

First Alternative

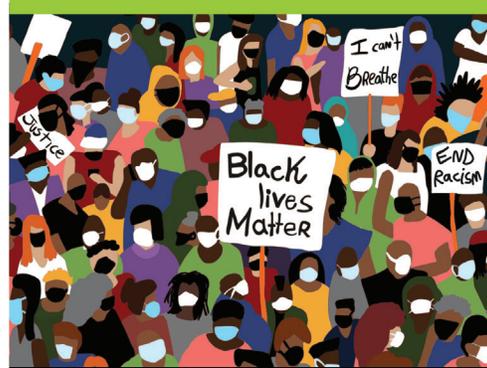
NATURAL FOODS CO-OP

Fresh Local Organic

July 2020



Fight injustice & systemic racism.
Donate today to OSU NAACP at the register.



Read our statement inside...



From the
Board of
Directors
**Camille
Freitag**

was added because it is core to the Co-op's existence. The Ends provide direction to the General Manager, who is held accountable through an annual report showing how we are moving closer to realizing each outcome.

Last month I attended an excellent and timely webinar offered by the Consumer Cooperative Management Association.

Everyone Welcome? Prioritizing Diversity and Inclusion in Times of Crisis was presented by LaDonna Sanders Redmond, an intercultural development consultant working with co-ops nationwide. She reminded us that the founders of the co-op movement who drafted the original Seven Cooperative Principles, which are still the foundation of our business, were abolitionists and she challenged all of us to continue in that tradition and eliminate racism in our stores.

She stated that four of the Seven Principles guide us in this work:

1. Voluntary and Open Membership,
2. Democratic Member Control,
3. Member Economic Participation and
7. Concern for Community.

After all, LaDonna pointed out, co-ops managed huge changes to respond to the pandemic and this is just as important. Let's all take this challenge up together so we can truly be a business with a welcoming and inclusive atmosphere for everyone.

If you would like to comment on this or any other topic, or address the Board in person contact faboard@peak.org. Be well and stay safe. 🌱

First Alternative's Ends Policy

First Alternative exists to be a successful cooperatively-owned business, ensuring that our community will have:

- A reliable source of healthy food
- A stronger local economy
- A business with a welcoming atmosphere for everyone

The Seven Cooperative Principles:

1. Voluntary and Open Membership.
2. Democratic Member Control.
3. Member Economic Participation.
4. Autonomy and Independence.
5. Education, Training and Information.
6. Cooperation Among Cooperatives.
7. Concern for Community.

Board of Directors
Election Results Inside...



For everyone's safety, all customers are expected to wear a face mask in the store. **Thanks for your cooperation and support!**

NEW STORE HOURS
8 AM - 8 PM

For a complete list of changes at the Co-op, visit firstalt.coop/COVID-19

Co-op Board of Directors Election Results

Meet your new Board members!

Thanks for voting, Co-op Owners! As of publication, a total of 1,246 electronic and paper ballots were cast in this year's Board of Director's Election. That's several hundred more votes than last year! We sure love to see democracy in action.

Of the five candidates running—all of them great candidates—you have chosen three: incumbent Camille Frietag, and newcomers Dana Monroe and Lino Rauzi. We're excited to have them on the Board!



Camille Frietag



Dana Monroe



Lino Rauzi

Co-op Kitchen

Grab 'N' Go

V: Vegan, DF: Dairy free, WF: Wheat free

MONDAY

	Serves	Price
Veggie Mac n Cheese	2-3	\$9.99
Chicken Tikka Masala (WF)	1	\$8.99
Chicken Tikka Masala, and Indian Rice (WF)	1	\$11.99
Veggie Lo Mein Bowl (V)	1	\$6.99

TUESDAY

Pineapple Teriyaki Chicken, Pork Fried Rice, and Sesame Stir Fry (WF, DF)	1-2	\$11.99
Pork Fried Rice (WF, DF)	1	\$4.99
Coconut Curry Tofu (V, WF)	1	\$6.99
Vegan Enchiladas (V, WF)	2-3	\$9.99

WEDNESDAY

Ginger Miso Bowl with Wild Pacific Salmon (WF, DF)	1	\$9.99
Vegetable Medley (WF, V)	1	\$2.99
Chicken Enchiladas (WF)	1-2	\$11.99
Meat Lasagna	2-3	\$10.99

Looking for a favorite dish from a different day? Ask if it's still available! We also continue to offer deli salads, heat-and-eat soups, and breakfast pastries; call to inquire about the day's selections. And don't forget dessert! Freshly baked treats like our famous cupcakes, slices of decadent cheesecake, or a 4-pack of homemade cookies are all available from our in-house bakery. **Let us cook for you!**

THURSDAY

	Serves	Price
Chicken Tikka Masala (WF)	1	\$8.99
Chicken Tikka Masala, and Indian Rice (WF)	1	\$11.99
Veggie Lo Mein Bowl (V)	1	\$6.99

FRIDAY

Thai Chicken, Veggie Fried Rice (WF, DF)	1-2	\$11.99
Thai Peanut Tofu, Veggie Fried Rice, and Yellow Veggie Curry (WF, DF)	1-2	\$9.99
Yellow Veggie Curry (V, WF)	1	\$5.99
Veggie Mac n Cheese	2-3	\$9.99

SATURDAY

Pineapple Teriyaki Chicken, Pork Fried Rice, and Sesame Stir Fry (WF, DF)	1-2	\$11.99
Pork Fried Rice (WF, DF)	1	\$4.99
Vegan Enchiladas (V, WF)	2-3	\$9.99

SUNDAY

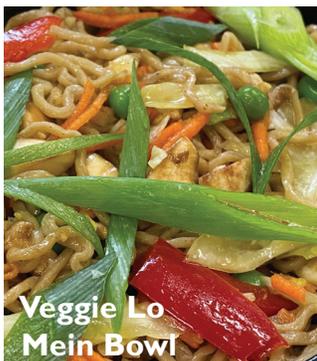
Ginger Miso Bowl with Wild Pacific Salmon (WF, DF)	1	\$9.99
Herb Chicken, Vegan Mashers, and Simply Delicious Corn (WF)	1-2	\$11.99
Vegan Mashers (V, WF)	1	\$3.99
Chicken Enchiladas (WF)	1-2	\$11.99
Meat Lasagna	2-3	\$10.99



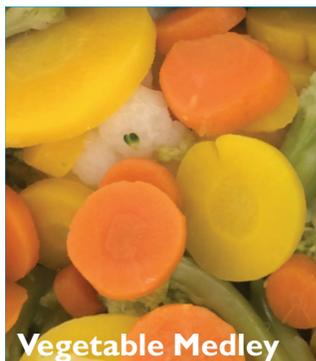
The new **Ginger Miso Bowl with Wild Pacific Salmon**



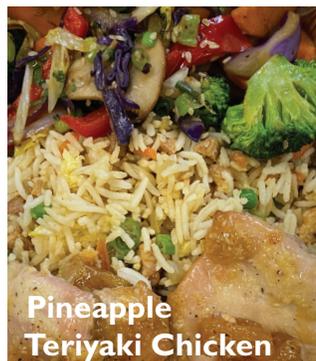
Chef's Salad - available daily in the Grab 'N' Go Coolers



Veggie Lo Mein Bowl



Vegetable Medley

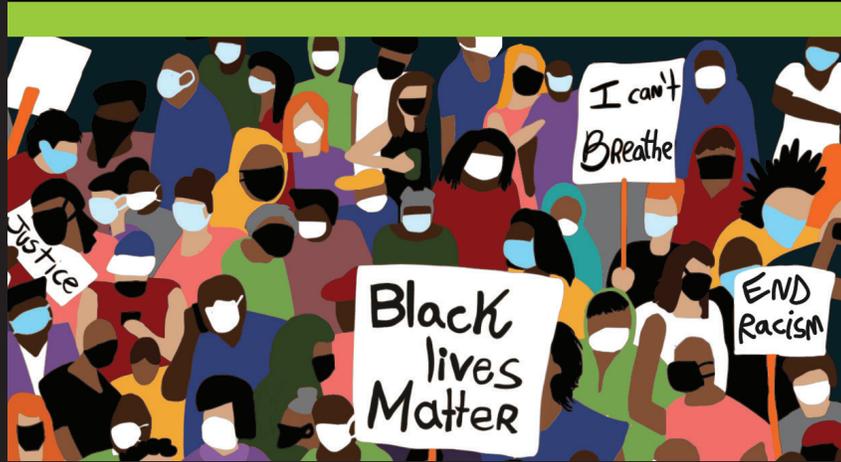


Pineapple Teriyaki Chicken



Garden Salad - available daily in the Grab 'N' Go Coolers

**Fight injustice & systemic racism.
Donate today to OSU NAACP at the register.**



The Co-op is happy to announce that we have partnered with the Oregon State University chapter of the NAACP in their efforts to battle food insecurity issues for local students of color. We're asking for your help as well, cooperators.

Co-op Shoppers can donate at the register at both stores and the Co-op will match every dollar up to \$5,000.

As a cooperative, we believe it is our duty to contribute to a just, inclusive society and we cannot do that without first recognizing and acknowledging that the one we currently live in is not.

There is no measure for the suffering systemic racism has caused our nation. No justification for the lives lost and the dreams destroyed. To everyone in our community and across the country mobilizing for justice, we feel your sadness, your rage, and your resolve, and we stand with you.

Systemic racism is endemic to our nation, meaning people of color are disproportionately affected in all matters of social justice. Food insecurity is just one of many injustices, but one we're uniquely situated to address as a grocery store. This is just the beginning of our efforts. We hope you'll help as well. Thank you.

**#BlackLivesMatter #WeStandWithYou #RacialEquality
#InSolidarity #WeNeedToDoBetter #StandInSolidarity**

Owner Mail Call

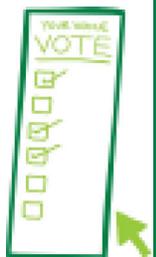


Dear Co-op Owners, We'd like to hear from you! Questions, comments, great notions... Send us letters and we'll publish what we can every month in The Scoop. Not all letters will be published, but we'll do our best! Letters over 250 words will be edited for length. All letters are subject to editing for spelling, grammar, and clarity. Letters should include author's name, Owner number, and contact information. Contact info won't be published. Opinions are not necessarily supported by Co-op, Board, staff, or Owners. Email letters to: scoop@firstalt.coop or mail them to 1007 SE 3rd St., Attn: The Scoop. Deadline for submissions is the 15th of the month prior to publication. 🍷

Attention Owners

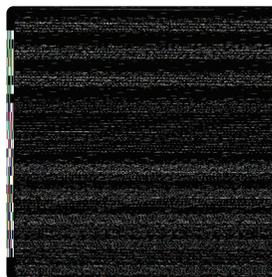
Is your email address up-to-date with us?

With things changing quickly, and the introduction of quick, easy, secure electronic voting, email is more important than ever!



Please make sure your email address is up to date with your cashier or at Customer Service.

Scan this QR Code with your smart phone to join our email lists.



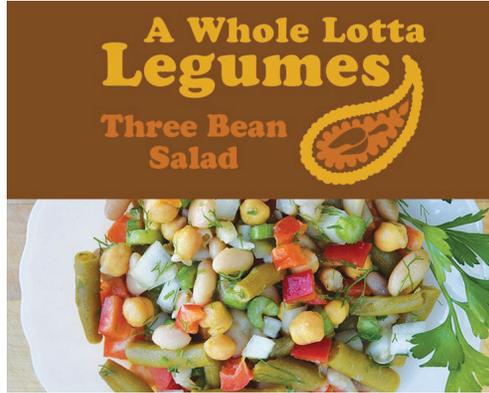
Follow us on Facebook, Instagram, or Twitter for news, recipes, and special offers.



Due to the circumstances, we will not be publishing community calendars this month. Thanks for understanding.



In kitchens everywhere, cooks are getting back to the basics to feed their families. It's a perfect time to share some classic recipes made from staple ingredients. Visit our new blog, **Co-op Classics: Home Cooking** at firstalt.coop/recipes for a ton of easy ideas for the kitchen like these...

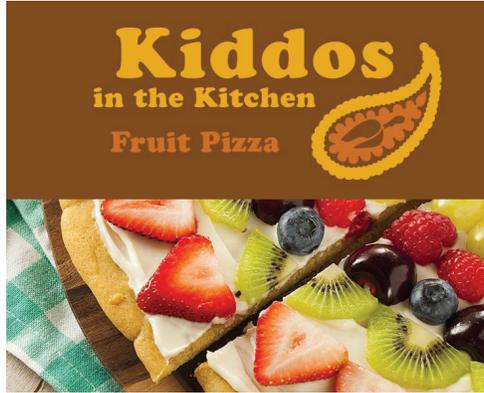


Try this sweet & tangy bean salad with your favorite grilled meal. This easy-to-make salad is best after having time in the fridge to allow the flavors to combine and strengthen. It keeps well, so consider making a double-batch and enjoying it in little doses throughout the week.

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|---------------------------------------|----------------------------------|
| 1 can green beans
(or ½ lb. fresh) | ¼ onion, diced |
| 1 can cannellini beans | 1 Tbsp. fennel
fronds, minced |
| 1 can garbanzo
beans, rinsed | ¼ cup oil |
| ½ cup celery, diced | 2 Tbsp. agave |
| ½ red bell
pepper, diced | 6 Tbsp. white vinegar |

Fresh green beans: rinse, end, and cut beans. Place them in a pot of water and bring to a boil. Reduce the heat to medium and simmer about 3 minutes or until just tender and still bright green. Place in colander and rinse thoroughly with cold water and set aside to drain and cool. Canned green beans: drain, rinse, and place in a bowl.

Drain and rinse garbanzo and cannellini beans and place in bowl with green beans. Add diced celery, red pepper, onion and fennel fronds. Mix oil and agave in blender. Add vinegar and mix until combined. Pour oil mixture over beans. Marinate in refrigerator at least 8 hours, stirring occasionally.



Get the kids involved in creating this edible work of art that's easy to assemble and a delight to both the eyes and the tastebuds!

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|---------------------------------------------|-------------------------------------------------|
| Cookie dough: | Topping: |
| 1 stick of butter (or
vegan alternative) | 8 oz. cream
cheese (or vegan
alternative) |
| ½ cup sugar | 1 Tbsp. sugar |
| 1 cup flour | 2 Tbsp. orange
marmalade |
| ½ teaspoon
baking soda | Fruit for decoration |
| ½ teaspoon salt | |
| ½ teaspoon vanilla | |

Mix together cookie dough ingredients in a mixer until well mixed. Put in refrigerator to cool a bit. Preheat oven to 350 degrees. Lightly grease a pizza pan and spread cooled dough on pan evenly. Bake for 10-12 minutes or until starting to turn golden brown. Allow to cool completely before applying cream cheese topping.

Soften 8 oz. cream cheese and mix well with sugar. Spread over the baked, cooled cookie. Arrange fruit in a decorative pattern. Thin orange marmalade with a little water and drizzle over fruit pizza. Make not more than four hours ahead of serving.

Ideas for the fruit: blueberries, strawberries, blackberries, kiwi, grapes, peaches, nectarines, plums and cherries are excellent choices for a good range of color.



Top off a successful barbecue with this deliciously simple grilled dessert! Grilling isn't just for meat and vegetables, it's also a great way to prepare fruits. Grilling brings out the sweet juices and caramelizes the sugars for a rich flavor. This recipe is for grilling pineapple slices, but you can also treat apricots, peaches, and plums in a similar fashion. Top off the grilled fruit with vanilla ice cream, or Coconut Bliss frozen dessert!

- | | |
|--------------------------|--------------------------------|
| 1 pineapple | 1 pint of vanilla
ice cream |
| ½ Tbsp. melted
butter | |

Peel pineapple, remove eyes, and slice into ¾" rounds. Place slices on grill. Brush one side of slice with butter, flip and brush other side also. Grill over medium heat, 3-4 minutes until grill marks form. Turn fruit for perpendicular grill marks and grill another 3-4 minutes. Remove from grill, place grill-marks-side up and allow to cool. Cut core from each slice. Scoop vanilla ice cream on top of each slice. Serve immediately.

For more recipes, visit:
firstalt.coop/recipes

