

CAMBRIDGE FOOD CO-OP
580 Massachusetts Avenue
Cambridge, MA 02139

February 10, 1975

Dear Councilor *Graham*,

The Cambridge Food Co-op is scheduled to open next week, thanks largely to the City Council resolution of April 8, 1974. Once open, the Co-op will provide its 2500 members with a full range of food and grocery items at a savings of 20%.

We would like at this time to express again our appreciation to the members of the City Council and to personally invite each of you and your families to become members of the Co-op. If you wish to do so, simply call 661-1580 and ask to be signed up for a membership meeting, as spaces have been reserved for you.

Respectfully yours,

Theodore R. Live

Theodore R. Live, for the Co-op

A NEW WAY TO FIGHT INFLATION

WHAT IS THE CAMBRIDGE FOOD CO-OP?

The CFC is a group of Cambridge people who are starting a non-profit supermarket. The co-op market will be owned, governed, and run by its customers, the members of the co-op.

HOW WILL THE CO-OP WORK?

Each co-op member over 18 will contribute at least two hours of work per month towards the running of the store. As a result, prices for food and household goods will be lower for CFC members than for anyone else in Cambridge.

WHAT KIND OF WORK WILL I BE ASKED TO CONTRIBUTE?

The co-op will need members to perform many different tasks: carrying boxes, sorting tomatoes, cutting meat, bagging grain, answering the phone, etc. No one will be asked to do physical labor if he or she is unable, but every member will do some kind of work to help the co-op.

HOW MUCH WILL I SAVE BY BELONGING TO THE CO-OP?

About 20% of what you now pay for food at a supermarket (see reverse side of this sheet). For a family of four this means a savings of about \$500 per year! Of course, the CFC will accept Food Stamps and WIC vouchers as well as cash.

WHERE WILL THE CFC MARKET BE LOCATED?

In Central Square, in the basement of the Harvard Bazar building at ⁵⁸⁰~~590~~ Massachusetts Avenue.

WHEN WILL THE CFC MARKET OPEN FOR SHOPPING?

On ^{February}~~January~~ 20, 1975. Anyone interested should contact us as soon as possible.

WHAT KINDS OF PEOPLE BELONG TO THE CFC?

All kinds -- low-income and middle-income people, blue-collar and white-collar workers, students, elderly persons, Spanish- and Portuguese-speaking people -- the co-op is for everyone who needs to save money on food and is willing to work with other members of the Cambridge community to achieve this goal.

HOW CAN I JOIN THE CFC, OR FIND OUT MORE ABOUT IT?

Any Cambridge resident can become a member of the CFC by attending a new members' introduction class and paying a \$3 annual membership fee (for each member over 18). This fee will be refunded if after a month you decide not to remain a member of the co-op.

To get more information about the co-op, to sign up for membership, or to help in preparing for the store's opening, please call ~~868-8742~~ 661-1580

COMPARATIVE PRICES: BOSTON FOOD CO-OP AND CENTRAL SQUARE PURITY SUPREME, OCT. 18, 1974

	Purity Supreme price*	Co-op price	% savings at Co-op		Purity Supreme price*	Co-op price	% savings at Co-op
<u>FRESH VEGETABLES</u>				<u>MEATS, POULTRY, FISH</u>			
broccoli (head)	\$0.49	\$0.48	2%	steak, top round	\$1.79	\$1.69	6%
cabbage	.12	.07	45%	stewing beef	1.49	1.22	18%
carrots	.15	.10	33%	ground beef (regular)	1.25	.94	25%
celery	.49	.35	29%	beef liver	.89	.77	13%
cucumbers (each)	.20	.10	50%	hot dogs, all-beef	.99	.92	7%
green peppers	.49	.25	48%	salami, all-beef	1.38	1.21	12%
lettuce, iceberg (each)	.49	.29	42%	bologna, all-beef	1.18	.97	18%
onions, yellow (2-lb. bag)	.39	.15	60%	pork chops, center-cut	1.69	.97	43%
potatoes (10-lb. bag)	.89	.55	38%	ham, deli-sliced	2.79	1.63	42%
spinach (10-oz. bag)	.49	.32	35%	ham, canned (3-lb)	5.40	3.16	23%
tomatoes	.56	.22	61%	bacon, sliced	1.19	1.15	3%
			AVERAGE SAVING: 40%	pork sausage, link	1.19	.75	37%
<u>FRESH FRUITS</u>				liverwurst	1.59	.69	56%
apples, Macintosh	.59	.40	33%	chicken, whole	.69	.57	17%
bananas	.17	.12	29%	chicken breasts	1.09	.86	21%
grapefruit (each)	.15	.12	20%	turkey, frozen (10-15 lb.)	.69	.56	19%
lemons (each)	.13	.09	31%	cod fillets, frozen	1.49	.84	44%
oranges (dozen)	.89	.79	11%	sole fillets, fresh	1.19	.95	21%
strawberries (pt.)	.79	.68	14%	tuna, chunk lt. (6½-oz. can)	.59	.45	24%
			AVERAGE SAVING: 23%				AVERAGE SAVING: 24%
<u>PROCESSED FRUITS & VEGETABLES</u>				<u>DAIRY PRODUCTS</u>			
apple cider (½-gal.)	1.69	1.41	17%	milk, whole (½-gal.)	.76	.71	6%
Hawaiian punch (46-oz. can)	.59	.45	24%	milk, non-fat, dry (4-lb)	4.45	4.00	10%
grapefruit juice (" ")	.55	.52	6%	milk, evap. (13-oz. can)	.31	.31	0%
frozen orange juice concentrate (12-oz. can)	.62	.69	-12%	butter	.87	.89	-2%
tomato soup, condensed (10-oz. can)	.19	.18	7%	cheese, swiss	1.75	1.20	31%
Campbell's vegetable beef soup (10-oz. can)	.31	.22	29%	cheese muenster	1.35	1.07	21%
tomato paste (6-oz. can)	.21	.24	-14%	cheese, sharp cheddar	1.23	1.22	1%
tomatoes, whole (28-oz. can)	.39	.44	-13%	Hood cottage cheese	.65	.57	12%
raisins (9-oz. box)	.57	.39	32%	Dannon yogurt, flavored	.39	.33	15%
grape jelly (2-lb. jar)	.99	.90	12%	ice cream, 100% nat. (½-gal)	1.29	1.30	-1%
pickles, sweet gherkins	.71	.63	12%	eggs, x-large (1 dozen)	.93	.75	19%
			AVERAGE SAVING: 9%				AVERAGE SAVING: 10%
<u>MISCELLANEOUS FOOD PRODUCTS</u>				<u>GRAINS AND GRAIN PRODUCTS</u>			
honey	.95	.66	31%	flour, white (5-lb.)	1.07	.88	18%
maple syrup	.89	.77	13%	flour, whole wheat (5-lb.)	1.11	.88	21%
margarine	.61	.66	-8%	rice, brown	.57	.42	26%
vegetable oil (48-oz.)	2.27	2.17	4%	Kellogg's Product 19 (12-oz)	.83	.79	5%
peanut butter	.74	.66	11%	Quaker 100% Natural Cereal	.85	.84	2%
brown sugar	.63	.59	6%	granola	.81	.58	28%
Good Seasons Italian salad dressing mix (each)	.23	.21	9%	Pepperidge Farm white bread	.57	.49	13%
coffee, ground	1.25	1.21	3%	Pep. Farm whole wheat bread	.59	.51	14%
tea bags (100-count box)	1.15	.84	27%	English muffins (12-oz.)	.49	.46	6%
Coca Cola (½-gal. bottle)	.87	.70	19%	stoned wheat thins (10-oz)	.75	.52	31%
tonic, fruit-flavored (qt)	.48	.35	24%	spaghetti (3-lb. box)	1.35	1.30	4%
salt	.15	.16	-10%	elbow macaroni (3-lb.)	1.37	1.27	8%
oregano (½-oz. tin)	.43	.07	85%				AVERAGE SAVING: 15%
black pepper (4-oz.)	.59	.40	33%	<u>NON-FOOD ITEMS</u>			
cinnamon, ground (4-oz.)	.85	.23	72%	Kleenex (200-count box)	.45	.27	39%
			AVERAGE SAVING: 21%	light bulbs (60-watt, 4-pak)	1.36	.84	39%
				Brillo (10-pack)	.37	.36	2%
				Arm & Hammer laundry detergent (7-lb, 3-oz box)	1.97	1.91	3%
				Windex (20-oz. bottle)	.49	.47	4%
				Strongheart dog food	.17	.14	16%
				cat food (15-oz. can)	.23	.17	28%

*All prices are per pound, unless otherwise indicated.

*Where identical brands were stocked at both markets, their prices were chosen; otherwise, where several prices for similar products were observed at Purity Supreme, the lowest such price was used in this table.

NET RESULT: AN OVERALL AVERAGE OF 20% SAVED AT THE CO-OP!

City of Cambridge

Comm. from Theodore R. Live of the Cambridge
Food Co-Op inviting the members of the City
Council to become members of the Co-Op.

In City Council,

February 24, 1975

Placed on File -