

Volunteering

If you are a member of the Co-op, then you can work in your store. Volunteering is one of the most fun ways to be a part of your Co-op and the community as a whole. You support your local co-op and receive discounts on your purchases.

And it feels good to know you're giving the gift of your time to your community. Without the hard work of a dedicated pool of volunteers, we wouldn't be where we are today.

So How Do I Join?

It's easy to become a member of the Moscow Food Co-op. Just let any cashier know that you are interested in joining, and they will help you fill out a form, take your payment and give you a membership card right there on the spot. It only takes a couple of minutes. Or, if you prefer, you can go to our website www.moscowfoodcoop.com, print off one of the membership forms and mail it in with your payment. In only a couple of business days, you will receive your membership card in the mail.

The Mission of the Moscow Food Co-op

To provide food and other products that are reasonably priced, locally and/or organically grown and consciously selected for the healthful consequences to both the consumer and the environment.

To provide an information network that fosters progressive social, political, and economic change.

To provide a sense of community for its constituency and right livelihood for its staff.

WELCOME

to the



open daily
8am - 8pm

Post Office Square
221 E Third Street
Moscow, ID 83843
208-882-8537
www.moscowfoodcoop.com

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The Moscow Food Co-op is...

A business owned by its members and operated by a dedicated paid and volunteer staff hired by a general manager who is overseen by an elected board of directors.

The Seven Co-operative Principles are...

- Voluntary and open membership
- Democratic member control:
one member, one vote
- Member economic participation:
that's our working capital in
the form of membership fees
- Autonomy and independence:
Co-ops are autonomous,
self-help organizations
controlled by their members
- Education, training and information:
Co-ops train their members, staff
and board so they can contribute
effectively to the development of
the business
- Co-operation amongst co-operatives:
Co-ops can serve their members
most effectively by working together
- Concern for community:
while focusing on member
needs, co-ops work for
sustainable development
of their communities

Services Offered by the Moscow Food Co-op

Whole Grain Bakery.....

We offer a wide selection of fresh baked whole grain breads and pastries daily. We are committed to creating a high quality product that does not contain additives or preservatives.

Natural Foods Deli.....

Our soups, salads and sandwiches are made daily with only the freshest ingredients. We are committed to using organic and/or locally produced ingredients when possible, and we try to accommodate a wide variety of dietary needs as well.

Product Selection.....

Our products are selected while keeping the consequences to both the consumer and the environment in mind. We try not carry products that contain additives or that have been tested on animals.

Commitment to Local Producers.....

We offer a wide variety of products grown and/or produced right in our own community.

Organic Produce Department.....

We are committed to carrying only the freshest certified organic and/or locally grown produce, and we encourage our local producers to become certified organic growers when possible.

Member Benefits Include

Discounts at participating local Business Partners.

A 10% discount on bulk special orders.

Punch-cards for up to \$2.00 off when you buy 10 loaves of our fresh baked bread

Sale prices on monthly promotions with savings of up to 50% off retail.

Up to 18% off when you volunteer.

The right to vote annually for your elected Board of Directors.

And most importantly, a voice in your local Co-op policies.

*How much does my
membership cost, and
what is that money used for?*

Lifetime membership in the Moscow Food Co-op is \$150. This can be paid in yearly installments of \$10 per year for one individual, and \$7 for each additional adult in the household (we do not charge for children). Currently, we are also offering a reduced rate of \$5 per year for our senior members. These membership dollars that you pay into our co-operative are used for operating capital; i.e. we use this money to buy new equipment and to make improvements to our store, not for daily operations.