



Coos Head Food Co-op

Celebrating 42 years

Winter 2013 NEWS

Feb. 10th-Open HOUSE , Black Market Gourmet 1-4 P.M.
Membership drive meet your local growers.

Introduce someone to the co-op.

Feb. 14th-Valentines Day! The co-op has many fine wines,
broad selection of chocolate and Amber Lotus cards.

Feb. 20th- Member Appreciation Day owners receive 10% off all day. , Garden of Life RAW protein drink, and Kevita coconut probiotic drink. SHOP, SAMPLE, & SAVE ALL DAY

Feb. 21st- North West Wellness will offer low cost health screening from 9am-1pm www.nwwellness.com

March 10th-daylight savings SPRING AHEAD

March 15th-North Bend SipN'Stroll, Drop in for a sip of wine or beer. Proceeds go to Women's Safety and Resource Center.

March 17th- St. Patrick's Day Eat Something GREEN

March- 13th, 2-5 PM Sample Blue Lotus Instant Chai

March 20th- Spring begins-Territorial Seeds are here.

Plant something you can eat.

Local food security begins in your own backyard.

March 31st-Co-op is CLOSED Easter Sunday.

Make your Easter Eggs Local EGGS

April 1st-We aren't fooling. YOU OWN IT !

April 22nd-Earth Day, Bring your Own Bags, and jars when you Shop at the Co-op, Start a new Earth Friendly habit



Celebrating 42 Years
Serving the Community
Member Appreciation Day
February 20th
Owners Receive
10% off All Day

(Some restrictions apply.)

CALL FOR APPLICATIONS TO SERVE ON THE BOARD OF DIRECTORS

Beginning **Monday, February 4th, 2013**, members who are interested in running for a position on the Board of Directors can pick up a Statement of Interest in Candidacy Form at the Coos Head Food Co-op, then fill out and return that form to obtain an Application Packet. The deadline for filling out and returning the Application and Statement of Agreement on Ethics and Conduct will be close of business (c.o.b.) on **Tuesday, March 5th, 2013**.

Under the Coos Head Co-op Bylaws, the membership of the Board of Directors can be a maximum of 9 with no less than 5, since two of our current officers are up for reelection 6 positions will be voted on at this election. Eligible applicants must have been active members for at least six (6) months prior to the election date of **Monday, April 15th, 2013**, and not have any overriding conflict of interest with the Co-op, and should support the purpose and mission of the Co-op. See Application Packet for additional requirements and preferences.

New members not meeting the six-month requirement who would like to be considered for a later appointment to the board, should a vacancy be open, can ask for a New Member Statement of Interest in Candidacy Form.

Visit us at www.coosheadfoodcoop.org
or on our new Face book page.

Board meetings are
the third Thursday of each month at 5:30 p.m.,
at the ESD Building.1350 Teakwood, Coos Bay.
Owners are welcome!

With Gratitude

As the co-op is nearing our 42nd year in our community I would like to take this opportunity to thank those whose participation and efforts have brought us to where we are today.

The many people who have served on the board of directors, all the members, now owners, the people who have and are working here and our special volunteers who help the staff with 1/41ly inventory and the newsletter.

In particular, I would like to recognize Bob Keegan, our current bulk buyer. Bob is always willing to help his co-workers & customers. He is pleasant, considerate, and consistently provides excellent customer service.

Besides his job as bulk buyer he has helped with carpentry, rearranging office furniture, computers, and we have heard many praises for the improvements to the back entrance.

His outstanding and resourceful contributions have been much appreciated by all.

THANK YOU Bob!

Deb

CO-OP: SOMETHING WONDERFUL happening in OUR COMMUNITY!

We've increasingly seen our elected officials make pro corporate decisions which are profit driven, and adversely affect our families. Eroding the "commons" we all use and rely upon as citizens is the order of the day. Often, we feel there's little we, as individuals, can really do about the troubling aspects of modern life in this society.

Where we choose to invest our dollars is one way we can be heard. Supporting local farmers, and fishermen operating ethically, supporting not-for-profit food, rejects the unsustainable subsidized agribusiness model, and nourishes our bodies for better health simultaneously. If we endorse quality, giving these producers a market, they can afford to stay in business in an unlevel playing field. Our food traveling shorter distances saves fuel, provides fresher raw materials for better meals.

Even now, only a few mega corporations decide what items you will find on grocery store shelves across America. What corporation do you trust to make decisions to protect your family's health? What other grocery store shares its profit with shoppers in good years?

We have a unique opportunity in our Bay Area. We can help foster something that's lacking in most of American life today: community. When I contemplate the many people who planted the seeds to foster the continuity and growth of our Co-Op to this point, I am grateful for their contributions. I want to do my part to keep it growing into a more inclusive, thriving hub of nutritional health promotion.

We can each do our part to support this little democracy. We can buy a share, embrace ownership, simply by patronage, or by helping to make decisions about what our Co-Op will be like, for the betterment of all participants. Even the method of payment you choose to pay for your groceries can more effectively support your Co-Op.

Those of us volunteering on the Board are mindful of the solemn responsibility of advocating for our owners to the best of our ability, and how doing that well "floats all (involved) boats higher". Shortly, you will receive a survey to give us your views on how well the store meets your needs, and how we could improve. Blank spaces offer the opportunity to expand on suggestions. We welcome your participation on any level. We always need more Board members, but this is a particularly exciting chapter as we move toward expansion.

New Products

GloryBee® Foods

From the Bulk Department

Glory Bee Cinnamon Apple Wedges

Organic Pearled Farro

Glory Bee Honey Roasted Peanuts



From the Grocery Department

Against The Grain Frozen GF Baguette Great With Your Favorite Pasta Sauce

Alexia Foods Frozen French Fries



Amy's Kitchen GF Pot Pies New Varieties, GF, DF & Mexican Tamale



Annie's Organic BBQ Sauces Original, Smoky Maple & Sweet & Spicy



Kevita Sparkling Probiotic Drinks "These are my new favorite!! Cari"



Laci Cleanse/Dieters Tea- 2 New Flavors Cranberry Twist & Lemon Mint

Onion Crunch Natural Onion Topping Great in Soups!!



Rumiano Organic Bulk Cheese Cheddar, Monterey and Pepper Jack

Wildwood Organic Baked Tofu 3 New Flavors* Aloha, Teriyaki & Royal Thai*

From The Meat Department

Mary's Organic Frozen Chicken Thighs, 8PC & Soon to come Breasts

Pederson's Bacon Regular and Peppered

Pederson's Chicken Basil Sausage & Little Smokies



Health, Beauty & Supplements

Maxim Feminine Hygiene Products Pads & Tampons



Garden of Life Supplements- See article in newsletter for further information!!!

Herb Pharm Supplements from Williams, OR!! Including STONEBREAKER!!!



FEBRUARY ANNIVERSARY SALES

SALE **REGULAR PRICE**



BULK



By The Pound

	Organic Dark Chocolate Chips		6.79	7.39
	Hibiscus Flowers Cut/Sifted		16.00	17.12
	Organic Red Lentils		1.89	2.39

CHILL & FROZEN



By The Each

	Earth Balance Coconut Buttery Spread		4.69	6.39
	Organic Valley French Vanilla or Hazelnut 1/2 & 1/2		2.49	2.99
NEW	Rumiano Organic Bulk Cheese		6.69	7.49
	Tofutti Non-Dairy Supreme Sour Cream (Non-Hydrogenated)		2.49	3.49

	Food For Life GF English Muffins		4.49	6.19
	Van's Wheat Free Waffles		2.99	3.99

GROCERY



By The Each

	Annie Chun's Seaweed Snacks		4/\$5	1.69
GF	Arrowhead Mills Pancake & Waffle Mixes Regular & GF		25% OFF	
	Blue Sky All Natural Sodas		0.49	0.79

GF	Bob's Red Mill Steel Cut Oats Regular & GF		25% OFF	
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NEW	Earth Balance Coconut Peanut Butter Spread		4.49	6.39
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	Endangered Species Chocolate Bars		2.29	3.29
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GF	Field Day Beef, Chicken & Vegetable Broth Regular & Low Sodium		2.19	2.99
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	Fun Fresh Foods Himalayan Pink Salt Reduced Sodium 8.8 oz		4.29	4.99
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GF	Glutino GF Crackers RED HOT DEAL!!!!		3.49	5.29
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	Napa Valley Naturals OG Canola, Grapeseed, OG Safflower & OG Sunflower Oils		7.99	10.19
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	Napa Valley Naturals Extra Virgin Olive Oil 50.8oz		17.99	27.99
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	Napa Valley Naturals Grand Reserve Balsamic Vinegar		7.99	9.89
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	Nature's Path Select Varieties of Cereals (GF Options)		3.89	4.99/5.19
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	Nature's Path Oatmeal Hot Cereal 8 Packets		2/\$6	4.49
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	Panda Licorice Boxes Black or Raspberry		2.99	3.79
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	Prince Of Peace Organic Green Tea 100ct		4.99	7.39
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	Sesmark Foods Sesame & Brown Rice Thin Crackers		2.49	3.39
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	Spectrum Naturals Organic Olive Oil or Soy Mayonnaise		25% OFF	
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Supplements

By The Each

NEW	Vitamin Code Mens & Womens Multi Vitamin or 50 & Wiser Multi 120ct Caps		34.99	41.99
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	Enzymedica Candidase 84ct Capsules		41.69	45.49
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	Flora Flor Essence 32oz		52.99	57.49
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NON-FOODS



By The Each

	Bi-O-Kleen Laundry Powder 10lb		14.99	19.99
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Serving The Community For 42 Years

Coos Head Food Co-op 1960 Sherman Ave. North Bend 541.756.7264



Redeem this Coupon for



\$ 3.00 OFF

Co-op Logo Bag

Cloth bags serve an environmental purpose and help provide a solution to a local concern
Expires 2-28-13

Cheers to you Valentine

Make a special beverage deep red, delicious, unique that is non-alcoholic to sip with your valentine.

Try this Hibiscus Tea recipe known as Ha Mai Ca



Boil 4 cups h2o with a cinnamon stick and few slices of fresh ginger and 1 1/2 C organic cane sugar. Reduce heat, add 1 cup hibiscus flowers steep add 4 C more water.

Strain and refrigerate.

When ready to drink

Pour over ice, Add slice of fresh lime

After much delay

During the week of January 20th –27th Co-op shoppers voted for their favorite Co-op t-shirt graphic.

The design with the most votes will be printed on our next co-op t-shirt.

Look for the new graphic on co-op t-shirts soon.

Forgot your container?

We've all done it, we want some maple syrup, olive oil, or almond butter and forgotten to bring a jar. Then see someone has left a sparkling clean jar ready to tare and fill with the bulk item of our desire.

And there is an attached tag to record the information to get through the register and into our bag.

Behind the scenes we have a glass loving recycler who is like Santa to the Co-op. Very quietly gathering glass jars, thoroughly washing them, patiently removing the labels, attaching a crafty custom label to each jar for the convenience of the recipient to record a plu# and tare weight.

Lyn Babcock finds beauty in glass and turns this into an art with her passion for glass.

This is not the only way Lyn has given her crafty gift to the Co-op.

During the holidays she quietly dropped off her custom made gift tags to share with anyone and everyone.

Thank you Lyn for your dedication to reduce, reuse, & recycle at the Co-op

GMO Salmon would be approved as 'New Animal Drug'
The FDA cleared the way for approval of the first genetically engineered animal for human consumption despite mounting concerns that it's likely hazardous for humans and poses a threat to the wild salmon population. And considers any genetically altered animal a 'new animal drug' for approval purposes. That means the modified animal is subject to less rigorous safety reviews that if it were classified as a food additive. The FDA's own testing revealed that "Frankenfish" causes increased allergy risk in humans. If it escapes into the wild, it could threaten the entire wild salmon population. There are no laws in the US requiring "Frankenfish to be labeled.

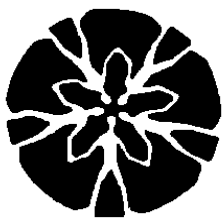


Make your Comments by Feb. 25th

For more information about GMO' s and biotechnology

Read more and take action online: organicconsumers.org/bytes/ob361.htm

Visit: responsibletechnology.org



Coos Head Food Store
1960 Sherman Avenue
North Bend, Oregon 97459

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

February 10, 2013

**Coos Head Food Co-Op
Anniversary Afternoon**

Black Market Gourmet
495 Central Ave, CB



Time: 1:00 to 4:00 P.M.

Music: Folksinger / songwriter **Brian Cutean**

Join Us: Learn about Co-Op owner-membership

Meet : Some of our Local Food Producers

Eat: Savor the local flavor prepared by by Chef Jardin using local Foods and products

Owners: Bring a friend to share our Co-op values and buy –local message!

Quote from traveler visiting our Co-op

"It says a lot about a community that supports a co-op."

It's time to Celebrate and **GROW** our Membership.....