



COOS HEAD FOOD CO-OP

WE CAN DO IT!

FALL 2018



SEASONAL HOLIDAYS & STORE HOURS

Monday, September 3rd

Labor Day

Store Hours will be 9am to 6pm

Thursday, September 13th

National Celiac Awareness Day

Passive Samples of Namaste Gluten-Free Products will be available until we run out! We will be utilizing mixes that include spice cake and brownie mix.

Saturday, September 15th

Bay Area Fun Fest Parade

Downtown Viewing Party at 12:00pm

The Co-op will remain open regular hours but our cross streets will be closed off to traffic beginning at 12:30 pm

Parade is scheduled to run 1pm-2:30pm

We invite our Co-op Customers to view the parade with us by bringing in chairs and blankets to hang-out on the grass.

Wednesday, October 31st

Halloween

Celebrate the last day of the farmers market and this spooky day with the Co-op! We will be participating in the Trunk or Treat Downtown Event from 3:30pm-5:30pm by offering *spooktacular* snacks!

MEMBER-OWNER APPRECIATION DISCOUNT DAYS

**AUGUST 16TH, 17TH, & 18TH
THURSDAY, FRIDAY, SATURDAY**

OWNERS RECEIVE

10% OFF

PICK YOUR DISCOUNT DAY

USE YOUR OWNER BENEFIT

IF YOU DON'T RECEIVE YOUR NEWSLETTER IN TIME WE WILL HONOR YOUR DISCOUNT DAY WITHIN THE MONTH

FIND US ON FACEBOOK & INSTAGRAM:

@COOSHEADFOODCOOP &
@COOSHEADFOODCO-OP1971
STORE UPDATES ARE UPLOADED DAILY!

THE BOARD OF DIRECTOR'S ELECTION UPDATE

YOU OWN IT!

THERE ARE 3 OPEN SEATS ON THE BOARD OF DIRECTORS!

Congrats to Board Member Jerry Kirkeby for receiving owner votes during the 2018 Board Election. There were 62 member ballots returned to the Co-op for voting.

Co-op Member-Owners have the opportunity to practice the democratic control aspect of cooperative business by inquiring to be an appointed member of the board.

Interested persons will need to be a member for at least 6 months and have a genuine interest to assist with the further growth of Coos Head Food Co-op.

Ask a current board member or contact the General Manager for an application to join the Board Team!

BOARD OF DIRECTOR'S MEETINGS:

*3RD THURSDAY OF EACH MONTH
MEET AT EDUCATION SERVICES BUILDING-
1350 TEAKWOOD DRIVE*

MEMBER-OWNER SEPTEMBER U-PICK DISCOUNT COUPON

OWNERS RECEIVE

10% OFF

PICK YOUR DISCOUNT DAY

CHOOSE ANY DAY IN JUNE TO USE 10% OFF A SINGLE PURCHASE

DOES NOT APPLY TO ITEMS ALREADY ON SALE
MUST PRESENT COUPON TO CASHIER TO REDEEM MEMBER DISCOUNT.

MEMBER NUMBER:
AMOUNT REDEEMED:

GRATITUDE IS OUR ATTITUDE!

Community-Owned Involvement

With the latest Board of Director's Elections completed, there are two members who have been pivotal volunteers in securing Coos Head Food Co-op into the downtown Coos Bay location. Margie Ryan and Maurice Wray have dedicated years of serving and planning the relocation project and assisting with the first few years in downtown Coos Bay.

Volunteers are the heart of co-ops and we greatly appreciate their time, consideration, and invaluable service of getting Coos Head Food Co-op into the dynamic food community that we are now geographically located with proximity to the farmers market, 7 Devil's Brewery and other farm to fork style eateries.

We are excited to share that our new Board President is Jamie Doyle, Al Roberts is returning as the Vice President, and Robyn Magruder as the new Secretary. The Board of Director's is one of the biggest differences that makes Coos Head Food Co-op different from any other retailer in town. The cooperative principles of democratic control are exemplified through having opportunities for member-owners to get directly involved with the planning and action steps to get projects completed that not only assist the co-op but the Coos Community as well.

Newly Paved Parking? CHECK. Community Night Market? CHECK. Get involved with the magic of food co-ops by investing time to attend a Board of Directors' Meeting to find out more!

CO-OP COMMUNITY EVENTS

NATIONAL FARMERS MARKET WEEK

AUGUST 5TH-11TH

Join us as we share the ways on how Coos Head Food Co-op makes it a farmers market everyday! We plan on sharing the stories and the tastes that make us excited to have our local farmers market in our food community!

SOUTH COAST PRIDE FESTIVAL

SATURDAY, AUGUST 18TH

Meet us at the Ferry Plaza Park for the 3rd Annual Pride Event! We are going to have a booth set-up to offer energizing snacks during fun events such as the Butch Olympics!

RAWWWSPIRATION DEMO

THURSDAY, SEPTEMBER 6TH AT 5PM

We are excited to welcome traveling raw foods author Anna Heike to assist with sharing the power of raw foods! There will be complimentary samples and copies of her cook book for sale!

WINE WALK EVENT!

5PM-9PM ON FRIDAYS: AUGUST 3RD,
SEPTEMBER 7TH, & OCTOBER 5TH

FIRST FRIDAY NIGHT MARKET

Parking Lot will be closed to customers and staff starting at 3pm to allow for vendor and event set-up.

The Co-op will be opening up our newly paved parking lot to local artisans, makers, and growers to create an inviting environment for a night market! We will be a stop along the Wine Walk with samples inside the co-op and a community market in the outdoor parking lot! There are open vendor spaces and room for entertainers if interested in participating at the event. Please contact Ashley at outreach.chfc@gmail.com for application and guidelines.

ANNUAL MEMBERSHIP MEETING & POTLUCK

SEPTEMBER 23RD FROM 12PM-3PM
AT SUNSET BAY GAZEBO

Join your fellow co-op owners to share a family-style meal, meet other owners, and the current board of directors. Attending owners are asked to bring a side dish or dessert to share with others. Please RSVP to the Co-op so we can prepare the proper portions of albacore tuna for all attending. In efforts to make the event "without a trace" we invite and challenge you to bring your own sustainable plate and utensils.

The Co-op will provide the albacore, coffee, other beverages. Mark your calendar and RSVP to YOUR Co-op!

CONSISTENT IN-STORE EVENTS

MATE MONDAY'S

9AM-2PM ON EVERY MONDAY!

Enjoy a complimentary cup of Guayaki Yerba Mate to get a jumpstart to the week! Come to life with this energizing coffee alternative sourced from South America!

WELLNESS WEDNESDAY'S

11AM TO 4PM ON WEDNESDAY'S

Wellness Buyer Josh organizes various demos to highlight different products and health benefits! Check out the schedule of demos on the next page!

TACO THURSDAYS

11AM TO 6PM ON THURSDAY'S

Enjoy a handmade, organic taco from the Sprengelmeyer's! This farmers market favorite utilizes co-op ingredients including masa for their hand pressed tortillas!

TASTE THE CO-OP!

GRAB & GO DELI

Deli Manager Andrew is always cooking something great in the Co-op Kitchen! He has been cooperatively working with his deli team and with other departments to bring the highest quality ingredients and superb tastes to the Co-op Community! We always look forward to biting into the delightful tastes from the Co-op Kitchen!

Deli sales continue to grow as people discover our fresh offerings. Customers are encouraged to look for salads that are made with the best ingredients that are sourced through the various co-op departments. Right now we are utilizing fresh, local greens from Valley Flora (Langlios) and from Big Lick Farm (Winston). Nothing beats a great local salad for lunch!

Co-op Kitchen customers may see a seasonal shift in fall as the in-season produce shifts the options. The tremendous response for the scones inspires Andrew to expand house-made baked good offerings. The blueberry-lemon and apricot-spice scones have been a heavenly scent to experience inside the co-op. The best aromatherapy in town is something that we have heard from morning customers who await for freshly-baked scones. Keep an eye out for gluten-free options as Andrew bakes with the highest quality of ingredients that the Co-op has to offer.

There are Grab & Go Deli Menus now available for customers to take back to their friends, homes, and workplaces. On a lunch break and want a juice? Juices can be ordered ahead by simply calling the co-op! We encourage customers to pre-order co-op salads for picnics and potlucks with an appreciated 24 hour notice. We want you to impress your guests!



Deli Manager Andrew shows his authentic excitement over the incorporation of Valley Flora produce. He utilizes their broccoli for the Broccoli Salad and beets for the Beetastic Juice!

Take a moment to taste local!

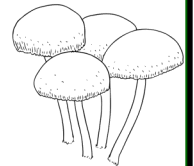
YUM!

WELLNESS WEDNESDAY SCHEDULE

WELLNESS BUYER JOSH ORGANIZES GREAT SAMPLES & SHARESTIPS FOR A HEALTHY-NEW-YOU!

- 8/1: NUTRIBIOTIC PEA PROTEIN BLEND ORGANIC GREENS
- 8/8: BARLEAN'S/CARLSON TASTE TESTING DEMO
- 8/15: YOGA WAY OF LIFE AYURVEDIC SKIN CARE DEMO
- 8/22: RENEW LIFE KIDS DAILY BOOST
- 8/29: NUZEST PEA PROTEIN DEMO
- 9/5: RENEW LIFE INTESTINE DEMO (INTESTINAL LINING SUPPORT)
- 9/12: CARLSON/BARLEAN'S OMEGA OIL TASTE TESTING
- 9/19: PURE ESSENCE IONIC FIZZ MAGNESIUM PLUS DEMO, MIXED BERRY
- 9/26: ANCIENT NUTRITION BONE BROTH TURMERIC & SPICE
- 10/3: HEALTH FORCE DEMO
- 10/10: NUZEST PEA PROTEIN DEMO
- 10/17: HEALTH FORCE DEMO
- 10/24: ANCIENT NUTRITION BONE BROTH TURMERIC & SPICE
- 10/31: MYSTERY FISH OIL TASTE TESTING

MUSHROOM SUPPLEMENT SALE



SOLORAY

FULL PRODUCT LINE ON SALE!
CHECK OUT THIS *FERMENTED*
MUSHROOM SUPPLEMENT!



HERB PHARM TOUR RECAP!

THURSDAY, JULY 19TH-7 MEMBERS & CO-OP EMPLOYEES VISITED HERB PHARM IN WILLIAMS, OREGON. THEY WERE ABLE TO GET AN INSIGHT INTO THE PROCESSING, PRODUCT VERIFICATION, AND GROWING OF MEDICINAL HERBS THAT THIS GREAT COMPANY OVERSEES! CO-OP EMPLOYEES ASHLEY AND JOSH WILL BE ABLE TO SHARE INSIGHT WITH CUSTOMERS IN-STORE IF THEY HAVE ANY QUESTIONS ABOUT HERB PHARM!



Pictured Left: Co-op Crew gets an insight on Herb Pharm's seed cultivation in their greenhouse.

Pictured Right: A glimpse into the bounty that Herb Pharm cultivates including Echinacea. Fun fact—they also work with local farmers and wild-crafters for other herbs as well!



CO-OPERATION IN ACTION!!!

Co-op Employees Meghan and Kaitlyn collaborated on this BERRY cute photo cut-out that was used for the Coos County Fair and for other outreach events! Make sure to take a snapshot when you next see this beautiful piece!!!!



A CHAT WITH DR. DON PRESENTS

Cleanse vs. Detox



2 Part Series on the specifics of this essential wellness practice

Both Parts Take Place The Last Saturday of Each Month at 4pm in the Wellness Dept.

Saturday, August 24th

Cleanse vs. Detox

There will be a review of these 2 terms and how their processes differ from one another. One will learn how the words are not to be used interchangeably and the basics on the practices.

Saturday, September 29th

Heavy Metals

The Second Part of the series will be highlighting the heavy metals and chemicals that are essential to the two different wellness practices. Attending the first session is strongly encouraged.

FREE Community Event, Open to ALL!



COOS HEAD FOOD CO-OP
353 S. 2ND STREET
COOS BAY, OREGON

free kids activity day, join us in celebrating local

OFF-GRID KIDS



Saturday, August 25th

10am to 1pm

Open to ALL at Coos Head Food Co-op

Local author Mariah White Roe is sharing her adventure book series geared for kids with the Co-op Community.

Activities include Adventure Snack Packs, DIY Activities, bookmark craft, and more!



Bring a Kids Book!
Picture Book Drive
for children in Gambia



COOS HEAD FOOD CO-OP
353 S. 2ND STREET
COOS BAY, OREGON

EVENTS TO BE ON THE LOOKOUT FOR!!!

We working on coordinating fun events to share with the community! Below are events that we will share more when the information becomes available!!!

YOGA WAY OF LIFE COOKING DEMO

Bharti will be sharing the basics on Ayurvedic cooking that includes the integration of spices and herbs that the co-op specializes in!

FINNRIVER CIDER TASTING

FinnRiver Farm & Cidery in Chimacum, WA (Olympic Penninsula) offers ciders and Brandywines that are certified organic and salmon safe. They grow 20+ varieties of heirloom and traditional ciders based upon what is available seasonally in their local community.

This event will take place later September/early October!



NEW ITEMS OF INTEREST SINCE MAY 2018



YAI'S THAI ALMOND SAUCE HAS GIVEN US A WHOLE NEW TAKE ON THE TRADITIONAL THAI SAUCE BASED DISH. THEIR CURRIES ARE BURSTING WITH FLAVOR, HAVE EXCEPTIONALLY CLEAN INGREDIENTS, AND ARE NOW ON THE CO-OP SHELVES.

GLORY BEE FOODS FROM EUGENE HAS LAUNCHED A NEW LINE OF PACKAGED SNACKS THAT SUPPORT THEIR "SAVE THE BEE" PROGRAM! THESE HANDY READY TO GO SNACK PACKS ARE LOCATED BY OUR AWESOME GRAB AND GO DELI!



RED DUCK, ORIGINALLY RAISED IN EUGENE, CURRENTLY PRODUCED IN PORTLAND, NOW OFFERS THREE AMAZING **ORGANIC TACO SAUCES!** FOR THE SPICE LOVERS, THE **SPICY** NAME MAY BE A BIT OF AN UNDER-STATEMENT!!!



YOU ALL LOVE PRIMAL KITCHEN SO MUCH THAT WE NOW HAVE **ALL** OF THEIR **PALEO SALAD DRESSINGS** AVAILABLE ON THE **WHITE BACKRACK!!**



SHOW SOME SUPPORT FOR **ORGANIC FOOD BAR** AS THEIR NEW AND IMPROVED VERSIONS RETURN TO THE CO-OP SHELVES.



NU NATURALS, ALSO FROM EUGENE, HIT A HOME RUN WITH THEIR NEW **COLLAGEN PEPTIDES** AND **UNFLAVORED GELATIN** FROM **GRASS-FED CATTLE** AS WELL AS AN ASSORTMENT OF **STEVIA BASED SYRUPS** THAT HAVE A **ZERO IMPACT** ON YOUR **GLYCEMIC INDEX**. KEEP WATCH FOR **UPCOMING DEMO** FEATURING THESE PRODUCTS THAT ARE SURE TO BE A **HIT NOW** AND FOR THE **HOLIDAYS!**

BY YOUR REQUEST, **ARTISANA RAW COCONUT BUTTER** IS AVAILABLE IN TWO SIZES. **SIMPLY PURE GROUND COCONUT**



NAVITAS SUPERFOODS ARE OFFERING THREE NEW SUPERFOODS TO ADD TO YOUR EVERYDAY LIFE. **CACAO BUTTER** IS A HIGHLY STABLE FAT THAT CAN BE USED IN CHOCOLATE, BAKED GOODS, OR BEAUTY PRODUCTS; **MATCHA** FOR ADDED ANTIOXIDANTS, CLARITY, AND FOCUS; **TURMERIC** TO ADD SOME SPICE YOUR TO LIFE AND HELP AID YOUR ANTI-INFLAMMATION REGIMEN!!



BUYING BULK WITH DEPARTMENT BUYER VINCENT

HOW TO SHOP ON YOUR OWN TERMS.

The Coos Head Food Co-op has humble roots planted in the offering of Bulk Foods.

If saving money, creating less waste, and being the person that cooks their own food sounds appealing; buying bulk just may be for you.

2018 has been a year of fortune for the Coos Head Bulk Department as we have been able to install three new sections:

- 1) Our tea set; featuring a wide selection of Black, Green, Red, and Herbals teas, as well as a couple you may not have heard of yet.
- 2) Our new coffee set, this year brought us the opportunity to partner with Equal Exchange, a Portland based and employee-owned food distribution co-op. They kindly set up our new coffee section and grinder! We are happy to be carrying a wide selection of their artisan roasted coffees. Always fair trade and always organic, their morals are akin to ours with their slogan of "Never Sell Out".
- 3) Last, but certainly not least; our newest, and by far the largest, installation is a new bulk wall that has had people talking since day one. The new custom build feature has allowed us to organize products in a less crowded and more sanitary manner, but has given us room to add more products.

Some new additions include:

- Grind-Your-Own Peanut Butter AND Almond Butter in two new state of the art nut grinders. We have been excited to bring in an additional nut grinder to share more options!
- New options available for Scoop-Your-Own nut butters; raw tahini and sunflower seed butter.
- A growing selection of oils and vinegars
- New category of bulk products in the new fixture wall is our selection of household and body soaps.
- All new installations are a part of a work in progress, so please come in and see what's new and how we're ever evolving.

As always, if you ever have any questions about how we do things, what we carry, or just how does one shop in bulk, please reach out to our educated staff. We will be happy to answer any question to the very best of our knowledge.



Equal Exchange Bulk Coffee Set



Bulk Clerk Nick is setting up the Scoop-Your-Own Nut Butters in the new bulk fixture set.



Co-op Shoppers will have access to bulk goods while having increased space for items such as paper towels that are handy to have near by!

CO-OPERATIVE VS CORPORATION WITH CARI PICKETT

THE SEVEN COOPERATIVE PRINCIPLES

1. *Voluntary and Open Membership*
2. *Democratic Member Control*
3. *Member's Economic Participation*
4. *Autonomy and Independence*
5. *Education, Training and Information*
6. *Cooperation Among Cooperatives*
7. *Concern for Community*

There are quite a few things that make your co-operative special and different from every single one of our competitors, starting with our 47 years of continued community support. In 1971 a group of like minded people with a passion for food came together and formed our wonderful co-op. From an outside perspective differences can be seen with of our in house signage, advertising, marketing, and social media; the use of local and co-op employed artists, artisans, farmers, handymen, and various service providers to offer as many complimentary services as possible to the co-op, our owners, and community as possible.

We have our own departmental buying team that does all of our pricing internally and works to bring you great discounts where we can. We also believe that offering a selection of high quality foods and home-wares that not every other mainstream grocer will carry or may even be able to get is what you as our customers expect from us. I dare say it is hard to find a brand in the co-op that doesn't have a story behind it. Even harder to find are brands owned by some of the unmentionables that nobody wants their hard earned dollars supporting (there are certainly one or two, please don't burn me at the stake for it).

Although hard pressed not to have any established great company change hands, if we continue to carry them, we monitor ingredient and package changes to make sure they continue to adhere to our high standards. Our sourcing for new products maintains as strict of standards for quality, traceability, transparency, and of course, the story. This is apparent by making companies like Hummingbird Wholesale and Equal Exchange great resources for regionally grown staples or globally sourced foods that are unable to be obtained in the states.

Our Produce Team is able to work directly with farmers to obtain the freshest, cleanest, most local produce available in our region as well as utilizing produce distribution companies to obtain certified organic produce to fill the gaps during our amazing growing season. How awesome is it to have Farmers Market fresh produce available as soon as the store opens on market day and then throughout the whole week? We hope to bring more dry good market items to our shelves and work to carry them all year long.



We are able to offer special orders for many things that we cannot stock, particularly in the Wellness Department. If applicable, a buyer may even bring new items in at your suggestion if we feel they will work in our mix. This differs from most other mainstream grocers as ordering is the only thing done at store level and purchasing product mix, their promotions, and pricing are controlled and monitored at a headquarters certainly not in Coos Bay, or possibly even adjacent to Oregon!

Here is where the co-op structure really begins to shine. You see, as an owner, you are invested. Being part of our Co-op means there is not a "single person" that wins when you shop, we all win. We Own it. During profitable years, a percentage of profits are returned to qualifying owners, based on their patronage. These numbers are determined by our volunteer board of directors and of course the raw data.

I have always seen food as a service that is provided, not something that anyone should "get rich" off; we all have to eat. Even more as of late I have realized that food is truly either poison or medicine, I personally prefer consuming the latter. I realize more and more we really do have an amazing array of goods to offer that just aren't available elsewhere.

Being member owned and governed, if you are reading this and have concerns or compliments to share, please do not hesitate to reach out our new Board President, Jamie Doyle; our general manager, Deb Krough; our outstanding Outreach Coordinator, Ashley; or our Grocery and more Buyer, Cari. Emails available at request. Support your local co-op and as Ashley always says, "Stronger Together."



Stronger Together is the motto for the National Co-operative Grocers, a cooperative network that supports co-ops that meet their membership requirements. Their Co-op+ branding is familiar to those who have shopped or have been an owner at participating stores. We may meet qualifications for future membership in 2019.

KEEPING IT LOCAL WITH PRODUCE MANAGER MATTHEW VIGE

I suppose everyone has noted major changes in produce over the past few months! Aside from the obvious cosmetic changes, I would like to talk about some changes that I feel are more important than the cosmetic difference. Upon taking over this department one of my goals was to make the department greener.

I started with discontinuing Driscoll's products. I am sure everyone has read the articles about their poor ethics revolving around not only the products themselves but also how to treat their workers. Without going into too much detail, I would just like to point out that supporting a company like this does not reflect the Coos Head Co-op's ethics. This also points to the packaging. In the advent of the recycling laws drastic changes, plastic clamshells will go straight to the trash and that is also something that I felt goes against our ethics.

Unfortunately it means the likelihood of carrying berries out of season is pretty grim. Quality is also an issue with Driscoll's products. Their berries don't taste as good and they get moldy quickly on the shelves-causing waste and money lost. In addition, we just do not want to sell our customers "garbage". We respect our customers very much and do not want to sell sub par quality items to you.

Other wasteful packaging I have discontinued are items such as bagged carrots, potatoes and apples. Sure one might think they are getting a good deal while looking at the price point, but when you get home and open up your package only to find that the graphics on the bags disguise the poor quality of the contents, then that "good deal" has no value whatsoever. Once again, out of respect for our shoppers, those items will no longer be offered.

What's really exciting right now though is the season for local produce is well underway! In addition to Valley Flora (which by the way their produce gets better and better every year) I have sourced out many new farms and the number of local items are growing every week! We are currently showcasing 50 out of 190 local produce items as of the month of July! Some of the new farms I am working with are Big Lick (Winston), Mostly Sunny (Azalea), Evangeline's by the Roadside (Port Orford) and many more to come! Keep an eye out for the tags posted by each item that show the name of the farm it comes from!

Lastly I would like to thank everyone for supporting the Co - Op instead of the competition. We really appreciate it!



Matthew's excitement over local produce truly shows with his hunt for local products! He shows off White Spear Onions from Evangeline's by the Roadside from Port Orford.



Valley Flora Strawberries are our favorite local finds of the year!



SO MANY CHOICES AT VEGAN BBQ

Employee Matthew Vige pairs vegetables on a grill Wednesday outside the Coos Head Food Co-op in Coos Bay. Employees at the store put together

is vegan barbecue to share the taste of plant based foods, such as portofoli, a linear fruit that has a mean like teeth.



Vegetables sizzle on a grill outside the Coos Head Food Co-op in Wednesday.



Barbecue sandwiches made with jackfruit.

Matthew's role in the Vegan BBQ made it to the front page of the World! He made bountiful samples of grilled veggies that include parsnips, cactus nopales, and beets.

THANK YOU MATTHEW!

Matthew's energizing approach to the produce department has made an impact on not only produce sold but having fun with food! He comes up with fantastic samples, seeks interesting produce for our customers to try, and is always trying to get people thinking about produce in a different light! His skills with the tabletop grill has come in handy for our outdoor grilling demos at the Co-op. We are appreciative of Matthew's leadership and co-operation!

EXTRA CO-OP NOTES...

WOAH! LOOK AT THOSE AISLE SIGNS!!!

During May, we were able to unveil our new aisle signs! This project was organized between board members, volunteers, and our General Manager. Special thanks are in order to David Crane for crafting the wood frames for the signs.

We also want to thank Wegferd's Publishing for their assistance with the printing and fitting of the signs into the frames.

Customers can find their way around the co-op with ease due to these new signs. If you are still having any issues with finding products please let a staff member know so that we can assist with your next shopping trip!!!



Co-op Community Monthly Calendars

New Calendars
Available Each
Month!

CONTACT US TO HOST EVENTS AT THE CO-OP!

WE WELCOME OUR COMMUNITY
TO UTILIZE OUR CO-OP FOR
EDUCATION AND ADVOCACY

FIND OUT MORE INFO!
EMAIL THE OUTREACH TEAM
AT OUTREACH@COOSHEADFOODCOOP.ORG

LOCAL MEAT ROUND UP

WITH LOCAL MEAT ENTHUSIAST DEB

We have a new buffalo source from North Buffalo Ranch in Glide.

"Get Your Circle Star Ranch while they last!" We will be switching over to other local pork producers as the Circle Star Ranch products are dwindling down. We are selling their products on a great deal so that our customers can stock up! Bulk up on the pork!!!

Whole local chicken is on sale too!

Wagonhoeffler Meats is replacing their rabbit sausage links with ground rabbit sausage. It is the same flavors as before but now in different packaging.

Impress your guests with grassfed BBQ during the remaining grilling season by checking out the products offered by Knee Deep Cattle Company and Oregon Grassfed Beef.

ORGANICALLY GROWN IN OREGON WEEK

SEPTEMBER 9TH-15TH

THE CO-OP WILL BE SHARING ABOUT
ORGANIC FARMS AND COMPANIES
BASED IN OUR HOME STATE!

WHAT ARE YOUR FAVORITE OREGON
ORGANIC FARMS & COMPANIES???



World Food Day

WORLD FOOD DAY

OCTOBER 16TH

Our actions are our future.
Zero Hunger by 2030 is possible.



Coos Head Food Co-op

Presorted Standard
U.S. Postage Paid
North Bend, Or. 97459
Permit #84

FALL NEWSLETTER 2018!

"WHERE LOCAL MATTERS MOST"

THE ORIGINAL ORGANIC RETAILER!
COOS HEAD FOOD CO-OP HAS
SUPPORTED LOCAL FOODS SINCE 1971
(BEFORE IT WAS COOL)