

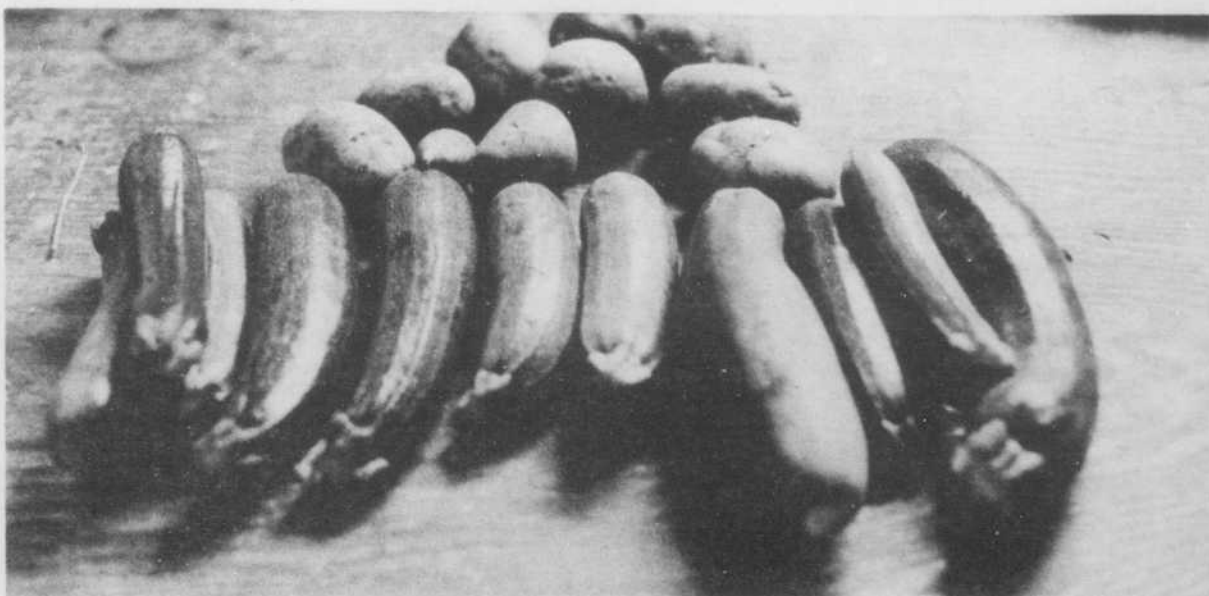


Photo by Erich Boekelheide
Grower's Market offers high quality food — including produce — at wholesale prices.

Area food cooperatives stock high quality, low priced goods

By Kelli Ray
Of the Emerald

If you're trying to beat the high cost of food, yet still want high quality, Growers Market may be the answer, says market manager Alan Siporan.

Growers Market is a food cooperative with a focus on high quality food at a minimum cost, he says.

The cost is lower because "we're not trying to make a profit," Siporan says. "Most stores charge 50 percent or more above their wholesale price because they're trying to make a profit. Since we're a non-profit organization, we keep our retail to 25 percent above wholesale."

The prices are even lower for members who volunteer an hour of work a week. Most members work an hour a week at the market bagging tofu, dry goods and other foods on Wednesday, or filling order forms on Thursday, the two days the co-op operates. In exchange for their labor, 10 percent is taken off the top of their food bill, lowering their retail price to a remarkably low 15 percent above wholesale.

Food available at the market varies, but always includes produce, cheeses, dry goods such as flour, rice, beans and granola, juice, eggs, and various kinds of bread, including bagels. With some food there is a choice of organic or non-organic.

Food may vary because the members choose the food. If 5 percent of the members want it, Growers Market will stock it.

To be a member, all one has to do is fill out an order form, turn it in by 7:30 p.m. Wednesday, and pick up the ordered food by 7:30 p.m. Thursday night. There are no other requirements or membership fees.

If members can't get their form to the market Wednesday, they can phone in their order, and even if no food is ordered, members can purchase

extra food from 5:30-7:30 p.m. Thursday night.

"The more members we have, the cheaper we can buy our food, and the cheaper we can sell it," Siporan says. "We'd like to encourage new memberships, because everyone benefits."

Order forms are available at Growers Market, 454 Willamette St. Call 687-1145 for more information.

Growers Market isn't the only health conscious food store in town. Other area health food stores feel they have as much or more to offer, and most boast the same comfortable atmosphere of which Growers Market is so proud.

Sahalie Natural Foods, 611 E. 13th Ave., sells quality bulk foods, bulk coffee, corked wine and imported beer. Sahalie also makes its own frozen yogurt, and customers can make their own yogurt cones, weighing out as much or little as they want.

Sundance Natural Food Store, 748 E. 24th Ave., offers a large selection of cheeses, halava, pine nuts and bulk food, plus wine and beer.

Rainbow Produce, 742 E. 24th Ave., sometimes carries honey, juice or jam, but focuses on local produce. They try for organic or unsprayed fruits and vegetables.

Health Food and Pool Store, 141 N. Third St., Springfield, stocks cheap cheese, herbs, gourmet items and natural body care products.

Community Natural Food and General Store, 140 E. Fifth Ave., sells produce that is strictly organic.

The New Frontier Market, 1101 W. Eighth Ave., focuses on health food as well as convenience for the surrounding community, so you can find Snickers and carob bars, tofu and TV dinners. Also: bulk herbs, honey, oil and a self-serve peanut butter machine.

The Kiva, 136 E. 11th Ave., offers a large store with an equal range of variety. It stocks bulk food, produce, beer and wine.

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Oregonians live in a world where drug use extends far beyond the use of illegal drugs. Thousands of drugs are available from doctors, drug stores, supermarkets, and even in our forests. In fact, it is estimated that more than 400,000 drugs or chemicals exist today.

Despite the fact that there has been a significant increase in American drug use over the last forty years, society has not responded by educating its citizenry on their benefits and risks. In addition, the public has not been instructed in how to make responsible drug use decisions.

The Drug Information Center exists to insure that Oregonians have ready access to information and education services that emphasize realistic and responsible drug use decision-making. These services cover prescription drugs from the doctor; medications from the drug store; social drugs such as alcohol, nicotine, and caffeine; and illegal drugs such as marijuana and cocaine.

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