

THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

JANUARY 2025



HARBOR House
Holiday Donations
December 2 - 16

This year please make your donations **drop in** at 1000 East 10th Street, Harbor House, Marquette, MI 49830. We are accepting donations until December 16th. Please call Harbor House at 907-639-1234 for more information.

BABY CARE ACCESSORIES diapers diaper rash cream baby wipes baby blankets baby hats baby socks baby mittens baby booties baby bibs baby burp cloths baby strollers baby carriers	PERSONS OF SENIOR AGE cotton, woolen, or knit sweaters knit, quilted or mittens knit hats knit scarves knit gloves knit socks knit mittens knit booties knit bibs knit burp cloths knit strollers knit carriers
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Checklist about what to donate?
Contact CHRIS at 907-639-1234



A NEW YEAR AND A NEW LOOK!



Matt Gougeon
General Manager

We're starting 2025 off with a bang. For some time now we've been planning a remodel of the east side of our store that mostly involves replacing much of the fixtures and equipment from prepared foods and the meat department. These changes are driven by the changing habits of our shoppers, the realities of our supply line, and creating a better, common sense, store flow. All of it will result in better productivity from our equipment and better "shop-ability" for all of us. Let me tell you about it.

What's Being Removed

We're going to remove the existing salad bar and hot bar. The large glass deli case of salads and sandwiches will go too. In the meat department, both the meat and seafood service cases will be removed. The small red beverage case on the end cap will say goodbye as well.

What's Being Installed

A new salad bar, soup wells, and hot bar. A coffee station and pastry case. A hot food warming case. A six foot deli grab and go case. A three door meat freezer. A low profile reach in refrigerated meat case. A two door beverage case.

Why

The now ten-year-old original design of our store doesn't function optimally for the changed habits, needs, and desires of Co-op members and other shoppers in a post-pandemic world. Customers only infrequently purchase salads out of the long glass cold case in the deli, mostly preferring prepackaged salads from our grab and go cases. That means that that long case is underused and unproductive. Taking that case out allows us to move the salad bar and hot bar into that space in a continuous line. Both remain popular and the new equipment allows us to improve upon a good thing and make serving yourself all the easier. The new salad bar increases our soup wells to four. Further down the way on that side of the store, abutting sushi, will be the hot food warmer where hot sandwiches and other ready to eat meals will be available.

Across the aisle where the current salad bar was removed, we will install another six-foot grab and go case which will hold all your favorites as well as an increased selection of prepared foods. Next to it will be a pastry case and a coffee station. Yum! And, we'll add a third two door beverage case to the line up where teas and kombuchas live. Marquette Baking Company (MBC) breads will move to the endcap right as you enter the prepared foods department starts where the current little red beverage case was. The pastry case will not likely hold MBC pastries at this time. The bakery's capacity may allow the addition of pastries at some point in the future. Sushi and cheese will remain where they are.

In the meat department, our two service cases are like our salad/cold service case. Underutilized and unproductive. Worse yet is the fact that we suffer the most loss of meat and seafood out of those cases as they are unwrapped and not frozen. Replacing the service cases with a freezer and a reach in refrigerated case will dramatically reduce our loss of product and increase our ability to bring in a wider selection of meat and seafood. And if you're concerned about losing some personal interaction with our good folks in the meat department, don't be, because the new refrigerated case is low profile, so you'll be able to talk to our people working in the back when you need to.

With a little luck, all the work will be completed in early February. Our refrigeration contractor has indicated that it will take about a week or less to complete the equipment changeout. As we get closer to the time of work, we'll get the word out about shopping disruptions and the plans we have to mitigate the impact on you over those few days.

In any case, we're excited about this coming change and now we hope that you are too! We'll keep you informed along the way. In the meantime, ...

Feel good. Shop the Co-op.

THE CO-OP DIFFERENCE:

WHY YOU SHOULD CONSIDER RUNNING FOR THE MFC BOARD OF DIRECTORS



Michelle Augustyn
Board President

Starting in mid-October and running until mid-January, the MFC Board of Directors opens up applications to run for the Board of Directors. The MFC Board has nine seats. Each elected term is three years. Therefore, every three years, three seats open and whether you are vying for your second or third term or are a nominee that has not yet served on the MFC Board, the members get to vote on whom they wish to represent them. The three people with the most votes win seats. After three consecutive terms, you are not eligible to run again for a year. This year, two third term MFC Board members, Rick Kochis and myself, will be finishing up our nine years of representation in June and let me tell you, I have learned so much.

When I first ran for the MFC Board I was not very sure of myself and did not think I was qualified, having no previous “professional background”. I could not see what I had to offer so I was taking quite a leap to fill out and submit my application. I was relieved to find out that it is healthy for a Board to have a mix of seasoned and novice Board members. It keeps the representative voice of the community fresh and ever changing. After I found out that the Board used a structure called Policy Governance to conduct business, I promptly felt underqualified again! Luckily, the Board spends much time educating on the policy governance process and why it is in use. After my initial learning curve (it was not fast!), I came to find the policies and bylaws an elegant solution to help Board members evaluate if the General Manager is operating the MFC reasonably.

A few years into my time on the Board, sometime between Meijer coming to Marquette and the Covid-19 pandemic ushering in dramatic changes to the grocery world, I had another realization. Who else does this? What other grocery store invites a bunch of locals to represent the community it serves?

Do you know how sometimes you logically know something but then suddenly you really get it? This was the moment for me. I realize that this is why the coop is different and will always be different. It’s accountable to its community. What an honor to be part of that.

With three terms under my belt, I have had a long run on the Board, and I certainly could have written so much more. But for brevity’s sake I will sum up why I think serving on the Board is one of the best decisions I have made, and why I encourage you to consider doing the same: I am in awe of the work that the MFC staff accomplishes for our community. I have a great appreciation for every one of the staff that embodies and lives the cooperative values. I am utterly grateful for the number of educational opportunities I have received. I feel indebted to the MFC community as I feel the Coop raised me professionally and has weathered a season of my life with me.

Last, but not least, I am deeply honored to have served a community that feels like a family, and I want everyone to feel that same sense of belonging. These feelings are only perpetuated when the community pitches in to keep the idea alive. As a board member, you make this Cooperative a representation of the community it serves. Please consider running for the board by filling out the application by **January 15 at 5pm.**



Or visit marquettefood.coop/board to learn more.

Call for
Candidates

FOR THE MFC

BOARD OF DIRECTORS

Why would you apply to be on the board?

Because you simply want to make a difference? You love the Marquette food co-op? You heard they had cool people on the board and you wanted to join?

No matter your reason or passion for wanting to apply, we're waiting for good folks like you to help us make forward thinking, fresh minded and sound decisions for our community.

Have questions? Our lovely orientation committee is ready to help with anything!

Applications open until

JANUARY 15

Learn more and apply at www.marquettefood.coop/board/join

Have questions now that the website didn't answer?
Send your question to board@marquettefood.org or call 906-273-2287

Scan the QR code to learn more today



OWNERS SAVE!

TAKE 10% OFF A SHOPPING TRIP OF YOUR CHOICE THIS MONTH!

Not an owner? Join today to get your 10% off and other owner benefits including:

- Owner Rewards – earn points on every purchase, redeemable on anything in the store.
- Save 20% on most special orders.
- Free or reduced admission to Co-op classes
- Baker's Dozen Reward - purchase 12 loaves of Marquette Baking Co. bread and receive the 13th loaf for free. Your choice of Cracked Wheat, San Francisco Sourdough, or Country Italian.
- Potential yearly patronage dividend.
- Opportunity to vote and run for the Co-op Board of Directors.

CLICK HERE TO JOIN NOW!

MARQUETTEFOOD.COOP/OWNERS/OWNERSHIP

OWNER COUPON PROGRAM CHANGE

We are discontinuing our owner coupon program that offered three coupons on specific items in the store. Use of the program was very low, and it took a considerable amount of staff time to produce each month. Meanwhile, the October owner coupon that offered 10% off a shopping trip of choice was, as always, immensely popular. We have decided to offer this benefit three times a year instead of once per year in lieu of the monthly owner coupons. This gives a far greater benefit to owners, allowing you to save on more items that you can choose yourself. Look for your next 10% off coupon in April!

ASK ABOUT OUR

OWNER REFERRAL PROGRAM



RECEIVE A

\$10

GIFT CARD FOR
SIGNING UP WITH THE
FULL EQUITY PLAN

&

RECEIVE A

\$10

GIFT CARD IF YOU
REFER A FRIEND

FOOD AS MEDICINE

AT THE MARQUETTE FOOD CO-OP



Amanda Latvala
MFC Registered Dietician

Food as Medicine is a topic that is gaining a lot of attention, but many people lack understanding of what the phrase encompasses. In the simplest terms, what you eat has a direct impact on your health and wellbeing. According to the Academy of Nutrition and Dietetics, Food as Medicine (FAM) is a philosophy where food and nutrition aids individuals through interventions to support health and wellness. Food and nutrition play a role in sustaining health, preventing disease, and can be used as a therapy for those with conditions or in situations responsive to changes in their diet. It is important to note that Food as Medicine is for everyone, regardless of health status.

According to the CDC, over half of the U.S. population has at least one chronic condition. These conditions include diabetes, obesity, hypertension, heart disease, depression, and more. In many cases, these conditions can be improved and even resolved by using FAM techniques in lieu of, or in conjunction with medication. While what we eat can prevent the development of a chronic condition, FAM goes beyond this. What we eat affects how we feel each day. Symptoms such as brain fog, fatigue, poor mood, and general aches and pains can be affected by what and how we eat. The Marquette Food Co-op believes in and supports the FAM movement.

A recent survey by the Food Industry Association found that almost half of all shoppers view their primary grocery store as an ally to their health and well-being. This finding has compelled us to not just sustain but increase resources for our customers that align with the FAM movement. Currently, FAM is supported by the MFC through a variety of ways. We start with our staff. During our interview process, every candidate is asked about their interest in food and how familiar they are with natural foods. Pro tip: this better be high on the list if you are looking for a job at the Co-op. We employ a Registered Dietitian to ensure our customers are being provided with the most up to date, science-backed, relevant information. It is important to



FOOD AS MEDICINE AT THE MARQUETTE FOOD CO-OP

know that there is not a one size fits all approach to healthy eating. New information and studies are coming out all the time. Amanda says "It can be overwhelming and even frustrating with what is considered healthy eating. I am here to help folks figure out what is ideal for them!"

Next, it's the products and programs in the store. Yes, we carry chips, soda, and cookies. We believe there is a time and place for treat foods too, and do not believe in a one size fits all approach. But we have a wide variety of products that suit a range of diets. We prioritize local and organic products and are committed to providing packaged products free from high fructose corn syrup, hydrogenated fats, and artificial dyes, sweeteners, and flavorings.

Our Fresh Deals sales flyer is coordinated in-house at the MFC to ensure customers have access to great pricing on fresh produce. We are one of only three grocery stores in the entire U.P. to offer Double Up Food Bucks, which gives credit to SNAP users when they use their benefits to purchase fresh produce. For every dollar spent on produce, another dollar is put in their Co-op account for use on a future shopping trip. This credit can only be spent on more produce, doubling the funds available to SNAP users for produce.



The MFC is also a partner in the U.P. Food as Medicine Program. This multi-faceted program allows doctors "prescribe" fruits and vegetables to patients over the age of 18 who are at risk or already diagnosed with a chronic health condition and have an economic barrier to purchasing local produce. In addition to the vouchers that are mailed to participants to spend at local farmers markets, the program offers food education. The MFC assists with the onboarding process and paperwork for farmers markets, marketing, and teaches cooking classes as part of the program. To help ensure local farmers can expand their operation and support the program, the MFC manages a farm infrastructure grant program (funded by the FAM program) with our partners in the U.P. Food Exchange. 13 farms have received walk refrigeration units, and three farms have received high tunnels under this program. The beauty of this program is that not only does it support eating more produce, but it supports eating local produce, which has been shown to be the best bet for nutrition, taste, and the environment.

Research has also shown that cooking at home, using minimally processed ingredients, is one of the best ways we can prioritize our health through food. But if you don't feel confident in the kitchen this can be a barrier. Luckily, the MFC has got your back. We may be hosting a Thai or Indian cooking class, but basic kitchen skills are taught in every class, with local food always prioritized, regardless of how global the cuisine is. In addition to our cooking classes, we offer presentations and food demos on and offsite at little to no cost.

We believe that there are further opportunities for the MFC to support our community's health. In 2025, you can expect to see more programming with specific Food as Medicine topics. This will include workshops, cooking classes, store tours, and food demos on the store floor designed to support folks with chronic health conditions. We are very excited to be able to offer these programs that are designed to help our customers lead healthier, happier lives.

FOOD AS MEDICINE TIPS

Here's some advice that can help you integrate Food as Medicine concepts today. Integrate these ideas into your diet to help you experience less fatigue and brain fog.

- Hydrate! Start your day with 16 oz of water. Squeeze half of lemon into your water for an added boost of Vitamin C.
- Add honey to your tea to soothe cold symptoms.
- Add beans or lentil to foods you are already eating. Try adding them to salads and soups for a boost of fiber.
- Make an effort to eat multiple colors of fruits and vegetables each day. Each color has unique nutritional benefits. For example, blue and purple foods like blueberries and red cabbage contain an antioxidant called anthocyanin which has been associated with better brain function and better memory. Red foods like watermelon, tomatoes, and raspberries contain lycopene, an antioxidant that is associated with lower blood pressure and heart disease.
- Use spices like cinnamon and turmeric liberally. Sprinkle some into your oatmeal or over fruit
- Aim to eat foods rich in omega 3s such as fish and walnuts 2-3 times/week

ASK THE DIETITIAN

Have questions for the MFC dietitian about healthy eating? Send us your inquiries! We're looking to support your efforts to eat nourishing, delicious food. Send your questions to Amanda at alatvala@marquettefood.coop

Annual Quitter's Day

RAFFLE

JANUARY 8 - 14

Enter for a chance to win a blender.
The winner will be drawn on January 15.

In the UK, residents have dubbed January 12 as "Quitter's Day," the day that people are most likely to give up on their New Year's resolution. Motivation falters, we lose focus, and fall back into old ways.

While this is both relatable and laughable, we encourage you to keep going! As an incentive for sticking to your goals, we're giving away a blender to one lucky winner.



WELLNESS WEEKEND

JANUARY
17-19

25% OFF

BODY CARE, VITAMINS,
+ SUPPLEMENTS

excludes items already on sale. 10% off Owner coupon does not apply.



ROUND UP AT THE REGISTER

for



United
Way



TOGETHER, WE RAISED

\$5,720

Thanks to everyone who donated and helped us exceed our goal of \$5,000. The proceeds will directly benefit 30 local and regional charity organizations across Marquette County that offer programming and services for our area youth and elderly, as well as those seeking basic needs such as food, shelter, and medical assistance.

Thank you!

WOMEN'S CENTER

HARBOR

House

Thank you to everyone who contributed to the gift drive for the Women's Center.

These donations were given as gifts to the women staying in the shelter at Christmas, and we were so pleased with the thoughtful, high-quality items that were donated.



The Women's Center empowers victims and survivors of domestic and sexual abuse, providing counseling, education, and advocacy services. They also provide emergency shelter to victims of violence. You can support the Women's Center all year long by donating and shopping at the Pak Ratz Thrift Shop. Net proceeds from the thrift store support the many programs of the Women's Center.

LOCAL SPOTLIGHT

Learn more about the businesses that supply your favorite local products to the MFC



RADD Foods

EMILY & COLE WILLIAMS

Once you hear their story, it's not surprising that Emily and Cole Williams started RADD Foods, a company that makes dairy-free cheese slices in fun flavors. Cole Williams was a chef, and Emily Williams was raised by a chef. When these two foodies got together, their idea of a great date night was hanging out at home experimenting with a Vitamix. Later, when they decided to eat less dairy, they weren't satisfied with the products they found on the market. They didn't want something that was pretending to be cheese that inevitably leads to disappointment. What they wanted was something flavorful that played a similar role to cheese in their food.

What was their private kitchen experimentation is now RADD foods, a cheese alternative that's good for anyone looking for delicious food while reducing their dairy consumption. Their first two RADD sliced products, flavored with Ranch and Franks Red Hot, are perfect for livening up your grilled cheeses, burgers, quesadillas, even egg sandwiches. These two food entrepreneurs love working together and love providing this product to our community. And soon, RADD Foods will be in many communities! The MFC was the sole location to find their products and they are now available in 45 stores across the Lower Peninsula and Indiana. Congrats Emily and Cole!

THROUGH JANUARY, RADD FOODS PRODUCTS ARE 15% OFF

**MEET EMILY & COLE AND HEAR MORE AT A SAMPLING EVENT!
FRIDAY, JANUARY 10 • 3-5PM**

All your favorite brands

Warm up with winter savings!

Look for over 40 coupons throughout the store.



CALENDAR OF EVENTS

JANUARY 2025

Quitter's Day Raffle

January 8 - 14

COOKING CLASS

Cook with our Dietitian

January 14 • 5:30 - 7:30pm

Sign up today!

Care Kit Collection for Room at the Inn

January 16 - 24

Board applications due

January 15 • 5pm

Wellness Weekend

*25% off vitamins, supplements,
and bodycare items*

January 17 - 19

Board of Directors Meeting

January 21 • 6 - 8pm

Co-op Classroom

Citrus Spree

25% off all fresh citrus

January 22 - 28

THE FRESH FEED

*This newsletter is digitally published
monthly for owners and friends of
the Marquette Food Co-op.*

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Board of Directors

Michelle Augustyn PRESIDENT
Nathan Frischkorn VICE PRESIDENT
Tom Rulseh SECRETARY
Richard Kochis TREASURER
Michael Dewar
Emmanuel Sally
Maria Danz
Ashley McGrath
Olivia Kingery
Matt Gougeon GENERAL MANAGER

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

Disclaimer

The views within this publication are as diverse as the 5,000+ 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.

The Marquette Food Co-op provides the region it serves with access to food, products, services, and education that foster a thriving, equitable, and resilient community by:

PRIORITIZING
LOCAL AND
ORGANIC FOOD
SYSTEMS

PROMOTING
COOPERATIVE
GROWTH
OPPORTUNITIES

SUPPORTING
AN EQUITABLE
SHOPPING
EXPERIENCE

FOCUSING ON
SUSTAINABLE
ENVIRONMENTAL
OUTCOMES

