

Front Lines

The Voice of Healthy Living for the Owners of Food Front Cooperative Grocery

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Earth Day Celebration

Join us at City Repair's Annual Celebration

Food, Information, Inspiration, Music

Co-sponsored by Food Front

Wallace Park, NW 25th & Quimby

Saturday, April 25, 10am-7pm

Rain or Shine

Owner Appreciation Days

Free samples and your owner discount

Three days of fun; both stores, all day!

Friday, Saturday, & Sunday

April 17, 18 & 19

Front Lines

Front Lines is a quarterly publication of Food Front Cooperative Grocery, 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.

We are open every day
8am-9pm

Food Front is open to all.

MANAGER'S REPORT

Rebuilding regional food systems

By Holly Jarvis, General Manager

Spinach contaminated by E. coli. Peppers contaminated by salmonella. Milk products contaminated by melamine. Peanuts contaminated by salmonella. A common thread of these incidents was the need to recall products distributed across the country and internationally.

With the peanut contamination, just two plants processed peanuts for many companies, some of which re-sold the products and others that used them for manufacturing. This resulted in widespread contamination of a wide range of products.

One of the elements of sustainability for local and regional communities is to have access to a reliable food supply. The extensive recall of products made with peanuts brings to life just how much our food system has become consolidated. Building local and regional food systems has never been more important.

It has been conventional wisdom that a centralized, national food system is more efficient and cost effective than a distributed, regional food system. Is that really true when all of the costs are taken into account? What about the costs from tracing products recalled due to contamination and the transportation costs (use of fossil fuels, environmental degradation) from shipping all over the country and the world? Cultivating local and regional food systems can address these issues while building the economy and the community, and ensuring a stable food supply.

What are the costs to our community/region of losing productive agricultural land to commercial and residential development? What are the costs of losing the capacity to process vegetable and fruit crops and fresh meat and poultry locally? Both of these situations have been happening in Oregon over the past decade. Our region is very fortunate to have so many farmers' markets, giving us access

One element of sustainability for local communities is to have access to a reliable food supply. A community-owned grocery store is the epitome of a local food system.

to in-season, fresh foods and providing markets for small and mid-size producers. But what happens when we don't use care in expanding the urban growth boundary and lose productive land to development? One of our meat producers, Malinowski's, is facing the prospect of losing his land because of such changes. Food Front lost our vendor for locally-raised poultry a few years ago because the grower cooperative didn't have access to a processing facility and couldn't make their own facility cost effective.

Food Front has a deep commitment to buying from local growers and producers. We provide early support to many new entrepreneurs trying to get their first product into a retail store. We have long supported local farmers by purchasing their crops directly rather than going through distributors. And as a community-owned grocery store, we are the epitome of a local food system.

P.S. Don't miss out on your opportunity to support the local food system by participating in Food Front's member loan program. See details on page 13.

WHAT'S HAPPENING AT FOOD FRONT

By Tom Mattox, Community Outreach & Marketing Director

Care for Our Community



Each month Food Front helps raise money and visibility for organizations whose missions are aligned with our Ends. This winter we raised over \$1000 for *EcoTrust* and the *Chapman Backpack* program in NW

and *Neighborhood House* in Hillsdale. Thanks to all who contributed!

School Aid Program

Perhaps you've seen the wooden display of "School Aid" apples and pears at both stores. In addition to being tasty and a great value, these fruits support our neighborhood public schools. The School Aid program was started by one of our biodynamic farmers in Mt. Hood. The proceeds from sales will be donated to support the arts at *Rieke* and *Chapman* Elementary Schools.

School Aid also recently donated 4000 gallons of apple cider to families and students in *Self Enhancement*, a youth program serving 2,500 inner-city Portland youth a year. 98% of their students graduate from high school on time and 85% go on to secondary education – often the first in their families to do so. We are very grateful for our partnership with School Aid!

Staying in Touch with us

We love to hear your thoughts and comments about Food Front. You can reach us at:

Food Front Northwest

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Portland, OR 97210
503-222-5658
fax: 503-227-5140

Food Front Hillsdale

6344 SW Capitol Hwy
Portland, OR 97239
503-546-6559
fax: 503-517-8909

www.Foodfront.coop
info@Foodfront.coop

Owner Appreciation Days

Friday, Saturday, and Sunday, April 17, 18, and 19
Both stores. All day!

The next Owner Appreciation Days are Friday, Saturday, and Sunday April 17, 18 and 19. Food Front owners will receive their discounts at the register both days. Owner discounts will be applied as you check out at the register. Larger purchases mean more savings. The discounts are as follows:

\$1-49.99	5% of your total
\$50-99.99.....	7% of your total
\$100 or more.....	10% of your total

We'll also have free samples, fun, and some surprises. We hope to see you here!

Local Herb Fest

Hillsdale: Sunday, April 5, 11am-5pm

Northwest: Saturday, April 11, 11am-5pm

Come and learn about the wonderful harvest that Oregon has to offer with local herbs. Meet local vendors, receive free goodies and learn a thing or two about creating your own wellness items!

Gear up for Gardening!

Hillsdale, Sunday, May 3, 8, 11am-5pm

Northwest, Saturday, May 9, 11am-5pm

Helpful tips, information and recipes to get your garden going.

Unbeatable Bulk!

Hillsdale, Sunday, June 13, 11am-5pm

Northwest, Saturday, June 14, 11am-5pm

Learn about the bountiful world of Bulk Foods: how to save money, eat well and reduce packaging waste.

Wellness Wednesdays

Both Stores: April 15, May 20 & June 17

Enjoy our herbal teas, samples, demos, discounts, and other special treats.

Neighborhood Cleanups

New! Both Stores: April 11, May 9 & June 14, 9-10am

Every second Saturday at 9am, we gather in front of Food Front and pick up trash in the immediate neighborhood. Afterwards, we sit outside and have free coffee and treats, and get to know each other. Please join us!

CO-OP/OWNER Focus

Peanut Recall

The FDA has recalled peanuts produced by the Peanut Corporation of America. Manufacturers of products made with the affected peanuts have recalled products, including a number carried at Food Front. For a list of products removed from the shelves at Food Front, please refer to our website. Recalled products purchased at Food Front may be returned for a refund. A complete list of recalled products can be found on the FDA website. Note: the organic peanuts for our bulk peanut butter were sourced from a supplier that was not part of the recall.

Keeping up Ownership Payments

Our \$5 a month plan to pay for your Food Front owner share has been a great success. One reminder: in order for your purchases to receive credit for patronage dividends, you need to be current with your payments. This also applies to getting you discount on Owner Appreciation Days. It pays to stay current!

Running for the Board of Directors

Board elections are held every year in August/September. To run for the board, prospective candidates must be Food Front owners in good standing and need to attend at least one board meeting by the end of June. 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. Board members receive a monthly \$50 Food Front gift card. For more information, call 503-222-5658, x. 133 or email board@FoodFront.coop.

Want to Follow us?

Now you can follow Food Front on Facebook and Twitter and by reading our new blog. Not only can you find out about specials and events, you can also read blog entries from staff.

Check us out on Twitter at: twitter.com/foodfrontcoop. For Facebook, go to: [Facebook.com](https://www.facebook.com) (and type "Food Front Cooperative Grocery" into the search area).

Our new blog is on our website: FoodFront.coop. There is a link on the home page. See you online!

Food Front Co-Sponsors Free Wellness Talks

Food Front is teaming up with *Insights to Health* to bring you free talks on a variety of wellness topics.

All talks are open to the public and are held at the Village Offices conference room, 2929 SW Multnomah Blvd., Portland, OR 97219. Food Front will provide light refreshments. For further information please call Dr. Shani Fox at 503.501.5001.

*Wednesday, May 6, 7-8pm: by Dr. Shani Fox
Five Keys to Radiant Health—at Any Age!*
Want better health but pressed for time? Join Dr. Fox for a discussion of what health really means, and learn five surefire keys to optimal health.

*Wednesday, June 17, 7-8pm: by Dr. Shani Fox
Natural Medicine and Cancer – what are my options?*
Natural medicine, working in concert with conventional medicine, greatly enhances the health and wellbeing of people with cancer, yet most never hear about their holistic care options. Take advantage of this unique opportunity to hear how the life-affirming benefits of natural medicine allow people with cancer not only to survive, but to thrive.

Wellness Wednesday



**5% off supplements
From 8am-5pm***

* Excluding supplements already on sale.
Body Care and other Wellness items
not included.

**Free Samples
and guests!**

**April 15, May 20
& June 17**

Food Front
COOPERATIVE GROCERY

BOARD Notes

Changing the World: One Tomato at a Time

By Ted Coonfield, Food Front Board Member

This past weekend I saw the documentary film, *Food Fight*, and it eloquently reminded me that many of us foodies are in a real movement to save our health and even our planet.

The film begins with very unappetizing shots of the turkey TV dinners many of us grew up eating while watching *Bonanza*. It then launches into a critique of the large corporations that control our food and receive huge subsidies from the U.S. Government through the Farm Bill.

The focus of the film shifts to California in the early 70's and the unintentional food revolution created by Alice Waters at *Chez Panisse* in Berkeley who prepared a type of cuisine focused on freshness and locally-sourced foods. She began featuring the names of the farms and farmers on the menu and with others picking up her mantra, we have seen an explosion of farmers markets from around 700 in the mid to late 70's to over 6000 now.

Organic practices are highlighted in the film for their earth-friendly methods. The importance of the re-emergence of the small farm is outlined, now with retail outlets to enhance their revenues. The benefits become clear when sourcing our food as close to home as feasible: saving fossil fuels, supporting the local

economy, and in the process, eating much fresher and tastier goods. Tomatoes grown for shelf life only, picked green, gassed to ensure ripening, shipped thousands of miles to markets, and available year round, still taste like cardboard. I have learned to wait until summer for the vine ripest of red tomatoes that have sweetness and acid balance, rich flavor and juicy texture. If I wanted to eat cardboard, I have only to go into the garage and chomp away.

Food Front is dedicated to those tomatoes (and thousands of other products), sourcing them locally when the season is full swing. We members of Food Front, have a common bond: we are supporting a local business as its owners, and know that Food Front is dedicated to the most local and freshest products as humanly possible. We constitute a community that is making a difference – in our health, for our planet, for our farmers, and for our community.

I like to say there is more than a similar word etymology among the words *common*, *community*, *communication* and *for some*, *communion*. We have chosen to be a part of something greater than just a business, greater than ourselves, for the greater good—all of this while buying the freshest of tomatoes, and enjoying the bounty of the earth. It is not a complicated act, but one that reverberates around the world, and not to overstate it—just might be dramatically improving our shared health and planet. Of course there is more we can do to build a sustainable world, but starting with that one juicy, vine-ripened tomato, sweet and so full of flavor, is not a bad place to start.



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Sustainable Food Front

By Wendy Gordon

Community Ownership; Sourcing of local and organic produce and products; Environmental stewardship; These are a few things to celebrate this Earth Day as we do our part to create a sustainable regionable food system.

“Sustainable can and probably should mean a lot of different things to different people,” says Food Front Board member Ted Coonfield. Like “change we can believe in”, *sustainability* is a broad term that, according to Wikipedia, “can be applied to almost every facet of life on earth.” Yet like most buzzwords, it wouldn’t be so popular if it didn’t represent a basic truth. The dictionary lists about ten definitions for sustainability, of which the most relevant are the first two: “to keep in existence; maintain” and “to supply with necessities or nourishment.” To quote Wikipedia again, “Since the 1980’s the idea of human sustainability has become increasingly associated with the integration of economic, social, and environmental spheres.”

Food Front reiterates this vision of sustainability in its ends policy: “to strengthen and extend the social fabric by democratizing capital ownership (social, natural, economic) to create a sustainable community.” The cooperative economic structure of Food Front supports sustainability by circulating income back to the business and its members. This allows the store to focus on long term value over short term profits. Needless to elaborate, publicly-traded firms haven’t been doing this lately, and while privately-owned firms retain the capability, they don’t always exercise it. Even nonprofits, dependent on contributions, are vulnerable to the swings of the market. Food Front’s patronage dividend system allows the Board of Directors to allocate profits to members in profitable times. The co-ops relationship with owners is about more than price. This year the opening of the Hillsdale store is absorbing a lot of Food Front’s resources, but it is a venture welcomed and supported by the membership.

Food Front’s commitment to a regional food supply builds a grassroots interdependent network of suppliers, insulating the store from the vagaries of corporate bankruptcies and international commerce, as well as nurturing a vibrant local economy. Many of Food Front’s growers and producers live within an hour of the store. Food Front’s flexibility allows it to sell products from small farms and individual entrepreneurs who can’t find a foothold in larger, more bureaucratic stores. Many widely distributed brands got their start at Food Front, and retain a loyalty to their first home. The owner of Beer Chips, a nationally distributed product, still delivers his chips to Food Front by bicycle.

In the environmental sphere, Food Front makes every effort to stock sustainably-produced items. Obviously sustainably-grown food is a major component of this. While “organic” refers to specific farming methods, “sustainable” covers a broader range of concerns, including locality of growth/processing, seasonality of the product, and the health and well-being of the workers who grow and process the food. While sustainably-grown food hews largely to organic principles, occasional use of pesticides or chemical fertilizers is allowed. Currently the Food Alliance is the only agency that officially certifies sustainability. While some local farmers work with Food Alliance, in recent years the Alliance has concentrated primarily on institutional buying. Food Front’s personal relationship with its growers and producers is a more reliable guide. Manager Holly Jarvis sings the praises of citrus from *Rising Sea* in California, tree-ripened seasonal oranges and grapefruits that are sweeter and fresher than the certified organic varieties available (and also sold at Food Front).

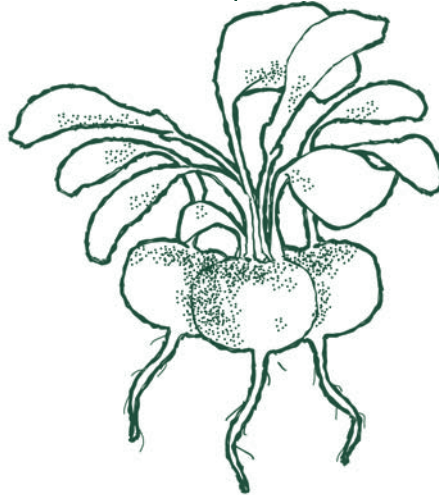
And sometimes Food Front buyers make the decision to go with non-local produce when it is of better quality. For instance, they are selling California-grown lettuce this winter as local lettuce is sparse, mediocre-tasting, and expensive.

The mercantile section stocks as many sustainable products as possible, such as recycled paper cards, drawstring gift bags sewn from reclaimed cloth, and towels woven from bamboo fibers. Food Front brand vitamins, made locally by *Highland Laboratories*, come packaged in compostable bottles.

Both Food Front's Northwest and Hillsdale stores are relatively old structures, making it difficult to transform them into model "green" buildings. It's worth noting, though, that re-using an old building is the greenest tactic of them all. Several years ago, the NW Food Front switched over to energy efficient fluorescent lighting, and followed suit with the new Hillsdale store. When the roof in NW needed resurfacing, it replaced part of the old roof with a special roofing material that reflects light, reducing heat gain. The Hillsdale store boasts floor tiles that are 70% quartz rather than the typical petroleum by product. People have used Food Front's plastic, metal, and glass recycling bins at the Northwest store for years, and continue to do so at a heavy rate even though these items are now picked up at home. Food Front composts most of their food waste, including food-stained paper.

Paper or plastic? Neither are particularly sustainable. You're best off reusing a bag, and Food Front's campaign to encourage re-used or cloth bags has been fairly successful. "The use of cloth bags has noticeably increased," says Jarvis. Packaging, especially at the deli, presents a thornier problem. Food Front uses mostly cardboard and paper. Corn-based containers, highly touted a year or two ago, are now facing serious questions about their value. They cannot be mixed with a standard compost system as they require a different process to break down and degrade. Unlike recyclable plastics, they cannot be transformed into other uses. And if that wasn't enough, they're made from GMO corn! Right now cardboard remains the best of the unsatisfactory choices.

As for social sustainability, the very act of membership creates community. Members can take their involvement to a higher level by running for the Board of Directors or attending board meetings. Food Front remains at heart a neighborhood store. It has been a focus of Northwest Portland since the early nineteen-seventies. Many shoppers live within walking or bicycling distance, while others work nearby. The proliferation of other sources for natural foods, such as New Seasons, Trader Joes, and Whole Foods, has only magnified this importance of place. While Food Front had been hunting for a second store site for a long time, the Hillsdale store came about after a ground swelling of support in that neighborhood. While Hillsdale is more auto-dependent than Northwest, December's snowstorms brought a huge spike in sales



Sustainability and consumer satisfaction are not always a perfect match, as long as we desire a wide variety of choices that are

not necessarily in season or grown in our bioregion. "Bananas are the number one selling produce item in America," says Coonfield, "and I have yet to see one grow in Oregon... We've become a McDonalds culture. We expect to go into a supermarket anywhere in the world and get the same product 365 days a year." But as we come to understand the idea of sustainability as "to support the spirits and vitality of" (another dictionary definition) these expectations are slowly changing.



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Buyers' Spotlight

Deli

Every day is Earth Day at the Food Front deli. Everyone is concerned about getting the best value for their money right now. It would be easy for us to lower our standards for quality ingredients and look instead for the cheapest. Other delis and cafes have begun to buy inferior ingredients or replace them with fillers to extend the yield of the dishes they prepare.

However, Food Front is committed to using as many local, organic, and sustainable products as we can. Because of the current economic situation, it is that much more important to support our local farmers, producers, and small businesses. Our deli works closely with Food Front's produce, grocery, and bulk buyers to source our ingredients locally.

The tofu we use is from Dae Han. They are located just blocks from our Northwest location. Our seitan, from Cast Iron, is produced in North Portland. One of our favorite Bar B Que sauces is from Mom's, located in Southeast Portland. That tasty scone from CCP Bakery was made in John's Landing – and delivered by bike! The beef and pork we use comes from either Lonely Lane Farms, which practices sustainable and organic farming principles, in Mt. Angel or Malinowski's Farm, a certified organic operation, right up the road in Forest Park. Our buffalo comes from L Bar T Ranch in Forest Grove. Most of our produce is organic and grown locally. And the list goes on. If you look at the asterisk on our ingredient labels you'll find over eighty percent of our ingredients are organic!

But we don't stop there. The containers we provide so you can take our great food with you are compostable. Even the bags we use in the deli to gather our trimmings and food waste are compostable.

So, it doesn't matter what day of the year it is. With every purchase at the Food Front deli you are acting in the spirit of Earth Day and helping to support your local community. Congratulations!

~Ron Fenton

Meat Department

The Hillsdale meat department is trying out some new products: Pork Kielbasa, Pork Bratwurst, Italian Chicken sausage, Bulk Breakfast Sausage, and Canadian Bacon. Look for our house-made pork & possibly chicken sausage links in the future using Steve's own recipes. We are also looking into cutting steaks for the NW store meat department, reducing prices and expanding the availability of items that can be ordered as special requests at the NW Store. We will also be offering fresh ground pork, lamb, and buffalo to the NW Store.

~Steve Boveri

Produce

Recently Food Front held a member meeting with our buyers to discuss our buying practices. Here are the values that your produce buyers spoke about:

Customer Demand: Ultimately, our selection in each store should reflect our customer's wants and needs.

Local: Just as our customers make an impact on our local economy by supporting Food Front, we like to take that even further by supporting our local farmers.

Loyalty/Long-Standing Relationships: We respect our farmers by trying to be a reliable source of income for them year after year.

Supporting Smaller Farms: We want to make a sustainable financial impact to the farmers that we do business with. We also believe in encouraging our local food scene to thrive!

Consistent Quality: Sometimes we will buy from California or other non-local source when season, frost, or other inclement weather affects our local produce quality. Quality is also important in deciding which local farms to buy from.

Organic: Part of Food Front's mission is to build a "healthier world by selling wholesome food" and we believe that the National Organic Standards are aligned with this. We strive to offer organic choices to our shoppers.

Price Competitiveness: Part of satisfying customer demand is to provide accessible and fair-market pricing. We need to receive competitive pricing from our vendors to, in turn, have competitive pricing for our customers.

~Sarah Kowal

Wellness

Oh joyous spring, the promise of warmer longer days ahead, what a great time of year! Unfortunately, this may also be the beginning of allergy season for many people in this area. Luckily one of the best remedies grows



right here, just as those pesky allergens arise: nettles (*urtica dioica*), that's right; the same stinging nettle that hikers avoid is also an herb that deserves a little adoration.

Available from April to August in many areas of the Pacific Northwest, this herb is definitely in my top ten all time favorite herbs on the planet.

The leaves of Nettles are well-known as a traditional remedy for allergic reactions. In a recent double-blind study using freeze-dried fresh nettle leaf, researchers found that the herb relieved allergy symptoms in over half of the participating patients. Nettle leaf appears to work by keeping the inflammatory response within a normal healthy range. Of course it is also important to maintain a healthy diet including antioxidants from colorful fruits and vegetables. A healthy immune system helps to support a healthy response to inflammation.

It is best to use the freeze-dried capsules for allergic reactions. Your Food Front Wellness Department will have Oregon's Wild Harvest nettle capsules on sale all season, along other allergy formulas homeopathic and herbal. I recommend trying these just before the season begins, in many cases this will drastically shorten or even reduce the onset of symptoms. In my own experience I have seen this happen on many occasions!

We have a great wellness staff at both stores, with many years of knowledge and experience:

At Hillsdale.....Eloise, Assistant buyer and Guido, wellness clerk. (Long time Food Front staff member, many of you have asked about Guido—stop by Hillsdale and say hello.) Over at Northwest we have Tiffany, Assistant Buyer, and Catherine wellness clerk.

I am the buyer for both stores. Thank you for all your support. Happy Earth Day and have a great allergy free spring!
~Rachel Knapp, Herbalist

Grocery



Portland has a new chocolate syrup and powder company. Wyatt Woods and Don Tyler have started a company named *Holy Kakow*. Their products are crafted from the finest raw and organic ingredients available. The results are healthy products

with exceptional flavor, rich in antioxidants, minerals and other natural occurring chemicals that enhances your mind and body. Their chocolate syrup is sweetened with agave nectar and no refined sugar.

Holy Kakow is a responsible, sustainable business. They source all of their ingredients from single origin, direct trade suppliers. All of the products are made in Portland. Remember Holy Kakow the next time you are looking for baking chocolate or chocolate syrup for your favorite ice cream. Happing eating!

~Your Grocery Manager, Gary Koppen

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Why not celebrate earth on Earth Day?

by Sarah Brown, Hillsdale Assistant Produce Manager

Miriam-Websters defines earth as “the fragmental material composing part of the surface of the globe;



especially: cultivable soil.” When I think of earth I think about the smell of decomposing leaves and the feel of rich soil between my fingers but most importantly, I think about our food and where it comes from.

While we walk above it all day long, we often forget that from the earth comes our food. From a lot of earth actually, over 470 million acres of land in the US go

towards food production and, yet, we are losing almost 1 million acres a year due to unsustainable human use! Without healthy, living soils and plants to grow these nutrients we would be a very unfortunate group. So, on

Earth Day, I think about my relationship with the soil.

At its most intimate, my relationship with the soil is through its edible harvests. The meaty flavor of a vine ripened tomato and crisp crunch of a morning harvested head of lettuce, are incarnations of healthy soil. The continued harvest over many years on the same soil, are the result of food growing done well.

Wendell Berry, one of my favorite land lovers, once said “eating is an agricultural act.” Nowadays with local, sustainable, organic, and conventional food labels swimming around us, food growing practices get very confusing to define. What does agriculture that prevents soil erosion, build up organic matter, provide ample air and water for roots, and produce healthy foods, look like?

Agriculture that grows good soil is a holistic project. Not only does it mean understanding your starting point but having a constant connection to a living evolving process. Just as growing strong plants isn’t solely about fertilizers, growing strong soil is much more dynamic than a random compost application.



HILLSDALE FARMERS' MARKET

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MAKING SENSE OF INVESTING

Part of the National Organic Standards Boards definition of organic agriculture includes “an ecological production management system that promotes and enhances biodiversity, biological cycles and soil biological activity.” Soil not only needs living creatures but it needs food for them. They are what make compost and decomposition happen. They break down leaves, grass clippings, and manure to provide elemental food and humus for our plants. Without them and the food they need to thrive we’d have a garbage heap. Soil rich in humus means air and water can flow to create vibrant root systems and in turn robust plants and delicious food.

In organic and sustainable agricultural systems, cover cropping is often used to enhance fertility. Cover crops, like rye grass, favas, vetch, and buckwheat, are grown specifically for soil food. Planted in between cash crop plantings, they provide natural protection for our soil from the tumultuous beatings of rain or wind that carries soil away. When it is time for the next “cash crop” to go in, they are mowed and tilled back into the soil providing a return of organic matter for our soil life to munch on. Cover cropping at its best combines plants that shade out weeds, have deep soil-opening root structures, and

actually work symbiotically with bacteria to fix nitrogen from the air into the soil! It is a quite magically return to a natural system of fertility management, attracting beneficial insects in the process.

There are so many ways to serve the earth. In Portland, I am astonished by the explosion of organic gardening programs, for children and adults, aiming to rebuild our relationship with our food sources. Places like Zenger Farm, Oregon Tilth, and even Portland’s Office of Sustainability have programs to get people connected to the dirt! What better way to celebrate the earth, than by caring for the little parcel right outside your door, at the local community garden, or volunteering with one of the above mentioned programs.

“Daily, our eating turns nature into culture, transforming the body of the world into our bodies and minds.” Once again, Michael Pollan says it all too well. Every day is earth day. Every meal, every bite makes an impact. Agriculture can do more than just feed us, it can feed the earth as well and here at Food Front, we do our best to encourage that process.



Susan M. Roberts, N.D.
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The 5 R's: Reduce, Reuse, Recycle, Restore and, Remember!

By Gretchen D. Westlight, Assistant to the General Manager



Earth Day can be a good reminder to think about how we can lessen our impact on the environment—even in the act of shopping. Let's talk about bags. Bringing your own bags—paper, plastic, fabric, or even cardboard boxes—saves the co-op money, benefits you as an owner, and, of course, helps the planet. The same

holds true for bulk containers, such as jars, baggies, and tubs. Here are some tips for remembering to "BYO" to Food Front:

- As soon as you've unloaded your grocery bags at home, return them to your car (or keep them handy for your bike or the bus) so they're right where you need them the next time you shop.
- Review your shopping list the night before your shopping trip, and set aside any containers you'll need for your bulk purchases (see below).
- Pick up a couple Special Order Forms the next time you shop, and keep those with your shopping list so you'll remember to order that case of soup or the

shampoo we don't have room for on the shelf. Then drop off the form while you're shopping.

- If you leave your bags in your car while you're shopping, your cashier can reload your shopping cart for you; then you can take the cart to your car and transfer your groceries to your bags.

For bulk purchases, I keep a pad of small post-its by my shopping list to put on the lid of every container I bring in for bulk items. Here's what the post-its look like before I come into the store:

My container (Food Front sells jars, so make sure we know it's yours.)

PLU: (Space for the product code that appears on the fronts of the bulk bins.)

Tare: (Space for the weight of the empty container so it can be subtracted.)

Almond Butter (What it will contain, important if you bring more than one jar.)

Then, all I have to do is weigh the empty container when I first come into the store (a cashier will be happy to help you), record the tare weight on my post-it, find my product, fill my container, add the PLU (also known as UPC – the product code), and take it to the register. The cashier has everything they need to ring me up quickly and properly!

Everything you do to help Food Front save money comes back to you, as an owner, in the form of increased dividends. And everything we all do to reduce the pressures on the earth of manufacturing, processing, and even recycling, benefits us all. Thanks for doing your part!

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Still time to participate in Member Loan program

Ever since we announced that we were opening a second store in the Hillsdale neighborhood we have had record numbers of new members. We are happy to announce another opportunity for you to help.

First, let's talk about the power of capital. All new businesses need capital to get started and to stay vibrant over the years. You've helped us to accumulate capital in two ways: you took the very important step

of purchasing an member share and you shop at Food Front. Without the capital that we've accumulated over the years through selling member shares and temporarily retaining profits, we would not have been able to open a second store. Our strong capital reserves make it possible for us to get bank loans to finance the opening of Food Front Hillsdale and to make improvements at our Thurman store.

There's a further way for co-ops to raise capital and that is through loans made by members to the co-op. Some of you may remember we did this in 2002 to help finance our remodeling of the Northwest store. One great advantage of getting loans from members is it reduces the amount of our bank loan. This in turn, keeps us financially healthy.

What is the return on your investment? By participating in our Member Loan Program you will be helping us to both support the Hillsdale store and stay healthy over the long term. You'll also receive a good rate of return. The offering of the Member Loan Program will be made by a disclosure document only. If you are interested in participating in the Member Loan Program, please contact us so we can send you a copy of the disclosure

document, which you are encouraged to read in its entirety for a detailed description of the offering. If you have any questions or wish to talk about this program, please call our Financial Manager, Lee Lancaster at 503.222.5658 ext. 131, lee@foodfront.coop.

Interest Rates by loan maturity and amount

Loan amounts equal to or greater than	Maturity			
	<u>A</u> 3 Years	<u>B</u> 5 Years	<u>C</u> 7 Years	<u>D</u> 10 Years
\$1000	3.50%	4.00%	4.50%	5.00%
\$5,000	4.00%	4.50%	5.00%	5.50%
\$10,000	4.50%	5.00%	5.50%	6.00%
\$20,000		6.00%	6.50%	7.00%

Interest compounds annually and is paid at maturity.

A key principle of cooperation is "member economic participation" in the co-op. You already participate in the co-op by owning a Food Front share and by shopping at the store, now we ask you to join us by participating in our member loan program.

NOTE: This is not an offer to sell or a solicitation of an offer to buy securities and that securities are offered only by the U-7 Disclosure Document.

Muddy H₂O Pit Powder 100% natural

Pit Powder reduces odor without the introduction of harmful toxins which are found in many conventional deodorants and antiperspirants. Sweating is an integral part of a healthy body. With Pit Powder you can now sweat without the stink!

Directions: Shake a small amount of powder into palm of hand and rub onto pit area until dry. For best results, apply to pit while still damp from bathing.

Ingredients: sodium bicarbonate (baking soda), maranta arundinacea (arrowroot powder), kaolin clay, trigonella foenum-graecum (fenugreek seed powder), therapeutic grade essential oils that promote good health.

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

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Zipcar and Food Front have teamed up to offer a special membership to co-op Members. Join now at Zipcar.com/foodfront for \$35 (usually \$50), and receive \$35 in driving credit. To sign up, go to: www.zipcar.com/foodfront.

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

Garfinkle Orthodontics; Complimentary consultation and a 5% discount on braces, Invisalign, or any other service we provide. 503-246-9802, or email (emily@garfinkleortho.com) www.GarfinkleOrtho.com

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Rebecca Provorse ND, LAc Glow: Health care for Women, Women's natural healthcare. (Co-op owners receive a 10% discount on supplements.) 503-222-1865.

Oliver Leonetti, LAC, Inner Gate Acupuncture
503-284-6996.

Heather Lewis, Aletheia Holistic Teaching Institute
503-429-4677.

Brook Bullock, Massage Therapist; 503-490-5477.

Matthew Gray & Melisa Richardson, Esalen Massage, CranioSacral Therapy, Lymphatic Drainage Therapy, Visceral Manipulation Therapy, and T'ai Chi Easy instruction. 503-709-5898. www.balanceintouch.com

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

Jane Brodie, Le Salon Du Visage; 503-827-4518.

Anna Abraham, Master Energy Practitioner
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The Seven Cooperative Principles

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

The seven cooperative principles as stated by the International Cooperative Alliance are:

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.

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 Purchase Your Owner Share:

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 benefits right away!
- The full value of the owner share is refundable.

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.



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Food Front Hillsdale
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503-546-6559

Food Front Board Meetings

April 27, May 25, June 22

5:30-8:30 pm

We alternate between the Holiday Inn, 2333 NW Vaughn (May) and the Watershed, 6388 SW Capitol Highway (April and June). Please call 503-222-5658, ext. 133, if you'd like to attend and to verify venue. A light dinner is provided.

Local Herb Fest

Hillsdale: Sunday, April 5, 11am-5pm

Northwest: Saturday, April 11, 11am-5pm

Come and learn about the wonderful harvest that Oregon has to offer with local herbs. Meet local vendors, receive free goodies and learn a thing or two about creating your own wellness items!

Gear up for Gardening!

Hillsdale, Sunday, May 3, 8, 11am-5pm

Northwest, Saturday, May 9, 11am-5pm

Helpful tips, information and recipes to get your garden going.

Unbeatable Bulk!

Hillsdale, Sunday, June 13, 11am-5pm

Northwest, Saturday, June 14, 11am-5pm

Learn about the bountiful world of Bulk Foods! How to save money, eat well and reduce packaging waste.

Owner Appreciation Days

Free samples and your owner discount.

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Friday, Saturday, & Sunday

April 17, 18 & 19

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Wallace Park, NW 25th & Quimby

Saturday April 25, 10am-7pm

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