

**Vermont Creamery  
Crème Fraîche**

Regular Price:  
\$5.29

SALE PRICE:  
**\$4.69**

OWNER PRICE:  
**\$3.99**

8 oz



**Organic Valley  
Pepper Jack**

Regular Price:  
\$5.99

SALE PRICE:  
**\$5.39**

OWNER PRICE:  
**\$4.79**

8 oz



**Lincet  
Délice  
de Bourgogne**

Regular Price:  
\$13.59

SALE PRICE:  
**\$11.99**

OWNER PRICE:  
**\$10.79**

per pound



**Bulk  
Caraway  
Cheddar**

Regular Price:  
\$7.99

SALE PRICE:  
**\$6.99**

OWNER PRICE:  
**\$6.39**

per pound



# Co-op Values

Rooted in the U.P.

October 2 – October 15, 2019

SALES FOR EVERYONE – EXTRA SAVINGS FOR OWNERS

**Local  
Squash**

Acorn, Buttercup, Butternut, Kabocha

Regular Price:  
\$1.49

SALE PRICE:  
**\$1.29**

OWNER PRICE:  
**\$1.19**

per pounds

*Local*



**Organic  
Cauliflower**

Regular Price:  
\$2.79

SALE PRICE:  
**\$2.49**

OWNER PRICE:  
**\$2.19**

per pound



**Organic  
Cucumber**

Regular Price:  
\$2.49

SALE PRICE:  
**\$2.19**

OWNER PRICE:  
**\$1.99**

per pound



**Organic  
Garnet  
Yams**

Regular Price:  
\$2.99

SALE PRICE:  
**\$2.69**

OWNER PRICE:  
**\$2.39**

per pound



**Bulk Organic  
Blueberry Flax  
Granola**

Regular Price:  
\$6.39

SALE PRICE:  
**\$5.69**

OWNER PRICE:  
**\$4.99**

per pound



**Bulk Organic  
Rolled  
Oats**

Regular Price:  
\$1.59

SALE PRICE:  
**\$1.39**

OWNER PRICE:  
**\$1.19**

per pound



**Garden of Life  
Dr. Formulated Probiotics  
Women's Once Daily**

Regular Price:  
\$41.99

SALE PRICE:  
**\$37.79**

OWNER PRICE:  
**\$33.59**

30 caps



Additional  
Varieties  
On Sale!

**Garden of Life  
Dr. Formulated Probiotics  
Men's Once Daily**

Regular Price:  
\$41.99

SALE PRICE:  
**\$37.79**

OWNER PRICE:  
**\$33.59**

30 caps



**Organic  
Yellow Potatoes**

5 lb Bag

Regular Price:  
\$7.99

SALE PRICE:  
**\$6.99**

OWNER PRICE:  
**\$6.39**

each



**Organic  
Pomegranate**

Regular Price:  
\$2.49

SALE PRICE:  
**\$2.19**

OWNER PRICE:  
**\$1.99**

per pound



**Taylor Farms Organic  
Bagged  
Green Beans**

Regular Price:  
\$5.49

SALE PRICE:  
**\$4.89**

OWNER PRICE:  
**\$4.39**

each



**Taylor Farms Organic  
Baby Spinach &  
Spring Mix Clamshells**

Regular Price:  
\$3.99

SALE PRICE:  
**\$3.59**

OWNER PRICE:  
**\$2.99**

each



**WANT TO WIN A  
\$50 MFC GIFT CARD?**

ANSWER FOUR SIMPLE QUESTIONS ABOUT OUR  
MEAT DEPARTMENT AND BE ENTERED TO WIN!

**October 4-12**



502 W Washington St  
Marquette, MI 49855

Open Daily 8am - 9pm  
Everyone Welcome

www.marquettefood.coop  
906.225.0671



**Santa Julia Malbec**

Regular Price: \$10.99

SALE PRICE: **\$9.89**

OWNER PRICE: **\$8.79**

750 ml



**Short's Huma Lupa Licious**

Regular Price: \$10.49

SALE PRICE: **\$9.39**

OWNER PRICE: **\$8.39**

6 pack



*Michigan Beer*

**Marquette Food Co-op Tuna Salad**

Regular Price: \$13.99

SALE PRICE: **\$12.59**

OWNER PRICE: **\$11.19**

per pound



**Marquette Food Co-op Broccoli Cashew Salad**

Regular Price: \$9.99

SALE PRICE: **\$8.99**

OWNER PRICE: **\$7.99**

per pound



**OCTOBER IS CO-OP MONTH**

CELEBRATE WITH YOUR COMMUNITY-OWNED, DEMOCRATICALLY-LED GROCERY STORE

**OWNERS TAKE 5% OFF ON A PURCHASE OF THEIR CHOICE!**

**RAFFLES, SALES, AND SAMPLING ALL MONTH!**

COURTESY OF THE MFC BOARD OF DIRECTORS  
**COMPLIMENTARY CHAIR MASSAGES BY SAGE & SPRY**  
*Every Saturday from 12-3pm*

**Marquette Food Co-op Roast Beef & Cheddar Sandwich**

Regular Price: \$4.99

SALE PRICE: **\$4.49**

OWNER PRICE: **\$3.99**

each



**Marquette Food Co-op Carrot Cake**

Regular Price: \$5.49

SALE PRICE: **\$4.89**

OWNER PRICE: **\$4.39**

each



**Marquette Food Co-op Brioche Hamburger Buns**

Regular Price: \$3.49

SALE PRICE: **\$2.99**

OWNER PRICE: **\$2.79**

4 pack



**Marquette Food Co-op Chorizo Sausage**

Regular Price: \$4.99

SALE PRICE: **\$4.49**

OWNER PRICE: **\$3.99**

per pound



**Burgers Smokehouse Smoked Uncured Bacon**

Regular Price: \$7.29

SALE PRICE: **\$6.49**

OWNER PRICE: **\$5.79**

12 oz



**Thousand Hills Beef for Stew**

Regular Price: \$9.99

SALE PRICE: **\$8.99**

OWNER PRICE: **\$7.99**

16 oz

*Grass Fed*



**Just Bare Whole Young Chicken**

Regular Price: \$8.99

SALE PRICE: **\$7.99**

OWNER PRICE: **\$6.99**

4 lb



**Cheating Gourmet Coconut Shrimp Rice Bowl**

Regular Price: \$5.99

SALE PRICE: **\$5.39**

OWNER PRICE: **\$4.79**

8 oz

*Frozen*



**UPCOMING EVENTS**

- October 2** Honeycrisp Apple Flash Sale
- October 3** Barrel + Beam In-store Sampling 3:30pm-5:30pm
- October 4** Plaidurday
- October 4-12** Meat Dept. Customer Survey *raffle drawing Oct. 13*
- October 5** Farmers Market Demo: Squash Tasting 9am-1pm  
*Downtown Marquette Farmers Market*
- October 5,12,19,26** Complimentary Chair Massages by Sage & Spry

- October 9** Get To Know Your Co-op Class 6pm-8pm
- October 10** Equal Exchange In-store Sampling 11am-1pm
- October 10** Ore Dock Brewing Co. In-store Sampling 3:30pm-5:30pm
- October 11** Superior Culture In-store Sampling 11am-1pm
- October 12** Local Food Fest 4pm-7pm *Ramada inn*
- October 15** MFC Board Meeting 6pm-8pm
- October 16** Medterra In-store Sampling 3pm-5pm

**GET TO KNOW YOUR CO-OP**

**WEDNESDAY, OCTOBER 9<sup>TH</sup>**  
**6PM-8PM**

**FREE TO ATTEND**

All attendees receive a \$5 gift card!

Please register on our website or call Bea at 225.0671 x701

*Join us for a group store tour, samples, and an overview of the Co-op.*