Coos Head Food Co-Op Newsletter

January 2020

A Word From Our General Manager

Happy New Year! As we reflect on 2019 and look forward to 2020, I want to extend my deepest gratitude to everyone's support of Coos Head Food Co-Op. It's been a big year of transition with a lot of exciting changes to come. In 2020, we will be strengthening our relationship with the South Coast Food Share, developing a partnership with Waterfall Community Health Center, and working with the OSU Extension Snap – Education Program to educate and support the nutritional needs of our community.

Through our support of these partners and programs, we hope to provide greater access for all members of our community to high quality, local, and organic products, and to further this mission throughout the Southern Coast of Oregon, Where Local Matters!

Thank you,
Patrick Franks
General Manager

The Oregon Plastic Bag Ban went into effect on Jan. 1! Please remember to bring your reusable bags to help reduce our need for using paper bags!

Contact Us

office@coosheadfoodcoop.org

Coosheadfood.coop

@coosheadfoodcoop

Consistent In-Store Events

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!

Coos Head Food Co-Op

Coos Head Food Co-Op is a member owned and member controlled consumer cooperative. Cooperatives strive to observe the ethical values of honesty, openness, social responsibility, and caring for others. As a cooperative business, we adhere to these seven principles, voluntary & open membership, democratic member control, member economic participation, autonomy and independence, education - training and information, cooperation among cooperatives and finally concern for the community.

Coos Head Food Co-Op started in 1971 with the goal of supplying healthy food and products to our community. The store operated as a member-owned not for profit until 2010 when re-incorporated as a true cooperative, Coos Head Food Co-Op.

As a member, you are an Owner. You are participating in your own health and the health of your coastal community through your patronage. Your investment in Coos Head Food Co-Op contributes to the capital needed for the operation and improvement of your community grocery store. Your share helps grow a better community Co-Op.

Stronger Together

Master Recycler comes to the Co – Op

Master Recycler Anders Hansen is looking to train community members on Plastic Round Up Recycling.

There will be monthly community collections happening at the Co-op on the first Tuesday of each month from 4pm-6pm.

For questions please contact Anders at: andersberyl@gmail.com

Farmstead Bread

Located in Myrtle Point, Farmstead Bread focuses on flavor, freshness and crafting community with each handmade loaf.

Farmstead Bread bakes fresh breads on Tuesday and Friday and delivers at 5pm. We appreciate their passion for bread baking and invite you to join a tour with us.

Nutritional Education
At Your Local
Coos Head Food Co-Op

We would like to invite our community members to attend a three part series on Nutrition, Grocery Shopping and Budgeting in collaboration with Oregon State University Extension Snap - Education Program, Waterfall Community Health Center and your local Coos Head Food Co-Op.

Event time: 5:30pm - 6:30pm

January 16th Diabetes

February 13th Hypertension

March 12th Nutritional Education

Waterfall Community Health Center

Coos Head Food Co-Op

Oregon State University Extension Service Coos County

Food Hero FoodHero.org

353 S. 2nd Street, Coos Bay, Oregon

Coos Head Food Co-Op

Supports Local

South Coast Food Share

South Coast Food Share has been focused on providing hunger relief since 1965 and serves as Regional Food Bank in Coos and Curry counties and is part of the Oregon Food Bank Network which is a group of partners, programs and agencies committed to the belief that no one should be hungry.

Would you like to help?

Donate non-perishable items such as can foods or boxed items in the donation box found inside of the store.

353 S. 2nd Street, Coos Bay, Oregon 97420

Volunteer Meet & Greet

at your local

Coos Head Food Co-Op

January 13th, 2020 at 5:30 PM

Would you like to be involved in planning events and community engaged outreach opportunities at your local Coos Head Food Co-Op?

Volunteering with an outreach team is a great way to see what goes into event planning and community advocacy through collaborations with community organizations.

Are you a youth without work history?

Volunteering at your neighborhood Co-Op can add on the job experience to your resume.

353 S. 2nd Street, Coos Bay, Oregon 97420

Grab & Go Deli

Coos Head Food Co-Op Grab & Go Deli Features three new delicious deli items!

- Rainbow Vegan Wrap
- Tuna Salad Bowls
- Egg Salad Bowls

-Daily soup of the day options!

The Grab & Go Deli located at the back of the store!

Health& Wellness

Nourish+Co

Haba is now featuring Nourish+Co products.

The mission of Nourish + CO is to produce nontoxic, sustainable and affordable skin care that is accessible to every human on the planet through education and philanthropy.

COOS HEAD FOOD CO-OP

JANUARY SERVING THE COOS COMMUNITY SINCE 1971 **MONTHLY SALES**

POW! PASTA

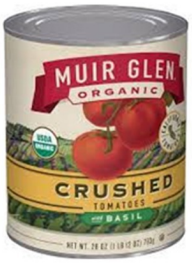
$3.99

REG. $4.99

MUIR GLEN TOMATOES CRUSHED

2 FOR $5

REG. $3.99



MUIR GLEN TOMATOES DICED

5 FOR $4

REG. $2.89

THAI KITCHEN ORGANIC COCONUT MILK

2 FOR $5

REG. $3.69

PACIFIC MILK ALTERNATIVES

2 FOR $5

REG. $3.69

HONEY STINGERS ENERGY CHEWS

3 FOR $5

REG. $2.39

BOBO'S BAKED OAT BARS

2 FOR $5.00

REG. $2.99

COOS HEAD FOOD CO-OP GRAB & GO DELI FEATURES THREE NEW DELICIOUS DELI ITEMS!

- RAINBOW VEGAN WRAP
- TUNA SALAD BOWLS
- EGG SALAD BOWLS

R.W. KNUDSEN JUST JUICES 32 OZ RANGING FROM

$4.99 - $7.99

REG. $6.99- $11.99

GOOD BELLY PROBIOTIC FRUIT DRINKS

$2.99

REG. $4.39

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!!
OPEN M-F 9AM-7PM; SAT 9AM-6PM; SUN 10AM-6PM OFFICE@COOSHEADFOODCOOP.ORG

COOS HEAD FOOD CO-OP

JANUARY SERVING THE COOS COMMUNITY SINCE 1971 **MONTHLY SALES**

Bonafide Bone Broth

$6.99

Reg. $9.99

Applegate Turkey & Blended Burgers

$6.99

Reg. $11.99

Stahlbush Frozen Berries / Fruit

2 for $7

Reg. $4.99

Stahlbush Frozen Vegetables

2 for $4

Reg. $2.89

High quality fruits and vegetables from Stahlbush Island Farms with new Family's Private Reserve packaging featuring K50 Art.

Birch Benders Frozen Waffles & Pancake Mixes

Ranging from

$3.99 - $4.69

Reg. $5.39

Caboo Toliet Paper

$3.99

Reg. $5.39

Caboo Face Wipes

$1.99

Reg. $2.99

Caboo Tissues

$1.89

Reg. $2.69

Better Life 64 oz Unscented Laundry Detergent

$14.99

Reg. $19.99

Biokleen Dish Liquid

$4.99

Reg. $5.99

All Purpose Cleaner

$5.99

Reg. $7.99

Bac-out Stain & Odor Remover

$6.39

Reg. $8.99

Maggie's Socks

SALE

Since 1992 Maggie's Organics

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CALM GUMMIES
120 CT.
$19.99
REG. $26.99

LIFE FLO FRACTIONATED COCONUT OIL
$14.59
REG. $16.59

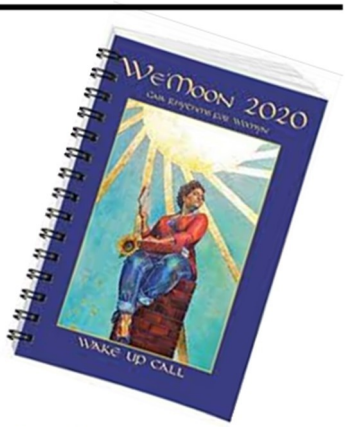
WELLNESS FORMULA
45 TABS **$8.99**
REG 13.99

90 TABS **$16.99**
REG $26.99

MAGNESIUM LOTION 8OZ
SALE **$8.99**
REG $10.69

ANCIENT NUTRITION
20% OFF!!!
MULTI COLLAGEN
UNFLAVORED / CUCUMBER LIME / & STRAWBERRY LEMONADE
SALE **$39.99** REG $53.49

DR. BRONNER'S SOAP SALE
BAR & SELECT LIQUID SOAPS



2020 CALENDARS ARE AVAILABLE AT YOUR LOCAL COOS HEAD FOOD CO-OP !

TERRY NATURALLY EXTRA STRENGTH PAIN RELIEF
30 TABS **$19.29**
REG $22.79

60 TABS **$35.99**
REG $42.79

120 TABS **$64.99**
REG $76.39

STOP BY OUR PRODUCE DEPARTMENT FOR OUR WIDE RANGE OF SELECT CITRUS FRUIT.

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JANUARY SERVING THE COOS COMMUNITY SINCE 1971 MONTHLY SALES

BULK DEPARTMENT SALE

OG WHOLE CASHEWS
$ 11.29 LB
REG. $14.99 LB

RYE FLOUR
$ 1.59 LB
REG. $2.39 LB

TRI COLOR QUINOA
$ 3.99 LB
REG. $4.99 LB

OG MULTI FLORA HONEY
$ 5.69 LB
REG. $6.99 LB

APPLE CIDER VINEGAR
$ 2.19 LB
REG. $2.89 LB

NUTRITIONAL YEAST
$ 8.89 LB
REG. $10.89 LB

CHOCOLATE DROPS
$ 2.49 LB
REG. $4.29 LB

QUINOA ELBOW PASTA
$ 2.49 LB
REG. $4.29 LB

COCONUT SUGAR
$ 3.99 LB
REG. $5.49 LB

TRY OUR VARIETY BULK TEAS!

AWAKENED PUMPKIN SEED
$ 12.99 LB
REG. $14.99 LB

TRY OUR VARIETY BULK SEASONING!

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COOS WATERSHED ASSOCIATION

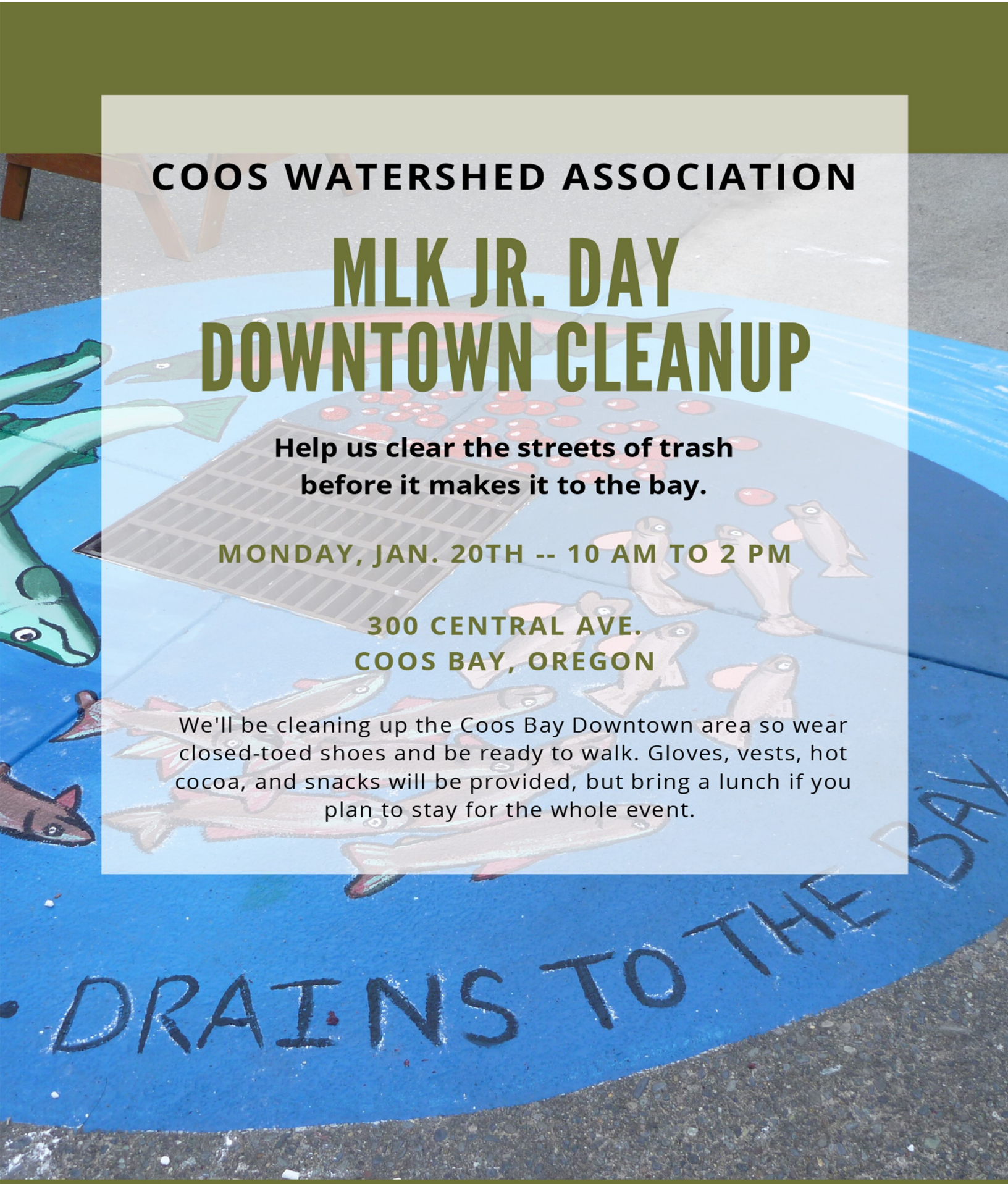
MLK JR. DAY DOWNTOWN CLEANUP

Help us clear the streets of trash before it makes it to the bay.

MONDAY, JAN. 20TH -- 10 AM TO 2 PM

300 CENTRAL AVE.
COOS BAY, OREGON

We'll be cleaning up the Coos Bay Downtown area so wear closed-toed shoes and be ready to walk. Gloves, vests, hot cocoa, and snacks will be provided, but bring a lunch if you plan to stay for the whole event.



Contact us:
Volunteer@cooswatershed.org
www.cooswatershed.org

Coos Watershed Association 2020 Events

- MLK Day Clean-up -- Monday, January 20
- Wine Walk – Friday, February 7
- Annual Meeting – Thursday, March 12: The North Bend Public Library
- Earth Day Movie Night --Wednesday, April 22 at the Egyptian Theater
- Mayfly Festival – May, TBD Mingus Park
- 26th Birthday Bash Fundraiser Saturday, September 12 5-8pm: Black Market Gourmet

Don't forget to join us at the Farmer's Market May 6th, June 3rd, July1st, August 5th, and September 2nd!

COOS Watershed Association

Coos Head Food Co-op

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

Coos Head Food Co-Op

Since 1971, we've served Oregon's Bay Area by operating a socially responsible business that offers quality, local, sustainable and organic choices.