



# COOS HEAD FOOD CO-OP

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



## - OCTOBER MONTHLY SALE ITEMS -



### TASTY BITE ENTREES

**\$4.49**

REG. \$5.19



### MOUNTAIN VALLEY SPRING/SPARKLING WATER

**\$2.69**

REG. \$3.19



### GT'S KOMBUCHA

**\$3.49**

REG. \$3.99

100%  
PLANT-BASED

### BEYOND MEAT SAUSAGE

**\$10.19**

REG. \$11.19



### ENDANGERED SPECIES CHOCOLATE BARS

**\$2.99**

REG. \$3.79



### STACY'S ORGANIC PITA CHIPS

**\$6.39**

REG. \$7.39



### OLIPOP PREBIOTIC SODA

**\$2.19**

REG. \$2.69



### NORTHWEST

From Valley Floral

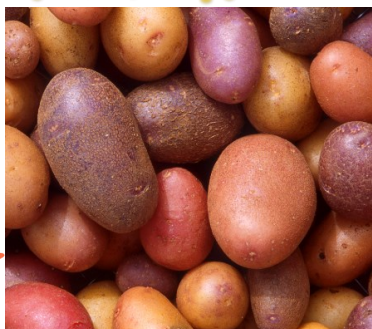
### NORTHWEST PEARS

Are coming on strong!

### NORTHWEST CABBAGE

Sweet and tender!

Plenty  
of



Fall  
Produce!



OPEN M, W, F 9AM-7PM TUES, THURS 8AM-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



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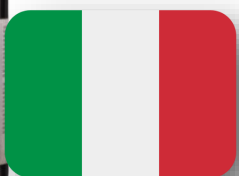
**SCARPETTA  
FRICO  
SANGIOVESE  
\$11.99**



**POGGIO ANIMA  
BELIAL  
SANGIOVESE  
\$15.99**



**MARABELLE  
SANGIOVESE  
PRIMITIVO  
\$15.99**



**ST. PAUL'S  
PINO GRIGIO  
\$16.99**



Mix and Match  
Wine  
or Beer, Cider,  
Seltzer.  
Get 10% OFF!



**CON SUR BICICLETA  
SAUVIGNON BLANC  
7.99**



From the Con  
Sur Vineyard  
in Chile

**DOMITIA PICPOUL  
DE PINET  
\$14.99**



From south of  
France  
Vineyards

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**KISS MY FACE**  
Goat Milk Bar Soap  
ASSORTED SELECTION  
**\$3.99**  
REG. \$5.99



**KISS MY FACE**  
Moisture Shave Gel  
ASSORTED SELECTION  
**\$4.99**  
REG. \$7.99



**NATURAL FACTORS**  
**RX OMEGA 2150 MG, 60 GELS**  
**\$14.99**  
REG. \$23.69



**KISS MY FACE**  
Shampoo + Conditioner Bars  
**\$5.99**  
REG. \$9.99



**KISS MY FACE**  
De-Stress Bar Soap  
ASSORTED SELECTION  
**\$3.99**  
REG. \$5.99

**NATURAL FACTORS**  
**COQ10 100 MG, 60 GELS**  
**\$13.99**  
REG. \$19.99



We also have \$2.00 OFF coupons available!

### LIFE FLO MAGNESIUM PRODUCTS

Multivitamin & Mineral



**\$3.99-  
\$10.99**  
REG. \$4.99-  
\$13.69

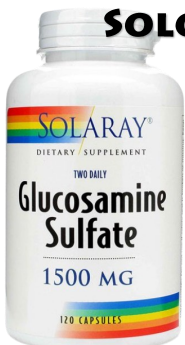
life.flo

### SUKIN PRODUCTS

25%  
Off!



### SOLARAY GLUCOSAMINE



**500 MG**  
**\$16.99**  
REG. \$22.49  
**1500 MG**  
**\$21.99**  
REG. \$27.59



**ZAND**  
**IMMUNITY**  
Elderberry Zinc  
**\$9.99**  
REG. \$13.99

Lozenges that work!

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## - OCTOBER MONTHLY SALE ITEMS -

# BULK DEPARTMENT SALE

**SUNRIDGE  
FARM  
CHOCOLATE  
RAISINS**

**\$ 9.59 LB**

REG. \$ 12.59 LB

**RAW/SALTED  
ORGANIC  
PISTACHIOS**

**\$ 9.99 LB**

REG. \$ 13.39 LB

**ORGANIC RED  
BEANS**

**\$ 2.39 LB**

REG. \$ 2.99 LB

**ORGANIC  
COCONUT DATE  
ROLLS**

**5.39 LB**

REG. \$ 6.39 LB

**ORGANIC WHOLE  
CASHEWS**

**\$ 9.99 LB**

REG. \$ 11.59 LB

**SUNRIDGE FARM  
SARK MINI PB  
CUPS**

**\$ 12.39 LB**

REG. \$ 14.99 LB

**ORGANIC BLACK  
BEANS**

**\$ 2.19 LB**

REG. \$ 2.99 LB

**ORGANIC PINTO  
BEANS**

**\$ 2.09 LB**

REG. \$ 2.49 LB

**ORGANIC YELLOW  
POPCORN**

**\$ 1.59 LB**

REG. \$ 1.99 LB

**New! Dandy Blend  
Coffee Substitute in  
Bulk**



**OG BROWN  
SESAME SEED**

**\$ 2.99 LB**

REG. \$ 4.29 LB

**ORGANIC  
GARBANZO  
BEANS**

**\$ 1.79 LB**

REG. \$ 2.69 LB

**PITTED PRUNES**

**\$ 6.99 LB**

REG. \$ 9.39 LB

**TRI-COLOR  
QUINOA**

**\$ 3.59 LB**

REG. \$ 4.49 LB

**SUNRISE PALEO  
BLEND TRAIL  
MIX**

**\$ 16.39 LB**

REG. \$ 16.59 LB

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# MEAT DEPARTMENT

It's time to  
start thinking ahead  
to the holiday season!

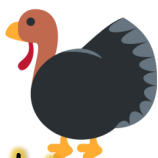


**NEW DIESTEL  
SMOKED TURKEY  
BREAST SLICES**



Perfect lunch or  
after school  
snack!

Sign up for your turkey  
today with our Co-Op  
Cashier, no deposit required!



Plan ahead to receive your  
organic Mary's Free Range  
Turkey in time for  
Thanksgiving!



**NEW! Organic Pederson  
Applewood Smoked Bacon**



OPEN **M, W, F** 9AM-7PM **TUES, THURS** 8AM-7PM **SAT** 9AM-6PM **SUN** 10AM-6PM

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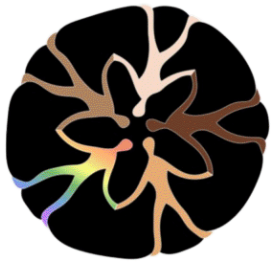
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# OCTOBER 2022

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**CO-OPS  
BUILD  
ECONOMIC  
POWER**

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>COOS HEAD FOOD CO-OP</b></p> <p><b>"51 YEARS OF GROWING COMMUNITY"</b></p> <p>353 S. 2ND COOS BAY, OREGON 97420 - PHONE (541) 756-7264</p>				<p><b>OCTOBER IS NATIONAL CO-OP MONTH!</b></p>		<p><b>1 Co-Op Fact:</b></p> <p>The first national co-op month theme was. Cooperatives: USDA helps build a better America.</p>
<p><b>2</b></p> <p><b>LGBT HISTORY MONTH</b></p> <p>BRING YOUR OWN REFILLABLE CONTAINERS WHEN SHOPPING BULK!</p>	<p><b>October is Non-GMO Month!</b></p> <p><b>NON GMO Project VERIFIED</b></p>	<p><b>4</b></p> <p><b>NATIONAL COMING OUT MONTH</b></p> <p><b>SOUTHERN OREGON COAST PRIDE!</b></p>	<p><b>5</b></p> <p><b>EMPIRE BAKERY DELIVERS EVERY WEDNESDAY &amp; FRIDAY</b></p>	<p><b>Weekend Deal!</b></p> <p>October 6th-7th, 8th-9th: PURCHASES \$7 OFF \$65 OR MORE!</p>	<p><b>7 Empire Bakery delivers every Wednesday and Friday</b></p>	<p><b>8 Cider Press Event Oct. 8th!</b></p> <p>BRING YOUR APPLES AND YOUR CONTAINERS. WE'LL HAVE THE PRESSES! 11AM-2PM</p> <p>*Spoke in back to court* Please be prepared to bring home any by-products such as juice, scraps, cores, etc.</p>
		<p><b>11</b></p> <p><b>Bay Area Hospital Wellness Fair 12-4pm</b></p>	<p><b>12 CSA Pick-Up Every Wednesday!</b></p> <p>Community Supported Agriculture Community (YOU) directly supporting a local producer (farmer)</p>	<p><b>Weekend Deal!</b></p> <p>October 13th-14th, 15th-16th: PURCHASES \$3 OFF OR MORE IN BULK!</p>	<p><b>15 Co-Op Fact:</b></p> <p>CO-OP MONTH HAS BEEN A NATIONALLY RECOGNIZED CELEBRATION SINCE 1964</p>	<p><b>15 Meeting of the Fermentation Society 7:00-8:30pm</b></p> <p>be sure to register!</p>
<p><b>16</b></p> <p><b>CO-OPS BUILD ECONOMIC POWER</b></p>	<p><b>17</b></p> <p><b>VOLUNTEER</b></p>	<p><b>18 Cottage Grove Farmhouse Bakery Delivers Fresh Bread Every Tuesday!</b></p>	<p><b>19 Wellness Wednesday</b></p> <p>SAVE 5% ON ALL PRODUCTS IN OUR WELLNESS DEPARTMENT</p>	<p><b>Weekend Deal!</b></p> <p>October 20th-21st, 22nd-23rd: PURCHASES \$12 OFF \$110 OR MORE!</p>	<p><b>Plastic Round Up Friday, 5-7pm! #2, #4, #5 &amp; #6</b></p> <p>MUST BE CLEAN AND LABEL FREE!</p>	<p><b>22</b></p>
<p><b>23</b></p>	<p><b>STORE HOURS</b></p> <p>M, W F: 9AM-7PM T, TH: 8AM-7PM SAT: 9AM-6PM SUN: 10AM-6PM</p>	<p><b>October is National Co-Op Month!</b></p> <p><b>"Co-ops Build Economic Power"</b></p>	<p><b>Community Cooking With the Co-Op!</b></p> <p>Thursday, Oct. 27th</p> <p>COOS BAY CO-OP PUBLIC LIBRARY</p> <p>Meeting on Zoom @5:30</p> <p>This month, we make a hearty fall soup!</p>	<p><b>Weekend Deal!</b></p> <p>October 27th-28th, 29th-30th: PURCHASES \$3 OF ANY (2) UNCLE EDDIE'S VEGAN COOKIES!</p>	<p><b>28</b></p>	<p><b>30</b></p>
					<p><b>29</b></p>	<p><b>Happy Halloween!</b></p> <p><b>31</b></p>