

COOS HEAD FOOD CO-OP



FEBRUARY, MARCH, & APRIL 2019

MEMBER-OWNER NEWSLETTER

SEASONAL HOLIDAYS & STORE HOURS

Thursday, February 14th

Valentine's Day

Fair Trade Chocolate and Wine
are the perfect fit for a sweetheart!

Sunday, March 10th

Daylights Savings

We look forward to having sunlight in the evening shopping hours!

Sunday, March 17th

St. Patrick's Day

Naturally green foods will be celebrated and shared!

Sunday, April 1st

April Fool's Day

We like to have fun with our food!

Sunday, April 21st

Easter

We will be open regular Sunday hours for your holiday needs.
10am-6pm

Monday, April 21st

Earth Day

Member-Owner Discount:
10% off of the Bulk Department
Bring in Your Reusable Jars!

MEMBER-OWNER

EARTH DAY BULK DISCOUNT DAYS

APRIL 20, 21, & 22

OWNERS RECEIVE

10% OFF

BULK FOODS

INCLUDES HERBS, SPICES, NUT BUTTERS, TEA, COFFEE,
OILS, VINEGARS, GRAINS, DRIED FRUITS AND MORE!

DON'T FORGET YOUR REUSABLE FOOD CONTAINERS!

FIND US ON FACEBOOK & INSTAGRAM:

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

MEMBER-OWNER APPRECIATION DISCOUNT DAYS

FEBRUARY 21, 22, & 23

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

MEMBER-OWNER MARCH DISCOUNT COUPON

OWNERS RECEIVE

10% OFF

NON-FOOD ITEMS

CHOOSE ANY DAY IN MARCH TO USE 10%
OFF NON-FOOD ITEMS WHEN YOU SPEND
\$50 OR MORE ON NON-FOOD ITEMS

DOES NOT APPLY TO ITEMS ALREADY ON SALE
MUST PRESENT COUPON TO CASHIER TO REDEEM
MEMBER DISCOUNT. VALID MARCH 1ST-31ST, 2019

MEMBER NUMBER:

NON-FOOD ITEMS INCLUDE:

Cleaning products, gardening supplies,
reusable glassware, cooking supplies,
glass & stainless steel straws, incense,
smudges, Himalayan salt lamps, essential
oil diffusers, Handmade African baskets,
and more!

BOARD OF DIRECTOR'S ELECTIONS

2019 Election Date: April 22nd, 2019
Application Deadline: March 13, 2019

This is a great opportunity for you to help us build a strong committed Board to lead Coos Head Food Co-op in its mission of providing quality whole foods and sustainable products for our community!

Beginning Monday, February 11, 2019, member/owners who are interested in running for a position on the Coos Head Food Co-op Board of Directors can pick up an Application Packet at the store. The deadline for filling out and returning the Application and Statement of Agreement on Ethics and Conduct is the close of business on Wednesday, March 13th, 2019.

Under the Coos Head Food Co-op Bylaws, the number of Directors can be a maximum of 9, and no less than 5.

Eligible applicants must have been active member/owners for at least six (6) months prior to the election date (on or before October 22, 2018), not have any overriding conflicts 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.

You OWN It!

The Co-op Grows With YOUR Help!
Board Meetings are 3rd Thursday of
Each Month at 5:30pm-7pm on
1350 Teakwood Dr. (ESD Building).

Downtown Coos Bay Wine Walks

February-December on the
First Friday from 5pm-7pm

We are proud to support the Coos Bay Rotary Club's efforts to fundraise for a wide variety of local non-profits by participating in the community wine walks.

Wine walk participants are asked to purchase a wine glass for \$10 from the Visitor's Center and receive a map of the participating businesses! Must be ages 21 + (with valid ID) in order to taste wines.

The Food Co-op offers a wide variety of food and wine samples during these events. Farmstead Bread will be featured with other local vendors. It is a great opportunity to bring in friends who would enjoy the tastes of the Co-op!



Make the Co-op a Must-Stop on the Wine Walk!

EDUCATIONAL OPPORTUNITIES AT THE CO-OP!

RAWSPIRATION FAMILY FOOD DEMO

SUNDAY, FEBRUARY 3RD
FROM 11AM-1PM

We are excited to welcome back traveling raw foods author Anne Meinke to assist with sharing the power of plant-based raw foods. She will be featuring family-friendly recipes for all to enjoy. Celebrate *Healthy Eating Month* by watching a great demo, enjoying delicious samples, and a talk with Anne during the book signing!

Copies of Anne's *Rawspiration* Raw Cook Book will be available for purchase at the event!

UNDERSTANDING THE MECHANISMS BEHIND DIGESTION AND LEAKY GUT

SATURDAY, FEBRUARY 9TH NOON-1PM

Learn about the process of digestion to better understand the influence that disruption to the digestive process has on health. The term "Leaky Gut" will be discussed. Instructor will be Raine Miller, Certified Holistic Health Coach and Functional Diagnostic Nutrition Practitioner.

Please contact Ashley at the Co-op if you're interested in hosting events with the Co-op!

CELEBRATING 48 YEARS!



From the humble beginnings of a small group of folks concerned about access to quality foods that met in the later 60's would later open a business as the **Coos Head Food Store** in 1971. Now in 2019 there is a thriving community food hub; the **Coos Head Food Co-op** has been growing over the course of its history.

Originally known as the Coos Head Food Store, the storefront had a few locations until Dick and Bonnie Woone assisted the growth as they co-signed a loan for the business to purchase the storefront at 1960 Sherman Ave in North Bend. There were annual dues and volunteer shifts available to work within the storefront.



TRACY WOODRUFF, KARIN RICHARDSON, DEB KROUGH, SUSAN SCOTT, AND ROBERT IN-FRONT OF THE COOS HEAD FOOD STORE.

Fast forward to 2010, Coos Head Food Store reincorporated as Coos Head Food Co-op to become a consumer Co-op. This led the way to 2013 when the Co-op purchased the 2nd Street property with the plans of developing a new store location. Between Co-op members and staff, the Co-op was able to relocate and open in August 2016.

Now the Coos Head Food Co-op is on the forefront of sourcing local goods, natural products, and a growing Grab & Go Deli! ***We look forward to many years more!***

& LOOKING AHEAD!

48TH ANNIVERSARY CELEBRATION

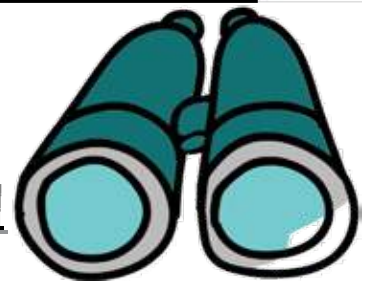
THURSDAY, FRIDAY, & SATURDAY
FEBRUARY 21, 22, 23

3 days of FUN!

Samples, Family Activities,
Local Vendor Demos,

Chair Massages, Raffles, & More!

Plus 10 % off Member Discount!



YOU'RE INVITED!
**ANNIVERSARY
RECEPTION**

FRIDAY, FEBRUARY 22
5 PM-7 PM AT THE CO-OP
Join us for an array
of refreshments
(dessert and
Farmstead Bread), live
music, & **MORE!**

CO-OP IN THE COMMUNITY

FIND THE CO-OP AT THESE GREAT EVENTS!

COMMUNITY TABLING EVENTS

COQUILLE VALLEY HOSPITAL GARDEN PARTY & HEALTH FAIR SATURDAY, MARCH 16TH

10AM-3PM AT COQUILLE VALLEY HOSPITAL

This Coquille event is a fantastic start for the gardening season. There will be free plant starts and seeds available to event participants. The event will also be combined with the Annual Health and Wellness Fair that will include a variety of vendor spaces. The Co-op will be in attendance to share delicious samples and information on heirloom seeds.

FERTILIZE YOUR MIND CONFERENCE SATURDAY, MARCH 30TH FROM 9AM-3PM AT THE MILL CASINO

The Coos County OSU Extension Master Gardeners host an excellent one day conference that has a diverse selection of gardening related workshops and keynote speakers. Co-op will be sharing healthy lunch options from the Grab & Go Deli as well as showcasing tips and products for a great garden season.

Registration for the conference is required.

Interested in any of these events? To volunteer at the Co-op's Outreach Table, please contact Ashley at outreach@coosheadfoodcoop.org for more information.

JOIN US FOR A PRESENTATION BY
DR. MILES HASSELL, MD

GOOD FOOD GREAT MEDICINE

THURSDAY, FEBRUARY 21ST
FROM 5:30PM AT GLORIA DEI
LUTHERAN CHURCH
FREE COMMUNITY EVENT!

The Author of *Good Food Great Medicine* will be presenting achievable diet and exercise choices that slash the risk of death and chronic disease. The Mediterranean diet will be highlighted as well as lifestyle changes to achieve long-term outcomes that make a difference in: mortality, diabetes, cancer, heart disease, obesity, and dementia.

Following the presentation will be healthy, delicious food samples from Coos Head Food Co-op.



SHOP & UNWIND AT THE CO-OP

1ST & 3RD TUESDAY'S OF EACH MONTH WITH BECCA
2ND WEDNESDAY'S OF EACH MONTH 11AM-2PM WITH
MONA DUNHAM RICHARDSON, LMT & YOGA TEACHER

Enjoy a complimentary Chair Massage with
Mona & Becca!

We are thankful for their time and craft!

We love Mona's
chair massage
set-up! Time to
relax and unwind!



COOS HEAD FOOD CO-OP

FEBRUARY 2019 SERVING THE COOS COMMUNITY SINCE 1971 MONTHLY SALES



MUNK PACK
OATMEAL FRUIT SQUEEZE

\$1.99 reg \$2.39



GRANDY OATS
PALEO FRIENDLY
COCONOLA

\$3.99 reg \$5.69



MT VIKOS
ORGANIC FETA

\$4.39

reg \$5.99

SAINT BENOIT CREAMERY
ORGANIC GRASS FED WHOLE MILK YOGURT

\$2.19 reg \$2.89



SO DELICIOUS
COCONUT MILK YOGURT 5.3OZ

\$1.89 reg \$2.39



LARABAR

NUTRITION BARS

4/\$5 reg \$1.99



WILDWOOD
SUPER FIRM TOFU
VAC-PAC ORGANIC HI-PROTEIN

\$2.69 reg \$3.69



GOOD KARMA
FLAX MILK
UNSWEETENED + PROTEIN

\$4.69 reg \$5.99



DOCTOR IN THE KITCHEN
FLACKERS CRACKERS

\$4.39 reg \$5.99



LATE JULY
ORGANIC CRACKERS

\$2.99 reg \$3.99

Coos Head Food Co-op 353 S 2nd St, Coos Bay, OR 97420 Phone: 541.756.7264

FOLLOW US ON FACEBOOK AND INSTAGRAM FOR MORE SPECIALS AND EVENTS!!





COOS HEAD FOOD CO-OP

FEBRUARY 2019 SERVING THE COOS COMMUNITY SINCE 1971 MONTHLY SALES



**PRINCE OF PEACE
GINGER CHEWS**

\$1.69 reg \$1.99



PANDA

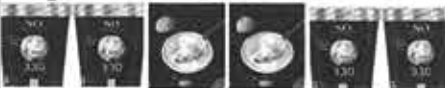
LICORICE CHEWS 7OZ

\$2.99 reg \$3.99



**SO DELICIOUS
DAIRY FREE MOUSSE**

\$4.89 reg \$6.99



**SO DELICIOUS
DAIRY FREE**

COCO-WHIP

\$2.99 reg \$4.89



**EQUAL EXCHANGE
CHOCOLATE**

BARs

\$2.99



**JUSTIN'S
NUT BUTTER CUPS**

\$1.69 reg \$1.99-2.39



**ALTER ECO
CHOCOLATE BARs**

\$2.99 reg \$3.99

BARK THINS

\$3.99 reg \$4.99



THEO

CHOCOLATE BARs

\$2.69 reg \$3.69



THEO DARK CHOCOLATE PEANUT
BUTTER CUPS **\$1.69** SINGLES **.89¢**

**ENDANGERED SPECIES
CHOCOLATE BARs**

\$2.39 reg \$3.69

SAVE UP TO 35%



TONY'S CHOCOLONELY

\$3.99 reg \$4.99



Thank you for supporting your local Co-op!!
Proudly serving you for 48 years.





COOS HEAD FOOD CO-OP

NOVEMBER, DECEMBER, JANUARY SERVING THE COOS COMMUNITY SINCE 1971

NEW ITEMS



BRAMI LUPINI SNACKS

Brami is a fresh legume snack from Italy also known as lupini. They are packed with healthy plant protein and are yummy straight out of the bag or on a salad!



YUM BUTTER

"BUY ONE, FEED ONE"
Taste & texture of these high quality nut butters, along with their stringent ingredient sourcing sets these guys apart from their competition.



CLEAN CAUSE YERBA MATE

These guys donate 50% of their profits back to sober living projects for recovering addicts. Certified organic and a clean, light flavor make this a refreshing new jitter free pick-me-up!



CB'S NUTS PEANUT BUTTER & IN-SHELL PEANUTS



THAI PEANUT SATAY DIPPING SAUCE

INGREDIENTS:

- ONE 13.5-OUNCE CAN FULL-FAT, UNSWEETENED COCONUT MILK (THAI KITCHEN OR NATIVE FOREST)
- 2 OUNCES (APPROXIMATELY 1/4 CUP) OF THAI RED OR (FOR Milder TASTE) MASSAMAN CURRY PASTE
- 3/4 CUP CB'S FRESH ROASTED PEANUT BUTTER
- 1/2 TABLESPOON SALT
- 3/4 CUP ORGANIC SUGAR
- 2 TABLESPOONS OF APPLE CIDER VINEGAR
- 1/2 CUP WATER

DIRECTIONS:

PUT EVERYTHING INTO A MEDIUM POT AND BRING TO A GENTLE BOIL OVER MEDIUM HEAT, WHISKING CONSTANTLY, TURN HEAT TO LOW. LET THE MIXTURE SIMMER FOR 3-5 MINUTES (BE CAREFUL NOT TO LET THE MIXTURE SCORCH AT THE BOTTOM OF THE POT). TAKE THE POT OFF THE HEAT, LET THE SAUCE COOL DOWN TO ROOM TEMPERATURE (OR SLIGHTLY WARMER), AND SERVE THE SAUCE WITH CHICKEN SATAY OR FRIED TOFU (OR WHATEVER ELSE YOU WANT TO DIP INTO THE DELICIOUSNESS).

ENZYMEDICA

Digest Gold + Probiotics

help to promote a healthy, balanced microbiome, improve nutrient absorption while potentially increasing energy production. They can help relieve occasional gas, bloating, & diarrhea while increasing good gut bacteria, thus promoting regular digestive elimination.



GI RECOVERY

is suggested for those that have been on antibiotics. According to the Enzymedica website, this product could help reset the body's digestive system, boost the microbiome, and promote improved energy, muscle growth, and total body wellness.



ENZYMEDICA — The Enzyme Experts —

Black Vinegar CAPSULES



Supports Weight Loss
Supports Heart Health
Increases Energy
Detoxifies



Coos Head Food Co-op 353 S 2nd St, Coos Bay, OR 97420 Phone: 541.756.7264
FOLLOW US ON FACEBOOK AND INSTAGRAM FOR MORE SPECIALS AND EVENTS!!

NEW

NEW

GRAB & GO DELI

HELLO WITH KAT

Hello from the deli. My name is Kat and I am excited to step into Andrew's shoes as the new deli manager. I recently moved to the incredible Southern Oregon Coast from Eugene, where I was the manager of a Cafe Yumm for the past three years. Before that, I spent five years managing the heck out of a popular from-scratch coffee and cupcake shop in Seattle.

I feel extraordinarily lucky to have been able to learn from and work closely with Andrew since I started working here in September of last year. While I am sad to see Andrew go, I am looking forward to seeing his creativity flourish at Front Street Provisioners. Our capable and strong deli team is ready to continue on the journey of filling the bellies of our community with beautiful, nutritious, and most importantly, delicious food. Please stop by the deli and say hello, I am looking forward to meeting you!



FAREWELL WITH ANDREW

It is fitting for me, about two years ago Deb asked me to just help out in the deli to get things going. Six months later, I was working fulltime and was starting to see the volume of growth in the Grab & Go Deli. It has been gratifying and exciting to be a part of setting up the Grab & Go Deli menu and to get healthy food in the community.

The BUZZ is out! People have been talking about the Grab & Go Deli, bringing dishes into their homes, local workers have been picking up consistent lunches, and there has been growth in business partnerships through the expansion of the deli.

I will continue to be involved in an advisory role for the Co-op, who's going to make the spices and scones? I feel lucky to have found Kat and the remarkable crew to keep the deli machine in motion. My favorite thing to create in the deli are the spice blends as it keeps the food tasty and flavorful. I have crafted spice blends for the co-op that include: African, Moroccan, and Curry blends.

HEALTH & WELLNESS

WELLNESS WEDNESDAY

SAMPLE SCHEDULE

- February 6: Mineral Fusion Nail & Ayurvedic Face Mask
- February 13: Mineral Fusion Nail & Ayurvedic FaceMask
- February 20: KETO Shake Demo & Bone Broth Collagen
- February 27: HealthForce Superfoods
- March 6: Tonic Fizz Magnesium
- March 13: Navitas Organic Essential Superfoods
- March 20: Pre & Pro Biotic Demo
 - Chicory Root & Psyllium Husk
- March 27: Healthforce Superfoods
- April 1: Tonic Fizz Magnesium
- April 10: Bone Broth Cookie & Shake
- April 17: Pea Protein
- April 24: Healthforce Superfoods

KETO TALK PICTURES

Over 30 people attended the KETO Talk led by Ancient Nutrition. Thank you to Holly for presenting great healthful information and Glen with yummy samples!



CONSISTENT IN-STORE EVENTS

MATE MONDAY'S

10AM-3 PM 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!

TEA TUESDAY'S

10AM-3 PM ON EVERY TUESDAY!

Enjoy a complimentary cup of tea as we feature a different variety weekly with an informational card about the flavor and brew process. We feature Mountain Rose Herb Teas!

WELLNESS WEDNESDAY'S

11AM TO 4PM ON WEDNESDAY'S

Wellness Buyer Josh organizes various demos to highlight different products and health benefits! Demos will be featured on the monthly community calendar!

Orange You Glad Its Citrus Season?

Blood Oranges

Blood Oranges tend to be smaller than other kinds of citrus, with a thick, pitted skin that may or may look blush. Inside the flesh is brilliantly dark pink, crimson, or even a dark blood red.

Red coloring in blood oranges is the result of anthocyanin which develops when these citrus fruits ripen during warm days tempered with cooler nights. It is an antioxidant rich citrus that is not common in most varieties.

It originated in Sicily, Italy in the 1600's. The three main varieties are Moro, Sanguinelli, and Toracco. Blood oranges are known for being seedless and are relatively easy to peel.

Blood Oranges are great for both fresh eating and juicing. It has an intense orange taste with hints of fresh raspberry. It is a great compliment to salad dressings and marinades. Try the recipe below

Marinade Recipe

Ingredients

- 1/2 cup of blood orange juice (3-4 larger sized blood oranges)
- 2 tablespoons minced shallots
- 1 tablespoon whole grain Dijon
- 1/4 cup rice vinegar
- 1 table spoon sesame oil
- Salt & Pepper to taste

Instructions

- In a small bowl combine blood orange juice, shallots, Dijon, rice vinegar, sesame oil and salt and pepper to taste.
- Suggested proteins to utilize marinade with include: fish (halibut and tuna), chicken, pork, and tofu. Blood oranges compliment leaner proteins well.
- Let the protein of choice marinade for at least 30 minutes before cooking or grilling.



The crimson hue of blood oranges is beautiful and gives a rich flavor that is hard to resist!



Citrus Pictured Includes: Pomello, Navel Orange, Valencia Orange, Satsuma Mandarin, Lime, Kaffir Lime, and Meyer Lemon.



Citrus Pictured Includes: Ruby Grapefruit, Sweet Limes, and Buddha's Hand.

Try them before citrus season is over!

10 INTERESTING FACTS ABOUT FOOD CO-OPS

BY JON STEINMAN

AUTHOR OF UPCOMING BOOK, *GROCERY STORY:
THE PROMISE OF FOOD CO-OPS IN THE AGE OF GROCERY GIANTS*

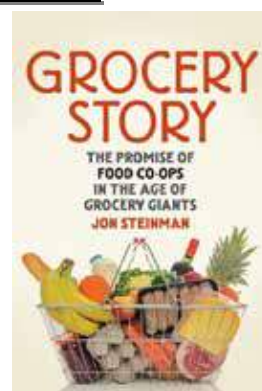
1. There are 300+ **consumer food co-ops stores** across the US and another 100 at various stages of development.
2. When asked; "**Who owns the grocery store you shop at?**"- members of food co-ops can proudly reply, "me!"
3. **Your Grocery Bill is an investment:** For every \$1,000 spent at a natural food co-op, \$1,604 is generated in the local economy.
4. **Community Giving:** Food Co-ops contribute 3 times more toward charities and community groups vs. conventional stores.
5. **Local Food:** On average, natural food co-ops source 20% of their products from local producers vs. 6% at conventional stores.
6. **Employ more people:** A local, independent food co-op's head office is most often located within the store itself. This means there are more people employed by a local food co-op than at a chain store.
7. **Democratic:** At most food co-ops, any member is eligible to run for the co-op's board of directors. Members are also eligible to vote for directors at the annual election.
8. **Recirculating profits:** Food co-ops don't profit off of their members. They can't! Profits are reinvested into the co-op and often returned back to the members in the form of dividends.
9. **Education, training, and information:** All Co-ops adhere to the principle of Education, Training, and Information. At food co-ops, this often shows up in the form of incredible cooking classes, guest speakers and workshops, and helpful publications distributed to members.
10. **Food Co-ops are Community Hubs:** Food co-ops often become a hub of community activity and connection. With the more-than-usual number of conversations often had at a local food co-op, a quick stop for a liter of milk might very well take a half-hour of your time.



Ownership Models developed by Melissa Cohen,
General Manager at Isla Vista Food Cooperative

You Own IT!

Book Release:
Spring 2019
Copies will
be available
at the Co-op
for
purchase!



Jon Steinman will be
visiting Coos Bay during
2019 for a lecture & book
signing event.

Date TBA!

WHERE LOCAL MATTERS THE MOST ...

LOCAL MEAT UPDATE

Did you know that Coos Head Food Co-op has the largest selection on local and Oregon based meats in town?

Silver Dollar Bison Ranch from Reedsport is supplying the Co-op with Ground Buffalo. The bison graze in a fertile 300-acre valley surrounded by old growth forests. There is an untouched watershed that hosts many species of native grasses that stay green year round.

We are excited to have **Wild Rivers Ranch** from Langlios join the local meat selection with their lamb products. Meet Cora, 5th generation member of the family, **on Saturday, February 23rd at 2pm**. She will be sharing their high quality meats and cooking ideas with the lamb.

Emma's Kitchen Chimichurri sauce

will be introduced to the co-op soon and it pairs excellent with the lamb (plus veggies too!).



EARTH DAY FAIR **SATURDAY, APRIL 20TH** **11AM-4PM** **AT THE CO-OP!**

Local environmental groups, vendors, sustainable products, activities, and lifestyle tips will be featured! Open to all ages!

CLAMBAKE JAZZ FESTIVAL **MARCH 8, 9, & 10TH AT THE** **MILL CASINO**

Clambake Jazz Festival is celebrating 30 years of bringing a fantastic variety of jazz musicians to the Coos Bay area.

The Coos Head Food Co-op will be sponsoring the Green Room for musicians on Friday, March 8th with Grab & Go Black Bean Chili plus fruit and veggie trays to showcase produce. We look forward to playing a part in this great festival!

BREAD DELIVERY SCHEDULE

NEVER FEAR, LOCAL BREAD IS HERE! Here is a guide to help you with deliveries throughout the week!

- MONDAY'S AT 9AM- FRANZ BAKERY
- TUESDAY'S AT 3PM- FARMHOUSE BAKERY & HUMBLE BAGEL (BAGELS, MUFFINS, MAGIC BARS)
- WEDNESDAY'S AT 11AM- EMPIRE BAKERY
- THURSDAY'S AT 1PM- BREAD STOP BAKERY & HUMBLE BAGEL
- FRIDAY'S AT 5:30PM- FARMSTEAD BREAD

Farmstead Bread Bakes Co-op Branded loaves for weekend Catering orders.

Pairs perfectly well with
Grab & Go Deli Soup!





Coos Head Food Co-op

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



FEBRUARY, MARCH, APRIL 2019
MEMBER-OWNER
NEWSLETTER

**FOR THE LAST
48 YEARS,
LOCAL STARTS
HERE**

