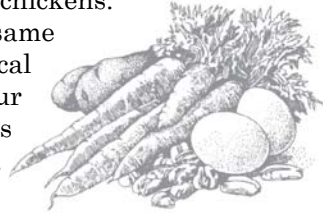


## Taste. Nutrition. Health

We have healthy foods and you can find out exactly what the production practices were with each product. Our producers offer a wide variety of all natural meats — farm raised venison, lamb, pastured chicken, grass finished beef, custom-fed pork, buffalo. We feature Oklahoma wheat and flour, peanuts, and a selection of processed foods like cheese, salsas, fudge, artisan breads, cookies and jellies made right here in Oklahoma. Yes, we have eggs from free ranging chickens.

These are the same delicious and local foods found in your grandmother's traditional kitchen, once again available to the public direct from Oklahoma farmers. Besides food, we have a wide variety of artisan soaps and body care products, fabric arts, baskets, and other non-food items.



## Relationships

These days you ought to know the farmers who produce your food. Our online customer handbook introduces you to the family producing that particular product. You'll also get recipes and suggestions for use of seasonal products. You can meet producers at Oklahoma Food events.

## Local Economic Development

Buying food directly from farmers and ranchers puts your money to work at the grass roots of our local and state economy, where it does the most economic good for the most people. Oklahoma needs that right now.

## Sustainable Production Practices

We offer certified organic and all-natural products. Each producer details his or her production practices for the members, so you know exactly what you are buying. If we want a more sustainable agricultural system, then there must be a market for organic and natural products, and the Oklahoma Food Cooperative offers that market to customers and producers.

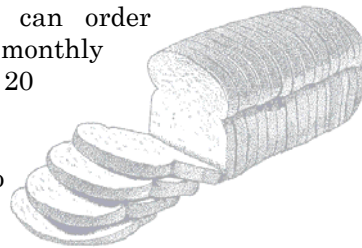
## Social Justice

Each month customers have the opportunity to donate money that buys local foods to give to the poor. And the cooperative offers very small farmers — including young farmers, women, and racial minorities — an opportunity to build economic opportunity and security through agricultural entrepreneurship.

## Convenience

Oklahoma Food offers a most convenient grocery shopping experience. From the comfort of your own home, you can browse the product lists and compile your order. Once you learn the system, you can order most of your monthly groceries in only 20 minutes.

If you want to give your family the best food available right now in the state of Oklahoma, increase environmental sustainability, and boost rural economic development, join Oklahoma Food, a cooperative business organization owned by farmers, ranchers, and their customers ...



**It is the right thing to do!**

## How we do business

Each month, typically the first of the month, our producer members post their products and prices at our website. Customer members then have up to two weeks to turn in their order — by mail, by phone, by email, or via our on-line shopping cart. On Delivery Day — typically the third Thursday each month — the producers come to town and the Cooperative sorts products into customer orders. With one order, one payment, and one pickup or delivery, you could order food from 60 different Oklahoma producers. One week after the order closes, you pick up your food at one of our delivery locations in Norman, Midwest City, OKC (two locations—NW and Downtown), Stillwater, Tulsa, Chickasha, and Muskogee-Tahlequah

(delivery locations may change from month to month or by season). You pay for the order when you pick up your food. You may pay by check, money order or Paypal internet service. The Coop offers a discount for payment with cash, check, or money order.

## How do I join Oklahoma Food?

The price of a membership share is \$51.75. This is a onetime payment that buys you one share in our business, and thus provides us with funds to grow and expand our service. It is not an annual fee like a Sam's Club membership. If you decide to leave later, we will buy the share back from you. Fill out the membership form in this brochure and mail to the address indicated on the form.



## Products Available

Typically, about 1500 different products are offered for sale through the Oklahoma Food Cooperative each month. Some of these products are available every month, others have seasonal availability. Food products available include certified organic vegetables, grass finished and grain fed beef (by the whole beef or the half or quarter beef, 50 pound box, or individual cuts), grass finished and grain fed lamb, farm raised venison, buffalo, pork (by the whole pig or by the roast, pork chop, or pound of sausage), pastured chickens, eggs, honey, sorghum molasses, vine ripened tomatoes, squash, and cucumbers, specialty candies, fudge, divinity, jams, jellies, butters, salad dressings, a very wide variety of hand crafted soaps and natural body care products, barbecue sauces, rubs and spice mixes, salsas, relishes, more than a dozen different kinds of cheese, certified organic wheat, artisan breads, gift baskets, rustic country crafts, firewood, smoking/cooking wood, shiitake mushrooms, soup mixes, chervil, parsley, chives, cinnamon basil, oregano, lemon balm, rosemary, tarragon, fabric arts, laundry powder, pecans, seasonal decorations, animal care products. All products were grown or made in Oklahoma by the producer members of the Oklahoma Food Cooperative.



## Food Delivery Locations

You can pick up your Oklahoma Food order at one of over 70 delivery sites around the state. You can also arrange for home or work delivery in many areas.



Complete this form and mail with membership fee to:

Oklahoma Food  
P.O. Box 5966  
Norman, OK 73069

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, ZIP \_\_\_\_\_

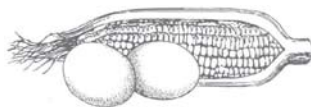
Phone \_\_\_\_\_

Email \_\_\_\_\_

I hereby apply for membership in Oklahoma Food.

\_\_\_\_\_  
*Signature*

\_\_\_\_\_ \$51.75 membership fee enclosed.



\_\_\_\_\_ YES! I'm interested in volunteering to help with Oklahoma Food.

### For more information:

Website: [www.oklahomafood.coop](http://www.oklahomafood.coop)  
E-mail: [customer@oklahomafood.coop](mailto:customer@oklahomafood.coop)  
Phone: 405-613-4688

# Oklahoma Food Cooperative



## What is the Oklahoma Food Cooperative?

The Oklahoma Food Cooperative is a marketing network of farmers and their customers that can bring authentic local and regional foods to your family table. We offer delicious tastes and unique food experiences. All items sold through the cooperative are grown or produced here in Oklahoma, and they are sold by their producers. The three core values of our business are environmental sustainability, economic viability, and social justice.