



Come to the Co-op Patio on Earth Day between noon and 2pm & find out how you can enter to win a bike and other amazing prizes!

APRIL 2008 EARTHDAY

Earth Day
April 22



EARTH DAY April 22

win a bike



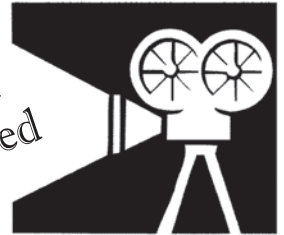
KCR Special Live
Broadcast for Earth Day



Dinner & a Movie

Four feature food films
new to Nelson

*by donation
\$5 suggested*



WHAT A DEAL!

see Film Series insert

Will YOU take the No-Waste Challenge?

see Green Guide insert for up to
the minute Eco News

PLUS

April 7 - Fair Trade Chocolate Co-op event
Enter to win a Cuisinart worth \$300
Walking for Bread Eco Credits launch

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Inside this Newsletter

Board Report

Our next Board meeting will be April 21st at 6PM. Please provide 2 weeks notice if you wish to participate.

Our March 2008 Board meeting continued to build for the future of both the Board and the Co-op. Four more policies were reviewed and approved for inclusion in the Board Policy Manual. These policies cover the Board's roles and responsibilities as individual members of the Board, as a collective of the Board, and as members of Board committees. Since we are all residents of the West Kootenays, it is important that each Director understand where our responsibilities begin and end, and when and how it is appropriate for us to interact with the broader community on matters related to the Board specifically and the Co-op generally. We also adopted the policy on Board Elections, which adheres to the relevant sections of our Co-op Rules.

In terms of building for the future of the Kootenay Co-op, the Board has determined that it is time for a review and substantial update of our Strategic Plan. The last one was completed in 2006 and much has changed in those two short years. This next Strategic Plan will be informed by the work of the Eco-Innovation Committee, which has been examining the larger context of our globalized food systems and the

potential impact on the Co-op.

At a Board Retreat in late April, the Board will begin the process of framing the Strategic Plan and creating the process for its development and completion. In addition to the work on the Strategic Plan, the April Retreat will also provide an opportunity to learn about and engage in a process of Board Evaluation and assessment. We will be reviewing the skills sets desirable in the Board of a Co-op such as ours, assess what is present and what is missing, and then plan for a recruitment process leading up to our September Annual General Meeting. Various members of the Board agreed to take on components of the Retreat, in a spirit of collaboration that also recognizes the amazing skills and experience amongst the Directors.

I am pleased to relate that the Co-op is also taking seriously its commitment to the staff and the next generation. Deirdrie Lang, our General Manager, reported to the Board that the daycare feasibility study is nearing completion. When established, this joint venture with the Nelson & District Credit Union will provide daycare for the children of the staff of each business.

As anyone with small children knows, getting quality, affordable and reliable daycare can be a real challenge, no matter where one works or lives. The Board is very pleased with this initiative. The findings of the feasibility study will be presented to the Boards of the Credit Union and the Co-op later in the spring.

Lastly, I want to remind everyone that April 22nd is Earth Day. As usual, Freya and other Co-op staff have poured a great deal of creativity, thought and passion into finding ways to encourage us all to recognize and honour this wondrous planet we live on. One key way we can all walk more lightly on the earth is to make a concerted effort to reduce the packaging that flows through our lives and into the landfills, going nowhere after that! Please take advantage of all the information and incentives that the Co-op staff will be providing this month. Better yet, try to incorporate waste-free habits that will last long beyond the month of April.

**On behalf of the Board,
Abra Brynne**



EVENT

**Co-op expert and Fair Trade Champion
Martin Van Den Borre to Visit Nelson**

Monday April 7

**7pm
Library
Basement**



**This event is
free & there'll
be chocolate!**

see www.kootenay.coop or Earth Day insert



enter to win
a Food
Processor
\$300 value

Cuisinart

Purchase a
Purely Decadent
Frozen Dessert &
enter your name
& phone # on
purchase receipt



On special this month - see page 7

Deli Specials



Walking for Bread

The Uphill Bakery is a small family-run business in Nelson. Their delicious breads are baked in the old-fashioned European tradition, with only the 4 traditional bread ingredients: flour (or grain), salt, yeast and water. The dough is shaped by hand and allowed to rise three times. This process enhances texture, flavour and digestibility. Uphill Bakery Breads are known for their great taste, springy texture and crisp crusts. They deliver their fresh, oven-warm bread first thing in the morning, to the Co-op from Monday to Friday.

This spring the Uphill Bakery turns six, but Tobi the Baker will not be resting on his laurels. Quite the opposite in fact! In an effort to reduce the bakery's eco-footprint, Tobi has decided to sell the company car and deliver all of his bread with a person-powered bread cart. Tobi's goal is to reduce the eco-footprint and keep bread prices affordable. Beginning in April, you will see Tobi every morning pushing his customized cart from his bakery in Uphill down to the Co-op.

The Uphill Bakery is committed both to environmental and social sustainability. He pulls all bread from the shelves at least one or two days before the 'best before' date and brings it to the food banks. In his regular visits to the food bank Tobi observed the struggle that food



banks experience in finding food and funding in the face of increasing numbers of people who depend on the food banks' services. With this in mind, the Uphill Bakery has created the 'Walking for Bread' campaign that combines Tobi's desire

Eaton's Feast
Asian
Cashew Slaw

1.48/100g
reg 1.85

Feed Your Soul Foods
Harmony On Earth

2.76/ea
reg 3.45

Brownie w. crystalized ginger

Kootenay Bakery
Cafe Cooperative
Kootenay Krackers

4.52/kg
reg 5.65

Community Carbon Credits

Arla Foods

| | | |
|-----------------------|--------------|-------|
| Parmesan Grana Padano | 28.76 | 31.99 |
| Parmesan Reggiano | 35.95 | 40.99 |
| Romano Pecorino | 26.44 | 31.85 |

to reduce his carbon emissions and his desire to support local food banks. Tobi will be offering 'Community Carbon Credits' to individuals and businesses that support local food banks by contributing to the Campaign. For details on the Walking for Bread Campaign, please visit www.uphillbakery.com.

April
08



Earth Day
April 22

Grocery Specials

All Specials While Quantities last



ORGANIC

Rice & Soy Beverages

- Original Soy
- Chocolate Soy
- Strawberry Soy
- Unsweetened Soy
- Vanilla Soy
- Original Rice
- Vanilla Rice

\$1.99 /946ml
reg 2.99

\$22.69 /cs 12
reg 35.88

Camel Brand Noble Choice Bars

- Coconut
- Fruit
- Nut
- Peanut

\$.79 /40 g
reg .99

LOCAL SEEDS
from



Laird Creek
Sunshine Farm
Stellar Seeds



\$2.31 /kg
reg 2.89

Popcorn

\$24.89 /11.34 kg
reg 32.75

Organic - Bulk

Aunt Gloria's

Canned Tomatoes

- Crushed
- Diced
- Whole

ORGANIC

\$2.85 /796 ml
reg 3.45

Dinner & a Movie

only \$5



WHAT A DEAL!

Four NEW feature food films

see Film Series flyer for details

Pearl's Frozen Perogies

\$6.55 /600 g
reg 7.75

- Cheddar & Potato
- Onions & Potato
- Sauerkraut & Potato
- Cottage Cheese & Potato



Indian Entrees

- Bengal Lentils
- Bombay Potatoes
- Jaipur Vegetables
- Kashmir Spinach
- Madras Lentils
- Punjab Eggplant

\$2.55 /285 g
reg 3.45



Grocery Specials

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All Specials While Quantities last

Purely Decadent Non Dairy Frozen Desserts

- Mocha Almond Fudge
- Rocky Road
- Turtle Trails
- Cherry Nirvana
- Chocolate Brownie Almond
- Chocolate Obsession
- Chunky Mint Madness
- Peanut Butter Zigzag
- Praline Pecan
- Purely Vanilla

ORGANIC

\$4.35 /500 ml

reg 5.39

win a Food
Processor



Cuisinart

see page 2 for details

Reeds Ginger Brew



- Original
- Cherry
- Extra
- Raspberry
- Apple

\$1.25 /355 ml
reg 1.55

Lundberg Eco-Farmed

Jasmine White Rice

\$3.19 /kg
reg 3.99

\$34.37 /11.34 kg
reg 45.20

Lundberg uses sustainable growing practices on all their fields and call it Eco-Farmed, treating the soil, air and water as a sustainable unit, respecting the delicate balances of nature.

Earth Balance Natural Buttery Spread

\$4.29 /454 g
reg 4.99

Spread

Sticks



EARTH DAY

April 22

12-2pm

win a bike



KCR Live Broadcast
on the Co-op Patio

Oogies

Gourmet Popcorn

Caprese

White Cheddar

Romano & Pesto

Smoked Gouda

Spicy Chipotle & Lime

Sundried Tomato & Parmesan

Asiago & Cracked Pepper



\$2.79 /141 g

reg 3.99

Natural Food Mill Gluten Free Cookies



Gourmet Gluten Free Cookies are made with all natural ingredients, are exceptionally moist and taste amazing! You will never know these cookies are Gluten Free.

Almond

Maple Nut

Ginger Snap

Chocolate Chip

Double Chocolate Delite

\$4.39 /200-250g

reg 5.15

Personal Care Specials

All Specials While Quantities last

gDiapers

gDiapers are a revolution: a flushable diaper system that is good for babies, parents and the planet.



gDiaper put human waste where it belongs, in the toilet.

gDiapers have no elemental chlorine no perfumes, no smell, no garbage and no guilt.

gDiapers are designed keep babies comfortable and the Earth a little happier.

gDiaper flushables with super absorber keep bottoms feeling dry. Washable little g pants, with snap in liners, are made of water resistant breathable material to keep wetness away.

Starter Kits

28.49

reg 37.99

Starter kits contain 2 washable pants, 10 flushables, and 1 swishstick. Refill packs contain 40 small flushables or 32 medium/large flushables.

Refills

17.24

reg 22.99

A. Vogel Sabalasan

The number one remedy for prostate complaints

\$21.48 /30c

reg 30.69

\$37.23 /60c

reg 53.19



Biostrath Nature's Most Complete Tonic

100 T **17.69** reg 23.59

100 ml **17.69** reg 23.59

250 ml **17.69** reg 23.59

750 ml **40.49** reg 53.99

BioStrathfi is an all-natural herbal yeast product which combines a specific strain of nutritional yeast with herbal extracts. The final result is a well-balanced, nutrient-rich whole food tonic that both supports and helps maintain balance of our body systems.



Bach Rescue Remedy

10 ml remedy **8.24** reg 10.99

20 ml remedy **10.49** reg 13.99

20 ml spray **10.69** reg 14.29

20 ml sleep **15.59** reg 20.79



The DivaCupfi

The DivaCupfi is reusable making it the most environmentally responsible feminine hygiene choice available!

2 sizes

28.94/ea

reg 38.59



Personal Care Specials

All Specials While Quantities last



GENUINE HEALTH



| | | |
|----------------------|--------------------|-----------|
| Greens+ Healthy Skin | 20.15 /156g | reg 28.79 |
| | 47.24 /469g | reg 62.99 |
| Greens+ Daily Detox | 20.15 /138g | reg 28.79 |
| apple | 47.24 /414g | reg 62.99 |
| Perfect Skin for Men | 18.12 /60c | reg 25.89 |
| | 31.49 /120c | reg 44.99 |
| Perfect Skin | 18.12 /60c | reg 25.89 |
| | 31.49 /120c | reg 44.99 |
| O3 Mega Glow | 18.12 /60c | reg 25.89 |
| | 31.49 /120c | reg 44.99 |
| Multi+ Daily Glow | 13.85 /60t | reg 19.79 |
| | 23.30 /120t | reg 33.29 |
| Grapes+ | 14.27 /60c | reg 20.39 |
| | 22.67 /120c | reg 32.39 |

Flor-Essence

Possibly the world's most powerful cellular regenerator and detoxifier



\$25.89 /63 g
reg 36.99

NEW

\$52.49 /25 day
cleanse program
reg 74.99

\$21.34 /500ml
reg 30.49

BURT'S BEES

Men's Line

| | | |
|-------------|--------------|-----------|
| Aftershave | 9.19 | reg 11.49 |
| Bodywash | 8.31 | reg 10.39 |
| Bar Soap | 5.11 | reg 6.39 |
| Shave Cream | 9.19 | reg 11.49 |
| Travel Kit | 14.87 | reg 18.59 |



NEW



Naturally Ageless

| | |
|-------------------------------|--------------|
| Day Lotion 57g | 29.75 |
| Night Cream 56 g | reg 37.19 |
| Intense Repairing Serum 13 ml | |
| Line Smoothing Eye Cream 14 g | |



Lip balms
2.00
reg 2.69



Nu Life



Ultra Whey More XP

Protein Powder

Clear out sale -
while quantities last
\$29.99 /910 g
reg 42.89

Spring Case Lot Sale - April 21-26/08

Active Members Only - while quantities last

- 1. **Lundberg Basmati Rice - Eco farmed 11.34kg**
 White **31.50** reg 45.20
 Brown **26.50** reg 38.40
- 2. **Lundberg Long Grain Brown Rice**
 Organic 11.34kg **29.50** reg 45.20
- 3. **Short Grain Brown Rice**
 Eco farmed 11.34kg **21.00** reg 31.60
- 4. **Prairie Harvest Pasta 4.54kg - Organic**
 Spaghetti
 Small Shells **22.50** reg 31.70
 Penne Rigate
- 5. **Taste Adventure Bean Flakes 4.54kg**
 Black Bean - Pinto Bean **42.50** reg 63.50
- 6. **Tinkyada Brown Rice Pasta 4.54 kg**
 Spaghetti
 Elbows **22.50** reg 31.70
 Spirals
- 7. **Amy's Canned Refried Beans - 12/398 ml**
 Traditional - Black - w. Chilies **19.00** reg 33.48
- 8. **Artesian Acres Kamut Pasta - Organic - 5 kg**
 Spaghetti - Rotini **26.00** reg 36.75
- 9. **Nature Clean Cleaning Lotion 3.6 L**
 13.50 reg 19.29
- 10. **Thai Kitchen Organic Coconut Milk**
 Premium - Lite 12/400ml **24.50** reg 35.88
- 11. **Soken Ramen Noodles 12/85g**
 Brown Rice w. Miso
 Spicy Dragon (Szechaun) **19.75** reg 28.20
 Bengal Tiger Curry (Hot, Spicy)
 Spinach w/Jinenjo Potato

- 12. **Spectrum Culinary Canola Oil 6/750ml**
 31.00 reg 47.10
- 13. **Yves Veggie Cuisine Organic**
 Canned Whole Beans 12/398ml
 Black - Garbanzo - Kidney - Pinto
 21.00 reg 29.88

Personal Care

- 14. **Mountain Sky Soaps - combo pack of 6**
 14.50 reg 20.34
- 15. **Green Beaver Toothpastes - mix n' match 6 packs**
 21.50 reg 32.94
- 16. **Emergen-C - cases of 36 sachets**
 16.50 reg 26.49
- 17. **Organic Hawaiian Spirulina powdr 1 lb tubs**
 29.99 reg 41.49
- 18. **Lavender Oil 500ml**
 39.99 reg 93.69
- 19. **Sweet Orange Oil 500ml**
 9.99 reg 17.99

Certified Organic Produce

- 20. **BC Russet Potatoes** **2.59** / 5 lb bag
- 21. **Valencia Oranges** **2.69** / 4 lb bag
- 23. **Okanagan Apples**
 Gala, Spartan or Orin **19.99** / 20 lb bag
- 24. **Tommy Atkins Mangos** **11.99** / case (14)

