

First Alternative NATURAL FOODS CO-OP

Fresh, local, organic groceries for everyone

North Store: 2855 NW Grant Ave • South Store: 1007 SE 3rd St

The 
SCOOP
August 2024



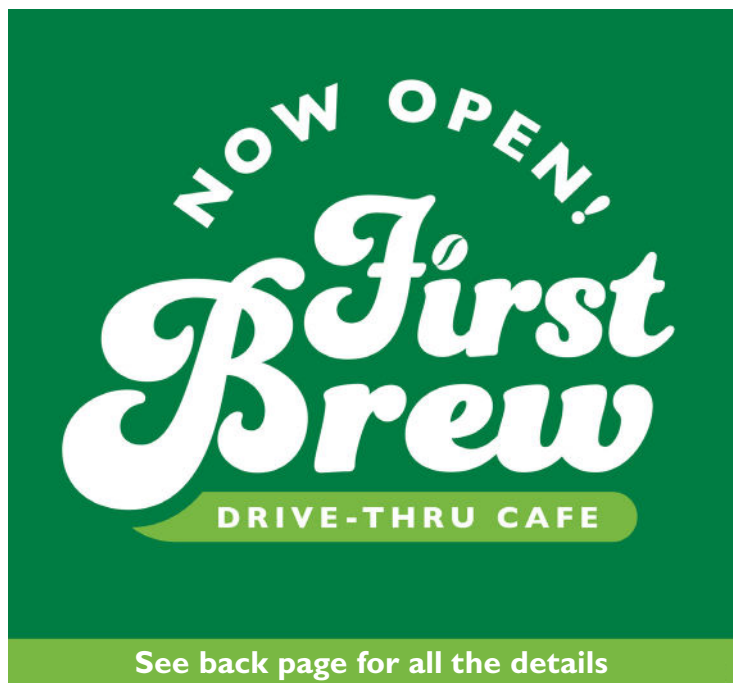
From the Board of Directors

Jeff Contreras

According to the Consumer Price Index (CPI), a measure of economy-wide inflation, food prices are about 2% higher than they were a year ago. At-home food inflation (groceries) has been even lower than that, closer to 1%, which is good news to those of us who have been feeling the effects of higher prices.

Against this backdrop, we are pleased to report that after several quarters of below-budgeted sales growth, which was partly due to slowing inflation but also lower customer counts and smaller basket sizes (the amount purchased per shopper), sales growth has rebounded to the point where—had it not been for the disruption caused by the accidental car crash to the North Store—the Co-op would be on track for planned sales growth year-to-date.

You may have noticed some great deals on needed items that have incentivized doing more of your shopping at the Co-op. Behind the scenes, our interim GM, Wynston Estis, has improved operational efficiencies and raised the



See back page for all the details

standards of product delivery and customer service to compete more successfully in a challenging marketplace.

Keep an eye out for a new rotation of prepared food offerings and be sure to check out First Brew Drive-Thru (or walk-up) Cafe, located next to the South Store, in the former Purple Moon coffee kiosk. Its grand opening on the weekend of July 12-14 went spectacularly!

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August Board Committee Meetings

Owners interested in virtual attendance should contact BREC@firstalt.coop for details.

Owner Relations Committee:

The conduit for communication between Owners and the Board.

Monday, August 12, 5:30 pm

Finance Committee:

Reviews, analyzes, and makes recommendations on financial matters.

Wednesday, August 14, 4:30 pm

Board Recruitment & Elections

Committee: Working to recruit qualified Board candidates.

Wednesday, August 14, 5 pm

Board of Directors:

Elected Owners putting our cooperative principles into action.

Tuesday, August 27, 6pm

Two locations
Open daily
7am - 9pm

Everyone is
Welcome



Continued from previous page...

From the Board of Directors
Jeff Contreras

In other news...

- The Spring Owner Drive brought in 98 new Owners.
- 128 store staff and managers participated in the first of what will be an annual harassment training.
- The Co-op completed an HR audit as well as a full financial audit for 2023.
- The Co-op will receive insurance payments to cover repairs to the North store. Shout out to finance manager, Mark Tarasawa, for quickly becoming an expert on insurance claims on top of all of his other duties!
- The Board approved a long-overdue roof repair for the South Store meeting room.
- The Co-op increased starting wages from \$15.65 to \$16.20 per hour, \$1.50 above Oregon minimum wage.
- The Board approved the election two new Board members and re-election of three incumbent Board members.

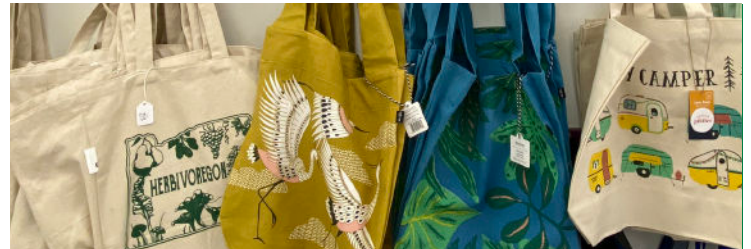
BEANS 4 BAGS

JULY • AUGUST • SEPTEMBER

- **ABC House**
- **Region 3 K9 Search & Rescue**
- **Safe Haven Humane Society**
- **Ten River Foods Web**

Bring your reusable bags and help support local charitable organizations!

More details at firstalt.coop/donations



**It's your Co-op.
Own it.**



Save • Earn • Support • Vote

To get all the details and become an Owner visit
firstalt.coop/ownership



HOT BAR SCHEDULE

Made from scratch in the First Alternative Co-op Kitchen

WF = Wheat Free | DF = Dairy Free | V = Vegan

MON.	Curried Vegetables with Tofu WF DF V	Chicken Tikka Masala WF	Indian Rice WF DF V
TUE.	Taco Seasoned Ground Turkey WF DF	Fajita Vegetables WF DF V	Saucy Black Beans WF DF V
WED.	BBQ Chicken WF DF	Baked Beans WF DF V	Broccoli Mac & Cheese
THU.	Curried Vegetables with Tofu WF DF V	Chicken Tikka Masala WF	Indian Rice WF DF V
FRI.	Taco Seasoned Ground Turkey WF DF	Fajita Vegetables WF DF V	Saucy Black Beans WF DF V
SAT.	BBQ Chicken WF DF	Baked Beans WF DF V	Broccoli Mac & Cheese
SUN.	Sunday menu will vary each week.		

Let's do lunch!

Made from scratch in the Co-op Kitchen, our rotating hot bar menu has something for everyone. Here's the rundown of our current schedule (subject to change.)

It's "Curry in a Hurry" on Mondays and Thursdays with Curried Vegetables with Tofu, Chicken Tikka Masala, and Indian Rice.

On Tuesdays and Fridays, it's "Nacho Turn to Cook" with Taco Seasoned Ground Turkey, Fajita Vegetables, Saucy Black Beans, and Chips.

Wednesdays and Saturdays, we're serving "Comfort from our Kitchen" with BBQ Chicken, Baked Beans, and Broccoli Mac & Cheese.

Sunday menu will vary weekly, and all menus are subject to change.

Round out lunch with our organic salad bar, sandwiches, Grab 'N' Go sides, and fresh baked goods. *Let us do the cooking!*



NOW OPEN!

First Brew
DRIVE-THRU CAFE

Serving Local & Organic Pacifica Coffee & Espresso

Co-op Breakfast Items & Real Fruit Smoothies!

Open Daily 6am-2pm at 320 SE Chapman Place

First Brew Drive-Thru Cafe is open and serving local, organic Pacifica coffee and espresso, real fruit smoothies, and breakfast selections fresh from the Co-op Kitchen.

Located at 320 SE Chapman Place, next to the South Store at 1007 SE 3rd St., our drive-thru and walk-up windows are open daily from 6am-2pm.

Pull-thru and perk up, with First Brew!

Coffee & Tea

<p>AMERICANO \$3.25 12oz \$3.75 16oz</p> <p>BREVE \$4.25 12oz \$5.00 16oz</p> <p>ESPRESSO \$3.00 2oz Double Shot</p> <p>LATTE \$4.25 12oz \$5.00 16oz</p> <p>MOCHA \$5.00 12oz \$6.00 16oz</p>	<p>DRIP COFFEE \$1.75 12oz \$2.00 16oz</p> <p>COLD BREW \$4.50 12oz \$5.75 16oz Cold foam with milk of choice</p> <p>MATCHA \$4.75 12oz \$5.50 16oz</p> <p>GOLDEN MILK \$3.50 12oz \$4.25 16oz Turmeric + Warm Spices</p> <p>CHAI LATTE \$4.50 12oz \$5.75 16oz</p>
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PURPLE MOON LATTE
\$4.75 12oz | \$5.50 16oz | Espresso or Matcha + Lavender & Vanilla

SYRUP FLAVORS
\$1.00 | No artificial flavors or preservatives

Almond	Coconut	Lavender
Caramel	Hazelnut	Peppermint
Chocolate	Irish Cream	Vanilla

MILK OPTIONS

Oat	Whole
Almond	2%
Coconut	Skim
Soy	Half & Half

HOT CHOCOLATE
\$2.75 8oz | \$3.00 12oz | \$3.25 16oz

STEAMER
\$2.75 8oz | \$3.50 12oz | \$4.75 16oz

HOT TEA
\$1.00 16oz | English Breakfast, Peppermint, Jasmine, Earl Grey, & Vanilla Rooibos

PUPPUCCINO
\$2.75 8oz | Cold foam with milk of choice

Smoothies

<p>NW BERRY BLAST \$6.99 16oz Strawberry, Blueberry, Marionberry, Apple Juice</p> <p>BANANA BERRY \$6.99 16oz Banana, Strawberry, Apple Juice</p> <p>JAVA JOLT \$6.99 16oz Banana, Almond Butter, Vanilla, Cinnamon, Honey, Espresso, Almond Milk</p>	<p>ORANGE NECTAR \$6.99 16oz Banana, Orange Juice, Coconut Milk</p> <p>PB & JELLY \$6.99 16oz Blueberry, Peanut Butter, Honey, Almond Milk</p> <p>ADD PROTEIN \$1.99 Epic Luchi Organic Plant Based Protein Original, Vanilla, Chocolate, Green</p>
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CREATE YOUR OWN
\$6.99 16oz | Choose up to 3 items & milk or juice of choice | Add 50¢ for additional items

Banana	Marionberry	Blueberry	Spinach	Smoothie Add-ons Peanut Butter 79¢ Ginger 49¢ Almond Butter 79¢ Turmeric 49¢
Peach	Strawberry	Pineapple	Avocado	
	Raspberry	Mango	Kale	

Eats & Treats

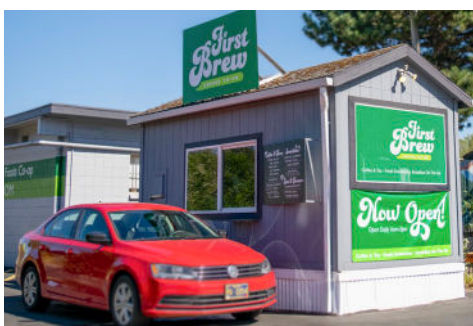
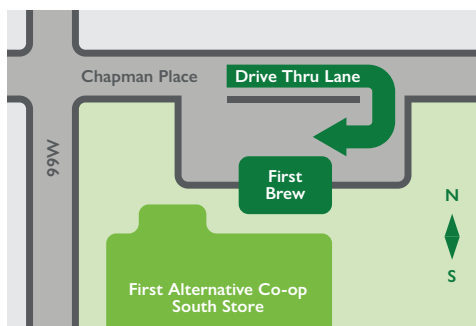
CO-OP KITCHEN BREAKFAST WRAP
\$4.49 Veggie Wrap: Egg, Potato, Veggies, & Cheese | \$4.49 Denver Wrap: Egg, Ham, Veggies, & Cheese

BOTTLED WATER
99¢ 16oz | Crystal Geyser

BAKED GOODS
Scones, Muffins, Cookies, & Biscotti *
*See bakery menu for more product details

2% MILK
\$1.49 pint | Lochmead

FRUIT JUICE
\$1.79 16oz | Lochmead Orange Juice
\$2.59 10oz | Martinelli's Organic Apple Juice



Follow First Alternative

For up-to-the-minute news, giveaways, recipes, special offers, and tons of cooperative fun.

@firstaltcoop



Facebook • Instagram • YouTube • TikTok

The Co-op welcomed...



new Owners in June

Learn more and become an Owner at firstalt.coop/ownership.