

# coop<sup>TM</sup> deals



MAR 30 - APR 12, 2016



2/\$4

LATE JULY

Tortilla Chips

5.5 oz., selected varieties



3/\$10

BLUE SKY

Organic Soda

6 pack, selected varieties



2/\$3

ANNIE'S  
HOME GROWN

Organic Pasta &  
Cheese Dinner

5.5-6 oz., selected varieties



\$3.99

TOM'S OF MAINE

Toothpaste

4.7-5.5 oz., selected varieties

## Featured Inside:

- Try our Greek chicken with quinoa salad recipe
- Great tips for anyone looking to stretch their grocery budget
- Is it "keen-wah" or "kee-no-ah?" How to enjoy this tasty seed
- Stock up and save! Selected Co+op Basics on sale - for a limited time





## Greek Chicken and Quinoa Salad

Serves 4 to 6. Prep time: 20 minutes active; 50 minutes total.

### Marinade:

- 2 tablespoons olive oil
- 1 tablespoon honey
- 1 tablespoon lemon juice
- 3 cloves garlic, chopped
- 1 ½ pounds boneless, skinless chicken thighs
- ½ cup minced red onion
- 1 tablespoon chopped fresh thyme
- ⅔ cup roughly chopped parsley
- 1 tablespoon honey
- ½ cup raisins
- ⅔ cup grated ricotta salata cheese

### Salad:

- 1 cup uncooked quinoa
- 2 cups water
- 1 ½ cups diced orange bell pepper
- 2 tablespoons crumbled feta cheese
- ½ cup chopped pitted Kalamata olives
- Salt and black pepper to taste

Mix marinade ingredients in a large bowl. Add chicken thighs and marinate for at least 15 minutes. Heat a skillet over medium heat. Remove chicken from the marinade and place in the skillet; reduce heat to medium-low and turn thighs every 3 to 4 minutes, browning evenly until thoroughly cooked (about 15 minutes). While the chicken is cooking, heat water in a covered saucepan. Thoroughly rinse the quinoa in a fine mesh strainer. Once the water starts to boil, add the rinsed quinoa, lower heat and continue to cook, covered, for 15 to 20 minutes.

Remove cooked chicken thighs from the skillet and set aside. Add the peppers and onion to the remaining fat in the skillet and sauté 7 to 8 minutes, until soft, and add to the cooked quinoa. Stir in thyme, parsley, honey and raisins. Place warm quinoa salad on a large serving plate, and top with the chicken. Sprinkle with cheeses and olives.

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



**\$3.69**

**GARDEIN**  
Meatless Protein  
9-12.7 oz., selected varieties



**\$3.69**

**IMAGINE**  
Cooking Stock  
32 oz., selected varieties



**\$4.69**

**UDI'S**  
French Baguettes  
8.5 oz.  
other Udi's products also on sale



**\$2.99**

**RISING MOON ORGANICS**  
Organic Pasta  
8 oz., selected varieties



**\$2.99**

**RUSTIC CRUST**  
Flatbread Pizza Crust  
10-14 oz., selected varieties





**\$1.99** **EVOL**  
Burrito  
6 oz., selected varieties



**\$6.99**  
**ORGANIC VALLEY**  
Organic Raw Cheddar  
Cheese  
8 oz., selected varieties



**2/\$5**  
**BEANITOS**  
Bean Snacks  
3-6 oz., selected varieties



**2/\$5**  
**KETTLE BRAND**  
Organic Potato Chips  
5 oz., selected varieties



**\$1.69**  
**SANTA CRUZ ORGANIC**  
Organic Lemonade  
32 oz., selected varieties



**2/\$3**  
**HUBERT'S**  
Lemonade  
16 oz., selected varieties



**4/\$5**  
**VERMONT SMOKE & CURE**  
Meat Stick  
1 oz., selected varieties



**3/\$7**  
**PIRATE BRANDS**  
Snacks  
4-6 oz., selected varieties



**5/\$5**  
**TAZO**  
Ready-to-Drink Tea  
13.8 oz., selected varieties



**2/\$8**  
**BACK TO NATURE**  
Cookies  
4.5-8.5 oz., selected varieties  
other Cookies 3/\$10



**\$3.69**  
**KOZY SHACK**  
Pudding  
22 oz., selected varieties



**\$4.69**  
**JULIE'S ORGANIC**  
Organic Ice Cream  
Sandwiches  
6-8 ct., selected varieties



**\$6.69**  
**BULK**  
Organic Medjool Dates  
per pound in bulk



**\$8.99**  
**BULK**  
Organic Raw Cashews  
per pound in bulk



**\$3.99**  
**THREE TWINS**  
Organic Ice Cream  
16 oz., selected varieties





## Shopping on a Budget

Buying delicious, wholesome food at your co-op can help you keep food costs down while improving your health! Learning to plan and shop wisely (and maybe learning a few basic cooking skills) can save you money.

Make a meal plan for the week, know what you already have on hand, look at the co-op's specials flyer online (or in your hand), and make a list. And be flexible! Supplement or make substitutions to your grocery list with seasonal great buys, and super-bargains to stock the pantry. Many co-ops also offer cooking classes and budget-minded recipes, too. And check out [www.strongertogether.coop](http://www.strongertogether.coop) for more ideas, recipes and inspiration for easy, affordable and healthy meals.

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



**2/\$3**

**FIELD DAY**

Organic Pasta

16 oz., selected varieties



**2/\$4**

**FIELD DAY**

Organic Pasta Sauce

26 oz., selected varieties



**\$7.99**

**FIELD DAY**

Organic Extra Virgin  
Olive Oil

33.8 oz.



**\$1.99**

**FIELD DAY**

Organic Dressing

8 oz., selected varieties



**\$1.69**

**BULK**

Organic Green Lentils  
per pound in bulk





5/\$5

**FIELD DAY**

Organic Beans  
15 oz., selected varieties



5/\$5

**FIELD DAY**

Organic Refried Beans  
15 oz., selected varieties



2/\$7

**FIELD DAY**

Organic Peanut Butter  
18 oz., selected varieties



\$2.99

**FIELD DAY**

Canola Oil  
32 oz.



69¢

**FIELD DAY**

Sparkling Water  
33.8 oz., selected varieties



\$3.39

**FIELD DAY**

Organic Apple Cider  
Vinegar  
32 oz.



\$4.39

**FIELD DAY**

Organic Maple Syrup  
8 oz.  
other Maple Syrup sizes also  
on sale



\$2.69

**FIELD DAY**

Organic Instant Oatmeal  
11.29 oz., selected varieties



99¢

**FIELD DAY**

Recycled Facial Tissue  
85 ct.



\$5.99

**FIELD DAY**

Recycled Bath Tissue  
12 ct.



**coop**<sup>TM</sup>  
**basics**

Looking to stretch your grocery budget? So are we! That's why you'll find great-value programs at the co-op like Co+op Basics, which offers everyday low prices on many popular items. For a limited time only, we're making select Field Day products available at even lower prices, so stock up and save!

Co+op Basics is just one of many ways to get great deals; most co-ops offer specials on fresh foods, coupons and other ways to enjoy good food at affordable prices.

*field*  
**DAY**  
WILDLY SIMPLE<sup>TM</sup>





## Quinoa

Pronounced "keen-wah," this high-protein seed seems to be popping up in all sorts of dishes, from breakfast cereals to crackers. Quinoa was first cultivated in the Andes, and remains a staple of Peruvian and Bolivian cuisines. Quinoa is a nutritional powerhouse, packing high-quality plant protein, B vitamins, essential minerals and antioxidants like vitamin E into a small and tasty package. Adding a handful of rinsed quinoa to brothy soups during the last 20 minutes of cooking adds a nice, nutty texture. Or cook with coconut milk, and add your favorite dried fruits and nuts to a quinoa hot breakfast cereal.



**\$ 12.99**

**AVALON ORGANICS**

Face Cream

2 oz., selected varieties  
other Facial Care also on sale



**\$ 2.99**

**TERA'S**

Ready-To-Drink Whey Protein Beverage

12 oz., selected varieties



**\$ 19.99**

**AMAZING GRASS**

Green SuperFood

7.4-8.5 oz., selected varieties



**\$ 17.99**

**MEGAFOOD**

MegaFlora

30 ct.  
other MegaFood products also on sale

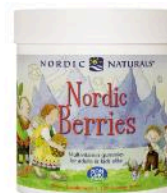


**\$ 17.99**

**OREGON'S WILD HARVEST**

Organic Milk Thistle

90 ct.  
other Oregon's Wild Harvest products also on sale



**\$ 19.99**

**NORDIC NATURALS**

Nordic Berries

120 ct.  
other Nordic Naturals products also on sale



**2/\$4**

**CIDE ROAD**

Organic Switchel

14 oz., selected varieties



**2/\$4**

**HIBALL**

Sparkling Energy Water

16 oz., selected varieties



**\$ 12.99**

**MINERAL FUSION**

Glow & Go

Volumizing Mascara

.57 oz., selected varieties  
other Mineral Fusion products also on sale



**\$ 19.99**

**NATURAL FACTORS**

Whey Factors

12 oz., selected varieties



3/\$4

**KIND**  
Fruit & Nut Bar  
1.4-1.6 oz., selected varieties



2/\$4

**EPIC**  
Meat Bar  
1.3-1.5 oz., selected varieties



\$4.69

**NUMI**  
Organic Tea  
18 ct., selected varieties



\$3.39

**SILK**  
Organic Non-Dairy  
Beverage  
64 oz., selected varieties



\$3.69

**ARROWHEAD MILLS**  
Pancake & Waffle Mix  
26 oz., selected varieties  
Gluten-Free or Sweet Potato  
Pancake & Waffle Mix \$4.99



\$8.99

**EQUAL EXCHANGE**  
Organic Coffee  
per pound in bulk  
French Roast Decaf Coffee  
\$11.99 per pound



2/\$6

**PEACE**  
Cereal  
10.5-12 oz., selected varieties



\$3.39

**NATURE'S PATH**  
Organic Cereal  
10-14 oz., selected varieties



\$3.39

**BARBARA'S**  
Puffins Cereal  
10-11 oz., selected varieties



\$3.69

**WOODSTOCK**  
Organic Frozen  
Blueberries  
10 oz.  
other Woodstock Frozen  
Fruits also on sale



2/\$6

**STONYFIELD**  
Organic Yogurt  
32 oz., selected varieties



2/\$4

**NOOSA**  
Yoghurt  
8 oz., selected varieties



4/\$5

**CHOBANI**  
Greek Yogurt  
5.3 oz., selected varieties



3/\$5

**SO DELICIOUS**  
Coconut Milk Yogurt  
5.3 oz., selected varieties



2/\$3

**WALLABY**  
Organic Greek Yogurt  
5.3 oz., selected varieties



## 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  
**Bloomingfoods Market and Deli**  
614 E. 2nd St., Bloomington  
3220 E. 3rd St., Bloomington  
316 W. 6th St., Bloomington  
Ivy Tech, 200 Daniels Way, Bloomington  
**Maple City Market**  
314 S. Main St., Goshen

### IOWA

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

### KANSAS

**The Merc Co-op**  
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 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**  
740 E. 7th St., Saint Paul  
1500 W. 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**  
317 E. 38th St., Minneapolis  
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 - Denfeld

4426 Grand Ave., Duluth  
**Whole Foods Co-op - Hillside**  
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**  
814 Main Street, Menomonie

**Outpost Natural Foods Co-op**  
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



**\$9.99**

**ALBA BOTANICA**  
Sunscreen Spray  
6 oz., selected varieties



**\$8.99**

**AURA CACIA**  
Organic Lavender  
Essential Oil  
.25 oz.  
other Essential Oils  
also on sale



**\$7.99**

**EARTH FRIENDLY PRODUCTS**  
Ecos Laundry Detergent  
100 oz., selected varieties  
other Laundry products  
also on sale



**\$8.99**

**JASON**  
Body Wash  
30 oz., selected varieties



**2/\$5**

**SEVENTH GENERATION**  
Dish Liquid  
25 oz., selected varieties



**\$5.69**

**BIOKLEEN**  
Bac-Out Stain and  
Odor Remover  
32 oz.  
other Biokleen products  
also on sale

**Stock up and save at the co-op!**

**coop**<sup>TM</sup>  
stronger together

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