

CLASSES: January-May 2012

EDUCA  ION

AT THE ™

VALLEY
natural foods



**Call 952-891-1212 ext. 221 to register
or stop by customer service.**

VALLEY

natural foods

Our Mission is a Healthy Community, Our Values are **FRESH**



Family

- Providing support for families and communities
- Linking a family of consumers, employees, producers and suppliers
- Joining people locally as well as globally
- Creating an environment which allows our family to grow



Relationships

- Working with other organizations with similar values
- Interacting with schools, businesses, and non-profits
- Providing educational experience for local secondary and high schools
- Aligning with other co-ops to support the co-op principles



Education

- Providing hands-on educational material, recipes and demonstrations
- Presenting educational programs to area groups and schools
- Sponsoring numerous health fairs and events with education focus
- Offering nutritional services free of charge with RN on staff



Sustainability

- Supporting fair trade, good farming, and organics locally & globally
- Creating community jobs with a healthy work environment
- Providing a market for local growers and producers
- Circulating profits locally through cooperative consumership



Health

- Empowering healthy choices, education, and volunteerism
- Maintaining a healthy bottom line for our co-op member-owners
- Supporting a healthy environment through good practices
- Providing our community with healthy foods, products and education

Learn more about our bulk foods department from January - March 2012! Ever wonder about the 300 plus products in our bulk foods trail and how to use them? Instructor, Loris Sofia Gregory will take you on a tour of the bulk trail, discovering new recipes, meal planning tips, and money-saving ideas on January 17, February 21, and March 20. Also, look for our new **Discovering Bulk Foods: A Cooperative Guidebook** in-store January 2012; it will outline how to shop bulk, the products available, new items to look for and basic cooking directions.

Education Kiosk

Valley Natural Foods is your educational resource on meal planning, helping empower you to make healthier choices! Besides our classes, we offer regular, weekly food demonstrations that provide you with new, useful, flavorful recipes, coupons and shopping tips. All demonstrations are held at our education kiosk located on the outskirts of our produce department. Our tasting demos cater to a wide audience: families on a budget, those on a gluten-free diet and those following a raw-food diet, just to name a few.

Read our *Healthy Updates E-newsletter* every two weeks to stay informed on classes and demos and to get lots of online coupons. Also, receive periodic updates on food demonstrations on the Valley Natural Foods Facebook and Twitter pages. Want to subscribe to our e-newsletter? Provide your name and email address to marketing@valleynaturalfoods.com.

Join us each week for these regular demonstrations:

Every Monday, 3:00-6:00 p.m. - BUDGET MEALS

If you are shopping on a budget, it doesn't have to be difficult to provide a healthy meal for your family. Let us show you that budget shopping can be easy! Each week we will demonstrate one hearty, healthy meal idea that is simple to make and tastes great!

First Thursday, 3:00-6:00 p.m. - RAW FOOD DAY

Following a raw food meal plan or looking to incorporate more raw food into your diet? Join us as we demonstrate a seasonal raw food recipe that you can add to your repertoire. Raw food diet mainstays include lots of fresh and dried fruits and vegetables, seeds, nuts, legumes, whole grains, and unpasteurized fruit and vegetable juices. A raw-food diet may be helpful in improving digestion, immunity, mental clarity, and the appearance of skin. It can also possibly reduce the risk of heart disease and other chronic diseases.

Third Thursday, 3:00-6:00 p.m. - GLUTEN-FREE DAY

A gluten-free diet can be tricky, but with time, patience and creativity you will find there are many foods out there that you can eat and enjoy. Food doesn't have to be boring and tasteless. Let us introduce you to a flavorful, easy gluten-free recipe that your whole family will like. Take charge of your health, and let us help you with your meal planning!

First Saturday, 12:00-3:00 p.m. - JUICING

Natural healing? Yes, it is possible with juicing. Fresh fruits and vegetables contain healing vitamins and minerals that help cleanse and detoxify your body. We'll demonstrate a new juicing recipe each month using seasonal fresh fruits and vegetables from our produce department. Learn to mix different fruits and vegetables for some zesty and exciting juicing combinations! Juicing not only assists in your weight loss goals, but provides an incredible way to increase general stamina and vitality.

We are your educational resource!
Let us help you plan your next meal.





January-February 2012 Classes*

*The minimum number of attendees must be reached 32 hours in advance for each class to be held. So please sign up early! Attendees will be notified 32 hours in advance if cancellation occurs and refunded the full class fee.

Let's Cooperate to Prevent Diabetes* Mondays: January 9, 16, 23, 30 6:30-8:00 p.m.

Instructors: Eileen Johnson, RN and Naomi Lundberg, BS, DTR
Cost: \$60 non-members/\$50 members
Minimum: 7 people

**Not available for online registration*

Through improved nutrition and various lifestyle changes, you can take control of your health and reduce the risk of Type 2 diabetes! Join Valley Natural Food experts Eileen Johnson, RN and Naomi Lundberg, BS, DTR, for this four-week coaching session to learn how to successfully implement a diabetes prevention program that includes diet, exercise and stress relief techniques.

FRESH & LOCAL: From Soup to Nuts on the Bulk Trail

**Tuesday, January 17
6:30-8:30 p.m.**

Instructor: Loris Sofia Gregory
Cost: \$20 non-members/\$17 members
Minimum: 5 people

If "eat healthier," "try new foods" and "save more money" are on your list of resolutions for 2012, this is the class for you! Enjoy an interactive guided tour and a few samples of the dazzling diversity of our bulk foods trail from nourishing soups to energizing nuts. This class and our **Discovering Bulk Foods: A Cooperative Guidebook** will show you how to easily reap the benefits of buying and preparing "package free" and "earth friendly," including a 30% to 60% cost savings, buying just the amount you need and eating fresh, local and healthy. Learn about the basics, the unique and the surprises of our 300 plus bulk trail choices; trail tips and etiquette; cost comparisons of your favorite packaged brands also in bulk; nutritional and allergy information and our local bulk producers and partners. Take home plenty of inspiring healthy ideas for "rise and shine" breakfasts, healthy super suppers and sustaining snacks. Bring your questions for what you would like to know about our bulk trail!

Gluten-Free Pizza & Flatbread Class* Wednesday, January 25 6:30-8:00 p.m.

Instructors: Shawn Binkowski and Sandra Calcutt
Cost: \$32 non-members/\$27 members
Minimum: 10 people

**Not available for online registration*

Some staples like pizza you shouldn't live without. You should definitely try homemade pizza! Shawn & Sandra will demonstrate a great gluten-free flatbread recipe which you can taste. It's versatile for pizzas and appetizers and it just might make you the hit of your Super Bowl party.

Preschool Sous Chef Wednesday February 15 5:30-7:00 p.m.

Instructor: Michelle Horowitz
Cost: \$20 non-members/\$17 members
Minimum: 10 people

"Preschool Sous Chef" is a hands-on participation workshop where the child and parent or caregiver will cook together a healthy and delicious meal geared towards preschool and early school aged children. Ideal age range is 3-6, but any child is welcome to participate. The recipes we will make together focus on nutritious and seasonal foods that appeal to young children and are focused on getting the kids involved in the cooking process and learning about where food comes from and why it's fun and cool to eat locally produced, seasonal and healthy foods.

FRESH & LOCAL: Easy Healthy Meals on the Bulk Trail

**Tuesday, February 21
6:30-8:30 p.m.**

Instructor: Loris Sofia Gregory
Cost: \$20 non-members/\$17 members
Minimum: 5 people

Discover creative "mix and match" combinations for easy delicious meals inspired by the protein-packed legumes and grains on the bulk trail, including healthy beans, lentils, peas, rice, pastas, soups and oils, plus how to compliment with winter squashes, fresh greens and veggies, herbs and spices. Learn the health, nutritional, economical and environmental benefits of buying on the bulk trail. This class will include easy recipes and coaching, worksheets and

handouts for how to cook without recipes, personalized meal planning, buying and storing tips as well as your best choices for optimum plant protein, nutrient dense/calorie sparse and gluten free. Bring your questions about what you've been wondering about creating easy healthy meals on the bulk trail.

Coffee Cupping with Alakef Roasters Thursday, February 23 6:30-8:30 p.m.

Instructor: Lynn Sunde
Cost: \$13 non-members/\$11 members
Minimum: 5 people

Enjoy a FREE bag of our Down in the Valley coffee blend (a \$12.00 value) by attending the class! Love coffee and want to give your taste buds a challenge? Learn how to taste and smell coffee like a true barista! Join local roaster from Duluth, Minnesota, Alakef (one of our Down in the Valley Partners), as they demonstrate how to evaluate and educate your palette on the different characteristics of particular coffee beans. Taste 4 different varieties of coffee and use a scorecard to assess the coffee for body, balance and nuttiness amongst other things. Develop a deeper appreciation and understanding of coffee as you learn more about Alakef, their philosophy and how to determine the quality of a bean.

Register for Classes Online or In-Store

Logon to:

[http://valleynaturalfoods.
eventbee.com/boxoffice](http://valleynaturalfoods.eventbee.com/boxoffice)

Click the class you want to sign up for, select the number of tickets based upon whether you are a member or non-member, pay with your credit card and be sure to bring your printed receipt/ticket to the class! If you are a member, please write your member # on the receipt.

In-Store:

Call 952-891-1212 ext. 221 or stop by customer service.



March-April 2012 Classes*

*The minimum number of attendees must be reached 32 hours in advance for each class to be held. So please sign up early! Attendees will be notified 32 hours in advance if cancellation occurs and refunded the full class fee.

***FRESH & LOCAL: Discover Where and How**
Wednesday, March 7
6:30-8:30 p.m.
Instructor: Loris Sofia Gregory

***Class registration is only through District 196 Community Education. Call 651-423-7920 to register or go online: www.district196.org/ce/**

The simple joys of eating fresh, delicious, nutritious food is a great reason to shop and buy local! This class will cover 10 easy ways to find and add local foods to your family meals without breaking your budget, including local co-ops, community gardens, pick-your-own spots, Community Supported Agriculture (CSAs), farmers' markets and roadside stands and much more. Buying and eating fresh locally-grown food is not only good for your health but also a proactive investment in the health of our community.

Gluten-Free Basics
Thursday, March 8
6:30-8:00 p.m.
Instructor: Sandra Calcutt and Shawn Binkowski
Cost: \$34 non-members/\$29 members
Minimum: 10 people

This class is for those who are just starting out on a gluten-free diet or who have been gluten-free for less than a year. The class will cover how to read food labels, gluten-free staple recommendations, how to organize a gluten-free kitchen, how to prevent cross-contamination, plus many more tips. Sandra and Shawn will also share their favorite cookbooks, websites and recipes. Expect a few gluten-free treats too!

FRESH & LOCAL: Jump Start Your Engines on the Bulk Trail
Tuesday, March 20
6:30-8:30 p.m.
Instructor: Loris Sofia Gregory
Cost: \$20 non-members/\$17 members
Minimum: 5 people

Enjoy an interactive guided tour and a few samples of the powerful possibilities of our bulk foods trail for getting you and your family's engines revved up in the morning and sustained through your busy days.

This class will highlight the health, nutritional, economical and environmental benefits of our cereals, granolas, nuts, seeds, trail mixes, snacks, sweeteners, coffees and other healthy energy-packed products found on our bulk trail. This class will include buying and storing tips as well as your best choices for powerful life-sustaining energy. Bring your questions for everything you would like to know about the money-saving diversity of our bulk trail.

Kim chi Making Class
Wednesday, March 28
6:30-8:00 p.m.
Instructor: Angelica Hollstadt
Cost: \$25 non-members/\$22 members
Minimum: 10 people

Learn how to make a basic kim chi in a crock pot using radish, carrots, onions and green cabbage. Also, discover the process of fermenting kim chi in glass jars. Kim chi is a traditional fermented Korean dish made of vegetables and varied seasonings. It is amazingly healthy for you as it contains tons of enzymes that help digest a meal. The probiotics in kim chi will help kill off any bacteria and yeast that might be colonizing in your intestine. Instructor Angelica Hollstadt, is owner of Angelica's Garden, a local company that produces fermented veggie products for Valley Natural Foods and various other Twin Cities co-ops.

Let's Cooperate to Prevent Diabetes
Mondays: April 2, 9, 16, 23
6:30-8:00 p.m.
Instructors: Eileen Johnson, RN and Naomi Lundberg, BS, DTR
Cost: \$63 non-members/\$53 members
Minimum: 7 people

Through improved nutrition and various lifestyle changes, you can take control of your health and reduce the risk of Type 2 diabetes! Join Valley Natural Food experts Eileen Johnson, RN and Naomi Lundberg, BS, DTR, for this four-week coaching session to learn how to successfully implement a diabetes prevention program that includes diet, exercise and stress relief techniques.

***FRESH & LOCAL: Spring Rhubarb to Winter Squash**
Tuesday, April 17
6:30-8:30 p.m.
Instructor: Loris Sofia Gregory

***Class registration is only through District 196 Community Education. Call 651-423-7920 to register or go online: www.district196.org/ce/**

This class will introduce a rainbow of healthy fresh and local vegetables available month by month, from fresh rhubarb, asparagus and spinach in May through local apples, root veggies, pumpkins and squashes in November. This interactive coaching class will explore Valley Natural Foods' produce department and fresh local products throughout the co-op and introduce you to local farmer partners and food artisans. This class will provide helpful handouts and tips on how to save money on eating fresh and local, preparing fresh and local with and without recipes, planning weekly menus and shopping lists, and choosing, storing and preserving local fresh food for year-long healthy eating.

Register for Classes Online or In-Store

Logon to:

<http://valleynaturalfoods.eventbee.com/boxoffice>

Click the class you want to sign up for, select the number of tickets based upon whether you are a member or non-member, pay with your credit card and be sure to bring your printed receipt/ticket to the class! If you are a member, please write your member # on the receipt.

In-Store:

Call 952-891-1212 ext. 221 or stop by customer service.

April-May 2012 Classes*

*The minimum number of attendees must be reached 32 hours in advance for each class to be held. So please sign up early! Attendees will be notified 32 hours in advance if cancellation occurs and refunded the full class fee.

Healthy Soil, Healthy Food Wednesday, April 11

6:30-8:00 p.m.

Instructor: Michael Pursell

Cost: \$14 non-members/\$12 members

Minimum: 7 people

Growing food takes a lot out of us and our soil. In this class we'll discuss and practice ways to improve the health of our soil with a variety of techniques to be used in every season.

Planting to Save: Beginning Seed-Saving

Wednesday, April 18

6:30-8:00 p.m.

Instructor: Michael Pursell

Cost: \$14 non-members/\$12 members

Minimum: 7 people

Seed-saving is generally done at the end of the growing season, but now is the time to put plants in the ground you will save seed from later. Planning and planting to save seed is the first step toward a continuous (and free!) seed bank all your own. Learn the basics in this evening class.

Growing and Cooking with Herbs Wednesday, April 25

6:30-8:00 p.m.

Instructor: Kristi Pursell

Cost: \$14 non-members/\$12 members

Minimum: 7 people

Herbs are some of the most simple and rewarding plants to grow! They thrive in balcony container gardens or in sprawling yards. Learn to grow varieties that will add a plethora of flavor to your summertime meals. Get some great recipes too!

Yum! Edible Flowers and Weeds Wednesday, May 2

6:30-8:00 p.m.

Instructor: Kristi Pursell

Cost: \$14 non-members/\$12 members

Minimum: 7 people

Some of the "weeds" in our yards or gardens are actually delicious! Gardeners who like to add a certain flair plant edible flowers. Come to this class and we'll try to find tastes from the "flower and weeds" food group - you might be surprised!

Gluten-Free Weekday Meals Wednesday, May 9

6:30-8:00 p.m.

Instructors: Shawn Binkowski and Sandra Calcutt

Cost: \$34 non-members/\$29 members

Minimum: 10 people

If you are running errands, working, and have your kids back in school, weeknights are always busy. Finding time to plan meals for a family without food allergies is hard enough, but just imagine if one or more of your family members is gluten-free? This class will take the stress out of gluten-free meal planning by giving you an array of tasty options that any family would enjoy. Discover how to prepare a week of gluten-free dinner recipes including: chicken pot pie, chili or stew with gluten-free cornbread, a mexican entrée and more. Come hungry; we will demo and sample some of these delicious items.

Eating FRESH & LOCAL: Asparagus to Strawberries

Tuesday, May 15

6:30-8:30 p.m.

Instructor: Loris Sofia Gregory

Cost: \$20 non-members/\$17 members

Minimum: 5 people

Discover how to prepare and enjoy the luscious healthy spring flavors of asparagus, broccoli, cucumbers, peas, peppers, spinach and strawberries. This interactive coaching class will explore Valley Natural Foods' produce department and introduce our local farmer partners for May and June. This class will provide helpful handouts and tips on how to save money on eating fresh and local, preparing fresh and local with and without recipes, planning weekly menus and shopping lists plus storing and preserving local fresh food for year-round healthy eating.

Register for Classes Online or In-Store

Logon to:

[http://valleynaturalfoods.
eventbee.com/boxoffice](http://valleynaturalfoods.eventbee.com/boxoffice)

Click the class you want to sign up for, select the number of tickets based upon whether you are a member or non-member, pay with your credit card and be sure to bring your printed receipt/ticket to the class! If you are a member, please write your member # on the receipt.

In-Store:

Call 952-891-1212 ext. 221 or stop by customer service.

VALLEY
natural Foods

**Discover new ways to plant your
garden this spring!**

Legend:
D= Demo
C= Class

January 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 Juicing with Citrus (D) 12:00-3:00 p.m.
8	9 Let's Cooperate to Prevent Diabetes (C) 6:30-8:00 pm Slow Cooker Stew (D) 3:00-6:00 p.m.	10 FRESH & LOCAL Bulk Basics (D) 11:00-2:00 p.m.	11	12 Raw Food Demo: Sprouted Quinoa, Orange and Basil Salad (D) 3:00-6:00 p.m.	13	14
15	16 Let's Cooperate to Prevent Diabetes (C) 6:30-8:00 p.m. Budget Meal (D) 3:00-6:00 p.m.	17	18	19 Gluten-Free Day: Biscuits and Muffins (D) 3:00-6:00 p.m.	20	21 Tasting of the Olive Oils (D) 12:00-3:00 p.m.
22	23 Let's Cooperate to Prevent Diabetes (C) 6:30-8:00 pm Budget Meal (D) 3:00-6:00 p.m.	24 FRESH & LOCAL: From Soup to Nuts on the Bulk Trail (C) 6:30-8:30 p.m.	25 Gluten-Free Pizza & Flatbread (C) 6:30-8:00 p.m.	26	27	28
29	30 Let's Cooperate to Prevent Diabetes (C) 6:30-8:00 pm Budget Meal (D) 3:00-6:00 p.m.	31	Register for classes online at http://valleynaturalfoods.eventbee.com/boxoffice , in-store at customer service or by calling 952-891-1212 ext 221.			

Tear out this sheet

New Series at Valley Natural Foods!

LET'S COOPERATE TO PREVENT DIABETES

*You can take control of your health and reduce the risk of Type 2 diabetes! Make this program part of your healthy start to the new year. Join Valley Natural Foods experts Eileen Johnson, RN and Naomi Lundberg, BS, DTR, for this **four-week coaching session** to learn how to implement a diabetes prevention program that works for you.*

Mondays in January:

9, 16, 23, 30

6:30-8:00 p.m.

Cost: \$50/members, \$60/non-members

Mondays in April:

2, 9, 16, 23

6:30-8:00 p.m.

Cost: \$53/members, \$63/non-members

Discover how to plan and carry out lifestyle changes that have been shown to cut the risk of Type 2 diabetes. These will include diet, exercise and stress relief practices.

Register online* at <http://valleynaturalfoods.eventbee.com/boxoffice>, **in-store at customer service** or by calling **952-891-1212 ext 221.**

**The January session is not available for online registration*

Visit <http://www.valleynaturalfoods.com/CoopCalendar.shtml> for a complete up-to-date listing of all vendor demos and classes.

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Legend:
D= Demo
C= Class

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1	2	3	4
5	6 Heart Smart Meal: Fettuccine with Black Bean Rice (D) 3:00-6:00 p.m.	7	8	9 Raw Food Day: Flourless Chocolate Cake (D) 3:00-6:00 p.m.	10	11 Chocolate Day (D) 12:00-3:00 p.m.
12	13 Budget Meal (D) 3:00-6:00 p.m.	14 FRESH & LOCAL: Easy Healthy Meals on the Bulk Trail (D) 11:00-2:00 p.m.	15 Preschool Sous Chef (C) 5:30-7:00 p.m.	16 Gluten-Free Day: What's for Breakfast? (D) 3:00-6:00 p.m.	17	18
19	20 Budget Meal (D) 3:00-6:00 p.m.	21 FRESH & LOCAL Easy Healthy Meals on the Bulk Trail (C) 6:30-8:30 p.m.	22	23 Coffee Cupping with Alakef Roasters (C) 6:30-8:30 p.m.	24	25
26	27 Budget Meal (D) 3:00-6:00 p.m.	28	29	Register for classes online at http://valleynaturalfoods.eventbee.com/boxoffice , in-store at customer service or by calling 952-891-1212 ext 221. **You can only sign up for this class through District 196 Education: 651-423-7920 or online: www.district196.org/ce/ .		

February 2012

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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

				1	2	3 Juicing: Something Green (D) 12:00-3:00 p.m.
4	5 Budget Meal: Kale Lentil Soup (D) 3:00-6:00 p.m.	6	7 **FRESH & LOCAL: Discover Where & How (C) 6:30-8:30 p.m.	8 Raw Food Demo: Marinated Greens (D) 3:00-6:00 p.m. Gluten-Free Basics (C) 6:30-8:00 p.m.	9	10 Try Sprouting (D) 12:00-3:00 p.m.
11	12 Budget Meal (D) 3:00-6:00 p.m.	13 FRESH & LOCAL: Jump Start Your Engines on the Bulk Trail (D) 11:00-2:00 p.m.	14	15 Gluten-Free Day: Jules Day (D) 3:00-6:00 p.m.	16	17
18	19 Budget Meal (D) 3:00-6:00 p.m.	20 FRESH & LOCAL: Jump Start Your Engines on the Bulk Trail (C) 6:30-8:30 p.m.	21	22	23	24
25	26 Budget Meal (D) 3:00-6:00 p.m.	27	28 Kim chi Making (C) 6:30-8:00 p.m.	29	30	31

March 2012

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Legend:
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C= Class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Let's Cooperate to Prevent Diabetes (C) 6:30-8:00 p.m. Budget Meal (D) 3:00-6:00 p.m.	3	4	5	6	7 Juicing (D) 12:00-3:00 p.m.
8	9 Let's Cooperate to Prevent Diabetes (C) 6:30-8:00 p.m. Budget Meal (D) 3:00-6:00 p.m.	10 Eating FRESH & LOCAL: Spring Rhubarb to Winter Squash (D) 11:00-2:00 p.m.	11 Healthy Soil, Healthy Food (C) 6:30-8:00 p.m.	12 Raw Food Demo (D) 3:00-6:00 p.m.	13	14
15	16 Let's Cooperate to Prevent Diabetes (C) 6:30-8:00 p.m. Budget Meal (D) 3:00-6:00 p.m.	17 **Eating FRESH & LOCAL: Spring Rhubarb to Winter Squash (C) 6:30-8:30 p.m.	18 Planting to Save: Beginning Seed-Saving (C) 6:30-8:00 p.m.	19 Gluten-Free Day (D) 3:00-6:00 p.m.	20	21
22	23 Let's Cooperate to Prevent Diabetes (C) 6:30-8:00 p.m. Budget Meal (D) 3:00-6:00 p.m.	24	25 Growing and Cooking with Herbs (C) 6:30-8:00 p.m.	26	27	28
29	30	<p>Register for classes online at http://valleynaturalfoods.eventbee.com/boxoffice, in-store at customer service or by calling 952-891-1212 ext 221.</p> <p><i>**You can only sign up for this class through District 196 Education: 651-423-7920 or online: www.district196.org/ce/.</i></p>				

April 2012

Tear out this sheet

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Yum! Edible Flowers & Weeds (C) 6:30-8:00 p.m.	3	4	5 Juicing (D) 12:00-3:00 p.m.
6	7 Budget Meal (D) 3:00-6:00 p.m.	8 Eating FRESH & LOCAL: Asparagus to Strawberries (D) 11:00-2:00 p.m.	9 Gluten-Free Weekday Meals (C) 6:30-8:00 p.m.	10	11	12
13	14 Budget Meal (D) 3:00-6:00 p.m.	15 Eating FRESH & LOCAL: Asparagus to Strawberries (C) 6:30-8:30 p.m.	16	17 Gluten-Free Day (D) 3:00-6:00 p.m.	18	19
20	21 Budget Meal (D) 3:00-6:00 p.m.	22	23	24	25	26
27	28 Budget Meal (D) 3:00-6:00 p.m.	29	30	31		

May 2012



stronger together

CO-OP PRINCIPLES

Co-ops are trusted for living up to their ethical values based on the following principles:

1. Open and voluntary membership.
2. Democratic member control.
3. Member economic participation.
4. Autonomy and independence.
5. Education, training and information.
6. Cooperation among cooperatives.
7. Concern for the community.

OUR MISSION IS A HEALTHY COMMUNITY

Our Values are **FRESH**

Family
Relationships
Education
Sustainability
Health

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natural foods