



Food for Thought

The Newsletter of the Los Alamos Cooperative Market

Contents:

News	1
GM	2
Grocery	2
Meat	2
Produce	3
Wellness	3
Deli	3
Outreach	4
Volunteer	4
Events	5
Board	6
Calendar	6

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please see Page 5)

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Hours:

Monday to
Saturday
7 a.m. to 9 p.m.
Sunday
8 a.m. to 8 p.m.



Like us on [Facebook](https://www.facebook.com/losalamos.coop)

Heart of the Community: Well Let's Just Find Out!

Member Survey to be Administered in February

Some of you may have seen the co-op's commercial currently playing at the Reel Deal movie theater. The commercial is our intention to the community to aspire to be the "Heart of the Community, at the Edge of Town." Just what does that mean? Well, it means that the co-op has to be more than a grocery store. The co-op is an alternative health pharmacy, a lifestyle store, an educational resource, a restaurant, a meeting place for friends, families, and colleagues, a demonstration facility for green building, water conservation, sustainable farming, composting, and other positive environmental practices.



More importantly, it is what you as an individual or family perceives how the eco-op impacts your life and your community. The co-op is also a different business model than most people are familiar with and we act as a steward of that alternative model. In order to fulfill our mission, we need to hear from our members. So, starting in February, you will receive an email with a link to our 2012 Member Survey. For those that don't have email or would prefer, we will have hard copies available to administer. For those members who participate, they will receive a single shop 18% discount!

The co-op is owned by 1800 people in Los Alamos county and they have a direct say in what products and services we offer, how we operate in the world, and how we can best serve our community. Here's your opportunity to chime in and be heard. Results will be published sometime in early spring. Thank you for your input!

—Steve Watts, GM

Co-op Conversations: **Simple Baking Substitutions** (Today!)

Do you want to learn the secrets of baking for a healthy life? Join us Thursday, January 19, for the first of our *Co-op Conversations* learning series about simple baking substitutions. From 6 to 7:30 p.m., Bobbie Hall, a naturopathic doctor and herbalist, will discuss ways to balance blood sugars, ease starch utilization, and lower LDL consumption by substituting healthier oils, flours, and sugars while baking.

This class is free to members and non-members alike (no reservation required). Attendees receive a special discount on the day of the class. Please look for details in the store, [Facebook](https://www.facebook.com/losalamos.coop), and the [website](http://losalamos.coop).

Dr. Hall has been working in the area of herbal and homeopathic medicine, nutrition and reflexology for more than 10 years. Dr. Hall recently relocated to New Mexico and provides alternative health care at Trinity Natural Health Center in Los Alamos. Naturopathy is a classic approach to wellness that encourages the body to heal itself naturally, by identifying and eliminating the cause of disease.

Everybody is welcome; you don't have to be a member to shop at the Co-op!

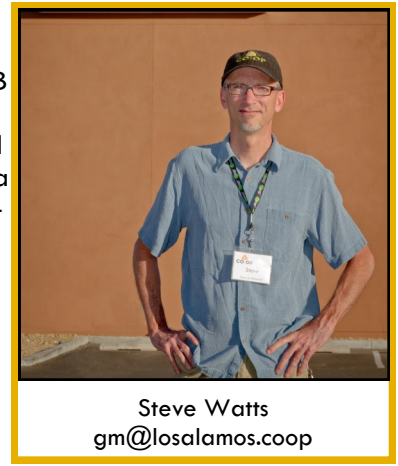


\$15.99 w/\$2.00 coupon while supplies last!

General Manager

Welcome back from the holidays and Happy New Year! January is an exciting time of the year for the grocery store. After an hectic holiday season, we get down to business with setting goals for the up coming year, evaluating our product mix, and trying to bring great deals to our customers. These activities plus customers excitement from a New Year's pledge to eat a little healthier makes it a fun time to interact around our favorite subject—food! Oh, and have you seen

the Coombs Family Farms Organic Grade B Maple Syrup on sale? Sale priced at \$15.99 (with a \$2.00 coupon)—that's a savings of over \$15.00! Look for this and other substantial Member Only Sales coming in the next few months.



Steve Watts
gm@losalamos.coop

—Steve Watts

Grocery



The New Year is a perfect time to commit to healthier eating habits, and the Co-op is the perfect place to do it. One way I enjoy getting extra nutrients is with my daily smoothie. With a blender and some imagination, you can concoct some tasty, healthy treats.

Some of my favorite ingredients:

Fresh and Frozen Fruit: It's easy to get your five servings of fruit in a day with a smoothie. Throw in a banana, a few frozen strawberries and peach slices with a glass of juice, and you're pretty much there!

Protein Powder: Hemp, whey, soy, and cacao powders are all options for getting extra protein into your smoothie. I use Navitas Superfood protein blend specifically for smoothies. Powders certainly aren't the only way to add extra oomph to your smoothie, though. Wheat germ, peanut butter, milk and yogurt can give you a protein boost, too.

Greens and Veggies: I like my smoothies sweet, but all that fruit and

juice filling up the blender makes for an easy opportunity to sneak in a serving or two of vegetables. I usually throw in a little wheat grass powder, a few spinach leaves, kale, or even a bite or two of carrot.

Chia: With high antioxidants, fiber, protein, calcium and omega 3s, chia seeds have got it all. The Tarahumara Indians of Mexico are said to run all day eating nothing but chia seeds...just what I need to start my morning!

There are countless options for creating a smoothie, as a quick internet search will tell you. The best part is experimenting with some of your favorite foods as well as some new ones to find your own best blend. Happy smoothie-ing!

— Matt Dreier



Manager: Matt Dreier
grocery@losalamos.coop



Everything you need for a smoothie — available at the Co-op.

Meat & Cheese



The Co-op sources high-quality and sustainable seafood using the Monterey Bay Aquarium Seafood Watch program, which creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Visit montereybayaquarium.org to download a pocket guide that will help determine the best —and worst— seafood choices for our region (or

any area of the US). By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.



Manager: Triny Vigil
Meat.cheese@losalamos.coop



Seafood Watch supports healthy oceans

Everybody is welcome; you don't have to be a member to shop at the Co-op!



Co-op flowers are perfect for Valentine's Day!

Produce



With Valentine's Day around the corner, I'd like to let everyone know about the Co-op's great floral program. Our flowers are grown in Ecuador and Columbia and shipped to LACM directly from the farms. We offer long stem roses in a variety of colors, daisies and bouquets.

One-hundred percent of our flowers are Fair Trade Certified. Why is this important? Conditions in the conventional floral industry are deplorable. Workers on these farms are abused, paid unfairly and forced to work outrageous hours to meet production quotas. Workers aren't protected from harmful chemicals and pesticides they come into contact

with regularly. Fair Trade Certification guarantees that strict environmental, social, and economic criteria were met in the production of your flowers. Harmful agrochemicals are prohibited. So this year, celebrate Valentine's Day by choosing flowers that were grown using economically and environmentally sustainable methods; they're beautiful and they'll make you and your loved ones feel beautiful! — Phil Kearney



Manager: Phil Kearney
produce@losalamos.coop



Preserve toothbrushes: good for your teeth and the environment

Wellness



Preserve's recyclable toothbrush gives you many reasons to smile. Your teeth will look great, with minimal impact to the environment. Preserve's made-in-the-USA brushes come in a variety of colors and bristle types. All bristles are brand new nylon, but the handles are made from recycled yogurt cups. Brushes have easy-to-grip, curved handles, and are BPA free. When your Preserve toothbrush is ready to retire (after about three-or-so months of use), send it back to Preserve in the "Mail Back Pack" it came in. A partner company will grind it up and

turn it into plastic lumber for use in new picnic tables, park benches and board walks. Brushes are \$2.99 each.

Also, the Wellness Department now offers a supplements punch card that allows you to receive 18 percent off every tenth item purchased. Pick one up at the customer service desk.



Manager: Aviv Stein
wellness@losalamos.coop

Deli

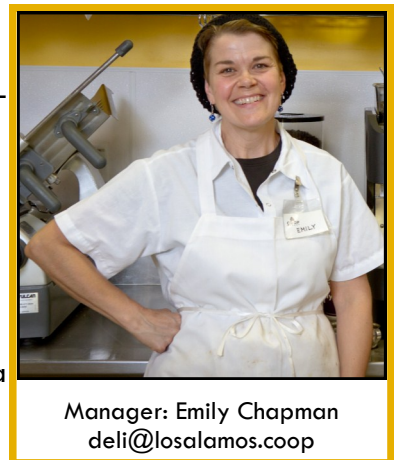


The Co-op has a spectacular meat and cheese section, but did you know sliced meats and cheeses are also available at the deli counter? In fact, the Co-op is the only place that sells Boarshead natural meats north of Las Cruces, New Mexico.

Additionally, the deli now offers all-natural sliced Applegate chicken breast for \$10.99 per pound (just like all other Applegate varieties).

All selections are natural, nitrite-free and most are gluten-free.

Cheeses are rBGH-free, and the Tucumcari smoked gouda is considered local.



Manager: Emily Chapman
deli@losalamos.coop



Sliced Applegate chicken breast now available at the deli counter

Everybody is welcome; you don't have to be a member to shop at the Co-op!



On January 24, PEEC offers a Hoop House Class at the Co-op

Outreach

Thank you everyone who made the 2011 holiday season happy and successful at the Co-op. Thanks to all who donated to the Student Council Food Drive. We also enjoyed the Winterfest Light Parade, Essential Oils talk, Leadership Los Alamos – Youth Session, and creating and debuting our video ad at the Reel Deal Theater. Please check out the [Outreach website](#) for a full list of events and activities.

The United Nations announced 2012 as the International Year of Cooperatives, and we are looking forward to a great year. The Shop with the Chef class filled a week early. Planning for Co-opRocks! (a music and art based event for teens by teens) is off the ground after our brainstorming meeting at the Teen Center on January 11. Our greenhouse fundraiser supports the Middle School Green Team and the Los Alamos Youth Food Project (see page 5; details are also on our [website](#) and in the store).

You can listen to us on the radio and see us on the big screen. We help sponsor the Charles Osgood show, which airs on weekdays about 7:20am and 8:20am on KRSN 1490. When you see a movie at the Reel Deal, arrive a few minutes early and look for Waldo in our community ad.

At the store this month, you can attend a Co-op Conversations - Basic

Ingredient Substitutions on January 19, and D²: Menu for the Future, starting Jan 31. For more information on these two events, see page 5.

On January 24, PEEC brings you a Hoop House Class from 7 to 8 p.m. The class will be taught by Jesse Boudreau and will cover how to create and maintain a hoop house. This class is \$12 for PEEC and/or Co-op members and \$15 for non-members. Registration is only through [PEEC's website](#).

Other important upcoming events:
•Sustainable Los Alamos Series: check out our [calendar](#) and [PEEC website](#).
•February is Member Survey month. Return a completed survey and receive a one-time 18 percent discount on your purchase that day. We will send a special e-mail announcement for the member survey on February 1. You will be able to complete a survey online or on paper.

Do you want to volunteer? Do you have ideas for programs and/or partnership opportunities? Please contact me with ideas, interests, and requests. Thank you for supporting the Los Alamos Co-op, the heart of the community at the edge of town.
—Sandra West



Sandra West
outreach@losalamos.coop

Volunteer Coordinator

Hello Co-op Members!
As you know, members save 5 percent on the fifth of every month. On February 5, I'll be at the Co-op from 11 a.m. to 4 p.m. and will have a table where I'll be happy to share with you the perks of volunteering (volunteers can save 18 percent!), sign you into our database and give you an opportunity to sign up for a Co-op volunteer position that suits you. Please come by and

say "hi." I look forward to seeing you then!

If you can't make it, you can always e-mail me.

See you there.
— Terra Hite



Terra Hite
volunteering@losalamos.coop



Volunteer and save!

Everybody is welcome; you don't have to be a member to shop at the Co-op!



Dinner & Discussion (D²) — Menu for the Future

Learn more about the food we eat, its history and the by-products of our food systems. Menu for the Future is a seven-session discussion course (the first session is an introduction/orientation) that explores the connections between food and sustainability. The discussion topics include: (1) What's Eating America; (2) Anonymous Food; (3) Farming for the Future; (4) You Are What You Eat; (5) Towards a Just Food System; and (6) Choices for Change.

Join us starting Tuesday, January 31 from 6:30 to 7:30 p.m. with the option for people to get together at 6 p.m. for dinner (not included in the class cost). This seven-session discussion course will run through March 13. The first class is an introduction to the study group and will take 30 to 45 minutes.

Menu for the Future is \$25 for members and \$30 for non-members. The course fee includes the book, which is yours to keep (\$21 value!). Dinner is optional and not included in the registration fee. Course registration is required and can be done in the store or by calling 695-1579. There is a maximum of 16 participants for this course. Look for details in the store, on [Facebook](#), and the [website](#).

The discussion course materials are created by the [Northwest Earth Institute](#). A detailed description can be found on their [website](#). These discussions are self-facilitated.



Shop with the Chef: A Valentine Special Event!

Special pricing for this Class

Thursday, February 9th from 6 to 8pm will be our Valentine's Day "Shop with the Chef" class. This time the class will be hosted by Johanna and Jesse Boudreau. In this special Shop with the Chef class you will learn how to make Raw Chocolate. They will share their knowledge of raw foods, nutrition, and chocolate. Join us to learn how to make this nutritious and delicious raw chocolate in time for Valentine's Day.

This special class in honor of Valentine's Day will be held on Thursday, February 9th from 6 to 8pm. This class costs \$10 for members and \$15 for non-members. Sign-up is at the customer service counter. Reservations are required and can be made in the store or by calling 695-1579. Look for more details in the store, Facebook, and the website ([losalamos.coop](#))



Purchase a worm or a spade in the dirt to help build a greenhouse!

Greenhouse Fundraiser: Support Our 8th-Grade Green Team

Please help us put a 10x16-foot greenhouse here at the Co-op. The greenhouse has been funded substantially by the Y, and we need to raise money for the remaining costs including the framing, dirt, tools, and raised bed framing materials.

The worm and spade cartoons (located at the Front Desk counter) are hand decorated by the Middle School 8th-Grade Green Team. When you purchase a worm (\$2) or the spade in dirt (\$5), you are helping us raise the remaining funds needed to complete this project and begin to grow food. You can also post the purchased worm and/or spade on the front wall with your name (optional).

The Middle School 8th Grade Green Team will use the Greenhouse to grow greens for the Wildlife Center to help feed the many bears and other animals that have been displaced from the Las Conchas Fire. The structure will also be used to grow starter plants for the Los Alamos Youth Food Project garden (located at the Middle School).

If you would like to donate supplies, please contact Sandra West, Outreach Coordinator (outreach@losalamos.coop).

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Board Members:

President:
Karen Kendall

Vice President:
Andrew Erickson

Secretary:
Jane Riese

Treasurer:
Cecile Hemez

Past President:
Nancy Savoia

Paul Frederickson
Gale Zander Barlow
Thad Hahn
Ed Santiago

The board meets at 6:30 p.m. on the third Monday of every month at the Holiday Inn on Entrada Drive. All members are welcome.

Board of Directors

Happy New Year from the Co-op Board! This month, the Board answers a common question: How are the Co-op and its general manager managed? Your co-op operates under Policy Governance – a system of board leadership developed by John Carver. Policy Governance defines how the board and the general manager and the employees interact and cooperate with each other for effective organization.

Policy Governance is not designed to create a hands off board, but rather to ensure that the board has its “hands on” the right things. Through its written policies, the board gives clear guidance to the general manager and through careful monitoring of these policies holds the manager accountable for organizational performance.

Specifically, the Board has developed four categories of policy: policies to guide the GM about what should be accomplished (ends policies) and what situations should be avoided (executive limitations policies). In addition, the board developed policies to guide its own internal operations (governance process policies) and to define its relationship with the Board’s only employee, the general manager (board/general manager linkage policies). While the Board discusses issues in many voices, it must speak officially in one voice. The policies are that one voice of the board.

Steve Watts started with the Co-op back in October of 2010. During his first year of employment, he served both as the Project Manager (until the store opened) and concurrently as General Manager. We have been very happy with Steve’s performance both as Project Manager and General Manager. Steve managed our relationships with Main Gate LLC (our builder/developer/landlord) and NCGA Development Cooperative during construction, tenant improvements and permitting of our new co-op



Board of Directors
board@losalamos.coop

building. The Board also tracks general manager compliance with monitoring report requirements. We are looking for new member-owners to become involved in the Co-op governance. To qualify as a candidate you must be a member/owner for four months before the election in April 2012.

We are very proud of the Co-op’s role in our community. Steve was amazing during the Las Conchas Fire. We appreciate the positive support he and his team provided to the community. Most recently, the Co-op was honored with the “Beautiful Business” Community Asset Award.

The Board represents our members and we need to hear from you. Please join us for “Coffee and Conversation with the Board” on Sunday, January 29 between noon and 2 p.m. at the store. We look forward to a chance to chat with you.

— Karen Kendall

Events

Date	Event	Place	Time	Contact
Thursday, January 19	Co-op Conversations: Simple Baking Solutions	Co-op	6 to 7:30 p.m.	info@losalamos.coop
Tuesday, January 24	PEEC Hoop House Class	Co-op	7 to 8 p.m.	outreach@losalamos.coop
Sunday, January 29	Coffee with the Board	Co-op	Noon to 2 p.m.	board@losalamos.coop
Tuesday, January 31	D ² : Menu for the Future	Co-op	6:30 to 7:30 p.m.	outreach@losalamos.coop
Sunday, February 5	Five Percent on the Fifth	Co-op	All day!	info@losalamos.coop
Monday, February 20	Board Meeting	Holiday Inn	6:30 p.m.	board@losalamos.coop

Visit us at
95 Entrada Drive!

Newsletter editor: Whitney Dreier (monthlynewsletter@losalamos.coop)
Manager photographs taken by Minesh Bacrania

Everybody is welcome; you don't have to be a member to shop at the Co-op!