



NEWS FROM BARBARA AVE

Store Hours
M-W: 10 A.M. – 6 P.M.
Th-F: 9 A.M.—7 P.M.

Sat: 10 A.M. – 5 P.M.
Sun: 12 P.M. – 5 P.M.

Contact:
218-844-3421
info@mannafoodcoop.com

We are now approaching the first anniversary of our store opening! Having reached this milestone, we will be hosting a celebration on the 25th of August from 2-4 pm.

We've recently made a number of exciting changes in the store. We now offer smoothies in our deli along with grab-and-go sandwiches and salads from Roasted. We also expanded the variety of products on our shelves based on a focus group with member-owners.



Getting a new co-op off the ground has not been easy and we've experienced our share of setbacks. Despite this, our mission remains the same—provide the Detroit Lakes area with good food and a connection to local farm producers.

The storewide 15% coupon in this newsletter is a thank you to members whose weekly shopping is so supportive, and an invitation to others to rediscover YOUR co-op. Please note that this coupon will also come to you via email as an eCoupon.

Product Spotlight

We greatly expanded our health and body care section since we first opened, adding high-quality supplements and body care products like the body butters and oils from Inesscents.



"Inesscents Aromatic Botanicals offers the finest quality, most consciously sourced organic body care products on the market. We take a strong stance on protecting the environment, supporting a global community of organic farmers,,,[and] encourage conscious consumerism..."

Join us for MANNA-fest August 25 from 2-4

Please come join us to sample foods and meet our local vendors on Saturday, August 25 from 2-4 pm.

We are also planning some in-store educational events during the last week of August. Please watch Facebook for upcoming activities.

Help us stay in contact with you:

Whether you know it or not, we have been sending you a monthly newsletter for about a year with news from the co-op and featuring member specials.

We really do want to connect with you, but, due to spam filters and technology generally, we know our message does not always get through. So, if you'd like to keep in touch, please:

- Search your spam and promotions folders for MANNA to receive monthly email. You can either unblock our email or move the message to your inbox.
- Double-check your email on file at the store.
- Like MANNA Food Co-op on both Facebook and Instagram to follow us in your feeds.

Interested in working at the co-op?

Sarah and Heather, both of our full-time staff, are moving on at the end of the summer, leaving open our general manager and produce manager positions.

The general manager oversees the overall direction and day-to-day operations of the store. The produce manager does the important job of engaging our local farm vendors in addition to overseeing the produce department. Information about both positions including compensation is on our website at www.mannafoodcoop.com.

We are confident that one of our 600+ members knows the perfect candidates for these jobs, so please direct any friends and family to the website or Ryan Pesch at 218-770-4398 or lidafarmer@gmail.com

Refer others to join to enter drawing

We are holding a mini-member drive in honor of our 1st anniversary. Our goal is 30 new members in August and we are looking for your assistance to refer others to join.

If someone you refer becomes a new member, you will be entered into a drawing for some great prizes. In addition, each new member will receive one of our popular canvas MANNA shopping bags.

New drink offerings in the deli

Besides our current mix of smoothies on the menu, we are now offering some new drinks just perfect for the summer season:

- Iced latte—\$3.99
- Cold brew coffee—\$3.99
- Iced chai—\$4.75

If you prefer to mix your own, consider buying our Gray Duck Chai Mix (3 parts chai and 2 parts milk) that are on member special this month. On sale in for \$7.55, down from \$8.39.



Store Coupon

15% OFF your entire purchase

Valid 8.1.18-8.31.18

Excludes monthly member specials. Limited to one-time purchase per member-owner household during month of August.

*An electronic version will also be sent to your email on file

Member owners enjoy a discount on a wide mix of products

We're featuring mostly local and MN-made products this month as a celebration of our anniversary. All green items are local or MN-made.

Bulk— 10% off

- Chickadee Coffee (Detroit Lakes)
- Peace Coffee (Minneapolis, MN)
- Rolled Oats (Moorhead, MN)
- Oat Groats (Moorhead, MN)
- Coconut Chips (Silver Bay, MN)
- Wild Rice (White Earth Nation)
- Wheatberries (Moorhead, MN)
- Golden Flax Seed (Moorhead, MN)
- Frontier Pickling Spices



Grocery— 10% off

- Alaska Wild (New Hope, MN) Snack Kits
- Angelic Bakehouse (Cadahy, WI) All bread and wraps varieties
- Askegaard Organic (Moorhead, MN) flax seed



- Bliss (St. Paul, MN) granola and muesli
- Boom Chicka Pop (Mankato, MN) popcorn
- Bootlegger Brewing (Apple Valley, MN) kombucha
- Brody's 579 (St. Paul, MN) muffin mix
- Buddy's

(Minneapolis, MN) peanut butter

- Buon Giorno Italia (St. Paul, MN) sauces
- Double Take (Minneapolis, MN) salsas
- Doubting Thomas Farm (Moorhead, MN) oats and rolled oats
- Down in the Valley (Maple Grove, MN) gluten free products
- Eichten's (Center City, MN) cheese
- Fahlstrom Farm (St. Peter, MN) Brownie Mix

- Fierce Ferments (Falcon Heights, MN) sauerkraut
- Garden of Eatin' taco shells
- Good Life (Ramsey, MN) peanut butter
- Glenwood Water (Glenwood, MN)
- Humble Honey (Calloway, MN)
- Jake's Syrup (Vergas, MN) jams, jellies, and syrup
- K'ul (Minneapolis, MN) chocolate
- Nomi (Minneapolis, MN) granola bars
- Poplar Hill (Scandia, MN) goat cheese
- Terroir Chocolate (Fergus Falls, MN)
- Savor (Saint Paul, MN) sprouted grain buns
- Sky Valley taco, enchilada, and sriracha sauces
- Way Better (Minneapolis, MN) tortilla chips
- Whole Grain Milling (Welcome, MN) tortilla chips
- Union Brewing (Fergus Falls, MN) kombucha
- All local meat

Health and body care—10% off

- Macro Meal protein supplements
- Lakeside Soap and Candles (Audubon, MN)
- Inesscents
- Wyndmere (New Hope, MN) essential oils



Produce Deals—15% Off

- Local Blueberries (Menahga, MN)
- Apples
- Cucumbers
- Kale
- Green Leaf Lettuce
- Green Beans
- Micro-greens
- Snap Peas
- Tomatoes
- Summer Squash
- Basil
- Chives
- Mint



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MANNA is a cooperative owned locally by 607 members and counting!

All are Welcome at MANNA!