

coopTM deals

FEB 18 - MAR 3, 2015



\$3.69

THE GREEK GODS

Greek Yogurt
24 oz., selected varieties



\$2.99

CASCADIAN FARM

Organic Granola
15-16 oz., selected varieties



\$3.69

CROFTER'S

Organic Premium
Fruit Spread
16.5 oz., selected varieties
10-11 oz. Crofter's Fruit
Spread also on sale



\$21.99

SPECTRUM

Fish Oil 1000 mg.
250 ct.
other Spectrum Nutritional
Supplements also on sale

Featured Inside:

- February is Heart Health Month; read about hearty, healthy foods
- Get great ideas for quick and easy whole-grain breakfasts to warm you
- Power up with nut butter and flax Powerball snacks – a real energy boost!
- Dinner in a hurry? Try our 20-minute Broccoli and Tofu Noodle Bowl recipe



Nut Butter and Flax Powerballs

Makes approximately 15. Prep time: 20 minutes.

- 1 ½ cups almond butter
- 1 banana, peeled and mashed
- 2 tablespoons Spectrum Essentials organic ground flaxseed
- 2 tablespoons whey protein powder
- 2 tablespoons cocoa powder
- 1 tablespoon honey
- ½ cup almonds, finely chopped

In a mixing bowl, stir together the almond butter, banana, flax, protein powder, cocoa powder and honey. Blend until smooth. Line a plate or pan with parchment paper. Roll into 1- to 2-inch balls and place on parchment paper. Next, roll each ball in the chopped almonds and return to parchment paper. Place in the refrigerator or freezer until firm.

Serving suggestion: Place these in a tightly-sealed container and store in the freezer for a convenient energy-boosting snack. They're a great addition to a party tray, too, with raw vegetables and dried fruit. Substitute peanut or cashew butter for almond, if you prefer.

Some items may not be available at all stores or on the same days.



5/\$4

BROWN COW
Cream Top Yogurt
6 oz., selected varieties



\$22.99

TERA'S WHEY
Organic Whey Protein
12 oz., selected varieties



\$1.99

UNCLE MATT'S
Organic Juice
12 oz., selected varieties



\$7.99

MARANATHA
No-Stir
Almond Butter
12 oz., selected varieties



\$8.99

EQUAL EXCHANGE
Organic Love Buzz Coffee
per pound in bulk
Organic Breakfast Blend Decaf
Coffee \$11.99



2/\$5

CASCADIAN FARM

Frozen Potatoes
16 oz., selected varieties



\$1.29

CHOBANI
Greek Yogurt

5.3 oz., selected varieties



\$2.39

WESTSOY

Soy Milk
32 oz., selected varieties



\$3.99

BOB'S RED MILL

Organic Rolled Oats
32 oz.
other Oat products
also on sale



\$3.39

ARROWHEAD MILLS

Pancake & Waffle Mix
26 oz., selected varieties
other Pancake & Waffle Mixes
\$4.69



\$18.99

FIELD DAY

Organic Grade B
Maple Syrup
32 oz.
other sizes also on sale



\$3.39

BARBARA'S

Puffins Cereal
10-11 oz., selected varieties



\$3.39

SILK

Almond Milk
64 oz., selected varieties



\$1.39

ALMOND DREAM

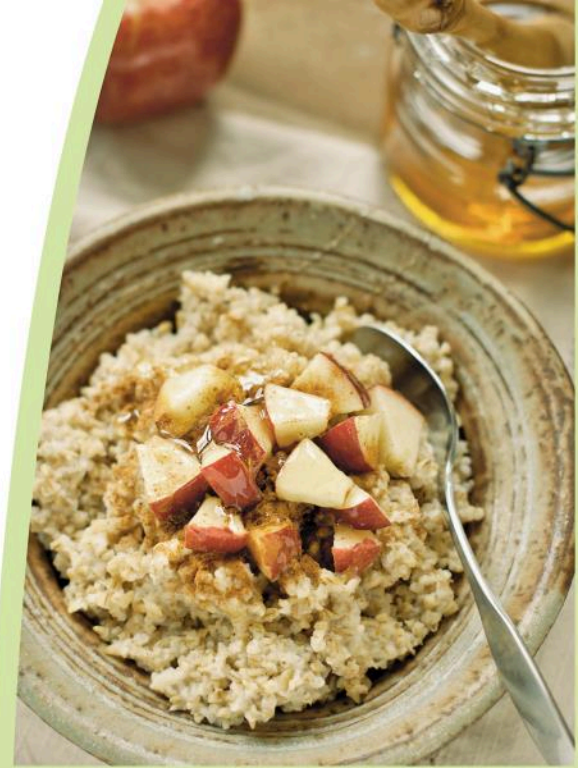
Almond Non-Dairy
Yogurt
6 oz., selected varieties



\$7.99

NUTIVA

Organic Coconut Manna
15 oz.
other Coconut Oil products
also on sale



A Hearty Breakfast

Most of us know that whole grains, with their soluble fiber and great nutrition, are considered heart-healthy foods. But sometimes making a whole grain breakfast can be challenging. If you'd like to try some heart-healthy options to rev up your morning, here are some simple ideas.

Check your stash of leftovers and reheat already-cooked brown rice, quinoa or other grains in a pot with one and a half times as much water, milk or soy milk. Simmer for about 20 minutes, and season with honey, maple syrup, a pinch of salt and whatever fresh or dried fruit you might have. Or soak steel-cut oats in water, milk or almond milk overnight in the refrigerator. You can eat them cold with chopped apples or a handful of berries, or warm them up.

Get more ideas at
www.strongertogether.coop.



Gingered Broccoli and Tofu Noodle Bowl

Makes 6 servings. Prep time: 20 minutes.

- 1 8-ounce package udon noodles
- 2 tablespoons vegetable oil
- 1 pound firm tofu, patted dry and cut into 1-inch cubes
- 1 tablespoon tamari
- 1 cup thinly-sliced carrot rounds
- 2 ½ cups broccoli florets
- 1 tablespoon minced fresh ginger
- ½ cup vegetable broth
- ½ cup bottled peanut sauce
- 4 green onions, diced

In a medium pot, cook the noodles according to package directions. Drain and set aside.

In a wok or large skillet, heat the oil over medium-high heat. Add the tofu and sauté for about 8 minutes, stirring frequently, until it begins to brown and get crisp. Add the tamari, carrots, broccoli, ginger and broth to the pan and sauté for 5 to 10 minutes until vegetables are tender-crisp. Add the peanut sauce, green onions and cooked noodles. Toss well and cook another 5 minutes. Serve warm.

Serving suggestion: Add a dash of sriracha or a pinch of cayenne pepper to spice up this dish and serve with fresh spring rolls and ginger-soy dipping sauce on the side.

Some items may not be available at all stores or on the same days.



\$2.99

TAZO
Tea
20 ct., selected varieties



\$2.69

LIGHTLIFE
Organic Tempeh
8 oz., selected varieties



\$1.99

SAN-J
Black Label Tamari
Soy Sauce
10 oz.
other Tamari products
also on sale



\$11.99

SPECTRUM
Organic Unrefined
Extra Virgin Olive Oil
25.4 oz.



2/\$4

CASCADIAN FARM
Organic Vegetables
16 oz., selected varieties



\$2.69

IMMACULATE

Crescent Rolls

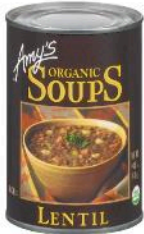
8 oz.
other Immaculate products
also on sale



\$2.19

BULK

Organic Red Lentils
per pound in bulk



2/\$5

AMY'S

Soup

14-14.5 oz., selected varieties



2/\$4

MUIR GLEN

Organic Tomatoes

28 oz., selected varieties



\$2.69

R.W. KNUDSEN

Organic Very Veggie
Juice

32 oz., selected varieties



\$5.39

BULK

Organic Red Quinoa
per pound in bulk



\$2.19

WESTBRAE

Organic Beans

25 oz., selected varieties



\$5.99

BULK

Organic White Quinoa
per pound in bulk



\$4.99

LUNA & LARRY'S

Organic Coconut Ice Cream
16 oz., selected varieties



Ginger

A culinary staple across Asia, ginger's somewhat assertive flavor is slightly peppery, a touch tangy and a bit sweet with a hint of spice. Cook chopped carrots or winter squash and diced ginger in stock with onion, garlic and seasonings, then blend for a wholesome, bright soup. Add a little kick to a winter classic by stirring freshly-grated ginger into mashed sweet potatoes. Crystallized ginger is an easy way to satisfy an afternoon sweet tooth and a delicious complement to apples, pears and citrus in puddings, cookies and cakes. Don't forget fresh-baked gingerbread; the heavenly scent and satisfying flavor will keep you warm all day.

Visit www.strongertogether.coop for more ideas and recipes.



Stilton

Ah, Stilton! Are there any other cheeses that have a sonnet addressed to them? This English cheese, available in both blue and white varieties, has been touted as a shining example of English edibles in prose and poetry alike. Blue Stilton, like other blue cheeses, boasts a bold, creamy and savory flavor with a tangy finish. Spread over a chunk of crusty bread and accompany with a mug of dark ale. White Stilton has a mild, slightly sweet flavor. Often served as a dessert cheese, it is usually enhanced with candied lemon, apricot, mango, ginger or similar flavors. Try white Stilton with fruit or muffins, perhaps in a splendid afternoon tea.

Visit www.strongertogether.coop to explore new cheeses or new ways to enjoy your favorites.



\$5.69 **KINGDOM**
Organic Sharp
Cheddar Cheese
7 oz.



\$6.99 **CROWN PRINCE**
Albacore Tuna
12 oz., selected varieties



\$3.99
RUDI'S ORGANIC BAKERY
Organic Bread
22-24 oz., selected varieties



3/\$7
FOOD SHOULD TASTE GOOD
Potato Chips
4.5 oz., selected varieties



\$2.19
THEO
Organic Chocolate Bar
3 oz., selected varieties



2/\$4
WAY BETTER SNACKS
Tortilla Chips
5.5 oz., selected varieties



\$3.99
ROYAL HAWAIIAN ORCHARDS
Macadamia Nuts
5 oz., selected varieties



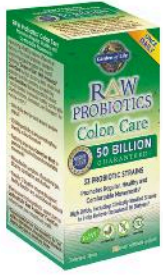
\$2.39
MEDITERRANEAN SNACKS
Baked Lentil Chips
4.5 oz., selected varieties



\$3.69
QUE PASA
Organic Tortilla Chips
16 oz., selected varieties



\$2.69
POPCORN INDIANA
Popcorn
4-7.75 oz., selected varieties



\$31.99

GARDEN OF LIFE
RAW Probiotics
Colon Care
30 ct.
other RAW Probiotics
products also on sale



\$2.19 **PROBAR**
Meal Bar
3 oz., selected varieties
other ProBar products also
on sale



\$16.99

HEALTHFORCE
NUTRITIONALS
Truly Natural Vitamin C
171 gr.
other Truly Natural Vitamin C
sizes also on sale



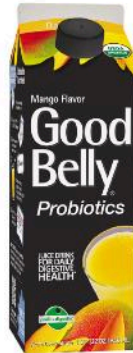
\$19.99

NEW CHAPTER
Turmeric Force
30 ct.
other New Chapter
Supplements also on sale



\$1.69

GUAYAKI
Organic Ready-to-Drink
Yerbamate
16 oz., selected varieties



\$3.19

GOODBELLY
Organic Probiotic Drink
32 oz., selected varieties



2/\$1

NUTIVA
O'Coconut Coconut
Treat
.5 oz., selected varieties



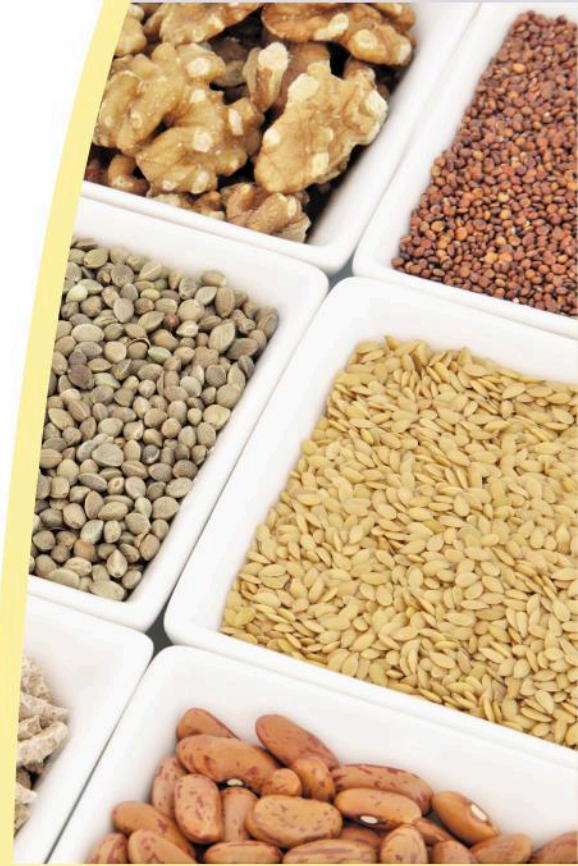
\$2.99

CLIF CRUNCH
Granola Bars
5 ct., selected varieties



5/\$5

LARABAR ÜBER
Fruit and Nut Bar
1.42 oz., selected varieties
Larabar ALT also on sale



Omega-3s and Heart Health

The term "omega-3s" refers to a combination of nutritionally essential fatty acids found in a handful of food sources. Research shows these fatty acids perform functional roles in the body to maintain cardiovascular health, warding off heart disease and stroke. Populations that regularly eat fatty fish generally have a lower mortality rate for coronary heart disease.

The American Heart Association (AHA) recommends eating a variety of fish (preferably fatty) at least twice a week, in addition to plant sources of omega-3 fats (including flax seed, walnuts, chia seeds, soybeans/tofu and Brussels sprouts), as a preventive measure against cardiovascular disease.



FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ILLINOIS

Common Ground Food Co-op
300 S Broadway Ave., Urbana
Neighborhood Co-op Grocery
1815 W. Main St., Carbondale

INDIANA

3 Rivers Natural Grocery
1612 Sherman Blvd., Fort Wayne
Bloomingsfoods Market and Deli
614 E. 2nd St., Bloomington
3220 E. 3rd St., Bloomington
316 W. 6th St., Bloomington
419 E. Kirkwood Ave., Bloomington
Ivy Tech, 200 Daniels Way, Bloomington
Maple City Market
314 S. Main St., Goshen

IOWA

New Pioneer Co-op
22 S. Van Buren St., Iowa City
3338 Center Point Rd N.E., Cedar Rapids
1101 2nd St., Coralville
Oneota Community Co-op
312 W. Water St., Decorah
Wheatfield Cooperative
413 Northwestern Ave., Ames

KANSAS

The Merc
901 Iowa St., Lawrence

KENTUCKY

Good Foods Co-op
455-D Southland Dr., Lexington

MICHIGAN

East Lansing Food Co-op
4960 Northwind, East Lansing
Grain Train Natural Foods Market
220 E. Mitchell, Petoskey
Grain Train Neighborhood Market
104 S. Park St., Boyne City
GreenTree Cooperative Grocery
214 N. Franklin, Mt. Pleasant
Keweenaw Co-op Natural Foods Market & Deli
1035 Ethel Ave., Hancock
Marquette Food Co-op
502 W. Washington, Marquette
Oryana Natural Foods Market
260 E. 10th St., Traverse City
People's Food Co-op
216 N. 4th Ave., Ann Arbor
People's Food Co-op
507 Harrison St., Kalamazoo
Ypsilanti Food Co-op
312 N. River St., Ypsilanti

MINNESOTA

Bluff Country Co-op
121 W. 2nd St., Winona
City Center Market
122 N. Buchanan St., Cambridge

Cook County Whole Foods Co-op

20 E. First St., Grand Marais

Eastside Food Cooperative
2551 Central Ave. N.E., Minneapolis

Harmony Natural Foods Co-op
302 Irvine Ave. N.W., Bemidji

Harvest Moon Natural Foods
2380 W. Wayzata Blvd., Long Lake

Just Food Co-op
516 S. Water St., Northfield

Lakewinds Food Co-op
435 Pond Promenade, Chanhassen

17501 Minnetonka Blvd., Minnetonka
6420 Lyndale Ave. S., Richfield

Linden Hills Co-op
3815 Sunnyside Ave., Minneapolis

Mississippi Market
1500 West 7th St., Saint Paul

622 Selby Ave., Saint Paul
Natural Harvest Food Co-op

505 3rd St. N., Virginia
People's Food Co-op - Rochester

519 1st Avenue S.W., Rochester
River Market Community Co-op

221 N. Main St., Stillwater
Seward Community Cooperative

2823 E. Franklin Ave., Minneapolis
St. Peter Food Co-op & Deli

228 W. Mulberry St., St. Peter
The Wedge Co-op

2105 Lyndale Ave. S., Minneapolis
Valley Natural Foods

13750 County Road 11, Burnsville
Whole Foods Co-op

610 E. 4th St., Duluth

NEBRASKA

Open Harvest Cooperative Grocery
1618 South St., Lincoln

OHIO

Phoenix Earth Food Co-op
1447 W. Sylvania Ave., Toledo

SOUTH DAKOTA

The Co-op Natural Foods
410 W. 18th St., Sioux Falls

WISCONSIN

Basics Cooperative
1711 Lodge Dr., Janesville

Chequamegon Food Co-op
700 Main St. W., Ashland

Menomonie Market Food Co-op
521 2nd St. E., Menomonie

Outpost Natural Foods Cooperative

2826 S. Kinnickinnic Ave., Bayview

7590 Mequon Rd., Mequon

100 E. Capitol Dr., Milwaukee

7000 W. State St., Wauwatosa

People's Food Co-op - La Crosse
315 5th Ave. S., La Crosse

Viroqua Food Co-op
609 N. Main St., Viroqua

Willy Street Co-op
1221 Williamson St., Madison

6825 University Ave., Middleton



\$3.99 **JASON**
Toothpaste
4.2-6 oz., selected varieties



2/\$4
FUCHS
Record V Toothbrush
each, selected varieties



\$5.99
NATURE'S GATE
Shampoo or
Conditioner
18 oz., selected varieties



\$7.99
SEVENTH GENERATION
Unbleached Bath Tissue
12 ct.
other Bath Tissue also on sale



\$2.99
ECOVER
Dishwashing Liquid
25 oz., selected varieties



3/\$4
NEWMAN'S OWN ORGANICS
Catfood
5.5 oz., selected varieties
other Pet Food also on sale

Shop the co-op for heart-healthy ingredients.



MW0215BZ2,3