



# The COOS HEAD SCOOP

**JUNE 2020**

*Fresh Produce, Locally Sourced, & Community Owned Co-Op!*

## FACE MASKS REQUIRED

Due to the Covid-19 pandemic, for the health and safety of our customers and staff, the Coos Head Food Co-Op Board of Director's has decided to require a face mask or other protective covering to be worn while shopping at the Co-Op.

These are strange and difficult times. If you wish to discuss this issue in a constructive manner, please speak with the General Manager. Your understanding is greatly appreciated.

The Co-Op has a limited number of temporary face masks for those without. Please see the cashier for a mask.



Board of Directors  
Coos Head Food Co-Op

### Contact Us:

✉ [OFFICE@COOSHEADFOODCOOP.ORG](mailto:OFFICE@COOSHEADFOODCOOP.ORG)

📷 [COOSHEADFOODCOOP1971](https://www.instagram.com/coosheadfoodcoop)

📘 [COOS HEAD FOOD CO-OP](https://www.facebook.com/coosheadfoodcoop)

**VISIT US ONLINE AT: [COOSHEADFOOD.COOP](https://www.coosheadfood.coop)**

**MEMBER  
APPRECIATION MONTH  
PICK ANY DAY FOR  
YOUR 10% OFF**

Your local Coos Head Food Co-Op, is a sponsor of this year's Coos Bay Farmer's Market. The market is open weekly on Wednesday from 9am - 2pm, located on Central Ave in Coos Bay.

For more information visit:  
<https://coosbaydowntown.org/>

### More Bang For Your Buck!!

It's a win/win for you and the Co-Op!!! Have you ever wanted to get more for your buck? Paying with either cash or check means zero transaction fees for the Co-Op. The Co-Op is charged, on average, a 2% processing fee for these transactions. Please consider the next time you shop to choose cash or check, if possible. That 2% can go a long way....

# Curbside Pickup

Your local Coos Head Food Co-Op is now offering grocery pickup service to help keep our most vulnerable community-members safe.

If you're of good health and not in a high-risk group for coronavirus, please visit our store, as we have limited capacity to implement curbside pickup. We are taking many precautions to keep our community safe, store hours are 9am to 7pm weekdays, 9am to 6pm Saturdays, and 10am to 6pm Sundays.

Senior and high-risk groups can now shop on Tuesday and Thursday between 8am and 9am.

If you feel you are in a high-risk group, including seniors and those with compromised immune systems, and need grocery pickup service, we're glad to help do your shopping.

**Email your shopping list to [office@coosheadfoodcoop.org](mailto:office@coosheadfoodcoop.org).**

**Orders placed Monday–Friday excluding Wednesday before 11am will be available for same day pickup between 2–4pm.**

**Orders placed after 11am will roll over to the next pickup date.**

Your email should include your name, phone number, and a detailed list of the groceries you need. Please limit this list to 15 items or less and let us know if it's OK to make substitutions or if you'd rather we skip an item if it is out of stock.

We will call to confirm we received your order, and to get credit card payment information. We'll do our best to fill your orders, but staff may need to make substitutions on comparable items. All sales are final, and we are not accepting returns currently. Some items may be temporarily out of stock.

When you arrive to pick up your groceries, feel free to call the store and let the staff person know you are outside, we will bring your groceries out to your vehicle. Please have a space cleared so our staff can load your groceries while keeping a safe 6-foot distance.



# COOS HEAD FOOD CO-OP

## DID YOU KNOW?

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As the oldest operating natural food store on the Southern Oregon Coast, Coos Head Food Co-Op is committed to encouraging and educating our community by actively contributing to the health and well being of all community members by serving as a source for wholesome, natural, and organic foods!

*Where local has  
mattered since 1971!*



# Cooperation Grows in the United States:

“In the United States, cooperatives of one sort or another have roots going back to colonial times. Like their counterparts in England, these early groups experimented with ways to band together and gain economic clout.

From colonial times on, most early American co-ops were formed primarily for the benefit of farmers. Some co-ops helped farmers keep their costs low through joint purchases of supplies, such as feed, equipment, tools, or seed. Some marketing co-ops helped farmers obtain the best prices for their goods by combining their crops and selling in large quantities. Others, such as grain elevators or cheese-making co-ops, provided storage or processing services.

Consumer groups in the United States began taking note of the early British consumer co-ops and the success of American farmers who worked together. They began forming consumer protection associations.

Most early American co-ops failed due to insufficient capital (money invested by the owners), poor management, and a lack of understanding of the cooperative principles by their members. It wasn't until the early 1900s that co-ops began to have true, long-lasting success in the United States.” - *Karen Zimbelman*

*For more information please visit:*

<https://www.welcometothetable.coop/food-coops/history-of-co-ops>

# The Seven Cooperative Principles

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1. ***Voluntary, Open Ownership:*** Open to all without gender, social, racial, political, or religious discrimination. You may shop, you may join, and you may leave the co-op at any time.
2. ***Democratic Owner Control:*** One Owner, one vote. Your voice will be heard.
3. ***Owner Economic Participation:*** Owners contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the Owners, reinvested in the co-op, or used to provide Owner services. You control the capital.
4. ***Autonomy And Independence:*** Cooperatives are autonomous, self-help organizations controlled by their Owners. Together, you are autonomous.
5. ***Education, Training And Information:*** Cooperatives provide education and training for Owners so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation. You can develop yourself into the consumer you want to be.
6. ***Cooperation Among Cooperatives:*** Cooperatives serve their Owners most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures. You are more successful when you cooperate with others who know how to cooperate.
7. ***Concern For The Community:*** While focusing on Owner needs, cooperatives work for the sustainable development of their communities through policies accepted by their Owners. You can do something for the community even as you keep succeeding.



We are saddened to learn of the closing of Bailey's Health Food Store after 42 years of providing quality natural foods and supplements to the community.

Your local Coos Head Food Co-Op would like to assist our member-owners during this transition.

Please feel free to e-mail our General Manager, Patrick Franks at [office@coosheadfoodcoop.org](mailto:office@coosheadfoodcoop.org) with suggestions so that we can better accommodate customer needs.



Coos Bay Library & Coos Head Food Co-op present

# COMMUNITY COOKING WITH THE CO-OP



FREE!

## STARRING JAMAR!

FUN!

Coos Bay Library has teamed up with Coos Head's Outreach Coordinator, Jamar, to provide safe, easy, and healthy recipes to create at home. Join us virtually on Zoom for this fun community event!



Event Recipe: Chana Aloo Curry  
(Chickpea Curry with Potato,  
simple West Indian dish)

**Thursday**  
**June 25**  
**5:30pm**

*Email Paul at  
[librarycoosbay@gmail.com](mailto:librarycoosbay@gmail.com)  
for Zoom access code*



Coos Bay Public Library, in partnership with Coos Head Food Co-Op, will co-host:

**"COMMUNITY COOKING WITH THE CO-OP":** Starring Jamar on Thursday, June 25 at 5:30pm on Zoom (virtual meeting software).

Coos Bay Library has teamed up with Coos Head Food Co-op's Outreach Coordinator, Jamar, to provide safe, easy, and healthy recipes to create at home.

Join us virtually for this fun community event! For this month's recipe, Jamar will be featuring a simple West Indian dish, CHANA ALOO CURRY (Chickpea Curry with Potato).

This event is **FREE** and open to everyone. Email Paul at [librarycoosbay@gmail.com](mailto:librarycoosbay@gmail.com) for Zoom access code.



**American  
Foundation  
for Suicide  
Prevention**

# **BE A LIFESAVER!**

While visiting Coos Head Food Co-Op, be sure to inquire about how you can become a *Life Saver* with our front cashier.

All proceeds raised are donated towards establishing and maintaining resources in our community for educational & suicide prevention trainings facilitated by Waterfall Community Health Center.

## **WHY WE WALK?**

Each year, suicide claims more lives than war, murder, and natural disasters combined. Yet suicide prevention doesn't receive anywhere near the funding as other leading causes of death. It's up to Walkers like us to make a difference. Together we can change the conversation about mental health and put a stop to this tragic loss of life.

**COOS COUNTY WALK  
SEPTEMBER 12TH, 2020**

For more information on Coos County walks please visit AFSP online at  
<https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=6755>

# *South Slough Second Saturday Stewards is Going Virtual!*



C o l o r      Y o u r      G a r d e n      W i t h      T h e



S o u t h      S l o u g h      R a i n b o w

**Saturday, June 13: 10-11:30 AM (free, but registration is required)** –Learn about the benefits of adding native plants to your garden and ask experts for tips and tricks. South Slough Reserve staff will be joined by a panel of experts to talk about pollinators, culturally important plants, aesthetics and more. **Contact details and registration can be found at [www.southsloughestuary.org](http://www.southsloughestuary.org)**

The **Second Saturday Stewards** is a program that combines education on a diversity of topics with active conservation actions, hosted by South Slough Reserve. This month's program has a **virtual** format which includes short presentations by local expert panelists, facilitated by Reserve Stewardship Coordinator, Dr. Alice Yeates, followed by a Q and A session. Have your plant questions ready! By the end of each program, participants will be able to identify and appreciate native plants for their own back yards.

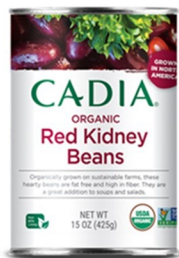


# COOS HEAD FOOD CO-OP

Fresh Produce, Locally Sourced, & Community Owned Co-Op!



## - JUNE MONTHLY SALE ITEMS -

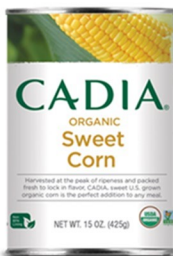


**CADIA ORGANIC BLACK BEANS & RED KIDNEY BEANS**

**\$1.99**  
REG. \$2.39

**CADIA ORGANIC CUT GREEN BEANS & SWEET CORN**

**\$2.39**  
REG. \$3.09



**CADIA ORGANIC VEGETABLE MARINARA PASTA SAUCE**

**\$3.39**  
REG. \$4.39



**CADIA ORGANIC VODKA CREAM PASTA SAUCE**

**\$3.39**  
REG. \$4.39



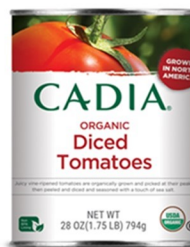
**CADIA ORGANIC SPAGHETTI & PENNE RIGATE PASTA**

**\$1.99**  
REG. \$2.79



**CADIA ORGANIC GLUTEN FREE FUSILLI BROWN RICE PASTAS**

**\$2.39**  
REG. \$3.09



**CADIA ORGANIC DICED TOMATOES 15 OZ**

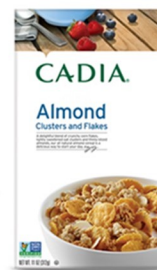
**\$1.99**  
REG. \$2.49

**CADIA ORGANIC DICED TOMATOES 28 OZ**

**\$2.99**  
REG. \$3.79

**CADIA ORGANIC RAISIN BRAN & ALMOND CEREAL**

**\$2.99 - \$3.99**  
REG. \$3.89 - \$4.69



**CADIA ORGANIC COCONUT OIL**

**\$8.99**  
REG. \$10.99



**CADIA ORGANIC OLIVE OIL**

**\$11.99**  
REG. \$13.99



**CADIA ORGANIC BALSAMIC VINEGAR 2.50 ML**

**\$3.69**  
REG. \$4.39



**CADIA ORGANIC BALSAMIC VINEGAR 500 ML**

**\$5.39**  
REG. \$6.69



**MOUNTAIN VALLEY SPRING WATER 1L**

**\$1.89**

**MOUNTAIN VALLEY SPRING WATER 16.9 OZ**

**\$0.99**

REG. \$1.69



**CADIA ORGANIC BLOOD ORANGE & CARAMEL MACCHIATO GELATO**

**\$5.39**  
REG. \$6.69



**CADIA ORGANIC BLOOD ORANGE ITALIAN SODA**

**\$3.89**  
REG. \$4.89



OPEN M-F 9AM-7PM SAT 9AM-6PM SUN 10AM-6PM

COOSHEADFOODCOOP1971 COOSHEAD FOOD CO-OP VISIT US ONLINE AT: COOSHEADFOOD.COOP

353 S. 2ND STREET, COOS BAY, OREGON 97420



STORE PHONE: (541) 756-7264



# COOS HEAD FOOD CO-OP

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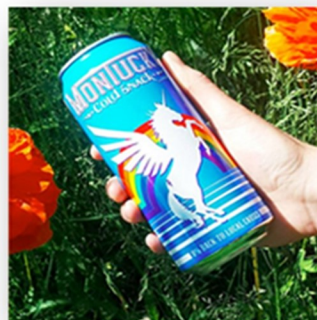
## - JUNE MONTHLY SALE ITEMS -



**CLOSEOUT**



**NINKASI  
PACIFIC RAIN  
NW PALE &  
GALAXY  
TRIPPIN' IPA  
12OZ  
BOTTLES**  
**\$1.29**  
REG. \$1.69



**MONTUCKY  
COLD  
SNACKS  
LAGER  
16OZ CAN**  
**\$.99**  
REG. \$1.29

**BELOW YOU WILL FIND OUR  
MONTHLY SPOTLIGHT OF  
BREWRIES AND WINERIES!**



TROON VINEYARD



**TIETON  
CIDER WORKS**



MOTHER EARTH  
BREW CO.

**SNOQUALMIE**  
VINEYARDS



MAYSARA

**St JOSEF'S**

Willamette Valley, Oregon

since 1983

**CLOSEOUT**



**ORGANIC  
KORBEL BRUT  
CHAMPAGNE**  
**\$13.69**  
REG. \$17.99

**A TO Z  
BUBBLES  
SPARKLING  
ROSÉ 250ML  
CANS**  
**\$4.29**  
REG. \$4.69



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## - JUNE MONTHLY SALE ITEMS -

### CURAMIN & CURAMED



**SALE**  
**20% OFF**



**LOOK FOR THE \$5.00 COUPONS!**



**SOVERIEGN SILVER PRODUCTS ALL 10% OFF**



**DAILY+ IMMUNE SUPPORT**



**LOOK FOR THE \$5.00 COUPONS ON PACKAGE!**

**SOLARAY LEAF THERAPEUTICS 10 MG CBD CAPS & LIQUID**  
**\$29.99**  
**REG. \$39.99**



**SOUL SPRING 75 MG BATH BOMBS CBD**  
**\$12.99**  
**REG. \$14.99**



**SERENITY BATH BOMBS ARE MADE WITH THE PERFECT BALANCE OF CALMING BOTANICALS LAVENDER, SANDALWOOD AND HEMP CBD.**

**SOUL SPRING BATH SOAK 75 MG CBD**  
**\$12.99**  
**REG. \$14.99**

**SERENITY BATH SOAKS ARE MADE WITH THE PERFECT BALANCE OF CALMING BOTANICALS LAVENDER, SANDALWOOD, VANILLA, ROSE AND HEMP CBD. PROMOTES CALMNESS AND RELAXATION.**



**MARIE'S ORIGINAL ITCH RELIEF & POISON IVY/OAK/SUMAC 2.9OZ**  
**\$8.49**  
**REG. \$11.99**



**BADGER SUNSCREEN & ANTI-BUG ALL 15% OFF!!!**



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**353 S. 2ND STREET, COOS BAY, OREGON 97420**



**STORE PHONE:(541)756-7264**



# COOS HEAD FOOD CO-OP

*Fresh Produce, Locally Sourced, & Community Owned Co-Op!*

## - JUNE MONTHLY SALE ITEMS -



### GRAB & GO DELI

*You can place a Grab & Go Deli order over the phone and utilize our Curbside Pick Up service!*

PLEASE CALL  
541-756-7264 OPT. 8

### PRODUCE DEPARTMENT

*We now feature Myrtle Glen Farm produce, herbal tea & wild flowers.*



## *Curbside Pick Up*

If you feel you are in a high-risk group including seniors and those with compromised immune systems and need grocery pickup service, we're glad to help do your shopping.

Email your shopping list to [office@coosheadfoodcoop.org](mailto:office@coosheadfoodcoop.org).

Orders placed Monday–Friday excluding Wednesdays before 11am will be available for same day pickup between 2–4pm.

Orders placed after 11am will roll over to the next pickup time.



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**- JUNE MONTHLY SALE ITEMS -**

# **BULK DEPARTMENT SALE**

**OG  
ALMONDS**  
**\$ 10.99 LB**  
REG. \$ 13.99 LB

**VANILLA  
EXTRACT**  
**\$ 49.99 LB**  
REG. \$ 59.99 LB

**OG  
BLACK BEANS**  
**\$ 1.99 LB**  
REG. \$ 2.99 LB

**OG  
BLACK CHIA  
SEED**  
**\$ 3.99 LB**  
REG. \$ 7.99 LB

**OG  
CRANBERRY  
W/ SUGAR**  
**\$ 5.99 LB**  
REG. \$ 9.19 LB

**OG  
SPELT FLOUR**  
**\$ 2.49 LB**  
REG. \$ 3.99 LB

**OG  
COCONUT  
SHREDS**  
**\$ 2.69 LB**  
REG. \$ 4.29 LB

**MEDJOL  
DATES**  
**\$ 7.29 LB**  
REG. \$ 8.79 LB

**OG  
WHITE  
QUINOA**  
**\$ 3.39 LB**  
REG. \$ 4.99 LB

**OG  
PECANS**  
**\$ 13.99 LB**  
REG. \$ 19.99 LB

**OG  
HIBISCUS TEA**  
**\$ 1.00 OZ**  
REG. \$ 1.59 OZ

**OG  
ARROWROOT**  
**.10¢ OZ**  
REG. .29¢ OZ

**THICKEN YOUR PIES WITH ARROWROOT!**

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# JUNE 2020

*Fresh Produce, Locally Sourced & Community Owned Co-Op!*



SUN	MON	TUE	WED	THU	FRI	SAT
<p>31 <b>Curbside Pick Up</b> Mon-Fridays except on Wednesdays, all orders can be placed between 9 and 11 am. Pickup times are between 2 and 4 pm. Please send orders to: <a href="mailto:office@coosheadfoodcoop.org">office@coosheadfoodcoop.org</a></p>	<p>1 <b>COOS HEAD FOOD CO-OP NOW OFFERS CURB SIDE PICK UP!</b></p>	<p>2 <b>Senior Shop Day</b> EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAYS AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!</p>	<p>3 <b>FARMERS MARKET OPENING DAY WEEKLY</b> <b>9AM - 2PM</b> <b>CENTRAL AVENUE COOS BAY</b></p>	<p>4 <b>Senior Shop Day</b> EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAY AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!</p>	<p>5 <b>FARMSTEAD BREAD</b> FRESHLY-BAKED BREAD ARRIVES AT 5PM EVERY TUESDAY &amp; FRIDAY!</p>	<p>6 <b>SEACOAST COMPOST</b></p>
<p><b>COOS HEAD FOOD CO-OP</b> <b>"WHERE LOCAL MATTERS"</b> 3535 S. 2ND COOS BAY, OREGON 97420 - PHONE (541) 756-7264</p>			<p><b>VALLEY FLORA</b> LANGLOIS • OREGON</p> <p>Weekly Community Supported Agriculture (CSA) pick up every Wednesday!</p>	<p>11 <b>WHERE LOCAL MATTERS</b></p>	<p>12 <b>STOP BY THE GRAB &amp; GO DELI AT YOUR LOCAL COOS HEAD FOOD CO-OP FOR SOUPS, SANDWICHES &amp; DELI SIDE ITEMS!</b></p>	<p>Here at your local Coos Head Food Co-Op we are collaborating with Bay Area Hospital in becoming a collection location for mask and shield garments.</p> <p>All donations can be turned into the cashier.</p>
<p>14 <b>REMEMBER TO CHECK OUR BULK DEPARTMENT!</b></p>	<p>15 <b>BAYSIDE COFFEE</b></p>	<p>16 <b>Senior Shop Day</b> EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAY AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!</p>	<p>24 <b>Wellness Wednesday</b> VISIT OUR WELLNESS CENTER FOR ALL YOUR SUPPLEMENT &amp; IMMUNITY NEEDS!</p>	<p>18 <b>CSF PICK UP</b> PORT ORFORD SUSTAINABLE SEAFOOD MONTHLY DELIVERY</p>	<p>19 <b>Empire Bakery Delivers Fresh Bread Every Wednesday &amp; Friday!</b></p>	<p>Bay Area Hospital</p>
<p>21 </p>	<p>22 <b>NOSTER KITCHEN</b></p>	<p>23 <b>FARMSTEAD BREAD</b> FRESHLY-BAKED BREAD ARRIVES AT 5PM EVERY TUESDAY &amp; FRIDAY!</p>		<p>25 <b>Community Cooking with the Co-Op &amp; Coos Bay Public Library</b> visit us online for more information!</p>	<p>26 </p>	<p>27 KICK START YOUR WEEKEND HERE AT YOUR LOCAL COOS HEAD FOOD CO-OP</p>
<p>28 <b>Farmstead Bread</b></p>	<p>29 Visit us online for COVID-19 updates regarding Coos Head Food Co-Op at <a href="http://coosheadfood.coop">coosheadfood.coop</a></p>	<p>30 <b>Cottage Grove Farmhouse Bakery Delivers Fresh Bread Every Tuesday!</b></p>	<p>1 <b>Empire Bakery Delivers Fresh Bread Every Wednesday &amp; Friday!</b></p>	<p>3 <b>FARMSTEAD BREAD</b> FRESHLY-BAKED BREAD ARRIVES AT 5PM EVERY TUESDAY &amp; FRIDAY!</p>		<p><b>STORE HOURS</b> M-F: 9AM-7PM SAT: 9AM-6PM SUN: 10AM-6PM</p>