

Wedge
COMMUNITY
CO-OP

+



CULTIVATE

A SEASONAL GUIDE TO YOUR CO-OP COMMUNITY



FALL 2022

**SPECIAL
ELECTION
ISSUE:**
VOTING
INFORMATION
INSIDE!

MEET THE
FOOD BUILDING

SIMPLE
FALL MEALS





“WHY DO YOU SHOP AT THE CO-OP?”

A LETTER FROM TCCP BOARD PRESIDENT, SARITA PARIKH

When I ask people this, I get a lot of different answers: “The best produce in town!” “The staff is so helpful,” “Everyone is friendly,” “I love shopping local.”

I feel you! From fresh, local produce, to staff who really know their stuff, even down to the courteous shoppers throughout the aisles—there are a lot of reasons to love the quality and experience of the co-ops.

And if that isn't enough, co-ops run the business differently than most grocery stores. Our mission is to build community by developing a strong local food system. Co-ops focus on a triple bottom line, balancing people, planet, and profits.

What does that mean, in practical terms?

One key piece is that co-ops constantly work on building and growing strong relationships with farmers and vendors. You see these relationships in the store, every day. At the Wedge and Linden Hills Co-op, we feature artisan breads, salami, and cheeses from Baker's Field Flour and Bread, Red Table Meat Co, and Alemar Cheese—three amazing local producers who craft delicious products right in our backyard. When you support these brands and other local makers, you support local jobs, local farmers, and a strong local food system. In this issue you can learn more about the candidates running for the Board on pages 10-12, and also please remember to vote in the board election and FOOD BUILDING in Northeast Minneapolis.

Another practical piece is that profits from the co-op stay in our community. A large percentage of sales at our stores is made by co-op owners—and the profits from those purchases are invested in our business (literally and figuratively).

One more practical consideration, and an important benefit of being an owner, is the ability to vote in Board elections to have a more direct say in the direction of the business. We're in one of the most competitive grocery markets in the country. The Board serves to help guide the co-op's strategy to ensure a strong co-op future, within today's market realities. In this issue you can learn more about the candidates running for the Board on pages 10-12, and also please remember to vote in the board election by October 12.

Finally, all owners are invited to attend our Annual Owner Meeting and Local Fest to further engage in the business, connect with others, and meet local vendors on October 12. We hope to see you there!

COVER PHOTO, LEFT TO RIGHT:
Charlotte Serino, *Head Cheesemaker at Alemar Cheese Co.*
Kieran Folliard, *Founder of Food Building*
Alex Dayton, *Owner and Operator of Aliment Pasta Co.*
Wes Gardner, *Head Baker and Miller at Baker's Field Flour and Bread*
Greg Gadel, *President/CFO of Food Building*

NOT PICTURED:
Mike Phillips, *Founder of Red Table Meat Co.*

TCCP BOARD OF DIRECTORS

SARITA PARIKH
SOPHIA NELSON
LISA FITTIPALDI
TOM PIERSON
EMILY ANDERSON
STEVE SHARE
CHRISTINE PAGE

TWIN CITIES CO-OP PARTNERS LEADERSHIP TEAM

JOSH RESNIK
CEO

DEB KERMEEN
CFO

JAMES COLLINS
Senior Director of Supply Chain

ADAM GOWER
Director of Human Resources

REBECCA LEE
Senior Director of Purchasing and Merchandising

JILL HOLTER
Director of Marketing

DOUG PETERSON
Wedge Store Director

LISA COYNE
Linden Hills Store Director

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EMILY BECK
Community and Communications Coordinator

CHELSEA KORTH
Digital Marketing Specialist

LINDSEY COUNTRYMAN
Marketing Specialist

RESONATE
Design and Art Direction

LAUREN CUTSHALL
Photography

NEW & NOW

LOCAL NON-PROFITS INVITED TO APPLY FOR 2023 CHANGE MATTERS!

We are now accepting applications for our 2023 Change Matters program! Change Matters generates thousands of dollars per month for local non-profit organizations through donations collected at our registers. We also partner with co-op vendors to donate a portion of their sales during select months through our Product Partners program. In the last 12 months, Change Matters has raised over \$124,000 for organizations empowering communities of color, fighting hunger, and supporting emerging farmers.

This will continue to be our focus for 2023, and organizations working in these areas are encouraged to apply. Applications will be open through September 30. They will be reviewed by an internal committee, and organizations will be notified of their status before the end of the calendar year.

Visit tccp.coop/concern-for-community to find program details and the application.

REMEMBER TO ROUND UP TO SUPPORT OUR REMAINING 2022 CHANGE MATTERS PARTNERS!

SEPTEMBER: Black Men Teach

OCTOBER: Juxtaposition Arts

NOVEMBER: Somali American Farmers Association

DECEMBER: Appetite for Change



RECEIVE *CULTIVATE* DIGITALLY
Did you know that you can get Cultivate delivered right to your email inbox?

SIGN UP FOR CO-OP PERKS
to receive extra savings and coupons digitally! We're making it easier to save at the co-op.

Update your preferences at tccp.coop/digital-opt-in

'22 '23

12 MONTHS OF SAVINGS
Save year-round with monthly owner deals, plus owner specials on local favorites!

JULY BOGO PEACE COFFEE 7/13-7/19

AUG. 15% OFF ALL MN-GROWN PRODUCE 8/17-8/23

SEPT. 10% OFF 9/14-9/20

OCT. 25% OFF SUPPLEMENTS 10/27-10/30 (PRE-SHOP 10/19-10/26)

NOV. 20% OFF CHEESE (+ PLANT-BASED) 11/09-11/15

DEC. 10% OFF 12/07-12/13 20% OFF NATURAL HOME 12/19-12/24

JAN. 20% OFF CITRUS 1/11-1/17

FEB. 20% OFF BULK 2/22-2/28

MAR. 10% OFF 3/15 - 3/21

APR 20% OFF HOUSE PLANTS 4/19-4/25

MAY 25% OFF BODY CARE 5/11-5/14 (PRE-SHOP 5/3-5/10) 20% OFF MEAT & SEAFOOD (+ PLANT-BASED) 5/24-5/30

JUNE 10% OFF 6/14-6/20

*Owner deals are one-time use

Not an owner? Sign-up today at the Customer Service Desk or by visiting tccp.coop/ownership

BIG NEWS AT THE WEDGE!

We've got a gorgeous new dedicated left turn lane on southbound Lyndale for easy (and safe) access into our parking lot. Come try it out soon.





SHINING A LIGHT ON

FOOD
BLDG

FOOD BUILDING in Northeast Minneapolis is an incubator of high-quality local foods and makers. Home to Kieran's Kitchen, Baker's Field Flour and Bread, Red Table Meat, Alemar Cheese, and Aliment Pasta, the FOOD BUILDING cultivates timeless food production practices, a commitment to local ingredients, and deep support of the farming community. We recently met with Kieran Folliard, a local restaurateur and visionary, and his team of makers to learn about everything that happens within the FOOD BUILDING and how it got its start.

TELL US THE ORIGIN STORY OF FOOD BUILDING.

I was working with Chef Mike Phillips to source high-quality meats from pigs for my restaurants (Kieran's Kitchen, The Local and The Liffey) when we came up with the idea to source high-quality ingredients hyper-locally and shine a light on amazing food producers right here in Minnesota.

We purchased a building in Northeast Minneapolis where we would bring in Minnesota-grown heritage breed pigs, specialty grains, and milk from grass-fed cows and turn it in to Minnesota-made products

including artisan ham, salumi, stone-milled flour, naturally leavened bread, and small-batch cheeses.

We called it FOOD BUILDING as an ironic appreciation for our state fair and the agricultural focus that is the pillar of the fair in hopes to provide a true representation of what we could do here in our great state. Originally, we envisioned a tourist destination for local food lovers, but eventually decided it was best to invest in the viability of the brands that make our delicious food.

We're still open for self-guided tours, Tuesday-Sunday from roughly 9-6 and by appointment for groups, for those who are interested in learning about the entire food making process from raw ingredient to finished product. We hope to encourage curiosity and a greater commitment to renewable resources, fair wages for those who grow and raise our ingredients, and the art of timeless practices with minimal processing.

WHAT DOES A TYPICAL DAY AT FOOD BUILDING LOOK LIKE?

A typical day often includes extinguishing surprises like the odd small fire in the bread chimney, or airing out fermentation aromas in time for a training on innovation, or setting up the farm table for a farmers market board meeting. We're also always busy receiving deliveries from our local farm partners, processing whole ingredients into delicious foods, hand-packaging and labeling our products, loading our vans with fresh and timely deliveries, preparing for events and classes, and assisting customers.

On the food production side, the makers here might be pasteurizing milk from our Litchfield farm partners, sifting local flour through a stone mill, shaping bread loaves for wood fired ovens, or butchering and seasoning local meats before bringing them to the curing rooms.

STAY IN THE KNOW!

SUBSCRIBE TO FOOD BUILDING'S NEWSLETTER AT:
www.foodbuilding.com

FOLLOW THEM ON SOCIAL MEDIA:
@kieranskitchenatfoodbldg
@bakersfieldflourandbread
@alemarcheese
@redtablemeatco
@alimentpastaco

WHAT DOES 'LOCAL' MEAN TO YOU AND HOW DOES THIS IMPACT YOUR LIFE AND WORK?

Local is more than a place within FOOD BUILDING. It means simplicity, transparency, and community; supporting our supply chain from farm to fork and building relationships with our farmer partners, retailers, and customers. We're in a closely linked supply chain where when one individual link struggles, it's felt by all, but when one of us thrives, we all win.

WHAT MAKES FOOD BUILDING'S PROCESSES AND PRODUCTS UNIQUE?

We use old-world methods and fermentation to transform quality raw ingredients into craft artisan products. We take our time because the quality of the final product is more important than how quickly we can make it. This requires a lot of planning, and adds complexity for sure, but we know it's worth it to provide the delicious foods that we're known for. Our customers can taste the care put into each product and smell (in some cases) the sweet smell of fermentation, what we like to call 'the stink!'



ENJOY THESE QUICK, SIMPLE & OH-SO-TASTY RECIPES

FROM OUR FRIENDS AT **FOOD BUILDING** TO WELCOME THE RETURN OF COOLER WEATHER.

Find products from these **FOOD BUILDING** makers on our shelves.



Baker's Field Flour and Bread
A variety of locally grown and fresh stone-milled flours, plus naturally leavened flavorful breads baked daily.



Aliment Pasta Co.
Hand crafted pastas using stone-milled flour and seasonal, fresh, often local ingredients.



Red Table Meat Co.
Artisan salumeria crafting fresh salami, whole muscle cures and other meats from hogs raised in Minnesota and Iowa.



Alema Cheese
French-style ripened cheeses like brie and camembert, made in small batches using old-world practices and milk from grass-fed Minnesota cows.

ROYAL HOT HAMMY

INGREDIENTS

2 slices of Baker's Field Good 'Wich of the North bread
1/4 cup shredded Alema St. James Cheese*
2 slices of Alema Bent River Camembert

4 slices of Red Table Meat Royal Ham*
1 Tbsp dijon mustard

*these items available exclusively at **FOOD BUILDING**.

DIRECTIONS

Add sliced Royal Ham to a hot pan to crisp up.
While the ham is crisping, butter both sides of your slices of Good Wich, toast first side until golden brown, then flip.

After flipping, spread the mustard onto one side of the bread.

Top one side of the bread with the shredded St. James and the other side

of the bread with the sliced Bent River. Cover and cook briefly until cheese is melted and bread is golden brown.

Place ham on one side of the bread and then put the two slices together.

Slice into two triangles and enjoy! Best served with a cup of soup or a fresh side salad.



INGREDIENTS

1 package Aliment Pasta Co. Ricotta & Parmesan Ravioli (made with Baker's Field Flour)
5 oz pasta water (from cooking the ravioli)
4 Tbsp butter
1 Tbsp lemon juice
Salt + pepper to taste
3 oz Red Table Meat Co Chet's Salami, diced (optional)
fresh chives, minced

RICOTTA & PARMESAN RAVIOLI WITH SIMPLE BUTTER SAUCE

DIRECTIONS

Bring a large pot of water to boil and place a large saucepan on medium heat.

Drop Aliment ravioli into the boiling pasta water, set a timer for 3 minutes.

After 30 seconds, take 5oz of pasta water from the boiling pot and add it to the saucepan. Bring to a simmer.

At the end of the 3-minute timer, drain the ravioli, add it

to the saucepan and continue to shake the pan throughout the rest of the process.

Add the butter and continue to shake while adding salt, pepper and the lemon juice. After about 1 minute of shaking and allowing the butter to emulsify, it's ready to serve.

Top with Chet's salami and chives.



2022 TWIN CITIES
CO-OP PARTNERS

ANNUAL

OWNER MEETING

& LOCAL FEST

An evening of connecting with co-op owners, TCCP staff and Board, 2022 Change Matters partners, and local vendors.

IN
PERSON

ST. MARY'S GREEK
ORTHODOX CHURCH
3450 IRVING AVE S.
MINNEAPOLIS MN

6PM

JOIN US

WEDNESDAY
OCTOBER 12



AFTER
HEARING
BUSINESS UPDATES,
ENJOY SAMPLES FROM
SOME OF OUR LOCAL
FAVORITES!

Limit two adults per owner number. Children are welcome. There is no cost for attending the annual meeting, but registration is required. Register by visiting the Customer Service Desk or signing up here: tccp.coop/event/annual-meeting-local-fest-2022



Be part of the change! Owners are invited to help choose our January 2023 Change Matters recipient. Our Change Matters program generates an average of \$10,000 each month by inviting shoppers to round up their change at the register.

These candidates were selected by TCCP staff. The organization who receives the highest number of votes will be January's sole partner and will be announced at the annual meeting. Learn more about the candidates below and cast your vote!

thegoodacre.org

The Good Acre is a nonprofit food hub that connects farmers, makers, and community through creative programs and partnerships. They offer support to local farmers and strive to increase access to healthy produce for all people.



seedsfeeds.org

Seeds Feeds strives to ensure that communities have equitable and reliable access to nutritious, affordable, and safe food. They are passionate about urban agriculture, food justice, and educating the community about growing and eating nourishing foods.



tubman.org

Tubman provides comprehensive services to families and individuals throughout the Twin Cities who have faced violence, addiction, homelessness, and other forms of trauma. They exist so that every person can experience safety, hope, and healing.



MEET YOUR 2022 BOARD CANDIDATES

A NOTE FROM THE CURRENT BOARD

We are very excited to introduce this year's candidates for the Board of Directors. Each candidate has experience developing healthy and productive group process and has demonstrated leadership abilities. All understand the fiduciary responsibility of the Board, its central role in relation to the CEO, and its responsibility to sustain the co-op's service to its member owners.

You will notice a variety of characteristics and backgrounds among the candidates. Each has a unique passion for co-ops and dedication to the cooperative business model.

-TCCP Board of Directors

WHY VOTE?

As an owner, your vote can support the future of the co-op! Cooperative Principle #2 — *Democratic Member Control* — ensures that you have a real voice in the governance and direction of your co-op. Participating in the election process is a tangible reminder that the Wedge and Linden Hills Co-op are more than just great places to shop. We hope that you will take the time to learn more about the board candidates and make your voice heard.

2022 BOARD CANDIDATES

Candidates were asked to list their occupation and education, and to write a short statement to owners highlighting:

-1-

Why do you believe owners should choose you to represent them?

-2-

In what areas should the Board be putting its attention in the next five years?

-3-

What else, if anything, would you like to share with the Ownership?

There are five (5) board seats open, so you may vote for up to five (5) candidates. Three (3) of the board seats serve three-year terms, one (1) board seat will be filling a vacancy and will serve the remainder of a two-year term, and one (1) board seat will be filling a vacancy and will serve the remainder of a one-year term.

Mark Greene

OCCUPATION

Veteran FinTech Board Director and Strategic Advisor

EDUCATION

Ph.D., Economics (Econometrics, International Economics), University of Michigan

M.A., Economics, University of Michigan

B.A., Economics, Amherst College

The Board should engage in the strategic planning and financial discipline needed to ensure that it continues offering superior products & services to its members. This includes an emphasis on supporting local producers and providing equitable access to community members.

As 15 year residents of Uptown, my wife and I are both shareholders and regular shoppers at the Wedge. Having recently retired from a successful career in financial technology, I look forward to contributing to the community by bringing my business expertise to the important work of TCCP. This should include careful assessment of expanding TCCP's reach into under-resourced Twin Cities "food deserts" which lack inclusive access to fresh, nutritious food.



Yoshi Suzuki-Lambrecht

OCCUPATION

Vice President, Business Development
SPS Commerce

EDUCATION

ABD & M.A., Mass Communication, University of Minnesota—Twin Cities

B.A., Finance, Psychology, Gustavus Adolphus College

My motto in life is to "make more and give more." I have always been driven professionally so I can gain the resources to make a greater impact in my community. I believe this notion also applies to organizations where fiscal, operational, and moral excellence creates the greatest impact. My background gives me a warm heart and a cool head that are needed to help achieve and balance fiscal, operational, and moral excellence.



Emily Anderson

OCCUPATION

Curriculum Developer, Trainer, and Consultant
Co-operative Technical Assistance Program (CTAP), City of Minneapolis

EDUCATION

Small Business and Nonprofit Management, University of St. Thomas

Spanish Language, La Escuela and Resource Center of the Americas

American Indian Studies, Dakota Language, & Biological Sciences, University of Minnesota

B.A., St. Olaf College

Despite recent relief from the most urgent Covid impacts, the future no doubt holds unpredictable global climate, economic and health challenges. TCCP has a firm foundation, experienced and dedicated operational leaders and staff, but is not immune to these external challenges. The board will focus on our mission to build community by developing a strong local food system, while supporting progress on long range plans for our retail grocery stores and our distribution center, Co-op Partners Warehouse. If elected to another term, I hope to continue as Board Secretary and chair of the Board Development Committee, identifying opportunities to study, to learn from others, and to embrace practices that welcome and sustain meaningful representation from throughout our richly diverse membership and community. I am also fortunate to be working on board training with the Cooperativa Mercado Central and am enrolled at the University of Minnesota studying Dakota Language.



INCUMBENT

Barbara Brown

OCCUPATION

Director of Development and Marketing
Ready, Set, Smile

EDUCATION

Certified Graduate, Business Development Institute

Project Management Certification, University of St. Thomas Opus School of Business

B.S., Political Science, University of Minnesota

Paralegal Certification

I seek this opportunity on the Board to contribute my considerable professional experience leading marketing, business development, communications and diversity and inclusion programs. Backed by my long-term residency and active involvement in our local communities I aim to help the Board presently and with future planning and growth to meet the Co-op's goals:

- Access to a welcoming and convenient market to buy/sell healthy, trusted products and services emphasizing delicious local and organic food;
- Leadership and active participation in strengthening the local food system, providing a forum for learning and engagement;
- A pioneering model of a sustainable, profitable cooperatively owned business; and—An inclusive environment that serves our diverse community.



LEARN MORE ABOUT YOUR CANDIDATES HERE:

TCCP.COOP/TCCP-BOARD-ELECTION-2022

BOARD DUTIES 101

The Board of Directors has three primary duties:

To ensure sound management of the co-op

To act as trustees on behalf of the ownership

To set long-range goals and plan for the future

To fulfill these responsibilities, the Board of Directors, acting in accordance with the Code of Ethics and Conduct, focuses on four key areas:

Hiring and evaluating the CEO

Financial oversight

Long-range strategic planning

Recruitment of replacement directors

MEET YOUR 2022 BOARD CANDIDATES

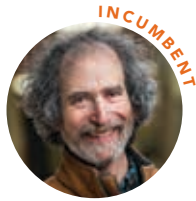
Steve Share

OCCUPATION

Editor
Minneapolis Labor Review

EDUCATION

B.A., History, Yale College



INCUMBENT

Seeking election to a second term on TCCP's board, I offer my perspective as a decades-long member-owner. Our family spends nearly 100 percent of our grocery budget at Linden Hills or Wedge. We are deeply committed to the co-op ideal. We want our food dollars to support a local, member-owned business which promotes sustainable food systems and which provides good jobs. With more choices for shoppers today, TCCP needs to communicate why shopping co-op makes a difference. How can our stores truly be where you know your spending builds a better future for our community and planet? As a board candidate, I offer 43 years' experience in the nonprofit sector. I'm past editor of "Co-op Consumer News," formerly published by Twin Cities Natural Food Co-ops, and also past editor of "Rollin' Oats Journal" formerly published by Linden Hills Co-op. Since 2003, I've worked as editor of the Minneapolis Labor Review.

Lisa Fittipaldi

OCCUPATION

Independent Consultant
(Healthcare and Consumer
Packaged Goods)

EDUCATION

MBA, University of Pennsylvania—
The Wharton School

J.D., Case Western Reserve University—School of Law

B.A., Communications, Miami University



INCUMBENT

I've been a TCCP member for 25+ years, serving on the Board for 3, including as Treasurer. For me TCCP is more than a grocery store, it's part of my identity.

TCCP profoundly impacts our community. We employ 300 dedicated staff members who deserve rewarding jobs. We support local growers fostering sustainable farming. TCCP champions BIPOC businesses, promoting diversity and inclusion. In divisive times, TCCP is a voice for unity.

As Treasurer, I've advocated for fiscal responsibility balanced with our mission. Now retired, my experience in food and healthcare uniquely qualifies me for this role. The pandemic and inflation present continued challenges. We've made difficult decisions to strengthen TCCP, but there's more to do. We now have a solid long-range plan that stabilizes TCCP and positions us for profit, patronage and growth.

It's been a privilege to serve TCCP. I hope you'll allow me to continue the work we've begun to ensure TCCP's strong future.

Tom Wahlrobe

OCCUPATION

Musician
Former HR and Finance Leader

EDUCATION

Post-graduate executive
level studies, Harvard Business School

MBA, Fairleigh Dickinson University

B.A., Adrian College



I believe in the Co-op's stated role in the community it serves. I believe my experience and values are consistent with those of the Co-op. My 40+ years in business complement existing Board expertise. I have experience at the board level in both for profit and not for profit organizations ranging in size from annual budgets of \$12,000,000 to \$850,000,000.

I assume that the board has a rolling long term plan to determine how it will sustain and grow the business in conjunction with guiding principles, reviews it on an annual basis, and modifies the plan and/or the processes in place when needed to keep it on track.

My wife and I have supported the Co-op for over 10 years. I have been actively involved in various volunteer activities around the Twin Cities since we settled here. Our values are entirely consistent with those of the Co-op. I would like to be part of its continued growth and ongoing role to serve the community.

CAST
YOUR
VOTE

Fill out a ballot in-store or visit
tccp.coop/tccp-board-election-2022



MAKE THANKSGIVING LOCAL ORGANIC DELICIOUS

We have everything you need for your Thanksgiving meal right here at the co-op.

Reserve your Thanksgiving meal through tccp.coop/thanksgiving from November 1-18.



HOW HAS INFLATION IMPACTED THE CO-OP?

REBECCA LEE,
SENIOR DIRECTOR OF PURCHASING
AND MERCHANDISING



The rising costs of goods and services has impacted all of us, and the local food industry is no exception. We recently met with *TCCP's Senior Director of Purchasing and Merchandising, Rebecca Lee*, to learn about the impact that inflation and supply chain challenges have had on the work that she and her team do to bring products to our shelves.

Like our customers and suppliers, we are seeing cost increases at record levels this year. The increases are a higher volume than we have seen in many years and also at a higher frequency. Ingredient and fuel costs have always played a large role in product costs, but now we are also seeing the impacts of a global pandemic, a war in Ukraine, and climate change across almost every department. For example, oats are currently in short supply and manufacturers are scrambling to find alternate sources. This impacts everything that contains oats; oatmilk, granola, nutrition bars as well as any animals that are fed a diet of oats. Increased pressure on this supply affects both the availability of these products as well as the price.

There is a lot of pressure on vendors right now with strained supply and cost increases on everything from fuel to packaging to raw ingredients. We see vendors reacting to these changes in a number of ways; increasing prices whenever they have an increase, waiting until they simply cannot bear it any longer, or adjusting the products or packaging in some way. And sadly, some of these companies are no longer able to stay open.

Some of our top vendors are reacting to these supply pressures by adjusting their product mix. For example, they may discontinue slower sellers

so they can focus on their top brands and items. Other vendors keep their costs to retailers unchanged by shrinking the size of the package. You may notice your favorite cereal box has a little less in it or your ice cream pint seems a little smaller. This has been a tactic amongst grocery brands for many years and we are starting to see it in new areas like hair care and pre-packaged cheese. One change we are seeing more and more is the change from glass to aluminum or even plastic. This is in response to both the glass shortage and increase in the cost of glass.

At the co-op, we are focused on keeping the shelves full of product and ensuring we have options at every price point and dietary preference to serve our diverse customer base. We have the same stringent values we have always had—you can check them out on our website! We continue to support and help to build a strong local food system. We continue to carry our customers favorite products—as long as they are available, of course. But we are also adding some new more affordable options to ensure we are meeting everyone's needs. These new items may not all be organic, but they follow the same product standards we have had in place for decades. We think it's important to meet folks where they are and provide a variety of options so they can comfortably make decisions that are the best for their family and budget.

We balance the increasing cost of goods with retail pricing to ensure we provide value to our customers and can still pay our bills. We strive to have affordable options in every department and every category our customers shop. In some areas you might notice an increase in Field Day branded options in our grocery aisles. They are a high quality affordable organic option that has products available in many of our center store sections. We also work closely with our fresh vendors to ensure affordable options in all departments whether it's ground beef, cheddar cheese, or a gallon of local milk.

Buying local continues to be a big focus for us and our customers. The closer an item is produced the less you will pay in fuel costs. Local produce is often less expensive because of this and often tastes better and has a better nutritional profile than their far flung counterparts. We are working even more closely with our produce distribution unit Co-op Partners Warehouse. They are an incredible partner in terms of forecasting needs with quality, pricing and availability. Working hand in hand with them allows us to keep more of our produce costs down at a time when they seem to be rising everywhere else.

Though we do not know what the future holds when it comes to inflation and supply chain challenges, our commitment to our customers, food producers, staff and community remains steadfast. We will continue to maintain the quality of our organic and local foods, pay fair wages to our producers and staff, and offer a variety of options at the best prices possible for our customers.

CHECK OUT THESE
BUDGET-FRIENDLY
RECIPES



5 WAYS TO SAVE AT THE CO-OP!

FRESH FLYER

Check out our Fresh Flyer specials for Wedge and Linden Hills co-op weekly department sales.

CO-OP DEALS

Grab the Co-op Deals catalog for monthly savings on popular and seasonal items.

FRESH CUT FRIDAY

Every last Friday of the month save 10% off all Meat and Seafood items. Our full-service butcher shop sells sliced deli meats, custom sausages, fresh ground meats and sustainable seafood.

WELLNESS WEDNESDAY

Every first Wednesday of the month save 10% off all supplements and personal care items. This includes bath & body, vitamins & supplements, homeopathic remedies, aromatherapy and cosmetics.

CO-OP AFFORDABILITY PROJECT

Eligible owners receive a 10% everyday discount through our CAP program in addition to all other owner benefits. Learn more at Customer Service.



BY KATIE M. LENTSCH,
WEDGE WELLNESS DEPARTMENT

OWNERS SAVE OCT. 27- 30



**25% OFF
SUPPLEMENTS**

**PRE-SHOP
OCT 19-26**



**MARK YOUR CALENDARS
FOR OWNER 10% OFF WEEKS!**

September 14-20
December 7-13
March 15-21
June 14-20

Learn about more owner deals and savings on page 3.

WEDGE COMMUNITY CO-OP

your bustling, vibrant urban market

2105 Lyndale Ave. S.
Mpls., MN 55405
612 871 3993

LINDEN HILLS CO-OP

your friendly neighborhood store

3815 Sunnyside Ave.
Mpls., MN 55410
612 922 1159

tccp.coop

PLEASE RECYCLE

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PRSR STD
U.S. POSTAGE
PAID
TWIN CITIES, MN
PERMIT #27734

Wedge Community Co-op
2105 Lyndale Avenue South
Minneapolis, MN 55405