At Parable Farms, paid one year
1st
Are the
Third Wednesday of Every Month at 5:30 p.m.

ATTENTION INVESTORS!
Do you have your current address and phone number?
Stop by Customer Service and fill out an address change form if you have moved since you've become an investor.

Parable Farms Products
All meats from this local, family run farm are organic, pasture based. No hormones, antibiotics, or animal byproducts are fed. Just grass, natural grains and supplements. Grass finished beef and pastured lamb, pork, and poultry are available by order, as well as eggs from free range chickens. Maple syrup is also available and some beef, pork, and poultry year round.

About This Newsletter
You may have noticed that we have switched the newsletter to a black and white format. We chose to do this in order to offer the newsletter on a bi-monthly basis. This will help us have more current and up to date information. We hope you enjoy it!

Advertisements:
To place an ad in the Healthy Outlook, contact Heidi Yeagle at (814) 456-0282.
Ad sizes and prices are as follows: 1/8 page ... 3.5” wide by 2” high $30 1/4 page ... 3.5” wide by 5” high $60
All ads must be camera ready in .jpeg or .pdf format with a resolution of 200 dpi or higher.
Please supply your ad for the September / October 2008 Healthy Outlook by Friday, August 8th.
Email to webmaster@wholefoodscoop.org or drop off your ad on CD at the Co-op.

Read the newsletter on the internet.
You can also view the Healthy Outlook on our website at www.wholefoodscoop.org.

Whole Foods Co-op Mission Statement:
1. to be the premier provider of affordable foods and products which enhance health and well-being.
2. to enrich the community through education and excellent service.
3. to create an atmosphere conducive to maximizing the potential of all concerned: members, employees, customers, suppliers, the community, and the environment.
4. to be stewards of the environment in all our endeavors.
5. to embrace the seven cooperative principles:
   • Voluntary and Open Membership
   • Democratic Member Control
   • Member Economic Participation
   • Autonomy and Independence
   • Education, Training, and Information
   • Cooperation Among Cooperatives
   • Concern for the Community

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716-761-7224
Email: parable@comcast.net
www.parablefarm.com

Board Meetings
Are The Third Wednesday of Every Month at 5:30 p.m.

Classes at the Co-op
Have You Ever Considered Being On The Board Of Directors?
Attention All Cooks—We Need Your Favorite Recipes!
Low Cost Options
Cheap, Quick, Easy and Nutritious?
Breastfeeding and Working Mothers
Café Recipe: Greek Feta Pasta Salad
Employee Anniversaries
“Hypermiling”

July - August 2008
Healthy Outlook
A Newsletter Full Of Healthy Information From Whole Foods Co-op

The Rising Cost of Food, And What The Co-op Is Doing For You
By Jean Macio, Grocery Manager

It’s difficult for me to imagine that there’s any consumer today who hasn’t noticed that over the past several years we have seen some pretty dramatic price changes on the things we need in our everyday life. The ... one that drives our economy and kind of sets the pace, so-to-say, for most of the business world that directly affects our everyday lives. So, the price of oil goes up then it costs more to extract raw materials for food production and operate farms, so farmers and raw materials companies raise prices to offset costs and make a profit. Now manufacturers have these increased prices plus fuel costs of their own to deal with, so they pass on price increases to the distributor. Then the distributor passes on the price increase and a fuel surcharge of their own to the stores that buy from them. This, coupled with a farming industry that’s being fed government dollars to grow a whole bunch of inedible corn instead of something we can eat and a frighteningly devalued U.S. dollar, is killing the food market right now.

So, what is the Co-op doing about all these rising costs? Well, we’re price evaluating on a more individual level rather than raising prices all across the board, this allows us to keep lower the cost of more essential items that people need. Of course, the folks that run the CAP (Co-op Advantage Program) Organization are, as always, doing an excellent job at negotiating stellar prices from manufacturers; these CAP sales are the absolute best way to save money here at the Co-op. In addition, we are taking a lot of time scouring any additional monthly deals we can get. These can turn out to be great sales and are more commonly on items that are not so often on CAP sale, or perhaps never at all. Our goal is to offer more Investor sales each month; it’s really important to us that we pass on more discounts to those who have invested their money and trust in this store. We encourage people to take advantage of these sales; and remember, your Investor discount comes off this sale price at the register as well.

I also want people to know that our prices also go down. We evaluate prices monthly and though rising prices are a more common trend, we do see some decreases. If we find a steady market drop on an item, then we lower our price accordingly; we see lots of crazy dips and hikes in certain markets, especially in parts of the store like bulk and produce that deal with more elemental products that are not comprised of many ingredients. Continued on page 2…
**New Classes at the Co-op**

Tuesday July 1st  6:30 PM  
The Naturopathic Approach to Arthritis  
Gay Hilton, ND  
No charge for this event.  
Please register at customer service.

Tuesday July 8th  6:30 PM  
Post Carbon Erie:  
Organizational Meeting  
Are we ready for $7 per gallon gas? Maybe it’s time we develop a plan.  
No charge for this event.  
Reservations greatly appreciated.

Tuesday July 22nd  6:30 PM  
Fabulous Seasonal Pasta Dishes:  
Dinner and Discussion  
Join Barb Mueller for a delicious evening of ideas and inspiration.  
$7 investors $10 non-investors  
Please register at customer service.

Tuesday July 29th  6:30 PM  
Divorce Your Car  
Christine Reed, a veteran of life without a car, will help you form your escape plan from the Auto Culture.  
No charge for this event.  
Reservations greatly appreciated.

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**Greek Feta Pasta Salad**

- 1 lb BioNaturae Organic Penne Pasta  
- 2 t. Sea Salt  
- 1 t. Garlic Granules  
- 2 t. Onion Powder  
- 1/2 T. Oregano—Dried  
- 1/2 T. Basil—Dried  
- 2 Cloves Garlic (minced)  
- 2 T. Red Wine Vinegar  
- 1/2 c. Olive Oil  
- 1/2 c. Roasted Red Peppers  
- 1 c. Kalamata Olives—Pitted  
- 1/2 lb Frozen Spinach  
- 1 c. Diced Fresh Tomatoes  
- 1 8oz Block Organic Valley Feta Cheese

How many times have you asked, “How many cups of this are in a pound?” or “How many teaspoons of that are in a cup?” Well, your questions are about to be answered! We’ve been working on a conversion chart for the Bulk Department and Health and Beauty Aids (HABA) and are excited to announce this feature will be available sometime in July. The charts will list products by scale weight and then have the conversion into teaspoons, cups or pounds and will be distributed in various locations throughout the Bulk Department as well as two locations in HABA. Keep watching, it will be here soon!

---

**‘Hypermilers’ Squeezing Out Every Mile Per Gallon**

**Tips on saving gasoline:**
- Don’t use quick accelerations or brake heavily.  
- Don’t idle excessively.  
- Don’t drive at higher speeds. This increases wind resistance and mechanical friction, which reduces fuel economy.  
- Frequent short trips reduce fuel economy, since your engine doesn’t operate efficiently until it is warmed up.  
- Remove cargo or cargo racks, which increase aerodynamic drag and lower fuel economy  
- Don’t tow unless absolutely necessary.  
- Minimize running mechanical and electrical accessories, like your air conditioner  
- Avoid driving on hilly or mountainous terrain if possible.  
- Don’t use four-wheel drive if it’s not needed. Engaging all four wheels makes the engine work harder.  
- Park your car face out, if allowable, so you don’t have to back out of the space.
**Breastfeeding and Working Mothers**  
by Mary Flaminli

Last time, I mentioned that, though breast milk is by far the best and most natural food for a baby, a mother employed outside the home can find it more difficult to feed her baby herself. Some mothers are able to have their babies brought to them at work, so that they can feed them. If your work will not allow this, you may have to pump.

If you’re away from your baby more than 4 hours at a time, it’s best to pump, both to feed the baby and to keep up your supply. A maternity leave (6 weeks is ideal) gives you time to establish feeding and learn to pump.

Talk to your boss ahead of time about pumping. Tell him or her that a bottle-fed baby has, on average, one more sick-baby doctor visit per month than a breastfed one. Your boss may be more willing to give you 20 minutes to pump (and a private place to do it) when the alternative is the likelihood of you frequently calling in sick on account of your baby.

Finally, be flexible and realistic. You may not be able to fully breastfeed your baby if your work just won’t allow pumping. Give your baby as much breast milk as you can – even drops nourish and comfort. Finally, get informed: La Leche League (774-3598) and the Lactation Center (452-7732) can help. Good luck!

---

**Taco Meat**

Add:
- 2-3 large onions, peeled, halved and sliced
- 2-3 cloves garlic (can you tell I learned cooking from an Italian?)
- 1 teaspoon ground cumin
- green pepper, cored and sliced thin (optional)

Sweat the vegetables until they’re translucent and the spices have had a chance to fry a little. Add the liquid from the Old Rags, and then the meat. (Optional: add 1 cup tomato puree or 8 oz. tomato paste) Cook until liquid is almost evaporated.

This Taco Meat can be served immediately, refrigerated for a week, or frozen for 6 months. I keep it on hand for those days when there’s no time to concentrate on dinner.

**Full Taco Dinner** – As I mentioned, I always like to stretch the meat with lots of other foods. Ideally, I make brown rice on taco night. (Boil two cups water and ½ tsp. salt for every cup of brown rice. Add rice to boiling water, return to boiling, turn down to simmer, cover for 45 minutes. This can also be made in the crockpot.)

In the last 15 minutes, the children and I put out shredded lettuce, tomatoes if in season, salsa, tzatziki, flat taco bread (warmed briefly), corn chips, shredded cheese, and hot sauce. Sliced cucumbers and guacamole make this a special treat. Put the meat and the rice on the table right in their pots. Everyone makes tacos their own way, and I hope you’ll find a way you like it, too.
Low Cost Options

Planning your menu
What makes a meal delicious yet low in cost and easy to prepare? The secret is planning ahead! Well-planned meals can save time and money and provide a proper amount of nutrients for good health. By planning the week’s or month’s meals ahead of time, you are able to:

- Make a grocery list and stick to it
- Take advantage of store specials
- Clip and use coupons
- Reduce food waste and spoilage by improving the use of leftovers

As far as nutrition is concerned, the important thing to remember is to include a variety of foods to help you prepare well-balanced and nutritious meals. Try new foods often! Equipped with recipes, coupons, and sales flyers, sit down and write out your menus for several days or a week at a time. At the same time, make your shopping list. The more time you spend planning, the less money you will spend.

There is no need to skimp on nutritional needs. Your body gets the nutrients it needs when you include a number of servings from a food group. Some people may need more servings because of their body sizes and activity levels.

Processed Foods—The Hidden Costs
Packaged and processed foods are least likely to provide you the best cost/nutrition ratio. The cost incurred in both packaging and processing will be passed on, as well as any shipping and advertising costs. Also, a quick read of the label might reveal hidden sugars, sodium, fats, and other food additive that will take the place of good nutrients found in whole foods.

Bulk Foods—Advantages
Now we’ll discuss the nirvana of savvy low-cost shoppers: the bulk food section. With your preplanned meals, you won’t buy more than you need. You can buy just the amount the meal requires. No waste! Further reduce waste by using your own containers. Make sure you have a selection of airtight containers to put your foods in. Then you can buy a pinch or a pound of grain or granola, pasta or peanut butter, TVP or tea.

Also, you can try out new or unusual products. We have soup and meal mixes, baking supplies, and snacks that can be purchased in any amount you need. Aside from the hundreds of products you can find in our bulk department, you can also find teas, herbs and spices, seasonings, tahini and cold water. Blend until smooth. If mixture is thicker than a thick batter consistency, add a little more cold water. Put in a bowl and smooth the top. Sprinkle paprika on top and dribble the olive oil over that. Serve at room temperature. Leftovers can be refrigerated for a week, or frozen for months.

In place of the cheese, make high-protein Hummus Tahini

1-2 cloves garlic, peeled
2 cups cooked, drained chickpeas (canned or homemade)
4 Tablespoons lemon juice
½ teaspoon or less salt
¼ teaspoon ground pepper
3 Tablespoons tahini (sesame seed paste)
2 Tablespoons cold water
½ teaspoon paprika (we like smoked paprika)
2 Tablespoons olive oil

In a food processor or blender, mince the garlic first, then add chickpeas, lemon juice, seasonings, tahini and cold water. Blend until smooth. If mixture is thicker than a thick batter consistency, add a little more cold water. Put in a bowl and smooth the top. Sprinkle paprika on top and dribble the olive oil over that. Serve at room temperature. Leftovers can be refrigerated for a week, or frozen for months.

Volunteer Discounts
Consider volunteering in our store. If you are an investor, we offer opportunities to volunteer for a discount. Volunteering 4 hours per month earns 10% off on purchases. Volunteering 4 hours per week earns 20% off of your purchases.

Other Low Cost Options
There are many other things a low cost shopper can do, from preparing “planned leftovers” that save money not only on ingredients but also saves gas or electricity and hot water and cleaning supplies. Consider sprouting and growing your own foods, even indoors. You can make your own yogurts, wheatgrass, tofu, tempeh, wine and beer, condiments, pickles, jellies and jams, breads and baked goods in the modest of kitchens.

My all-time favorite dip is Tzatziki. It can be used on bread, chips, or vegetables.

1 cups fresh yogurt, unflavored (full fat, lowfat or nonfat)
1 – 4 crushed cloves of garlic, depending on your tastes
2 Tablespoons olive oil
1/2 teaspoon dill weed
salt and pepper to taste

The trick is to drain the yogurt ahead of time. Line a strainer that can sit on top of a bowl with cheesecloth or white paper towel, hang it over a bowl, and put the yogurt in the strainer. This drains at room temperature out on the counter, so if you have pets, you should cover the top of the strainer with a plate to keep them from sampling the yogurt. After the yogurt has drained 2-3 hours, it is called yogurt cheese. Mix it with the other ingredients and refrigerate, covered. (If it’s too stiff after draining, you can thin it out with milk or buttermilk. The resulting dip won’t separate, as the original yogurt would.) Tzatziki lasts 1-2 weeks in the refrigerator. I use it in place of sour cream on my Tacos. (The whey can be used in baking; boil it briefly, then store in refrigerator up to 2 weeks.)

Other dips you can use for this supper are guacamole (avocado dip) and baba ghanoush (charred eggplant with lemon juice and tahini). In addition to bread, you can serve corn chips, or cut pita bread into eight triangles and toast it briefly to make it crunchy. In season we have sliced cucumbers and fresh tomatoes. Hope some combination works for you!