



The COOS HEAD SCOOP

SEPTEMBER 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 Farmers 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 APPRECIATION IS NEXT MONTH

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

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.....

CAFÉ MAM



Welcome to Café Mam

Since 1990, café mam (say 'mom') has been committed to sourcing only fair trade, organic and shade-grown coffee from indigenous cooperatives.

Café mam coffee is grown by native mayan farmers living in the high-lands of chiapas, mexico.

Organic

The farmers of café mam coffee encourage plant growth by practicing terracing, composting, and regenerative pruning. They must also plant leguminous shade trees and establish a seedling nursery before their harvest is classified as organic. Beneficial insects are used to control one of the most damaging coffee pests, la broca - a tiny beetle.

Sustainable

The principles of sustainability influence all aspects of our business. The exclusive use of certified organic coffee is essential. We are committed to using recycled materials or materials that are readily recycled everywhere we can. All of our coffee is packaged in natural kraft bags with compostable, plant-based linings and are 100% compostable and biodegradable (except for the tin ties).

Fair trade

We seek to encourage indigenous farmers to better their social and physical environment by paying a fair trade or better rate for a high-quality product, to offer this high-quality product to consumers across the globe for a reasonable price, and to provide a right livelihood to the wonderful folks who work here.

“Single Origin Coffee - Organic and Fair Trade - Café Mam.” *Café Mam*, <https://cafemam.com/>. Accessed 26 Aug. 2020.

Local Farm Highlight.....

VALLEY FLORA FARM

“Betsy, Abby & Zoë make up the Valley Flora trio. As a mother-and-two-daughter team, we cultivate over 100 different crops on our family farm along Floras Creek. We couldn't do what we do without the additional help of our incredible year-round employee - Roberto - our seasonal delivery driver, farmstand cashiers, and part time summer harvest help.

Betsy moved to Floras Creek in the early 70s, where both Abby and Zoë were born and raised. After college, Abby returned to the farm and started up a salad greens business in 1997, known as Abby's Greens. She developed a loyal following of chefs, retail stores and other local salad devotees. Ten years later, after working for various organic farms and non-profits, Zoë and her two draft horses came home to Floras Creek to expand the farm. In 2008, Valley Flora was born, a three-way farming collective. Today, Abby continues to wear the "Greens Queen" crown; she manages the salad production and is the resident apple and orchard expert. Betsy has carved out her niche in the greenhouse, growing row after row of tomatoes, peppers, cucumbers, basil and summer squash. Zoë rounds out the produce line-up with berries, flowers, asparagus, and scores of other outdoor seasonal row crops. Together, the "Florettes" feed over 100 Harvest Basket members through their community supported agriculture program, and help keep the pantry stocked at dozens of local restaurants, retail stores, and foodbanks..”



“Meet Your Farmers | Valley Flora.” *Valley Flora | Fresh Local Produce from the Banks of Floras Creek*, <https://www.valleyflorafarm.com/content/meet-your-farmers>. Accessed 26 Aug. 2020.

Scotts Cheesecake Recipe

Crust:

1 Cup of Ginger snap crumbs plus
1 Cup Oat Bran
3 tbsp Butter or Coconut Oil or Combination
Pressed into 2 9" pie pans or 1 big baking dish
Pre bake oven at 350 for 5 minutes.



Blend:

3 Eggs
1 7 oz Non-Fat Yogurt
1 8 oz Package Cream Cheese (Reduced Fat)
1/2 Cup of Sugar or Brown Sugar
1/4 Cup of Flour
1 tsp of Vanilla
1 tbsp of Lemon Zest
1/2 tsp of Salt



Bake:

Pour filling into crust and bake at 350 for 40-50 minutes.

P.S. I like to refrigerate filling overnight to allow zest to infuse flavor throughout the mixture.



Local Farm Highlight.....

COOS RIVER RANCH

“Established in 2017, Coos River Ranch is a Market Farm who's foundation is getting people in touch with where their food comes from. We do this by growing chemical-free produce so that all can have the option to eat sustainably, locally and seasonally. We practice sustainable farming and are as biodiverse as possible. We incorporate a methodological structure that encompasses environmental stewardship, fairness, health, business and family aspects on a farm setting. The treating of animals, crops, and soil as a single system. We also recycle, repurpose and reuse as many recycled materials as possible back into all aspects of our planning.

Our farmhouse is surrounded by beautiful views of the Coastal Mountains and sits on 145 feet of river frontage with some of the best salmon and steelhead fishing in the Pacific North West. Spring fed Bridges Creek intersects the farm and is a tidal creek which flows year round. We have a barn and tool crib, two fully functioning greenhouses and many new projects in the works. We have 2 bird aviaries housing roughly 70 birds (various ducks and chickens), grow roughly 2 acres of vegetables, herbs and more for our U-Pick Operation. We compost on a large scale. We have in its infant stages berries, fruit trees and a flower garden. We have an on-site Farmstand and attend Farmers Markets and events. We have two dogs. We make many different farm direct products such as birdhouses, feed tote bags, flower and vegetable starts and more. Our operation utilizes small farm equipment and implements, full array of carpenters and woodworking tools and hand tools. We intend to farm and improve our land to it's fullest potential.

We grow many different varieties of vegetables here like corn, potato's, onions, tomato's, cucumber, zucchini, squash, pumpkins, herbs, peppers, broccoli, cauliflower, cabbage, Brussel sprouts, carrots, beets, beans, lettuce, spinach and more.”

Coos River Ranch U-Pick Farm



COMMUNITY SUPPORTED AGRICULTURE

"CSA"

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.

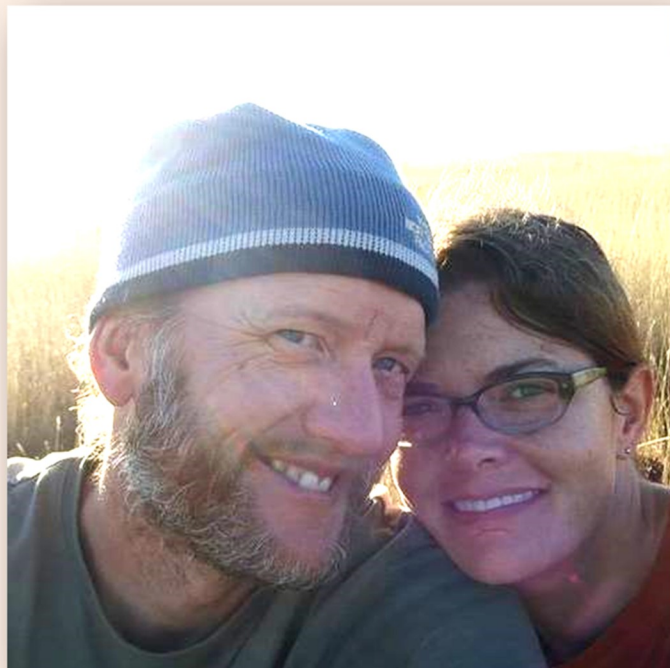
Farmers earn important early-season capital and have a guaranteed market for their produce. Barring a disastrous harvest, consumers enjoy overall lower food costs, field-fresh produce, and greater access to high-demand fruits and vegetables like long-stem strawberries and heirloom tomatoes.

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.

Q&A with Patrick Franks



Patrick Franks is coming up on his first year as Coos Head's General Manager. His pragmatic approach to community and compassionate care for customers helps establish Coos Head as a place for all to shop and feel welcome. As we approach our 50th anniversary in February, we want to provide a glimpse into the hopes and goals he has for the future of Coos Head.

Why did you decide to work at a Cooperative? My partner, Jen, and I were lucky enough to spend some time traveling and experienced a variety of opportunities supported by local communities. After these experiences, I vowed to not work for a big corporation ever again. So, I decided to seek out locally owned, locally supported opportunities and found the cooperative model fit me best of all. Supporting local farmers and businesses provides me with that sense of community and shared goals.

The Co-Op has been around for almost 50 years, what are your thoughts on leading the Co-Op into the next 50 years? It's a lot of pressure. Especially following the work Deb laid out before my arrival. She did a fantastic job managing the Co-Op through good and bad economic times over her 30 years at the helm and shepherded us into this wonderful new space. My vision for continuing Coos Head's presence in the community is to expand on the original plans for moving to our current location. Once we get past the pandemic, we plan to expand the deli to offer more options such as prepared family meals, hot/cold bar, and more grab and go options. I'd like to see Coos Head as the go to place for a great organic meal and a place to congregate with the community.

What is one of the more prominent goals you have for Coos Head? I'm envisioning the creation of a more vibrant space for community to gather and grow. The community is what supports the Co-Op. We shoulder that responsibility to foster and strengthen our community. By providing a space to gather over shared ideas and knowledge, we strengthen our resolve to keep our community healthy and vibrant for the next 50 years.

Farmstead Bread



This month in wood-fired goodness:
Each bake we will offer

Whole Wheat (100% freshly milled wheat)

Country (50% freshly milled wheat)

Rustic White (10% freshly milled wheat)

Kamut (100% freshly milled Kamut)

Vollkornbrot (100% freshly milled rye)

as well as the flavors listed on this calendar:

September 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Seeded Whole Wheat (WW) Jalapeño Cheddar	2	3	4 Olive Oil Herb (WW) Kalamata Olive	5
6	7	8 Cinnamon Raisin (WW) Pumpkin Seed Polenta	9	10	11 Seeded Whole Wheat (WW) Jalapeño Cheddar	12
13	14	15 Olive Oil Herb (WW) Kalamata Olive	16	17	18 Cinnamon Raisin (WW) Pumpkin Seed Polenta	19
20	21	22 Seeded Whole Wheat (WW) Jalapeño Cheddar	23	24	25 Olive Oil Herb (WW) Kalamata Olive	26
27	28	29 Cinnamon Raisin (WW) Pumpkin Seed Polenta	30		Seeded Whole Wheat (WW) Jalapeño Cheddar	

Bread will be available:

Coos Head Food Coop - Tuesdays and Fridays at 5pm

Mothers Natural Grocery - Saturdays

Port Orford Food Coop - Wednesday 10am

Coquille Valley Produce & Deli - Tuesdays and Fridays at 4:30pm

Myrtle Grove Naturals - Anticipate a Post-pandemic return

Schrader's in Myrtle Point (pre-order only) - Wednesday 10 am

Valley Flora Farmstand (pre-order only) - Wednesdays 10am

Find our scones at:

Myrtle Point Bayside Coffee

Or find us at the Farmers Market!

Coos Bay Farmers Market - Wednesdays 9 - 2

Umpqua Valley Farmers Market - Saturdays 9 - 1

Any other info you need, or any questions you have, we'd love to know.

Get in touch with us by e-mail, phone or text: 541-735 2872

-Farmstead Bread





ZOË'S REVIEWS



Yves veggie bologna slices have been my go-to protein boost since I was a little girl.

This plant-based product packs the same meaty flavor and chewy mouthfeel without the high cholesterol, preservatives, or fat content as animal-based bologna. In every serving of three slices you get essential vitamins such as B12 and iron, 10 grams of protein, for only 60 calories. Whether you enjoy your traditional bologna sandwich, or just like grabbing a snack on the go, this meal addition is sure to leave you feeling satisfied!

For over 20 years, Yves Veggie Cuisine® has been committed to creating and providing delicious and nutritious plant based snacking and meal options for Vegans and Vegetarians. More and more people are realizing the benefits of plant-based nutrition and there is a growing demand for healthy, ethical plant-based products. Plants can also be an alternative source of protein. Getting nutrition from plant-based foods is one of the best things you can do for your body and your well-being. And it's easier than you think! Yves Veggie Cuisine® products require little preparation, just heat and serve. You can use Yves Veggie Cuisine® in your recipes that call for meat. Take a look at all our great products and you will find they are made with the care, quality and nutrition.

Food to Love. Food to Live



American Red Cross

Give blood. Help save lives.



Community Blood Drive
Coos Head Food Co-op partnering
with 7 Devils Brewing Co.

American Red Cross Bus
353 S. Second St., Coos Bay, OR 97420

Thursday, September 17, 2020
1:00 p.m. to 6:30 p.m.

To make a donation appointment, please visit www.RedCrossBlood.org
and use sponsor code: 7 Devils

Streamline your donation experience and save up to 15 minutes by
visiting RedCrossBlood.org/RapidPass to complete your
pre-donation reading and health history questions on the day of
your appointment.



Food For Thought

“Why would you not want to know?”

By. Denise Ehrendreich

Coos Head Food Co-op (CHFC) will be 50 years old next February. For half a century, CHFC has been providing good and healthy food at a fair price for the people of Coos County, OR.

We prefer to source our produce and dairy from farms located as nearby as possible. These 50 years have seen many fads and changes made in the way food is produced. In the 1970's and 1980's, a new method was developed. It is referred to as Genetically Modified Organisms (GMO). It alters the DNA of plants and animals by using genetic engineering. It was supposed to help free farmers from their dependence on chemicals like DDT and other hazardous pesticides. Genetic modification could introduce pest controls directly into a living thing and alter its' natural cycle. GMO incorporates genes into crops and can make them toxic to selective pests and diseases.

From that point, crops were then developed to make them resistant to a specific herbicide named Roundup. This was released in the 1990's. The active chemical in Roundup is glyphosate. It is sprayed on crops to kill pests and save time and money. The herbicide residue leaves an impact on health, the soil and the environment.

“Why would you not want to know?” is a quote often associated with Deb Krough, a Member of CHFC since 1978. She knows well the importance and joy and satisfaction derived from providing healthy foods and products to those interested in living well. Deb has enjoyed 41+ years with the Co-op. Mutually, the Co-op has benefited from her devotion, dedication and acquired knowledge.

Deb has certainly earned and deserves her excellent reputation for integrity, honesty, and truth-telling. Her happiness comes from having a life well lived and helping others consider the choices in the food they eat. Deb grew up in Iowa

surrounded by corn, soybeans, dairies, and livestock. The soil was black and rich. You could throw a seed anywhere and it would grow. She walked soybean fields. There were multitudes of birds, lightening bugs, and flocks of monarch butterflies. The only spraying that happened was to mitigate the mosquito problem.

In 1978, Deb moved about as far west as she could get seeking new adventures. Coos Bay, OR, in those days had many buzzing sawmills and much boat commerce in the Bay. It was a real hive of hard work and abundance. She was drawn to a group of a dozen people who had just started a Health Food Cooperative. Their store offered bulk honey, spices, grains, produce and dairy to Members and the public. For volunteering a few hours, a month at the Co-op, anyone could get a discount on food. The environment was casual, fun, and serious.

Deb is a witness to the before and the after of the introduction of GMO into our food chain. She is always asked, “Why would you not want to know?” Her advice and insight are trusted by the Co-op community. Her reputation is stellar.

In 2014, Measure 92 was put up for a vote in Oregon. The Measure would have mandated the labeling of certain foodstuffs that were produced with or contained genetically modified organisms. Unbelievably, the Measure was defeated. “Why would you not want to know?”

Now a new gene-editing technique is revolutionizing plant breeding. It is meant to make crops hardier, higher yielding and more sustainable. It is also designed to make food more nutritious and delicious. CRISPR is its' name. It had its beginnings in 2012. It is a microscopic molecular tool that can be programmed to make precise changes to the DNA of any living thing. Tomatoes can be made to grow shorter and more prolific. Other crops can be protected from climate change by needing less water. Already, the world's farmers lose up to 25% of their harvest due to drought and heat stress. Living things can be designed to be more tolerant to these changes and to more chemical additives.

CRISPR gene-editing works on animals as well as plants. Cows can be created to be hornless so no more painful and labor-intensive de-horning needs to take place. Chickens can be made to be immune to bird flu. Pigs can grow to become immune to porcine reproductive and respiratory syndrome.

Why would you not want to know if your beef comes from a cow with horns or not? Why is it necessary to de-horn cows to begin with? It is because it is more convenient and safer for humans to corral cows into a tight environment if their horns are gone. But, to do that, there is no way for cows to establish their personal space and obviously that is stressful. It is not natural to the breed to have them born missing the genetics that are natural to their skull generation. Why deprive them of that? You do not want to get impaled by an angry or unaware cow? Horns have traditionally just had their horn tips pruned to a flat stub. It makes them less dangerous and they still retain a bony structure on their skull. If this keeps up, being bull-headed will take on a whole new meaning. “Why would you not want to know?”

Deb and all the others who work at CHFC will answer to the best of their abilities any questions you may have concerning food choices. We want you to know. We are approaching 50 years of providing organic and non-GMO foods and products to the people of Coos County, OR. We aim, now, 50 years into the future. Changes are happening very quickly in what used to be the pretty stable farming techniques of the last 23,000+ years. We are also aware that our food chains of the future will be confronted with all sorts of risks, such as those accompanying climate changes and the rapid depletion of nitrogen in our soils. Even now, there is a new microbe named Proven that can be edited into seeds before planting. Proven is said to reduce the need for fertilizers.

“Why would you not want to know?” We are all learning together, and time moves fast. There are those that go before us who willingly share the accumulated wisdom they have gathered through the years. Listen with open minds and hearts. We can learn from and help each other. Now, you know.





Coos Bay Library & Coos Head Food Co-op present

COMMUNITY COOKING WITH THE CO-OP



FREE!

STARRING JAMAR!

**MONTHLY EVENT:
EVERY 4TH THURSDAY!**

**Event Recipe:
Cornbread Fritter with
a Slice of Summer**

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!



**COOS HEAD
FOOD CO-OP**



**Thursday
September 24
5:30pm**

**Register for this virtual event
@ <https://is.gd/0PTIGU>**



**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, September 24th - 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 a Cornbread Fritter with a Slice of Summer.

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

National Suicide Prevention Week

September 6 - 12, 2020

#KeepGoing

afsp.org/KeepGoing



American
Foundation
for Suicide
Prevention

OUT OF THE DARKNESS VIRTUAL EXPERIENCE
10 AM – 11 AM

Coos County 2020 Suicide Prevention/Awareness
Walk will be happening virtually due to
COVID-19 restrictions!

Register today at www.afsp.org/Cooscounty
SEPTEMBER 12TH, 2020



Make Friends with Lentils

By Stephanie Polizzi, MPH, RDN, DipACLM

Lentils are small, edible seeds that are members of the legume family. Like their cousins, beans, split peas and peanuts, they grow in pods. Lentils derive their name from their lens-like shape. Although they have been cultivated for over 8,000 years, they came to the US in the early 16th century and became popular as a meat substitute during World War II. They make a great meat substitute as they are high in protein, nearly fat free, and contain no cholesterol (only found in animal foods). In addition, lentils cost only pennies per serving.

Lentils are available in a variety of colors ranging from green to brown, red, yellow, orange and even black, and are famous for their high nutrient value. All varieties of lentils are revered for their high protein and fiber. Just one-half cup of cooked lentils provides at least 9 grams of protein and 8 grams of fiber. Like other legumes, lentils contain soluble fiber, which is known to lower cholesterol and regulate blood sugars. Fiber also contributes to feelings of fullness, so it is a must for those looking to lower Calories and control their weight. Lentils are high in polyphenols, which are antioxidant and anti-inflammatory compounds associated with reduced risk of diabetes, obesity, cancer and heart disease.

Other nutrients of mention include folic acid, potassium and magnesium which all support heart health. The magnesium and potassium work together to lower blood pressure. The folate also protects against neural tube defects during pregnancy. Lentils are a good source of phosphorus, an essential mineral component of bone, tooth enamel and RNA/DNA. Lentils contain calcium, iron and less than half a gram of fat, the unsaturated healthy variety.

Lentils can be found as whole or split (husks removed). Whole lentils retain their shape when cooked (green), whereas split lentils break down into a puree (red/orange). Before cooking, rinse to remove any debris. Pre-soaking is not necessary since lentils cook more quickly than beans. Cook lentils in water by bringing to boil and then simmering until tender. Whole lentils (green, black) will cook in 20-30 minutes and split lentils (yellow, orange, red) will cook in about 15 minutes. Use whole lentils as side dishes or in soups or salads. Split lentils are best to use to thicken soups, sauces or gravies.

Lentils can replace meat and or beans in recipes. Substitute lentils for meat in soups, chili, stew or taco filling, or blend into paste to add to burgers or meatballs. Try tossing cooked lentils into salads, vegetable side dishes or fold into omelets. Add dry lentils to soups or gravies while cooking to thicken. Orange lentils are a great addition to tomato sauce since they add fiber and nutrients while thickening your sauce, without changing the flavor. Puree cooked yellow or red lentils to make a colorful variety of hummus. You can also substitute cooked, pureed lentils for half the fat in brownies or other baked goods.

Like other legumes, lentils are high in fiber. High fiber diets also require plenty of water. If adding lentils and other legumes to your diet for the first time, be sure to drink plenty of water.



COOS HEAD FOOD CO-OP

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



- SEPTEMBER MONTHLY SALE ITEMS -

BACK TO SCHOOL

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!

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 6.75 OZ
\$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

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!



- SEPTEMBER MONTHLY SALE ITEMS -



SALE SALE SALE

**ACE PUMPKIN
CIDER 12 OZ
BOTTLE**

\$1.79

REG. \$1.89

CLOSEOUT



**KORBEL
ORGANIC
BRUT
CHAMPAGNE**

\$13.69

REG. \$17.99

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



YOMI

moonstone



CLOSEOUT



**JUICY BEAR
IPA**

\$1.49

REG. \$1.89

**YOMI THE
AFTERLIFE
SAKE 250ML
CANS**

\$4.69

REG. \$4.89



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

COOSHEADFOODCOOP1971 **COOSHEAD FOOD CO-OP** **VISIT US ONLINE AT: COOSHEADFOOD.COOP**

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- SEPTEMBER MONTHLY SALE ITEMS -

NEW IN THE DELI CASE!



OSSO GOOD BONE BROTH

\$7.99

REG. \$9.29



OSSO GOOD SOUP'S

\$5.99

REG. \$7.29

NEW! NEW! NEW!

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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COOSHEADFOODCOOP1971 COOSHEAD 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!



- SEPTEMBER MONTHLY SALE ITEMS -

**SOOTHES
INFLAMED OR
INFECTED
LUNGS AND
PREVENTS
COUGHING!**



**SOLARAY
MULLEIN
\$5.99
REG. \$9.99**



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

VS

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

**CINNAMON
LOWERS BLOOD
SUGAR LEVELS
WITH
POWERFUL
ANTI-DIABETIC!**

**SOLARAY
CINNAMON
\$5.99
REG. \$9.99**



**CURAMIN EXTRA
STRENGTH
20%
OFF**

**SOVEREIGN
SILVER
10%
OFF**



**ALAFFIA
SHAMPOO &
CONDITIONER
32OZ
\$10.99
REG. \$12.59**



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

**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**



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

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

**SERENITY
CBD**



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!



- SEPTEMBER MONTHLY SALE ITEMS -

BULK DEPARTMENT SALE

**OG
RAW
ALMONDS**

\$ 11.99 LB

REG. \$ 13.99 LB

**OG WHITE
QUINOA**

\$ 2.99 LB

REG. \$ 4.99 LB

**OG BRAZIL
NUTS**

\$ 8.99 LB

REG. \$ 13.79 LB

**OG MEDJOO
DATES**

\$ 7.99 LB

REG. \$ 8.79 LB

**OG RED
LENTIL**

\$ 1.69 LB

REG. \$ 2.99 LB

**OG
GARBANZO
BEANS**

\$ 1.99 LB

REG. \$ 2.69 LB

**SWEETENED
CRANBERRIES**

\$ 4.39 LB

REG. \$ 6.69 LB

FAIR TRADE

**OG EQUAL
EXCHANGE
COFFEE**

\$ 8.99 LB

REG. \$ 9.99 LB

NEW NEW

**OG TOASTED
SUNFLOWER
BUTTER**

\$ 7.49 LB

**VANILLA
EXTRACT**

\$ 49.99 LB

REG. \$ 59.99 LB

**OG FRESH
GROUND
PEANUT
BUTTER**

\$ 4.49 LB

REG. \$ 5.89 LB

NEW NEW NEW

- PEANUT BUTTER POWER CHEWS
- AUNT PATTY'S MT. BACHELOR TRAIL MIX
- AUNT PATTY'S MT. ADAMS TRAIL MIX
- ERIN BAKER FRUIT & NUT GRANOLA
- OG BEAN MIX (NOT DIETS INSPIRED)

\$ AVE & BAKE

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

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SEPTEMBER 2020

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



SUN	MON	TUE	WED	THU	FRI	SAT
30 Try our new CURBSIDE ORDERING SERVICE more information can be found at coosheadfood.coop	31 COOS HEAD FOOD CO-OP NOW OFFERS CURB SIDE PICK UP!	1 Shop Early at the Co-Op! EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAYS AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!	2 FARMERS MARKET WEEKLY 9AM - 2PM CENTRAL AVENUE COOS BAY	3 Shop Early at the Co-Op! EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAY AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!	4 FARMSTEAD BREAD FRESHLY-BAKED BREAD ARRIVES AT 5PM EVERY TUESDAY & FRIDAY!	5 Healthy Lungs with Mullein on Sale FOR \$5.99 
		8 Cottage Grove Farmhouse Bakery Delivers Fresh Bread Every Tuesday!	 Weekly Community Supported Agriculture (CSA) pick up every Wednesday!	10 WHERE LOCAL MATTERS 	11 STOP BY THE GRAB & GO DELI AT YOUR LOCAL COOS HEAD FOOD CO-OP FOR SOUPS, SANDWICHES & DELI SIDE ITEMS!	12 OUT OF THE DARKNESS VIRTUAL EXPERIENCE 10 AM - 11 AM  American Foundation for Suicide Prevention Coos County 2020 Suicide Prevention/Awareness Walk will be happening virtually due to COVID-19 restrictions! Register today at www.afsp.org/Cooscounty
13 CADIA NEW CADIA ORGANIC PRODUCTS & SALES CAN BE FOUND THROUGH OUT THE CO-OP!	14 	15 Shop Early at the Co-Op! EVERY TUESDAY AND THURSDAY IS SENIOR SHOP DAY AT COOS HEAD FOOD CO-OP FROM 8AM - 9AM!		17 AMERICAN RED CROSS 7 DEVILS & COOS HEAD PARTNERING TO BRING YOU A COMMUNITY BLOOD DRIVE 1:00PM TO 6:30 PM 	18 Empire Bakery Delivers Fresh Bread Every Wednesday & Friday!	
 NEW GLUTEN FREE TOLERANT ORGANIC PASTA	21  Laird Superfood Creamer ignites any cup of COFFEE!	22 FARMSTEAD BREAD FRESHLY-BAKED BREAD ARRIVES AT 5PM EVERY TUESDAY & FRIDAY!	23 <i>Wellness Wednesday</i> VISIT OUR WELLNESS CENTER FOR ALL YOUR SUPPLEMENT & IMMUNITY NEEDS!	24 Community Cooking with the Co-Op & Coos Bay Public Library. Visit us online for more information!	 Wellness Supplement 500mg Cinnamon on Sale FOR \$5.99	26 KICK START YOUR WEEKEND HERE AT YOUR LOCAL COOS HEAD FOOD CO-OP
COOS HEAD FOOD CO-OP "WHERE LOCAL MATTERS" 353 S. 2ND COOS BAY, OREGON 97420 - PHONE (541) 756-7264			30 Empire Bakery Delivers Fresh Bread Every Wednesday & Friday!		2 FARMSTEAD BREAD FRESHLY-BAKED BREAD ARRIVES AT 5PM EVERY TUESDAY & FRIDAY!	STORE HOURS M-F: 9AM-7PM SAT: 9AM-6PM SUN: 10AM-6PM