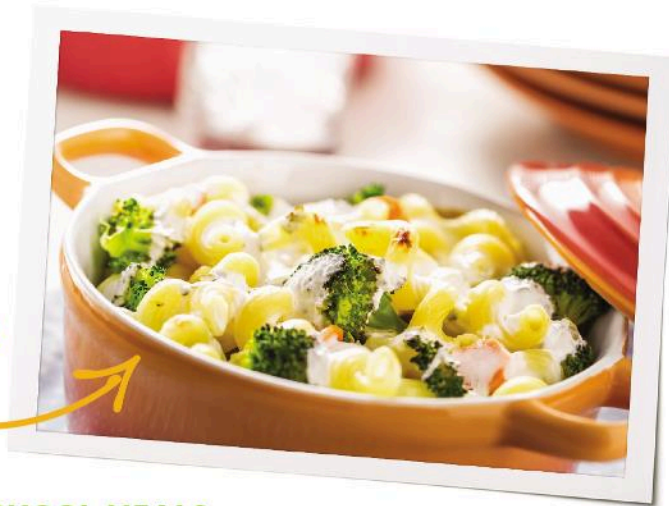


co-opTM deals

AUG 15 - SEPT 4, 2018

family favorites, fast!



BUSY BACK-TO-SCHOOL MEALS

Need dinner in a hurry? Prepare your favorite boxed mac and cheese, stir in a quarter cup of milk or almond milk and 2-3 cups of chopped steamed veggies (cauliflower, broccoli or kale are great), season to taste and serve! With stock-up prices on great brands at the co-op, we've got you covered on even the busiest nights.



10/\$10

Annie's Homegrown
Pasta & Cheese Dinner
5.25-6 oz., selected varieties



2/\$3

Santa Cruz
Organic
Lemonade
32 oz., selected varieties



2.99

Newman's Own
Newman-O's
Sandwich Cookies
13 oz., selected varieties



2/\$5

Silver Hills
Bread
14-22 oz., selected varieties



Late summer savings on back-to-school essentials.
Save big at your local co-op!



6.99

Equal Exchange
Organic Ground
Breakfast Blend
Coffee
12 oz.



2/\$5

Kevita
Organic Sparkling
Probiotic Drink
15.2 oz., selected varieties



4/\$5

Liberté
Organic Yogurt
5.5 oz., selected varieties



2/\$3

Green Valley
Organics Lactose-
Free Yogurt
6 oz., selected varieties



3.39

Stonyfield
Yokids Organic
Yogurt Cups
6 ct., selected varieties



2.99

Rebbl
Organic Mango
Spice Elixir
12 oz., selected varieties
other REBBL products
also on sale



discover Wallaby

5/\$5

Wallaby Organic
Aussie and
Greek Yogurt
5.3-6 oz., selected varieties

2/\$7

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

5.99

Wallaby Organic
Greek Yogurt
32 oz., selected varieties



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.

Bountiful breakfasts that pack protein power!

snack time!

READY WHEN YOU ARE

The co-op is the place to stock up on delicious, healthy snacks. After school, before the gym or any time of day, we've got great nutrition and fantastic flavors, ready when you want them.



3.99
Bitchin'
Sauce
8 oz., selected varieties



2.99
Silk
Cashew Milk
64 oz., selected varieties



2/\$3
So Delicious
Coconut Milk Yogurt
5.3 oz., selected varieties



1.49
Organic Valley
Organic
Hard Boiled Eggs
2 ct., selected varieties



69¢
Organic Valley
Organic Stringles
1 oz.



5.99
Organic Prairie
Organic Sliced
Deli Meat
6 oz., selected varieties

Find old favorites and new discoveries at the co-op!



2.99

Hail Merry
Gluten-Free Tart
3 oz., selected varieties



2/\$6

Three Twins
Organic Ice Cream
16 oz., selected varieties



2/\$7

So Delicious
Frozen Cashew
Milk Dessert
16 oz., selected varieties
other Frozen desserts
also on sale



2.99

Rudi's
English Muffins
12 oz., selected varieties



2.39

Amy's
Burrito
5.5-6 oz., selected
varieties
other Amy's frozen
items also on sale



2/\$5

Quorn
Meat-Free Chik'n
Nuggets
10.6 oz.
Other Meatless items
also on sale



Looking for a sit-down dinner or on-the-go meal?
The co-op has what you need.

easy gourmet tonight

Try this simple, delicious meal made in minutes. Start with **Rising Moon** Organic Wild Mushroom Ravioli. Then add in **Woodstock** Organic Green Peas and **Mediterranean Organic** Capers and Sundried Tomatoes. Season to taste with thyme, garlic, onion and parsley and top off with a couple of tablespoons of EVOO and grated cheese. Yum!

2.99

Rising Moon
Organic Ravioli
8 oz., selected varieties

3/\$5

Woodstock
Organic Frozen
Green Peas
10 oz., other Woodstock
frozen vegetables also
on sale

1.99

Mediterranean
Organic
Capers
3.5 oz.

4.39

Mediterranean
Organic
Sundried Tomatoes
8.3 oz.



There's a seat for everyone at the co-op table.



VITA COCO PROJECT
GIVE • GROW • GUIDE

PAY IT FORWARD WITH VITA COCO

For every Vita Coco item purchased at your local co-op food store during August, \$1 will be donated to help build a classroom for students in the Philippines (up to \$10,000)!

Wall mural painted by students at the Gen San School in the Philippines



good for feeling good

Vita Coco coconuts are carefully hand-picked on thousands of small farms throughout the tropics. So next time your body needs to refuel with vital nutrients, pick up a Vita Coco and feel good about helping small coconut farmers.

2/\$6

Vita Coco
Coconut Water
33.8 oz., selected varieties



3.99

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



11.99

Organic Valley
Organic Aseptic
Milk
12 ct., selected varieties



7.99

Maranatha
Almond Butter
12 oz., selected varieties



8.99

Equal Exchange
Organic Bulk
Breakfast Blend
Coffee
per pound in bulk,
selected varieties

Shop co-ops locally. Support family farms globally.

Love your lunches

Packing lunches? No problem! Here are some tips to keep the kids (and the rest of the family) eating healthily and happily all year long.

PICK YOUR BASE.

Whole grains like crackers, pita bread, brown rice or pasta provide a great platform for a filling and nutritious lunch. Complex carbohydrates FTW!

TOSS IN A SERVING OF FRUIT.

Apples are a classic, but look to pears, plums and grapes (anything in season) in fall, easy-to-peel citrus in the winter, and berries in spring for a sweet finish.

ADD PLENTY OF VEGGIES!

Cherry tomatoes, sliced bell peppers, carrots and celery are colorful, flavorful and fun, or pack a container of a sturdy veggie or bean salad.

DON'T FORGET THE CALCIUM!

String cheese, yogurt, milk and cottage cheese are high calcium options, and so is a handful of almonds.

PACK SOME PROTEIN.

Sliced ham or turkey, last night's chicken breast, peanut butter, hummus spreads or marinated baked tofu will round out your lunch.



Get inspired at www.strongertogether.coop.

packing exceptional lunches, mindfully!



Getting ready to go back to school is easy with these great tasting, Non-GMO Project Verified lunch box items from **R.W. Knudsen Family**, **Santa Cruz Organic** and **Sahale Snacks**!

4/\$5

Sahale Snacks
1.5 oz., selected varieties

4.39

Santa Cruz Organic
Roasted Peanut Butter
16 oz., selected varieties

2.99

Santa Cruz Organic
Apple Sauce
6 pack, selected varieties

2.39

R.W. Knudsen Family
Organic Juice Boxes
4 pack, selected varieties



Lunch box favorites for even the pickiest eaters.
Pack 'em up and pack it in.



2.99

Barnana
Organic Plantain
Chips
5 oz., selected varieties



2/\$5

Jackson's Honest
Grain Free Puffs
4 oz., selected varieties



2.99

From The
Ground Up
Cauliflower
Crackers
4 oz., selected varieties



2.99

Clif Kid
Organic Zbar
6 ct., selected varieties



3.39

Larabar
Kids Bar
6 ct., selected varieties



4.99

Virgil's Root Beer
4 pack, selected varieties

Tasty treats for Co+op Explorers of all ages.



2/\$6

Cascadian Farms
Organic Cereal
12 oz., selected varieties

2/\$6

Cascadian Farms
Organic Granola Bar
6 pack, selected varieties



2/\$5

Annie's Homegrown
Cheddar Bunnies
7.5 oz., selected varieties

2/\$6

Annie's Homegrown
Organic Bunny
Fruit Snacks
9 pack, selected varieties

*this year,
be prepared*

Back to school, and back to crazy mornings rushing out the door. This year, be prepared. Stock up on wholesome, quick breakfasts and snacks for your on-the-go, ever-growing kids. Plus with Box Tops for Education on most **Cascadian Farm** and **Annie's** cereal and snack products, giving back to your school is easy!



6.39

Nature's Path
Organic Eco-Pac
Cereal
26.4-32 oz., selected
varieties



2.99

Envirokidz
Organic Cereal
10-14 oz., selected
varieties



9.99

Just Coffee Co-Op
Coffee
12 oz., selected varieties



3.69

Arrowhead Mills
Buttermilk Pancake
& Waffle Mix
26 oz., selected varieties
other baking items also on
sale



2.69

Golden Temple
Granola
per pound in bulk



8.99

Sweetleaf
Liquid Clear
Stevia Extract
2 oz., selected varieties



2.19

Bulk
Organic Green
Lentils
per pound in bulk



3.69

Bulk
Organic Dry
Roasted Peanuts
per pound in bulk
Great for freshly-
ground nut butter



4.69

Bulk
Organic Pitted
Deglet Dates
per pound in bulk



Bring your own bag and shop more sustainably.



2/\$5
Guayaki
Organic Yerba
Mate
15.5 oz., selected
varieties



2/\$4
Probar
Meal Bar
3 oz., selected varieties



2/\$5
Blue Diamond
Nut Thins
4.25 oz., selected
varieties



2/\$4
Perfect Bar
Refrigerated
Protein Bar
1.6-2.3 oz., selected
varieties



2/\$5
Garden Of Eatin'
Tortilla Chips
7.5-8.1 oz., selected
varieties



2/\$5
Equal Exchange
Organic
Chocolate Bar
2.8 oz., selected varieties



4/\$5
That's It
Fruit Bar
1.2 oz., selected
varieties



amazingly delicious

The perfect chip to dip, Late July Tortilla Chips are USDA Certified Organic, non-GMO and gluten-free. Plus, they're available in seven delicious flavors!

2/\$5

Late July Snacks
Organic Cantina Dippers
8 oz., selected varieties



4/\$5

Larabar
Fruit & Nut Bar
with Superfoods
1.6 oz, selected varieties

Super snack time savings for every shopper.



4.99

Sir Kensington's
Ranch Dressing
with Avocado Oil
9 oz., selected varieties



12.99

California Olive
Ranch Everyday
Extra Virgin Olive
Oil
25.4 oz.



2.99

Jovial
Organic
Gluten-free Pasta
12 oz., selected varieties



5.39

Alter Eco
Organic Quinoa
12 oz., selected varieties



1.79

Frontera
Cooking Sauce
8 oz., selected varieties



4/\$3

Koyo
Ramen
2-2.1 oz., selected
varieties



2/\$3

Essentia
Electrolyte
Enhanced Water
33.8 oz.



2/\$3

Numi
Organic Bottled
Tea
12 oz., selected varieties



2/\$5

Rice Dream
Rice Drink
32 oz., selected varieties



snack in Terracolor

Batata, taro, beet, yucca, sweet potato, plantain. Each chip is sliced straight from unique vegetables and simply prepared to bring out its one-of-a-kind flavor, texture, natural color and beauty. Everything tastes better in Terracolor.

2/\$5

Terra
Vegetable Chips
5-6 oz., selected varieties



Special dietary needs? The co-op has your back.



3/\$10
Nubian Heritage
Bar Soap
5 oz., selected varieties



new

12.99

Dr. Brite
Teeth Whitening Pen
2 ml, selected varieties
Other Dr. Brite Oral Care products
also on sale



3.99
Everyone
Hand Soap
12.75 oz., selected
varieties



5.99
Andalou Naturals
Shampoo or
Conditioner
11.5 oz., selected
varieties



Natural ingredients, essential oils and fresh scents.
Goods for mind, body and soul.



redefining clean

Seventh Generation is redefining what "clean" means by creating safe and sustainable solutions that work like conventional brands, keeping the health of you and your world in mind every step of the way.

10.99

Seventh Generation
Liquid Laundry Detergent
100 oz., selected varieties



6.99
Thayers
Witch Hazel
12 oz., selected varieties
other Thayers products
also on sale



3/\$5
Green Forest
Facial Tissue
175 ct.

Save major green on health and home.

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*



22.99

Smarty Pants
Organic Kid's
Complete
Multivitamin
120 CT, selected
varieties



15.99

Natural Vitality
Natural Calm
8 oz., selected varieties
Unflavored 8 oz. Natural
Calm \$13.99



6.99

Bach
Rescue Pastilles
50 gr., selected varieties
other Rescue products
also on sale



15.99

Tera's Whey
Protein Powder
12 oz., selected varieties
other Tera's Whey
products also on sale



29.99

Rainbow Light
Women's or Men's
One Multivitamin
90 ct.
other Rainbow Light
Supplements also on
sale



25.99

New Chapter
Every Woman's or
Man's One Daily
48 ct., selected varieties
other Dietary
Supplements also on
sale

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

MW0818B

coopTM
stronger together