



## CAP sales



As members of the National Cooperative Grocers Association we are part of a virtual chain of co-ops. Great sales are available to us through the Co-op Advantage Program (CAP). Look for this logo on sale signs.

## Cloth Bag Discount

Your cashier will give you a 5¢ discount for each cloth or string bag you bring in and use.

## Rochdale Room

A meeting room is available for your meetings and community groups. Contact Ann Marx for availability, (859) 278-1813 x 244 or [annm@goodfoods.coop](mailto:annm@goodfoods.coop).

## Water Center & Jugs

- Fill your own jugs or use ours.
- If you buy already filled 5 gallon jugs there is an \$8 deposit for each bottle.
- Before you begin shopping drop off empty 5 gallon jugs at Customer Service for your deposit exchange ticket.

## Specials



Our sales are offered to all our customers, not just owners. Sales continue while supplies last. Look for these yellow and orange signs.

## Special orders

- Order products that we do not carry or large quantities of a specific product. Place orders at Customer Service.
- A deposit may be required.
- Refrigerated and Frozen items are only available by the case.
- We may only hold packaged items for 2 weeks and fresh products for 3 days.
- Sales from one month cannot be extended into the following month.

## Vegan

This logo denotes Vegan products in our Café. Vegan = no animal products or honey.



## Classes

Attend or teach a class. Schedules are available throughout the store and on [www.goodfoods.coop](http://www.goodfoods.coop). Contact Ann Marx to teach a class, (859) 278-1813 x 244 or [annm@goodfoods.coop](mailto:annm@goodfoods.coop). See Customer Service to register.

## Reuse Your Plastic Bags

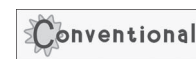
You may bring in your clean, plastic grocery bags and we will reuse them.

## Recycling

We partner with the LFUCG to provide our community with a recycling center location behind our building. You may bring your recyclables from home and drop them in the bins.

## Produce

We carry local, organic, and conventional produce. These signs will help you distinguish between the three.



## Dietitian

Our staff Dietitian is available Monday, Wednesday and Thursday from 3-6pm for 15-minute free consultations. You can also reach her at (859) 278-1813 x 227 or [diet@goodfoods.coop](mailto:diet@goodfoods.coop).

## Suggestion Box

We want to hear from you! Please place all comments and suggestions in the box at Customer Service. Leave your name and phone number or e-mail for a personal response. All responses are posted in the store.

## Kentucky Proud

We are members of the Kentucky Proud program and proudly display this logo by all Kentucky products.



## Wellness Care Special Orders

Place vitamin, body care, book, herb, and gift special orders at the Wellness Office, near the books. We request a deposit on all items we do not carry.