THE HEALTHY ALTERNATIVE
BROUGHT TO YOU BY EVER'MAN COOPERATIVE GROCERY & CAFE
MARCH / APRIL 2022

Spring edition

Co+op for KIDS
waste less food
INVEST IN OUR EARTH
Dying Easter Eggs
Ever’man Cooperative Grocery & Cafe serves a diverse community. The diversity is reflected in culture, tastes, needs, lifestyles and viewpoints. It is within the vision of this cooperative to strive to embrace diversity and to meet as many community needs as possible. Opinions and viewpoints shared within this publication are neither endorsed nor disregarded. Editorial content is intended for informational purposes only and is not intended to diagnose, prescribe, recommend or offer medical advice. Ever’man reserves the right to review the appropriateness of the placement of advertising. The product appropriateness is based on Ever’man product philosophy regarding accountability to healthfulness. If there seems to be potential for conflict-of-interest issues regarding competition with products sold at Ever’man, the ad may be rejected. Ads will be sold at the discretion of the Marketing Manager who reserves the right to refuse and edit submissions.

Greeting to all Members and Patrons,

Well, we are headed towards spring again. I am sure looking forward to some better weather this year. Last year was very wet in our area. Many of our gardens had a very hard time last year. Soon it will be time to plant for this year. If you are planning a garden, come by either store and check out of seed variety from High Mowing Seed Company. We have some very unique items. We also still offer some gardening classes at our Garden Street store.

As you know, April 22nd is Earth Day. Ever’man always strives to do our part in the fight for Mother Earth. We are planning some nice events including educational classes and the planting of our spring garden. Please watch the calendar online and at the service center for the latest schedule of events.

As you read this month’s edition of the “The Healthy Alternative” you will notice how much we care about our environment. We are constantly looking for ways to improve the footprint we’re leaving for our children and grandchildren.

One way we make a difference is in the design of our stores. When designing our stores, we added many energy efficient options to both stores. A few of those additions were LED lighting, High SEER rated AC/heating units, white reflective roof, skylights, light harvesting sensors, solar and heat reclaim water heaters, energy efficient refrigeration system, low VOC paints and adhesives, semi permeable parking pavers, extra insulation in walls and on roof and flooring that does not require wax and stripping.

We also installed a cardboard baler in both locations to aid us in recycling virtually all of the cardboard boxes shipped to our store. We save packaging materials such as Styrofoam “peanuts,” pillow packs, bubble wrap and cold pouches. Thanks to volunteer Hugh Ed Turner, we have an avenue for most of these items to be reused.

We are also helping the environment while choosing items to be stock on our shelves. We are very careful to choose new products that are non-GMO or organic. These items and their producers put much less stress on the soil and natural resources of our great planet. We also look at the amount of packaging and the distance items must travel. In our meat department, we source grass feed products that have been humanly treated and raised without growth hormones and antibiotics. Our seafood is guided by the Monterey Bay Seafood Watch.

In closing, I would like to congratulate the newly elected board members Dave DeBlander (incumbent), and Cheryl Kirby. As you may already know, we had a non-contested election this year. There were 3 positions up for election and only 2 qualified applicants. These members have made a huge (3 year) commitment to our co-op and its membership. I am excited to continue working with the board as we move through this challenging year for our Cooperative.

In closing, if you haven’t made it out to our new location on Nine Mile Road, you are missing out. The store is very beautiful. The store is different in a lot of ways, but still has that warm Ever’man Co-op feel and even the co-op smell. Come check us out and have a slice of pizza, a taco or burrito, hand dipped gelato or maybe some fresh in-house made sushi. Our new location has a lot to offer.

Have a great spring and I look forward to seeing you in our stores soon.

William

Marissa Connor
Graphic Designer

Joy George
Finance Manager

LauraLee Nichols
Education & Outreach Coordinator

EVER’MAN ENDS STATEMENT

BECAUSE OF EVER’MAN, THE COMMUNITY WILL HAVE:

• education about health, nutrition, and environmental issues
• access to healthy, natural food and products at the lowest possible price
• support for responsible, local agriculture and small business
• an example of green business practices

315 W. Garden Street
Pensacola, FL 32502
850-438-0402

1000 E. Nine Mile Road
Pensacola, FL 32514
850-316-3700

everman.org
facebook.com/EvermanCoop
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WE HAVE GIFT CARDS!
MEET THE 2022 BOARD OF DIRECTORS

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Eric Schneider
Treasurer

Tara Jones
Secretary

Lynn Jackson
Director

Jena Melançon
Director

Kelly Oden
Director

Dr. Sandra Winborne
Director

CO-OP VALUES & PRINCIPLES

Co-ops are based on values not unlike those we subscribe to individually, including self-responsibility, democracy, equality, honesty and social responsibility.

In addition to these common values, seven basic international principles serve as guidelines to provide a democratic structure for co-ops around the world. While adoption of these principles is not required, most co-ops choose to adopt them for their business.

The seven principles are:
Voluntary and open membership
Democratic member control
Member economic participation
Autonomy and independence
Education, training and information
Cooperation among cooperatives
Concern for community

2022 ELECTION RESULTS

The 2022 Ever’man Board of Directors election was uncontested.

Please help us congratulate incumbent David Deblander and new board member Cheryl Kirby.

“I am honored to serve on the Board of Directors for Ever’man Natural Foods Co-op. I have over 18 years of executive experience to share with the team in an effort to maintain the quality offered to our local community. I started my Ever’man journey over 24 years ago. Health, wellness, and locally sourced foods are important in my life. I am so excited to be able to give back in a meaningful way not only as a voice of our mission but also using my skill set to move us forward in today’s economic landscape.”
BECOME A MEMBER TODAY!

Membership Benefits

- Voting Privileges
- Member specials, special order discounts, new member coupons, and other member mail outs.
- 5% off at the Hot and Cold Bars
- Discounts to events such as our cooking classes and educational seminars and Complimentary Classes
- Eligibility to run for the Board of Directors.
- Support of local, regional, and national organizations.

How to Join

1) At any register, fill out a Membership Agreement form and pay your Annual Membership Fee with cash, card or check.

2) Receive your membership number and card. Don’t forget to grab your new member coupons!

Membership Fees

$20 per year for a family household membership
$8 per year for seniors 65 years of age and older
$8 per year for Students (UWF & PSC)

CALL US 850 777 3334

WE’RE HIRING
JOIN OUR TEAM

www.everman.org/careers

Let’s change lives starting with yours.

EMPATHIC PRACTICE
A Holistic Lifestyle Wellness Clinic

empathicpractice.us
Did you know we have a little library at Downtown Ever'man?

A Little Free Library is a small wooden “library” box that offers a “take a book, leave a book” free book exchange. It is built with community effort to keep the library stocked, and it offers the opportunity for people to share their favorite books with the community, and to provide access to books to the community at large. It is an example of cooperative values, allowing members of the community to contribute and receive books free of charge.

We thank our members, Ryan Lynn and his mother Jonna Lynn, for contributing this Little Free Library in tribute to Ryan’s grandparents, Don and Rosetta Lynn. The family shares a passion for reading that was instilled to them by Don and Rosetta. Don was a high school history teacher at Milton High School for decades, and he ended his career there as Vice Principal. We are glad that the passion for reading that was shared with the Lynn family will now live on underneath the oak tree in front of Ever’man, so this passion for reading can be shared with countless other members of our community.
All kids 12 and under with a household co-op membership are considered Co+op Explorers and are eligible to receive one free fruit every Ever'man visit!

Visit customer service counter to learn more!
# 30 Earth Days

If you ask us, our planet deserves more than just one day a year for us to focus on what we can do to improve our impact on the environment. Here’s a 30 day challenge to help you champion the Earth for a whole month. Who knows, you might just change your own life in the process.

<table>
<thead>
<tr>
<th>1. Take a walk.</th>
<th>2. Bring a reusable bag.</th>
<th>3. Carry a reusable water bottle.</th>
<th>4. Watch a documentary.</th>
<th>5. Refuse single use plastic.</th>
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<tbody>
<tr>
<td>6. Reduce your food waste.</td>
<td>7. Research local environment issues.</td>
<td>8. Write your elected officials.</td>
<td>9. Call your elected officials.</td>
<td>10. Fill up your jars in the bulk aisles.</td>
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<tr>
<td>21. Find a little free library.</td>
<td>22. Use cloth napkins and towels.</td>
<td>23. Come to Earth Day Pensacola at Bayview Park 10am - 4pm</td>
<td>24. Take a shorter bath or shower.</td>
<td>25. Re-purpose an item.</td>
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8419 SHAW AVE PENSACOLA, FL 32534
NEAR CORNER OF HWY 29 & DETROIT BLVD.
Spring Greens Pizza

Recipe Information
Total Time: 30 minutes
Servings: 4

Ingredients
3 tbsp olive oil
1 tsp dried basil
1 tsp dried oregano
2 tbsp minced garlic
3 oz fresh mozzarella, bocconcini size
1 cup plus 2 tbsp balsamic vinegar
1 prepared pizza crust
1 15 oz can crushed fire-roasted tomatoes
1 tbsp vegetable oil
1/2 lb boneless, skinless chicken tenderloins or thighs
3 cups spring mix lettuce

Preparation
Preheat oven to 400 degrees F.

In a small saucepan over medium heat, reduce 1 cup of balsamic vinegar to 1/4 cup, stirring occasionally. Remove from heat and reserve. Meanwhile, combine the olive oil, basil, oregano and garlic in a small bowl. Let sit 10 minutes.

Brush pizza crust with half the olive oil mixture and bake according to package instructions. Slice the fresh mozzarella into thin slices and add to the remaining olive oil mixture. Toss to coat.

In a medium saucepan, heat 1 tablespoon of vegetable oil over medium-high heat. Add the chicken and brown 2 minutes on each side. Remove the chicken from the pan and reserve. Return the pan to the heat and deglaze with 1 tablespoon water and 2 tablespoons balsamic vinegar. Add the crushed tomatoes and bring to a simmer. Slice the cooked chicken crosswise into 1-inch pieces and add to the tomato mixture. Simmer until sauce has thickened, about 7 minutes.

Remove the pizza crust from the oven. Spread the sauce evenly over the crust and top with marinated mozzarella slices. Cut the pizza into four slices and top each with a handful of spring mix. Drizzle each slice with a tablespoon of the balsamic vinegar reduction and serve.

Nutritional Information
514 calories, 17 g. fat, 56 mg. cholesterol, 555 mg. sodium, 56 g. carbohydrate, 4 g. fiber, 32 g. protein
The transition from winter to spring is somewhat magical.

The winter is rough, cold, and produces foods that can withstand that brutal environment. During the winter only the most hearty of vegetables can survive, thrive, and provide us with beneficial nutrients to combat the cold weather. Dark leafy greens, root vegetables, and citrus grow exceptionally well during the winter! Lucky for us, these fruits and vegetables combat the cold to provide us with excellent sources of vitamin C, A, and anti-inflammatory properties to help us stay healthy through the winter months.

Nature has this amazing way of making food pairings that are seasonal, taste good, and provide health benefits. Dark leafy greens like mustard greens & chard contain vitamins A, C, and K. Vitamins A & K are fat soluble, meaning that you should cook these greens with a fat so that you can more easily absorb these vitamins. Vitamin C is water soluble; unfortunately this nutrient can be destroyed by heat; fortunately, nature gave us citrus, to add to dark leafy greens (after they are cooked) to ensure that we still getting the vitamin! Adding citrus to dark leafy greens not only tastes good, but also helps to increase the absorption of iron from greens and adds an immunity boosting kick, that we can all use during the winter time!

Sautéed Collards with Citrus

1 tbsp olive oil
2 cloves garlic, chopped
1 bunch collard greens, cleaned, ribs removed, roughly chopped
1 tsp salt
zest & juice of 1 lemon

Heat a large pot, with a lid, over medium high heat. When hot, add olive oil. Add garlic and sauté for 15-20 seconds until aromatic. Add greens to the pot, cover with a lid. Allow to cook 3-5 minutes, until greens are bright in color. Carefully remove lid, pointing away from you. Add salt, and toss greens with tongs. Remove greens from pot and place in a serving bowl. Add zest and juice to greens, toss & serve!
As the world reawakens from its winter hibernation, mother nature begins to offer some different veggies and different nutrients to keep us healthy!

These vegetables begin to make an appearance above ground, as the air becomes more mild. Though spring vegetables are not as resilient, and are typically more delicate; they are still nutrient power houses! Most vegetables will provide you with a wide variety of vitamins and minerals that you need to stay healthy. I recommend eating the rainbow throughout the week to ensure that you consume a diverse intake of nutrients.

Vegetables like fiddle-heads, zucchini, and fennel begin to flourish as the frost of winter fades. The flowers these vegetables produce are beautiful and edible! They make excellent edible garnishes like fennel flowers atop a light pasta dish or stuffed and fried zucchini flowers as an appetizer!

When working with spring vegetables you can maximize every aspect of the vegetable; for example with fennel you can use the flowers, sauté the stem, and enjoy the bulb raw or with citrus. Spring root vegetables, like radishes, produce edible leaves that can be added to a salad, made into a pesto, or sautéed along with the radish bulb! By using the entire vegetable you may experience new, subtle flavors, that can be used in a multitude of ways!

**Shaved Asparagus & Fennel Salad w. Orange-Balsamic Vinaigrette**

1 bunch asparagus, bottoms trimmed, thinly sliced on bias  
1 bulb fennel, core removed, shaved (save fronds)  
zest and juice of 1 orange  
1 oz balsamic vinegar  
6 oz extra virgin olive oil  
1 tsp salt  
1 orange, segmented

In a mixing bowl, combine thinly sliced asparagus and shaved fennel. In a jar, combine orange zest, orange juice, balsamic vinegar, extra virgin olive oil, and salt. Secure lid on jar, and shake well to combine. Drizzle ~2oz of vinaigrette around the inner sides of the mixing bowl. Using tongs, gently fold the vegetables into the dressed sides (this will help to evenly coat them without making them soggy). Finish the salad with fresh orange segments and fennel fronds.

I hope you enjoy the wonderful seasonal transition through food!
The date was chosen to appeal to college students. April 22 was chosen strategically in order to attract more college students, who were known for being politically active during that era of protest. The date fell between spring break and final exams.

This American holiday had a strong start. 20 million Americans celebrated the first Earth Day in 1970. It has since grown, and has been celebrated in more than 192 countries by over one billion civic-minded supporters.

Other countries know it as "International Mother Earth Day." That's the name it was given by the United Nations in 2009. Here in the states, we still call it plain old Earth Day.

Earth Day has its own theme song. The Earth Day Anthem was written in 2013 by Indian poet Abhay Kumar, and has since been recorded in all official UN languages.

This global movement has inspired real change. On Earth Day 2011, 28 million trees were planted in Afghanistan for a "Plant Trees Not Bombs" campaign. In 2012, more than 100,000 people in China rode their bikes in order to reduce CO2 emissions and highlight the amount of pollution created by cars.

Each year, the Earth Day theme changes. The theme for Earth Day 2022 is Invest In Our Earth, which is intended to be a reminder that while we want to protect our planet, we all also need a healthy Earth to support our lives, health, and survival.
When is Earth Day 2022?

Earth Day is always celebrated on April 22 — and this year, the holiday falls on a Friday, which will allow eco nerds like us to celebrate all weekend long. The first Earth Day was held in 1970, meaning 2022 will mark the 52nd anniversary of the holiday’s founding.

Join us for Earth Day Pensacola!
April 23rd at Bayview Park  10am-4pm
Springtime Pesto

Recipe Information
Total Time: 25 minutes
Servings: 4-6

Ingredients
4 cups lightly packed arugula
1/2 cup lightly packed fresh parsley leaves
1 clove garlic
1/3 cup shredded Parmesan cheese
1/4 cup frozen peas, thawed
1 teaspoon fresh lemon juice
1/2 teaspoon salt
3 tablespoons olive oil
1/2 teaspoon lemon zest
1 lb whole wheat penne pasta

Preparation
Process the arugula, parsley, garlic, Parmesan and peas in a food processor until they form a smooth paste, stopping to scrape down the sides of the bowl twice. Add the lemon juice, salt and olive oil and process, scraping down as needed, to make a smooth, creamy pesto. Place the pesto in a bowl, and stir in the lemon zest.

Cook the pasta according to package directions; drain and toss with the pesto. Serve with additional Parmesan cheese, and freshly-ground black pepper to taste.

Serving Suggestion
Spread this light, fresh pesto on a prepared pizza crust and top with goat cheese before baking or broiling, and cut in small triangles for a seasonal appetizer. Add halved cherry tomatoes and snips of fresh herbs or garlic cloves if you like.

Nutritional Information
340 calories, 10 g. fat, 5 mg. cholesterol, 290 mg. sodium, 290 g. carbohydrate, 9 g. fiber, 13 g. protein

Recipe by grocery.coop
Here at Ever’man, we are proud to carry and promote local brands. With our vendor highlight series, we hope to share local and regional stories of leadership through the business of producing healthy, natural foods. East Hill Honey began in the backyard of the Van Horn family, not far from our Garden Street location. After beekeeper Thomas Van Horn saw a desire in the community for a hyper-local honey option, he and his family set out to grow what would become East Hill Honey. From 20 hives in East Hill, to a network of community beekeepers across the area, to a new honey house just outside of Pensacola, this local family business has evolved and grown over time in response to the demand for their high quality product.

**What are some of the health benefits of consuming locally produced and sourced honey?**

Honey has been a well-known remedy for over a millennium in regards to its antibacterial and medicinal properties. Its uses range from a topical antibacterial ointment for cuts and burns to soothing a sore, dry throat. One of the primary reasons most consume local honey today (sourced within approximately 50-100mi) is to mitigate seasonal allergies. The idea that honey can prevent allergies is based on a concept called immunotherapy. This theory is based on the idea of ingesting a small amount of an allergen (i.e. local pollen from trees found in our honey) and over time, with larger doses, the body builds up immunity to the particular allergen. While there is some conflicting information from the medical world regarding how effective this practice is, it seems to be a helpful, natural remedy for many of our local customers. Lastly, purchasing honey from a local beekeeper opens up the door to transparency about their practices and ethics which can help eliminate the risk of purchasing adulterated, foreign honey.

**Part of the Ever’man mission is providing our co-op members and customers with opportunities so that their purchases not only support our local economy but can benefit our local environment as well. What are some of the advantages of having a healthy local bee population?**

While the honey bee is not native to North America, its presence has been extremely beneficial particularly in the agricultural community. Unlike the native bees that are primarily mono-floral pollinators, the honey bee is a polyfloral pollinator and will literally pollinate nearly all the blooming flowers in our community. This is especially important to our local & regional fruit and vegetable producers who cannot rely on wind-driven pollination alone for their cucumbers, watermelon or apples crops. Each flower must be visited dozens of times by a pollinator to set fruit properly. Even our local cotton farmers can see a 10-20% increase in their yield with the presence of the honey bee while the cotton is in its floral stage prior to setting its “fruit”.

**With Earth Day coming up, what additional suggestions do you have for the Pensacola community to ensure that their food choices and purchases do the most good?**

Morally and economically, I would suggest that when a product or service can be purchased locally (assuming quality is not grossly lacking) it ought to be. This practice builds strong communities, boosts the local economy and subsequently reduces unnecessary fuel inputs. In addition to shopping local, shopping ‘seasonal’ encourages a certain type of celebration in our local environment. Seasons are as necessary for the land as there are for one’s soul. I love watching the Palafox Market customers flock to tables with seasonal, vine-ripened heirloom tomatoes or mouth-watering blueberries. The joy found in finally savoring the fruit of the land is something worth celebrating!
Immune Building Foods
Feeding your body certain foods may help keep your immune system strong. If you're looking for ways to prevent colds, the flu, and other infections, your first step should be a visit to Ever'man Cooperative Grocery and Cafe and plan your meals to include these powerful immune system boosters. Citrus fruits, Red bell peppers, Broccoli, Garlic, Ginger, Turmeric, Spinach, Yogurt, Almonds, Sunflower Seeds and Green Tea

Heart Health
A healthy diet rich in fruits, vegetables, whole grains and low-fat dairy can help to reduce your risk of heart disease by maintaining blood pressure and cholesterol levels.

High blood pressure and cholesterol can be a symptom of too much salt and saturated fats in your diet. Eating a portion of oily fish - such as wild salmon from the meat department or frozen section and canned sardines from the grocery department each week can also help to lower your risk of developing heart disease. The high levels of omega-3 fatty acids in oily fish are good for heart health. From the Produce Department look for leafy green vegetables like Watercress, Spinach, Kale and Collard Greens are well-known for their wealth of vitamins, minerals and antioxidants.

Strong Bones and Teeth
A diet rich in calcium keeps your teeth and bones strong and can help to slow bone loss (osteoporosis) associated with aging. Calcium is usually associated with dairy products, but you can also get calcium by eating: Sardines or tinned salmon (with bones), Dark green leafy vegetables, Fresh Fruits and Dates. As vitamin D helps your body absorb calcium, make sure you get outside (your body gets vitamin D from the sun).

Healthy Skin
It’s our food that provides our body with the building blocks required to nourish our skin and every other tissue and muscle in the body. You literally are what you eat, and if you want healthy skin you need a healthy diet. Pasture raised eggs, Fatty fish, Avocados, Walnuts, Sunflower seeds, Sweet potatoes, Red or yellow bell peppers, Broccoli, Tomatoes and Quinoa

Meal Planning
See what you have on hand in your refrigerator and pantry and then make your list.

Ever’man has free recipe racks for you to try some new recipes and NCG Welcome to the table has so many recipes and articles for you to plan your meals www.WelcomeToTheTable.coop

Regularly eating healthy, well-balanced meals contributes to
- Sustained weight maintenance
- A better mood
- Energy you need to keep active throughout the day
- Nutrients you need for growth and repair, helping you to stay strong and healthy and help to prevent diet-related illness
- You become a positive inspiration to others and the potential for a heightened quality of life.
Want to Waste Less Food? Start Here

By grocery.coop

It’s estimated that on a household level, families throw away 14-25% of the food they buy. Imagine saving up to a quarter of your food budget instead of tossing it out!

In addition to financial savings, reducing food waste at home is one of the best things you can do to help combat climate change. Food waste is a global problem—uneaten food rotting in landfills accounts for 8% of global greenhouse gas emissions. Reducing food waste ranks third on the top 100 potential solutions to climate change identified by researchers at Project Drawdown. Food gets discarded at every point from farm to fork—but in the United States, our single largest opportunity to improve is at the household level. Here are a few favorite tips for reducing food waste at home.
KEEP FOOD FRESHER, LONGER
Knowing how to store each item can be tricky, but it is key to making sure your food is still fresh and healthy when you’re ready to use it. We’ve got a handy produce storage guide you can reference, or visit Save the Food, a website with tips on keeping different foods at optimal freshness.

KNOW WHEN TO THROW
It’s usually pretty easy to identify when perishable items have gone bad, your eyes and nose can be your guide. But what about all those “best by” and “use by” dates on packaged foods? With the exception of infant formula, these are usually the date by which a company will stand by the freshness of their product, and nothing more. Properly stored and unopened, canned goods and sealed packaged items can be safe to eat for years.

“All sell by” dates, which are also found on perishable products, are used by grocery store staff to keep stock fresh. There is time built into these dates—assume up to 3-5 days of freshness beyond the date and remember to consult your eyes and nose before pitching anything out.

FOOD WASTE’S MOST WANTED
START HERE TO REDUCE WASTE!

Not all foods are wasted equally, check out commonly discarded foods and how to save them.

Leftovers
The most commonly discarded food is leftovers—buy storage containers that fit one meal at a time and immediately package your leftovers for real-life meals (like lunches) when cleaning up. Freeze one or two portions so you don’t get tired of eating a dish before it goes bad. You’ll love it next month!

Bread
Buy a loaf of bread, keep out what you can use in the next 3-5 days and freeze the rest. Bread from the freezer makes great toast, grilled cheese or French toast.

Milk
Pay attention to how much you can use before it expires—instead of a half-gallon, maybe buy two quarts. The unopened one will keep longer. Use up extra milk in smoothies, milkshakes or even rice pudding.

Fruits and vegetables that are a little less than crisp or are showing a little wrinkle don’t need to be bound for the compost bin, either. Many flagging veggies still make great soups or smoothies, or even in a sauté. Check out our guide for using veggie trimmings to make great stock.

WASTE LESS BY BUYING FROM THE BULK AISLE
The bulk aisle is a great stop for anyone who wants to waste less—buy just what you need of a huge variety of items like spices, cereal, snacks, dried fruit and nuts, beans, grains, flours, chocolate chips, teas, even candy.

FOOD CO-OPS REDUCE FOOD WASTE
Grocers wage a battle against food spoilage every day. Food co-ops are especially committed to diverting useful food from the landfill—the average food co-op donates twice as much food to food pantries as similarly sized grocers.

Potatoes
If stored right, potatoes are kept out of sight, making them easy to forget until they’re shrunked, sprouting or worse. Try prepping your favorite potato dish when you buy the potatoes, then freeze it—boiled and roasted potatoes freeze and reheat very well. Got a potato on the verge? Make soup.

Apples
If your apple is wrinkly but otherwise intact, applesauce is easy to make and the homemade stuff will surprise you! A diced or grated apple is also a welcome addition to salads and great in a soup or smoothie.

Cheese
Read up on cheese storage. Buy cheese in chunks, rather than shreds. It’ll last longer and surface mold is easy to remove. If you find yourself with an excess of cheese, freeze! Firm cheeses freeze well; shred and freeze a pile for a future pizza or batch of macaroni and cheese. Fun fact: The rind on cheese – unless it is wax – is edible!
Step 1: Select Your Bin
To start this project, you need a plastic bin, about 24 inches tall with a tight-fitting lid to keep the soil moist and to keep the critters out. I simply emptied out an old storage bin I had in my attic.

Step 2: Drill Holes in your Bin
Use a drill to make 8 – 10 small holes in the bottom of your bin for aeration purposes.

Step 3: Create Your Base
Place shredded newspaper, cardboard, or dry leaves on the bottom of your compost bin, filling it about 1/8 – 1/4 full. I choose dry leaves simply because I have copious amounts in my yard.

Step 4: Add Dirt
Place dirt on the top of your leaves, newspaper, or cardboard until the container is 1/2 full. Any topsoil, dirt, or nitrogen rich substance will work just fine. Make sure to layer your dry items and wet items and end with a dry layer to help keep flies and odors away.

Step 5: Toss in Your Food Scraps
Now place any food scraps or paper products that you'd like to compost. Look for items such as lint from your dryer, eggshells & egg carton, fruits and veggies, rice and grains, flowers, cooked food without oil, dairy, or meat, even human hair. Think “the greens and the browns”. Greens are typically food scraps and add nitrogen a crucial element for microbial growth and do the heavy lifting when it comes to decomposition. Browns are more carbon rich and allow aeration like egg cartons, dried leaves.  PRO TIP: green materials are usually wet and brown items are usually dry and you want a 3 – 4 parts of brown to 1 part greens. Stray away from using items such as meat & fish (these will attract critters), bones, dairy, oils and butter.

Step 6: Stir Your Compost
Give your compost a little stir with a shovel or a stick, making sure to cover your food scraps with dirt and you are creating aeration and your compost is not too soggy. By mixing your compost bin every so often this helps break down the contents faster.

Step 7: Moisten
Spray with lukewarm until moist, but not soaking wet. (Note: too much water can be the culprit if your compost starts to smell). Your compost should have a fluffy feel and a wood smell.

Step 8: Drill Holes in The Top
Pick up your drill again and use it to drill 8-10 small holes in the lid and place it securely on top of the bin. These will help with air flow.

Step 9: Find a Spot for your Compost Bin
Make sure to place your bin in a shady area away from the house. Be sure that it is not in direct sun or your compost will dry out. I found the perfect spot for my compost bin is along our property line underneath trees that create a nice shady area during our hot & brutal Florida Summers. If you don't have the traditional space but would still like to compost you can always get in touch with your local community garden to share with them.

Step 10: Collect Your Compostables
Now that your compost bin is set up, all you need to do is add your food scraps when you have them. Making sure to give them a stir once added to your bin. To help aid my collection of compost items I simply placed an additional trash can underneath my sink to catch all of my food scraps. How long do you have to wait for decomposition? It varies depending on the time of year. If it is hot, 2-3 months, but if its cold it could take up to 6-12 months for every component to breakdown.

Do you find yourself wishing you could make better use of table scrapes and unusable portions of food items? Banana peels, eggshells, coffee grounds, and tea bags. Well, I have a perfect solution that will not only help your consciousness but help create less waste in landfills that helps fight climate change. COMPOSTING!

By : Ellen Bell

ANNIVERSARY WEEK
Celebrating 49 years of serving our community.

April 6th - 12th

Join our week long event thanking everyone for supporting us since 1973.

DAILY GIVEAWAYS • DOOR PRIZES • BLOWOUT DEALS
MAKE YOUR OWN
DIY COMPOST BIN
IN 10 SIMPLE STEPS

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**Step 1: Select Your Bin**
To start this project, you need a plastic bin, about 24 inches tall with a tight-fitting lid to keep the soil moist and to keep the critters out. I simply emptied out an old storage bin I had in my attic.

**Step 2: Drill Holes in your Bin**
Use a drill to make 8 – 10 small holes in the bottom of your bin for aeration purposes.

**Step 3: Create Your Base**
Place shredded newspaper, cardboard, or dry leaves on the bottom of your compost bin, filling it about 1/8 – 1/4 full. I choose dry leaves simply because I have copious amounts in my yard.

**Step 4: Add Dirt**
Place dirt on the top of your leaves, newspaper, or cardboard until the container is ½ full. Any topsoil, dirt, or nitrogen rich substance will work just fine. Make sure to layer your dry items and wet items and end with a dry layer to help keep flies and odors away.

**Step 5: Toss in Your Food Scraps**
Now place any food scraps or paper products that you’d like to compost. Look for items such as lint from your dryer, eggshells & egg carton, fruits and vegetables, rice and grains, flowers, cooked food without oil, dairy, or meat, even human hair. Think “the greens and the browns”. Greens are typically food scraps and add nitrogen a crucial element for microbial growth and do the heavy lifting when it comes to decomposition. Browns are more carbon rich and allow aeration like egg cartons, dried leaves. PRO TIP: green materials are usually wet and brown items are usually dry and you want a 3 – 4 parts of brown to 1 part greens. Stray away from using items such as meat & fish (these will attract critters), bones, dairy, oils and butter.

**Step 6: Stir Your Compost**
Give your compost a little stir with a shovel or a stick, making sure to cover your food scraps with dirt and you are creating aeration and your compost is not too soggy. By mixing your compost bin every so often this helps break down the contents faster.

**Step 7: Moisten**
Spray with lukewarm until moist, but not soaking wet. (Note: too much water can be the culprit if your compost starts to smell). Your compost should have a fluffy feel and a wood smell.

**Step 8: Drill Holes in The Top**
Pick up your drill again and use it to drill 8-10 small holes in the lid and place it securely on top of the bin. These will help with air flow.

**Step 9: Find a Spot for your Compost Bin**
Make sure to place your bin in a shady area away from the house. Be sure that it is not in direct sun or your compost will dry out. I found the perfect spot for my compost bin is along our property line underneath trees that create a nice shady area during our hot & brutal Florida Summers. If you don’t have the traditional space but would still like to compost you can always get in touch with your local community garden to share with them.

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*By: Ellen Bell*
VEGGIE SPRING ROLLS

Refreshing veggie blend

INGREDIENTS
1 package spring roll wrappers
1 pound tofu or leftover cooked meat
2 cups cooked rice or wild rice
3 cups assorted veggies, such as:
kale, shredded cooked or raw
spinach, cooked or raw
carrots, shredded or thinly sliced
cucumbers, seeded and thinly sliced
kohlrabi, peeled and thinly sliced or shredded
cabbage, shredded cooked or raw
green onions, thinly sliced
red peppers, thinly sliced
cilantro, chopped
snow peas

PREPARATION
Place all filling ingredients in separate bowls or on large baking sheet
Fill a separate baking sheet or large pie pan with 1/2-1” of warm water, and place 2 damp kitchen towels unfolded on either side of baking sheet. One at a time, place dried spring roll wrappers in the water for about 30 seconds (you can move it around or just let it sit). Remove the spring roll wrapper and place it on one of the towels (which will soak up some of the extra water).
Place your desired fillings (about 2 tablespoons rice, handful of veggies and 1/4 cup protein) on bottom third of wrapper closest to you. Roll the bottom of wrapper over the fillings (away from you) and pull the roll back towards you to tighten the wrap over the fillings. Fold in the right and left ends and roll the wrap away from you—just like a burrito—to complete. Repeat with the remaining wrappers.
Serve with Sesame Orange Sauce or Maple Dijon Sauce for dipping.

NUTRITIONAL INFORMATION
424 calories, 7 g. fat, 64 mg. cholesterol, 369 mg. sodium,
60 g. carbohydrate, 4 g. fiber, 31 g. protein

recipe brought to you by: www.grocery.coop
**SPICY AVOCADO EGG SALAD**

Reuse your Easter eggs

**INGREDIENTS**
- 6 large eggs
- 1 large avocado, divided
- 2 tablespoons fresh lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon chipotle powder
- 2 medium scallions, chopped
- 1 rib celery, chopped
- 1 large jalapeño, chopped
- 1/4 cup fresh cilantro, coarsely chopped

**PREPARATION**

Place the eggs in a medium pot, and add cold water to cover them by an inch. Place over high heat and bring to a boil. As soon as the water comes to a full rolling boil, remove from the heat, cover and let stand for 14 minutes.

Drain the eggs, rinse with cold water, then place the cooked eggs in the refrigerator to chill completely. When cold, peel, rinse and chop the eggs. Place in a medium bowl.

Halve the avocado and remove the pit, then scoop half of the flesh into a large bowl. Mash thoroughly, then stir in the lime, salt and chipotle powder.

Add the scallions, celery, jalapeño, cilantro and chopped egg, and stir. Using the tip of a paring knife, cut the remaining avocado half into cubes in the shell, then use a spoon to scoop the cubes out into the salad. Fold into the egg salad, and serve.

**NUTRITIONAL INFORMATION**
- 200 calories, 13 g. fat, 315 mg. cholesterol, 470 mg. sodium,
- 8 g. carbohydrate, 4 g. fiber, 12 g. protein
Naturally Dyed Eggs

Egg dyeing is a fun way to celebrate this time of year—and it’s a tradition that goes way back—as much as 5,000 years when Persians celebrated springtime with eggs colored with plant-based dyes. Plant dyes can be just as useful today and they’re plentiful; in fact you very well might have dye-worthy ingredients in your kitchen already. Here are some great plant-based dyes, made from fruits, vegetables, spices and flowers.

visit www.strongertogether.coop

<table>
<thead>
<tr>
<th>COLOR</th>
<th>MATERIALS</th>
<th>AMOUNTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>pink</td>
<td>beets *</td>
<td>1 bunch, washed and sliced</td>
</tr>
<tr>
<td>bright pink</td>
<td>beet juice</td>
<td>bottled juice, enough to cover eggs in pan</td>
</tr>
<tr>
<td>lavender</td>
<td>blackberries or cranberries</td>
<td>1 container fresh or frozen berries or bottled juice, enough to cover eggs in pan</td>
</tr>
<tr>
<td>deep purple</td>
<td>grape juice</td>
<td>1-2 frozen containers</td>
</tr>
<tr>
<td>lavender/rust</td>
<td>yellow apples</td>
<td>4 apples, peels only</td>
</tr>
<tr>
<td>rust</td>
<td>onion skins</td>
<td>6 red or yellow onions, skins only</td>
</tr>
<tr>
<td>pale green</td>
<td>spinach or carrot tops *</td>
<td>1 fresh bunch, chopped</td>
</tr>
<tr>
<td>bright yellow</td>
<td>turmeric</td>
<td>2-3 tablespoons powdered spice</td>
</tr>
<tr>
<td>yellow</td>
<td>green tea</td>
<td>strong tea; 2 tea bags per 1 cup of water</td>
</tr>
<tr>
<td>olive green</td>
<td>marigolds</td>
<td>petals from 6 gold flowers</td>
</tr>
<tr>
<td>blue-gray</td>
<td>blueberries</td>
<td>2 fresh frozen containers</td>
</tr>
<tr>
<td>light blue</td>
<td>petunias *</td>
<td>petals from 6 purple flowers</td>
</tr>
<tr>
<td>turquoise</td>
<td>red cabbage *</td>
<td>1 large cabbage, grated and sliced</td>
</tr>
<tr>
<td>pale orange</td>
<td>curry powder</td>
<td>2 tablespoons powdered spice</td>
</tr>
<tr>
<td>violet</td>
<td>hibiscus tea</td>
<td>strong tea; 2 tea bags per 1 cup of water</td>
</tr>
<tr>
<td>brown</td>
<td>coffee</td>
<td>2 cups strong coffee</td>
</tr>
<tr>
<td>brown</td>
<td>black tea</td>
<td>strong tea; 2 tea bags per 1 cup of water</td>
</tr>
<tr>
<td>red-orange</td>
<td>paprika</td>
<td>2 tablespoons powdered spice</td>
</tr>
</tbody>
</table>
Dyeing

Items Needed
White eggs (or try brown, keeping in mind color results will vary), egg carton, stock pan(s), water, white vinegar, slotted spoon and natural materials for dyeing (see table).

Directions
Hot Bath Method
1. Place uncooked eggs in a stainless steel stock pan. Add water 2-3 inches above eggs. (When using bottled juice, fill 2-3 inches above eggs. Do not add water.) Add natural dye ingredients and 1-2 tablespoons vinegar per quart of water.
2. Cover and bring to boil, reduce heat and simmer for 15-20 minutes.
3. Carefully remove eggs with a slotted spoon and air dry.

Cold Bath Method
The process for cold dyeing is much the same as the hot method except the eggs and dyes are cooked separately.
1. Simmer the dye ingredients (water, vinegar and dye matter) for 20-30 minutes or longer, until the dye reaches your desired shade.
2. Allow the liquid to cool and submerge hard-boiled eggs in the dye for at least 30 minutes.
3. Carefully remove eggs with a slotted spoon and air dry.

Decorating

Items Needed*
Tape, string, rubber bands, cheese cloth squares, natural beeswax crayons to create designs on eggs, and vegetable oil for an extra sheen.

Decorating

• Wrap onion skins around eggs, then wrap the entire egg with a cheese cloth square and secure it with string before placing the eggs in the dye.
• Wrap string or rubber bands around eggs before dyeing to create stripes (use rubber bands for cold dyeing only).
• Draw designs on hot, warm or cold hard-boiled eggs with crayons. When using hot or warm eggs, the crayon may melt slightly on contact with the egg (if eggs are hot, hold eggs with a potholder or rag to prevent finger burns). Crayon covered eggs should only be dyed in cold dyes as the crayon wax will melt in hot liquids.
• Gently wipe dry dyed eggs with vegetable oil to give eggs an added sheen.

*Additional items are required for some decorating techniques.

Notes, tips & techniques

Color variation
Colors may vary depending on steeping time and foods used to dye eggs.

Deeper colors
The longer the eggs stay in the dye, the deeper the color will be; leaving the eggs in the dye for several hours or overnight (in the refrigerator) is recommended for achieving deep colors. Allow the liquid and eggs to cool before refrigerating and ensure that the eggs are completely submerged in the dye. Eggs will be speckled if the dye matter remains in the liquid. For more uniform colors, remove the dye matter from the liquid, by straining the liquid through a coffee filter, before refrigerating. The flavor of the egg may change based on the dye, so if you plan to eat your dyed eggs, a shorter dye bath and fresh ingredients may be preferable.

Drying
Make a drying rack by cutting the bottom off an egg carton and turning it upside down.

Natural Dye: Onion skins
Materials: Cheese cloth, string, stainless steel stock pot and leaves
Method: Hot bath
edible easter eggs

INGREDIENTS
3 cups Krispies Cereal
3 tablespoons Butter
3 cups Mini Marshmallows
Natural Food Coloring

INSTRUCTIONS
Melt 3 tbsp. Butter in a medium pan.
Add 3 cups of Mini Marshmallows and stir until the marshmallows are completely melted.
Take the pan off the heat.
Add food coloring and mix.
Add 3 cups of Krispie Cereal and mix until they are completely covered with the marshmallow mixture.
Allow the Rice Krispie Mixture to cool slightly.
Grab a handful of the Rice Krispie Treat mixture and then use your hands to form the Easter Eggs.
Allow Rice Krispie Bites to cool.

Recipe from www.twosisterscrafting.com
### FITNESS

**BEGINNER YOGA W/ JOHN**: Introduction to Physical, Mental and Spiritual Aspects. Cost: complimentary. Bring a mat.

**ROCK N' ROLL YOGA W/ JOHN**: This class is a Yoga Strength and Endurance Hour. Yoga is a true Core Strength exercise.

**OPEN YOGA W/ DOMINIQUE**: This class is for all levels of yoga practitioners. All Asanas (yoga poses) will be taught in such a way that encourages progression. The emphasis for this class is the development and improvement of yoga skill and knowledge for each participant.

**FUNKY FLOW YOGA W/ TINA**: Funky Flow is a creative hour with fun postures and music, combining yin and yang postures. Please wear comfortable clothing. All you need is yourself, a mat and an open mind. Cost: complimentary.

**VINYASA FLOW YOGA W/ JENNIFER**: Vinyasa flow is a series of postures with the breath. Class for all levels of practice. Please bring a mat. Cost: complimentary.

**AGELESS GRACE W/ RHONDA**: This class is crafted to collaborate education surrounding the strength of the pelvic floor and core. This will be fun and interactive!

**PELVIC FLOOR AND CORE W/ DOCTOR JUS**: Ageless Grace is a seated fitness class for the body and brain using 21 Simple Tools for Lifelong comfort and ease.

**YOGA W/ JOHN @ 9 MILE YOGA**: This class is designed to improve strength, endurance, and concentration. Modifications will be taught so that participants of all skill levels can get a good workout.

### WELLNESS

**NATURAL HEALING STUDY GROUP**: Group study about all illnesses, with a frequent emphasis on Cancer Prevention & Reversal. Presentations are done with DVDs or by Local Practitioners for the purpose of education. Cost: complimentary.

**SELF CARE W/ FIREHEART HEALTH COACHING W/ KARINA**: Self-Care is the Key to Health and Happiness! Join Karina Phoenix Fireheart each month on the topic of self-care that can improve your overall health and wellbeing.

**INTRO TO AYURVEDA**: This class will introduce participants to the basic principles of the 5,000-year-old healing system of Ayurveda. We'll also cover yoga, meditation, and learn about the three primary mind-body types (Doshas) and, if desired, participants will take a short test to determine theirs.

**SOUND HEALING AND MEDITATION W/ CHANCEE**: The sounds generated by Tibetan Singing Bowls are a type of energy medicine that promote healing from stress disorders, pain, depression, and most forms of disease. Its deep vibrations are swiftly transported to the cellular and subcellular level of the human body.

### COOKING

**EVER'MAN COOKS! SHOPPING THE CO-OP W/ LAURALEE**: Learn to shop the co-op for value. Cooking demonstration & sampling event using current Co-op Deals, coupons, & recipes. Discover your next favorite Ever’man product! Cost: $5.00

**JOYFULLY PLANTED : PLANT BASED WHOLEFOOD LIFESTYLE W/ JOY**: When you base your meals on plant foods, you’re packing your diet with fiber, vitamins, minerals, and healthy fats. Cost: $5.00

**VEG OUT! PLANT POWER BASED RECIPES**: When you base your meals on plant foods, you’re packing your diet with fiber, vitamins, minerals, and healthy fats. Cost: $5.00

### INFORMATIONAL

**ECUA RECYCLING**: Jim Roberts, Emerald Coast Utilities Authority (ECUA) public information officer, will create public awareness & provide instruction on recommended environmental strategies. Cost: complimentary.

### KIDS

**STORY SPROUTS**: Children ages 3-5 Storytime in open air, bring your own blanket and we’ll provide craft kits and snacks to go to enjoy on the beautiful lawn. Cost: complimentary.

**MOMMY & ME YOGA @ 9 MILE**: For babies and infant walkers Class age range: 0-3 yrs old (please note the class will be more specifically geared towards children that are walking. Although moms with non-walkers are welcome to join the fun

**GROOVE WITH ME @ 9 MILE**: A musical playdate! Come move and groove with Neighborhood Children’s Theatre in this class designed for toddlers and their caregivers. Toddlers will develop coordination, body awareness, and fine and gross motor skills in this fun music and movement class. Designed for ages 1-3 but older siblings are also welcome!
CO-OP KIDS EXPLORER PROGRAM

Have you heard about the Co-op Kids Explorer Program at Ever’man? This program invites kids to open their imagination to the world of co-ops and fresh foods. Ever’man offers kids a healthy fresh fruit snack while they’re shopping with their parents in our store. Also there is a fun membership card, temporary tattoos, a big shiny sticker, coloring pages and a Co-op Explorers Fruit and Veggies Passport! For more information, email education@everman.org

ECO-FRIENDLY BAG DONATION PROGRAM

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EMERALD COASTKEEPER

Our mission is to investigate, educate and protect our right to swimmable, fishable and drinkable water. We believe that healthy waterways are directly connected to healthy communities and healthy people.

GULF COAST KID’S HOUSE

To end child abuse and heal families through collaborative intervention, family support and prevention education.

PANHANDLE EQUINE RESCUE, INC

Our mission is to rescue, rehabilitate and provide adoption services for abused, neglected and abandoned equines. We operate in Escambia County.

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EVER’MAN EVENTS

ECO-FRIENDLY BAG DONATION PROGRAM

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EVER’MAN EVENTS

EVER’MARKET

March 12, 2022 · 10am - 4pm
AT THE NINE MILE ROAD LOCATION

TRIVIA NIGHT

March 29th, 2022 · 6:45pm
AT THE NINE MILE ROAD LOCATION

ANNIVERSARY WEEK

April 6-12th, 2022
BOTH LOCATIONS

EVER’MARKET

April 9th, 2022 · 10am - 4pm
AT THE NINE MILE ROAD LOCATION

WINE EXTRAVAGNA

April 15th, 2022
BOTH LOCATIONS

EARTH DAY

April 23rd, 2022
BOTH LOCATIONS

TRIVIA NIGHT

April 26th, 2022 · 6:45pm
AT THE NINE MILE ROAD LOCATION

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