

# MOSCOW FOOD CO-OP

Hello! Welcome to the Moscow Food Co-op. The food co-op is open to the public - you need not be a member to shop here. It is a self service store but feel free to ask if you have questions or need help. The store is owned and operated by some 600 members. Prices marked on items are member prices. If you are not a member you will pay 5% more than the listed prices. The co-op attempts to keep it's non-member prices at or below other stores on comparable items.

Co-op membership is \$5 per year for an individual; \$10 for a couple (\$5/adult). This is a capital contribution that is used primarily for equipment purchase and inventory expansion. New memberships are issued at the cash register as well as at orientation meetings. Orientations count as two hours of work credit and fill you in on the background and functioning of the co-op. They are held several times each month, check the schedule posted on the co-op bulletin board.

Senior citizens are given regular membership for free - just sign up if you are over 65.

As a co-op member:

- + You are entitled to vote at membership meetings to set major policy and elect directors. Membership meetings are held on a quarterly basis.
- + You may be nominated for election to the board of directors.
- + You avoid the 5% non-member mark-up. This will save you the cost of membership if you buy \$9 per month.
- + You are entitled to earn a discount on member prices by volunteering time for the co-op.

People working together to provide wholesome food at reasonable prices is one of the basic ideas of the co-op. Project workers help with cleaning, inventory, price comparisons, carpentry, graphics, picking up orders, baking granola, making sprouts, fundraising, a newsletter, committees and more. Members who apply for and are accepted into weekly worker positions do cashiering, stocking, packaging, janitorial work and opening.

If you are interested in a volunteer work position please talk with a store coordinator.

## FAMILIARIZE YOURSELF WITH CO-OP SHOPPING...

In an effort to minimize waste and expense associated with excessive packaging the co-op sells many items in bulk. This allows you to buy the amount you want. It also makes it possible to re-use jars and bags that would otherwise contribute to our solid waste problem.

Bring jars for bulk honey, maple syrup, molasses, nut butters, oils, soy sauce, vinegar, mustard, mayonaise, distilled water, shampoo, lotion and other liquid or sticky items. Be sure to weigh your jars on the digital scale next to the cash register and mark the weight on them before you fill them. If you have extra bags and jars to bring in please have the bags clean and neatly folded; The jars should be washed, dry and with lids.

Near the front of the store you will find baskets to help you with your shopping. New bags are spread throughout the store for use if you choose not to re-use bags. Write the price per pound on the bag or jar when buying bulk items. Remember to look up your membership card and show it to the cashier when you are checking out or let them know if you are a non-member.

Explore the store, ask questions about unfamiliar items. You will find a wide selection of staple foods such as: grains, flours, beans, nuts, cheeses, raw milk, fertile eggs, pastas, soy products, vegetable oils, organically grown produce and garden seeds, yogurt, nut butters, honey and baked goods. You will also find honey ice cream and sodas, dried fruit, sea vegetables, condiments, herbs, teas, coffee, spices, fruit juices, canned and packaged goods, baking goods and many other wholesome food items.

The co-op also carries a number of non-food items: Natural shampoos, soaps and cosmetics, laundry soap, books, chinese shoes, cotton socks as well as misc. household items for canning, cleaning, cooking and eating.

Our "Food Facts" folders, free recipes, juicer, flour mill and coffee grinder are special customer services provided by the co-op.

The food co-op is located at 314 S. Washington St. in Moscow, Id. Its across the street from City Hall, look for the blue awning. Stop by for a visit and have a look around. We are open Monday through Saturday 10am to 6pm and thursday nights untill 8pm. Our phone is (208) 882-8537.