

Help Legalize Raw Milk!



Urania Hunter poses with a jar of raw milk.

Photo by Amy Waldrip

If you want to see raw milk legalized in Humboldt County, NOW is the time to contact the Board of Supervisors.

Tell them you want to be able to buy raw milk legally and have it properly inspected and certified so that it is safe for consumption.

Humboldt County is the only county in California that forbids the sale of raw milk. In the rest of this state 35 million people are able to purchase raw milk legally and enjoy its benefits!

Here in Humboldt County we possess a very rare combination of happy and healthy cows living and eating in green grass pastures. This combination has the potential to provide the healthiest nutrient dense dairy within the United States!

Furthermore, the taste and creamy richness of the milk in Humboldt is absolutely UNSURPASSED. This is REMARKABLE!

Stand up and protect our legal citizen rights to consume raw milk.

Federal and state health officials warn that consuming

raw milk can kill you, and yet countless Humboldt County residents go to great lengths to find it, and report feeling more alive and healthy than they have felt in years after drinking it.

They say raw milk/dairy has cured them of chronic illnesses such as asthma, allergies, eczema, autoimmune diseases, cancer, IBS, ulcerative colitis, and rheumatoid arthritis. Parents say it has helped their children overcome behavioral (ADHD, etc.) and health issues. Moreover, those who are lactose intolerant can usually drink it with no problem.

Raw milk lovers have taken four-hour round trips to neighboring counties to purchase their raw milk.

Raw milk lovers are willing to have Fed Ex deliver it to their homes overnight for an average cost of \$17 per gallon!

Raw milk lovers are willing to purchase it illegally within Humboldt County from local farmers and risk the possibility of contracting illness due to buying from farmers whose cows have

not undergone inspection and do not have stringent raw milk processing/handling/storing/selling guidelines which would be instituted if raw milk were made legal.

When and how did the sale of one of nature's most perfect foods become a crime?

And why is it legal to sell uncooked meat, raw seafood, alcohol, and tobacco while one of—if not the most healthful foods on the planet—is illegal to purchase here?

Why is unprocessed milk the only food that is illegal in Humboldt County?

Why do we raw milk lovers have to be made into criminals in order to get a food that is so delicious and healthful?

Over 2,000 people have signed the petition to rescind the ordinance that prohibits raw milk sales. To sign the petition call me at (707) 444-9625.

Make your voice heard now!

Urania Hunter
Member# 14350

Plant the Seeds of a Stronger, Healthier Humboldt with EBT



Following the recent Food Security Forum organized by the North Coast Co-op and the Community Alliance with Family Farmers, Food for People—the food bank for Humboldt County—is working to promote the use of food stamps to increase access to local foods.

The Grow Your Garden with EBT campaign is designed to highlight how food stamp benefits can be used to expand food and garden budgets, while bolstering the local economy.

People receiving food stamp benefits can use their EBT cards at grocery stores throughout the county or at any of the North Coast Growers' Association farmers' markets to purchase healthy foods, as well as food-producing plant seeds and starts for use in home gardens!

To use food stamps during a market and support our local farming community, recipients

can go to the market manager's booth and swipe their EBT cards to receive \$1 tokens that can be redeemed throughout the market.

Using food stamps to start or expand a home garden is an excellent use of the program and a great way for families to expand their food budgets, get fresh air and exercise in the garden, and educate themselves and their children about the origin of the food on their plates.

For more information call (707) 445-3166.

Mike Canning,
Food for People

St. Joe's and CAFF Bring Fresh Local Food to Hospital

Beginning on Friday, July 9, the Community Alliance with Family Farmers (CAFF) will kick off a weekly farm stand that will provide healthy, local produce to hospital staff, patients and community members. "This farm stand will be a welcome addition to the General Hospital campus and neighboring businesses. What better way to strengthen community than by eating together?" says Kathy Hayes St. Joseph's Regional Director of Community Benefits and farm stand co-founder.

Hospitals are in a unique position to not only treat diet related

disease but to help prevent it. As part of St. Joseph Health System's Workplace Wellness Initiative they will be hosting a farm stand on their General Hospital campus. Through this simple act they hope to spread a wider public health message while encouraging healthy lifestyles, boosting workplace moral and increasing access to fresh local food within their establishment.

Come join us!
Fridays 11:30-3:30
July 9 to October 15
Contact: Michelle Wyler
(707) 444-3255

Submit Your Words to Members Out Loud

Got Something to Say?

Write Us!

This forum is intended to connect Co-op members with open, educating information. Submissions should be between 200 and 500 words.

Grammar and AP Style mistakes will be corrected. Subject

matter should pertain directly to co-operatives and their core principles, food, health and/or food policy. Libelous, vulgar or inappropriate language will be edited. The forum should support all of the Co-op's seven principles,

especially Democratic Member Control.

The Co-op Newsletter is a device to facilitate the democratic process for our members in order to best represent their concerns, interests and ideals.

To submit articles, email your work to:

co-opnews@northcoastco-op.com

Deadline:
August 15
for the Fall issue.