

Coos Head Food Co-op

Celebrating 44 years

Summer 2015

Upcoming Events

August-Is Owner Appreciation Day Month.

**Owners receive 10% off
one day of your choice 19th, 20th, 21st**

September 7th-Co-op is Closed Labor Day Sorry

September 9th- Sample and learn about Health Force super green food powders from 2-5 p.m. The Vita mineral greens are sourced from a variety of green plants to detoxify and alkalize the body. This formula also contains enzymes and probiotics. Drink with water, juice or add to a smoothie.

September -13th-20th-is Organically Grown in Oregon Week.

September 16th- Harvest Fundraiser, Chef Jardin from Black Market Gourmet will prepare a vegetable lunch at LadyBug Landing Community Garden on 8th & Anderson in Coos Bay from 11-2 Lunch is \$6 and dessert is \$1

September 27th-**Co-op Annual Meeting** and Albacore BBQ, 12-3 P.M. at Simpson Park. Bring a potluck dish of a favorite local food. Please label dishes GF, DF, Vegan

October is CO-OP, FAIR TRADE & Non-GMO MONTH

October 7th- sample Labran fair trade teas with Jim 2-5 .p.m.

**Plan for Owner Day
Savings in August
Owners Receive
10% off 19th, 20th, 21st
choose your day**

(Some restrictions apply.)

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



WELCOME

Jamie Doyle

appointed to the board

Thank you for serving your Co-op

Patronage Dividend Update

In 2010, Coos Head Food Store transitioned to Coos Head Food Co-op, realizing our goal of becoming a true co-operative grocery store. One of the many benefits of this transition was to be able to offer our member/owners a patronage dividend. A patronage dividend is the opportunity for the Co-op to decrease our tax burden, maintain capital reserves and also return a portion of our net earnings back to the member/owners in proportion to their purchases at the store.

Due to your continued support, we have been very fortunate for the last 3 years to be able to send out dividend checks.

We are now in the middle of the major remodeling of our new building in Coos Bay. On taxes this year, our CPA advised us to take advantage of the Safe Harbor Credit, which allowed us to write off the full cost of the new roof on the 2nd St. building. This left us with a lower net profit – an advantage to the store, but it will not allow us to distribute dividend checks this year.

We know that everyone is very excited about the prospect of moving to a larger store with adjacent parking that better serves your needs. We anticipate that with your support of the new store we will be able to offer the patronage dividend again once the store is profitable in its new location. A big thank you to everyone for your cooperation and assistance in this project!

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

**OWNERS SAVE 10%
AUGUST 19th, 20th, 21st**

Since we started having owner appreciation days there have been a few comments about the day chosen. It's never been a perfect choice for all our co-op owners.

To make this member benefit more usable to all Owners we will extend the benefit to 3 days.

August member day discount will be spread over 3 days, the 19th, 20th, 21st so each member can pick the day of their choice.

The cashier will ask if you would like to take your member discount on these three days.

So mark your calendar, smart phone, or notebook and plan to shop and save on owner appreciation day.

Owner discount days are in February, May, August, and November. In the past couple of years we have also offered owner discounts on Vitamins, Herbal Remedies and other supplements in January, also receive 10 % off on bulk foods on April 22nd which is Earth Day, and in December we had an owner gift day.

(some restrictions apply)



GMO a Potential Carcinogen ?

Have you heard France just banned RoundUp, the herbicide made by Monsanto, from the garden shelves.

EPA tests for glyphosate?

The Environmental Protection Agency (EPA) announced it may start testing foods for residues of the herbicide glyphosate (aka RoundUp), following the World Health Organization's announcement that glyphosate is a probable carcinogen. EPA increased the amount of glyphosate residues allowed in foods to accommodate genetically engineered crops.



We have begun

The first thing we are going to do is build the new entry way. This will include new entry doors, a wind break wall to protect the entry from the wind and rain, and new sidewalks that meet the code requirements for slope.

At the same time that this work is being performed, we are getting the plans done for the permitting of the connector building construction, and miscellaneous other little projects that are part of the whole project.

Some of this miscellaneous work are things that volunteers can do. A lot of that work is simple labor, but is critical to the working of the project as the skilled worked is. Any work that is done for the skilled workers saves us money and helps keep the momentum moving.

There will be notices of work items behind the cashier in the store.

Also behind the cashier there will be some other requests, for materials or tools to borrow or hauling that is required. Any of these requests that are met in house, saves us money and saves us time.

The inertia worm has turned, and now we have to get some momentum built up.

Richard

Coos Head Food CO-OP New Items!!



Evolution Salt Co. Salt Lamps- Salt lamps emit negative ions which work like natural ionizers keeping the air clean. When they warm up, they attract humidity and the surface of the salt crystal becomes moist. This causes a field of ions to build up. These negative ions then attach themselves to dust, pollen, mold, fungus, and odors. Negative ions have known benefits, and may provide relief from sinus, migraine headaches, and allergies, reduce the severity of asthma attacks, enhance the immune system, increase alertness, increase work productivity, and concentration, increase lung capacity, and reduce susceptibility to colds and flu.



JusTea- Loose Leaf JusTea is a partnership between farmers in Kenya and tea drinkers all over the world. By sourcing micro-batch, artisan tea from small-scale farmers, JusTea offers a unique, premium-grade, flavorful tea. Each purchase supports farming families in rural Kenya. It's a unique tea, with a unique story



Taos Mountain Energy Bars- Artisan crafted energy bars are inspired by the outdoors, taste delicious as well as energize the body to perform. Each purchase supports the National Parks Foundation.



Sweetwood Cattle Co. Jerky Original or Teriyaki- This gluten free jerky is nitrate free, contains no MSG, uses the whole muscle (not left over parts and pieces), and is always tender & moist.



Organic Roots Organic Arbequina Olive Oil- All 16.9oz's of Organic Olive Oil from Northern California carries a 300 polyphenol count which means it will have a superb peppery finish. Being California Olive Council Certified, this company has nothing to hide and everything to gain after you taste their oil. Ask for a sample at the front register counter through the month of August!!



Better Life Simply Floored- This Citrus Mint Squirt & Mop product for all floor types works amazingly well and is good for the environment too!! Coupled with their Whatever Cleaner you can clean just about anything knowing you are avoiding exposure to poisonous chemicals. Look for Whatever Cleaner in bulk again soon!



Springfield Creamery- Nancy's has been around for years and they are well known for their high quality, living cultured products. The Mayo clinic is now studying their Plain Kefir and it is being prescribed by doctors nationwide. Find their Plain Kefir as well as their Organic Unsweetened-Cultured Soy Yogurt at YOUR CO-OP.



Coos Head Food Co-op *August Sales 2015*



Evolution Salt Co.

Ionizing Salt Lamp

\$29.99 reg \$33.99

Raindrop Style **\$16.99** reg \$19.99

Rumiano

Bulk Organic Cheese

\$6.99/LB

reg \$7.99/lb



Organic Valley

6/.75oz Medium Cheddar &
Pepper Jack Cheese Sticks

\$5.49

reg \$7.19

Emerald Cove

Arame, Kombu,
Nori (10 or 50 Sht),
& Wakame

SAVE 25%

reg \$5.79-29.99



Henry & Lisa's
Salmon Burgers

\$6.49

reg \$8.59

Lundberg

Rice Chips

\$2.89

reg \$3.69



Doctor In the Kitchen

Flackers Crackers

\$4.69

reg \$6.19

Annie's Homegrown

Gluten Free Deluxe Mac &

Cheese **\$3.99**

reg \$5.49



Crofter's Fair Trade, Just

Fruit, and Organic Spreads

25% OFF

reg \$4.49-6.19

Pamela's
Whenever Bars

\$3.99

reg \$5.29



Coco
libre

Nature's Superfood

It's a Coconut Revolution.

We are liberating

coconut water from

its sugary prison.

Liberate your taste.

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

1 liter (33.8 fl. oz.)

Coco Libre

Coconut Water Plain or
Coconut Water w/ Pineapple

2/\$5

reg \$3.39

Enjoy Life

Perky's Crunchy Rice Cereal

2/\$7

reg 4.69



Organic Valley

Chocolate Fuel Protein Shake

2/\$7

reg \$5.99/6.29



Zevia

Sugar Free Soda 6P

\$4.69

+dep reg \$6.99+dep



Blue Sky

Sugar Free Soda Singles

.69¢

+dep reg .99¢+dep

Blue Sky

Soda Singles

.59¢

+dep reg .79¢+dep



Coos Head Food Co-op *August Sales 2015*



Peanut Butter Stock
\$3.99/LB reg \$5.89/lb



Annie's Naturals
Organic Ketchup
2/\$6 reg \$4.19

Pacific Northwest
Organic Black Beans
\$1.69/LB reg \$2.99/lb



Annie's Naturals
Dijon, Honey, & Horseradish Mustards
2/\$6 reg \$4.49



Brown Rice Flour
\$1.19/LB reg \$2.79/lb



Annie's Homegrown
Organic Salad Dressings
\$2/7 reg \$4.89



Organic Walnuts
\$13.39/LB reg \$15.09/lb

Enjoy Life
Dairy Free Chocolate Bars
\$1.69 reg \$2.19

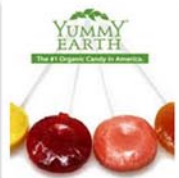


Essentia
Alkaline Water 1L
\$1.99 reg \$2.39

Herb Pharm
Select 1oz Liquid Supplements
SAVE \$3 reg \$11.99



Yummy Earth
LolliPops!
.15¢ ea or \$22.50 /150ct Bin
 reg .20¢ or \$30.00

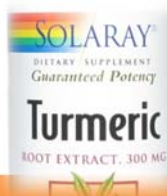


Solaray
Hawthorn Once Daily
SAVE \$5 reg \$13.99



Napa Valley Naturals
Extra Virgin Olive Oil 25.4oz
\$11.59 reg \$14.59

Solaray Turmeric
SAVE \$10 reg \$27.99



Lifetime SAM-E
SAVE \$12 reg \$39.99



Coos Head Food Co-op

1960 Sherman Ave, North Bend, OR 97459 Phone: 541.756.7264

Open M- F 9 am -7 pm; Sat 10 am-6 pm; Sun Noon-5 pm

cooshead@coosheadfoodcoop.org



Welcome to the Co-op Sta

Penny in Produce
Liz in Grocery and Refrigerated

Get your Greens from Health Force



To find out more about the Health Force Products and sample them, come by September 9th between 2-5 p.m. A representative from the company will be here to serve you and answer questions.

TruGanic is their trademark to verify the highest quality raw green powders packaged in glass amber bottles to ensure potency. Trial sizes offered make an affordable way to try these products.



For the Best Organic, LOCAL, Food around
Don't miss the Co-ops Annual Meeting
Sunday, September 27th

BUZZ AWAY

Spray *EXTREME*
& Towelettes

Repels Mosquitoes, Flies, Ticks
DEET FREE, from Quantum



Savor Local Flavor

LOCAL OG Blueberries coming

The Produce case is full of the freshest organic and local produce in town this time of year. The flavor of the local strawberries is amazing: picked one day and delivered to the co-op Produce department the next. Local plums, garlic, micro greens, chard, collards, kale, lettuce and BLUEBERRIES.

When you have too much fruit
freeze it, can it, or jam it. Pomona's
Pectin allows you to make jam
with the sweetener of your choice.



Jicama is a new items in the produce department. It's sweet & crunchy good raw in salad. Contains Vitamin C, high in fiber, contains iron, is a good source of potassium, calcium, magnesium. Try the following recipe.

Jicama Slaw

3 tablespoons lime juice (from about 1 1/2 limes)
1 Tablespoon olive oil
1 teaspoon salt
Fresh ground black pepper to taste
1/4 cup chopped dry roasted, unsalted peanuts
2 tablespoons chopped cilantro (optional)
1 medium jicama, peeled (with a sharp knife)
and cut into 1/4 inch cubes
1 large carrot, peeled and cut into 1/4 inch cubes
1 cup seedless grapes, chopped
1 cup arugula leaves, chopped fine
1 cup minced red onion
1 teaspoon Dijon mustard
1 garlic clove, minced

In a large bowl, combine the jicama, carrot, grapes, arugula, and red onion.

In a small bowl, whisk together the mustard, garlic, lime juice, vinegar, and olive oil.

Pour the dressing over the slaw, and toss well. Mix in the salt, pepper, and peanuts. Chill the salad for at least 1 hour.

Just before serving, toss the salad again.

Serves 6

Substitute the peanuts with cashews, almond, sunflowers seeds if you wish.

Clip and save



\$ 5.00 off Coupon

for Co-op Owners

With your purchase of \$ 35.00 or more
During the month of September

Valid 9/1/15 thru 9/30/15



Putting a Coat on the NEW Co-op

Our project has certainly been a co-operative effort, many of our co-op owners have come together for work parties. Since the demolition of the inside of the building we have been choosing the new refrigeration, finalized the details of the floor plan, provided all the items the bank requires for the loan, Richard, our contractor, has worked on the drawings for the new construction and the recent more visible things that have been done include the fresh Paint on the North wall. As we send this off to the printer the concrete work is being done for the front entrance and sidewalk.

Over 20 co-op owners met to paint the north wall of the co-op on June 27th. With a group of that size it took less than 3 hours to complete the project. Adeline Leard, Manager of Sherwin Williams donated 20 gallons of paint towards our community project and was on site offering her expertise and advise.

Al Roberts, our volunteer coordinator, reports the hours of owner participation to date is 816. The participation from members has been an important part of our progress. Everyone's involvement at every level is very valuable. The painting project turned out to be a of fun too.

Special THANKS TO ADELINE and SHERWIN WILLIAMS



Al Roberts,
our volunteer coordinator,
can be reached at
541-756-3440

One of the great things about Co-operatives is owner participation.

While painting the co-op one owner mentioned he has a commercial stainless steel sink he has no need for and would donate to the co-ops new location. Wow, what a great contribution. Another Co-op owner has mentioned he does carpentry and has a stash of old wood that he could see transform into display bins for our new produce department.

The closing of a business left yet another one of our Coop owners with a cooler she no longer had use for and would be selling as barely used at a reduced price. So why not tell

The list of items we will be looking for include; tables and chairs for seating in the new store, a bread rack, kitchen equipment, commercial coolers for a deli kitchen, a triple stainless steel sink with drain boards, freezers for back stock, break room fridge, table, & chairs, counter, and cabinet.

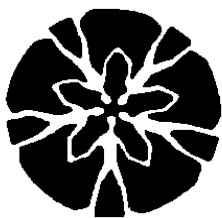
Our goal is to bring an atmosphere of custom made, unique, repurposed items in the new Co-op.

While we may not be able to use everything offered or suggested. Your idea or item may be the perfect thing.

The collective dollars from Co-op shoppers supports and grows our community –owned grocery store.

Which provides local farmers and producers a place to sell their products. And strengthened the local economy.

SHOP THE CO-OP! YOU OWN IT!.



Coos Head Food Co-op
1960 Sherman Avenue
North Bend, Oregon 97459

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

Coos Head Food Co-op
Annual Meeting and Potluck

Sunday, September 27th
12-3 P.M.

Simpson Park, North Bend

label your side dish for gluten intolerance, vegan, dairy free, etc.

Bring a side dish to share, local is best

BBQ Tuna & Drinks

will be provided by the co-op

Please RSVP for TUNA count 541.756.7264

