

# NEW ITEMS



## Protein Powder Sun Warrior

This plant-based protein powder is vegan, with an amino acid profile similar to whey protein powders without any dairy. It's also non-GMO, soy-free, and gluten-free. With a great taste too, it's perfect for those doing serious training or for those looking to add a little protein to their smoothies.



## Pumpernickel Bread Mestemacher

Customers have been asking for pumpernickel bread, and we found a great one. Mestemacher Bakery has been in operation for 150 years, specializing in whole meal breads with a long shelf life. They are committed to sustainable agriculture and have been certified organic since 1985.



## RxOmega3 2150mg ESG Natural Factors

Natural Factors RxOmega 3 provides powerful potencies of omega-3 fatty acids that are molecularly distilled to remove impurities like mercury and PCBs. Encased in Enteripure® softgels, they won't break down until they are in the stomach, ensuring no fishy aftertaste.



## Chocolate Covered Mango Goodsam

A decadent snack made with mango and regeneratively farmed organic cacao and raw cane sugar, this sweet treat is good for the farmers producing it too. GoodsAM pays organic and fair-trade pricing directly to the farmers, no supply chain middle men. They also invest 1% of top line sales (income before subtracting cost) into the farms, cooperatives, and communities they work with.

# fresh deals

MARQUETTE FOOD CO-OP'S WEEKLY SALES FLYER!

January 8 - January 14, 2025

See Back



**\$1.49**

Cucumber  
You Save \$1.50  
per pound



**\$1.99**

Navel Oranges  
You Save \$1.00  
per pound



**\$1.99**

Cauliflower  
You Save \$3.00  
per pound



**\$4.99**

Red Bell Peppers  
You Save \$3.00  
per pound



502 W. Washington St., Marquette, MI 49855

8am - 9pm

marquettefood.coop



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WHILE SUPPLIES LAST | SALE PRICES DO NOT APPLY TO SPECIAL ORDERS

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**\$2.49**

Cosmic Crisp Apples  
You Save \$1.00  
per pound



**\$4.99**

Sugar Snap Peas  
You Save \$3.00  
8oz bag



**\$8.99**

Ore Dock  
Porter  
You Save \$1.00  
6-pack - 12oz cans



**\$9.99**

Ore Dock  
Low Hanging Fruit  
You Save \$2.00  
6-pack - 12oz cans



**\$5.99**

Mandarins  
You Save \$2.00  
two pound bag



**20% Off**

Marquette Food Co-op  
Aztec Quinoa Salad  
per pound



**\$9.99**

Ore Dock  
Bramble On Rose  
You Save \$2.00  
6-pack - 12oz cans



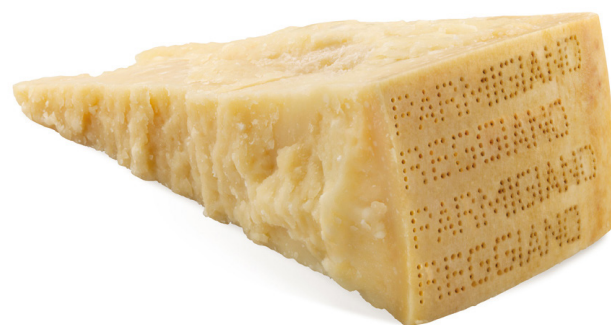
**\$9.99**

Kognisjón  
Lynchian Black Lager  
You Save \$1.50  
4-pack - 16oz cans



**20% Off**

Marquette Food Co-op  
Ground Chicken  
per pound



**20% Off**

Parmigiano Reggiano  
per pound



**\$9.99**

Kognisjón  
Desert Grave  
Mexican Lager  
You Save \$1.50  
4-pack - 16oz cans



**\$9.99**

Kognisjón  
Mongo Norway  
NEIPA  
You Save \$3.00  
4-pack - 16oz cans