

Bulk Foods & Herbs

Buy only what you need!

Write PLU# from bin on the twist tie. Your cashier will weigh and price your product at the register.

Bring your own container?

Weigh the empty container and record the weight so your cashier can deduct the weight of your container.

We know good food! We know good food!

Hot Buffet & Salad Bar

Both bars are \$7.99/lb. Cashiers will deduct the weight of the dish.

Soups are priced by the bowl.

Return Policy

- 30 day limit
- Vitamin & Body Care items must have a receipt
- All products over \$10 must have a receipt
- Books must be in good condition
- NO RETURNS on CD's, DVD's, or Videos
- NO RETURNS on marked down or reduced items

We know good food! We know good food!



Your Community Owned Cooperative

455 Southland Drive
(859) 278 - 1813
www.goodfoods.coop

8 am - 10 pm
Every Day!

How to Shop the Co-op



Everyone Welcome!

455 Southland Drive
(859) 278 - 1813
www.goodfoods.coop

8 am - 10 pm
Every Day!

CAP sales



As a member 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 room is available for your meetings and community groups. Contact Ann Marx for availability: (859) 278-1813 x 244 or annm@goodfoods.coop.

Water Center & Jugs

- Fill your own jugs or use ours.
- If you buy already filled 5 gallon jugs there is a refundable \$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 product we do carry. 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 at www.goodfoods.coop. Contact Ann Marx to teach a class: (859) 278-1813 x 244 or 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 conventional, organic, and local produce. These signs will help you distinguish between the three.



Dietitian

Our staff dietitian is available Monday, Wednesday, and Thursday from 3 - 6 pm for 15-minute free consultations. You can also reach her at (859) 278-1813 x 227 or 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 a member of the Kentucky Proud program and proudly display this logo by all Kentucky products.



Wellness 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.