

# Coos Head Food Co-

Celebrating 46 years

## Spring 2017



Nourishing the Community since 1971  
**New Weekend Hours starting May 13th**  
**Saturday 9-6, Sunday 10-6**

May 14th -Happy Mothers' Day  
May 17th-19th Owner Appreciation Days- SAVE 10%  
Yoga for Life will sample their aurovedic creams & salves.

May 25th 4-6pm, 5-26 11-1 pm-Health Force products will be sampled. Come and try these and learn about organic raw super foods.

May 27th -Memorial Day Parade begins at 4th and Golden Ave., and ends at 2nd street and Hall. Starts at 11 A.M. Streets may be blocked off to the Co-op during this time. Come early or bring your lawn chairs and watch.

May 29th-WE WILL BE OPEN MEMORIAL DAY  
June 3rd- Guess what the Fresh Juice samples are 10-1  
June 3rd & 4th-12-4 P.M. Bill Merkow will be here to sharpen knives & scissors \$3.00 for knives \$5.00 for scissors  
June-18th Fathers' Day  
June 21st - Summer begins

**We will participate in  
Alaffia Eye Glass Drive**

**July 4th—WE WILL BE OPEN**

### Patronage Dividends

2016 was a very unusual year for the Co-Op's finances. Some remodeling costs were paid out of operations resources, before we signed the loans. There were surprise essential expenses, not unusual in a project of this magnitude. Money seemed tight, but then we sold the North Bend property, and were able to buy the adjacent parking lot FREE & CLEAR!

While we didn't have much profit from normal operations, with the sale of the North Bend property, we did see a profit, as events unfolded. The Board has learned we have some available options regarding taking depreciation this year, and can declare a Patronage Dividend for the year ending 2016.

At this time, we do not know exactly when checks will be sent out. Please update member information or address changes as soon as possible. (important to do, even without a dividend.) In the event you qualified for a dividend, **REMEMBER** it is important to

**CASH YOUR CHECK!**

**UNCASHED checks Do NOT help the Co-op!**  
(of course, **YOUR** dividend buys great groceries...)  
Or, consider donating it to expansion needs...

**YOU DECIDE—IT'S YOUR STORE!**

### Serving on THE BOARD OF DIRECTORS

Under the Coos Head Food Co-op bylaws, the number of Directors can be a maximum of 9, and no less than 5. There were no applications for the election this year, thus no election.

Our bylaws state that board members can be appointed, and that is what happened. Margie Ryan, Maurice Wray & Jerry Kirkeby have made a commitment to serve another year. Thanks for leading the **Co-op in its mission** of providing quality whole foods and sustainable products for our community!

Mark your calendar for  
**Owner Appreciation Days**  
Pick your discount day  
**May 17th, 18th, or 19th**  
Owners receive  
**10% off**

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!

## ENERGY TRUST INCENTIVE CHECK



Without the vision, and hard work of our Board of Directors, both past and present, we wouldn't have been able to reach our new destination here in Coos Bay, celebrating sustainable energy choices.

We opened at the new location on August 30th, 2016, had a grand opening in October, acknowledged our 46th Anniversary in February 2017, and on April 14th, the celebrating continued as we were presented with a check in the amount of \$16,792.00 (for energy saving measures done during the building's remodel) from Energy Trust of Oregon.

Representatives from Energy Trust of Oregon attending were Karen Chase, Southern Oregon Outreach Manager Mike Colgrove, Executive Director, Heather McNeill, Outreach Manager new buildings, and Richard Dickenson, energy analyst existing buildings manager. Shannon Souza, of Sol coast consulting and design, led a tour with explanation of the features.

Jamie Fereday, Co-Op owner, past board member, and Sol Coast employee pointed out "the Co-Op has more than doubled the facility's square footage, has more display coolers for produce, refrigerated, and frozen items and the power bill has hardly increased!" County Commissioners Bob Main, Mellissa Cribbons, and mayor Joe Bennetti attended, in addition to the Co-Op's Board of Directors.

"Coos Head Food Co-Op is a perfect example of how teamwork, and a strong vision can make ambitious energy efficiency goals achievable," said Michael Colgrove, executive director, Energy Trust. "Energy Trust helps small businesses, just like the Co-Op, throughout the state, improve their bottom line through energy efficiency, and by generating their own renewable power."

"The energy efficient features of the new store include LED lighting, smart refrigeration systems, ductless heat pumps, and a water heating recovery system. These features are expected to cut the Co-Op's annual expenses by more than \$6,500." Colgrove also stated, "The environmental impact is also something to be proud of: 39 tons of carbon dioxide emissions are avoided as a result of this project, which is equal to over 86,000 miles not driven."

By saving energy, the Co-op can redirect more funds to our core mission: contributing to the health and well-being of our community. We appreciated the technical assistance and guidance from Energy Trust that helped make this happen. Membership is growing, and we're proud to be a part of our community's ongoing downtown revitalization efforts.

Energy Trust of Oregon is an independent nonprofit organization dedicated to helping utility customers benefit from saving energy and generating renewable power. Their services, cash incentives and energy solutions have helped participating customers of Portland General Electric, Pacific Power, NW Natural, Cascade Natural Gas and Avista save \$2.3 billion on energy bills. Their work helps keep energy costs as low as possible, creates jobs and builds a sustainable energy future. Learn more at [www.energytrust.org](http://www.energytrust.org) or call 1-866-368-7878.

Sol Coast Consulting & Design is local, and their office is only a block from the Co-Op. Contact them for a energy specialist to conduct an audit of your residential or commercial property.

**IT'S YOUR  
CO-OP**

**Own It**



	DATE <b>April 14, 2017</b>
PAY TO THE ORDER OF	AMOUNT
<b>Coos Head Food Co-op</b>	<b>\$16,792.00</b>
<b>Sixteen Thousand Seven Hundred Ninety Two Dollars and 00 Cents</b>	
Energy-efficiency upgrades	
Michael Colgrove	
<small>Serving customers of Portland General Electric, Pacific Power, NW Natural, Cascade Natural Gas and Avista.</small>	
<small>non-negotiable</small>	

## New Items to help your health!!!!

2017 can be the year you start (or continue) to heal your body through your gut. With all of the pre-made foods we have available, many of us would still like to build these medicinal concoctions ourselves, and who can blame us with access to some of the best ingredients in the world to build our masterpieces. Whether it be seasonal fruit for your second fermentation making Kombucha, local cow or goats milk for various cheeses and delicious probiotic laden goodness, or flours and grains from local Willamette Valley farms that we bake into wonderful sourdough breads to share with our family & friends- we have now located a company that has solved a lifelong problem- the ability to have culture's stay viable at room temperature while in stasis. This solves a big problem for the retailer in keeping them fresh for you.



**Culture's For Health** offers **Water Kefir Grains, Whole Wheat Sourdough Starter, San Francisco Style Sourdough Culture, Gluten Free Sourdough Culture, Heirloom Style Buttermilk Starter, Kombucha SCOBY Starter, Tempeh Starter Culture, & Chevre Starter Culture**, all in packaged form, shelf stable, ready to go home with you and begin their life's work. Mozzarella/Ricotta Cheese Making Kits are also on the shelf full time as well as our tried and true Yogourmet Yogurt & Kefir Starter Cultures in the cheese case with the brewing supplies. We are looking into more cheese making cultures to have available for your upcoming projects rather than you having to go online. Email [buyer@coosheadfoodcoop.org](mailto:buyer@coosheadfoodcoop.org) with your suggestions! Learn more about Culture's For Health, find recipe's and suggestions at their website- [www.culturesforhealth.com](http://www.culturesforhealth.com).



**Perfect Pickler\*** made its way to the co-op shelves. They offer both a starter kit and add-on system to your original starter kit. The secondary purchase comes after you get pickling and realize that one jar just isn't enough- I am guessing it's kind of like Kombucha brewing, although it's voluntary to go bigger with the Perfect Pickler system. Again, taking our wonderful supply of local, organic, nutrient dense produce available, it seemed like a no brainer to put this new to us company to the test on the co-op shelves. At this time, I have not had anything but positive feedback, but my feedback has been very limited. Please, email the above address with any quality and performance comments you have. Let me know if we should consider ordering from them again! Check out their website for recipes! [www.perfectpickler.com](http://www.perfectpickler.com).

**Kettle & Fire Bone Broth Company** was formed by a couple of brothers after finding an unfilled niche; **Beef or Chicken Bone Broth that is USDA Organic, Grass Fed & Pasture Raised**, made in **small batches** for optimal healing benefits, is shelf stable, and the nice part- **it tastes good too**. These guys are small and doing it right with great accolades to back them up.



Our Supplement Department brought in **Ancient Nutrition Bone Broth Powders**. Options like **Pure Protein, Turmeric, Greens, & Vanilla Collagen** are certainly problem solving solutions if you don't have time to make it yourself, want to add it into a smoothie, hide it in dinner, or even just mix in juice or water on the go! Collagen loaded, gut healing, immune boosting, great for skin & bones.



**Bread SRSly Gluten Free Sourdough Bread** made its debut mid-April and within the first ½ hour two people were elated to see it on the shelf claiming they either have been ordering it online or would wait until they were in San Francisco to purchase it. Sweet Onion, Classic, and Seeded are available in the chill case and sandwich rolls in the freezer. It has a short shelf life with a couple days shipping time from the warehouse in San Fran; however we can have up to 2 deliveries a week! Let us know if we can work with your weekly shopping trips to the co-op if this is something you would like as fresh as possible!





# COOS HEAD FOOD CO-OP MAY SALES 2017



GROWN IN OREGON  
RABBIT SAUSAGE

**\$5.99** reg \$7.99

MONTEREY JACK CHEESE  
NO RBGH/RANDOM WEIGHTS

**\$3.89/LB** reg \$4.89/LB



SPRINGFIELD CREAMERY  
NANCY'S ORGANIC SOUR CREAM

**\$3.99** reg \$4.69



DE CASA

MILD, MEDIUM, OR  
HOT SALSA; MEXICALI  
OR BLACK BEAN DIPS

**\$2.69** REG \$3.39



CARMENS  
NON-GMO CORN CHIPS

**2/\$5** reg \$2.99



CRUNCHMASTER CRACKERS  
MULTIGRAIN & GLUTEN FREE CRACKERS

**\$2.99** reg \$3.99



ORGANIC VALLEY  
STRINGLES STRING CHEESE

**.69¢** reg .99¢



STRAUS

WHOLE MILK YOGURT 32OZ  
VANILLA, PLAIN, & BLUEBERRY POMEGRANATE

**\$4.99** reg \$6.69



ALDEN'S ORGANIC  
ICE CREAM

**\$5.99** reg \$8.99

SAVE  
**\$3.00**

LUNDBERG  
RICE CHIPS

**\$2.69** reg \$3.69



PAMELA'S  
GLUTEN FREE COOKIES

**\$3.69** reg \$4.69



Celebrate Celiac  
Awareness Month with

NAMASTE

**\$AVE 25%**

on all Namaste Products



SO DELICIOUS  
COCONUT MILK 32OZ

**\$2.39** reg \$3.69



AMY & BRIAN  
COCONUT WATER/JUICE

**2/\$4** reg \$2.99



JEM NUT BUTTERS  
HANDCRAFTED, SMALL BATCH

**\$9.99** reg \$11.99



BEND, OR  
SPRINGFIELD, OR

NANCY'S ORGANIC CREAM CHEESE

**\$2.89** reg \$3.39





**ORGANIC BARLEY  
PURPLE KARMA**  
**\$1.99/LB** reg \$2.99/LB



**WILD PLANET**  
ORGANIC ROASTED CHICKEN BREAST  
SALT OR NO SALT  
**\$3.99** reg \$5.69

**ORGANIC COCONUT  
PALM SUGAR**  
**\$3.19/LB** reg \$4.69/LB



**WOODSTOCK**  
CONDIMENTS  
**\$AVE UP TO 30%**



**ORGANIC  
WHITE QUINOA**  
**\$2.59/LB** reg \$4.99/LB



**SESMARK**  
GLUTEN FREE RICE THINS  
**\$2.69** reg \$3.39



**ORGANIC  
RAW CASHEWS**  
**\$10.99/LB** reg \$12.59/LB

**TERRA CHIPS**  
PLANTAINS \*NEW\* OR SWEETS  
**2/\$5** reg \$3.99



**GUAYAKI**  
YERBA MATE 15.5OZ CANS  
**\$1.99** reg \$2.69

**MISO MASTER**  
WHITE MELLOW OR CHICKPEA RICE  
**\$7.99**  
TRADITIONAL RED MISO 1LB  
**\$8.99**



**EQUAL EXCHANGE**  
ORGANIC FAIR TRADE CHOCOLATE BARS  
**\$2.89** reg \$3.89 **SAVE 25%**



**\$2.99**  
**SAN-J**  
GLUTEN FREE SAUCES &  
MARINADES  
**\$AVE 30%**

**WOODSTOCK**  
ORGANIC TAHINI  
**\$8.99** reg \$12.99



**LARABAR**  
NUTRITION BARS  
**\$1.49-1.79** reg \$1.99-2.39



**THAI KITCHEN ORGANIC**  
COCONUT MILK  
**2/\$5** reg \$3.39 **SAVE 25+%**



*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; Extended Hours on Sat 9am-6pm; Sun 10am-6pm  
[cooshead@coosheadfoodcoop.org](mailto:cooshead@coosheadfoodcoop.org)





Andrew

### Introducing the Deli Crew

Andrew Rowe-deli head, previously a chef on Sause Tugboats. Wyatt Gieselman-deli hand, worked in many kitchens most notable Lapellahs Farm to Table restaurant in Portland. Ryan Ansbro-deli hand, his previous kitchen work was quality control for the chef and the servers. Matthew Vige' primarily works the produce department, but backs up deli, formerly worked at Whole Foods in Produce and developed a juice program there.

**They make the Grab n' Go Happen!**



Matthew, Wyatt, & Ryan

### ARE U in the know about the Grab 'n' Go?

Organic salads, sandwiches, wraps, & soups are provided by these four fantastic fellas. Two soup flavors daily, choose an 8 oz. or 16 oz. size. Self serve coffee & tea is available.

The Curried Quinoa Salad, Super Quinoa Salad, Honey Dijon Kale Salad, and Butternut Squash Soup have been very popular, and now we have Spring Rolls with peanut sauce, that were very well received.

Egg salad sandwiches with sunflower sprouts are the latest offering. Gluten Free options can also be found. The curried quinoa and the honey dijon kale salads have a strong following.

"The Deli Guys" have received compliments on the cuisine and also many thank you's. Whether you have an "atta"boy or a suggestion, they want to hear it. They want to know how you like the menu offerings and what you might like to see in the future. So far it's vegetarian. (except for the eggs). We don't have an oven yet, but we hope to put in a hood soon, so we can add one.

Fresh Juices are made when ordered; Carrot, carrot blends, and wheatgrass by the oz. ( which is locally grown by Oregon Microgreens right here in Coos Bay. )



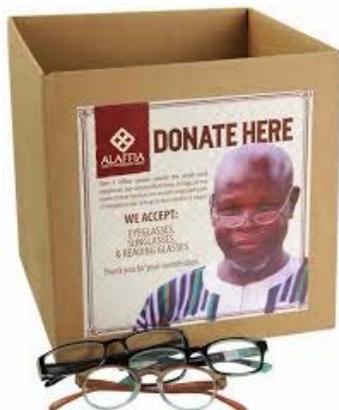
We now have 2 Kombucha Kegerators back by the cheese & grab n go, which means 4 flavors of Humm

### 24,927 EYEGASSES DONATED

In Togo, it is extremely difficult for visually impaired people to obtain eyeglasses. An eye exam costs as much as one month's wages, and a pair of eyeglasses can cost up to four months' wages.

Alaffia collects used eyeglasses at retailer locations throughout the US, and employs an optometrist in Togo to correctly fit, and distribute the glasses. 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. To date,

Alaffia has collected over **24,927** pairs of glasses. Do you have old glasses? Look for the donation box located near the front register.



### LIN says, "Thanks for the Jars!"

Lin Babcock has been providing clean glass jars to the Co-Op for years.

Her creative spirit and love of glass brings her to the Co-Op bulk department.

The request for more clean jars in the last newsletter got a response. She reported the number of clean recycled jars supplied, & delivered have been

- December-24 dozen
- January- 17 dozen
- February -25 dozen
- March- 28 dozen



very op.

The bulk department is a important section at the Co-**Keep those jar contributions coming!**

Having jars clean and ready not only provides many of us with a glass option, but also negates the need to use more plastic, which is then discarded. Much appreciation for your unique way of serving the Co-Op.

**THANK YOU, Lin!**



### The local produce season has begun!

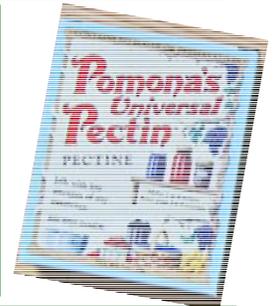
Perpetual Kale is new this year, eat the stems, they taste like asparagus. Some Kale, Chard, & Radishes are local & organically grown.

Fresh local produce from Valley Flora is expected to be in mid May. Owners receive 10% case discounts when special ordered. If you want to can, freeze or preserve, ask the produce team to order for you. Try Pomona's Pectin for jam and jellies.



### Carnahan LOCAL Eggs Now in abundance at the Co-op

Chickens fed a Soy free diet  
Raised on lush green pastures  
bottom shelf 1st door.



### The lifeblood of our Co-Op is its owners' support: volunteering, and patronage.



As you may know, tax laws pertaining to Co-Ops are different: Income generated by non-owner sales is subject to applicable state and federal corporate taxes, with any remainder retained by the store.

BUT... Income generated by sales to owners is another matter! In profitable years, the Co-Op must return to owners a patronage dividend of at least 20% of owner generated income, (based on each owner's Co-Op spending that year.)

The other (up to) **80% of owner generated income IS NOT TAXED!**, but held in an equity account for capital investment, store operating costs. This means these funds stay in our local economy, investing in our community store, for the benefit of all who use it.

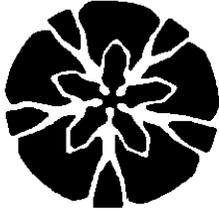
During a massive expansion, owners may not be anticipating receiving a dividend. The good news for CHFC owners is a dividend is likely, due to the timing of the unfolding of events. Consider spending yours on Co-Op groceries, to maximize benefit.

Share what Co-Op truly means to you with others in the community. Our sustainability is insured by a large owner base, voting with their dollars: for the choice of organic food, ethical agricultural practices, promotion of local producers, for the thriving health of our families. Shop with intention.



## June Owner Coupon U-save 10 %

coupon valid one day in June, 2017  
some restrictions apply



Coos Head Food Co-Op  
353 S 2nd  
Coos Bay, Oregon 97420

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

## Incentive Check from Energy Trust of Oregon for our Energy Saving



From left to right; Jessica Iplikci, business sector manager Energy Trust of Oregon, Shannon Souza, Sol Coast Design & Consulting, Mike Colgrove, exsecutive director Energy Trust of Oregon, Deb Krough co-op manager, Ted Chism, Margie Ryan, Jerry Kirkeby, Jamie Doyle, all board members Richard Kuznitsky (contractor), Al Roberts board member , Jamie Fereday (co-op owner & Solcoast employee), not pictured Toni Andrist board member.