

the

## COOPERATIVE

spirit

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## Building Future

On December 30th the Stevens Point Area Co-op closed on the purchase of 617 2nd Street, the property just to the North of our location. This was the result of a directive by our membership occurring at last year's Spring General Membership Meeting, authorizing the Board to purchase the property. Our Board once again voted in favor of the purchase last December, after negotiations with the seller.

At this time, there are no concrete plans to expand our current building into the property or utilize it beyond its current function as a rental property. However, in the coming months, staff, board, and members will begin the process of critically analyzing our needs, and planning for the future use of the acquired space. Please keep an eye and an ear out for opportunities for involvement in this process.

The purchase not only secures our future on the North Side at the corner of 4th and 2nd, but also opens the door for continued smart, sustainable, community-minded growth for our Co-op.

I hope you'll reach out with any questions to any member of the Board, and thank you for your continued support as a member of our blossoming neighborhood Co-op.

-Danny Werachowski, Chairperson

## UPCOMING EVENTS

5/10 Board of Directors  
Nominations Deadline5/25 Memorial Day -  
Reduced Hours  
9:00 am - 6:00 pm.5/26 Board of Directors  
Meeting - 6:00 pm6/14 Spring General  
Membership Meeting  
(GMM) - 5:30 p.m.6/23 Board of Directors  
Meeting - 6:00 pm6/30 Quarterly Inventory -  
Store closes at 6 p.m.FIND US ON  
SOCIAL MEDIA

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## CONTACT US

715-341-1555

info@spacoop.com

www.spacoop.com

## HOURS

Monday-Friday  
9am-6pmSaturday-Sunday  
9am-5pm



## OPERATION: CURBSIDE

We at the Co-op know that times are different, scary, and weird right now. As a community, we are all longing for a bit of normalcy. Although members can't actively shop in our storefront themselves, we have developed two brand new alternative shopping methods so you can still enjoy all your favorite Co-op items AND stay safe! We want you to feel confident in placing orders with us, so we've written out a step by step guide for our alternative shopping methods. We now have two ways you can still enjoy all the Co-op products you know and love:

### Option 1: The Phone Call

1. Call the store at 715-341-1555. You'll hear one of our cheery receptionists answer the phone. They'll ask you a couple quick questions: name, phone number, and member number. After that, your name will be added to the list of people waiting to be called. The time it takes to be called back varies greatly depending on how many people are ahead of you, how big their orders are, etc. Please be patient, our staff are working as fast as they can to fill phone orders.

2. Once a personal shopper is available, **they will give you a call from a private or unknown number.** The reason for this is that a lot of our staff use their personal cell phones to make calls. But don't fret; It's just one of your friendly Co-op staff, ready to take your order.

3. At this point, you're ready to start shopping! Your personal shopper will grab the items on your list while they're on the phone with you, ensuring that we have the items you're looking for or can make the correct substitutions.

4. After you have completed your order, the personal shopper will collect payment. We accept card, cash, or check.

If you are paying with card, we will take that number over the phone and shred the information afterward.

If you are paying with cash, let the personal shopper know the amount you will be paying with so we can have your correct change ready when you pick up your bags. For example, if your total is \$2470 and you're paying with \$25.00, your personal shopper will have \$0.30 waiting for you when you come to pick up your order.

If you are paying with a check, just fill out the check accordingly and bring it when you come to pick up your groceries.

### Option 2: The Online Order

Head over to our website, [www.spacoop.com](http://www.spacoop.com). You'll notice a tab on the top labeled "Curbside Pickup Program". Under that tab, you'll find a variety of options to click on, including instructions for ordering, order forms, and an online catalog.

Click on the order form to begin your order and follow the prompts. We have provided the online catalog to help you figure out brands and items.

Orders received before 9:00 am will be processed within 48 hours of receipt, depending on order volume.

Once we complete your online order, just as with phone ordering, a personal shopper will call you from a private, restricted, or unknown number to collect payment information. If we are unable to reach you, a message will be left with the total. If you're paying by card, call us back so we can properly process your payment. If you're paying by check or cash, you can just call us when you arrive for pickup.

So how does pick up work? It's simple! You can come to the backdoor located on the east side of the building (off of 4th Avenue, by the dumpsters) and ring our doorbell. Please keep your distance and avoid any direct contact with staff and other customers. If you would prefer us to bring your order to you, give us a call when you arrive. Our receptionist will ask for the name, make, model, and color of your car. Then, simply open your vehicle door and a curbside runner will bring your groceries out to you and place them in your car. Make sure to check your order before you head out and give us a call to fix any mistakes. If you're home and catch a mistake, call or email us and we will get back to you quickly.

It's as simple as that! The SPAC staff appreciate your flexibility during this time. As always, feel free to call us at the store, 715-341-1555, or email us at [info@spacoop.com](mailto:info@spacoop.com).





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## CURBSIDE FAQs

We're not gonna lie, having to build a curbside program basically from the ground up has been quite the ride so far! We really appreciate you all for being with us while we overcome the inevitable hurdles. To help, we've compiled a list of frequently asked questions.

**Q: I need refrigerated or frozen items. If I'm unable to pick them up right away, will they be kept cool/frozen until I can?**

A: Certainly! We'll keep all of the refrigerated/frozen goods you order at the appropriate temperatures in our walk-in coolers until you come pick them up.

**Q: Can I still get bulk items?**

A: Definitely. Our staff can dispense any of your bulk favorites in whatever amount you need, including herbs, spices, and teas. The only bulk item we're not carrying at the moment is coffee, but fret not; we still carry every coffee we had before, just in 1 pound and 12 ounce packages (which we can certainly grind for you as well!).

**Q: Can I get my order mailed/delivered?**

A: While we'd love for everyone to get their co-op goodness as easily as possible, unfortunately we don't have the resources to deliver parcels at this time. Depending on how long the COVID 19 pandemic lasts, we might devise a delivery system, so stay tuned.

**Q: Do you still accept EBT?**

A: You bet. Just let us know you'll be paying with EBT and we'll happily accommodate.

**Q: I won't be able to pick up my order for a few days. Is that ok?**

A: Sure! Just let us know when you'll be able to pick up your order and we'll keep it safe for you. If that's the case, we do ask that it's not too large of an order if possible, as space is a bit limited in our storage.

**Q: I submitted an online order, but have not received a call yet. When will it be ready?**

A: Because of the sheer volume of online orders we receive and staff limits, please allow up to 48 hours for your on-line order to be processed. We might be able to get to it the same day, depending on how busy we are, but not always.

We'd like to thank our kind friends at Pisarski Funeral Home for being thoughtful, generous neighbors for many years!



*Pisarski Funeral  
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Website: [www.pisarskifuneralhome.com](http://www.pisarskifuneralhome.com)

Email: [pdfh703@charter.net](mailto:pdfh703@charter.net)

703 Second Street ~ Stevens Point ~ 715-341-4595

2911 Plover Road ~ Plover ~ 715-344-7454

Frank Pisarski, Jr. ~ Frank Pisarski, Sr. ~ David Pisarski  
John G. Suchon ~ Pete Jacoby

**Q: I'm here to pick up my order and just thought of something else I need! Can I add it on to my order?**

A: No. Because our parcel runner needs to be available for the next customer as soon as possible, they do not have the ability to add to your order. If you place an order, then remember something else, you can call us again and we can likely help you there. But as of right now, do try to ensure you've thought of everything you need before you order.

**Q: I just need one thing! Do I still have to call or place an online order?**

A: Yep. We know it's a bit absurd, but in order to ensure fairness, we ask everyone to flow through the same channels. In the future, we might look into an "express lane" of some kind for this purpose, so stay tuned.

**Q: I need to return something. How do I do that?**

A: Unfortunately, we're suspending all returns until the pandemic is in our rear-view mirror. If you receive an incorrect or damaged product however, we can certainly replace it for you. Just give us a call and tell us what's up.

Be sure to check out our website to see more FAQs!

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## A BIG THANK YOU TO OUR MEMBERS

If there was one word we would use to describe this last month, it'd be "change." Everyone has been asked to make changes in their daily lives and give up some of the conveniences they enjoy, and the Co-op is no different. Luckily for us, the Staff and Board members of the Co-op had anticipated drastic changes coming and began planning well in advance. From changing how our bulk department functioned, to adding more stringent sanitizing practices, and strengthening our employee policies so staff did not feel like they'd need to make a choice between a paycheck and their safety, we take pride in knowing we didn't let ourselves get caught unawares as the situation rapidly developed around us. These changes culminated in a conversation between board and staff where the decision was made by the Executive Committee of the Board that we would need to change how the Co-op operated.

Our transition to only Curbside Pickup was not an easy one to make: on the one hand we want to make decisions that keep our staff and community healthy, and on the other we want to continue to provide our members the good, healthful foods that they rely on. As soon as the decision was made, staff were mobilized to coordinate the switch so it was as smooth as possible for staff and members. A group of staff created the process that you as members go through to purchase your groceries, while others worked on creating a catalog of all of our items and restructure our website to allow you to place online orders, and all of us came together to chart a path to our new, temporary normal.

There were hiccups along the way, no doubt about that. If you placed an order on one of the first days of the program, you were truly a guinea pig for our new way of doing business. But now, a month into our Curbside Program, we have settled into this new normal and are beginning to plan on how we'll get out the other side. Things will be different, but we can't wait until we can open our doors to you again and welcome you with smiles on our faces. Until that day, we have some favors to ask of you.

### We need your support!

We selectively choose products that fit our product guidelines, including that they're ethically produced, organic, sustainable, locally sourced, or—our favorites—all of the above. We intentionally operate as cooperatively and collectively as we can, both within our staff and members at large, which creates a more equitable environment to shop and work. We avoid profit-seeking practices and instead choose to pay staff well for the work they do and put our money back into our local food system and our community



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When you choose to buy your groceries from the Co-op, every dollar you spend goes towards supporting what we do and away from supporting companies that put profits over people. When you're planning how you'll be getting your groceries, choose to support our community, choose to Shop Co-op.

Our second favor: after you receive your bag of delicious, maybe-nutritious foods, help us spread the word so that others can enjoy them, too. Snap a pic and post it to your social media with the hashtag #shopmycoop and tag us. Spread the word however you can that the Co-op is still open for business, and now, more than ever, we need the support of our community to continue to do the great work we do.

There are not enough thank yous we can give to you, our members, for supporting your Co-op. We appreciate your willingness to change with us as we transitioned to our Curbside Program, and all of the kind words you've sent us. It's because of you that we continue to do the vital and essential work of providing you with food. It is the staff and Board's responsibility to serve you the best we can, which leads us to our second favor. If there is any way that we can better work for you, or ways that we can better help our community, please let us know. Email us at [communications@spacoop.com](mailto:communications@spacoop.com), message us on Facebook or Instagram, or leave a note with us when you come to pick up your groceries to let us know how we can support you and our community!

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## FEATURED PRODUCTS

### Rolling Meadows Sorghum Products:

This lovely little Wisconsin-based company is out of Elkhart Lake, WI. On our shelves you can find Sorghum Caramel Corn and Sorghum Syrup. Sorghum is a natural sweetener that is high in antioxidants with a low glycemic load. We buy these products right from the source and get them shipped to our store. Try some sorghum syrup on pancakes, in cooking and baking; this is a great option for those looking for local sweetener options.



**Date Lady Products:** We carry their date syrup, date sugar, Sweet chili sauce, Date syrup chocolate spread, and a BBQ sauce. These are all great products for those trying to avoid refined sugars but still want that sweet taste. Dates are a fruit rich in dietary potassium, fiber, iron and magnesium. All of these products are certified Organic and made with care in Missouri. The dates are sourced from California as well as Tunisia.

**Tapuat Kombucha:** Tapuat is the Hopi symbol for life, connection & renewal. This maze-type symbol symbolizes a “life-labyrinth” where we can see the various turns taken with every choice we make in life. With each choice our path turns in a new direction. This symbol has also been found in other tribes and cultures around the world and nearly all indigenous people recognize this symbol as the icon for the cycle of human life and is also an icon for mother and her child. And as many of us know, the kombucha culture is often referred to as “The Mother”, nourisher of life, sustainer of happy little probiotics contained in every bottle of small-batch crafted kombucha. Tapuat is committed to the synergistic power of local, small-scale, responsible production and commerce in order to better our lives, our communities and Mother Earth. They are passionate about making products that assist people on their path through life’s labyrinth. Enjoy in the following flavors: Blueberry, Pear, Mango Zinger, Grape Memory, Wellness, Lemuria and Bee Power.

### Locally Laid Eggs:

These folks out of Wrenshall, MN are farming pasture-raised eggs, sourcing their feed as locally as possible while maintaining a responsible take on their environmental impact. Their mission statement is as follows: We’re creating real food for neighbors, while treating our livestock and the planet well in the process. By sourcing and selling locally, we’re championing Agriculture of the Middle and strengthening rural communities.” These hens are outside every day which is weather permitting, they’re salad-eating, poultry athletes who get to run, feel the wind in their wings and forage for grasses, clover and tasty bugs. They are non-organic, but here’s why: most of the organic feed for animals in this country comes from China and while they are constantly seeking to add organic producers to their supply chain, they are proud to have secured a non-GMO corn grower that’s REGIONAL. These farmers operate off solar energy, plant a tree with every delivery and have won a Labo environmental award for their business practices. Lucie Amundsen, co-owner, has also written a book! “Locally Laid: How We Built A Plucky, Industry-Changing Egg Fam - From Scratch”.



**Natural Factors;** especially our new product, Anti Viral Formula (Anti-V). Natural Factors is one of my very favorite brands we carry here at the Co-op. They provide us with supplements of exceptional quality including immune support products like Oregano Oil, Olive Leaf Extract, Lung, Bronchial, Sinus Health, and our newest addition; Anti-V. We love their sleep and relaxation line including melatonin and Suntheanine. We also carry Easy Iron, multivitamins and anti-inflammatory products... and that’s just naming a few! Natural Factors is a family-owned company committed to providing high quality supplements and nutritional products. Born in the 1950’s, Natural Factors has a certified organic farm located in BC, Canada. Growing their own plants gives them outstanding quality control over their raw materials from seed selection to finished product. This is definitely a brand I would recommend to my friends and family, and feel good about having on our shelves for you!

## THE MANLIEST ARTICLE TO EVER MAN

Working here at our awesome lil' Co-op has been quite a ride so far. I'm really proud of all of us and the work that we do. Personally, I feel good knowing that I've had the opportunity of working in a field that's reflective of my values and ethics. Oddly enough, however, it seems I've gravitated towards female dominated workplaces. In a past life as an environmental educator, I was one of the three males out of twelve total staff. Even in my camp counseling days, male staff typically were in short supply. In my current position, out of the twenty-one individuals on staff, only four of us aren't women. And in the current era, recent issues surrounding gender dynamics have made me examine my current state here.

Now, let me be clear: my aim isn't to bemoan the lack of male representation or blaviate about "men's rights" at all. Nor do I want to devolve into an "us versus them" rant. I consider myself a proud feminist and believe that while everyone has their struggles, women in our society are ultimately disadvantaged for a myriad of reasons. With that, I can't help but feel that being a "thorn amongst roses" is a unique position worth discussing.

My fellow Y-chromosome having coworkers seem to think so too. Ryan, a recent graphic design intern had this to say: "I think one of the things I've always enjoyed about working in a women majority work space is that it's a good opportunity to diversify the friends you have since most of my friends are male."

"In my experience, I have always enjoyed work environments where women are at least equally represented on staff. It offers a necessary balance," writes JP, our resident Mr. Fixit. He continues,

"I'm going to confirm something that many of you reading this, might already know, or at least suspect, and that is that everyone that works here is super nice! With a staff of ~20 humans, that's saying something good about the people and the work environment we have. I also appreciate the alternative perspective that women can offer on a given subject, and I hope I offer the same in return. I find it easy to come up with solutions to problems and feel women are often better listeners."

Having worked in both male and female dominated places, honestly, I have to say I prefer the latter. I feel there's an emotional support that simply isn't present in traditionally masculine environments. In the past, I've struggled with asking for help when I need it, and traditionally masculine work environments aren't

always conducive to doing so. Especially here in America, a lot of value is placed on self-reliance, independence, and emotional distance in men. This can make many of us feel like a failure of a man if we're unable to live up to these standards to which we've shackled ourselves. But really, are these traits doing us any favors? Why is it that so many men feel beholden to live up to this archetype that's become so prevalent, yet so harmful? The answers, I'm afraid, are much too complicated and poorly understood to delve into here, but the detrimental effects are plain to see. The American Psychological Association states that men who highly value the traditional masculine values of emotional unavailability, pursuit of status, and primacy of work suffer higher rates of mental health issues such as depression, stress, and substance abuse. This in turn of course leads to physical ailments stemming not only from risky and destructive behavior, but also from reluctance to seek help when needed.

By working alongside so many strong, ambitious women, I've learned to challenge these tendencies towards "toxic masculinity" when they arise. We as men have to realize that the system as it exists harms not only women, but everybody. Fellas, we don't have to do it all ourselves! The world won't collapse if you don't suppress your feelings as you might've been conditioned to. Don't be afraid to be supportive and open with each other! You'll likely find your brethren are experiencing similar challenges. Cooperative working, as the name implies, is meant to bring individuals together. I've learned to recognize that ultimately we're all just a bunch of humans, all working towards the same goals. Regardless of gender, we all have to look out for each other.

### Do you know how...When you were a kid,

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**Q:** Where Does (3 X 3) + a great way to get involved = 25%?

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**A:** Stevens Point Area Co-op Working Member Program



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**Have a suggestion? Have an idea? Feel free to email one of our board members with your thoughts!**

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## FROM OUR GREENHOUSE TO YOUR GARDEN:

The Farmshed Plant Sale is ON!

Farmshed's Growing Collective Plant Sale will still take place Memorial Day Weekend 2020. The greenhouse is closed to the public, but Farmshed will be accepting orders ONLINE and they will be available for curbside pick-up. Details coming soon, watch [farmshed.org/plantsale](http://farmshed.org/plantsale) for updates and follow @Central Rivers Farmshed on Facebook.



The Growing Collective is a group of Farmshed members who work together to grow vegetable starts from seed, including heirloom, organic and unusual selections of tomatoes, peppers, herbs, and many more in Farmshed's greenhouse. Each member receives plants for their home garden, and they are also proud to support community groups and school gardens, including the Stevens Point Area YMCA Farm to School Program and Giving Gardens of Portage County.

### More about Farmshed:

Farmshed's mission is to grow a resilient local food community. Central Rivers Farmshed and many community partners came together in 2011 to launch an all-encompassing revitalization of the former

Sorenson's Garden Center in downtown Stevens Point. The acquisition of this historic property has afforded Farmshed the opportunity to deepen our community's relationship with food in all forms: from growing, to processing, preserving, cooking and finally eating, all while building a regional food system. Farmshed is currently developing their online offerings in response to COVID-19, please stay tuned for more on that as well.





**STEVENS POINT AREA CO-OP**  
633 Second Street  
Stevens Point, WI 54481

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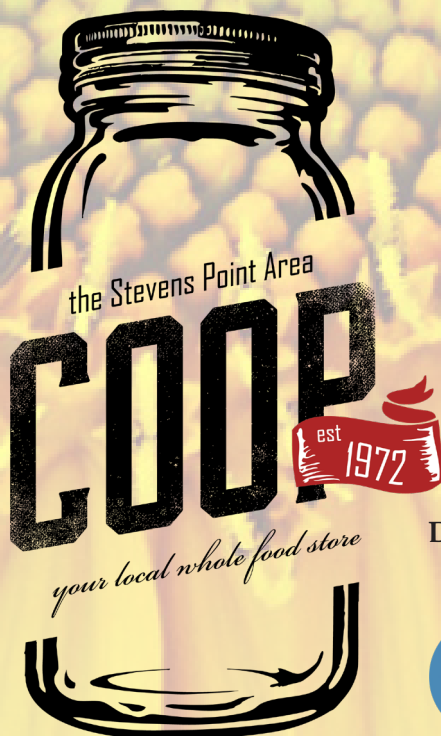
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