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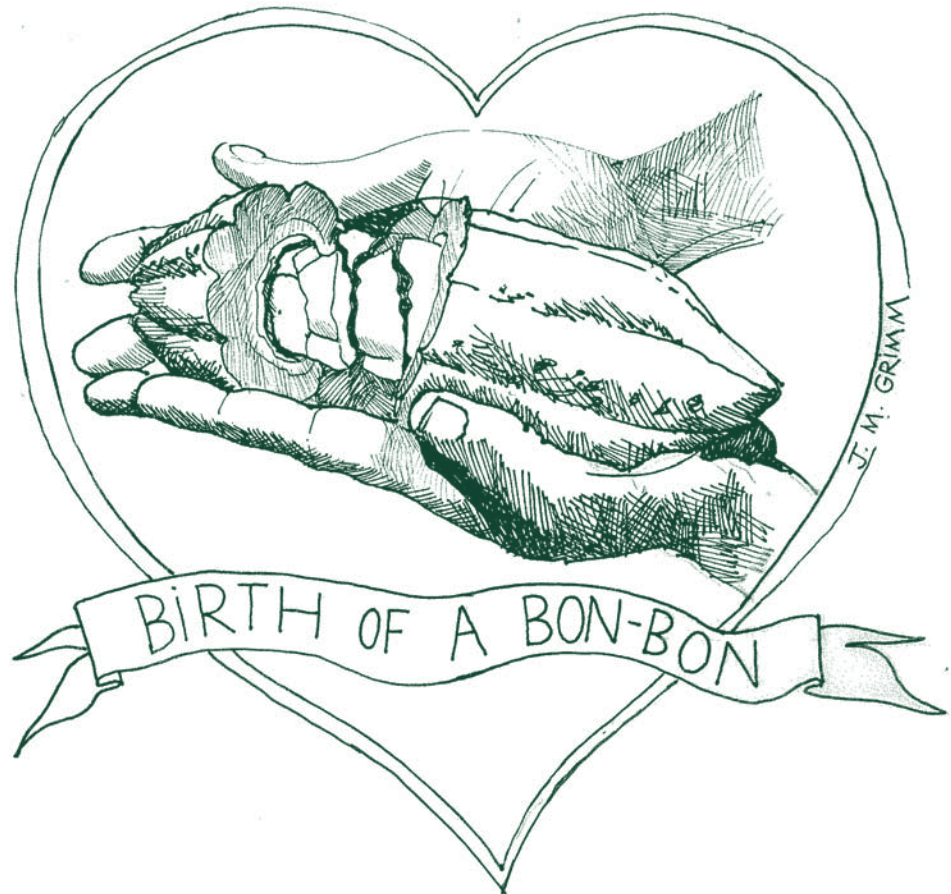
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A Chocolate Fest!

Join us for a delightful afternoon
of all things chocolate.

February 10, 11-5 pm

Owner Appreciation Days

Free samples, fun activities
and your owner discount both days!

February 9 & 10

Front Lines

Front Lines is a quarterly publication of Food Front Cooperative, serving Portland since 1972.

Food Front is a consumer cooperative building a vibrant community and a healthier world by selling wholesome food and empowering people.

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The opinions expressed inside are the writers' own. They do not necessarily reflect Food Front's policies and practices.

Our hours are 8 a.m. to 9 p.m. every day.

Food Front is open to all.

MANAGER'S REPORT

By Holly Jarvis

This year we'll be celebrating 35 years as a community-owned grocery store. With the start of a new year and such a big milestone, thoughts quickly turn to the future. The Board of Directors, employees, and owners are envisioning what Food Front will look like 10 years...even 20 years from now.

We need to challenge ourselves to think how our neighborhood will evolve over the next decade and what services will be needed. The Northwest neighborhood has been changing over the past ten years, with so much new housing being built, so many new people moving in, and the opening of new businesses, especially here at our end of NW 23rd Avenue.

Here is a glimpse of what we expect to see: more multi-unit dwellings will be built and lots more people will be moving in.

There will be mixed use commercial/residential development, bringing more businesses into the neighborhood, too. With all of these new residents, how will the personality of the neighborhood change? How will a sense of community and cohesiveness develop? Or will it?

These are some of the questions a group of owners considered when they met with the Board of Directors for our first World Café event. (See page eight.) We came up with a wide range of ideas for Food Front—from offering

creative transportation options (electric car rentals) to providing an alternative energy demonstration center to offering local eco-tours.

This isn't just idle speculation. Food Front's future isn't guaranteed, considering the amount of competition in the city and the neighborhood. Will newer residents value our structure as a community-owned cooperative? Will our deep commitment to local producers, local food production, and consumer issues continue to resonate?

Our current location has limitations—not enough parking, not enough space for a larger deli with seating or a full meat department. Do we

have opportunities to

expand here in our current location or elsewhere in the neighborhood? Will we have enough financial support from our

owners to finance an

expansion? Should we be looking for a second location in another neighborhood that shares the values of cooperative ownership? Can we find ways to be innovative and diversify our services?

So many questions! To find the answers, we need to hear from you! We'll be holding more discussions and conducting surveys during the year. Please offer your insights and ideas. Food Front truly offers something unique to our community and I believe we can continue to do so for many years to come!

Food Front truly offers something unique to our community: a deep commitment to local producers, local food production, and consumer issues.

Happy New Year

All of us at Food Front wish you a very happy New Year! We look forward to seeing you in the store this year and will do our best to provide you with healthy food and friendly service. If there is anything we can do to better serve you, please ask!

Care for our Community



Each month Food Front helps raise money for organizations whose missions are aligned with our Ends. In October we raised over \$200 for the *Bicycle Transportation Alliance*, a bicycle advocacy group. We also raised

\$156 for the *Natural Areas, Parks and Streams*, bond measure campaign. More importantly, this measure, which the Food Front Board of Directors endorsed, passed in November. \$227.4 million will be raised by the bond and spent on projects that maintain and improve water quality, preserve fish and wildlife habitat, protect natural areas, and improve parks.

Finally, this summer and fall, many Food Front owners donated their patronage dividends (over \$400) to the Vancouver Co-op. Further information is available at: vancouverfood.org

This winter we will be raising money for:

- *Ecotrust*, a local organization that promotes seasonal products of local farmers and strives to foster a regional food system in the Pacific Northwest. Ecotrust also publishes the magazine *Edible Portland*. www.ecotrust.org.
- *MLC School*, MLC offers unique academic programs focused on experiential learning, character development, service to its community and the pleasures of life and learning.
- *Birch Community Services, Inc.* provides encouragement and support through the provision of food and other necessities to needy families. Food Front regularly donates surplus food to Birch Community Services. www.birchcommunityservices.com.

Open Seats for Board of Directors

There are currently open seats on Food Front's Board of Directors. The Board sets long-range goals and makes strategic decisions about the co-op's future. It also ensures sound management of the co-ops' resources and safeguards the interests of our owners.

Specifically, Food Front Board Members are responsible for hiring, supervising, and evaluating the co-op's general manager; setting acceptable guidelines for store operations and monitoring the results (through a policy governance process); planning for the co-op's future; approving capital and operating budgets; and recruiting new directors to ensure a well-qualified Board. The Board is not involved in the daily operations of the store.

Monthly Board meetings are open to owners of Food Front and are generally held from 5:30-8:00 pm on the fourth Monday of the month at the Holiday Inn, 2333 Northwest Vaughn Street. Call 503-222-5658, ext. 133 or send an email to info@foodfront.coop to confirm dates, times, and locations of upcoming meetings.

First Thursday Twist in Northwest

Why would a grocery store get involved in an art event such as First Thursday? One of the most rewarding aspects of our outreach work is in building community right here in our neighborhood. It all started with our neighbors across the street: Erin and Eric Leonard of the wonderful art gallery, Spring Box. Then we learned more and more businesses are holding First Thursday events, and we relish our role in connecting them to you. Here is a partial list:

Fruition (1037 NW 23rd Avenue)

Wild West Gallery (1524 NW 23rd Ave).

This winter Food Front will have special tastings and samples on First Thursdays (January 4, February 1, and March 1.)

And, in a unique twist on the *First* in First Thursday, we will be featuring local food innovators sampling products that Food Front was among the first to carry. Join us!

Sustainable Community Awards

Food Front held its Annual Meeting and Sustainable Community Awards in September.

The awards honor individuals and business that promote, support, and create a sustainable, thriving community. This year's winners were:

Amy and Dave Dickson of Signature Salmon, who fish the old-fashioned way with hooks and lines—one fish at a time. They also educate the public on eating local foods and have worked to create a market for fish that is sold directly to grocers and restaurants.

Andrea Uehara, Food Front Floor Manager, for her creative efforts in fundraising that involves shoppers and community organizations.

Food Front's General Manager Holly Jarvis was given a leadership award by several of the store's employees. She was lauded for empowering employees to use their talents and for being a leader in the national cooperative movement.

Growing Gardens, a Portland non-profit that creates home gardens with low income people, distributes seeds, builds composting bins, and links home gardeners with mentors.

Bill Gibson of Bittersweet Farm, a small-scale organic farmer in Estacada who has personally delivered his fresh salad mix to Food Front for 15 years. Bill has also been a pioneer in planting heirloom varieties of greens and developing salad mixes.

35th Anniversary Celebration

This year Food Front will celebrate it's 35th anniversary. Do you have memories or photos or other archive material that you'd like to share? Please call us at 503-222-5658, x. 133 or email ownership@foodfront.coop. Look for more details in the next Front Lines.

Food Front Website Update

As Front Lines goes to press, we are putting the finishing touches on our redesigned website. Visit us at: www.foodfront.coop for expanded information about store products, community outreach, cooperative principles, and events.

Owner Appreciation Days

The next owner appreciation days are Friday and Saturday, February 9 and 10. On Saturday afternoon we will have a Chocolate Fest featuring free samples, local product demos, and even a chocolate painting demonstration! Food Front owners will receive their discounts at the register both days. Owner discounts will be applied as you cash out at the register. Larger purchases mean more savings. The discounts are as follows:

- \$1-49.995% of your total
- \$50-99.99.....7% of your total
- \$100 or more.....10% of your total

We hope to see you here!

Patronage

One of the most tangible benefits to being a co-op owner is your patronage dividend. These dividends are allocated to the owners of Food Front when the co-op



has a surplus (profit after paying operating expenses). As an owner, you receive a patronage dividend based on how much you shopped in the last fiscal year. That's why it's important that you bring your card when you shop. And remember, we can also look up your owner number by last name.

Saturday/Sunday parking now available at Forest Park Federal Credit Union lot

When shopping at Food Front you can now park at Forest Park Federal Credit Union on Saturdays and Sundays just a block away (2465 NW Thurman.) We know that parking is very tight our neighborhood and we are grateful to our friends at FPCU for this creative use of parking space. But please don't park in the lot Monday-Friday unless you are there on credit union business—you risk being towed!

OWNER Benefits

Great Benefits for Food Front Owners

For more information about current benefits contact each person or business directly.

New Partners

TerraClean; offers cleaning for work and home.
503-293-5355; www.terracecleanworld.com
\$50 off all services with \$300 minimum.

Forest Park Federal Credit Union; 2465 NW Thurman
\$5 membership fee is waived for Food Front owners

Local Partners

Oliver Leonetti, LAC, Inner Gate Acupuncture
(503) 502-5254

Heather Lewis, Aletheia Holistic Teaching Institute
(503) 429-4677

Matthew Gray & Melisa Richardson, Esalen Massage,
CrainoSacral Therapy, Lymphatic Drainage Therapy
and Visceral Manipulation Therapy
(503) 998-6364

Cameron Reinlasader, Massage Therapist, Naturopathic Bodyworks
(503) 233-0388

Dr. Steven Bailey, ND, Northwest Naturopathic Clinic
(503) 224-8083

Jane Brodie, Le Salon Du Visage
(503) 827-4518

Brook Bullock, Massage Therapist
(503) 490-5477

Heather Niva, Massage Therapist
(503) 984-6580

The Dragontree Holistic Day Spa
(503) 221-4123

Anna Abraham, Master Energy Practitioner
(503) 422-7744

J.M. GRIMM

A Sustainable Oregon

Eating Seasonally: Winter

By eating seasonally, we can regain a connection between the food we eat and how it was grown, and an appreciation of the cyclical changes of the seasons. This greater awareness brings more pleasure to our lives. Winter's bounty includes local sweet potatoes, yams, and white and yellow potatoes, as well as apples and pears.

BY WENDY GORDON

Theory is great; practice is harder. This article initiates a year-long series in which I will be taking the ideals of sustainability to the aisles of the grocery store. As luck would have it, I'm starting with the most difficult season of the year: winter.

"Sustainability" is a nice-sounding word that's being bandied around a lot these days, but the broad concepts underlying it don't lend themselves to as precise definition as "certified organic." Various experts in the food and public health worlds have been attempting to reach a consensus as to what the word means. The NGO Sustainable Agriculture Treaty states: "Sustainable Agriculture is a model of social and economic organization based on equitable and participatory vision of development which recognizes the environment and natural resources as the foundation of economic activity. It is ecologically sound, economically viable, socially just, culturally appropriate, and based on a holistic scientific approach. It preserves biodiversity, maintains soil, fertility and water purity, conserves and improves the chemical, physical and biological qualities of the soil, recycles natural resources and conserves energy. It uses locally available renewable resources, appropriate and affordable technologies, and minimizes the use of external and purchased inputs." If you translate this technical-sounding definition into practical advice, the basic gist would be to buy local and seasonal products, choosing organic whenever possible.

As I've noted before in this column, eating sustainably benefits environmental, economic, and personal health. Environmentally, eating locally and seasonally decreases use of fossil fuels in both transportation and packaging. Sustainable techniques on the farm mean less pesticides, herbicides, and synthetic fertilizers polluting our air and water, preservation of soil fertility, and less use of fossil fuel guzzling farm equipment. Economically, buying sustainably benefits local farmers, farm workers, food processors, and grocery stores. Personally, eating sustainably exposes you to less antibiotics and pesticides. Generally speaking, local and seasonal foods are more nutritious, and less likely to be contaminated by disease-causing organisms. Remember this fall's E.coli in the spinach scare? The E.coli contamination was finally traced to a single farm in Central California, but most of the E.coli based illnesses occurred in Wisconsin. Why the contamination occurred is one issue. Our centralized food distribution system wastes resources, allows more opportunities for contamination to occur, and makes it difficult to track

down the source of contamination when illness occurs. But the main question is why Wisconsin residents were eating California spinach at a time of year when spinach grows just fine in the Midwest.

OK, so it's winter, and what's for dinner?

Let me start with a reality check. For most of human history eating seasonally was a necessity, not a consumer choice. People were dependent on stores accumulated during the growing season. Famine was a constant danger, and nutritional deficiency diseases such as scurvy were common. In the 21st century, modern preservation techniques, as well as ease of transportation and trade, protect us against starvation and guarantee variety in our diet. Our challenge is to regain a connection between the food we eat and how it was grown, and an appreciation of the cyclical changes of the seasons. This greater awareness brings more pleasure to our lives than it takes away. Our quality of life will not suffer measurably if we give up "fresh" tomatoes for the winter. We are fortunate to live in the Northwest, a region with varied microclimates and a long growing season. We also border the warmer state of California. In the summer, Food Front sources almost all of its produce locally. In the winter, this percentage decreases, but it is still very feasible to buy foods that have traveled well less than the 1500 mile national average from farm to plate.

The first place to look is for crops that overwinter. Hearty dark greens such as kale, collards, Swiss chard, leeks, chicory, and cabbage fit into this category. The other main group consists of root vegetables: carrots, parsnips, turnips, rutabaga, burdock, Jerusalem artichokes, fennel, leeks, garlic, onions, and beets. Until a few decades ago, these crops used to be harvested in the winter or else harvested in the fall and stored locally. Now it is harder, but not impossible, to find local sources. Winter squashes, coming in a beautiful variety of shapes and colors, store well, as do sweet potatoes, yams, and white and yellow potatoes. Local apples and pears also store reasonably well, though their quality may diminish as winter progresses. Dried beans store well, and can even be saved from year to year, though they lose flavor and become harder to cook. Dried fruits such as apricots and cherries bring back a concentrated essence of summer.

Most of these foods benefit from the slow cooking methods that fill up your kitchen with fragrance on a cold dark winter afternoon: roasting, stewing, braising, and soups. While such dishes take time to make, they generally aren't very labor intensive. Just get them going, set them in the oven or over a low heat on the stove, and sit back and relax. They can also be made in large quantities and frozen for later use.

What is "seasonal", obviously, differs from place to place. Therefore, you may see items such as Rio Star grapefruits advertised as "in season" even though the season they are referring to is in Texas, not Portland, Oregon. While some sustainability advocates hold a different opinion, I'd take advantage of these seasonal citrus fruits. Unlike Chilean raspberries, oranges and grapefruits don't grow in the Northwest at any time of year. Buying citrus fruits in season guarantees you the lowest price and highest quality for these nutritious and delicious treats. I would apply the same caveat to any tropical food, whether it be bananas, tea, or cinnamon. Obtaining foods that grow only in different bioregions is an intelligent use of trade.

Protein foods such as seafood and meat also have their own seasonal rhythms. I will be covering this subject in more detail in future articles. But one specific Northwest winter treat is Dungeness crab. While crab is available year round, it is meatier and more plentiful in winter. Oregon truffles, also, make their appearance in mid-winter. Most winter staples, you may have noticed, are relatively low cost. So if you like, round out your meals with these delicacies.

Resources on Eating Sustainably

www.localfoodwheel.com: This organization has developed a "food wheel" outlining seasonal availability of foods in the Bay Area. They can help organizations in other localities develop food wheels of their own.

www.locavores.com: This San Francisco-based organization helps individuals with preparing and purchasing local foods. Their website provides opportunities to participate in online "chats" and get your questions about local food sourcing answered.

The Sustainable Kitchen, by Stu Stein: This excellent cookbook by the owner of Ashland's Peerless Restaurant offers a general guide to eating sustainably and delicious recipes.

World Cafe: Dreaming our Future

Did you know that Food Front opened a café? Well, not the sort of café you usually go to, and, it was only for one night. Guests that evening were greeted with soft lights, flowers on every table, and, they were treated to fine desserts and great coffee. Around each table, folks engaged in animated and thought-provoking discussion about the future of Food Front and our Northwest neighborhood.

One role of your Board of Directors is to look to the future and ensure that Food Front continues to grow and thrive. In order to do this we need input from you. So, on October 23, Food Front sponsored its first World Café. A World Café is a discussion forum complete with all the typical café fixings designed to create the atmosphere for a collaborative dialogue. It's built on the assumption that people already have within them the wisdom and creativity to confront even the most difficult challenges. The event attracted Food Front owners and staff as well as neighborhood residents.

What are those challenges? Attendees were asked to envision the following:

It is the year 2016. The northwest neighborhood has continued to grow with the addition of several more housing developments. A lot more folks have moved to the neighborhood – most households being one and two people rather than families with children and most having two incomes with both adults working full time. World Café participants and your board were asked to discuss the following scenarios and questions:

1. *The neighborhood is friendly and vibrant and people feel connected to the each other. There is a real feeling of community. How did this come about?*
2. *Food Front has branched out with new businesses and services to meet the needs of the neighborhood. What are those businesses?*
3. *Despite increased competition in the area, Food Front is still thriving and growing. How have we accomplished this?*

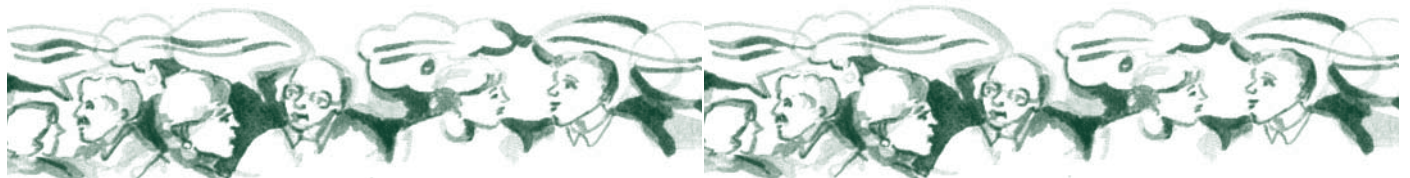
As you can imagine, these thought-provoking questions led to lively discussions and wonderful insights. The room buzzed with excitement as folks exchanged fresh ideas and shared dreams. In trying to picture the Northwest neighborhood 10 years from now as vibrant and connected, World Café participants envisioned:

- Food Front as a neighborhood hub or gathering place, offering more services (like home delivery) and creating an education center for alternative energy.
- More essential services/businesses available in neighborhood and community members shopping and connecting there.
- More public transit, pedestrian, and bike-friendly options.
- Food Front as a community center, focal point, and gathering place that also leads “eco-tours” to local farms.

Expansion into other enterprises that enhance the feeling of community in the Northwest neighborhood included adding services for children, senior citizens, places for shoppers and others to gather, as well as supporting affordable housing and alternative energy.

Regarding Food Front branching out and growing in the midst of increased competition, a number of ideas were discussed from supplying bio-diesel to opening a childcare center or a health spa. How about a natural pet supply store? One group even designed a Food Front Community Center complete with expanded retail space, a large gathering space, artist studio, classroom, and café.

In all expansion options, participants stressed keeping Food Front's values of inclusion and sustainability in the forefront and staying true to our mission. The discussion has just begun, and our future is exciting and full of possibilities. How would you like to see us grow? Please contact me or any other board member, or better yet, come to a board meeting. This is your store, your community, and we want you to contribute to the conversation. Dessert is on us!



PRODUCT Spotlight

Wellness

The New Year is the time when most of us think about ways to improve our lives. Whether it is shedding those extra pounds or taking better care of our mind, body or spirit we have all the resources to make it happen at this wonderful neighborhood coop!

If your goal is to lose weight, there are new studies that confirm: stress equals weight gain. So if you are eating well-balanced meals and exercising regularly but still find it difficult to slim down, check your stress level. When we are under stress, the body holds on to extra pounds as if to say I may need this to get through this difficult time. My favorite group of herbs for a frazzled state are the adaptogens. Adaptogens aid the body in adapting to stress and promote vitality and stamina. Examples of these herbs include Rhodiola, Ashwaganda, and Maca. We have various forms of these herbs at Food Front—stop by and check them out. A delicious way to enjoy maca is a new smoothie blend called Maca Picchu. This powder can be mixed with just about anything and has a heavenly toasted vanilla flavor. Yummy. So if weight loss is your goal think adaptogen!

Daily rhythms are so important for the mind, spirit, body balance. Develop your own daily ritual, something small that you can do for yourself at roughly the same time everyday. Some ideas include, taking a walk after dinner instead of watching TV. Include a circular facial massage into your daily cleansing routine, this brings more blood to the surface of your skin which allows for cellular rejuvenation. Take your multi-vitamin at the same time everyday to see results. Have a mid-morning cup of tea. Before bed take a few deep breaths and reflect on your day. Once a week take a bath with Dead Sea mineral bath salts. Whatever you choose to do your whole being will love you for it.

Have you noticed our newest local body care line? Talulah skincare is made right here in Stumptown and you won't need a cosmetic ingredients dictionary to read the label. They offer products like Jasmine Milk Firming Mask and Vanilla Bean Skin Cleanser. They are fantastic!

—Rachel Knapp, Herbalist

Grocery

I am happy to include on our shelves a great local product called Sensei Sauce. This sauce originated when Renee Ware and Will Moye met Jason Luedtke at the judo class he teaches at their community center. When they tried the marinade he made for barbecues and gatherings, they fell in love with it and dubbed it "Sensei Sauce", after the term of respect they use for Jason. Thus the company, Sei-Ki-Kan, was born to produce Sensei Sauce.

Sensei Sauce has a familiar tanginess to it, but it also has a twist—citrus high note which comes from fresh sliced oranges simmered with Japanese Sake, makes it more complex than a teriyaki or steak sauce. The folks at Sei-Ki-Kan say they are proud of their sauce's fresh, whole-food ingredients, but they're also counting on its flavor and versatility as major selling points. "You can use it on just about any food to make a meal as elegant or homey as you want it," says Jason. "If you have a bottle in your cupboard, you'll never be at a loss for tonight's dinner." These Portlanders have an excellent sauce. Try it and you won't be disappointed. Happy New Year!

—Gary Koppen, Your Grocery Manager

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by Arabee Koch, Wine Steward

Did you find a wine this holiday season that just knocked your socks off? A wine that you could enjoy day after day, one that always seems to hit the spot? A wine that both speaks to your senses and your pocketbook? Well my friends, I am sad to say but those wines are often fleeting, those wines will run out. Productions are small, vintages change, and distributors run out...and I always cringe when I have to tell my fellow wine lovers that the beloved wine that they have been drinking for months is well, now, gone daddy gone.



I, too, even in my position as steward of fine wines, have found myself pleading with a Food Front customer who wanted to buy all 3 cases of Cameron's "bargain" Pinot Noir: "Oh please, kind sir" I plead with tears welling up, "I just need two bottles for myself!" He was kind and I sold him the rest of my stock sans 2 bottles that I kept for myself. Beloved bottles come and go just like the daffodils of spring!

CLASSIFIED Listings

Natural Cedar Soaking Tubs and Japanese Baths From Alaska. Unique and natural Japanese Bathtubs and Hot Tubs hand-crafted from traditional woods. Quiet soaking tubs made with skill and precision. Custom work is our specialty. Check our website at www.woodentubs.com or call toll-free: (888) 810-7717.

Panoramic Ocean Views at Road's End, Lincoln City. Passive solar ecologically friendly beach house with hot tub. Info/Pictures at <http://www.vrbo.com/99587> \$275/nt. Linda at 503-646-9438.

Classifieds rates are \$15 (\$10 for Food Front Owners) for up to 25 words. Each word over 25 is \$0.10 (\$0.05 for Food Front Owners.) To reserve your ad, call Judith Rose at 503-228-5418.

Just this week I got the news that one of my best-selling wines would no longer be imported into Oregon (and I know I will hear about it from one of you!) So the moral of the story...be smart, and if you find a wine that is affordable, loveable, and dependable, buy it in quantity. It is not necessary to always buy a whole case, sometimes it is good to mix it up too. Buy 12 or more mixed wines at le Food Front and you will get 10% off your wine purchase. And please, for the love of all that is HOLY, regardless of where you buy the majority of your wine, please, please PLEASE make friends with your neighborhood wine steward! I, for one, love to talk wine from the most basic to the most complex, always feel free to ask for the wine steward if you have any questions, it is the most enjoyable part of my job (besides, of course the tasting part.)

And as for beer...ahhh beer...Oh I love good beer. Oh how I love to gaze upon my beer selection, that menagerie of labels, the limited releases of winter...pink elephants and little people, snowflakes and wreaths. Pretty pretty beer that all deserve a song while stocking, so many beers so many songs...singing in the beer cooler is like singing in the shower, but I am getting paid for it.

Today I belted out one of my favorite songs of childhood "Hava Nagila" (lets rejoice) while I stocked the new beer from Shmaltz brewing company. So YES, let us rejoice! "He'brew" beers are here in time for passover, and yeah, its Kosher! Check out the "Messiah Bold" and the seasonal "He'brew" 22 oz. in the Food Front beer cooler!

....Alas... we come to the cheese portion of the story. If, by the time you are reading this, the Oregon River Blue from Rogue creamery is still available, you must buy it right away, ignore the price tag, take it home, enjoy with Ken's Bakery Walnut Bread, and a pear or apple. Sink into the comfort of a late winter evening and rejoice that you are so very lucky, you live in Portland Oregon, and yes the gods are smiling on you. Rejoice!!!

It Pays to Advertise in Front Lines


Front Lines provides a unique opportunity to reach a specific demographic segment of Portland. We offer several different advertising options. You can place an ad by contacting Judith Rose at (503) 228-5418.

The Seven Cooperative Principles

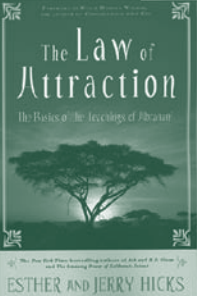
1. Ownership is voluntary and open to all, without discrimination.
2. Cooperatives are democratically run—one owner=one vote.
3. Money invested in a cooperative may receive a limited rate of interest and does not buy control.
4. Cooperatives are autonomous organizations controlled by their owners.
5. Cooperatives educate their owners, elected representatives, managers, and employees to benefit the organization's development.
6. Cooperatives cooperate with each other.
7. Cooperatives work for sustainable community development through policies accepted by their members.

New Renaissance Bookshop


Bestsellers from
The Conscious Living Store



The Secret DVD by Prime Time Productions, featuring Esther Hicks and others & **The Law of Attraction** by Esther & Jerry Hicks are two of our bestsellers. *The Secret* features cutting-edge spiritual teachers and scientists who teach you how to stop the process of attracting what you don't want and instead, draw in what you do want. The book, *The Law of Attraction*, can help you take the teachings from *The Secret* to a new level in your life.



Both, as well as many other books and DVDs, are available at New Renaissance.



1338 NW 23rd Av. at Pettygrove
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(503) 224-4929
Mon-Thurs & Sat 10-9 • Fri 10-9:30 • Sun 10-6
www.newrenbooks.com

Become a Food Front Owner!

- Own the store. Anyone can buy one share in the business to become a co-owner of the store. Food Front is a democratic organization, because a person can buy only one share—one owner, one vote.
- Support the community. We buy our products from as many local producers as possible, and we keep your money working locally. You also have the opportunity as a volunteer owner to join with other owners in community and co-op activities.
- Help Food Front remain strong and healthy. When you become an owner, your owner share goes to work in a locally-owned business. Co-op ownership keeps our store local and community-owned. You'll have a direct influence on the direction and values of Food Front by voting on referenda, electing the board of directors, serving on the board, or getting involved in co-op community functions.
- Enjoy Owner Appreciation Day savings of five to 10 percent, and save through the Owner Coupon Book. At the co-op, if there is a surplus on sales to owners, it is returned to owners in the form of a patronage dividend.

To Start Your Ownership:

Just ask a cashier for an "Owner Application" form. Owner privileges start immediately upon receipt of your initial payment as described below.

- Owner shares may be purchased with cash, check, credit, or debit card. You can even join as you check out with groceries and begin receiving your owner pricing right away!
- The full value of the owner share is refundable.

To Purchase Your Owner Share:

Payment Plans: Owner share is \$150. You may pay in full or make payments of \$5 per month until your total is paid. As long as your payments are up to date, you are entitled to all owner privileges.

Keep the Green in Portland



THINK LOCAL

Buy Local
BE LOCAL

**Shop
Locally Owned:**

- Re-circulate more dollars in our community
- Support and strengthen local jobs and businesses
- Preserve and enhance our unique neighborhoods

Think Local First!



Food Front
Cooperative Grocery
2375 NW Thurman St.
Portland, OR 97210-2572

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PAID
Portland OR
Permit 192

COMMUNITY CALENDAR

January

Thursday, January 4, 5-8 pm

First Thursday at Food Front. Special food tastings.

Monday, January 22, 5:30-7 pm

Board of Directors Meeting

Holiday Inn, 2333 NW Vaughn.

Call 503-222-5658, x. 133 if you would like to attend.

February

Thursday, February 1, 5-8 pm

First Thursday at Food Front. Special food tastings.

Friday and Saturday, December 9-10

Owner Appreciation Days. Owner discounts all day, special events, and activities, tastings and samples.

Monday, February 27, 5:30-7 pm

Board of Directors Meeting

Holiday Inn, 2333 NW Vaughn.

Call 503-222-5658, x. 133 if you would like to attend.

March

Thursday, March 1, 5-8 pm

First Thursday at Food Front. Special food tastings.

Thursday, March 22, 7 pm

Reading at Twenty-Third Avenue Books

Garden expert Barbara Ashmun will speak on "Finding Peace in the Garden"

1015 NW 23rd Ave.

Monday, March 27, 5:30-7 pm

Board of Directors Meeting

Holiday Inn, 2333 NW Vaughn.

Call 503-222-5658, x. 133 if you would like to attend.



Open Daily 8am - 9pm
www.foodfront.coop

503.222.5658
2375 NW Thurman St.

No matter how you slice it...



...we love good food!

Your best source for

Organic Fare • Fresh Produce • Local Foods • Ethnic Cuisine
Beer & Wine • Bread & Cheese • Natural & Organic Meats
Fair Trade Coffees • All-Natural Health & Beauty Products

