

coopTM deals

JAN 4 - JAN 17, 2017



5/\$5

**ANNIE'S
HOMEGROWN**

Pasta & Cheese Dinner

6 oz., selected varieties
Family Size Pasta & Cheese
Dinner also on sale



\$4.99

R.W.KNUDSEN

Organic Just Juice

32 oz., selected varieties
other Just Juice also on sale



2/\$4

ORGAIN

Organic Vegan
Nutrition Shake

11 oz., selected varieties



2/\$6

STONYFIELD

Organic Yogurt

32 oz., selected varieties

Featured Inside:

- Cozy up to a warm bowl of hearty Farmhouse Bean Soup
- What's gremolata? Just the not-so-secret ingredient to tasty chicken
- Add some zest to winter cooking with in-season lemons from your co-op
- Find out how B Corporations are changing the landscape of business for good!



Farmhouse Bean Soup

Serves 6. Prep time: 15 minutes active; 45 minutes total.

- 2 tablespoons olive oil
- 1 yellow onion, diced
- 1 large carrot, peeled and diced
- 3 parsnips, peeled and diced
- 3 cloves garlic, peeled and minced
- 1 15-ounce can diced tomatoes
- 4 cups vegetable broth
- 3 to 4 sprigs each of fresh rosemary and thyme
- 1 15-ounce can northern beans, rinsed and drained
- 1 15-ounce can pinto beans, rinsed and drained
- 1 15-ounce can kidney beans, rinsed and drained
- 5 cups fresh spinach, chopped
- Salt and black pepper to taste

In a large pot, heat the olive oil over medium-high heat. Add the onion, carrots, parsnips and garlic and sauté 5 to 7 minutes. Add the tomatoes, broth and herbs and bring to a boil. Add the beans, reduce heat to simmer and cook 20 to 30 minutes until vegetables are tender. Stir in spinach and season with salt and pepper to taste. Serve warm.

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



\$1.99

WOODSTOCK
Frozen Vegetables
10 oz., selected varieties



\$2.39

HEALTH VALLEY ORGANIC
Soup
14.5-15 oz., selected varieties



\$2.69

JOVIAL
Organic Brown
Rice Pasta
12 oz., selected varieties



2/\$5

JOVIAL
Organic Tomatoes
18.3 oz., selected varieties



\$11.99

NUTIVA
Organic Coconut Oil
23 oz.
other Nutiva products
also on sale



\$4.99

APPLEGATE

Organic Sliced Turkey
6 oz.
other Sliced Meat also on sale



2/\$5

**SILVER HILLS
BAKERY**

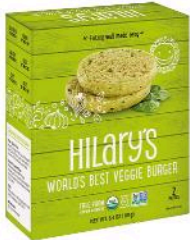
Bread
15-22 oz., selected varieties



\$3.99

RUMIANO

Organic Cheese
8 oz., selected varieties



2/\$5

HILARY'S

Veggie Burgers
6.4 oz., selected varieties



\$3.49

QUORN

Meat-Free Chik'n
7.8-12 oz., selected varieties



\$2.99

TOFURKY

Veggie Sausages
14 oz., selected varieties



2/\$5

**MUIR GLEN
ORGANIC**

Pasta Sauce
25.5 oz., selected varieties



\$2.69

PACIFIC

Organic Soup
17-17.6 oz., selected varieties



\$1.99

BEARITOS

Organic Refried Beans
16 oz., selected varieties



\$3.39

**MEDITERRANEAN
ORGANIC**

Organic Olives
8.1-8.5 oz., selected varieties



\$1.99

WILD PLANET

Sardines
4.375 oz., selected varieties



2/\$4

EVOL

Burrito
6 oz., selected varieties



\$2.19

NATIVE FOREST

Organic Coconut Milk
13.5 oz., selected varieties



\$1.99

NASOYA

Organic Tofu
8-14 oz., selected varieties



2/\$5

TASTY BITE

Indian Entrée
10 oz., selected varieties



Chicken Gremolata

Serves 4. Prep time: 25 minutes.

- 1 large lemon, zest and juice
- ½ cup parsley leaves, lightly packed
- 2 cloves garlic
- 2 ½ teaspoons olive oil, divided
- Salt
- 4 medium boneless, skinless chicken breasts, trimmed
- Freshly ground pepper

For the gremolata, use a micro plane or the fine side of a grater to shred the zest from the lemon onto one side of the cutting board. Halve the rest of the lemon, and set aside. On the other side of the cutting board, mince the parsley finely. Chop the garlic finely, then combine the zest, parsley and garlic on the board and chop together to a fine mince. Transfer the parsley mixture to a small bowl or cup and drizzle 2 teaspoons of olive oil and a pinch of salt over the mixture; stir to mix well. If the mixture seems dry, add more olive oil to taste. Makes about ¼ cup.

Place the chicken on a cutting board, drizzle with olive oil and rub to coat, then sprinkle with salt and pepper. Preheat a grill pan over medium-high heat until very hot. Place the chicken on the grill pan and let cook, undisturbed, for about 5-6 minutes. Carefully turn each breast and squeeze a little lemon juice over the top. Continue cooking for another 5-6 minutes, or until the chicken is firm to the touch and an instant-read thermometer inserted in the thick part of the meat registers 165 degrees F. Let the meat stand for a couple of minutes before serving.

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2/\$4

LATE JULY ORGANIC
Organic Multigrain Chips
5.5-6 oz., selected varieties



2/\$6

DANG
Coconut Chips
2.3-3.17 oz., selected varieties



2/\$5

STACY'S
Snack Chips
6.1-8 oz., selected varieties



2/\$3

GIMME ORGANIC
Seaweed Snacks
.35 oz., selected varieties



10/\$10

LARABAR
Fruit & Nut Bar
1.6-1.8 oz., selected varieties



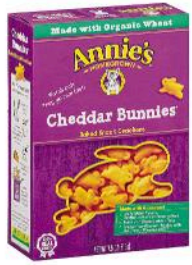
\$2.69

BULK
Organic Shelled
Sunflower Seeds
per pound in bulk



\$3.39

BULK
Organic Thompson
Seedless Raisins
per pound in bulk



\$2.69

**ANNIE'S
HOMEGROWN**
Bunny Crackers
7.5 oz., selected varieties



5/\$2

**STRETCH ISLAND
FRUIT CO.**
Fruit Leather
.5 oz., selected varieties
Organic Fruit Strips 2/\$1



2/\$5

**WAY BETTER
SNACKS**
Tortilla Chips
5.5 oz., selected varieties



2/\$6

**SANTA CRUZ
ORGANIC**
Applesauce
6 ct., selected varieties



2/\$4

KETTLE BRAND
Baked Potato Chips
4 oz., selected varieties



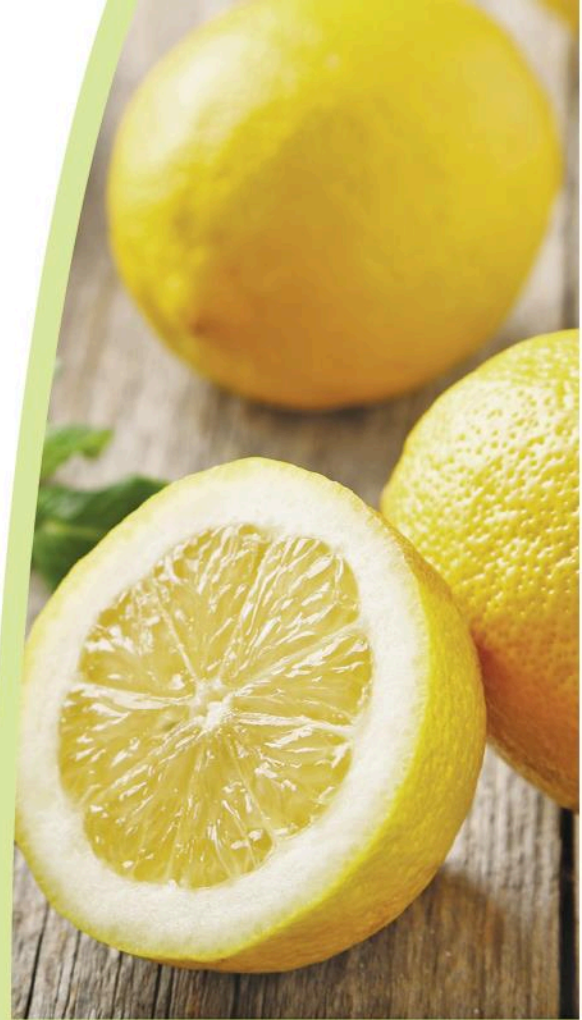
2/\$6

YOGI
Tea
16 ct., selected varieties



\$3.69

ZICO
Coconut Water
33.8 oz., selected varieties



Lemons

One of the more versatile fruits in the co-op's produce section, lemons can be used in a multitude of ways. Beyond a great source of vitamin C, this bright citrus can bring zest to grilled chicken, add zip to a classic lemon bar and create an acidic balance in creamy pasta dishes. Just adding a few lemon slices into a glass of ice water offers variety to your daily refresher. Beyond its culinary value, the citric acid in lemons is a natural antibacterial agent. Rubbing your cutting boards or scouring your sink with half a lemon is a great way to naturally disinfect and deodorize kitchen surfaces.



Certified
B
Corporations®

B Corp Month

January is "B Corp Month." More than 1,700 companies are Certified B Corporations, and many of them are on the shelves at your local co-op! These companies have met rigorous standards of transparency as well as social and environmental performance. Every product they sell increases their positive impact on the world. Join them and become part of the B the Change Team, people using business as a force for good.

Learn more at
bthechange.com.



2/\$6

HARVEST BAY

Coconut Water

33.8 oz., selected varieties



\$3.69

EVOLUTION FRESH

Juice Smoothie

15.2 oz., selected varieties



\$9.99

EMERGEN-C

Dietary Supplement

30 ct., selected varieties



\$16.99

**SOURCE
NATURALS**

Wellness Formula

90 ct.

other Wellness Formula
products also on sale



\$35.99

**NORDIC
NATURALS**

Omega Curcumin

60 ct.

other Nordic Naturals
products also on sale



\$29.99

GARDEN OF LIFE

RAW Fit Protein

Powder

420-451 gr., selected varieties



\$2.39

KEVITA

Organic Sparkling

Probiotic Drink

15.2 oz., selected varieties



\$18.99

MEGAFOOD

MegaFlora Probiotic

30 ct.

other MegaFlora products
also on sale



\$27.99

NEW CHAPTER

One Daily Multi

48 ct., selected varieties

other Dietary Supplements
also on sale



\$18.99

GAIA HERBS

Turmeric Supreme

Extra Strength

60 ct.

other Gaia Herbs also on sale



\$9.99

EQUAL EXCHANGE

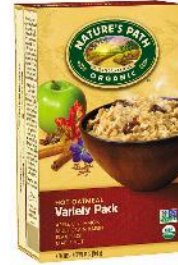
Organic Bulk Coffee
per pound in bulk
Bulk Decaf Bulk Coffee not on sale



\$1.09

BULK

Organic Rolled Oats
per pound in bulk



2/\$5

NATURE'S PATH

Instant Oatmeal
8 ct., selected varieties



2/\$6

BARBARA'S

Cereal
9-14 oz., selected varieties



\$2.39

PACIFIC

Organic Almond
Beverage
32 oz., selected varieties



\$5.99

NATURE'S PATH

Organic Eco-Pac Cereal
26.4-32 oz., selected varieties



\$3.39

**CASCADIAN
FARM ORGANIC**

Granola Bars
6.2-7.4 oz., selected varieties



\$2.99

DREAM BOOSTED

Almond Beverage
32 oz., selected varieties



\$4.39

**SANTA CRUZ
ORGANIC**

Peanut Butter
16 oz., selected varieties



2/\$6

**CASCADIAN
FARM ORGANIC**

Frozen Fruit
8-10 oz., selected varieties



\$3.69

CALIFIA FARMS

Almondmilk
48 oz., selected varieties



3/\$4

FAGE

Yogurt
5.3-7 oz., selected varieties



\$5.69

**WALLABY
ORGANIC**

Greek Yogurt
32 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Grassmilk
Yogurt
24 oz., selected varieties

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ILLINOIS

Common Ground Food Co-op
300 S. Broadway Ave., Urbana
Dill Pickle Food Co-op
3039 W. Fullerton, Chicago
Neighborhood Co-op Grocery
1815 W. Main St., Carbondale

INDIANA

3 Rivers Natural Grocery
1612 Sherman Blvd., Fort Wayne
Bloomingsfoods Market and Deli
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
104 S. Park St., Boyne City
220 E. Mitchell, Petoskey
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
PFC Natural Grocery & Deli
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 Co-op
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
2817 N. Sherman Ave., Madison
6825 University Ave., Middleton



\$5.99

AVALON ORGANICS

Haircare
11 oz., selected varieties



\$6.99

ACURE

Brightening Facial Scrub
4 oz.
other Facial Care products
also on sale



\$7.99

SEVENTH GENERATION

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



\$10.99

ALBA BOTANICA

Very Emollient Body
Lotion
32 oz., selected varieties



\$8.99

JASON

Body Wash
30 oz., selected varieties



\$9.99

EARTH FRIENDLY PRODUCTS

Ecos Laundry
Detergent
100 oz., selected varieties

Welcome the New Year with savings at the co-op!

coop™
stronger together

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