



Happy Thanksgiving from your Board President, Ruth!

I am so thankful that Fort Collins has a Co-operative that truly supports all that I value: "real" food selections that I can fully trust, a gigantic bulk selection where I can bring my own containers to reduce packaging, lots of local produce, all reasonably priced, and a genuinely friendly and passionate staff that operates as a democratic team.

What brings **you** back again and again to the Co-op? Whatever your reasons, here's a word of encouragement to vote this holiday season with your food dollars for the kind of food and the kind of store that you want in Old Town Fort Collins; let's grow and thrive together!

As a little holiday gift, I want to share my favorite recipe that I have ever developed: **Instant Chocolate Pumpkin pudding** (vegan). It doesn't get simpler - or tastier - than this! Feel free to adjust amounts, and ingredients. This easy recipe lends itself to creative imagination!

In a blender, combine:

2 cups or one can of organic pumpkin or winter squash

¼ cup each of Equal Exchange fair trade cocoa powder

¼ cup each peanut butter, tofu, and/or banana

Milk of choice: Organic milk/alternative to create the desired consistency

Sweetening: Up to ½ cup maple syrup, honey, agave, sucanat, or organic sugar; may add ½ tsp. stevia

Blend, and serve over frozen bananas, or all by itself. Can sprinkle coconut flakes, nuts/seeds, or chocolate chips on top for even more delicious and healthy decadence!

In gratitude for each of you,

Ruth Inglis-Widrick



It's Turkey Time!



If you ordered a turkey through us for your holiday feast, it is here and thawing in our walk-in cooler! Please let a staff person know when you arrive and we can grab it for you.

We also have a few turkeys left for those of you who would still like one but hadn't pre-ordered one. Give us a call to inquire about sizing.



Go NUTS with your holiday shopping!

Lower your baking footprint this holiday season by shopping in bulk! Bring in your own container to reduce packaging waste and buy only what you need to reduce food waste. We have all of your baking needs to make your famous family recipes this holiday season including a **large selection of organic nuts!**



Holiday Hours

The Food Co-op will be **closed on Thanksgiving Day** to let our employees enjoy time with their loved ones.

We will be **open on Friday from 9am-5pm** and will return to our normal hours (9am-7pm) on Saturday.



Coming Soon

Winter Deli Menu

Keep a winter weathered eye on the horizon for the new Winter Deli Menu, new and existing

favorite sandwiches, soups, and burritos.

Coming next Monday, November 28th.



The Fort Collins Food Cooperative | 970-484-7448 | info@fcfood.coop | fcfood.coop

