ORCAS FOOD CO-OP

Join us at the table.

Welcome!

At the Orcas Food Co-op we believe that healthy food is a basic human right.

We also know that getting healthy food can often be challenging.

To help support islanders in accessing healthy food we have put together a few resources to make your shopping experience easier.

Our Food Access Coordinator is available to help you navigate the co-op to help meet your needs. Reach out to them at foodaccess@orcasfood.coop or call at 360-376-2009 ext. 701

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.

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CONTACT US

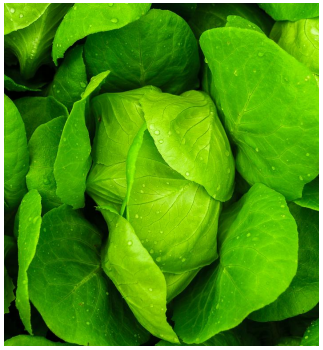
Orcas Food Co-op
138 North Beach Rd #913
Eastsound, WA, 98245

(360) 376-2009

https://orcasfood.coop/

For more information contact:
foodaccess@orcasfood.coop

ORCAS FOOD CO-OP On a Budget



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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

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 eligilble 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

1

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

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

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WEEKLY DELIVERY SCHEDULE

SAT/SUN	TUES	WED	THURS	FRI
Local Produce	Smart Chicken	Mainland Produce	Local Produce	Mainland Produce
	Dairy, Chill, Beverage	Jack Mountain Meats Thousand Hills Beef	Frozen & Shelf-Stable Goods	Barn Owl Bread
MON	Local Produce	Painted Hills Meat Anderson Ranch Meat	Beer and Wine	Local Produce
Mainland Produce	Warm Valley Eggs	Niman Ranch Meat Mary's Chicken		Grace Harbor Farms
	Seafood	Little Earth Tortillas Sunnyfield Chevre		Samish Bay Cheese
	Provisions	Fresh Breeze Dairy Old Silvana Raw Milk		
		San Juan Islands Food Hub		

*Due to our commitment to working directly with local farmers and producers, our delivery dates may vary.

*Meat and Fresh Breeze delivered on Wed. afternoon may not be avaiable to purchase till Thursday.

Programa Fresh Bucks en Orcas Island

Island Grown Food Solutions: acceso a alimentos frescos, saludables y locales para *todos*.

Fresh Bucks ofrece descuentos en frutas y verduras seleccionadas de hasta $20 cada vez que compre en Orcas Food Co-op.

¿Quién puede recibir Fresh Bucks?

Familias e individuos que cumplen con los requisitos de ingresos para alimentos básicos (anteriormente llamados cupones de alimentos). Por ejemplo, una familia de 4 que gana $ 4,183 al mes califica.

Cómo funciona

1. Rellene el formulario de inscripción adjunto
2. Devuelva el formulario al Orcas Food Co-op o al Orcas Community Resource Center
3. Recibirá una llamada o un correo electrónico de confirmación informándole que se ha activado su inscripción.
4. Los participantes pueden canjear hasta $20 en descuentos Fresh Bucks en cada compra. Por ejemplo: compra $40 en frutas y verduras. Recibe $20 en descuentos Fresh Bucks, por lo que el costo total es $20.

Frutas y verduras

Los artículos elegibles incluyen frutas y verduras locales (producidos en el condado de San Juan), así como frutas y verduras de la marca Co+op Basics.

Fresh Bucks es un programa financiado por la comunidad con asociaciones entre Orcas Community Resource Center, San Juan Health and Community Services y Orcas Food Co-op. Si desea obtener más información sobre los programas diseñados para apoyar el acceso a alimentos saludables, llame a San Juan Community Health al 360-378-4474 o a Orcas Community Resource Center al (360) 376-3184.

Este material fue financiado en parte por el Programa de Asistencia Nutricional Suplementaria del USDA - SNAP. Esta institución es un proveedor de igualdad de oportunidades.

Participant_____ Año del programa 2019/2020

Solicitud y afidávit para elegibilidad para el programa de Fresh Bucks de Orcas Island

Nombre: _____ # en la casa: _____

Dirección: _____ Teléfono: _____

◯ **Marque si es un miembro del Orcas Co-op Email: _____**

El programa de Fresh Bucks provee hasta $20 de beneficios con *cada compra* para comprar frutas y verduras cultivadas localmente y Produce Basics. El programa esta ofrecido a individuos y familias de bajos ingresos con la meta de mejorar su salud y nutrición. El programa también ayuda a la agricultura local cuando aumenta los dólares gastados en el Orcas Food Co-op.

Esta elegible para el programa de Fresh Bucks si cumple con los criterios siguientes:

◯ **Es un residente de condado de San Juan County *y*:**

◯ **Sus ingresos son menos de 185% del nivel de pobreza Federal. Esto significa que basado en el tamaño de su familia:**

Número de personas en la casa	Ingresos mensuales brutos	Ingresos anuales
1	$2,023	$24,276
2	$2,743	$32,916
3	$3,463	$41,556
4	$4,183	$50,196
5	$4,903	$58,836
6	$5,623	$67,476
Añada para cada persona mayor de 10:	$720	

◯ **Las familias inscritas en WIC y EBT son automáticamente pre calificados para el programa**

Cuando firma este formulario, está certificando que cumple con los requisitos de elegibilidad.

_____ _____

Firma de participante Fecha

Fresh Bucks Program on Orcas Island

Island Grown Food Solutions - access to fresh, healthy, and local food for *everyone*.

Fresh Bucks offers discounts on select fruits and vegetables up to $20 everytime you shop at the Orcas Food Co-op.

Who can receive Fresh Bucks?

Families and Individuals who meet the income requirements for Basic Food (formerly called food stamps). For example a family of 4 that earns $4,183 a month qualifies.

How it Works

1. Fill out attached enrollment form
2. Return form to Orcas Food Co-op or the Orcas Community Resource Center
3. You will receive a confirmation call or email letting you know your enrollment has been activated.
4. Participants can redeem up to $20 in Fresh Bucks discounts every purchase. Example: you purchase $40 of fruits and vegetables. You get $20 in Fresh Bucks discount, so the total cost is $20.

Eligible Fruits and Vegetables

Eligible items include all local produce (produced in San Juan County) as well as Co+op Basics produce items.

Fresh Bucks is a community funded program with partnerships between Orcas Community Resource Center, San Juan Health and Community Services, and the Orcas Food Co-op. If you would like more information about programs designed to support access to healthy food call San Juan Community Health at 360-378-4474 or the Orcas Community Resource Center at (360) 376-3184.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

Fresh Bucks Card #_____	Program Year 2019

Orcas Island Fresh Bucks Program
Application and Affidavit for Eligibility

Name: _____ **# in Household: _____**

Physical Address: _____

Phone: _____ **E-mail address: _____**

Fresh Bucks is now offering discounts on fruits and vegetables up to $20 every time you shop at the Orcas Food Co-op.

The Fresh Bucks Program's goal is for everyone to have access to fresh, healthy, local food. The Fresh Bucks program is a partnership with the Orcas Community Resource Center, San Juan County Health and Community Services, and Orcas Food Co-op helping low income families stretch their dollars to make healthy food more affordable.

Please check below to affirm that you are a resident of Orcas Island and meet the eligibility requirements:

◯ **I am a resident of Orcas Island *and*:**
◯ **I am currently enrolled in WIC and/or Basic Food.** *(Basic Food and WIC families have been pre-qualified and are automatically eligible for this program)*

OR

◯ **My income is below 185% of the Federal poverty Level.** *(see chart below)*

Number of people in household	Gross Monthly Income	Annual Income
1	$2,023	$24,276
2	$2,743	$32,916
3	$3,463	$41,556
4	$4,183	$50,196
5	$4,903	$58,836
6	$5,623	$67,476
Add for each person over 10:	$720	

By signing this form, I certify that I meet all the eligibility requirements.

_____ _____

Participant Signature Date

ONE CANOE VEGGIE RX

For Fresh Bucks users, there is an additional produce discount program called One Canoe that is operating a new Veggie Rx program.

If you are on Fresh Bucks and have a health condition that benefits from eating more fresh produce, you may qualify for Veggie Rx and $120 in additional produce discounts.

To learn if you qualify, email

onecanoesj@gmail.com

or leave a message at

360-842-3573.

www.oneisland.org/onecanoe-sj

ONE CANOE / VEGGIE RX

HOW FRESH BUCKS & VEGGIE RX WORK TOGETHER

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