

The Co-operator

The monthly newsletter of the East End Food Co-op • Pittsburgh, PA



Healthy Eating Simplified

by Sally Lipsky, Food for Health

The foods we choose to eat are the primary factor determining our day-to-day health and well-being, as well as our overall longevity. The Standard American Diet – heavy on meat, poultry, fish, dairy, and processed foods – promotes the chronic diseases increasingly prevalent in our society, i.e., obesity, Type 2 diabetes, hypertension, coronary heart disease (the #1 killer), autoimmune diseases, and various cancers. In contrast, scientific evidence demonstrates overwhelmingly the health benefits of a diet centered around grains, legumes, vegetables, and fruits. As an example, in his book *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*, Dan Buettner identified five communities worldwide in which people live not only significantly longer, but also relatively free of disease. A common element among these communities is their reliance on plant-centered eating, that is, diets consisting mainly of vegetables, fruits, grains, beans, and nuts.

There is nothing elaborate nor mysterious about a plant-centered diet. With a minimal amount of planning and foresight, you can prepare plant-centered meals that are simple, yet flavorful, nutritious, and with a wide variety of options. And, plant-based meals tend to be less expensive than animal-based meals. Below are simple guidelines to assist you with preparing plant-based meals. Use these guidelines to accommodate your preferences, time, and tastes.

1. Center meals around complex carbohydrates that will provide you with needed fuel, as well as fiber (there is no fiber in animal foods).

"In a 2012 study, 52% of Americans said that doing their taxes was easier than figuring out how to eat healthy."

2. Choose from whole grains (barley, oatmeal, rice, etc.), legumes (beans, peas, lentils), and starchy vegetables (potatoes, corn, squash, yams).
3. Add any variety of non-starchy vegetables and/or fruits. While still maintaining their nutritional value, frozen vegetables and fruits are especially convenient for the upcoming winter months.
4. Enhance flavors with your choice of seasonings, herbs, sauces, and/or dressings.
5. If you choose to eat meat, fish, chicken, or dairy, consider it as a smaller side dish, as opposed to your main item.

The bottom line is that the foods consumed on a daily basis do have an immediate, lasting, and profound impact on your physical and mental health. By eating a variety of unprocessed plant foods, you will be maximizing your long-term well-being

(as well as the well-being of our planet!). The following are helpful online resources regarding plant-based eating:

- Fork over Knives: The documentary highlighted the health benefits of plant-based diets in overcoming the epidemic of obesity and chronic, degenerative diseases. The website has articles, recipes, and educational programs. www.forksoverknives.com
- Happy Herbivore: Lindsay Nixon offers recipes, meal plans, and shopping lists in an insightful, engaging manner. www.happyherbivore.com
- John McDougall, M.D.: The website has articles, recipes, information about residential programs, and a free 10-day meal plan. www.drmcDougall.com
- NutritionFacts.org: Michael Greger, M.D., analyzes and summarizes the latest research in daily videos and blogs that are factual, consumer-friendly, and without commercial bias.

- Physicians Committee for Responsible Medicine: A leading organization for health/nutrition and animal advocacy, founded by Neal Barnard, M.D. The 21-Day Vegan Kickstart program provides free meal plans, recipes, tips, and support. www.pcrm.org
- PlantPure Nation: A documentary and movement promoting the power of plant-based nutrition as a way to repair our healthcare crisis. The website includes information about their 10-day Jumpstart Program and modestly-priced frozen meal plan. www.plantpurenation.com

Sally Lipsky has a Ph.D. in Education and Certificate in Plant-based Nutrition. She is founder of Food for Health (foodforhealth.massageplanet.com), a nonprofit service providing information about plant-based nutrition and healthy food choices. Join her for "Healthy, Plant-based Meals" on Wednesday, November 9th (event details on page 8).



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BOARD OF DIRECTORS:

The next board meeting is Monday, November 21st at 7 PM.

NEW MEMBER ORIENTATIONS:

To register, call 412.242.3598 ext. 438
or email memberservices@eastendfood.coop.

MEMBERS ONLY:

Be sure to use your 10% quarterly discount by December 31st!
The next quarter goes from January 1st – March 31st.

HOLIDAY HOURS:

Your Co-op will be closed Thursday, November 24th.

East End Food Co-op • 7516 Meade St. Pittsburgh, PA 15208 • www.eastendfood.coop • 412.242.3598 • Open to Everyone, Every Day 8 AM – 9 PM



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Pittsburgh, PA 15208

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Board Corner

by EEFC Board of Directors

The East End Food Co-op's annual meeting will be held this year on Sunday, November 13, 1:00-4:00 PM, at East End Cooperative Ministries located at 6140 Station Street, Pittsburgh, PA 15206. This is a great chance for you to meet other member-owners, hear about this past fiscal year's major events, and give your input into one of the organization's most important questions: the future of expansion/relocation of the store.

The Annual Meeting is a great way to stay in the loop. Communication between the board and member-owners flows in both directions, with reports on the Co-op's operations, finances, and governance; followed by an input session where member-owners get to talk with board

members directly about what questions they think the board and General Manager need to keep in mind while planning a possible relocation or expansion of the store. Not to mention the great food and socializing!

At this meeting, you will have a chance to see the framework developed by the board and General Manager and give your thoughts on what else needs to be kept in mind as we move forward. Although the board will make any final decision on expansion/relocation, your input as member-owners is critical.

Come take part in a critical piece of cooperative democracy. We hope to see you there!

Board Election Update

On October 6th 2016 the board of the East End Food Cooperative met in a closed session to discuss issues that have occurred during the 2016 election. Though the board decided to look further into the issues that were raised, we felt that it was important to let the remaining four days of the election continue in order to minimize the disruption that could occur otherwise.

The board passed an unopposed motion to suspend the election after its close as of October 9th at 9:00 PM due to lack of confidence in the integrity of the 2016 electoral process and lack of safeguards.

The board will review the election process and procedures and further examine and discuss issues that were raised in order to make a determination on the integrity

of the 2016 election. Until that time the results of the election will not be tallied or announced. We are committed to ensuring that the board elections are conducted in a fair and democratic manner and that the results accurately reflect the choices of the member-owners that participated.

The board will keep member-owners informed about any decisions made regarding the 2016 election and provide as much transparency as possible to this process. Please contact the board at boarddir@eastendfood.coop if you have any questions.

Additional information and updates will be posted on the Co-op website at: www.eastendfood.coop/co-op/board

Meet the Owner: Omoye A. Member Since 2015

Where do you live?
Morningside.

How long have you been a member?
About half a year.

What was your motivation for coming to and/or joining the Co-op?

I moved here from Atlanta, where I shopped at another co-op. As a vegan, there aren't many stores with good meat and dairy alternatives. The Co-op had all the things I needed, and some new things for me to try for my diet.

What is your favorite thing you get from the Co-op?

Vegan cheeses and coconut water.

If you could change one thing about the Co-op, what would it be?

A bigger space would be nice. The aisles are quite small. Although it makes things feel personal.

What wouldn't you ever change about the Co-op?

It's a very welcoming atmosphere. We accept all people, and all dietary restrictions, and we have something for everyone.


Any interesting stories you'd like to share about your experiences at the Co-op?

I like to read the New Faces section of the newsletter, to get to know a little bit about each person. I recommend keeping an eye on that column, because you can make some really interesting connections.

What are some of your interests or hobbies?

I love to cook and garden. I'm anticipating planting garlic for next year's harvest. I'm currently researching the effects of gentrification on air quality.





2016 ANNUAL MEETING

DATE: Sunday, November 13th
TIME: 1:00-4:00 PM
VENUE: East End Cooperative Ministry
6140 Station St, Pittsburgh, PA 15206

- Get updates on the past year of business at your Co-op
- Share your thoughts on where the Co-op is going as an organization
- Children's activities will be available
- Light refreshments will be served

This event is **FREE**, but **RSVPs** are requested.
Stop by Customer Service to reserve your space, or call 412-242-3598.
More information is available on our website at: www.eastendfood.coop/co-op/events



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ENDS POLICY STATEMENT

East End Food Co-op exists to enhance physical and social health in our community. To these ends, we will create:

- A sustainable member-owned business open to everyone
- An ethical and resilient food infrastructure
- A vibrant, dynamic community of happy, healthy people
- A creative vision to transform the future

STATEMENT OF COOPERATIVE IDENTITY

Definition

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Values

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

Principles

Most cooperatives around the world follow the core principles that were adopted by the International Co-operative Alliance in 1995. Cooperatives trace the roots of these principles to the first modern cooperative founded in Rochdale, England, in 1844. These principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all people able to use its services and willing to accept the responsibilities of membership, without gender, social, racial, political, or religious discrimination.

2. Democratic Member Control

Cooperatives are democratic organizations controlled by their members—those who buy the goods or use the services of the cooperative—who actively participate in setting policies and making decisions.

3. Member Economic Participation

Members contribute equally to, and democratically control, the capital of the cooperative. This benefits members in proportion to the business they conduct with the cooperative rather than on the capital invested.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members. If the co-op enters into agreements with other organizations or raises capital from external sources, it does so based on terms that ensure democratic control by the members and maintains the cooperative’s autonomy.

5. Education, Training and Information

Cooperatives provide education and training for members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperative. Members also inform the general public about the nature and benefits of cooperatives.

6. Cooperation among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.

7. Concern for Community

While focusing on member needs, cooperatives work for the sustainable development of communities through policies and programs accepted by the members.

Customer Comments

Can the Co-op begin allowing the use of virtual membership cards?

We are open to the idea but our current hardware will not scan back-lit devices. Hopefully next year we can budget for this upgrade.
-Erin, IT

Hello dear Co-op! I was wondering if you might be able to acquire some Croissants! I love them so much and would buy them A LOT. (La Gourmandine has good ones)

Mediterra croissants will be on the shelf soon. I will reach out to La Gourmandine and see if we can start a partnership. Thanks for asking!
-Evan, Perishables

Does anyone ever research the cost of products at our 3-4 local competitors? I've found more recently that the staples I buy are considerably higher here: i.e. walnuts (not organic) almost twice as much here than Trader Joe's. (Ready to pull my share!)

I want to thank you for your recent comment card submission. We do perform regular price checks to our many competitive neighbors. We compete where we can and have many offerings that are competitively priced with other stores and are featured on our shelves with the purple Co+op Basics tags. There will sadly always be retailers like Target and Trader Joe's that we will never be able to come close to due to 1) our product standards and 2) the sheer buying power that both these retailers have. I can attest to the quality of our Conventional Walnuts at \$9.29/# that we source them from a U.S.A. producer. This is likely why they are more expensive than the variety carried by Trader Joe's, which is most likely sourced from China. I hope this answers your question and I encourage you to look for our 400+ items throughout the store that are featured with a Co+op Basics tag.
-Maura, Grocery

Have a thought that you'd like to share?

We'd love to hear from you!

Submit a comment card at customer service!

November’s Round Up Recipient: Rainbow Kitchen

register
RoundUp



Since 1984, Rainbow Kitchen Community Services has been a strong and reliable source of aid for those in need. They focus on anti-hunger programs, case management, and support services. Rainbow Kitchen provides a vital safety net for hungry children, struggling families, low-income elderly and disabled individuals, people who are homeless, and growing numbers of people who are unemployed or among the working poor.

Last year, Rainbow Kitchen provided 16,000 nutritious Kids Café dinner meals to hungry low-income children and served an additional 19,500 substantial daily meals to their Breakfast program participants. They also distributed over 335,000 pounds of supplemental groceries to families in need through their Food Pantry program, and provided additional supportive services, including crisis assistance, short-term, and extended case management, to 200 households a month.

To learn more about Rainbow Kitchen Community Services and ways you can give or volunteer, visit their website or call 412-464-1892. And if you’d like to support them in their commitment to improving the quality of life for low-income families and individuals through programs that address hunger, child nutrition and supportive services, be sure to tell your Co-op cashier to round up your total this month!

Spare change can result in positive change!

www.rainbowkitchen.org

Go Green in 2017: Get The Co-operator Digitally

by Kate Safin, Interim Marketing & Member Services Manager

Did you know the East End Food Co-op mails over 9,000 copies of *The Co-operator* each month? With membership constantly growing, our mailing list is likely to reach 10,000 by the end of this fiscal year.

Because we reach so many readers, we recently circulated a survey to learn more about what you value and are interested in seeing in the pages of *The Co-operator*. We also wanted to make sure you were actually reading the newsletter. After all, that mailing isn’t cheap! Our survey found that 88.5% of those polled do read the newsletter each month, that they are generally satisfied with its content, and that 88.6% feel the newsletter helps them feel connected to the Co-op.

One of the most striking things in the survey was that nearly 80% of readers obtain the newsletter via mail, but of those, half would actually prefer to receive *The Co-operator* digitally via email. With this in mind, we’d like to request that those of you who would like to receive *The Co-operator* online rather than in the mail opt out of our paper mailings and opt in to our e-newsletter. This effort will drastically reduce the number of newsletters we print and mail each month, saving thousands of pounds of paper each year and helping the Marketing & Member Services department remain fiscally sound. Currently, the pure printing and mailing of our monthly newsletter takes up a considerable amount of our budget, and the more mailings we add each month, the higher that figure goes.



To “Go Green in 2017” visit www.eastendfood.coop/co-op/ survey and following the link to opt out of paper mailings and opt into our e-newsletter. While you’re there, you can view the complete results of our readership survey!

Thank you for your readership, participation, and consideration to go green!

COMMUNITY IMPACT

CO-OP SHOPPERS
CONTRIBUTED



THROUGH
THE REGISTER
ROUND UP FOR



412 FOOD RESCUE
RECEIVED



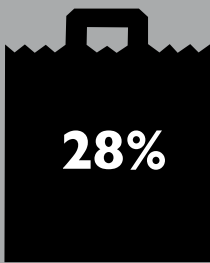
POUNDS OF
FOOD FROM
THE CO-OP

OUTREACH
REPRESENTATIVES
REACHED



PEOPLE AT
EVENTS

LOCAL
PRODUCTS
MADE UP



OF TOTAL
STORE SALES

OF OUR
PURCHASES,



WERE FROM
LOCAL
SUPPLIERS

MEMBER IMPACT

MEMBERSHIP
GREW BY



NEW
HOUSEHOLDS

MEMBER
EQUITY
INCREASED



FOR A TOTAL
OF \$1.2M

OF OUR
MEMBERSHIPS,



SHARES ARE
FULLY PAID

OUR
CO-OP HAS



ACTIVE
MEMBERS

MEMBER
PURCHASES
MADE UP



OF TOTAL
STORE SALES

DATA COLLECTED DURING SEPTEMBER 2016

Featured Community Partner:
Healthy Mind and Body

The East End Food Co-op is proud to partner with Healthy Mind and Body. As a Licensed Massage Therapist, Certified Personal Trainer, and Certified Fitness Nutritionist, Lori Kashellak has been helping members of the Pittsburgh community achieve their goals of health and wellness for over 20 years with a combination of deep tissue trigger point massage therapy, in-home personal training, and nutritional support.



Based on the simple philosophy that being healthy doesn't have to be difficult or unpleasant, Lori avoids recommendations for deprivation diets, calorie counting, wasted gym memberships, or any other fat-burning "miracles," and instead provides nutritional guidance the whole family can enjoy, coupled with convenient, personalized coaching that meets your individual needs. Lori believes in educating people on the advantages of proper supplementation, coupled with the importance of selecting the highest quality of nutrient rich foods, and advocates for the importance of intestinal balance and the benefits of deep tissue trigger point massage therapy in eliminating toxins from the body. Lori provides fitness instruction in your home and online, creating personalized training programs, using an organized approach to personal training, which aids in preventing injury as well as helps the individual break through personal plateaus. Conveniently located in Regent Square, Healthy Mind and Body serves neighboring communities Edgewood, Shadyside, Squirrel Hill, Point Breeze, and Swissvale.

Members receive \$5 off per hour and services can include just a massage, training, or nutritional consultation, or a combination of any of these. To take advantage of this discount, fully paid Co-op members must be sure to present their plastic membership card at the time of payment.

The Community Partners Program aims to provide Co-op members great benefits and, at the same time, to promote local businesses. Because we are committed to supporting our community, we truly value the partnerships we build through this program. Locally-owned businesses have a huge impact on the infrastructure of our regional economy and we firmly believe that we are all stronger together.

If you have any questions about the Community Partners Program, email memberservices@eastendfood.coop or call 412-242-3598 ext. 438. You can check out the full listing of your Co-op's partners on our website at www.eastendfood.coop/co-op/community/community-partners-program.

Food Systems, Chapter 4: The System

Food Systems, Chapter 4: The System is an 85-minute documentary film that completes the four-film Food Systems series with an in-depth look at home cooking, hunger, origins of poverty, and solutions to a growing food problem. Starting with the creation of a multi-course traditional Indian meal, the film examines how food and cooking shape community, family, and personal histories while also opening pathways to improving nutrition and food knowledge.

Throughout these discussions, Lidia Bastianich of the Lidia's restaurant empire reshapes leftover vegetables and stale bread into delicious new dishes. Open House PGH and the Borland Green Cooperative discuss how their intentional communities share cooking and gardening responsibilities to strengthen their communities. And your humble director, David Bernabo, makes a number of low cost dishes in his kitchen.

But despite the fascinating developments in the alternative food movement, these emerging opportunities require some amount of privilege and access to food. What happens if your access to healthy food is limited? Just Harvest's Ken Regal, Felicia Lane Savage, and others discuss the history of hunger, posing the widespread issue as a symptom of poverty.

After discussing the barriers to accessing food, emergency solutions like food banks and 412 Food Rescue along with longer-term educational efforts like Community Kitchen Pittsburgh and community gardens are surveyed.

But at the heart of food access issues is the neighborhood. Despite individual situations, it is often that a neighborhood is considered a food desert or a neighborhood lacks adequate transportation to areas with grocery stores.

With extensive commentary by Dr. Mindy Fullilove and Dr. Eva-Marie Simms, the impact of redlining and urban renewal on the Hill District is dissected, showing how external powers decimated the strong culture and community bonds that existed in the neighborhood. As Pittsburgh ramps up neighborhood redevelopment, adding food options, but altering existing culture, Chapter 4: The System aims to remind viewers that human capital, which is not always quantifiable, is worth more than money and that a new mentality is required to balance "progress" with quality of life.

The film also features Leah Lizarondo, Celeste Taylor, Karen Abrams, Brian Brown, Alice Julier, and many others. The film's music was created by David Bernabo, the Chamber Orchestra of Pittsburgh, gong healer Mike Tamburo, and Swiss jazz quintet Le Rex.

Join 412 Food Rescue and East End Food Co-op for a screening on Thursday, November 10th at 6:00 PM (event details on page 8).

David Bernabo is a filmmaker, musician, artist, and dancer. He is the Arts and Culture Editor of The Glassblock, co-curator of the Lightlab Performance Series, and co-leader of the rock band Host Skull.

THE CO-OP

The East End Food Co-op is Pittsburgh’s only member-owned natural and organic food market, serving the community since 1980. We offer the finest in certified organic produce and herbs, bulk foods, vitamins and supplements, cruelty-free health and beauty aids, organic and natural packaged and perishable goods and hard-to-find items for special dietary needs.

Our award-winning Vegetarian Café and Juice Bar offers a daily array of fresh, wholesome, hot entrées, soups, salads, and vegan dishes.

The Co-op is open to the public and membership is not required to make purchases, but members do receive better prices, have access to the Federal Credit Union, and can vote and serve on the board of directors.

7516 Meade St. Pittsburgh, PA 15208
www.eastendfood.coop

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Opinions expressed are the writers’ own and do not necessarily reflect Co-op policy. The East End Food Co-op does not endorse the views or products of the advertisers in this newsletter.

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Phone: 412.242.3598 ext. 142

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EMPLOYEE
OF THE MONTH

Congratulations to
Audri Assani who
was chosen as the
Co-op staff pick for
Employee of the
Month. She works
at the Café Counter.

Q. What's your favorite thing about your job here?

A. My co-workers and the customers who reach out to me and humanize each other and create a passionate atmosphere.

Q. What do you like about the Co-op in general?

A. That we are helping people find health and struggling with the idea of justice so as to set an example for future cooperatives.

Q. Do you have a favorite product, food, item, etc here?

A. I like ginger juice.

Q. What do you like to do when you’re not at the Co-op?

A. I like to draw and to study philosophy and language.

NEW FACES

Stephen Schmiedlin, Grocery
Stephen likes that our co-op has a fantastic look that is different from other stores. Stephen would like you to know that he is a nice, respectful guy, and not to let his tattoos scare you. Outside work, Stephen enjoys relaxing and following our hometown sports teams.

YEARS OF SERVICE RECOGNITION

Thanks to the following employees for their contributions:

Karen Bernard, Books
Dorrall Hall, Facilities
Olivia Kessler, Café
Audri Assani, Café

7 Years
5 Years
1 Year
1 Year






Looking to stretch your grocery budget?


Just look for this logo.
Co+op Basics offers everyday
low prices on many popular
grocery and household items.



East End Food Co-op Thanksgiving Menu

Delicious Desserts

Pumpkin Pie	\$12.99
Tofu Pumpkin Pie 	\$12.99
Maple Pecan Pie 	\$19.99
Apple Pie 	\$16.99
Sweet Potato Pie	\$16.99

Gluten free pie crusts are available upon request. 



Great Beginnings

Vegetable Tray with Dip

Choice of Green Goddess or Hummus (Plain, Spinach, or Roasted Beet)
Large: \$44.99 Small: \$25.99

Soups

Roasted Butternut Squash Bisque \$8.99/quart
Mushroom Barley Soup  \$8.99/quart

Cheese Trays

Small: (3 cheeses - feeds 8-10) \$25/tray
Large: (5 cheeses - feeds 12-15) \$40/tray

- Available options are:
- American Artisanal Selections
 - European Favorites
 - A custom tray built to suit your tastes

Each tray is carefully crafted and accompanied by specially selected pairings including assorted fruits, nuts, and chutney.

Contact our cheesemonger at 412.242.3598 ext. 242 to place your order or discuss custom options and any dietary restrictions or limitations.

Planning the Meal

Use these estimates to determine the quantities of food you will need. Estimates are per adult.











Entrée	Potatoes	Vegetables	Stuffing	Gravy	Relish
1/2 to 3/4 lb.	1/3 to 1/2 lb.	1/2 to 1/3 lb.	1/3 to 1/2 lb.	4 to 6 oz.	2 oz.

Placing Orders


- Review the menu offerings then come in to the Café and place your order in person, or you can call 412.242.3598 ext. 114.
- Please DO NOT leave orders via email or voicemail; they will not be guaranteed.
- Co-op Café hours: 8 AM to 7 PM.
- All orders must be received by Sunday, November 20th.
- All orders will be available for pick-up on either Tuesday, November 22nd or Wednesday, November 23rd between 8 AM and 7 PM.
- To learn more about ingredients and portions please contact the Café.
- Do you have allergy concerns or a special diet? Please visit our website at www.eastendfood.coop/café for a list of ingredients. You may also contact the Café to discuss available alternatives.

The Main Event

Relax—Our professional kitchen staff makes it easy for you to enjoy a worry-free holiday gathering. Our oven ready, made-from-scratch vegetarian and vegan side dishes are the perfect compliment for your main entrée, all you do is heat, serve, and enjoy.

- Corn, Chard & Cauliflower Gratin**
- Baked Tofu Turkey **
- Mushroom Walnut Loaf **
- Roasted Garlic & Olive Oil Mashed Potatoes **
- Miso Mushroom Gravy **
- Coconut Mashed Yams with Maple Pecans **
- Green Beans Amandine **
- Mushroom Sage Stuffing **
- Bleu Cheese Creamed Kale**
- Quinoa & Wild Rice with Squash, Pecans and Cranberries **
- Cranberry Relish **
- Herb Biscuits **
- Cheddar Corn Muffins**

Milk, Wheat	\$7.99/lb.
Soy, Wheat	\$7.99/lb.
Soy, Tree Nuts	\$7.99/lb.
	\$7.99/lb.
Soy, Wheat	\$5.99/pint
Tree Nuts	\$7.99/lb.
Tree Nuts	\$7.99/lb.
Wheat, Soy	\$7.99/lb.
Wheat, Milk	\$7.99/lb.
Tree Nuts	\$7.99/lb.
Tree Nuts	\$5.99/pint
Wheat, Soy	\$5.99/dozen
Milk, Eggs	\$5.99/dozen

 = Vegan

Turkey Pre-orders & Tips

Turkey Pre-orders

Submit your order by Sunday, November 13th at Customer Service, or by calling 412.242.3598.

Customer Name: _____
Phone Number: _____

Please note that we will try to get you the same size turkey you order but it may not be exact.

Local, Certified Humane, Free-Range:
All local turkeys will be fresh.

Koch’s Organic Turkeys (\$5.99/lb.)
____ 8-10 lbs. ____ 10-14 lbs. ____ 14-18 lbs. ____ 18-22 lbs. ____ 22-26 lbs

Koch’s Natural (\$3.49/lb.)
____ 10-14 lbs. ____ 14-18 lbs. ____ 18-22 lbs. ____ 22-26 lbs.

Koch’s Natural Turkey Breasts (\$5.99/lb.)
____ 4-7 lbs.

National Turkeys:
All national turkeys will be frozen.

Plainville Farm’s Organic Turkeys (\$4.49/lb.)
____ 10-16 lbs

Plainville Farm’s Natural Turkeys (\$2.49/lb.)
____ 12-14 lbs. ____ 14-16 lbs. ____ 18-20 lbs. ____ 20-22 lbs. ____ 22-24 lbs.

Pick-up date and approximate time:
Sunday 11/20 (9 AM - 8 PM) _____
Monday 11/21 (9 AM - 8 PM) _____
Tuesday 11/22 (9 AM - 8 PM) _____
Wednesday 11/23 (9 AM - 8 PM) _____

Turkey Roasting Tips

Roast your turkey to perfection with these turkey roasting tips:

- Remove the giblets from turkey cavities after thawing. Cook separately.
- Set oven temperature no lower than 325° F.
- Place turkey or turkey breast onto lower rack in a shallow roasting pan.
- For even cooking, bake stuffing in a separate casserole dish, versus in the bird. Use a food thermometer to check the internal temperature of the stuffing. The center should reach 165° F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time. Separate wet and dry ingredients, and chill wet ingredients (butter/ margarine, cooked celery and onions, broth, etc.) until ready to prepare. Mix wet and dry ingredients together just before filling the turkey cavities.
- Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches 165° F.
- Whole turkeys should be cooked to 165° F. To check for doneness, insert a food thermometer in the thickest part of the inner thigh without touching the bone.
- Turkey breasts should be cooked to 165° F. Insert a food thermometer in the thickest part of the breast to check for doneness.
- Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.

Turkey Roasting Timetable

Unstuffed		Stuffed	
4–8 lbs:	1.5–2.75 hrs	6–8 lbs:	2.5–3.5 hrs
8–12 lbs:	2.75–3 hrs	8–12 lbs:	3–3.5 hrs
12–14 lbs:	3–3.75 hrs	12–14 lbs:	3.5–4 hrs
14–18 lbs:	3.75–4.25 hrs	14–18 lbs:	4–4.25 hrs
18–20 lbs:	4.25–4.5 hrs	18– 20 lbs:	4.25–4.75 hrs
20–24 lbs:	4.25–5 hrs	20–24 lbs:	4.75–5.25 hrs

It is safe to cook a turkey from the frozen state. The cooking time will take at least 50 percent longer than recommended for a fully thawed turkey. Remember to remove the giblet packages. Remove carefully with tongs or a fork.

Turkey Thawing Instructions

- To thaw a turkey in the refrigerator:**
- Keep the turkey wrapped and place it in a pan. Let it stand in the refrigerator roughly 24 hours for each 5 pounds.
 - Large turkeys should stand in refrigerator a maximum of 5 days.
 - The giblets and neck, which are customarily packed in the neck and body cavities of frozen turkeys, may be removed from the bird near the end of the thawing period.

- To thaw a turkey in cold water:**
- Make certain that the turkey is in a leak-proof package or a zipper-seal plastic bag. This prevents bacteria in the surrounding environment from being introduced into the food, and prevents the poultry tissues from absorbing water.
 - Change the cold water every 30 minutes.
 - Approximately 30 minutes per pound of turkey are required for thawing.
 - After thawing in cold water, the turkey should be cooked immediately.

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Café Specials • November 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Autumn Harvest	2 Thanksgiving Kitchen	3 Pizza	4 Indian Kitchen	5 AM: Brunch PM: Autumn Polenta Tart
6 AM: Brunch PM: Country Kitchen	7 Lasagna	8 Autumn Harvest	9 Thanksgiving Kitchen	10 Pizza	11 Indian Kitchen	12 AM: Brunch PM: Autumn Polenta Tart
13 AM: Brunch PM: Country Kitchen	14 Lasagna	15 Autumn Harvest	16 Thanksgiving Kitchen	17 Pizza	18 Indian Kitchen	19 AM: Brunch PM: Autumn Polenta Tart
20 AM: Brunch PM: Country Kitchen	21 Lasagna	22 Autumn Harvest	23 Thanksgiving Kitchen	24 Closed for Thanksgiving	25 Indian Kitchen	26 AM: Brunch PM: Autumn Polenta Tart
27 AM: Brunch PM: Country Kitchen	28 Lasagna	29 Autumn Harvest	30 Thanksgiving Kitchen			

Store Hours:

Open Daily:
8 AM – 9 PM

Café Hours:

Juice & Coffee Bar:
8 AM – 7 PM

Soup & Salad Bar:
8 AM – 7 PM

Hot Food Bar:
11 AM – 7 PM

Weekend Brunch:
9 AM – 1 PM

NOVEMBER 2016
Community Event Series

HEALTHY PLANT-BASED MEALS

Wednesday, November 9th at 7 PM
Sally Lipsky, Food for Health
POWER/EEFC Conference Room

Sally Lipsky, certified in Plant-based Nutrition and from the non-profit Food for Health, will share practical tips on how to shop for and prepare simple, delicious, and healthy meat-free meals. Learn how to stock your pantry and where to find recipes and meal plans to support a plant-based diet. There will be plenty of time for questions!

This event is FREE, just call 412.242.3598 to reserve your spot!

FOOD SYSTEMS, CH.4: THE SYSTEM

Thursday, November 10th at 6 PM
412 Food Rescue & East End Food Co-op
Repair the World – 6022 Broad Street, Pittsburgh, PA 15206

Food Systems, Ch.4: The System completes the four-film Food Systems documentary series with an in-depth look at home cooking, hunger, origins of poverty, and solutions to growing food problems around the Pittsburgh area. This event is free; optional donations will be accepted at the door.

RSVP online at www.foodsystemsfilm.com

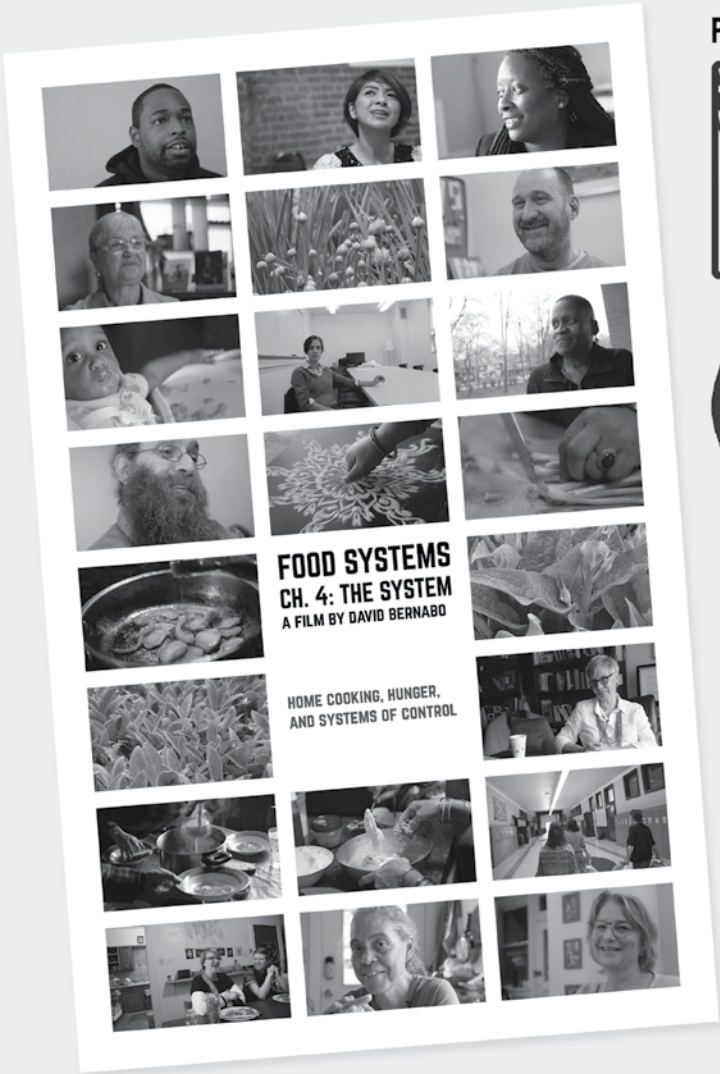
WELLNESS WEDNESDAY

Wednesday, November 30th, All Day
East End Food Co-op
EEFC Supplements and HBA Departments

All shoppers will receive 10% off wellness and body care items. Our expert staff and vendors will be on hand to help you select products that promote health and wellbeing, inside and out. Discounts are non-stackable, excludes items already on sale; vendor coupons welcome.

FOOD SYSTEMS, CH.4: THE SYSTEM
FILM SCREENING

PRESENTED BY:



TIME: Thursday, November 10th at 6 PM

PLACE: Repair the World – 6022 Broad Street, Pittsburgh, PA 15206

This event is free; optional donations will be accepted at the door.

Please RSVP online www.foodsystemsfilm.com