

BelGioioso Asiago Wedge

Regular Price: \$8.99

SALE PRICE: **\$7.99**

OWNER PRICE: **\$6.99**

per pound



Organic Valley Pepper Jack Cheese

Regular Price: \$5.99

SALE PRICE: **\$5.39**

OWNER PRICE: **\$4.79**

8 oz



Castello Gouda

Regular Price: \$4.99

SALE PRICE: **\$4.49**

OWNER PRICE: **\$3.99**

7 oz



Arthur Bay Extra Sharp Cheddar

Regular Price: \$5.89

SALE PRICE: **\$5.29**

OWNER PRICE: **\$4.69**

per pound



Co-op Values

Rooted in the U.P.

October 17 - October 30, 2018

SALES FOR EVERYONE - EXTRA SAVINGS FOR OWNERS

Local Russet, Red, & Yellow Potatoes

Regular Price: \$1.99

SALE PRICE: **\$1.79**

OWNER PRICE: **\$1.59**

per pound

Local



Organic Rainbow Chard

Regular Price: \$2.79

SALE PRICE: **\$2.49**

OWNER PRICE: **\$1.99**

each



Organic Ginger

Regular Price: \$4.99

SALE PRICE: **\$4.49**

OWNER PRICE: **\$3.99**

per pound



Organic Lemons

Regular Price: \$3.99

SALE PRICE: **\$3.59**

OWNER PRICE: **\$2.99**

per pound



Equal Exchange Whole Raw Cashews

Regular Price: \$11.99

SALE PRICE: **\$10.79**

OWNER PRICE: **\$9.59**

per pound

Fair Trade Co-op



Equal Exchange Roasted Salted Cashews

Regular Price: \$15.79

SALE PRICE: **\$14.19**

OWNER PRICE: **\$12.59**

per pound

Fair Trade Co-op



Frontier Organic Irish Breakfast Tea

Regular Price: \$22.69

SALE PRICE: **\$20.39**

OWNER PRICE: **\$17.99**

per pound

Fair Trade Co-op



Frontier Organic Cacao Nibs

Regular Price: \$18.79

SALE PRICE: **\$16.89**

OWNER PRICE: **\$14.99**

per pound

Fair Trade Co-op



Local Medium Carving Pumpkins

Regular Price: \$4.99

SALE PRICE: **\$4.49**

OWNER PRICE: **\$3.99**

each

Local



Local Large Carving Pumpkins

Regular Price: \$6.99

SALE PRICE: **\$6.29**

OWNER PRICE: **\$5.59**

each

Local



Organic Granny Smith Apples

Regular Price: \$2.99

SALE PRICE: **\$2.69**

OWNER PRICE: **\$2.39**

per pound



Organic Macintosh Apples

Regular Price: \$2.99

SALE PRICE: **\$2.69**

OWNER PRICE: **\$2.39**

per pound



The **5/2 PLAN**

BECOME AN OWNER NOW FOR \$5 DOWN.

IT PAYS TO BE AN OWNER

- Co-op Values sales are 20% off for owners
- Free or reduced admission to Co-op events & cooking classes
- Opportunity to vote and run for the Board of Directors
- Investment in a cooperatively owned business
- Potential yearly patronage dividend
- 20% discount on most special orders



502 W Washington St
Marquette, MI 49855

Open Daily 8am - 9pm
Everyone Welcome

www.marquettefood.coop
906.225.0671




Riojana
Pinot Noir Reserva
Regular Price: \$9.99
Fair Trade
SALE PRICE: **\$8.99**
OWNER PRICE: **\$7.99**
750 ml



Founder's
Porter
Regular Price: \$9.99
Michigan Beer
SALE PRICE: **\$8.99**
OWNER PRICE: **\$7.99**
6 pack



Marquette Food Co-op
Garlic Lover's Pasta
Regular Price: \$8.99
SALE PRICE: **\$7.99**
OWNER PRICE: **\$6.99**
per pound



Marquette Food Co-op
Chicken Caesar Wrap
Regular Price: \$4.69
SALE PRICE: **\$3.99**
OWNER PRICE: **\$3.69**
each



Drink Up!

Caffeinate & Celebrate

ENJOY COFFEE SAMPLES
10AM – 12PM



HIGHER GROUND'S COFFEE

FAIR TRADE PRESENTATION
BY HIGHER GROUND'S & RIOJANA
12:30PM – 1:30PM
Co-op Classroom
FREE

ENJOY LIBATION SAMPLES
3PM – 6PM

FROM FAMILY FARMS
RIOJANA
TO FAMILY TABLES
WINE

barrel beam
BEER



MEAD

FRIDAY, OCTOBER 26

La Brea
Organic Wheat Loaf
Regular Price: \$5.49
SALE PRICE: **\$4.89**
OWNER PRICE: **\$4.39**
16 oz



Valley's Own Bakehouse
Strawberry Rhubarb Bar
Regular Price: \$4.49
Gluten Free
SALE PRICE: **\$3.99**
OWNER PRICE: **\$3.59**
4 oz



Superior Angus
Boneless Rib Eye Steak
Regular Price: \$18.49
Local
SALE PRICE: **\$16.59**
OWNER PRICE: **\$14.79**
per pound



Abba
Traditional Pickled Herring
Regular Price: \$5.49
Sustainable Seafood
SALE PRICE: **\$4.89**
OWNER PRICE: **\$4.39**
8.5 oz



Frozen
Pink Whole Salmon Fillet
Regular Price: \$9.99
Sustainable Seafood
SALE PRICE: **\$8.99**
OWNER PRICE: **\$7.99**
per pound



Fresh
Tilapia Fillet
Regular Price: \$8.29
Sustainable Seafood
SALE PRICE: **\$7.39**
OWNER PRICE: **\$6.59**
per pound



Frozen
21/30 Peeled & Deveined Shrimp
Regular Price: \$28.99
Sustainable Seafood
SALE PRICE: **\$25.99**
OWNER PRICE: **\$22.99**
2 lb



Frozen
21/30 Shrimp
Regular Price: \$14.99
Sustainable Seafood
SALE PRICE: **\$13.49**
OWNER PRICE: **\$11.99**
per pound



UPCOMING EVENTS

October 18	Blackrocks Brewery In-Store Sampling 4pm-6pm	October 22	Meet & Eat with the MFC Board 4pm-6pm
October 19	Century Sun Oil In-Store Sampling 3pm-5pm	October 23	Co-op Sweep Final Round 2pm
October 20 & 27	Hand Massages 12pm-3pm Compliments of the MFC Board & Dance of the Sun Spa & Salon	October 26	Celebrate Fair Trade & Local Libations See next page for details
October 20	MFC Market Demo @ MQT Farmers Market 9am-1pm	October 27	Trick or Treat at the Co-op 4pm-6pm
October 21	Acoustic Bunch: All Strings Considered 12pm-2pm Sponsored by the Hiawatha Music Co-op	October 28	Acoustic Bunch: Derrell Syria Project 12pm-2pm



OCTOBER IS CO-OP MONTH

Join us for a nationwide celebration of the cooperative business model!

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Follow us



 for more info!