



# THE COOP Spoonful

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

May 15 - June 4, 2019

## Local Savings Mountain Muesli

Mountain Muesli's founder Chris Young traveled to Iceland with his family where they developed a love affair with muesli, a cereal that is somewhere between oatmeal and granola, and a familiar part of breakfast throughout Europe. Chris came home to Tacoma, and formulated Mountain Muesli's signature "American style" of muesli!

Mountain Muesli's mission begins with, "Healthy, tasty food for everyone" and demands their creations be, "Absurdly Good." Their products are made in Tacoma using local organic ingredients whenever possible, including oats honey, flax seeds, and an assortment of dried fruits. Mountain Muesli uses unrefined sweeteners like honey, agave nectar and coconut sugar, and attempts to avoid GMO ingredients in all of their products. They prepare their delightful cereals in small batches in facilities



free from wheat, dairy, eggs, corn and peanuts, so you can feel safe from these common allergens.

Chris is not just dedicated to delicious healthy food, but also to a healthy environment and local economy. Mountain Muesli believes in protecting wild spaces for future generations and donates a portion of every purchase to the non-profit, non-partisan advocacy group the National Parks Conservation Association. To learn more about them you can visit <https://www.npca.org>.

In this issue of the Co-op Spoonful, you'll find a coupon for \$.50 off of any package of Mountain Muesli! Look for the easy reclosable bags (perfect for camping!) on shelves at both stores. ■

## CSF Grants Spring 2019

The Community Sustaining Fund (CSF) recently held their bi-annual grant cycle. Funds from the Co-op Round Up at the Register program were dispersed to five local organizations seeking help with various projects. Here are the results:

**Canoe Journey/Standing Rock Medic Bus:** Stipends for teachers for a community herbal training program to streamline their service delivery. Their first aid bus comes to all stops for the Canoe Journey each year.

**Caring Kids Family Volunteer Program:** Snacks for children who volunteer, with their parents, to attend service experiences such as bagging food at

**CO-OP LOCAL COUPON**

**50¢ OFF**



Good for 50¢ off any any package of Mountain Muesli

one coupon per visit valid thru 6-04-19



the Food Bank, visiting Panorama Seniors, and doing beach clean-up with the Estuarium, among others.

**Stewards of Wellspring:** Help with their septic system so that they can continue to hold community events, song circles, music performances and workshops dealing with sustainable living.

**Thurston County Food Bank:** Funds for the purchase and installation of a bike rack, and for food carts. This helps those visiting to safely leave their bikes and also allows volunteers to cart food home for visitors so they can take more food.

**Olympia Eco-District Project:** Stipend for an administrative intern at Fertile Ground, working to create an Eco-District in the Olympia downtown. Hoping to establish a project aimed at community resilience, housing land use and neighborhood engagement.

Thanks to all who participate in the Olympia Food Co-op Round Up Program! Your generosity makes these grant allocations possible. CSF loves helping such amazing groups with their community projects! Ask your Co-op Cashier to put you on the list for a register reminder to Round Up! ■

## Faux-B-Que: Vegan Grilling and Fashion Show

**Sunday, June 9, 2019 from 12 to 3 PM**  
**Westside Co-op 921 Rogers St NW**

Come taste test the newest vegan and vegetarian options, and your choices will determine which products we'll carry this upcoming grilling season! Enjoy live music from Guidon Bear, and dance to DJ Koolhandz Luke. The Dumpster Values Collective will even be presenting a Vegan Fashion Show! Our local vendors will be providing condiments, side dishes and other Local Eats. Come and play games, and win prizes. It's free! ■

## Free Used Containers For Bulk Shopping

If you forget your small bags or jars for bulk items, our members donate a variety of clean containers you can use for free! On the Westside, larger jars, tubs and big bottles are located on the Goopy Bulk Aisle, below the bulk vinegars, honey, and oils. You'll also find funnels here to keep it tidy while pouring your goopy goodness. Small bottles for vanilla and herbs are located on the shelf above.

On the Eastside, the reusable containers are stored next to the Soup & Salad Bar. When you donate a container, please leave only fully dry jars, tubs and bottles with tight fitting lids which are food grade - no medicine or cleaning product containers

The Co-op Zero Waste Camp is recruiting managers for the free containers. Email [eco@olympiafood.coop](mailto:eco@olympiafood.coop) for info! ■

## Working Member Profile: Daniel B.



### Why and when did you decide to become a Working Member?

I decided to become a Working Member because I am a people person, and thought it would be a great fit for me. I believe I started in 2003. After I graduated from SPSCC's Culinary Arts program in 2008, I left to take a job up near Forks, WA, which then took me to a position at an assisted living facility in Ocean Shores, WA. I returned to Olympia in May 2010, and started up again as a Working Member at the Co-op shortly after my return.

### What do you do for the Co-op and what do you enjoy most about it?

In my almost 15 years at the Co-op, I've been a Cashier, and I absolutely love it. I often joke that the only thing that my memory can easily recall, are PLU's, and I suspect when I'm in my 90's, I'll still be able to rattle them off easily. When I'm available, I help photograph Co-op events, and work in the Eastside [Faerie] Garden. And back in the day, I helped on inventory days. What I enjoy most is helping be a part of our Co-op, and being a smiling face to greet our members and non-members when they shop here.

### What are your other passions and hobbies?

Photography is my main passion, which is supported both financially and with photography subjects, with my self-employed pet and house sitting business. My hobbies include pool (billiards); swimming; hiking; and before I sadly sold mine, riding motorcycles (street - although I did take my bike off-road more than once).