

WWW.WILLIMANTICFOOD.COOP
 INFO@WILLIMANTICFOOD.COOP

STORE HOURS

8:00am - 8:00pm
Every Day

Co-op Scoop *Alice Rubin*

So much is happening at the Co-op these days! Out of the blue, our sales began to increase. We weren't expecting that to happen. We had no reason to believe it would. That is one of the challenges with retail – you just never know. We had budgeted for 3% sales growth and are seeing close to 6%. This is happening as we continue to lower prices no less. It is all good, it keeps us hopping.

We recently hired a consultant from CDS (Cooperative Development Services Co-op) to conduct a staff survey to see how our Co-op is measuring up as a workplace. The results were excellent! This summary of the report couldn't make me happier –

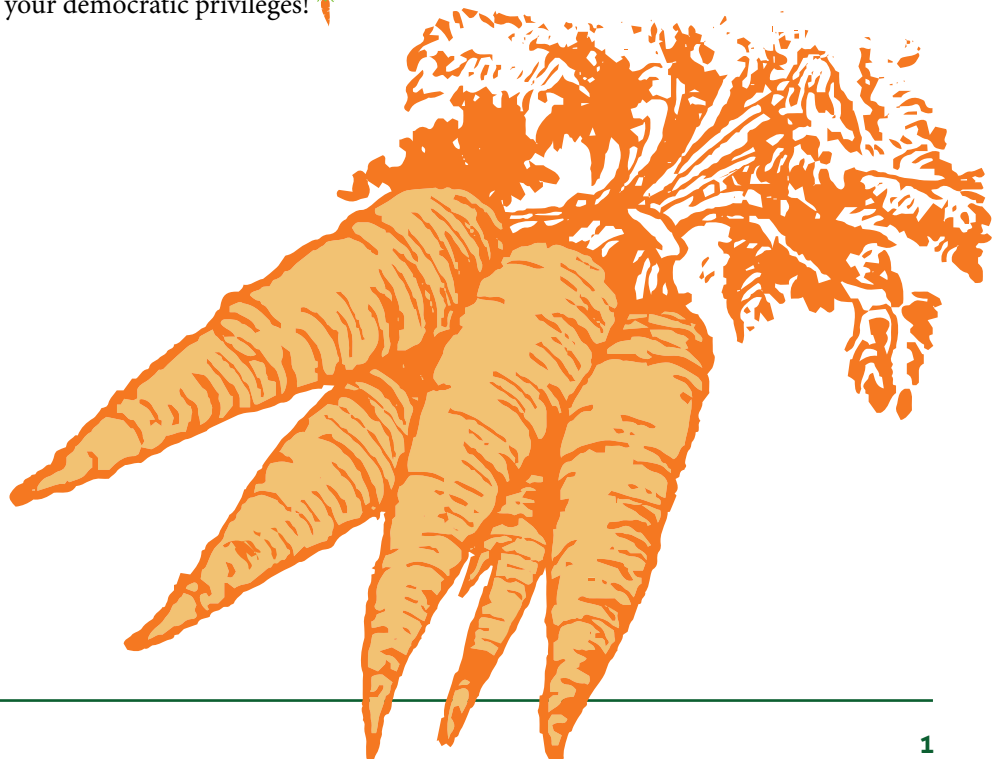
“...This data suggests that, Willimantic Food Co-op employees are much more satisfied than staff at other co-ops around the country in the majority of the areas studied in this survey...” No resting on our laurels though, there is still work to do, but this shows that the effort we have put into our workplace is effective, and staff, for the most part, are happy.

I never stop marveling at the breadth of tasks that managing the Co-op requires. We are a little food store in an old Mill Town...how hard can that be? But many days I go home with my mind reeling. I go from ordering pet food, to answering customer questions, to figuring out the best way to deal with personnel issues to writing this newsletter article. It is part of what has kept me at this job so long. I am never bored and I am constantly learning new things.

As we continue to puzzle out how to best use our new property, I am being challenged even more. Health Department codes, zoning, alternative energy and more, they are all pieces of this puzzle. Slow but steady progress is being made. We will have an update for you at our Annual Meeting. I hope that you can be there to learn more about the Co-op, ask questions and have a voice in your Co-op's future. The Co-op relies on the participation of our member-owners! Come and exercise your democratic privileges! 🥕

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General Manager

Alice Rubin

Management Team

Penny Barton-Zuckerman

Financial Manager

Mark Giangrave

Produce Manager

Bruce Oscar

Facilities Manager

Steve Scanlon

Grocery Manager

Patty Smith

Operations Manager

Sasha Bajjo

Front-end Manager

John Clark

Assistant Front-end Manager

Chris Dubis

*Wellness Manager***Staff**

Anthony Catapano

Susan Chasin

Chad Dunnack

Corry Elm

Joshua Fiagbedzi

Kara Fodaski

Emily Foust

Jaron Gaier

Avery Gratton

Wendy Jakoboski

Saige Johnson

Samantha Lee

Nancy McMerriman

Cari Nadeau

Jeff Nash

Marissa Ocegueda

Mario Perez

Nereida Rodriguez

Christopher Swift

Cassidy Tindle

Chris Trudnak

Matthew Woodward

Board of Directors

Kirk Begg

Linda Brock

Kathleen Krider

Matthew Kyer

Joanne Todd

Johnnie Walker

Manager Representative

Alice Rubin

Staff Representative

Wendy Jakoboski

Newsletter

Sasha Bajjo

Amy Kalisher

Alice Rubin

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Board Elections

At our upcoming Annual Meeting on April 22nd, you will have an opportunity to elect three members to our Board of Directors. Our Board endorsed slate of candidates includes Kirk Begg, who is up for reelection, and Raluca Mocanu and Charlotte Ross, both running for the Board for the first time.

Raluca Mocanu

I have been a co-op member since 2001. What motivates me to be on the board of directors, is the hope to contribute to the well-being of the co-op and the community it serves.

Here is a little bit about my background: I worked for 10 years in the field of aerospace engineering, in East Hartford, CT and Montreal, Canada. In 2009, my husband and I both quit our engineering jobs, and started Shundahai Farm in our town of Mansfield, CT. I currently run our small farm, growing vegetables for a small number of customers, and taking care of our cows, among other things. I also homeschool my children. My hope in whatever I undertake is to be able to contribute to the world in a way that promotes peace and harmony.

Charlotte Ross

Charlotte and her husband, Jonathan, have been members and produce vendors at the Coop since they started farming 7 years ago. They have appreciated the opportunity to experience the coop from both of these angles, getting to know the staff and fellow shoppers as a warm and welcoming community.

Being on the board is both an honor and a very exciting opportunity for Charlotte. She's excited to play a part in the vibrant future of the coop because it puts conscience before profit, and that's what the world needs more of!

Kirk Begg

I have been a member and regular shopper at our Coop for over thirty years. I have served on the Board for the past seven years, starting in Apr 2011 with a one year appointment to fill a vacancy. My desire to serve on the Board comes from wanting to contribute to our Coop as it grows and develops.

I grew up in Stratford, CT, a few blocks from the Housatonic River. I went to college at the US Merchant Marine Academy then worked on commercial ships for four years. I went back to school at UConn to help transition to a job ashore. Since that time I have been a resident of the eastern CT woodlands and swamps. Currently I work in research and development for a French company that makes prescription lenses.

My years of service on the Coop Board have exposed me to the larger cooperative world both here in New England and throughout the country. Through this exposure I have come to understand how coops do what they do, and how they have succeeded even when facing significant challenges in the very competitive business of retail food.

I believe food cooperatives can continue to grow as a fraction of the overall market, and that the continuing success of food coops will serve in both a supporting role, and an inspirational role, in the development of other cooperative ventures. My hope is that many future generations are able to shop at our Coop and other food coops, wherever they may live.

continued on page 3

Below is your Ballot.

To ensure confidentiality of votes cast, you must follow these instructions.

- 1. Check off the boxes of your choice
- 2. Put your ballot in a sealed envelope
- 3. Write your 12 digit member number on the envelope
(this includes the 2 little digits at each end)
- 4. Mail to the Willimantic Food Co-op 91 Valley St Willimantic,CT 06226 or drop off at the store

All envelopes will have the member number verified for active membership. This means that you have either paid in your entire equity requirement of \$120 or are current (not more than 3 months late) for your yearly payment. This process will also ensure the second Cooperative Principle – One Member, One Vote.

If you don't have your member number please email Membership@Willimanticfood.coop and it will be sent to you, or call the store (860-456-3611) and ask for Susan. Blank ballots will also be available at the store. 🥕

2018 Willimantic Food Co-op Ballot

Board of Directors

see the Proposed Board Endorsed Slate in the attached issue of the Co-op Compost

- ☐ I approve the Proposed Board Endorsed Slate of Candidates
- ☐ I DO NOT approve the Proposed Board Endorsed Slate of Candidates

Bylaws Revision

as proposed in the attached issue of the Co-op Compost

- ☐ I approve the proposed revisions to the bylaws
- ☐ I DO NOT approve the proposed revisions to the bylaws

Drop off in a sealed envelope at the store or mail to: Willimantic Food Co-op 91 Valley St Willimantic,CT 06226
Don't forget to put your member number on the envelope!

Annual Meeting of the Willimantic Food Co-op

Date: Sunday, April 22, 2018 5:00pm – 7:45pm

Location: Windham Theatre Guild Burton Leavitt Theater, 779 Main St, Willimantic, CT

A vote of the membership on proposed changes to the by-laws will take place at the annual meeting.

Explanation of Proposed 2018 Willimantic Food Co-op By-laws Changes

Changes are proposed to the bylaws primarily to ensure members will legally be able to vote “in absentia” (versus being required to attend a meeting in person) on issues, and to make clearer the steps required for members to request a Special Meeting or to add an issue to the agenda for a member vote at a general meeting.

Additional changes are to align with State law the rights of the members to elect and remove Directors; to make the by-laws consistent with the Co-op’s “policy governance” model of oversight; and to update the by-laws by removing paper- and postal-service-based requirements for documentation and communication.

Shown below is the text of the by-laws now in effect in the left column, and the text with the proposed changes in the right column. Only sections with proposed changes are shown here.

Full texts of the existing by-laws as approved April 2016, of the proposed by-laws incorporating the revisions, and of the proposed by-laws in “markup” format are available on the Willimantic Food Co-op web site from links on the page at: <https://www.willimanticfood.coop/about-the-co-op/our-board/> (Willimantic Food Co-op > About the Co-op > Board), and on the Board bulletin board at the Co-op.

The Board of Directors welcomes your questions and comments about the proposed changes.

| WILLIMANTIC FOOD CO-OP, INC. BY-LAWS Adopted April 16, 2016 | WILLIMANTIC FOOD CO-OP, INC. BY-LAWS Revisions Proposed Spring 2018 |
|---|---|
| <p><u>Article II: Membership</u></p> <p>Section 2.2: Rights</p> <p>Each member shall be entitled to make purchases from the Co-op on terms generally available to members, to participate in the governance of the Co-op as set forth in these by-laws and to receive a copy of these by-laws. Members may also contribute labor or service to the operational needs of the Co-op and thereby be entitled to receive discounts on their purchases. All issues involving major policies, fundamental changes and financial rights and interests of members must be decided or approved by members.</p> | <p>In <i>Article I: Organization, Section 1.1: Purposes</i>, the word “Co-op” is revised to capitalize all occurrences.</p> <p><u>Article II: Membership</u></p> <p>Section 2.2: Rights</p> <p>Each member shall be entitled to make purchases from the Co-op on terms generally available to members, to participate in the governance of the Co-op as set forth in these by-laws including election of member-owners to the Co-op’s Board of Directors; to participate in member benefit programs as established by the Board and management; and to receive a copy of these by-laws. Members may also contribute labor or service to the operational needs of the Co-op and thereby be entitled to receive discounts on their purchases. All issues involving the fundamental purpose and structure of the Co-op and financial rights and interests of members must be approved by members. Reference in these by-laws to the rights and entitlements of members, other than the right to redemption of capital funds, shall be understood to refer only to members in good standing (“active” members).</p> |

Section 2.3: Inactive Status

A member who becomes delinquent by three months in meeting his or her capital payment obligation, or who fails to keep the Co-op advised of his or her current address as evidenced by two mailings having been returned by the post office as undeliverable, shall be placed into inactive status. A member in inactive status may attain active status upon resuming regular payments and paying a reinstatement fee, if any, as determined by the Board or by resuming communication with the Co-op and providing correct contact information. Reference in these by-laws to the rights and entitlements of members, other than the right to redemption of capital funds, shall be understood to refer only to active members.

Article III: Meetings of Members**Section 3.2: Special Meetings**

Special meetings of members may be called by the Board or by the President. A special meeting shall be called within fifteen days of receipt of petitions signed by at least five percent of all members which state any proper business to be brought before the meeting.

Section 3.3: Notice

Written notice of the time and place of any meeting of members, together with a statement of the purposes of such meeting, shall be given to each member not less than ten nor more than fifty days before the date of the meeting. At a special meeting of members, no other business than that stated in the notice shall be transacted.

Section 3.4: Quorum and Voting

The presence of twenty-five members shall be necessary and sufficient to constitute a quorum for the transaction of business at any meeting of members. Each member shall have one vote on each matter submitted to a vote of members. Proxy voting shall not be permitted. Unless

Section 2.3: Responsibilities

Member-owners shall keep current in equity investments due to the Co-op, shall keep the Co-op informed of any changes in name or current contact information, and shall abide by these bylaws and the policies and decisions of the Co-op and the Board. A member-owner who upholds these responsibilities is considered an active member.

Section 2.4: Inactive Status

A member who becomes delinquent by three months in meeting his or her capital payment obligation, or who fails to keep the Co-op advised of current contact information as evidenced by two communications having been returned as undeliverable, shall be placed into inactive status. Inactive members may not be notified of meetings of members nor participate in member votes, but retain their right to redemption of capital pursuant to Article VII. A member in inactive status may attain active status upon meeting the responsibilities of membership, including resuming regular payments and paying a reinstatement fee, if any, as determined by the Board or by resuming communication with the Co-op and providing correct contact information.

Note: Sections 2.3-2.6 are renumbered as 2.4 - 2.7 due to the insertion of "Responsibilities" as 2.3 above.

Article III: Meetings of Members**Section 3.2: Special Meetings**

Special meetings of members may be called by the Board or by the President. Members may request that a special meeting be called by submitting a written petition stating the business to be brought before the members and signed by at least five percent of active members. Notice of the special meeting shall be issued within fifteen days of receipt of the petition by the Board. The special meeting will be held no less than two months after receipt of the petition. No business shall be conducted at a special meeting except that specified in the petition and notice of the meeting.

Section 3.3: Notice

Notice of the time, place and purpose of any meeting of members shall be posted in a conspicuous place at the Co-op and communicated to member-owners not less than ten nor more than fifty days before the date of the meeting.

Section 3.4: Quorum

The presence of twenty-five members shall be necessary and sufficient to constitute a quorum for the transaction of business at any meeting of members. The Board is authorized to reduce the number required for a quorum if a quorum is not attained at two successive meetings of

otherwise required by law or by these by-laws, issues shall be decided by two-thirds majority vote or, in the case of the election of directors or where two or more options are presented on a single issue, by plurality vote. Meetings of members shall be conducted in conformity with generally-accepted rules of parliamentary procedure.

Section 3.5: Balloting by Mail

The Board of Directors may authorize balloting by mail in conjunction with a meeting of members through procedures that are designed to assure fairness of the process, secrecy of ballots, and convenience to members. In such event, the notice of the meeting shall include a ballot and a full description of the issue to be voted upon. Ballots shall be returned either by mail or in person at the store during the month proceeding the date of a meeting of members. Submission of such a ballot shall be equivalent to presence in person at a meeting of members with respect to the issue covered by the ballot, and votes cast by ballot shall be counted together with votes cast in person at the meeting.

Article IV: Board of Directors

Section 4.1: Powers and Duties

Except as to matters reserved to members by law or by these by-laws, the business and affairs of the Co-op shall be directed and controlled in the interests of members by the Board of Directors (sometimes referred to in these by-laws as “the Board”). The powers and duties of the Board shall include, but not be limited to, engaging the general manager and monitoring and evaluating his or her performance, overseeing the operations of the Co-op, approving budgets and fiscal controls (in accordance with policy governance), securing good conditions of employment and assuring that the purposes of the Co-op are properly carried out.

Section 4.7: Termination

The term of office of a director may be terminated prior to its expiration in any of the following ways: (1) voluntarily by a director upon notice to the Co-op; (2) automatically upon termination of membership in the Co-op or upon termination of employment in the case of management and staff directors; and (3) involuntarily, with or without cause, by the members entitled to vote for the election of such person or, in the case of a director appointed by the Board, by the Board, provided in either case that removal is at a meeting the notice for which states that the purpose, or one of the purposes, of the meeting is to remove the director. A Director who fails to attend three consecutive Board Meetings, unless excused by the Board, shall be requested to resign.

members, to ensure that the Co-op is not prevented from conducting business.

Note: provisions in prior 3.5 “*Balloting by Mail*” are covered by proposed 3.4 “*Quorum*” and 3.5 “*Voting*.”

Section 3.5: Voting

Each active member shall have one vote on each matter submitted to a vote of members. Voting in person at a meeting shall be accomplished through procedures established by the Board assuring fairness of the process, secrecy of ballots and convenience to members. The members may vote at a meeting without attending in person by authorizing a proxy to cast that member’s vote; provided, however, that any proxy authorization is valid only if the authorization directs the proxy to vote in a prescribed manner on each question. Voting by proxy shall be equivalent to presence in person at a meeting of members. Unless otherwise required by law or by these by-laws, issues shall be decided by two-thirds majority vote or, in the case of the election of directors by plurality vote.

Article IV: Board of Directors

Section 4.1: Powers and Duties

Except as to matters reserved to members by law or by these by-laws, the business and affairs of the Co-op shall be directed and controlled in the interests of members by the Board of Directors (sometimes referred to in these by-laws as “the Board”). The powers and duties of the Board shall include, but not be limited to, establishing policies for guidance of the Co-op, overseeing the operations of the Co-op by engaging the general manager and monitoring and evaluating his or her performance, and assuring that the purposes of the Co-op are properly carried out, in accordance with its Policy Governance manual.

Section 4.7: Termination

The term of office of a director may be terminated prior to its expiration in any of the following ways: (1) voluntarily by a director upon notice to the Co-op; (2) automatically upon termination of membership in the Co-op or upon termination of employment in the case of management and staff directors; and (3) involuntarily, with or without cause, by the members entitled to vote for the election of such person, provided in either case that removal is at a meeting the notice for which states that a purpose of the meeting is to remove the director.

Section 4.8: Vacancies

Any vacancy among directors occurring between regularly scheduled times for election of directors shall be filled for the balance of the unexpired term by the Board in the case of consumer director positions, by management members in the case of the management director, and by non-managerial staff members in the case of the staff director position.

Article V: Meetings of the Board

Section 5.2: Notice

Meetings called by the Board shall require no further notice than the decision of the Board. All other meetings shall require notice to all directors. Written or electronic notice shall be delivered not less than ten days before the date of the meeting and oral notices in person or by telephone shall be given not less than three days before the date of the meeting. Notices of meeting of the Board shall also be posted in a timely manner and in a conspicuous place at the principal office of the Co-op, but failure to do so shall not affect the validity of the meeting.

Section 5.5: Action Without a Meeting

Any action required or permitted to be taken at a meeting of the Board of Directors may be taken without a meeting if a written consent to the action is signed by all directors and filed with the minutes of meetings.

Article VI: Officers

Section 6.1: Designation

The officers of the Co-op shall consist of President, Vice president, Treasurer, Secretary, and such other officers or assistant officers as may be determined by the Board. The President, Vice President and Secretary shall be chosen from among directors.

Article VIII: By-laws

Section 8.2: Amendment

These by-laws may be amended or replaced only at an annual or special meeting of members, provided that the proposed amendments are stated or fully described in the notice of the meeting at which the amendments are to be adopted.

Section 4.8: Vacancies

Any vacancy among directors occurring between regularly scheduled times for election of directors may be filled for the balance of the period remaining until the next opportunity for a vote of members by the Board in the case of consumer director positions; and for the balance of the term by management members in the case of the management director, and by non-managerial staff members in the case of the staff director position.

Article V: Meetings of the Board

Section 5.2: Notice

Regular meetings called by the Board shall require no further notice than the decision of the Board. Special meetings shall require notice to all directors. Written or electronic notice shall be delivered not less than ten days before the date of the meeting, or oral notices in person or by telephone shall be given not less than three days before the date of the meeting. Notices of meeting of the Board shall also be posted in a timely manner and in a conspicuous place at the principal office of the Co-op, but failure to do so shall not affect the validity of the meeting.

Section 5.5: Action Without a Meeting

Any action required or permitted to be taken at a meeting of the Board of Directors may be taken without a meeting if a written consent to the action is signed by all directors and filed with or recorded in the minutes of meetings.

Article VI: Officers

Section 6.1: Designation

The officers of the Co-op shall consist of President, Vice president, Treasurer, Secretary, and such other officers or assistant officers as may be determined by the Board. The President, Vice President and Secretary shall be chosen from among the directors.

Article VIII: By-laws

Section 8.2: Amendment

These by-laws may be amended or replaced only by a vote of members, provided that the proposed amendments are stated or fully described in the notice of the meeting at which the amendments are to be adopted.



New Staff *Sasha Baijjo*



Sunny Salutations Coop Members!

We have enjoyed a beautiful winter with our neighbors old and new. You may have met some of our newer Coop staff members while shopping the fun and delicious aisles in our store. Here's a little more about your Coop staff...

Joshua joined our Produce team earlier this fall. His hometown is Accra, Ghana, but he lives here in town now. He likes the great staff, interesting customers, and diversity of the community within the coop. Right now, Josh's kitchen has carrots, tomatoes, peppers, apples, kiwis, and bananas from our Produce section. His favorite hobby is swimming.

Marissa joined our Front End team this past summer. Hometown? What is a hometown? What she likes best about the Coop? That smell when you walk in the front door! Also, Saige's Mohawk. Right now, Marissa's kitchen has some Mind, Body, and Soul Coffee from our Bulk coffee section. Her favorite hobbies are raising her eyebrows, and snuggling with her pup and man on the couch.

Chris joined our Produce team in the late summer. His hometown is Griswold, CT. What he likes best about our coop is the people. Right now, Chris's kitchen has Napa cabbage and apples from our Produce section. His favorite hobbies are disc golf and guitar. 🥕



Kindred Crossings

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Winky's Food Review *Winky Gordon*

As the world careens along – chronic violence here and around the world, insanely early spring, increasing economic divide, for starters- I am reminded of the bumper sticker: “Where are we going? And why am I in this handbasket.” Yes, the world is in an uproar. So what's a girl to count on, what can help recalibrate? Wholesome food that is nutritious and satisfying is one place I turn when I need to feel my feet on the earth. Thank the Goddess for good food.

Need grounding and sustenance? Organic chickpeas and lentils are about as basic as you can get – unelaborate food of the earth, packed with nutrition. Chickapea Pasta (\$4.29/8 oz. package) is among the category of not-beautiful but delicious foods and it packs a 27-gram protein punch with each serving. It really is made with just the flours of organic chickpeas and red lentils, nothing else. It cooks up just like regular pasta and can be eaten with your favorite sauce or...just to be daring I ate it plain. I repeat: it's not pretty. But it's darn good all by itself, with a nutty flavor coming through. I can imagine eating this with tahini, not exactly a conventional pasta topping but one that would enhance the nutty factor. And it would visually blend in with the pasta, yielding an overall boring brown. Remember, beauty is in the taste buds of the beholder. In case it matters to you: it's organic, gluten-free, kosher, vegan, non-GMO verified, and has a low-glycemic index. Ta dah.

Maya Kaimal's Butter Masala (\$5.49/12.5 oz. jar) is not so much grounding as it is warming and cheering. Who couldn't use that right about now? Bon Appetit says this about the line of Maya Kaimal curry sauces, “Slightly spicy and very complex, this curry in a jar tastes as satisfying as home cooked.” The butter masala contains tomato puree, buttermilk, half-and-half, butter, “spices,” and lemon juice among other things. It is neither low fat nor low sodium! The taste that comes forward first for me is the lemon, giving it a pleasant tang among the richness of all those dairy products. But it also contains cilantro – tangy itself- and fenugreek leaves. I first ate this over rice, which was fine but not especially interesting. Today I covered tofu with the sauce and baked it, giving it a more robust opportunity to shine. Tofu is such a great foil for whatever it's cooked in and, believe it or not, the bland tofu texture contrasted well with the strong taste of the curry, tomatoes, lemon and so on. We carry several other Maya Kaimal curries. Pay attention – while this sauce was mild, the others vary in their heat ratings.

YumEarth brings us good old-fashioned black licorice that is organic, gluten, soy, egg and dairy free,

and made in a peanut-free facility (\$3.99/5 oz. bag). And it actually tastes like – surprise!- licorice. Its organic ingredients include: rice flour, brown rice syrup, cane sugar molasses, cornstarch, and licorice extract. I dig the sharp taste of this licorice, a flavor that I don't eat or drink often enough. I'm not quite as keen on the texture. It's a little denser than I might like – it takes a bit to get to chewy. This has not stopped me, however, from happily munching on this candy by the handful. My completely unscientific review of its medicinal properties demonstrates that licorice may well be the corrective herb of this moment in time. It is purported to be an anti-inflammatory, blood cleanser, liver detoxifier, and to provide adrenal support. It is soothing and healing. Could I have that IV please?

Finally, just for fun, because fun itself can be balancing and restorative, I bring you feel good foods' vegetable potstickers (\$6.99/10 oz. package). Not organic, but vegan and gluten free, these little puppies would make a great appetizer or adjunct to a fuller meal. They're basically just vegetables – cabbage, onion, carrots, shitake mushrooms – in a rice pasta pocket. By themselves they're pretty mild with a hint of ginger; it's the dipping sauce that gives them zip. It contains tamari (which they don't state is gluten free...hmmm), sugar, white vinegar, ginger, garlic, black pepper. I went the lazy way and followed directions for microwave cooking and they were just fine. Yes, I'd eat them again. And any food you can eat with your fingers, whether you're supposed to or not, gets extra points from me.

That's it for me for this time. Meet you in the aisles at the Co-op as we weather these strange times together. Eat good food. Thank the earth under your feet. And be kind – to yourselves and to one another. 🥕



Appropriate Designs
Green Home Design & Build Services

**NET ZERO
ENERGY
HOMES**

Richard L. Sherman
860 455 2000
app.designs@yahoo.com

www.appropriatedesigns.net

The logo for Appropriate Designs features a stylized house with a green roof and white walls, set against a yellow sun. The house is on a green hill. The sun is a large yellow circle with a red outline.

Wellness Review: Spring Cleaning for the Skin *Helen Scanlon*

The sun is out and the sky is blue

Time to rejuvenate, revive, and renew....(woo hoo!)

The Willimantic Food Co-op's Wellness department has everything you need to shine, inside and out. No need to go to the super-expensive chain stores to get the really good stuff—it's all right there on the Co-op's shelves. And, if you have questions about the products, the super-knowledgeable Wellness staff members are right there to assist you. It's this personal customer service that sets the Co-op apart from other retailers—the Co-op staff members make it their mission to ensure that your shopping experience is fun and educational.

As a whole, The Willimantic Food Co-op is truly dedicated to providing high-quality products that enhance health and protect the planet. Peruse the shelves, ask questions, sample the testers, try something new—the Co-op is there for you. (That rhymed).

And you know what else is pretty awesome? Winter is making tracks and soon the daffodils will be poking through the mud (maybe they have already appeared by the time you read this), and that means it's time to do some spring cleaning for your winter-tired skin. The Co-op has what you need to get the job done—and I am super excited to share two remarkable skincare products with you for this issue of *The Compost*.

The first item I reviewed was Bedu camel milk soap in sandalwood and saffron, and it has become my new favorite face soap. It cleans thoroughly, leaves no residue, and doesn't dry out the skin. And it smells amazing. What makes this soap stand out from the rest is the "white gold of the desert," camel milk, long-revered for its healing properties. Check this out from their website:

Camel milk is a natural source of age defying Alpha and Beta Hydroxy acids (known to plump skin and smooth fine lines). It naturally keeps the skin moisturized and prevents signs of aging, sun damage, and pigmentation with its gentle exfoliating and lightening effect. Rich in Vitamin C, (a natural anti-oxidant) it increases collagen production and improves skin resiliency. ...The deeply moisturizing lanolin in camel's milk provides a

calming and soothing effect on the skin and is beneficial for all skin types, even the most delicate and youngest skin.¹

Bedu has a generous and aromatic lather that gently washes away tired cells to refresh your skin and get it glowing with health and vitality. Try it and see why it has become my new go-to. I must add that I am super-picky about my face cleansers, so this is a big deal!

Another big deal is MyChelle Cane Sugar and Vanilla Refining Sugar Cleanser—also a new favorite. Put a small dollop in the palm of your hand, add some warm water, and smooth it on your face and neck. The cane sugar gently exfoliates the skin, dissolves, and the cleanser becomes a rich, smooth lotion that lathers up like a dream

to leave your skin feeling like a flower petal—all while embracing you in a creamy vanilla aroma. Oh. My. Goodness. Yes, it's that indulgent. Yes, it works. Want to see why I was inspired to write poetry about a facial cleanser? Pick up this product next time you shop at the Co-op. You're welcome!

MyChelle is a respected name in natural beauty, and this is why:

The pioneer and authority in advanced, bioactive skin care, MyChelle transformed the natural beauty industry by being the first to use anti-aging peptides, plant stem cells, and clinically proven dermatological ingredients.

With natural products now the expectation, MyChelle's progressive 360-degree approach to beauty is to provide clean, conscious, and comprehensive skin care products that are bioactive, ethically sourced, and formulated with high-performance ingredients for superior results and a lifetime of natural, healthy skin.²

I love this MyChelle product—my skin looked brighter and felt softer after only one week of use.

Your skin works hard for you every single day. It doesn't sleep on the job. It protects you, keeps you healthy, and helps you to face the world with confidence. Don't just slap any ol' product on it. Your skin deserves love and respect, and the Co-op has the magic formula



¹ source: <https://www.bedunaturals.com/>

² source: <http://www.mychelle.com/>

continued on page 11

Wellness Review *continued from page 10*

for your skin's unique needs. Everything in the Wellness aisle is all-natural. Gentle. Cruelty-free. Ethical. Nary a harsh chemical to be found.

And lucky me, I get to test drive the magic for you. Bedu and MyChelle are clear winners in the skincare category; I could not recommend them more highly.

So, lucky you—you don't have to search high and low and climb mountaintops to find the best, top-rated skincare products. They can be found at your local friendly Co-op.

Happy and healthy shopping!

Helen 🌱

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(help reduce waste! please bring your own plate/bowls/silverware)

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