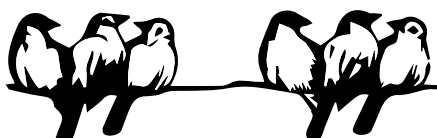
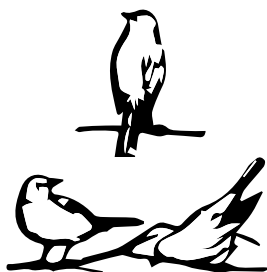


FOOD *for* THOUGHT

Marquette Food Co-op
Newsletter

Winter 2015



FOOD for THOUGHT



Editor & Designer

Chad McKinney

Copy Editor

Abbey Palmer

Food for Thought

502 W Washington St
Marquette, MI 49855
cmckinney@marquettefood.coop

Marquette Food Co-op

906-225-0671 • open daily, 8am to 9pm
info@marquettefood.coop
www.marquettefood.coop

Board of Directors

Tom McKenzie PRESIDENT
Brian Brady VICE PRESIDENT
Barbara Krause TREASURER
Phil Britton SECRETARY
Cory Ann Noordyk
Mike Potts
Janna Lies
Emily Wright
Bradley Jackson
Matt Gougeon GENERAL MANAGER

Everyone is welcome to attend Board Meetings, held the third Tuesday monthly at 6pm in the Co-op's Community Classroom. For board member contact info:
www.marquettefood.coop

Disclaimer

The views within this publication are as diverse as the 3,800+ households sharing ownership of our Co-op, and thus do not represent the store, its Board of Directors, or staff. The Co-op does not prescribe health treatments or products. We offer the extensive knowledge of our staff, and encourage you to prescribe for yourself—every individual's right.

About Us

Food for Thought

This newsletter is published in-house four times per year for owners and friends of the Marquette Food Co-op.

Our Mission

Marquette Food Co-op exists so that:

Our owners, customers, and community have access to organic and wholesome products, and the benefits of a healthy, diverse, educated, and sustainable community.

Local producers and growers of organic, wholesome goods are supported as part of a strong and vibrant local food network.

Owners, customers, and community members are educated about food and related issues.

Owners and customers will benefit from access to local, organic, wholesome, and fairly-traded food and products.

Our Values

The cooperative principles

Voluntary and open ownership.

Democratic owner control.

Owners' economic participation.

Autonomy and independence.

Education, training, and information.

Cooperation among co-ops.

Concern for the community.



Calendar

Board of Directors' Meetings

December 16

January 20

February 17

(tues) 6pm

Wellness Days

December 28

January 25

February 22

*(sun) 5% off all body care items, bulk
herbs, teas & spices, general merchandise*

Getting To Know Your Co-op

December 8

January 12

February 9

(mon) 6pm

rsvp 225-0671 x24

Acoustic Brunch at The Co-op

December 7, 14, 21, 28

January 4, 11, 18, 25

February 1, 8, 15, 20

(sun) Noon - 2pm

*Every Sunday the Co-op Kitchen will feature
hot breakfast food, tea, and coffee. Listen to
musicians perform in the café while you dine.*

Christmas

December 24 (wed) closed @ 5pm

December 25 (thurs) closed all day

New Year's

December 31 (wed) closed @ 7pm

January 1 (thurs) closed all day

Soap Making

January 10

(sat) 1pm in the Co-op Classroom

rsvp 225-0671 x723

Cooking Classes

**January 27 or February 3: Middle
Eastern Cuisine**

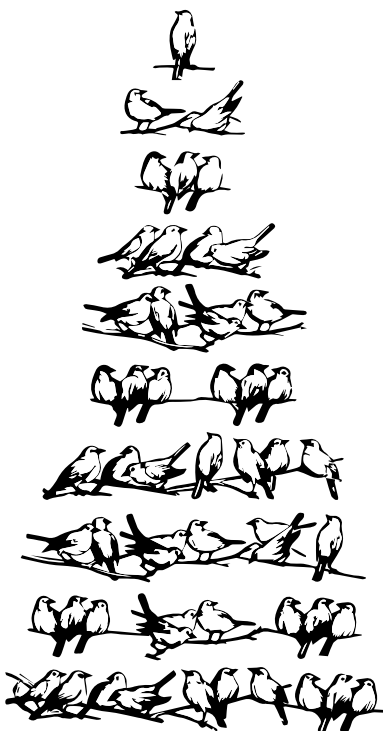
**February 24 or March 3: Warming One
Pot Meals**

6pm in the Co-op Classroom

register @ www.marquettefood.coop

or call 225-0671 x723

Visit www.marquettefood.coop for full event details.



Shine On, Cooperators!



The holidays—the culmination of a year—lend themselves to introspection. Whether you visit with family, celebrate with friends, travel, or stay home alone, this time of year serves as a reconciliation of sorts. I examine our past year at the MFC with gratitude. And I recognize how this time of year, steeped in the spirit of giving, reflects on what you as a member of this cooperative give to your community through supporting the new store.

Giving is always a two way transaction. A giver typically benefits as much from the gift as the receiver, albeit a bit differently. In the case of this store, that relationship is more symbiotic. Think of it this way: patronage of the MFC is a gift, and it is given in a variety of ways. Obviously you may shop in the store and get your food needs filled. In return, you know you have purchased a quality product as part of maintaining or improving your healthy lifestyle. You may also have purchased preferred shares (beyond your equity share) to help get the store built in the first place!

In both cases there is also an opportunity for an annual monetary dividend to be returned to you. But have you realized that you also help support store purchases of over \$500,000 dollars in local farm products and other U.P.-produced goods? Your purchases also support a \$1.7 million dollar payroll for 97 store employees who gratefully spend their earnings back into this community and the store itself. You may also patronize the store through classes and workshops—and in return you leave with increased knowledge and an enhanced life experience to share with others. Your sharing can translate into new members joining the Co-op so that they experience the benefits of ownership, patronage, and the giving/receiving relationship unique to the cooperative model. In fact, we anticipate a record year and expect to crest 500 new members before the year is out! Consistent or growing member equity share purchases is the best sign of health and functionality in a cooperative.

It's hard to believe that only a year ago we had barely begun construction of the new store. Now, after only six months



of operation the store is healthy, well-functioning, and preparing to do more for the benefit of a growing membership. We've gotten off on a good foot with the expanded store. We are over our sales projections by nearly twenty percent—which puts us doing about a third more business than at our old location on Baraga St. Do you remember the old store? I jest, of course. But this store functions so well operationally, and offers so much more to a member's experience, that I rarely hear mention of our former digs from staff or members! It seems that what we have all accomplished with this expansion has hit the mark of relevance which resonates within our greater community.

Speaking of our greater community, there are two good ways in which you can give back to this community through your Co-op this holiday season. "Round Up" your purchase at the cash register and give the extra change to the local United Way Campaign before the end of the year. You can also purchase healthy food choices and donate them to the Central U.P. Food Bank. Food Bank donations are accepted throughout the year at the Co-op and members annually give

hundreds of pounds of healthy food to this vital program.

While it will be another year before we are profitable after the cost of the expansion, all indicators confirm we will continue to be a strong organization for years to come—an organization built on the gift of patronage and return for the mutual benefit of all stakeholders.

Be well, keep local, and remember: **WE** are the Marquette Food Co-op.

Matt Gougeon
General Manager

906-225-0671 x710 / gm@marquettfood.coop

Global Thinking Leads To Local Action



The Marquette Food Co-op's (MFC) Board of Directors held an all-day meeting on October 11, 2014. Healthy, passionate discussion was the order of the day, as the Board discussed the MFC's "Global Ends Statement," to ensure that the ends continue to accurately encompass the organization's reason for existing. Relevant conversation centered on questions such as "What does the MFC exist to accomplish?" and "What should be the difference in peoples' lives because the MFC exists?" It was a day of philosophical thinking, in very broad-based terms, about the Co-op, its future, and how that future interrelates with the community.

A Global Ends Statement (GES) is analogous to an organizational "Mission Statement." It is a short, written declaration serving the MFC as a roadmap to guide large-scale, small-scale, short-term, and long-term organizational decisions and actions. For example, should a new store be built? (Clearly, the answer in this case was YES, and it's awesome!) The GES is used to guide the MFC's strategic plan, which defines measurable organizational goals

and a generalized process for assuring that goals are achieved. The GES is also used to guide prioritization of the MFC's actions. For more information about GES and how they are derived, see: <https://cdsconsulting.centraldesktop.com/cbld/doc/20339578>

The MFC's current GES reads as follows:

The Marquette Food Cooperative exists so that our owners, customers, and community have access to organic and wholesome products and the benefits of a healthy, diverse, educated, and sustainable community.

- Local producers and growers of organic and wholesome goods are supported as part of a strong and vibrant local food network.
- Our owners, customers and community members are educated about food and related issues.
- Our owners and customers will benefit from access to local, organic, wholesome, and fairly-traded food and products.

Over the next few months, the MFC Board of Directors will be working to refine the current GES based on discussion from the Board Retreat. As a reminder, the MFC Board of Directors meets the third Tuesday of each month at 6:00 pm in the Co-op Classroom located in the lower level of the store. All Co-op owners are welcome to attend board meetings and may contact board members anytime.

Brad Jackson
Board Member

- *It's that Time of Year!* -

MFC BOARD ELECTIONS



Applications are available at the Customer Service Desk in the store or by e-mailing Chad at cmckinney@marquettefood.coop. Applications are due on December 31. All MFC owners over the age of 21 are eligible to run for a board seat. No prior experience is necessary, just a desire to lend your time and talents to making our Co-op the best that it can be. If you have questions about becoming a candidate, please contact Tom at 906-362-7125 or temckz@charter.net.

Holiday Offerings at the Co-op



CHEESE

Something about warm cheese on a dreary winter day livens the soul. Our ancestors have known for centuries the hearty and satisfying combination of warm cheese and its accompaniments. In fact, hot, bubbly cheese dishes such as Raclette date back more than 700 years.

This holiday season, the MFC will be offering “take and bake” brie wrapped in puff pastry will be available right in our cheese cooler, with the option of goat’s or cow’s milk cheese. A light and fluffy puff pastry wrapped over a creamy brie is a stand out host gift, appetizer, or even a unique dinner when paired with a fresh green salad and a refreshing bottle of wine. Or try some traditional Finnish Juustoa, made right here in the U.P. Fry it with butter, and top with a locally made jam for a festive, breakfast or snack.

Gather ‘round the table with some loved ones and enjoy life the way our ancestors did, with melted cheese!



GROCERY

Food is part of the bond that holds us together. We all eat—and during the holidays we eat together. Food is the foundation of how we celebrate, and it makes sense that food is a great gift. This holiday season, fill your loved ones’ hearts and bellies with delicious local fare. Gifting local and regional products keeps our dollars in our community, which is a gift to all of us.

While you may not be able to put sunshine in a basket, you can pass on the spirit of summer grilling this holiday season by giving a gift certificate to our meat department. To top the basket off we have Michigan made pickles, mustard, and hot sauce, sure to add a zip to long winter nights.

Send your college student back to school right with some local snacks in his or her stocking. We have chips, snack mixes, breakfast bars, and coffee—all Michigan-made and easy to take on the road.



PREPARED FOODS

Visit our Prepared Foods Department for a daily taste of the holiday season. You'll find hot and hearty soups, fresh produce at our Soup and Salad Bar, familiar comfort foods and fall harvest inspired dishes in our Hot Foods case, as well as your deli favorites in our Grab-and-Go cooler and Service Case.

Our in-house bakery will be rolling out new baked goods just in time for the holidays.

We now have Fair Trade Chocolate Brownies and a Caramel Apple Kerrygold Cheddar Danish. Coming soon, you'll find Peanut Butter Chocolate Chip Cookies, pumpkin pies, fruit pies, butter croissants, a variety of fruit turnovers, and Pumpkin Maple Scones. Come visit our friendly Deli Service staff and find great new ways to warm up your holiday season!



MEAT & SEAFOOD

In years past, we have had limited space and resources to fulfill the demand for turkeys at Thanksgiving time; however, with the new space we were able to bring in a couple different options for turkey. We offered both Ferndale Market Natural and Larry Schultz's Organic turkeys from Minnesota, as well as a limited supply of turkeys from Slagle Family Farm right here in the Upper Peninsula. And guess what? We'll have turkeys for your holiday dinners, too!

We also have uncured smoked hams and many options for roasts. We can cut many different styles of roast. If you're planning a gathering and are looking for something special, like a crown roast, please feel free to ask someone in the department.

Our staff is becoming more and more well-versed in the products we carry in the meat and seafood department, and we all look forward to helping you with your holiday needs.



PRODUCE

The U.P. growing season is quickly coming to a close; however, we still have a variety of local storage crops, like onions, potatoes, squash—and just in time for pie season—pumpkins! We will also feature a selection of exciting new recipes your loved ones will be happy to try.

Show support to our friends worldwide and check out our fresh Fair Trade produce which helps provide a happy holiday for small-scale, organic farmers in Peru, Mexico, Ecuador, Costa Rica and many other places across the globe.

In order to relieve some of the hustle from your holiday bustle during this very busy season, we'll have convenient “grab and go” products, including ready to eat greens and fruit salads, as well as prepared mixes for stir-fries and soups.

So stop by the Produce Department and see what's fresh for the holidays!



We are featuring a huge selection of hand-made garments from AndesGifts, a company that works with Co-op America and the Fair-Trade Federation to provide women in South America a living wage.

These knit alpaca gifts will be just the thing to keep you warm while you're out in the cold and snow: ear-warmers, gloves, hats, arm-warmers, and even kid's mitts.

WELLNESS

This holiday season the Wellness department is offering some unique seasonal items. With our new store, we have much more space to showcase and feature new items. We are happy to announce the arrival of MFC logo coffee mugs, which are hand thrown and glazed in Wisconsin by Sunset Hill Stoneware. There are two types of mugs: The Traveler, a 14oz mug that makes taking coffee on the go easier with a larger base and smaller opening to keep the coffee from spilling over, and the Java Taster, a 16oz mug for of your favorite “wake me up” beverage.

Last year we featured our first ever MFC winter hat and this year we are offering another one in limited quantities. These traditional winter hats are made in the USA. Last year, they didn't last long!

As always, we have a large selection of locally made soaps, which make great stocking stuffers. Please stop by the Wellness desk and see what's new or ask us some questions. We are here to help!

U.P. Food Exchange & Group GAP



Ten U.P. Farms gained Group GAP/GHP Certification for 2015 through a pilot project in a collaboration between the U.P. Food Exchange and USDA. This a food safety certification designed to address food handling practices on farms. Look for more information about the changing landscape of food safety in our next newsletter.

The Co-op Classroom



The Grand Opening of the Marquette Food Co-op was a huge success, and many who had never visited the store turned out to see the new building and learn what the Co-op is all about. Even some who shop every day were surprised to see a part of the store they never knew existed—the Co-op classroom.

In the basement of 502 W. Washington there is a classroom complete with a fully functioning teaching kitchen. Three stoves and ovens are surrounded by counters and cabinetry stocked with the tools needed to create a wide variety of foods. The classroom has a lending library of food literature, seating and tables for workshops, and features the technology needed for movie screenings.

“For years we have hosted our events anywhere we could find workable space,” says Sarah Monte, Education Coordinator for the Marquette Food Co-op. “With the classroom we are able to expand the types of classes we offer, and offer classes more often.” Since opening in June, the Co-op has hosted

classes on beer and food pairings, canning, as well as Mexican, Ecuadorian, Polish, and Italian food. This is in addition to tours and tastings scheduled by private groups. There is more to come, with cooking classes such as Middle Eastern Cuisine and One Pot Meals. There are hands-on workshops as well, such as home brewing and soap making.

“This is truly a community classroom because the community helped build this space,” says Monte. “Monetary donations helped finance its construction and donations of kitchen equipment continue to come in. We are so grateful to everyone who has helped us make the kitchen into a classroom.”

The Co-op class schedule can be found at www.marquettefood.coop. You can also call Sarah for questions, tours, private classes, or to simply schedule a time to see the space in person.

Sarah Monte
Education Coordinator

906-225-0671 x723 / smonte@marquettefood.coop

Acoustic Brunch at the Co-op



The Co-op's grand opening on October 4th featured lots of special events that made the day a lot of fun. Those who shopped that day enjoyed free popcorn, gift basket raffles, food samples, and screen-printing on t-shirts. One of the biggest crowd pleasers was the live music in the Co-op's Café. The idea of having musicians perform in the Co-op has been bouncing around for quite some time. After seeing how well it went during the grand opening, it was decided that live music is something that should happen more often.

Drawing from Marquette's Olympic-sized pool of musical talent, the Co-op is hosting two hours of live music every Sunday from noon to 2pm. We're calling it "Acoustic Brunch," featuring musicians who perform "unplugged" in the café area, serenading you while you shop or eat. The Co-op's kitchen features breakfast food at the hot bar on Sundays, so you can eat breakfast for lunch.

Do you need a place to study or get work done, but want some atmosphere? Hesitant to go back out into the snow? Want to catch

some free live music? Acoustic Brunch is for you. Come hang out!

Neal Curran

Local Food Projects Coordinator

906-225-0671 x726 / ncurran@marquettefood.coop



Opportunities to Help Our Friends and Neighbors



Round Up At the Register for United Way

(Friday, November 28th – Wednesday, December 31st)

The Marquette Food Co-op wants to make it easy for us to help one another, so we have partnered with United Way of Marquette County to raise money to assist people in our communities who need support and compassion. United Way gives funds to agencies that provide services in the following areas: Basic Needs, Elderly Citizens and Adults with Disabilities, Health Care, and Youth Programs. One in every six people in Marquette County is helped by United Way. All you need to do is ask your cashier to round up your purchase to the next full dollar amount. Round Up funds will be collected from Friday, November 28th through Wednesday, December 31st. At the start of the New Year, our Co-op will present United Way with a check.



Donate Food to the Central U.P. Food Bank

(Beginning Friday, November 28th)

The Marquette Food Co-op (MFC) believes that everyone deserves access to local, organic, wholesome, and fairly-traded food and products. In fact, this is written into our mission statement. MFC customers generously donate approximately 600 pounds of non-perishable food per year to the Central Upper Peninsula Food Bank located in Ishpeming. MFC partners with the Central U.P. Food Bank because they operate a food pantry that offers client choice. This means that people can select the items that they or their family needs. The Central U.P. Food Bank also distributes food via a range of partner agencies.

The Marquette Food Co-op also donates fresh food grown in the NMU Hoop House to various agencies and non-profit organizations in and around Marquette.

We believe that by educating and working together with our owners and shoppers, we

can significantly increase the amount of food we donate and decrease food insecurity in our communities. Now that our store is bigger, and we have more owners (3,800 and counting) and shoppers, we hope to increase in the amount that we donate.

Co-op owners and shoppers value healthy alternatives to our nation's standard fare, and we ask for donations of the same caliber for our food donation program. There are hundreds of our friends and neighbors in the Central U.P. that receive food from food pantries (725,000 pounds of food were

distributed in 2012). Many are unable to eat a portion of the food provided to them due to a variety of reasons, such as food allergies, religious beliefs, or serious health issues. Additionally, some people receiving food from pantries are doing their best to eat as healthy as possible—let's help them make this a reality!

Below is a list of non-perishable items that are most needed.

Food Stuffs

Consider purchasing items that are gluten-free, vegan, dairy-free, soy-free, nut-free, low-sugar, low-sodium.

Little or no prep involved

- Jars of nut and seed butters
(peanut, almond, cashew, sunflower, tahini)
- Canned stew
- Macaroni and cheese
- Tuna
- Canned meats
- Rice
- Pasta
- Canned vegetables
- Canned beans of all kinds
- Canned lentils
- Canned soups or dry packages of soup mix

Cooking required

- Dried peas
- Dried beans
- Dried lentils
- Whole oats
- Brown rice
- Whole grain cereals
- Whole grain pasta

Misc.

- Ground coffee
- “Green” cleaning products
(enviro/human-friendly)

Toiletries

- Toilet paper
- Shampoo
- Deodorant
- Toothpaste
- Toothbrushes
- Mouthwash
- Feminine products (tampons and pads)
- Baby diapers (disposable)
- Adult diapers (disposable)
- Cotton swabs
- Hair brushes/combs

Pet Supplies

- Dog food (dry or canned)
- Cat food (dry or canned)
- Bird seed

Central U.P. Food Bank Contact

Branch Manager – David Mason
Phone (906) 485-4988
1705 Ash St. Ishpeming, MI 49849

Marquette Food Co-op Pantry Donations Contact

Outreach Director - Natasha Lantz
Phone (906) 225-0671 ext. 711
nlantz@marquettefood.coop

Marquette Food Co-op
502 W Washington Street
Marquette, MI 49855