

THE WHEATSVILLE BREEZE

A PUBLICATION OF WHEATSVILLE FOOD CO-OP • 3101 GUADALUPE ST • AUSTIN, TEXAS 78705

Join Us SATURDAY, October 6 10 AM – 1 PM at 4001 S. Lamar for our **BIG CO-OP FAIR** AND ANNUAL OWNER MEETING



We cordially invite our owners, shoppers, community partners, neighbors, and friends to kick off CO-OP MONTH with us at our **second annual BIG Co-op Fair**. Get a behind-the-scenes look (and taste) of how this co-op operates and see for yourself how you contribute to our common goals with every single shop you make. Come for a taste, stay for the meeting, or just enjoy the rides. **ALL ARE WELCOME! Bring the kids!**

- **25+ VENDOR SAMPLES**
- **FERRIS WHEEL, CLIMBING WALL +MORE**
- **MUSIC & GIVEAWAYS**
- **ANNUAL MEETING 11AM – 12PM**

CO-OP OWNERS are cordially invited to join us for our Annual Owner Meeting 12pm-1pm in the Community Room. **Owners that attend the full meeting will receive a coupon for 10% OFF ONE SHOP!**

VOTE

2019 Wheatville Election
Sept 9- Nov 9

Candidate Forum
Voting Guidelines
and Ballot pages 7-11



In this Issue:

Community Action	2
Owner Drive! /RAPIDMetro Bus Stop at Guadalupe	3
Organic Month Spotlight: Organic Valley/Organic Prairie	4
September is Organic Month	5
October is Co-op Month/ Celebrate Co-op Month	6
Cooperation Starts with Participation/ Board Election Intro	7
Get to Know the Board Candidates	8-9
The 2019 Wheatville Election Ballot	10
Voting Tips and Guidelines / 2018 Shoppers Survey	11
Let Us Make You a Meal / \$5 Dinner	12
Staff Top 10: Lindsey Blisard	13
Co-op Month Vendor Spotlight: Equal Exchange	14
Staff Top 10 - Gabi Rodriguez	15
Join Co-op Explorers	back

OWNER APPRECIATION DAYS

20% OFF ALL OWNER SHOPS

THURSDAY, OCTOBER 18 – SUNDAY, OCTOBER 21



Community ACTION

September: Meals on Wheels Central Texas



Wheatsville is excited to have Meals on Wheels of Central Texas back as one of the Community Action Groups this September! Meals on Wheels of Central Texas began in 1972 as an East Austin-based, grassroots organization staffed by only eight volunteers. Together, they cooked and delivered meals to 29 homebound

seniors three times a week. Today, Meals on Wheels of Central Texas provides service to nearly 5,000 persons in need with the help of more than 7,000 volunteers offering programs designed to keep our clients healthy and living independently with dignity. In addition, to Wheatsville staff donating their time to deliver meals, Wheatsville will also be collecting donations at the registers all month and donating \$1000 to MOWCT. Remember to round-up your total at the checkout in support of Meals on Wheels of Central Texas!

Each year during our annual election Wheatsville Owners vote for 10 local non-profit organizations to support in the coming year. Wheatsville then adds a \$1,000 donation to the non-profit at the end of each organization's assigned month.

In addition, Wheatsville also accepts cash donations at the register throughout the month



October: Wheatsville Cooperative Community Fund

October is National Co-op month and our Community Action group is the Co-op Community Fund! What is the Co-op Community Fund you ask? Wheatsville has a Community Fund in our name and we use the earnings from our fund to support local community groups and the cooperatively movement. All funds collected will go into the Twin Pines Cooperative Fund, while the interest collected from those donations will be used towards local non-profits in Austin. We focus on groups that are working toward a similar mission. The Wheatsville Co-op Community Fund supports the two principles cooperation amongst cooperatives and concern for the community.



Wheatsville was honored at Meals on Wheels Annual Meeting for our continued support!



Together we have a HUGE IMPACT! Thank you for all of your pennies, nickels and dimes!

Wow! In May: our shoppers contributed **\$16,036.94** to Austin Pets Alive!

In June: our generous shoppers donated **\$15,378.60** to Caritas of Austin!

In July, **\$15,966.19** plus food pantry donations were raised for Hospice Austin. Thank You!

October Owner Drive

by Erica Rose, Ownership & Outreach Coordinator



Friday, October 5 – Sunday, October 14



Ownership sits at the heart of Wheatsville Food Co-op – it's what makes us very different from other businesses and we are over **22,000 owners strong!** We are hosting an Owner Drive October 5-14 to spread the love to more Austinites!!!

Become a fully invested owner of the co-op and receive a super cool "I <3 my co-op bag" stuffed with goodies from our vendors! There are lots of economic benefits when you join the co-op. Owners get loads of exclusive offers, along with co-op wide deals for everyone. We also have **Owner Appreciation Days**, where owners receive **20% off all shopping trips** made during these days. New own-

ers will be ready to take advantage of **Owner Appreciation Days starting on October 18 through October 21.** Just that savings alone can pay for the cost of the investment in the co-op. It pays for itself!

Along with the savings you will get when joining the co-op, you are also becoming part owner, and have a say in the co-op. You can vote for the Board of Directors or run for a seat on the board, and be a bigger part of how we help our local community. **The Wheatsville Election begins September 9TH!** Cast your vote when you join! Please visit the Hospitality desk at your closest location to find out more details about how you can benefit from ownership.



Total Co-op Owners as of August 15
22,732!
If you have an ownership inquiry or need to update your mailing info please contact Erica Rose at membership@wheatsville.coop.



NEW! MetroRAPID Bus 801 & 803 at GUADALUPE



Five years ago CapMetro started integrating MetroRAPID buses onto our streets in an effort to create faster commutes on some of Austin's busiest corridors. While a noble endeavor, one of the side-effects was slower local service and RAPID service that skipped over our Guadalupe store. Almost immediately we heard from shoppers, staff and neighbors that the changes in service created less accessibility to the co-op, which for some, became a deal-breaker.

It took a lot of effort from a lot of people, but we now have a brand NEW MetroRAPID STOP for the 801 and 803 at our GUADALUPE store!

Access to fresh, healthy food is what the co-op is all about - and we're going to celebrate!

Join us **THURSDAY, SEPTEMBER 13TH**
5-7 PM at the Guadalupe store!

Enjoy **\$5 DINNER on the PATIO (until 8pm), MUSIC, GIVEAWAYS, SAMPLES and MORE!**

Run, bike, scoot, walk or TAKE THE BUS!

We're OPEN FOR BUSINESS and can't wait to see you!

The Wheatsville Breeze is a publication of

Wheatsville Food Co-op

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Photos by: Raquel Daddomo, Aldia Bluewillow, Equal Exchange, Organic Valley & Organic Prairie, except where otherwise noted or not known

The Wheatsville Board of Directors' meetings are usually held on the third Tuesday of every month. Check wheatsville.coop/membership/board-of-directors for details. Owners are encouraged to attend. Something that you would like discussed? Use the Open Time Form on the Board's webpage.

Wheatsville 2018 Board of Directors

Rose Marie Klee, President

Doug Addison Jason Bourgeois

Brandon Hines Don Jackson

Brian Mikulencak Lisa Mitchell

Lyz Nagan MeriJays O'Connor

The purpose of Wheatsville is to create a self-reliant, self-empowering community of people that will grow and promote a transformation of society toward cooperation, justice, and nonexploitation.

The mission of Wheatsville is to serve a broad range of people by providing them goods and services, and by using efficient methods which avoid exploitation of the producer and the environment. The focus of this mission is to supply high-quality food and non-detrimental information about food to people in Austin TX.



What is your origin story? Who started the business and why?

It all started in 1988. We were a handful of Midwest family farmers fed up with the state of American agriculture. Family farms were going extinct.

Our friends and neighbors were discarded by a bankrupt agricultural system, and we were told to "get big, or get out!" Industrial, chemical farming was the only existing option for survival; never mind its effects on our health, our animals, and our environment.

But we didn't want to be industrial, chemical farmers, and we didn't want to be at the mercy of corporate agriculture. We had to do something. So one farmer, George Siemon, put up posters calling us to band together, and we did. Family farmers filled the county courthouse (photo below) and we all agreed: there had to be a better way—a more sustainable way—to continue farming in a way that protects the land, animals, economy and people's health. And that's how our farmer-owned cooperative was born, with George as CEIO.

Before a year had passed, we started selling organic dairy, and people could tell the difference. Our local communities began choosing our premium, organic milk over other options, and we realized that we were certainly right about one thing—people wanted quality food.



Family farmers filling the county courthouse in 1988.

Organic Prairie meats are produced by our independent cooperative of organic family farms. We are pioneers of the organic meat industry. We began producing our delicious meats—without the use of antibiotics, synthetic hormones, or pesticides—back in 1996. We insisted on third-party organic meat certification long before federal organic standards were established. We were the first in the industry to ban animal by-products from our cattle's diet, and we played a vital role in shaping federal organic meat certification standards—the strictest in the industry.

What makes your products unique? Why should someone buy them?

When you spend your milk money on Organic Valley, we give you fresh food you can trust. **It all comes from the family farms of our cooperative.** With your support, we make real changes in the world one small step—and farm—at a time.

At Organic Valley, we like to keep things honest and simple. Like dairy produced with no added hormones, antibiotics or toxic pesticides. Produce grown the organic way, with none of the toxins or synthetic fertilizers. And cheese made by farmers and artisans who care about the environment, the animals and you—our customers.

Organic Prairie farmers are committed to providing your family with the healthiest, most wholesome meat, raised humanely in accordance with organic principles and practices—respecting the dignity and interdependence of human, animal, plant, soil and global life. We know that meat produced organically is the safest, best choice for our families, and we're proud to make it available for yours to enjoy!

Why is organic better?

Organic farmers use sustainable methods of pest-control. Non-organic farms use toxic pesticides and herbicides. These chemicals are really harmful to wildlife and human health, contaminating our food, air, and water, and accumulating in our cells. Organic farming practices, however, strictly forbids the use of these chemicals—making bees happier and food more nutritious.

Research shows that organic foods are higher in antioxidants and other nutrients, like omega-3 and CLA essential fatty acids. And organic crops have been shown to contain significantly less concentrations of cadmium—a toxic metal on par with lead and mercury. Organic food really is better for you. And it tastes better too.

Synthetic hormones and antibiotics are frequently given to non-organic farm animals to change their reproductive cycles and speed up their growth. We believe cows are healthiest and happiest when they're allowed to live without being pumped full of chemicals—it helps them produce the highest quality milk we pride ourselves on.

When non-organic farmers feed their animals antibiotics to keep them from getting sick, they kill many of the pathogens—but not all of them. The germs that survive go on to reproduce, leading to antibiotic-resistant infections that pose a real threat to animals and people alike. Instead of relying on antibiotics, our organic farmers use natural holistic measures to promote and maintain animal health—keeping everyone healthier in the process.

Genetically engineered crops are a relatively recent invention with potentially harmful impacts on the ecosystem and on human and animal health. We still don't know a lot about them and organic standards forbid the use of genetically engineered seeds or animals—including clones.

What else would you like us to know?

We're The Un-Corporation Our farmers own the company. Not the other way around. (That's why they're on the packaging!)

We're a cooperative of more than 2,000 small family farms. Organic Valley isn't a giant corporation. We're a cooperative of farmers across the country who share the same commitment to growing food the right way. We're not driven by profits; we're driven by principles. To make sure we stayed true to our mission, we made our company a cooperative. That means 2,000+ small family farmers own the company, not a bunch of Wall Street suits. And our board is made up entirely of our farmers. One farm, one vote.

We used to be a bunch of idealists. And we still are today. We believe in the idea that, if consumers demand high-quality organic food, grown the right way, we could all change the way we treat our land, our animals and our bodies.

We're proudly independent. And we'll never sell. We're a bunch of farmers. So, of course we take the long view. We never take short cuts for short-term profits. We've always done things our way. And we always will.



When it comes to food labels, the USDA Certified Organic seal is the gold standard and indicates so much more than just "pesticide-free food." The label represents a sustainable, transparent and ecologically sound system of food production that not only produces abundant, nutritious, delicious food but also speaks to one of today's hottest food topics: genetically modified organisms (GMOs). GMOs have never been allowed in organic production and remain excluded from organic certification to this day.

Most people interpret the USDA Organic seal as representing what the food isn't. Organic food isn't contaminated by toxic pesticides, antibiotics, added hormones, or synthetic fertilizers, and it isn't irradiated or genetically modified in a lab. Since all of these things are potentially present or true in conventionally farmed and produced foods, the best way for concerned consumers to avoid them is to look for the USDA Organic seal. But the seal also represents a much broader set of positive goals for our food system, ones that protect the land and our right to know what is in our food.

Organic Agriculture Is Sustainable

At its best, organic production uses sustainable practices that once established are relatively self-perpetuating and long-term solutions. These practices include:

- **Building healthy soil, naturally.** This is done through composting, green manure cover crops, crop rotation and other time-honored methods. Organic farmers have no need for synthetic fertilizers that can pollute our water supply.
- **Using biological methods to control pests.** Pest management can be achieved by maintaining native plants as habitats for pollinators and beneficial predatory insects that will prey on common pests.
- **Maintaining humane conditions for livestock.** Plenty of fresh air and space to roam means animals are healthier and farmers don't need to rely on daily doses of antibiotics to keep them well.



(left) **Organic Valley's CEO, George Siemon,** is a long-haired former hippie, who flies coach, drives a hybrid car (sometimes there's straw strapped to the roof) and still rarely wears shoes. George really believes that people are more important than profits. Most corporate CEO's went to business school and are brought in to increase efficiency and maximize profits. George is a farmer, one of the original founding farmers of Organic Valley. Even after all these years, George is pretty stubborn about the whole idea of giving consumers better food for their families while helping other small family farmers earn a fair wage for a quality product.



Organic Systems Are Transparent

Today, most food travels many miles and changes hands multiple times before it reaches our plate making it hard to know how it was produced. Not so for organic. Items that bear the USDA Organic seal have a fully transparent production and delivery record known as an "audit trail" that is annually documented, inspected and evaluated by third-party organic certifying agents. It's their job to ensure organic producers adhere to the organic standards developed and enforced by the U.S. National Organic Program. (www.ams.usda.gov/AMSv1.0/NOP)

What is more, many countries participate in equivalency programs that harmonize organic certification requirements internationally. This means that for something imported to the United States to be labeled as organic, it must have international documentation that its production adhered to the same standards or better than items bearing the USDA Organic seal. There are also international certifying agents that use the same criteria all over the world that meet or improve upon qualifying certification standards. Organic is a global movement that is only increasing in momentum.

Organic Is Non-GMO

GMOs are plants or animals created through the process of genetic engineering. (strongertogether.coop/fresh-from-the-source/what-is-a-gmo)

Under the organic standards, genetic engineering is an excluded method. Genetic engineering conflicts with the basic philosophy of organic farming which takes the approach of working with natural biological systems in order to produce healthy food.

Because GMO crops are prevalent in the United States food supply (173 million U.S. acres in 2012), organic farmers must take extra steps to ensure their organic crops are not inadvertently contaminated by GMOs. These efforts are verified by their inspector each year. Methods used include buying non-GMO seeds from reputable distributors and testing them before planting, timing their planting to prevent cross-pollination with neighboring GMO crops, preserving a "buffer zone" of uncultivated land around the perimeter of the farm, and documented cleaning of farm equipment. Certifiers accredited by the USDA conduct periodic residue testing to further verify organic food does not contain prohibited substances, including GMOs. blogs.usda.gov/2013/02/20/organic-101-strengthening-organic-integrity-through-increased-residue-testing/

Certified Organic, the Gold Standard

Regardless of which USDA certified organic label ("100% organic," "organic," or "made with organic ingredients") appears on the product packaging, none of the ingredients inside are allowed to contain GMOs. On the other hand, food bearing only a non-GMO label or claim is not making any other assurances about how it was produced. Only certified organic food that bears the USDA label is guaranteed to provide you with all the benefits discussed in this article. This is why the seal is known as the "gold standard" of food labels.

National Co-op Grocers (NCG) is a founding sponsor of National Organic Coalition (strongertogether.coop/voices-from-the-field/national-organic-coalition) which advocates for preserving strong organic standards, and a partner of the Just Label It campaign which calls for mandatory labeling of GMO foods so that consumers have the right to choose.





October Is Co-op Month

by Dan Gillotte, Chief Executive Grocer

Every October, Co-op Month gives me a chance to reflect on our special institution – built by thousands of people over the years – and how we fit into the greater co-op world.

By pooling our resources together we create the better, kinder world that we want regardless of outside forces that have different agendas. **Last year through your amazing generosity we raised over \$155k to support non-profits and community groups here in Austin and have already raised over \$100k this year!** With over 22,000 Owners we are able to create impact with just pennies and nickels.

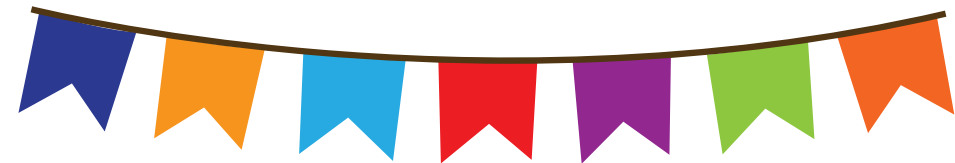
Co-op impact nation-wide is impressive too and helps make the world a better place. One recent example is the \$150,000 donation made by **National Co-op Grocers** for the reconstruction of **Puerto Rican cooperative businesses destroyed last year by Hurricane Maria**. Not only is it a perfect example of Principle 6) Cooperation Among Cooperatives, but also illustrates how our success, support, and commitment locally affects people globally.

Our co-op keeps our shared values in mind as we operate our businesses. It's a challenge to keep all the plates spinning by:

- 1) being a financial value to you, our members and shoppers,
- 2) bringing fair prices to our farmers and producers
- 3) offering Livable Wages and Benefits to our front line staff while adjusting to the rising costs of doing business in Austin and
- 4) keeping in mind the various needs of all of our shoppers.

Our product selection spans the gamut from paleo to vegan, from gluten-free to allergen-free. For some, fair trade and organic is the primary decision driver, while for others it's price. I think we do a pretty good job on this tight rope but because we're YOUR co-op do want to hear when we're stumbling. We take your feedback very seriously inside the greater context of all the co-op owners.

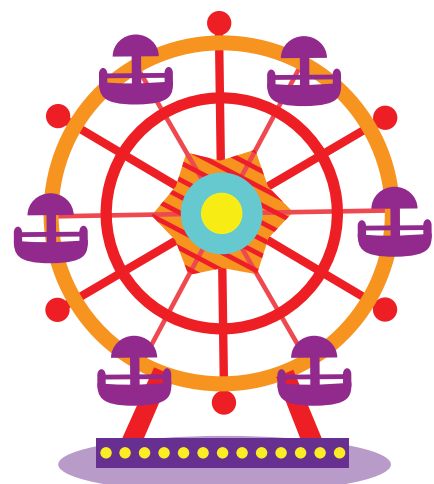
Please take a moment this October and soak in the goodness and special-ness of our local co-op and the co-ops of the world. Together we really do a lot of good and we can't do it without you!



Join Us SATURDAY, October 6

10 AM – 1 PM at 4001 S. Lamar for our

BIG CO-OP FAIR AND ANNUAL OWNER MEETING



- ANNUAL MEETING 11AM-12PM
- 25+ VENDOR SAMPLES
- FERRIS WHEEL
- CLIMBING WALL +MORE
- MUSIC
- GIVEAWAYS

ALL ARE WELCOME! Bring the kids!



Celebrating Co-op Month by Raquel Dadomo, Brand Manager



October means it's time to celebrate co-ops and help more people know what we're all about. So...what are co-ops all about? **CO-OPS** are independent businesses that are owned by a community of people. All CO-OPS operate with **SEVEN PRINCIPLES** that help us maintain an ethics-based business that is both socially responsible while being economically beneficial to the people that use it and the community it supports.

Through every decision we make, Wheatville Food Co-op is working towards making progress on our **BIG Direction Goals of 1) More Local, Organic, and Sustainable Food, 2) More Co-op Economy and 3) More Happy People**. That's why we have 2,000 local products in store and a produce department stuffed full of organic, energy saving LED lights, doors on refrigerators, and buy Green Choice energy that invests in wind power!

Co-ops are also independent, democratic, and autonomous businesses. We are members of business co-ops, use co-op banks, and learn from and promote each other as much as we can – in fact hundreds of hours are invested into strengthening co-ops both locally and nationally.

But cooperation doesn't stop there – we also sell goods that are made by other co-ops such as **4th Tap Beer, Frontier, Organic Valley, Organic Prairie, Blue Diamond, Equal Exchange, Once Again Nut Butter and Aura Cacia** – just to name a few! In addition, your membership at Wheatville Food Co-op means that you are eligible to become a member of **University Federal Credit Union** too! The more we can help each other, the better we all are.

Co-ops aren't owned by any person, family, or corporate entity. We're here because YOU'RE here. Together co-ops make a difference in the way business gets done and there's only one thing you have to do – **PARTICIPATE** in a way that works for you. **Shop** at the co-op, **tell your friends** about the co-op, **VOTE** in the co-op election (maybe even consider becoming a Board Member), bank co-op, buy co-op. **TOGETHER** we do **AMAZING THINGS!** Thank you for participating!

COOPERATION Starts with PARTICIPATION by MeriJays O'Connor, Board Member



(above) Board Members MeriJays O'Connor and Jason Bourgeois at \$5 Dinner.



(above) Board Members Don Jackson, MeriJays O'Connor, Lisa Mitchell and Brandon Hines at the Nada Moo Ice Cream Social at S. Lamar.

The next time you are enjoying your food on the porch at Guadalupe or in the community room at South Lamar, be sure to look up and notice the flags that display our seven Cooperative Principles. To support and highlight these principles, we've created unique ways for owners to get to know their co-op and engage with the Board of Directors. **"Yay!" for Co-op Principle #5 Education, Training and Information!**

From eating with a Board Member on Thursday's \$5 Dinner, to owners visiting 4th Tap Co-op for a brewery tour (**Woo-hoo! Principle #6 Co-operation Among Co-operatives**), to visiting with owners during Wheatville's Ice Cream Social compliments of Nada-Moo, we have had fun opportunities to learn and enjoy what the co-op has to offer!

Afraid you missed all of the fun? Not a chance! Let's not forget principal **#2, Democratic Member Control**. Coming up October 6th is our **BIG CO-OP FAIR and ANNUAL OWNER MEETING**. This is where your Board of Directors demonstrates accountability to the membership. You will hear the Wheatville financial report, listen to board candidates speak, and enjoy some stories about how Wheatville positively impacts our community (**Principle #7 Concern for Community...sweet!**). It will also be a great opportunity for you to cast your vote in our annual election, hint, hint...

Plus, Wheatville will have some fun surprises to make the gathering a great way to spend your day and celebrate all things Cooperative. The board's Owner Engagement Committee is working hard to plan for the next year so be sure to stay informed by signing up for the weekly email (upper right corner of our website www.wheatville.coop) or follow us on **Facebook**: [wheatvillefoodcoop](https://www.facebook.com/wheatvillefoodcoop) **Twitter**: [wheatville](https://twitter.com/wheatville) or **Instagram**: [wheatville](https://www.instagram.com/wheatville) – either way, stay connected!

The next time you participate in an event, come up and introduce yourself. Board members are first and foremost Wheatville owners, just like you! We look forward to having a conversation and learning more about our owners and co-cooperators!



(above) 4th Tap Brewery Tour with Owners and Board!

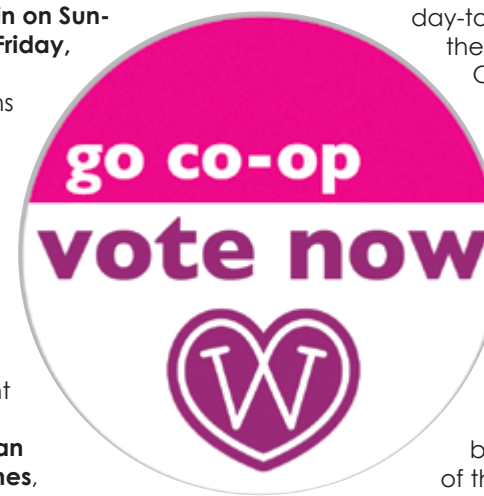


(left) Board Member Doug Addison in the aisles shopping!

Election preview September, 2018 by Doug Addison, Board Secretary

Hey Wheatville owners! It's election time again, and I'm not talking about the contests for Congress coming up in November. No, I'm talking about something more important, at least to the future of your favorite local food co-op: the 2018 Wheatville Board of Directors election. **Voting will begin on Sunday, September 9, and end Friday, November 9.**

This year, the Nominations Committee has worked diligently to bring you the following five candidates for **four** open seats on the co-op's nine-member governing body. The candidates, who are seeking one of three 3-year terms and one 1-year term to begin in January 2019, include current board president **Rose Marie Klee** incumbent directors **Brian Mikulencak** and **Brandon Hines**, plus Wheatville owners **Melissa Sledge** and **Megan McDonald**. Their answers to four questions posed in the board candidate application are presented in the Candidate Forum.



Wheatville's Board ensures organizational performance on behalf of all Owners. Our work includes developing clearly stated expectations through written policies; delegating responsibility for, and authority over, the achievement of stated objectives; and monitoring compliance with written policies. Our purview is not the day-to-day running of the store, but rather the strategic planning, financial oversight, Ownership linkage, and community outreach that will keep Wheatville strong and successful well into the future.

Each candidate is a fully invested Owner who has attended one of six orientation sessions the Nominations Committee held for prospective board members this summer and has agreed to abide by the Director's Code of Ethics and Code of Conduct if elected. Prospective board members also were expected to attend at least one board meeting in order to get a sense of the board in action.

The Nominations Committee and the entire board are excited about the candidates we are presenting to Owners this year, and we encourage every Wheatville Owner to take a few minutes to

learn about the candidates and to vote. The candidate profiles printed below also will be compiled in binders at the Guadalupe and south Lamar store's hospitality desks, and you will get a few chances to meet the candidates in person in while the election is ongoing, including at the BIG Co-op Fair and annual owner meeting on October 6 at the south Lamar store. All candidates will be invited to introduce themselves and answer questions from owners at the annual owner gathering on October 6. Check the Wheatville website for short candidate statement videos after the election begins and watch for a board member-led "get out the vote" tabling in front of both stores on select Sundays this fall, where candidates might also be in attendance.

This issue of the Breeze includes a ballot, which Owners can use to cast their vote either by mail or at the store's hospitality desk. Online voting will be available at <http://wheatville.coop>. Democratic control is a guiding principal of Wheatville and all co-ops. Please exercise your responsibility as an owner and vote in the upcoming board election!



CANDIDATE FORUM

Brandon Hines



**Dimensional Fund Advisors
VP SR Manager, Information
Risk & Security
Years lived in Austin 29**

I am excited about the prospect of continuing to serve on the Wheatsville board of directors. I believe that I bring a unique perspective and strong passion in representing Wheatsville members with my work on the board. I started shopping at Wheatsville in the early nineties shortly after moving to Austin and Wheatsville has been my primary grocery store for more than 25 years. In that time I have gained many experiences that I believe can benefit Wheatsville. I attended the University of Texas at Austin receiving a Bachelor of Science in Communication and a Masters in Business Administration. I have extensive experience in technology and media and have worked across industries such as health care, entertainment and finance. As Austin grows I believe that Wheatsville will need to expand the community of shoppers while strengthening its financial position. I consider Wheatsville to be a key ingredient to my success in life and I hope to continue to contribute back to this organization that means so much to the Austin community.

Rose Marie Klee



**TXDot Utility Engineer
Years lived in Austin: 24**

Wheatsville is an inextricable part of who I am and what I value in the world. I first came to shop at Wheatsville as I began to think more about economy, sustainability, and community and it began with the question "if we don't sell it at Wheatsville, do I really need it?" Right away, I came to remember what real produce and real food tastes and looks like and found that even with a smaller footprint there is a never-ending discovery of new products on our shelves.

I was initially attracted to the Wheatsville board to support the organization while cultivating my own skills, and I have remained deeply engaged because I believe that the ability of leadership groups to work effectively is the most powerful way to affect change.

I am a civil engineer, specialized in transportation and water resources, and I also work to support boards of directors of co-ops and non-profits.

Megan McDonald



**Hospice Austin;
Social Worker
Years Lived in Austin: 11**

I'm a social worker, psychotherapist, and advocate for healthy food and community. Wheatsville is my favorite thing about Austin. I've been an owner for 7 years, and throughout my time shopping at Wheatsville I've been so appreciative of all it does from supporting our farmers nearby and the local economy to providing a safe space to buy healthy, fairly traded food.

A common thread links my past work and passions. As a therapist, I work with people to help them live a fulfilling life, whatever that means to them, with the hope of contributing to a more peaceful, healthier society. Prior to graduate school, I was involved in environmental studies/activism, and I worked to protect the planet for people and animals alike. Wheatsville at once combines healthy, sustainable food, community, and economy. I would like to further contribute my time and energy to its mission by serving on the board.

Brian Mikulencak



**Blue Dot Advocates,
PBC; Member Attorney
Years lived in Austin: 9**

I get a lot fulfillment out of serving on the Wheatsville board because the organization possesses what I believe are the strengths often held by nonprofit organizations (mission protection and idealism) and those often held by for-profit organizations (protecting and preserving the business and revenues for the benefit of the stakeholders), but are rarely both found in the same organization.

It's been gratifying to be part of Wheatsville, and I'd love to see more organizations and institutions structured to incentivize the types of positive effects that Wheatsville has for all of its stakeholders on a daily basis!

Melissa Sledge



**Assistant Dean of Students
Northcentral University
Time Lived in Austin: 5 months**

Hi, I'm Melissa Sledge, weight loss success story turned fitness professional and bodybuilder. My passion for healthy food was one of the many positive side effects of my personal journey into healthy living. I am running for the Board of Directors because I want to serve an organization that is committed to sustainable food systems, and feeding the citizens of Austin the best local food. If people have access to healthy food, it encourages healthy choices, which contributes to healthier lifestyles and communities. As a person with many food sensitivities, I love that Wheatsville has a variety of products that support the nutritional needs of its unique customers and owners

1. What role do you think Wheatsville will play in Austin's future?

Austin's growth will continue to present many challenges. Wheatsville has demonstrated that it can lead on key issues that face the Austin community such as with livable wages. Providing healthy food options are at the heart of many equality and sustainability issues. I think that Wheatsville will lead in the area of supporting diversity by making affordable healthy food affordable available to more portions of our community.

Wheatsville will continue to be a leader and a model for ethical business, including leading on staff treatment (e.g., livable wage, paid sick leave); local economy (cultivating even more small businesses who are farmers and vendors); and creating community (e.g., Thursday \$5 dinners and donations to non-profit organizations).

I believe that Wheatsville will continue to provide a space where environmental, community, and people values are maintained. This will only increase in importance in the future as competitors such as Whole Foods, are already owned by giant corporations where the bottom line reigns supreme over people interests.

In many ways, Wheatsville has welcomed and accommodated the local community throughout the city's growth. I hope Wheatsville continues to provide a healthy and welcoming option to a growing Austin by serving its existing stakeholders while welcoming new customer-members, all while providing an iconic reminder of "who" Austin is.

Wheatsville has an opportunity to make a substantial impact on the food access challenges of Austin. Specifically, I see Wheatsville taking intentional steps to connect with historically underrepresented communities in an effort to diversify ownership, and promote the importance of local sustainable food systems within these populations.

2. In what ways are you working to contribute to and improve the Austin community?

I work to promote ecological, transportation and economic sustainability issues to help preserve and improve Austin. In my view these are interrelated. Promoting healthy local food options reduces the ecological impact of transporting foods while keeping more of our money within the Austin community. I also actively advocate for the transition to electric vehicles and support making Austin a bikable city.

My LOVE of Austin has always been the driver for my profession of civil engineering (developing and maintaining public infrastructure) and decision to enter public service (responsible to, and in the service of, the community). I am committed to a vibrant local economy (restaurants, small businesses, credit unions). I have enjoyed serving on City of Austin boards and commissions, such as the Airport Advisory Commission and Flood Mitigation Task Force and volunteering with non-profits such as Urban Roots and HonkITX.

In my job as a social worker at Hospice Austin, I help Austin individuals die with dignity and acceptance, as well as help their families during this time with support, resources, and community aid. I also volunteer with Grassroots Leadership social justice issue in our community.

Professionally, I represent small businesses in Austin and Austin-based investors. I also provide pro bono legal services for Austinites of limited means and for Austin-based arts organizations. I also participate in several national conventions and gatherings around social impact businesses and investors; I'm often the sole Austin-based attendee and I help to bring a lot of the discussion around social impact businesses and investing back home to Austin.

As a member of the American Heart Association – Leaders with Heart Policy Cohort, I have been working with other Austin leaders to improve health inequity through policy change. One area of focus has been to address the food insecurity issues plaguing several Austin communities.

3. If you can find healthy, organic food at another grocery store, why choose Wheatsville?

Shopping at Wheatsville is about so much more than getting groceries. Wheatsville is the only Austin grocery store whose interests are aligned with the Austin community. Wheatsville has a long history of supporting community initiatives by funding local non-profits and leading on important initiatives such as livable wages.

Wheatsville has a carefully-curated selection of high-quality groceries catering to a broad variety of preferences, cultural, and dietary needs. You can always trust the quality, but you can also trust that Wheatsville is focused on fair wages for staff, fair prices to our local farmers and vendors, and fair prices for customers. At Wheatsville, the grocery cart is the most powerful vehicle for social change!

I choose Wheatsville, because it is a cooperative owned by the people who shop there. I feel represented when I shop at Wheatsville. Additionally, Wheatsville is simply a happy place for me. I feel connected to the community and many of the things I love about Austin when I'm there.

As a cooperative, Wheatsville's food options are informed by the member-owners. Our food choices are one of the most important decisions we make for ourselves and families, so I choose Wheatsville to support the food-choice member democracy as well as the stability of Wheatsville as a part of the community.

Wheatsville is food sensitivity friendly! I suffer from several food sensitivities, and grocery shopping can be challenging at a store that only has one aisle for one type of sensitivity. The intentional inclusiveness of all eating needs sets Wheatsville apart from any other retailers.

4. Which of the 10 cooperative values resonates with you and why?

Social responsibility resonates most with me. I come from a very modest background. I have been fortunate in large part due to Austin's supportive community. Many people more talented and equally deserving do not have similar opportunities. I believe that by acting for the benefit of society you provide more people with the opportunity to reach their full potential, which in turn benefits everyone in the community.

Caring for Others: this value resonates deeply with me, because I believe that the fact that we are different is not so true as the fact that we are one. I want to create and experience a world where we lead with this value because I think it empowers us to be happiest, do amazing things, and contribute the very best that we each have to offer to the world. We all do better when we all do better!

It's difficult to pick one of the 10, but the most important value to me is social responsibility. Wheatsville acts for the benefit of society at large. This encompasses so much from supporting good farming practices, healthy food, supporting other community organizations, fair trade practices and much more.

The elements of autonomy and independence resonate most for me. I believe that as our societies increasingly embrace globalism we should consider the virtues of autonomy and independence, particularly in the capital structures of our institutions and in the financial impact that we all have on each other.

The cooperative value that resonates with me is caring for others. Healthy thriving communities are an essential competent for a growing city like Austin. Providing access to fresh, local, healthy foods shows a commitment to the health and wellbeing of members of our community.



2019 Election Ballot

Voting starts Sunday, September 9th, and ends Friday, November 9th at store closing (11PM) for paper ballots and 11:59 PM for online ballots. **All Wheatsville Owners are eligible to vote.**

You must include your name, address, and owner card number. All information is confirmed and confidential. **One owner per ballot.**

Name _____

Address _____

City _____ State _____ ZIP _____

Owner card # _____

Phone _____

Email: (optional) _____

Board of Directors

Vote for UP TO 4 candidates to fill 4 terms.

All candidates have been endorsed by the Board Nominations Committee. Candidate information is available at wheatsville.coop (including candidate videos), and at the voting kiosk in both stores, and in the Breeze.

- Brandon Hines (incumbent) _____
- Rose Marie Klee (incumbent) _____
- Megan McDonald _____
- Brian Mikulencak (incumbent) _____
- Melissa Sledge _____

Submit ballot at the Voting Kiosk at either store or mail to: Wheatsville Food Co-op, Attn: Election, 3101 Guadalupe St, Austin TX 78705 or vote online at www.wheatsville.coop

Community Action

Vote for up to 10 local organizations.

Organizations* with an asterisk were Community Action recipients during 2018. Organizations without asterisks were nominated through application.

The 10 non-profits receiving the most votes will be assigned a fundraising month in 2019. Two months are reserved for Wheatsville Cooperative Community Fund. More information can be found on our website ballot or at our voting kiosk in-store.

Note: Selection of recipients for Community Action donations is by non-binding vote providing advisory input from the owners to the Board and management.

- _____ **Austin Parks Foundation**
Improves public parks, trails and green spaces
- _____ **Austin Pets Alive!**
No-kill animal shelter, run almost exclusively by volunteers
- _____ **Caritas of Austin***
A safety net for those experiencing poverty
- _____ **Central Texas Food Bank***
Distributes food and groceries throughout Central Texas
- _____ **Farmshare Austin**
Teach new farmers and sell locally-grown produce at mobile markets
- _____ **Foundation Communities**
Creates housing where families and individuals succeed
- _____ **Go Austin/Vamos Austin**
Bilingual community organizing for health in the eastern crescent
- _____ **Hospice Austin***
Hospice care and health care for terminally ill persons
- _____ **Keep Austin Beautiful**
Protect the environment through education and volunteer projects
- _____ **Keep Austin Fed**
Food rescue and distribution to charitable organizations
- _____ **KOOP Radio**
Representing the underserved, through diverse programming
- _____ **Meals on Wheels of Central Texas***
Prepares and delivers healthy meals to homebound persons
- _____ **Partners for Education Agriculture and Sustainability (PEAS)**
Connects people to the natural world using science education
- _____ **People's Community Clinic***
Primary health care service providers
- _____ **SAFE***
Safety for those affected by sexual and domestic violence
- _____ **Stronger Austin**
A local initiative bringing fitness and nutrition services to Austin
- _____ **Sustainable Food Center***
Makes healthy, local food accessible for everyone
- _____ **TreeFolks**
Plants thousands of trees in Central Texas
- _____ **Urban Roots***
Uses farming to empower young leaders & nourish community
- _____ **Workers Defense Project***
Seeks to improve working conditions of low-wage workers.

Make It Count: Tips and Guidelines for Voting in the Wheatsville Election

by Erica Rose, Ownership & Outreach coordinator, 2019 Vote Coordinator



Last fall, owners submitted 813 valid votes in the Wheatsville Election. With over 22,000 Owners, we are confident we will surpass that number and are striving for another enthusiastic turnout of participative co-op owners. Here are some tips to ensure that your vote is tallied correctly and we have another successful election!

Tip #1 – Voters Must be Current Co-op Owners
Democratic control of the co-op is a benefit outlined in the Cooperative Principles and is reserved for co-op owners. Encourage your family and friends to join so they can participate in the election, too!

Tip #2 – Ballots Must Contain the Voter's Full Name
While we maintain the anonymity of the votes, all ballots must have a name listed to verify against our owner database. Voters should use the same name on their ballot that is listed on the ownership account. Using alternate names or nicknames can impede the verification process and may prevent your vote from being tallied. Ballots missing a name or those that are cast by non-owners will be declared invalid.

Tip #3 – One Name per Ballot
If you live in a household with more than one owner, each owner needs to submit a separate ballot. Each vote is counted individually per Owner, not per household.

Tip #4 – One Vote per Owner
Each owner is entitled to one vote during the Annual Wheatsville Election. Duplicate ballots will be declared invalid unless the owner contacts the Vote Coordinator and requests to cast a replacement ballot.

Tip #5 – Be Thorough
Filling out all the contact information on the ballot helps the Vote Coordinator verify your ownership and allows us to contact you should there be a question that arises.

Note: When a ballot contains errors, the Vote Coordinator will make attempts to contact the voter before officially declaring it invalid. We want to make sure that every owner receives the opportunity to participate in the election!

This year we will be collecting electronic votes at www.wheatsville.coop and at the Voting kiosk near the front of the store. You can mail in the ballot included in this issue of the Breeze. If you have any questions about voting, feel free to contact me at membership@wheatsville.coop. I am excited to see all the votes pile in!

Don't forget to remind your friends and family to vote!

2018 Customer Survey

This September we are launching our biannual customer survey and have once again partnered with Survey Research Center (SRC) at the University of Wisconsin-River Falls. The online survey will be sent via email to a random group of shoppers from both stores. If you receive this invitation in your inbox, please take 15-20 minutes to help see where we can improve and where we're knocking it out of the park!

This survey is used by 40 other co-ops nationwide and gives us a great opportunity to see where we need to make improvements and how well we are delivering on our BIG Direction goals. While there are loads of differences from store to store, region to region – we like knowing where to look for new ideas and best practices.

Your feedback is very valuable! Here's what we did with the results from our 2016 survey:

1) CO-OP BASICS
We formed a PRICE TASK FORCE and over the span of several months, developed our CO+OP Basics program. With a list of 75 pantry staples, we cut prices to make the co-op more affordable. This program has now expanded to over 300 items and has become the blueprint for a nationwide CO+OP Basics program in every co-op coast to coast! Just look for the Field Day brand on our shelves – that's there because of YOU!

2) FRESH CO+OP DEALS
While people generally liked our selection, we heard that our prices were still not as competitive as you'd like them to be – so we worked with vendors to create a robust selection of produce, meat, seafood and deli items that would go on Co-op Deal week to week. We now see great support for fresh department deals!

3) SUPER AWESOME WEEKLY DEALS
From BUY ONE GET ONE FREE ice cream pints, to 25% OFF a whole department like Frozen Food or Vitamins – we're working hard to make sure we're delivering great value on your favorite co-op products week to week. Make sure you sign up for our weekly email or follow us on Facebook, Twitter, or Instagram for the latest sales!

4) OWNER APPRECIATION DAYS!
Delivery value to owners is important to us. You are after all, the reason we're in business! So we expanded our Owner Appreciation Days to ALL SHOPS during a 4-day period, twice per year and INCREASED the DISCOUNT TO 20%! While it took a little getting used to, owners are by in large very happy with this change and appreciate being able to come back multiple times.

WE LISTEN and value your thoughts and opinions. If you receive an invitation in your email, please click through tell us what you think. If you complete the survey you will be entered to WIN one of THREE \$100 GIFT CARDS! THANK YOU for PARTICIPATING!



Yummy → LET US MAKE YOU A MEAL

As your schedule fills up and time becomes harder and harder to come by, let the co-op help! We've got loads of great options for meals on the go or low-prep meal solutions you can make at home in 30 minutes or less.

QUICK TO FIX

Who's got time to marinate? We do! Flick on the burner and get cooking without the wait! Our butchers make all of our sausages, mixed burgers, marinades, and rubs right here in house. Packed in Fresh Seal vacuum-packs, these high quality proteins are perfect for a busy weeknight. Always humanely raised, antibiotic-free, hormone-free, and sustainably caught. Just look for the GREEN Quick to Fix label in the Meat Department

HOT FOOD

HOT ROASTED Garlic Rosemary Chickens now available at both stores. Our chickens are fresh out of the oven all day long and are perfect for weeknight dinners - with leftovers! Always humanely raised and antibiotic-free. Pair with a hot side of organic brown rice and black beans for just \$1.99, a green crunchy salad, or make your own mix with a rotating selection from our Hot Bar and Salad Bar.



READY to COOK VEGGIES

We've trimmed, chopped, dressed, and mixed a variety of fresh veggies (mostly organic) that just need a quick sauté or roasting in the oven. SO EASY! From seasoned cauliflower steaks, stir-fry mixes, or our own kale salad blend - we've got your veggies covered. Or, find a variety of pre-bagged one bowl wonders - salad mixes and slaws with dressing, or even snack boxes that include a choice of protein! DONE!



LUNCH TO GO

Order custom sandwiches and smoothies online, pay online, and just run in and pick-up with no wait at BOTH STORES! If you've only got 30 minutes - we'll make sure you're in and out in a hurry with just what you need.

SHOP ONLINE

You can also skip the whole store and order groceries online with Instacart! Perfect for hectic weeks at the office or home. Do you have an office fridge that needs to get stocked out with stuff you love? Instacart is the way to do it!

\$5 DINNER THURSDAY

Join us for \$5 DINNER EVERY THURSDAY 5-8pm / BOTH STORES. Our weekly menu always has a vegan and omnivore option - but on occasion we also have gluten-free nights! Fill up your plate or box and enjoy a meal on our patio or take it to go! Both patios now feature mister fans to help keep you cool in the summer AND we have a great selection of games perfect for every age.

EVERY THURSDAY 5 – 8PM
our deli will be serving up a delicious hot dinner for just \$5 EACH at BOTH STORES.

For only \$5 a plate you get a healthy portion of our scratch-made hot weekly entrée then load up on a rotating selection of fresh, deli-made sides. Get a fresh, healthy dinner for yourself for just \$5 or feed a family of 4 for just \$20! Enjoy in-store and patio seating at both stores, or take it to go!

JOIN US FOR
OWNER APPRECIATION DAYS
OCTOBER 18 - OCTOBER 21

THURSDAY THROUGH SUNDAY
OWNERS RECEIVE

**20% OFF
ALL SHOPS!**

NOT AN OWNER YET?
NOW'S A GREAT TIME TO JOIN!

Workers Assistance Program, Inc.
Creating Better Workplaces, Schools & Communities
When there's a need ... we have a service.



We support Wheatville Food Co-op!
www.workersassistance.com
512-328-8519

Workers Assistance Program, Inc. is an Austin (c)(3) community-funded nonprofit collaborative fission of charitable and educational services. Since 1977 our mission has been to serve Austin folks of all ages by promoting optimal levels of organizational and individual well-being.

PAL | Peer Assistance Leadership:
Mentoring students through a program, adopted by the state, as an elective course to fight teen pregnancy, gang participation, and climbing dropout rates.

Alliance Work Partners:
Outfitting the workplace with healthier, more productive employees and lowering healthcare costs by providing world-class employee assistance programs.

Texas HIV Connection:
Focusing at both the state and personal level on decreasing the spread of HIV by increasing education and participation in the act of prevention.

Coordinated Training Services:
Providing training statewide to expand the prevention infrastructure, guided by the latest in technology, research, and quality standard approaches.

Youth Advocacy:
Empowering youth to communicate with respect, lead substance-free lives, and experience greater opportunities by focusing on the client's strengths.

Child Care Food Program:
Offering nutrition training and funding for food supplements to day care providers to assist in compliance with the USDA's Child & Adult Care Food Program.

Staff
TOP 1 PICKS



LINDSEY BLISARD, OPERATIONS LEAD, S. LAMAR



1. Bitchin' Chipotle Sauce
I MEAN... THE NAME REALLY SAYS IT ALL



2. Bobo's Peanut Butter Filled Chocolate Chip Oat Bar
A PERFECT SNACK FOR WHEN YOU'RE ON THE GO



3. Mango Waterloo Sparkling Water
REFRESHING AND NATURALLY FLAVORED WITH THE PERFECT AMOUNT OF BUBBLES

4. Earth Balance Vegan Cheddar Flavor Squares
YUMMY, CHEEZY AND DAIRY FREE!



5. EO Deodorant Wipes
KEEPS YOU FRESH IN THE TEXAS HEAT

6. My Magic Mud Peppermint Charcoal Toothpaste
GREAT FOR YOUR SMILE AND FUN TO USE



7. Uncle Eddie's Vegan Peanut Butter Chocolate Chip Cookies
THE BEST VEGAN COOKIES! THEY WILL BLOW YOUR MIND.

8. Kettle Salt & Fresh Ground Pepper Potato Chips
PERFECTLY FLAVORED FOR DIPS OR TO EAT BY THEMSELVES

9. Famous Original Falafel Chips
SO. GOOD. WITH. HUMMUS.



10. Starlite Cuisine Vegan Chipotle Taco
MY GO-TO DINNER ON NIGHTS WHEN I'M FEELING LAZY

Co-op Month Vendor Spotlight: Equal Exchange Coffee, Tea & Chocolate



What is your origin story? Who started the business and why?

Equal Exchange started with an idea: what if food could be traded in a way that is honest and fair, a way that empowers both farmers and consumers? Our founders – Rink Dickinson, Jonathan Rosenthal and Michael Rozyne – asked this question as they envisioned a trade model that values each part of the supply chain. So they took a big risk and plunged full-force into changing a broken food system. In 1986, they started with fairly traded coffee from Nicaragua and didn't look back.

Three decades later (and with several product lines in the mix), we still face vast challenges. Consumers have been overloaded with labels and certifications, while the Fair Trade movement has been watered down in favor of corporate interests. The whole food industry has continued to consolidate into the hands of just a few big players, allowing concentrated power and deception of choice.

Tell us about Fair Trade.

Fair Trade is a voluntary program utilized by coffee importers and food companies to create an alternative market for traditionally disadvantaged producers in developing countries, usually small scale farmers. The components include:

- Targeted purchasing of coffee through democratically organized farmer co-operatives.
- Agreed upon commodity floor prices that provide for a dignified livelihood.
- Direct exports by producers.
- A promise by importers to make affordable credit available to the farmer cooperatives.
- A world-wide network of non-profit certifying organizations.
- A fee paid by importers and wholesalers to cover the cost of certification.
- A seal that assures consumers that the product was fairly traded.

Your purchase of fairly traded coffee helps build pride, independence and community empowerment for small farmers and their families. A coffee processing plant in El Salvador, community stores in Colombia, the training of doctors in Mexico, new schools in Peru – these are examples of initiatives co-ops have taken in their own communities with the income from Fair Trade.

Is your coffee certified organic?

All of Equal Exchange's organic coffee is certified by Oregon Tilth. Oregon Tilth Certified Organic (OTCO) is an internationally recognized symbol of organic integrity. The purpose of organic certification is to ensure that the agreed upon conventions of organic agricultural systems are being practiced not only by growers, but also by all the people who handle and process organic food on its journey to the final consumer. To accomplish this, OTCO provides a system which combines strict production standards, verifiable third party inspections and legally binding affidavits to protect the producers and buyers of organic products

What steps does Equal Exchange take to ensure top quality coffee?

Our concern for the quality of farmers' lives is matched by our concern for the quality of our coffee. Through our long-term relationships with the farmers and yearly visits to the co-ops, we maintain an intimate knowledge of the coffee harvest and the quality of the beans.

We have a rigorous system for quality control from bean to cup. Each pre-shipment sample is evaluated to meet our standards. When the approved shipment arrives, it is evaluated again for consistency and preparation. After each coffee is roasted, it is individually "cupped" to ensure consistency in the roast and the flavor profile needed for that particular coffee.

Other than coffee, what other products does Equal Exchange produce and what makes them unique?

Most teas come from large plantations where workers have little say. Our delicious organic, Fair Trade teas are sourced from small-scale farmer co-ops in India, Sri Lanka, and South Africa. We are helping to build a different system that values the voice of small farmers, their products, and democracy in trade.

Equal Exchange tea, bag, tag and string are compostable. Or if tea leaves are removed, the bag, string and tag can be recycled. No glue or staples are used in our tea bags.

Our Fair Trade chocolate bars are rich in flavor with a smooth, creamy texture that melts in your mouth. Our organic cacao and sugar are sourced directly from small-scale farmers co-ops in Latin America.



Anything else we should know?

At Equal Exchange we believe that we should expect no less from ourselves and each other than we demand of our farmer partners. For that reason we have organized ourselves as a democratic worker cooperative, now one of the largest in the country.

A worker cooperative is an alternative for-profit structure based upon standard democratic principles. It is not designed to maximize profits, nor returns to investors, but rather to bring to the workplace many of the rights and responsibilities that we hold as citizens in our communities.



Drinks At Guadalupe!

Meet friends for drinks at the Guadalupe store! We've got a full menu of cooperatively made beer and wine, local favorites, and NEW Specialty Drinks.

Our Michelada is 100% VEGAN and made with local Austin Beerworks Pearl Snap pilsner and our housemade Bloody Mary mix with a Spicy Salt rim.

Or how about a colorful and refreshing Peach Basil Rosé Sangria made with La Riojana rosé, peaches, basil, and a splash of champagne? Delicious!

Both patios now have MISTER FANS to keep you cool, FREE WI-FI, board games for all ages, and delicious foods for all diets. Great for MEET-UPS, MEETINGS, FRIENDS NIGHT OUT and DATE NIGHTS! Join us!



Staff TOP 1 PICKS



GABI RODRIGUEZ, FRONT END CLERK, SOUTH LAMAR



Nick's Sticks Free Range Turkey Snack Sticks
MY FAVORITE ON THE GO BREAKFAST ITEM.



Kite Hill Chive Cream Cheese Style Spread
IT TASTES LIKE THE REAL THING! EVEN CREAM CHEESE LOVERS WILL BE ADDICTED!



Holy Kombucha Live Red Flavor
THE BEST FLAVOR THERE IS! SWEET & TANGY WITH LOW SUGAR.

Gaia Turmeric Supreme
THIS STUFF HAS GOTTEN ME THROUGH THE WORST OF TIMES.

Wheatville Green Goblin Smoothie

ADD BLUEBERRIES AND ALMOND BUTTER, MAKES FOR A GOOD AFTER WORK PICK ME UP.



Siete Almond Flour Tortillas
GREAT AS A TOSTADA!

Ronnie's Real Food Gluten Free Dairy Free Brownie

SOFT & EXTRA CHOCOLATY MELT IN YOUR MOUTH.



Nuun Hydration Tablets
GET HYDRATED BEFORE, DURING AND AFTER THE GYM!

Gimme Seaweed Snacks

I LIKE ADDING THESE TO MY BUDDHA BOWLS FOR THAT LITTLE EXTRA CRUNCH.



Matr Boomie Earrings

SUSTAINABLE & MAKES ANY OUTFIT EVEN MORE CUTE!



3101 GUADALUPE, AUSTIN, TX 78705

PRESORTED STANDARD
U.S. POSTAGE PAID
PERMIT NO. 1674
AUSTIN, TX

News & Updates

KEEP UP WITH THE LATEST DEALS & STORE EVENTS
SIGN UP FOR OUR WEEKLY EMAIL AT
WWW.WHEATSVILLE.COOP

Follow us on



coop explorers



Alternative School Fair

Discover Local Schools Transforming Education!



Co-Sponsored by:



Saturday, September 29
11am - 2pm
4001 S Lamar Blvd
Wheatville Community Room

Become a Co+op Explorer!

Kids ages 12 and under are invited to become a Wheatville Food Co+op Explorer and be eligible to receive a free piece of fruit per visit! To become a card-carrying Co+op Explorer, kids simply need to bring a parent or supervising adult to the Hospitality Desk and ask to become a Co+op Explorer. Each child will be issued their very own super official Co+op Explorers membership card, sticker and temporary tattoo.

Once kids are signed up, here's how it works:

1. Kids and parents stop by the Hospitality Desk, where we keep the designated Co+op Explorers fruit basket. Each child is eligible to take one piece of fruit and enjoy eating it while shopping.
2. Once your kiddo has selected a piece of fruit, take a sticker and have them wear it to show off their Co+op Explorer pride!
3. What should you do with the peels or core? Peels can be thrown away in any of our compost bins. If you don't see a bin, just ask a staff person.

That's all there is to it! If you have questions, please ask a staff member.