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CULTIVATE

A SEASONAL GUIDE TO YOUR CO-OP COMMUNITY



A Letter from
Our Board & CEO

Summer Meal Inspiration
for Your Pantry Staples

COVID-19 & Our Farming
Community

SUMMER 2020

**TWIN CITIES
CO-OP PARTNERS
LEADERSHIP TEAM**

JOSH RESNIK
CEO

DEB KERMEEN
CFO

TOM RODMYRE
Director of Co-op Partners
Warehouse

ADAM GOWER
Director of Human Resources

REBECCA LEE
Senior Director of Purchasing
and Merchandising

DOUG PETERSON
Senior Director of
Retail Operations

AMY FREESE
Director of Marketing

DEAN SCHLADWEILER
Store Director – Wedge Lyndale



Above photo by Evan Adams-Hanson, Front End Coordinator at Linden Hills Co-op

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At the co-op, we've always understood the power of a strong community. Our co-op was built by neighbors coming together to create food solutions in their neighborhoods. Since the pandemic began, we've seen that same spirit in people and organizations joining together to keep families fed. We saw it again when our community came together to protest the unjust killing of George Floyd and everything it stood for. And again, that same spirit appeared in the following weeks as neighbors helped pick up the pieces and start to rebuild. We know that the combined effort of the collective "WE" can have a real impact. We see it every day in our community of owners, staff and local food producers. This issue of *Cultivate* is dedicated to the power of we—doing the important work that none of us could do alone. Thank you for being a part of our community.

2020 Board of Directors

ALEX SLICHTER
EMILY PAUL
TOM PIERSON

STEVE SHARE
EMILY ANDERSON
ME'LEA CONNELLY

LISA FITTIPALDI
SARITA PARIKH
JANE SCHOMMER

NEW & NOW

OUR COMMITMENT TO YOU DURING COVID-19 & ALWAYS

Twin Cities Co-op Partners (TCCP) is committed to remaining a trusted resource for our owners, shoppers and staff. We're constantly adapting our stores to best meet the needs of the community during this time of constant change.

Please visit our website for the most current information:

tccp.coop/coronavirus-updates

Follow us on Instagram, Facebook or Twitter for updates as well.

INTRODUCING SIFT GLUTEN FREE DONUTS & MUFFINS NOW AVAILABLE AT THE CO-OP

We're excited to partner with Sift Gluten Free to bring you fresh, gluten-free donuts and muffins, delivered to our bakery case.



Sift Gluten Free is a dedicated gluten-free and peanut-free facility (tree nuts are present), with the majority of items also being dairy-free. Owner Molly Miller launched Sift Gluten Free in 2013, and opened a storefront in south Minneapolis in 2017.



ATTENTION OWNERS: YOUR FALL OWNER COUPONS ARE GOING DIGITAL!

Due to safety concerns around COVID-19, the co-op is **NOT** issuing paper owner coupons for our Fall Owner Celebration. Your next owner coupons will be available at the register and through Co-op Curbside during October. Sign up on our website to get an email letting you know what your coupons are and when they'll be ready for you at tccp.coop/digital-opt-in.

BOARD MEETING UPDATE

The board is holding all meetings virtually until further notice. They continue to respond to owner questions and concerns. To contact them, call 612-871-3993 (x1817) or email board@tccp.coop.

TEMPORARY CLOSURE OF THE WEDGE TABLE

We opened the Wedge Table in 2015 as a place for our community to gather together and enjoy food. With COVID-19, what it means for the community coming together has changed. And with these changing conditions, we have seen increased challenges in running the Table.

TCCP's leadership and board have decided to close the Wedge Table through 2020. The last day of business will be July 19. Over the next six months we will be working to re-imagine the space and determine how it can best serve our owners and the community. A big thank you to all the staff who have worked there over the years and all the customers who have supported it.

TWIN CITIES CO-OPS LOCAL FOOD IS ESSENTIAL CAMPAIGN

The 2020 Eat Local Co-op Farm Tour has been cancelled due to the pandemic. Instead, we're partnering with our fellow Twin Cities co-ops on a "Local Food is Essential" campaign to inspire our co-op community to boost their support of local food producers during this time of economic uncertainty. Get involved at LocalFoodisEssential.org.



SIGN UP TO RECEIVE CULTIVATE DIGITALLY! Did you know that you can sign up to receive *Cultivate* through your email inbox? Sign up today at tccp.coop/digital-opt-in.

THIS SUMMER

OWNERS GET 1% BACK!

We're proud to offer our co-op owners a guaranteed 1% back on their purchases made

July 1, 2019 – June 30, 2020.

YAY!

Your 1% earnings will be available for you at the cash registers on Aug. 1. You'll receive a mailing in late July letting you know how much you earned this year. Simply let your cashier or Co-op Curbside shopper know that you'd like to redeem your 1% when you come in to shop or pick up your order. Your earnings will be available on our registers until August 2021.

Your commitment to the co-op as an owner allows us to increase our impact in the local food community, and in turn, share the benefits with you. We all do better when we invest in a collective goal that strengthens our community.

Together, our community of owners powers a network of local food businesses. Together, local farmers and food producers keep our shelves stocked with nourishing foods. Together, co-op staff keep our doors open and our families fed. Together, we have helped open food pantries, protect our rivers, and empower underserved communities through collective donations to local nonprofits. Together, we are a powerful source of change. Thank you to our owners, farmers, vendors and staff for being part of the "we" that makes it all possible.



TRY CO-OP CURBSIDE

Everyone is loving our new Co-op Curbside service at the Wedge and Linden Hills Co-op. Shop online and pick up at the store (no contact needed)! From quick, convenient trips to large stock-up orders, we're happy to shop for you and make your life a little easier. Paige, a happy curbside customer agrees:



"Co-op Curbside was such a great process! Everything I received was carefully chosen and packed as nicely as if I had gone into the store myself. I'm very happy and impressed with the service. It also worked very slick to call with my card info and not have to sign anything. Many thanks to you all for making it an enjoyable, safe and stress-free shopping experience!"

Photo by Travis Anderson



JOIN US FOR THE 2020 TWIN CITIES CO-OP PARTNERS

VIRTUAL ANNUAL OWNER MEETING!

THURSDAY, OCT. 22 at 6 p.m.

With the uncertainty surrounding COVID-19, our board and leadership team have decided to move our 2020 annual owner meeting online.

This year's annual meeting will be held on Zoom, Facebook Live and with a call-in option for all interested owners to attend. Join us for a fun evening of getting to know your fellow co-op owners, live-streamed music by co-op owner and employee

David Huckfelt, and presentations from our CEO and board of directors.

The meeting will be recorded and available on our website for owners who are unable to attend the live event. Stay tuned for more details.

RSVP's are encouraged! Register at tccp.coop to receive \$5 OFF a Co-op Curbside order!

NEW THIS YEAR: OWNER SPOTLIGHTS!

During the difficult months we experienced this spring, we were inspired by the people in our community who joined together to help each other, stay connected, and support their neighbors.

As a part of our virtual annual meeting, we'll be spotlighting co-op owners who have helped make a difference in their neighborhoods, those who embody the true sense of community and inspire others to do better. We need your help in identifying those co-op owners and staff who make you proud to be part of this community.

Nominations will be accepted through tccp.coop and our social media channels throughout the summer.



WE'RE ACCEPTING NOMINATIONS in the following categories:

- Owners who own local businesses
- Owners who are farmers or food producers
- Owners who are essential workers on the frontlines of the pandemic
- Owners who work at our co-op
- Owners who work/own/volunteer for local nonprofit organizations

there's work to be done.

The tragic death of George Floyd while in the custody of the Minneapolis Police Department jumpstarted a movement in our communities and around the world to demand justice and end police brutality against the Black community. Along with countless peaceful protests also came rioting and the destruction of businesses and government buildings in our neighborhoods. Since these events occurred, we've witnessed neighbors coming together to clean up their neighborhoods, organizations working to provide food access and supplies to communities who have lost their stores, and artists joining together to give us hope. We're hopeful that together we can rebuild a more just and equitable community for our Black neighbors and everyone else. At the co-op, we are doing what we can to help make that happen.





Photos // Top row left and middle: Josh Hilds (Unsplash)
Top right and all second row photos: Travis Anderson



Photos by Josh Hilds (left) and Evan Adams-Hanson (right)

What we're doing to help:

- + Since neighboring communities have lost their grocery stores, we've been in conversation with key players in the hunger-relief community and the city of Minneapolis to help build long-term solutions for providing food access and fresh groceries where they are needed most.
- + We're partnering with Minnesota Central Kitchen to prepare 1800 fresh nutritious meals a week in our commissary kitchen. These are then distributed through Loaves and Fishes dining sites.
- + We've expanded our staff volunteer program. Traditionally, we've offered paid volunteer time for staff who help at 501c3 organizations. During this time, we're offering payment to staff members who are helping with any community cleanup and rebuilding.
- + We're hosting a July food drive inviting co-op customers to donate food to our local food shelves and distribution sites in our neighborhood. Learn more on page 17.
- + Earlier this year, we partnered with the YWCA on a Micro-aggression and Bias training for all co-op employees. Additional trainings on Equity, Diversity and Inclusion are planned for later this year. We understand that training is an important step, but it is just one small part of an ongoing initiative to do better.
- + We're continuing our food donation programs through Co-op Partners Warehouse and our retail stores. Together, we send out thousands of dollars in unsaleable food to local hunger relief partners each month.



JUXTAPOSITION ARTS (JXTA)

is our Change Matters partner for February 2021. For 25 years, they've invested in North Minneapolis youth through their arts education and employment opportunities. They're currently halfway through a Capital & Legacy Campaign to upgrade their facilities and continue their important work.

JXTA is:

- + **The only Black-led art and design organization in North Minneapolis;**
- + **A pillar in the Twin Cities creative economy;**
- + **Powered by the energy, voice, vision, and talents of artists and youth;**
- + **Invested in the long-game to build social and economic justice by training and employing young people; and**
- + **25 years strong and rising for the next 25 and beyond.**

Youth are already building the abundant and just future they envision. Learn about how you can support their efforts at juxtapositionarts.org.

A LETTER FROM

JOSH RESNIK, CEO & ALEX SLICHTER, TCCP BOARD PRESIDENT

While it is becoming an overused term, there is no better way to say it—the last four months have been “unprecedented times” for our country, community and co-op. Policies around social distancing, mask enforcement, and sanitizing protocols were nowhere in our minds as we entered 2020, but they now are the norm. Twin Cities Co-op Partners has had to adapt to a multitude of new challenges. And we have done it by focusing on the key principles: 1) ensuring a safe environment for employees and customers; 2) providing consistent access to food for our community; 3) keeping people employed and well compensated; and 4) managing the business so that we can continue to operate for the long term. Sometimes facing competing challenges, we have made decisions that best fulfill these four principles and have relied on our amazing team of 400 employees to operate nimbly and with care through challenging conditions. While the business has looked a little different and shopping patterns have changed, we believe we have successfully operated for the past four months—during which the business has thrived, customers have had access to food at a time when there are shortages in the food system, and we have invested over \$350,000 in our staff for hazard pay.

On top of dealing with a (hopefully) once-in-a-lifetime pandemic, we have all come face to face—with the brutal murder of George Floyd—with racism that has existed for centuries. In the aftermath of the horrific act and the protests that followed, the focus has been on how the community rebuilds and how we address the long-standing systemic mistreatment of and racism against the Black community. As a co-op, we have a long history of supporting the community, and we have stepped up in this difficult time—as outlined in the article on page 8.

But the issue of racism is complicated, and there is still a lot of work to do. As a board and an organization, we have over the past year developed a Diversity, Equity, and Inclusion initiative through many long conversations with our consultants, Janice Downing and Karen DeYoung. A key element of the plan is building bridges in the community and starting from a place of listening and seeking to understand. That work today is more important now than ever. We stand in front of the ownership and the community acknowledging there are still many difficult conversations to be had and work to be done. We need to continue on a journey from being non-racist to more deliberately antiracist. And in the coming months, we will be reaching out to many employees, owners, and community leaders to discuss how we do a better job of making the sign that says “Everyone Welcome Everyday” ring true.

In difficult times like we are facing now, the importance of coming together as a community is greater than ever. Twin Cities Co-op Partners plays an essential role in this, and we want to let you—our employees, owners, farmers, and community—know we truly appreciate your support of building community by developing a strong local food system, both over the last four months and going forward.

On behalf of the management team and board of directors, we want to thank our staff for their dedication, professionalism, advocacy, and support of the cooperative principles. To our shoppers, you embody the co-op, and this has never been more evident than the past few months. Our sincere and heartfelt thanks go out to you.



summer in the city

PANTRY STAPLES + SUMMER PRODUCE

When the pandemic came to Minnesota, many of us stocked our pantries with more beans, canned goods, grains and bulk items than we knew what to do with. *The Mindful Hapa* has some great ideas for using up those extra non-perishables in fresh, unique ways for the summer palate. These recipes feature low-cost staples that are great for stretching your grocery budget without sacrificing summer flavors.



"Hi, I'm Casey, former Wedge Catering staff and creator of *The Mindful Hapa*, @themindfulhapa."

southwestern grain bowls

with creamy cilantro-lime dressing

(serves 3–4) • *Gluten free, dairy free and vegan*

Chipotle Roasted Sweet Potato & Corn

- 1 large sweet potato (~2–3 cups), peeled & cubed
- 1 Tbsp. olive oil
- 1 Tbsp. chili powder
- ½ tsp. salt
- 2 corn cobs, husks removed and kernels cut off (~1½ cups kernels) or substitute canned corn
- 1 medium onion, diced
- 2 Tbsp. olive oil
- 1 Tbsp. chili powder
- ½ tsp. salt

1. *Preheat the oven to 375°F and line two baking pans with parchment paper.*
2. *Combine sweet potato, olive oil, chili powder and salt in large mixing bowl. Stir to combine and spread in even layer on a parchment-lined baking tray. Bake at 375°F for 35–40 min.*
3. *In the same bowl, combine corn kernels, diced onion, olive oil, chili powder, and salt. Stir and spread in an even layer on a parchment-lined baking tray. Bake at 375°F for 20 min.*

Cilantro Brown Rice

- 1 Tbsp. olive oil
- 1 small onion, diced
- 2 cups cooked brown rice
- ½ tsp. salt
- ⅓ cup fresh cilantro, roughly chopped

1. *Add olive oil to a medium sauté pan and bring to medium heat. Add diced onion and cook for 2–3 min. (or until it becomes translucent and starts to brown).*
2. *Stir in cooked brown rice and salt. Cook until heated through, 1–2 min. Remove from heat and stir in fresh cilantro. Set aside.*

Creamy Cilantro-Lime Dressing

- ½ tsp. salt
- 2 Tbsp. almond milk (or milk of choice)
- 1 lime, zest + juice (~1 Tbsp. zest and 2 Tbsp. lime juice)
- Pinch fresh ground black pepper
- ⅓ cup olive oil
- 1 Tbsp. chopped fresh cilantro

Add salt, almond milk, lime juice, black pepper, and olive oil to a hand blender mixing cup or small bowl. Blend on high or whisk until creamy. Stir in lime zest and cilantro.

Complete the Bowls!

Cilantro Brown Rice

+

Chipotle Roasted Sweet Potato & Corn

+

1 can Black Beans, rinsed & drained

+

1 cup Cherry Tomatoes, cut in half

+

1–2 Avocados, sliced

+

Drizzle Creamy Cilantro-Lime Dressing

tabbouleh salad

(serves 6 as a side dish)

Gluten free, dairy free and vegan

Savory Oats

½ cup steel-cut oats*
1 Tbsp. olive oil
1 clove garlic
⅔ cup water or vegetable broth
¼ tsp. salt

Tabbouleh

3 bunches curly parsley
2 stalks green onion, sliced thin
½ cup packed fresh mint,
chopped fine
½ tsp. salt
2 Tbsp. olive oil
½ cup chickpeas**, rinsed and
drained
6" piece English cucumber,
peeled & cut small
1 cup cherry tomatoes, quartered
¼ cup lemon juice (~1–2 lemons)
1 Tbsp. lemon zest (~1–2 lemons)

*sub ~1 cup cooked grain of choice
such as quinoa, bulgur, brown
rice, etc.

**or sub any other bean such as
cannellini, fava, black bean, etc.



1. Start by preparing your savory steel-cut oats, add all ingredients to a nonstick two-quart lidded pot and cover. Bring to a boil. Once boiling, reduce heat and simmer covered for 20 min. Turn off heat and let rest covered for 10 min., then fluff with a fork. Set aside to cool.
2. While oats are cooking, prepare tabbouleh filling. Remove thick stems from your parsley, and roughly chop remaining parsley/stems until fine. Add to a large bowl.
3. Add chopped mint and thinly sliced green onion to bowl and season with ½ tsp. salt. Add 2 Tbsp. olive oil and stir.
4. In a small bowl, add the chickpeas, cucumber and cherry tomato. Season with salt (~¼ tsp.), stir, and add to the large bowl with chopped parsley, mint, and green onion.
5. Finish tabbouleh by stirring in cooled savory steel-cut oats, lemon juice and lemon zest. Season with fresh ground black pepper and additional salt if needed.



roasted cauliflower & chickpea salad with lemon tahini dressing

(serves 4–6) • *Gluten free, dairy free and vegetarian*

Roasted Cauliflower & Chickpeas

- 1 head cauliflower, chopped into small florets
- 15 oz. can chickpeas, rinsed, drained & patted dry
- ¼ cup olive oil
- 1 Tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. paprika
- ½ tsp. cayenne
- 2 Tbsp. honey
- 1 tsp. salt

1. Preheat the oven to 425°F and line a baking tray with parchment paper.
2. Toss cauliflower florets and chickpeas with olive oil, spices, honey, and salt in a large mixing bowl and stir until evenly coated.
3. Spread on baking sheet and bake for 25–30 min. (or until cauliflower and chickpeas start to brown).
4. Remove from oven and set aside to cool.

Lemon Tahini Dressing

- ¼ cup + 1 Tbsp. tahini
- 2 Tbsp. lemon juice (~1–2 lemons)
- 1 Tbsp. honey
- ½ tsp. salt
- 3–4 Tbsp. water
- Fresh ground black pepper, to taste

1. Whisk together tahini, lemon juice, honey and salt.
2. Stir in 3 Tbsp. of water until combined. Add additional 1 Tbsp. of water if you prefer a thinner consistency. Taste, and season with extra salt and pepper if desired.

Make the Bowl!

- 1 head baby romaine
 - 1 head butter lettuce
 - 1 cup baby arugula
 - ¼ cup fresh mint, chopped fine
 - 1–2 avocados, sliced
 - Roasted Cauliflower & Chickpeas (from left)
 - Lemon Tahini Dressing (from left)
1. Tear baby romaine and butter lettuce into small pieces in a large serving bowl.
 2. Add arugula and fresh mint. Top with Lemon Tahini Dressing and toss well to combine.
 3. Top greens with Roasted Cauliflower & Chickpeas.
 4. Finish by garnishing with avocado slices, additional mint and black pepper.

A Q&A with John Peterson, Farmer & General Manager of Ferndale Market

COVID-19 & Our Farming Community

Tell us a little bit about Ferndale Market and your history.

Our farm was started in 1939 by my grandfather, Dale Peterson. Shortly after he started the farm, he met my grandmother, Fern, so we're proud that all our turkey products still carry their name today: Ferndale Market. I'm now the third-generation to grow turkeys on our farm in Cannon Falls, Minn., and we continue to use the same practices that have sustained us for over 80 years. Our turkeys are grown free-range and without the use of antibiotics or growth promotants. In addition to our home farm, we work with a few other partner farms to grow our turkeys under the same protocols, so we're able to help sustain other local family farms through these partnerships.

How has the COVID-19 pandemic affected your farm operations?

Thankfully, we've all stayed healthy and have felt grateful for the opportunity to be essential and able to operate through this time. Farming lends itself well to social distancing, but we've taken extra precautions in our on-farm market, our warehouse, and for our truck drivers.

Have you noticed increased demand in your products as meat shortages spread across the country?

The shift in demand for our turkey has been incredibly uneven. In addition to providing our turkey products to co-ops, we also sell to schools, colleges, and restaurants, and all of that business disappeared in mid-March. So, while we have seen a surge in retail demand, it hasn't been enough to absorb the loss of our foodservice customers.

Does your farm face the same processing concerns that larger operations have faced?

A situation like we're living today is a stark reminder of why we believe in our smaller, localized model. Bigger facilities tend to have bigger problems, simply as a matter of scale. We do all our processing at independent Minnesota facilities, and we've been spared the worst of the processing concerns. We have, however, seen that our processing partners are extremely busy, which has created some challenges for us to get our smoked or sausage products made as quickly as we've needed them.



How is the local farm community at large being affected by the pandemic? Have you noticed neighbor farms struggling to make ends meet or, alternatively, seeing an increase in demand for their products?

Much like our own experience, I think the impacts for our fellow farmers have been very uneven, depending entirely on the channels the farm was previously selling into. For folks that were largely dependent on restaurants or farmers' markets, this has been an absolutely devastating period. For others that are more retail-focused or selling directly from the farm, it's been the opposite. We

“As consumers, this is our chance to shape the model we’d like to see on the other side of the pandemic. I also think the time of shut-down has helped to refocus on the importance of small and independent businesses.”



Change Matters: Ferndale Market is our August Product Partner, and they are generously donating 10% of their meat department sales to Community Emergency Services.

photos provided Ferndale Market

also have an on-farm local food store, so we speak daily with many of our farming partners. While the experiences are widely varied, all of them are feeling a lot of uncertainty about the future at this point. It’s hard to make quick changes in farming because we’re all dealing with natural cycles that run months and years, so we’re all faced with a lack of longer-term clarity right now.

How can our shoppers best support you and other local farms during this time?

Now more than ever, it’s important for shoppers to support the farms, practices, and products they value. I know the “vote with your dollar” motto can sound cliché and overtly commercial, but we’re in a

time period of extreme disruption in our economy, and our food system in particular. As consumers, this is our chance to shape the model we’d like to see on the other side of the pandemic. I also think the time of shut-down has helped to refocus on the importance of small and independent businesses. We’re incredibly proud to be a part of that mix, and I believe deeply in the vitality and strength that local businesses bring to a community. We grow our turkeys here, employ our team here, buy all our supplies here, and sell our finished products here, so the economic benefits multiply for all of us when we support local.

As millions of lives are affected by the pandemic, many community members are left wondering, “what can I do to help?”



Shop Local.

We're proud to carry hundreds of local products from small family farms and local producers. Each local purchase supports families in our communities and boosts the local economy.

Here's some of our local favorites for this summer:

Salad Girl Dressings

Izzy's Ice Cream

Triple Crown Barbecue Sauce

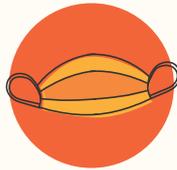
Forage Kombucha

Angelica's Garden Ferments

Pranarom Aromashield Bug Defense

Shop Safely

Keep your fellow shoppers and co-op staff in mind when you visit our stores. Stay updated on changes at our stores due to COVID-19 at tccp.coop/coronavirus-updates. Remember these safety guidelines:



Always wear a mask while shopping.



Stay at least 6 feet away from staff members and other customers.



Be mindful of store capacity limits and adjusted hours. The first hour of the day is reserved for especially vulnerable customers. Stay updated on the co-op's Facebook, Instagram and Twitter page for the most current information on adjusted hours.



Plan to shop alone if possible, and do not shop when you're feeling ill.



Shop with Co-op Curbside to help reduce the number of customers in the store. Learn more at tccp.coop/curbside.

Support Your Neighbors

Learn how you can get involved in the efforts to support community members in need.

Minnesota Central Kitchen

Minnesota Central Kitchen is a partnership among Chowgirls Killer Catering, Loaves & Fishes, Second Harvest Heartland, and several local restaurants and kitchens. Together they feed hundreds of people every day and employ cooks, restaurant workers and caterers who lost their jobs due to the pandemic. Our commissary kitchen at the Wedge Table is supporting the effort by cooking meals in partnership with Minnesota Central Kitchen that will be sent out to folks in need. Visit Second Harvest Heartland's website to learn about how you can support their work.

July Food Drive at the Co-op

At the co-op, we donate our past-date bread, deli items, produce and more to local food shelves several times a week. In July, we're asking customers to help meet the increased need by donating essential food and supplies to our partners. We'll be posting a list of most-needed items in store, on our website and through our social media channels. Customers are welcome to bring in items to donate from home or purchase them in store.

Volunteer Opportunities with HandsOn Twin Cities

HandsOn Twin Cities has created a volunteer hub specifically for opportunities surrounding communities and individuals impacted by COVID-19. Visit handsontwincities.org to find an opportunity that's right for you.



Need help yourself?
Turn the page!



“where can I find help?”

Many community groups are offering support services during this challenging time. Below are some of our Change Matters partners who are offering community resources.



JULY CHANGE MATTERS GROUP

Walk-In Counseling offers free, anonymous mental health counseling for those in need. Simply call or login during clinic hours to sign up for a session. Visit walkin.org for more details.

CLINIC HOURS:

M: 1–3 and 5–8:30 p.m.

T: 6–8:30 p.m.

W: 1–3 and 5–8:30 p.m.

TH: 6:30–8:30 p.m.

F: 1–3 p.m.



Community Emergency Service

AUGUST CHANGE MATTERS GROUP

Community Emergency Service offers a variety of hunger-relief programs for the Minneapolis community including a pickup food shelf program, home delivery, Meals on Wheels and more. Visit cesmn.org to learn more about their programs.



MISSION ANIMAL HOSPITAL

SEPTEMBER CHANGE MATTERS GROUP

Mission Animal Hospital is a nonprofit pet clinic offering lower-cost pet care, so that everyone can afford to keep their animals healthy. Their clinic is in Eden Prairie. Visit missionah.org for more information.



CO-OP AFFORDABILITY PROJECT

Our Co-op Affordability Project (CAP) offers a 10% needs-based discount to customers currently receiving state assistance (WIC, SNAP, SSDI/SSI, Section 8 Housing, Refugee Cash Assistance, Medical Assistance (Medicaid), or Minnesota Care). Customers can sign up for the CAP program for just \$10. CAP owners receive all owner benefits including quarterly 10% off coupons and 1% back on their co-op purchases at the end of the fiscal year.

POPS & FLOATS!

Our friends at Jonny Pops are committed to making delicious fruit pops with wholesome ingredients and nothing artificial.

Try these healthier twists on a summer classic, inspired by Jonny Pops!



Fizzy Strawberry Lemonade Float



- 1 Strawberries & Cream Jonny Pop*
- 4 oz. WiscoPop Lemon Sparkle
- 4 oz. Lemonade of choice

Combine lemonade and WiscoPop. Drop in the Jonny Pop and let it melt slightly into the drink a bit before serving.

**available at Linden Hills*



Raspberries & Blueberries Kombucha Float



- 1 Raspberries & Blueberries Jonny Pop
- 8 oz. of ginger kombucha

Drop in the Jonny Pop and let it melt slightly into the drink a bit before serving.



Keep it Simple with the Root Beer Float Pop!



Try the root beer float pop made with delicious cream and root beer. Pour some plain sparkling water over it to add the fizz.



Jonny Pops is a St. Louis Park-based company started by a trio of college students in search of a natural and delicious pop. They are generously donating 10% of their July sales to our Change Matters partner, Walk-in Counseling Center.

WEDGE COMMUNITY CO-OP

your bustling, vibrant urban market

2105 Lyndale Ave. S.
Mpls., MN 55405
612 871 3993

LINDEN HILLS CO-OP

your friendly neighborhood store

3815 Sunnyside Ave.
Mpls., MN 55410
612 922 1159

WEDGE TABLE

your community hub, market & café

2412 Nicollet Ave.
Mpls., MN 55405
612 465 8844

tccp.coop

PLEASE RECYCLE

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Wedge Community Co-op
2105 Lyndale Avenue South
Minneapolis, MN 55405