



# YPSI MIX

February 2019

312 N. River Street, Ypsilanti, MI 48198

## February Events

### Soup Supper for Educate Youth Event

Sunday, February 17th  
5 to 7 pm @Cultivate

Join us in supporting youth with soup which comes from various places including the Ypsilanti Food Co-op! \$5 donation requested!



YFC Board Meeting  
Tuesday February 26th  
6:30 pm

Board meetings are open to the public unless an executive session has been called.

YFC Talk and Tour  
Thursday February 21st  
5 pm @ the Co-op

Join us to find out all the ins and outs about co-ops and YFC and receive a 10% coupon.

YFC Social Media:



## Happy Valentine's Day!

Valentine's Day is celebrated across the United States and around the world with candy, flowers, and gifts. But who is Saint Valentine, and how did this tradition start?

Contrary to the popular belief that Hallmark created this holiday in hopes to increase sales, it actually started with a Priest named Valentine.

During the third century of Rome, the emperor Claudius II decided that single men made better soldiers than those with wives and families. Thus, he outlawed marriage for young men and their lovers. Priest Valentine, finding injustice in this decree, continued to perform marriages

for young lovers in secret. When King Claudius II found out what Valentine was doing, he sentenced the priest to death. Decades later, Valentine's Day has only grown sweeter. This year, YFC is selling various sweets and treats as well as flowers and candles for the special day. Keep an eye out for specialty sweets like Choco-Love strawberry filled chocolate bars as well as our bakery's special desserts! There will be plenty of delicious sweets in the store, but you can also special order to insure getting what you desire!

Happy Valentine's Day to you and yours!



### Love your Co-op!

Is Valentine's Day only for lovers, or can the abundant expressions of love and connection be applied to friends, groups, teams and communities? We think it can be all encompassing!

All of us at the Ypsilanti Food Coop hope you feel the love we extend to our community each and every time you visit! It's not just about getting you that pound of rice. It's about assuring that you know how precious you are to us as we provide the rice.

We aren't a community without you. Those of us who are committed to helping the coop survive and thrive are doing everything we can to ensure that a continual supply of healthy food is available to Ypsilanti area residents and visitors at reasonable prices, and that we continue to grow.

Here's how you can show the love to support your community store:

Volunteer:

Whether running for the board of directors or helping at a special event promoting the

co-op, all are welcome to participate further. Watch the newsletter for opportunities throughout the year!

Place special orders for items you don't see on the shelf, or that you want a quantity of:

You will save the money on everything from special foods we do not currently stock, to personal care products to bulk herbs and spices.

Renew your Membership and invest in Ownership of our community store.

Time slips by and it's easy to let a membership expire. Consider investing in a full share, to show your support, and you will get the full discount.

Shop the coop first.

We might not provide everything you can get at our local supermarkets, but we have a surprising selection in our little store, and about two thirds of what we spend here directly impacts our local community.

This harsh winter is slowing down some of our days, but we know our community has

## More Ways to Save at Your Co-op!

Looking to stretch your grocery budget? So are we! That's why we're pleased to introduce our new Co+op Basics program. One of the benefits Ypsi Food Co-op has being a part of the National Cooperative Grocers is the Co+op basics program! Co+op Basics offers everyday low prices on many popular grocery and household items. From milk to beef to cereal, you'll find new brands at low prices as well as new low prices on some old favorites such as Equal Exchange Coffee.



Don't worry, we aren't paying our farmers or employees any less. We're simply committed to improving our selection so that everyone can find more value when shopping the co-op.

There are also other ways to save when shopping at the Co-op:

**Co+op Deals** – our biweekly flyer focused on packaged grocery; look for the Co+op Basics sign

**Fresh Deals** – our weekly flyer focused on fresh produce, meat/seafood and deli; which are posted in the store and in our weekly email newsletter.

**Owner Deals** – ownership has its perks; with discounts everyday!

**Bulk** – save when buying just what you need; buy a pinch or a pound

**Seniors**– 65+ get a 10% discount on Thursdays!

LOOK FOR THE  
PURPLE TAGS  
TO SAVE!



## New Equal Exchange Coffee Prices!

Thanks to our Co+op Basics program, we now have five of our best selling coffees at an everyday low price!

Equal Exchange sources the coffee beans from small farmer producer cooperatives!

- Breakfast Blend
- Mind, Body & Soul
- Love Buzz
- French Roast
- Midnight Sun

are now all \$9.99 per pound. Find them in the bulk section next to our coffee filters and YFC Mugs. Save even more on a 5 pound bag! Cooperation is Key!

Equal Exchange, a worker-owned cooperative, and natural food, consumer-owned, cooperatives have long partnered to build alternative supply-chains for small farmer producer-owned cooperatives.

Equal Exchange sources the best beans directly from the producer cooperatives they have partnered with for decades. These efforts have had continued positive impact on the lives of the producer co-ops' members.

We're excited to launch this next iteration of the Co-op Basics Program with the new coffee line-up, a competitive coffee program for National Cooperative Grocer members, like Ypsi Food Co-op, and a strengthened commitment to our producer partners.



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**Special Thanks to:**

Our Board and all the staff, volunteers and members!