

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
September 2024

At First Alternative Co-op, we're here to serve our customers, Owners, and community to the best of our ability. In service of that, we are always looking for ways to improve our store operations and help our stores and our staff be as successful as possible.

One initiative we have identified that will have a positive impact on our stores is reminding all customers to kindly use a basket or shopping cart to carry their groceries while they shop. In asking customers not to shop directly into reusable tote bags in the stores, we hope to make our staff's work to ensure all items are rung at the registers easier. This guideline also helps the Co-op reduce occasional theft in the stores by making it easier to monitor what is leaving the store.

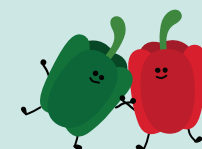
The impact of your support of this policy:

- Helps make Co-op staff's jobs easier
- Staff are more focused on the fun parts of customer service
- Staff work with us longer because the job is less stressful and there is reduced burnout
- Helps us maintain proper pricing on all products due to less retail theft.

Thank you for supporting First Alternative's mission to provide fresh, local, organic food and to make a positive impact on our local community!

Thank You for Using a Basket or Shopping Cart While You Shop!

Basket/Cart



Please use a basket or cart to carry your items while you shop. Please do not shop directly into your reusable tote.



Check Out



Purchase all items at your closest register

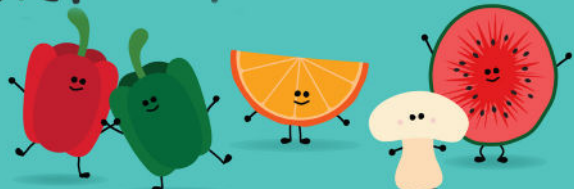


Tote Bag

Then use a paper bag or reusable tote for your groceries. Thanks for shopping at the Co-op!

The Co-op is closing at 6pm on September 18 for our annual...

Staff Party



Thanks for your understanding!

Two Corvallis locations Open daily 7am - 9pm

North Store
2855 NW Grant Ave

South Store
1007 SE Third St



Everyone is welcome

2024-25 Co-op Board of Directors



Jasmin Woodside
President



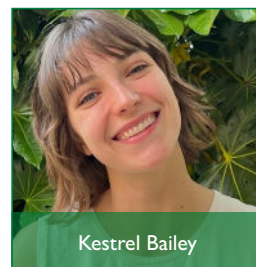
Dana Monroe
Vice President



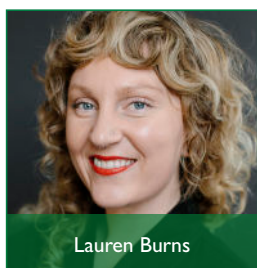
Kate Woods
Secretary



Rob May
Treasurer



Kestrel Bailey



Lauren Burns



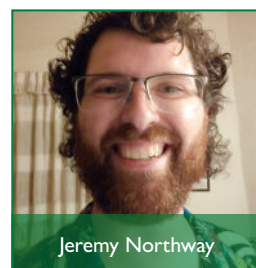
Kathryn Duvall



Frank Hall



Patrick Monroe



Jeremy Northway

BOARD MEETINGS Last Tuesday of each month at 6 pm

The Co-op Board of Directors is a dedicated group of volunteers elected by Co-op Owners to guide the store through Policy Governance. Although they are not involved in day-to-day store decisions, they shape these decisions through the development of Co-op policy and vision. *Meeting begin with a ten-minute period for Owner comments. Email is also welcome: faboard@peak.org.*



September 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, September 9, 5:30 pm**

Finance Committee:

Reviews, analyzes, and makes recommendations on financial matters.

Wednesday, September 11, 4:30 pm

Board Recruitment & Elections Committee:

Working to recruit qualified Board candidates.

Wednesday, September 11, 5 pm

Board of Directors:

Elected Owners putting our cooperative principles into action.

Tuesday, September 24, 6pm

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
Peach	Strawberry	Pineapple	Avocado	Peanut Butter 79¢
	Raspberry	Mango	Kale	Ginger 49¢
				Almond Butter 79¢
				Turmeric 49¢

Eats & Treats

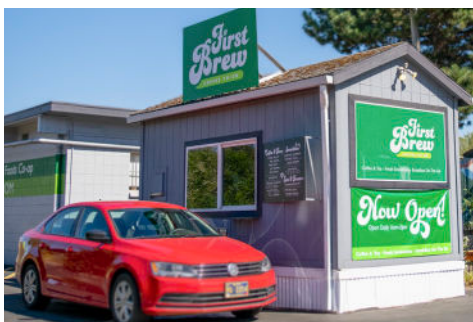
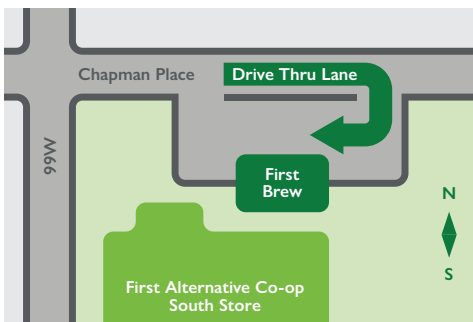
CO-OP KITCHEN BREAKFAST WRAP
\$4.49 Veggie Wrap: Egg, Potato, Veggies, & Cheese | \$4.49 Denver Wrap: Egg, Ham, Veggies, & Cheese

BOTTLED WATER
99¢ 16oz | Crystal Geysler

2% MILK
\$1.49 pint | Lochmead

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

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 July

Become an Owner at firstalt.coop/ownership.

The Co-op is selling

Grilled Cheese Sandwiches

at
Corvallis
FALL FESTIVAL

Come Melt with Us!

Gluten free and dairy free options available!

Also selling Go Giddy Pops, chips, coffee,
and soda • Profits donated to the
Corvallis Sustainability Coalition



Saturday, September 28 & Sunday, September 29

Look for us at the Arts Center Plaza, near the community stage and the Art Discovery Zone

Going Back to School with First Alternative!

As another school year gets underway, the Co-op has a new assignment—help local families make the grade!

We've got nutrition-packed brain food, fun snacks for the kiddos, and school supplies (more like cool supplies) including lunch bags and reusable utensils.



BEANS 4 BAGS

July, August, September donation recipients:

ABC House

Region 3 K9 Search & Rescue

Safe Haven Humane Society

Ten River Foods Web

Use your reusable bags at checkout time to help support local charitable organizations!

Learn more at firstalt.coop/donations

