



**FREE!**

Coos Bay Library & Coos Head Food Co-op present

# COMMUNITY COOKING WITH THE CO-OP



**FUN!**

## WITH THE RETURN OF JAMAR!



Our original chef, Jamar Ruff, will provide a safe, easy, and healthy recipe to create at home. Join us virtually on Zoom for this fun community event!

**Thursday  
October 26  
@ 5:30pm**

**Event Recipe:  
Quinoa Vegetable Soup**



**MONTHLY EVENT:  
EVERY 4TH THURSDAY!**



**COOS HEAD  
FOOD CO-OP**  
-EST. 1971-  
coosheadfood.coop

*For ingredients & access, register  
@ <https://bit.ly/3powyqG>*



**COOS BAY**  
PUBLIC LIBRARY  
<http://coosbaylibrary.org>