

Food for ALL Member Information

Get money back on your
Membership! Details inside.



Welcome!

Thank you for becoming a Food for All Member of City Market/Onion River Co-op! The card you received today gives you a 10% discount on your groceries (excluding wine and beer) for one year from today. To use the discount, please show your Member card at the cash register when you check out. You will need to renew your discount each year. You can do so at the Customer Service Desk.

You can also choose to become a Shareholding Member of the Co-op, which qualifies you for benefits including free water and an annual Patronage Refund check. In 2015, we gave back about 3.6 cents for every dollar spent by Shareholding Members. A household that spent about \$50/week on groceries throughout the year received about \$93 back!

To sign up for a Shareholding Membership, go to any cash register or the Customer Service desk and ask to add equity to your account. The cost is \$15 per year until you reach \$200 in equity.

| | FFA Members | Shareholding FFA Members |
|---|---|---|
| 10% Discount |  |  |
| Support the Local Food Economy |  |  |
| Free City Market Classes |  |  |
| Yearly Patronage Refunds (equivalent to an extra 4% discount in 2014) | |  |
| Free Reverse Osmosis Water | |  |
| Discounts at Local Businesses |  |  |
| Member Worker Opportunities (get an extra 2% off by working 4 hours a month) | |  |
| Participate in Our Annual Meeting and Vote in Our Board of Directors Elections | |  |
| | Free | \$15/year |

Questions about Co-op Membership? Please contact Liz Jarvis, Membership Manager at 802-861-9707 or lj Jarvis@citymarket.coop.

Classes

Cooking, herbal education, gardening classes and more! City Market hosts a variety of fun classes for kids and adults each month. **Food for All Members can attend City Market classes for free!** See the full list at www.citymarket.coop/calendar and sign up for your free classes right online. Use the promotional code “ffa” (all lower case, no apostrophes) to let us know that you’re a Food for All Member. You can also sign up at our Customer Service Desk or by emailing learn@citymarket.coop.

Community Connections Program

Take advantage of discounts at a variety of area businesses. Check out our CC brochure or wallet card or online at www.citymarket.coop/community_connections for a complete listing.

The Pennywise Pantry Store Tours

Learn how to fill the drawers in your fridge and the shelves of your cupboards with fresh and nutritious foods while staying within your grocery budget. City Market’s Outreach & Education Coordinator, Meredith Knowles, leads free store tours throughout the month to introduce new Members to Co-op sales and point out the best deals. She also offers inspiring tips and recipes to start cooking quick and affordable meals at home. See the schedule of upcoming tours at www.citymarket.coop/calendar. You can also schedule a private tour tailored to you by contacting Meredith at (802) 861-9757 or at mknowles@citymarket.coop.

Tips for Buying Healthy Food on a Budget

Fruits & Vegetables

- Fresh carrots, potatoes, onions, cabbages and apples last for a long time in the fridge and they’re cheap – look for \$3 a pound and under for a good deal!
- Frozen vegetables such as green beans, peas, broccoli and corn are healthy and convenient for soups and stews, curries, rice and side dishes.

Whole Grains

- Rice, pasta, rolled oats, polenta and quinoa cook quickly and are available for an affordable price in our Bulk Department.
- Corn and whole wheat flour tortillas provide quick, easy snacks and meals (if you want to keep extras on hand, store them in the freezer).

Proteins

- Shop for colorful dried beans, split peas and lentils in the Bulk Department. These items are high in protein, fiber, calcium, and iron, not to mention they taste great! Find brochures with recipes in our Bulk Department or online at www.citymarket.coop/brochures, and consider cooking a big pot to enjoy for leftovers.
- Canned beans such as chickpeas, black beans, kidney beans and navy beans are an excellent value and can be used to bulk up soups and stews, tortillas, curries and rice dishes.

Proteins (continued)

- Canned fish such as sardines and chunk light tuna are healthy and convenient. Bone-in cuts of chicken and beef, beef soup bones, and chicken and beef livers are good options for more affordable meat choices.
- Nuts and seeds such as peanut butter and sunflower seeds make great snacks.
- Eggs are a good value and can be boiled, scrambled, fried and more for filling and nutritious meals and snacks. Did you know they actually last up to 5 weeks in the fridge?

Another Tip:

- You can use baking soda (Aisle 1) and household vinegar (Aisle 2) for affordable green cleaning in kitchens and bathrooms. Baking soda scrubs and vinegar disinfects. Simply pat one or the other on a sponge.

Vegetarian Bean & Kale Tacos

- 1 tablespoon canola oil
- 1/2 onion
- 1 poblano pepper
- 1 clove garlic
- 1/2 teaspoon salt
- 1 bunch kale
- 2 cans pinto beans
- 1 cup cherry tomatoes
- 1 cup vegetable stock
- 1/2 teaspoon ancho chile powder

Heat the oil in a Dutch oven or high-sided skillet over medium heat. Add the onion, poblano, garlic and salt and cook, stirring, until the onion and pepper are soft and starting to brown, 5 to 7 minutes.

Add the kale; toss and cook until wilted. Add the pinto beans, vegetable broth and chile powder and bring to a simmer. Cook, stirring and gently mashing the beans with your spoon, until most of the liquid in the pan is evaporated and the mixture is the consistency of thick, soup beans, about 10 to 15 minutes. Adjust seasoning with salt and serve.

Makes 4 servings. (Double the quantities for more servings or for leftovers!)



82 S. Winooski Ave. Burlington, VT 05401
Open 7 days a week, 7 a.m. - 11 p.m.
(802) 861-9700 www.citymarket.coop