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Flash mob surprises Geyer's customer with free groceries in Wellington



Geyer's Fresh Foods Manager Sue Kutting, left, and THRIVE! Southern Lorain County representative Sarah Ross, center, present Joe Calfo with a \$100 check Jan. 21 after Calfo was named the winner of the "Supermarket Flash Mob" at Geyer's, 209 E. Herrick Ave. in Wellington. Submitted

By [Staff report](#), *The Morning Journal*

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Joe Calfo, of Wellington, holds the box of lasagna noodles his wife, Amy, sent him to pick up from Geyer's Fresh Foods, 209 E. Herrick Ave. in Wellington, on Jan. 21. Submitted

An unsuspecting Wellington resident earned \$100 worth of free groceries Jan. 21 after winning the "Supermarket Flash Mob" sponsored by [Geyer's Fresh Foods](#), 209 E. Herrick Ave. in Wellington, and [THRIVE! Southern Lorain County](#).

THRIVE! is a community collaborative that was [established in July 2016](#) through the [United Way of Greater Lorain County](#) and local branches of the YMCA of Greater Cleveland partnering with 16 regional nonprofits, municipalities, churches and fitness centers, according to a news release.

The goal of the collaborative is to increase access to affordable opportunities to live healthier through increased physical activity, improved nutrition and informed behavioral health.

Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village are the communities the organization serves.

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On Jan. 21, Joe Calfo went to Geyer's with the intent to buy a box of lasagna noodles for his wife, Amy. The media release distributed by THRIVE! said an enthusiastic flash mob surrounded Calfo, who was then taken on a shopping tour led by Cleveland YMCA Registered Dietitian Libby Showalter and Geyer's Manager Sue Kutting.

Showalter prepared a list of nutritious foods and designed a number of meal options with recipes for Calfo's family, the release said. Some of the recipes included a vegetable omelet and soup, salmon patties and black bean and corn quesadillas, among other dishes.

Calfo said he was excited to win the groceries, but he also learned a lot about nutrition.

"Libby focused on using fresh or canned vegetables in almost every meal," he said in the release. "She showed me how to stretch my food budget by using a single ingredient — bread crumbs — in several recipes. I'm looking forward to making her recipes with my wife."