



the carrot

WINTER 2023

Eastside Food Co-op

is your community owned grocery store in the heart of Northeast Minneapolis. We specialize in fresh, local, and organic foods sourced from farmers and producers who care about the health of people and our planet. Proudly serving all our neighbors since 2003, Eastside is **Here for Good.**

The Carrot is Eastside Food Co-op's quarterly publication. It's your guide to every season at the co-op! We invite you to discover new products, find inspiration from our recipes, get to know the people behind your food, and learn about good things happening at the co-op and in your community.



CONTRIBUTORS

TUCKER GERRICK
Marketing Manager

ZOE HUOT-LINK
Marketing Design
Coordinator

NATALIE DUSEK
Community and Communications
Coordinator



Hey fellow Eastside owners!

I'm so excited to have recently joined Eastside's board and want to welcome you to this winter issue with some words of comfort. While we're all settling into our lists and resolutions in this new year, take pause and remind yourself that you are "only human". You will make mistakes, you can only do so much, and many (many!) things are outside of your control. Let's do our best to roll with the punches the best way we can and never forget the many people in your life who love you. If you don't lean on them or ask for help, they may never know you need it.

I love the beginning of the year (mostly because my birthday lands in January) because it marks when the days start getting longer again and man oh man, do we need that sunlight! As a Black and Indigenous woman, I didn't realize how much we need the sun until I hit a point in my life where I began to suffer from anxiety and deep depression (especially in the winter months). I spoke to several doctors and herbalists, and they all confirmed that the more melanin you have, the longer you need to spend time basking in the sun. Later I learned that Vitamin D deficiency is a large contributor of cardiovascular diseases in the Black community. Wow!

International Cooperative Principles

- ① Voluntary & Open Membership
- ② Democratic Member Control
- ③ Member Economic Participation
- ④ Autonomy & Independence
- ⑤ Education, Training, & Information
- ⑥ Cooperation Among Cooperatives
- ⑦ Concern for Community

Ends Statement

- ① Eastside Food Co-op is...
- ② Part of a fair and equitable food
- ③ system.
- ④ A well-run cooperative business that serves its community.
- ⑤ A trusted provider of high-quality consumer choices.
- ⑥ A diverse network of people connected through shared values.

2023 BOARD OF DIRECTORS

AMANDA DEGENER
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DESIRÉE OLSON
Vice President



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EASTSIDE FOOD CO-OP STEERING TEAM

JOHN LACARIA
General Manager

TUCKER GERRICK
Marketing Manager

JULIE ENGLE
Human Resources Manager

ANNE GAZZOLA
Store Operations Manager

FOLLOW US!
@EASTSIDEFOODCOOP



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Minneapolis, MN 55418
eastsidefood.coop
612-788-0950
Open daily 8 AM - 9 PM

I have a dog named Zion. He's a South African Rhodesian Ridgeback (say that 3 times fast). His hair is so short that he looks virtually naked. Needless to say, Winter is not his favorite time of year. When I take him outside, he shivers so much you can hear his poor little teeth chatter and he gives me this ridiculous look of despair as if he's asking me, "Why are we out here lady? Are you nuts?" Zion has taught me about my health in a way no one ever has without saying one word. We have a large window in my living room which thankfully, faces south. Zion starts his morning with a yoga routine. He does the downward facing dog, puppy dog, turbo dog, then child's pose. After that, he plops down on the west side of my living room. Every 10-15 minutes he gets up, stretches, grabs a drink of water, then plops down just inches east of where he was lying before, following the sun soaking in that vitamin D!

We could all learn a thing or two from our dogs (and cats). Whenever you're feeling a little down this winter remember: stretch, drink water, go on walks, and lay in a sunny window.

Be well,

Kristel Porter



NEW SITE!

SAMANTHA BAILEY
Treasurer

SMITA DOLAN
Secretary

KRISTEL PORTER

JOLEEN BAKER

SADIE PASCHKE

SETH KUHL-STENNES

THERESE GENIS



NOTE FROM THE EDITOR

Happy New Year, Eastsiders! We're kicking off 2023 with this surprise 12-month calendar version of The Carrot. Did you know that we celebrate our 20th

anniversary this year? Can you believe it!?!?

We're using this issue to kick off a yearlong exploration of historical highlights, milestones, and the

people who made (and make!) it

happen along the way.

I hope you enjoy viewing this issue as much as we did putting it together.

Tucker

Tucker Gerrick
Marketing Manager

Hold the Salt

As a Minnesota transplant, it was the lakes and rivers, as well as the snow-filled, frigid winters that first drew me to this state. My family loves all the winter activities: cross-country skiing, ice-skating, sledding...we've even tried our hand at ice fishing! As much as I love winter and all the snow, the inevitable question is: What do I DO with all this snow? Winter can seem like one never-ending snow shoveling session, for sure.

Keeping sidewalks and parking lots safe and walkable is a top priority for Minnesotans during winter. But one thing I've learned as a Minnesota Water Steward is the toxic effects that road and sidewalk salt have on our lakes and streams. Did you know that 1 tsp of salt permanently contaminates 5 gallons of water? According to Mississippi Watershed Management Organization (MWMO), if you "do the math, you'll find that a single 10-pound bag of salt is enough to permanently pollute 3,000 gallons of water."

Just like your doctor might put you on a reduced-salt diet, it's time for us to take that same approach when it comes to de-icing our roads and sidewalks in the winter. Already, local lakes like Crystal Lake in Robbinsdale contain levels of chloride well above those that are safe for aquatic animals. Concentrated levels of salt harm species diversity and reproductive health. In addition to those detrimental impacts on the environment, salt is creeping into our drinking water in Minnesota too. MPCA's research shows that "78 percent of that salt is either transported to groundwater or remains in the local lakes and wetlands." Once that salt enters our waterways through storm drains, it's virtually cost-prohibitive to remove.

So, what's an environmentally conscious Minnesotan supposed to do about all this snow and ice? Abby Moore, Training & Community Learning Specialist at MWMO, stresses "that there is no such thing as environmentally friendly ice melting products." Instead, Abby says that deicers labeled as "eco-friendly" are just false advertising. The best solution is still good old-fashioned shoveling. The more snow that's removed from the sidewalk, the less there is to melt and turn into ice. Salt isn't effective at melting ice below 15° F anyway. If you do need to use salt, use it sparingly...aim for 1 salt crystal every 3 inches. That amounts to a coffee cup of salt for 10 sidewalk squares. You can also compromise by shoveling your sidewalk and then using salt on a simple footpath down the middle. On really cold days, using sand or chicken grit can still provide traction when salt just isn't effective.

Eastside Food Co-op is committed to its triple bottom line: People, Planet, Profit. That's why Eastside's facilities manager, Alicia Marcellis, has taken the Smart Salting Certification class through the MPCA and works with other Smart Salt-certified contractors for Eastside's snow removal services. As owners of Eastside, you're supporting proven environmental practices that uphold its mission: Eastside Food Coop is here for good!

Michelle Spangler

Eastside Food Co-op owner since 2009, Minnesota Water Steward

Seedlings



Somali American Farmers Association

The Somali American Farmers Association (SAFA) was founded in 2020 to support Somali and immigrant farmers who focus on culturally specific, organic produce and indigenous African farming practices. Their primary goal is to address the disparities experienced by minority and lower income communities by providing education and training to immigrant and low income individuals and families on the topics of indigenous African farming practices and regenerative agricultural practices and food.

They promote self-sufficiency among communities in need by providing hands-on training all year round. Additionally, they advocate for policy development to encourage farming as a profession and use media to create awareness about the benefits of farming in underserved populations in Minnesota, particularly in the Twin Cities.

"It's an honor to be a 2023 Seedlings recipient! We are grateful for the partnership with Eastside Food Co-op and thankful for the support because it allows us to continue to promote healthy and sustainable agriculture."



FireCider

As the weather grows colder, the dreaded common cold starts to make a comeback. I don't know about you, but one of the small gifts the pandemic offered me over the last few years was the longest stretch of time I didn't have a common cold or flu virus. Between masking at work and in public spaces, I managed to evade a common cold for the last three winters (knock on wood). But I know that at some point - between holiday season gatherings and less frequent mask wearing - a surprise winter cold will inevitably show up when I least expect it. And the same is probably true for you, too! But lucky for us, there are plenty of ways to prepare for an unexpected cold with ingredients found right here at Eastside.

Let's start by strengthening our immune systems so that when an unexpected cold arises our bodies are able to fight them off better and faster. In Chinese medicine, we rely on our wei qi - otherwise known as our protective or defensive energy to keep pathogens from entering our system and clear out the ones that do make it through. Wei qi is strengthened by eating nourishing organic foods, drinking plenty of filtered water, and practicing breathing exercises. Focusing your winter meals on warm, cooked, easy to digest foods - like vegetable stews and bone broths - is one great way to build a strong immune system. If you want to give an added immune boost to your soups and stews, consider adding in wei qi supporting herbs such as astragalus (huang qi), cordyceps mushrooms (dong chong xia cao), or reishi mushrooms (ling zhi), or adding in extra amounts of antiviral foods like garlic, onion, and ginger to your recipes.

But even those of us out there with the strongest immune systems inevitably get colds when we least expect them - including myself. That's why I keep one go-to remedy in my fridge all winter to get me through the worst coughs and colds: fire cider. A traditional western herbal remedy made from horseradish, garlic, onion, ginger, and other antiviral plants, fire cider really wakes up your immune system and gets it working. Anytime I feel a cold coming on, I'll take a shot of fire cider by itself or add an ounce or two to warm water and honey to make a fire cider style toddy. While there are plenty of pre-made fire cider varieties out there that work in a pinch (including those sold here at the co-op!), I much prefer to make it myself. It's easy and fun to customize it with the antiviral plants, flavors, and spice level to your liking. Want to make your own jar so you can start using fire cider in your winter wellness kit? Join me for a DIY fire cider class in the community room here at the co-op on Jan 29th.

Amy Kuretsky, L.Ac. is a licensed acupuncturist, herbalist, and co-owner of Constellation Acupuncture & Healing Arts in NE Minneapolis.

Seedlings

Northeast
EST. 2000
FARMERS
MARKET

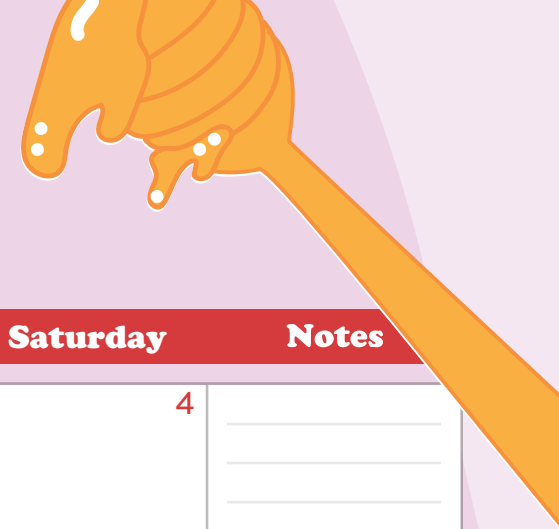
Northeast Farmers Market

The Northeast Farmers Market adds to the livability of the Northeast neighborhood by providing a welcoming and accessible community market and gathering place. They contribute to the success of local growers and producers and foster sustainability in the Northeast community.

Northeast Farmers Market's mission is to create an enjoyable shopping experience that customers of all ages can enjoy. Since 2000, they've provided Northeast Minneapolis with quality products at very attractive prices and have something to suit everyone's taste! The Farmers' Market is home to a number of local professionals who go above and beyond to give back to the community through the products they offer.



FEBRUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
			1	2	3	4	
			New Eastside Deli Made-To-Order (MTO)	Groundhog Day			
5	*	6	7	8	9	10	11
		National Send a Card to a Friend Day					
12	*	13	14	15	16	17	18
		Valentine's Day		Meat Market Thursday			
19	*	20	21	22	23	24	25
	President's Day	Mardi Gras Carnival	Ash Wednesday				
26	*	27	28				

*Fair State Co-op Mondays: members of any co-op receive half off their first beer; Black History Month





EASTSIDE HISTORY

Groundbreaking Ceremony August 2003



Seedlings



Little Kitchen Food Shelf

The Little Kitchen Food Shelf is a no-boundaries, no-restrictions food shelf serving the Northeast Minneapolis neighborhood and beyond. They serve all people, regardless of income or zip code, and they also stock dog and cat food to feed the companion animals of those in need. They provide fresh produce from their own onsite garden as well as from collaborations with local organizations (including Eastside!), and master gardeners. They especially strive to stock the shelves with culturally specific items, so that needed essentials can be provided to many diverse clients.

They are always looking for more volunteers to join the fun and friendly team! Please call 612-788-2444 if you are interested in volunteering your time or skills, or if you would like to arrange a food or fundraising drive for the food shelf through your business, school, or church. Visit on Instagram and Facebook (@littlekitchenfoodshelf)!



MARCH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
			1	2	3	4	
			New Eastside Deli Made-To-Order (MTO)				
5	* 6	Laylat al Bara'at 7	International Women's Day 8	9	International Hug Your Dog Day 10	11	
		Purim 14	Holi 15		Harriet Tubman's Birthday 17		
12	* 13		Closed on purchase of future Eastside building 2003 15	16	17	18	
Daylight Savings Begins 19	* 20		Wellness Wednesday 21	Meat Market Thursday 23	St. Patrick's Day 24	25	
	* 27		Beginning of Ramadan 29	30	31		



*Fair State Co-op Mondays: members of any co-op receive half off their first beer; Women's History Month

EASTSIDE PARTNERING IN GOOD

Partner highlight with **Midwest Food Connection**

Originating in 1993 as part of a combined outreach initiative between two Twin Cities co-ops, Midwest Food Connection (MFC) has successfully expanded their programming beyond that initial footprint to include much more of the metro area. Following their mission, “Midwest Food Connection brings educational adventures in food, cooking, and gardening to children and their families.” They’re now teaching in over 50 schools! That means they’re deepening the connection to food with thousands of young people every year.

“This is such a great way to introduce kids to new foods, help them think about foods in a new way, and interact with and try new foods.”

-MFC Teacher



A survey conducted by Midwest Food Connection cited that 80% of their students tell their families about recipes they’ve learned in their classes. Over half of those students have brought the recipes to life in their home kitchen. When we can collectively impact the life of a child through food and education, we help fulfill part of our own mission to serve others and nourish our community.

Eastside is proud to have provided annual fiscal support to MFC since 2017. We look forward to many more years of partnership with them.

Seedlings



Minnesota Tool Library

Minnesota Tool Library (MTL) is a member-based, volunteer-driven nonprofit that offers neighbors the opportunity to Fix Your Stuff and Fix The World! Their mission is to reduce waste, build resilient & equitable communities, and empower individuals through access to tools, training, and shared workspace.

They have two branches where members can borrow over 7,000 tools for home improvement, gardening, DIY, woodworking and Pinterest-worthy projects. With the Minnesota Tool Library, there’s no need to rent or own costly tools for one-time-use--instead, membership allows consistent, low-cost access to the tools you need. They also have a maker-space at each branch where members can access large/ specialty equipment and Build In Community. MTL is more than a lending library—they support each other to share skills & knowledge, whether informally via volunteer shop mentors or Facebook member-share, or through a diverse offering of community workshops.



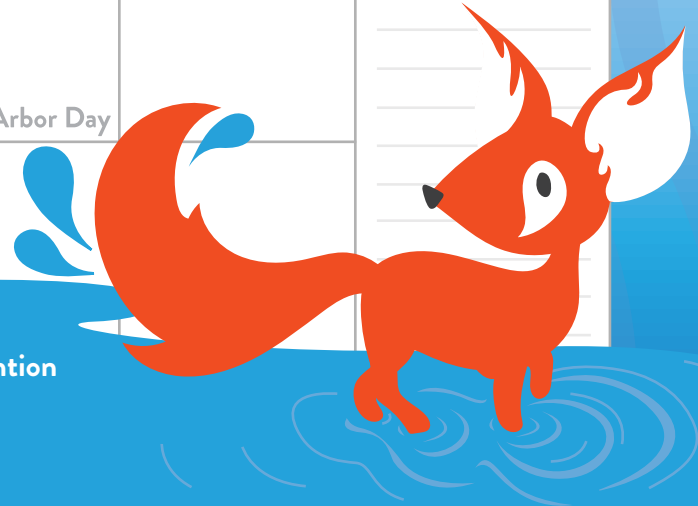
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
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APRIL

New Eastside Deli Made-To-Order (MTO) 
 April Fool's Day

World Autism Awareness Day  2	* 3 Edison High School Spring Break begins 	International Carrot Day  4	5	6	Edison High School Spring Break ends  7	8	
Palm Sunday 		Passover begins 			Good Friday 		
9	* 10	11	Fair State Café Tropical begins  12	13	14	15	
Easter 			Passover ends 				
Fair State Café Tropical ends  16	* 17	Laylat al-Qadr  18	19	20	Ramadan ends  21	22	
Orthodox Easter 		Tax Day 		Meat Market Thursday 	Eid al-Fitr  28	Earth Day  29	
23	* 24	25	26	27	28	29	
			Wellness Wednesday 		Arbor Day 		
30	* 31						

*Fair State Co-op Mondays: members of any co-op receive half off their first beer; Sexual Assault Prevention and Awareness Month; Arab American Heritage Month; Board of Directors Applications published





Seedlings



Tamales y Bicicletas

Tamales y Bicicletas (TyB) has worked for over 15 years to address racial inequities embedded in food, transportation, and immigration systems.

They aim to illuminate the historical disinvestment and disenfranchisement of low-income communities of color while recognizing the resiliency and solutions that are driven by those who are experiencing poverty and racial inequities. Tamales y Bicicletas works to center Indigenous, Black, Latinx, and People of Color in the Twin Cities through decolonizing and localizing the food system, community empowerment/resistance, sustainable transportation, and urban farming skills. Their greenhouse and farm supports the community by providing fresh crops and nutritious food for food insecure families especially during the winter months.

“We are honored to have Eastside Co-Op’s support to continue to decolonize our food system and bring knowledge, food, and bike programming to our Phillips community. We are only able to work towards our goals of environmental and racial justice through community partnerships like this. Thank you Eastside Co-Op for valuing the work we do!”



MAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
	 * 1 New Eastside Deli Made-To-Order (MTO) 	2	3	4	5	6  Cinco de Mayo  Eastside Food Co-op Plant Sale begins	
7	 * 8	9	10	11  National Eat What You Want Day	12  MN Fishing Opener	13  MN Fishing Opener	
14  Mothers' Day	 * 15	16	17	18  Meat Market Thursday	19  ART-A-WHIRL	20  Eastside's "ALL TOGETHER NOW!" ART-A-WHIRL block party	
21  ART-A-WHIRL	 * 22	23	24  Wellness Wednesday	25  Shavuot	26  Shavuot	27  Shavuot	
28  Memorial Day	* 29 Eastside Food Co-op Plant Sale ends 	30	31				

*Fair State Co-op Mondays: members of any co-op receive half off their first beer; Asian American and Pacific Islander Heritage Month; Jewish American Heritage Month; Mental Health Awareness Month; Older Americans Month



EASTSIDE HISTORY

 **CONSTELLATION**
ACUPUNCTURE & HEALING ARTS

\$20 off all new patient appointments

Acupuncture & massage in Northeast Minneapolis
Book at constellationacu.com

Mention "Eastside discount" when booking.



NE Parade EFC Marching Band 2007



Seedlings



Save the Boundary Waters

Northeastern Minnesotans for Wilderness (NMW) is a locally Minnesota based national organization with strong ties to the wild public lands of northern Minnesota and Canada. Their mission is to unite people to advocate for the protection of wilderness and wild places, especially the Boundary Waters Canoe Area Wilderness and the greater Quetico-Superior Ecosystem. They are inspired by the beauty, resilience, and priceless ecological and social values that wilderness provides, and take action to defend our most exceptional wild places, especially the world-class Boundary Waters. Their central effort is the Campaign to Save the Boundary Waters.

“We are beyond excited to be chosen as an Eastside Seedling! We have offices both in Ely and Northeast. A large number of our staff are based in Northeast, and we’re excited to make further connections in our neighborhood! We appreciate your support to protect the Boundary Waters and safeguard one of Minnesota’s greatest treasures.”



JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
				1	2	3	
				New Eastside Deli Made-To-Order (MTO) 		National Egg Day 	
4	 *	5	6	7	8	9	10
11	 *	12	13	14	15	16	17
			 Flag Day	Edison High School Last Day of School  Meat Market Thursday 			
18	*	19	20	21	22	23	24
 Fathers' Day	 Juneteenth	94th Annual Northeast Parade   World Refugee Day	 Summer Solstice				
25	 *	26	27	28	29	30	
		  Helen Keller's Birthday	 Wellness Wednesday	 Eid al-Adha			

*Fair State Co-op Mondays: members of any co-op receive half off their first beer; Pride Month; Caribbean American Heritage Month



favorite recipes
from
Eastside
owners



Neighbors' Flavors

We tapped the minds of Eastside's Wellness team for their go-to smoothies



From Sara McLaughlin

This smoothie is decadent, filling, and packed with healthy fats, protein, and flavor. You will need:

- 1 Large Frozen Ripe Banana
- 1-2 Tbsp Cacao Powder, depending on how chocolatey you want it
- 1 scoop of Four Sigmatic Peanut Butter Protein Powder
- 2 tsp hemp seeds
- 1/2-1 cup of milk of choice (I use unsweetened vanilla almond milk. But if you use plain milk, add a tsp of vanilla extract as well)
- optional add 1 tbsp of peanut butter or PB2 powder for extra peanutyness

Throw everything but the milk in a blender and add the milk $\frac{1}{4}$ cup at a time until you achieve desired consistency. Top with chocolate chips if you want to be really luxurious.

Seedlings



Sisters' Camelot

Sisters' Camelot is a collectively-run nonprofit founded in 1997 that is focused on food justice, waste reduction, sustainable living, community building, and youth education. They rescue food that would otherwise be wasted and share free organic groceries and free organic meals with the community. They are volunteer-run and distribute groceries each Tuesday and Thursday afternoon in various locations (see Sisters' Camelot Food Share Facebook page for schedule and updates) and serve community meals from May through October.

"Sisters' Camelot is so grateful to be selected to be a Seedlings recipient and we are excited to partner with the people of Eastside Co-op to provide more free organic groceries and meals to our community."





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday

Notes

JULY



1
EFC Board
of Director
Candidate and
Seedlings
Applications Due



2	* 	3	4	5	6	7	8	
			 Independence Day					
9	* 	10	11	12	13	14	15	
16	* 	17	18	19	20	21	22	
				 Muharram/ Islamic New Year	 Meat Market Thursday			
23	* 	24	25	26	27	28	29	
 Parents' Day			 Wellness Wednesday			 Ashura		
30	* 	31						



*Fair State Co-op Mondays: members of any co-op receive half off their first beer;
July 1: New Eastside Deli Made-To-Order (MTO)



From Michael Henrickson

- Manitoba Harvest Hemp Yeah Max Protein (4 Tbsp)
- Manitoba Harvest Hemp Hearts (1 Tbsp)
- Dynamic Health Tart Cherry Juice Concentrate (2 Tbsp)
- Megafood Daily Turmeric Booster Powder (1 scoop)
- Almond Milk (desired consistency: 16 - 24 oz)
- Garden of Life Collagen Peptides (1 scoop)
- Bananas (1 peeled)

Blend it up and banish inflammation! This sweet and slightly spicy smoothie has everything you need to keep those joints supple and keep inflammation at bay!

From Chris Ingram

This fruit-filled smoothie is a great pick-me-up when you're in need of a sweet treat, and the addition of sea moss gel gives this smoothie a blast of full-body benefits and is jam-packed with nutrients. To make, add all the below ingredients to a blender, and blend until smooth. Then enjoy!

- 1-2 Cups Grape Juice
- 1-2 Cups Water depending on desired consistency and sweetness.
- 2 tbsp Sea Moss Gel
- Handful of Strawberries
- Handful of Mango
- Handful of Pineapple
- Handful of Cherries



Seedlings



Appetite for Change

Appetite For Change (AFC) uses food as a tool for building health, wealth, and social change.

AFC is a community-led organization that strengthens families, creates economic prosperity, and encourages healthy living.

Through their innovative youth-led programs, social enterprise work, and policy initiatives, they build community capacity to make change. AFC programs are all based around a goal of creating health equity and eliminating health disparities in their home community of North Minneapolis and as a model for engaging and elevating all Black communities.

“We are honored to be selected as the 2023 Seedling recipient. We appreciate how you and your co-op members are ensuring access to fresh and locally sourced foods. We are grateful for your solidarity in this food justice work. The generosity of you and your members will support us in 2023 as we provide meaningful leadership and work opportunities with youth that will be cooking, connecting, and having conversations about social change.”

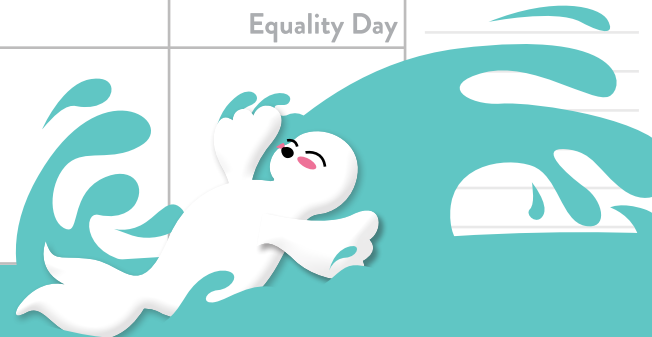


AUGUST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
		1 New Eastside Deli Made-To-Order (MTO)	2	3	4	5	
6	*	7	8	9 International Day of the World's Indigenous People	10	11	12
13	*	14	15 Tell a Joke Day	16	17 Meat Market Thursday	18	19
20 Ground-breaking Ceremony 2003	*	21	22	23 Wellness Wednesday	24 MN State Fair begins	25	26 Women's Equality Day
27	*	28	29 Eastside Seedlings and BOD voting begins	30	31 Fair State Café Tropical		

*Fair State Co-op Mondays: members of any co-op receive half off their first beer; Disability Pride Month




From Chris Ingram

This smoothie is rich and protein filled thanks to the peanut butter, and packs an adaptogenic punch from ashwagandha and maca. To make it, you'll need:

- 1 Banana
- 1 Cup Blueberries
- 1-2 Cups Vanilla Almond Milk
- Handful of Spinach
- 1-2 tsp Ashwagandha Powder
- 1-2 tsp Maca Powder
- 1 tbsp Peanut Butter
- Dash of Cinnamon

Add all ingredients to a blender and blend until smooth, then enjoy!



CO-OP MONDAYS

Every Monday, Eastside members get half off their first beer at the taproom!

2506 CENTRAL AVE NE MPLS MN | FAIRSTATE.COOP

Seedlings



Eastside Meals on Wheels

Eastside Meals on Wheels was founded in 1973 in the Trinity United Methodist parking lot. Congregation members noticed that some long-term older adult members were no longer attending service, as they were newly homebound and needed help. Since then, Eastside Meals on Wheels has delivered warm and nutritious meals in NE Minneapolis, SE Minneapolis, and St. Anthony Village to clients sixty years or older. Your donation helps the seniors that can't afford to contribute towards their meal cost. *We can provide a senior with Meals on Wheels for an entire year for the same cost as being in the hospital for one day or a nursing home for 10.*

“EMoW is serving almost double the amount of meals per year (20,000 more!) than we were before the pandemic. And to crib (a little) from Shauna Niequist, the world changes in large and small ways around a table. Thank you, Eastside Food Co-op for supporting our food outreach!”



SEPTEMBER

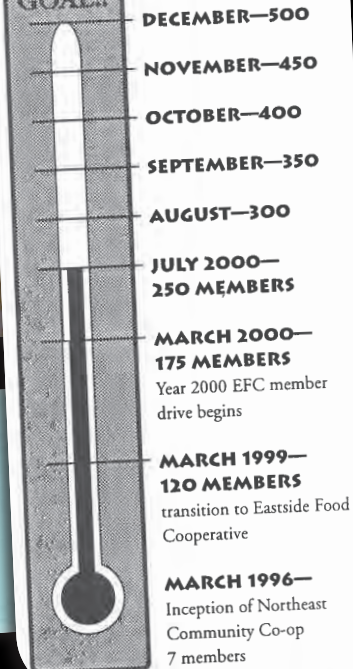
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
					New Eastside Deli Made-To-Order (MTO)  1 Fair State Café Tropical  8	2 Fair State Café Tropical  9	
3 Fair State Café Tropical 	* MN State Fair ends  Labor Day 	4 5 6 7	8 9	10 Grandparents' Day 	* 11 12 13 14 Rosh Hashanah begins 	15 Eastside Board of Directors Candidate Meet N' Greet  Rosh Hashanah 	
17 Rosh Hashanah ends 	* 18 19 20 Meat Market Thursday 	21 22 23 Fall Equinox 	24 * 25 26 Mawlid-al Nabi  Wellness Wednesday 	27 28 Annual Meeting & Fall Gathering  Sukkot begins 	29 Medtronic Twin Cities Marathon 	30	

*Fair State Co-op Mondays: members of any co-op receive half off their first beer; National Hispanic Heritage Month; Sep 29: Eastside Seedlings and BOD voting ends

IT'S HEATIN' UP!

GOAL—
to increase 50 members
per month until we are up to
500 by Dec 2000!

GOAL!!



EASTSIDE HISTORY

The Bottineau Gazette - September 2003

BOTTINEAU NEIGHBORHOOD HOUSING COMMITTEE REPORT and NRP PHASE 2 UPDATE by Marie Marino

Many thought it would never happen, but the EFC is the "little-store-that-could." Organizations for five neighborhoods, Holland, Windom Park, Audubon, Waite Park and Sheridan, have contributed over 25% of the project funds from their NRP monies. Almost 100 member-owners of the Co-op have made personal loans; and Northeast Bank has provided critical financial support, including a \$500,000 mortgage on the building. Membership now stands at more than 700, with more member-owners joining every week.

Seedlings



Eastside Food Co-op Cooperative Community Fund

The Cooperative Community Fund is an endowment (similar to a scholarship fund) that is administered through Twin Pines Cooperative Foundation (a 501c3 non-profit organization), which makes donations to Eastside's community fund tax deductible. As more money is put into this fund, more interest is accrued. Eastside uses the interest gained each year to support organizations working in the food access, agriculture and environmental sectors.

The Eastside Food Co-op Cooperative Community Fund endowment is pooled by Twin Pines Cooperative Foundation with over 40 other food co-op community funds. Twin Pines invests in co-op development organizations. These groups have in turn lent these funds to over 30 US food co-ops. These hard-working funds leverage over \$40 million for the development and growth of fellow food co-ops.



OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
1 New Eastside Deli Made-To-Order (MTO)	* 2 	3	4	5	6	7	
8	* 9 Indigenous People's Day	10 World Mental Health Day	11	12 National Do Something Nice Day	13 Sukkot ends	14 Simchat Torah	
15 Simchat Torah	* 16 	17	18	19 Meat Market Thursday	20	21	
22	* 23 	24	25 Wellness Wednesday	26	27	28	
29	* 30 	31 Halloween					

*Fair State Co-op Mondays: members of any co-op receive half off their first beer; Fair Trade Month; Co-op Month; LGBTQIA+ History Month





EASTSIDE HISTORY



EASTSIDE FOOD COOPERATIVE

It's Time for **you** to **OWN** it!

Serving Northeast Minneapolis and surrounding areas, including:

- Downtown Minneapolis
- North Minneapolis
- Southeast Minneapolis
- Blaine
- Columbia Heights
- Falcon Heights
- Fridley
- Mounds View
- New Brighton
- Roseville
- St. Anthony Village
- Shoreview
- Spring Lake Park

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Northeast Minneapolis FARMERS' MARKET AND LOCAL ARTS AND CRAFTS



Every Saturday, now thru October • 8:00 a.m. to Noon
 Corner of University & 7th Avenue NE
 (St. Boniface Church parking lot, across from Emily's Deli)

WANT A NEIGHBORHOOD CO-OP?



Paid memberships will help us put a natural food co-op on Central Avenue in Northeast. 200+ more members will OPEN OUR DOORS!

For more information:
612-789-0529
<http://tcfreenet.org/org/efc>

Send \$55 individual, \$100 household (check payable to EFC) to:
 EFC, P.O. BOX 18244, MINNEAPOLIS, MN 55418
 Include your name, address, phone, e-mail address and neighborhood.

VISIT US AT THE FARMERS' MARKET
SATURDAYS 8-12, THRU OCT. 28
 University and 7th Avenue



Seedlings

Division Of Indian Work

The Division of Indian Work (DIW) has been a key contributor to the Native community for 70 years. Their mission is to support and strengthen urban American Indian people through culturally based education, traditional healing approaches, and leadership development. Their vision is American Indian communities that build upon inherent strengths and create safe, healthy, and nurturing environments in which everyone thrives. DIW's goals include honoring Native culture, educating youth, developing leaders, strengthening families, and providing necessities. Eastside Food Co-op Seedlings funding will be used to specifically provide healthy Indigenous meals to our Men's Anger Management groups, which meet three (3) times per week for two hours each.

"DIW is excited to be selected as a Seedlings recipient in November 2023! November is American Indian Heritage Month, so we look forward to partnering with Eastside again to share the many urban successes in our community."



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
			1	2	3	4	
			 New Eastside Deli Made-To-Order (MTO)				
5	 * 6	7	8	9	10	11	
 Daylight Savings ends		 Election Day				 Veterans Day	
12	 * 13	14	15	16	17	18	
 Diwali			 National Clean Out Your Refrigerator Day	 Meat Market Thursday			
19	* 20	21	Wellness  Wednesday 22	23	24	25	
	 Transgender Day of Remembrance		 Fairstate Drinksgiving	 Thanksgiving			
26	 * 27	28	29	30	31		



*Fair State Co-op Mondays: members of any co-op receive half off their first beer;
Native American Heritage Month



Seedlings



Annex Teen Clinic



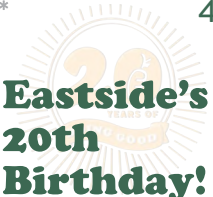












The Annex Teen Clinic provides compassionate, informed, human-centered sexual healthcare at low to no cost to young people ages 13-25. These services include Birth Control, STI Screenings, HIV Testing and PEP/PrEP, Emergency Contraception, Pregnancy Testing and All-Options Counseling, and Yearly Exams. Annex provides a range of education programs that are fact-based, age-appropriate, non-judgmental, and trauma-informed. These provide young people with the information they need to make their own choices about their sexual health, understand their bodies, and feel confident in their decisions.

“We feel very lucky to have been selected as a beneficiary of Eastside’s 2023 Seedlings program. With these funds we hope to respond to the needs of our community by providing period products, diapers, and food in addition to our usual services. With your support we are better prepared to provide for our community in the ways that they need and build relationships with local organizations like our food shelves and co-ops to create opportunities for warm hand-offs and referrals.”



Sunday Monday Tuesday Wednesday Thursday Friday Saturday Notes

DECEMBER

						New Eastside Deli Made-To-Order (MTO)  1  World AIDS Day		2	
3	*  Eastside's 20th Birthday!	4	5	6	7	8	 First day of Hannukah	9	
10	 *	11	12	13	14	15	 Last day of Hanukkah	16	 Las Posadas begins
17	 *	18	19	20	21	22	23	24	 Fair State: FESTIVUS
Las Posadas ends  Christmas Eve	*  Christmas Day	25	26	 Kwanzaa begins	27	 Wellness Wednesday	28	 National Call a Friend Day	29
31								30	
 New Year's Eve									

*Fair State Co-op Mondays: members of any co-op receive half off their first beer



