



The COOS HEAD SCOOP

AUGUST 2020

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

A MESSAGE FROM OUR GENERAL MANAGER..

Big changes at your local Coos Head Food Co-Op!

If you haven't noticed, we recently updated our Point of Sale (POS) system. The new system, LOC Store Management Software (LOC SMS), allows us to better serve our members and customers with faster check-out, advanced back-office maintenance, and more efficient inventory management.

This is a HUGE change for the co-op staff as we transition into this new system. We appreciate your understanding and patience as we continue to learn our new system and work out our new procedures. Thank you for your continuing support and look forward to better serving you, our community members.



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/>

FACE MASKS REQUIRED

Due to recent *state mandate* Coos Head Food Co-Op is now requiring all shoppers over the age of 5 to wear face mask and remember to practice social distancing when shopping.

MEMBER/OWNER APPRECIATION MONTH

10% OFF **ALL DAY**
ONE TIME ONLY

Contact Us:

✉ **OFFICE@COOSHEADFOODCOOP.ORG**

📷 **COOSHEADFOODCOOP1971**

📘 **COOS HEAD FOOD CO-OP**

VISIT US ONLINE AT: COOSHEADFOOD.COOP

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.

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.



Vendor Highlight.....

BOB'S RED MILL

Bob's journey began in the mid '60s after coming across a book about an old stone-grinding flour mill. Unable to shake his vision of operating a flour mill that provided healthy and nutritious food, Bob tirelessly searched for his own set of usable millstones. With a little time and persistence, Bob and his wife found several sets of millstones and began their first mill in Redding, California.

In 1978 the couple left the mill and retired to Oregon City, but fate stepped in one afternoon when Bob came across an old mill that was for sale in nearby Milwaukie, Oregon. A few months later, Bob's new mill was producing stone ground flours and cereals for local customers.



For over three decades, Bob has been committed to providing people everywhere with the best quality foods available. His passion for health and belief in taking care of one another is as strong today as it was when he first started the business with his wife, Charlee, all those years ago. Bob plays a fundamental role in the daily operations of the business and his enthusiasm and "honest-to-goodness" approach are shared with every one of his employees. It's this passion for providing the very best nutritional whole grains that has helped make us the leading name in health foods across the country.

Long before Bob's Red Mill was the leading name in health foods across the country, there was a book and the aspiration to help people, one whole grain product at a time.

In 2010, Bob surprised his employees by announcing an Employee Stock Ownership Program (ESOP) that would make everyone an employee-owner. For those who know Bob, it's yet another example of his kind-hearted generosity. As Bob puts it, "Setting up an ESOP was just the right thing to do. I have people that have worked with me for over 30 years and each and every one of them deserve this." You can rest assured that every Bob's Red Mill employee is committed to sourcing, milling, testing, packaging, labeling and selling the finest products available. After all, it is our business.

“Meet Bob & Charlee.” Bob’s Red Mill, Bob’s Red Mill Natural Foods, 2020, Bob’s Red Mill Natural Foods.

Vendor Highlight.....

HUMMINGBIRD WHOLESAL

We are instrumental in transforming the world toward a sustainable food production system which supports the health of the people who depend on it, as well as the earth's precious ecosystems. We will not be satisfied until farming in Oregon and the West Coast (and then the world) is 100% organic and sustainable. That's why we started the #OrganicOregon #OrganicWorld campaign, where at least 1% of our annual profits go toward organic research, educational programs for farmers and trade partners, and to organizations focused on creating healthy, Organic food systems and communities.

Hummingbird Wholesale offers the highest quality, most nutritious foods grown as locally and sustainably as possible to nourish the body, mind, and soul. Hummingbird Wholesale takes great care and pride in creating long-term, beneficial relationships with our farmers, customers, coworkers, processors, suppliers, retailers, and communities. Hummingbird Wholesale serves people and, like the Hummingbird, seeks to sip the nectar of the Earth without harming the flower.

We serve a full variety of food businesses, from co-ops and regional retail chains, to restaurants, food service providers and manufacturers — not to mention our retail store which is open to the public. We offer wholesome, Organic food, sourced from the Pacific Northwest as well as the best producers from around the world. Through our farm direct ingredient sourcing, we provide customers with competitive volume opportunities to obtain staple and unique grains, beans and seeds to match their quality expectations.

Honey Heaven was established in 1972 as a specialty honey shop in Eugene. The business was purchased by Eugene Scott in 1981 and he changed the business focus to wholesale after having trouble with employees eating the product inventory. In August of 2003, Charlie and Julie Tilt purchased the business from Eugene when he retired. We have grown in many ways since then, including selling a greater diversity of products. Consequently, we thought a name change that embodies our spirit would be appropriate. We chose the hummingbird because of its versatility — it flies in all directions — and its gentle nature- it sips the nectar of the flowers without harming the flowers. Since 2007, our name is Hummingbird Wholesale! Hummingbird Wholesale remains a small, family owned and operated business focused on being a positive force for change in the food industry.



Wholesale, Hummingbird. “About Us - Hummingbird Wholesale.” Hummingbird Wholesale, <https://hummingbirdwholesale.com/pages/about-us>. Accessed 27 July 2020.

LEARN THE LINGO...

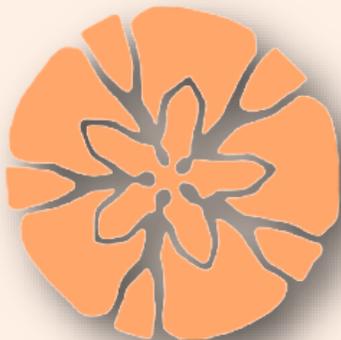
Fairtrade: Fairtrade is a global commerce where priority is given to trading with small and marginalized farmer groups, building trade relations based on solidarity and sustainability. This approach ensures them fair remuneration that covers the full cost of production and contributes to the continual improvement of working conditions and environmental sustainability.

Organic: Organic producers rely on natural substances and physical, mechanical, or biologically based farming methods to the fullest extent possible. Produce can be called organic if it is certified to have grown on soil that had no prohibited substances applied for three years prior to harvest.

Non-GMO: Non-GMO “*Genetically Modified Organism*” means that the genetic makeup of the plants and animals used in the product has not been altered for the purposes of food production.

Recycle: To recycle is to use again or to reuse waste material by converting it into something new.

Locally Sourced: When choosing to buy locally sourced food you are supporting a diverse food economy, keeping more money in the local economy as well as supporting jobs in farming and food production. There is less time and distance between the grower and the buyer, often referred to as farm to table.



**CO-OP TERMINOLOGY
101**

ZERO WASTE?!

JAYME HALASZ

The zero in Zero Waste suggests the goal is to completely eliminate household trash and send nothing to the landfill, however generating absolutely no waste is close to impossible. Specially if you have young children the house. I feel like a more obtainable goal is to stop bringing unnecessary items in the home and try to reduce the waste you are already producing. There are a couple of ways to start this, first, refuse what you don't need. Then conduct a trash audit. It's really not as bad as it sounds. Take a look though the trash and recycle bin before taking it out to the curb for a few weeks. What kinds of things are you using the most of? Take a look and see if there is a waste free alternative. Then you can go room to room and start replacing items as the run out or break with a more sustainable options.

The easiest items to replace for myself was shopping bags and water bottles. I also keep a little bag in my car with a hot/cold refillable mug, bamboo silverware set, some cloth napkins and a couple of containers for any leftovers. That way if I'm ever out and about and I need a quick meal, I don't have to create so much waste. Some of the other easy changes I've made are switching to shampoo bars, cloth sandwich/snack bags for my daughter and shopping for my dry goods *And* spices in the Co-Op's bulk section. Just being aware of the zero waste movement is a step in the right direction. Even if you can only change one thing, you can still make a big impact.

Principles of Zero Waste

1. Refuse what you don't need. This prevents unwanted items from coming into your home and applies to all those promotional items you're offered, along with things like junk mail and plastic straws and plastic bags.
2. Reduce what you do use. This equals less waste overall.
3. Reuse whatever you can. Can you extend the lifespan of something by mending, handing down, or repairing? Can you buy or sell second-hand? Reusing also means swapping disposable products for reusable ones that can easily be laundered instead of thrown away.
4. Recycle what you can't refuse or reduce. Saving resources from the waste stream by recycling is one option, but keep in mind that some items will not recycle indefinitely and will end up in the landfill at the end of their (often short) lifespan.
Rot what's left over. Composting scrap returns nutrients and fiber back to the earth.

ORGANIC SPICES FROM BULK SECTION

JENNY JONES

<https://infosurfconsulting.com/thoughtwaves/oogli-food/spices-in-bulk/>

Do you know that purchasing organic spices from the bulk section of the Coop is the *most* economical way to fill your spice cabinet? It is!

This reused jar of oregano from the Coop cost \$0.48 — yes, 48 cents! If you buy the jar *and* the oregano, you are going to pay \$3-\$6 depending upon store, brand and whether it's organic or not.

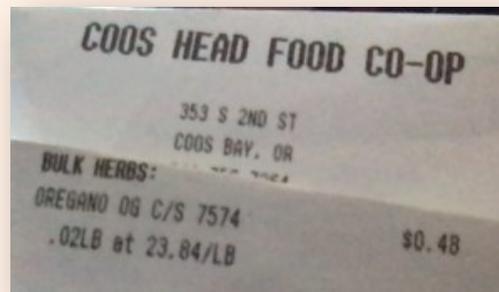
This is the receipt for my high quality organic oregano when I refilled the jar from the bulk spice section at Coos Head Food Co-Op.

I paid \$4.50 for the jar and spices at another store. I paid 48 cents to refill it.

And notice the cost of the spice per pound: \$23.94/lb. Wouldn't that normally make you say, "*not on my budget?*" Well, dried spices are extremely light. So, you can refill that whole jar for pennies on the dollar of what it would cost to purchase the container again.

This is not an anomaly. Particularly for spices, herbs and teas, purchasing *just* the ingredient saves you big dollars. At this rate, a person add 20 different spices and herbs for about \$10.

Here are some examples of oregano when you have to buy the container, too. One is organic, one is not.



Buying the amount you want from the bulk section has some powerful advantages to purchasing a container along with that ingredient you want.

The final cost when you furnish your own container is always cheaper than buying in a package. You can purchase in just the amount you need — the best option when trying something new or experimenting.

WHAT'S THE PROCESS TO BUY THIS WAY?

1. Before you get to the store to buy, clean and sanitize your containers! Even if we weren't in the world of COVID, cleanliness is extremely important for both you and other people also buying in bulk.
2. Once you get to the store, ask store personnel for what you are looking for if you don't find it right away.
3. When you find what you want...
 - a. Put on gloves provided.
 - b. "Tare" your container. That is, weigh it on the scale and mark that down. Grease pens, stickers and markers are provided.
 - c. Mark the 4-digit code of the product on your container by where you've written the tare weight.
 - d. Pick up a clean scoop or funnel to fill up your container.
 - e. Place the used scoop/funnel in the buckets provided once you are done.
4. Pay for it and enjoy!



Coos Bay Library & Coos Head Food Co-op present

COMMUNITY COOKING WITH THE CO-OP



FREE!

FUN!



MONTHLY EVENT:

EVERY 4TH THURSDAY!

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:

Coos Head Stir Fry

Thursday
August 27
5:30pm

Register for this virtual event
@ <https://is.gd/oPTIGU>



COOS HEAD
FOOD CO-OP



COOS BAY
PUBLIC LIBRARY

(541) 269-1101

<http://coosbaylibrary.org>

Coos Bay Public Library and Coos Head Food Co-Op would like to invite the community to join in on the virtual cooking segments "Community Cooking with the Co-Op." We introduce community members to cooking with ingredients that they aren't familiar with and encourage stepping outside of their comfort zones. Together, we are able to engage each other and our community via zoom, while unable to meet in person. Virtually we are able to all cook, laugh, learn and eat together.



Next Event: Thursday, August 27th - Jamar aims to provide safe, easy, and healthy recipes to create at home. Join us virtually for this fun community event! For his August recipe, Jamar will be featuring Coos Head Stir Fry.

This event is FREE and open to everyone. For ingredients and access, please register by going to

<https://is.gd/0PTIGU>

ZOË'S BURGER CORNER



Zoë's Burger Corner is a new monthly article that showcases plant-based burgers available on the shelves of your local Coos Head Food Co-Op. Zoë's pick for the month of August is The Meatless Farm Co. This new product is high in protein, a good source of fiber, gluten free, vegan friendly, non-GMO and kosher certified.

"I decided to try the burger for myself. When cooking for the first time, The Meatless Farm Co. burger was unlike other plant based-burgers I have had before. So much so, in fact, that when I took my first bite, the texture of the crumbles mingled with the flavors of the patty enticed me to want more.

For me, trying the product and having such a positive reaction automatically made The Meatless Farm Co. a standout against other house staples in the realm of plant-based burgers."- Zoë Hamil

Check them out the next time you're at your local Coos Head Food Co-op, located at 353 S 2nd Street in beautiful downtown Coos Bay.



PLANT-BASED MEAT FREE BURGERS

Coos Watershed Association's 4th annual

GOES VIRTUAL!

July 15 - August 15, 2020

Weekly nature activity challenges and prizes

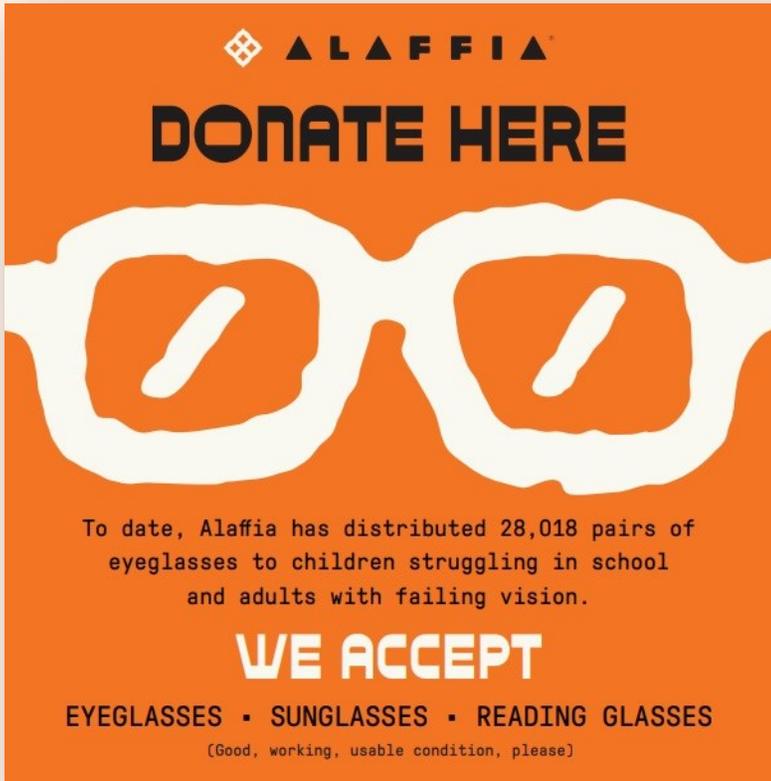
MAYFLY FESTIVAL

See you online, and see you outside!



Virtual Coos Watershed Mayfly Festival

Are you a fan of nature, science, and the great outdoors? Want to do something good for our community and have fun doing it? If so, you'll want to check out the Coos Watershed Mayfly Festival, which is taking place virtually this year. This event is sponsored by the Coos Watershed Association in partnership with other community partners (like the Co-op!). How to get involved: follow the Coos Watershed Association on Facebook and Instagram, or visit coosmayflyfestival.weebly.com, to receive weekly Nature Activity Challenges. Submit photos of your family participating in the challenges, and you'll have a chance to win a raffle item each week. The event goes through August 15, so there are still lots of fun activities and challenges ahead!



EYEGLASSES

In Togo, it is extremely difficult for the visually impaired to obtain eyeglasses. An eye exam can cost up to one month's wages and a pair of eyeglasses can cost up to four months'. Alaffia collects used eyeglasses at retailer locations throughout the US and employs an optometrist in Togo to correctly fit and distribute them. A pair of eyeglasses is life-changing for a child struggling in school, the elderly with failing vision and adults who have never been able to see clearly.

IN COLLABORATION WITH ALAFFIA, YOUR LOCAL COOS HEAD FOOD CO-OP IS CURRENTLY HOSTING AN EYE GLASS DRIVE....

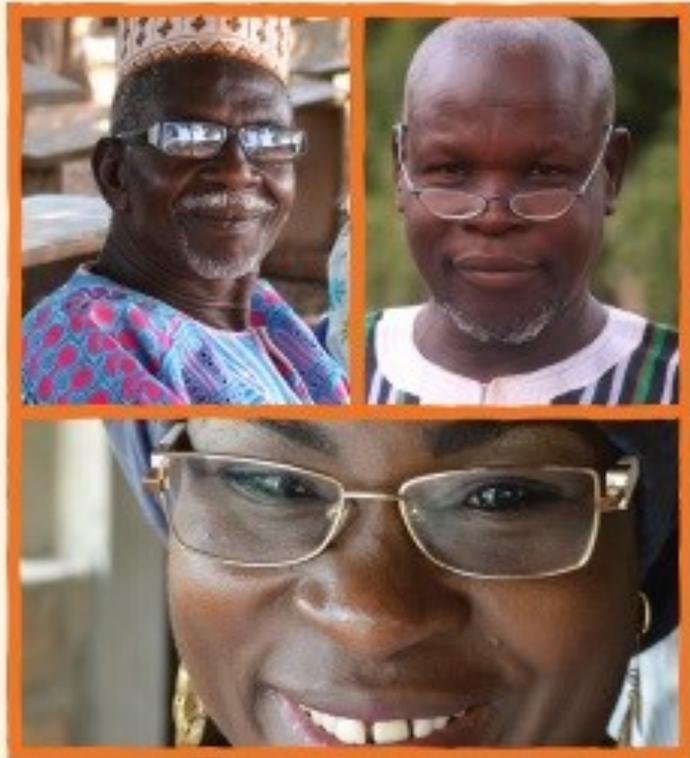


HERE IS HOW YOU CAN CONTRIBUTE BY DONATING:
EYEGLASSES, SUNGLASSES (NON PRESCRIPTION AND PRESCRIPTION), FRAMES, LENSES & CASES

AUGUST 1ST - OCTOBER 1ST

ALAFFIA®

EYEGLASS DRIVE



IN TOGO:

1 EYE EXAM =
1 MONTH'S WAGE

1 PAIR OF EYEGLASSES =
4 MONTH'S WAGE

Alaffia & The Alaffia Foundation collect used eyeglasses throughout the U.S. & contracts optometrists in Togo to correctly fit & distribute Rx glasses.

Alaffia has distributed 28,018 pairs of eyeglasses to children struggling in school and adults with failing vision.

YANAKOKARI (THANK YOU)!

DONATE HERE



(Good, working, usable condition, please)





Amazing Arugula

By Stephanie Polizzi, MPH, RDN, DipACLM



Arugula is a tender green in the brassica or cruciferous family. Its relatives include broccoli, cabbage, Brussels sprouts, kale and cauliflower. This group of vegetables is celebrated for their low-calorie, high-nutrient content. Arugula is often used in salads to add a bit of tangy flavor and is a favorite in Mediterranean cooking. It is sometimes referred to as “Rocket.”

Arugula has been part of the human diet for centuries, even mentioned in the Old Testament. It has been used as a raw salad green, usually mixed with other lettuce, but can also be lightly steamed as a side dish, or wilted in hot foods like pasta. In Italy, it is often added as a topping to cooked pizza.

This tangy green contains multiple antioxidants that fight free radicals known to contribute to aging and disease. Vitamin C plays an important role in healing and immunity. Beta-carotene, a compound that contributes to the green color, keeps eyes and skin healthy and protects our DNA. Arugula is also a rich source (provides more than 20% of the Daily Value) of folate, important for fetus brain development, and vitamin K, which supports healthy blood clotting and bone metabolism.

Foods in the cruciferous family are well-known for their Sulphur-containing compounds, known as *glucosinolates*. Studies show that these compounds, like *sulphoraphane*, can detoxify carcinogens and inhibit cancer cell growth. Cruciferous vegetable intake is associated with reduced risk of breast, bladder, colorectal, endometrial, gastric, lung, ovarian, pancreatic, prostate and renal cancer. Arugula is also a good source of potassium, calcium and magnesium which all contribute to lower blood pressure and healthy heart rhythm. The nitrates in the raw greens can be used by the body to make nitric oxide, a compound that acts as a vasodilator, lowering blood pressure and improving blood circulation.

Fresh arugula should be bright and green. Store in the refrigerator with a paper towel to absorb excess moisture and use within 2 weeks. Try growing your own from seed. Arugula like full sun or partial shade and loves cool weather so it can be sown from early spring through late summer for a fall and winter growing season. It can be grown in the ground, raised beds or container gardens.

Because of its mild, peppery flavor, it adds a bit of zing, whether used alone or mixed with other salad greens. Add arugula to sandwich layers or chop into hot or cold side dishes. Puree into pesto, dips or spreads, or sauté as a stand-alone side dish. Go to www.allrecipes.com or other recipe sites for tasty arugula recipes.



COOS HEAD FOOD CO-OP

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- AUGUST MONTHLY SALE ITEMS -

BENTOLOGY



BENTOLOGY COMPLETE INSULATED LUNCH BOX SET
\$15.69
REG. \$17.69

BENTOLOGY LUNCH KITS & INSULATED TOTES
\$12.99
REG. \$14.99



BENTO BOXES + REUSABLE PACKAGING



BENTO BOXES
\$7.39
REG. \$8.39

BENTO BUILDERS & REUSABLE LUNCH BAGS
\$3.99
REG. \$4.99



NEW!



REUSABLE ZIPTUCK 2 PACK LUNCH BAGGIES
\$4.99
REG. \$5.99

NEW!



NEW!



ANNIE'S HOMEGROWN CEREALS & SNACK BARS
\$3.99
REG. \$4.99



ANNIE'S HOMEGROWN CRACKERS
\$2.99 - \$3.99
REG. \$4.99



**YUM!
YUM!
YUM!**

HORIZON 6 PACK 8OZ ASEPTIC MILK IN VARIOUS FLAVORS
\$8.69
REG. \$11.69



ORGANIC VALLEY SHELF STABLE 12 PACK 6.75OZ
\$13.99
REG. \$20.99

R.W. KNUDSEN 4 PACK 6.75 OZ
\$2.99
REG. \$3.99



STONEYFIELD YOGURT TUBES & DRINKS
\$4.39
REG. \$5.69

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



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- AUGUST MONTHLY SALE ITEMS -



**REUBEN'S
CRUSH
OREGON
EDITION HAZY
IPA 16OZ**
\$3.79
REG. \$3.99

CLOSEOUT



**MOMOKAWA
SAKE 300ML
BOTTLES**
\$5.99
REG. \$7.99

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



GIRARDET



FORT GEORGE
ASTORIA, OREGON



CLOSEOUT



**HOPWORKS
ROBOT
PANDA IPA
12OZ CANS**
\$1.49
REG. \$1.89

**YOMI THE
AFTERLIFE
SAKE 250ML
CANS**
\$4.69
REG. \$4.89



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- AUGUST MONTHLY SALE ITEMS -

ALL BLUE BONNET SUPPLEMENTS

SALE
20%
OFF



**VEGAN, KOSHER, PARVE,
3RD PARTY TESTED, NO SUGAR
ADDED, SOY FREE, GLUTEN
FREE, SUSTAINABLY HARVESTED
& SUSTAINABLY WILDCRAFTED**



**NUTRIBIOTIC
BODY & FOOT
POWDER 4OZ**
\$5.99
~~\$6.99~~



VS



**NUTRIBIOTIC
BODY & FOOT
POWDER 4OZ**
**SOLD ONLINE
FOR**
\$7.99



**CURAMIN EXTRA
STRENGTH**
20%
OFF

**SOVEREIGN
SILVER**
10%
OFF

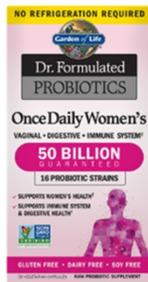


**ALAFFIA
SHAMPOO &
CONDITIONER**
3 2OZ
\$10.99
~~REG. \$12.59~~



**UNCLE
HARRY'S
TOOTH
PASTE**
\$5.29
~~REG.
\$5.99~~

**ONCE DAILY WOMEN'S
50 BILLION 30 CAPS**
\$35.99
~~REG. \$42.99~~



**ONCE DAILY MEN'S 50
BILLION 30 CAPS**
\$35.99
~~REG. \$42.99~~



**SOUL SPRING CBD BATH
SOAK 12 OZ**
\$19.99
~~REG. \$24.99~~

**SERENITY
CBD**

**SOUL SPRING CBD BATH
BALM 6OZ**
\$12.99
~~REG. \$14.99~~



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- AUGUST MONTHLY SALE ITEMS -

BULK DEPARTMENT SALE

OG SEMOLINA FLOUR

\$.99 LB

REG. \$1.39 LB

OG TAMARI ALMONDS

\$ 12.99 LB

REG. \$16.99 LB

OG MT. RAINIER MIX

\$ 7.49 LB

REG. \$8.79 LB

ORGANIC SALTY CREAMY PEANUT BUTTER

\$ 4.79 LB

REG. \$5.79 LB

OG RED & TRI COLORED QUINOA

\$ 2.99 LB

REG. \$4.99 LB

OG COCONUT DATE ROLLS

\$ 4.99 LB

REG. \$6.39 LB

OG WILD BLUEBERRY FLAX GRANOLA

\$ 4.39 LB

REG. \$6.39 LB

OG ALMONDS

\$ 10.99 LB

REG. \$13.99 LB

OG COCONUT SHREDS

\$ 2.99 LB

REG. \$4.29 LB

OG FRESH GROUND ALMOND BUTTER

\$ 14.99 LB

REG. \$16.99 LB

ONLINE COUPON

\$ 4 OFF ANY SOLID GOLD DOG & CAT FOOD 4# AND UP!

NEW NEW NEW

- AWAKENED SPROUTED WALNUTS
- WHOLE RABBIT & RABBIT LIVER
- CHICKEN LIVER
- ANOTHER PUMPKIN SEED MAKES 4
- OG BEAN MIX (NOT DIETS INSPIRED)

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- AUGUST MONTHLY SALE ITEMS -

GRAB & GO DELI

You can 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, 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.

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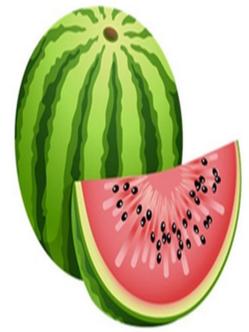
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AUGUST 2020



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

SUN	MON	TUE	WED	THU	FRI	SAT
<p>26 Try our new CURBSIDE ORDERING SERVICE more information can be found at coosheadfood.coop</p>	<p>27 COOS HEAD FOOD CO-OP NOW OFFERS CURB SIDE PICK UP!</p>	<p>28 <i>Shop Early at the Co-Op!</i> EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAYS AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!</p>	<p>29 FARMERS MARKET WEEKLY 9AM - 2PM CENTRAL AVENUE COOS BAY</p>	<p>30 <i>Shop Early at the Co-Op!</i> EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAY AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!</p>	<p>31 FARMSTEAD BREAD FRESHLY-BAKED BREAD ARRIVES AT 5PM EVERY TUESDAY & FRIDAY!</p>	<p>1 MAYFLY FESTIVAL</p>
<p>Bob's Red Mill To Your Good Health® AN EMPLOYEE-OWNED COMPANY</p>		<p>4 Cottage Grove Farmhouse Bakery Delivers Fresh Bread Every Tuesday!</p>	<p>Valley Flora LANGLOIS • OREGON</p> <p>Weekly Community Supported Agriculture (CSA) pick up every Wednesday!</p>	<p>6 WHERE LOCAL MATTERS</p>	<p>7 STOP BY THE GRAB & GO DELI AT YOUR LOCAL COOS HEAD FOOD CO-OP FOR SOUPS, SANDWICHES & DELI SIDE ITEMS!</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>9 CADIA NEW CADIA ORGANIC PRODUCTS & SALES CAN BE FOUND THROUGH OUT THE CO-OP!</p>		<p>11 FARMSTEAD BREAD FRESHLY-BAKED BREAD ARRIVES AT 5PM EVERY TUESDAY & FRIDAY!</p>		<p>CURAMIN EXTRA STRENGTH 20% OFF IN OUR WELLNESS DEPT.</p>	<p>14 Empire Bakery Delivers Fresh Bread Every Wednesday & Friday!</p>	
<p>COOS HEAD FOOD CO-OP</p> <p>"WHERE LOCAL MATTERS"</p> <p>353 S. 2ND COOS BAY, OREGON 97420 - PHONE (541) 756-7264</p>			<p>19 <i>Wellness Wednesday</i> VISIT OUR WELLNESS CENTER FOR ALL YOUR SUPPLEMENT & IMMUNITY NEEDS!</p>	<p>20 BOARD OF DIRECTORS MONTHLY MEETING EVERY 3RD THURSDAY OF EACH MONTH! EMAIL OUR GM AT: OFFICE@COOSHEADFOODCOOP.ORG</p>	<p>21 BUZZ AWAY PRODUCTS CAN NOW BE FOUND IN OUR HABA SECTION!</p>	<p>22 KICK START YOUR WEEKEND HERE AT YOUR LOCAL COOS HEAD FOOD CO-OP</p>
<p>COOS Watershed Association Improving the Health of Our Watershed</p>		<p>25 TONY'S CHOCOLONELY</p>	<p>Community Cooking with the Co-Op & Coos Bay Public Library visit us online for more information! August 27th at 5:30 via Zoom</p>		<p>28 FARMSTEAD BREAD FRESHLY-BAKED BREAD ARRIVES AT 5PM EVERY TUESDAY & FRIDAY!</p>	<p>STORE HOURS M-F: 9AM-7PM SAT: 9AM-6PM SUN: 10AM-6PM</p>