

fresh deals

MARQUETTE FOOD CO-OP'S WEEKLY SALES FLYER!

October 2 - October 8, 2024



\$1.99

Cauliflower
You Save \$2.00
per pound



\$1.99

Broccoli
You Save \$3.00
per pound



\$2.79

Black Seedless Grapes
You Save 70¢
per pound



\$2.99

Sugarplum
Grape Tomatoes
You Save \$3.00
one pint



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



502 West Washington Street, Marquette, MI 49855

marquettefood.coop



NEW

ITEMS



Kitchari Spice Mix

Pure Indian Foods

Blending together nutty, floral, and citrusy spices, the Ayurvedic dish, kitchari, packs itself full of flavor and nutrients. The spice list may be intimidating for new cooks coming to Indian cuisine, but don't fear! Pure Indian Foods' Kitchari Spice Mix brings all the spices you need together in an organic, well-balanced seasoning.



Interstellar Cheddar Space Balls

Lesser Evil

Cheesy. Puffy. Guilty? Nah. Lesser Evil uses plant-based ingredients with heart-healthy avocado oil, avoiding anything overly processed while keeping things delish.



Kids Chewable 100mg Vitamin C

Marquette Food Co-op

Autumn brings us the relief of a cool breeze, the beauty of kaleidoscopic leaves, and, unfortunately, cold, flu, and Covid season. Boost your kiddo's immune system this season with the MFC's own chewable 100mg Vitamin C tablets!



Lemon Garlic Green Olives

Freestyle

For how perfect a snack olives seem, they are often preserved in a brine that brings with it a load of sodium. Thankfully, each snack-sized serving of Freestyle's Lemon Garlic Green Olives is only 10% of your daily value. Pair it with some goat cheese, roasted nuts, and pinot grigio for a delightful, sodium-conscious charcuterie.

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