

Prairie Newsletter

Yelm Food Cooperative
Celebrates 11 years of Service to our
Members/Customers

April 27th!!!!



Come Join us as we celebrate our 11th
Birthday on Friday, April 27th

Wow, can you believe it???? Eleven years and over that time we moved to our current location, became a million dollar company, increased our paid staff from 0 to 10!! I don't know about you but I'm excited about this!

We will have 11% off everything in the store (with the exception of clearance items) for everyone. Join us for a day of fun.

BUYING IN BULK

Did you know? As one of the benefits of being a member of the Yelm Cooperative you can save big bucks when you make bulk purchases through the Yelm Food Co-op's Buy Club. Anything that we have in the store and thousands of things that we don't stock can be ordered through one of our Buy Club providers as long as you buy in bulk quantities.

Order forms are available at the Food Co-op, or on our website, <http://yelmfood.coop>, and on the reverse are the order sizes needed to qualify for up to 20% off normal retail prices. Buy in Bulk and Save Bucks!

Prairie Newsletter

Next month we will increase our newsletter to 4 pages!!! If you have an article you would like to offer please send it to us at yelmfoodcoop@gmail.com.



Yelm's Only Natural & Organic Market
Monday - Saturday 9 a.m. - 7 p.m.
Sunday 10 a.m. - 5:30 p.m.
308 Yelm Ave E, Yelm, WA 98597
Phone: 360-400-2210 - Fax: 360-400-4021
email: yelmfoodcoop@gmail.com
www.yelmfood.coop

IT'S SPRING CLEANING TIME

The following ideas are not only simple, they're also easy. And implementing these suggestions will even have pleasant side effects like an impeccably clean home and a naturally fresh aroma you'll love.

1. Use reusable cloths

It's pretty easy to go through a whole lot of paper towels and other disposable items when you're doing your spring cleaning. However, a few good rags will do a great job and get you through many years of deep cleaning.

2. Use DIY Cleaners

Make your own natural cleaners this year so you can tackle the job without worrying about what toxins you (and your loved ones) are breathing in. You can make everything from all-purpose cleaner to wood polish.

Don't want to hop all over the Internet? Check out [DIY Natural Household Cleaners](#), which is full of DIY recipes you can whip up in no time.

3. De-clutter as you go

This is one of my favorite tips because it makes spring cleaning easier and cuts down on cleaning all year – you don't have to clean what you don't have.

As you go through each room, take a box with you. If you spot something that you never use, doesn't fit or just makes the room feel too cluttered, put it in the box.

4. Open the windows

Pretty simple, huh? If you're like me, you may have kept your windows closed for the majority of the winter, opening them only when, say, your cooking experiments didn't go as planned.

But opening the windows regularly is good practice – about 15 minutes per day – so that fresh air can sweep through and everything else can head outside.

5. Diffuse essential oils

My essential oil diffuser is one of my most prized possessions. Why? Because I can use it to easily get essential oils in the air and spread throughout my house. Did you know that many essential oils are antibacterial, antifungal and antiviral, and that by diffusing them in the air you can kill pathogens that can make you sick? Even hospitals are beginning to use them.

In addition to keeping germs at bay, essential oils can help lift the mood and make the air smell fresh without chemicals. Some of my favorite essential oils to diffuse are lemon, lavender, orange, lime and grapefruit.



FROM: DIY NATURAL WEBSITE WRITTEN BY NINA NELSON

IT IS ONLY NATURAL

April Coffee of the Month **RAVENS BREW COFFEE**

Tumwater, Olympia

Coffee roasted in small batches for optimum freshness. Try them all!

**\$1.50 off any
12 oz bag
\$11.49/ea**



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Board meetings!

Board meetings are open to all members. Ten minutes is set aside at the beginning of each meeting for comments and suggestions.

The Board will meet at 6 p.m. on Thursday, March 15th here at the store.

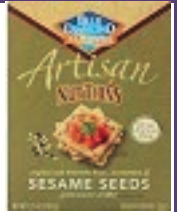
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Featured Members Only Sale Items—More in Store



Natures Path Cereals

Member Price
\$6.99 /EA



Blue Diamond Artisan Crackers

Member Price
2.99 /EA



CA Farms Olive Oil

Member Price
\$8.99 /16.9 oz



RX Bars—Assrtd

Mem Price **2 for \$4**



LACROIX SPARKLING WTRS

Mem Price **\$3.50** /8 PK



OREGON CHAI ORIG

Member Price
\$3.29 /EA

NU NATURALS STEVIA POWDER



Member Price
\$5.99 /100CNT

BIOKLEEN LAUNDRY LIQ



Member Price
\$8.99 /64 OZ

PACIFIC BROTHS CHIC/BEEF



Member Price
\$2.99 /32 OZ



BELLUCCI OLIVE OILS

Member Price
\$7.99

One block from the Co-op!

FIRE WITHIN YOGA
360.878.2000



YELM YOGA CENTER
14523 Regal Lane SE Yelm WA 98597
Call today 360 894 1141

Alive & Well MASSAGE CLINIC
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Rainier, Washington 98756

Brenda Surerus, BPE, LMP
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