



the

COOPERATIVE

spirit

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IT'S THAT TIME OF THE YEAR AGAIN!

We are accepting nominations for our 2020 1% Friday recipients and Produce for the People. Submissions will be due Sept 30.

If you have a favorite organization or charity you'd like to see on our list for 2020, please let us know! 1% Friday submissions can be made via email to JessicaL@spacoop. Produce for the People nominations can be directed to AprilA@spacoop.com. Include contact information for the organization or charity as well as why you love them! Nominations will be voted on at our fall General Membership Meeting on October 13th, 2019. As always, we invite all members to attend! To find out more about our 1% Fridays program, check our website or ask a friendly cashier next time you're in!



UPCOMING EVENTS

9/2 Labor Day - Closed

9/24 Board of Directors Meeting

9/30 Inventory - Co-op closing at 6:00 p.m.

10/3 Bowl Painting Party

10/13 Fall General Membership Meeting

10/22 Board of Directors Meeting

CONTACT US

715-341-1555

info@spacoop.com

www.spacoop.com

HOURS

Monday-Friday
7am-8pm

Saturday-Sunday
8am-6pm

HARVEST DAYS IS BACK

Get ready for one of the most exciting times at the Co-op: Harvest Days! For the whole month of October, we are giving you 10% off all bulk items in the store. This includes bulk herbs and spices, coffee, and tea as well. Use the opportunity to try something new or stock up for before we get stuck inside for the half year white-out we call Winter. We have everything from unpasteurized almonds to freeze dried mushrooms, allspice to yarrow root, light to dark roast coffee, maple syrup to honey, and everything in between. Well, not everything, but we have one of the largest bulk selections you'll find in Central Wisconsin. As always, we encourage you to bring in your own bulk containers to get the \$.10 credit to take off your final total or donate to our 1% Friday organization for October, the Humane Society of Portage County.

Here's something even more exciting, we're still giving a discount on our Bulk Pantry Essentials program! That means that we'll be doing discounts on discounts on discounts on your favorite Bulk necessities

Fall is an exciting time at the Co-op, and Harvest Days is only one of many reasons. Our Produce cooler is going to be bursting at the seams with the local harvest, we'll be congregating as a cooperative for our Fall General Membership Meeting, and we're only going to continue to do our best to serve you as your Co-op staff members. See you in the aisles!

Lyn C.

Do you know how...When you were a kid,
 You were completely fascinated with nature?
 Our school incorporates nature and the environment into lessons where students learn through hands-on projects, like growing food for their school lunches!



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HAPPY ANNIVERSARY

Melissa Hoops-Rice (13 years) and Roberta Bie (2 years) are celebrating their Co-op anniversaries! Congratulations and we're happy to have you here!

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 • Private events/parties



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FAMILAR FACE, NEW RESPONSIBILITY



Hello everyone! I'm Annette and you may have seen me around but I wanted to introduce myself as the new dairy buyer! I have been having so much fun reorganizing the coolers and can't wait to bring in some fresh, new, local products. If you see me around, come say hi! I would love to hear any and all input you might have.

WHAT'S THE HAPS IN Wellness and Body Care?

Dear Co-op Members,

The recent weeks have brought some new and exciting items to the Body Care department! I want to share a few of my favorite things that work well, are made with minimal and clean ingredients, and have the potential to lower your environmental impact! Who doesn't want that?

First, if you have been in the store shopping for deodorant recently, you have likely heard me raving about Beauty Full Day LLC's all natural and organic herbal deodorant. I have fallen in love with this regionally-made brand! Their bug spray, Swat Force, has made our Wisc. bug season more tolerable for my dog and me, and the deodorant is unmatched in effectiveness!

Beauty Full Day herbal deodorant is made with natural and organic ingredients including arrowroot, cassava, coconut oil, and unrefined shea butter. It comes packaged in a recyclable/reusable glass jar, and is easily applied to a clean arm pit with your fingertips. Simply apply a pea-sized amount to a clean armpit with your fingertips and get ready to be impressed by the product.

Need a real-life testimonial to convince you? Here's one from one of your Co-op employees, Tara Burns:



" IT IS AWESOME!"

"Spreads easily, feels good, not greasy, sticky or grainy, it's like having nothing on.

Controls odor all day long - I have had BAD problems finding a product that controls my armpit odor, for like 10 years. To the point of carrying clean-up stuff and extra bra and top with me all summer. Most stuff, if it worked at all, would work a week or two, then back to funkytown.

This stuff is absolutely fabulous! My pits n I thank you from the bottom of our heart."

Next, have you seen our new line of locally-made bar soaps? I am thrilled to have Stuff (That Works) brand bar soaps on our shelves. These beautiful soaps are hand-crafted by our talented local artisan, Stef Lee. Stef is dedicated to using only earth-friendly ingredients and researches every one thoroughly. Her soaps are created with organic, sustainable and local products, from goat's milk sourced from the farm down the road, to the biodegradable, ocean-safe glitter on top! Her soap-making process involves a super-long curing time which makes the bars extra long-lasting. There's no shame in wanting to take a bite out of these delicious smelling works of art.



Finally, worth an honorable mention is our bulk body care. We are now offering Dr. Bronner's castile soaps, hand soap, body lotion, bath salts, clay powders and more! All bulk body care will be included in our Harvest Days sale during the whole month of October! So, bring in your favorite containers (or purchase one of ours) and stock up on bulk liquid castille soap, hand soap, body lotion, bath salts, clay powders and more...try a lot or a little!

Whether you are in the market for a new responsibly-made organic deodorant, a beautifully-crafted, locally-made bar of soap to brighten your day or some bulk body care to lessen your carbon footprint...stop in and try some of my favorites, I hope they become your favorites too!

-Sara P.



HOW WOULD YOU LIKE YOUR RECEIPT TODAY?

About a year ago, the Co-op gave you the option of printing-- or not printing-- your receipt at the register. While we still have both those options available, we are happy to announce that members can now have their receipt emailed! Simply ask the cashier to select the “email receipt” option and marvel as it immediately sends to the email on file for the membership. How cool! As always, we will still be using the Phenol@Free receipt paper, which is free of BPA and BPS, for those times when you need a hard copy.

Unsure if you’re purchasing the right item? Make sure you opt to keep the receipt and bring in your unopened, nonperishable, non-bulk item back to the Co-op within 30 days, and we can process that for you, as always.

Co-op Return Policy: We gladly accept returns on unopened, non-perishable, non-bulk items that are accompanied by a receipt within 30 days from the original purchase. Unsure if your item qualifies? Ask a cashier and we can assist you!

Q: Where Does 3 X 3 = 25% + a great way to get involved.

3 hours per week, 3 weeks of your choice per month earns you 25% off your Co-op purchases, plus other Co-op perks.

A: Stevens Point Area Co-op Working Member Program



Greening Events in Our Community

Did you notice the compost bins at the Levitt Amp Concert Series this summer? This was made possible through an in-kind partnership between Recycling Connections, Rising Sand Organics, and Whitefeather Organics. Recycling Connections provided signage to organize the waste stream and monitored the bins at every concert; Rising Sand hauled the organics, and Whitefeather accepted the organics making it into nutrient-rich compost. We are proud of this partnership and enjoy offering sustainability services like this in our community.

If you are looking for ways to reduce waste or divert waste from the landfill, Recycling Connections is here to help. Since 1981, Recycling Connections has been servicing the Stevens Point Area to promote waste reduction, recycling, composting, and resource conservation. They help residents and businesses find ways to reduce waste, recycle (the right way!), and compost more.

You can support this mission every Friday in September by shopping at the Stevens Point Area Co-op. Recycling Connections is the selected non-profit organization for 1% Fridays in September. Like Recycling Connections on Facebook (www.facebook.com/RecyclingConnections) for your chance to win some green give-aways or learn more about their services at www.RecyclingConnections.org



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MEMBER SPOTLIGHT

Bill Schierl and Sarena Melotte have been members of the Co-op for over 20 years! One of their favorite qualities of the Co-op is that its products are responsibly sourced using items produced closest to home. They also love how the Co-op makes securing responsibly sourced bulk orders easy -- their favorite item is World Foods vegetarian Fantastic Taco Filling Mix. Two Words -- Taco. Night. Every Sunday Bill and Sarena prepare their tacos using the Fantastic Taco Mix, Whitefeather Organics MicroGreens, Rising Sand Organics lettuce mix and basil, tomatoes, and Tofutti non-dairy sour cream. Yum! Sounds like we’re heading to Bill and Sarena’s on Sundays!

NEW PRODUCTS ON THE SHELVES

Bliss Granola, Dark Chocolate Hazelnut :: The brand you love in a new flavor!

Flow, Alkaline spring water with assorted flavors :: Eco-friendly pack that is 100% recyclable and +68% renewable materials.

Burdock Root, Powdered and Cut & Sifted :: Another great medicinal herb from Frontier.

Soler Romero, Extra virgin olive oil :: From a family business in Alcaudte, Spain, this extra virgin olive oil is preserved in stainless steel tanks under nitrogen atmosphere.

Yellow Bird, Blue Agave Sriracha and Serrano :: Sourced from 100% organic when available, always non-GMO and fair trade.

Siete, Queso Dip, Nacho & Spicy Blanco :: Vegan Queso as good as the real deal.

Chameleon Cold Brew Coffee :: Certified USDA Organic, sourced with a commitment to long-term sustainability

Western Foods, Brown Rice Flour :: Western Foods is an employee owned (ESOP) company based in California who believes in efficient manufacturing practices and who are environmentally aware.

Living Intentions, Superfood Hemp + Greens Cereal :: Based on the idea of “you are what you eat,” Living Intentions cereal designed their cereal to make sure we eat clean, nutrient dense foods!

Perfect Bars, Almond Butter, Dark Chocolate Chip, Chocolate Walnut Brownie, Blueberry Cashew :: Special superfood protein bar, always non-GMO, certified low glycemic index



Tierra Farm, Dried Blueberries :: These organic Dried Blueberries are grown wild in Northeast Canada and make a deliciously sweet and healthy treat. The Dried Blueberries are free of any preservatives and are sweetened with an organic apple juice concentrate.

Tierra Farm, Roasted, Salted Sunflower Seeds :: Looking for a quick energy pick-me-up or something to munch on while you're watching the game? Tierra Farm certified-organic Salted Sunflower Seeds are a delightful snack for any occasion.

Amazing Ice Cream Brand Ice Cream -- in Chocolate, Strawberry, Salted Caramel, and Lavender Honey :: This Wisconsin-made ice cream comes from The Chocolate Chisel, an artisan chocolate shop and ice cream parlor, in Port Washington, WI. The milk used to make their wide variety of ice creams is certified rGBH free and comes from happy cows on Wisconsin farms.

Good Earth Farms Organic Boneless Pork Butt Roast :: Despite the name, this cut of meat actually comes from a pig's shoulder and is the cut used typically to make pulled pork. But, if you're not ready to make your own pulled pork sandwiches, it also does well roasted, braised, or stewed.

Earthbound Farms Organic Riced Cauliflower :: If you're trying to sneak more vegetables into your day, or if you are living a low-carb lifestyle, try riced cauliflower as an alternative to rice or other grains you would normally use in your everyday dishes.

Ruby Colorful Coffees, instant Creamery Blend :: Available in a single tube or four pack!



IT'S TEA TIME

October is all about Harvest Days here at the Co-op! When you're saving an extra 10% on all bulk items, it's the perfect time to experiment with some different herbs you wouldn't normally buy. It's starting to get chilly, so why not warm up with some of these herbal teas? Here are a few of my favorite concoctions, made entirely with bulk herbs and spices you can find at the Co-op!

For all these recipes, simply mix the ingredients well in a container with a lid. For every cup of tea you want to make, add a teaspoon to your tea strainer. Pour in hot water and let steep for up to ten minutes. Don't have a tea strainer? Have no fear, we've got plenty of options for you! Check out our coffee and tea accessories located next to our bulk coffee.

Start the day off right with this energizing combination!

1/4 cup dandelion root
1/4 cup echinacea
1/4 cup sage
1/4 cup blueberry green

Stop a cold in its tracks with this powerful blend!

1/4 cup mullein
1/4 cup nettle leaf
1/4 cup milky oats
1/4 cup thyme

The possibilities are endless! Try out some combinations of your own and let us know what you think!



HEY! DID YOU KNOW...?

You can park at the Pisarski Funeral Home across the street from the Stevens Point Area Co-op! So if you're driving by and don't want to stop because you think there is a lack of parking- never fear! Park in Pisarski and walk over to shop for all your favorite Co-op items!

Enjoy this smooth blend all day, every day

1/8 cup calendula
1/8 cup peppermint
1/8 cup rose petals
1/8 cup elderberries
1/8 cup milky oats
1/8 cup nettle leaf

Need to relax? Try this soothing blend before bedtime!

1/8 cup lemon balm
1/8 cup rosehips
1/8 cup peppermint
1/8 cup chamomile
1/8 cup tulsi
1/8 cup lavender



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



*Pisarski Funeral
Homes & Cremation Center*

Website: www.pisarskifuneralhome.com

Email: pdfh703@charter.net

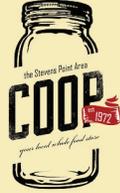
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Have a suggestion? Have an idea? Feel free to email one of our board members with your thoughts!

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- Melissa Haack - melissah@spacoop.com
- Andrew Ludwig - andrewa@spacoop.com

SEPTEMBER

\$0.50 OFF	\$0.50 OFF	\$0.50 OFF
per pound any Lonesome Stone bulk product <small>VALID 9/1/19-9/30/19</small>	any Packaged nut or seed butter <small>VALID 9/1/19-9/30/19</small>	per pound Good Earth Farms Petite Hams <small>VALID 9/1/19-9/30/19</small>
\$0.25 OFF	\$0.75 OFF	\$0.75 OFF
per pound any Bulk body care item <small>VALID 9/1/19-9/30/19</small>	any Slow Pokes Coconut Kefir flavor <small>VALID 9/1/19-9/30/19</small>	any Frozen Garden Smoothie <small>VALID 9/1/19-9/30/19</small>
\$0.25 OFF	any Perfect Bar <small>VALID 9/1/19-9/30/19</small>	\$0.25 OFF per pound Bulk Carrots <small>VALID 9/1/19-9/30/19</small>

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\$0.50 OFF	\$0.50 OFF	\$0.50 OFF
any Plainview Deli Meats <small>VALID 10/1/19-10/30/19</small>	any Bottle of wine <small>VALID 10/1/19-10/30/19</small>	any Trempeleau Walnut Burgers <small>VALID 10/1/19-10/30/19</small>
\$0.25 OFF	any Bar Soap <small>VALID 10/1/19-10/30/19</small>	\$0.30 OFF Head of celery <small>VALID 10/1/19-10/30/19</small>



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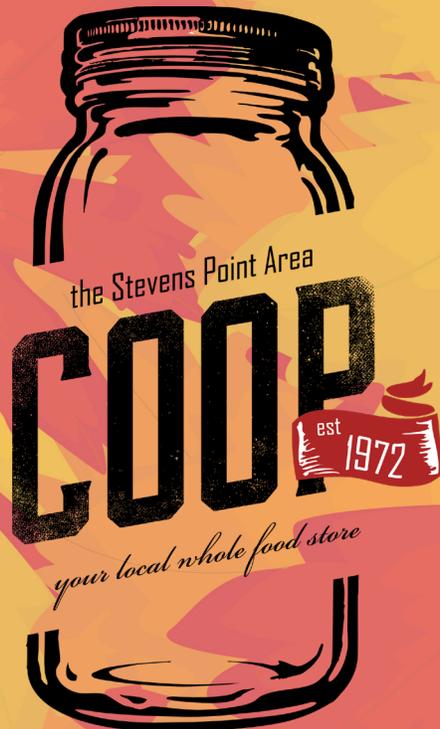
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