

MOSCOW

FOOD
CO-OP
NEWS

APRIL 1976

610 S. Main Moscow

FOOD DAY FOOD DAY FOOD DAY FOOD DAY FOOD DAY

This Thursday, April 8, is National Food Day, a day for all of us to become more aware of the control we can have over our own diets and of ways in which we can become involved in solutions to the world food crisis. So much of the food Americans consume everyday has been linked to disease by medical researchers; sugar, cholesterol, saturated fats are some of the worst offenders. While Americans join weight-reducing clubs 15,000 people die daily of malnutrition throughout the world. The basic problem behind this gross inequity, as well as the American junk food diet, is that food is seen as a profit making commodity, rather than a basic right of all people. Is it really true big corporate-run chemical farms are the only way to feed the world? Can affluent people begin to eat less meat, freeing grain protein and the energy needed to produce it for the malnourished of the world? Must food be distributed by scores of greedy middlemen who rake off a profit at each step along the way? Must there be a sales tax on food?

As members and buyers at the Food Co-op we have already begun to see alternatives to the agribusiness answers to these questions. We are beginning to eat more healthful, less energy-demanding foods. The Moscow Food Day Committee will be sharing this awareness we are going to about food with our neighbors this Thursday. We will have an informative table at Friendship Square where we will also give samples of natural food goodies on a donation basis. There will be free films all afternoon at the SUB Borah Theatre including Diet for a Small Planet. We are also conducting a campaign to have families and living groups throughout town prepare a days menu without the use of meat. We have sent out sample high protein-meatless menus and hope this will aid people in discovering a concrete way they can use less of the world's resources.

We need people to help provide goodies for the info table and to come, both to offer and learn, to the film-discussion session at the SUB. Please tell your friends and neighbors, too. And in case some of you want to try some meatless meals, check out Diet for a Small Planet, available in the library, the bookstores, or the CO-OP.

If you save some money by going meatless, please contribute to one of the anti-hunger relief organizations listed below. By working together we can make a difference.

Oxfam-America
302 Columbus Ave.
Boston, MA 02116

Care, Inc.
660 First Ave.
New York, NY 10016

Church World Service
475 Riverside Drive
New York, NY 10027

Catholic Relief Services
350 Fifth Ave.
New York, NY 10001

GOOD BYE MOSCOW, HELLO KANSAS

Dear Friends, After being involved with the Co-op for a year and a half, I guess you could say I'm just moving from the storefront end of this wonderful food conspiracy to the food production end.

It's not really goodbye - the ol' man David and I will be organically farming 480 acres and making many contacts with other Kansas farmers in hopes to bring more low cost organic grains to the may Northwest food store fronts.

My dream would not begin to be a reality if it weren't for all my brothers and sisters here in Moscow teaching me a better way to live in harmony with our precious earth and each other.

God be with you all. Jani

IDEAS INPUT IDEAS INPUT

So what do you do? You are a working member of the co-op, you put in your 3 hours a month behind the counter, time goes on, you do it again, maybe cut some cheese, you have ideas, but heck, the managers are taking care of all that, and who you anyway? Right? WRONG! Everyone who has ideas has a right, and a responsibility, to input them, act on them, and do what needs doing. And, we now have a channel that does it - for the person who has extra energy and wants to do more than 'just clerk.' (although never, never, underestimate the worth of a good clerk. They are the backbone of the store.) Task Forces for special interests are being set up, and there is a sign-up sheet on the bulletin board. If you don't see your interest on the list, put it there. The first person on the list, or the most anxious, takes the responsibility of suggesting a time and place of meeting and acting. Task Force are not necessarily responsible to the managers, and the only suggestion is that they make reports to the board and the general membership, just to keep us all informed. An example a group of members were clerking and found it difficult (impossible) to find cheese and produce prices. So, they independently cleared off the walls and coolers of all the slips of paper, put up the big cheese and produce price list, and moved the member's bulletin board to a more visible location. Hurray for them!

REORGANIZATION REORGANIZATION REORGANIZATION

Our board of Directors has been very busy meeting in open session with interested members this past month, and in true old-fashioned town meeting manner, (are you listening, Carl Hess?) has worked out some exciting new directions for itself, which will be presented for approval of the general membership at our April 6 potluck. The minutes of the meetings are somewhat lengthy, so rather than publish them here, please find them posted on the bulletin board.

NEW FOOD

NEW FOOD

NEW FOOD

NEW FOOD

How exciting! We have (sometimes) veggies now. Ecocados (organic avocados) and brocolli (non-organic) come in on the Community Produce truck every first and third week, and are sold almost immediately, but the organic carrots are in almost all the time. And of course, we have potatoes, onions, and garlic in quantity.

Peanuts in the shell are back, and along with them came pistachio nuts and pine nuts - very expensive but very good.

Honey - - - ah yea, the perpetual question. Well, we fianlly do have it, but most of it is prepackaged and crystallized in 14 lb. and 42 lb. tubs. We are liquefying some as fast as possible to have available for those who don't want or can't afford so much, so be patient please.

MONEY

MONEY

MONEY

MONEY

MONEY

MONEY

It is amazing. In spite of ourselves we manage to make more sales every month. February sales were \$8292.65, an average of \$345.52 a day, and March sales were \$8805.04, an average of \$326.11 a day. Now this may sound rather strange, but our sales only last fall were averaging somewhere around \$200-250 a day, so you can see we have progreswed. Of course, all is not rosy yet. Expenses seem to go up right along with income. The final quarterly report won't be out for another week, but when it is finished we will have it posted on the member's bulletin board for your benefit. Hopefully all who are interested will take the time to read and study it, and comment.