

# DETROIT REVOLUTIONARY MOVEMENT RECORDS

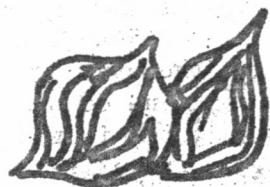
BOX 9 OF 16

FOLDER 26

THREE FOR THREE FOOD CO-  
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## How to Buy Co-op Food

Fruit, vegetable and dairy bags for \$1.00 each are pre-ordered and pre-paid. You may order only one bag, or any multiple of bags you wish. You may pay for them in cash, or food stamps. You pick up your order from the regional outlet to which you are assigned. You can also buy staples from the store. These include dried beans, peanut butter, soy sauce, honey, oil, potatoes, onions, nuts, grain products, dry milk, herbs, yogurt, facial tissues and bar soap. On Saturday there are fresh mushrooms, eggs, miscellaneous produce and homemade bread.



## Economics of the Co-op

Some inevitable expenses, like store rent, phone, utilities, bags, and a small wage to the coordinator, requires a mark-up over the cost we pay for food. The co-op buys in bulk. The cost to you includes a 5% mark-up on Saturday bags and a 15% mark-up on staples. Michigan sales tax also must be added. Still, the cost to you is usually cheaper than most retail stores, in part because many co-ops have joined together to form the Michigan Federation of Food Co-ops, which has a warehouse and supplies food in large quantity.

## What Cooperative Means

In regular business life there is cut-throat competition, rather than the spirit of cooperation. The buyer must beware because he is at the mercy of the store owner who sets the highest possible prices so that a profit can be made. The cooperative is really a total "business", just like a regular store, but nobody makes a profit. Everyone receives the same benefits. There are no bosses. Its people working together as equals and making democratic decisions about what to do and how to do it. When everyone shares the work the load is spread around evenly and the cost of food is cheaper since there are no middlemen, store clerks, executives, drivers or janitors to pay. People who cooperate and share with each other also trust each other and develop mutual respect. Cooperating can be fun and exciting - we get to know people better, to appreciate their worth.

Our country needs dedicated citizens to help to solve pressing problems. There are too many selfish people, more concerned with power & profit than the welfare & happiness of people. There is too much unemployment, high costs, crime & violence, corruption. The pace of life & the production line moves too fast. We can't relax & enjoy our fellow humans. Often we work under hazardous health conditions. These are problems of our country. But rather than say there is no hope, we can make changes by trying to understand the reasons for the problems, coming up with solutions, and joining together to make changes happen. That's our right and obligation as citizens. That's what cooperative means to us. We welcome you to join with us.

# 3 for Three



## Food Co-op

17714 John R  
Detroit Mi 4820  
867-5855

## What is the 3 for 3 Food Co-op?

The 3 for 3 Food Co-op is a group of some 550 household units from all walks of life and from all over the Detroit area. We are multi-racial, workers of all kinds, young and old, women, men and children, and from the city and suburbs. We are very different in many ways, but we have one thing in common: we object to the high cost of food and want to work toward getting good quality food cheaper. This common goal brings out the similarities in people and de-emphasizes the differences. Our co-op is an alternative to the retail store for those food items we carry. As the name suggests, the co-op offers 3 generous bags of seasonal fruit, vegetables, eggs and cheese for \$3 - one dollar a bag. The name further suggests the co-op is a group of people working together and cooperating for the common good who try to take democracy seriously and share the work load. We also work together on community projects such as collecting food and clothing for the Gulfcoast Pulpwood Association strike and supporting the United Farm Workers in their current grape, Gallo wine, and lettuce boycotts.



## How to Become a Member

Membership is open to any household in the Detroit area that agrees to those simple requirements: 1. a \$2 yearly membership fee which helps pay overhead costs 2. work a minimum of 3 to 4 hours per month on a task of your choice, such as administration, food shopping, grocery bagging, clerking and maintenance. Merely stop in at the store at 17714 John R or call 867-5855 and receive information on or call 584-6240 during the week (for West Region)



## How the Co-op is Organized

In operation since May, 1971, the co-op holds a bi-monthly membership meeting to make decisions and share ideas and information. A Steering Committee coordinates the administration and various problems of the co-op. The co-op store at 17714 John R is the headquarters for the metropolitan operation sells various staple food items and is the Saturday distribution point for a large number of members in the city. A full-time coordinator works out of the store. The Detroit area is divided into regions so members can more easily pick up their bags. The present regions - open only on Saturday - are located as follows: Central 82 Belmont, off Woodward (no phone); North - Our Lady of Victory Parish Hall, 8 Mile & Washburn, near Wyoming (341-4586); West Region - 8519 Abington, Bldg. 311, (Joy Rd. & Southfield) 584-3494.



## The Work We Do

Any member of a household unit is welcome and encouraged to work. Each unit is asked to sign up for a regular day each month. Most co-op food is bought at Eastern Market each Saturday at 5:30 am. Other persons bag the food at their outlets while still others are sales clerks and collect money. People are needed to do bookkeeping, odd jobs, membership, expansion planning, etc. Vans, trucks and station wagons are needed for food collection and delivery. We have a weekly newsletter which includes articles of interest as well as recipes. Attendance at meetings is also part of our collective work.