

Additional Options

BECOME A CO-OP MEMBER-OWNER

- 10% OFF MONTHLY OWNER COUPON
- 5% OFF BULK EVERYDAY
- PROVISIONS CO-OP WHOLESALE ACCESS
- VOTING RIGHTS
- AND MORE!

PROVISIONS



Co-op Wholesale
orcasfood.coop (360)376-2009

Save big and stock your pantry!

Order by the case

Over 8,000 items available

Learn more at www.orcasfood.coop

Co+op™ basics

Co+op Basics offers everyday low prices on over 120 popular grocery and household items. Most of our Co+op Basics items are certified organic and GMO-Free.



ORCAS FOOD
CO-OP
Join us at the table.

CONTACT US

Orcas Food Co-op
138 North Beach Rd #913
Eastsound, WA, 98245

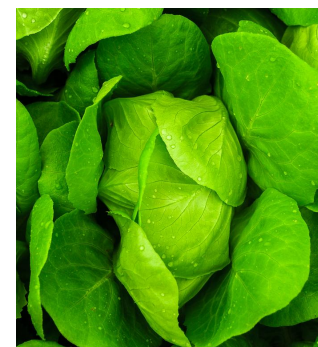
(360) 376-2009

<https://orcasfood.coop/>

For more information contact:
foodaccess@orcasfood.coop



ORCAS FOOD
CO-OP
On a Budget



join us at the table

AFFORDABLE OPTIONS

We believe that everyone should have access to healthy organic & local foods.

With a little planning, shopping at the Co-op can be easy and economical.

SHOPPING TIPS

- Take an inventory of what you have
- Make a Meal Plan for the week
- Look for the Co+op Deals and coupons
- Look for the Co+op Basics signs
- Use the bulk department
- Avoid shopping hungry.



Fresh Bucks is a program that helps families stretch their dollars by providing a 50% discount on all local produce as well as year round staples such as bananas, onions and crimini mushrooms.

Fresh Bucks matches the money you spend on eligible fruits and vegetables, up to \$20 per trip. Anyone enrolled in or eligible for SNAP or WIC is automatically eligible

Applications are available online or in-store

Sample Shopping List for a week of healthy food for under \$50

- 1LB BLACK BEANS *Organic*
- 1LB RICE BULK *Organic*
- 1LB MEDIUM ROLLED OATS *Organic*
- 1 CARTON OF WILCOX MEDIUM BROWN EGGS *Organic*
- 1 PACKAGE FIELD DAY TRAD SPAGHETTI 16 OZ *Organic*
- 1 FIELD DAY TOMATO SAUCE 15OZ *Organic*
- 1/2LB LIGHT BROWN SUGAR BULK *Organic*
- FIELD DAY BALSAMIC VINAIGRETTE *Organic*
- 1/2 POUND GIUSTO SEA SALT FINE *Organic*
- 1 WESTSOY TEMPEH 8 OZ *Organic*
- RUMIANO SHARP CHEDDAR CHEESE 8 OZ *Organic*
- 9 BANANAS *Organic*
- LOCAL SNOW PEAS 1/2# BAGS *Organic*
- 1 BUNCH CILANTRO LOCAL *Organic*
- 1/4 LB CRIMINI MUSHROOMS *Organic*
- 1 YELLOW ONION *Organic*
- 1LB BABY CARROTS *Organic*
- 1 HEAD RED BUTTER LETTUCE *Organic*
- 1 SQUIRRELLY BREAD *Organic*
- 1 KERRYGOLD IRISH BUTTER 8 OZ
- 2 OZ BULK GROUND CINNAMON *Organic*

This shopping list assumes that shopper uses Fresh Bucks

Sample Weekly Meal Plan

Breakfast	Oatmeal
Snack	Banana
Lunch	Salad with black beans
Snack	Hard-boiled egg & veggies
Dinner	Black Beans/rice/cilantro
Desert	Candied carrots

1

2

Breakfast	Oatmeal
Snack	Banana
Lunch	Leftover's from dinner
Snack	Cinnamon toast
Dinner	Grilled cheese

3

Breakfast	Eggs and toast
Snack	Banana
Lunch	Steamed veggies & tempeh
Snack	Hard boiled egg & veggies
Dinner	Spaghetti
Desert	Candied bananas

4

Breakfast	Oatmeal
Snack	Banana
Lunch	Leftover's from dinner
Snack	Carrots and Cheese
Dinner	Eggs in a basket

5

Breakfast	Oatmeal
Snack	Banana
Lunch	Grilled cheese
Snack	Hard boiled egg & veggies
Dinner	Black beans with veggies/rice
Desert	Rice pudding

6

Breakfast	Eggs and toast
Snack	Banana
Lunch	Leftover's from dinner
Snack	Cinnamon toast
Dinner	Spaghetti

7

Breakfast	Oatmeal
Snack	Banana
Lunch	Left overs
Snack	Carrots and cheese
Dinner	Salad with tempeh
Desert	Candied bananas/carrots