

# Coos Head Food Co-op

Celebrating 41 years

## Winter 2012 NEWS

Feb. 9th- Wine Tasting 5-7 pm  
Feb. 10th- Drawing for free basket of Treetop raw organic chocolate. Enter to Win when you shop.  
Feb. 14th- Valentines Day! The co-op has many fine wines, sweet chocolate, and special things for your valentine.  
Feb.15th- North West Wellness will offer low cost health screening from 9am-1pm [www.nwwellness.com](http://www.nwwellness.com)  
Feb. 29th- **Leap into the co-op on Member Appreciation Day and save 10%**

Mar. 17th- St. Patrick's Day **BE GREEN**  
Mar. 20th- Spring begins - plant something you can eat. Territorial garden seeds are in.  
March 21st- Gluten Free samples 4-6pm Come and taste and share your favorite GF recipes and products.

Apr. 8th- CLOSED Easter Sunday  
Apr. 21st- Learn to Brew with Jay see details on pg 5  
Apr. 22nd- 42nd anniversary of Earth Day  
**Start a new Earth Friendly habit**



February is  
Coos Head Food Co-op's  
41st Anniversary  
**Member Appreciation Day**  
**February 29th**  
**Owners Receive**  
**10% off All Day**  
(Some restrictions apply.)

### CALL FOR APPLICATIONS TO SERVE ON THE BOARD OF DIRECTORS

Beginning Monday, February 13, 2012, members who are interested in running for a position on the Board of Directors can pick up a Statement of Interest in Candidacy Form at the Coos Head Food Co-op, then fill out and return that form to obtain an Application Packet. The deadline for filling out and returning the Application and Statement of Agreement on Ethics and Conduct will be close of business (c.o.b.) on Tuesday, March 13, 2012.

Under the updated Bylaws, the membership of the Board of Directors has been increased to a maximum of 9 with no less than 5, so 4 positions will be voted on at this election. Eligible applicants must have been active members for at least six (6) months prior to the election date of Monday, April 9, 2012, not have any overriding conflict of interest with the Co-op, and should support the purpose and mission of the Co-op. See Application Packet for additional requirements and preferences.

New members not meeting the six-month requirement who would like to be considered for a later appointment to the board, should a vacancy be open, can ask for a New Member Statement of Interest in Candidacy Form.

Visit us at [www.coosheadfoodcoop.org](http://www.coosheadfoodcoop.org)  
or on our new Facebook 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!

Madge's Corner

## Who needs supplementation of Vitamin D?

Persons who are not exposed to daily sunlight, have sedentary lifestyles, indoor work environments, persons unable to be exposed to sunlight due to health risks, sunscreen users, persons with darker skin pigmentation, persons with fat malabsorption diseases, and persons who restrict their intake of dietary fat may all need supplementation. One estimate showed as much as two-thirds of US residents over 1 year of age take in too little vitamin D.

Pollution puts particles into the air that can screen out the sun's rays blocking vitamin D absorption. City living where there are tall buildings blocking sunlight, geographical locations where sunlight exposure is limited in such latitudes above 50 degrees during September through March, latitudes between 35 and 50 degrees (which is most of the United States) during November through February, all can interfere with vitamin D absorption.

The general consensus among health professionals is that any amount of UV exposure increases the risk of skin cancer. Some health experts have concluded that dietary vitamin D supplementation can be the safer source.

Advancing age also increases the risk of vitamin D deficiency. Intake recommendations do increase with age: 5 micrograms per day for adults 19 to 50 years, 10 micrograms for those 51 to 70 years, and 15 micrograms for those over 70.

## What is Vitamin D's role in the body?

The most documented role of vitamin D in the body is concerning calcium balance and bone health during early growth and through life.

Research has hinted that incurring a vitamin D deficiency is to invite problems of many kinds. The problems listed include high blood pressure, cardiovascular disease, some common cancers, infections such as tuberculosis or flu, inflammatory conditions and autoimmune diseases such as type 1 diabetes, rheumatoid arthritis, the skin disease psoriasis, multiple sclerosis and higher rates of dying.

## How much vitamin D should I take?

The DRI committee has set a Tolerable Upper Intake Level for vitamin D of 50 micrograms per day. This converts into 2,000 IU as read on supplement labels. However, some experts are calling for significant increases in the UL, up to 125 micrograms.

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Dear Madge,

What do all those capital letters mean on the backs of labels? UL, IU, DRI? It is confusing! Signed, Confused.

Dear Confused,

This is a very common question. UL is abbreviated for Tolerable Upper Intake Level and is the established upper limit of supplementation established to be safe to take, and generally without worry of toxicity.

IU is the abbreviation for International Units, a measurement used for fat soluble vitamins such as vitamins A, D, E, and K.

DRI stands for Dietary Reference Intakes and includes two sets of values that serve as goals for nutrient intake. Under these sets of values, the already mentioned UL is included as well as the RDA, or Recommended Dietary Allowances. The RDA levels reflect the average daily amount of a nutrient that is considered adequate to meet the needs of most healthy people.

Signed, Madge



NOTE: This article is not intended to prescribe, treat or diagnose. Before starting any increased supplementation of vitamin D, one is best advised to confirm with a licensed health care practitioner and have your Vitamin D levels checked.

## New Items

**Found in our Bulk department**-Carob Spirulina Energy Chucks—gluten & dairy free

Organic Fair Trade Chai tea  
Organic China Black Orange Pekoe tea  
Organic English Breakfast tea  
Organic Green Dragonwell tea  
Organic Spicy Nut Mix from Wildtime Foods  
Organic Dark Chocolate Raisins  
Organic Dark Chocolate Almonds



**Great Grocery items**– Amy's Soups, many to choose from.

Health Valley—no salt added soups, by customer request.

Garden of Eatin' Multi Grain w/ chia seed & NS Blue corn chips

Yummy Monkey organic popcorn- made in Oregon. Try the butter with yeast!

PB2 dried peanut butter– regular & chocolate count points with weight watchers, add to smoothies or hydrate to spread.

Westbrae Natural unsweetened ketchup in glass

Seeds of Change heat & eat rice & grains in 3 varieties

Organic Edamame in shell & shelled Woodstock Farms

Bob's Red Mill Blue Corn Flour

Bob's Red Mill Sweet Rice Flour

Barbara's Chocolate Peanut Butter Puffins, makes a good snack, only 6 grams of sugar

Gluten Free Pantry Perfect Pie Crust Mix

Virgil's Stevia-sweetened Dr Becker, Root Beer & Cream Soda



**Other items**-Natural Max Carb-X white kidney bean caloric uptake reduction formula.

7th Generation free & clear fabric softener sheets-check the label for full disclosure.

Source Naturals -Ageless Mind and Melatonin 5 mg sublingual peppermint-flavored

Eclectic Institute 100% fresh freeze dried -Master Cleanse, Celery POWder, Berry Tart Cherry POWder

6 1/2 gallon carboys are back in stock for brewing beer and fermenting wines.



Source Naturals Supplements now **AT EVERYDAY LOW PRICE**



## Quick and Easy Gluten Free Polenta Tamale Pie

You will need 1 tube of Ancient Harvest Polenta, or cook your own Polenta from the bulk department. Slice polenta and line and lay in a baking pan.

Spread 1 can of refried beans, or your own cooked beans, or the dehydrated bean mix from the bulk department.

Layer sliced whole green chilies on next, 2 cans is best and top with grated cheddar cheese.

For a deluxe version add shredded chicken, sliced black olives, or whatever else.

BAKE at 350 for 20-30 minutes or until hot and cheese is melted. Let cool and ENJOY





# February Anniversary SALES

SALE reg. price

	Bulk		per/lb	per/lb
	Organic Black Eyed Peas		<b>1.79</b>	2.19
	Organic Small Red Beans		<b>1.59</b>	2.39
	Organic Millet		<b>1.19</b>	1.49
	Organic Basmati White Rice		<b>2.19</b>	2.89
	Organic Golden Flax		<b>1.79</b>	2.19
	<b>Chill &amp; Frozen</b>		each	each
	High Country Kombucha		<b>2.79</b>	3.79
<b>NEW</b>	Springfield Creamery Organic Soy Yogurt 32oz		<b>2.69</b>	2.99
<b>NEW</b>	Wallaby Organic LF Yogurt		<b>0.89</b>	1.29
	Amy's Frozen Pizza's		<b>\$2.00 Off</b>	8.29-11.59
	Food For Life Ezekiel 4:9 English Muffins		<b>3.29</b>	4.49-5.19
	Food For Life GF English Muffins Multi Seed or Brown Rice		<b>3.99</b>	5.69
	Shelton's Turkey Sausage Patties or Links		<b>3.99</b>	6.19
	<b>Grocery</b>			
<b>NEW</b>	Annie Chun's Ramen House Noodle Soup		<b>1.39</b>	1.99
	Annie Chun's Seaweed Snacks		<b>0.99</b>	1.59
	Arrowhead Mills Pancake & Waffle Mix		<b>3.49</b>	4.69
	Arrowhead Mills Gluten Free Pancake & Waffle Mix		<b>5.19</b>	6.79
	Bob's Red Mill GF Rolled Oats & GF Steel Cut Oats		<b>3.99</b>	5.79-6.99
	Endangered Species Natural Chocolate Bars		<b>2.29</b>	3.29
	Field Day Organic Apple Juice gallon		<b>9.99</b>	11.79
	Food Should Taste Good Tortilla Chips 5.5oz Bag		<b>2/\$5.00</b>	3.49
	Green & Black's Organic Fair Trade Chocolate Bars		<b>3.19</b>	4.19
	Late July Organic Crackers		<b>1.99</b>	3.19
	Modern Products Spike Seasonings		<b>1.99</b>	2.99
	Napa Valley Naturals Olive Oil 50.8oz		<b>22.49</b>	27.99
	Nature's Path & EnviroKidz GF Cereals		<b>3.49</b>	4.99-5.19
	Pirate's Booty Many Varieties GREAT SNACKS!		<b>1.99</b>	2.99
	Sesmark Foods Ancient Grains Rice Crackers		<b>1.99</b>	2.99
	Sweet Moose Gourmet Organic Hot Chocolate		<b>3.49</b>	4.99
	<b>Supplements</b>			
	Nature's Life D-3 2,000 IU 120 Softgels		<b>5.49</b>	9.49
	<b>Non-Foods</b>			
	Bi-O-Kleen Laundry Powder 10lb		<b>14.99</b>	19.99

COOS HEAD FOOD COOP "41 YEARS SERVING OUR COMMUNITY"

1960 Sherman Ave. North Bend, Oregon



Redeem this Coupon for



# \$ 3.00 OFF

## Co-op Logo Item Bag or t-shirt

Cloth bags serve an environmental purpose and help provide a solution to a local concern  
Offer expires 2-29-12

Enter to win *Treetop Organics*  
Chocolate Basket  
for YOUR Valentine.  
Raw & Organic  
Gluten, Soy, & Dairy Free

Drawing on February 10th  
[www.treetoporganics.com](http://www.treetoporganics.com)



### Learn to Home Brew with Jay

Saturday, April 21st  
12-5 pm

Bay Be 91122 Cape Arago Hwy  
In Charleston next to High Tide

questions Jay @treetopclan@gmail.com  
Sponsored by Coos Head Food Co-op & Bay Be



### TO BETTER SERVE YOU

It's easier to shop for coffee with the new gravity bins, the co-op offers 18 flavors of fair trade whole coffee beans.

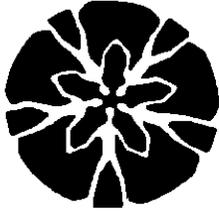
We have installed a scanner scale at the check out to better serve you.

### Patronage Dividends

This year, 2012, begins a new phase in the ongoing story of Coos Head Food Co-Op - for the first-time in our history members will receive a patronage dividend! The dividend will be based on the total sales made by members, less reserves needed for ongoing expenses, and based on each member's total purchases figured as a percentage of the sum of purchases made by all members. As soon as the financial figures for 2011 are finalized, the Board of Directors will determine the percentage of surplus patronage-sourced funds to be returned, with the remaining percentage retained for future capital needs. A date for distribution of these dividends has not yet been determined, but it's anticipated to be sometime early in the 2nd quarter of 2012. Stay tuned for further information.

This is a time for celebrating where Coos Head Food Co-Op finds itself at the present time, and also a time for reflecting upon all the hard work of the staff and management and the support and participation of members throughout the years. A huge "thanks and well done" to everyone who has been part of the Coos Head Food community in a myriad of ways!

Bobbie Stewart, board president



Coos Head Food Store  
1960 Sherman Avenue  
North Bend, Oregon 97459

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

## 2012 THE INTERNATIONAL YEAR OF CO-OPERATIVES

The United Nations has declared 2012 the International Year of Co-operatives. Across the country and internationally there are co-ops looking to this year to educate, promote and build the cooperative business model.

The International Year of Co-operatives, or IYC, celebrates a different way of doing business, one focused on human need not human greed, where the members, who own and govern the business, collectively enjoy the benefits.

Consider being a part of the international year of co-ops by joining a co-op, run for the Board of Directors, support co-ops by buying products made by co-ops, or invite a friend or family member to explore what your co-op has to offer. Each one of us can participate in the year of the co-op in our own way to create a better world one community at a time.

### Choose Co-op in 2012

2011 was our first year as a co-operative and 2012 will be the first year we distribute dividends to our members. Since November 1, 2010 through December 31, 2011 we have had 69 new members join. 220 of our current 412 members are fully invested.

Quote from traveler passing through town

“It says a lot about a community that supports a co-op.”

Deb Krough

