

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
January 2025



From the
Board of Directors

Dana Monroe

Board Vice President

Featuring art from the bilingual 3rd
grade class at Lincoln Elementary School

Ever wonder how your favorite fruit or vegetable would contribute to a strong and healthy community?

Well, Lincoln Elementary 3rd grade artists personified their favorite fruits and veggies and predicted what community service they would be best at.

¿Alguna vez te has preguntado cómo contribuiría tu fruta o verdura favorita a una comunidad fuerte y sana?

Pues bien, los artistas de 3° de Primaria de Lincoln personificaron sus frutas y verduras favoritas y predijeron en qué servicio comunitario serían las mejores.



help clean
water

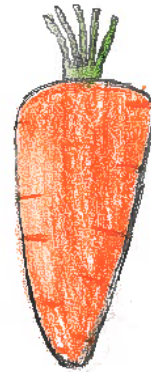
help clean
soil



Oliver
(Oliver)



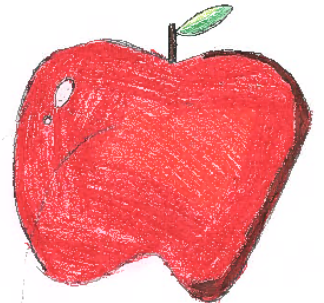
Mel (Mel)



collect eye glasses
for people who
don't have any

Valerie (Valerie)

James B
(James B.)



Free medical
exams

More art on
the next page...

January Board Committee Meetings

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

Board Recruitment & Elections Committee: Working to recruit qualified Board candidates.

Wednesday, January 8, 5 pm

Owner Relations Committee: The conduit for communication between Owners and the Board.

Tuesday, January 14, 5:30 pm

Finance Committee:

Reviews, analyzes, and makes recommendations on financial matters.

Wednesday, January 15, 4:30 pm

Board of Directors:

Elected Owners putting our cooperative principles into action.

Tuesday, January 28, 6 pm

Two locations
Open daily
7am - 9pm

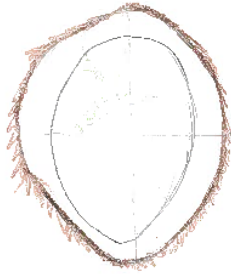
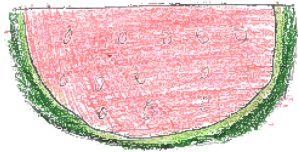
Everyone
Welcome

Continued from previous page...



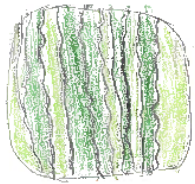
help build
community gardens

Help Plant trees



Pickup
trash in
the river

Charolette
(Charlotte)



Stacks shelves
at the food
bank



sonja
(Sonja)



pepers can help plant a
community garden, because
they have a lot of seeds

-Derek
(Derek)

2024-25 Co-op Board of Directors



Jasmin Woodside
President



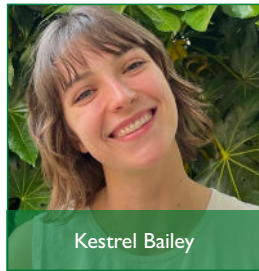
Dana Monroe
Vice President



Kate Woods
Secretary



Rob May
Treasurer



Kestrel Bailey



Lauren Burns



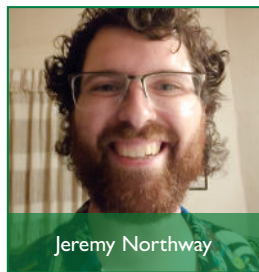
Kathryn Duvall



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.

Announcing Our 2025 Beans for Bags Recipient Schedule

Quarter 1 • Jan Feb March

Co-op Recycling Center

Greenbelt Land Trust

Vina Moses

Lumina Hospice

Quarter 2 • April May June

South Corvallis Food Bank

Jackson St. Youth Services

CASA - Voices for Children

Heartland Humane Society

Quarter 3 • Jul Aug Sept

Grace Center

Ten Rivers Food Web

Philomath Gleaners

Sustainability Coalition

Quarter 4 • Oct Nov Dec

Coastal Range Food Bank

Dial-a-Bus

Sr. Dog Rescue

Old Mill Center



Bring your reusable grocery bags & help support charitable organizations! Learn more at firstalt.coop/donations

Follow First Alternative

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

@firstaltcoop



Facebook • Instagram • YouTube • TikTok

GEARING UP FOR GARDENING

Free Lecture Series Every Tuesday in January & February

Corvallis-Benton County Public Library

12:00 - 1:00 pm

JAN 7: KIDS IN THE GARDEN

Learn fun, engaging ways to introduce children to gardening, fostering a love for nature & hands-on learning through age-appropriate activities. Master Gardener Panel

JAN 14: TOOL SHARPENING & CARE

Discover essential techniques for maintaining and sharpening your gardening tools, ensuring their longevity and efficiency. Sharon Knight - Gartland Nursery

JAN 21: COMPOSTING - TIPS, TRICKS & FAQ

Explore the basics of composting, including how to turn kitchen scraps and garden waste into nutrient-rich soil to boost plant growth. Stefan Seiter - OSU Crop and Soil Science

JAN 28: YEAR ROUND VEGETABLES: PLANNING & TIPS

Gain insights into growing vegetables throughout the year by selecting the right crops for each season and utilizing sustainable gardening practices. Darren Morgan - Shonnard's Nursery

FEB 4: FRUIT PRUNING: TREES, BERRIES, GRAPES, AND CANES

Proper pruning methods for size, growth, yield, & health. Bring your questions! Horticulturist Jeff Cope - Home Grown Gardens Nursery & Landscape

FEB 11: SIDEWALK SALADS - FRONT YARD FOOD GARDENS

A sunny front yard is often the best spot for edible crops. How to create a beautiful, productive garden in the front yard. Landscape Architect Owen Dell - Owen Dell & Associates, LLC

FEB 18: HERB PROPAGATION

Discover simple and effective techniques for propagating herbs, ensuring a steady supply of fresh, homegrown culinary herbs. Emily Stimac - Thyme Garden

FEB 25: CUT FLOWERS

Learn the art of growing and maintaining beautiful cut flowers that can brighten up your home and garden year-round. Erin McMullen - Rain Drop Farms



Get valuable gardening advice and tips from local experts to the public for free during these one-hour gardening talks at the Corvallis-Benton County public library at 645 NW Monroe Ave in Corvallis.

Bring a lunch and join us in the large meeting room at noon. Presentations are free and open to everyone. Whether you're just getting started or a long-time gardener you're bound to learn something new. Talks take place every Tuesday starting January 7 and continuing through the end of February.

Co-sponsored by Benton County Master Gardener Association and Corvallis-Benton County Public Library.

More info: www.bentonmg.org/gearing-up-for-gardening.

The Co-op welcomed...



new Owners in November

Become an Owner at firstalt.coop/ownership

Meet the Newest Members of Our Leadership Team



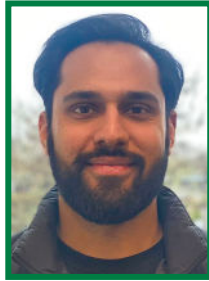
Blake
IT Manager



Mark
General Manager



Natasha
HR Manager



Raza
Finance Manager

It's a new year and a new era here at First Alternative with Mark Tarasawa, who has served as the Co-op's Finance Manager for the past fourteen years, officially stepping into his new role as our General Manager.

Mark is just one of the recent, exciting additions to our leadership team. We'd also like to offer a hearty Cooperative welcome to Raza Lashari, our new Finance Manager, and Natasha Anderson, our new HR Manager, both of whom are new to the Co-op. And we'd also like to welcome Blake Glanville, formerly our POS Specialist to his new role as IT Manager.

We're excited to see where we can all go together in the future. If you'd like to learn more about that yourself directly from our new general manager, join us later this month for a very special Co-op Community event...

Co-op Community Social Meet & Greet

Thus, Jan 23 from 5:30-7:30pm at the Corvallis Museum, located at 411 SW 2nd Street



Everyone in the community, Owners and otherwise, are welcome to join us as new GM

Mark introduces himself to the community and talks about his history and future with the Co-op. This night at the museum will feature giveaways and refreshments—including light snacks from the Co-op Kitchen and one free drink for each attendee.

Shop Sustainably with the Return of Reusable Containers

We're excited to announce that updated Oregon Department of Agriculture (ODA) guidance means we are once again able to officially encourage the use of reusable containers for bulk foods and other bulk products at the Co-op. Reusing containers is a great way to shop more sustainably. We ask that you please observe the following guidelines:

Reusable Container Guidelines:

- Must be designed for repeated use
- Must be in good condition
- Must be visibly clean
- Cannot be used for temperature controlled foods, i.e., refrigerated bulk foods, hot bar, or salad bar



Thanks, Wynston!

The Co-op would also like to offer up a huge thanks to Interim General Manager Wynston Estis, who stepped in to help steward the Co-op from the retirement of longtime General Manager Cindee Lolik to the appointment of Mark Tarasawa. Your experience and drive served as an inspiration to us all, Wynston!