



THE COOP Spoonful

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

Feb. 27–Mar. 12, 2019

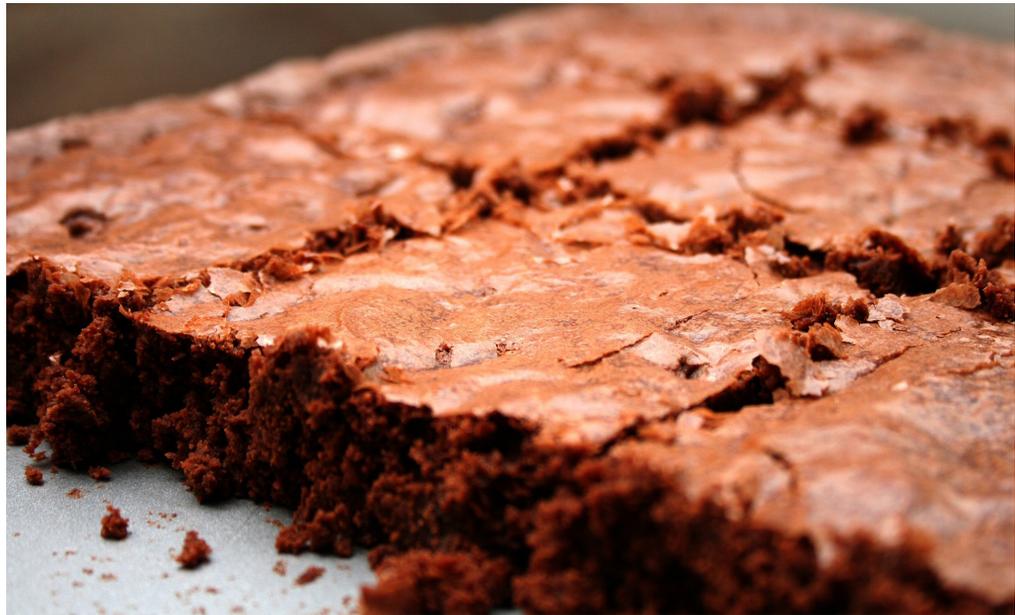
Local Savings

8 ARMS COMMUNITY BAKERY

Ever feel like you have to sell out for your sweet tooth? Good news: Now you can have your pastry and eat it too. In this edition of the Spoonful, we're giving you a 25¢ off coupon for any bakery treat from 8 Arms Community Bakery.

The 8 Arms Gluten-Free Bars are a huge hit at both stores, so look for the Happy Hiker (gorged with chocolate chips, raisins and sunflower seeds), the Oh My Goodness! (replete with chocolate chips, peanuts and coconut), or the Chocolate Brownie, Cherry Almond Love Potion, Cranberry and White Chocolate, or Double Chocolate Mint Delight. On the Eastside, you can also find their assorted fruit tarts and freshly-baked cookies!

Based in Olympia, 8 Arms Community Bakery is about as local as you can get. Jen Ownbey started 8 Arms Bakery



in 2007. With humble beginnings operating out of a converted garage, the bakery now occupies a nearly 2000 sq ft space with six staff members.

With an innovative "bakery CSA" model, community members can buy into 8 Arms' bakery share model, getting yummy baked goods delivered weekly. The community-share model also enables producers to buy ingredients

in bulk, making prices lower. 8 Arms Community Bakery's relationship with the Co-op offers another way to support and benefit from their delicious treats.

Not only do the Co-op and 8 Arms Community Bakery make sense together economically, there is a convergence and mutual support of shared values and principles. The Co-op is proud to partner with a home-grown small business in Olympia with a community-oriented model. Sourcing local products is one of the Co-op's core values because this creates a minimal carbon footprint, and keeps our hard-earned money within our local economy where it can benefit our families, friends, and neighbors.

Let your sweet tooth win without losing your conscience (or sending your money out of state!) Indulge in a treat from 8 Arms Community Bakery with the coupon at the end of this article! ■

CO-OP LOCAL COUPON

25¢ OFF



good for 25¢ off any
8 ARMS COMMUNITY
BAKERY TREAT

one coupon per visit
valid thru 3-12-19





Beer & Wine on the Fall Election Ballot

On February 21st, the Co-op Board of Directors consented to placing the following question on the 2019 election ballot: "Shall Olympia Food Co-op add beer, wine & other low-alcohol beverages to the product mix?"

We invite our Membership to ask questions in several ways:

1. writing beerandwine@olympiafood.coop
2. chatting with a representative at the community outreach tables in stores
3. attending one of our Co-op Conversation events at The Olympia Center 222 Columbia NW on:

Saturday, April 6th from 12:00 to 3:00 pm

Thursday, July 11th from 5:30 to 8:30 pm

4. joining the discussion at the Annual Meeting in November

The Co-op is losing sales to stores that carry beer and wine for the convenience of one-stop shopping. The financial benefit to the organization could translate into more than a hal of nutritious foods our shoppers depend upon, and would require any displays of beer and wine to be modest in comparison to other grocery stores. We are working to identify areas where we can open space by decreasing redundancy, and altering display fixtures to utilize space more efficiently.

We are committed to holding space for our members who do not drink alcohol, and to supporting those in Recovery. By thoughtful placement of these products, sharing information on the addictive effects and of alcohol, and providing resources for prevention and treatment, the Co-op is mindfully preparing for a likely passage of the vote. Results of both the 2000 advisory ballot and the 2018 online survey indicate that a strong majority of our Membership want the Co-op to carry beer and wine. ■

Deli Container Discount Increase

Beginning on March 1st, 2019, our Deli is increasing the discount from 5¢ to 30¢ when you use your own container for the Eastside Soup and Salad Bar. We recognize the importance of conservation at the Co-op, so If you forget, you can choose from the selection of donated tubs—many with lids—free from our reusable container area nearby. Reusable cup discounts will remain at five cents. ■

Working Member Profile: Lynn V.

Why did you decide to become a working member?

I decided to become a working member in the mid 2000's after moving back to town from Eastern Washington. I also moved into a home with a bunch of teenage boys who also volunteered as grocery stockers at the Eastside store. It was a family affair and very beneficial to us all.

What do you do for the Co-op?

I am currently a cashier at the westside store, I have a regular Sunday morning shift and try to do one or two more a week when I can.

What are your passions and hobbies?

I am passionate about filling the world with music and poetry, growing gardens, and raising healthy humans and animals.

What's your favorite thing about your position at the Co-op?

My favorite thing about volunteering at The Olympia Food Coop is interacting with people. I love being really careful with their purchases. Greeting each person, giving them your undivided attention and respect. These simple repetitive interactions make me feel connected to this community. I like contributing to the collective. I also learn a whole bunch about new products. ■

