



NATURAL GROCERS®

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HEALTH HOTLINE®

MAY 2020 VOL. 34



THE BEST IN BULK

ALWAYS AFFORDABLESM.
ALWAYS FRESH.
NEVER SELF-SERVE.

Read more on page 14

RECIPE OF THE MONTH CHARD, HERB & BACON EGG BITES

PAGE 19



LETTER *From the Iselys*

Wellbeing. Family. Gratitude. These have always been our defining values, and now they shine with the clarity that only a crisis imparts. They illuminate our family's focus this May—to care for the wellbeing of our community and Crew, and to cultivate gratitude in the spaces where uncertainty and fear like to linger.

Wellbeing is a synonym for health, as is strength, and we think all three are essential these days. The story of Natural Grocers is rooted in taking charge of health, beginning with our mother and grandmother, Margaret's, empowering journey to wellness. Now, as building a strong foundation for immune competence and overall health is essential, our defining values enable us to provide critical support to our communities. Our quality standards continue to be uncompromising, our prices Always Affordable, and our Nutrition Education remains rooted in science and is always complimentary because we believe everyone should be empowered to take charge of their health. During the Coronavirus Pandemic, we continue to focus on our defining values to provide you and our good4u Crew with the safest shopping and working spaces possible and have implemented enhanced cleaning and sanitization procedures, provided facemasks, established social-distancing policies, and implemented Senior (and underlying health conditions) shopping hours twice a week to better serve our most at-risk neighbors. Your wellbeing is something our family takes personally, and we're involved every day in making the details of your quest for vibrant health as safe as possible.

Family, tribe, people—there are so many ways to say it, and so many faces to add meaning to the concept. Our people, our tribe, our family is the dedicated Crew who show up every day so that we can continue to provide healthy food and resources to our community. Their wellbeing is the focus of our energy right now. Our care for our Crew is in the details. From the handmade cotton masks sewn for them by the Isely family and other Crew members and their families; to the personal bottles of hand sanitizer provided to them and filled by hand from batches made by local breweries; to the free wellness supplements provided to Crew every day to take at their discretion, we're outfitting our heroes in aprons with every protection we can. Behind the scenes, we're providing raises, bonuses, extended break time, and expanded benefits to thank and support our Crew throughout this crisis. We take care of our Crew because that's the kind of family our mother and grandmother taught us to be.

Gratitude, recognition, thanks—it's an everyday practice—an appreciation of the lovely little details that enrich our lives. This month, we want to chase away the shadows of our collective uncertainty with gratitude, and we want to recognize our people along the way—our Crew, our neighbors, and our mothers. Thank You, and Happy Mother's Day!

The Isely Family

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**NUTRITION
EDUCATION**

**HIGHEST
QUALITY
PRODUCTS**

**ALWAYS
AFFORDABLE™**

**COMMITMENT
TO OUR
COMMUNITY**

**COMMITMENT
TO OUR
good4u™ Crew**

FOR THE LOVE OF ORGANICS: STRAWBERRIES

By Charity Isely

“IT’S THE SIMPLE THINGS IN LIFE
THAT ARE THE MOST EXTRAORDINARY.”

– Paulo Coelho

HAPPINESS AT A CELLULAR LEVEL

A basket of plump red berries, piled high, wrapping you in its fruity fragrance—it brings out all the feelings. Because if happiness had a flavor, wouldn’t it taste like strawberries?

The juicy bliss of biting into a ripe strawberry extends to your cells as well. One of nature’s sweetest gifts, they’re packed with potent antioxidants, especially vitamin C and flavonoid antioxidants.ⁱ Studies have shown these nutrients to have a range of beneficial effects, including anti-inflammatory and cardiovascular support.ⁱⁱ Still, there’s a secret to getting the most benefits from your berries—choose organic! Organically grown strawberries have exhibited more antioxidant activity and higher flavonoid content compared to conventionally grown.ⁱⁱⁱ And we know organic has more flavor—taste, and you’ll see.

SORRY RECORD OF RESIDUE

Kids love a basket of berries, but what else could they be ingesting with conventionally grown varieties? Strawberries were the fresh produce most likely to be contaminated with synthetic pesticide residues, according to the Environmental Working Group’s 2019 Dirty Dozen report.^{iv} The roster of toxic residues includes 16 suspected hormone disruptors, 12 honeybee toxins, and six developmental and reproductive toxins—a list more sour than sweet.^v Especially concerning are studies linking even low-levels of pesticide exposure with harm to a child’s developing nervous system. Organic agriculture prohibits synthetic pesticide use, so choose organic strawberries for happy, healthy kids.^{vi}

UNHAPPY FIELDS

There’s an even darker side to the brightest of berries, and it begins before the plants are put in the ground when farmers drench the soil with toxic fumigants.^{vii} Escaping tarped fields and drifting across buffer zones, these carcinogenic chemicals remain in the air at sometimes dangerous levels, drifting into the breathing spaces of nearby schools and homes.^{viii ix x} The potential damage fumigants wreak on soil health shouldn’t be ignored either. A study of the long-term impact of fumigation on soil microbial communities concluded that they were significantly different from non-fumigated sites. Most notably, quantities of mycorrhizal fungi, which plays a pivotal role in nutrient uptake, soil fertility, and the ability of the soil to sequester CO₂ and retain water, were lower in all the fumigated test sites.^{xi}

THE UPSIDE

Where organic food is grown, happiness follows, and it’s not just a feeling. It lives in soil that boasts higher levels of organic matter, helping it retain water, resist erosion, and host beneficial microorganisms, including a significantly greater abundance of mycorrhizal fungi.^{xii xiii} Harmony resides in more biodiversity on organic farms, and in the economic boost it provides to communities.^{xiv xv xvi xvii} Choosing organic means choosing a healthier, more sustainable future not only for your family, but for the families who live and work in agricultural regions. Because as the environmental activist and author Wendell Berry says, “Eating is an agricultural act.”^{xviii}





STRAWBERRY SHORTCAKE PARFAITS

INSTRUCTIONS

PREP TIME: 40 MINUTES, REFRIGERATE 1-24 HOURS | SERVES 6

Strawberry shortcake is the perfect way to celebrate spring, and this make-ahead layered version is so pretty it's the perfect dessert for special occasions. We swapped sponge cake for easy-to-make grain-free shortbread cookies and even made it dairy free and vegan so everyone can enjoy it!

INGREDIENTS

FOR THE SHORTBREAD COOKIES

2 tablespoons Natural Grocers Brand Bulk Organic Coconut Flour

½ cup Natural Grocers Brand Bulk Natural Almond Flour

2 tablespoons organic tapioca flour

Pinch of Natural Grocers Brand Bulk Real Salt

2 tablespoon Natural Grocers Brand Organic Grade A Dark Maple Syrup

¼ cup Natural Grocers Brand Organic Extra Virgin Coconut Oil

1 teaspoon organic vanilla extract

FOR THE PARFAITS

1 (16-ounce package) organic strawberries

2 tablespoons Natural Grocers Brand Organic Strawberry Preserves

½ cups non-dairy whipped topping, thawed in the refrigerator for 4 hours

1. Preheat oven to 350° F. Whisk together the coconut, almond, and tapioca flours and the pinch of salt. Add the maple syrup, coconut oil, and vanilla and use a fork to mix until a smooth dough forms. Roll the dough into twelve 1-inch balls and gently press each ball to form a ½-inch thick cookie. Place on a parchment-lined plate and chill in the freezer for 15 minutes.
2. Set six strawberries aside for later use and stem and slice the remaining strawberries into ¼-inch thick slices. Transfer the strawberries to an airtight container and store in the refrigerator until ready to use.
3. Transfer the parchment with the cookies to a baking sheet and rearrange cookies so they are at least two inches apart. Bake for 9-11 minutes, or until cookies are lightly browned. Set aside to cool completely, at least 30 minutes.
4. **ASSEMBLE THE PARFAITS:** Spread a thin layer of preserves over each cookie and break each cookie into small pieces. Place one cookie's worth of pieces in the bottom of six small glass containers (wine glasses or half-pint mason jars work well). Add a layer of sliced strawberries, followed by a layer of whipped topping; be sure to spread each layer entirely to the edges of the containers so each layer can be seen. Repeat, adding another layer of cookies, followed by strawberries and whipped topping, finishing with the whipped topping. Lay the reserved strawberries on their sides and use a sharp paring knife to cut 4 or 5 slices vertically, from the end of the berries to just below the stems, leaving the slices attached to the stems. Gently fan the strawberries out and place one on top of each parfait for decoration. Refrigerate for at least one hour and up to 24 before serving.



STRESSED OUT?

6 AMAZING SUPPLEMENTS TO THE RESCUE

by Jack Challem

Stress comes in a multitude of forms, sometimes caused by external events and sometimes entirely self-inflicted. It chips away at our wellbeing, wears us down, and depletes our nutritional reserves. During stressful times important nutrients are quickly depleted. And if we're eating a less-than-stellar diet, we have fewer reserves to begin with. The good news is that there are feasible action steps we can all take to help our bodies better cope with stress, thus improving long-term health.

STRESS-BUFFERING SUPPLEMENTS

Along with a nutrient-dense diet and mindful practices, there are a number of specific nutrients and herbs that can provide the body with even more support during times of stress. These are some of the most helpful ones.

B-COMPLEX VITAMINS. The B-complex vitamins have been recognized as anti-anxiety and anti-stress nutrients since the 1940s¹—they are also among the first to be depleted during times of stress. The body needs these vitamins, along with several other nutrients, to make serotonin and other calming neurotransmitters.² In an Australian study, researchers gave a daily high potency B-complex supplement to 60 men and women who were experiencing intense workplace stress. By the end of the three-month study, the supplements significantly reduced personal strain, depression, dejection, confusion, and anger.³ Other studies have found a multivitamin (which contains the B-complex) or the combination of a B-complex and vitamin C also reduce stress and improve mood.^{4,5}

Vitamin B1, or thiamine, has been successfully used to treat some of the symptoms of anxiety, including insomnia, nightmares, diarrhea or constipation, chest pain, depression, aggression, and headache at doses of 250 mg daily.⁶ *Try: A high-potency B-complex supplement containing 20 to 50 mg of vitamins B1, B2, and B3 and/or an additional 250 mg of vitamin B1.*

MAGNESIUM. In one of its many important roles in the body, magnesium acts as a stress “gatekeeper.” Part of the stress response involves calcium entering neurons in the brain, causing them to fire; if there isn't sufficient magnesium to move calcium out of the cell, neurons become overloaded with calcium, fire too frequently, and eventually die. Magnesium can also suppress the

release of stress hormones and may prevent the adrenal hormones from penetrating the blood-brain barrier.^{7,8} It is another nutrient that is quickly depleted in stressful times. *Try: 300-600 mg daily.*

EPA & DHA. Two studies have found that the omega-3 fatty acids EPA and DHA can ease feelings of stress and anxiety.^{9,10} *Try: 500-1,000 mg total of a combination of EPA and DHA daily.*

VITAMIN C. This vitamin is needed for normal adrenal function. A study conducted at the National Institutes of Health found that the first symptoms of vitamin C deficiency were irritability and fatigue—two of the more common responses to stress.¹¹ *Try: 1,000-2,000 mg of vitamin C daily.*

ADAPTOGENS. Some herbs are considered adaptogens, meaning that they enhance the body's ability to adapt to stress. **Rhodiola** improves adrenal function and can help with stress-related fatigue. It has also been found to be more effective than some conventional antidepressants for depression and is cardioprotective during times of stress.^{12,13} *Try: 200-300 mg daily.*

Eleuthero, sometimes referred to as Siberian ginseng, helps the body cope with stress and may support immunity. *Try: 200-300 mg daily.*

BACOPA. This Ayurvedic herb has traditionally been used for a range of mental conditions, including anxiety. Compounds in the herb have been shown to increase brain serotonin, a neurotransmitter that promotes feelings of wellbeing and happiness, and have an anxiety-reducing effect. *Try: 200-400 mg daily.*¹⁴

EDITOR'S NOTE:

We were already a stressed-out society before, but after the last two months, I think it's safe to say that stress is a stranger to no one. Stress in general can be hard to cope with, but stress from uncertainty and social isolation can overwhelm, and it's often accompanied with anxiety and depression. Intense stress undermines the optimal functioning of our immune system, makes it harder to make rational decisions, and drives our fear response, which can be felt throughout the body, from adrenaline on overdrive to a cardiovascular system that bears the brunt of it.

I hope in the months to come, as we emerge from this global crisis, we all treat ourselves and one another more gently, and prioritize taking care of the mental and physical wellbeing of everyone in our society. The following article is an updated and revised reprint from the April 2015 good4usm Health Hotline; we think it's more pertinent now than it's ever been.

References available upon request.

M MASKED Momentum

What do superheroes and the Natural Grocers Crew have in common? They show up when we need them most, they take care of each other, and they wear special attire—because now the good4u Crew is wearing masks for you! (And, to make it as safe as possible for them to carry out their daily acts of heroism.) Here’s the thing, before the CDC and local governments even started recommending it—our Natty Gs family was rallying to make masks so that all our in-store and manufacturing Crew could have one to wear. It’s been a real grassroots effort, between Crew members, family, and friends (since surgical masks are in short supply and needed for our healthcare heroes). Our band of volunteers has been busy with cotton cloth, ribbons, and sewing machines to deliver this superhero garb to the everyday benefactors keeping healthy food and supplies on our shelves.

The exciting news is, there’s evidence to indicate that even homemade face masks can help us all be champions in the fight against this villain of a virus. Here are some reasons why wearing a mask right now is good4u:

HELPING FLATTEN THE CURVE AROUND THE WORLD

The rate of infections and death is significantly lower in countries where face masks are mandatory attire. Check out some of the numbers: (Due to the nature of the pandemic, actual figures may have changed since this posting, but the robust correlation between wearing a mask and reducing the spread of the virus remains significant).

Taiwan: 382 cases and 6 deaths. They’re making 10 million masks per day.ⁱ

Mongolia: 16 cases and 0 deaths. Face masks have been mandatory since January.ⁱⁱ

South Korea: Until late February, masks were hard to come by here, then the government stepped in and ensured a supply for everyone in the country. Before that point, South Korea showed a similar-shaped trajectory to Italy. After masks became widely available, the exponential growth slowed, and today the number of active cases is decreasing. There is no economic lockdown in South Korea.ⁱⁱⁱ

RESEARCH SAYS YES—MASKS HELP SLOW THE SPREAD OF VIRAL VILLAINS

Masks plus handwashing = reduction: Two simple practices could cut the spread of flu-like symptoms up to 75%, according to a University of Michigan study. That’s the difference between a pandemic and something that fizzles away!!^{iv}

Masks have a significant impact on viral transmission: An FDA analysis of the flu estimates the massive impact a mask can have on that virus. If 50% of the population uses one—transmission is reduced by half. If 80% of us wear one—the virus is pretty much toast.^v

Put a price on it: Try these numbers on for size—modeling by Yale researchers estimate that “the benefits of each additional cloth mask worn by the public are conservatively in the \$3,000-\$6,000 range due to their impact in slowing the spread of the virus”!^{vi}



SO, ARE HOMEMADE MASKS EFFECTIVE?

YES, DATA SAYS THEY HELP: After the 2009 H1N1 flu pandemic, scientists at the University of Cambridge decided to see how homemade cotton masks compared to surgical types. They tested the ability of different masks in capturing 0.02-1 micron particles, which the coronavirus, at 0.1 microns, fits within. The findings are reassuring for everyday superheroes and citizens:

Homemade cotton masks: 50-60% capture of viral particles, plus they remind you not to touch your face.

Surgical masks: 80% capture.

N95 masks (recommended for medical personnel): 95% capture.

LET'S TALK ABOUT VIRAL LOAD: Homemade masks help reduce viral load, and this gives the immune system more time to do its work to support our health! One study tested the short-term (10-15 minutes) and long-term (3 hours) effectiveness of different masks in preventing ongoing transmission by a simulated infectious subject. Check out the findings:

Short-term wear = protection all around: In this scenario, the research shows that ALL masks protected both the wearer and the environment surrounding them. Surgical masks were 2x better than homemade, and the FFP2 (European designation for N95) was 50x better than homemade and 25x better than the surgical.

Long-term wear = similar results: In the long-term situation, every mask provided protection with similar levels of difference between them.

The key takeaway: Here's what the researchers concluded. "Given the need for the population to acquire sufficient natural immunity over time, it cannot be excluded that the amount of protection conferred by homemade masks might sufficiently

reduce viral exposure to impact on transmission during the early waves, while allowing people enough exposure to start mounting an efficient immune response."^{vii}

At the end of the (very long) day, based on the evidence and now the CDC recommendations—Natural Grocers believes that homemade, washable, cotton masks are one more vital way that we can support our Crew and communities. Yes, the pandemic playbook demands that multiple measures be deployed together to help slow the spread. So making masks mandatory in our stores does not mean that we're relaxing our vigilant standards of sanitization or social-distancing protocols. It does mean that we are employing one more strategy to defend our everyday superheroes and those they serve against the threat of this virus by doing everything possible to help flatten the curve.





Essential Oils:

Therapy for
MIND & BODY,
BUT QUALITY
MATTERS

Essential oils have been used for hundreds of years around the world as therapy for mind and body. These are oils derived from aromatic plants that have qualities ranging from anti-inflammatory and antiseptic to relaxing and stimulating. One of the most well-loved and versatile essential oils is lavender. Its properties include anti-inflammatory, antifungal, antiseptic, antibacterial, and sedative and clinical trials have shown that lavender oil aromatherapy is effective in the management of anxiety and depression, speeds wound healing, improves sleep quality, and promotes relaxation. But for lavender oil (or any essential oil) to be effective in therapeutic uses, quality makes all the difference.



References available upon request.

NOT ALL ESSENTIAL OILS ARE CREATED EQUAL.

Have you ever purchased an essential oil online? Maybe because it was less expensive, had positive reviews, or was a bestseller?

NOW®—a company Natural Grocers has enjoyed a long and trusted partnership with—recently put a selection of essential oil brands to the test that they purchased from a major online retailer’s website. Included in the selection were nine lavender, four peppermint, three rosemary, one chamomile, and one frankincense essential oil. The testing was conducted by NOW’s internal lab and at a third-party lab that specializes in essential oil profile testing.

Surprisingly, 12 out of the 18 essential oils failed to meet the profile established for each particular essential oil—that’s two out of every three!

WHAT DOES THAT MEAN?

Most of the oils failed the essential oil profile testing because of adulteration, which means the oils are not pure. For example, eight of the nine lavender oils were either adulterated with synthetic materials or blended with less expensive oils, and some brands did both. One of each of the rosemary, frankincense, and chamomile oils were mixed with less expensive oils. In addition, one peppermint oil was diluted with vegetable oil. NOT what you’re looking for in a quality essential oil.

WHY SHOULD YOU CARE?

In these cases, what is on the label is not what’s in the bottle, and these companies are misrepresenting what they are selling as pure essential oils. The customer is not getting what they paid for. Further, if you buy essential oils to use therapeutically, quality is of utmost importance. “Lavender” oil diluted with synthetic materials is not going to have the healing properties of pure lavender essential oil.

This commonly happens on massive online “marketplaces,” where quality control and customer service is nonexistent, and goes beyond essential oils.

Natural Grocers is proud to uphold some of the most stringent quality standards in the industry, in addition to having a good4u Crew that is always there to help you one-on-one. We also maintain strong relationships with our suppliers and have a purchasing team who scrutinizes every product that goes on our shelves. Those online discounted essential oils (or groceries, or supplements) may seem like a good deal, but do you really want to spend your money on an “essential oil” diluted with chemicals or vegetable oil?



EDITOR'S NOTE: At the time of this writing, the Coronavirus pandemic is ongoing, and we are uncertain of what the coming days, weeks, and even months may look like. It's not uncommon to feel anxious and fearful during times of uncertainty, but there has never been a better time to focus on fortifying our overall health and strengthening immune competency and resilience. A healthy diet consisting of lots of vegetables, fruit, and quality protein, regular exercise, quality sleep, and reducing stress are critical in supporting general health, and more specifically, a healthy immune system. Additionally, taking certain supplements that are supported by scientific evidence can support healthy immunity.

This article is not meant to be a substitute for the public health recommendations around hygiene and social distancing. Regularly washing your hands, wearing a face mask, avoiding touching your face with unwashed hands, staying home if you are feeling sick, and social distancing are essential in helping to prevent the spread of COVID-19, and viruses in general.



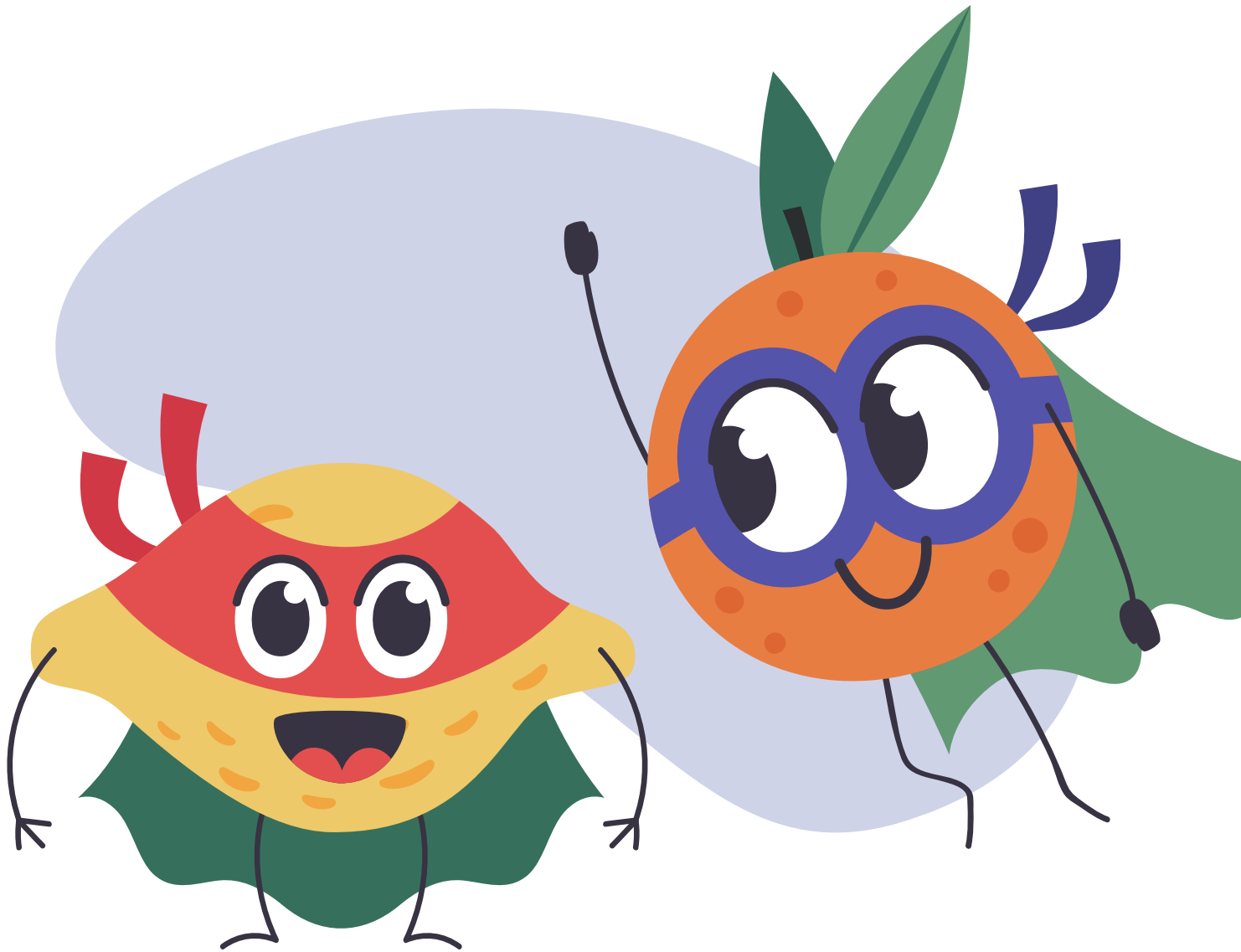
SUPERHERO SUPPLEMENTS FOR SUPER-POWERED IMMUNITY

Your body's immune system defends against all manner of infections. And like every other cell in your body, its individual constituents, from lymphocytes to natural killer cells, depend on nutrition for optimal functioning. The best plan of action is to take steps early on to enhance your immunity. The majority of the supplements in this article (elderberry is the exception) should be taken regularly to support the healthy functioning of your immune system. This doesn't mean that you won't get sick, but a healthy, competent immune system is more resilient and better able to handle an infection, lessening symptoms, duration, and severity.

1

VITAMIN C

Vitamin C is a key player in immunity, and it is required by a number of critical immune cells, including white blood cells and natural killer cells, to function properly. It has an impact on both innate and acquired immune responses against infection. Because the human body cannot make vitamin C and this important antioxidant is severely depleted by inflammation, stress, and illness, it is especially important to supplement during times of infection (it is also water soluble, meaning the body does not store it, so it has to be replenished daily). Additionally, vitamin C is similar in structure to glucose and uses the same receptor sites to enter the cell membrane—this means that if you eat a lot of sugars and simple carbs, less vitamin C will be absorbed because glucose is “hogging” the receptors sites. The key is to maintain optimal levels. **Take: 500-1,000 mg daily for maintenance. This may be increased up to 6,000 mg daily, in divided doses, during times of infection.**¹²³⁴⁵⁶



2

VITAMIN D

Vitamin D plays a central role in proper immune function and is required by our bodies to make a variety of germ-fighting factors, such as the important antimicrobial compound cathelicidin. It has also been shown to reduce the risk of viral infections, such as influenza, pneumonia related to viral infections, and acute respiratory tract infections. Researchers have noted that the winter and early-spring increase in viral infections appears directly related to less seasonal sun exposure and low vitamin D levels, and that those with low vitamin D levels tend to have more serious complications from viral infection like the flu. **Take: 5,000 IU daily for adults, and up to 1,200 IU daily for children.**⁷⁸⁹¹⁰¹¹¹²¹³¹⁴¹⁵¹⁶

3

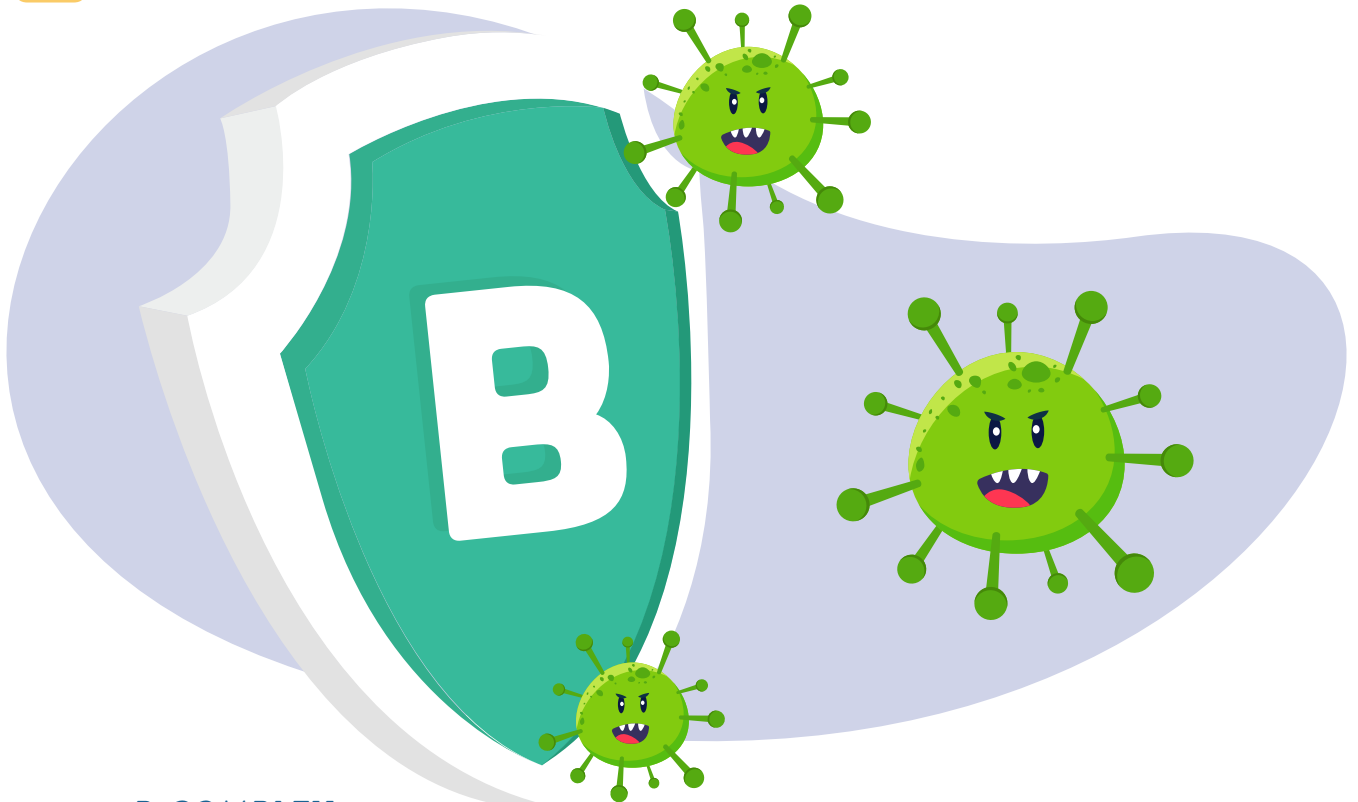
ZINC

Like vitamins C and D, this trace mineral is crucial for the proper functioning of the immune system and works synergistically with C and D to support both innate and adaptive immunity. These nutrients are actively used by immune cells to fight infections, including upper respiratory tract infections. Even moderate deficiencies in zinc can increase the risk of infection, and according to one review, “...impaired immune functions due to inadequate zinc status may be the most common cause of secondary immunodeficiency in humans.” Zinc influences the activity of important immune cells like macrophages, neutrophils, and natural killer cells, and also plays a role in immune cell messaging (i.e., it is required for certain immune cells to communicate). Zinc supplementation has been shown to reduce both the risk and duration of pneumonia in children and the elderly, as well as reducing the incidence of infections like the common cold and flu. **Take: 30 mg daily for long-term support. Increase to 50-75 mg daily during times of infection. Forms to consider include zinc acetate, gluconate, zinc orotate, and zinc citrate.**^{17 18 19}

4

SELENIUM

Selenium is a trace mineral that is important in maintaining healthy immunity. In people who are not severely selenium deficient, selenium supplementation has been shown to stimulate the immune response, including enhancing immune cell response to antigens. Other research indicates that selenium plays a role in regulating the expression of cytokines, cell-signaling molecules that play a crucial role in immune response. Selenium deficiency has been shown to impair the immune response, allowing viruses to freely replicate, and to increase a person’s susceptibility to viral infections. **Take: 100-200 mcg daily.**^{20 21 22}



B-COMPLEX

5

Take a B-complex daily to support general health, mental wellbeing, and overall immune function. B6, B1, and B12 are especially important for immune health. Low B6 intake has been associated with impaired immune function, including decreased production of lymphocytes (white blood cells and T-cells) and interleukin-2, which is crucial in the body’s response to infection. B1 (thiamin) supports healthy levels of inflammation, particularly during the early stages of the immune response (also known as innate immunity). This helps maintain a balanced immune response, which supports optimal functioning of the immune system. B12 is also important to immune function because it is necessary for proper cell division and growth, including that of white blood cells. **Take: A quality B-complex supplement will cover the bases, but for extra immune support, you may consider adding B6, B1, and B12 in addition to the B complex.**^{23 24}

6

ELDERBERRY

Elderberry (*Sambucus nigra*) can quickly reduce the aches, pains, and tired feeling that usually accompanies viral infections like the flu. In one study, Israeli researchers found that 14 of 15 people taking elderberry extract had a significant reduction in symptoms, including fever, after just two days, and 13 of the 15 patients were symptom free after three days. Other research has shown that elderberry has a direct anti-viral action. Most of the studies have used an elderberry syrup, not capsules. **Take: Follow label directions for use.**^{41 42 43 44}



PROBIOTICS

7

A large portion of our immune systems are located in our GI tracts, with mounting research indicating that a healthy gut microbiome plays an important role in defending the body against respiratory pathogens, while dysbiosis (an unhealthy imbalance in gut bacteria) can increase the risk of getting a respiratory tract infection. Research has shown that some specific types of probiotics can blunt the symptoms of viral infections in both children and adults: *Bifidobacterium bifidum* eased cold and flu symptoms in stressed out college students and in a study of children in day care centers, *Lactobacillus rhamnosus* GG reduced upper respiratory tract symptoms. Still other research has shown that *Bifidobacterium lactis* and *Lactobacillus brevis* can improve cold and flu symptoms. **Take: What the label suggests. Any or all of the mentioned strains should provide preventive benefits when taken long term.**^{25 26 27 28 29 30 31}

N-ACETYLCYSTEINE (NAC)

8

N-acetyl cysteine increases the body's supply of glutathione, a powerful antioxidant that protects cells and supports the body's normal detoxification processes. NAC is also used to break up mucous in the lungs. In one study, Italian researchers gave 262 seniors either 600 mg of NAC or placebos twice daily over the cold and flu season. Of the people with laboratory-confirmed flu infections who were taking NAC, only 25 percent developed symptoms. In contrast, 79 percent of the men and women taking placebos developed clear-cut flu symptoms, according to an article in the *European Respiratory Journal*. NAC controlled the respiratory symptoms of the flu and, through its conversion to glutathione, boosted the body's ability to manage infection **Take: 600 mg twice daily during the cold and flu season. On the first day of symptoms, increase the amount to 2,400 to 3,600 mg daily and continue until symptoms subside.**^{32 33 34}

9

QUERCETIN

This flavonoid has been shown to have direct anti-viral action against multiple strains of the flu, in part by preventing the virus' entry into cells and replication, specifically in the early stages of infection. One study found that the inhibitory effect of quercetin was enhanced when quercetin was already present in the body; in other words, it works most effectively when it's taken *before* you get a viral infection. In addition to its anti-viral action, quercetin also supports a healthy inflammatory response by downregulating cytokine expression and secretion. In animal models, quercetin has been shown to reduce viral-induced inflammation, lung inflammation, improve lung function, and reduce the damaging effects of oxidative stress on the lungs.

Take: 1,000 mg daily, in divided doses. ^{35 36 37 38}

10

MUSHROOMS

Mushrooms have long been used in traditional medicine and modern science continues to prove their worth in human health. Along with promoting normal cell growth and supporting the body's natural detoxification processes, mushrooms seem to also have an immune-boosting effect. One recent human study found that white button mushrooms increased the production of secretory immunoglobulin A (SIgA), by more than 50 percent.³⁹ SIgA acts as the first line of defense against pathogens on mucosal surfaces (i.e. mouth, nose, lungs). Mushrooms are also rich in beta-glucan, a naturally occurring branched polysaccharide that enhances immunity by activating white blood cells to engulf and destroy bacteria and viruses.⁴⁰

Take: A variety of mushroom extracts are available in supplement form; follow label instructions for doses.



References available upon request.



THE BEST IN BULK

HEY NEIGHBORS, LET'S TALK ABOUT YOUR PANTRY.

And while we're at it, let's not forget your spice rack and your snack basket! With all the cooking from, working from, and general hanging out at home, we know the importance of quality staples is a bigger deal than ever. So we're happy that our different way of doing things at Natural Grocers means our 100% Non-GMO bulk selections check all the right boxes for a time like this: Sanitary. Always Affordable. Always fresh. Most notably—we've never believed the logistics of self-serve bulk bins were good for product quality, not to mention for being hygienic. Which is why we pack it for you (using minimal packaging), and we refrigerate the things that need cold temps to stay fresh, like nuts, seeds, snacks, and flours. We get to control the batch sizes, so nothing is ever too big a quantity to go rancid, like when it's been sitting at room temp, in the bottom of a bin for ages on end. Plus, our unbeatable quality standards for bringing our neighbors the healthiest food mean we have loads of organic options, and every single item in our bulk department is Non-GMO. So come on in and talk to us (from a proper social distance, and sporting a mask of course), about how to keep that snack basket fun, spice up your spice rack, and make sure your pantry is fresh and full. Like we always say, when you restock at Natural Grocers—you're not just buying in bulk—you're buying the best in bulk!

FAMILY TAKES CARE OF FAMILY

CHECK OUT WHAT THE NATURAL GROCERS FAM IS DOING TO LOOK OUT FOR YOU!

Does grocery shopping have you nervous during the pandemic? This family is taking it personally! They're involved every day, in every detail, of making your trip to the grocery store as safe as possible during this crisis! Here's how it looks in-store.

Between them, they have over 150 years of experience in the grocery business, if you were to add up each sibling's time invested. Behind them, they have the legacy that their parents began in 1955—empowering communities to take charge of their health by providing Nutrition Education and the highest quality products. In front of them is the most unprecedented public health crisis of our times—the one we're all facing together. For the Isely family, prioritizing the health of customers and Crew is something they've been doing since long before COVID-19 upended life as we know it. It's the reason for their company's, Natural Grocers', existence, and the principles that have guided it from its origins. Now, with new and sometimes contradictory information coming at us on an hourly basis, the Iselys want to let their neighbors know that they're taking the wellbeing of customers and Crew personally. They're involved every day, in every detail, of making your trip to the grocery store as safe as possible during this crisis! Here's how it looks in-store.



YES, TO SOCIAL DISTANCING WHILE GROCERY SHOPPING—IT'S NOT HARD TO MAKE IT EASY!

Maintaining social distance during a grocery run doesn't have to be complicated, and Natural Grocers is making it as simple as possible. It begins with a Crew that is trained on best practices for managing social distancing throughout their workday and continues with helpful signs and announcements to remind customers to maintain space while shopping. Most importantly—Natural Grocers has you covered during the most condensed period of your trip—the checkout line. Check out the steps taken to make your transactions as safe as possible.

Social distancing markers: These are placed at 6 ft intervals to ensure appropriate distance is kept while waiting in line.

Plexiglass sneeze guards: These are installed at every register to provide a barrier between the customer and Crew.

Bag or box your own: Every customer is asked to bag or box your own groceries to further reduce human-to-human interactions.

Limits on the number of customers in store: All stores have a maximum number of customers allowed in at one time based on square footage. Additionally, all stores are complying with local mandates regarding occupancy.

In-store reminders: Announcements run regularly on each store's PA system, reminding customers to maintain adequate social distancing.

Face Masks: All Crew will be provided with a fabric face mask, which is required to be worn unless there is a medical reason that prevents it from being worn. Masks provide another barrier between the customer and Crew.

What you can do: Follow these commonsense procedures and expert guidance.

Bring a list: It will make your shopping trip as efficient and painless as possible.

Maintain your personal space but remember: Anxiety puts unnecessary stress on the immune system, and there is a constant deluge of anxiety-inducing information flooding us all now. Perhaps the following details from the CDC Guidelines can help your grocery shopping experience be more relaxed.

Proximity plus time: According to the CDC, the virus is mainly spread between respiratory droplets when an infected person coughs or sneezes. However, another less-reported guideline from the CDC is that risk is increased by "close contact" with an infected person. Close contact is defined as being within 6 ft of that person for a prolonged period of approximately 10 minutes. While there are no guarantees and much data is yet to be analyzed, it's easy to avoid being within 6 ft of another person for 10 minutes while you're shopping at Natural Grocers, so take a deep breath and add a bar of organic chocolate to your list.

Wear a fabric face mask: Face masks are now recognized and recommended by the CDC as an important secondary measure you can take to help contain the pandemic. Additionally, some states and cities are advising everybody to wear a fabric face mask when they go shopping for groceries.



ONE OF AMERICA'S CLEANEST GROCERY STORES IS KEEPING IT EVEN CLEANER!

Are you concerned about cleaning your cart when you go to the store? Natural Grocers has a Crew member (wearing gloves and a fabric face mask) doing it for you, as well as additional cleaning spray and paper towels at your disposal should you need them. Plus, this grocery chain has long been ahead of the curve when it comes to cleanliness, even recently winning a spot-on Consumer Report's list of Cleanest Grocery Stores in America. So, upgrading sanitization measures to combat the COVID-19 outbreak was no big leap. Here's what Natural Grocers is doing to keep things sanitary while you shop:

Baskets and carts: The handles of baskets are cleaned after each use. Carts handles and the child seating area are cleaned after cart collections and the handle is cleaned again as each customer comes into the store.

Personal items: Surfaces where customers set personal items, such as reusable bags, are cleaned before the next customer uses them.

Frequently touched surfaces: Payment keypads, check stands, water machine, bathrooms, door handles and other frequently touched surfaces are being cleaned and sanitized regularly.

Minimizing other sources of exposure: Areas where shoppers could more easily be exposed to cross-contamination from multiple users have been shut-down or eliminated temporarily, including kombucha stations, product testers and product demos.

Additional Crew and adjusted hours: Temporary Crew have been hired to help with sanitization and other essential duties, and store hours have been adjusted to ensure adequate time for a thorough cleaning before opening the next day.

What you can do: Shoppers can follow common-sense procedures as outlined by multiple experts, to protect themselves as well.

Wash, wash, wash your hands: When you arrive home, before you eat and generally when in doubt—wash your hands, properly, for a minimum of 20 seconds.

Carry hand sanitizer: If you can, keep it with you whenever you leave the house. We've provided all of our Crew with their own personal hand sanitizer.

Wear a face mask: All customers are asked to wear a face mask while shopping, to protect themselves and others around them.

Don't touch your face: Until you have thoroughly washed your hands that is. It's a pretty simple routine to provide a substantial amount of protection for yourself and others.

FACE MASKS, GLOVES, AND TAKING TEMPS ARE ON-TREND FOR THE SAFETY OF YOU AND THE CREW!

Natural Grocers is taking every preventive step within their power to mitigate the spread of the virus while still providing the essential service of making healthy and affordable groceries and supplements available to their communities. The following are several key provisions that the company has implemented to help achieve this:

Face masks are mandatory: This applies to all Crew members at Natural Grocers stores and the companies bulk re-packaging production facility unless a Crew member is medically certified unable to wear one. Fabric face masks provide an extra layer of protection for customers and Crew.

Homemade with expert guidance: The homemade masks are being provided to Crew members by Natural Grocers and have been made with materials and according to a pattern determined to be most protective for a homemade mask.

Protocols on keeping it sanitary: Crew members have received instructions on mask-wearing, glove removal, and cleaning protocols to ensure these tasks remain as sanitary as possible.

Gloves are available to all and required for some: Gloves are required to be worn by all cashiers and any other Crew engaged in cleaning and sanitizing around the store, as well as being available for any other Crew who wishes to use them.

Temperature taking and symptom checking: All Crew have their temperature taken and symptoms checked when they arrive at work.

What you can do: Wearing a mask is now recommended by the CDC and many local governments. The earlier we adopt this practice, the more we will be able to flatten the curve by protecting those most at risk from catching the virus. So, grab yourself a homemade mask and join the ranks of citizens against COVID-19.

THIS FAMILY BUSINESS WAS FOUNDED ON THE PRINCIPLE OF CARING FOR THEIR GOOD4USM CREW!

They are, indeed, heroes during this crisis—the Crew members who show up day after day to serve their communities by making sure essential supplies and healthy food are available and can be obtained in a sanitary environment! Natural Grocers has acted quickly to support their good4u Crew since the beginning of the pandemic and is continuing to update their policies as circumstances dictate. The company is well-positioned to offer additional wellness and stress support to Crew members thanks to its founding principle of Nutrition Education, and the in-house staff of nutrition experts who provide this to customers and Crew. Here are some of the things Natural Grocers is doing to support and thank the good4u Crew:

Immune- and stress-supporting supplements and expert tips:

These supplements are provided, free of charge, to Crew daily (at their discretion). The in-house team of nutrition professionals is offering extra support to store and other essential Crew during the crisis as well.

Mental health support: Three free therapy sessions are available to Crew members to support mental wellbeing.

Raises and bonuses: All store and hourly bulk manufacturing Crew have received pay increases and discretionary bonuses.

Additional paid time off: Up to 2 weeks additional paid sick/quarantine time for all Crew—full-time, part-time and temp. An additional 12 weeks' pay replacement is available via the company's short-term disability benefit.

Coverage for COVID-19 related costs: Natural Grocers is covering all COVID-19 testing, diagnostic and treatment costs. Crew who currently have medical benefits through the company will not pay any out of pocket expenses for these medical expenses.

Opened a special medical coverage enrollment period and shortened time to qualify for medical coverage: Crew who may have opted out of medical coverage previously now have the option to opt-in and those who are recently hired have a shorter wait period to sign up.

The company has never penalized Crew for calling out sick: The company has always encouraged Crew to stay home when sick and has always provided paid time off to do so.

YES, THIS NEIGHBORHOOD GROCER HAS SPECIAL SHOPPING HOURS FOR SENIORS AND CUSTOMERS WITH UNDERLYING HEALTH CONDITIONS.

On Sundays from 9 to 10 am, and Wednesdays from 8 to 9 am, there is a special hour reserved for shoppers who are at higher risk from the virus, including seniors, those with underlying health conditions and pregnant women.

What you can do: If you aren't in a high-risk group, please respect the need for your neighbors to utilize these times dedicated to serving them.

THE FIVE FOUNDING PRINCIPLES OF NATURAL GROCERS ARE MORE VITAL NOW THAN EVER AND ENABLE THEM TO PROVIDE THEIR COMMUNITIES WITH WELLNESS SUPPORTING FOOD, SUPPLEMENTS, AND EXPERTISE.

This healthy grocery chain was founded on the radical concept that everyone can be empowered to take charge of their health! Natural Grocers paves the way by providing scientifically based Nutrition Education and the highest quality products that are free of health-damaging, artificial and chemical substances. Most importantly, Natural Grocers believes in sharing the expertise of its in-house nutrition professionals at no charge to the community and making sure their groceries, supplements, and lifestyle essentials are Always AffordableSM. It's how this family legacy began, and it's how the Iselys and Natural Grocers are poised to offer essential support to their communities in this new normal. They're taking your grocery shopping, in the time of coronavirus, personally so that it doesn't need to be an anxiety-inducing experience for you.



CHARD, HERB & BACON EGG BITES

Served with coconut, berry, and mango salad

INGREDIENTS

FOR THE EGG BITES

8 strips Natural Grocers Brand Bacon,
cut into 1/8-inch-thick slices

1 small organic white onion

2 organic garlic cloves

1 organic red bell pepper

1 bunch organic chard

1/4 cup Natural Grocers Brand Organic
Extra Virgin Olive Oil, divided

8 Natural Grocers Brand Organic
Pasture-Raised Eggs

Natural Grocers Brand Bulk Seasonings:

1 teaspoon Real Salt

2 teaspoons Organic Herbes de Provence

1/2 teaspoon Organic Ground Black Pepper

1 (6-ounce) package Natural Grocers Brand
Organic Parmesan Cheese Shreds

FOR THE SALAD

1 tablespoon Natural Grocers Brand
Raw Unfiltered Honey

2 tablespoons fresh organic lime juice

1/2 cup Natural Grocers Brand Bulk Organic
Unsweetened Shredded Coconut

2 (6-ounce) packages fresh organic blueberries

1 (10-ounce) package Natural Grocers Brand
Organic Frozen Mango Chunks, thawed

INSTRUCTIONS

PREP TIME: 1 HOUR | SERVES 6 (2 EGG BITES PER SERVING)

With its mild flavor and soft-textured leaves, chard blends perfectly with Parmesan cheese, crunchy-salty bacon, and Herbes de Provence in these fun and tasty egg bites. Serve along with a simple, yet bright and flavorful coconut, berry, and mango salad, and you'll have an impressive brunch!

1. Preheat the oven to 350° F.
2. Place a large skillet over medium heat and add the bacon. Cook, stirring every minute or so, until the bacon is crispy and nicely browned (adjust heat accordingly to ensure even cooking). Once done, use a slotted spoon to transfer the bacon bits to a bowl and set aside.
3. While the bacon cooks, dice the onion, mince the garlic, remove the stem and seeds from the red pepper and dice.
4. Drain all but approximately 2 tablespoons of bacon grease from the skillet and set back over medium heat. Add the onion and sauté until translucent, about 3 minutes. Add the garlic and red pepper and sauté, stirring frequently, for another 2-3 minutes.
5. While the onion cooks, rinse the chard leaves under cold water and shake off excess water. Remove the stems, stack the leaves, and roll them up. Thinly slice and then chop to create bite-size pieces. Add half of the chard to the skillet, toss to incorporate, cover, and let wilt, about 1 minute. Repeat the process with the remaining chard. Keeping the skillet covered, remove from the heat and set aside.
6. Line a muffin pan with 12 muffin cups. Use approximately 2 tablespoons of olive oil to grease the liners.
7. In a large bowl, whisk together the eggs, the remaining olive oil, and seasonings; stir in the chard-vegetable mixture and the cheese shreds and gently mix together. Evenly divide the egg mixture among the muffin cups using a ladle or a measuring cup with a spout. Sprinkle the bacon bits evenly over each cup and place in the oven to bake for 15-20 minutes, or until the eggs are set in the middle.
8. While the egg bites cook, make the salad. In a large bowl, whisk together the honey and lime juice. Add the coconut, berries, and mango and gently toss until well combined. Serve alongside the egg bites.

FOUNDATIONAL FIVE™



SUPPLEMENTS

MULTIVITAMIN • MAGNESIUM

EPA & DHA • LUTEIN

SUPER NUTRIENTS



NUTRITION BYTES

LUTEIN IMPROVES MEMORY, REDUCES BRAIN INFLAMMATION IN YOUNG ADULTS

Much of the research conducted on nutrients and cognitive function focuses on older populations who may already be experiencing cognitive decline, but a new study investigated the effect lutein, and its partners, zeaxanthin and meso-zeaxanthin, had on cognition in young adults in their cognitive prime. The results are exciting.

The double-blind, placebo-controlled study, published in 2019, examined the effects of lutein, zeaxanthin, and meso-zeaxanthin (a group of related carotenoids) on cognitive performance and markers of brain function in 59 healthy adults, aged 18-25. The subjects were divided into three groups: placebo, 13 mg (containing 10 mg lutein and 2 mg zeaxanthin/meso-zeaxanthin), or 27 mg (containing 22 mg lutein and 4 mg zeaxanthin/meso-zeaxanthin) daily. Each group was subjected to a series of cognitive tests and blood tests which were conducted over a six-month period.

SEVERAL MEASURES OF COGNITIVE PERFORMANCE IMPROVED SIGNIFICANTLY, INCLUDING THE ABILITY TO RECALL VERBALLY PRESENTED INFORMATION; SUSTAINED ATTENTION; FINE MOTOR/HAND-EYE COORDINATION; AND THE ABILITY TO RECOGNIZE AND PROCESS INFORMATION.

Several measures of cognitive performance improved significantly in both treatment groups, including the ability to recall verbally presented information; sustained attention; fine motor/hand-eye coordination; and the ability to recognize and process information. Supplementing with these nutrients also lead to significant increases in brain-derived neurotrophic factor (BDNF), a protein that has been shown to support neuroplasticity. Neuroplasticity is the brain's ability to adapt and change throughout life and supports improved brain function. There was also a significant decrease in inflammatory markers that have been shown to be a hallmark of age-related cognitive decline.

This study highlights the benefits of supplements containing lutein and its carotenoid partners, zeaxanthin and meso-zeaxanthin, and their ability to support brain health and cognitive function, even in those in their cognitive prime.

CORRECTING VITAMIN D DEFICIENCY IN OVERWEIGHT CHILDREN IMPROVES CARDIOVASCULAR HEALTH

According to recent reports, nearly 20 percent of 2 to 19-year-old American children and adolescents are overweight or obese, with a higher prevalence among African American children. Just as it does in adults, obesity increases the risk for type-2 diabetes and heart disease. Overweight and obese children are also at a greater risk for vitamin D deficiency. This is important as suboptimal levels of vitamin D contribute to poor cardiovascular health by driving inflammation, high blood pressure, and high blood sugar. A recent randomized, double-blind trial found that correcting vitamin D deficiencies in overweight children counteracts these negative effects and improves markers of cardiovascular health and blood sugar balance.

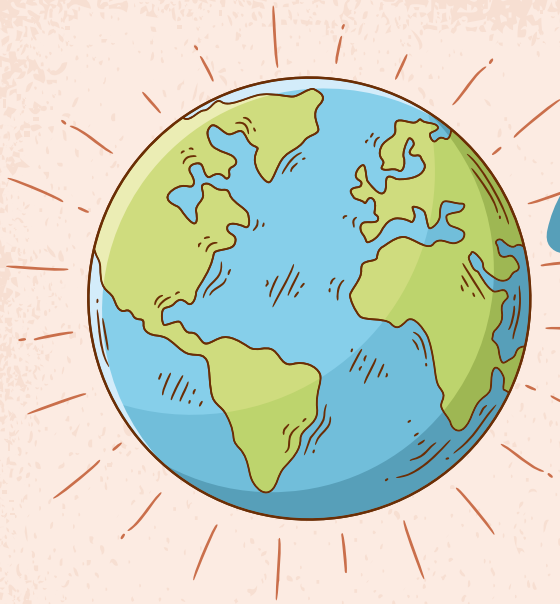
The study included 225 vitamin D deficient (<20ng/mL) overweight children (the majority were African American boys with an average age of 13 years) receiving either 600, 1,000, or 2,000 IU/daily of vitamin D for six months. Researchers wanted to determine whether the higher doses of vitamin D were more effective than the RDA of 600 IU/day for improving cardiometabolic markers. They looked at several different indices of cardiovascular health, including blood pressure, body mass index (BMI), and blood sugar markers like insulin sensitivity and fasting glucose.

At the end of the six-month period, supplementation with the higher doses of vitamin D led to lower fasting glucose,

greater insulin sensitivity, and improved blood pressure compared to those receiving 600 IU/day. Improvements in body composition were also observed in the 2,000 IU/day group, including lower total body fat and improved waist circumference and BMI.

Researchers concluded that optimizing vitamin D status with higher doses of vitamin D provides a preventative intervention for improving long-term cardiovascular health in overweight and obese children. They also wrote "Because our study sample consisted mainly of African American children, future studies should evaluate the use of vitamin D supplementation as a strategy for addressing racial disparities in cardiovascular disease."

References available upon request.



Earth WATCH

PIECES OF GOOD NEWS

Organic farming and an organic diet can safeguard and improve the health of the environment and the health of your family, with groundbreaking studies continuing to yield proof of those benefits. Here is a roundup of recent research from The Organic Center, proving that organic is always the best choice—for the health of you and your family, the economy, and the planet!

DRINK CLEAN MILK. CHOOSE ORGANIC!

In 2019, The Organic Center collaborated on a study showing that choosing organic is an easy way to avoid pesticide, antibiotic, and synthetic growth hormone residues in milk. Samples of conventional and organic milk from retail stores across the country were tested. A majority of the conventional milk samples tested positive for residues of antibiotics and pesticides, while organic milk showed no such contaminants. Furthermore, residues of growth hormones in conventional milk were 20 times higher than in organic.

FOSTER BIODIVERSITY. WAKE UP WITH ORGANIC COFFEE!

It is well known that organic farming practices increase biodiversity. A new study shows this is especially true for coffee. Both above and below ground insect populations were compared in conventional versus organic coffee farms in Brazil, the world's second-largest coffee producing country. The study showed the diversity of soil insects, earthworms, and above ground insects was much greater on organic coffee farms.



SUPPORT FARMER LIVELIHOODS. BUY ORGANIC!

A 2019 study published in *Agroecology and Sustainable Food Systems* found that organic farms in Washington state and California provide greater employment opportunities with more job stability when compared to county averages.

FEED YOUR KIDS ORGANIC... EVEN BEFORE THEY'RE BORN!

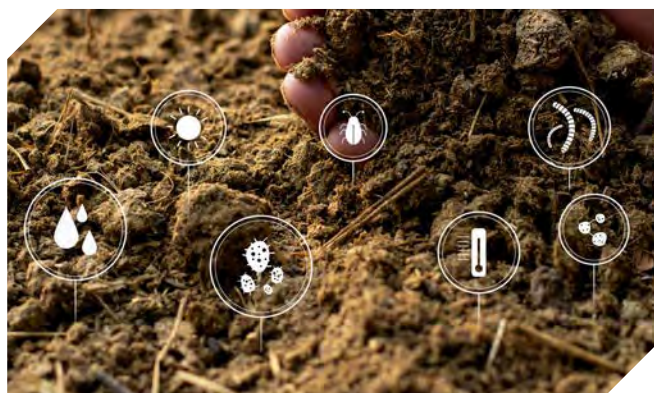
A six-month diet intervention study published in the journal *Environment International* in 2019 found that eating organic can greatly reduce pesticide exposure during pregnancy. The study showed markedly less exposure to neurotoxic pyrethroid pesticides in an organic diet. Prenatal exposure to pyrethroids has been linked to behavior and developmental issues in children.

“BEEF” UP YOUR NUTRITION. LOOK FOR THE ORGANIC LABEL!

Choosing organic when you're shopping for beef may be a good way to boost the nutrition in your meals, according to a 2019 study published in the *Journal of the Science of Food and Agriculture*. The study found more healthy antioxidants and fatty acids in organic beef—the organic beef was especially beneficial when it came to heart-healthy alpha-linolenic acid, with 170% higher levels than conventional beef.

SUPPORT HEALTHY SOIL FOR HEALTHIER PLANTS. CHOOSE ORGANIC!

A study published in 2019 showed that organic farming promotes beneficial soil fungi that leads to healthier crops with increased plant growth, vigor, and yield. While synthetic chemicals used in conventional farming reduce the amount and diversity of these microbes, the study, published in *Nature: Scientific Reports*, showed that organic farming boosts beneficial fungal communities in multiple crops. In turn, those fungi increase crop growth, health and overall yield.



ENSURE YOUR FOOD SAFETY. EAT ORGANIC PRODUCE!

Several studies in 2019 suggest that organic systems are better at suppressing foodborne pathogens like *E.coli*. Research published in the journal *Biological Control* found that one way organic farms suppress pathogens is by supporting biodiversity that directly prevents pathogens. Researchers surveyed beetle communities on conventional and organic farms, and found that only organic farms fostered the right beetle species that directly suppresses *E. coli*. Another study in *Frontiers in Microbiology* looked at bacteria on food once it got to the grocery store and found that organic fruit may harbor fewer bacterial diseases than their conventional counterparts.



KEEP BEING BEE FRIENDLY WITH ORGANIC!

Every year more evidence points to the multitude of benefits organic farming provides pollinator communities. 2019 was no different, with a study showing that organic farming provides honeybees critical food sources in agricultural regions.

DITCH THE PESTICIDES THAT ARE HIDING IN YOUR BODY, IN LESS THAN A WEEK! EAT ORGANIC!

A 2019 study published in *Environmental Research* showed that switching from a conventional to an organic diet for less than a week reduced levels of pesticides in both children and adults. The study tested for a broad range of pesticides, including neonicotinoids.

THANK YOU TO OUR good4uSM CREW!

We're so appreciative and touched by the kind words you all have shared about our crew. They're working hard, and we thank you for your support. See some of the feedback our customer service team has recently received.

"Thank-you for the email about what you are doing to help your employees during the Coronavirus episode & how you are keeping your stores clean! You should be proud of what you do & my wish & hope is that more companies do this for their employees! Peace, love & all that good stuff! So glad you are [in] my town (Pagosa Springs)!"

- Pagosa Springs Customer

"Thank you good4u Crew for all you do to serve our community during this time."

- Spokane Customer

"Thank you so much to my local Natural Grocers. Sunshine, Rachel, and Dennis are just wonderful people. They truly stand out."

- Olathe Customer

"This store is staffed with the best crew ever in any Natural Grocers I have ever shopped in (and I have been to many in Colorado). Please pass on to them that our community really appreciates their hard work in this tough time. I let them know when I shop there but also wanted to let your corporate office know. Thank you."

- Lakewood West Colfax Customer

"I've enjoyed shopping at your store since it opened. It's always clean. The staff is knowledgeable and helpful. Now, the emails about what the corporate office is doing for the employees: amazing. It's a pleasure doing business with people who have integrity. Thank you!"

- Tyler Customer

"Thank you for being so kind to your employees. I love your store and the folks who work there. Stay safe during this trying time."

- Medford Customer

“Kristi, employ[ee], very helpful and pleasant. If she doesn't know where something is, she makes an effort to find out and help customers. Just wanted to let you all know, I appreciate her effort.”

- Corvallis Customer

“We are so thankful for your staff at your Durango, CO store. Their willingness to work during these stressful days has helped my family immensely. We have food sensitivities and we are able to find most everything we need with you. Thank you all for being there for us and our health.”

- Durango Customer

“Shout out to the amazing NG staff for their positive attitudes and helpfulness during COVID-19 and always. On top of the awesome staff, produce and store shelves are always well stocked. My family is so thankful you opened in Dubuque, IA. We will not and have not shopped anywhere else since. Thank you for being our rock during this bumpy time. You are all good people!”

- Dubuque Customer

“Hi, Thank you for your message, A Note to Our Customers About the Coronavirus From the Isely Family. My husband and I both particularly appreciated your request for customers not to hoard so that everyone has a chance to buy what they need. We appreciate Natural Grocers so very much. The store manager at our store works so hard. We really appreciate him!”

- Salem Customer

“I would just like to send a note to you and your store employees. I've been in there a couple times since this COVID-19 started. I am very thankful for your store. It is so clean and very professionally run. Your checkout clerks are very friendly and fast. Most of the items I needed were fully stocked, even with this craziness.

Thank You!”

- Coos Bay Customer

“Thank you to everyone at the Conifer store. We relied on you before the change in events, and we count on you even more now. Thank you for your healthy organic produce, wide selection of health and beauty products, supplements and basic food and supplies. You're our “go-to” store and we greatly appreciate you. You are doing a fantastic job!”

- Lakewood West Colfax Customer

“Thank you for everything you do for your customers and your staff. I appreciate the hard working team at my local store. Thank you again”

- Glenwood Springs Customer

“Thank you Natural Grocers for doing such a great job during the challenging times. The Staff at Fort Collins are awesome, kind, and extremely helpful. We appreciate all you do.”

- Fort Collins Customer



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