



# Coos Head Food Co-op

Celebrating 42 years

## Summer 2013

### Upcoming Events

August 15th-9-1 P.M. **Northwest Wellness low cost health screening.**

August 21st-**Owner Appreciation Day**  
**Owners get 10% off all day.**

September 2nd-Closed Labor Day

September 15th-21st-**Organically Grown in Oregon Week.** Sign up to Visit our local Valley Flora Farm Saturday, September 21st. Pack a sack lunch, the tour will be limited to seats on the bus.

September 29th-**Co-op Annual Meeting**, 1-4 P.M. at Simpson Park bring a potluck dish of a favorite local food. Please label dishes gluten free, vegan, etc.

### October is Co-op MONTH

October is NON-GMO month.

October is Fair Trade Month.

October is Howard Bowers Day Month.

October 28th—**1% of sales go towards the Howard Bowers fund. Shop this day and support the work of Co-ops everywhere.**

October 31st- Halloween trick or treat.

### Member Appreciation Day August 21st

## Owners Receive 10% off All Day

(Some restrictions apply.)

Board meetings are the third Thursday of each month  
at 5:30 p.m.

August at the North Bend Library meeting room.  
Back to the ESD building in September

Visit us at [www.coosheadfoodcoop.org](http://www.coosheadfoodcoop.org)  
or on our Facebook page



### Our Co-op will Have a New Location

For so many years we have dreamed and talked about finding a better space for our Co-op to thrive and grow. The board is thrilled to announce that we have taken the first step toward achieving this goal. After much searching, we have purchased a building with a warehouse on 2nd St. in Coos Bay. We also have a lease/option to buy agreement with Frontier for the adjacent parking lot. Both Frontier and the City of Coos Bay have been very cooperative in this process. There are tenants in the building now – we would like them to stay while we complete plans for the remodel, so we ask that their privacy be respected. We are very excited about the potential for this site.

The next big step is the planning process – our goal is to design the new store and move in about a year. Our project manager, John Schaaf, is looking for interested and capable volunteers to assist us. See his accompanying article to see how you can participate in creating our great new store.

We have also set up a suggestion box on the bulletin board in the front of the store for you to give us your ideas and feedback. We look forward to hearing from you!

The Board of Coos Head Food Co-op



## Tapping the Co-operative Spirit

Good news—we have a wonderful opportunity to work together as a cooperative and convert the building on 2nd Street in Coos Bay into a food store that we can share with pride. After 20 years as a project manager in heavy industry I recognize two naturally occurring pockets of quicksand in a project like this. People get upset because things are changing and people get upset because the change falls short of their dreams. Fortunately we can bridge both sinkholes with engagement and involvement, two of the tenants of a cooperative.

Right now, the Board of Directors is working on a structure for volunteer involvement. Volunteers build support and help the Co-op accomplish more with the budget. If you have a skill we probably can use it. Here's a smattering of the jobs: social media, group facilitation, construction trades advice and oversight, architectural design, volunteer coordination, graphic arts, events planner, marketing, and more.

To bootstrap this network of volunteers, send me an email, [john@chfcproject.org](mailto:john@chfcproject.org), and tell me what you can offer. When a volunteer coordinator comes on board we will start building the teams. Many volunteers want to help with one task at a time. Whether you want to become a key organizer or a task by task contributor we look forward to your help.

## Recycle Old Phones and Contribute to South Coast Food Share

Dialers for Dollar\$ is a program by Reverse Recycling designed to aid in preventing electronic waste from ending up in landfills, while giving back to communities and charitable organizations. It is estimated that there are over 500 million unwanted cell phones just in the United States.

Dialers for Dollar\$ has a mission to recycle as many old and broken electronics as possible. Their “ZERO LANDFILL POLICY” abides by all standards set forth by the EPA. The Co-op receives 1.50 for each pound of cell phones and personal handheld devices we send to Reverse Recycling, and 20 cents for all accessories such as chargers, ear buds, and batteries. Dialers then matches our dollar amount to the non-profit of our choice.

Coos Head will donate our portion as well and all proceeds will be donated to South Coast Food Share.



## Right To Know Marches On

On May 26th millions of people in more than 50 countries demonstrated for the right to know if GMOs are in their food.

It was estimated that over 150 people came out in Coos Bay for a peaceful demonstration to create awareness and provide information about the unlabeled food sold in our country.

Portland, Oregon held the second largest Demonstration in the US with more than 6,000 people coming out to protest.

Since then the findings of GMO wheat in Eastern Oregon has brought international attention to our state.

A class action lawsuit was filed June 6<sup>th</sup> on Behalf of Pacific NW wheat farmers and Center For Food Safety after Oregon Wheat Farmers suffered depressed wheat prices following the discovery of illegal genetically engineered, glyphosate-resistant wheat plants. GE wheat has not been approved for sale or production in the United States.

The presence of the illegal crops spurred top wheat importers such as Japan, South Korea and the European Union to enact restrictions on American wheat or call for testing.

Now is the time to keep up the momentum creating awareness and educating others.

Stay connected with the local Oregon Right to Know Coos Bay facebook and continue to demand labeling and help spread the word to people who have not heard about GMO's. We all eat and we all have the right to know what we are eating.

## New Items at the Co-op

### YOU CAN Make Jam with Pomona's Pectin

Jells with low amounts of any sweetener, or substitute.

Try honey, agave, brown rice syrup, fructose, organic cane sugar, xylitol, fruit juice, even stevia. One package comes with directions and tested recipes and makes 2 to 4 recipes.

Turn your summer fruit harvest into Jam.

**YOUR JAM. . . A LOCALLY MADE PRODUCT!**

**Makes a Great Gift.**

Ask the produce department about flats of local produce to jam!



# New Items for Summer and Beyond!!

## WE NOW HAVE GLASS WATER BOTTLES!!!



We have a new  
SUGGESTION BOX  
located up front!!

- Glasstic 16OZ Glass Water Bottles- Outer Shell is durable BPA Free Plastic, while the core is made from PURE GLASS and completely Sweat Proof!! Choose from a Tribal or Retro Print.
- Go Clear Glass Sports Bottle with BPA free silicone grip and lid, functions great for your everyday needs.
- Go Clear Glass Tumblers in 18OZ or 14OZ with a COASTER STYLE LID or 14.5OZ Tumbler Style with a Sip Style Lid are perfect for your home or travel. BPA Free, Colorful and Dishwasher Safe!
- Andalou Naturals Full line of Shampoo, Conditioners, and body lotions... All smell amazing and work great too!!
- Aubrey Organics Skin Care Lines- Revitalizing Dry Skin Therapy, Calming Sensitive Skin Therapy, or Basic Everyday Line (most economical)
- Clean Well All Natural Foaming Hand Sanitizer 8OZ and Travel Size
- Deck Family Farms Sliced Ham
- Kishu Charcoal Filter to Go!! Natural, completely compostable, charcoal water filter for pure water on the go. One stick will absorb toxins and heavy metals for up to 6 months!!
- Luna & Larry's Salted Carmel Chocolate Coconut Bliss- Just as amazing as it sounds!!!
- Rawsome Nylon Nut Milk Bag- We now have an option beyond cheesecloth!! If you haven't tried making your own nut milk, it's easy, fun, and rewarding with a Rawsome Nut Milk Bag!
- Rhythm Superfoods Ranch or Nacho Kale Chips- You asked and we got you the best!!
- Runa Guayusa Teas come in Ready-To-Drink unsweetened, slightly sugar sweetened and energy drinks. Guayusa is a native Amazonian tree leaf that indigenous people have brewed like tea for thousands of years. It has 2x more antioxidants than GREEN TEA and the same amount of caffeine as a cup of coffee. Runa also puts back into the indigenous Amazonian farming families making them a great company to support with your hard earned dollars.
- Straus Organic Cookies & Cream Ice Cream in pints- I tried this at the tradeshow and had to bring it home to you!!
- Tea Tibet Happiness Oolong, Compassion Darjeeling, Kindness Green, Peace Herbal Fusion, and Harmony Spiced Teas. Drink tea and Help Tibet. This is a not for profit tea company providing organic teas with all profits helping Tibetan educational projects and orphanages.
- True Seal Embossed Glass Storage Containers- These round, durable, tight sealing dishes come in 2C, 4C, or 7C sizes. When not in use they nest for compact and effective storage.
- Turtle Island Tofurky Dogs- Tried and true brand Turtle Island offer a Jumbo or Regular vegetarian hot dog that is excellent on the BBQ!!







## AUGUST SALES

### BULK

Organic Hulless Barley

Organic Turtle Beans

Deluxe Soup Blend



**SALE** reg. price

**PER LB**

**1.19** 1.69

**1.19** 1.79

**16.00** 20.00

### CHILL & FROZEN

Springfield Creamery OG Kefir 32OZ

NEW Wallaby Organic Greek Nonfat Plain Yogurt

GF Udi's GF Hamburger Buns 4Pack

Van's International Gourmet Wheat Free Waffles



**4.49** 5.29

**3.69** 4.69



**3.99** 4.99

**2.59** 3.99

### GROCERY

Annie's Homegrown Bunnies & Squares Crackers

Blue Sky Sugar Free Stevia Sweetened Sodas

Farmers Market OG Pumpkin, Butternut & Sweet Potato Puree

Great Eastern Sun Full Line of Seaweed Products



**3.29** 4.29

**0.69** 0.99

**2.29** 2.99

**25% OFF**

DF Imagine Foods Rice Dream Enriched Plain or Vanilla

**2.49** 3.49

Napa Valley Naturals Sunflower, Canola, Grapeseed, or Safflower Oils

**7.99** 10.19

GF Nature's Path Organic EnviroKidz Cereals



**3.29** 5.29

SF Orgain Nutritional Shake Ready To Drink 4Pack

**9.99** 13.99

RW Knudsen Organic Aseptic Juice Boxes



**3.19** 3.99

Santa Cruz Organic Lemonade HUGE SAVINGS!!

SeaSnax Classic Olive or Chipotle Seaweed Snax



**3/\$5** 3.49

**5/\$5** 1.49

Season's Snacks Cheddar Cheese Curls Lite

**2.39** 3.59

Terra Chips All Varieties

**2.99** 3.99

Zevia Zero Calorie Soda



**0.79** 1.09



### HEALTH & BEAUTY

NEW Andalou Naturals Mandarin Vanilla or Lavender Thyme Lotion

**7.99** 10.99

### SUPPLEMENTS

Flor Essence Liquid Detox Tea 32OZ + \$2 off coupon while supplies last

**52.99** 57.49

Kal 7-Keto/ DHEA 50MG/30T

**12.99** 20.19

Source Naturals French Pine Bark 50MG/30T

**12.99** 16.09

### NON-FOODS

Coshell Coconut Charcoal Briquettes 9# (stock on hand)



**5.99** 8.99

Coos Head Food Co-op \* 1960 Sherman Ave \* North Bend, OR \* 97459 \* 541.756.7264



Mark Your Calendar for a  
Visit to Valley Flora Farm  
Saturday  
September 21st  
1-4 P.M.

Pack a sack lunch and ride the  
bus to Langlois to visit the Farm  
that provides the  
Co-op's Fresh Local Produce

## Saying So long Sonia and Welcome Bridgett & Jeff (not pictured)

Nic, Patrick, Selina, Sonia, Bridgett, Maurice( board member), and Doreen pose for a photo on Sonia's last day. During her stay at the Co-op Sonia worked in the bulk department, receiving & stocking, as a cashier, and most recently she had been working in the produce department. We will miss her here and wish her all the best in her new adventure.

Bridgett has recently returned to the area and shared her hope to work part time at the North Bend Library and part time at the Co-op, both of which came true. Jeff is our newest team member and he is also working in the produce department. We are happy to have them join us. The produce department is a rockin' with fresh, delicious, seasonal selections. 3 deliveries a week and just to keep it in the family, Bridgett's husband Jake works to harvest our local produce at Valley Flora 2 days a week.

## Summer time is here and it's time to BBQ. Good Fats, Bad Fats

More and more people are looking in their cupboards and cleaning out the funky oils to make way for healthy fats from olive oil, avocado oil, coconut and now red palm oil. Red Palm Oil is a fantastic way to add the full spectrum of vitamins A & E into your diet. **Brush this earthy aroma oil onto your barbecued foods**, mix into pasta salads, even hummus!

As a nutrient dense culinary oil, red palm oil has been a staple of indigenous cultures for over 5,000 years. Legend has it that this sacred food was revered for its healthful properties and entombed with the pharaohs of ancient Egypt for their enjoyment in the afterlife.

Red palm oil gets its name from its vibrant hue, which reveals antioxidant pro-vitamins A and E, in the forms of beta-carotene and rare tocotrienols and tocopherols of the vitamin E family. Other fruits and vegetables such as carrots and tomatoes get their color from the same nutrients, but nutritionally red palm oil is a more impressive powerhouse of antioxidant nutrients. It is densely packed with numerous tocotrienols—a powerful form of vitamin E that can help lower blood cholesterol. It has 15 times more provitamin A carotenes than carrots and 300 times more than tomatoes. In addition, the carotenes in fruits & vegetables can only be converted into Vitamin A in the presence of fat, which red palm oil readily provides. Even though red palm oil is comprised of 50% saturated fat, it surprisingly protects against heart disease by removing plaque along the arteries and preventing blockages.

Nutiva Organic Red Palm Oil comes from small organic family farms in Ecuador that are sustainable and habitat-friendly. These family farms are not part of the current deforestation and habitat destruction going on where other palms are grown. Current cultivation practices in major palm oil production areas of Indonesia and Malaysia destroy large stretches of jungle and endanger the wildlife, specifically orangutan habitats. Nutiva is working with Natural Habitats ([natural-habitats.com](http://natural-habitats.com)) to promote sustainable agricul-





Coos Head Food Store  
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 29th  
1-4 p.m.

**Simpson Park, North Bend**

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



*Bring a side dish of LOCAL food to share*  
**BBQ Tuna & Drinks**  
will be provided by the co-op