



# THE COOP Spoonful

A bi-monthly publication for members of the Olympia Food Co-op and its surrounding communities

May 16-29, 2018

## Local Savings TORTILLERIA JALISCO

We are proud to offer our local coupon in this issue for savings on two popular Jalisco products, Flour Tortillas and Maggie's Salsa Verde! Jalisco Tortilla Factory is a family-owned and operated business. Maggie Velasco-Lucero and her partner Medardo "Eddie" Lucero have been examples to everyone in their family by demonstrating that hard work and perseverance can pay off.

Both Maggie and Eddie migrated here from Mexico, and both became citizens of the United States years ago. In 1998, they officially opened the doors to Tortilleria Jalisco (Jalisco Tortilla Factory). Although Maggie and Eddie struggled for many years to get their small tortilla business off the ground, they put everything on the line to ensure the survival of this small business in a highly competitive marketplace.

The Luceros attribute their success to hard work, sacrifice, and their faith. Maggie and Eddie have never forgotten where they came



from, and have always been gracious with donations to their local Shelton community. The Olympia Food Co-op also carries Maggie's Red Salsa, Corn Tortillas, and Tortilla Chips!

Read more at <http://www.madeinshelton.com>.

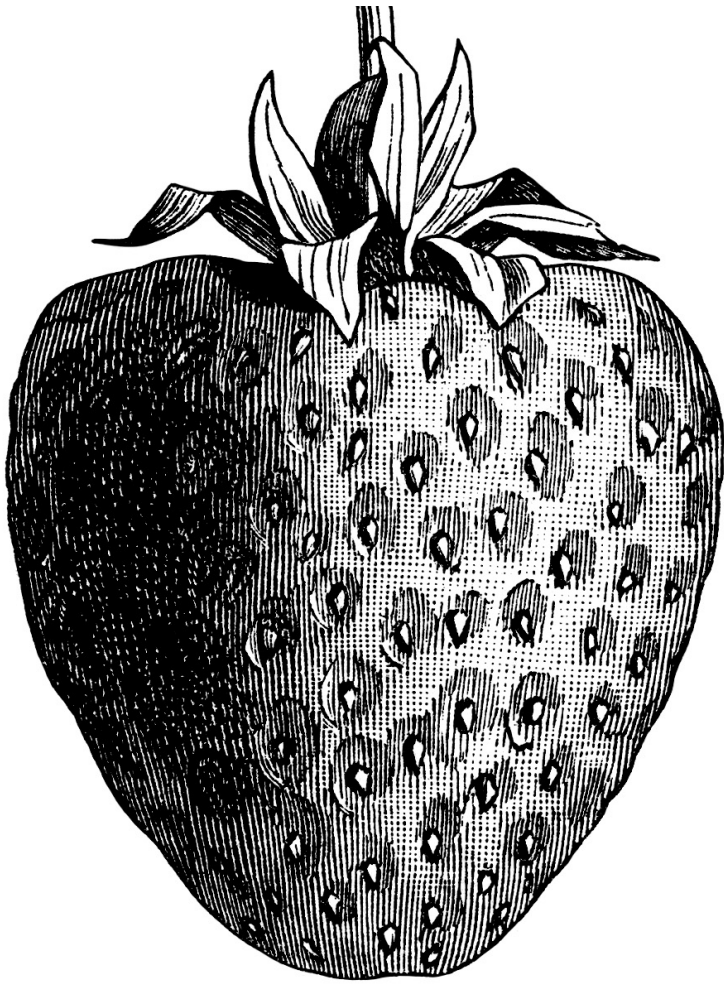
**CO-OP LOCAL COUPON**

**50¢ OFF**



good for 50¢ off  
**JALISCO**  
1 dozen Jalisco Flour Tortillas  
or Maggie's Salsa Verde  
(one per visit)  
Valid thru 5-30-18



### Past Last Frost — Tomato Starts are here!

Vibrant local organic tomato babies. You can buy them with your SNAP benefits and have bushels of backyard tomatoes all summer long! Our Westside Garden Center hours are now 10 am–6 pm every day. ■

### The 31st Annual Intercity Transit Bicycle Challenge

The whole month of May, earn treats for every bike ride to the Co-op! Receive punches to your ride card, and after five rides you'll have a chance to enter our raffle to win big!

Sign up at <http://bcc.intercitytransit.com>. ■

## Free Community Events

### Thursday, May 17th:

#### South Puget Sound Community College Health & Wellness Fair

11am–1 pm, SW Student Union Building, SUB 27  
2011 Mottman Road, Olympia

Meet with organizations and services from all over Thurston County. Body, medical, financial, and spiritual/mental wellness resources.

#### The Evergreen State College 6th Annual Health & Wellness Fair

11 am–2 pm, Library Building, 3rd Floor Mezzanine  
700 Evergreen Parkway NW, Olympia

To support the health and well-being of staff, faculty, & students of The Evergreen State College. Handouts, samples, and giveaways that promote wellness habits and a healthy lifestyle.

### Saturday, May 19th:

#### Kid's Run

4 pm, Heritage Park  
Water St & Legion Way, Olympia

Kids! Run your first marathon, one mile at a time. Log your first 25 miles as you run them before May 20th, then finish the final 1.2 miles in the Kid's Run and receive a special prize. Print the Kid's Run mileage checkoff and turn it to pick up the prize. Open to anyone 8th grade and younger. Parents may run with their child, but please do not run through the finish line.

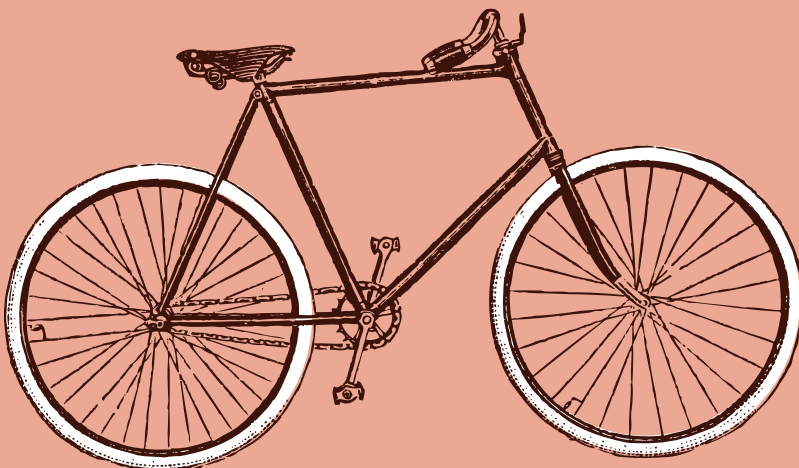
Register at <http://capitalcitymarathon.org>.

### Tuesday, May 22nd:

#### The Interagency Committee of State Employed Women's Annual Health & Wellness Fair

11 am–1 pm, Labor & Industries  
7273 Linderson Way SW, Tumwater

Many state employees look forward to this event each year! On average, over 400 people attend. A health fair survey can be turned in for a raffle drawing. ■



Join the Olympia Food  
Co-op Team for the  
31<sup>st</sup> Annual Bicycle  
Commuter Challenge!

*Registration starts April 1<sup>st</sup> at*  
**[bcc.intercitytransit.com](http://bcc.intercitytransit.com)**