



The COOS HEAD SCOOP Newsletter

FEBRUARY 2020

A word from your General Manager.....

Happy 49th Birthday, Coos Head! As we begin our 50th year of operations, I'd like to take a moment to say Thank You to all our members, past and present. Thank you for being part of an organization that upholds the 7 Cooperative Principles as our pillar of strength. We value our community's diversity, our democratic governance process, and the support of our friends and neighbors to provide not only a hub for local, healthy food, but a space to share ideas for creating a better future for us all.



In our 50th year, it is my goal to foster a space to educate, nourish, and strengthen our community so the Co-Op will be around for another 50 years. If you wish to get involved, or have ideas to share, please contact me at the store. I would love to hear from you!

Thank you, Patrick Franks

Contact Us:

✉ OFFICE@COOSHEADFOODCOOP.ORG

📷 [COOSHEADFOODCOOP1971](https://www.instagram.com/coosheadfoodcoop)

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

VISIT US ONLINE AT: [COOSHEADFOOD.COOP](https://www.coosheadfood.coop)

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!

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!"

The employees of Coos Head Food Co-Op would like to thank all our customers, members and non-members alike, for helping us make it to 49 years of serving the Southern Coast of Oregon!!

Coos Head wants to hear your voice! Members are invited to submit articles to be published on a monthly basis in The Coos Head Scoop.

We are looking for recruits to take a part in a short video highlighting our members to let the community know "What does it mean to be a member of a community owned Co-Op?". We plan to create a few videos to strengthen ties with our community through education and outreach.

In February, we celebrate our birthday with a one-time 10% member discount during the month. Secondly, we will be having weekly raffles on Mondays with giveaways on Tuesdays as a thank you to our customers. Lastly we will be having a Birthday Celebration on February 27th at 2:00 PM with a cake for customers and we'll be offering samples throughout the store.



Community Working



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.



With Community!



MASTER RECYCLER ANDERS

**AT YOUR
LOCAL**

COOS HEAD FOOD CO-OP

**CLEAN PLASTICS (2, 4, & 5)
-NO ADHESIVE LABELS-**



**IF YOU HAVE RECYCLING QUESTIONS PLEASE
CONTACT ANDERS AT**

ANDERSBERYL@GMAIL.COM

FIRST TUESDAY OF EVERY MONTH FROM 4-6 PM

353 S. 2ND STREET, COOS BAY, OREGON

NUTRITIONAL EDUCATION AT YOUR LOCAL COOS HEAD FOOD CO-OP



We would like to invite our community members to attend our continuous monthly 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

FEBRUARY 13TH HYPERTENSION
MARCH 12TH NUTRITIONAL EDUCATION

These events are designed to empower community members living with the above diagnosis.



**COOS HEAD
FOOD CO-OP**



**Oregon State University
Extension Service
Coos County**



353 S. 2ND STREET, COOS BAY, OREGON



Sharon Turner
will be at your local
COOS HEAD FOOD CO-OP
FEBRUARY 10TH, 2020
- 10:00 AM TO 7:00 PM -

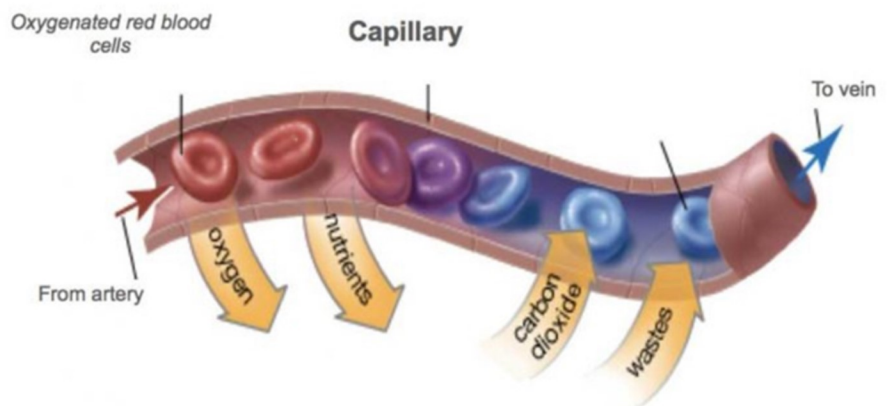
WHAT IS BEMER?

BEMER devices use a pulsed electromagnetic field – abbreviated as PEMF – to deliver a patented therapeutic signal. The BEMER signal helps improve the impaired pumping movements of small and very small vessels to promote needs-based distribution of blood.

BEMER WORKS ON:

- CONCENTRATION, MENTAL ACU- -CARDIAC FUNCTION**
- ITY, STRESS REDUCTION.**
- PHYSICAL FITNESS**
- BETTER GENERAL BLOOD FLOW**
- ENDURANCE, STRENGTH AND**
- RELAXATION**
- ENERGY**
- GENERAL BODY SUPPLY AND**
- DISPOSAL**

**STOP BY FOR A
DEMONSTRATION
PROVIDED BY BEMER
DISTRIBUTOR
SHARON TURNER!**



HABA News Central.....

Brought to you by Haba & Supplement buyer Josh Peterson!

Exciting changes are coming to a HABA corner near you!



With HABA moving to the corner adjacent to our soon to be deli seating area, we are expanding our bulk soap & shampoo selections to help reduce plastic packaging. We do offer containers, or bring your own!

Also, checkout the item of the month being displayed on our newly built merchandiser complements of Sven, Kristen's better half from Nourish + CO.

Stop by and take advantage of our sale items! All sale items eligible for additional member discounts! Stock up and save! If we don't have a product you're looking for we can special order it! Suggestions for new products are always welcome!

*Thank you, **Josh Peterson***

Cold & Flu with Trish Payton.....



Your winter arsenal to help combat the cold & flu season should consist of the following alternative choices...all of which can be purchased at Coos Head Food Co-Op!

Herbs & Spice Oreganol - (oil of wild oregano extract). Antimicrobial, Antibacterial, & antiviral, Oreganol contains high levels of carvacrol, a phenol compound that fights off colds & flu.

Natures Way Echinacea & Golden Seal (capsules). Echinacea is a naturally derived lymphatic cleanser & Golden Seal is a naturally derived antibiotic. Both herbs work synergistically to promote & strengthen the immune system to ward off flu & colds.

Natures Way Sambucus - (Elderberry syrup). Helps to boost & strengthen the immune system.

Cold & Flu Bomb Recipe

You are going to need.....

- 1 Lemon*
- 3 to 4 Cloves of Garlic*
- 1 Clove of Fresh Ginger*
- 2 to 3 Pinches Cayenne*
- 1 Tbsp. Honey (or to taste)*
- 1 Cup of Warm Water*

Place all the above ingredients in a blender and whiz thoroughly.

Repeat 3 to 4 times a day!!!

Exercise preventative measures by incorporating the above products in your health regimen during the cold and flu season or take at the first sign of symptoms to “nip in the bud”. Limit sugar intake, stay hydrated, exercise and consume ORGANIC foods! The above products can be taken at your own discretion and/ or consult your physician / care provider for more information.

*Thank you, **Trish Patton***



COOS HEAD FOOD CO-OP

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



- FEBRUARY MONTHLY SALE ITEMS -

**NEW ITEM AT COOS HEAD FOOD CO-OP AND
LOCATED IN THE GRAB & GO DELI COOLER!!**



**ORGANIC VALLEY
LUNCH MEATS**

\$7.99
REG. \$9.89

**ORGANIC VALLEY
CHEESES**

\$4.99
REG. \$6.39



**FOOD FOR LIFE
EZEKIEL CEREALS**

\$6.99

REG. \$9.39



**BOB'S RED MILL GRANOLA &
MUESLI SELECT 12-16 OZ**

\$4.99
REG. \$5.99



**BOB'S RED MILL
ORGANIC OLD
FASHIONED GLUTEN
FREE ROLLED OATS
32 OZ**

\$4.39
REG. \$5.39



**BOB'S RED MILL
QUICK COOK
ROLLED OATS 32OZ**
\$3.29
REG. \$3.99

**NATURE'S PATH
ECO-PAC CEREALS**

\$7.99
REG. \$10.99



**JUSTIN'S 16 OZ
PEANUT BUTTER &
HONEY PEANUT
BUTTER SPREAD**

2 FOR \$6
REG. \$4.99

**CROFTERS FRUIT
SPREADS 10 OZ**

\$2.99
REG. \$4.39



**CROFTERS FRUIT
SPREADS 16 OZ**

\$4.99
REG. \$5.99

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



- FEBRUARY MONTHLY SALE ITEMS -

PLANT BASED VEGGIE BURGER!!

DR. PRAEGER'S PERFECT BURGER

\$5.99
REG. \$6.79



HAKUNA BANANA NON-DAIRY DESSERTS

\$6.99

REG. \$7.29



-CHOCO CHOCO CHIP-



-BARILLA-

RIPPLE SUPERFOODS PLANT BASED MILK

\$2.99

REG. \$3.39



TURMERIC

FREE OF LACTOSE,
SOY, NUTS &
GLUTEN!



MATCHA

BOB'S BITES

\$.79

REG. \$.99

LEMON POPPY SEED
AND PEANUT BUTTER
CHOCOLATE CHIP
OAT BITES



RAO'S HOMEMADE ITALIAN PASTA SAUCES

\$7.99

REG. \$10.99

- ARRABBIATA -
- TOMATO BASIL -
- MARINARA -



SUZIE'S ORGANICS



TACO SAUCE
\$3.99
REG \$4.59



HOT SAUCE
\$3.39
REG \$3.99



BUFFALO
WING SAUCE
\$2.99
REG \$3.89

CHECK OUT
SUZIE'S ORGANIC
TARTAR SAUCE &
COCKTAIL SAUCE ON
CONDIMENT AISLE!!!

ORGANIC,
GLUTEN FREE &
SOURCED IN
OREGON!

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- FEBRUARY MONTHLY SALE ITEMS -



- CLASSIC -
- DARK CHOCOLATE -
- MINT -



**ORGANIC SWEET
MOOSE COCOA**

\$4.49

REG. \$5.89

**SNUGGLE UP WITH
THAT SPECIAL
SOMEONE WITH A
SMOOTH &
CREAMY HOT
COCOA!!**

**TARANTAS
SPARKLING ROSE**

\$7.99

REG. \$8.99

**HAPPY
Valentine's
DAY**



**CHOCOLIVE
BARS**

2 FOR \$5

REG. \$3.39



**YUM EARTH
ORGANICS
VALENTINE'S
DAY GUMMIES**

\$4.99

REG. \$6.79



**MARTINELL'S
POMEGRANATE
SPARKLING CIDER**

\$4.99

REG. \$5.89



**MAGGIE'S SOCKS
VALENTINE SOCK
SALE**



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- FEBRUARY MONTHLY SALE ITEMS -

NEW HABA ITEMS

- VITAL PROTEINS -

NEWNEWNEW!!!

VITAL PROTEINS COLLAGEN PEPTIDES



NEW VITAL PROTEINS COLLAGEN WATER!!



PEACH - STRAWBERRY - BLACKBERRY

VITAL PROTEINS COLLAGEN BARS!



PEANUT BUTTER CHOCOLATE



MINT CHOCOLATE



LEMON VANILLA



GARDEN OF LIFE PROTEIN DRINKS

\$3.29

REG. \$4.89

LIFE FLO FRACTIONATED COCONUT OIL

\$14.59

REG. \$16.59



ZION HEALTH MINERAL LOTION

\$9.99

REG. \$12.99

ZION HEALTH SHAMPOO & CONDITIONER

ALL \$1.00 OFF!!



TERRY NATURALLY EXTRA STRENGTH PAIN RELIEF 15% OFF PLUS \$5 COUPON



RED YEAST RICE COQ10

\$17.99

REG. \$29.79



DESERT ESSENCE COCONUT LOTION

\$6.99

REG. \$8.99

**SMELLS LIKE
PARADISE!!**



ZION HEALTH SOAP CLAY BARS

\$4.99

REG. \$6.69

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- FEBRUARY MONTHLY SALE ITEMS -

BULK DEPARTMENT SALE

**OG MEDJOOOL
DATES**

\$ 6.99 LB

REG. \$ 8.79 LB

**OG RED
QUINOA**

\$ 3.39 LB

REG. \$ 4.39 LB

**OG CHIA
SEED**

\$ 3.99 LB

REG. \$ 7.99 LB

PLANT BASED OMEGA 3!!

**OG FRENCH
VANILLA
ALMOND
GRANOLA**

\$ 4.79 LB

REG. \$ 5.79 LB

**GOLDEN
RAISINS**

\$ 2.99 LB

REG. \$ 3.99 LB

**DELUXE SOUP
BLEND
SALT FREE**

\$.99 OZ

REG. \$ 1.89 OZ

**CAN ALSO BE ADDED TO RICE,
QUINOA & SOUPS!!**

**ONION
MINCED**

\$.79 OZ

REG. \$.99 OZ

**CRUNCHY
PEANUT
BUTTER**

\$ 4.79 LB

REG. \$ 5.79 LB

**CREAMY
PEANUT
BUTTER**

\$ 4.79 LB

REG. \$ 5.79 LB

**OG TURKISH
APRICOTS**

\$ 5.99 LB

REG. \$ 9.99 LB

**OG SHREDDED
COCONUT**

\$ 2.49 LB

REG. \$ 4.29 LB

**OG FRESH
GROUND ALMOND
BUTTER**

\$ 13.99 LB

REG. \$ 16.99 LB

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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,
July 1st, August
5th, and September 2nd!**






















FEBRUARY 2020



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

SUN	MON	TUE	WED	THU	FRI	SAT
COOS HEAD FOOD CO-OP "WHERE LOCAL MATTERS" 35 S. 2ND COOS BAY, OREGON 97420 - PHONE (541) 756-7264						
2  HAPPY BIRTHDAY COOS HEAD FOOD CO-OP FOR THE MONTH OF FEBRUARY WE WILL BE HAVING WEEKLY RAFFLES ON MONDAYS & GIVEAWAYS ON FRIDAYS! WEEKLY STORE CELEBRATIONS!!	3 MATÉ Monday STOP BY TO SAMPLE A FREE HOT CUP OF GUAYAKI YERBA MATE EVERY MONDAY!	4 MASTER RECYCLER ANDERS WILL BE AT COOS HEAD FOOD CO-OP FROM 4 TO 6 PM PLEASE HAVE ALL CONTAINERS CLEANED!	5  <i>Cooking with Jamar</i> 2:00 PM	6 STOP BY THE GRAB & GO DELI AT YOUR LOCAL COOS HEAD FOOD CO-OP FOR SOUP OF THE DAY!	7 First Friday Wine Walk 5PM-7PM Deli Samples & Wine STOP INTO COOS HEAD FOOD CO-OP!	8  Chocoboye Bar's On SALE 2 FOR \$5
9  RAFFLE DAY ENTER TO WIN A BASKET!!!	10  RAFFLE DAY ENTER TO WIN A BASKET!!!	11  NOT DIETS ...A LIFESTYLE SOLUTION FEBRUARY 12TH, 2019	12 <i>Love Yourself with Tamarie</i> Starts at 5:30 - EDUCATIONAL WITH MICHELLE KING DAVIS	13  HYPERTENSION NUTRITION EDUCATIONAL AT COOS HEAD 5:30-6:30	14  Happy Valentines Day TARANTAS SPARKLING ROSE \$7.99 REG. \$8.99	15 
16  RAFFLE DAY ENTER TO WIN A BASKET!!!	17  RAFFLE DAY ENTER TO WIN A BASKET!!!	18  FARMSTEAD BREAD FRESHLY-BAKED BREAD ARRIVES AT 5 PM EVERY TUESDAY & FRIDAY	19  <i>Cooking with Jamar</i> 2:00 PM	20 BOARD OF DIRECTOR'S MEETING ESD BUILDING 1350 TEAKWOOD DR. STARTING TIME- 5:00	21  FREE GIVEAWAYS!	OWNERS ONLY DISCOUNT U-PICK COUPON 10% OFF 1 PURCHASE ONLY EXCLUDES SALE ITEMS Co-op Owners Choose Any Day of February to Shop!
STORE HOURS M-F: 9AM-7PM SAT: 9AM-6PM SUN: 10AM-6PM	24  RAFFLE DAY ENTER TO WIN A BASKET!!!	25  TEA TUESDAYS COMPLIMENTARY TEA FROM 9-2 PM EVERY WEEK	26 WELLNESS WEDNESDAY EVERY WEDNESDAY, JOSH PREPARES A HEALTHFUL SAMPLE TO SHARE!	27 BLOW OUT THE CANDLES AT COOS HEAD FOOD CO-OP 2:00 PM!!	28  FREE GIVEAWAYS!	



Coos Watershed Association

Native Plant Nursery Matson Volunteer Days

February 17th & 22nd — 9:30am - 3:30pm

Join us for an exciting volunteer event at our Native Plant Nursery on the Matson Creek Wetland Preserve. Please RSVP on our Eventbrite posting so we can plan accordingly.

Come dressed to get dirty and be ready to learn about native plants, our nursery, and how we get native plants back out into the community through our projects. We will be outside so please bring rain gear!

Contact Us:

Volunteer@cooswatershed.org

www.cooswatershed.org

1st Group: 9:30 - 12:30

2nd Group: 12:30 - 3:30

Please meet the shuttle at **9:30** or **12:30** at the Fred Meyer parking lot for carpooling to the Nursery.

If you're able to stay for the whole event we'd love to have you!

Please **RSVP** on Eventbrite to reserve your spot, search for **Native Plant Nursery - Volunteer Days**

www.eventbrite.com



WORD SEARCH PUZZLE



R	P	E	P	P	E	R	M	Q	B
A	L	C	U	C	U	M	B	E	R
D	Y	A	G	X	A	N	E	G	O
I	P	B	W	C	O	R	N	G	C
S	U	B	Q	A	U	Z	R	P	C
H	M	A	K	R	J	N	A	L	O
E	P	G	D	R	S	O	L	A	L
A	K	E	C	O	G	W	B	N	I
C	I	Z	R	T	O	M	A	T	O
O	N	I	O	N	N	C	J	Y	E



SOUTH SLOUGH CALENDAR

FEBRUARY 2020



Unless otherwise noted, all programs begin at the South Slough Reserve Interpretive Center, located 4 miles south of Charleston on Seven Devils Road.

Reservations are required for all programs.

For more information or to register, please visit
southsloughestuary.org

Programs may be cancelled due to low enrollment or hazardous weather. Activity fees and donations cover materials and are used by the Friends of South Slough Reserve, Inc. in support of the Reserve.

The Interpretive Center is open Tuesday through Saturday from 10 am to 4:00 pm.

Questions or concerns? Please contact
Eric Dean, Education Specialist at
(541) 888 - 5558 Ext. 126

FEBRUARY 1, 2020

TIDE OF THE TODDLERS

10 AM TO 11 AM

Bring your wee ones, ages 1 to 5. Sing a song, read a story, make a craft and discover the natural world.
[Max-20] (\$2/child)

FEBRUARY 8, 2020

SECOND SATURDAY STEWARDS

10 AM TO NOON

Join South Slough's Stewardship Coordinator, Alice Yeates, to launch the Second Saturday Stewards Program! New themes and activities on the second Saturday of each month throughout 2020. During the first event you will learn about the role of disturbance in invasive species establishment and will plant native shrubs to help prevent invasion at a disturbed site. Attend as many events as you like, however, attend three or more events during the year and become an official Second Saturday Steward! (FREE)

FEBRUARY 15, 2020

PBS OREGON FIELD GUIDE SPECIAL DOCUMENTARY: UNPREPARED

1 PM TO 2:30 PM

This must see film examines the ways Oregon is – and isn't – prepared for what experts expect will be one of the greatest natural disasters ever to strike North America. Come along as a team of Oregon geologists, engineers and state officials find surprising lessons from Japan's 2011 Tohoku earthquake – lessons that Oregon can build on to become better prepared. Discussion to follow. (FREE)

FEBRUARY 22, 2020

BUILD A BIRDHOUSE WORKSHOP

11 AM TO 12:30 PM

Create wildlife habitat for your backyard. Before the swallows and wrens begin to nest, come build a birdhouse to encourage them to live in your backyard! We'll provide the supplies and tools. Work on your own or bring a partner.
[Min - 5 Max-15 participants] (\$8 / birdhouse, limit one birdhouse / participant)

FEBRUARY 29, 2020

CRABBING AROUND

10 AM TO NOON

Come learn about the amazing life cycle of crabs, their importance to the local economy and various techniques for capturing this delectable Crustacean. Dress for the weather and meet at the Charleston Visitors Center. (FREE but registration is required)

LOVE Yourself With Turmeric!

HOW & WHY TO USE IT OFTEN ...



NOT DIETS

...A LIFESTYLE SOLUTION



Michelle King Davis

AT YOUR LOCAL

COOS HEAD FOOD CO-OP

FEBRUARY 12TH 2020 AT 5:30 PM

If you have any questions about the event please contact Michelle
King Davis at michelle@notdiets.com.



353 S. 2ND STREET, COOS BAY, OREGON 97420

1ST FRIDAY WINE WALK

COOS HEAD FOOD CO-OP

-DELI SAMPLES & WINE TASTING-

-BREAD SAMPLES BY FARMSTEAD BREAD-

5:00 TO 7:00 PM

FEBRUARY 7TH, 2020



**353 S. 2ND STREET
COOS BAY, OR 97420**

AGES 21+ (WITH VALID ID) TO TASTE WINE

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.**

