



Choices Natural Market

Natural & Organic Meat & Produce

6551 E. Riverside Blvd.
Rockford, IL 61114
815-282-1861 - www.choicesnaturalmarket.com

We Made It!

We have made it through our 1st full year! Actually July 20th was officially our 1 year anniversary, but as I'm sure you have noticed, I am a bit behind on newsletters. I am also sure everyone is wondering where I have been. Well, I've been at the store, but I've mostly been in the office. We have purchased a new register and I have been spending most of my time programming it and getting it up and running. That is almost finished and I will return to the land of the living shortly. I can't tell you how happy that makes me!

The new register, while it has been a pain to program, will help us keep a handle on our inventory so we won't be out of stock all the time. I'm sure you have noticed that this has been a problem in the past and I am sorry for this. Believe me, I don't like telling you that we are out of something or I forgot to order it. The new cash register has the capabilities to track our inventory and suggest orders based on sales. We will probably still run out once in a while until I get it fully functioning and have a few months of sales history, but we are moving forward and we will eventually operate properly. In the meantime, I want to thank each of you for sticking with us through all of this. I really do appreciate your business.

That being said, I would like your help in rebuilding our inventory with the products that you want. I have tried to do my best in buying what I think will sell, but now I am asking for your help. Included in this

newsletter is a survey asking what products you want. Please take a few minutes and give your suggestions – add an additional page if you would like. You can drop off the survey at the store or mail it in, whichever you prefer. All surveys will be entered in a drawing for a \$25 Gift Certificate. I would really appreciate your input. Thank you for your support!!!

New Website!!!!

Another exciting project that I have been working on is our new website! www.choicesnaturalmarket.com. Our new website has tons of information, including recipes, nutrition information, integrative medicine, etc. You can look up supplements, herbs, research health problems, food ingredients and get information on alternative medicine. It is really an awesome sight and very informative. Please check it out and tell your friends!

Throughout the next couple of months, you will find many products on special as we eliminate those that do not sell. Please stop in to take advantage of the lower prices and help us move this out to make room for the new products that you have requested.

Turkey Time

It's that time of year again and we need to start thinking about the holidays. I know, I don't want to think about it either, but as a retailer, it is my job to remind you. Thanksgiving will be here before you know it and we will begin taking turkey orders. Last years turkeys were from Wholesome Harvest, a coop of (certified organic) small family farmers in located in Central Iowa. More than likely, this is what we will have again this year since I have not found a local organic farmer that sells them at a reasonable price. I have not yet received pricing; but will let you know as soon as I

can. There will be a \$20.00 deposit for turkey orders and the order sheet will be at the register beginning October 1st.

Headlines from the OCA

The Organic Consumers Association (OCA) is an online and grassroots non-profit public interest organization campaigning for health, justice, and sustainability. The following headlines have been sent out by the OCA (Organic Consumers Association). You can sign up to receive updates, action alerts and important information at their website: www.organicconsumers.org.

PUT FOOD, FARMING, & CLIMATE CHANGE ON THE TABLE IN THE 2006 ELECTIONS

The Organic Consumers 2006 Political Candidate Survey and Voter Guide are spreading across the country. If you haven't already done so, please visit the Organic Consumers Fund web page to see how candidates from your area have responded and how to get involved.

<http://www.organicconsumersfund.org>

USDA SAYS SHUT UP AND EAT YOUR FRANKENRICE

The USDA has finally reacted to the contamination of the U.S. rice supply by an unapproved, genetically engineered variety of rice created by the Bayer Corporation. Three weeks ago, it was discovered that Bayer's mutant rice, gene-spliced to survive heavy doses of a powerful herbicide called glufosinate, had contaminated U.S. long grain rice stocks. The USDA admitted it had "no idea" how extensive the contamination was. Meanwhile Japan has banned all U.S. rice imports, while the EU is rejecting U.S. imports that test positive for contamination. The rice industry has been in a state of upheaval, with rumors of a massive market recall spreading across the country. This week, the USDA announced its plan of action: instead of recalling this illegal, and potentially unsafe rice, it is working with Bayer to fast-track

the approval process. "Illegal, potentially hazardous rice in grain bins, on supermarket shelves, in cereal, beer, baby foods, and all rice products. It should be a no-brainer. Recall this stuff to make sure no one eats it," said Joseph Mendelson, Legal Director of the Center for Food Safety. "Instead, USDA plans to rush through 'market approval' of a genetically engineered rice that Bayer itself decided was unfit for commerce. Why? To free Bayer from liability."

UNTESTED, UNLABELED & TOXIC NANO-PARTICLES INVADING OUR HOMES & BODIES

A recent survey shows that the majority of consumers have little or no knowledge of how pervasive nanotechnology has already become in everyday products. The relatively new science makes use of extremely small particles, on the scale of one-billionth of a meter in size; larger than atoms, but much smaller than a cell. Nanoparticles are now used in a wide variety of consumer products, including high-capacity computer drives, food packaging, shampoos, sunscreens, and cosmetics. Nanoparticles' unique behavior offers great promise to their future use, but some experts are concerned the products are being released on the market too soon and without adequate safety testing. Early research has found that nanoparticles easily pass through body tissues from one area of the body to another. Laboratory studies already warn that nanoparticles can cause inflammation, damage brain cells, and cause pre-cancerous lesions. The fall issue of the journal "Sustainable Development Law & Policy" takes a good look at the new technology and the current lack of federal oversight of this promising yet unpredictable consumer product line.

Are you a vegetarian? _____

Vegan? _____

Do you have Celiac or require
Gluten-Free Products?

Do you have any special diet
requirements/ food allergies?

What? _____

What percentage of your diet is
raw? _____

Would you be interested in soups
or sandwiches? (circle one or both)

Would you shop if we opened on
Sunday? _____

Please list 3 products in each of the
following categories that you would like to
see at Choices Natural Market. Include
brand if known. You may suggest more
than 3. Drop off the survey at the store
or mail it to be entered in a drawing for a
\$25.00 gift certificate.

Produce

1. _____

2. _____

3. _____

Frozen

1. _____

2. _____

3. _____

Food Bars

1. _____

2. _____

3. _____

Crackers/ Cookies/ Chips

1. _____

2. _____

3. _____

Bulk/ Nuts/ Dried Fruit

1. _____

2. _____

3. _____

Wheat Free/ Gluten Free

1. _____

2. _____

3. _____

Vegetarian/ Vegan

1. _____

2. _____

3. _____

Dairy/ Drinks

1. _____

2. _____

3. _____

Personal Care (shampoo, etc)

1. _____

2. _____

3. _____

Supplements

1. _____

2. _____

3. _____

Suggestions/ Other

New Chapter's "cultured" food supplements are in fact both "food" and "supplements." New Chapter does not use any synthetic chemical vitamins or supplements. New Chapter owns their own farms and grows their products organically. Their supplements provide you with all the vitamin and mineral supplementation you require coming from the finest sources of herbs, nutrient-dense superfoods and their unique food-cultured supplements. The Vitamins and nutrients are extracted using a patented CO2 process, not chemicals.

20% off Solgar and New Chapter supplements during the month of October.

Eggplant French Fries

Recipe by Stepie Steele - this is a great alternative to potato fries

One or Two Eggplants Salt & Pepper
Frontier Herbal Seasoning Olive Oil
Peel Eggplant and cut into strips. Place in bowl and drizzle with olive oil and seasonings. Place on cookie sheet and bake in oven at 350 degrees for approximately 45 minutes, turning once.

If you have a recipe you would like to share, please email me at
Karen@choicesnaturalmarket.com



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Store Hours

M-F 9am – 7pm
Sat 9am – 5pm
Sun – Closed

Illinois State Officials

Senator Richard J. Durbin

332 Dirksen Senate Office Building
Washington, DC 20510
(217) 492-4062

Senator Barack Obama

Washington D.C. Office
713 Hart Senate Office Building
Washington, D.C. 20510
(202) 224-2854
Fax (202) 228-4260

Representative Donald A. Manzullo

2228 Rayburn House Office Building
Washington, DC 20515
(815)394-1231
Fax (815)394-3930

Congressional Switchboard (202)224-3121
(calls to this number are at no charge)

We will soon be sending out an email newsletter containing the latest health information. To sign up, email me at karen@choicesnaturalmarket.com.

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Zip code 61063
Permit No. 10

Did you know?

A recent study of over 2,000 children revealed that children who drink organic milk are less likely to develop asthma.