partners Warehouse (CPW), based in St. Paul, Minnesota, is an expanding source of produce and perishable goods at the Keweenaw Co-op. We received our first delivery from CPW early in 2007. At the time, we were limited to one distributor of certified organic produce (a division of UNFI, imagine that). CPW's entry onto the scene afforded us a choice and with that the benefits of a competitive market. Partner's service continues to expand, with the addition of a second weekly delivery in March of '09.

So that's all good, but there's more. Recall with me the sixth Cooperative Principle: Cooperation among cooperatives. CPW was started by the Wedge Co-op in Minneapolis as a way to buy directly from small, quality-focused organic growers—regionally and throughout North America. Since their beginnings in 1999, CPW has made a unique product mix available to an ever-expanding area—at first to Twin Cities Co-ops to today's service of retailers and restaurants in five states. All the while CPW has stood apart by emphasizing their commonality with retail co-ops. Part of this strategy incorporates product selection that supports co-ops as champions of the local food network.

In season, over one third of CPW's produce is sourced regionally. They even acquired their own

organic farm in 2007. Annually, CPW funnels over \$4 million worth of organic food into the Midwest. They've grown to be the veritable hub of the organic industry in the Twin Cities.



*Annually, CPW funnels over \$4 million worth of organic food into the Midwest.*

CPW's perishable grocery line emphasizes regional products. In response to customer requests and from local producers' need for a distribution channel, they have broadened the scope of the CPW mission to include promoting regionally made salad dressings, ice cream, cheeses, baked goods, tortillas, and more.

Finally, CPW offers space in their warehouse and on their trucks to regional producers and suppliers who prefer to maintain a direct relationship with the end customer. This collaboration means a savings of fuel and labor, a direct tie between producer and retailer, regional distribution of local product, and a cost savings for the consumer as it bypasses the distribution mark-up. In our Co-op, Cedar Summit Milk, Peace Coffee, and Equal Exchange are among the products that arrive on the CPW truck. Thank you Co-op Partners. ::



CO-OP PARTNERS  
WAREHOUSE

### Co-op Partners Warehouse Mission Statement

Co-op Partners is committed to fostering sustainable farming practices and organic agriculture by supporting local producers, small farmers, and family farms. In locating sources for our product, we actively seek out local producers and quality-conscious growers who exhibit genuine commitment to the land and to organic principles. We are dedicated to offering unique items with their "grower personalities" included. As the organic industry continues to evolve and expand, Co-op Partners reaffirms our loyalty to the pioneer growers who forged the current demand for organics and who are its active, visible proponents.



## From the Board

by Roger Woods — President

### Commit to the Co-op

The families and members who read this newsletter are committed Keweenaw Co-op shoppers. We faithfully pay our yearly fee and believe in the choices we make when shopping at the Co-op. The excellent staff has responded to this commitment and created a great atmosphere to shop and explore food choices. The Board of Directors believes the Co-op can be even stronger than it already is by reincorporating as a true co-op. They presented this proposal to the General Membership in February at the General Membership Meeting (GMM).

#### What does reincorporation mean?

- Member and non-member shopping experiences will remain the same.
- The Board proposes to incorporate in Ohio as a true co-op (this option is not available in Michigan, the Co-op is currently incorporated as a MI non-profit domestic corporation, not tax exempt).
- The yearly fee members currently pay to receive a 2% discount will be replaced with a one-time investment of \$200 called a common share purchase.
- Members will receive an annual patronage refund based on member sourced net margins, the profitability of the Co-op, and owner's purchases.

The Co-op is required to distribute 20% of each member's refund as cash or store credit. The Board determines if the remainder will be distributed or retained by the Co-op for future operations. Any refund

#### Continued from front page...

However, before we can participate economically, we first need to just participate! The Board is striving to create a well-informed membership

that is retained will be held in a members equity account, therefore a member's ownership increases over time.

This proposal also allows the Board to issue preferred non-voting stock to raise capital in the future. The preferred stock would have a specified return on investment and would not depend on the holder's level of purchases.

#### How are we going to get there?

- First, the Board needs to educate members on what this transition means for the Co-op. This effort will be on-going through handouts, forums, directors and members at the store to answer questions, etc.
- Sometime in the late spring/early summer the Board will call a Special Meeting to vote on the proposed reincorporation and transition.
- After the vote (if passed) the Co-op would incorporate in Ohio, file paperwork to operate in Michigan, and merge the new Co-op with the current corporation.
- The Board is targeting January of 2010 for the transition.

Cooperatives are a way to build sustainable enterprises that everybody can participate in. The goal is not to maximize profit but to serve its member-owners and the community.

The Board of Directors is asking you to make a commitment to the future of the Co-op. Educate yourself, ask questions, become involved and together we can create a sustainable, vibrant Keweenaw Co-op for decades to come. ::

on the topic of the proposed changes. Decide for yourself whether this is the best thing for our organization, and let your voice be heard. ::

## Administrative Assisting

by Dan Schneider — Board Administrative Assistant

Greetings fellow members of Keweenaw Cooperative, Inc. I was given this space to introduce myself and tell you about what I do as administrative assistant to the Board of Directors, a capacity in which I have been working since October of 2008.

My work with the Board mostly entails keeping minutes at monthly

meetings and at the annual General Membership Meeting — those who attended this year no doubt saw me typing furiously away in one corner of the room. I also prepare packets of information for Board members prior to each meeting and perform a few other tasks to facilitate the Board's operation under Policy Governance®.

I'd like to use this space, especially, to encourage members to attend Board meetings at your Co-op. Now is a pivotal time in our history. For the past several months, the

Board has been preparing a proposal to reincorporate the Co-op with true cooperative ownership, as well as to completely revise the Co-op's bylaws. Once it is complete, this proposal will be subjected to a vote of the membership. The best way to stay abreast of this proposal's development — and add your ideas to the conversation — is to go to



the monthly meetings of the Board of Directors.

The meetings are typically held at 5:30 p.m. the third Wednesday of each month in the Community Room on the second floor of the Co-op. It is worth noting that the Board is very diligent about

staying on task and completing meetings within their two-hour allotment, so attendees need not worry about meetings stretching much beyond 7:30. A social time precedes each meeting, beginning at 5 p.m. Please come and participate in the governance of your Co-op! ::

### New Board of Director - Libby Meyer



Libby moved to the Keweenaw from Chicago in 2001. She enjoys gardening, kayaking, cross country skiing, horseback riding, and loves playing the Irish fiddle. Libby lives in Hancock Township with her husband Evan, Mervy, a Great Pyrenees Dog, thousands of honey bees, many chickens, and a secretive cat named Sophie. Welcome Libby!

## board of directors

**Chris Alquist**  
calquist@hotmail.com  
Director  
Term ending 2011

**Cindy Drake**  
scorpios2@live.com  
Director  
Term ending 2011

**Robyn Johnson**  
robyn@brockit.com  
Director  
Term ending 2010

**Cory McDonald**  
cpmcadona@mtu.edu  
Treasurer  
Term ending 2010

**Libby Meyer**  
ecmeyer@mtu.edu  
Director  
Term ending 2012

**Diane Miller**  
dimiller@mtu.edu  
Vice President  
Term ending 2012

**Sigrid Resh**  
scresh@mtu.edu  
Director  
Term ending 2010

**Rhiannon Schmidt**  
rhiannon.schmidt@gmail.com  
Director  
Term ending 2011

**Roger Woods**  
roger@homerproductivity.com  
President  
Term ending 2012

## co-op classes

Classes, workshops, and demonstrations are open to everyone. Unless indicated otherwise, all events take place in the Community Room on the second floor of the Co-op. If you need assistance with the stairs please contact Faye Carr at the Co-op (906-482-2030). Sign up at the Co-op.



Preparing poblano peppers for sauce at January's Flavorful Foundations of Mexican Cooking class.

### Latin Bebidas & Bocaditos

Making festive beverages and appetizers

**Saturday, April 25**

12:00 to 2:00 pm

Members: \$25

Non-members: \$30

Instructors: Cynthia Hanifin & David Orozco

Give your next party a Latin twist! In this class, you'll learn how to make several types of bebidas (beverages), including refreshing fruity drinks and virgin versions of exotic cocktails. You'll also discover how easy it is to whip up a variety of delicious bocaditos (appetizers), the little bites that make impressive finger foods. You'll receive a recipe booklet and fun fiesta supplies so you can bring the party home.

Cynthia Hanifin grew up cooking and eating Latin food in her hometown, Chicago, and opened the first regional Mexican restaurant in Milwaukee. David Orozco has lived in Mexico City and the northern state of Sonora, and learned about Latin cuisine in his mother's kitchen.

### Introduction to Wine Making 101

Learn the basic techniques of wine making

**Saturday, May 2**

12:00 to 2:00 pm

Members: \$5

Non-members: \$10

Instructor: Norm Kurz

A "how to" demonstration using fresh local dandelions. Class will provide purchasing ideas, equipment requirements, yeasts, additives, and sanitation. A handout will be available with steps and diagrams for making hand crafted wine at home. A tour of the Co-op's wine making supply department will feature a "question & answer" format to help with your new wine making supply purchase.

### Cooking with Soy

Breakfast • Lunch • Dinner

**Saturday, June 13**

10:15 am to 12:15 pm

Members: \$15

Non-members: \$20

Instructor: Noah Aschauer

Learn to prepare meals with this versatile yet often overlooked and misunderstood ingredient. Sample breakfast, lunch, and dinner dishes made with a variety of soy products. You'll leave this class with a new understanding, appreciation and knowledge of the healthful benefits of soy products. Class includes recipes, meal sampling, and a carton of The Bountiful Bean™ tofu regionally made in Milwaukee.

## Garden Sprouts New Generation of Gardeners

by Sarah Cheney — Pewabic Street Community Garden Volunteer

Third-graders from Houghton Elementary are the newest (and youngest) members of the Pewabic Street Community Garden. "We're getting the greenhouse ready at the school to start seeds with the kids," says Elena Buzova, garden volunteer. "They visited the garden in the fall and had so much fun, so we offered them a large garden bed. It will be an great project this season."

Garden volunteers see the space, adjacent to the old Houghton High School site, as a living laboratory where people learn to grow food and flowers together. Some are novice gardeners and some are seasoned green thumbs. The elementary students will be gardening side-by-side with twelve community members who have reserved plots in the garden. "We have such a wonderful assortment of folks, all ages, different backgrounds. It's exciting to build this green space with such interesting, generous people; people

I would have never met if not for the garden," says Sarah Cheney, garden volunteer.

The students will have opportunities to learn all aspects of organic gardening including starting seeds, transplanting, building compost, weeding, and harvesting. This is the third season for the community garden, and many individuals and businesses have donated materials to help the garden grow. For the past two years, the Keweenaw Co-op has donated vegetable and flower seeds to the garden.

Despite the snow on the ground, the community garden is preparing for its popular *Plant and Treasure Sale* on Saturday, May 23rd, and in late June it will be on the Community Arts Center's *Art in the Garden* tour. The community garden is looking for donations for its plant sale. If you are interested in donating starter plants or dividing established plants, please contact Sarah Cheney at 483-3754. ::



New gardeners at Pewabic Street Community Garden



### About the Co-op Community Room...

"All the comforts of home and more! Our time at the Co-op was better than I could of imagined. The space is comfortable, with a beautiful large table to sprawl across if needed. The room is spacious and open, easy access to the bathroom and wonderful, healthy and tasty (and not so healthy if you choose) food. Besides all the qualities of the space the staff is friendly and helpful."

- Brain Gym 101 Workshop Participants

## Mindful Messaging

### Information Now!

by Faye Carr - Communications Coordinator

**W**e live in an 'information now' climate. When we need to know something complex or as simple as a recipe to match what we have in our pantry, we just go to our computers and the answers are just a few clicks away.

The Co-op provides information to members and shoppers through a quarterly newsletter, in-store bulletin boards, email member lists, posters around the community, and old-fashioned word of mouth through a knowledgeable and informative staff and board.

The Co-op is approaching a milestone in their history with the unveiling of a Keweenaw Co-op website in the very near future. The website will provide 'information now' to those who visit the site. You will be able to go to [www.keweenaw.coop](http://www.keweenaw.coop) to find out something as simple as the soup of the day, or complex as the Co-op's reincorporation proposal. With the availability of the website to provide the information of the day there is a sense of comfort to know that everyone will have access to all of the current Co-op news and 'information now'.

If you would like to be included on the member's email list to receive information on events, upcoming classes, Board of Director's meetings, and general announcements through your email address, just send your address to [faye@keweenaw.coop](mailto:faye@keweenaw.coop). If there is another way you would prefer to get information about the Co-op, please call 482-2030, ask for Faye, and share your preferred way. I'll make every effort to accommodate personal needs.

It's important to the Co-op to provide information to you in a timely fashion about issues and events happening at the Co-op.

The Co-op will announce to the membership and shoppers the date the website is up and running through all of the 'information now' venues, and feel confident you will get all the information about your Co-op through one or more of our mindful messages. ::



**The Co-op newsletter, brochure, gift box catalog, and class postings are located at the messaging center at the front entrance.**



**Monthly and annual meeting agendas and minutes are posted on the messaging center near the bulk foods. Also located there is the survey station and the Community Room Calendar.**



**Staff members are happy to help you find the information you need.**

Visit the Co-op Website at [www.keweenaw.coop](http://www.keweenaw.coop)



## Neighborhood Watch

### Partnering with the Western U.P. Food Bank

by Diane Miller — Local Food Group

**S**ince December, there's been an easy way to share Co-op food with neighbors: it is a collection box by the door where we can deposit food for area folks in need. Co-op manager Curt Webb said that during the weeks leading up to the Christmas holiday, he was "thinking of different responses to financial hard times, ways the Co-op, in conjunction with the community, could give something to people less fortunate."

Timing was perfect: Jerry Jackovac, manager of the Western U.P. Food Bank said that during the past three months, activity at the food bank, which serves Keweenaw, Houghton, Baraga, Ontonagan, Gogebic, and Iron counties, has increased by 30 percent. (This rise seems to correlate with national figures.) Jackovac said that 500 households in Houghton alone participate in the regular monthly food distribution.

Given that each of the 500 participating households in Houghton County receives a planned, identical food package, it may seem like the package of pasta or jar of juice that we can purchase and drop in might not make a difference. Not so. In addition to the regularly scheduled distribution, there are individual emergencies. This is where our Co-op contributions are especially helpful. "On the day some family comes in needing food, it's a big help, believe me," Jackovac said.

Most of the 12,000-18,000 pounds of food distributed monthly consists of products that were not moving fast enough from corporate grocery shelves. The food is gathered by a central food bank in Grand Rapids, and trucked to the U.P. The local food bank pays \$830 per truckload just for transportation (and 7 cents per pound for the food).

Since the recently passed economic stimulus package includes money for food banks—\$150 million nationally over two years, with \$50 million dedicated to transportation, it would be interesting to know if transportation costs could be reduced by not trucking the food so far.

A Wal-Mart "system manager" who wouldn't give his name did not reveal whether Wal-Mart food goes away and comes back again. But he did say that food that doesn't sell quickly "either goes back to the warehouse (in Wisconsin) for credit or it's thrown away." If anyone knows more about this practice, do let me know.

Meanwhile, whatever we can drop into the Co-op box helps, according to Jackovac. When the box is full—of donations from shoppers, and deals that the Co-op has received from suppliers—Co-op staff drop it off at the food bank, or call to have the food picked up. "It goes right back out," Jackovac said. "We make sure that it goes to people who need it."

Suzanne McDevitt, a researcher at Edinboro University in Pennsylvania who studies food pantries, said that two thirds of Americans turn to a government program for food at least once between the ages of 20 and 65. With this in mind, it seems like it could be a good thing to get into the habit of choosing something each shopping trip to drop into the box and share with a neighbor. ::



**Food Bank donation box at the Co-op located next to the entrance.**

Keweenaw Co-op  
Natural Foods Market & Deli  
1035 Ethel Avenue  
Hancock, MI 49930  
[www.keweenaw.coop](http://www.keweenaw.coop)

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Change Service Requested

## Earth Day Celebration - April 18

*A Day of Music, Art & Information at the Calumet Theatre*



**Ballroom open at 5pm**

**Concert at 7pm**

\$15 General / \$8 Students

The Earth Day event begins in the Red Jacket Ballroom with **environmental groups, artists and merchants, demonstrations, displays, and earth friendly information.**

The concert features the Americana / Bluegrass group

**Trampled By Turtles** and the **Erik Koskinen Band.**