



3 Rivers Food Coop

August 2017

Currents



**CLIMATE
COLLABORATIVE™**
Commit. Act. Impact.

Natural Foods Commit to the Climate

From Climate Collaborative and National Co+op Grocers

The Climate Collaborative was born from a belief shared by natural food leaders that our industry has great potential to do much more to reverse climate change by working together. A conversations between representatives of One Step Closer to an Organic Sustainable Community (OSC2) and the Sustainable Food Trade Association (SFTA) led to the formation of a plan in which they, along with New Hope Network, would partner to drive climate action in the natural food industry. In April 2017, the Sustainable Food Lab, a 501(c)3 non-profit became the Climate Collaborative's partner and fiscal sponsor.

This 3-year project was created to catalyze bold action to reverse climate change with a commitment from manufacturers, retailers, distributors, brokers, suppliers, and other concerned businesses from the natural food industry. This community of businesses are joining forces to create pathways to action, connecting companies to resources and working together to create solutions. The collaborative includes executives from companies you will recognize from natural grocery shelves (see list of brands we carry to the right). Also on board? National Co-op Grocers, the umbrella organization to which your local co-op belongs.

"The natural products industry has a proud history of leading the way on animal welfare, organic agriculture, fair trade, and non-GMOs," said John Foraker, President, Annie's. "Now it's time to lead on climate change."

Consumers are demanding businesses address climate change. According to the Yale University Program on Climate Change Communication, 72% of Americans think corporations should be doing more to address global warming. "as an industry, but more importantly, as citizens, we simply can't afford to ignore climate change any longer," said Gary Hirschberg, Chairman, Stonyfield.

Focusing on nine commitment areas--agriculture, energy efficiency, food waste, forests, packaging, policy, renewable energy, short-lived

climate pollutants, and transportation--the Climate Collaborative provides the information and collaboration natural products companies need to meet the growing consumer demand for action on climate.

Brands leading the way include Clif Bar & Company and Lotus Foods. Cliff has already made a commitment to using 100% green power at their facilities and to achieving climate neutral business operations through investments in onsite solar, wind energy credits and new school- and community based wind farms to offset their emissions. Clif Bar has also committed to transitioning 50 of its key suppliers to at least 50% green power by 2020. Lotus Foods has committed to reducing the amount of methane emitted into the atmosphere. Methane is a powerful global warming-causing gas released from conventional rice production. Lotus Foods is partnering with small-scale farmers who have adapted changes in their rice-farming practices that reduce this potent greenhouse gas by 30-60%.

"We know that by working together, The Climate Collaborative can be a strong cooperative voice for change. It's up to us," said George Sieman, CEO, Organic Valley.

National Co-op Grocers joined with The Climate Collaborative to announce a cutting-edge awards program for natural products companies that are demonstrating exemplary leadership on climate change.

The National Co+op Grocers Climate Collaborative Awards will be presented for the first time in 2018 to

(Continued on page 3)

Climate Collaborative Brands

- | | |
|------------------------------|--|
| Alter Eco | Numi Tea |
| Califia Farms | Nutiva |
| California Olive Ranch | Organic India |
| Clif | Organic Valley |
| Dang Foods | REBBL |
| Dr. Bronner's | Stonyfield Farm |
| Guayaki | Traditional Medicinals |
| Lotus Foods | WhiteWave Foods |
| Luna & Larry's Coconut Bliss | (parent company to Silk, So Delicious, Vega, Wallaby, and Earthbound Farm) |
| Miyoko's Kitchen | |
| Mountain Rose Herbs | |
| Nature's Path | |

Mine. Yours. Ours: Owner News You Can Use

coop™ deals

Cycle A Sales:

August 2-15

Special orders due August 12

Cycle B Sales:

August 16-29

Special orders due August 26



News from the Board: Upcoming Board Elections

by Stephanie J. Demorest, Board Member

If you are looking for an opportunity to get more involved in our Three Rivers Food Cooperative, the perfect chance is right around the corner! Our nine-seat policy governance board will have five seats open for election this fall.

Put your unique professional and life experiences to work to benefit our co-op. Just as our membership is composed of individuals with a variety of backgrounds, we desire that our representative board encompass that same diversity. This is what makes us "Stronger Together."

If you have questions about the responsibilities and privileges of Board service, please do not hesitate to contact us at board@3riversfood.coop. Applications for the October elections must be received by **August 15, 2017**. Please request an application by e-mailing board@3riversfood.coop, enquiring at the front of the store, or visiting our website (www.3riversfood.coop/board-of-directors).

Remember that your talents and background are indispensable to the continued success of our co-op. We look forward to hearing from you soon!

Own it!

Interested in how being a co-op owner works? Ask a cashier for more information!

*It's easy to become an owner and you will own an equity share of a local business!
We are Co+op, Stronger Together!*

Current Co-op Membership

Total Owner Households-**1,814**

Total Fully Invested Households-**759**

New Households-**4** (May 28-June 20)

**These numbers include Active & Inactive Owners*

Are environmental concerns at the top of your priority list? The Climate Collaborative is a new effort the National Co+op Grocers and many of your favorite brands are partnering together toward the lofty goal of reversing climate change. (You can read more about The Climate Collaborative on pages 1 and 2.) You'll find many of these brands on sale this month. In Sales Cycle A look products from California Olive Ranch, Dr. Bronner's, Guayaki, Organic Valley (cold only), and Stonyfield Farms. And find Alter Eco, Annie's Homegrown, Clif, Dang Foods, Nature's Path, Numi Tea, Nutiva, Organic Valley, and REBBL brands on sale. For the full list of Climate Collaborative brands we carry see page 1. Buying from these companies is a sure vote for the environment!

Featured in Sales Cycle A this month are a number of items perfect for lunchboxes or after school snacking including graham crackers, tortilla chips, juice boxes, and several gluten free options. You'll also find coupons for several of these items affixed to the shelves.

And in Sales Cycle B you can snag breakfast components or ready to eat options. Included are Grandy gluten free oats, Van's waffles, Sweet Earth vegetarian breakfast sandwiches, and several yogurts in both dairy and non-dairy.

As always, owners save an extra 10% products ordered by the case, even those on Co+op Deals or Owner Bonus Buys. Cases are most often in quantities of 6 or 12. Go Co-op!

Giveaway Alert! You'll have a chance to win a grill from Honest Tea this month! Drop your name in the box during Sales Cycle A (thru August 15) for a chance to win!

(Continued from page 1)

companies that commit to at least three of the nine Climate Collaborative areas of climate action and that expand the boundaries of current industry practices by taking innovative and meaningful action to reduce their greenhouse gas emissions in at least one commitment area.

The awards selection committee will consider manufacturers, distributors, brokers, suppliers and/or service providers in three categories: emerging (under \$10M in revenue), mid-sized (\$10M-\$100M) and large (over \$100M) companies. Climate Collaborative will support all companies that make commitments by providing resources, peer networking and opportunities to report on progress. In addition to choosing winners in these categories, the Climate Collaborative selection committee will also recognize outstanding climate action among retailers.

"The National Co+op Grocers Climate Collaborative Awards will shine the spotlight on companies that are leading the way on best practices to help reverse climate change," continued Hirshberg. "Importantly, these awards provide a platform to share successful innovations, inspiring hope and continued action within our industry and beyond."

NCG contributed \$100,000 in 2016 to help launch Climate Collaborative and is an underwriter of the awards program. Officially launched with Climate Day at Expo West, Climate Collaborative is a new initiative within the natural foods industry bringing concerned companies together to take bold, meaningful action to reverse climate change. At a recent NCG gathering (at which 3 Rivers had 2 staff members) \$143,575 was raised for Project Drawdown, a nonprofit coalition of scholars, scientists, business leaders and advocates from across the globe, recently released [*Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*](#).

"Climate change is one of the biggest issues facing the business community," said Robynn Shrader, NCG's chief executive officer. "We know that businesses, including NCG, can and must do more. The Climate Collaborative is the unifying force that will engage and inspire the natural products industry to lead the way on behalf of consumers. We invite and encourage others to join us in this effort."

NCG has made Climate Collaborative commitments in the areas of policy, agriculture and food waste. Additionally, since 2012 NCG has been offsetting a portion of its own greenhouse gases by funding and growing a [*Co+op Forest*](#) in the Peruvian Amazon.

Corn Salad

Ingredients

- 2 ears of **Fresh Corn**
- ½ small **Red Onion** (minced and soaked in lime juice for 5 minutes)
- 1 fresh **Vine Tomato**, chopped
- 6 **Sweet Cherry Tomatoes**, sliced in half
- ⅓ c of **Feta Cheese**, crumbled
- 1 **Avocado**, slice & cut into small chunks
- 2 T **California Olive Ranch Extra Virgin Olive Oil**
- Salt and Pepper** to taste

Preparation

1. Boil corn for 4 to 6 minutes, cool under cold water and remove corn from ear.
2. Drain onion from lime juice.
3. Place in bowl and combine next six ingredients. Toss well and serve.

© California Olive Ranch

Arugula + Mint Salad with Pickled Strawberries and Spiced Cashews with Creamy Basil Dressing

Ingredients

- Salad mix:*
- 1 bag of **Wild Arugula**
- ½ bunch of **Mint**, or about 10 leaves
- For spiced cashews:*
- ¼ c **Unsalted Cashews**, toasted
- 1 T **Agave**
- 1 tsp **Ground Coriander Seeds**
- For Pickled Strawberries:*
- ½ c **Strawberries**, sliced
- ½ c **Apple Cider Vinegar**
- ¾ c **Hot Tap Water**
- ⅓ c **Agave**
- For dressing:*
- 1 bunch **Fresh Basil**, de-stemmed, thoroughly rinsed
- 1 **White Onion**, thinly sliced, caramelized
- ¼ c **Tahini**
- ½-1 c **Unsweetened Califia Farms Almond Milk**
- Juice of ½ **Lime**
- Pinch of **Sea Salt**

Preparation

For cashews:

In a small sauté pan, over low heat, add agave and cashews. Mix with a wooden spoon until cashews appear to be evenly coated. Then sprinkle with coriander and remove from heat. Set aside.

For strawberries:

In a bowl combine vinegar, hot tap water, and agave and mix with a spoon until incorporated. Add strawberries and let sit at room temp for at least 1 hour.

For dressing:

In a Vitamix or food processor, add all ingredients and blend/process until smooth. Set aside.

Assemble! In a large mixing bowl, toss together the arugula and mint. Then add dressing and season with salt and pepper. Lastly, toss in the drained strawberries and cashews. Serve.

© Califia Farms

Bean & Veggie Salad with Yogurt & Dill Dressing

Ingredients

- For Bean Salad*
- 1 c **Brown Rice**, cooked
- Pinch of **Salt**
- 1 15 oz can of **Beans**, rinsed (try chickpeas)
- 1 **Red Bell Pepper**, diced
- 1 **Green Bell Pepper**, diced
- ½ **Cucumber**, diced
- 2-3 **Carrots**, diced
- ½ c **Red Onion**, diced
- ¼ c **Parsley**, chopped
- 2 T **Chives**, chopped
- For Yogurt Dill Dressing*
- ⅓ c **So Delicious Dairy Free Plain Coconut Milk Yogurt Alternative**
- 1 T **Apple Cider Vinegar**

- 1 tsp **Lemon Juice**
- 2 cloves **Garlic**, minced
- 1 tsp **Fresh Dill**, chopped
- Salt and Pepper**

Preparation

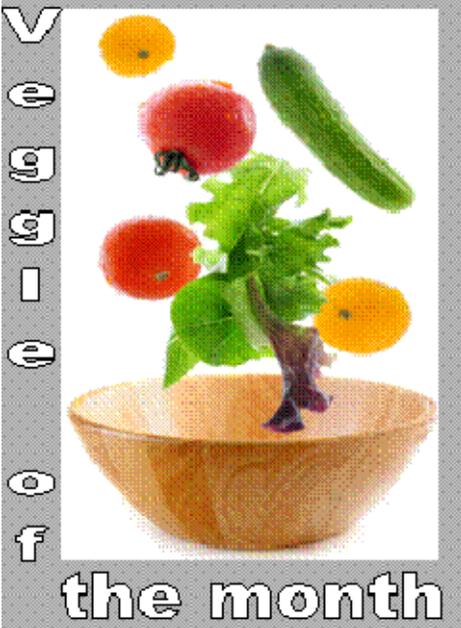
For the Salad: Chop all of the veggies and place in large mixing bowl. Combine the veggies, beans, herbs and rice.

For the Dressing: Place all ingredients for the dressing in a smaller mixing bowl and whisk. Dress and toss the salad.

Before Serving:

Cover and chill for 30 minutes to an hour. Garnish with lemon slices.

© So Delicious Dairy Free



Zucchini

From Co+op, Stronger Together



Come summer, there's always zucchini on the menu! How lucky for us that something so delicious is also a prolific grower. National "Sneak Some Zucchini into your Neighbor's Porch Day" is August 8, about the time when zucchini crops across the country abound.

Enjoyed as a vegetable but actually an immature fruit, zucchini is a relative of the cucumber and the melon. Formerly called Italian squash—the word "zucchini" comes from the Italian word for small squash, "zucchino"—it was likely introduced to the United States by Italian immigrants in California in the early 1920s.

Zucchini takes just about 50 days from planting to eating. It's not cold hardy, but it'll grow easily in many parts of the world, including throughout the United States. And it comes in all sizes, from just a few inches to the largest zucchini to date, grown in Niagara Falls and measuring 8 feet 3 inches.

The zucchini is an excellent source of manganese and vitamin C and a very good source of magnesium, vitamin A, dietary fiber, potassium, folate, copper and

phosphorus. It's a good source of omega-3 fatty acids, vitamins B1, B2 and B6, calcium, zinc, niacin and protein.

The edible flowers are a good source of beta-carotene and vitamin C.

The best known of the summer squash, there are at least 50 varieties of zucchini, from smooth, long, thin specimens (Fascienne and Cocozelle) to squat and round ones (Black Ball and Lucky 8). Skin colors range from yellow (Golden Girl and Grenade) to dark green (Nano Verde di Milano) and some with striped or speckled skin (Green Tiger and Lucky 8). There's even a rectangular variety (great for grilling) called Green Griller and a grey-skinned variety, called Greybeard. You may come across recipes calling for courgette, the French term for zucchini. Zucchini has a light, delicate flavor, and the entire fruit is edible—the skin, flesh, seeds and flower.

Find the following recipes on strongertogether.coop: Roasted Ratatouille is a beautiful combination of zucchini and other vegetables, all marinated in seasoned red wine and roasted to enhance their flavors. Roasting zucchini—along with other favorite vegetables—is also a tasty way to top pasta, pizza, or a sandwich.

Grilled Summer Vegetables with Fresh Mozzarella combines zucchini with red bell peppers, eggplant and fresh basil.

Stuff zucchini with an array of grains, beans or vegetables for a nutrient rich dish. Southwestern Stuffed Zucchini Boats are filled with spicy black beans and topped with cheddar cheese. Or make Oven Fried Zucchini Sticks and serve them with marinara sauce or a spicy aioli. Layer zucchini in your next pan of lasagna, and toss it in any stir-fry.

Still have zucchini to spare? Hearty Minestrone Soup is a delicious way to use up a bounty of summer vegetables of all kinds. This soup is one that can last all week and carries well for an easy-to-reheat lunch. Or grate your zucchini and fold it into bread and cake batters, fritters and pancakes, omelets and quiches. Summer Vegetable Quiche features zucchini, spinach, red bell pepper and creamy goat cheese—a great option for a grab-and-go breakfast.

Zucchini blossoms are a delicacy when battered and fried or baked (stuff with cheese and spritz with a little lemon). You might also add them to sauces and soups or use them, cooked, in tacos and quesadillas.

Zucchini is available throughout summer, and its peak season is May through August. Small to medium-sized zucchini are generally more tender than older, larger vegetables (the vegetable develops more seeds and becomes tougher as it gets larger).

Zucchini Pesto Pasta

Ingredients

1/3 c **Unsalted Almonds**
 1/2 c **Olive Oil**
 6 to 8 cloves of **Garlic**, peeled
 3 packed c **Fresh Basil Leaves**, stems removed
 1/2 c **Parmesan Cheese**, grated
 1 T **Lemon Juice**
 3 lbs **Zucchini**
 1 c **Cherry Tomatoes**, halved
Salt and Black Pepper to taste

Preparation

Using a blender or food processor, process the almonds, olive oil and garlic until they form a slightly-chunky paste. Blend the basil leaves into the almonds, olive oil and garlic, adding in small batches, until it forms a thick smooth paste. Blend in the grated Parmesan cheese and lemon juice until desired consistency and add salt to taste.

Peel the zucchini and cut each in half lengthwise. Hold one half with one hand and use the tip of a spoon to scoop out the seeds.

Repeat the process for all the zucchini.

Using a julienne peeler or spiralizer, slice the zucchini into long, thin strips or spirals. Place zucchini "noodles" into a large bowl. Toss the zucchini noodles with the basil pesto, adding the cherry tomatoes before serving.

Serving Suggestion

A fresh and delicious twist on pesto pasta (with no wheat and no cooking required) is equally tasty as a salad course or a light lunch.

Add whatever chopped fresh vegetables are abundant: radishes, carrots, cucumbers or cauliflower work well.

© Co+op, Stronger Together

Look for bright, blemish-free skin, and avoid zucchini with soft spots. It should be firm and heavy for its size. If the rind is too hard it may be over-mature.

Take care not to puncture the skin, or the fruit will decay more quickly. Store zucchini unwashed in a perforated plastic or vegetable bag in the refrigerator for up to a week.

Find more recipes at strongertogether.coop.

**CLIP
BOX TOPS
★ FOR ★
LOCAL
SCHOOLS**

**BOX TOPS
FOR EDUCATION**

**EARN
CASH
FOR
CLASSROOMS**

© General Mills

Clip Box Tops for Cash!

Box Tops has helped local schools earn over \$800 million for things like helping build playgrounds, installing computer labs, and funding other programs that enrich their school communities since 1996, and are featured on some of your favorite Natural and Organic brands like—Food Should Taste Good Chips, Larabar Multipacks, Cascadian Farm Cereal, and Cascadian Farm Granola Bars.

We've always placed great importance on listening to our consumers. After learning that over 90% of Annie's consumers wanted Box Tops on Annie's packages*, we're pleased to announce that you can now find Box Tops on many of Annie's products including: mac & cheese, fruit snacks, cereal, frozen snacks, granola bars, and more.

Help us continue to help schools earn cash, by clipping Box Tops! From August 16th to August 29th, visit our store to find specially marked packages stickered with TWO BONUS Box Tops. The first 200 shoppers can take home a Box Tops Collection Bin, to easily collect your Box Tops at home. And you'll find many of your favorite Annie's & Cascadian Farm products on sale too!

So, keep clipping your Box Tops, and help support your local schools!

To learn more, visit <http://www.boxtops4education.com>.

Each box top is worth 10 cents to redeeming school when clipped from box tops products and sent to the redeeming school. Only BTFE registered schools can redeem box tops. Limit \$20,000 per school per year for box tops redeemed through the clip program. See www.boxtopsforeducation.com for program details.

*Source: Annie's Box Tops Study, May 2015

Meal Planning Basics

Sunday, August 27, 3 pm

with Dr. Caitlin Hernandez and Michele Schnelker

Have you been wanting to make true changes to the way you eat?

Or already have some changes in place that you just can't get to stick? On the run or ready to drop after a busy day? Meal planning may be the key to a whole new you! Learn first hand from meal planning pro and fitness coach Michele Schnelker and busy doctor Caitlin Hernandez. No expensive program needed--just some common sense and planning. Their tips not only get you on track to better eating but also save you money! Reserve your spot by emailing news@3riversfood.coop.

Almond Flour Biscuits

These make ahead biscuits and perfect paired with a nut butter or sausage, egg and cheese for an on-the-go breakfast. Make enough to last all week!

Ingredients

- 3/4 c Arrowroot
- 3/4 c Potato Starch
- 3/4 c Almond Flour
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/2 tsp Xanthan Gum
- 1 tsp Salt
- 4 T Butter, chilled
- 1/4 c Milk of your choosing
- 1 T Apple Cider Vinegar
- 1 large Egg, whisked

Preparation

Line a baking sheet with parchment and set aside. Measure the flours, baking powder, baking soda, xanthan gum and salt into a large bowl, and whisk to combine thoroughly. Coarsely grate the margarine or butter into the dry mixture, tossing to coat as the shreds fall. In a cup or small bowl, stir the non-dairy milk and cider vinegar and let stand for a minute, whisk in the egg, then quickly stir into the dry mixture.

Dust your countertop with arrowroot and scrape the dough out of the bowl onto the arrowroot. Pat out to an inch-thick rectangle, and use a 2-inch biscuit cutter to cut rounds of dough. Transfer to the prepared pan, leaving an inch of space in between the rounds.

Gently press the scraps together and cut biscuits until dough all used up.

Bake for 25-28 minutes, until deeply golden brown. Cool on racks.

© Robin Asbell, Co+op, Stronger Together

Music in the Café 🎵

Come to listen or bring an instrument to play along!

August 1, 6:30-8:30 pm

1st Tuesdays

Southern Appalachian
Fiddle Music Jam
(NOT bluegrass)

August 15, 6:30-8:30 pm

3rd Tuesdays

Traditional Irish Music Jam

We will be open on Labor Day, 8-6.

This Just In!:

New & By Special Request

Featured new items and news! Make your own product request using the slips on the board at the front of the store.

NON-GMO • ONE GRAM OF SUGAR PER SERVING • RICH SOURCE OF VITAMIN C • LOW IN SODIUM • 0g TRANS FAT



Want a cauliflower crust without all the work? Try the new **Cauliflower Crust!** You'll find a box of two in the gluten free freezer door. See the recipe for Kale Pizza below!

Also new this month: Foodstirs Chocolate Lovers Brownie Mix, Lundberg Grounded Cinnamon Sugar Chips, Maple Hill Creamery Mango Peach Drinkable Yogurt, Siggi's Skyr Triple Cream Raspberry Yougurt, and So Delicious Coconut Yogurt in Peach or Key Lime.



Another new frozen option comes from **Cascadian Farms**. Find their **Root Vegetable Hashbrowns** and **Riced Cauliflower** in the freezer with the frozen veggies. These easy options will make quick to the table breakfasts or dinner components. Add a protein and your meal is nearly ready to eat!



Looking for a sweet treat? **Greek Gods** new line of **Seriously Indulgent Yogurt** will allow you to sneak in some deliciousness in the middle of the work day without making a trip to the ice cream stand. Find Marionberry and Ginger Raspberry on our shelves.



Upton's Real Meal Kit in **Thai Curry Noodle** or **Pad See Ew** will be on the want list for vegans and meat eaters alike as it is to the table in just 1 minute (microwave) or 3-5 minutes on the stovetop! Protein in these dishes comes from Upton's seitan. A great option for lunch or a busy evening meal.

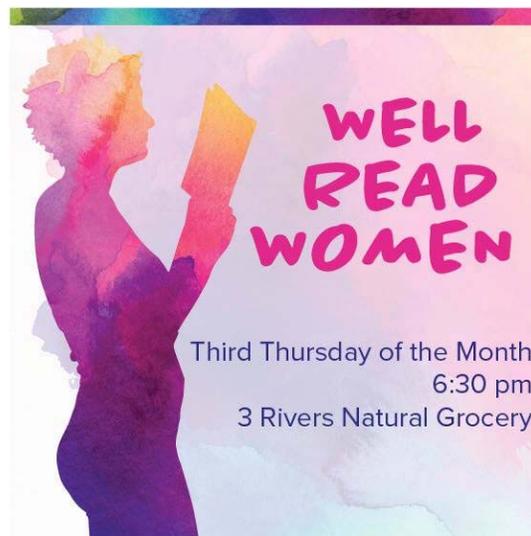
Kale Pizza

Ingredients

- 1 1/2 c Your Favorite Pizza Cheese
- 1 large Red Onion, sliced
- 2 T Olive Oil
- 3 oz fresh Baby Kale
- 1 Cauliflower Crust

Preparation

Preheat your oven to 425F. Sauté onions in olive oil on high heat until brown. Atop the frozen dough, place the cheese, onions and baby kale. Bake the pizzas in the preheated oven for 12-14 minutes or until cheese starts bubbling.



Well Read Women Book Club

Thursday, August 17, 6:30 pm

Become a well read woman of nonfiction: one book, poem, or essay at a time. Everyone is welcome to attend this inclusive, accepting group for women. This month we will be reading **All the Single Ladies** by Rebecca Traister. Questions? Get a book on hold at www.acpl.info or call Sarah at the Little Turtle Branch Library at 260-421-1335. Also available instantly with your library card: <http://bit.ly/2vtbgJv>

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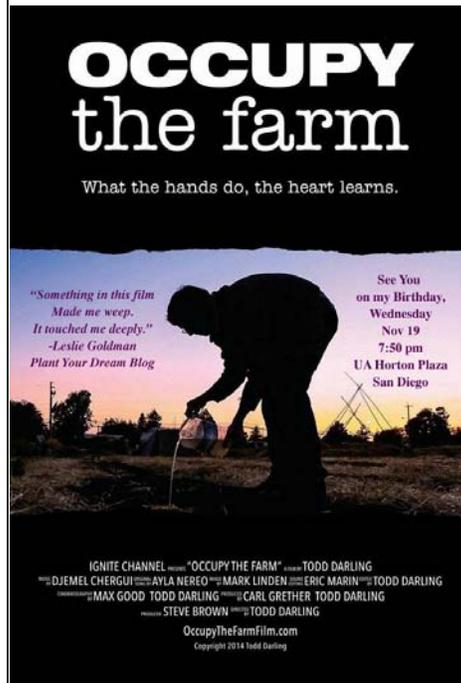
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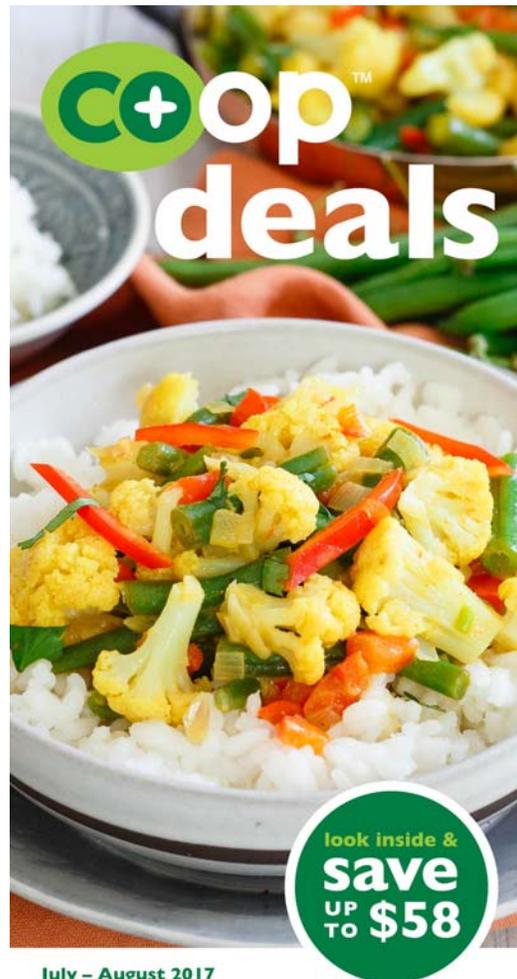
Join us for **DINNER & A MOVIE**
Featuring the documentary *Occupy the Farm*



FRIDAY, AUGUST 25, 7 PM

Occupy the Farm tells the inspiring story of a community taking direct action to create a healthier and more just food system and question the stewardship of a precious resource: publicly owned urban farmland. 200 farmers occupy a last piece of farmland in California's urban East Bay, plant 15,000 seedlings to feed the community and disrupt plans to build a shopping mall. What happens next will change the fate of the land and reveal a new strategy for activism. From tilling soil to police raids, from lawsuits to overflowing harvests, OCCUPY THE FARM reveals a resourceful, creative, and determined community as it fights against the privatization of the land and responds with direct action to a serious social need: access to healthy food. The Village Voice says this true story will engage and inspire your community in the power of people working together to make a profound difference.

Hot bar, salad bar, and café selections available for purchase. Discussion to follow.



Hot Deals on Summer Favorites at Your Co-op

The July-August edition of the Co+op Deals coupon book is full of hot deals on some of your favorite products! Owners received the coupon book by mail in early July and they are now available to all shoppers in the store. You'll also find the coupons affixed to shelves near corresponding items for your shopping convenience. Save big on brands like Way Better Snacks, Woodstock, Larabar and Purely Elizabeth. In this coupon book, find great discounts on popular products from summer snacking to skincare for sunny days. You'll also find coupons on items for lunchboxes--Clif Kid Zbars, Maranatha or Woodstock nut butter, Lundberg Thin Stackers, Annie's Homegrown Grahams, Brown Cow and Liberté yogurt, Back to Nature Crackers, Way Better Tortilla Chips, Larabars, Vermont Real Sticks, and for your very special someones (it's ok if it is you!), Endangered Species bars and Theo Peanut Butter Cups. As always, you'll score big when you find a coupon for an item featured in our sales flier!

Coupons are valid through August 31, 2017.

For videos, meal inspiration and planning ideas visit StrongerTogether.coop

July - August 2017



(260) 424-8812

August 2017

NATURAL GROCERY

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