

# Coos Head Food Co-op

Celebrating 46 years

## Winter 2017

Happy Birthday Coos Head Food Co-op  
Celebrating 46 years  
Nourishing the Community

- February 14th-** Valentine's Day **LOVE YOUR Co-Op**  
You OWN It! We have goodies for your sweetheart-Fine wine, chocolates, beeswax candles, essential oils
- February 25th-**sample local rabbit from Wagon Hoffer Meats from 3-5 P.M.
- February 25th & 26th-**Bill Merkow will be here to sharpen knives & scissors from 12-4 P.M. \$3.00 for knives \$5.00 for scissors
- March 12th-**Daylight Savings begins
- March 16 9-12** Low cost blood screening
- March 17th-**St Patrick's Day-- Sample Oregon Micro-greens  
End of March - we count Inventory again- THANK YOU TO ALL who helped with the Dec 31st inventory!
- April-** during the Month we will participate in **Alaffia Eye Glass Drive**
- April 14th-** Energy Trust of Oregon, **BIG CHECK** ceremony, watch for more details
- April 16th-**Easter Sunday we will stay open to better serve you.
- April 22nd-**Earth Day, start a new sustainable habit . Owners **SHOP AND SAVE** on Bulk Foods



**CALL FOR APPLICANTS TO SERVE ON THE BOARD OF DIRECTORS**  
**Election Date: April 24, 2017**  
**Application Deadline: March 15, 2017**

***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 13, 2017, 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 15th, 2017.

Under the Coos Head Food Co-op Bylaws, the number of Directors can be a maximum of 9, and no less than 5. Two of our current officers are up for election, so there are up to 5 additional positions available.

Eligible applicants must have been active member/owners for at least six (6) months prior to the election date (on or before October 24, 2017), 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.

Mark your calendar for  
**Owner Appreciation Days**  
Pick your discount day

February-16th, 17th, 18th

Owners receive

**10% off**

**USE your OWNER BENEFIT**

*If you don't receive your newsletter in time we will honor your discount day another day*

Plan to Shop & \$AVE on Bulk



Earth Day

April 22nd

Owners get

**10% off**

All Bulk Foods

Visit us at [www.coosheadfoodcoop.org](http://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!

## REUSE this Earth Day

Most of us (that shop the bulk department- I think that's most of us) have found ourselves shopping without a jar and wanting honey, maple syrup, nut butter, or some staple we need.

Without our own container, the choice is to “do without” (not a good option), buy the item packaged in the grocery department, “wait until next time,” (similar to doing without) buy yet another plastic container, or when “luck” would have it, there is a perfect PRISTINE jar with a colorful tag hanging around its neck, available for us to label with tear weight and product code.

For years, **YEARS!** Our very lovely Co-Op “glass jar fairy” has been joyfully and creatively keeping a supply of these clean jars available for our needs.

LIN has posted the fact that 24 DOZEN jars have passed through her scrubbing, label removing, and sanitizing process during December, but the supply DID NOT meet the demand.

She had already asked me to send out a request for more jars.

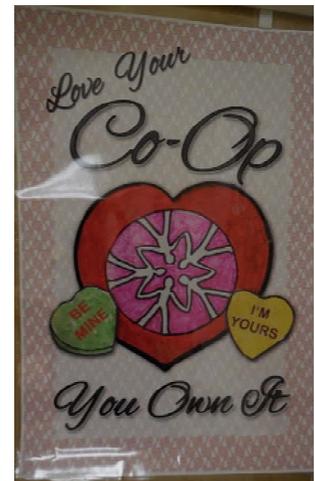
I would like to specify more **suitable** jars. By that, I mean CLEAN, with a lid that is not rusty, fits the jar and of course is food grade. (The purpose, of course, is to use these jars for FOOD!) If you have ever removed a stubborn label from a jar, you know what I mean about what a time consuming, valuable service Lin Babcock contributes to our Co-Op.

AND... I would like to pose a question: Where do all these clean, label-less jars wind up after you have filled them, taken them home, and emptied them?

There is a wonderful labor saving opportunity to reuse these already label-less jars.

Why not train ourselves to return the ones she has already scrubbed clean, for our own refilling, or for refurbishing? ( instead of tossing them in the recycle bin.)

THANK YOU, Lin! You're the best! We greatly appreciate the convenience, and increased bulk sales your efforts provide our store.



## ENERGY TRUST INCENTIVE CHECK

Early on in the planning of the building project our committee met with Energy Trust of Oregon to learn about participating in any incentive programs that might be available and including energy efficient measures in the building, and equipment. We were in the “New Buildings program,” and have just recently heard back from Energy Trust about the incentive check. We had qualifying measures for lighting, refrigeration, heat recovery system, led lights in our coolers, and our heat pumps.

The Co-op will be presented with a BIG Check during a ceremony On April 14th. Stayed tuned for exact time and activities.

## Garden seed rack

For many years the Territorial Seed Rack has been a fixture at the Co-op. Territorial Seed Company is a local Seed company based out of Cottage Grove, OR. This year we have added their SERO biodynamic seed rack.

Biodynamic farming is a system where there is a high degree of self sufficiency. It attempts to create a farm that is minimally dependant on imported materials and meets it's needs from the living dynamics of the farm itself.

Tom Johns owner of Territorial Seed has referred to Biodynamic as “beyond organic.”

The new rack offers 96 varieties of organic biodynamic seeds.



## We own it and a PARKING LOT too!

We have already had both a formal and informal christening of our store: a fabulous three day Grand Opening celebration, the first jar of tomato sauce broken on the floor (right at the checkout lane) and a bottle of sparkling cider. (The mop bucket has been turned over at least once.)

The vast majority of Co-op Owners and shoppers are totally thrilled with the new location, the new facility, and the fact that we actually have a parking lot, with easy access to the store. And now, we not only OWN a grocery store, but we OWN the parking lot too! The sale of the North Bend store made this purchase possible. Previously owned by Frontier Communications, one of the terms of the purchase agreement was that 8 spaces would remain reserved for Frontier employees. Thank you for respecting the spaces designated for them.

## Check out the grab 'n' go!

We have a great kitchen in the new store with a fantastic juicer and Justin, our deli man, is back there making salads, sandwiches and soup Monday thru Friday.

He starts the day brewing a fresh pot of coffee, and sets up hot water for tea, too. It's a self serve affair right next to the Kombucha Keg.

He began by offering super quinoa salad, curried Quinoa salad, Broccoli salad, Kale salad, and they have all been a hit and sell out repeatedly. Spring roll wraps and avocado & cheese sandwiches were the next item. Now we have Gluten Free breads for sandwiches also. So far, Lentil soup, split pea, and vegetarian chili have warmed us up on these cold days. Looking ahead, we will have some meat and cheese sandwiches coming up.

Justin also keeps the cheese case full, and the selection has expanded so keep your eye out for something new to try.



## From the suggestion box.

A few suggestions or questions have been asked more than once these include; a space for a community room, information about the deli, the check out, and our cheese selection.

The original floor plan always referred to a space as a "future" community room. Our budget didn't allow for the space to be finished, but aimed to set aside a space for it to be developed in the future. Our focus was to get the doors open for business to meet our financial obligations for the expansion's success. Also, we were not completely sure about all the ways we might use this space to determine the details of finishing it. At this time, we have found it essential for recycling needs, storage, and our back stock chest freezers are in that room.

Some other things may take priority over the development of this space which include: Resolving the flooding in the parking lot, a phone system, buying a couple of one door coolers and another open cooler, maybe a hood for the kitchen. Having a community space is still in the long range plan.

Just recently we installed a second scanner scale, in hopes this is one thing that will help speed things up at the cash register and staffing it better also. The cheese selection in the grab 'n'go cooler has recently expanded, we now offer Provolone, Smoked Gouda, Rouge Blue Cheese, Fresh Mozzarella, Havarti, Garlic Jack, & Caramelized Onion Cheddar to name a few. We have had some out of stock, and since the cheeses are delivered every other week, we could be out for a while when this happens. Certainly let us know what you would like to see both in the Cheese, and Grab 'n' Go department.



Justin with a tray of super Quinoa Salad samples during the Grand Opening  
It's a favorite in the Grab 'n' Go



**GOOD KARMA**  
CULTURED FLAXMILK 32OZ  
reg \$4.99 **\$3.99**



**GINGER PEOPLE**  
GINGER CANDY CHEWS 30Z  
reg \$2.69 **\$1.99**



**SO DELICIOUS**  
COCONUT MILK CREAMER  
reg \$2.69 **\$2.19**

**JUSTIN'S**  
PEANUT BUTTER CUPS  
DARK CHOCOLATE OR MILK CHOCOLATE  
reg \$1.99 **\$1.69**



**SO DELICIOUS**  
COCONUT MILK 64OZ  
reg \$4.39 **\$3.69**



**BLUE SKY ALL NATURAL SODA**  
SINGLES  
6-PACK  
reg \$4.74 + DEP **\$2.94**  
reg \$1.79 + DEP **.49¢**

**BOB'S RED MILL**  
ORGANIC STEEL CUT OATS  
QUICK COOKING 22OZ OR REGULAR 24OZ  
reg \$5.69 **\$3.99**



**RED'S**  
GINGER BEER 4-PACKS  
reg \$5.79 + DEP **\$4.39**



**ORGANIC VALLEY**  
GRASSMILK YOGURT 6OZ  
BLUEBERRY OR STRAWBERRY  
reg \$2.19 **\$1.69**



**NAMASTE**  
TACO PASTA, SAY CHEESE  
PASTA, SPICE (CARROT) CAKE  
MIX, SUGAR FREE MUFFIN MIX,  
WAFFLE/PANCAKE MIX,  
BROWNIE MIX, BLONDIES MIX,  
OR BREAD/ROLL MIX  
**SAVE 20%**

**GOOD KARMA**  
FLAXMILK 64OZ  
reg \$5.69 **\$4.39**



**UDI'S**  
GLUTEN FREE PIZZA  
UNCURED PEPPERONI, THREE CHEESE, OR MARGHERITA  
reg \$8.69 **\$6.69**  
SAVE \$2



**KASHI**  
SELECT CEREALS  
reg \$5.99 **\$3.99**



**GARDEN OF EATIN'**  
PARTY SIZED ORGANIC  
TORTILLA CHIPS 16OZ  
reg \$5.99 **\$3.99**

**NATURE'S PATH**  
QI'A CEREAL  
reg \$9.89 **\$6.89**  
SAVE **\$3.00**



**DE CASA**  
SALSA & BEAN DIPS  
reg \$3.39 **\$2.89**



# Coos Head Food Co-op *February Sales 2017*



**ORGANIC  
GROUND CUMIN**  
**.69¢/OZ** reg \$1.25/OZ



**Bubbie's**  
SAUERKRAUT **\$6.39**/~~\$7.99~~  
DILL RELISH **\$4.29**/~~\$5.39~~  
BREAD & BUTTER PICKLES **\$6.39**/~~\$7.99~~

**ORGANIC  
ORCA BEANS**  
**\$2.29/LB** reg \$2.99/LB



**MUIR GLEN**  
ORGANIC CANNED TOMATOES 28 OZ  
**\$2.69** reg \$3.39



**ORGANIC  
PISTACHIOS**  
ROASTED & SALTED  
**\$6.99/LB** reg \$13.69/LB



**MONTEBELLO**  
1LB ARTISAN PASTA  
**\$3.39** reg \$4.39



**ORGANIC UNREFINED EXTRA  
VIRGIN COCONUT OIL (BULK)**  
**\$4.99/LB** reg \$8.99/LB

**WAGONHOFFER**  
RABBIT SAUSAGES  
**\$6.49** reg \$7.99



**CAPPELLO'S** (IN THE FREEZER!)  
GLUTEN & GRAIN FREE FETTUCINE OR GNOCCHI  
**\$8.99** reg \$11.99  
PALEO NAKED PIZZA CRUST **\$6.69** reg \$8.99

**GARDEN OF LIFE RAW MEAL**  
HALF SIZE **\$23.99**  
FULL SIZE **\$44.99**



**GREEN VALLEY ORGANICS**  
LACTOSE FREE CREAM CHEESE **\$3.29** reg \$4.39  
LACTOSE FREE PLAIN YOGURT 24OZ **\$4.49** reg \$5.99

**SAVE 25%**



**FLORA**  
FLOR-ESSENCE 32OZ  
**\$39.99** reg \$57.49



**SAVE  
\$2.00**

**BRAGG**  
LIQUID AMINOS  
**\$6.99** reg \$8.99

**HEALTHFORCE**  
EARTHOR MACAFORCE  
**SAVE 20%**



**SHELTON'S**  
WHITE MEAT CANNED CHICKEN  
**\$2.99** reg \$3.99



Coos Head Food Co-op **\*\*CELEBRATING 46 YEARS\*\***

353 S 2<sup>nd</sup> St, Coos Bay, OR 97420 Phone: 541.756.7264

Open M-F 9am-7pm; Sat 10am-6pm; Sun 11am-5pm

[cooshead@coosheadfoodcoop.org](mailto:cooshead@coosheadfoodcoop.org)



## Going Bananas – Not All Organics Are the Same

As produce manager, and frugal single mom, I am acutely aware of prices. Providing Coos Bay with fresh affordable organic fruits and vegetables, while supporting organic farms, is our goal. We are generally quite competitive with the larger area grocery stores when it comes to organic produce (especially apples and onions lately, check it out), but one thing we may not beat them on is organic bananas. But not all organic bananas are the same.

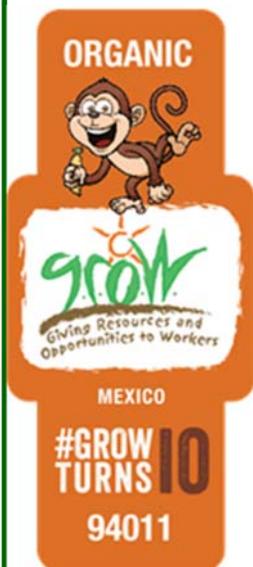
Bananas are the most popular fruit in the U.S., with more sold annually than apples and oranges combined. As with any import product, it's essential to be aware of the social and environmental costs of its production. Anyone familiar with the Guatemalan Mayan genocide of the 90's, is aware of the dark history of this seemingly wholesome affordable food. United Fruit Company, now Chiquita Brand, played a big role in that tragedy, by convincing the U.S. to back a coup and squash democracy in order to protect the interests of big fruit. In 1928 United Fruit ordered the Columbian military to attack striking workers; hundreds were killed in what is now known as the Banana Massacre. In 2007, Chiquita pled guilty to aiding and abetting a terrorist organization it had hired to protect its interests in Central America. In 2011-2012 alone, seven Guatemalan banana union members were murdered. Banana production for export was a driver of U.S. and European colonialism from the start, (hence the phrase Banana Republic), and the industry has been involved in one human rights abuse scandal and environmental crisis after another. A Human Rights Watch report in Ecuador, the center of Dole's production, found the widespread use of child labor on banana plantations. The major banana producing countries – Ecuador, Guatemala, Costa Rica, Columbia, and the Philippines – all have a poor record of enforcing labor laws, and workers there experience very low wages, exposure to pesticides, intimidation, and harassment. The largest banana producers (Dole, Del Monte, and Chiquita) have all refused to take responsibility for the conditions on their plantations.

Buying organic bananas from these companies means workers are not being exposed to harmful chemicals, but does not usually mean any improvement in wages or conditions. Fortunately, there ARE banana producers committed to providing a better life for their workers. While bananas from small farmer owned cooperatives, like those sold through Equal Exchange, are not available on the Oregon Coast, there are ethical banana distributors out there with a mission of social responsibility. Coos Head Food Co-op supports GROW

Bananas. The GROW bananas program was started by the company Organics Unlimited in 2005 on the principle of providing better lives for not only the workers but also the whole growing community. In addition to paying workers a living wage, the GROW program provides

educational, dental and vision support as well as disaster relief to those who need it the most, regardless of their employment. GROW bananas are grown in the states of Colima and Michoacan in Mexico as well as in Ecuador. A percentage of each box is earmarked for the GROW fund, and has provided over \$2 million in aid to these communities. Donations are used for youth educational scholarships, dental and vision care in Mexico, clean water programs in Ecuador, clean air initiatives in the San Diego/Tijuana border region and more. They strive to set the standard for sustainable, responsible, and ethical organic banana production.

The primary source of information for this article came from a report by the Food Empowerment Project called **Peeling Back the Truth on Bananas**. The report recommends bananas from Equal Exchange, GROW Bananas, or Earth University.





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

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



*Let's Eat Cake to Celebrate!*  
*February 26th, 2017 2-5*

**46 Years OLD !!!!!**  
**.....and STILL**  
**GROWING!!!!**  
**OUR**  
**CO-OP!!**

Enter to win a \$46 Gift Certificate,  
or basket of Co-Op Goodies,  
each time you shop  
in celebration of our 46<sup>th</sup> year.

Drawing to be held February 28<sup>th</sup>.

# NEW Items to Check Out!!

Celebrating 46 Years  
**Strong!!!!**

Hummingbird products have finally made it to our grocery shelves. These pre-packaged products are in an oxygen permeable biodegradable cellophane bag, which takes about 6 weeks to break down in a home compost bin. Offerings include OG Cocoa Dusted OR Hazelnuts, OG Cocoa Dusted CA Almonds, OG Goldenberries (S.America), OG Dried Blueberries(OR), OG Cranberries W/Honey(OR), OG Deglet Noor Pitted Dates(CA), OG Medjool Dates(CA), OG Black Mission Figs(CA), OG Flame Raisins(CA), OG Purple "Karma" Barley(OR), OG Semi Pearled Streaker Barley(OR), OG Black Beans(EL), OG Cranberry Bean(EL), OG Local Garbanzo Beans(JC), OG Kidney Beans(CA), OG Yellow Eye Kearnarly Bean(MED), OG Dakota Black Polenta(WA), Heirloom Dakota Black Popcorn (JC), OG Black Urad (Mung) Bean(CA), OG Mung Bean(CA), OG Hunton's Heirloom Emmer Farro(JC), OG Wild Rice(MtAngel), & OG Pumpkin Seeds(OR). Farm Connections, Regional, Local, Sustainable, Delicious.

OG=Organic, OR=Oregon, CA=California, WA=Washington, EL=Elmira, JC=Junction City, MED=Medford



Munk Pack Apple Cinnamon Quinoa Oatmeal, Blackberry Acai Flax Oatmeal, or Raspberry Coconut Oatmeal are great for your grab-n-go breakfast or quick fuel out on any adventure life swings your way. These guys are nutrient packed, conveniently packaged, and taste good too.



Spice Cave Seasonings come in FOUR fantastic blends that are sure to please the pallet. Blends include Sweet & Spicy FIRE Blend, Herb Poultry WIND Blend, Peppery Citrus SEA Blend, & Garlic LAND Spice Blend. Accolades such as Non-GMO Project Verified, Certified Paleo, Whole30 Approved, Gluten-Free, Low Sodium, No MSG, No Fillers, Himalayan Pink Salt, & Coconut Palm Sugar (Fire blend only) adorn their labels. Check out their website and Kickstarter story at <https://thespicecave.com/>.



Wild Craft Cider Works; Eugene. Thankful this little gem has made it to our shelves. Located in the two-door "Cheese Case" cooler next to the deli we currently offer Krampus Cranberry Cider, Wild Rose Cider, Pinot Barrel Cherry Cider, & Mirabelle Wild Plum Cider. No sulfites or sweeteners, regionally sourced clean ingredients, and exquisite cider blends will keep you wondering what will rotate through the cooler next!!



Scenic Valley Farm, Vineyard, Winery; Gervais, OR. Their Pinot Gris is rich and decadent with a creamy texture and was fermented in one barrel of New French Oak, comprising about 4% of the total blend. Excellent paired with chicken and roasted vegetables. Gruner Veltliner is cold fermented creating a crisp and refreshing white wine pairing best with seafood, Asian dishes, and an array of vegetables (especially artichokes). This is truly a great "anytime wine." Their Pinot Noir is bursting with tart red and black cherries after aging 10 months in French and Oregon Oak, providing "structure and a hint of sandalwood."



## ••• ALAFFIA •••

a•laf•fi•a \ ah-la-fee-uh \ noun. A common greeting or valediction originating from central Togo, Benin, and Nigeria. Alaffia means a state of peace, health, and well-being.

••• THE EBAN SYMBOL •••  Eban is a traditional West African symbol representing protection, security, and love.

Look for Alaffia products in our Health and Beauty Department. Great for all skin types with many healing properties for many skin ailments. Learn more about their passion and empowerment at <http://alaffiaauthentic.com/>.

ALAFFIA EMPOWERMENT STATS

Year	Trees Planted	School Supply Recipients	Basic Program Recipients	School Backpacks Built	Schools Built	Engagement Drives	Medical Recipients
2003		300					
2004		300		50			
2005		300		50			
2006	500	500	500	50		500	20
2007	500	500		50			20
2008	500	1,000	1,500	100		500	100
2009	500	1,000	500	100			100
2010	1,000	1,000	500	150		500	100
2011	4,000	1,000	1,000	150	1		400
2012	8,000	1,000	500	150		1,200	200
2013	10,000	2,000	800	200	3		1,000
2014	17,625	2,200	1,000	200	1	3,000	200
2015	10,500	2,000	800	605	5	8,500	902
<b>Total:</b>	<b>53,125</b>	<b>23,200</b>	<b>7,100</b>	<b>1,855</b>	<b>10</b>	<b>14,200</b>	<b>4,192</b>

Projects transparency & accountability verified through annual audits. Last audit: Jan. 2016 audit