

THE FRESH FEED



The Marquette Food Co-op Newsletter

July 2022



PATRONAGE DIVIDEND

Matt Gougeon
General Manager



As previously reported earlier this year, our board of directors voted to disburse a patronage dividend to the owners of this Co-op from our recent profitable performances. What is a patronage dividend? Simply put, it is a share of the store's profit based on each individual owner's contribution to that profit and paid back to the owners in cash. To tell you more than you might likely want to know about patronage dividend, follow along for a bit.

Most folks like to think that that share of the profits is determined by an owner's purchases in the store. While that is not wrong, it's more nuanced than that. An owner's dividend share of the profit is based on an owner's contribution to the margin that created the total profit. This takes into account what someone is purchasing during the year and how it contributes to the overall profit of the store. For example, if someone only purchases products on sale or on a special promotion, those products contribute less to profitability than products that are sold at a regular price. Therefore, patronage dividend is not based solely on gross purchases of product in the store because it is more equitable to disburse based on contribution. Our point-of-sale system tracks this data, and it is only a few keystrokes from our grasp.

Some other key aspects of patronage dividend to understand include how it is paid and the timing of the payment. IRS rules require that the patronage dividend be paid in cash. However, that includes making the dividend available as store credit, (which is how we will disburse the payments here at the MFC) much like your Owner Rewards points are given. You can simply use your dividend for more purchases at the store and your cashier will have the record of your dividend on the screen in front of them. Please know, that if you wish to receive your dividend in the form of actual cash, your cashier will be happy to redeem the cash value for you at the register. IRS rules also tell us that we must have the

dividend disbursed no later than September 15th. We'll get it done before then, so look for your official individual notice of allocation which will tell you about the profit, your contribution, and the amount of your dividend.

How much can you expect to receive in dividend? The board determined to disburse 20% of profit for 2021. Don't quote me on this, but that will equate to somewhere between \$60K - \$70K total dollars. However, there are a lot of active members. This means few people will see a dividend north of \$100.00 and a lot of people much less than that. There is a cut off at no dividend paid of less than \$5.00. It is important to remember that patronage dividend isn't the only way owners are compensated. Our Owner Rewards program also allocates funds to owners. This program is based on dollars spent, without regard to margin contribution, and can be accessed without board approval.

Patronage dividend is a unique and key aspect of the cooperative business model, but it is true that the store itself is the single biggest benefit of cooperation – we are a consumer co-op, after all. Providing access to high quality foods is our intent. Patronage dividend is a nice perk to enjoy along the way when it is made available.

More to come. ***Feel good. Shop the Co-op.***



ROUND UP AT THE REGISTER

HELP SUPPORT LOCAL FOOD BANKS

JULY 1ST — 31ST

The Marquette Food Co-op will be collecting funds in July to assist local food banks through its Round Up at the Register program. Cashiers will be asking customers to round their shopping total to the nearest dollar (or more) when they check out with their groceries. All funds collected will be used to purchase items specifically requested by local food banks — St. Vincent de Paul (Marquette, Gwinn, and Ishpeming locations), The NMU Food Pantry, and The Salvation Army (both Marquette and Ishpeming locations).

The need for help from food banks is generally higher in the summer months when children aren't receiving meals at school. Please join the Co-op in raising funds to help keep our local food banks stocked with the essentials — our friends and neighbors need our support.

Thank You!

Annie Lippert



Kelsey Thompson



MFC STAFF

VIRTUAL ART SHOW

Our Echoes Will Decay
by Chad McKinney



Chad McKinney



Pamela Valdez

Check out their art on social media (facebook & Instagram) by searching #MFCArtShow2022

Getting to Know Your Board of Directors

THE FINANCE COMMITTEE

The Marquette Food Co-op is governed by a board of directors elected by our ownership. It is the board's responsibility to act as a trustee on behalf of all owners, ensuring there is sound management and long-range goals that reflect our community's needs.

To fulfil these responsibilities, the board focuses on five areas:

- Hiring, supervising, and evaluating the Co-op's General Manager
- Ensure that cooperative values are reflected in policy and management strategy
- Approving capital and operating budgets
- Recruiting new directors to ensure a well-qualified board
- Making decisions about the mechanics of the Co-op's governance system, development of policies and guidelines, and other related matters

To accomplish these goals, as well as tackle projects such as DEI work, policy review, outreach to owners, education on relevant issues, and more, the board members participate in committees that their skills and interests are well suited to. These committees meet and report back on their work at the monthly board meeting.

We'll be sharing more information about these committees in the next few newsletters so you can learn more about the governing body of your Co-op. If you've ever considered running for the board, this is an excellent way to learn more before the next election cycle. Owners are welcome to attend the board meetings, held on the third Tuesday of the month at 6pm in the Co-op classroom.

This Month we're featuring all things finance with the Finance Committee. Do your eyes glaze over when thinking about reading profit and loss statements? How about annual budgets? End of year Combined Financial Statements? To some of us, helping to manage the Co-op's money is the most important part of the Board's work, because without a sound financial basis, we would not have a thriving co-op.

A good example of the Finance Committee's work was the preferred share offering for the 502 W. Washington Street expansion in 2013. The Finance Committee, working with management and the full board, provided consent and approval to raise over \$350,000 in owner share purchases – without which, the expansion may not have happened.

While management takes responsibility for day-to-day store operations, the Board of Directors makes approval for large capital items (buildings, vehicles, other expensive items), as well as long-term debt acquisition. The finance committee then reviews such expenditures and makes recommendations to the full board for approval.

So, we look at numbers and work to make sure that those numbers interpret into a successful financial basis that provides owners with what they come to the Co-op to get - healthy, delicious food, and a place to connect with each other and our community.

LOCAL LETTUCE LOWDOWN

Nothing beats a fresh-from-the-garden summer salad, but the abundance of lettuce options in the produce section can be overwhelming. Whether you're unsure of the difference between romaine and summer crisp or are wondering if butter lettuce really tastes like butter, we're here to help. Let's take a walk through our local lettuce selection.



ROMAINE

Long sturdy stems with tender broad leaves

– LOOK FOR –

Dark leaves and snappy stems. Lighter colored leaves are more bitter.

– USES–

Crunchy salads, wraps, grilled, sauteed



BUTTER

Red and green varieties – silky soft, crisp, mild buttery flavor

– LOOK FOR –

Compact, crisp heads. Avoid limp or browning leaves.

– USES–

Salads, as a wrap or tortilla replacement, burger and sandwich topping



SUMMER CRISP/GREEN LEAF

Red and green varieties – lacy, delicate, ruffled leaves, slight bitterness

– LOOK FOR –

Full, wavy bunches. Avoid limp leaves.

– USES–

Fresh-from-the-garden salads, wraps.

Pro tip: dress summer crisp salads as soon as you're going to eat them – leaves tend to wilt quickly once dressed.

HOW TO CLEAN + DRY YOUR LETTUCE

Using a salad spinner, place your greens in the strainer within the bowl. Fill until water is just covering the top of the greens. Use your hands to stir gently, then lift the strainer from the bowl, and pour out the dirty water left behind. Repeat if necessary. Spin to dry.

If you don't have a salad spinner, place a colander in a large bowl or clean sink and fill your vessel until water covers the greens. Swirl lettuce gently to loosen dirt. Lift colander to drain and discard the dirty water left behind.

Repeat rinse process if needed. Never place lettuce in a bowl with water and drain water with lettuce still in it - this just dumps the dirt back onto your lettuce.

To dry, lay greens in a single layer on a clean cotton dish towel. Gently roll the towel up into a cylinder, gently pressing down to absorb excess water. Gentle pressure is key to avoid bruising the leaves.

GRILLED ROMAINE HEARTS

Lettuce is so much more than salad. Have you tried grilling your greens? Romaine can handle a little heat – try charring it on the grill with the recipe below.

Recipe adapted from The Spruce Eats

- **3-4 romaine hearts, cleaned and washed**
- **⅓ C olive oil**
- **⅓ C balsamic vinegar**
- **½ C parmesan cheese**
- **Freshly ground black pepper**

Pre-heat grill or grill pan to medium-high. While the grill heats up, wash and dry romaine. Remove any damaged outer leaves.

Cut the romaine in half lengthwise, leaving the cores intact. Brush with olive oil on all sides.

Grill the hearts cut side down over medium heat for around 2 minutes, or until char marks start to appear and you notice the lettuce starting to wilt just slightly.

Transfer to serving dish cut side up. Drizzle with balsamic vinegar, parmesan, and fresh cracked pepper. Enjoy!



LEARN MORE ABOUT LETTUCE AND LEAFY GREENS AT [LETTUCEINFO.ORG/LETTUCE-NUTRITION](https://lettuceinfo.org/lettuce-nutrition)

OUTREACH UPDATE



Sarah Monte
Outreach Director

The pandemic certainly presented challenges for an Outreach Department focused on communal cooking events. At various times, our staff helped in other departments, did webstore tech support, or worked to increase our online outreach. We were able to create an online cooking class program that taught hundreds of people how to prepare food from all around the world in the comfort of their own home.

While we feel grateful that technology could help us continue to connect with the community, nothing compares to interacting in person when it comes to food! We're excited to be at the Downtown Marquette Farmers Market with food demos this summer and are preparing for a full in-person class series this fall.

We also created new relationships with community partners and deepened existing partnerships during the pandemic which resulted in some exciting new projects. We're as busy as ever and want to make sure Co-op owners know about the work they're supporting by owning equity and shopping at the store. For the next few newsletters, we'll be sharing overviews of these projects. This month, you'll learn about our partnership with Feeding America West Michigan and the Northern Michigan University Center for Rural Health on food demonstrations at pantry distribution sites.

RECIPE FOR SUCCESS

Feeding America West Michigan (FAWM) sends monthly trucks to locations all around the Upper Peninsula to distribute food to people in need. FAWM recently performed a detailed assessment of their mobile pantry distribution program and learned that attendees wanted to learn more about how to prepare healthy meals with the ingredients they were receiving. FAWM, the Marquette Food Co-op (MFC), and the Northern Michigan University Center for Regional Health (NMUCRH) teamed up to create a food education program that would specifically serve attendees of the mobile pantry distribution.

Funding from the Superior Health Foundation has enabled the team to create this multi-faceted project with a virtual and in-person food education component that links food educators across the Upper Peninsula. Seven mobile pantry locations whose attendees indicated strong interest in food education were selected for live food demos or sampling. These locations include Marquette, Ishpeming, Newberry, Sault Ste. Marie, Manistique, Norway, and Ontonagon.



Comprehensive kitchen equipment kits were put together so that our partners had tools necessary to prepare and serve the food. At mobile

pantry distributions throughout the summer and fall, our partners will be preparing food in certified kitchens and bringing it to the pantry distribution so attendees can taste the prepared recipes. Depending on the location, our team of food educators demonstrate recipe preparation or move from car to car serving the featured recipe and chatting about how they prepared it.

This is a particularly fun and challenging partnership – as what food is arriving on the truck often isn't known until 24 hours before the event. FAWM notifies the food educators of the products, and the team gets to work finding the right recipe that features food participants will be taking home that day. Recipients get a copy of the recipe so they can recreate the meal at home.

The MFC and Food for Life Nutrition services developed a suite of recipes tailored to the items most delivered via the mobile pantry, so the demo team has resources ready to go. These recipes are housed on the NMUCRH website. NMUCRH also worked with the MFC to put together video demonstrations to accompany the recipes. These demonstrations and recipes are available to anyone and can be found at nmu.edu/ruralhealth/recipes

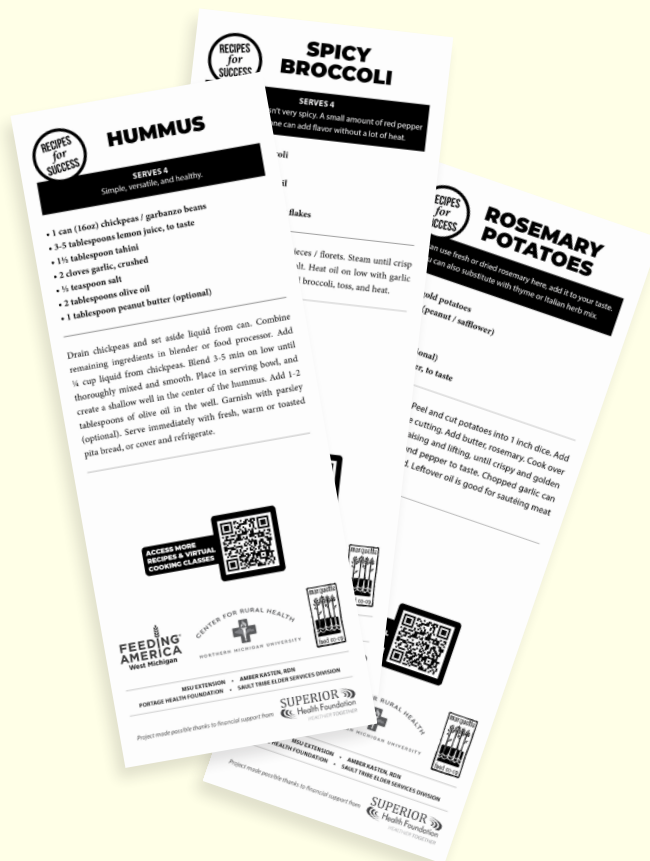
The MFC is providing staff for the demos at the Marquette and Ishpeming locations. We used our experience with food demonstrations offsite to create equipment kits for each team of food educators at each location. NMUCRH, as an organization that serves the entire Upper Peninsula, travels frequently and was instrumental in dropping off the kits to our partners.

The first round of demos occurred in June and the food educators are working to make adaptations as needed for the second round of demos. Attendees were so appreciative and loved the food. Preliminary evaluations indicate that the recipes are a big hit. For example, out of the 128



evaluations at the Marquette location, 115 people indicated they would make the recipe at home, with another 11 saying maybe they would make the dish at home. 119 people would share the food and/or recipe with other people. It's not just the participants enjoying the event. As one food educator said, "I loved getting to interact with so many people, cracking jokes and chatting with them. This filled my cup."

We still have many more demos to complete before seeing the results of the project, but we are already looking forward to the next event. Be sure to visit the NMUCRH site above to learn more about our partners and to try out some of the recipes in your own home!



DOUBLE UP FOOD BUCKS PAUSE ON EARNING IN GROCERY STORES

From August 1 to December 31, you
cannot earn Double Up.

Any Double Up you have earned to
date CAN be spent during this time.

The grocery store pause is over January 1,
and shoppers can both earn and spend again.

This pause helps ensure that Double Up Food Bucks can
continue in their 250+ locations across Michigan
for many years to come.

THANK YOU!

DoubleUpFoodBucks.org | 866.586.2796



NEW ITEMS

July 2022



Fullgreen – Best Morning Ever Cocoa & Banana

Fullgreen's Best Morning Ever Cocoa & Banana plant-based hot breakfast is made with a base of riced cauliflower & coconut milk and seasoned with cocoa and banana. Made without added sugar, grains, or dairy, these vegan breakfast packs are a convenient option for a busy morning. Personalize it by adding your favorite toppings!



Unreal Dark Chocolate Coconut Bar

Unreal's Dark Chocolate Coconut Bars are made with three simple ingredients - organic coconut, organic cassava syrup, and Fair Trade certified dark chocolate. These creamy, delicious coconut bars are non-GMO, gluten free and sweetened without corn syrup or sugar alcohols. Made with less sugar than similar bars, these all natural, vegan, chocolate snacks simply taste UNREAL!



Marquette Food Co-op Apple Sage Chicken Sausage

The MFC house-made Apple Sage Chicken Sausage has an extraordinary flavor profile that features notes of savory & sweet, with a hint of black pepper heat. Serve alongside eggs in the morning, or as a burger for dinner. Pan fry or grill for a juicy, delicious patty and enjoy with your favorite toppings or side dishes.



Innocent Bystander Sparkling Rosé Moscato

Naturally effervescent and bursting with notes of strawberry, violets, and honeycomb, Innocent Bystander Sparkling Rosé Moscato is sweet, bubbly and has a fresh finish. Made in Australia with cold-fermented Gordo and Black Muscat grapes from old vine vineyards. Pair with fresh berries & cream or blue cheese & pear.

MFC Board of Directors Meeting

July 19
6-8PM
Coop Classroom

Feeding America West Michigan Mobile Food Pantry Food Demo

July 20
12 PM - 2 PM
NMU Berry Events Center

Equal Exchange Vendor Sampling

July 22
1pm to 3pm



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

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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.



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In-store Hours 8am - 9pm
Grocery Pickup 10am - 7pm

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