



# the COOPERATIVE spirit

## INSIDE THIS ISSUE

**CO-OP EDUCATION**  
The Impact of  
Mattresses on Our  
Environment

2

**CO-OP EDUCATION**  
Saving Time,  
Money & the  
Earth: Bulk Buying

3

**CO-OP GOODNESS**  
New Flavors are  
Blossoming!

4

**CO-OP COMMUNITY**  
Volunteer Powered  
Plant Sale with the  
Growing Collective

5

**CO-OP COMMUNITY**  
Board Candidate Bios

6

**CO-OP GOODNESS**  
Featured Products:  
Beat the Heat

7

## REDUCING PLASTIC AT THE CO-OP

As the month that we acknowledge Earth's existence has passed here at The Stevens Point Area Co-op, we want to keep acknowledging and celebrating the beautiful planet that we all can call our home. The Co-op has some new sustainable opportunities for our shoppers that positively will keep this earth around a little longer.

### Take a Jar/Leave a Jar

This new service helps give everyone an opportunity to cut back on plastic. Here is how it works: First it starts with a donation box where anyone can donate glass jars. To donate jars we ask that jars come with lids and are clean. Jars must not have chips, cracks, labels, rust and be odor free. We will proceed to inspect the donated jars to make sure they are safe, clean and sanitized. Now to the exciting part! Next to the clean scoops in the bulk section there is a crate where we will have the jars that were donated for purchase, for an awesome price too: Thirty cents for non-members and only 25 cents for members! Compare that to our plastic containers that we sell for 25 cents. What a deal! So the next time you are shopping in the bulk section and forgot or are looking for another reusable container, stop by to see if any glass jars are available!

### Bag Credit Contest

Now that you have extra glass jars it is time to put them to use! Doing so gives you the chance to win some extra spending cash at the Co-op through our new monthly bag credit contest!

In order to reduce plastic waste we encourage everyone to bring in their own containers when utilizing any of our bulk sections, as well as bringing in their own grocery bags. Any bag or container a customer brings into the store to reuse is eligible for a 5 cent bag credit, which can be kept towards their purchase or donated to the non profit of the month.

At the end of each month we will see which three individual members used the most reusable containers or bags in one transaction. We will reward these members with a \$5.00 gift card to put into their account to go toward their next grocery run!

We appreciate your support and thank you for your continued dedication to sustainability!

## UPCOMING EVENTS

**5/19** General Membership Meeting

**5/27** Reduced Hours 9:00 AM - 6:00 PM

**5/28** Board of Directors Meeting 5:30 PM

**6/25** Board of Directors Meeting 5:30 PM

## CONTACT US

715-341-1555

info@spacoop.com  
www.spacoop.com



## THE IMPACT OF MATTRESSES ON OUR ENVIRONMENT

According to the Environmental Protection Agency (EPA), the United States throws away 18.2 million mattresses each year. Just one of those mattresses can take up to 20 cubic feet in a landfill; that's a lot of space for almost 20 million mattresses!

Additionally to taking up a lot of room, mattresses are designed to resist flattening and compression, which makes them a machine operator's worst nightmare. Landfill equipment operators use machines to smash down trash to make it as compact as possible to save space, but mattresses bounce right back even after being rolled over by the heavy machines.

The average lifespan of a mattress is 15-20 years, but many mattress retailers offer a money back guarantee for customers who are unsatisfied with their newly purchased mattress. In a podcast from 2019, a Wall Street reporter Stephanie Yang calculated that she would be able to sleep on a free mattress for eight years if she took advantage of all the offers from mattress retailers available. (Full podcast available at the bottom of this article.) Once these mattresses are returned, they are usually landfilled because they can't be resold.



- **Integrated Renewable Energy Systems**
- **Masonry Heaters**
- **High Performance Homes**
- **Design and Consult**

**www.gimmeshelteronline.com**  
715-824-7200 Amherst, WI

There's also a convenience factor for these mattress trials. Many companies can package up a mattress in a relatively small package and deliver it directly to a customer's doorstep which can then be opened up and after a few hours or days it will expand to a regular size. Some even offer pick-up services for returned mattresses. This differs from previous years where a customer would go directly to a mattress store, lay on various mattresses to decide what firmness and/or plushness level works best for them. Simply put, we just don't buy mattresses like we used to. This change in consumer habits may be a leading cause in the increase of mattresses that end up in landfills across the country.

In the United States, there are 56 mattress recycling centers. Luckily enough, one of those centers is located right here in Wisconsin. 7 Rivers Recycling, LLC was founded in 2011 by Hilltopper Refuse & Recycling Service, Inc. and D&M Recycling. Both of these businesses have over 30 years of experience in recycling.

In May of 2024, Recycling Connections is partnering with 7 Rivers Recycling and the City of Stevens Point to host a mattress recycling event in hopes of reducing the amount of mattresses that end up in landfills. It currently costs \$30 per mattress to collect, ship, and recycle a mattress which makes landfilling your own mattress cheaper than recycling. Our hope for this event is to create an option for collecting and recycling mattresses at a cheaper rate than landfilling. We want to reduce the financial cost to residents to provide them with a more economical, environmentally, and socially responsible alternative for disposing of a mattress at the end of its life.

This event was made possible by funding from Central Wisconsin Community Foundation, Bound to Happen Books, Aldo Leopold Audubon Society, Recycling Connections, & Bucket Ruckus with additional partners supporting the event including: 7 Rivers Recycling, Portage County Solid Waste, the City of Stevens Point, Central Wisconsin Apartment Association, and Office of Sustainability at the University of Wisconsin-Stevens Point.

The Mattress Recycling Event will take place on May 25th from 10:00 AM to 2:00 PM at the City of Stevens Point Recycling and Yard Waste drop off site, located at 100 Sixth Avenue by Bukolt Park. The fee to recycle your mattress and/or box spring will be \$10 per unit; pre-pay today at <https://signup.com/go/JkbJPHf> or pay on-site the day of the event with cash-only. Limitations do apply. We have a capacity of 150 units total and will not accept any excessively soiled or infested mattresses. No crib mattresses. (Mattress defined: a fabric (and sometimes vinyl) case, filled with deformable or resilient material comprising of polyurethane foam or latex foam and used for sleeping.) In this Agreement, box springs, a manufactured product used to support a mattress, is also defined as a mattress. Please note: this definition does not include furniture (i.e., couch or bed frame, etc.); waterbed; air mattress; mattress containing electronic components or electrical wiring; futon; pillows, sleeping bag, mattress pad, mattress topper, or crib bumper.

You bring us your mattress and staff and volunteers will assist you with unloading. From there, these mattresses will be delivered to 7 Rivers Recycling in Onalaska, Wisconsin where they will be properly recycled

Just in time for spring cleaning, declutter your home and make a positive impact on the environment. For more information, please contact [michelle@recyclingconnections.org](mailto:michelle@recyclingconnections.org).

Podcast Link: <https://www.wsj.com/podcasts/your-money-matters/online-mattress-business-never-ending-free-trials/26f68f0c-ca11-48c7-9e85-a9c6193c3201>

-Michelle Nieuwenhuis

## SAVING TIME, MONEY & THE EARTH: BULK BUYING

Managing a household can be exhausting. But it's also rewarding and fulfilling. Perhaps one of the most tedious tasks of caring for your family is grocery shopping, especially if you're health-conscious and spend extra time reading ingredient labels and more money on organic products.

One life hack to grocery shopping is...simply buying in bulk. Not only does it cut down on waste and recycling materials but it also helps save you time and money. Let's review some of the benefits of buying food items in bulk.

### Cost Effective & Convenient

A Lending Tree analysis demonstrates that bulk buying can save consumers 27% compared to purchasing standard quantities .

While buying in bulk may cost more upfront, the per-unit cost is less expensive over time. Of course, this only works for items with a longer shelf life such as herbs, canned goods, and paper towels. As long as you get enough use out of the products you buy, bulk purchases offer more bang for your buck.

Not to mention, the convenience of making fewer trips to the grocery store. This not only saves you time, but it also saves your gas. Some of the best items to buy in bulk are:

- Herbs and spices
- Grains
- Baking staples - flour, cocoa powder, sugar, etc.
- Beans and Legumes
- Nuts and seeds
- Oil
- Honey and Maple Syrup

### Sustainability

Did you know that about 10% of the cost of an item is to cover the cost of the packaging? Luckily, buying in bulk can help reduce plastic waste, especially when you use reusable bags and containers.

Although "buying in bulk" sounds like you're buying a ton of food, you're really just buying the amount you need for your family. When you bring your own containers, you can fill them as much or as little as needed to meet your needs.

This also allows you to purchase small amounts of items that you're trying for the first time instead of committing to an entire box or bag that will likely end up wasted. Purchasing singular items or standard amounts of products uses a lot more packaging, not to mention the resources to manufacture that packaging.

## Mattress Recycling Event!

**JUMP ON THE  
OPPORTUNITY:**

**Saturday, May 25th,  
2024, 10am-2pm**

**Stevens Point Drop-off  
Center, 100 6th Ave,  
Stevens Point, WI**

**For more information visit  
[recyclingconnections.org](https://recyclingconnections.org)**

**Scan the QR code to  
reserve your spot today!**



SCAN ME



### Bulk Ingredient Recipes

**Wild Rice** - Enjoy wild rice on its own or combine it with your favorite veggies to create a side dish for dinner. Mix wild rice with walnuts, cranberries, and brown sugar for a sweet treat.

**Overnight Oats** - Combine ½ cup of rolled oats, ½ cup of milk, ¼ cup of yogurt, maple syrup to sweeten, chia seeds, and a dash of vanilla. Store in a container overnight. If you're in a rush, let the mixture soak for 2-4 hours. When you're ready to eat, add your favorite fruits, seeds, and nuts, and enjoy!

**Tea** - Simply use your favorite bulk herbs such as nettle leaf, mint, hibiscus, etc., to create a delicious tea. Use anise and cinnamon to make a warming tea for a rainy day or hibiscus and mint for something more refreshing.

**Rice and Beans** - A simple but delicious and versatile recipe that can be enjoyed on its own or combined with a salad or tacos. Add chicken or beef for more protein or your favorite veggies and sauce for dinner. Combine rice and beans with eggs, cheese, and hot sauce for a delicious breakfast.

- Anita Welch

## NEW FLAVORS ARE BLOSSOMING!

Springtime awakens new, fresh ideas and wondrous creations into our lives. The Co-op is ever evolving as well with this flow Spring time presents. You may have noticed some exciting new additions to our bulk herbs and spices department. Our passion is to spark creative visions and culinary adventures, inspired from origins all across the globe!

The Co-op kicks off the warmer weather with the inspiration of having picnics and cookouts with friends and family. Spice lovers rejoice as we welcome new, flavorful and unique spice combos to elevate your taste buds. What better spice to celebrate a global fusion than our newest addition: Blackened Cajun Seasoning! This Louisiana classic soul food seasoning is taken to the next level with the addition of smoked paprika, giving a delicious blackened essence. An excellent way to give your proteins, veggies, rice and beans the zest of a southern delicacy. Stay tuned closer to summer as we add more sensational spices to our shelves with the theme of grilling out in mind!

cinnamon roll~breads~pastries~cookies~muffins~gluten free



THE BEST LITTLE BAKERY IN TOWN!

m-f 9am to 1:30pm

(715) 341-4155

solar

powered

633 2nd Street Stevens Point, WI

These longer sunny days welcome creamy, nutritious smoothies and refreshing cool iced teas. Spice up your vanilla protein smoothie with cinnamon, cardamom, ginger, nutmeg and a touch of black pepper for a blended chai delight. If you love brewing a big jar of sun tea, we have many energizing bulk green teas to choose from and relaxing florals to create your own mix such as chamomile, hibiscus, rose petals or.....lavender! That's right, bulk lavender is back in stock. Once again you can enjoy these little flowers in your favorite methods: a homemade lavender infused syrup in a bubbly mocktail, a floral twist added to a massage oil or steeped in oat milk for a lovely matcha latte!

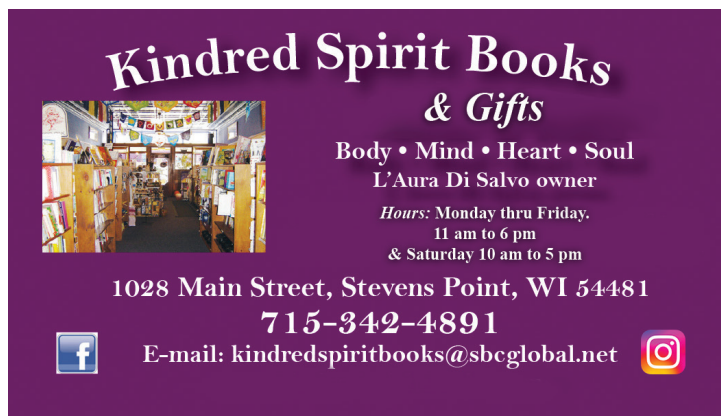
As we make way for these exciting new additions to our shelves, some of our slower selling items may be phased out or available in smaller, pre-packed portions. If there is something you no longer see, we will be happy to do a special order for you or potentially bring it back as a pre-packed item. Be sure to check out our herbs, spices and tea basket in the sale section too, you never know what treasures you will find.

And finally, get inspired! Next time you stop in, check out the new section in the foyer with free pamphlets all about herbs and spices. There are tips and recipes for fermentation, spice-infused oils, cocktails and more!

## VOLUNTEER POWERED PLANT SALE WITH THE GROWING COLLECTIVE

Having a garden, eating fresh veggies, smelling flowers... isn't that one of the best parts of Wisconsin summer? Lake swimming is up there too, but the 70+ volunteers of the Growing Collective take the joy of gardening and share it with the greater community each year with their annual plant sale that occurs the week before Memorial Day. This year will be our 11th year filling the Farmshed greenhouse (located at 1220 Briggs Court, Stevens Point, WI) with all kinds of unique varieties of vegetable starts, herbs, perennial fruits, edible flowers, and highly sought after native plants. The Growing Collective is a program of Farmshed, a local nonprofit in Stevens Point whose mission is to grow a resilient local food economy.

In addition to incredible plants, the Growing Collective Plant Sale will also feature compost products from Hsu's Growing Supply alongside compost bins and pails from Recycling Connections. There will be lots to check out at this week-long sale, so mark your calendars!



**Kindred Spirit Books & Gifts**  
 Body • Mind • Heart • Soul  
 L'Aura Di Salvo owner  
 Hours: Monday thru Friday,  
 11 am to 6 pm  
 & Saturday 10 am to 5 pm  
 1028 Main Street, Stevens Point, WI 54481  
 715-342-4891  
 E-mail: kindredspiritbooks@sbcglobal.net



**HEAL llc**  
 A holistic approach to wellness  
**OCCUPATIONAL THERAPY**

- Pediatric OT**
  - ~ sensory integration
  - ~ fine motor skills
  - ~ parent coaching
- CranioSacral Therapy**
  - ~ adults and children
  - ~ light touch massage
  - ~ cure headaches
  - ~ improve pain
  - ~ aid in healing
- Natural Environment**
  - ~ community
  - ~ home
  - ~ virtual appointments

Anne Nischke, MOT, OTR/L  
 www.healllc.org  
 Anne.Nischke@gmail.com  
 715-630-7967

The Growing Collective is a group of gardeners (of all experience levels) who work together to grow seedlings for their own gardens, plus thousands of extra plants to sell to the public as a fundraiser for Farmshed. There's a lot of coordination within the Collective that occurs behind the scenes to fill the greenhouse with such abundance. Members hold monthly meetings and host volunteer work days throughout the spring, doing everything from choosing new varieties and old favorites to grow, washing pots, starting seeds, transplanting, watering, and general greenhouse maintenance. In collective nature, Action Teams focus on specific aspects of the growing process such as marketing, budget, and plant care. All members of the Growing Collective are encouraged to be a part of at least one Action Team so they can have meaningful volunteer experiences by learning how the Collective operates.

### 2024 Plant sale times:

- Sunday, May 19th: 12P-7PM
- Monday, May 20th: 12P-7PM
- Tuesday, May 21st: 12P-7PM
- Wednesday, May 22nd: 12P-7PM
- Thursday, May 23rd: 12P-7PM
- Friday, May 24th: 12P-7PM
- Saturday, May 25th: 10A-5PM

There are more than just great plants that come from the Growing Collective. Getting in the greenhouse, being around community, and touching soil in March and April can be so good for our mental health. There is so much knowledge sharing, resource sharing, and general support within the Collective during work days and outside of the greenhouse. Long-lasting friendships are made, stories are shared, and we work together with ease, rallied around a common goal. When it comes to garden and pest problems, having a wealth of knowledge to ask questions from is indispensable. You just can't be bummed out when you're planting seeds and hanging with the Growing Collective. This group of volunteers just really wants to make your garden dreams come true!

To grow the thousands of plants we sell at our sale we need all the help we can get! If you're enthusiastic about gardening (no matter what experience) and want to be a member of the Collective you can always reach out to Sarah Zdroik, the Growing Collective Coordinator via email: [growingcollective@farmshed.org](mailto:growingcollective@farmshed.org) or sign up to be a member of the Collective next season in January or February.

Go to our website for more information: <https://farmshedgrowingcollective.wordpress.com/> and follow our new Growing Collective pages on Instagram and Facebook @growingcollective-WI for gardening tips and tricks too. See you at the Plant Sale!!

-Melissa Haack

## BOARD CANDIDATE BIOS

It's getting close to voting time! Below are four candidates that are in the running for a seat on the board in this upcoming election that will be finalized at this year's General Membership Meeting.

### Ish Odogba

"I'm a Professor in the Department of Geography, UW-Stevens Point and serve on the Board of Zoning Appeals, City of Stevens Point. Considered a bush doctor by friends, I live by the motto let your food be your medicine and not your medicine your food. This aligns with a purpose of the Co-op to provide "high quality whole foods and products that are less refined and more nutritious" with minimal adverse effect on the source of life, i.e Mother Earth. I enjoy playing soccer, being outdoors, and learning new survival skills. An avid organic gardener, I practically live amongst my plants during summer."



### Dwayne Long:

"I have been a SPAC board member since fall of 2023. I am running for a second term to continue using my decades of business experience to support keeping SPAC the unique incredible community it is!

I currently live outside The Village of Iola in the township of Helvetia, with my wife Megan and our two dogs.

I grew up in California graduating from Cal Poly University with a degree in mechanical engineering. I worked my way up through several organizations to the role of vice president of operations. Industries include food packaging, consumer products, and medical equipment.

Healthy foods and natural products are a significant part of our lifestyle. We love being part of the Co-op and contributing to its ongoing success."

### Steve Dix

"My name is Steve Dix and I am an Administration Support Specialist for the Information Technology Department at UWSP. I've been coming to the SPACCOOP since my family moved to the area in 1978. Besides technology and gaming, my interests include biking, fitness and recently putting more focus on wellness. Serving as an interim board member the past several months has shown me so much of what it takes to run an excellent organization like this and I feel privileged to have served on it thus far. I've enjoyed multiple aspects of what the SPACCOOP has done and provided to our community in the past and am excited to see what its future holds."



### Alex Kochanowski

"I am Alex Kochanowski; I have been a resident of Stevens Point for close to 30 years and a resident of Portage County almost my entire life. My interest in serving on the Co-op board is to help it prosper financially in a way that best helps keep the doors open to our community while also maintaining the legacy of a hometown resource many in the City value and many in the neighborhood appreciate with its historic location."



Be on the lookout for absentee voting that will take place Sunday May 12 through Saturday May 18, 2024. Absentee Ballots can either be accessed through in-store and online. Online Ballots will be presented through email and on our website. Each member/household will only be able to vote once.

## FEATURED PRODUCTS: BEAT THE HEAT

### Sacred Blossom Tea

Since 2016 Sacred Blossom has been growing herbs for tea in the Driftless region of Wisconsin, providing tea to Grocery Co-ops and Whole Food stores throughout Minnesota and Wisconsin. This company strives for low input, sustainable practices and innovative farming to produce a quality product. Herbs that are treated sacredly, from minimal tilling, small scale weeding all the way to slow drying herbs with the use of solar power. Here at the Stevens Point Area Co-op we are excited to share the Angel and Dream sacred tea blends, both which work great for iced tea as the weather gets warmer!



### Badger Products

We are looking forward to the summer, but can't forget the few nuances that come with it such as sunburn and bug bites. The Stevens Point Area Co-op has the solutions to make your summer the best summer that you can have and it starts Badger Balm. This woman owned business from the East coast produces high quality Fair Trade and Organic certified products. Here at the Co-op we sell a wide range of Badger products including multiple sunscreen and bug repellent options. Stop by the store today to treat your skin with care over these upcoming summer months. We got you covered!



### Santa Cruz Lemonade

Something new for our co-op is Santa Cruz Lemonade, with no artificial flavors and sticking to a simple recipe of filtered water, organic sugar, organic lemon juice concentrate and organic natural flavor. This lemonade is USDA organic, Non-GMO Project Verified and gluten free. And it's so delicious, the whole family will love it. Great for freezer pops, cocktails, mocktails or just straight to aid your thirst for the wonderful warm days ahead. When life gives you lemons, drink some Santa Cruz lemonade!

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

PRESORTED STD  
U.S. POSTAGE

**PAID**  
STEVENS POINT, WI  
PERMIT NO. 51

## BOARD OF DIRECTORS

JOHN PEARSON • KAMI ALBRIGHT-LOOMIS  
LOGAN BRICE • STEVE DIX • TREVOR HOARK  
DWAYNE LONG • HALLYE WEBB  
ISH ODOGBA • JESSICA LAWSON  
TROY KUEHN • WILLIAM BROUSSARD  
ANDREA OLSON • ANDREW BREITENSTEIN

## CONTRIBUTORS

MICHELLE NIEUWENHUIS • ANITA WELCH  
BRIDGET PETERS • MELISSA HAACK



## NEWSLETTER TEAM

MANAGING EDITOR:  
ANDREW BREITENSTEIN

DESIGN & PHOTO:  
NICHOLAS RICHARDS

EDITOR:  
JULIA STAMP

PRINTING:  
DOLCE IMAGING



@SPACoop

