

Hello Members!

Well, I am not Marilyn, so this is not as polished as her newsletters, but I do have some news to report. Marilyn appears to be recovering well from her surgery and we hope to see her back in December.

Our latest distribution on November 6 was an exercise in patience and persistence. I discovered Tuesday evening that UNFI has scheduled our delivery for Thursday, November 7. Through many phone calls, we were able to work with the driver to deliver to us Wednesday morning. This seemed to work well for both us and the driver. Our new driver, Cliff, seems like a great guy and he was very helpful. He did mention that we were not the first customer on his new route to voice the unpleasant discover our delivery day had changed without notice. The rest of the day went fairly well and we left the hall by 1pm.

I have been attempting to contact the UNFI employee in charge of scheduling deliveries, Todd Adams. I have left messages by phone and email to clarify what delivery day and time we are scheduled, if this is subject to change, and if we can possibly stay on Wednesdays. I am still awaiting a reply from him, and all the other office staff tell me that I can only get this information from him. I will continue to persist and update you when I can.

### Frontier News

Kathy will be out of town for the next delivery. She will be placing a Frontier order and Michelle will receive it, divide it and bring it to the hall. Thank you Michelle for helping out with this! Orders are due tomorrow, November 20, so get your orders in for all your Christmas goodies!

### Plan Ahead

**As we mentioned last month, our January distribution is scheduled for January 1 so it will be canceled. Who wants to show up at distribution the morning after New Year's Eve? December 4 will be the last distribution before January 29 so you may need to plan to stock up. January 29 will also be our annual meeting and officer election time. Please plan to come to this distribution and allow a little extra time to participate in the discussion and elections.**

### Next Distribution: December 4 2019

- **OV/Frontier Order Due: Nov 20**
- **OV Filled Cases Due: Nov 23**
- **Creswick Order Due: Nov 24**
- **UNFI Order Due: Nov 27**
- **Creswick Delivery: Dec 2**
- **Distribution: Dec 4**

Here is a recipe for some fun and low carb candy that you may enjoy. Remember to keep this product refrigerated.

**PAY OFF DAY CANDIES** by Trim Healthy Mama

¼ cup Gentle Sweet or 5 Tablespoons + 1 teas. Pyure Sweetener

2 doonks Pure Stevia Extract (about 1/8 teaspoon powder)

2 Tablespoons butter or margarine substitute

2 Tablespoons heavy cream or 9 buttons of cocoa butter

2 teaspoons sugar-free, salt-free peanut butter

1 cup peanuts

1. Melt the Gentle Sweet, Stevia and butter in a small saucepan.
2. Add the cream and vanilla extract and gently boil until the mixture reaches the desired caramel color (about 6 minutes), stirring often.
3. Take off the heat and add the peanut butter and stir.
4. Add the peanuts and stir.
5. Pour into piles on silicone sheets or pour into muffin cups until mixture covers the bottom.
6. Freeze until firm, then transfer to a dish and refrigerate until eating.

Gentle Sweet is made by Trim Healthy Mamma

Pyure Organic Stevia Blend Sweetener is available at Walmart

Both are available on Amazon

Thank you to everyone for all your hard work! Happy Thanksgiving!

Sincerely,

Amy Ray, President

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!**