

# **It's Just Food!**

## **Brighton Food Co-op Newsletter**

Time to start placing your October order for UNFI items. The Distribution is Oct 7th. You can never start too early; that way you can get those items you need for fall, plus you help yourself and others by starting the 'splitting orders list'. I just inventoried my baking items and need vanilla and a few key spices. Fresh ones are great and are nice as a gift. What do you need?

Don't forget about the Special Turkey Distribution for Thanksgiving, date TBD. Kris Verschoor will need your order ASAP, and make sure to indicate that it is for the fresh-turkey-never-frozen distribution before Thanksgiving.

What about Door to Door Produce. This service is easy and provides fresh produce, with room to customize your order a little. Check the BFC website for more info on ordering from this vendor online with your own BFC discount account that you manage.

**Thanks to Everybody!** Our last Distribution was very accurate thanks to everybody taking the time to check out orders so carefully. We had 19 Sept. orders vs. Aug. orders of 15. The new distribution time went very well. Oct. 7 we will have a pot of coffee made in the back room for all to enjoy since the start time is so early.

Cost of Products Sold-	\$7,547.16
Extras Table Sold -	664.84
Extras Left	140.00
Co-op Income 3%	213.42

-- Diane Brady

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### My Favorite Things by Amy Ray

First of all, the co-op is a true blessing for our family in dealing with food allergies. We are able to find great, safe foods like Enjoy Life bagels, cookies, bars and chocolate! We can buy our favorite pasta, Tinkyada, by the case in almost every imaginable shape! My daughter and I have found no better dairy free pizza than Amy's Soy Cheese Pizza (the cheese even melts!) We can't live without the yummy Arrowhead Mills OG peanut butter. The cheapest way to buy coconut oil is the Nutiva one gallon, and it is OG! We use a lot to make our own squash french fries, as well as substitute for butter. My daughter and I can still have gluten, and we love the Rudi's spelt bread and buns. And a new product, coconut milk yogurt by Soy Delicious, has brought yogurt back into our house! I especially like mine mixed with granola from UNFI. There are also many items from Kinnikinnik that we enjoy, including donuts (no one else on the planet makes a dairy-free donut!) and awesome cookies! Then there are so many other useful products like eggs, shredded coconut, walnuts, bacon, Applegate Farms pepperoni, refried beans, cereal, that we get by the case sharing. It helps us to stay healthy and in budget!

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UNFI Web batcher: Susan Kataja

Vendor Batcher: Kris Verschoor

Frontier Batcher: Dana Janssen

Nuts & Honey: Kellie Hicks

Next Distribution is Tuesday, October 7th

Orders Due to Batchers- Wednesday, September 24th, 2008