

# Currents

OCEAN BEACH PEOPLE'S FOOD CO-OP  
APRIL 2026 OWNER NEWSLETTER



CHANGE

SHARE  
POWER

PICK A PRODUCT 2. FILL A BAG 3. RECORD PLU#

SAVE MONEY & REDUCE WASTE

THE BULK ISSUE | EARTH MONTH | ANNUAL MEETING

# OCEAN BEACH PEOPLE'S FOOD CO-OP



## WHY SHOP HERE?

-  4765 Voltaire St.  
San Diego, CA 92107
-  (619) 224-1387
-  [www.obpeoplesfood.coop](http://www.obpeoplesfood.coop)
-   @obpeoplesfoodcoop



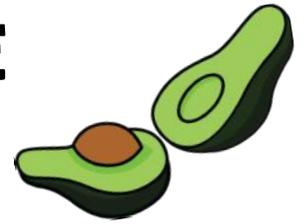
**OPEN DAILY**  
to **EVERYONE**  
**8am - 9pm**

-  support **LOCAL** farmers and producers
-  find nourishing **ORGANIC SUSTAINABLE & VEGETARIAN** health food and wellness products
-  be part of a **COMMUNITY-OWNED** cooperative business
-  enjoy delicious homestyle food from **PEOPLE'S VEGAN DELI & BAKERY** located upstairs

*Deli closes at 8pm.  
Grab & Go options  
always available!*



# WHAT'S INSIDE THIS ISSUE?



## 2 Co-op Updates

A message from the General Manager & important info about refrigeration project

## 4 The Bulk Issue

Our biggest bulk savings event of the year! Explore all bulk offerings at the Co-op

## 10 Health & Wellness

Bulk hair care, body care and home offerings + Our Wellness Manager's favorite San Diego hikes!

## 12 Owner Perks Sales Flyers

Rotating discounts throughout the store exclusively for co-op owners

## 14 Events & Happenings

Save the Dates: Annual Meeting on April 18<sup>th</sup>  
Spring Craft Fair on May 2<sup>nd</sup> & more!

## 16 Sales & Giveaways

Enter to win a BICYCLE from the Co-op!  
Operations Report & Scholarship Announcement

## 18 VOTE in the Co-op Board Election

The election has begun! Read candidate statement & proposed bylaws updates

**On the Cover:** Our glorious Bulk Department!



# Currents

**Currents** is a free monthly publication delivering news about upcoming community events & sales throughout the store + recipes, and ways to live a healthy lifestyle.

**Currents** is designed and published by the co-op's Marketing Director with content contribution from our operations team. It is printed locally in Ocean Beach at BK Printing using FSC certified paper made from responsibly sourced wood fiber.



When you're done reading, **Currents** is FULLY RECYCLABLE!

You can also read **Currents** online:  
[obpeoplesfood.coop/newsletter](http://obpeoplesfood.coop/newsletter)



**Let us know how we can improve!**

What do you like about **Currents**?

What do you want to see more of?

Please take a moment to fill out the survey!



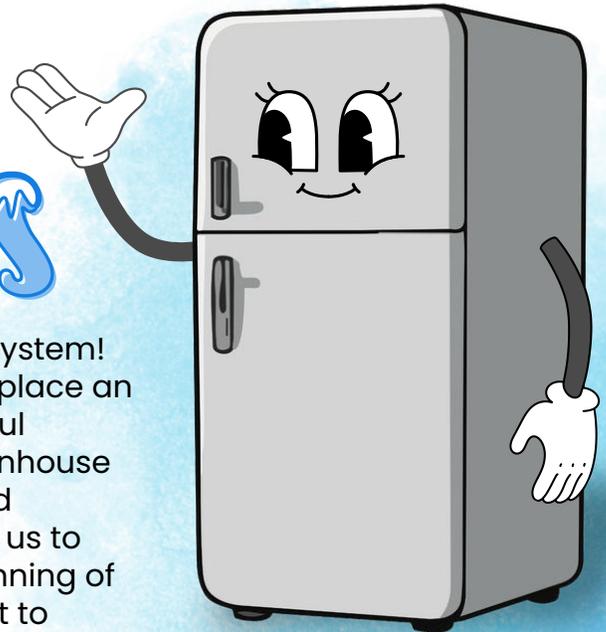
# FROM THE DESK OF THE GENERAL MANAGER

**Sarela Bonilla**, General Manager

While every month is Earth month here at People's, we'll certainly take *any* extra special opportunity to honor the beauty that surrounds us. With so much out of our control, it may sometimes feel difficult to know what actions to take.

- Host a clothing swap with your community rather than buying something new, or join your local Buy Nothing group and see what treasures your neighbors are giving away!
- Sign up to participate in Creek to Bay Clean-Up, one of the largest single-day environmental action events in San Diego County (register via *I Love a Clean San Diego*)
- Opt to bike or walk > driving. We are GIVING AWAY bicycles this month to two lucky co-op owners in honor of Earth Day, so be sure to shop at People's and enter your name to win. More details on page 16!
- We are so lucky to live in such a beautiful city, hit the park/trail/beach and enjoy adventures with friends – check out some of our Wellness Manager's favorite hikes on page 11.
- Opt to Buy in BULK! Did you know the co-op has a huge selection of Bulk foods, herbs, coffee, wellness, and household items? Save your favorite jars and containers, bring them to the co-op and refill them again and again and again. Plus, Owners save more during our biggest bulk savings event of the year: 15% off ALL Bulk from April 17-22!

**COLD STUFF  
HOT DEALS**



We are about to upgrade our entire refrigeration system! This is a preventative measure we are taking to replace an aged system and ensure it will not leak any harmful chemicals. The upgraded system will reduce greenhouse gas emissions, lower our energy consumption, and increase overall efficiency. This project will require us to temporarily close for a couple of days at the beginning of May. In the days leading up to the closure we want to make sure no product goes to waste, so there will be a **BIG SALE** on REFRIGERATED ITEMS! Here's what to expect:

**Fri May 1: 15% off**  
**Sat May 2: 20% off**  
**Sun May 3: 25% off**

**ALL cheese, frozen, perishables and refrigerated produce (leafy greens, mushrooms, berries, bell peppers & more)**  
*See in store for details!*

**Tentative Store Closure May 4, 5 and 6.** However, planned dates for the sale and closure are subject to change pending confirmation from our installation partner. We will keep everyone updated via in-store signage, social media, and owner emails.

Thank you, People's People!!

*Sarela Bonilla*



# The Bulk Dept

## HOW TO SHOP BULK:

### Step 1

Bring your own vessel from home (think Tupperware, an old pepper grinder, a glass jar!) or use one of our free recyclable paper bags or compostable green bags.

### Step 2

Bring it to a cashier so they can weigh the empty vessel. They'll note the weight on a small sticker. You don't pay for the weight of your vessel!

### Step 3

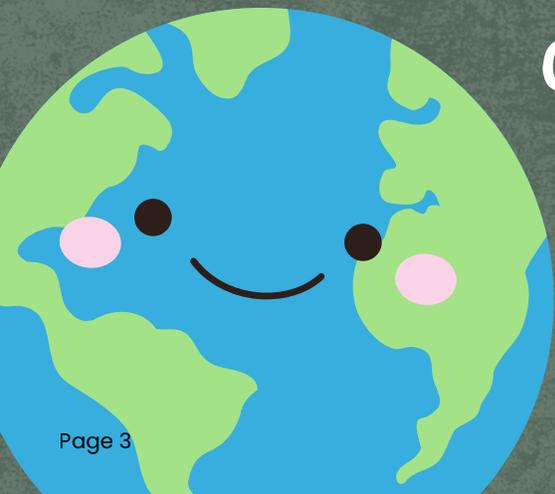
Head to the bulk aisles! Scoop out or load up on exactly what you need. Don't forget: use our stickers and pens to write down the bin number!

# BULK SALE: APRIL 17-22

**CO-OP OWNERS ENJOY 15% OFF**

The ENTIRE Bulk Foods Department  
All Bulk Coffee, Herbs, Tea & Spices  
& All Bulk/Refill Body Care & Household

**SAVE MONEY &  
REDUCE WASTE**



Unlimited transactions! Save throughout the entire duration of the sale.



# Bulk Pantry Staples

Keep your pantry stocked and full

## Grains + Rice

- Crispy Quinoa Cereal
- Oat Bran
- Wheat Bran
- Barley Flakes
- Rye Flakes
- Five Grain Flakes
- Kamut Flakes
- Raspberry Muesli
- Mystic Mango Muesli
- Steel Cut Oats
- Quick Rolled Oats
- Thick Rolled Oats
- Reg. Rolled Oats (18)
- Sushi Rice
- Arborio Rice
- White Basmati Rice
- Brown Basmati Rice
- Brown Jasmine
- White Jasmine
- Wild Rice
- Red Rice
- Forbidden Rice
- Farro (8)
- Millet (6)
- Hard Red Winter Wheat
- Bulgar Wheat
- Buckwheat Groats
- Oat Groats

## Pasta

- Semolina Couscous
- Brown Rice Spirals
- Brown Rice Penne
- Fusilli
- Farfalle
- Elbow Pasta
- Penne Rigata (6)

## Sweeteners + Oils

- Liquid Aminos\*
- Apple Cider Vin (5)
- Olive Oil (9)
- Maple Syrup (11)
- Local & Raw Wildflower Honey\*(15)

## Dried Mushrooms

- Maitake Mushrooms
- Oyster Mushrooms
- Shiitake Mushrooms
- Lion's Mane Mushrooms

## Beans + Legumes

- Green Split Peas (3)
- Yellow Split Peas
- Mung Beans (4)
- Mung Dal
- Black Lentils (13)
- Green/Brown/Red Lentils (21)
- French Lentils
- Soy Beans (14)
- Adzuki Beans (17)
- Cannellini Beans
- Black Eyed Peas
- Great Northern Beans
- Navy Beans (19)
- Cranberry Beans
- Kidney Beans
- Garbanzo Beans
- Black Beans
- Pinto Beans
- Red Chili Beans
- Sunset Soup Mix (20)

## Pseudocereals

- Amaranth
- Kasha (7)
- Quinoa
- Tri-Colored Quinoa (10)



# Bulk Herbs + Spices

FIND ORGANIC BULK HERBS & SPICES IN OUR WELLNESS DEPT!



DRIED CHILI FLAKES



CHIA SEEDS



PEPPERCORNS



GARLIC POWDER



BAY LEAVES

with all of the organic essentials!

## Seeds

- Brown Flax Seeds
- Golden Flax Seeds
- Raw Sunflower Seeds (1)
- Raw Pumpkin Seeds
- Unhulled Sesame Seeds
- Hulled Sesame Seeds (16)
- Black Sesame Seeds (16)
- White Popcorn Kernels
- Yellow Popcorn Kernels
- Multicolor Popcorn (12)

## Misc.

- Nutritional Yeast\*
- \*not organic

## How to Cook Mung Beans

Place 1 cup mung beans into a pot  
 Cover the mung beans with 3 cups water  
 Bring the mixture to a boil  
 Reduce heat and simmer until beans are tender

## Fun fact!

Almost all of the rice in our bulk department is from California growers, Lundberg Family Farms!



Reuse your spice jars and refill them forever!

- Italian seasoning
- Baking soda
- Cajun spice
- Nutmeg (ground & whole)
- Onion flakes
- Star Anise
- Cinnamon sticks

+ more!



# Bulk Baking Staples

Whether you need a pinch or a pound,

## Flours

- Whole Wheat Flour
- WW Pastry Flour
- Unbleached White Flour
- Oat Flour
- Buckwheat Flour
- White Spelt Flour (2)
- Whole Spelt Flour
- Almond Flour
- Garbanzo Flour
- Brown Rice Flour
- Blue Corn Masa
- Yellow Corn Masa (6)
- Coconut Flour

## Sugars

- Coconut Palm Sugar
- Fair Trade Evaporated Cane Sugar (8)
- Light Brown Sugar (5)

## Salts

- Raw Himalayan Pink Fine Sea Salt\*(1)
- Refined Sea Salt\*

## Chocolate

- 65% Dark Choc Wafers
- Unsweetened Choc Chips (4)
- Coconut Sweetened Dark Choc Drops
- Raw Cacao Nibs
- Raw Cacao Powder (3)
- Raw Carob Powder
- Cacao Butter

## Toppings

- Medium Shredded Coconut
- Raw Sun-Dried Coconut
- Toasted Coconut Smiles (7)

## People's Oatmeal Raisin Cookies

(makes 20-24 cookies)

\*not organic

- 2 cups rolled oats
- 1½ cups + 2 tbsp whole wheat pastry flour
- ¾ tsp baking soda
- 1½ tsp cinnamon
- ¼ tsp sea salt
- 1 cup raisins
- ¾ cup maple (or agave) syrup
- ¾ cup sunflower oil

Preheat oven to 350°. Mix all dry ingredients together. Mix all wet ingredients together. Combine the wet and dry ingredients, mix well, then fold in the raisins. Using a cookie scoop or rounded tablespoon, drop dough on a lightly oiled cookie sheet and press down. Bake for 14 mins, rotating the sheet after 7. Remove from oven, let cool. Enjoy!



Bulk Tea  
+ Coffee

find what you need in our bulk aisles!

## Bulk Coffee



PACHAMAMA  
— CAFÉ ORGÁNICO —



ALTA  
ORGANIC COFFEE WAREHOUSE  
& ROASTING CO.



## Organic Loose Teas

- Herbal Chai
- Green Chai
- China Black Tea
- Decaf Black Tea
- Earl Grey Tea
- English Breakfast
- Irish Breakfast
- Premium Sencha
- Mango Ceylon
- Twig Tea
- Darjeeling Tea

## Organic Dried Flowers + Herbs

- Calendula
- Cat's Claw
- Corn Silk
- Jasmine Dragon Pearls
- White Peony Tea
- Cramp Bark
- Matcha Grade A
- Red Clover Blossoms
- Stevia Herb
- Wildcrafted Lobelia
- St. John's Wort
- Yarrow
- Marshmallow Root
- Red Rose Petals

+ more!

[note: all dried flowers and select herbs are pre-packed/pre-priced!]

## Pro Tip!

Find tea-making supplies in our General Merch section!

DATE	ISSUED TO
	Tre's Fave Tea
	Licorice
	Peppermint
	Nettle
	Use an infuser to steep tea in a cup of freshly boiled water for 5-7 mins. Remove tea bag and enjoy! This recipe is a go-to for our Wellness Manager, Tressa.
	Page 7

# Bulk Snack Staples



For trail hikes or midday snacks, the

## Seeds + Nuts

- Roasted Peanuts
- Roasted Almond Stock
- Sliced Almonds
- Salted Pistachios (2)
- Raw Shelled Pistachios
- Raw Pistachios
- Brazil Nuts (9)
- Truly Raw Almonds (1)
- Dry Roasted Salted Almonds
- Tamari Almonds
- Roasted & Salted Mixed Nuts
- Roasted No Salt Mixed Nuts
- Raw Walnut Halves
- Pecans
- Macadamia Nuts
- Whole Raw Cashews
- Roasted Unsalted Cashews
- Roasted & Salted Cashews
- Spicy Chipotle Cashews
- Pine Nuts (6)
- Filberts/Hazelnuts

## Candy

- Chocolate Toffee
- Pistachios
- Dark Chocolate
- Toffee Almonds
- Chocolate Almonds (4)
- Chocolate Peanuts
- Milk Chocolate
- Cherries
- Chocolate Pecan
- Caramels
- Dark Chocolate
- Coconut Chews
- Dark Chocolate Sea Salt Cashews
- 65% Dark Chocolate Raisins
- Jolly Beans
- Vegan Sour Worms (13)
- Vegan Gummy Bears (14)
- Vegan Wine Gummies
- Sunny Gummy Bears
- Sunny Gummy Fruit Slices
- Licorice Helix Rolls (12)

## Energy Chunks

- Chia Energy Chunks
- Turmeric Flax Chunks
- Supergreen Chunks
- Cacao Goji Chunks (15)

## Dried Fruit

- Mango (11)
- Chili Lime Mango
- Smyrna Figs
- Black Mission Figs
- Turkish Apricots
- Raw Golden Berries
- Crystallized Ginger
- Banana Chips (7)
- White Mulberries (3)
- Papaya
- Jackfruit
- Sun-Dried Tomatoes



5



10



15



# Did you know?

People's has our own made in-house item in the bulk dept! Look for People's Granola in the bulk bins.

People's granola is made with:

- oats
- almonds
- walnuts
- oatbran
- barley
- rye flakes
- sesame seeds
- maple syrup
- barley malt syrup
- oranges (for zest/juice)
- raisins
- dried apples
- vanilla

bulk dept has what you need!

## Granola + Trail Mix

- Classic Granola (8)
- Coconut Almond Granola
- Raspberry Crunch Granola
- Blueberry Almond Granola
- Keto Power Mix
- Ginger Hemp Granola
- Coconola Granola
- Coconola PB Granola
- Pumpkin Flax Granola
- Himalayan Goji Granola
- French Vanilla Almond Granola
- Cranberry Cashew Pecan Granola
- Choc Chunk Granola
- Honey Nut Granola
- Apple Cinnamon Granola
- Hit the Trail Mix
- Chocolate Paradise Trail Mix
- Antioxidant Trail Mix

## Peanut + Almond Butter

- Roasted Almond Butter
- Peanut Butter Stock (5)

Try it!  
On sale this month!



April 17-22

15% off

People's Bulk Granola

Owner exclusive!



OWNER PERKS: APRIL 17-22

# Bulk Wellness



Bulk goes beyond the pantry. Stock up on home essentials!

## Haircare

- Shikai Tea Tree Shampoo & Conditioner
- Griffin Remedy Daily Renewal Shampoo & Conditioner
- Zatik Calming Shampoo
- Zatik Deep Moisturizing Shampoo & Conditioner

## Bodycare

- Zatik Unscented Hand Soap
- Griffin Remedy Foaming Hand Soap
- EO Hand Soap (2)
- Griffin Remedy Body Lotion
- Griffin Remedy Omega-3 Body Lotion
- NutriBiotic Coconut Oil Body Soap
- NutriBiotic Skin Cleanser
- Bubble Bear Bubble Bath

## Home

- Oasis Laundry Detergent
- Oasis Dishwash & All Purpose Cleaner
- Dr. Bronner's Sal Suds Biodegradable Cleaner (3)
- Dr. Bronner's Magic Refill Station
- Dr. Bronner's 32oz Refill Cartons (1)

## Fun fact!

People's was the first co-op in the US to offer Dr. Bronner's Magic Soap Refill Station! Since then, we have helped keep approximately 3,500 bottles out of the landfill!

Purchase an empty rainbow-colored Dr. Bronner's bottle at the co-op or bring your own vessel from home!



DR. BRONNER'S  
**ALL-ONE!**



# HEALTH & WELLNESS

## Behold Your City's Beauty!

Living in San Diego means we have access to some of the most beautiful and diverse landscapes. It is one of the few places where you can bask in the desert sun and dip your toes in the ocean all in one day. I have done it myself, and it truly makes you feel like you are living life to the fullest and taking advantage of everything the city has to offer. This Spring, I urge you to head outside and explore the beauty! Experiencing blooming flowers will energize your body and pausing to appreciate the simplicity of nature will calm your mind. **Some of my favorite hidden trails close by**



### Morley Field & Florida Canyon Trails

Just a block east of the San Diego Zoo is a network of scenic trails tucked among the wild coastal scrubs, native plants, and seasonal flowers. This hidden pocket of nature offers a peaceful escape while still being in the heart of the city. You can park at the Morley Field dog park and start exploring the many trails that wind through the canyon. *Insider Tip:* For those feeling more adventurous, head southwest towards the Balboa Park switchbacks to the Balboa Park Cactus Garden.

### Maple Canyon Trail

Another hidden trail which begins near the western edge of Balboa Park by 6<sup>th</sup> Ave, close to the historic Marston House. Follow the sidewalk down switchbacks that lead you to a pedestrian bridge and cross over the I63 Cabrillo Freeway. After crossing the bridge, make a left and follow the trail. Listen to the birds singing or spot a squirrel darting through the underbrush. Keep going until you climb up steep steps on the left and it will lead you to Richmond Street in Hillcrest.

If you want to go for a full-day adventure, I highly recommend heading out to the desert or the mountains. It is a bit longer drive, but the solitude and expansive scenery make it well worth the trip. Leaving the city behind and immersing yourself in a new environment not only refreshes the senses, but also clears the mind, eases stress and nurtures your overall wellbeing. **Some of my favorite trails in the desert & mountains**

### Pictograph Trail-Anza Borrego

Easy to moderate ~2.5-mile round trip trail that winds through Smuggler's Canyon, leading you to the Kumeyaay pictographs – striking red and yellow rock paintings that have survived hundreds of years. Walk among the cholla cactus, creosote bushes, and desert lilies. Close by is the Morteros trail which shows ancient food-grinding holes carved in the rocks. View the deep indigenous history while being in the silence of the desert. This is one of my favorite places to regain balance. *Insider tip:* After hiking, refresh your body by visiting the Agua Caliente Hot Springs, just south on the S2 highway. The pool's natural sulfur will soothe your skin and relax your muscles.

### Mt. Laguna Meadow Trail

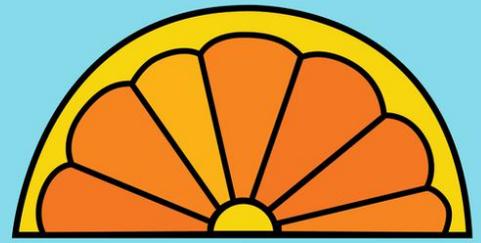
Trade the desert heat for mountain air and lush greenery. The Meadow Trail offers seasonal wildflowers, pine trees, and sweeping meadow views. Experience its vibrancy after all the rain. Keep an eye out for wild turkeys, quail, or even the occasional hawk soaring by overhead. Observing wildlife on the trail is a natural form of mindfulness, encouraging you to slow down, notice the small intricate details, and feel connected to the rhythms of nature. *Insider Tip:* If you cannot bear to leave this mountain oasis, stay the night at the Mt. Laguna Campground or use an Adventure Pass to park in designated side streets to make your own camp away from everyone else.

San Diego offers a remarkable variety of landscapes just waiting to be explored. From the hidden trails like Morley Field or Maple Canyon to full-day adventures like the Pictograph Trail or the meadows of Mt. Laguna, each path leads you in the same direction: inner peace. Some say beauty is in the eye of the beholder, so I say, **behold your city and its beauty**. Take the time to venture out, you may be surprised where the path leads you.



# OWNER SALES

April 1-15



## OWNER PERKS

### BULK:

<p><b>ORGANIC SWEETENED BANANA CHIPS</b></p>  <p><b>\$4.99</b> REG 5.45 <b>SAVE 46¢</b></p>	<p><b>ORGANIC WHITE QUINOA</b></p>  <p><b>\$2.99</b> REG 3.99 <b>SAVE 1.00</b></p>	<p><b>ORGANIC PECAN HALVES &amp; PIECES</b></p>  <p><b>\$11.99</b> REG 14.99 <b>SAVE 3.00</b></p>	<p><b>ORGANIC MED. SHREDDED COCONUT</b></p>  <p><b>\$3.79</b> REG 4.25 <b>SAVE 46¢</b></p>
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### GROCERY & PERISHABLES:

<p>Hebel &amp; Co <b>ORGANIC HALVA</b> All varieties (8 oz)</p>  <p><b>\$10.99</b> REG 13.99 <b>SAVE 3.00</b></p>	<p>Otto's <b>CASSAVA FLOUR</b> (16 oz)</p>  <p><b>\$7.99</b> REG 8.75 <b>SAVE 76¢</b></p>	<p>Lunchskins <b>SANDWICH BAGS</b> (50 count)</p>  <p><b>\$5.29</b> REG 6.35 <b>SAVE 1.06</b></p>	<p>Bare Fruit <b>ORGANIC APPLE CHIPS</b> All varieties (3 oz)</p>  <p><b>\$5.99</b> REG 6.75 <b>SAVE 76¢</b></p>	<p>Sambazon <b>ORGANIC DRAGONFRUIT JUICE</b> (32 oz)</p>  <p><b>\$6.99</b> REG 7.79 <b>SAVE 80¢</b></p>
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<p>Bob's Red Mill <b>ORGANIC FLOUR</b> Unbleached White &amp; Stoneground Wheat (5 lb)</p>  <p><b>\$7.55</b> REG 9.55 <b>SAVE 2.00</b></p>	<p><b>ARTISAN UNBLEACHED BREAD FLOUR</b> (5 lb)</p>  <p><b>\$5.99</b> REG 7.39 <b>SAVE 1.40</b></p>	<p>BioBag <b>3 GALLON TRASH BAG</b> (25 bags)</p>  <p><b>\$3.89</b> REG 5.19 <b>SAVE 1.30</b></p>	<p><b>13 GALLON TRASH BAG</b> (12 bags)</p>  <p><b>\$4.35</b> REG 5.65 <b>SAVE 1.360</b></p>
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<p>Bonne Maman <b>FRUIT PRESERVES &amp; LEMON CURD</b> All varieties (12.7-13 oz)</p>  <p><b>\$6.49</b> REG 8.35 <b>SAVE 1.86</b></p>	<p>Lesser Evil <b>ORGANIC CHEEZMOS SNACKS</b></p>  <p>Both varieties (7 oz) <b>\$4.59</b> REG 5.99 <b>SAVE 1.40</b></p>	<p>Cado <b>VEGAN AVOCADO ICE CREAM</b> All varieties (pint)</p>  <p><b>\$6.49</b> REG 7.69 <b>SAVE 1.20</b></p>	<p>Enjoy Life Foods <b>RICEMILK CHOCOLATE-STYLE MORSELS</b> (9 oz)</p>  <p><b>\$7.19</b> REG 9.49 <b>SAVE 2.30</b></p>	<p>Mamma Chia <b>ORGANIC CHIA BEVERAGES</b> Both varieties (10 oz)</p>  <p><b>\$2.99</b> REG 3.99 <b>SAVE 1.00</b></p>
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### WELLNESS:

**15% off** ALL (NFD)  
The Unscented Co.

**20% off** ALL (NFD)  
Aloe Life  
Aurora Nutrascience  
Nature's Plus  
Stasher Bags



**25% off** ALL (NFD)  
Ollois  
Garden of Life

### DELI:

**April 1-30**  
**15% off**  
Carrot Cake



**April 1-7**  
**\$2 off**  
Grab & Go Cut Fruit

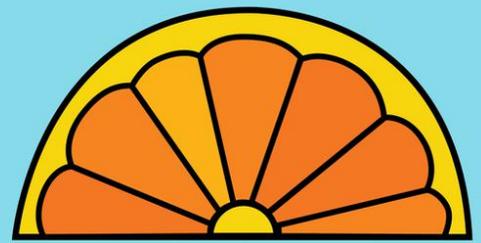


**GRAB & GO!**

Owners only. Unlimited transactions.

# OWNER SALES

## April 16-30



# OWNER PERKS

### BULK:

<b>ORGANIC PITTED PRUNES</b> <b>\$6.99</b> REG 9.99 <b>SAVE 3.00</b>	<b>ORGANIC ALMOND BUTTER</b> <b>\$10.99</b> REG 11.99 <b>SAVE 1.00</b>	<b>ORGANIC WALNUT HALVES &amp; PIECES</b> <b>\$7.99</b> REG 8.99 <b>SAVE 1.00</b>	<b>ORGANIC GARBANZO BEANS</b> <b>\$2.79</b> REG 3.45 <b>SAVE 66¢</b>	<b>ORGANIC FRENCH LENTILS</b> <b>\$3.49</b> REG 3.75 <b>SAVE 26¢</b>
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### GROCERY & PERISHABLES:

Hebel & Co <b>ORGANIC HALVA</b> All varieties (8 oz)  <b>\$10.99</b> REG 13.99 <b>SAVE 3.00</b>	BioBag <b>RESEALABLE SANDWICH BAGS</b> (25 bags)  <b>\$3.85</b> REG 4.85 <b>SAVE 1.00</b>	Lunchskin <b>SANDWICH BAGS</b> (50 count)  <b>\$5.29</b> REG 6.35 <b>SAVE 1.06</b>	Manitoba <b>ORGANIC GRANOLA</b> All varieties (10 oz)  <b>\$5.29</b> REG 6.75 <b>SAVE 1.46</b>	
Bob's Red Mill <b>ORGANIC FLOUR</b> Unbleached White & Stoneground Wheat (5 lb)  <b>\$7.55</b> REG 9.55 <b>SAVE 2.00</b>	ARTISAN UNBLEACHED BREAD FLOUR (5 lb)  <b>\$5.99</b> REG 7.39 <b>SAVE 1.40</b>	Manukora <b>RAW MĀNUKA HONEY 200+</b> (8.82 oz)  <b>\$19.99</b> REG 31.99 <b>SAVE 12.00</b>	RAW MĀNUKA HONEY 600+ (8.82 oz)  <b>\$43.99</b> REG 51.99 <b>SAVE 8.00</b>	
Cobram <b>EXTRA VIRGIN OLIVE OIL</b> Australian & California (12.7 oz)  <b>\$10.99</b> REG 14.65 <b>SAVE 3.66</b>	EXTRA VIRGIN OLIVE OIL California (25.4 oz)  <b>\$17.99</b> REG 23.59 <b>SAVE 5.59</b>	Sambazon <b>ORGANIC DRAGONFRUIT JUICE</b> (32 oz)  <b>\$6.99</b> REG 7.79 <b>SAVE 80¢</b>	Cado <b>AVOCADO ICE CREAM</b> All varieties (pint)  <b>\$6.49</b> REG 7.69 <b>SAVE 1.20</b>	Mamma Chia <b>ORGANIC CHIA BEVERAGES</b> Both varieties (10 oz)  <b>\$2.99</b> REG 3.99 <b>SAVE 1.00</b>
Lily's <b>ORGANIC CHOCOLATE BARS</b> All varieties (2.8-3 oz)  <b>\$4.45</b> REG 6.75 <b>SAVE 76¢</b>	Green Forest <b>BATHROOM TISSUE</b> (12 pack)  <b>\$11.49</b> REG 14.99 <b>SAVE 3.50</b>	PAPER TOWELS (1 roll)  <b>\$2.29</b> REG 2.99 <b>SAVE 70¢</b>	FACIAL TISSUE (175 count)  <b>\$2.99</b> REG 3.99 <b>SAVE 1.00</b>	

**15% off** ALL (NFD)  
**The Unscented Co.**  
**20% off** ALL (NFD)  
**Aloe Life**  
**Aurora Nutrascience**  
**Nature's Plus**  
**Stasher Bags**



**25% off** ALL (NFD)  
**Oloöis**  
**Garden of Life**

**April 16-30**  
**\$1 off**  
**Watermelon Sunrise Juice**



**April 17-22**  
**15% off**  
**People's Bulk Granola**



Owners only.  
 Unlimited transactions.

# UPCOMING EVENTS & HAPPENINGS

**SATURDAY**  
**APRIL 4**  
**11AM**

## BOARD CANDIDATE MEET & GREET

Stop by the co-op for snacks & connect with the candidate, Kara Conner.

**+ CAST YOUR VOTE in the Board of Directors Election by April 18th!**



**SATURDAY**  
**APRIL 11**  
**9AM-1PM**

## KNIFE SHARPENING POP-UP

Get your knives & tools sharpened by Tio of @tiomobileknife in front of the co-op.

- Pricing ranges from \$6-\$19 depending on item
- Cash or contactless payment accepted

**Second Saturday of every month!**



**SATURDAY**  
**APRIL 18**  
**11AM-1PM**

# OCEAN BEACH PEOPLE'S FOOD CO-OP *Annual Meeting*



### *What is the Co-op's annual meeting?*

Each year we gather the community together to talk about the state of the Co-op, reflect on ups and downs of the past year, and look forward toward the future together. It's an important moment to gather and connect over the shared mission, vision and values of this community-owned business. Everyone is welcome!

### *What can you expect from this event?*

- Food & Freebies: Attendees will enjoy snacks from our deli and produce dept, refreshing beverages, and some special giveaways, too.
- Community Connection & Donations: Connect with local community organizations and bring/buy food donations to support our community partners: Feeding San Diego, Western Service Workers, and We All We Got SD.
- Speeches: Hear about the financial health and impact of the co-op from our Board President, General Manager and Operations Managers, and learn about the future of organic farming in San Diego from our new scholarship partner CCOF (California Certified Organic Farmers). Keynote speech from Thaddues Barsotti, Co-Founder Farm Fresh To You and Co-Owner of Capay Organic.
- Kids Corner: We'll also have a booth at the event with facepainting, glitter tattoos and other fun activities for kids!

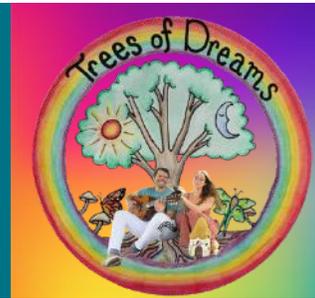


**SUNDAY**  
**APRIL 26**  
**10:30AM**

### INTERACTIVE PERFORMANCE FOR KIDS

Join music duo and puppet theatre team Trees of Dreams for a morning full of music, laughter, learning & fun that the whole family will enjoy in the co-op's community room!  
**Last Sunday of every month!**

**FREE!**



**WEDNESDAY**  
**APRIL 29**  
**6:00PM**

### DIY CRAFT ACTIVITY

Join the Ocean Beach Library in People's community room located upstairs inside the co-op for a different DIY craft activity each month. All ages welcome!  
**4th Wednesday of every month!**

**FREE!**



**SATURDAY**  
**MAY 2**  
**11AM-3PM**

# People's Spring Craft Fair

EXPLORE HANDMADE OFFERINGS FROM 30+ LOCAL ARTISTS & MAKERS!

HEAD TO THE CO-OP TO FIND THE PERFECT HANDMADE GIFT FOR THE MOM IN YOUR LIFE + ENJOY COMMUNITY, MUSIC, AND GRAB A BITE TO EAT UPSTAIRS IN OUR VEGAN DELI & BAKERY



**OB People's Food Co-op** 🌸 **4765 Voltaire St, San Diego**



# EARTH MONTH SALES & GIVEAWAYS

While every month is Earth month here at People's, we'll take any extra special opportunity to honor the beauty that surrounds us. We're celebrating by taking care of our planet, together!

## ENTER TO WIN A BICYCLE FROM THE CO-OP!



This month we are giving away bicycles to TWO lucky Co-op owners!!! Riding a bike not only improves physical & mental health, but also the health of the planet by reducing harmful emissions, chemicals and pollutants. We purchase these bikes from our neighbors at Bernie's Bike Shop here in Ocean Beach!

### How to Enter:

- 🌍 Shop at People's between April 8<sup>th</sup> to 22<sup>nd</sup>
- 🌍 Submit your name in the raffle at the front of the store (\*please enter your name only once. Those who enter multiple times will be disqualified)
- 🌍 Two Winners will be randomly drawn on Earth Day: Wednesday, April 22<sup>nd</sup>



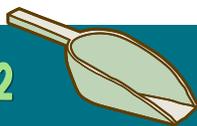
## EARTH MONTH COLORING CONTEST

Pick up a coloring sheet at the registers and decorate it however you want. Make it silly, colorful, unique, just make it yours for all the Co-op to see. Coloring outside of the box – or, circle – is encouraged!

Submit your Earth to the Co-op by April 29<sup>th</sup>



## BULK SALE: APRIL 17-22



## CO-OP OWNERS ENJOY 15% OFF!

### Save money!

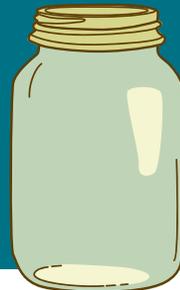
Buying in Bulk is more affordable. We buy large quantities and are able to pass those savings on to our shoppers.

### Reduce waste!

Get all your pantry staples, snacks, nut butters, and even shampoo, without any of the packaging. Plus, you can reuse jars and bottles you already have. Just bring your container into the store, ask a cashier to weigh it, and then refill it with whatever you like.

### Experiment with new ingredients

Buy a pinch, or a pound! In our Bulk Department you can buy exactly what you need, and just that amount. Plus, our Bulk offerings are vast, come check it out!



## WANDERING GOAT COFFEE SALE CO-OP OWNERS ENJOY 15% OFF FROM APRIL 5-19



Stock up on these high quality, shade-grown, freshly-roasted, 100% certified organic coffee beans. Sourced from all over the world and produced using the most sustainable methods for the earth and the farmers alike.

# OPERATIONAL REPORT

## April 2026, reporting January 2026 Financials

January	2026	2025	% Change
Total Revenue:	\$898,944	\$1,014,305	11.7%
Basket Size:	\$33.81	\$32.71	3.3%
Transaction (customer) Count:	29,587	31,109	-4.8%
New Owner Count:	250	115	117%
Renewing Owner Count:	455	455	0%

- January total revenue (sales after discounts) was \$898,944 compared to our January 2026 plan of \$922,721 for achieved sales below plan for the month of \$23,777 or 2.6%
- Total cost of goods (purchases) for January 2026 came in at \$497,603 compared to plan of \$557,193, for a decrease of 10.7% or \$59,590
- Total personnel expenses for January 2026 came in at \$268,996 compared to plan of 262,002 for an increase to personnel costs of 2.7% or \$6,994.
- Labor as a % of net revenue for January 2026 was 29.9% compared to plan of 28.4% of net revenue.
- People's closed 2025 at a net loss of \$292,194 compared to our planned loss of \$186,122.



Our Marketing team went to Expo West (a massive Natural Products expo in Anaheim) last month and we brought in lots of new products.

Look out for these tags!



**HELP SUPPORT  
FUTURE  
ORGANIC  
FARMERS  
IN SAN DIEGO!**

 We are so excited to announce the Co-op is partnering with CCOF (California Certified Organic Foundation) to support the future of organic farming in San Diego County, by funding a student Scholarship program!

We will be directing \$5,000 from our Donations Budget to fund a this scholarship which will be awarded to a college or vocational student training for a career in organic. The scholarship directly supports a student by helping cover tuition and educational expenses.

Why? As an almost entirely organic grocery store and deli, People's is committed to investing in the health and safety of our future food system. The more farmers starting out who pursue organic, the more we increase organic acreage and feed our communities organic food.

We're also calling on you to **Round Up at the Register for the future of organic farming in San Diego!** Simply rounding up to the nearest dollar can have a significant collective impact. People's will fund one \$5,000 scholarship, while additional funds raised via Round Up will go toward a second student scholarship. **Together we can make a real impact, because change adds up!**

# OCEAN BEACH PEOPLE'S FOOD CO-OP

# BOARD OF DIRECTORS

# 2026 ELECTION

Each year, our food cooperative's annual election gives co-op owners a vital opportunity to participate in cooperative democracy. **This year's vote is especially important, as owners will be asked to elect Directors to the Board and vote on proposed updates to the Co-op's Bylaws.**

In a cooperative, ownership comes with both benefits and responsibilities. The Board of Directors — elected by and from the ownership — guides the co-op's long-term strategy, protects its mission, and ensures financial and organizational health. By voting in board elections, you help select leaders who reflect your priorities, values, and vision for the co-op's future.

Bylaws are the foundational rules that define how our cooperative operates: how decisions are made, how leadership is structured, and how owners' rights are protected. Periodic updates help ensure these rules remain clear, relevant, and aligned with best practices and the evolving needs of our co-op. Voting on Bylaws changes is a direct way to shape how your cooperative operates — not just today, but for years to come. Whether the updates clarify processes, strengthen accountability, or support long-term stability, member approval is essential.

High **participation in both elections and Bylaws votes strengthens our cooperative.** It signals an engaged membership and reinforces the principle that this co-op truly belongs to its owners. Voting is simple, but its impact is lasting. By casting your ballot, you help keep our cooperative democratic, resilient, and rooted in shared ownership.

## YOUR CO-OP. YOUR VOICE. YOUR VOTE.

**Voter Eligibility:** Each owner with a current annual investment is entitled to one vote.

The person voting must be the household owner whose name appears as the primary shareholder on the ownership application. If you have any questions or are unsure of your owner number, email: [membership@obpeoplesfood.coop](mailto:membership@obpeoplesfood.coop) or call (619) 224-1387 and ask for our Membership Department.

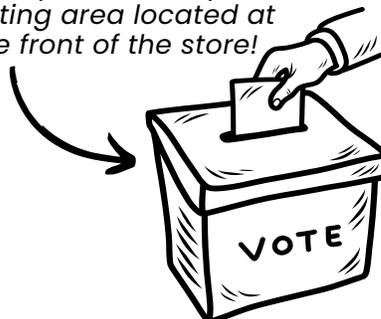
***Review the proposed bylaws updates & candidate statement and  
Cast your vote for the open seat on the co-op's board by April 18<sup>th</sup>***

**VOTE ONLINE HERE** or **VOTE IN PERSON**



[obpeoplesfood.coop/boardofdirectors](https://obpeoplesfood.coop/boardofdirectors)

*Cast your vote in person in the voting area located at the front of the store!*



# PROPOSED BYLAWS UPDATES:

scan code to review  
complete bylaws

obpeoplesfood.coop ↪  
/boardofdirectors



SECTION	CURRENT	PROPOSED	WHAT IT MEANS	WHY
2.3	"...may waive the share purchase requirement in whole or in part for low-income or disabled persons."	"... may waive the share purchase requirement in whole or in part for persons qualifying as low-income, disabled, or enrolled students."	Add students to group eligible for membership discount	Gives flexibility to apply discounted membership to students encouraging co-op participation at younger age
4.4	n/a	"... no Director may serve more than three (3) consecutive full or partial terms. After serving three consecutive terms, a Director shall be ineligible for election or appointment for a period of one (1) year, after which the Director may again be eligible to serve."	Add term limits for Board members, starting in 2026	Fosters injection of fresh perspectives, while allowing nine consecutive years on board
4.7	n/a	"... The Board of Directors, by a two-thirds vote of the remaining directors, may declare that an actual or potential conflict of interest exists with respect to any director."	Allow Board to identify conflict of interest in Board members	Addresses loophole for conflicts of interest
4.9	"... A director who has repeatedly violated confidences or brought the Cooperative into disrepute shall be subject to removal of the Board by a two-thirds vote of the remaining Board"	"... A director who has repeatedly violated confidences, brought the Cooperative into disrepute, jeopardized its fiduciary integrity, violated the Cooperative's governing documents and duly appointed policies, willfully failed to perform his or her duties as director, conducted himself or herself in an unlawful or unethical manner or in a way that is detrimental to the effective operation of the Board or the Cooperative shall be subject to removal of the Board"	Broaden language allowing Board to remove Board members, but combined with the voting rules, sets a high bar for removal	Strengthens the board's ability to maintain order and perform its fiduciary responsibilities
4.10	n/a	"... Appointees must meet the same eligibility requirements as candidates for election to the Board."	Require Board appointees to meet the same requirements as Board candidates	Fair application of board member requirements
5.3	"... a two thirds majority of votes cast shall decide all issues.	"... a simple majority of votes cast shall decide all issues."	Change Board decisions to be determined by simple majority, unless otherwise provided in the Bylaws	Allows the board to be efficient and agile per industry standard
7.2	"... Officers may be removed and replaced by the Board at any time."	"... By a two-thirds majority vote, officers may be removed and replaced by the Board at any time."	Stipulate that Board officer removal requires a two-thirds vote of Board members	Clarifies voting requirement on an important decision
7.3	n/a	"... Unless prohibited by the Bylaws and where beneficial to the Cooperative, officers may delegate their duties, but such delegation shall not relieve the officer of responsibility or accountability for the proper performance of those duties."	Allow officers to delegate duties	Aligns Bylaws with our common practices and industry standards

# CANDIDATE STATEMENT:



**Kara Conner**

Food cooperatives have always been a special place where I feel a sense of place and purpose. Through my life, I have believed in the power of food and community and their extraordinary ability to connect people on a deeper level. In a previous role as a farmers market Director in WA state, I was inspired by the sense of community within the local food and agriculture scene as it was brimming with connection. I used my experiences to create more equitable access to fresh food and worked to destigmatize food access programs. I have served as a Board Member for the Washington State Farmers Market Association and GROW, the advocacy

group for Seattle's 90 citywide community gardens. Today, I am a current member of the O.B. People's Food Co-op, and am invested and engaged. I serve on both the Finance and Bylaw Review Committees, and am the current Chair of the Board Governance Committee. I look forward to continuing serving the People's community as a Board member.

## CANDIDATE Meet & Greet

**Saturday, April 4<sup>th</sup>**

Stop by the co-op for snacks and connect with the BoD candidate!



OCEAN BEACH  
**PEOPLE'S  
FOOD CO-OP**  
COMMUNITY OWNED SINCE 1971

## 2026 Co-op Board of Directors Election

# OFFICIAL BALLOT

Owner Name:

Owner Number:

Owner Signature:

Date:

Please select up to 1 candidate to serve on People's Board of Directors:

Kara Conner

Please vote on the proposed bylaws changes:

Yes

No

# BOARD MEETING

## Meeting Minutes – January 26, 2026

### Attendees

**Directors present:** Jason Bechard, Kara Conner, Elise Gela, Abigail Jones, Loni Lavalere, Kerry McKay, Steve Myrick, Jackson Stevens, Juan Villela

**Guests:** Karina Berry, Sarela Bonilla, Steven Gearhart, Liz Hostetter, Joel Kopeschke, Thomas Schlegel, Tara Smith

### Board Meeting

6:05 pm – Called to order.

### Agenda Review & Executive Session

### Board Decisions

#### Consent Agenda

- FYI report:
  - Suncoast Co-op in Imperial Beach is open.
    - Impacts on our business are unknown but likely only positive re: co-op movement.
  - Beer & wine license updates:
    - We'd like to carry refrigerated and single units, but we don't want to become the corner store; we want to carry high-end kombuchas and local craft beers.
  - Minimum wage:
    - Wage rise occurred in December 2025.
  - Internal improvements: do they need to be approved by the Board?
    - Approved in capital budget when > \$5000
    - GM has discretion < \$5000; comes out of operations budget. The staff accountant and comptroller have oversight on this.
- Consent agenda passed.

### GM Monitoring

#### GM Monitoring Report [B2: Planning & Budget]

- Capital Planning:
  - Cash will be going down over the next four years, largely due to re-investment projects.
    - Assuming the projects are done without financing.
- Gross Margins are predicted to stay consistent.
  - When margins are too high, something's wrong: either there's no re-investment in the Co-op, or our prices are set too high.
- Positive moves for the labor costs recently
  - Cross-training has been very effective, as staff can shift around to cover positions as needed.
- Income trends:
  - We're trying to project and plan conservatively to promote modest gains and maintain labor at the current level while sales grow.
- Jackson moved to accept the B2 report; Elise seconded.
  - Report accepted: 9-0-0

#### GM Monitoring Report [B8: Board Support]

- HR Team and board secretary role were highlights in regards to board support.
- Steve moved to accept the B8 report; Jackson seconded.
  - Report accepted: 9-0-0

### Board Process

#### Board Monitoring [Global D: Board-Management Connection]

- The Board is compliant in all aspects of the policy.
- GM evaluation occurs all year long, as the GM reports on various policies each month and Board discusses/evaluates the reports at each meeting.

### AI Use During Meetings

- Discussion on AI use in board/committee meetings
- Jackson moved to ban AI use in both full-Board and committee meetings; Elise seconded.
  - Motion passed: 6-1-2

### Member Engagement

**Valentine's Day Event In-store:** The store will have basket giveaways all day, the Deli will have chocolate-covered strawberries and sugar cookies.

### Nominations/Elections

Marketing has been given the information needed for scheduling and publication of relevant events.

### Board Admin

#### Bylaws – Potential Changes

- Proposed changes have been sent to Board members previously and were discussed.
- Kerry moved to accept proposed changes in Bylaw sections 2.3, 4.7, 4.9, 4.10, 5.3, 7.2, 7.3; Jackson seconded.
  - Motion passed: 9-0-0
- Kerry moved to accept proposed changes in Bylaw section 4.4; Jason seconded.
  - Motion passed: 6-3-0

### Board Development

#### Ends Monitoring Approach

- Board discussed how we will monitor ends report during the next meeting
  - Process: break Ends Report into sections, assign to various Board members to lead discussions
  - All Board members expected to read through the Ends Report and be prepared to discuss.

#### Preliminary Board Officer Succession Conversation

- Current officers intend to run for the same seats.

#### Retreat Date: pencil-in

- Kerry to talk with Operations about possible dates.

#### CCMA Attendance

- It will be some time in June, Thursday-Saturday.
- Operations: Laura is proposed to go.
- Board: Abigail, Jason, and Kara are interested

### Accountability

#### Progress of Action Items

- Publish BoD agenda: get Operations & Marketing synced.
- Discussion of Terminology: possible Retreat topic.
- Financial Training about capital expenditure: In the works.
- Improve Board relation with owners: There are various ways this has been happening (Book Club, Board corner in newsletter).
- Zip Code Study: still costly, still considering.

### Looking Ahead

#### Review Upcoming Agenda Items

- GM Monitoring Report [B1: Q4 Financial Condition]
- GM Monitoring Report [B: Global Executive Constraint]
- GM Monitoring Report [Ends]

### Closing

- Consent Agenda accepted.
- B2 Report accepted.
- B8 Report accepted.
- AI is not to be used during meetings.
- Bylaw updating discussed and motions passed.

### Meeting Adjourned at 8:02pm

Ocean Beach People's Food Co-op  
4765 Voltaire Street  
San Diego, CA 92107

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