



Coos Head Food Co-op

Celebrating 45 years serving the community

Fall 2016 NEWS

Note these Dates

November-17th– Mary's Turkey, Turkey Breast, Duck, or Cornish hen should be ready to pick up. Don't forget the Holiday wine and all the holiday fixings!

November 24th-Closed for Thanksgiving Day.

December 24th-Special Owner Discount Day

Shop & **save 10%** on holiday gifts & all the rest.

December 24th-We close at 4:00 p.m. Christmas eve

December 25th-Closed for Christmas Day

January 1st-Closed New Years Day

**Use your owner coupon to save 10%
on supplements in January**
Happy Holidays! Cheers!



Mark your calendar for

Owner Appreciation Days

You Pick a day

To **USE** your **OWNER BENEFIT**

November-13th, 14th, 15th

and

Owner Gift Day December 24th

Owners receive

10% off

Save on last minute gifts

Give a Co-op Gift Certificate This holiday

What better gift than Local and Organic Food
From the Co-op?



The Grand Opening Celebration included a ribbon cutting ceremony on Friday afternoon.

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

Local Organic Cranberries

The Co-op will stock fresh cranberries from Winsmuir Farm again this year. Mary Margaret and David Smith grow an acre of organic cranberries in Sixes. They use the dry harvest method, because their berries are for the fresh cranberry market.

Owner Coupon
U-save 10 %
on supplements

coupon valid Jan.1st -31st, 2017

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!

Financials

2015 we had our first decline in sales over the previous year. Most departments were down, and we had fewer customers shopping per day. Local supermarkets started offering more organic choices. Of course, the ongoing complaints about our parking and cramped store have kept some people away. In any case, we still finished the year with a profit.

Our insurance expense was higher having both stores and insurance costs for the construction flood requirement.

2015 year end balance sheet shows a strong ratio of total assets to total liabilities.

The loans for the relocation project were not finalized until June 2016.

We had 59 new owners join in 2015. At the time of the annual meeting we had 739 owners current in their dues. Just less than half of our sales were to our owners (49.32 %)

Sales of local items in 2015 show local meat sales to be 33% of our total meat sales, local bread to be 31% of total bread sales, local eggs to be 46% of egg sales, and local produce to be 12.5 % of our total produce sales. (On all counts, local supplies did not meet the existing demand.)

Our Community Donation

The "It's in the bag Program" started April of 2008. Each month, the Co-op tracks the number of reusable bags used by shoppers. In 2015 9,592 sustainable bags were tallied at the checkout. Each month, we send a check to South Coast Food Share in the amount of .05 for each bag, so we sent \$ 479.60.



Financial Reports

2014					2015					2014					2015				
Income From operations										Balance Sheet									
Total Sales										Current Assets									
Sales Discounts										Net Fixed Assets									
Total Sales										Patronage Dividends									
CGS										Total Assets									
Gross profit										Current Liabilities									
Op Expenses										Long term liabilities									
Relocation Exp										Total liabilities									
Other Income										Equity									
Patronage Div.										Membership Capital									
Relocation Inc.										Deferred Pat. Dividend									
Net Income										Deferred Income									
										Retained Earnings									
										Net Income									
										Total Equity									
										Total Liab. & Equity									

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Note: Total liabilities include some remodel loan payables in 2015

Cranberry-Quince Sauce

1 pound *local, organic* cranberries, fresh or frozen
 2 *local* quince, peeled, cored and cut into 1 inch pieces
 2 slices lemon, including the peel, $\frac{3}{4}$ cup water,
 1 $\frac{3}{4}$ cup sugar or to taste

(You can use any sugar substitute. Stevia is good.) 1 tsp. vanilla
 Simmer cranberries, quince and lemon in water about 45 minutes or until mushy. Add sugar to taste and cook until sugar is dissolved. Turn off heat and stir in vanilla. Blend in blender or food processor until smooth. Pour into clean containers.
 Enjoy with turkey, baked winter squash, french toast or pancakes.

Welcome Our Newest Employees
 Meynardie Blanchard "Bo"
 & Dan Cook in produce
 Justin Mcfaul in the deli

Co-op Annual Meeting Sunday September 11th

We had our annual meeting and traditional Albacore BBQ again this year at Simpson Park in North Bend. Approximately 37 owners were in attendance this year.

We enjoyed fresh local grilled albacore, and delicious side dishes. Maurice Wray, board member, welcomed everyone and did the introductions. Al Roberts, board member, and our volunteer coordinator reported on the member involvement for the relocation project. He has tracked 32 owners who worked 1,495 hours over the 2.5 years during the remodeling project. That number is probably low, since a few may have worked other than the designated work parties. For sure Jamie Fereday and Margie Ryan contributed extra time in many ways.

A slide show of photos looped through during the meeting, showing the events and work parties since the day we purchased the new buildings. Thanks to Jamie Doyle, board secretary, who put this together.

Margie Ryan, Board president, reported on the energy efficient measures that were part of the project. The roof is "Solar Ready" (for Solar panels), The rack system for the refrigeration is a considerable energy efficient measure. Also the Thermastor tank, which reclaims heat from the rack system, and preheats the hot water, is another great energy savings measure. The efficient refrigeration system is new, and LED lights are used along with motion sensors for inside the walk-ins, and in the bathrooms, too. The overhead lighting is also LED. The original meeting with Energy Trust of Oregon was arranged by Sol Coast before the construction started. After it was finished we had an evaluation with them to determine what incentive we will receive for these measures. We await notification of the results at this time, and have not yet received the incentive check from Energy Trust. But when we do, there will be a BIG Check ceremony, so stay tuned.



Co-op Employee Anniversaries

December

Jim Perry has worked as the bulk department buyer for 2 years which includes coffee, tea, and spices. He quietly goes about his day ordering the stuff we sell by the pound. When it comes to beverages, Jim knows a lot about coffee, tea, and beer too! We could call him and bulk and beverage guy.

Janet Moore has been the produce manager for a year this December. Her attention to detail and high quality standards keep the new produce department stocked with the freshest organic and local produce.

THANK YOU

For your service to the Co-op

Doreen is Retiring

Doreen Malone, our bookkeeper, is retiring after working at the Co-op since May of 2011. She came to work at the Co-op suggesting she would probably be employed here for 5 years before she retired, and sadly it is 2016 and 5 years have passed. We benefitted not only from her knowledge and experience in accounting and tax preparation, but also her background, and understanding of construction and remodeling. Because her husband is a contractor, she also has hands on experience with the trade. They have worked together in his business and remodeling their home. She has not only the knowledge, but the willingness to do whatever needs doing, with a great attitude and follow through.

Whether it was working with the bank, or painting the street number on the building, Doreen never shied away from anything "extra" that needed attention, and was always searching for more information. If it was questions about patronage dividends, or helping to source a hand sink for the new store, Doreen has always been easygoing, forward looking, and ready to solve problems. Thank you for your years of service to the Co-op, our staff, and our community. We have been fortunate to have you on our team, and wish you all the best in this next chapter of your life.





Coos Head Food Co-op *November Sales 2016*



Organic Valley Organic Butter 1LB

Salted or Unsalted

\$7.19 reg \$8.99



BLK

Fulvic Acid Infused Water

\$1.69 +dep reg 2.39

Organic Valley

8oz Organic Neufchatel or
Organic Cream Cheese

\$3.39 reg \$4.19

SAVE
20%



REBBL

Super Elixirs

\$3.69 reg \$4.69



Enjoy Life

Dairy Free Chocolate Chips

\$4.69 reg \$6.39

Miso Master

Red Traditional or Mellow White Miso

\$4.99 reg \$6.39-6.99



Bob's Red Mill

Gluten Free Flour 1:1 5LB

\$10.49 reg \$14.99

Unbleached White Flour 5LB

\$5.59 reg \$7.99

SAVE 30%



Gluten Free,
Quick, &
Delicious

Simply Organic
Gravy Mixes

\$1.39 reg \$1.69

Jovial
Organic Tomatoes

\$3.39 reg \$4.99



Montebello
Organic Italian Pastas

\$3.39 reg \$4.39



Frontier
Telicherry Peppercorn

\$4.79 reg \$5.99

SAVE
20%



Montebello

Italian Organic Olive Oil
Cold-Pressed Extra Virgin 750ml

\$15.69 reg \$20.69



SAVE 20%

**Frontier &
Simply Organic**

Select Extracts or Flavorings 2oz or 4oz



Nutiva

Refined Coconut Oil

\$9.99 reg \$12.99



Spectrum

Organic Vegetable Shortening
Non-Hydrogenated

\$6.89 reg \$8.69





Coos Head Food Co-op *November Sales 2016*



Organic
Medjool Dates
\$6.69/LB reg \$8.79/lb



Wholly Wholesome
Traditional Pie Crust 9"/2PK **\$4.79**/\$6.39
Gluten Free Pie Crust 9"/2PK **\$5.29**/\$6.99
Traditional Dough 9"/2CT **\$5.89**/\$7.89

**SAVE
25%**



Simply Organic
Mulling Spice
\$1.49 reg \$1.99

Organic
Pecan Halves
\$13.99/LB reg \$15.49/LB



Organic
Ground Nutmeg
\$16.00/LB reg \$53.60/LB



Field Roast
Celebration Roast 1LB
\$6.39 reg \$7.99



Organic Oregon Grown
Wild Rice
\$6.39/LB reg \$7.49/LB

Quorn Turkey Style Roast
\$7.69 reg \$9.69



Oregon Chai
Concentrates: Original or Slightly Sweet
\$3.69 reg \$4.69

Better Than Bouillon
Organic Bases
\$4.99 reg \$6.99



Sunspire Baking Chips

Bitter-Sweet **\$4.79** reg \$6.39
Semi Sweet **\$4.79** reg \$6.39
Sundrops **\$5.29** reg \$6.99
White Chocolate **\$4.29** reg \$5.69



Back to Nature Crackers

Saltines
\$3.89

\$3.19 reg \$4.19 - \$5.19
SAVE 25%

Back to Nature
Reduced Sodium Soups
\$3.69 reg \$4.69



Florida Crystals

Demerara Cane Sugar 2LB **\$4.79** reg \$5.99
Organic Cane Sugar 2LB **\$4.59** reg \$5.69

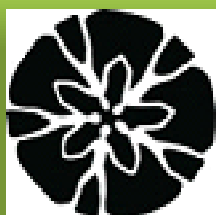
Bragg's
Organic Extra Virgin Olive Oil 16oz
\$9.99 reg \$13.99



Coos Head Food Co-op

****Happy Thanksgiving****

353 S 2nd St, Coos Bay, OR 97420 Phone: 541.756.7264
Open M-F 9am-7pm; Sat 10am-6pm; Sun 11am-5pm
cooshead@coosheadfoodcoop.org



WE moved and had a GRAND OPENING!

Approximately 53 owners helped us pack and un pack to move to the new store. We closed the North Bend store Friday, August 25th and opened in Coos Bay on Wednesday the 30th. Thanks to all of our owners and the help of Day Ship Supply we moved over in record time.

Our grand opening event was Oct 21st-23rd. Everyone that participated signed up for a raffle to win a Thanksgiving Turkey and one of over 2 dz gift baskets. There were on going samples through out the store each day. Decasa bean dip and salsa, green mountain gringo corn chips, Righteously Raw chocolate, Fentimans sodas, dried mango, chocolate covered almonds. Humm kombucha which is now on tap so you can fill your growler at the co-op.

Friday night the ribbon cutting ceremony commenced and all attending enjoyed a relish tray which included warmed medjool dates with Rouge Creamery crumbled blue cheese drizzled with balsamic vinegar. Honorable mentions were made, the ribbon was cut and we enjoyed a toast to the long awaited transition. Other events included a beer and cider tasting the new



local products from Plough Monday Brewery and Riverside Farms cider. Local fresh bread from Oven Spring Bakery with Organic Valley pasture butter. Saturday was full of events, samples of Rabbit brats, sausages, and local chicken were offered all afternoon, a wine and cheese tasting packed the store later that day. 5 local massages therapists; Jackie Day, Karen McGuire, Tere Branson, Katie Etienne, and Dani Goette treated customers to massage, Stephen Procunier, acupuncturist and Chinese herbalist, from the 3 Branches Clinic, and Michele King Davis, certified health coach, were also here talking with individuals about health and lifestyle changes. Some enjoyed a half hour of chair yoga with Sailee. The Co-

quille Seed Community staffed a table during the event, another community partner in our local food hub. Knife sharpening services were available to prepare for the holiday. The kids zone was a popular space with



face painting, making a community flag, and coloring. Bayside Coffee, a local roaster, now available at the Co-op, were offered on Sunday. Justin the new Deli "head" jumped right in to help with the grand opening event and made Quinoa salad for sampling. It was a hit and he made the first salad for the deli and it was well received. Look for more to come. The cheese is now in the 2 door cooler next to the freezers and we have expanded the selection. So far there is Fontina, Blue Cheese from the Rouge Creamery, Rumiano Extra Sharp Cheddar. Grab n Go Deli salads, wraps, and sandwiches will be found in this cooler as we develop this menu. Carrot juice and carrot juice blends are offered in the deli corner also.



We have plenty of parking at the new location. and we have seen the lot full more than once already.

No doubt you have noticed the signage to the parking lot which indicates 8 spaces that are designated for Frontier communication employees. Thank you for respecting their parking spaces and being good neighbors.



Welcome
49 new owners have
joined the Co-op since
we opened the new
location.



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



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

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



Sign up early for best selection!

ORDER

Your Mary's Non-GMO
Turkey, Turkey Breast, Duck, or Cornish Hen



Organic 8-12lb, 12-16 lb, 16-20 lb, 20-24 lb.

NON-GMO 8-12lb, 12-16 lb, 16-20 lb, 20-24 lb, 25+

Turkey Breast 4-8 lb, 8-12 lb.

Duck & Cornish Hens 1-2lb.

and Mary's Poultry is Gluten Free



In addition to fresh Turkeys, Local Organic Cranberries, Holiday Rolls, Pie Pumpkins, Local Quince for that special Cranberry Sauce, Cider Mate, Eggnog, Holiday Beers & Organic Wines, and all the fixings. Shop the Co-op YOU OWN IT.