



THE COOP *Spoonful*

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

July 4-17, 2018

Local Savings **BLUE HERON BAKERY**

Bulk items from Blue Heron Bakery are featured in this issue's Local Savings Coupon! Save 10% when you stock up on vegan granola like Rebel Crunch, Raisin Rebel Coconut Almond, and Rebel Island Tango, as well as Tamari Cashews, Pumpkin Seeds, and Trail Mix, all perfect for the summer camping season!

The Blue Heron Bakery has been selling its wonderful edibles at Olympia Food Co-op since 1977 when a group of friends working together at a downtown cafe decided to start a bakery. For most of their 41 years, the bakery was housed on Mud Bay Road. Three years ago the business made a move to a new location, closer to town. They expanded their menu and services to include a breakfast and lunch menu, serving hungry customers from 7 AM to 7 PM, seven days a week. Enjoy indoor or outdoor seating, and a menu with a delicious array of goodies, from soups, salads, and sandwiches to pizza (both

traditional and gluten free), polenta, lasagna, their wonderful breads, and both sweet and savory pastries. You can check out their entire menu at blueheronbakery.com.

Always concerned with producing healthy products, they have never allowed any artificial preservatives, colors, or flavors into what they make, and have created pastries and dishes that honor those needing gluten-free and vegan fare. "Natural before it was fashionable" is more than just the slogan for the bakery: it's a 40-year tradition. ■

Wagon Winners

Congrats to our Woodstock Wagon Giveaway winners Melani Zimmer-Fallon and Trudes Tango! ■

A V.O.I.C.E. for Students

For about 14 years, the Olympia Food Co-op has been partnering with the Vocational Opportunities for Independent Community Employment Program (V.O.I.C.E.), a project of the North Thurston Education Foundation.



As part of the Co-op's Working Member Program, we offer career opportunities to high school students (18-21) with developmental disabilities. These students develop skills that will help them with future job-hunting and résumé-building endeavors. They also learn about serving customers, stocking, and other tasks involved with their Co-op assignments, and receive exposure to the world of cooperative business practices.

On June 6, OFC representatives of our Working Member Program attended the V.O.I.C.E. Appreciation Picnic, held to honor the many local partnering organizations and the students they are mentoring. This year, Jeremiah Armstrong, Steven Rennie, and Kaleta Garraway all graduated from this program, and another, Jacob Schullm

A VOICE for Students continued on back

**CO-OP LOCAL
COUPON**

**10%
OFF**



good for 10% off
BLUE HERON
any bulk item

one item per visit
valid thru 7-17-18



A VOICE for Students continued from front:

continues on. These students are greatly appreciated for their contributions to the smooth running of the stores and meaningful service to the community. Congratulations, all of you!

Learn more at www.ntef.org/projects/. ■

Join The Co-op Eco Planning Committee

Have a few of hours each month to protect the environment? The Co-op is looking for one to four members to join our Eco Planning Committee! Earn Working Member credit for discounts as you serve with Board and Staff to help design and implement programs, activities, and infrastructure changes that move the Co-op towards ecological sustainability over time.

To apply, contact ofcboard@olympiafood.coop. ■

In case you missed it

On June 10th, 2018, staffers braved the wind and rain to support Olympia's LGBTQ+ community at Capital City Pride Fest in Heritage Park. Pictured below, staffers Martha Solis and Grace Cox show solidarity. Olympia Food Co-op may be the first workplace in the country to hire openly LGBTQ+ folks back in 1977! ■

Olympia Food Co-op Working Member Summer Party & Lakelair!

meet at the Downtown Co-op Office
6-9 PM at 608 Columbia SW
Sunday, July 15th

