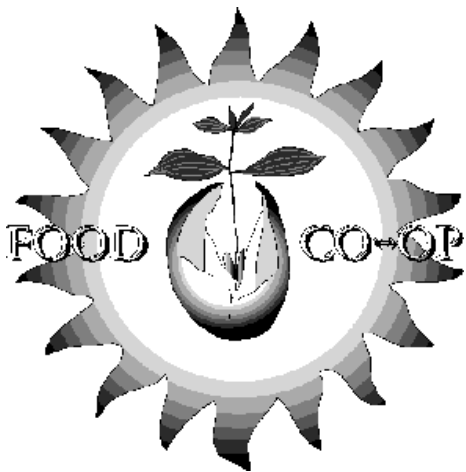


What is a Co-Op?

Co-Ops give you the opportunity to buy Health Food in the quantities you want at the lowest cost to you.

There are several different catalogs to shop from so you have a variety of products to meet your family's needs. The delivery dates are spaced throughout the month to make it easier on your family's budget.



Co-Op Rules:

- Membership Fees need to be paid at the beginning of the year. (Or at the beginning of your membership)
- Orders must be to us by 6 pm on the dates specified for each distributor.
- Orders may be placed by drop-off, email, or fax. **NO PHONE ORDERS!**
- Order forms must be filled out completely or your order will not be placed.
- You must pick up your orders on the date specified or make arrangements to pick up on another date.
- Orders are to be paid for when you pick up your items.
- If you order an item that is not what you had thought, you are still responsible for paying for that item. If you order an item and it states on the invoice that it was shipped but we did not receive it – you are still responsible for paying for that item, if we were charged for it, we will call in the credit for you within 24 hours and the item will be credited to your next order. If an item is listed as “Out of Stock” – it is your responsibility to reorder it.
- Some suppliers have a minimum required order. If we do not have enough to meet the minimum we will notify you and orders will be placed on the next order date unless you specify that you want your order cancelled.

If you break these rules, I'm sorry, but you will not be able to order with us at this time.



**Healthy Basics, Inc.
10340 East M-115
Cadillac, MI 49601
(231)775- 6001**

Food CO-OP



FOOD CO-OP INFORMATION

United Natural Foods

Orders placed 2x's a month if required order minimum is met. Monthly sale catalogs are offered. Most items have to be purchased by the case.

Please use our order forms.

Order Date
Wed. by 6pm

Pick Up Date
Tues. 10am-6pm

Jan.6th
Jan. 20th
Feb. 3rd
Mar. 3rd
Mar. 17
Mar. 31
Apr. 14th
Apr. 28th
May. 12th
June. 9th
June. 23rd
July. 7th
July. 21st
Aug. 4th
Aug. 18th
Sept 15th
Sept. 29th
Oct. 13th
Oct. 27th
Nov. 10th
Dec. 8th
Jan. 5th, 2011

Jan. 12th
Jan. 26th
Feb. 9th
Mar. 9th
Mar. 23rd
Apr. 6th
Apr. 20th
May. 4th
May. 18th
June. 15th
June. 29th
July. 13th
July. 27th
Aug. 10th
Aug. 24th
Sept. 21st
Oct. 5th
Oct. 19
Nov. 2nd
Nov. 16th
Dec. 14th
Jan. 11th, 2011

Northern Natural (Country Life)

Ordered 1x a month
This catalog offers several bulk items.

Please use our order forms.

Order Date
Wed. by 6pm

Pick Up date
Thurs. 10am - 6pm

Dec. 31
Jan. 28th
Feb. 25th
Mar. 25th
Apr. 22nd
May. 20th
June. 17
July. 15th
Aug. 12th
Sept. 9th
Oct. 7th
Nov. 4th
Dec. 2nd

Jan. 7th
Feb. 4th
Mar. 4th
Apr. 1st
Apr. 29th
May. 27th
June. 24th
July. 22nd
Aug. 19th
Sept. 16th
Oct.14th
Nov. 11th
Dec. 9th

Frontier

To receive a catalog you will need to call:
1-800-669-3275

Ask to receive a catalog under Healthy Basics. Ordered when required \$250 minimum is met. There is no deadline date. We will inform you of a pick up date after we place a order.



Co-op Fees (Non-refundable)

\$18.00 per year membership fee (added to your first order & updated yearly). That includes your catalogs. All memberships end in December. If you sign up later in the year we will deduct \$1.00 for each month you were not a member.

10% Handling Fee each order

Fuel charge - Spilt evenly between all those who order

Ordering

The fax number is the same as the store number. You need to let us know prior to your sending a fax.

231-775-6001

Email: order@healthybasicsinc.com
They may also be dropped off.