



# Currents

## One and Done:

### The Only New Year's Resolution You'll Ever Need

It usually goes something like this

- I will lose 20 pounds!
- I will finally get in shape!
- I will eat better!
- I will be more environmentally conscious!
- I will cook for my family more often!
- I will spend more time with my family!
- I will stop ordering pizza and eating fast food!
- I will save more money!
- I will enjoy life more!
- I will be better about helping others!
- I will be a better person!

Whether you scribble your resolutions into a journal or post them on the refrigerator or just repeat them to yourself in your head as the New Year approaches, you have probably made New Year's resolutions before. According to the University of Scranton Journal of Clinical Psychology, 45% of Americans usually make New Year's resolutions, and although 75% of resolutions are maintained through the first week, the number drops significantly with each passing week, so that by six months, barely anyone is sticking to it. A lot of people don't even remember what their resolution was anymore by June. Bummer.

Yet, I love New Year's resolutions. I think they are sweet signs of optimism. They prove that people still want to better themselves, and believe they can do it, no matter how many times they fail. I even think my own New Year's resolutions are adorable. Lose 20 pounds? Aww. That's so cute, the way I keep thinking I'm going to do that!

But every year's experience begs the question:

Why is it so hard to execute a perfectly reasonable decision to do something good for yourself, like get healthier or spend more time with people you love? The problem, says many an expert, is that our resolutions are either too various, and/or too lofty. We set too many goals and we lose track. We also set goals that are a little bit too difficult—just outside the realm of reasonable.

But what if I told you that just one simple resolution could accomplish just about every resolution I've listed at the beginning of this article, all in one fell swoop? Eleven resolutions in one? And what if I told you that one single resolution could actually be easy?

When you focus on one resolution instead of many and that one resolution is something you can actually do, you are about a zillion times more likely to stick with it (that's the official statistic—a zillion).

What could this magical and powerful resolution be? Are you ready for this? It's kind of radical, so maybe you should sit down. Here goes:

#### 1. This year, I will eat mostly whole food.

Wow. I know, right? You have to admire the simple elegance. This one resolution is powerful because you don't have to think about all those other things you want to do, and yet, they will all start to happen, just because you are eating whole food. Let me explain:

**2. I will lose 20 pounds!** The number might not be exact, but whether you need to lose 20 pounds or 10 pounds or 5 pounds or 50 pounds, you'll start moving in the right direction when you eat mostly whole food. Whole food fills you up faster than packaged food. It's also more nourishing, so your body feels like it actually ate a meal and you aren't as hungry later. The more you get into the whole food habit, the more your bad eating habits will fall away; you'll feel better, and your weight will normalize. Sure, there are overweight whole food eaters. If you eat too much whole food, then you might remain a bit broader around the middle. But while you can probably imagine eating too much candy or too many doughnuts, not very many people binge on apples or carrot sticks or home-roasted chicken with brown rice. Try it. You might find it's the easiest way you ever lost weight.

**3. I will finally get in shape!** When you eat whole food, you are better nourished, so you feel better, you have more energy, and you are more likely to feel compelled to move your body the way nature intended. Simple.

**4. I will eat better!** Whole food = eating better. Done and done.

**5. I will be more environmentally conscious!** Whole food, especially if it's locally produced and/or organic, is much kinder and less invasive to the environment than packaged food churned out in a factory and packaged up in lots of cardboard and plastic.

**6. I will cook for my family more often!** You can eat a lot of whole food raw, like fruits and vegetables, but you'll likely want to cook some of it, especially in the chilly weather. Roast meat, boil and mash potatoes, steam veggies, stew fruit or bake it into pies. You don't have to spend hours every day. Cook on the weekends and store foods for the week, or just whip up simple things during the week—a big salad, turkey soup, rice and peas. It doesn't take long to throw a

(Continued on page 3)

## Mine. Yours. Ours.: Owner News You Can Use

### OWNER SAVINGS POSTCARD: Some questions answered

#### What is it?

A postcard our co-op owners get in the mail that has a coupon for a % off your shopping trip during the time frame noted on the postcard.

#### When will I get it?

Once a year, the first week of October, for our birthday October 1st. Which also coincides with the time frame of our Annual Owner Meeting.

#### How much can I save?

The more you spend the more you save. A tiered savings of 10% to 20% off based on your shopping total before the discount.

#### Can I double dip discounts?

No, I am sorry. This offer cannot be combined with other discounts such as senior discount or special order discount. If you usually get a senior discount of 5%, the coupon %-off would be a better savings, so we would apply the coupon discount instead of the senior discount. If you have special orders to purchase, which would usually get a 10% discount, we would apply the %-off savings that applies to your purchase total tier (10%-20% off), but not both.

#### Why do I get this postcard?

You receive a %-off postcard because you are a Co-op owner AND we want to offer you a chance to save a little money on your next shopping trip. It is a message of owner appreciation.

#### Why did I get two postcards this year?

We wanted to give our owners the opportunity to save a little on their

*(Continued on page 6)*

Hey, owners—want to be the first to know? Download our mobile app or get on our weekly email blast to receive the **July Owner Bonus Buys**, bi-weekly **Co+op Deals**, the **Weekly Fresh Deals**, deli menu, and news from the store. Tell a cashier or email [news@3riversfood.coop](mailto:news@3riversfood.coop).

**Monthly**  
*Owner Bonus Buys*

**Weekly**  
*Fresh Deals*

### Current Co-op Membership

Total Owner Households-1,745

Total Fully Invested Households-675

New Households-11 (November 16-December 15)

*\*These numbers include Active & Inactive Owners*



**stronger together**

### Co+op Deals News

#### Cycle A Sales:

**December 30-January 19**

**Special orders due January 16**

#### Cycle B Sales:

**January 20-February 2**

**Special orders due January 30**

**\*\*All special orders must be purchased by the last day of the sale as noted above**

It hasn't felt like winter in December but if January brings chillier air you'll be prepared with the soup ingredients offered in Cycle A's sales. Whether it's long to simmer or short on the burner, you'll want to stock up on Muir Glen tomatoes, Woodstock frozen veggies, Imagine boxed broths, Westbrae canned beans, and Ancient Harvest quinoa pastas. Soup's on!

Add a little heat to your dips and snacks for the big game viewing parties in Cycle B sales. For munching and crunching you'll have many options: Late July Snack Chips, Food Should Taste Good Tortilla & Potato Chips, and Way Better Tortilla Chips. Pair those with dishes made with Green Mountain Gringo Salsa, Beyond Beef meatless crumbles, and Mediterranean Organics olives. This sales cycle also features many wellness items for boosting immunity or recovering from illness.

Owners--don't forget to order your cases by the dates above for your extra 10% off.

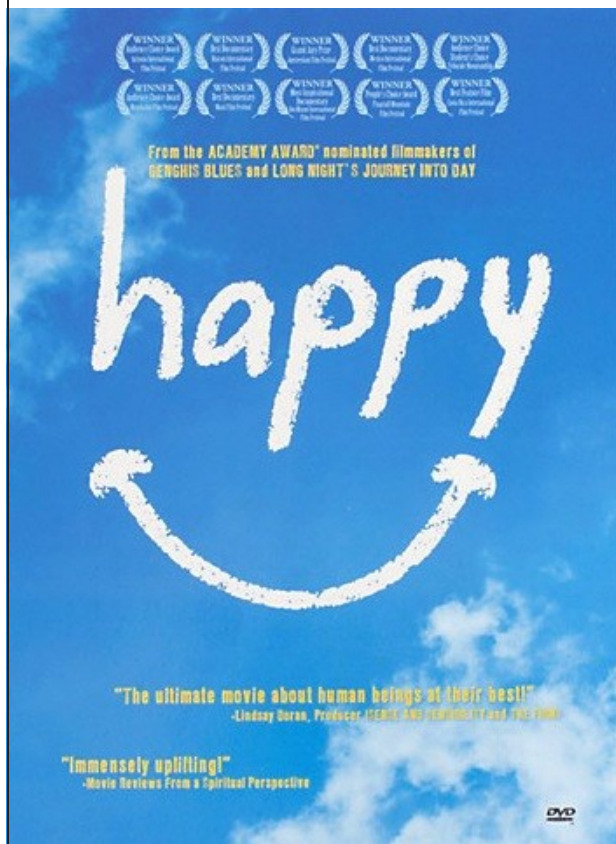
Join us for  
**DINNER & A MOVIE**

Featuring the documentary  
*Happy*

**FRIDAY, JANUARY 22, 7 PM**

From the Academy Award® nominated director Roko Belic (*Genghis Blues*) comes a new cinematic adventure. *HAPPY* is a feature-length documentary that leads viewers on a journey across 5 continents in search of the keys to happiness. The film addresses many of the fundamental issues we face in today's society: how do we balance the allure of money, fame and social status with our needs for strong relationships, health and personal fulfillment? Through remarkable human stories and cutting-edge science, *HAPPY* leads us toward a deeper understanding of why and how we can pursue more fulfilling, healthier and happier lives.

Hot bar, salad bar, and café selections available for purchase. Discussion will follow.



(Resolutions, continued from page 1)

few potatoes in the microwave and broil a couple of steaks. The more you do it, the better you'll get at it, and it really can be fun. Consider it your new hobby (you were thinking of adding, Start a new hobby to your list, weren't you?).

**7. I will spend more time with my family!** Eating dinner at the table with your family is one of the nicest ways to bond. Even if the teenagers complain, all you have to do is say, "No, Junior, you are not eating your dinner in your bedroom while playing that video game. Your mother needs to be able to look you in the eye for at least 15 minutes per day to make sure your brain isn't fried." Meanwhile, teenagers are always hungry because it's exhausting battling all those virtual aliens and doing homework and friending people on Facebook, so they might even gulp down the vegetables. It's win-win.

**8. I will stop ordering pizza and eating fast food!** The more you gain a taste for real, whole food, the more the taste of cheap fast food loses its appeal. Sure, we all order a pizza every now and again, but it's what you do most of the time that counts.

**9. I will save more money!** Whole food is cheaper. They say it's not, but it is. Fresh veggies and fruits are cheap in season and frozen veggies from the off season can still be your friends. Whole poultry and roasts are cheaper than pre-made frozen dinners when you figure how much meat you get for your dollar. Buy staples in bulk. Rice, beans, nuts and seeds, oatmeal, flour, even special treats like local honey and maple syrup and almond butter—the bulk bins are bargain central.

**10. I will enjoy life more!** When you're feeling better, losing weight, exercising more, eating better, and spending more time with your family, not to mention saving money, how can you not enjoy life more?

**11. I will be better about helping others!** Feeding your family whole food is a great way to help others. Buying local, organic, and/or fair trade products helps others in ways you might never even consider. It's a ripple effect.

**12. I will be a better person!** Define better: Happier? Nicer? Healthier? If that's what better is, then sure. Whole food will do you right. So there you have it: One resolution. You can do that, right? Just the one. It's all you need, and it can and will transform you if you let it. Whole food is that powerful.

Best of all, you can really stick to this one. It's reasonable and realistic. Let's do it together. We're going to have a great year. I can already tell.

Authored by Eve Adamson for *Stronger Together*. Reprinted by permission from *StrongerTogether.coop*. Find articles about your food and where it comes from, recipes and a whole lot more at [www.strongertogether.coop](http://www.strongertogether.coop)



## Music in the Café

These jam sessions are open to the public. Novices welcome. Come play or just listen.

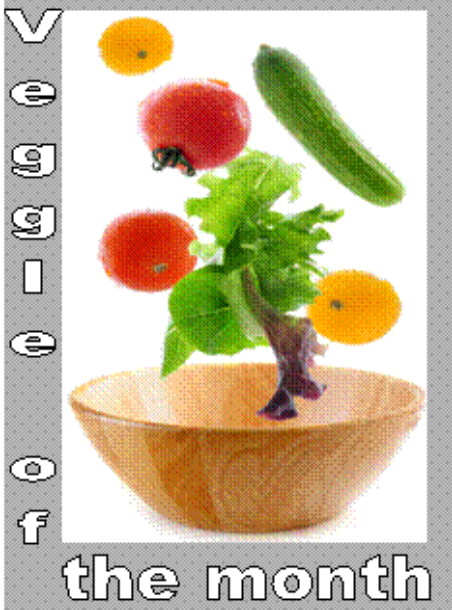
**January 2 & 16, 1-3:30**

1st and 3rd Saturdays  
Southern Appalachian  
Fiddle Music Jam  
(NOT bluegrass)

**January 23, 1-3:30**

4th Saturdays  
Traditional Irish music  
Jam





## Parsnips



Looking to curb your sweet tooth? Oddly, parsnips are the veggie for you. Half of the carbohydrates in this hardy root crop are sugar (the rest are complex carbs). In fact, before cane sugar became readily available, Europeans used parsnips as a sweetener in baking.

A relative of carrots and celery, the creamy colored, tuberous plant is a biennial but usually grown as an annual. Its sweet, nutty flavor isn't fully developed until the roots have been exposed to almost freezing temps—which converts the starches to sugars—for a few weeks in the fall and early winter. It's best harvested after a hard frost but before the ground freezes.

An excellent source of dietary fiber, parsnips are also a good source of vitamins C and K and manganese. They also provide folate, pantothenic acid and phosphorus—all at only about 55 calories per half-cup serving.

There are many varieties of parsnips, and they differ in the shape of the taproots. The most common varieties are Gladiator and Javelin. Learn more about

these and the history of parsnips in "A Brief History of Parsnip Varieties" in *Mother Earth News* (<http://goo.gl/kfyZy0>).

If parsnips are unfamiliar to you, take heart. They're easy to prepare and very versatile. Simply wash them in cold water, scrubbing the skin. You can also gently peel it if you prefer, but don't get carried away; much of the flavor is contained just under the skin. Cut off the tops and bottoms, then decide amongst the myriad ways of serving, including raw in salads, steamed, roasted, boiled, mashed, folded in bread and cake batters, tossed in stir fries, fried in fritters or baked into chips or "fries" (especially delectable with a bold horseradish dipping sauce).

How fitting that parsnips make a rich, comforting soup, given their arrival in early winter. A Parsnip Apple Soup, served with a dollop of chèvre and rustic bread, makes a picture perfect—and palate pleasing—seasonal lunch or dinner.

Parsnips pair well with other hearty vegetables, too. In fact, "neeps and tatties" (parsnips and potatoes) is a well-loved Scottish dish. Add a couple of parsnips to your mashed potatoes, or try Celeriac and Parsnip Mash\*, a flavorful blend of root veggies seasoned with Dijon mustard and Parmesan. Parsnips also partner nicely with apples and cauliflower in the mashing bowl. Don't forget sweet potatoes: pair them with parsnips for Sweet Potato and Parsnip Latkes, crowned with an apple sour cream topping in the new year. Grains and other root veggies complement the distinctive flavor of parsnips, too. For any autumn or winter celebration Roasted Root Vegetable Risotto with Fresh Sage offers seasonal perfection.

While they're often available year round, the peak season for parsnips is during fall and winter—mid-August through March. When shopping for parsnips, choose small to medium vegetables, because the large ones can be woody. Look for blemish-free, firm, beige skin, free of browning.

Parsnips are easy to store. Wrap them in a paper towel and place in a plastic bag (or vegetable storage bag), then tuck in the crisper of the refrigerator, where they'll keep for a couple of weeks. If you have something akin to a root cellar, you can store parsnips—as other root crops—for months.

Parsnips can also be frozen. Simply wash, peel and cut the parsnips, then blanch for two minutes. Place the pieces in freezer-safe containers and freeze for up to a year—until you bring in the next fresh harvest from your garden or co-op.

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Recipe available at [strongertogether.coop](http://strongertogether.coop)

### Sweet Potato & Parsnip Latkes

#### Ingredients

##### Latkes

- 2 c **Sweet Potato**, shredded
- 1 c **Parsnips**, shredded
- 3 **Scallions**, sliced
- 2 **Eggs**, beaten
- 1/3 c **Flour**
- 1/2 tsp **Salt**
- 1/4 tsp **Black Pepper**
- Oil** for frying

##### Topping

- 1/2 c **Sour Cream**
- 1 c **Apple**, peeled and minced

#### Preparation

- Peel the sweet potato and parsnip and shred using a grater or food processor.
- Wrap the shredded sweet potato and parsnip in a few paper towels and squeeze to remove excess liquid.
- In a large bowl, mix the sweet potato and parsnip with the scallions, eggs, flour, salt and pepper.
- Heat a large iron skillet over medium-high

heat. Add enough vegetable oil to cover the bottom and come up the sides at least a quarter of an inch. When the oil is hot, scoop about 1/4 cup of latke mixture into the pan and slightly flatten. Repeat until the pan is full but not crowded. Brown the latkes on each side 3-4 minutes. Set aside on a plate lined with paper towels when done. While the latkes are cooking, stir together the sour cream and minced apple. Serve the apple sour cream on top of the warm latkes.

*Serving Suggestion: A fine breakfast, brunch or dinner item, latkes can be enhanced with a variety of savory or sweet additions. Try sour cream blended with chipotle peppers, prepared horseradish sauce, smoked fish or fried eggs, or top them with pure maple syrup, applesauce or strawberry jam.*

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## Roasted Root Vegetable Risotto with Fresh Sage

### Ingredients

#### Roasted Vegetables

- 1 small **Red** or **Golden Beet**, peeled and cut into 1/2-in cubes or strips
- 1 **Carrot**, cut into 1/2-in cubes or strips
- 1 small **Turnip** or **Parsnip**, peeled and cut into 1/2-in cubes or strips
- Any Other Root Veggies** you love (yams, potatoes, celery root)
- Splash of Extra Virgin Olive Oil

#### Risotto

- 1/4 c **Olive Oil**
- 1/2 c **Leek**, thinly sliced or **Onion**, finely chopped
- 1/2 c **Mushrooms**, finely minced
- 1 1/2 c **Arborio Rice**
- 1/2 c good **Dry White Wine**
- 5-6 c **Broth** (mushroom, vegetable or chicken)
- 2-3 leaves **Fresh Sage**, finely chopped
- 1 c aged **Parmesan Cheese**, freshly grated
- Salt** and **Pepper** to taste

### Preparation

#### Roasted Vegetables

Preheat your oven to 425° F. Toss the veggies in a little olive oil and spread out on a sheet pan in a single layer. Bake 15 to 20 minutes or until the vegetables are golden and tender. While the veggies are roasting, prepare the risotto.

#### Risotto

In a heavy pot, heat the olive oil and cook the leeks, mushrooms and sage until the leeks are tender, about 4 minutes. From this point on the pan will need constant watching.

Over medium high heat add the rice and stir constantly for 2 minutes. Add the white wine and stir until absorbed into the grains. Pour in 1 cup of the broth and stir until the liquid is absorbed. Add an additional cup of the stock and stir, once again, until fully absorbed.

Proceed in this fashion with all of the remaining broth except 1/2 cup, until the rice is tender but still a little chewy. Stir in the roasted root veggies.

As the final step, add 1/2 cup of the broth. This should make the grains a little bit juicy. Immediately stir in the Parmesan. The cheese will melt into the stock which hasn't been absorbed and form a creamy sauce around the grains.

Season with salt and pepper. Garnish with additional roasted veggies, grated Parmesan and fresh sage. Serve immediately.

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## Parsnip Apple Soup

### Ingredients

#### 2 T Oil

- 3 c (1 medium) **Yellow Onion**, diced
- 1 1/2 lbs **Parsnips**, peeled and diced
- 2 c **Apple**, peeled and diced
- 2 tsp **Ground Coriander**

#### Salt

- 4 c **Vegetable Broth**
- 1 c **Heavy Cream** or **Milk**
- 1/2 c **Parsley**, minced
- Ground Black Pepper**
- 4 oz **Chèvre** (optional)

### Preparation

Heat a stockpot over medium-high heat and sauté the onion in the oil for 5 minutes. Add the parsnips and apples and sauté another 6-8 minutes, stirring occasionally. Add the coriander, a pinch of salt and the broth and bring to a boil. Reduce heat to a simmer and cook for 10-15 minutes until parsnips are soft. Remove from heat and add the cream or milk, parsley and a pinch each of salt and pepper. Use a food processor or blender to puree the soup (in small batches if necessary). Season with salt and pepper and serve warm with a small dollop of chèvre on top.

### Serving Suggestion

Serve this soup with rustic bread as a delicious prelude to any hearty meal, particularly turkey or earthy grain based dishes, such as wheat berry or kamut salads.

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## Shop with the Doc

Monthly store tour with Dr. Caitlin Hernandez!

**Sunday, January 17, 1:30 pm**

View the store through a whole new lens as you walk the aisle with chiropractor, Dr. Caitlin Hernandez. She will share nutrition tips and health information as she directs you to the best choices you can make to become your healthiest self!

Call 424-8812 or email [news@3riversfood.coop](mailto:news@3riversfood.coop) to reserve a spot!

## Five Foods for the New Year

1. **Hemp:** Get them in seeds, powder, and oil. Add them to smoothies and salad dressing for their omega-3 and -6s as well as high fiber and amino acid content.
2. **Walnuts:** A small palmful of nuts (about 1/4 cup) is all you need for the benefits of the mighty walnut. They will aid in heart health, fighting cancer, antioxidants, weight control, brain health, and reducing diabetes insulin levels.
3. **Brussels Sprouts:** These little powerhouse veggies are packed with vitamins B (energy), K (bone strength, preventing heart disease), C (antioxidant), as well as folic acid and calcium. Recipes abound for new ways to prepare Brussels sprouts that won't remind you of being held hostage at the dinner table.
4. **Kefir:** Fermented foods have gained popularity in the last couple of years. Sauerkraut and kimchi are savory fermented foods and kefir is on the sweet side of the list. Its probiotic qualities will build up the good bacteria in your gut. New to our shelves in the new year are a whole milk version from Wallaby and a non-dairy version called Koji.
5. **Bone Broth:** Hailed as a forgotten superfood from long ago, making bone broth was standard practice in the home in days before broth came in a can. It involves simmering a few meat bones with some veggies for upwards of 24 hours. It is protein rich and contains a wealth of minerals to help heal your digestive system and prevent insomnia, fatigue, and anxiety. It also includes collagen and gelatin, good for your skin, hair, and nails. Lucky for you, we stock (ha!) prepackaged bone broth (turkey or chicken) from Pacific Foods. Want to make your own? There are a number of cookbooks being published in 2016 but you'll also find a bunch of recipes online from those with experience.

## This Just In!:

### New & By Special Request

Featured new items! Watch our social media pages for a weekly new product list and make your own requests via our web page or on the comment board at the front of the store.



**Upton's Naturals Jackfruit** based faux meat joins our freezer shelves in Bar-B-Que and Chili Lime Carnitas at \$5.69.



While we've carried baked pea snacks for many years, they have not been organic. The first in organic, Peeled Snacks **Peas Please** snacks join our line-up of salty treats in Sea Salt, Garden, and Sea Salt. Perfect for game day munching!



You'll find two new yogurt drinks in our mix of kefir and drinkable yogurts.

**Graindrops Koji** is an organic dairy-free, fermented, probiotic drink with a rice/oat base and is sweetened with agave. Mango Ginger

You've been asking for whole milk kefir and it has arrived! Wallaby Whole Milk Kefir is available in Strawberry and Plain, 32 oz for \$4.99.



(Owner Postcard, continued from page 2)

Thanksgiving shopping so we mailed an extra postcard in November. While you will not be able set your calendar to this, we hope to be able to do this every year.

#### Can you let me know when the postcard will be coming so I can plan for it?

I can tell you that you will get one the first week of October for our Birthday as a message of owner appreciation and as a reminder of our Annual Owner Meeting. I cannot tell you ahead of time for other postcards that may be mailed throughout the year. If we are able to send additional coupon postcards to you we will, but they are not planned for far in advance, so it would be difficult to get you notice for those extras.

#### Is there an expiration date on the coupon postcard?

Yes. There is a 10 day time frame when the coupon postcard will be valid. It will be noted on the postcard.

#### Will I get a coupon postcard next month?

I am not sure. We would love to get our co-op owners another appreciation postcard with the %-off coupon sometime before Spring, but like I said earlier, the October postcard is the only one you can count on. I am trying to work in a coupon postcard to the February budget, but I cannot make you a promise about that right now.

Thank you for all your questions and your continued support. Wellness and health to you and yours.

In cooperation,  
Janelle Young

## coop explorers Kid's Cooking Club

Each month we feature a fruit or vegetable to taste and a hands-on cooking/food preparation activity for kids. Learning and fun are free! Children preschool-4th grade are invited to participate and parents are welcome to shop while kids learn about produce and fresh flavors. Register your child at the sign up sheet near the front of the store or by sending an email to [news@3riversfood.coop](mailto:news@3riversfood.coop). We meet every third Sunday unless otherwise noted. Go Co-op!

**Sunday, January 17, 2 pm**

## Nutty in the New Year

with Dr. Caitlin Hernandez!

**Sunday, January 17, 3 pm**

Nuts were given a bad name for a while but are back in favor. From cancer prevention to heart health, nuts are being touted for their protein and rich vitamin/mineral content. Learn new ways to incorporate them into your diet including an introduction to a simple do-it-yourself almond milk method.



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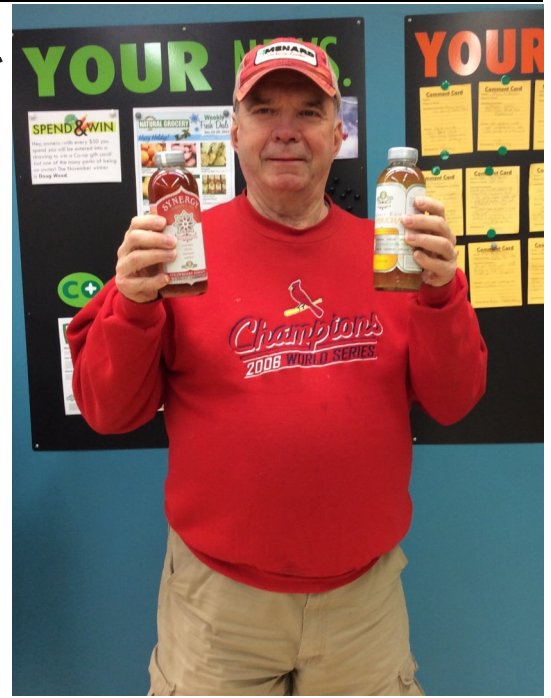
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SHOPPER  
 PICKS  
 PIX

Have a product you'd like to pose with? Perhaps the roving reporter will find you and snap your pick!

A tub of **Rekewekeg Local Raw Honey** is often in the cart of **Patrick Bixler**. He appreciates its sweetness and is glad to use it to replace sugar. It is used often in his house, particularly in hot tea and on his morning oatmeal.



**Bob Bingamon** saves his **Synergy Kombucha** for special occasions and pairs them with **Boulder Chips**. "It's healthy and beats drinking any kind of soda pop."



This vegetarian and gluten-free family finds many products at the co-op that fit their dietary needs. **One Degree Sprouted Brown Rice Cacao** cereal with coconut milk is **Tony's** breakfast of choice. **Danel** pairs **Lundberg Fiesta Lime Rice Chips** with **Green Mountain Gringo** salsa for her snacking pleasure.



(260) 424-8812

January 2016

# NATURAL GROCERY

1612 Sherman Blvd Fort Wayne IN 46808  
Hours: Sundays 10 am-8 pm, Mon-Sat 8 am-9 pm  
[www.3riversfood.coop](http://www.3riversfood.coop)

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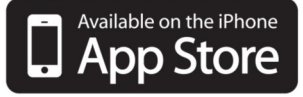


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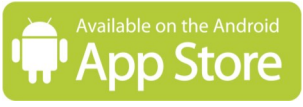
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## Inside:

- One & Done: Resolutions for the New Year, page 1
- Mine. Yours. Ours.: Owner News, pg 2
- Dinner & a Movie: Happy, page 3
- Veggie of the Month: Parsnips, page 4
- Five Foods for the New Year, page 5
- This Just In: New Products page 6
- Shopper Pix Picks, page 7