



# BELFAST COMMUNITY CO-OP

*Owned by you. Food for all.*

## WAYS TO SAVE

at your  
Community Owned  
Food Co-op



**Located in the heart of downtown, The Belfast Community Co-op is a full-service market offering a wide array of items and services since 1976.** Everyone is welcome to shop at the Co-op: it is our mission and our pleasure to bring locally-sourced, reasonably priced, organic and natural products to all. No matter what you're looking for when you come through our doors, we're happy to help you find it. Never been inside a co-op before? We'd love to show you around! We're passionate about what we do.

The Belfast Community Co-op carries:

- *The freshest produce, sourced from area farmers as much as possible*
- *Locally-raised dairy and meats grown and processed here in the Midcoast*
- *Grains, beans, spices and other essential pantry goods, packaged and in bulk*
- *Baked goods from Maine's best bakeries, made with the finest ingredients*
- *Delicious prepared foods like sandwiches, salads, and ready-to-eat meals made in house from scratch*
- *Vitamins, herbal supplements, homeopathics and natural body care items to meet all budgets*
- *Organic, gluten-free, nut-free, keto, paleo, vegan and other specialty foods*
- *Curated wines, craft beers & ciders, including local, GF & sustainable options*
- *And more for a happy and healthy home!*

## **THE BASICS OF CO-OPS**



A co-op is founded and organized by people who want goods or services provided to them through a democratically-controlled enterprise. It is owned by the people who support the business, use it, and invest equity into it. Owners invest in the business to provide capital (i.e., equity) for strong, efficient operation. Co-ops can be many kinds of businesses. Belfast Community Co-op is a retail grocery store food co-op.

Belfast Community Co-op is a member of NCG. National Co+op Grocers (NCG) is a business services cooperative for retail food co-ops located throughout the United States. Representing 150+ food co-ops operating over 220 stores across the country serving over 1.3 million consumer-owners. NCG provides the capacity of a chain while maintaining the autonomy of each individual co-op. As a member of this national food Co-op we can strengthen purchasing power, and offer more value to our co-op shoppers.



In this brochure you'll learn about opportunities, programs, and ways you can save money when shopping at our Co-op. We are committed to making healthy and local food accessible to all, and offer great deals for everyone who shops at the Belfast Community Co-op!



## WAYS TO SAVE

- Savings for Everyone
- Savings for Co-op Owners
- Assistance Programs
- Community Resources



## THE 7 CO-OP PRINCIPLES

1) VOLUNTARY AND OPEN MEMBERSHIP

2) DEMOCRATIC MEMBER CONTROL

3) MEMBER ECONOMIC PARTICIPATION

4) AUTONOMY AND INDEPENDENCE

5) EDUCATION, TRAINING, & INFORMATION

6) COOPERATION AMONG CO-OPS

7) CONCERN FOR COMMUNITY

Our Co-op and co-ops all over the world follow the Seven International Cooperative Principles, guidelines by which cooperatives put their values into practice.

*Principle 7 is Concern for Community, which means that we work for the sustainable development of our region through policies approved by our owners.*

## EVERYDAY SAVINGS FOR EVERYONE

*We are committed to making healthy and local food accessible to all, and offer great deals for everyone who shops at the Belfast Community Co-op!*



### Shopping Bulk

When the Co-op buys in bulk quantities, the volume discount is passed down to shoppers. You can bring your own containers and you can buy as little or as much as you need!

Shopping from the bulk aisle also makes it more affordable to try rare and premium spices that you only need a little of - like cardamom or whole nutmeg. Coffee, grains, herbs & spices; even liquids like maple syrup, honey, soaps and vinegars are some of the items you can buy in bulk.

### Co+op Basics

Co+op Basics offers ongoing value prices on many popular grocery and household items. These great low prices are the same for all our customers every day, and are offered on many of your favorite products. Look for the purple signs around the store.



# EVERYDAY SAVINGS FOR EVERYONE



## Co+op Deals

A new Co+op Deals flyer is available biweekly at the front of the store and on our website, outlining current sales. These deals are available to all Co-op shoppers! Look for the green signs around the store to find special limited time deals.

## Co-op Coupons

Every quarter you'll see a new selection of coupon tear pads throughout the store that offer great savings and recipes. Everyone is welcome to use the coupons. Just grab the ones you want and take them to the register when you're ready to check out! We also accept manufacturer's coupons.



## Fresh Picks



## Fresh Picks

Our favorite way to save, Fresh Picks are available to all shoppers! Find sales changing bi-weekly on Produce, Meat, Cheese, Prepared Foods, and more. Look for the Fresh Picks banner around the store to find special limited time deals on Fresh items.

## WAYS OWNERS SAVE

### Owner Rewards

With the Owner Rewards Program, co-op owners earn at least 1% on all purchases over \$1 to redeem on future Co-op purchases. These savings automatically accumulate as points in your owner account. All local items earn 2x points! As an owner you can also receive quarterly Owner Rewards Bonus Coupons. All owners are automatically enrolled! Join today: [belfast.coop/join](http://belfast.coop/join).


**OWNER**  
rewards

shop. earn. redeem!

#### Basic Rewards

any  items =  1 point

#### Local Rewards

local items =  2 points

### Pre-Order Discount

Belfast Community Co-op owners have the benefit of being able to pre-order regularly stocked items, orders are by the case or supplier pack size at 15% off\*. All shoppers can pre-order but only owners receive the discount! No additional discounts apply on pre-orders. Find out more at Customer Service.

### CORE

Our CORE program is designed to make local, organic, & wholesome foods more affordable for income restricted households. CORE is

available for those owners who currently receive economic assistance through federal or state programs. Upon acceptance into the CORE program, owners receive an extended equity payment schedule and a 10% discount on most of our products.\* This discount will be applied in addition to Co+op Deals sales, but cannot be combined with any other discounts. To find out more, email: [ownership@belfast.coop](mailto:ownership@belfast.coop).

**CORE** cooperative  
ownership  
reaching  
everyone

\* Some exclusions apply.

## FOOD ACCESS PROGRAMS

We are proud to support these programs for our shoppers:

### SNAP/EBT

The Supplemental Nutrition Assistance Program (SNAP) provides a monthly benefit to help low-income households purchase nutritious food. Eligibility for SNAP is based on income, assets, expenses and household size.

[maine.gov/dhhs](http://maine.gov/dhhs)



**S**upplemental  
**N**utrition  
**A**ssistance  
**P**rogram

### Farm Fresh Rewards

Through Farm Fresh Rewards, shoppers using SNAP/EBT can receive a discount on fruits and vegetables, stretching limited benefits much further. To sign up, ask for an application at our Customer Service desk.

[farmfreshrewards.org](http://farmfreshrewards.org)



### WIC

We're honored to be the first food co-op in Maine to offer WIC! The Special Supplemental Nutrition Program for Women, Infants, and Children is better known as the WIC Program. Pregnant, postpartum, and chestfeeding people, guardians, and infants & children up to age five are eligible. Participants must live in Maine. WIC food benefits are available based on income guidelines and health status. WIC participants use an eWIC card to purchase specific wholesome foods each month. WIC also provides iron-fortified infant formula.

[maine.gov/WIC](http://maine.gov/WIC).



## COMMUNITY RESOURCES

### Belfast Soup Kitchen

The vision of the Belfast Soup Kitchen is to eliminate chronic hunger for the people and families of Waldo County not only by offering nutritious food, but also connections to resources and educational opportunities to mitigate the associated circumstances surrounding food insecurity. The Co-op is proud to be an ongoing partner to the Belfast Soup Kitchen.



*BelfastSoup Kitchen  
31 Belmont Ave, Belfast, Maine  
belfastsoupkitchen.org*



### Waldo County Bounty

Waldo County Bounty works to ensure that everyone has access to fresh, nutritious food by collaborating with local farmers, organizations, and community members towards an equitable food system. Find out how you can get involved.  
[waldocountybounty@gmail.com](mailto:waldocountybounty@gmail.com)  
[waldocountybounty.org](http://waldocountybounty.org)

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## Everyone Welcome | Open Daily 8am-8pm

The Belfast Community Co-op strives to be an active partner in Belfast, Waldo County and Midcoast Maine. We recognize that practicing good business citizenship supports the mission of our Co-op, raises the overall level of social and economic well-being in our community, strengthens ties within the community and provides a grocery shopping alternative for Belfast, Waldo County, and beyond.



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COMMUNITY  
CO-OP**

*Owned by you. Food for all.*

**123 High Street, Belfast | (207) 338-2532 | [belfast.coop](http://belfast.coop)**