

HEART BEETS

summer 2015



alberta
co-op



**COMMUNITY
OWNED**



**WORKER
RUN**

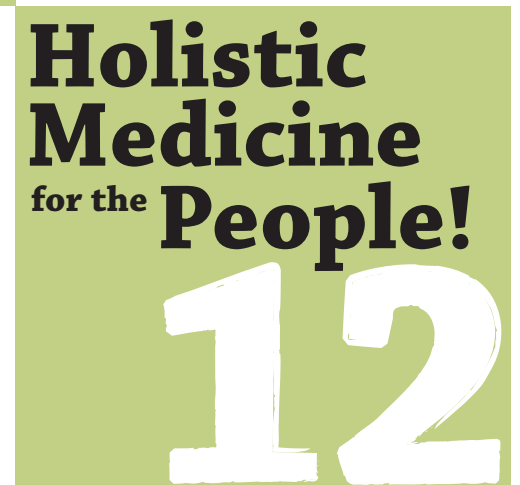


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growth and sustainment of the business and the deep community relationships that can only be cultivated through time and commitment. We are so lucky to have so many committed hearts and minds making this shop run: Working Owners, Subs, and Collective Managers. As we grow together, we define ourselves and create our identity. What is Alberta Coop? What is our role in this community? Are we here for more than just really good food?

Greetings, fellow Cooperators!

I have recently donned the hats of Marketing and Outreach on behalf of Alberta Coop. There are a lot more of us (17,000+ active owners) than when I first started working at the Coop in September of 2002 so while I know a lot of you, I certainly have not met all of you. Let this be our introduction!

One of the greatest assets to any organization is to have many indelible workers, devoted to the

We return to our mission statement often as a directive force to keep us focused and moving forward towards the ultimate goal of helping create a world where everyone has access to healthy food. There are so many barriers, created through bureaucracy, economy, and classism, things that aren't inherently human. But taking care of each other and narrowing the gap, not letting our neighbors go with less than we have is very much an attribute of our human nature. With this in mind, we have decided to partner with three stellar food-access activist organizations for 2015 to share our

resources with, to promote the work they are doing to nourish, sustain, and inspire the larger community within and around us. You will get to know more about them in this issue of Heart Beets- Fresh Exchange, New Columbia Breakfast Program, and Sisters of the Road. These three relationships are evidence of our own maturity, that we can run a really good grocery store and take our place in community leadership at the same time, all of us.

As an ever-expanding community of food lovers, I look forward to the work we will continue to do together to meet and exceed our mission. Even as a shopper, you are contributing to the forward motion of the Cooperative movement, we didn't get here without each other.

High fives, thumbs up, handshakes, and hugs.

**-Micki,
Marketing & Outreach
Coordinator**

Join Alberta, Food Front and People's Co-ops for our

TRI CO-OP FARM TOUR



TICKETS AVAILABLE JULY 22nd
\$35 for Adults, \$25 for youth ages 14 & under.
Lunch and transportation included.

**CONNECT WITH
LOCAL FARMERS!**

Ayers Creek Farm
Mustard Seed Farm
Flying Onion Farm

SAT. AUG. 22

STAND WITH FARM WORKERS



boycottsakumaberries.com

by Ashley Todd, Albeta Co-op Board Member, and People's Collective Manager

There are lots of good reasons to know who grows your food, which is why the produce team at the Alberta Co-op spends so much time and effort building relationships with local farmers. The environment, the economy, and people's daily lives are directly affected by the choices food producers make. Sometimes those effects are extremely negative. Take Driscoll's Berries, for example.

Hidden behind their clean, friendly, yellow & green label is a story of squalid living conditions, racism,

gross mistreatment of farmworkers, systemic wage theft (which is when the entire payment system is designed to keep workers from getting paid for all the work they do). Some of those farmworkers live and work right here in the Pacific Northwest.

I first learned about the issues surrounding Driscoll's berries this past winter, when renowned activist & community organizer Rosalinda Guillen visited People's Food Co-op to give a talk about the working conditions many farmworkers in

the northwest face. She and several other farm workers shared their experiences working at Sakuma Brothers Berry Farm, located just a few hours north of here in Skagit County, WA. Sakuma Brothers is one of Driscoll's largest suppliers, and despite Driscoll's claims that all the farms they work with adhere to strict labor standards, Sakuma's berry pickers endure long hours, low pay, unsanitary housing conditions, systemic wage theft, and abusive treatment by supervisors & security guards (including racist and sexist behavior).



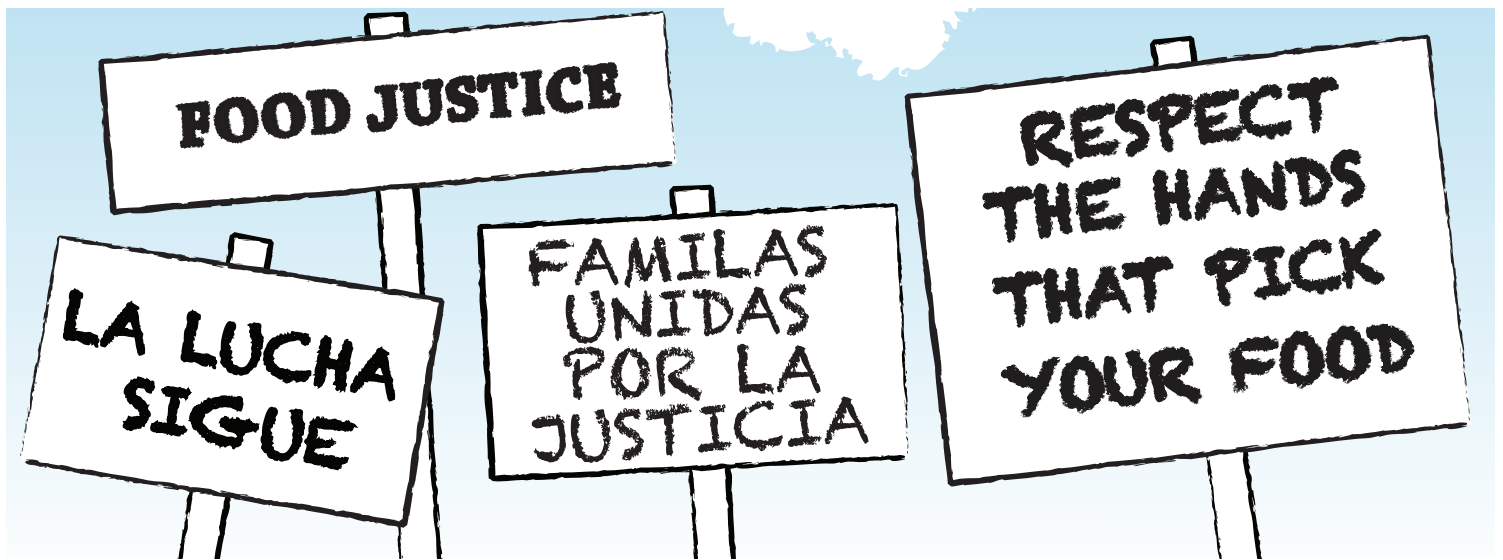
Although these have been ongoing issues for Sakuma berry pickers, the dispute really began to heat up in 2013 when workers walked off the job following the firing of a worker who had been trying to organize fellow berry pickers to fight for better working conditions. Some of those workers formed Familias Unidas por la Justicia (FUJ), a legally recognized union that now represents over 400 Sakuma workers.

Despite FUJ's legal status and broad base of support among workers, Sakuma Brothers has refused to negotiate with the union. Rather than work with the berry-pickers to make their living and working conditions more humane, raising their wages, or firing abusive supervisors, Sakuma has hired expensive PR firms to help them with their messaging, labor lawyers to advise them, and anti-union consultants to discredit FUJ. Sakuma has also used tactics such as retaliatory firings & discipline, and illegally hiring guest workers to replace union members. As a result, Sakuma berry-pickers went on strike 7 more times in 2014.

Labor relations between Driscoll's producers and their workers have continued to intensify in 2015, with widely publicized strikes in Washington and Baja, Mexico. Boycott campaigns against Sakuma Brothers and Driscoll's have also gained momentum. Many northwest grocery stores, including the Alberta Co-op and Bellingham's Community Food Co-op, have boycotted Driscoll's for their involvement with Sakuma. FUJ has also asked Driscoll's to use its buying power and boycott Sakuma until they change their labor practices. And in March of this year, Fair World Project submitted a petition signed by nearly 10,000 consumers to Driscoll's asking them to stop supporting Sakuma, and pledging not to buy Driscoll's berries until they comply. FUJ hopes that people will also support boycotts of Sakuma's other major customers, Haagen-Dazs and Yoplait. When asked why people should boycott Driscoll's, FUJ Vice President Felimon Pineda answered that it's the best way to make sure people keep on having the berries they like so much. In other words, without the boycott,

the system will not change. And if they system doesn't change the workers will keep walking off the job. No workers, no berries. More importantly, Pineda says, people should think of it as an ethical decision. Do they want to be supporting a farm that would rather pay PR firms and labor lawyers than berry pickers? Do they want to support a company that uses money it steals from its workers to make donations that improve its image?

Pineda's sentiments are echoed by Dana Geffner, the Executive Director of Fair World Project, who believes consumers will stand up with farmworkers who are trying to fight for their rights & livelihoods, and that while consumers do love fresh, delicious berries, they "do not value [them] more than the lives of those who pick them." And stand up they have. In the past year, the Sakuma berry pickers' struggle has witnessed broadening support from individual consumers, college student groups, and other unions and non-profits. The question, of course, is whether the boycotts are having any effect.



As of mid-May, neither Sakuma nor Driscoll's has bowed to the pressure of strikes and boycotts. However, there are signs of change on the horizon. For example, Sakuma Brothers are no longer selling packaged berries under their own name, and have closed their farm stand and U-Pick operations for the 2015 season. And while Driscoll's claims to take a "hands-off" approach to labor issues, saying that they trust their suppliers to do the right thing, they did commission an independent audit of Sakuma Brothers Farm. Although the audit found the farm in compliance with all labor laws, there are questions about the accuracy of this report since no berry pickers were actually interviewed by the auditors. Regardless of the audit's findings however, the fact remains that workers want better conditions and Sakuma refuses to negotiate with them. This, in itself, is a troubling testament to Sakuma's attitude toward their workers.

At the end of her presentation last winter, Rosalinda asked us for help. Co-ops are special, she said, because we care about more than

just selling things. That is reflected in the Co-op's buying standards, as well as in our recent decision to boycott Driscoll's products. Rosalinda also emphasized that co-ops are special because we are community owned, and because our Member-Owners care about healthy food, the environment, and social justice. She called on us to reach out to our Member-Owners to let them know how Sakuma, Driscoll's, and other large-scale farms are treating their most vulnerable workers.

This article is an attempt to heed that call. If you are interested in joining us in our support of workers throughout the supply chain, buying local, seasonal, small- and family-farmed foods at the Alberta Co-op, a farmers' market, or one of the other co-ops in town is a good place to start. If you want to dig a little deeper, try reaching out to one of the many local organizations working directly with farmworkers, such as Community to Community Development, Familias Unidas por la Justicia, Pineros y Campesinos Unidos del Noroeste, or Friends of Family Farmers.

Sources & Further Reading:

-<http://boycottsakumaberries.com/>

-<http://fairworldproject.org/press-releases/driscoll-berry-boycott-and-labor-dispute-intensifies/>

-<http://foodjustice.org>

-http://inthesetimes.com/working/entry/17865/alleging_labor_abuses_u.s._and_mexican_workers_call_for_boycott_of_driscoll

-<http://labornotes.org/2014/12/interview-direct-action-berry-fields>

<http://www.treehugger.com/green-food/farmworkers-call-consumers-boycott-driscolls-berries.html>

-Fresh Fruit, Broken Bodies, Seth Holmes, 2013

For the most up to date information visit:
boycottsakumaberries.com

For ways to take action, check out page 16

Feeding Bodies and Minds

by jamilah bourdon Alberta Co-op Collective Member, AAPRP member



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Standing on the shoulders of the Panthers, the Portland, Oregon chapter of the All-African People's Revolutionary Party has returned to the tradition of providing breakfast to our young people.

From 7-8 am on Mondays and Fridays (at the Columbia International Cup coffee house), party members are there to assure that children have access to freshly cooked and healthy meals of smoothies, oatmeal, pancakes, breakfast sandwiches, eggs and biscuits, and more!

There's the saying, 'There ain't no health food stores in the ghetto.' Opening up the coffee shop for breakfast is proof that children do not have to go to school hungry; nor do they have to eat potato chips (or other high sugar/high calorie/low nutrition foods) the first thing in the morning for quick sustenance.

Children are being fed in the hours before they go to school for the day. According to organizations like nokidhungry.org, 1 in 5 (or 16 million) children go hungry each day. The party did research to see

bia neighborhood has the highest concentration of Africans (both from the continent and the diaspora); so, it made absolute sense to begin the work there.



which local community is most impacted by not just hunger, but many other aspects of oppression (including from the police). It was discovered that the New Colum-

There was connection made with the community, and with that, community support. Children of all ethnicities are invited to come have breakfast; However, the party encourages African-centered education and communalism. In a city (and country) where African children go to institutions in which histories and standards are based on Eurocentric models of thought; it is imperative that young people see a reflection of themselves more and more. So many of the young people who come into the breakfast have so much light within them; and it's clear they are not given an opportunity to shine on a daily



(left)
Kent Ford (Founder of the Portland Chapter of the Black Panthers) and kids enjoying the Free Breakfast Program-1971

(this page)
Members of the AAPRP, preparing breakfast for children in New Columbia

basis, as they are consistently/systemically informed they are at a disadvantage.

The breakfast program is one step of many- Not only is it a way to have people connect with each other on a basic level; it is also a way where people connect to the point where they have community/collective access to resources. It is a step where, ideally, there will be a point where people deal with difficult issues as

a community on their own terms- thereby utilizing, for example, outside forces such as the police

a lot less. Also, someone in the community could work in a hospital (another example); they would be able, in a community emergency,

lack of resources) connect with each other and discovering what resources people in that community have is always a solution that should be encouraged.

When minds and bodies are collectively fed, then a people will be strong!

The free breakfast program is held on Monday and Friday from 7AM to 8 AM at Columbia International Cup coffee house, located at 9022 North Newman Avenue.

**WHEN MINDS
 AND BODIES
 ARE COLLECTIVELY FED
 then,
 A PEOPLE WILL
 BE STRONG!**

to utilize their skills if necessary. Having people in a community (affected by food deserts and other

www.aaprporegon.org



Farm Fresh Food For All

by Jocelyn Furbush, Longtime Co-op Owner previously serving on the Board, and Staff



It's not often enough that we get to point to the positive outcomes of the Farm Bill, but some recent news has got Oregon farmers and eaters smiling: an investment of \$500,000 in Farmers Market Fund. The grant is part of \$31 million awarded by the USDA's Food Insecurity Nutrition Incentive (FINI) program authorized by the 2014 Farm Bill. Here in Oregon, the grant through Farmers Market Fund will provide matching funds for SNAP (Supplemental Nutrition Assistance Program) purchases at 46 farmers markets statewide as well as for Community Supported Agriculture (CSA) farm shares. Among the other grantees are Mandela Marketplace, which operates a variety of cooperatively-owned food businesses in Oakland, and Wholesome Wave, which has been a national leader in SNAP incentive programs and instrumental in getting this level of support for fresh veggies out of the Farm Bill.

Alberta Co-op's relationship with Farmers Market Fund and its Fresh Exchange program goes back to the inception through conversations in the fall of 2008. As part of my outreach role on staff at the time, I was participating in planning meetings led by the Northeast Coalition of Neighborhoods to bring a community farmers market to their parking lot at NE 7th and Wygant. Portland Farmers Market had agreed to partner with the community to launch the King market, and a dozens of neighbors banded together to plan and promote the new effort.

We all cared about issues of food affordability, and this question came up a lot: will lower-income folks find it worthwhile to shop at the market? We also cared about supporting local farmers, who sometimes themselves are relying on food assistance programs. We knew we weren't going to solve the complex challenges of the food

system by ourselves (like those not so positive aspects of the Farm Bill that contribute to fresh veggies costing more than fast food.) Some of us had personal experience with shopping at farmers markets on a limited budget, and learning how seasonal bounty, the right recipes, and relationships with farmers could help feed our families and our spirits. What could we do to encourage others to give the market and their farmers a try?

I had heard about a new program at the Lents International Farmers Market that matched the purchases of SNAP users dollar for dollar up to a certain amount. Launched in the summer of 2008, it was the first program of its kind in our region. What especially appealed to me was the way this effort supported both farmers and food insecure families at the same time: the farmers received an extra boost of income and people using SNAP got an extra boost of blueberries.

When I started working at ACG in 2005, the store had just celebrated its first year of breaking even after several years of start-up losses. Needless to say there was no cash donation budget. After

Portland Farmers Market. This initial total investment of \$9,000 leveraged \$18,000 in farmers market purchases and set the stage for other businesses, individuals and foundations to join in growing

produce. Through all these efforts, more and more people from all walks of life will get introduced to their farmers and the delicious healthy goodness that they grow for us. As for Alberta Co-op, while

= MORE FRESH FOOD



a few years of increasing profits, we were donating about \$100 a month to different organizations and projects, but the potential was there to take our investment in community to the next level. The King Farmers Market to me represented something so in line with the Co-op's mission that it could have been a program of our own, and in fact we had operated a small farmers market in our parking lot for a few seasons with limited success. When NECN and Portland Farmers Market decided to combine their resources and energy to bring farmers and community together just eight blocks from our store, the only question was whether Alberta Co-op's involvement would be bold and impactful, or an afterthought.

Ultimately, our Co-op, NECN, and PFM each contributed \$3,000 to start what was originally called FoodShare Fund NE, the first SNAP matching program for

what eventually became the Fresh Exchange program and expanding it to all four of PFM's neighborhood markets. Since 2012, Fresh Exchange has been a program of Farmers Market Fund. FMF was established as a sister nonprofit to PFM with the mission of improving access to healthy, locally-grown food for low-income, elderly and under-served populations. Today, FMF leads a regional coalition of 16 farmers markets offering SNAP matches along with other incentives and initiatives that support farm fresh food for everyone.

The USDA grant helps the coalition take a big leap forward. In addition to supporting and expanding existing match programs, the funds will be invested in incentives for CSA share purchases and training for CSA farmers on how to accept SNAP, as well as piloting other ways for farmers to directly accept electronic benefits as payment for

we continue to be a little store, we can see how our \$3,000 seven years ago and the spark of an idea helped to lead to half a million today! Chances are you've contributed over the years during the donation drives at the register -- your spare change has been part of creating this big change too. Alberta Co-op continues to be a proud partner of Farmers Market Fund and the Fresh Exchange program, with plans to further deepen the relationship in 2015. Stay tuned to learn how you can join in!

Learn more:

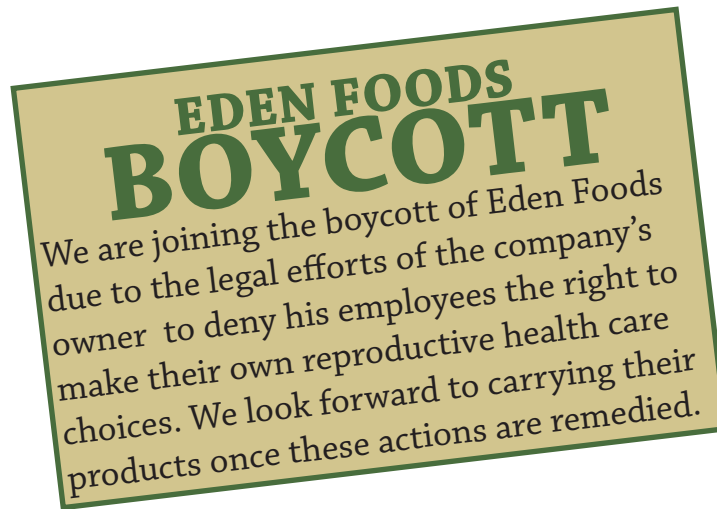
<http://farmersmarketfund.org/>

<https://portlandfarmersmarket.wordpress.com/2015/04/01/grant-allows-46-oregon-markets-to-expand-snap-benefits/>

<http://www.usda.gov/wps/portal/usdahome?contentid=2015/04/0084.xml>

www.mandelamarketplace.org/
www.wholesomewave.org

Eden Foods Boycott



A number of co-ops around the country have decided over the course of the past year to stop carrying Eden Foods products. After much deliberation by the collective management, Alberta Co-op decided to join the boycott.

The heart of this decision is in response to the Owner of Eden Foods, Michael Potter, who led a suit against the U.S. Department of Health & Human Services, (which administers the Affordable Care Act, or ACA), to gain the right to opt out of providing contraceptive coverage for its employees. Eden Foods objects to a provision of the Affordable Care Act which requires companies to include coverage of a wide array of contraceptive options to their employees, if any health insurance coverage is provided by the employer. Mr. Potter argued that Eden's status as a "privately held" company with "sincere religious beliefs" gives them the right to opt out of this law. This action is immediately dangerous

for Eden Food's workers, and the slippery slope it creates could be devastating for all workers' rights.

The Alberta Cooperative uses a set of buying standards to make decisions about which products to carry. One of the standards is about ethical workplaces: We believe that Eden Foods' actions don't demonstrate a high level of worker health, nor empowerment. Furthermore, their actions create a precedent that will be harmful to workers. A proposal was brought to our collective management meeting to boycott Eden Foods. Many voices recognized that Eden has played an important role in the organics movement, and were at the forefront in providing BPA-free cans. In the end, the collective management of the Alberta Co-op consented on the proposal.

The proposal sets forth the following:

"ACG will prioritize products from other companies that demonstrate a high level of workplace standards, worker health and empowerment. In cases where companies have a reputation for poor workplace conditions, union busting, or engaging in other activities harmful to workers, buyers may pull their products from our shelves or offer a comparable product in it's place."



The Alberta Coop adopt the following steps:

- 1. Stop ordering Eden Foods.**
- 2. Have shelf talkers with remaining stock explaining why we are no longer carrying them.**
- 3. Include ways that customers can write Eden Foods.**
- 4. Send a letter to Eden Foods explaining our choice.**
- 5. Share our decision with other co-ops.**
- 6. Send out a press release.**

HERE'S HOW YOU CAN HELP:

1. Don't buy Eden Foods.
2. Write to a letter Eden Foods telling them you won't support them while they deny workers certain kinds of health care based on the company owner's religious beliefs.

Eden Foods, Inc.
701 Tecumseh Road
Clinton, Michigan 49236

or send an e-mail to **info@edenfoods.com**

3. Ask your friends, family and other stores to boycott. The more pressure we can put on Eden, the faster we can end the boycott!

We hope helping putting pressure on Eden Foods will have Eden rethink their actions. We look forward to carrying their products again, as soon as their actions are remedied.

Questions & Comments:
We'd love to get your feedback.

For information about the boycott please contact
Micki, Nick, or Rachel

micki@albertagrocery.coop
nick@albertagrocery.coop
rachel@albertagrocery.coop

Holistic Medicine for the People!

by Abigail Singer, Sisters of the Road Co-Manager, and Albeta Co-op Owner



A new free clinic is providing holistic health care to the community at Sisters Of The Road in Old Town, and we're thrilled to be receiving support from the Alberta Food Co-op!

The new walk-in clinic, organized by a group of holistic health care providers and other badass volunteers, is being offered once a month to serve the Sisters community – primarily folks experiencing homelessness and extreme poverty in Portland. We had our first “Community Care Night” in April, and we continue to hold the clinic on the second Friday of each month from 6-9pm.

At each Care Night we make a variety of holistic health care modalities available to the community, including herbalism, Naturopathic medicine, acupuncture, chair massage, qi gong classes and more.

Why holistic health care? While Obamacare has enabled more people to access mainstream

western medicine, holistic health care remains financially out of reach for many. And while western medicine is great at acute care in situations requiring strong, fast-acting interventions, holistic health care modalities excel at

tion. An ounce of prevention is worth a pound of cure, as they say.

We're excited to be able to provide these health care options to the Sisters Of The Road community. Of course, we also have fresh,

The Clinic offers: Herbalism Naturopathic Medicine Acupuncture Chair Massage Qi Gong and more!

addressing the root causes of illness, correcting imbalances and addressing chronic conditions before they reach the point of needing a heroic interven-

healthy food available at each Care Night, and we're fortunate to have the Alberta Co-op supporting the clinic with a monthly donation of



food. This clinic exists outside of Sisters' regular programs and hours of operation – it is fueled by donations and by the volunteer labor of local health care providers and others who feel passionately that respectful, effective and



We are currently fundraising to purchase some needed supplies like vitamins, supplements, tincture bottles and medical supplies. As a clinic fundraiser, another community herbalist active in the



This one-time class, "Herbal Remedies for Summer Fun," will explore some herbal elixirs for social anxiety, hangovers and aphrodisiacs. We'll spend a bit of time on each of these topics and sample some herbal goodies together. The class is open to all experience levels; no previous study of herbalism necessary.

The class will take place from 7-8:15 pm on July 15th at the Good Life Medicine Center, 827 NE Alberta.

Our next Community Care Nights are happening Friday, July 10th and August 14th. 6-9pm; doors open at 5:45 at the Sisters Of The Road Cafe, 133 NW 6th. All are welcome.

Donations from this class will go to fund much needed supplies for the clinic
springcreekherbs@gmail.com



empowering health care is a right that everyone deserves. Many thanks to the co-op for helping to make this project possible!

clinic, Clara Parnell, and I are offering an herbal class on a by-donation basis.

Abigail is a community herbalist, clinic organizer, Sisters Of The Road staff member, and member of the Alberta Food Co-op. If you'd like to get involved or contribute to the clinic, you can contact her at:
springcreekherbs@gmail.com.



TRANSFORMING THE AVOCADO INDUSTRY

by Jennie Msall, Oké USA (an Equal Exchange fresh fruit subsidiary) Supply Chain Coordinator



What do we mean when we talk about building a transformative trade model versus reforming the current model? Reform means taking what already exists, and then tweaking it. It means making amendments and revisions until it is better. But when we transform something, we start from scratch, moving beyond what has worked in the past and completely reconstructing the system. Reform is easier, safer, and faster; transformation is harder, riskier, and happens over time.

At Oké USA, Equal Exchange's fresh fruit subsidiary, our work partnering with PRAGOR, a co-operative of small-scale avocado farmers in Michoacán, Mexico, produce distributors, and natural food stores to build a more just and sustainable avocado supply chain has been incredibly challenging. For the past year, we have all taken tremendous risks, and while our first season was successful in many ways, we are still slowly figuring out how to make this a sustainable program for all stakeholders.

There are days when this work feels small. PRAGOR represents just 20 farmers. We import small volumes of avocados for only a portion of the year. We sell these avocados to small stores. Operating on a small scale means our supply chain has some challenges. But the basic ideas behind this model are big ideas, and they are the foundation for what our food system should—and can—look like.

These ideas include:

#1 FARMERS OWN THEIR OWN LAND.

PRAGOR is a co-operative of 20 farming families who each own an average of 10 acres of land, all 100 percent organic. Many of the members transitioned to organic 10 or more years ago, a revolutionary move at the time. At Equal Exchange, we have seen that when farmers own their own land, they are more likely to take measures to ensure the environmental sustainability of the land. Owning land is inherently more empowering than working as a laborer on a plantation, and provides producers with greater economic security and opportunity.

#2 SMALL-SCALE FARMERS HAVE ACCESS TO THE GLOBAL MARKETPLACE.

Avocado agribusinesses have a heavy presence in the region where PRAGOR members farm. For many avocado farmers, their only option is to sell their avocados to big companies. The price fluctuates greatly throughout the season. Producers do not have enough information, power, or volume to negotiate an appropriate price. By organizing into a co-operative, PRAGOR has built power for these 20 producers. They now have the infrastructure to export their avocados on their own, instead of being at the mercy of middlemen or corporate buyers. As a result, more money goes back to each farmer.

#3 THE REAL COST OF FOOD IS REFLECTED IN CONSUMER PRICES.

To keep farmers farming, we must recognize the need to pay higher prices for our food. In the United States, consumers expect cheap produce year-round. But poverty level wages in Mexico are the cost of this relentless emphasis on bargains. It is critical that we start factoring the true costs of social and environmental sustainability into the price of our food. Fair Trade certification, which guarantees a minimum floor price for producers, is one way to guarantee that farmers receive an adequate price for their product.

#4 CONSUMERS ARE CONNECTED TO PRODUCERS AROUND TRANSPARENT SUPPLY CHAINS.

A recent LA Times exposé illustrates the lack of transparency in global supply chains. At Equal Exchange, our mission has always been to connect farmers and consumers through our supply chain. We are committed to the integrity of our supply chains, and we have open and transparent conversations with our customers about our work.

Reprinted with permission from the Equal Exchange 2014 Annual Report. Check out

www.equalexchange.coop

YES!

I want to help the farmworkers in their fight for fair treatment.

I pledge:

☐ to boycott Sakuma Bros. Farms strawberries, blueberries and blackberries and major distributors Driscoll's and Nestlé*.

*(Haagen-Dazs & Yoplait
Berry flavored products)

☐ to join a picket line or form a boycott committee of my own.

☐ to send a letter supporting the workers to:
Sakuma Bros. Farms
17790 Cook Road
Burlington, WA 98233

☐ to call Sakuma Bros. Farms and distributors
Sakuma Bros.: (360)757-6611
Driscoll's: (800)871-3333
Häagen-Dazs (Nestlé): (800)767-0120

☐ to sign an online petition: Stop buying berries from Sakuma Bros. berry Farms (boycottsakumaberries.com/takeaction/)

☐ to make a contribution of \$_____ to help the farmworkers continue their struggle for fair wages.

(boycottsakumaberries.com/donate/)

Or send your pledge to:

FAMILIAS UNIDAS POR LA JUSTICA
P.O. Box 1206
Burlington, WA 98233



good.

local.

food.

NOW

OPEN AT

8:00 AM