

Rumiano Organic  
**Medium Cheddar**

Regular Price:  
\$4.79

SALE PRICE:  
**\$4.29**

OWNER PRICE:  
**\$3.79**

8 oz



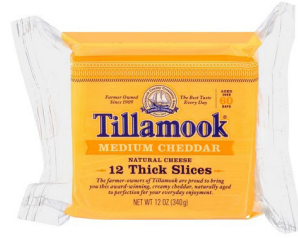
Tillamook  
**Sliced Medium Cheddar Cheese**

Regular Price:  
\$6.49

SALE PRICE:  
**\$5.79**

OWNER PRICE:  
**\$4.99**

12 oz



Sartori  
**Merlot Bellavitano**

Regular Price:  
\$4.99

SALE PRICE:  
**\$4.49**

OWNER PRICE:  
**\$3.99**

5.3 oz



Poplar Hill  
**Plain Minnesota Montrachet**

Regular Price:  
\$4.99

SALE PRICE:  
**\$4.49**

OWNER PRICE:  
**\$3.99**

6 oz



# Co-op Values

Rooted in the U.P. February 13 – February 26, 2019

SALES FOR EVERYONE – EXTRA SAVINGS FOR OWNERS

Organic  
**Bok Choy**

Regular Price:  
\$1.99

SALE PRICE:  
**\$1.79**

OWNER PRICE:  
**\$1.59**

per pound



Organic  
**Collard Greens**

Regular Price:  
\$2.99

SALE PRICE:  
**\$2.69**

OWNER PRICE:  
**\$2.39**

each



Organic  
**Scallions**

Regular Price:  
\$1.99

SALE PRICE:  
**\$1.79**

OWNER PRICE:  
**\$1.59**

each



Organic  
**Black Spanish Radishes**

Regular Price:  
\$2.49

SALE PRICE:  
**\$2.19**

OWNER PRICE:  
**\$1.99**

per pound



Bulk Organic  
**Coconut Flour**

Regular Price:  
\$4.79

SALE PRICE:  
**\$4.29**

OWNER PRICE:  
**\$3.79**

per pound



Bulk Organic  
**Raw Sunflower Seeds**

Regular Price:  
\$3.99

SALE PRICE:  
**\$3.19**

OWNER PRICE:  
**\$2.99**

per pound



Frontier Organic  
**Whole Elder Berries**

Regular Price:  
\$23.59

SALE PRICE:  
**\$20.99**

OWNER PRICE:  
**\$18.79**

per pound



Frontier Organic  
**Hibiscus Flower Tea**

Regular Price:  
\$21.89

SALE PRICE:  
**\$19.69**

OWNER PRICE:  
**\$17.49**

per pound



Urban Organics  
**Arugula Clamshells**

Regular Price:  
\$3.99

SALE PRICE:  
**\$3.59**

OWNER PRICE:  
**\$2.99**

each



Organic  
**Shiitake Mushrooms**

Regular Price:  
\$13.49

SALE PRICE:  
**\$11.99**

OWNER PRICE:  
**\$10.79**

per pound



Organic  
**Lemons**

Regular Price:  
\$2.99

SALE PRICE:  
**\$2.69**

OWNER PRICE:  
**\$2.39**

per pound



Organic  
**Grapefruit**

Regular Price:  
\$2.29

SALE PRICE:  
**\$1.99**

OWNER PRICE:  
**\$1.79**

per pound



## Wellness Wednesday

FEBRUARY 20<sup>TH</sup>

**10% OFF**

All Bulk Herbs & Spices, General Merchandise, Supplements, & Body Care Products.

Excludes Sale Items & Special Orders



502 W Washington St  
Marquette, MI 49855

Open Daily 8am - 9pm  
Everyone Welcome

www.marquettefood.coop  
906.225.0671



### Apothic Red Wine

Regular Price: \$9.99

SALE PRICE: **\$8.99**

OWNER PRICE: **\$7.99**

750 ml



### New Belgium Fat Tire

Regular Price: \$8.99

SALE PRICE: **\$7.99**

OWNER PRICE: **\$7.19**

6 pack



### Marquette Food Co-op Mediterranean Pasta

Regular Price: \$9.99

SALE PRICE: **\$8.99**

OWNER PRICE: **\$7.99**

per pound



### Marquette Food Co-op Cole Slaw

Regular Price: \$4.99

SALE PRICE: **\$4.49**

OWNER PRICE: **\$3.99**

per pound



# 2019

## Board of Directors Election

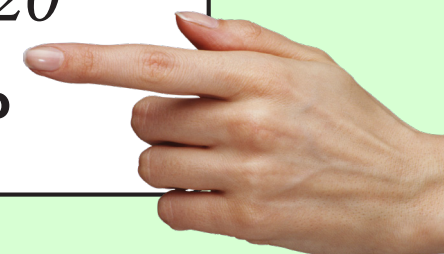
**VOTE NOW!**

**Vote Online**  
January 30<sup>th</sup> - February 20<sup>th</sup>

at

[www.marquettefood.coop](http://www.marquettefood.coop)

one voter per household



### Marquette Food Co-op Chicken Caesar Wrap

Regular Price: \$4.69

SALE PRICE: **\$3.99**

OWNER PRICE: **\$3.69**

each



### Tribeca Multigrain Loaf

Regular Price: \$5.49

SALE PRICE: **\$4.89**

OWNER PRICE: **\$4.39**

each



### Marquette Food Co-op Pumpkin Whoopie Pie

Regular Price: \$3.99

SALE PRICE: **\$3.59**

OWNER PRICE: **\$2.99**

each



### Marquette Food Co-op Garlic Herb Chicken

Regular Price: \$7.49

SALE PRICE: **\$6.69**

OWNER PRICE: **\$5.99**

per pound



### Gustafson Farms Pork Breakfast Links

Regular Price: \$8.99

SALE PRICE: **\$7.99**

OWNER PRICE: **\$6.99**

per pound

*Local*



### Stauss Skirt Steak

Regular Price: \$16.99

SALE PRICE: **\$15.29**

OWNER PRICE: **\$13.59**

per pound



### Burgers' Smokehouse Smoked Uncured Bacon

Regular Price: \$7.29

SALE PRICE: **\$6.49**

OWNER PRICE: **\$5.79**

12 oz



### Marquette Food Co-op Salmon Burgers

Regular Price: \$4.99

SALE PRICE: **\$4.49**

OWNER PRICE: **\$3.99**

each



### UPCOMING EVENTS

- February 14 Valentine's Day
- February 17 Acoustic Brunch: Tune Patch 12pm-2pm
- February 17 Yoga at the Co-op 12:30pm-1:30pm Free
- February 20 Wellness Wednesday Save 10% on Wellness Products
- February 20 Last day of voting for MFC Board Elections
- February 24 Acoustic Brunch: The Wallens 12pm-2pm
- February 24 Yoga at the Co-op 12:30pm-1:30pm Free



FREE!

# YOGA AT THE CO-OP



FEBRUARY 17 | Yin Yoga | Taught by Cat

FEBRUARY 24 | Vinyasa | Taught by Julia

12:30 - 1:30 PM | MARQUETTE FOOD CO-OP CLASSROOM

ALL LEVELS WELCOME

First come, first serve - space is limited. Please bring your own mat if you have one, limited number available.

Ages 14+ welcome. Those under 18 must be accompanied by a parent or guardian.

Parking for yoga is available at the New York Deli



Rohana Yoga & Wellness  
205 S Front St #2G  
Marquette, MI 49855  
www.rohanayoga.com  
906.273.0383