

# Brighton Food Co-op Newsletter

## December 2018

Hi Members!

I hope this news finds you all enjoying the holidays! Our last distribution was December 5<sup>th</sup>. It went smoothly except for the delayed delivery of the Frontier order. Kathy received this after the distribution and placed member orders in the closet at church for individual pick up. If you have not received these yet and have questions, please contact Kathy or Amy.

We have a new member! A big WELCOME to the Piontek family and many thanks to their helpful daughters who came on December 5<sup>th</sup>! They are all very kind and it was a pleasure to work with them. We are happy to have you join us! Please feel free to call Amy if you have any questions about ordering and delivery.

Distribution has been canceled for January 2 has been cancelled. UNFI sometimes changed our date for this, and many people are busy enjoying their family time. It was decided to skip a session and go 8 weeks to the next delivery. See you in January 30!

Annual Meeting: The BFC Annual Meeting will be held during the distribution on January 30. It will take place during the time we usually have circle meeting for distribution. Officer elections will be held during this meeting.

Marilyn had her hip surgery and is reported to be doing well. We look forward to seeing her at the end of January.

Recipe: If you are feeling like a sweet treat, but a little sugared-out from the holidays, here is a tasty snack you may want to try. I started with a recipe from the Trim Healthy Mama Cookbook, but I altered it to be dairy-free. These are also pretty good if you skip the salt. You can experiment with the sweetener, but it should mostly dissolve in the liquid. I call them Payday Puddles. Hope you enjoy!

### Ingredients

- ¼ cup Trim Healthy Mama Gentle Sweet (a mix of xylitol, erythritol and stevia)
- 2 doonks Pure Stevia Extract powder (about 1/8 of tsp.) (optional)
- 2 Tablespoons dairy free margarine
- 2 Tablespoons of cocoa butter (I estimated from the chunks)
- ¼ teaspoonful vanilla extract

- 2 teaspoons natural-style, sugar-free peanut butter
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- 2 to 3 pinches mineral salt
- ¾ cup chopped peanuts

### Directions

1. Melt the Gentle Sweet, stevia (if using), and butter in a small saucepan.
2. Add the cocoa butter and vanilla and gently boil until the mixture reaches a more caramel color (about 6 to 7 minutes), stirring often.
3. Take off the heat and add the peanut butter, salt and peanuts. Stir well.
4. Shape into mounds on parchment paper, or pour into silicone muffin cups. Refrigerate or freeze until firm.
5. Keep refrigerated in a sealed container.

Next Order: January 30, 2019      Also is our Annual Meeting

- **Creswick Order Due: Jan 13**
- **OV/Frontier Order Due: Jan 16**
- **OV Filled Cases Due: Jan 19**
- **Creswick Delivery: Jan 21**
- **UNFI Order Due: Jan 23**

Here are some things to keep in mind when ordering:

- ❖ Check, check and double check your **UNFI** order to **make sure you check "split"** if you do not want an entire case of a certain item. This is **REALLY** important!
- ❖ If you have an issue with any product you ordered through the co-op be sure to notify the board immediately. Copy your email to all three of us:
  - ❖ Amy: [ammom70@gmail.com](mailto:ammom70@gmail.com)
  - ❖ Dolores: [doloresjohnson68@gmail.com](mailto:doloresjohnson68@gmail.com)
  - ❖ Marilyn: [mmitchell1945@aol.com](mailto:mmitchell1945@aol.com)

**As always, if you have a comment or suggestion about co-op please contact Marilyn. The board is always looking for ways to improve the co-op experience for our members!**