

Food Power Community Co-Op

Price List

Food Power!



Food Purchases should be made ASAP—before Wednesday, January 11, 2017

The following foods include fresh fish and poultry; and organic grains and legumes.

Co-Op Members can purchase on-line, or pay at our office by phone (503-676-3710) or in person at: Shellmire Unlimited, 3311 NE Martin Luther King Jr, Suite 104 Blvd; Portland OR 97212

Payments can be made in cash, credit or check (note: checks must clear before food can be received)

For information about the **TaNefer Ankh Food Power Community Co-Op**, food purchases or questions call: 503-676-3710

Note: This Food Price List is good until Friday, January 13, 2017

Prices are subject to change | All Sales are Final

Item	Medium Package / Quantity	Small Package / Quantity	Large Package / Quantity	Vegetarian Package	Survival Package
Fish – Red Snapper	4 lbs	4 lbs	6 lbs		
Fish – Cod	4 lbs		6 lbs		
Chicken	2 (whole)	1 (whole)	3 (whole)		
Vegetable – Collards	2 bunches	1 bunch	3 bunches	3 bunches	
Vegetable – Kale	2 bunches	1 bunch	3 bunches	3 bunches	
Grain – Quinoa	1 pound	1 pound	2 pounds	2 pounds	25 lbs / \$69.99
Grain – Rice	2 pounds	1 pound	3 pounds	2 pounds	25 lbs / \$55.99
Grain – Black Bean	1 pound	1 pound	2 pounds	2 pounds	25 lbs / \$40.99
Grain – Red Bean	1 pound	1 pound	2 pounds	2 pounds	25 lbs / \$40.99
Grain – Navy Bean	1 pound		2 pounds	2 pounds	25 lbs / \$40.99
CoOp Member Cost	123.99	\$63.99	\$186.99	\$37.99	
Retail Cost					

The Goal and objectives of the **TaNefer Ankh Food Co-Op** is to establish ‘Community Control’ of our food from seed-to-consumption. Our objectives are the following:

- To establish the Black Community Food Power
- To provide the best quality of food
- To control and improve our food related health and wellness
- To control the economics—industry and business—associated with our food
- To create food-based abundance and prosperity -

For more information about the **TaNefer Ankh Community Food Co-Op** visit our website at:
FoodPower.TaNeferAnkh.com