



# The COOS HEAD SCOOP Newsletter

APRIL 2020

## *A word from your General Manager.....*

In light of current events surrounding COVID-19 and the impact it is having on our community, we at Coos Head want to ensure our members that we are taking appropriate actions to protect our community.



These actions include continuous sanitation of all touch points throughout the store, implementation of email ordering with curbside pickup and limited delivery, and opening an hour early on Tuesdays/Thursdays for seniors and those in high-risk categories to shop during low traffic times.

Please be kind to each other during this time of uncertainty. We are all in this together.

**Thank you,  
Patrick Franks  
General Manager**

### **MEMBER-OWNER DISCOUNT MONTH**

**10% OFF  
YOUR PURCHASE!  
PICK ANY DAY!**

### *Contact Us:*

✉ **OFFICE@COOSHEADFOODCOOP.ORG**

📷 **COOSHEADFOODCOOP1971**

📘 **COOS HEAD FOOD CO-OP**

**VISIT US ONLINE AT: COOSHEADFOOD.COOP**

### **CONSISTENT IN-STORE EVENTS THAT HAVE BEEN POSTPONED**

**MATE MONDAY**  
**10AM-3PM 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**  
**10AM-3PM 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 Bulk Teas!

**WELLNESS WEDNESDAY**  
**EVERY WEDNESDAY!**

Wellness Buyer Josh organizes various demos to highlight different products and health benefits!

### **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, whenever you can? Paying with either cash or check means zero transaction fees the Co-Op. The Co-Op is charged, on average, a 2% processing fee for these transactions. Please consider the next time you shop and choose cash or check, if possible. That 2% can go a long way....

# **YOUR LOCAL** **COOS HEAD FOOD CO-OP**

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

## **"WHERE LOCAL MATTERS!"**

Considering the current situation of our community being impacted by COVID-19, Coos Head Food Co-Op has developed etiquette guidelines for employees and shoppers to ensure proper precautionary measures are being taken during operating hours.

To ensure there is plenty for everyone, we have purchasing limits on certain products throughout the store. Due to the current state of events special orders may be delayed. At this time, we will not be taking any request for new products or bringing back old products, due to Coos Head Food Co-Op buyers keeping the shelves stocked for our shopping customers.

Please refer to <https://coosheadfood.coop/news/testtflmagcom/click-here> for Coos Head Food Co-Op Guidelines for employees and shoppers.

# COOS HEAD FOOD CO-OP

## *Celebrating Coos Head History*

### **"WHERE LOCAL MATTERS!"**

February in Coos Head history signifies 49 years ago in which like minded community members came together and formed for Coos Head Food Co-Op we celebrated our 49th Anniversary. Also we hosted a in-house raffle along with a community wide raffle that stretched all the way to Bandon. Keeping up the spirit of Where Local Matters we wanted to convey the true essence of local businesses collaborating together and allowing the community to become more familiar with local businesses in their community.

The "Golden Tickets" were dispersed throughout local hot spots such as 7 Devils Brewing Co, Noster Kitchen, Bandon Coffee Café, Wildflour Cafe & Catering, Rawsome Juices And Smoothies, Bayside Coffee, Front Street Provisioners, So It Goes Coffeehouse & The Tin Thistle Café. The winner of the Golden Ticket Raffle received a Where Local Matters basket full of local merch from the participating businesses.



# Farmstead Bread

Hope you are all doing well.

We are staying busy and healthy, looking forward to simpler times in the future. Until then, we are socially isolated, constantly washing hands and looking for ways to do better.

You might not want to leave your house for provisions that might be in stock and so we have officially started to take pre-orders. Because of the long ferment sourdough process, we ask that you get your orders in ahead of time so we can make sure to have your bread waiting for you with your name on it. For grocery store pre-orders, you will pay the store as normal.

For a Tuesday night bake, please order by the previous Saturday.  
For a Friday night bake, please order by the previous Tuesday.

Unprecedented events call for us to come together. If you are struggling financially because of this craziness, please take advantage a new \$3 bread program we are launching. Go to the pandemic page on [FarmsteadBread.com](http://FarmsteadBread.com), choose your loaf and pickup location, pay with a card and then pick up the your bread from the pandemic box. Please use the same ordering timeline as the other pre-order option.

For a Tuesday night bake, please order the previous Saturday.  
For a Friday night bake, please order the previous Tuesday.

We hope that you are staying happy and healthy.

Take care and stay in touch,

Rebekah, Phil & Hazel

P.S. When our supply chain normalizes and we can get dairy from Rumiano again, we will re-introduce Jalapeno Cheddar and Black Pepper Parm to the bake schedule.



# 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 the store safe and are open 9am to 7pm weekdays, 9am to 6pm Saturdays, and 10am to 6pm Sundays.

Senior and high-risk groups can now shop on Tuesdays and Thursdays 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 Wednesdays before 11am will be available for same day pickup between 2–4pm.**

**Orders placed after 11am will roll over to the next pick update.**

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 us skip an item if it is out of stock.

We will be calling to confirm that 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. Many items are 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, and we can bring your groceries out to your vehicle. Please have a space cleared so our staff can always load your groceries while keeping a safe 6-foot distance.





# LADYBREAD BAKERY

Want local? Hand-crafted, artisan style fresh bread? You found them! LadyBread Bakery is delighted to introduce you to our unique “Art” - fresh bread in new and amazing flavors. We decided that everyone else has been making the same four or five different types of breads (sourdough, Pumpernickel, Rye, wheat, and white) for the last 2000 years that it was time to branch out and make up something new. That said, we also make some traditional breads as well, but our focus is on making and creating amazing breads. We are also proud to inform you that all of our breads have no Preservatives, no Dough Conditioners, no Bleach, no Eggs and some have no Dairy, either. I use All-Natural, unbleached White Wheat flour for the Breads that use white flour, and 100% whole Wheat in my Whole Wheat Breads. All of my breads are 6 ingredient breads – Water, Flour, Yeast, Organic Cane Sugar or Honey, Sea Salt and Olive Oil or Real Butter.

It all began because my family is a strange and amazing mixture of Greek, Italian, and Irish people. Growing up I had a deep love of Baking and constant exposure to dishes from my heritage. In the winter of 2007, I decided to bake some bread one night (I had never before really delved into bread- my main areas of passion had been making the perfect chocolate chip cookies and a

variety of other baked goods. Being a bit of a baking rebel, instead of following the recipe word for word, I decided to add extra things. Everyone who tried it loved it. That inspired me to keep concocting new ideas with breads and shortly after that, I threw in everything I’d make a good pasta sauce with into a bread, and the Tuscan Bread was born. (Tomatoes, Garlic, Rosemary, Oregano, Basil and Olive Oil) I had so much good feedback I thought I’d try to see if I could sell a few. A friend of mine owned a french restaurant and told me I could use her kitchen when they were out of it. So. I went in one Sunday evening and made 12 loaves. The following morning, I went

from business to business with a basket on my arm with samples and the bread in the car. Within the hour I’d sold all of them. I was shocked. Long story short, My business was born. Today we sell online, in local health food stores, bakeries, and at our local Farmers Markets. Come check us out! How to keep our bread freshest? You can store it on the counter for a week, two weeks in the refrigerator, or at least three months in the freezer. Please store in a good quality, airtight bag or container for best quality. !



# Lady Bread

# LIVE CERTIFIED

BY. ANDREA POORE

With all of the terms surrounding wine and its production these days, let's take a moment to look at one that's exclusive to the Pacific Northwest: LIVE Certified.

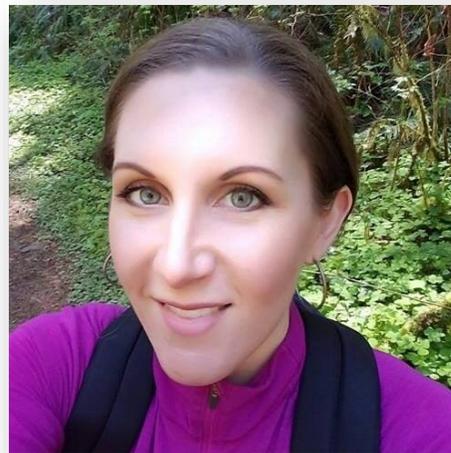
You may have seen this on a bottle or proudly displayed outside your favorite winery's tasting room, but let's take a closer look at what that means:

LIVE stands for Low Input Viniculture and Enology and the certification process for wineries is comprised of an extensive list of certification standards with categories including, but not limited to: grape sourcing; energy use; greenhouse gas emissions; materials management; water management (and, where applicable, salmon safe practices); worker health, safety, and benefits; and community impact. Combined, all of these standards promote the highest level of sustainability, energy efficiency, and a respect for the land, community, and planet as a whole. Vineyards adhere to a similar, but separate, set of guidelines to achieve LIVE Certification, including planning and planting vineyards, fertilizing, required crop biodiversity, and irrigation standards. The standards for LIVE Certification are tailored to the unique Pacific Northwest climate, encompassing the cooler, rainy climates of Oregon and the warmer, drier climates of eastern Washington and Idaho.

So what does this mean for you and the

wine you drink? By choosing a LIVE Certified wine, you know that you are supporting a winery and/or vineyard that practices sustainability, believes in being good stewards of the land, and offers employees livable wages and benefits. LIVE Certified wineries and vineyards believe in working with nature rather than against it and protecting the environment without compromising quality. The grapes sourced for LIVE Certified wines must contain a certain percentage of fruit that is either LIVE, salmon safe, organic, or biodynamic certified, so you can be sure that wines carrying the LIVE Certification are not only better for the environment and society, but a smarter choice for your overall health as well.

Here at your local Coos Head Food Co-op, all of our wines are carefully selected to meet the quality standards that you have come to expect. The next time you visit the wine section, be sure to look for the posted list of the LIVE Certified wines that we offer within these selections!



# FOOD FOR THOUGHT

BY. DENISE EHREND

Did you know that Albert Einstein was both a dedicated vegetarian and an avid dancer?

Albert adopted a meat-free lifestyle and was known to say...” I have always eaten animal flesh with a somewhat guilty conscience.” Albert intuited that eating a diet of brain-boosting foods like nuts, berries, vegetables and dark chocolate were important to brain development and good health.

He also loved dancing so much, he wrote a poem about it. Here are his words:

“We dance for laughter, we dance for tears,

We dance for madness, we dance for fears,

We dance for hopes, we dance for screams,

We are the dancers; we create the dreams!”

Yep, that’s what Albert said.

High quality foods and dancing can help keep our brains alive. There is growing interest in and optimism about preserving and enhancing our brain’s capabilities into our senior years. Science is discovering that many of the negative myths about the aging brain are, indeed, only myths. Older and wiser is not just a hopeful cliché, but it can be a reality. There is a lot you can do to take charge of your mental and physical health and fitness right now.

We all need time to relax and refresh our minds. But not all relaxations are good for the brain. Watching hours of TV literally numbs the mind. The brain is less active

during TV viewing than during sleep. A constant diet of TV is linked to fewer social interactions, which in turn has long term negative consequences.

Breaking routines is a great way to open new avenues in our brains. Eat better and try something new! Dancing is a creative outlet that can bring back the joy of living.

We need not set ourselves up for disappointment by comparing ourselves to ballerinas or You Tube stars.

Just by swaying our bodies in rhythm to music can bring back a smile and grat-

itude for our precious lives. It also brings us into communion with our fellow travelers in this life and create new bonds. Scientific research has repeatedly proven that social deprivation and bad food has severe negative effects on overall cognitive abilities.

Coos Head Health Food Co-op is proud to sponsor both the South Coast Folk Society and the Clambake Music Festival. We even cater tasty snacks to the musicians in the Green Room at the Clambake to help spread the goodness. So, do yourself a favor. Eat well and shake your booty! It will do you good and you in turn will do good for everyone around you. Who knows, you could be the next Albert Einstein!



# GLANCING BACK & LOOKING FORWARD

BY. JERRY KIRKABY

As Coos Head Food Co-Op journeys on its 50<sup>th</sup> trip around the Sun, looking back to when we began in 1971 is an interesting perspective to life today.

In 1971, bell-bottom land and hot-pants were the rage, while skinny-legs, baggy shorts and work-out attire are today's fashion. (Personally, I think bell bottoms are overdue for a return!)

Eight-track tapes of the 70's allowed music albums to be mobile played, although their size required a shoe box to hold a dozen of them. Today we can hold an electronic device in the palm of a hand which holds thousands of songs by hundreds of artists and transmits them to wireless earbuds. In 1971, the Stones released their first studio album on their very own label. This year's Grammy's, I saw Billie Eilish receive numerous awards for music recorded and produced in her bedroom.

Gas was \$0.36 in 1971, while gas guzzlers still roar along our roads, electric vehicles are gaining ground as the future of personal transportation. The median price of a home "back in the day" was \$28,000. Today tiny homes are gaining popularity but cost as much or more.

The world population in 1971 was three and a quarter billion humans. In 2019 it was 7.7 billion, having more than doubled in five decades.

1971 also saw the development of the microprocessor and the first e-mail, the birth of the digital age with storage on floppy disks. Now we can store it all in "The Cloud."

The 70's ushered in our second decade of "the conflict" in Vietnam. Today the U.S. remains in Afghanistan fighting in our longest combat ever.

Back then we were admonished to "Eat your veggies." Today it's plant-based diets.

In 1971 an Oregonian could be arrested for a "joint" and growing one marijuana plant

was an imprisonable felony. Today each residence in Oregon can have up to four plants in the backyard view.

Our third pair of astronauts landed on the moon in 1971. I still recall listening to the live radio broadcast of the first moon landing in 1969 ("Ok, Boomer"). I'm still amazed when I moon gaze. I hope Earth will always be the Blue Planet when viewed from space.

In 1971 a few handfuls of free-thinkers joined in a buyers-club to purchase healthy food often in bulk to decrease

cost and take advantage of group buying economics. A couple iterations later Coos Head Food Co-Op evolved into "that little hippie" store in North Bend. Forty-nine years and counting we continue to evolve while striving to remain vital and viable in the market that was once uniquely ours, but now has become a common place. While it is good news that people are eating more healthy and organic farming increases the health of the planet and its inhabitants, Coos Head Food Co-Op will continue to maintain our niche. We're now a thousand members strong, plus half our sales go to non-members. Four years into our much larger store in Coos Bay. Our goal is to more fully reach our potential, continue to support local and keep our money in our community rather than hand it to corporate head quarters somewhere else. Thanks, to all of you for being the most important part of it our community.

The long strange trip continues. The feeling I get when I enter the Co-Op is one, I get nowhere else. I imagine another 50 years from now, unable to envision what that will be like, but smiling at thinking my granddaughter, then a grandmother, will bring her grandkids in and experience the same feeling.







# COOS HEAD FOOD CO-OP

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



## - APRIL MONTHLY SALE ITEMS -

### NEW SELECTION OF JOVIAL ORGANIC JARRED BEANS

**\$2.99**  
REG. \$3.39



CANNELLINI BEANS



CHICKPEAS



KIDNEY BEANS



BORLOTTI BEANS

### FIELD DAY ORGANIC BROTH IN CHICKEN, BEEF & VEGETABLE

**2 FOR \$5**  
REG. \$3.39



### MUIR GLEN ORGANIC CRUSHED FIRE ROASTED 28 OZ TOMATOES

**2 FOR \$4.50**  
REG. \$3.99



MUIR GLEN ORGANIC DICED 14 OZ TOMATOES  
**2 FOR \$3.50**  
REG. \$2.39

### -COOS HEAD PASTA SELECTIONS-



TINKYADA PASTA JOY  
GLUTEN FREE BROWN RICE PASTA  
VEGETABLE BLEND  
**\$4.69**



JOVIAL ORGANIC BROWN RICE GLUTEN FREE PASTA, EGG TAGLIATELLE  
**\$5.69**



TINKYADA PASTA JOY  
GLUTEN FREE BROWN RICE PASTA  
SHELLS  
**\$4.19**

### SELECT BIOBAG COMPOSTABLE BAGS UP TO

**25% OFF**



### SELECT GLASSWARE **10% TO 20% OFF**



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

COOSHEADFOODCOOP1971 COOS HEAD 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

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



## - APRIL MONTHLY SALE ITEMS -

### -Our Beer & Wine Section-

COME CHECK OUT THE EVOLVING SELECTION OF BEERS, CIDERS, HARD SELTZERS, AND NOW FEATURING HARD KOMBUCHAS!



WE ALSO CARRY THE FULL SELECTION OF BEERS FROM OUR NEIGHBORS AT 7 DEVILS BREWING! WHERE LOCAL MATTERS, AT YOUR LOCAL COOS HEAD FOOD CO-OP



SOME OF YOUR FAVORITE BREWERIES ARE FOUND ON THE SHELVES OF OUR BEER SECTION!

BOOCHCRAFT



### -Fun Fact-

DID YOU KNOW WEIHENSTEPHAN IS THE OLDEST BREWERY IN THE WORLD?



### Looking for Fish Tale Organic IPA and Amber Ale?

Our beer and wine buyer Andrea is currently working with distributors to source these beers. Due to the brewery changing ownership late last year, distribution lines are now being restructured. We assure you that we are working to bring these beloved beers back to Coos Head!



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## - APRIL MONTHLY SALE ITEMS -

### VITAL FLORA PROBIOTICS



**VITAL FLORA PROBIOTICS ULTRA - DAILY 30 CT**  
**\$39.99**  
REG. \$46.89



**VITAL FLORA PROBIOTICS WOMEN'S 30 CT**  
**\$39.99**  
REG. \$46.89



**VITAL FLORA PROBIOTICS 55+ 30 CT**  
**\$39.99**  
REG. \$46.89



**SOLARAY MYCROBIOME PROBIOTICS ENTERIC SHIELD**  
**20% OFF**

**RENEW LIFE 3-DAY LIVER CLEANSE**  
**\$7.99**  
REG. \$10.89



**VITAL PROTEINS COLLAGEN WATER**  
**\$3.29**  
REG. \$4.39



**RENEW LIFE 3-DAY TOTAL BODY CLEANSE**  
**\$7.99**  
REG. \$10.89



**GARDEN OF LIFE PROTEIN DRINK 11 OZ**  
**\$3.29**  
REG. \$4.89

**DR. BRONNERS TOOTHPASTE**  
**\$4.49**  
REG. \$6.49



**BOODA BUTTER DAILY MOISTURIZER 2.3 OZ**  
**\$9.99**  
REG. \$11.59



**ZION HEALTH DEODORANT 2.5-2.8 OZ**  
**\$5.99**  
REG. \$7.99



**CLEAR ZINC OXIDE SPORT SUNSCREEN**

**BADGER SUNSCREEN & ANTI-BUG ON SALE & IN STOCK!!**



**GIFT SET: BACKPACKING ESSENTIALS**



**KIDS CLEAR SUNSCREEN STICK**

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

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# COOS HEAD FOOD CO-OP

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**- APRIL MONTHLY SALE ITEMS -**



## GRAB & GO DELI

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

PLEASE CALL  
541-756-7264 OPT. 8

## PRODUCE DEPARTMENT

*We now feature Myrtle Glen Farm produce and herbal tea.*



## *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.



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

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**- APRIL MONTHLY SALE ITEMS -**



# **BULK DEPARTMENT SALE**

**OG RAW  
PECANS**

**\$ 13.59 LB**

REG. \$ 19.99 LB

**OG PEARLED  
FARRO**

**\$ 2.59 LB**

REG. \$ 3.59 LB

**OG RED  
QUINOA**

**\$ 3.39 LB**

REG. \$ 4.39 LB

**OG WHITE  
QUINOA**

**\$ 3.99 LB**

REG. \$ 4.99 LB

**VANILLA  
EXTRACT**

**\$ 55.49 LB**

REG. \$ 59.99 LB

**OG CHIA  
SEEDS**

**\$ 3.99 LB**

REG. \$ 7.99 LB

**OG  
CRYSTALIZED  
GINGER**

**\$ 6.69 LB**

REG. \$ 7.69 LB

**JUICE SWEET  
CRANBERRIES**

**\$ 6.69 LB**

REG. \$ 5.79 LB

**PLEASE USE GLOVES WHEN  
SHOPPING THE BULK  
DEPARTMENT!**

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# APRIL 2020

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SUN	MON	TUE	WED	THU	FRI	SAT
<p>29 <b>SUPPORT LOCAL FARMERS!</b></p> 	<p>30 <b>COOS HEAD FOOD CO-OP NOW OFFERS CURB SIDE PICK UP!</b></p>	<p>31 <b>Senior Shop Day</b> EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAYS ARE COOS HEAD FOOD CO-OP FROM 8AM - 9AM!</p>	<p>1 <b>Wellness Wednesday</b> <b>VISIT OUR WELLNESS CENTER FOR ALL YOUR SUPPLEMENT &amp; IMMUNITY NEEDS!</b></p>	<p>2 <b>Senior Shop Day</b> EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAY AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!</p>	<p>3 <b>FARMSTEAD BREAD</b> <b>FRESHLY-BAKED BREAD ARRIVES AT 5 PM EVERY TUESDAY &amp; FRIDAY!</b></p>	
<p><b>COOS HEAD FOOD CO-OP</b> <b>"WHERE LOCAL MATTERS"</b> 353 S. 2ND COOS BAY, OREGON 97420 - PHONE (541) 756-7264</p>			<p>8</p> 	<p>9 <b>REMEMBER TO SUPPORT LOCAL BUSINESSES!</b></p> 	<p>10 <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.  All donations can be turned into the donation bin located by the cashier station in front of the store.</p> 
<p>12 <b>REMEMBER TO CHECK OUT OUR DAILY SALE ITEMS THROUGHOUT THE STORE!</b></p>	<p>13 <b>MEMBER-OWNER DISCOUNT MONTH</b> <b>10% OFF YOUR PURCHASE!</b> <b>PICK ANY DAY!</b></p> 	<p>14 <b>Senior Shop Day</b> EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAY AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!</p>	<p>15 <b>REMEMBER TO CHECK OUR BULK DEPARTMENT!</b></p>	<p>16 <b>Selected Glassware 10% to 20% OFF!</b></p>		
<p>19 <b>HEALTH &amp; BEAUTY SALES THROUGHOUT THE HABA DEPARTMENT!</b></p>		<p>21 <b>FARMSTEAD BREAD</b> <b>FRESHLY-BAKED BREAD ARRIVES AT 5 PM EVERY TUESDAY &amp; FRIDAY!</b></p>	<p>22 <b>HAPPY EARTH DAY</b></p> 	<p>23 <b>Bread Stop Bakery Delivers Fresh Bread Every Wednesday!</b></p>	<p>24</p> 	<p>25 <b>KICK START YOUR WEEKEND HERE AT YOUR LOCAL COOS HEAD FOOD CO-OP</b></p>
<p><b>STORE HOURS</b> <b>M-F: 9AM-7PM</b> <b>SAT: 9AM-6PM</b> <b>SUN: 10AM-6PM</b></p>	<p>27 Visit us online for COVID-19 updates regarding Coos Head Food Co-Op at <a href="http://coosheadfood.coop">coosheadfood.coop</a></p>	<p>28 <b>Cottage Grove Farmhouse Bakery Delivers Fresh Bread Every Tuesday!</b></p>	<p>29 <b>Empire Bakery Delivers Fresh Bread Every Wednesday!</b></p>	<p>30 <b>Senior Shop Day</b> EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAY AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!</p>	<p>1 <b>FARMSTEAD BREAD</b> <b>FRESHLY-BAKED BREAD ARRIVES AT 5 PM EVERY TUESDAY &amp; FRIDAY!</b></p>	<p>2 <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>

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

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# Community Working



With Community!