



FRESH FEED

The Marquette Food Co-op Newsletter

May 2021



FEEL GOOD AT 50



Matt Gougeon
General Manager

It is hard to escape thinking about the pandemic and its effect on the Marquette Food Co-op. I've written in this newsletter variably about the pandemic's impact on store systems, the financial impact of increased business and disrupted supply, and the emotional, mental, and physical toll on staff. It is also hard, after the last 13 months, to not think of the future as a series of "next things" to get through and plan short term solutions to the most recent or immediate change.

I once made the analogy during the height of the unknowns and anxiety of the early lockdown days of last April and May about all the challenges the pandemic produced as like being in the heat of battle, out of ammunition and hand fighting an invisible enemy. In retrospect, saying that was overly dramatic of me. But I point to it as evidence as to how thinking about the work of the Co-op has evolved in such a short period. We've become short term thinkers out of some necessity because, well, near future predictions indicate that this summer will be a record-breaking year for tourists. At some point, restaurants will fully open and rightfully take some of the local market share of stomach with them. And we are in the middle of a very tight labor market making it difficult for us to staff properly. These are significant impacts to address and all coming in just the next few weeks and months.

While I admit to this recent short term thinking, I am also aware of the short sightedness of it because I work for a cooperative. A cooperative is anything but short sighted by its very nature and existence. It is not shareholder driven. It is shareholder supported and sustained. I'll paraphrase from business writer Simon Sinek. Behind the Marquette Food Co-op there is a "just cause," a bigger mission, a set of greater ideals. While organizational results are important to attain in the near term, the Co-op ideal will never be reached. But one should see progress toward the ideal along the way. And that is the point, is it not? Keep progressing toward the ideal. Sinek calls this the "Infinite Game." Simply going after



Matt pitching in on construction during the 2006 Co-op Expansion

profit for profit's sake is a death sentence for a business. Ask yourself this simple grocery question; would you rather shop (or work) at the Co-op because it sells fresh produce or because the Co-op tries to make sure that people have access to fresh produce?

As evidence of cooperative progress being made, I offer this unofficial claim: at 50 years, the Marquette Food Co-op is the oldest grocery store in Marquette. Now, this is not an entirely accurate claim as there are likely older grocery chains that exist here, but they have not served in Marquette longer than we have. From a buying club of a few families to our beautiful store today, we have supported local farms and food, purchased fair trade and organic food, valued employees and kept them safe, created access to wholesome food for everyone, served our community in so many ways, and shared the wealth of our progress with each other. In short, we've cooperated. This is why I sign off on these articles with "Feel good. Shop the Co-op." It's not just a catch phrase. It succinctly sums up our 50-year history. And if you need any further proof of the lasting power of cooperation, consider our sister co-op, the Chatham Co-op, just a few miles south of us, is the oldest consumer cooperative in America, formed in 1926.

Feel good. Shop the Co-op.

CELEBRATING
50
YEARS
OF THE
MFC

Founded in 1971, this year marks the 50th anniversary of the Marquette Food Co-op! To celebrate, we'll be sharing snippets of MFC history each month in the newsletter and on social media.

Follow along with the hashtag #MFCis50 on Facebook & Instagram

Expansion on Baraga Ave.

In the spring of 2006, the Co-op was offered the chance to expand into the other half of the building, and although this expansion was sooner than anticipated, the idea was eagerly embraced, and a capital campaign generated much of the funding. Most of the building work was accomplished while the store remained open, and in the fall of 2006 the final work was done to remove the dividing wall. By the end of 2011 the sales were at \$4.4m., there were forty-nine staff, over twenty-nine hundred members, and plans were underway for expansion to a larger facility.



Have a special photo or memory of the MFC to share?

Send it to kdewar@marquettefood.coop or message us on Facebook or Instagram.

8 THINGS I'VE LEARNED FROM 8 YEARS ON THE BOARD



Phil Britton
Board President

When I joined the MFC Board of Directors eight years ago, we were still the funky little grocery store on Baraga Avenue. The ink was still drying on the purchase agreement for our current building, and we had just launched our first preferred share offering. It was an exciting time, and I've been fortunate to have had a front row seat in watching the new store take shape. First through the construction process, then as we matured operationally in our new home.

As my final term winds down, I'd like to share eight things I've learned in my eight years on the Board:

1

Co-ops are resilient - In my time on the Board, the Co-op has weathered government shutdowns, brutal winters, a global pandemic, a volatile and rapidly shifting retail grocery industry, and dozens of other mini crises. The cooperative model is strong, and a testament to the power of community.

2

Democracy works - Co-ops are a great example of what democracy can look like when it's done right. The Co-op is a reflection of the people that own it, and it has grown and evolved over the years as we, the ownership, have grown and evolved. The Board that governs the organization is elected by the ownership, from the ownership, for the ownership.

3

Food has impact - Just about every aspect of our lives is impacted by food. Food plays a role in community health, economic development, education, climate change, immigration, and so on and so on. Being a community-owned grocer means that the Marquette Food Co-op has a seat at many of these tables, contributing toward a lot of positive change.

4

Co-ops exist to meet a community need - This has become somewhat of a mantra for me lately. People form cooperatives because a community has a need that isn't being met, so they pool their resources and fill that need collectively. That's what the original cooperators did, and it's what we continue to do every day. Part of the role of the Board is to ensure that the ownership, our community, can continue to voice its needs to the cooperative.

5

Change is constant and inconvenient - In eight years, there hasn't been a single "quiet" year. Whether it's politics affecting our financing options, new competition moving into the area, shifting grocery trends, or a pandemic, things are always changing. You're never fully ready for it, and it's always inconvenient, but the trick is staying "light on your feet," and being ready to adapt as necessary. Being a small grocery store is advantageous in this manner.

6

Policy Governance is a powerful tool - The Board is made up of everyday owners. We've had contractors, accountants, business owners, healthcare workers, lawyers, therapists, and more serve as directors on this board. What we haven't had on the board in the last eight years is a grocery expert. Policy Governance is simply a way to clearly define roles and responsibilities between the Board and the GM, allowing each to play to their strengths. We do what we do best: voice the needs of the ownership and keep the organization accountable to them. The organization would suffer if we were involved in deciding which brand of yogurt got put on the shelf.

7

There's work to do - You never "achieve" cooperation. It's messy work that's never finished — like Jazz, it doesn't resolve. The process is the point. We're constantly asking ourselves "Is there a need that's not being met in our community? Are we serving our ownership well?" When I said above that the Co-op "is a reflection of the people that own it," there are racial and cultural groups that would disagree, and they're right. That's the work we have in front of us, and work that we are rolling up our sleeves and getting in to.

8

It's all about people - Ultimately, cooperatives are people. The Marquette Food Cooperative isn't the building on Washington, it's us. We're the cooperative, and we just happen to own a grocery store because we love good food. It's amazing what this group of people has accomplished over the years, and who knows what we'll do next!

It's been a privilege and an honor to represent you on the Board these past eight years. I am so proud of this board, they are doing so much hard and necessary work, and I can't wait to see where they lead us in the coming years. Matt and the staff can't be praised enough for how well they operate our store, through ups and downs and over all the little unexpected speed bumps. Our cooperative, or rather our ongoing cooperation, is a beautiful thing.

Onward!

MADE-TO-ORDER SANDWICHES ARE BACK!



Heidi S.
Prepared Foods Manager

Prepared Foods is excited to announce that hot made-to-order sandwiches are back!

The menu (*see next page*) has changed slightly, but all the favorites are still here, like the Turkey Bacon Avocado, Cuban, and the Chicken Shawarma. We also have a “Build Your Own” sandwich option, so you can create your own sandwich masterpiece. Extra spreads and veggies are now free, so you can choose them from our menu and add as many as you want!

Hot sandwiches are made to order from 11am to 6pm every day of the week. Our deli staff is happy to take your order and have it ready in about 5-10 minutes. We have menus right at the deli counter so you can take your time and get exactly what you want.

If you want your sandwich made into a salad, we can do that too! Just ask for spring mix instead of sandwich bread. We have Newman’s own dressing on the salad bar, so you can still make a customized salad to go.

We also have a hot made-to-order Naan pizza that is just the right size! You can customize it with our organic veggies and add extra meat or cheese to make it perfect for you. We also have several different kinds of Take-and-Bake pizzas that are ready for you to take home and bake in the oven. You can choose from a classic Pepperoni pizza, a Chicken Pesto pizza, or a Veggie pizza that are quick and easy to bake at home.

If you don’t want to wait for a hot sandwich, we will continue to have two kinds of prepackaged hot sandwiches available on the hot bar every day as well. We usually have a sandwich with meat and a vegan or vegetarian option. Hot bar sandwiches have become one of our most popular items, so check them out! You can probably get your hot lunch to go in less than 5 minutes!





MADE – TO – ORDER

SANDWICH MENU

AVAILABLE 11AM – 6PM

TURKEY BACON AVOCADO

Multigrain Ciabatta Bun, Bacon, Turkey, MFC Spicy Adobo Mayo, Guacamole, Tomato, Spring mix

Contains: Wheat, Soy | May Contain: Treenuts

\$10.49

MFC FAVORITE

CUBAN

Multigrain Ciabatta Bun, MFC Spicy Honey Mustard, Salami, Ham, Swiss Cheese, Pickles

Contains: Dairy, Wheat | May Contain: Soy, Treenuts

\$10.49

MFC FAVORITE

CHICKEN SHAWARMA

Naan Flatbread, MFC Chicken Shawarma, MFC Lemon Garlic Aioli, Red Onion, Pickles

Contains: Dairy, Egg, Soy, Wheat

\$10.49

RACHEL

Multigrain Ciabatta Bun, MFC Spicy Honey Mustard, Turkey, MFC Coleslaw, Swiss Cheese

Contains: Dairy, Soy, Wheat May Contain Treenuts

\$9.49

ROAST BEEF

White Ciabatta Bun, MFC Roasted Garlic Mayo, Roast Beef, Provolone Cheese, Roasted Balsamic Veggies (Bell Peppers, Onion, Mushrooms), Spinach

Contains: Dairy, Egg, Wheat | May Contain: Soy, Treenuts

\$10.49

NAAN PIZZA

Flatbread, Pizza Sauce, Mozzarella Cheese, Pepperoni

Contains: Dairy, Wheat | May Contain: Egg, Soy

\$8.99

TUNA MELT

White Ciabatta, MFC Tuna Salad, Cheddar Cheese, Swiss Cheese

Contains: Dairy, Egg, Seafood | May Contain: Soy, Treenuts

\$10.49

TOASTED CHEESER

White Ciabatta Bread, Cheddar Cheese, Provolone Cheese, Mozzarella Cheese

Contains: Dairy, Wheat | May Contain: Soy, Treenuts

\$6.99

VEGAN BREAKFAST

Ozery Whole Wheat Sandwich Bun, MFC Marinated Tofu, MFC Spicy Adobo Mayo, Tomato, Spinach, Roasted Balsamic Veggies (Bell Peppers, Onion, Mushrooms)

Contains: Soy, Wheat

\$5.49

BACON BREAKFAST

Ozery Whole Wheat Sandwich Bun, Bacon, Egg, Cheddar Cheese, MFC Spicy Adobo Mayo

Contains: Egg, Dairy, Soy, Wheat

\$5.99

BUILD YOUR OWN

Choice of Bread (\$1 up charge for flatbread), 1 meat, 1 cheese, 1 sauce, 1 veggie

\$8.99

Meat and Cheese can be substituted on any sandwich to make a vegan or vegetarian option, please ask a deli worker for options.

All sandwiches can be made on Gluten free Bread, White Ciabatta, Multigrain Ciabatta, Organic Wheat Tortilla, or a Bed of Spring Mix or Spinach free of charge. (Note that this is not a certified gluten free facility and there may be cross contamination.)

Extra Meat: \$2 Add Cheese: \$1 Upgrade to Flatbread: \$1

Additional Veggies, Sauces, Hummus, & Guacamole: FREE

CINCO DE MAYO HOT BAR SPECIAL

WEDNESDAY, MAY 5

VEGGIE ENCHILADAS	V
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CHICKEN ENCHILADAS	
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ARROZ ROJO (RED RICE)	V
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ELOTE (MEXICAN CORN)	VG
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POZOLE (PORK STEW)	
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SWEET POTATO CHIPOTLE BURRITO	V
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V = Vegan VG = Vegetarian

CINCO DE MAYO

Who doesn't love a good taco? This mouth-watering carnitas recipe will be one of your favorites!

CARNITAS

recipe by Pati Jinich of Pati's Mexican Table | Serves 8

- half a white onion peeled and coarsely chopped
- 1 ½ C water
- 6 cloves garlic
- 1 t dried marjoram
- 1 t dried thyme
- 1 t freshly ground black pepper
- pinch cumin
- 4 whole cloves stems removed
- 1 T kosher or coarse sea salt or to taste
- 1 T lard vegetable shortening or oil
- 4 to 5 pounds boneless pork shoulder or butt cut into 4-inch chunks, fat on!
- ½ t kosher or coarse sea salt
- 2 leaves bay
- 1 C freshly squeezed orange juice
- 2 T sweetened condensed milk

In the jar of a blender, place the water, onion, garlic cloves, marjoram, thyme, black pepper, cumin, stemmed whole cloves and 1 tablespoon salt. Puree until smooth.

Set a large Dutch oven or heavy casserole over medium-high heat. Add the lard (or vegetable shortening or oil), and once it has heated up, add the pork chunks and sprinkle in ½ teaspoon of salt. Brown the meat on all sides, stirring and flipping as each side browns, about 10 minutes. Pour the onion mixture over the meat, let it come to a simmer and cook for 5 to 6 minutes. Pour in the orange juice and sweetened condensed milk, add the 2 bay leaves, and give it a good stir. Let it come to a simmer, then reduce heat to medium-low to low and cover.

Cook covered, stirring and scrapping the bottom of the casserole 2 to 3 times along the way, until the meat is completely cooked and coming easily apart if you pull one piece, about one hour and a half. Remove the lid, cook for another 4 to 5 minutes. Scoop out the carnitas with a slotted spoon, leaving any fat behind, and serve in a bowl or platter. Shred with a fork, if desired, before tucking into tacos. Or do like we do, serve straight from the pot.

Serve with warm corn tortillas and pickled jalapeños or tomatillo salsa on the side.



MOTHER'S DAY BRUNCH



KUKU SABZI *(PERSIAN HERB OMELET)*

Recipe from "Milk Street: The New Home Cooking" via The Mediterranean Dish | Serves 6

- 5 T extra virgin olive oil
- 2 C flat-leaf parsley, leaves
- 2 C cilantro, leaves and tender stems
- 1 C roughly chopped fresh dill
- 6 scallions, trimmed and coarsely chopped
- 1 ½ t baking powder
- 1 t kosher salt
- ¾ t ground green cardamom
- ¾ t ground cinnamon
- ½ t ground cumin
- ¼ t ground black pepper
- 6 large eggs
- ½ C walnuts, toasted and chopped (optional)
- ⅓ C dried cranberries, coarsely chopped (optional)

Position an oven rack in the upper-middle position and heat oven to 375 degrees F.

Trace the bottom of an 8-inch square pan or 9-inch round cake pan on kitchen parchment, then cut inside the lines to create a piece to fit in the bottom of the pan.

Coat the bottom and sides of the pan with 2 tbsp extra virgin olive oil, turning the parchment to coat on both sides (the oil should pool at the bottom and generously coat the sides).

In a food processor, combine the parsley, cilantro, dill, scallions and the remaining 3 tbsp extra virgin olive oil. Process until finely ground (now, I like my herbs less fine, so I stopped the processor at my desired texture). Set aside for now.

In a large bowl, whisk the baking powder, salt, cardamom, cinnamon, cumin and pepper. Add 2 eggs and whisk until blended, then add the remaining eggs and whisk until just combined. Fold in the herb-scallion mixture and the walnuts and cranberries, if using. Pour into the prepared pan and smooth the top.

Bake in 375 degrees F heated-oven until the center of the egg is firm, about 20 to 25 minutes. (The egg mixture will rise, but will go down once you set it aside to cool.)

Let the kuku cool in the pan undisturbed for 10 minutes. When ready, run a thin knife around the edges to loosen the kuku. Invert onto a plate and remove the parchment from bottom, then re-invert on another serving plate or a cutting board so the top of the kuku is facing you. Slice into wedges and serve warm or at room temperature.

Serve with a dollop of yogurt, flatbread, and vegetables like cucumbers and radishes.



WELLNESS WEEKEND

MAY
7-9

25% OFF
BODY CARE, VITAMINS,
+ SUPPLEMENTS

excludes items
already on sale

**LAST WELLNESS
WEEKEND UNTIL
SEPTEMBER!**

You may have noticed great new pricing on products throughout the Wellness Department. We want to offer low prices on your favorites every day, with no need to wait for a special weekend. Wellness Weekend will become an exciting bi-annual event with sales, samples, and raffles every fall and spring.



GARDENING SEASON IS HERE!



Kelsie D.
Outreach Department

If you haven't already, now is the perfect time to start planning for your home garden. Whether you have an established green thumb or are just starting out, a well thought out plan will ensure you have a bounty of fresh produce at your disposal when summer finally makes its arrival.

Here's a few tips to help you get started.

First, determine when the last day of frost is predicted for your area. According to the Farmer's Almanac, Marquette's last spring frost is predicted for May 11 and the first fall frost is October 14, making for a typical growing season of 155 days. Keep in mind that this is a prediction, calculated using 1981-2010 Climate Normals. More sensitive produce, like eggplants and melons, shouldn't be out (unless covered) until June 15 in our area. Unless you're new to the area, you know

that this date can really fluctuate. We're in Michigan, after all. Expect the worst but be prepared just in case.

Next, if you don't have an already existing space, determine the size and placement of your garden (choose a nice, sunny spot with easy access to water) and map out what you'd like to grow. Be sure to leave enough space between plants, as well as room for yourself to weed and water. Will you be planting one time for harvest later in the season or do you want to get the most out of your garden through succession planting, harvesting and rotating different crops throughout the season as temperatures fluctuate and produce hits its peak freshness?

Seasonal greens, scallions, peas and herbs thrive in cool spring weather and once harvested, can be replaced by heartier, heat-

loving plants like cucumbers, beans, peppers, squash and tomatoes. You might even be able to squeeze in another round of greens again near the end of the season.

Once you have an estimated frost date and have determined what you want to grow, it's time to buy your seeds. Stop by our new Outdoor Center, located at the front of the store, for all your gardening needs – soil, seeds, gloves, etc. We have a great stock of quality seeds from High Mowing Organic Seeds. They're non-GMO, 100 percent certified organic, and are regularly tested for germination rates, disease and contamination. Quality is so important and ensures that your seeds will be viable and yield an excellent product.

Since I'm only able to fit a few smaller raised beds in my yard, I like to collaborate with



friends and family when purchasing seeds. My dad and I have a solid agreement — I grow a lot of herbs, tomatoes and peppers, and he grows crops that take up more space, like potatoes, carrots and squash. We're able to have it all by sharing our harvest.

Consider a variety of factors when choosing your seeds, including obvious things like what you're most likely to consume, what grows best in your area, and whether you can plant them directly in your garden or if you'll need to start them indoors.

If you're like me and life usually tends to get in the way of your plans to get a head start, don't worry. The Co-op, along with many vendors at the Downtown Marquette Farmers Market, will have plant starts available for purchase come spring. While shopping, don't be afraid to ask questions. Our local farmers are obviously very knowledgeable about best growing practices and can be a great resource, providing plenty of good information and advice to make their starts thrive in your home garden.



From here, it's either a waiting game if you're planting directly in the soil or continued maintenance of your plant starts.

Remember to stay positive and don't worry if you don't get it right the first time around. There is a lot of trial and error involved in gardening, but in the end, all you really need is quality seeds and soil, space, water, time and energy to create a beautiful and bountiful garden. Growing your own food is an incredible experience and has many benefits. It fosters a deeper connection with our food, cultivates relationships with others and our Earth, saves money, reduces our environmental impact, promotes physical activity, and provides us with more nutritious and flavorful food. Plus, you'll have such a great feeling of pride and accomplishment knowing that you did this on your own.

If you're willing put in the effort, you'll reap the reward.



Photos courtesy of High Mowing Seeds



High Mowing Organic Seeds is an independently-owned, farm-based seed company dedicated to providing farmers and gardeners with high quality, non-GMO, certified organic seed.





WE'RE HIRING!

**LEARN MORE AT
MARQUETTEFOOD.COOP**

SCAN ME



HOUSE PLANT SALE

MAY 5 – 7



NEW ITEMS

May 2021

**Ramps**

Ramps, also known as wild leeks, are a U.P. spring delicacy. We get an early start on the short season with regional ramps from Harmony Valley Farm in western Wisconsin, then transition to locally-sourced when available in late May. Wild ramps, while seemingly abundant, need to be judiciously harvested taking care not to overharvest a patch. To add a mild garlic/leek flavor to your favorite dishes, try them finely chopped as a pizza topping, made into a ramp pesto for pasta, or include in a seasonal omelet. They're delicious simply sauteed and freeze really well processed into a paste with olive oil or butter.

**Beeler's****Fresh Pork Short Ribs**

Pork lovers are you ready to turn a rack of ribs into a tender, juicy, smoky barbecue feast? Grilling season is here and Beeler's Fresh Pork Short Ribs, found at the Meat Service Counter, are a great way to get the season underway. Tasty and satisfying, Beeler's meaty pork short ribs are free from antibiotics and added nitrates or nitrites.

**Bhakti****Chai Concentrate, Original**

Packed with flavor, antioxidants and immune-boosting properties, Bhakti Chai Concentrate is great for making a refreshing iced chai tea for hot summer days or a hot cozy beverage for cooler days. Made with a blend of organic ingredients including craft-brewed black tea, fresh ginger, and fiery spices, it can be used to make a variety of chai beverages, baked desserts, and frozen treat recipes.

**Kodiak Cakes****Oats & Honey Crunchy Granola Bars**

Are you on the lookout for a crunchy granola bar? We have you covered with Kodiak Cakes Oats & Honey Crunchy Granola Bars. With a simple and sweet whole grain oat and honey flavor, these bars are perfect for those looking to elevate their go-to snack. They're packed with whole grains and protein and have a satisfying flavor. We also carry their Chocolate Chip crunchy granola bars.

**GloryBee****Organic Tamarind Puree**

GloryBee Organic Tamarind Puree can be used in jams and chutneys, as well as in condiments such as ketchups and sauces – Worcestershire, barbecue, etc. When used as a marinade, it adds a brightness that's more exotic and complex than lemon juice or vinegar. Use it for a touch of tangy sweet & sour in sauces, glazes, salad dressings, drinks, and stir-fry dishes.

**Big Watt****Toasted Honey Nut Vanilla Cold Press Coffee**

Big Watt brings the finest coffee shop products to coffee drinkers everywhere in the way it was meant to taste, by creating a truly exceptional cold press coffee that is easy to share. Their Toasted Honey Nut Vanilla Cold Press Coffee is a smooth creamy combination of their tasty coffee with mellow toasted almonds and a balance of vanilla and honey. Delicious.

**Naya****Cauliflower Dip with Green Olive**

Naya's creamy cauliflower dip is packed with savory green olives, rich olive oil, and a dash of sea salt. It is a full flavor experience, both satisfying and delicious. It's an olive lover's paradise plus its keto, gluten-free, and vegan. It's similar to hummus, but made with cauliflower instead of chickpeas.

**Vital Proteins****Hydration + Collagen Lemon Lime Stick Packet**

Need to up your hydration game? Reach for Vital Proteins Hydration** + Collagen Lemon Lime. It's the only electrolyte powder on the market that combines 5g of grass-fed, pasture-raised collagen, 880mg of electrolytes, and 1g of functional sugar per serving. Just open, pour and add to cold water for a daily recharge. Enjoy the lemony lime refreshing flavor.



GROCERY PICKUP

In-store Shopping
9am – 9pm

Shopping for At-Risk Populations
8am – 9am

Grocery Pickup
10am – 7pm

\$30 minimum purchase required online.

Product availability & price subject to change.

Items must be picked up during dates of sale to secure sale price.

If an item is out of stock, staff will substitute with a comparable product if available. You will have the opportunity to approve substitutions at pick-up.

Any changes to your order will be communicated at pick-up.

Your order will be ready at the time you selected for pick-up. We will not call when your order is ready.

Grocery Pickup call **906.225.0671 x706** when you arrive

THE FRESH FEED

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.



502 W. Washington St.
Marquette, MI 49855

In-store Hours **9am - 9pm**
At-risk Population Hours **8 - 9am**
Grocery Pickup **10am - 7pm**

www.marquettefood.coop
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