

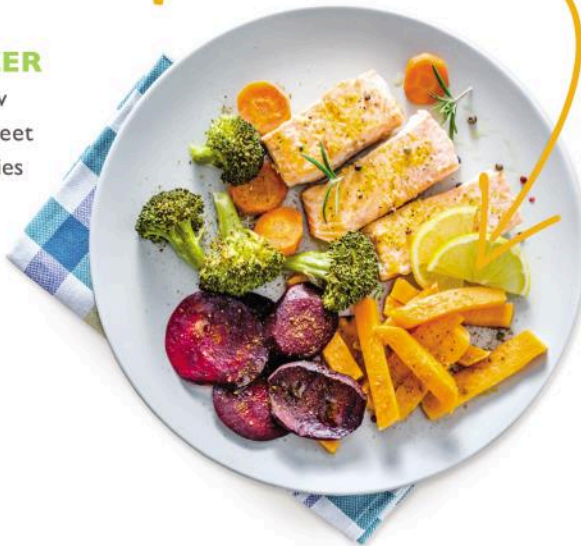
# coop deals

SEP 2 - SEP 15, 2020

## quick and simple sides

### FROM FARM TO FREEZER

For busy weeknights, having a few bags of frozen sides like Alexia sweet potato fries and other frozen veggies on hand means you'll be able to whip up a family dinner in a flash. The co-op freezer aisle is filled with organically grown vegetables that need nearly no prep time! Just preheat, bake, enjoy!



**2/\$6**

Alexia  
Frozen Potatoes  
15-16 oz., selected varieties



**2/\$6**

Vita Coco  
Coconut Water  
33.8 oz., selected  
varieties



**2/\$6**

Hope  
Organic Hummus  
8 oz., selected varieties



**2/\$5**

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



Great sides for your meals!

**Kick off the school year with  
smart savings at the co-op!**



**2/\$7**

**Evolution Fresh  
Organic Juices**  
15.2 oz., selected varieties



**3.99**

**Immaculate  
Organic  
Cinnamon Rolls**  
17.5 oz., selected  
varieties



**8.99**

**Organic Valley  
String Cheese**  
18 oz.



**3.99**

**Organic Valley  
Grassmilk Yogurt**  
24 oz., selected varieties



**2.79**

**Green Valley  
Creamery  
Organic Lactose-  
free Cream  
Cheese**  
8 oz.



**4.99**

**Siggis  
Icelandic Style  
Whole-Milk  
Yogurt**  
24 oz., selected varieties



**2/\$4**

**Coyo  
Coconut Milk  
Yogurt**  
5.3 oz., selected  
varieties



**2/\$3**

**Wallaby Organic  
Aussie Greek Whole  
Milk Yogurt**  
5.3 oz., selected varieties

**4.49**

**Wallaby Organic  
Aussie Whole Milk  
Yogurt and Kefir**  
32 oz., selected varieties

**5.99**

**Wallaby Organic  
Aussie Greek  
Whole Milk Yogurt**  
32 oz., selected varieties



*discover Wallaby*

**Wallaby** is deliciously different — inspired by Australia and made with premium organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Smooth, Aussie Greek, Aussie Kefir and more.

**The co-op has options for all diets.**



uncompromising  
quality and taste

When you have a specialty-grade, organic Cold Brew Coffee like **Chameleon** Cold Brew, you need to blend it with the best **Organic Valley** flavored half & half. Both brands are committed to delivering premium quality through organic and sustainable farming!



2/\$6

Organic Valley  
Half & Half  
16 oz., selected varieties

7.49

Chameleon  
Organic Cold Brew Coffee  
32 oz., selected varieties



4.99

Maple Hill  
Creamery  
100% Grass Fed  
Organic Kefir  
32 oz., selected varieties



2/\$7

Good Karma  
Flaxmilk  
64 oz., selected varieties

full of  
fermented flavor

Since 2008, **Farmhouse Culture** has transformed simple, organic ingredients into natural probiotic superfoods and flavorful snacks.



2.79

Farmhouse Culture  
Organic Kraut Krisps  
Cabbage Chips  
5 oz., selected varieties



4.99

Farmhouse Culture  
Organic Kraut  
16 oz., selected varieties



4.99

Farmhouse Culture  
Organic Gut Shot  
16 oz., selected varieties

Fill your fridge with favorites from the co-op.

deliciously  
dairy-free



2/\$7

Daiya  
Cheese Slices  
8 oz., selected varieties



2/\$7

Daiya  
Cheese Shreds  
8 oz., selected varieties



2/\$7

Daiya  
Deluxe Cheddar  
Cheezy Mac  
10.6-10.9 oz., selected varieties



6.99

Daiya  
Thin Crust Gluten-Free  
Pizzas  
14.3-19.4 oz., selected varieties

**Daiya** makes dairy-free eating a joy. From the gooey goodness of a grilled cheese to the rich and creamy taste of fruit-kissed yogurt, all our products taste great and make you feel great.



Find your favorite toppings at the co-op!  
**Easy-to-make pizza for  
the whole family.**

winner, winner,  
pizza dinner!



1.99

Field Day  
Organic Pizza Sauce  
15.5 oz.



2/\$7

Organic Valley  
Shredded Cheese  
6 oz., selected varieties



3.49

Applegate  
Uncured Pork &  
Beef Pepperoni  
5 oz.

Make tonight pizza night with this combo of champions! Start with **Field Day** Organic Pizza Sauce, then top with **Organic Valley** Organic Pasteurized Shredded Mozzarella Cheese and **Applegate** Antibiotic-Free Sliced Pepperoni for a delicious dinner, anyway you slice it.

**The co-op has all your favorite toppings.**





**2/\$6**

**Mediterranean Organic Olives**  
4.8-5 oz., selected varieties



**2.99**

**Bragg Organic Apple Cider Vinegar**  
16 oz.



**2/\$5**

**Muir Glen Organic Pasta Sauce**  
25.5 oz., selected varieties



**11.99**

**Riojana Organic Fair Trade Extra Virgin Olive Oil**  
25.5 oz.  
Limited supply available



**2/\$4**

**Koyo Organic Soba or Udon Noodles**  
8 oz., selected varieties



**3.99**

**Imagine Organic Soup**  
32 oz., selected varieties



**2/\$7**

**Maya Kaimal Indian Simmer Sauce**  
12.5 oz., selected varieties



**2/\$6**

**Maya Kaimal Organic Everyday Dal**  
10 oz., selected varieties

*clean eating made easy*

**Primal Kitchen®** delivers uncompromisingly delicious condiments, sauces, cooking oils and pantry staples made with fats we love and simple ingredients. No dairy, gluten, grain, refined sugar or soy.



**3.99**

**Primal Kitchen Dressing and Marinade and Organic Unsweetened Ketchup**  
8-11.3 oz., selected varieties

**5.99**

**Primal Kitchen Avocado Oil Mayo**  
12 oz., selected varieties

**8.99**

**Primal Kitchen Avocado Oil**  
16.9 oz., selected varieties

**29.99**

**Primal Kitchen Collagen Fuel**  
13.1 oz., selected varieties

**Try something new for dinner tonight!**



**2/\$7**

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



*eating well made easy*

Kashi® cereals have a little something for everyone — protein, organic whole grains, fair trade chocolate and family favorites, like hearts and Os. Kashi® makes eating well easy.

**2/\$5**

**Kashi  
Organic Cereal**  
6.5-20 oz., selected varieties



Fuel for the whole day.

**Kick your morning off right!**



**10/\$10**

**Larabar  
Fruit and Nut Bar**  
1.6-1.7 oz., selected varieties



**12.99**

**Organic Valley  
Aseptic Milk**  
12-6.75 oz., selected varieties



**2/\$5**

**MadeGood  
Organic Crispy  
Squares**  
4.68 oz., selected varieties



**8.99**

**Equal Exchange  
Organic Bulk Coffee**  
per pound in bulk, selected varieties  
5lb. packages also on sale for \$42.99

**Healthy choices throughout the co-op.**



food for your  
wellness journey

**Purely Elizabeth** believes that food can heal. When you eat better, you feel better. It's that simple. That's why we use superfoods with vibrant flavors and rich textures to create foods you will obsess over.



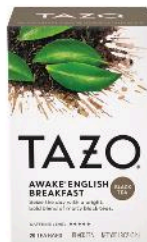
**3.99**

Purely Elizabeth  
Grain-free Granola  
8 oz., selected varieties



**3.99**

Purely Elizabeth  
Ancient Grain Granola  
12 oz., selected varieties



**2/\$6**

Tazo  
Tea  
20 ct., selected varieties



**2/\$5**

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



**6.99**

Once Again  
Organic Tahini  
16 oz.



**5/\$5**

Clif Bar  
Energy Bar  
2.4 oz., selected varieties



scoop up the savings in bulk!

**1.29**

Organic Millet  
per pound in bulk



**2.79**

Organic Flame  
Raisins  
per pound in bulk



**5.99**

Unroasted  
Almonds  
per pound in bulk

**Fuel up for your day at the co-op.**



*made from plantains!*

Barnana uses organic plantains grown by indigenous farmers from the Amazon rainforest that offer a satisfying crunch while also being non-GMO verified, gluten free, vegan, paleo-friendly and grain free.

**2/\$7**

**Barnana**  
**Organic Plantain Chips**  
5 oz., selected varieties



**4.49**

**Zevia**  
**Zero Calorie**  
**Soda**  
6-12 oz. cans, selected varieties



**4.99**

**Kalahari Biltong**  
**Air Dried Beef**  
**Jerky**  
2 oz., selected varieties



**3.99**

**Quinn Snacks**  
**Peanut Butter**  
**Filled Pretzels**  
6.5-7 oz., selected varieties



**2/\$6**

**Annie's**  
**Homegrown**  
**Organic Cheddar**  
**Puffs**  
4-4.3 oz., selected varieties

*refreshing flavors, refreshingly organic*



**4.49**

**Nixie**  
**Organic Sparkling**  
**Water**  
8-12 oz. cans, selected varieties

Nixie is a line of certified-organic, non-GMO sparkling waters infused with fruit and botanical flavors, made without synthetic solvents, carriers or artificial preservatives. Always zero calorie, zero sugar, zero sodium!



**3.99**

**Unreal**  
**Chocolate Nut**  
**Butter Cups or**  
**Gems**  
4-6 oz., selected varieties



**2/\$7**

**Tony's**  
**Chocolonely**  
**Chocolate Bar**  
6.35 oz., selected varieties

**The co-op has snacks to get you through the day!**



# back to school with Back to Nature®



Start the school year off right with 100% plant-based, non-GMO snacks. **Back to Nature** has been known for its simple-ingredient approach to cookies, crackers, granola and nuts for 60 years. Look for the new Protein Crackers made with pea protein.

**2/\$5**

Back to Nature  
Whole Wheat and  
Multigrain Flax Crackers  
5.5-8.5 oz.

**2/\$6**

Back To Nature  
Peanut Butter  
Sandwich Cookies  
9.6 oz.

**2/\$6**

Back to Nature  
Chocolate Chunk  
Cookies  
9.5 oz.

**3.99**

Back to Nature  
Protein Crackers  
5.5 oz.



## Hiball energy seltzer

Zero calories, zero sugar and made with organic caffeine, Hiball Energy Seltzer provides lasting energy, making it the ultimate tasty and thirst-quenching energy beverage.

**2/\$4**

Hiball  
Sparkling Energy Water  
16 oz., selected varieties



**2/\$7**

Lundberg Family Farms  
Organic Rice Cakes  
8.5-10 oz., selected varieties

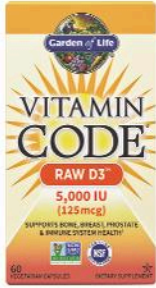


**2/\$6**

Taza Organic  
Chocolate Bar  
2.5 oz., selected varieties



**Find your favorite snacks at the co-op.**



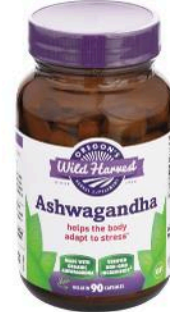
**19.99**

Garden of Life  
Vitamin Code  
Raw D3  
60 ct.



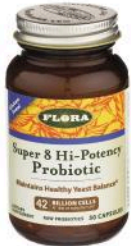
**35.99**

Ancient Nutrition  
Bone Broth Protein  
Powder  
15.7-17.8 oz., selected varieties



**17.99**

Oregon's Wild Harvest  
Ashwagandha Root  
90 ct.



**19.99**

Flora  
Probiotic  
30 ct., selected varieties



**13.99**

Nutrigo  
Magnesium Gold  
120 ct.



**12.99**

Source Naturals  
Wellness Colloidal  
Silver  
2 oz.

*elevate your  
daily routine*

The best of nature, made to fit your life. **Four Sigmatic's** innovative recipes combine (super) foods with daily staples like coffee, cacao and protein to help boost your wellness, and meet the demands of modern life.



**5/\$5**

Four Sigmatic  
Mushroom Coffee  
0.9 oz.



**2/\$5**

Four Sigmatic  
Plant-Based Protein  
with Superfoods  
1.41 oz.



**12.99**

Four Sigmatic  
Golden Latte  
10 pack



**14.99**

Four Sigmatic  
Mushroom or Adaptogen  
Ground Coffee  
12 oz., selected varieties

**Visit the co-op for wellness savings.**





**6.99**

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



*powerful clean  
powered by plants*

For 30 years, Seventh Generation has led the way on plant-based cleaning with products that work for your family and nurture the planet we all share.

**7.99**

**Seventh Generation  
Bath Tissue**  
12 ct.



Natural products for a healthy life.

**It all starts at the co-op.**



**6.99**

**Everyone  
3in1 Soap**  
32 oz., selected varieties



**3.99**

**Tea Tree  
Therapy  
Toothpaste  
with Baking  
Soda**  
5 oz.



**27.99**

**La La Leaf  
Guayaquil Hemp Lotion**  
7 oz., selected varieties

**Products you and your family will love.**

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

### ILLINOIS

Common Ground Food Co-op  
Dill Pickle Food Co-op  
Green Top Grocery  
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

Sioux Falls Food Co+op

### 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: [welcometothetable.coop](http://welcometothetable.coop)*



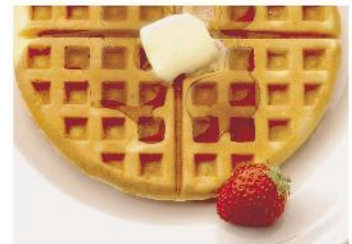
**6.99**

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



**3/\$7**

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



**2/\$8**

**Wholly Veggie  
Cauliflower Wings**  
13.2 oz., selected varieties



**2/\$6**

**Sweet Earth  
Burrito**  
7 oz., selected varieties

Co-ops support products and services that benefit 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

MW0920A

**coop**  
welcome to the table