

coop™ deals

SEPT 5 - SEPT 18, 2018

taco
night



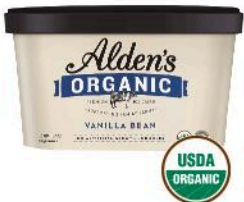
A FAMILY FAVORITE

Your local food co-op has everything you need to set up a build your own taco bar any night of the week. Just grab your family's favorite choices of shells and toppings for an easy, crowd-pleasing dinner. Grab a bag (or several) of chips, and don't forget the guac!



2/\$5

Late July Snacks
Organic Restaurant Style
Tortilla Chips
11 oz., selected varieties



5.99

Alden's
Organic Ice
Cream
48 oz., selected varieties



2/\$4

Bionaturae
Organic Pasta
16 oz., selected varieties



9.99

Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 oz., selected
varieties



Your favorite natural and organic brands at prices you'll love.
The co-op has what you need.



2/\$6

Hope Organic Hummus
8 oz., selected varieties



3/\$7

Nature's Path Organic Waffles
7.4 oz., selected varieties



2/\$4

Hail Merry Cups
1.52-1.76 oz., selected varieties



3.99

So Delicious Organic Almond Milk with Cashews
48 oz., selected varieties



3/\$4

Good Culture Organic Cottage Cheese
5.3 oz., selected varieties



2/\$3

Ripple Foods Greek Yogurt Alternative
5.3 oz., selected varieties



3.99

Califia Farms Almondmilk
48 oz., selected varieties



3.99

Immaculate Organic Cinnamon Rolls
17.5 oz.
other Immaculate products also on sale



10/\$10

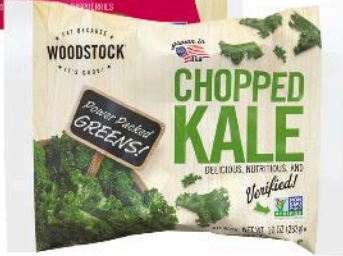
Chobani Greek Yogurt
5.3 oz., selected varieties

quick, gourmet mornings →

Low on time doesn't have to mean meals low in flavor! Bake a batch of taste-like-homemade cinnamon rolls from the co-op's refrigerated case and pair with Greek yogurt topped with berries for a simple (and scrumptious) breakfast in no time.



Energizing eats for even the busiest days.



↙ a perfect blend

Woodstock and **Harvest Bay** blend perfectly together with their superior, simple ingredients including real, organic fruits and vegetables and coconut water with no added sugar. You will not only taste the difference, but feel the difference with every smoothie you make. Imagine the blendabilities!

2.79

Harvest Bay
Coconut Water
33.8 fl oz.

1.79

Woodstock
Kale
10 oz., selected varieties

7.99

Woodstock
Organic Mixed Berries
32 oz., selected varieties



Fresh flavors and innovative brands around every corner.
Start exploring at the co-op.



2/\$7
Evolution Fresh
Organic Fruit Juice
Smoothie
15.2 oz., selected varieties



3/\$4
Hubert's
Lemonade
16 oz., selected varieties



2/\$6
Health Ade
Organic
Kombucha
16 oz., selected varieties



2/\$5
Suja Organic
Kombucha
15.2 oz., selected
varieties



2.99
R.W. Knudsen
Organic Very
Veggie Juice
32 oz., selected varieties

On-the-go goodness in every aisle.

give yourself a high five!

JUST 5 MAIN INGREDIENTS

School is back in session, which means weeknights are busier and mealtimes are compressed. That's where High Five recipes come in.

All you need to pull off one of these tasty recipes is five main ingredients (plus a few pantry staples). A home-cooked meal that requires only a five-minute stop at the co-op? Up top.

Simplify your life with more High Five recipes at
www.strongertogether.coop



Find recipes at www.strongertogether.coop.



4.99

Applegate Sliced Turkey Breast

6 oz., selected varieties
other Applegate products also on sale

delicious riced cauliflower blends



Make meals in a flash with our unique and tasty riced cauliflower blends. They are perfect in stir-fries, sautes and curries.

2/\$5

Cascadian Farm Organic Riced Cauliflower Blends
12 oz., selected varieties



8.99

Organic Prairie Organic Summer Sausage
12 oz.



Friendly staff, outstanding products, care for community.

All are welcome here.



4.49

Canyon Bakehouse Gluten-Free Bread
14-18 oz., selected varieties
other items also on sale



5.99

American Flatbread Hot Frustas
15 oz., selected varieties



4.49

Organic Valley Organic Sliced Cheese
6 oz., selected varieties



3.99

Amy's Bowls Broccoli & Cheddar Bake
8-10.3 oz., selected varieties



4.49

Field Roast Chao Slices
7 oz., selected varieties



Stop by the co-op for delicious deals, every day.

*deliciously
power-packed*



Blend up peanut, almond or sunflower butter with frozen fruits and veggies and top with more nuts, seeds and fresh fruit. Enjoy this protein-packed smoothie bowl any time of day.



fueled by nature

The first truly clean protein bar! Simple, non-GMO ingredients. Packed with 12g protein from cage-free egg whites and nuts, these bars are gluten-free, soy-free, and have no added flavors or sugar.

3 / \$5

**Epic
Performance Bar**
1.87 oz., selected varieties



3.99

**Earth Balance
Peanut Butter
Spread**
16 oz., selected varieties
Protein Peanut Blend
4.99



5.99

**Once Again
Organic Sunflower
Seed Butter**
16 oz., selected varieties



3 / \$5

**Svelte
Organic Protein
Shakes**
11 oz., selected varieties

Refuel, replenish, revitalize and reenergize!



7.99

Lakewood
Organic
Organic Pure
Cranberry Juice
32 oz., selected varieties
other Juice also on sale



6.99

Paromi
Full Leaf Tea
15 ct., selected varieties



8.99

Equal Exchange
Organic Love Buzz
Bulk Coffee
per pound in bulk,
selected varieties



2/\$6

Tazo
Tea
20 ct., selected varieties



Fuel your body and soul with delicious food and beverages.

Energize at the co-op.

make your day golden!

Nature's Path's delicious Golden Turmeric cereal is coated with a blend of turmeric, ginger, cinnamon, black pepper and honey - a perfectly invigorating taste to start your day.

3.29

Nature's Path
Organic Cereal
10-14 oz., selected varieties



3.99

Birch Benders
Paleo Pancake &
Waffle Mix
12-16 oz., selected varieties
other Birch Benders mixes
also on sale



4.49

Kodiak Cakes
Flapjack and
Waffle Mix
18-20 oz., selected varieties
other Kodiak baking items
also on sale

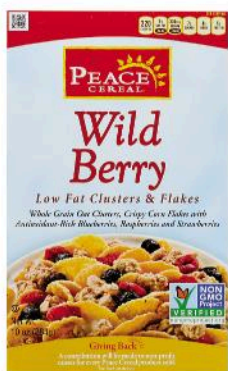
Better breakfasts? Better believe it!



breakfast pizza

HIGH FIVE! BREAKFAST EGG MARGHERITA PIZZA

Try this easy to make breakfast pizza that features just five main ingredients plus a few pantry staples. Find the full recipe at www.strongertogether.coop.



2/\$6

Peace Cereal
10-12 oz., selected varieties



5/\$5

Clif Bar Energy Bar
2.4 oz., selected varieties



5.49

Sunridge Farms Organic Cranberry Harvest Trail Mix
per pound in bulk
other Sunridge Farms bulk items also on sale



2.99

Annie's Homegrown Organic Cereal
10-10.8 oz., selected varieties



2.99

Cascadian Farm Organic Granola
13-16 oz., selected varieties



scoop up the savings in bulk!



1.99

Bulk Organic Garbanzo Beans
per pound in bulk,
selected varieties

5.99

Bulk Organic Sweetened Dried Cranberries
per pound in bulk,
selected varieties

10.99

Bulk Organic Diced Almonds
per pound in bulk,
selected varieties
Great for ground nut butter

Explore the variety of bulk goodness at your co-op.



1.49
everyday low price
Field Day
Organic Beans
 15 oz., selected varieties



1.99
Bearitos
Organic Refried Beans
 16 oz., selected varieties



7.99
Nutiva
Organic Unrefined Coconut Oil
 14 oz., selected varieties
 other Nutiva products also on sale



3.49
Pacific
Organic Chicken Broth
 32 oz., selected varieties
 other Pacific Broth also on sale



2/\$5
Health Valley
Organic Soup
 14.25-15 oz., selected varieties



2/\$4
Natural Sea
Yellowfin Chunk Tuna
 5 oz.
 other Natural Sea tuna varieties also on sale



3/\$5
Near East
Couscous Mix
 5.4-6.1 oz., selected varieties
 other Near East products also on sale



3/\$5
Bionaturae
Organic Tomato Paste
 7 oz.
 Organic Tomatoes 2/\$5



spice up the week

HIGH FIVE! JAMAICAN CHICKEN AND QUINOA

With the simplicity of just five main ingredients and the help of a slow cooker, this jerk chicken and quinoa takes on a spicy island vibe. Simplify your life with more recipes at www.strongertogether.coop.



Wonderful weeknight meals start at your co-op.



2/\$5

Blue Sky Natural Soda
6 pack, selected varieties
Organic Soda \$2.69



4.49

IZZE Sparkling Juice Beverage
4 pack, selected varieties



2/\$4

Hiball Sparkling Energy Drinks
16 oz., selected varieties



2.99

Back To Nature Organic Crackers
3.5-8.5 oz., selected varieties



3.99

Endangered Species Chocolate Bites
4.7 oz., selected varieties



2/\$5

TCHO Chocolate Bar
2.5 oz., selected varieties



Flavorful family favorites for your squad.

Naturally, delicious snacks.



3.99

Mary's Gone Crackers Organic Super Seed Crackers
5.5 oz., selected varieties



2/\$5

Angie's Boomchickapop Popcorn
4.8-6 oz., selected varieties



2/\$7

Annie's Homegrown Organic Snack Mix
9 oz., selected varieties



2/\$4

Food Should Taste Good Tortilla Chips
5.5 oz., selected varieties

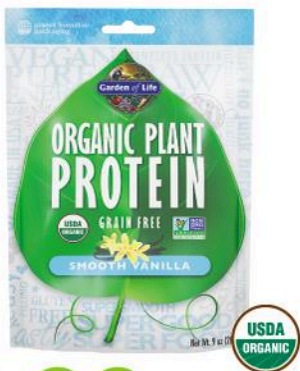


2/\$5

Kettle Brand Organic Potato Chips
5 oz., selected varieties



Shop snacktime savings at the co-op.



19.99
Garden Of Life
Organic Plant Protein
Powder
 239-276 gr., selected varieties



8.99
Boiron
Children's Chestal
 6.7 oz., selected varieties



14.99
MegaFood
Balanced B Complex
 30 ct.
 other MegaFood items also on sale



10.99
Nordic Naturals
Vitamin D3
Gummies
 60 ct.



17.99
Nature's Plus
Children's
Chewable
Multi-Vitamin
Multi-Vitamin
 180 ct., selected varieties



From the produce section to the wellness aisle.

Shop the co-op difference.



16.99
Oregon's Wild Harvest
Organic
Ashwagandha Root
 90 ct.



9.99
Emergen-C
Vitamin C Dietary
Supplement
 18-30 ct., selected varieties



13.99
Wedderspoon
Manuka Honey
Plus
 5.5 oz., selected varieties



7.99
Seventh Generation
Unbleached Bath
Tissue
 12 ct.
 other Paper products also on sale



2.79
ECOS
Dishmate
 25 oz., selected varieties



Good for the earth, good for your soul.

Shop for fresh, delicious, local food at a co-op near you

ILLINOIS

Common Ground Food Co-op
Dill Pickle Food Co-op
Neighborhood Co-op Grocery
Sugar Beet Food Co-op

INDIANA

3 Rivers Natural Grocery
Bloomingfoods Market and Deli
Maple City Market

IOWA

New Pioneer Co-op
Oneota Community Co-op
Wheatsfield Cooperative

KANSAS

The Merc Co+op

KENTUCKY

Good Foods Co-op

MICHIGAN

Grain Train Natural Foods Market
GreenTree Cooperative Grocery
Keweenaw Co-op Market & Deli
Marquette Food Co-op

Oryana Community Co-op
People's Food Co-op – Ann Arbor
PFC Natural Grocery & Deli
Ypsilanti Food Co-op

MINNESOTA

Bluff Country Co-op
City Center Market
Cook County Whole Foods Co-op
Eastside Food Cooperative
Hampden Park Co-op
Harmony Natural Foods Co-op
Harvest Moon Natural Foods
Just Food Co-op
Lakewinds Food Co-op
Linden Hills Co-op
Mississippi Market
Natural Harvest Food Co-op
People's Food Co-op – Rochester
River Market Community Co-op
Seward Community Co-op
St. Peter Food Co-op & Deli
Valley Natural Foods
Wedge Community Co-op
Whole Foods Co-op

NEBRASKA

Open Harvest Cooperative Grocery

OHIO

Phoenix Earth Food Co-op

SOUTH DAKOTA

The Co-op Natural Foods

WISCONSIN

Basics Cooperative Natural Foods
Chequamegon Food Co-op
Menomonie Market Food Co-op
Outpost Natural Foods Co-op
People's Food Co-op – La Crosse
Viroqua Food Co+op
Willy Street Co-op



*to find a food co-op
near you, visit us online
at: www.strongertogether.coop*



4.99

**Tea Tree Therapy
Tea Tree Oil**
.5 oz.
other Tea Tree Therapy
products also on sale



4.99

**Himalaya
Toothpaste**
5.29 oz., selected varieties



23.99

**Mychelle
Deep Repair
Cream**
1.2 oz.
other Facial Care
products also on sale



8.99

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



6.99

**Avalon Organics
Shampoo or
Conditioner**
11 oz., selected varieties

Co-ops support products and services that ensure personal and planetary health; a legacy we can be proud to leave generations to come.

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

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