Your twice-monthly Co-op newsletter

Welcome, new Co-op owners!

We're so happy you've decided to participate in our grocery cooperative! Now you can tell everyone you own a grocery store with all your friends. This email will detail some of the benefits of Co-op ownership, and let you know about your upcoming new owner store tour!

Tours are open to new owners and the general public, so bring a friend!

You're automatically signed up for one with your new Co-op ownership, but don't worry if you can't make it!

Do you have suggestions or comments about how the Co-op is doing? We want to know! On this tour you'll learn all about leaving customer comment cards, where to find all your favorite Co-op products, and information about each one of our departments.

Owner receive incredible discounts at the Co-op! These include:

15% off store-wide during Owners Week

10% off for college student owners every FRIDAY, for seniors every TUESDAY, and for all owners on monthly Wellness WEDNESDAY

10% off case orders of your favorite products,

Discounts with more than 80 local **Business Partners**,

Frequent buyer rewards for bread and cookie purchase,

Access to our food access program FLOWER,

Free or reduced prices for films and classes.

Your Co-op ownership is an investment in our community!

Your $10 payment to become an owner for a year is a true investment in the Co-op and its future. This investment, your "equity", helps build your store. For example, owner equity helped us pay for our salad bar, energy efficient lighting, bakery ovens, and so much more! Your equity is designated for store improvements and is not taxable to our Co-op.

Owning the Co-op allows you to democratically control our strategic plans!

Owners shape the Co-op. Because cooperatives are democratic, each owner gets one share and one vote. Owners have an equal say in what we do and the opportunity to vote for or serve on the Board of Directors. You also can volunteer for community projects or committees that shape the Co-op.

Ways to Save at the Co-op:

Every other Wednesday we roll out new deals, offering deep discounts on select items in our Fresh Departments! This often includes seasonal produce, Co-op-made baked goods, and more.

Read the current FreshFlyer now!

The Co-op Deals Flyer is your bi-weekly savings guide at the Co-op, offering great deals on some of our most popular grocery products,

with recipes and tips to help you put it all together!

Read this week's Co-op Deals now!

Find these staple items with everyday low prices to help you fill your pantry without skimping on quality. These aren't sale prices, they're here-to-stay prices! Look for the purple logo!

Check out some Basics recipes online now!

Participants in the FLOWER program receive a **20% discount at checkout,** making it easier for shoppers to meet their family's nutritional needs. The FLOWER discount is available to owners of the Co-op who meet their state's eligibility requirements for at least one of the following programs:

- **EBT SNAP benefits**
- **WIC**
- **Medicaid**

- **Free School Lunch Program**

A few key Co-op tips:

- Your Co-op offers a range of **educational programs** - from classes facilitated by dedicated professionals, to informal childcare and family health seminars and beyond. Our events and classes are of great importance to us as an organization, so please attend and let us know about events you'd like to see in the future!

Take a look at our events by clicking here!

- The Moscow Food Co-op has designed several events and activities with families with children in mind. **The Co-op is committed to creating space and time for growing families on the Palouse.**

Read about Co-op Kids here!
Read about Mamas + Papas here!

- Our talented bakers and cooks are up at the crack of dawn every morning making a delicious assortment of from-scratch, high-quality foods and baked goods for your enjoyment! **All Co-op shoppers are welcome to special order baked goods, sandwiches, and prepared foods from our deli.**

Learn more about special ordering Co-op Prepared Food here!
Learn more about special ordering Co-op baked goods here!

- **At the Moscow Food Co-op, the term "local" really has a definition: the product must be from Idaho, Washington or within 250 miles of our store.** We pride ourselves on having a strong relationship with more than 150 local food and goods producers in the Pacific Northwest. And we don't just mean filling orders and buying product. We have personal connections with these business owners too, and they are what keeps the Moscow Food Co-op truly unique to our area.

We're a community owned co-operative grocery store - local is what we do!

Need a little inspiration for all your new ingredients?

Check out our blog for the latest posts that include recipes, owner opinions, cleaning tips, and information latest blog posts!

Read the blog by clicking here!

Read Community News Online

Read Rooted Online

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