

SOUP FOR THE SOUL • OVERWINTERING • RESTRUCTURING YOUR RESOLUTION

# MORSEL

neighborhood.coop

Winter 2019



**FREE**



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Winter 2019

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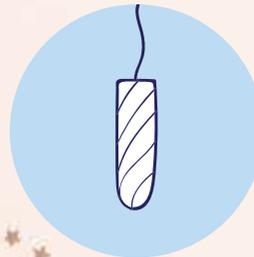
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## {CO-OP THROW BACK}

The Grand Opening of the “new store” in 2006 represented the culmination of years of work and represented a huge leap for a small organization to make. With a \$1.5 million budget we were able to build out a beautiful store that will serve our community long into the future. We did our best to minimize the environmental impact by hiring a LEED accredited architect, Brad Klein (then with White and Borgognoni), who incorporated energy-efficient HVAC and lighting, a white reflective roof, and an on-demand water heater into the design. We also made extensive use of windows, skylights, and solar tubes for daylighting. Low VOC paints and adhesives were used and a quartz tile floor was selected which has 70% recycled content.

# MORSEL

A QUARTERLY PUBLICATION OF  
**NEIGHBORHOOD CO-OP GROCERY**

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## EDITORIAL POLICY

Morsel is a quarterly magazine produced by Neighborhood Co-op as a means to share news from the Co-op, promote local food, celebrate the seasons, and inspire our owners and patrons to enjoy a healthy lifestyle full of delicious and nutritious food. The views expressed in Morsel are the authors' and do not necessarily reflect those of the Co-op's directors, staff, or ownership. Health and nutrition articles are for informational purposes only and do not constitute medical advice.

## SUBMISSION POLICY

Morsel accepts submissions on an ongoing basis. Letters, articles, artwork, and ideas are all welcome! We reserve the right to edit content for brevity and clarity. Please send inquiries and submissions to amy@neighborhood.coop.

## OUR STORE

1815 W Main Street, Carbondale IL 62901

Neighborhood Co-op is a cooperative grocery store owned by members of our very own community. Most of our staff are even owners! We are a founding member of the National Cooperative Grocers, a network of more than 200 cooperative grocery stores all across America. We combine our buying power to bring you the best food at the best value while staying locally governed. We work hard to support our community and improve our local food system.

## OUR MISSION

Neighborhood Co-op Grocery aims to serve the needs of its owners and patrons by providing wholesome foods, economically, in the cooperative tradition and in ways that best promote the health of the individual, the community and the earth.

## BOARD OF DIRECTORS

Generally, meetings are held in the Co-op Community Room once a month at 6pm.

Contact the Board at:  
boardlink@neighborhood.coop

Margaret Anderson  
Mary Avery  
Kristy Bender  
Susan Barry  
Leslie Duram

Lauren Bonner  
Jak Tichenor  
Richard Thomas  
Barbara James  
Secretary: Wendell Pohlman

## QUESTIONS

Email info@neighborhood.coop or call 618.529.3533 x201

## ECO PRINTING

This magazine was printed by Modern Postcard on FSC certified paper that was manufactured using renewable energy (wind, hydro, and biogas). 100% made in the U.S.A.

# Sales & Events

AT THE CO-OP

## JANUARY

2

**Wellness Wednesday**  
10% off all wellness items



4

**Red Cross Blood Drive at the Co-op**  
2pm - 6pm



## FEBRUARY

2

**Souper Bowl of Caring**  
Collection for Good Samaritan!

6

**Wellness Wednesday**  
10% off all wellness items

7

**Meet the Mayor**  
Chat and have coffee with Mayor Mike Henry from 8:30-9:30.

## MARCH

2-3

**Owner Appreciation Weekend**  
Owners get 10% off their total purchase this weekend!

6

**Wellness Wednesday**  
10% off all wellness items

## APRIL

3

**Wellness Wednesday**  
10% off all wellness items

6

**Spring Cup Sale**  
SIU Ceramics will be selling handmade cups to raise money for their department!



**Board Voting Opens!**

26

**Feed Your Neighbor 5K**  
Annual 5K to raise money for Good Samaritan!



27

**Owner Fest**  
Our annual meeting and party for owners!



# GENERAL MANAGER'S REPORT



FRANCIS MURPHY

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This year the Co-op will finally retire its senior debt from our relocation project in 2005-2006 that created our current store. By "senior debt" I mean the roughly \$1 million that the Co-op borrowed from First Southern Bank and the City of Carbondale. Retiring this debt feels like a huge accomplishment although the Co-op still owes a total of approximately \$400,000 to about 60 of its owners. The owners' patience will be rewarded in the coming years as retiring the senior debt will allow us to begin repaying them as well.

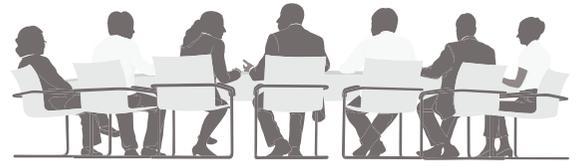
Repayment of the major portion of our debt leads me to reflect on how amazing it was that the Co-op was able to leverage the \$25,000 in cash that we had in 2005 into a \$1.5 million project. The story of this most pivotal period in the Co-op's history begins several years earlier when the Co-op was located at 104 E. Jackson. In 2000 the Co-op undertook an expansion and reset project, leasing additional space for a receiving/stock room area and completely resetting the retail space with new fixtures and equipment. That project moved the Co-op in a more market-driven direction and triggered a crisis in which some within the Co-op, fearing the loss of its identity, resisted those who advocated change. Gradually, a transformation of the roles and responsibilities of board, management, and staff took place and the organization became capable of further change.

A Future-Back planning process in 2002 envisioned a much larger store that had room for a service deli and seating and a meat department. In 2003 a market study was done which indicated that the co-op would have little alternative but to relocate to a larger facility with significantly improved site characteristics in order to position itself for the future. In 2004 the board developed an expansion/relocation policy that charged the general manager with implementing a project while adhering to a number of guidelines including project cost, site characteristics, store size and design, and financing.

In early 2005 an owner survey was conducted in part to determine the degree to which owners supported this vision and direction for the Co-op. Of those owners who expressed an opinion on whether the Co-op should relocate, 70% said "yes". As the survey results were being tabulated an unexpected opportunity arose to enter into lease negotiations for our new store site. Our market study had shown that it was the best site in our market. However, the response to our previous inquiries about the status of the previous tenancy was that it was secure. Suddenly, a series of connections were made and the previous tenant was let out of his lease and we were given a chance to rent the site on favorable terms.

We signed a lease contingent upon receiving financing, which proved easy to get. The City of Carbondale loaned us \$325,000 at 3% interest for 10 years and First Southern Bank also provided a favorable loan package with minimal fuss. Owner loans were also critical to financing our \$1.5 million relocation project. Pretty soon we were selecting an architect, hiring a general contractor, and buying equipment. Within a year of beginning lease negotiations, we were opening our new store.

The investment in our co-op has resulted in solid sales growth. In the thirteen years since relocation we've increased sales from \$1.4 million to \$4.7 million. Positive impacts have included creating 25 new jobs in Carbondale, thereby increasing the wages that move into our local economy to over \$900,000 annually. We have also helped increase the sales of locally grown and produced products as the Co-op purchases over \$225,000 per year from local producers. We have a lot to be proud of with our co-op - and we're closer to getting out of debt!



## The New Illinois Political Landscape

by *Jak Tichenor*

A blue wave swept the heavily populated Chicago suburbs and other areas of the state while southern Illinois turned a deeper shade of red after the November sixth general election. Democrats unseated incumbent Republican Governor Bruce Rauner, two veteran GOP members of Congress in the Chicago suburbs, and guaranteed Democratic supermajorities in the Illinois House and Senate while maintaining control of the state's other executive offices, Secretary of State, Attorney General, Treasurer, and Comptroller.

Despite the Democratic victories upstate, Republicans consolidated their recent gains in deep Southern Illinois where incumbent GOP Congressman Mike Bost of Murphysboro easily cruised to a third term on Capitol Hill and the southernmost Democratic state lawmaker went down to defeat.

Billionaire Chicago Democrat J. B Pritzker defeated multimillionaire first-term Republican Governor Bruce Rauner 54.5% to 38.8% with one of the largest margins of victory by any candidate for Governor in recent state history, not only by winning in traditional Democratic strongholds like Chicago and Cook County but suburban counties long known for sending Republicans to the Governor's mansion as well. Pritzker won Cook County by well over three-quarters of a million votes, but also racked up wins in suburban DuPage, Kendall, Lake, and Will counties. Pritzker also carried Champaign, DeKalb, Rock Island, Peoria, Fulton, Knox, Jackson, St. Clair, and Alexander counties and was competitive in several more. The results stand in stark contrast to 2014 when Democratic incumbent Pat Quinn carried only Cook County in his loss to Bruce Rauner.

Pritzker's strong showing in the Chicago suburbs was mirrored there by equally solid performances by Democratic state House and Senate candidates. Democrats picked up six seats in the Illinois House of Representatives in the suburbs and another further to the west giving House Speaker Michael Madigan an unprecedented 74-44 seat supermajority, three more than needed to overturn a gubernatorial veto. Senate Democrats also enjoyed success in the suburbs where they gained an additional

three seats to boost Senate President John Cullerton's supermajority to 40-19, four more than needed for a veto override in the upper chamber. House Democrats successfully defended hotly contested seats in the Metro East where incumbent Representatives Jerry Costello II of Smithton and Monica Bristow of Alton won re-election, but lost their last House seat in deep southern Illinois where appointed Democrat Natalie Phelps Finnie of Elizabethtown was defeated by Republican Massac County State's Attorney Patrick Windhorst of Metropolis.

Republican incumbent state Representatives Terri Bryant of Murphysboro and Dave Severin of Benton both won handily over their Democratic challengers as did freshman GOP state Senator Dale Fowler of Harrisburg, solidifying their party's hold on local legislative offices that began when current Congressman Mike Bost won his first term as a state representative in 1994.

I talked with senior members of both parties during the recently completed fall veto session in Springfield and found Democrats to be cautiously optimistic about implementing Governor-elect Pritzker's priorities of switching Illinois to a progressive income tax structure, legalizing and taxing recreational marijuana, and raising the minimum wage. For their part, Republicans are soberly taking stock of the new reality and want to make sure their voices are heard on important issues like the budget and taxation. Despite their differences, both sides expressed an interest in working together to pass a much-needed capital program, addressing the state's \$129-billion public pension crisis, and reducing the state's backlog of more than six billion dollars in overdue bills.

*Co-op Board member Jak Tichenor has covered Illinois politics and state government since 1981 and has served as Statehouse correspondent for public media's Illinois Lawmakers series since 1991.*

# COMMUNITY CONNECTIONS

Our first quarter **Wooden Nickels** recipients are **Carbondale Science Center** and **Hospice of Southern Illinois**



**The Science Center** is a not-for-profit hands-on children's museum featuring interactive science exhibits with attendance of over 70,000 visitors annually. Their target audience is children age 0-13 and their families. Visitors of all ages enjoy their numerous exhibits, programs, and events. They are located inside the University Mall in Carbondale, IL.

**Hospice of Southern Illinois** provides specialized care services for patients and families who are faced with a terminal illness. Our focus is on patient care including symptom management, emotional support, spiritual support, and psychosocial intervention.

Our approach is multi-disciplinary and includes the area's only full-time physician, pharmacist, nurse practitioner, nurses, hospice aides, social workers, bereavement counselors and volunteers who, together, form a support team around each patient.

**Visit [neighborhood.coop](http://neighborhood.coop) if you know of an organization that could benefit from our program.**



## Working with our Community

As 2018 ends we look back at our efforts to partner and support our community. The Co-op has 7 principles that are our foundation for decision making. For the outreach department, we reflect on principle 7, Concern for Community. It is this principle that we develop our special practices and put our beliefs into action. It takes the cooperation of our staff, customers and community members to make a impactful difference.

Giving back to your community can take different forms: volunteering, donating money and goods, offering a skill set, support through participation, or even spreading the word of a need that is important to you. Your participation, big or small, can do so much to help those in need and contribute to the common good.

By restructuring some of our efforts this year, we were able to significantly increase our financial donations to local organizations, thanks in part to the great support from our community members. We tripled our donation amount to Good Samaritan House from our Feed Your Neighbor 5K. The success of the Co-op Farm Crawl raised twice as much money as other years for Food Works. We have made additional donations of over \$2,000 to local charities. But our efforts go beyond monetary donations, we also donated goods, participated in family friendly activities, and supported many events in this area.

This fall we sponsored and participated in many activities: hosting a table at the Carterville Free Fair, passing out treats at Murdale Safe Halloween, sponsoring and entering the Carbondale Great Pumpkin Race, educating young students about our store through guided tours; participating in Small Business Saturday promoting all our local products as well as being interviewed about the importance of supporting local; supporting SIU Ceramic's Empty Bowl fundraiser, building a float for the Carbondale Lights Fantastic Parade, sponsoring SIU's Art Over Easy, and finally hosting Santa at the Co-op which provided an intimate setting for families to engage with Santa one on one. These activities go beyond the idea of creating an image for the Co-op, but contributes to the common good for this region. Community involvement helps bring support and awareness to these local organizations and activities, which in turn brings people into our community and creates a safe environment for families to engage in fun activities.





# OVERWINTER YOUR LANDSCAPE

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by *Shannon Harms*

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Have you ever wondered where the insects go when winter arrives? Sure, many of you have been invaded by the swarms of lady bugs seeking shelter in your homes, but what about the bumble bees, butterflies, mantids, lacewings, beetles, etc. What happens to them?

With exception of the Monarch butterfly, which migrates to Mexico for the winter, the insects that we see through the warm season are overwintering (or trying to) in or very near our landscapes. However, most residential landscapes do not provide the necessary components that insects require for their own survival, namely food, water, nesting sites, and shelter or overwintering sites. Why does that matter? Insects provide a variety of ecological services (benefits) that are indispensable in maintaining the health and diversity of the ecosystems that comprise our planet and, ultimately, sustain all life on earth. Therefore, we have a vested interest in ensuring of their thriving existence.

Among these ecological services that are considered a benefit to humans are pollination and pest management. Those insects integral to providing such services are referred to as “beneficials.” The purpose of pollinators is fairly well understood, I believe, while probably less is known about the tasks of predators, parasitoid wasps, and spiders. These are considered beneficials too, as they prey upon the less desirable insects, and maintain balance in their population size. In nature, these insects would have myriad choices to escape the elements of the weather and seasons of the year. However, due to the staggering loss of habitat with which these creatures are faced, not to mention the havoc that climate change is wreaking on their cycles, it’s imperative, that we do all we can to mitigate the effects of these circumstances.

A number of practices may be employed to aid our beneficials seeking protection through the winter months. These include, creating pollinator hotels, beetle banks, brush piles, rock piles, and leaving rotting logs lie and barren grounds be. However the easiest means by which we can assist them in their hibernation efforts is to just let our landscapes “sit” over winter. We may be predisposed to having pristinely manicured landscapes, but find the determination within yourself to quell that urge, and postpone until spring what would otherwise be your fall clean-up routine. Let the leaves lie where they fall, like a blanket of comfort over the land, for any number of beneficials in any stage of life (egg, larvae, pupae, adult) are

seeking shelter from the harshness of winter in the litter. An added benefit is the richness of soil that develops from the nutrients received through the decomposing leaves. Don’t cut down and remove the seemingly dead vegetative debris from your garden beds, for it’s not dead at all, as there are certainly a multitude of beneficials seeking refuge in the hollowed out stalks of any one of your dormant plants.

Leave your ornamental grasses standing! Most predatory ground beetles overwinter in the crowns and understories of clumped or bunch grasses. Embrace those areas on your land where you have patchy, barren ground. Those unique environments are ripe habitat for solitary wasps, bees, and some beetles who seek shelter underground. Shift your perceptions regarding the appearance of your landscape, and if you’re concerned about what your neighbors may think, post a sign stating your intention of the landscape as a pollinator preservation site. So many small steps can be taken that cumulatively have the potential for such positive change, and it can all start in your own back yard!

I’ve only just briefly touched on the steps that can be taken to initiate remediation. There is so much incredibly useful information out there on the internet and in books, not to mention all the amazing organizations, like The Xerces Society, whose missions are to stop the continuing decline of beneficial insect populations. I’ve included the titles of 3 books that have proven to be top notch in presenting an abundance of information that is easily understood and plausible to implement:

## SUGGESTED READING:

***Attracting Native Pollinators***  
(The Xerces Society Guide)

***Farming with Native Beneficial Insects***  
(The Xerces Society Guide)

***Pollinators of Native Plants***  
by Heather Holm

If you’ve not heard of entomologist Doug Tallamy or read his book “***Bringing Nature Home,***” then I suggest that as your first order of business. Happy reading!



# Soup FOR THE Soul

by **Greta Weiderman**

With the holidays over and winter well underway, now is a great time to enjoy the comfort and health benefits of a delicious, hot bowl of soup. Coming home to a crockpot full of steaming soup and the smell of savory herbs is hard to beat.

Soup has a host of health benefits, and it's relatively low in calories and high in micronutrients. Several studies have shown that when people eat a low-calorie, vegetable-based soup before a meal, they consume up to 20 percent fewer calories in that meal.

Most soups contain several different types of vegetables, which provide numerous vitamins and minerals. Soups with leeks, onion and celery are high in potassium, which allows the body to release fluid. Most chilies are bean-based, and beans are a great source of protein and include vital nutrients, like folate. Beans improve heart

health, reduce cancer risk and help control appetite. Spices used in soups also have many health benefits, including turmeric, ginger and cinnamon, and you can adjust a recipe's spices according to your taste and desired health benefits.

Soups made from a base of bone broth are even more nutritious. Bone broth is chock full of over nineteen easy-to-absorb, essential and non-essential amino acids (the building blocks of proteins). Bone broth also contains collagen/gelatin, which help form connective tissue and nutrients that support digestive functions, immunity and brain health.

Neighborhood Co-op offers two different hot soups during the winter months, have easy to cook soup mixes in bulk, as well as offer an assortment of bone broth and collagen products.

## White Bean Cumin Chili

- 1 cup chopped onion
- 3 cloves garlic, minced
- 2 Tablespoons cooking oil
- 2 14 1/2 ounce cans diced tomatoes
- 1 12 ounce can beer
- 1 chipotle chili pepper in adobo sauce, chopped (Use two or three to make it spicy).
- 1 Tablespoon Cumin seed, toasted (Toast cumin seed in dry skillet over low heat. Cook 8 minutes, stirring often).
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 2 19 ounce cans white navy beans, rinsed and drained
- 1 1/2 cup coarsely chopped, seeded and peeled golden nugget, butternut or acorn squash (or you can use fresh pumpkin)
- 1/2 cup dairy sour cream
- 2 Tablespoons lime juice
- 1 Tablespoon snipped fresh chives

In a Dutch oven, cook onion and garlic in hot oil until tender. Stir in undrained tomatoes, beer, chipotle pepper, cumin, sugar and salt. Stir in navy beans, bring to boil, reduce heat and stir in squash. Simmer,

covered for one hour. Meanwhile combine sour cream, lime juice and chives. Serve chili with dollop of sour cream. Garnish with chives and lime.

## Kale and Quinoa Minestrone Soup

- 2 Tablespoons extra virgin olive oil
- 1 small yellow or white onion, chopped small
- 1 large carrot, chopped small
- 2 ribs (preferably leaves) of celery, chopped small
- 1 large bay leaf
- 1 teaspoon dried basil (or 1-2 tablespoons fresh, finely chopped)
- 1/2 teaspoon dried oregano
- 3 cloves garlic, finely chopped or pressed
- 1 28 ounce can of crushed or diced tomatoes (including juices)
- 1 can garbanzo beans, drained and rinsed
- 1 quart vegetable or organic chicken stock
- 1 teaspoon red wine vinegar
- 1 bunch laticino kale, stemmed and chopped into about 1 inch pieces
- 1/2 cup of dried quinoa, prepared according to package instructions
- fine sea salt
- fresh ground black pepper
- water

Heat the olive oil in a large soup pot over medium high heat. Add the onions, carrots, celery, bay leaf, a large pinch of sea salt and pinch of black pepper and sauté 5 to 6 minutes until the vegetables are soft. Add the garlic, dried basil and oregano and continue to sauté for another 2 to 3 minutes until very fragrant. (If using fresh basil, wait to add until you add the kale.) Garlic burns easily, so watch it carefully or reduce the heat until you add the liquid. Add the tomatoes with their

juices and cook another minute. Next, add the beans, stock, 2 cups of water and a veggie bouillon cube if using. Turn the heat to high to let it come to a boil for one minute. Reduce the heat to medium low, add 1 teaspoon of red wine vinegar and all of the cooked quinoa and chopped raw kale. Cook 5 minutes then turn off the heat. Allow the kale to wilt for another 10 minutes. Discard the bay leaf.

## 10 Reasons TO ENJOY SOUP

- 1 It warms you up**  
Soup increases body temperature to warm you from the inside out.
- 2 Cook it and forget it**  
Throw the ingredients into a crockpot or Dutch oven, and let it simmer while you decompress from your day, catch up on chores, or help the kids with homework.
- 3 It's filling**  
Soup contains a lot of water, so it will satisfy your appetite in a healthy way and help reduce the number of calories you eat during the rest of your meal.
- 4 Vegetables are hidden for kids**  
Soup provides a vehicle for vegetables that children might enjoy more than a plate of steamed broccoli. Studies suggest that adding vegetable-rich soups to a child's diet will improve their tolerance for other vegetables.
- 5 It reduces aches & pains**  
There's a reason we all reach for chicken noodle soup when we're sick. It has anti-inflammatory properties and reduces mucus, helping alleviate symptoms of colds and the flu.
- 6 Vitamins and minerals**  
While some methods of cooking vegetables reduce their vitamin and mineral content, cooking them in soup does not. The vitamin-packed water that vegetables are cooked in becomes part of the broth.
- 7 It's easy**  
Soups are pretty hard to mess up, and one pot usually leaves a lot of leftovers.
- 8 Low fat and high fiber**  
Most soups are full of beans, lean meats and vegetables, which are low in fat and high in fiber.
- 9 It's a veggie vehicle**  
It's easy to swap out ingredients or make changes to soup recipes. Experiment by adding more vegetables. Purée squash, pumpkins, or root vegetables for a creamy soup without the added fat of heavy cream.
- 10 They are simple to freeze and reheat**  
If you have a lot of leftovers, freeze them. Then on a busy night, heat them up. Soup does not need to be defrosted before reheating, and it provides a quick, easy and nutritious weeknight meal, which is definitely healthier than frozen pizza.



# WHAT'S YOUR RAG?!

by **Hannah Byers**

When it comes to feminine hygiene products, there are no shortage of choices and options. With hundreds of brands, sizes, and types, wandering down the period product aisle can definitely be a bit overwhelming. Often the question, "Are these safe?" may not occur to individuals until they have been using these products for many years, if it occurs to them at all.

## **What We Do Know**

A woman's vaginal area is a highly permeable mucous membrane which can rapidly absorb chemicals without being metabolized. Until recent years scant research has been done on how chemical exposure from period products may affect women's health. It is reasonable to want to know about the presence (or absence) of a reproductive toxin, carcinogen, irritant or allergen in any item you put in or on your body. Until much more research on the impact of period products on health and the environment is done it is immensely important to choose wisely when purchasing and using these products.

Conventional feminine care products have been classified as "medical devices" by the Food and Drug Administration. This classification makes it so that period product companies are not required to disclose potential risks such as exposure to toxins, bleaching, or pesticides. According to the Organic Trade Association, cotton is one of the most chemically dependent

crops in the U.S., ranking second for pesticide use. The World Health Organization classifies many pesticides used in the cotton industry as "extremely or highly hazardous."

Here is the exact language that the FDA uses on their website to guide hygiene product manufacturers on disclosure of the chemical contents of their products:

*"FDA recommends that tampons be free of 2,3,7,8-tetrachlorodibenzo-p-dioxin (TCDD)/2,3,7,8-tetrachlorofuran dioxin (TCDF) and any pesticide and herbicide residues. You should describe any assurances that chemical residues are not present or, if residues are present, the level present and the method used to assess it. These assurances may include, but are not limited to, test methods, tolerances, or acceptance criteria. For any materials bleached during processing, we recommend what that you identify the bleaching process used, e.g., Elemental Chlorine-Free (ECF) or Tally Chlorine-Free (TCP)."*

This language is important to note because it clearly lets the manufacturer know that the FDA is only making suggestions and that they do not actually require such labeling to be present.

In April 2018, a non-profit environmental organization that advocates for the transparency of toxins in cosmetics and household products, Women's Voices for the Earth,

tested six popular brands of tampons. This testing showed that the most common chemical present in conventional tampons and pads was carbon disulfide, a chemical which is commonly used in the production of rayon. Research conducted by the National Center for Biotechnology Information indicated female workers in rayon manufacturing facilities have an increased risk of menstrual disorders, early menopause and hormonal disturbances after exposure to carbon disulfide. Both 100% cotton brands tested, Natracare and Seventh Generation, tested negative for carbon disulfide.

Other fragrances and chemicals, such as dioxin, have been found in female hygiene products but do not have to be listed or disclose because they are considered “proprietary information.” Dioxin is listed by the US Environmental Protection Agency (EPA) as highly toxic and a chemical which can cause cancer, reproductive and developmental problems, damage to the immune system, and can interfere with hormones. It is banned in many countries, but not the U.S.

Why are these synthetic fibers and chemicals used in feminine sanitary products? It comes down to an extremely common bottom line. Some companies want the cheapest and most profitable materials to create their products without a true care for their consumer’s health. Fortunately, there are companies producing period products that do choose to offer more transparency to their customers.

### **Other Deeply Concerning Facts**

Almost zero research has been done on whether plastic applicators contain hormone-disrupting substances like BPA and phthalate.

The world uses a lot of tampons and applicators. The gross environmental impact remains largely unknown- particularly in the long term. Consider the math, if the average woman menstruates for forty years and uses an average of 20 tampons per cycle, she will use 240 tampons per year. This adds up to 9,600 tampons and applicators in one woman’s life span.

A Life Cycle Assessment of tampons conducted by the Royal Institute of Technology in Stockholm, found that an enormous impact on the earth and environment was caused by processing LDPE (low-density polyethylene, a thermoplastic made from the monomer ethylene). This thermoplastic requires high amounts of fossil fuel generated energy and is used in the creation of tampon applicators as well as the plastic back-strip of sanitary napkins.

### **What Can be Done?**

There are many period products on the market that use 100% organic and biodegradable materials created by companies

that choose to produce their products sustainably and practice full disclosure to their customers.

Natracare, a brand that Neighborhood Co-op chooses to carry, manufactures organic period products made using sustainable materials which are compostable, biodegradable and 100% plastic free. Natracare manages resources responsibly and chooses to source their raw materials sustainably and from sources which share their mission.

The Co-op also carries Seventh Generation products. Seventh Generation voluntarily discloses the components of their tampons and pads. Their products are BPA free, hypoallergenic, created without use of fragrance, and are made with 95% plant-based materials. This brand does offer the choice of a tampon applicator to support personal preference.

Neighborhood Co-op offers reusable options, which can not only save you money, but they also produce far less waste. We offer cloth, reusable pads made by GladRags. Menstrual cups, which are inserted into and worn in the vagina to catch flow, can be reused every month. The Co op also stocks sea sponges which are a natural, renewable resource that has been used in personal care for ages. The brand of sea sponges we offer, Jade and Pearl, are sustainably harvested.

One potential benefit of using reusable options is that an individual may achieve a more in depth understanding of what their body is doing month to month. From the amount of flow, to the consistency of flow, to the size and number of clots, to fluctuations and changes in your cycle monthly, once you get past the yuck factor, you may realize that these are interesting things to know about yourself. This information may come in handy in knowing more about your overall health and/or nutrition. For example, a high number of clots may indicate an iron deficiency. This information may also aid a medical professional in assessing what your body is doing.

A major issue with topics that can be considered stigmatic is that they often deny people vocabulary or a base of knowledge to implement while having conversations about issues surrounding these topics. Open dialogue is the first step in changing the way women understand, educate, and deal with menstrual health, complications, and hygiene and can create awareness around the need make a switch. Let others know about these problematic issues and why it is important to be an educated consumer.

If you would like more information about where this information has come from, please feel free to message us through Facebook or contact us through our website!

# RECONSTRUCTING YOUR RESOLUTION

by Sarah Tezak



# WANT TO FORM HEALTHIER HABITS?

Habits, healthy or not, satisfy our minds' sense of order. According to current research, ten weeks is the point at which repeated behavior becomes habit. Once we have habituated our morning breakfast, afternoon dog walk, or evening stretching, skipping them will feel off routine. Breaking habits once set in is more difficult than installing new habits for this reason! The effects of our brain's rewards system doesn't care if a habit is healthy or unhealthy. Falling into unhealthy habits is quite simple, because they are tasty, simple, not a fight, providing us with a short burst of satisfaction.

Our daily routines can keep us mired in old habits which make difficult work of positive behavior changes. When our routines change, whether due to a new work or school schedule, moving to a new home, or the birth or death of loved ones, these are excellent times to instill new habits. The shift in routine allows a deliberate placement of the healthy behavior modification you are looking to achieve. Lack of attention at these times can also allow poor habits of convenience to creep into our lives: habits, good or bad, can form

a snowball effect of healthy or unhealthy behavior.

The long nights of winter are, for many, a time of contemplation and reflection. Often this lends to the yearly push towards New Year's resolutions we hope will radically change our lives. Forcing ourselves with willpower to instill healthier habits is necessary to bring wanted change. Keep in mind this thought: Rome was not built in a day, nor did Rome fall in one day. While the timeline for habit formation and breaking may not take centuries, it can rightfully feel like series of battles for desired ground.

Clearly defined behavior shifts which build to a larger goal are paramount to making lasting change. We must be resolute with our own minds that we want change, or change will not come. Discerning and naming our emotional reactions, pinpointing the how and why, and setting reasonable short term behavior modification goals leads to a higher success rate in shifting behavior. Remember that as new habits become routine any struggle will start to fade, leaving room to step up to your next small goal.

## GET SUPPORT!

Maybe you don't know where to start. Consult your heart, doctor, family, whoever might have your best interest in mind and some ability to help you define steps to healthier habits. Take some time to write out a clear outline of what changes you would like to enact. Define a simple step you can accomplish daily. Make the time for your desired change (which just may take energy from habits you want to drop). Leave positive notes on your bathroom mirror. Force a

change to your routine. Remind yourself that while much will be needed to form healthy habit, once entrenched it will become more automatic in your life.

Change is hard; like many clichés, this holds truth. If you need help from professionals or support groups to shift your life around: get to it! There is no shame in any path towards a healthier self, so use whatever tools you must!

- 1 KNOW WHAT YOU WANT.**  
Clearly define your behavioral goal and reasons for forming a new habit. Break that goal down to components if needed so you can plan steps.
- 2 BE REASONABLE.**  
One small step at a time. Success in instilling a new positive behavior will activate reward centers in the brain. Be proud of small victories; five minutes of exercise or one snack is better than doing nothing.
- 3 REDUCE TEMPTATION.**  
Put junk food in an awkward cabinet, turn off your phone, shift driving routes.
- 4 INCREASE PASSIVE CONTEXT CUES OF DESIRED HABITS.**  
Leave your yoga mat in plain sight, set your morning meal out at night, write kind reminder notes, set a new behavior to happen in context of a daily routine.
- 5 DON'T ALLOW A STUMBLE TO BREAK YOU.**  
Our nature is to desire comfort and ease. Until you set a habit into routine, stress can easily knock you off your desired path. Regroup and consider a more manageable short term goal if that's what is needed.

## Prepping for Seasonal Sicknesses

As parents and teachers, we are constantly reminding our children to wash their hands, especially during flu and cold season. We know what a challenge this can be, even with older kids. But now that winter is upon us, and people are getting sick, this is a good time to revisit your medicine cabinet. As time passes, those cold and flu remedies we used the season before are probably now expired. Expired medicines will lose their effectiveness. And convincing your child to consume a tablespoon of medicine, that they already know doesn't taste good, can be a hard fought battle; don't waste your victory on ineffective remedies! Consider the following this season:

**Throw out those expired medicines** and replace with new ones.

NOTE: before you flush or dump old medicine, there are proper methods so that you don't contaminate the environment.

- Follow any specific disposal instructions on the label.
- If no disposal instructions are provided, you can check with your pharmacist or police department to see if they have a drug collection program.
- If no collection options exist, then follow these steps:
  - Remove all personal information by removing label or covering it with a marker.
  - Mix all unused drugs with coffee grounds, kitty litter, or dirt. Do this with both liquid medications and pills or capsules. Place this mixture in a sealed container before disposing in the trash.

**Try using natural remedies** such as local raw honey, elderberry or Echinacea. Local raw honey is best for sore throats or coughs. Raw honey is unpasteurized, compared with commercial honey that is heated and heavily filtered, which negates most of its health benefits and nutritional value. Elderberry and Echinacea are an excellent general immune system booster, and a cost-effective treatment for both cold and flu symptoms. But always check with your doctor before you use these options as they are not always safe for younger children or children with allergies.

**Consider using food strategies** to help build their immune system. Always offer healthy snacks such as fruits and vegetables. It is also easy to just add extra garlic, ginger or bone broth when preparing foods you know they already like.

Source: [www.healthychildren.org](http://www.healthychildren.org)

## Broccoli Bites

### Ingredients

- 1-10 ounce package frozen broccoli or 2 small crowns, florets chopped
- 1/2 cup whole grain bread crumbs\*
- 2 large eggs (if your little one is not eating egg whites yet, use 3 yolks)
- 1 cup shredded mild cheddar cheese
- 1/4 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1 teaspoon dried basil

### Optional healthy add-ins

- 1 teaspoon kelp
- 1 tablespoon ground flax seed meal

Preheat oven to 375 degrees

Coat a baking sheet with oil or spray with non-stick cooking spray and set aside. If using frozen broccoli, cook broccoli according to package directions and chop into small pieces. If using fresh broccoli, chop and steam until tender.

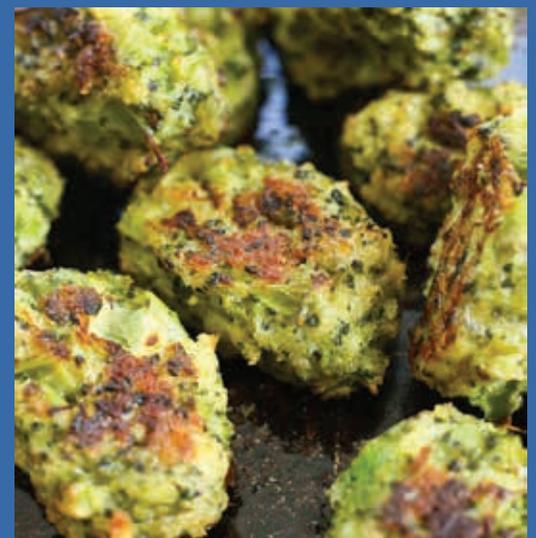
In a medium bowl, whisk eggs.

Add remaining ingredients to bowl and mix until well incorporated. (You may have to use your hands)

Shape the mixture into 1 1/2 inch nuggets and place on the baking sheet. Bake in the preheated oven for 20-25 minutes, flipping the nuggets over half way through the cooking time.

Serve warm. Enjoy!

Source: [happyhealthymama.com](http://happyhealthymama.com)



# What's New at the Co-op



## Pamela's Cassava Flour

Pamela's 100% Cassava Flour, ground from the cassava or yucca root, can be used for gluten-free, grain-free and Paleo recipes. Substitute Cassava Flour for 1/4 cup or more of the flour called for in your favorite recipes to add a more delicate texture to baked goods. Use as a 1-for-1 substitute for wheat flour in muffins, cakes, cookies, and quick breads, or use in any recipe that calls for cassava flour.

Pamela's Products, started in 1988, is known for delicious, gluten free foods with a full line of baking mixes, cookies and snack bars. As a pioneer in both natural foods and gluten-free, Pamela's still maintains leadership status in the industry.



## Peanut Butter & Co Peanut Powder

Available in a variety of flavors, Peanut Butter & Co's peanut powder is great for shakes, as a spread, or for baking. It has 5-6g of protein per serving, and only 1-1.5g of fat. The powder is made with only USA grown peanuts, and is non-GMO verified, gluten free, vegan and kosher. It also has 90% less fat than traditional peanut butter.

## Essential Oils Organic Tea Tree Deodorant

This naturally-effective deodorant has three ingredients: organic alcohol derived from sugar cane to help eliminate odor at its source, purified water, and an organic blend of pure essential oils to help mask odor.

Never any pore-clogging aluminum, synthetic fragrances, or propylene glycol. What they leave out of their products is as important as what they put in: no parabens, no synthetic fragrances, no phthalates, no polysorbates, and no aluminum, to name a few.

Their commitment to limiting these potentially-harmful ingredients also keeps toxins out of the waste stream, protecting us all.



**At Neighborhood Co-op Grocery, we take the guesswork out of shopping for quality natural foods. We have purchasing guidelines to help our buyers select products that meet our high standards. These standards help us provide our community with delicious, wholesome foods that are natural, local, organic, fair trade, humane, minimally processed, minimally packaged and non-GMO/labeled GMO.**

# Thai Grilled Fish

Serves 5

Recipe source: [thestayathomechef.com](http://thestayathomechef.com)



15 minutes hands-on,

30 minutes marinade time

## INGREDIENTS:

1.5 lbs red snapper or tilapia  
1/4 cup chopped fresh cilantro leaves  
1 TB olive oil  
1 TB fish sauce  
2 tsp soy sauce  
2 limes, juiced  
2 tsp crushed garlic  
1/2 tsp crushed red pepper flakes

## SAUCE:

3 TB lime juice  
2 TB fish sauce  
2 TB sugar  
1 tsp crushed garlic  
1 tsp minced jalapeño  
1 TB chopped fresh cilantro leaves

## PREPARATION

1. Remove bones from the fish. In a resealable plastic bag, combine cilantro leaves, olive oil, fish sauce, soy sauce, lime juice, garlic and red pepper flakes. Swish it around to mix, and place the fish in. Let marinate in the fridge for 30-60 minutes.
2. Make the sauce by combining lime juice, fish sauce, sugar, garlic, jalapeño, and cilantro in a small mixing bowl. Stir together until combined.
3. Preheat grill to high heat. Lay down a piece of foil to cook your fish on.
4. Remove fish from bag and discard marinade. Cook fish for 3-5 minutes per side until it flakes easily from a fork.
5. Serve hot with sauce drizzled over.



CO-OP

# OWNER FEST

**SATURDAY, APRIL 27 • 5–7 PM**

**THE WAREHOUSE AT 17TH STREET, MURPHYSBORO**

**5:00 pm - Be Happy Social Hour - with live music!**

**6:00 pm - Meeting (Last call for voting. Ballots close at 6:30 pm)**

**7:00 pm - Catered Dinner from the Co-op and 17th Street**

**OWNER APPRECIATION WEEKEND**

**10%  
OFF**

**Saturday & Sunday  
March 2-3, 2019**

**SAMPLING • DEMOS • LIVE MUSIC**  
Owners in good standing receive 10% off their purchases. Sorry, no rain checks.

**Spring Cup Sale**



**SATURDAY, APRIL 6**

At Neighborhood Co-op Grocery  
Ceramic cups and mugs are made by the students  
and faculty of the SIUC Ceramics Program.



Neighborhood Co-op Grocery  
1815 West Main Street  
Carbondale, IL 62901



NEIGHBORHOOD CO-OP

**FEED YOUR NEIGHBOR**

**5K** RUN/WALK

**FRIDAY, APRIL 26TH, 2019**

**Registration - 4-5:30 • Start of Race - 6:00 p.m.**

**Proceeds donated to The Good Samaritan House of Carbondale.** The Feed Your Neighbor 5K begins and ends at Turley Park located on the corner of W. Sycamore St and IL Rt. 13, Carbondale. The 5K race starts at 6:00 pm. This race is professionally timed. You can run or walk the 5K. If registered by April 19, all runners and walkers will receive a race t-shirt in their size, and a swag bag full of goodies courtesy of the Neighborhood Co-op's generous vendors.

All children under the ages 8 are welcome to participate in the race free of charge, but will not be eligible to receive a swag bag.

Since 1999, more than 1,900 race participants have been part of this great event, supporting Good Sam.

**Join us in April 2019!**

**NEIGHBORHOOD.COOP**