

## Where we are heading

We try to stock organically grown grains, herbs, and produce, especially that which is locally grown. We support the Farmer's Market held behind the old post office, where local growers can sell their produce directly to customers every Saturday morning.

As we expand, our scope of interest enlarges, and we find ourselves involved in all areas of living and personal development. Political, social, ecological, and economic problems can be tackled by Co-op committees. We hope to expand our communications with other co-ops and the larger community. We support co-ops, re-cycling centers, alternative schools and newspapers, small organic farmers, health care and education centers. Join us as we grow together in the cooperative spirit.



Food Co-op

Moscow Food Co-op  
610 S. Main  
Moscow, Idaho 83843

# Hello!

## Welcome to the

**MOSCOW FOOD  
CO-OP**

The purpose of this pamphlet is to give you a better idea of *why* and *how* we operate.

## What is a co-op?

Basic tenets held by an English co-op formed in 1844 are still applicable today:

- ☆ open membership
- ☆ democratic control
- ☆ equitable distribution or
- ☆ application of surplus
- ☆ constant education of members
- ☆ cooperation among co-ops

The Moscow Co-op hopes to make good food available to members at prices all can afford. We also hope to educate ourselves in the use, production and distribution of food and in all aspects of wholistic living, such as agriculture and energy, health and nutrition, ecology, world resources, recycling, and political and social cooperation.



## How we operate

**General meetings** are held approximately monthly. Resolutions from these meetings guide the Co-op.

A **Board of Directors** consists of 5 to 9 members elected at general membership meetings. Meeting monthly and in time of emergency, the Board acts on resolutions of the membership to direct the Co-op. The Board is responsible for hiring staff.

A **staff** of 7 part-time workers makes the Co-op operate day-to-day. Two co-ordinators, 1 clerk, 1 bookkeeper, and 3 janitors are paid a subsistence salary.

The Moscow Co-op is a member-owned, non-stock organization. Ultimately, the responsibility for operation lies with the membership.

The Co-op, as of April, 1978, consists of 800 households (increasing daily), averaging 2 members per household. About 400 are working members, or slightly less than 1/3. Working members contribute 2 hours per household adult (over 15) per month. Work is flexible; a member may sign up on calendars posted in the Co-op to work at food or herb stocking, clerking, cheesecutting, and transporting from the "cold room." Outside of the store, members may contribute their 2 hours by baking bread, cookies, muffins or other inspirations, making Local Yokel Granola, drying lemon or orange rind, drying herbs, working on committees, typing, doing artwork, doing fund-raising, doing construction work . . . doing just whatever needs doing. Or one can even innovate!

Non-working members and non-members contribute financially by paying a higher markup rate. Markup rates from the Co-op's food cost are: working members, 15%; non-working members, 25%; non-members, 35%. These markups pay all the operating expenses of the Co-op: rent on the store and cold room, salaries, electric and phone bills, repairs, and necessary supplies.

Member households pay \$4 plus \$1 per adult annually. Half-year rates are available. Senior citizens pay \$1 for membership and qualify for working member rates without having to work 2 hours. Members of other co-ops are honored as non-working members. Members are provided cards which keep track of working/non-working status. From month to month a member may change from working to non-working status.

## Helpful Hints for easy shopping

**Bring jars** for honey, molasses, nut butters, oils, tamari, bulk shampoo, and other liquid or sticky items.

**Recycle** your old paper bags by using them here; we charge a few cents for new ones.

**Serve yourself.** Our stock is in bulk form.

Use the pencils provided to write price per pound on your bags.

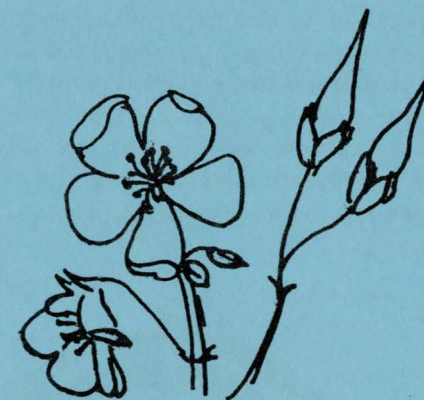
Have your **empty jars weighed** by the clerk so you don't pay for the jar.

**Use wire shopping baskets** provided — if you are buying more than a few items.

**Show your membership card** when checking out at the register.

## How to shop here

Feel free to ask for anything you can't find. The Co-op has a large selection of whole, rolled and cracked grains, flours, pasta, beans, nuts, seeds, herbs, teas, spices, soaps, shampoos, toothpaste, cheese, yogurt, kefir, butter, juice, sweeteners, oils, sea vegetables, fresh and dried fruit, fresh vegetables, cooking utensils, cookbooks and related books and publications. If you want something we don't stock, let us know. Maybe it can be ordered. We can order bulk items, such as 50 pounds of rice, at a 10% markup for members and a 20% markup for non-members. A deposit is required.



**Store Hours**  
Mon.-Thurs. 10 a.m.-6 p.m.  
Fri. 10 a.m.-8 p.m.  
Sat. 9 a.m.-5 p.m.  
Closed Sundays