

THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

NOVEMBER 2025



A DROP IN THE BUCKET



Matt Gougeon
General Manager

I suppose, if one had the energy or was predisposed to conflict, one could argue either way whether our federal government is an abject failure or wildly successful. No matter the unlikely resolution to such a hypothetical, it would remain that government actions, or inactions, have begun to come home to roost in harmful ways. As usual, those most impacted are the least able to withstand or afford it. I'll start below with the straight dope as recently written and posted to our social media by, Kelsie, our excellent communications manager:

The Michigan Department of Health and Human Services, upon the direction of the US Department of Agriculture, is pausing food assistance benefits in November.

The pause of SNAP funds, due to the federal government shutdown, will impact 1.4 million Michigan residents. We'll feel the impact in our own community, immediately. According to Feeding America, 16% (more than 10,000 people - 2,000 of which are children) in Marquette County are facing food insecurity.

We're reaching out to you, our community, to help. Evident in the existence of our store and your continued cooperation, we have a long history of stepping in to help when there's a need to be met. Here's a few ways you can help address food insecurity in Marquette County:

- **Bring food directly to the pantries. Here's a list of food banks in Marquette County: <https://marquettefood.coop/2015/wp-content/uploads/Local-Donation-Guide.jpg>**
- **Donate to Feeding American West Michigan. Help them continue to stock food pantries and mobile food pantries throughout the Upper Peninsula with nutritious foods. To learn how to help FAWM meet the high demand, visit feedwm.org/bridgethegap.**

- **At the Marquette Food Co-op, set up your account so that your bring your own bag discount (10 cents) is donated and consider rounding up your total year-round (can be set to automatic). All funds go to our local food banks. You can ask your cashier next time you're in the store or contact our Community Services Coordinator at 906-225-0671 x701.**
- **The MFC collects pantry donations for the Women's Center shelter all year - we have a collection bin at the end of the registers you may contribute to any time.**
- **Participate in the Downtown Marquette Farmers Market Harvest Fund. Purchase food at the Saturday market and bring it to the Market Manager booth. They will bring the food to the MFC, and we'll make sure it goes to a Marquette County food pantry on Monday.**
- **Volunteer at a local pantry or at the local FAWM distributions.**

That says a lot on its own, but it's not the whole story. For the whole story you could talk to someone who is losing their SNAP benefits. Forget the politics, or nonsense accusations, or slogans. Instead, listen to them (or any local non-profit) tell you how, since January, federally funded support has been steadily eroding. Programs and the subsidies used to help us care for one another and make the attempt to keep us whole are now less, delayed, paused, or gone. How are they going to make it through the next month?

Here at the Co-op, about two percent of all food purchased every day is purchased with SNAP benefits. Double Up Food Bucks (DUFBS), which allows SNAP recipients to double the amount they can spend on fresh (and now frozen) produce, adds a little more. This means that about a thousand dollars a day of food is supported by SNAP and DUFBS. At the end of this year, it will total \$300 thousand or more.



Thanks to the generosity of our shoppers we were able to purchase over \$5,000 of food for the local pantries this summer. Hopefully we can place another order on their behalf soon!

Now consider how many SNAP supported food purchases go through the registers at all the other much larger grocery stores in our community. Research from CNBC states that at a WalMart, SNAP purchases are closer to ten percent of revenue. At dollar stores, it's an even higher percentage. The grocery portion of our local WalMart is, conservatively, ten times larger than us. I'd wager that tens of thousands of dollars of food will not be purchased by our neighbors this month because of the suspension of SNAP benefits. There is, suddenly, a food insecurity hole the size of the Empire Mine in our community. And one thing leads to another. That lack of spending will, in time, negatively impact jobs and other local businesses and services because of folks tightened spending. It's going to take a lot to fill the pit back up. It won't happen quickly and it will take all of us doing what we can to care for our community and ourselves. The stress now placed on our local food pantries is serious.

We're here to help you, help others. An easy way to donate to food pantries is through your Co-op account. As previously mentioned, you can "round- up" on any purchase and that spare change will go to the purchase of food pantry donations. Also:

- You may directly fund your account for the express purpose of donating or use funds you previously deposited in your account to donate.
- If you have leftover patronage dividends on your account, that can also be donated with the touch of a button at the register.
- Your Owner Rewards are eligible to donate at the register.

Because we are in touch with our local pantries, a benefit of donating at the register is that we can ask them what types of food and products they are most in need of and then order them directly from our distributors. This helps the pantry manage their inventory and addresses their greatest needs.

In the spirit of helping further, we are funding employees and Board member Co-op house accounts so that they may contribute to this effort. However, the fact is, some of us are the ones losing SNAP benefits and we aim to care for our own as best we can. It would be easy for the Co-op to simply fund a purchase for the food banks. But we encourage the individual act of participation in helping others through donation and the personal satisfaction it brings. We hope facilitating such participation might build a habit and help it continue. Together, we could make a quick \$10 thousand injection of food into our local pantries and into the homes of our neighbors. A drop in the bucket, but a drop all the same.

I've said before, it's just us here. Coming together over food is a foundational human quality that builds and strengthens community. Keep your chin up.

Feel good. Shop the Co-op.

MARQUETTE COUNTY FOOD PANTRY GUIDE

ST. VINCENT DE PAUL

MARQUETTE

FOOD PANTRY

2119 Presque Isle Avenue • 906-226-3721

- Accepts unopened fresh food or garden produce, refrigerated and frozen items, non expired shelf stable foods
- Also accepts hygiene products
- Donations can be made from 8 a.m. to 4 p.m. by entering the Food Pantry door
- The pantry is open Monday, Wednesday and Friday from 1 p.m. to 4 p.m. and the first Thursday of the month from 6:00 p.m. to 7:30 p.m.

GWINN

FOOD PANTRY

111 N. Pine Street • 906-346-5610

- Accepts non expired shelf stable food items
- Does not accept homemade canned foods or prepared food
- Has resources to accept produce, frozen and refrigerated foods but must call in advance
- Also accepts hygiene products
- The pantry is open Monday and Friday from 1 p.m. to 3 p.m. and Thursday from 2:30 p.m. to 4:30 p.m.

ISHPEMING

FOOD PANTRY

322 Cleveland Avenue • PO Box #2 • 906-486-6340

- Accepts non expired shelf stable foods
- Also accepts the following, but please call Tom Sharland in advance at 906.486.4362 (H) or 906.204.0563 (C) to make sure they can take it that day: frozen, refrigerated, produce
- Does not accept or homemade canned goods
- Also accepts Hygiene and baby-care products
- For food drop offs please call Tom in advance - includes all the above
- The pantry is open Monday from 1 p.m. to 3 p.m. and Wednesday from 10 a.m. to 12 p.m.

THE NMU FOOD PANTRY

MARQUETTE

FOOD PANTRY

101B Gries Hall & 101D Jacobetti • 906-227-1700

- Accept shelf stable foods and produce
- Also accepts all unopened hygiene products
- Cannot accept eggs, expired goods, homemade goods, refrigerated or frozen items
- There is a box outside our door for donations anytime
- Gries Hall hours are Monday: 11am-4pm, Thursday: 11am-4pm, Sunday: 3-5pm
- Jacobetti hours are Monday & Thursday: 1-4pm

THE SALVATION ARMY

MARQUETTE & ISHPEMING

FOOD PANTRY

1009 W. Baraga Avenue • 906-228-2930

- Accepts food in unopened, original packaging - can be produce, frozen, shelf stable, or refrigerated
- Does not accept re-packaged foods or prepared foods
- Will accept homemade canned foods
- Also accepts hygiene products, any size
- Donations are accepted Monday thru Friday from 9 a.m. to 3 p.m.
- Drop them off at the front desk - their location is at the same site as the store but there is a different door

WOMEN'S CENTER

MARQUETTE

FOOD PANTRY & WOMEN'S SHELTER

1310 S. Front Street • 906-225-1346

- Accepts non expired shelf stable goods
- Also accepts the following, but please call in advance to make sure they can take it that day: prepared foods, frozen, refrigerated, produce, home grown produce
- Does not accept expired food or homemade canned goods
- Also accept hygiene products, any size
- Drop off at the Women's Center for Women's Shelter, Harbor House and Alger County Women's Shelter - 9 a.m. to 5 p.m., Monday thru Friday

ROOM AT THE INN

MARQUETTE

FOOD PANTRY

447 W. Washington Street

906-225-1521

- Accepts non expired shelf stable goods, prepared foods, frozen, refrigerated, produce, garden produce
- They will accept expired shelf stable food
- Does not accept homemade canned goods
- Also accept hygiene products, house hold items, clothes
- Drop off 9 a.m. to 5 p.m. Monday thru Friday during the cold season hours; 8 a.m. to 12 p.m. during the summer hours

MOTHER OLGA FOOD PANTRY

ISHPEMING

FOOD PANTRY

700 E North St. • 906-360-0664

- Accepts all types of donations- shelf stable, frozen, refrigerated, canned, homemade canned, expired within reason, garden produce, hygiene products.
- Donations can be picked up or delivered by appointment by calling 906-360-0664
- Pantry open every Saturday, 3:30-4:30pm. Appointments also available as needed.

LOOKING FOR MORE INFORMATION ON FOOD ACCESS OR OTHER COMMUNITY SERVICES? CALL 2-1-1!

"2-1-1" is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities. Every hour of every day someone needs essential services such as assistance for a child, aging parent, or the entire family. Faced with the growing number of agencies and help-lines, individuals may have difficulty finding help because they do not know where to start or who to contact. U.P. 2-1-1 opens the door by providing easy access to needed information and assistance.

LOCAL SPOTLIGHT

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



TRENARY HOME BAKERY

For those who call or have called the Upper Peninsula home, there are few bites quite as nostalgic as a coffee-soaked slice of Trenary Toast. The crunchy, twice-baked Finnish-style bread has become a local icon since its introduction to the area nearly a century ago, connecting generations through its simple, comforting ingredients.

Trenary Home Bakery was established in 1928 by Finnish immigrants Elisa and Jorma Syrannen. The original bakery sat right along M-67 in Trenary, establishing a strong presence creating authentic “korppu” in the small UP town. The locals happily accepted this new delight, helping secure a sweet tradition enjoyed by many.

Over the years, the bakery changed hands a few times, but the recipes and traditions have stayed the same. Today, Trenary Home Bakery continues to bake in small batches, using the same time-honored method – hand-sliced loaves of sweet bread, twice-baked until golden and crisp.

Packaged in a brown paper bag with a simple, single accent-color label it's easy to spot Trenary Toast on modern store shelves. The original cinnamon flavor is the most popular, though the bakery has expanded offerings over the years to include others like cardamom and chocolate chip, as well as seasonal offerings. Despite being made without artificial ingredients or preservatives, Trenary Toast has a long shelf life of 365 days.

The Co-op carries cinnamon, cinnamon raisin, and cardamom Trenary Toast, as well as the bakery's rye limpu and thin-sliced rye breads.

ENJOY 10% OFF TRENARY HOME BAKERY PRODUCTS IN NOVEMBER

CO-OP MONTH!

Thank you to everyone who helped us celebrate Co-op Month and welcome to our new owners! In October, we welcomed 56 new MFC Owners!



PATIENCE MCCARTHY

MFC Owner since 1987

I came to Marquette for the Hiawatha music festival in 1986 and knew immediately it was a place I could live, and that's in large part due to the Co-op's existence. I wrote a letter and sent it to the store, addressed to no one in particular, to say, 'I'm coming – be ready for me.' I did, along with my boys, a lot of volunteer work at the old location on Washington Street. There was a point when it came close to closing down – it was awful! I remember doing a TV interview to raise some energy in the community, and the volunteers all put in the work to keep it alive. It's just such a wonderful thing, the power of holding a vision. It's been wonderful to see it all flourish and share in it, together. I believe in community, and I believe in cooperation. This place holds that spirit of togetherness, it's a grand and beautiful thing.



JIM & LORRAINE KOSKI

MFC Owners since 2012

The Co-op is a safe space for so many different people. These days, that's not something that you can take for granted. You should be able to, but you can't always take it for granted. If you've never been there, don't be afraid to go in. You don't have to be a member to go into the Co-op and shop. I think some people think that it's kind of like a private club, but it's not. It's open to everyone – everyone is welcome. It's a nice alternative to the big box store experience and that's why we keep coming back. You get to walk through a very friendly, very homey place. You're not faced with this giant monolith of sterile lighting and shelves that have way too many things you'll never use. It's a great thing to be a part of.



MATT LEAHY

MFC Owner since 2002

“We have a really happy workplace — people are really comfortable here and are able to be themselves. There’s quite a variety of people coming in and out, from all walks of life. I’ve made some pretty good friends here over the years — other employees, customers, and vendors. It’s a constant exchange of ideas and information, which makes it fun and fulfilling work.”



CHAD & TARA MCKINNEY

MFC Owners since 2007

The Co-op is integral to the fabric of downtown. It’s the only grocery store we have, and that makes it really convenient for a lot of people. The vibe of the people and the store in general is just good, too — it’s a place you want to be. The Co-op, and the things it stands for, helps define Marquette as this outdoorsy, nature-forward, artistic place. We love that we have the opportunity to personally invest in our community, support local, and contribute to a vibrant downtown.

BIRD BUCKS

GIFT CARD GIVEAWAY

SATURDAY, NOVEMBER 22

The Saturday before Thanksgiving is a popular day to stock up for the holiday. It's the season of giving, and this year, we want to thank you for choosing to shop the Co-op for your celebration.

On Saturday, November 22, you'll earn Bird Bucks based on what you spend. The more you spend, the more you receive! *

\$15
GIFT CARD
WHEN YOU SPEND \$150

\$25
GIFT CARD
WHEN YOU SPEND \$200

\$35
GIFT CARD
WHEN YOU SPEND \$250

\$50
GIFT CARD
WHEN YOU SPEND \$300

*Gift cards must be used on a future shopping trip. It cannot be used to pay for groceries purchased to earn the gift card. Gift card amount earned is determined after use of Owner Rewards, if applicable, to your purchase.



MY FAVORITE TURKEY BRINE

Recipe from *epicurious.com*

During brining, the turkey absorbs extra moisture, which in turn helps it stay more moist and juicy both during and after cooking. Since the turkey absorbs salt along with the water, it also gets nicely seasoned from the inside out.

- **1 ½ C kosher salt**
- **5 lemons, cut in half**
- **½ C honey**
- **1 bunch thyme**
- **1 bunch parsley**
- **2 bay leaves**
- **2 garlic heads, sliced in half crosswise**
- **3 T whole black peppercorns**
- **6 quarts ice water**
- **18 to 20 lb turkey, thawed if frozen**

In a 12-quart pot, combine 4 quarts of water in the pot with the salt, lemon, honey, thyme, parsley, bay leaves, garlic, and peppercorns.

Cover and bring to a boil. Stir until salt is dissolved, then remove from the heat. Transfer brine to 20-quart food-safe container, and add 6 quarts of ice water. Let cool completely.

Lower the turkey into the brine and refrigerate for 24 hours.

After 24 hours, remove the turkey from the brine, pat dry, and place on a rimmed baking sheet, breast-side up, to air dry for a minimum of 24 hours in the refrigerator. Once the turkey is dried, it is ready to roast.

coop
deals

field
DAY



SEASONAL SAVINGS THAT GIVE BACK

**Save on over 200 Field Day products
November 5 – December 2, 2025**

YOUR PURCHASE WILL HAVE AN IMPACT

**For each Field Day product sold,
National Co-op Grocers will donate
5 cents to NATIFS!**

*North American Traditional Food Systems' mission is
to promote Indigenous foodways education and
facilitate Indigenous food access.*





STRENGTHEN NATIVE FOODWAYS

WHO WE ARE

North American Traditional Indigenous Food Systems (NATIFS), founded by James Beard award winner The Sioux Chef, is dedicated to addressing the economic and health crises affecting Native communities by re-establishing Native foodways. We imagine a new North American food system that generates wealth and improves health in Native communities through food-related enterprises.

OUR MISSION

Our mission is to promote Indigenous foodways education and facilitate Indigenous food access.

OUR VISION

Our vision is to rekindle and empower Indigenous food sovereignty through a thriving network of regional hubs that celebrate and elevate Indigenous culinary traditions.





VENISON STUFFED ACORN SQUASH

Adpated from *outdoorshef.com*

- **4 acorn squash, halved and seeded**
- **1lb ground venison**
- **3 T sunflower oil**
- **1 medium apple, diced**
- **1 medium onion, chopped**
- **½ C pecans, chopped**
- **½ C dried cranberries**
- **1t ground cinnamon**
- **¼ t ground nutmeg**
- **½ t ground black pepper**
- **½ t salt**
- **2 T maple syrup, and drizzle to taste**

Preheat oven to 350°F.

Place acorn squash halves cut side down on a baking sheet. Bake for 30 minutes.

In a skillet, brown and crumble the venison with sunflower oil.

Add onion, apple, pecans and cranberries when meat is nearly thoroughly browned. Season with maple syrup, cinnamon, nutmeg, salt and pepper.

Remove squash from the oven and fill each half with the venison mixture.

Optional: To create more space in your acorn half, you may also scrape out some of the cooked squash and stir it into the skillet mixture. Proceed to fill the squash. If you wanted a decorative edge on the squash this is the time to cut, cutting prior to cooking with make the edges fall or curl inward.

Drizzle with maple syrup and return to oven for 15 minutes. Serve immediately.

CO-OP KIDS

INDIGENOUS FOODS MATCHING GAME

Match the local, seasonal produce below with the Anishinaabe mowin word for it!



Okaadaak

Otaagabi-aniibiish

Wiishkobipiniig

Okosimaan

Zhigaagawanzh

Wazhashkwedoons

Mishiimin

Anishinaabe is the name for Indigenous peoples of the Ojibwe, Odawa, and Potawatomi nations that live in the Great Lakes area of Canada and the United States.



KNIFE SHARPENING

**SATURDAY, NOVEMBER 8 • 11AM-2PM
AT THE MARQUETTE FOOD CO-OP**



**Get ready for the holidays
and hunting camp with
Terry from the Sharper Edge
knife sharpening.**

*Bring up to four non-serrated knives
for same day sharpening.*



\$4

PER KNIFE

\$5

**FOR HUNTING KNIVES
& CLEAVERS**

SALT:

SIMPLE YET FASCINATING!



Amanda Latvala

MFC Education Coordinator
and Registered Dietitian

In ancient times, salt was more than just a seasoning, it was a form of currency. Soldiers in ancient Rome were paid in salt, giving rise to the term “salary” (from the Latin *salarium*, meaning “salt money”).

At the molecular level, salt is made up of one sodium ion and one chloride ion. Both sodium and chloride are essential electrolytes involved in countless chemical reactions within the body.

Salt is essential for life. Sodium helps maintain the balance of fluids and other electrolytes, ensuring proper cell function and muscle contraction. It also plays a key role in nerve impulse transmission and blood pressure regulation. Chloride, meanwhile, is a main component of hydrochloric acid, which is crucial for digestion. It also supports acid-base balance and fluid retention, helping to maintain healthy blood volume and pressure.

Most of the salt in the Standard American Diet comes from processed, packaged, ready-to-eat foods and restaurant meals. If your diet includes a lot of these foods, there’s a good chance you may be consuming too much salt. On the other hand, if you primarily cook your meals from whole ingredients, adding salt becomes important to prevent deficiency. Talk to your doctor or a registered dietitian to understand how much salt is right for you.

Salt source matters. Some of the latest research shows that certain sea salts contain microplastics, a downstream effect of ocean pollution. There are many online resources that list which brands have been

found to contain microplastics. Technically, all salt originated as sea salt at some point in time. Around 500 million years ago, ancient sea beds evaporated, leaving behind vast salt deposits. Over time, geological events pushed these deposits upward. One striking example is the Salt Range Mountains of Pakistan, where Himalayan pink salt is mined today.

Some companies obtain their salt from underground brine deposits instead of the ocean. For example, Diamond Crystal Kosher Salt Co. sources its salt this way from deposits located in St. Clair, Michigan!

Culinarily, salts are chosen for their size, shape, and texture. Kosher salt generally refers to a coarse-grained salt, but not all kosher salts are the same. Some brands produce compact, dense grains, while others, like Diamond Crystal, use a proprietary open-pan evaporation method that creates hollow, pyramid-shaped crystals. These crystals cling beautifully to food and dissolve quickly, making them a chef favorite.

Fine sea salt, on the other hand, is ideal for dishes where the salt will dissolve completely, such as pasta water, soups, stews, brines, and sauces. We also see large flaky crystals, that are referred to as finishing salts. These salts are meant to be added at the end of cooking, such as on top of a salad or after roasting vegetables.

At the Co-op, we carry several different options of sea salt, pink salt, and kosher salt. See the next page for a good overview of what we offer!

SEA SALT

Sea salt is by definition, salt that comes from evaporated seawater. Water enters shallow areas or man-made pools called salt works, and after it evaporates, crystals are collected, washed and dried. Sea salt can vary widely in physical characteristics, flavors, etc. depending on the mineral composition, the seawater quality, and harvesting techniques. It's usually not processed or processed very minimally so it retains trace minerals.

Uses: The Co-op carries several brands of sea salt, covering the gamut of textures and uses – from large flakes for finishing to coarse for cooking and fine for baking. Sea salt can also be found in cosmetic products like exfoliants and scrubs.



PINK SALT

Pink salt is a type of rock salt, most commonly mined in the Punjab region of Pakistan near the Himalayas. Its rosy hue comes from trace minerals like iron oxide.

Uses: It's a good option for cooking, and is often marketed as a natural alternative to table salt (they have a similar sodium content) for seasoning or finishing to add more flavor and texture to prepared dishes. Pink salt is also used in bath products or spa treatments, like therapeutic soaks, or in novel decorative items like serving trays or salt lamps.

KOSHER SALT

Kosher Salt is a coarser-grained purified rock salt made from sodium chloride. With no additives like anti-caking agents or iodine, its name comes from its traditional use in koshering meat – using salt to remove blood from meat. It's mined by pumping water into underground salt deposits, creating a brine that's evaporated and processed to remove impurities. The result is larger, uniform crystals.

Uses: Kosher salt is the go-to for cooking meat and vegetables. Many cooks prefer Kosher because of its clean flavor and the fact that it's easy to pinch. The Co-op carries two brands, Diamond Crystal, which is lighter and flakier and Morton, which is rectangular and more dense. Some recipes will specify brand due to the volume differences.



SEE BRINE RECIPE ON PAGE 10

ASK OUR DIETITIAN

ACCESSIBLE, TRUSTWORTHY, ONE-ON-ONE
NUTRITION GUIDANCE WHILE YOU SHOP
WITH AMANDA LATVALA, RD



THIRD TUESDAY OF EACH MONTH
3:30-5:30PM • AT THE MFC
FREE & OPEN TO ALL

**MFC EDUCATION COORDINATOR AND REGISTERED DIETITIAN
AMANDA LATVALA WILL BE AVAILABLE IN THE STORE TO:**

- Answer quick nutrition questions
- Help customers read and understand food labels
- Guide customers to products that meet their dietary needs or preferences
- Provide tips on meal planning, portion sizes, and healthy substitutions
- Distribute handouts, recipes, and nutrition information

Call for
Candidates

FOR THE MFC | **BOARD OF
DIRECTORS**

INTERESTED IN CONTRIBUTING TO YOUR CO-OP?

You can help by sharing in the governance of our organization.

You can apply or encourage someone you know who could be an asset to apply. Watch for information on a Board Meet & Greet to learn more about the work of the board, our elections, and the Co-op.

Applications open
OCTOBER 15 - 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



CALENDAR OF EVENTS

NOVEMBER 2025

NATIFS Field Day Campaign

November 5 - December 2
See page 11 for details

In-store Sampling: Sunbutter Cookies

11 am - 1pm - November 7

Knife Sharpening

11 am - 1pm - November 8
Store Floor

Ask Our Dietitian

3:30 - 5:30 pm - November 18
Store Floor

Marquette Food Co-op Board of Directors Meeting

6 - 8pm - November 18
Co-op Classroom

Buy Two, Get Both 15% Off Wine Sale

November 19 - December 2

Peace Pie at the Co-op

November 21 - November 27
Get a holiday pie, tart cherry or pumpkin!

Bird Bucks Gift Card Giveaway

November 22
See Page 9 for details

Thanksgiving - Store CLOSED

November 27

Black Friday - REDUCED HOURS

November 28
10 am - 7 pm

THE FRESH FEED

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

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Michael Dewar TREASURER
Maria Danz
Antonio Adan
Greg Hoffmann
Stephanie Weaver
Alex Berger
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**