



The COOS HEAD SCOOP

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

A MESSAGE FROM OUR GENERAL MANAGER..

"Co-Ops Commit: Diversity, Equity and Inclusion"

National Co-Op month is a great time to reflect on what Coos Head Food Co-op means to our community as we commit to another year of serving you.

This year has tested us like few others. Our community has been turned upside down with multiple challenges to our values and collective sanity. With Covid-19 transforming our societal tapestry, racial tensions ratcheting up a few notches and a growing income disparity, now more than ever we need to work together to support each other and our most vulnerable community members. Coos Head is committed to providing support to local organizations in service to those in need. Together, we can overcome these challenges and create a community that encourages Diversity, fosters Equity, and be a society Inclusive of all.

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 APPRECIATION MONTH

10% OFF **DECEMBER IS THE NEXT
MEMBER MONTH**

Contact Us:

✉ **OFFICE@COOSHEADFOODCOOP.ORG**

📷 **COOSHEADFOODCOOP1971**

📘 **COOS HEAD FOOD CO-OP**

VISIT US ONLINE AT: COOSHEADFOOD.COOP

October 2020



**OCTOBER IS NATIONAL
CO-OP MONTH, COOS
HEAD FOOD CO-OP JOINS
THE NATIONAL MOVEMENT
OF COMMITTING TO
DIVERSITY, EQUITY AND
INCLUSION WITHIN
COOPERATIVES!**

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....

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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.....

FRONTIER CO-OP

Our Mission

Frontier Co-op has been a member-owned cooperative supporting natural living since 1976 — owned by stores and other organizations that buy and sell our products. We care deeply about our co-op's effect on the world, and we're sincerely committed to helping the communities where our products are produced. Your purchases benefit struggling families and communities around the world as we do business with the goal of treating everyone fairly and having a positive impact in the world.

Our History

Frontier Co-op began as a two-person operation in 1976 in a river cabin in Eastern Iowa. Since then we've grown steadily to become a major supplier of natural products. Our success throughout the years reflects our close harmony with the product needs and the values of our members and natural products consumers.

Stewardship

We're committed to the health and welfare of the environment and all the people involved with producing and consuming our botanical products.

Giving Back

We give back 4% of annual net savings to charitable causes and improves life in communities all around the world where our products are produced. (Many of our growers live in poor rural villages in developing countries.) We are committed to doing business in a way that is positive for everyone Frontier Co-op touches.



FRONTIER®
CO-OP
MEMBER OWNED SINCE 1976

“Frontier Co-Op Wholesale.” Frontier Co-Op Wholesale, <https://wholesale.frontiercoop.com/whoweare.html>. Accessed 2 Oct. 2020.

Local Farm Highlight.....

ORGANIC VALLEY CO-OP

Business different

Organic Valley isn't a giant corporation. We're a cooperative of farmers across the country who share the same commitment to growing food the right way. We're not driven by profits; we're driven by principles.

Cooperative 101

There are lots of different kinds of cooperatives, but they're all built around the idea that the best way to change things is to work together. Our cooperative is made up of over 2,000 family farms and 900 employees, all pooling their passion and resources to bring organic food to the tables of people across the country.

Shared work, shared vision

Our farmers share the costs of getting their products to market, and they share the profits when the company does well. But along with everyone who works here, they share a vision of a healthier, more sustainable food system. Everything we do is a collaboration toward that goal.

We started in 1988 as just seven farmers

Our founders had the crazy idea that food could be raised the right way, and farmers should be treated fairly. It's an idea as radical today as it was back then.

Now, our 2,000 members own and run the company

Since 1960, big corporations have taken over more than 600,000 family-owned farms. And when shareholders of those big companies demand higher profits every year, farmers get squeezed to produce more for less pay. But at Organic Valley, it's our company, so every farmer earns a fair living.

We're proudly independent. And we'll never sell.

We're a bunch of farmers. So, of course we take the long view. We never take short cuts for short-term profits. We've always done things our way. And we always will.



NATIONAL CO-OP MONTH



Celebrated by cooperatives nationwide during the month of October, National Co-op Month is an annual opportunity to raise awareness of a trusted, proven way to do business and build communities. The theme for this year's Co-op Month is "Co-ops Commit: Diversity, Equity and Inclusion," highlighting how co-ops are creating diverse, equitable and inclusive workplaces and boards, and how co-ops can better meet the needs of communities that have been excluded from economic participation and advancement. Cooperatives nationwide are encouraged to use this year's theme and logo in their communication and outreach activities this October.

CO-OP MONTH FUN FACTS

- Minnesota was the first state to declare an official Co-op Month proclamation in 1948.
- Co-op Month has been a nationally recognized celebration since 1964, when U.S. Secretary of Agriculture Orville Freeman, a former Minnesota governor, proclaimed October Co-op Month.
- The first national Co-op Month theme, in 1964, was "Cooperatives: USDA Helps Build a Better America."
- The U.S. Government sponsored Co-op Month from 1964-1970.
- Every October, the U.S. Department of Agriculture releases its annual Co-op Month proclamation.

7 Principles of Cooperatives

- 1. *Voluntary, Open Ownership:*** Open to all without gender, social, racial, political, or religious discrimination. You may shop, you may join, and you may leave the co-op at any time.
- 2. *Democratic Owner Control:*** One Owner, one vote. Your voice will be heard.
- 3. *Owner Economic Participation:*** Owners contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the Owners, reinvested in the co-op, or used to provide Owner services. You control the capital.
- 4. *Autonomy And Independence:*** Cooperatives are autonomous, self-help organizations controlled by their Owners. Together, you are autonomous.
- 5. *Education, Training And Information:*** Cooperatives provide education and training for Owners so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation. You can develop yourself into the consumer you want to be.
- 6. *Cooperation Among Cooperatives:*** Cooperatives serve their Owners most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures. You are more successful when you cooperate with others who know how to cooperate.
- 7. *Concern For The Community:*** While focusing on Owner needs, cooperatives work for the sustainable development of their communities through policies accepted by their Owners. You can do something for the community even as you keep succeeding.

Community Supported Agriculture

Community-supported agriculture (CSA) is a food production and distribution system that directly connects farmers and consumers. In short: people buy "shares" of a farm's harvest in advance and then receive a portion of the crops as they're harvested.

The term "CSA" is also used to refer to an individual farm's CSA program.

Farmers earn important early-season capital and have a guaranteed market for their produce. Barring a disastrous harvest, consumers enjoy overall lower food costs, field-fresh produce, and greater access to high-demand fruits and vegetables like long-stem strawberries and heirloom tomatoes.

Some CSAs offer more than fruits and vegetables. Eggs, honey, flowers, and even poultry and other meats can be part of a vibrant CSA program. Some farms keep the magic going post-harvest by offering members jams, pickles, or other preserves they've made during the peak of harvest.

Most CSAs require an annual or quarterly buy-in and provide weekly deliveries or pick-ups, but some well-established programs offer monthly or even weekly "memberships." Many CSAs also offer farm visits, u-pick days, and other special events for members.

"What Is Community-Supported Agriculture (CSA)?" The Spruce Eats, <https://www.thespruceeats.com/community-supported-agriculture-csa-2216594>. Accessed 26 Aug. 2020.

Know the FACTS:



More than 100 electric co-ops are already working toward diverse solutions to bridge the digital divide. The sector is poised to bring broadband service to 6.3 million underserved American households.

“Electric Co-ops Part of Solution to Expand Rural Broadband,” Fact Sheet, America’s Electric Cooperatives, April 2019.



3,000 housing co-ops in the U.S. provide 300,000 units of affordable housing.

“Counting Limited Equity Co-ops,” Research Update, Urban Homestead Assistance Board (UHAB), February 2016



Farm Credit made 57,000 new loans to young producers (under age 36) totaling \$9.2 billion in 2017, expanding access to careers in agriculture.

“Breaking Ground: New Pathways for the Next Generation of Agricultural Leaders,” Cooperative Business Journal, Summer 2018



More than 52 percent of credit union CEOs are women, 10x higher than commercial bank CEOs.

“Credit Unions and CEO Gender,” Policy Analysis Issue Brief, Credit Union National Association, November 2018



Food co-ops create 9.3 jobs per \$1 million in sales, compared to 5.8 at traditional grocery stores.

“You Are the Co-Op Difference,” Stronger Together, National Co-op Grocers, 2017



The average wage paid at worker co-ops is \$19.67 per hour, \$7 higher than the minimum wage.

“2019 Worker Cooperatives in the United States,” U.S. Federation of Worker Cooperatives and Democracy at Work Institute, 2019.

World Food Day Oct. 16th 2020

Grow, Nourish, Sustain. Together. Our Actions are our Future.
#WorldFoodDay being a collective action across 150 countries is what makes World Food Day one of the most celebrated days of the United Nations calendar.

“A HUNGRY PLANET

Over 2 billion people do not have regular access to safe, nutritious, and sufficient food. The global population is expected to reach almost 10 billion by 2050.

COVID-19 FUELS HUNGER

Nearly 690 million people are hungry, up 10 million since 2019. The COVID-19 pandemic could add between 83-132 million people to this number, depending on the economic growth scenario.

THE COST OF MALNUTRITION

The impact of malnutrition in all its forms - undernutrition, micronutrient deficiencies, as well as overweight and obesity - on the global economy is estimated at USD 3.5 trillion per year.

GROW, NOURISH, SUSTAIN.

Today only nine plant species account for 66% of total crop production, even though there are at least 30 000 edible plants. We need to grow a variety of food to nourish people and sustain the planet.” -FOA.org

Make #WorldFoodDay your day. We have one life to live so #takegoodcare of yourself, your fellow humans, and this planet!



Round Up for Relief

7th Principle of a Cooperatives: Concern for Community!

COOS HEAD FOOD CO-OP

Medford
Food  **Coop**



Coos Head Food Co-Op will be hosting Round Up for Relief for the month of October to raise funds for those impacted by the wildfires. We will be donating to Ashland Food Co-Op and Medford Food Co-Op Fire Relief Funds. Concern for Community which is the 7th Principles of Cooperatives states:
co-ops are community minded, they contribute to the sustainable development of their communities by sourcing and investing locally.

How can you help?

When making a purchase at the Co-Op, please consider rounding up or donating to our Round Up for Relief Program when visiting your local Coos Head Food Co-Op.



Visit us online for updates
Coosheadfood.coop



Coos Bay Library & Coos Head Food Co-op present

COMMUNITY COOKING WITH THE CO-OP

FUN!

STARRING JAMAR!

FREE!



**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!

*For ingredients & access, register @
<https://is.gd/0PTIGU>*

**Thursday
October 22
5:30pm**

Event Recipe:

**Coos Head Corn
Chowder**



**COOS HEAD
FOOD CO-OP**

coosheadfood.coop



**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, October 22nd - Jamar aims to provide safe, easy, and healthy recipes to create at home. Join us virtually for this fun community event! For his September recipe, Jamar will be featuring Coos Head Corn Chowder.

This event is **FREE** and open to everyone. For ingredients and access, please register by going to
<https://is.gd/0PTIGU>

COOS HEAD FOOD CO-OP VIRTUAL Annual Meeting

Due to COVID-19 this year's annual meeting will be happening virtually. Over the years the Annual Picnic has been a time where we come together as a collective. We are still going to come together just on a different platform.

-REGISTRATION-

In order to participate in the meeting you'll need to register by contacting Co-Op General Manager, Patrick Franks at

office@coosheadfoodcoop.org



The link to register is also available
online at CoosHeadFood.coop

COOS BAY GARDEN CLUB

Coos Bay Garden Club was organized in 1929 and is still active today in our surrounding communities, with a total current membership of 60 men and women. Members attend garden club meetings that highlight a monthly program speaker to expand our knowledge and interest about our community, the environment, and all things gardening. Friendships are built as we take part in caring for our coastal community.

Although some events have been curtailed due to Covid-19, we still plant and care for two pollinator gardens surrounding the Blue and Gold Star By-Way Markers located at the David Dewett Veterans Memorial in North Bend. Food and essentials are donated monthly to the ARK program to help our local youth. When the National Garden Clubs, Inc. produce garden related reading books for elementary students, CBGC makes sure the books are given to schools and libraries from Bandon to Lakeside. Monetary donations are collected and acres of National Forest lands are replanted one acre at a time. Currently, we are looking forward to help create a new pollinator garden as part of a housing project called Operation Rebuild Hope that serves Veterans by providing fast-tracked housing solutions. Members have contributed their time and talents to manage two fundraisers annually, selling holiday mugs in December, filled with fresh greenery and decorations, and a plant sale in May. Our August Town & Country Garden Tour ticket sales provide a \$1000 scholarship to a graduating Bay Area high school student.

If readers are interested in joining in on our fun, leave an email at coosbaygardenclub@gmail.com or find us on Facebook. Meetings are open to members, guests, and the public. Coos Bay Garden Club is a member of the Bay Area Chamber of Commerce. We meet the first Wednesday of the month September through May at 1 p.m. Due to the Covid-19 restrictions, our usual meeting place is not available yet. Check via email or Facebook to learn of the meeting location over the next few months.

Members are anxious to spotlight Coos Head Food Co-Op, Wednesday, October 7th at 1 p.m. Discussions will help us learn the many benefits of buying locally grown produce and how the Co-Op benefits our community. Are there health benefits of growing your own food vs. buying organic vs. buying conventionally grown produce? Come and learn.

Submitted by. Mary Kerr, Coos Bay Garden Club President



COOS HEAD FOOD CO-OP

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



- OCTOBER MONTHLY SALE ITEMS -



LAIRD SUPERFOOD
\$8.99
REG. \$9.99



**RAO'S
HOMEMADE
SOUPS**
\$4.99
REG. \$5.99



**NORTH COAST APPLE
JUICE 32 OZ**
\$3.99
REG. \$4.99

**NORTH COAST
APPLE JUICE 64 OZ**
\$8.99
REG. \$9.99

**NORTH COAST
APPLE JUICE GAL**
\$14.99
REG. \$16.99



ORGANIC INDIA TEA
\$3.99
REG. \$5.69



**OCTOBER IS
NATIONAL CO-OP
MONTH, COOS HEAD
FOOD CO-OP JOINS
THE NATIONAL
MOVEMENT OF
COMMITTING TO
DIVERSITY, EQUITY
AND INCLUSION
WITHIN
COOPERATIVES!**



**NORTH COAST PUMPKIN
SPICE APPLE SAUCE**

**CHECK OUT OUR NEW
FALL SECTION!**



PUMPKIN SPICE BOBO'S

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!



- OCTOBER MONTHLY SALE ITEMS -



Abacela

**ABACELA
ESTATE PORT**

\$42.99

REG. \$46.99

THIS VINTAGE RUBY STYLE
DESSERT WINE WAS CRAFTED
FROM FIVE TRADITIONAL
DOURO WINE GRAPES GROWN
ON OUR ESTATE.



**JUICY BEAR
IPA 6 PACK**

\$8.99

WHILE SUPPLIES LAST



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



Abacela



**ACE PUMPKIN
CIDER 12 OZ
BOTTLE**

\$1.79

REG. \$1.89

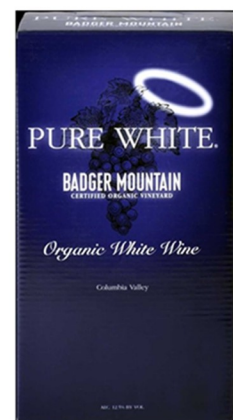
ACE PUMPKIN IS PERFECT FOR THE
PUMPKIN LOVER THAT JUST CAN'T
GET ENOUGH. IDEAL FOR
HALLOWEEN AND THANKSGIVING
THIS CIDER PAIRS WELL WITH BEEF.

**BADGER
MOUNTAIN PURE
WHITE 3L**

\$18.99

REG. \$19.99

ON THE NOSE, BRIGHT NOTES OF RIPE
ATAULFO MANGO, ASIAN PEAR AND PEACH
BLOSSOM ARE FOLLOWED BY HINTS OF
MINERALITY AND GINGER. ON THE PALATE,
FLAVORS OF STARFRUIT, APPLE AND MEYER
LEMON FOLLOWED BY A BALANCE OF CRISP
AND BRIGHT ACIDITY.



**COOPER MOUNTAIN
VINEYARDS**

OPEN **M-F 9AM-7PM SAT 9AM-6PM SUN 10AM-6PM**

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- OCTOBER MONTHLY SALE ITEMS -



**DR. BRONNER'S
8OZ CASTILE
SOAP**
\$6.99
REG. \$8.89

**DR. BRONNER'S
32OZ CASTILE SOAP**
\$13.99
REG. \$15.39



**DR. BRONNER'S
TOOTHPASTE**
\$4.49
\$6.49

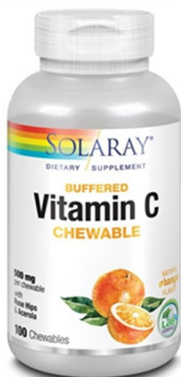


**LIFE-FLO
MAGNESIUM
SPORT LOTION
8OZ**
\$13.99
\$17.79

HABA SALE



**SOLARAY
VITAMIN C
CHEWABLE'S**
\$9.99
REG. \$14.39



CURAMIN & CURAMED
20% OFF
LOOK FOR \$5 COUPONS
OF THE SHELF!

**ENZYMEDICA
BLACKBERRY
IMMUNE ON THE
GO PACKETS 32OZ**
\$12.99
REG. \$15.49



**MYCROMBIOME
PROBIOTICS**
25% OFF

**-MOUTH & THROAT
-COLON FORMULA
-URGENT CARE
-WOMEN'S FORMULA
-MEN'S FORMULA
-ADULT 50+**

**CALM
MAGNESIUM
SUPPLEMENT
8 OZ.**
\$17.99
REG. \$22.99



**CALM GUMMIES
120 CT**
\$19.99
REG. \$26.99



CALM SLEEP GUMMIES
\$19.99
REG. \$26.99

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- OCTOBER MONTHLY SALE ITEMS -

BULK DEPARTMENT SALE

OG
PEANUT BUTTERS
CRUNCHY,
CREAMY &
NO SALT

\$ 4.89 LB

REG. \$ 5.79 LB

OG YELLOW
POPCORN

\$ 1.29 LB

REG. \$ 1.99 LB

OG GINGER
CUBES

\$ 6.69 LB

REG. \$ 8.69 LB

OG RAISINS

\$ 2.99 LB

REG. \$ 3.99 LB

NEW
MICHELLE APPROVED
ORGANIC BEAN MIX

OG SESAME
SEEDS

\$ 2.99 LB

REG. \$ 4.29 LB

OG
QUINOA
TRI-COLOR

\$ 2.99 LB

REG. \$ 4.99 LB

NON-GMO
PAPAYA

\$ 4.99 LB

REG. \$ 6.99 LB

OG
CINNAMON
POWDER

\$.50 LB

REG. \$.89 LB

OG
PECANS

\$ 13.59 LB

REG. \$ 16.99 LB

OG
ALMONDS

\$ 10.99 LB

REG. \$ 13.99 LB

OG WHOLE
CASHEWS

\$ 8.49 LB

REG. \$ 11.49 LB

NEW NEW
AZURE BULK
DISH POWDER

\$ 4.99 LB

REG. \$ 6.99 LB

\$AVE ON PET FOOD

SOLID GOLD
3 OZ MACKEREL
3 OZ BLENDED
6 OZ MACKEREL

OPEN M-F 9AM-7PM SAT 9AM-6PM SUN 10AM-6PM

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