

Prairie Newsletter

The Buyers Corner

By Debbie Burgan

A couple of weeks ago Florence Vincent and I attended a small Trade Show in Portland at the invitation of our sales rep Christa Hussung of UNFI, our largest supplier of Natural and Organic Foods. The purpose of the event was to gather together as many "Independents" (Small stores who are not a part the National Grocers Association program where large discounts are given) and Brokers/Sales Reps of many of the products we carry and have us interact with each other.

It was the most informative event and a lot of fun. We had multiple opportunities to speak with these Sales Reps. As they took their turns introducing us to their products it became clear to me that these people are very knowledgeable about their products as well as what is trending in the Natural and Organic world.

We learned about food trends, what age groups are buying what and why. What I realized is that people really do care about what they put into their bodies. There are a lot of concerns for non-GMO and Organic as well as Gluten Free foods.

We tasted so many products over 3 days that I didn't think I would ever eat again!

There were 3 other Independent Retailers that came in addition to us and it was a lively group. We questioned everything. We called these companies on ingredients, we insisted on Organic and non-GMO. And ultimately we ordered a 'ton' of new product for this summer.

Florence and I came back inspired and ready to do some simple store resets by moving things around a bit and grouping items in a better manner for your shopping convenience.

Here are some changes/new products coming in:

In the Grab n Go corner, we have some new items coming in. Lilly's hummus is coming out with some little 2oz containers in different flavors. They are shelf stable and come in 3 flavors, Plain, Roasted Garlic, Roasted Red Pepper.

Lilly's also has a 4oz cup of Roasted Red Pepper hummus with Rice crackers as well.

For all you biscotti lovers, Marlos will be packaging their biscotti in individual pieces.

Luke's the company which brings us rice chips has come out with a new line of Organic potato chips in multiple flavors. Some other new products to look for:



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

- Safe Catch Tuna in ready to eat flavors
- WOW Ginger Molasses cookies

New products are arriving weekly, sometimes twice a week! Please come in and check them out and as always give us your feedback. We love to hear from you.

Don't forget **Mother's Day!** We have an array of products and gifts for Mom. On special this month from Choclove are their chocolate bars 2 for \$5.



Vegan Corner

In this newsletter we will discuss protein, the most talked about issue when people think about changing to a vegan diet, and rightly so. For a long time meat has been associated with protein, especially red meat. As many athletes are changing to a vegan/plant based diet, it is proven that it is not necessary to eat meat to get sufficient protein and be super fit with lots of energy. Now, when you decide to give up meat you have to be aware of what to eat and supplements needed to stay healthy and have a balanced diet. D3 and B12 are two very important supplements needed but others are appropriate too, depending on your lifestyle and body type and can be added to smoothies or juices. I will refer to a few top athletes and why they changed to a vegan lifestyle, what they eat and how it has affected their performances.

The Williams Sisters - Venus first changed to a vegan diet after being diagnosed with Sjogren's syndrome, an auto immune disease. She eats raw and organic and credits her eating habits with improving her health immensely and managing her Sjogren's symptoms. Her impressive comeback after her diagnosis certainly confirms this. Serena also changed her diet to support her sister and both are still top of their game. They both eat pasta and bread and rice before big matches to give them sustained energy. Mike Tyson, the well known boxer changed to being all vegan

IT IS ONLY NATURAL

after suffering arthritis and joint problems. He dropped a hundred pounds and says his new diet has made him feel powerful and explosively energetic.

Robert Parish, a retired basketball player is seven feet tall and finds all the nutrition he needs to maintain his huge frame in a plant based diet. He also practices yoga.

Mac Danzig competed for years in MMA and was featured in the documentary, Forks Over Knives. Some of his favorite foods are brown rice, Portobello mushrooms, tempeh, quinoa, beans and lentils. He is a lean, mean, plant eating machine.

So if you are worried about protein there is no need to be - lots of research out there. Just try it for a day a week or once a month. Experiment, be inventive and see how you feel.

Eleanor and Lee

March Coffee of the Month is
French Roast
by Equal Exchange
\$10.99/Lb

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 6 p.m. on the third Thursday of every month here at the store.

WELCOME TO OUR NEW CASHIERS!

We are pleased to announce that we have hired 2 new cashiers: **Margaret Gilbride** and **Chelsea Bunn**. Both are "old hands" at the Co-op!

Margaret was a working member cashier at the old store and started volunteering again last year before she was hired as a paid cashier in February.

Chelsea has been a long time working member, also starting at the old store, who became the volunteer buyer for our bulk teas and spices. She joined our team as paid cashier in April.

Please welcome them the next time you see them in the store.

Featured Members Only Sale Items—More in Store



**Annie's
Home
Select
Pastas**

Member Price
3.09 /EA



**Birch-benders
Pancake
Mixes**

Member Price
3.40 /EA

**Caesars
Frozen
Italian
Entres**



Member Price
\$5.80 /EA

**Cocavo
Avocado
Oil**



Member Price **9.99** /EA



**Food Merchant
Polenta**
Plain or Tomato-Basil

Member Price **2.87** /EA



Golden Star Rice Cups

Member Price
\$1.49 /PerPound



**Stoneridge
Dried Fruits**

Member Price **5.61** /ea

**Nancy's
Cream Cheese**

Member Price
3.21 /8 oz



**Lemon
Or
Lime
Juice**



Member Price **\$1.99** /EA



Peter Rabbit

Member Price **\$1.63** EA



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

One block from the Co-op!

**FIRE WITHIN
YOGA**
360.878.2000



Unit A, 109 Binghamton Street West
Mail: P.O. Box 512
Rainier, Washington 98756

Brenda Surerus, BPE, LMP
Lori Drayson, LMP

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Pizzeria

La Gitana

Wood Fired Oven

(360) 400 2929