



BROOKLYN_BORN

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The rewards program that started me seeking out organic products ends today.

Friday, April 12, 2013

This program played an important part in my weight loss/maintenance journey. It was kind of like discovering SP and both happened in 2009 when I finally got serious about eating healthy.

I'm not a milk drinker, but I do like yogurt – lots of yogurt. In the old days I bought whatever was on sale, but over the years yogurt changed. Many were almost like desserts.

By chance I discovered the Stonyfield Company. Originally it was my thriftiness. I bought a 32 oz container which happened to be on sale. Then I noticed the “organic” label and made from milk from “hormone free” cows. I also liked the taste and that no artificial sweeteners were included.

With quart containers I began blending more of the plain and Greek varieties into my favorite “French Vanilla” flavor further reducing the sugar content.

The lids told me a little about the company's history and their “rewards program.”

On their website I recorded the codes of the products that I bought and earned points which I redeemed for free stuff. Did I mention that I'm thrifty?

Since today is the last day of the program I checked my account and realized that since 2009 I got the following FREE:

- 15 quarts of yogurt
- 7 pints of Greek yogurt
- 27 individual cups of yogurt
- 1 pint of frozen yogurt
- A jar of natural peanut butter
- A subscription to Organic Gardening magazine
- An “environmentally friendly” towel
- and donated a bunch of points to worthy causes

I estimate my rewards were worth about \$150. Over the course of 4 years that's not a huge amount of money, but I learned a lot along the way – how animals are treated, the amount of time they spent outdoors, what they are fed, antibiotics, pesticides, hormones and other issues.

I'm sorry to see the program end, but nothing lasts forever. I'll still visit the website for the coupons and recipes and check on issues of the day.

Full disclosure: The company is owned by Dannon and there is concern that since the Stonyfield president has left to work full time on the “Label it” campaign (re: GMOs), that the product may change.

A century ago Upton Sinclair published a book, “The Jungle” about the meatpacking industry which

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stirred the public and the government to action.

Yesterday Houndlover1 posted a link to a video
A River of Waste: The hazardous truth about factory farms

www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=5319770

I haven't been able to watch it yet because of Internet connection problems, but I wanted to pass on the link.

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CD12494098

I went totally organic last spring. I was, also disgusted by the "grocery store" suppliers and their practices or raising/growing the foods that feed the country. I did a lot of research and found three farms where I could, for the majority of the year find fresh produce, dairy products, and meats (even some fish at times). AND I too have been a fan of the Stonyfield brand of greek yogurt. Another small community organic yogurt is Friendly farmers (out of Friendly NY)... it is certified organic.

And I am sorry I missed the program, it sounds like it has been a great reward for eating and choosing the healthier choice.

2981 days ago



EFFIEANNIE

Very interesting. I buy Dannon yogurt, but never tried the Stonyfield brand. Must look for it.

2984 days ago



DEBBY4576

Interesting. My daughter and SIL watched a special on our meat, and are now full organic vegetarians. Did you see the sparks article on how pesticides are absorbed all the way thru most vegetables and fruits? They said it is like a carnation that you put in food color and eventually the carnation is the color of the food coloring. That's how much absorbs into our food supply. BTW I am lactose intolerant and just found out I can eat as much as I want of Greek plain yogurt. With my own frozen fruit of course.

2984 days ago



CELIAMINER

I hate to see the Stonyfield program end, too, though I wasn't nearly as diligent as you in collecting on it. Love their products and hope they don't change.

2985 days ago



BRAVELUTE

It's scary when new companies take over what we had determined to be healthy sources of our healthy food. Recent activities by Philip Morris and Monsanto give me nightmares. I'm afraid to watch your video. I might not ever sleep again. I'm ready to sell both houses cheap and buy a farm where I can grow more of my food. But I'm afraid I'm getting too old to wait for someone to buy what I have to sell. I'll just keep on keepin on with the home grown organic veggies. And a few fruits. And reading the labels on food as close to whole as I can get.

Thanks for the Stonyfield info. I had latched onto Stonyfield when Oprah made it known as a good product. Then it was difficult to find here for quite a while and I've switched to Chobani Greek. No additives except the 5 live cultures. But I don't know how to find out about the source of the milk.

2985 days ago



GINIEMIE

I hate when companies take over another company and change/drop a favorite product. I hope you don't lose your preferred yogurt. Nice job on the rebating and prizes.



2985 days ago



WILSONWR

Sounds like you were their best customer! That is a lot of rewards! I hope the product doesn't





change now that the President has moved on.
2985 days ago



COCK-ROBIN
Wonderful!
2985 days ago



MISCHAKEO
That is too bad that program is closing for you. I have found that often organic tastes better. I like organic yogurt and pb as well. That is a good brand. Thanks for sharing the video. We are studying toxic pollution in my reading class..fascinating.



2985 days ago



LIFEISPURRFECT
I've read the book "The Jungle". Very moving and insightful book. I've slowly been working on getting more organic and "real" in my diet. Thanks for the post.
2985 days ago



CD10259955



I never thought to "mix" them up!
What a great idea! I love my Greek yogurt with fresh fruit; what a great reward program that was!
2985 days ago



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