

First Alternative

NATURAL FOODS CO-OP



From the
**Board of
Directors**
**Jasmin
Woodside**



January 2021



Hello again First Alternative Co-op Owners and shoppers. I am shocked that my second Scoop article is still during the pandemic. My first article was in May of this year and I would never have thought it possible for us to still be in this situation. But here we are. What our governor calls a "freeze" feels a lot like the lockdown that happened in March. If we all do our part to protect each other, hopefully this freeze will begin to thaw and we can go back to supporting our local businesses and each other.

November is always a climactic month for the Board. We have spent the past several months reviewing, providing feedback, and tweaking the financial budget for First Alternative for 2021. There have been many unprecedented events that have led to more than the usual changes in our budget, like the pandemic,

of course, but also the devastating fires that happened in September.

We are fortunate to have a financial team that is flexible and works well together. Our Board has several committees working on tasks that need to be accomplished outside of policy governance. One of those committees is related to finance. It consists of two Directors, three Owners, and First Alternative's Finance Manager and General Manager. The finance committee has been invaluable in providing suggestions, feedback, and support to our First Alternative management team.

In a climate where other co-ops have ceased to survive, First Alternative is still standing and has been able to retain employees and their work hours, provide a cost-of-living wage increase along with the increase in minimum wage mandated by the State of Oregon. While we are nowhere near where we expected to be at this same time last year, we are continuing to meet the goals of our cooperative in a way that should make each and every one of us proud.

As mentioned above, each member of the Board of Directors sits on a committee that has meetings in addition to our monthly Board meetings. These committees are vital to the structure of our Board and they ensure that work is being done outside of our monthly agendas. Most committees have Owner-members that attend monthly meetings and provide feedback as a way to be involved in the actions of the Board. In addition to the Finance Committee, other committees are:

Owner Relations Committee: the primary conduit for communication and insight between Owners and the Board of Directors.

Strategic Planning Committee: assists the First Alternative Board of Directors and management team in developing strategic plans consistent with the Board's vision.

Board Recruitment and Elections Committee: responsible for seeking excellence, continuity, and stability in the leadership of the organization by finding qualified Board candidates and managing the election process.

These committees provide a fantastic way for Owners to become more involved in our cooperative. If any of these committees are of interest to you, please feel free to reach out to the Board of Directors to inquire about opportunities and availabilities.

Since I am chair of the Board Recruitment and Elections Committee, I am always thinking about our next election. I invite any interested parties to attend a board meeting or inquire over email at: BREC@firstalt.coop. I am proud to be a part of this community. Thank you for the opportunity to serve. 🌱



STORE HOURS
8am -8pm daily
Pick-up & Delivery
at firstalt.coop/order

In accordance with the State of Oregon mandate



For a complete list of changes, visit firstalt.coop/COVID-19

All customers are required to wear a face mask in the store.



A week of a-peel-ing deals on some of your favorite citrus!

Citrus Spree, our annual savings celebration of citrus season, is taking place Wednesday, January 13 - Tuesday, January 19. This year, we're offering the same low price of \$1.29/lb all week long on select varieties of organic citrus. You're sure to find some of your favorites, and tasty citrus recipes in-store and on Facebook and Instagram at @firstaltcoop will help you make the most, sorry, best of the savings.



Winter Wine Soirée Home Edition 2021

The last year taught us that sometimes we can save lives simply by staying home. We've taken that lesson to heart and decided to bring one of the year's biggest parties home to you. And you. And yes, even you (provided you're all 21 or older, of course!)

The Winter Wine Soirée Home Edition may be different, but it will still be a blast. This year, a ticket includes a basket of wines from three local favorites, a curated selection of food pairings, and a pair of commemorative glasses to toast the evening.

Then on Saturday, February 13—making it a perfect pre-Valentine's Day date opportunity—we'll be hosting a virtual guided tasting with the winemakers, live music, and a brief presentation from the Samaritan Health Services Cardiac and Pulmonary Rehab Fund who provide education and support to people recovering from cardiac and pulmonary events. A portion of every basket sold goes to support their mission, which is more important than ever. Follow @firstaltcoop on Instagram and Facebook for more details!



Samaritan
Health Services



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Visit firstalt.coop/order
for all the details

TUESDAYS

15% off produce

FOR STUDENTS

with a valid student ID from an Oregon college



Everyone Welcome!

www.firstalt.coop
[@firstaltcoop](https://twitter.com/firstaltcoop)

Co-op Kitchen Breakfast & Lunch



Apple Fritter Muffin

Delicious house-made goods like muffins, scones, and cookies are available all day.



Denver Omelette Wrap

Grab 'N' Go Breakfast Wraps and piping-hot Oatmeal served by Deli, available 8am - 11am.



Hot soup, with daily meat & veggie options, served by Deli, available 11am - 6:30 pm



Green Chile Chicken Burrito
New options coming mid-January

Grab 'N' Go Burritos & sandwiches at both stores. Custom salads & sandwiches at South.



Oregon college students save on fresh, local, organic study fuel every week at the Co-op with Student Produce Tuesday!

Follow us on Facebook, Instagram, or Twitter for news, recipes, and special offers or scan the QR Code to get special announcement and the twice-monthly Co-op Connection Newsletter sent to your inbox.



Be a Part of the Solution: Become a Co-op Owner Today

Owner Sale Day: Owners who are current on their share payments are allowed one day of their own choosing per month where they get 10% off on items not already on sale. (Some restrictions apply. Discounts do not stack.)

Voting Privileges: Each Owner share gets an equal vote. Owners elect our Board of Directors and Beans for Bags donation recipients. As an Owner,

you can run for the Board of Directors and help shape the Co-op's future.

A Sense of Pride: Co-op Owners are invested in a community-based, environmentally and socially aware business; they are invested in the economy, local farms and businesses, and in organic and sustainable food democracy.



Interested in becoming an Owner? Visit the Customer Service desk or firstalt.coop/ownership

In kitchens everywhere, cooks are getting back to the basics to feed their families and looking to pay less while doing it.

The Co-op's here to help, with our new Budget Recipes series, an extension of the award winning Budget Bites meal plans.

We regularly post new Budget Recipes to our website and social media pages. Bookmark firstalt.coop/recipes and check back regularly or follow @firstaltcoop on Facebook or Instagram for delicious, affordable recipes like these.



BUDGET RECIPES

Check out these great ideas for cooking healthy, simple meals with natural ingredients without breaking the bank!



Kofta Kebabs

\$3.55
per serving

Note: prices may vary, estimate only.



Root Burgers

\$1.43
per serving

Note: prices may vary, estimate only.



Tuna Cakes

\$1.43
per serving

Note: prices may vary, estimate only.



Easy to make, spiced ground beef skewers. From their delightfully complex flavor, you'd never guess how easy these kebabs are to make, or just how affordable they are. A little bit of spice goes a long way, especially when you can buy just what you need, fresh from our Bulk department.

1/2 # ground beef	coriander
2 cloves garlic, minced	1/2 tsp ground allspice
1/2 tsp sea salt	1/2 tsp ground ginger
1/2 tsp ground cinnamon	1/4 tsp pepper
1/2 tsp ground cumin	1/4 cup minced cilantro
1/2 tsp ground	1/4 onion, minced
	1 egg
	4 skewers

Mix all ingredients together in a bowl. Divide into quarters and shape each one on a cookie sheet, into a rectangle about 2"x 4". If desired, thread a skewer through the kebab. Bake at 350°F for 15-20 minutes, or until cooked through.

Tasty vegetarian patties made with carrots, beets & rice. Keep 'em gluten free with a crisp lettuce wrap instead of a bun! Find all the fresh, local, ingredients you need in Produce.

1 cup cooked brown rice	1 Tbsp milk
1 med-large carrot, shredded	2 Tbsp flour
1 medium beet, shredded	1/4 tsp salt
1/4 onion, diced	1/8 tsp pepper
1 clove garlic, minced	Oil for frying
1 egg	2 burger buns (or 4 lettuce leaves, for wraps)

Combine first 10 ingredients in a bowl and stir to combine. Heat oil in a large skillet. Divide burger mix into 4 portions and drop each into hot skillet; pat down into a burger shape about 3/4" thick. Cook until browned, then flip and brown the 2nd side. Serve on toasted buns or wrapped in lettuce, with your favorite condiments.

Simply delicious tuna with seasonings. There's a lot of fish in the sea, but tuna takes the cake when it comes to a budget-minded but still delicious dinner. And at the Co-op, you can be sure it's clean and sustainably fished.

1/8 onion, finely minced	1 tsp	1/8 tsp curry powder
olive oil		1/4 tsp ground cumin
2 Tbsp mayonnaise		1 egg
1 Tbsp stoneground mustard		6 oz canned tuna
		3/4 cup dried bread crumbs

Sauté onion in oil until soft. Drain tuna. Mix all ingredients together. Form mixture into 4 patties and place on parchment lined cookie sheet. Bake at 350°F about 20 minutes, or until golden. Serve with lemon wedges or Yumm! Sauce.

More recipes at:
firstalt.coop/recipes

