

coop deals[®]

DEC 19, 2018 - JAN 1, 2019

wholesome snacking



CELEBRATE EVERY DAY

Potluck holiday party or last-minute guests? Stop by your local co-op and save on a bag or two of savory veggie chips! Grab your favorite dip like hummus or make your own with Greek yogurt and fresh or dried herbs. Simply delicious!



2/\$5

Terra
Vegetable Chips
5-6 oz., selected varieties



3.99

Applegate
Bacon

8 oz., selected varieties
humanely raised, no
antibiotics ever



6.99

Equal Exchange
Organic Coffee

10-12 oz., selected
varieties
Decaf \$8.99



2/\$5

Dr. Bronner's
Bar Soap

5 oz., selected varieties



Holiday season savings from the co-op to your family.

Thank you for shopping!



2/\$6

Barbara's Puffins Cereal
10-11 oz., selected varieties



1.79

So Delicious Coconut Milk Creamer
16 oz., selected varieties



3.99

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



3.49

One Degree Organic Sprouted Grain Cereal
8-12 oz., selected varieties



3.99

Earth Balance Buttery Spread
13-16 oz., selected varieties



5.99

Uncle Matt's Organic Juice
52 oz., selected varieties



5/\$5

Tazo Ready-to-Drink Tea
13.8 oz., selected varieties



2/\$7

Daiya Dairy-free Cheese Shreds
8 oz., selected varieties



4.99

Q Drink Drink Mixers
750 ML, selected varieties



3/\$5

The Mountain Valley Spring Water
33.8 oz., selected varieties



5.99

Daiya Cheese Lover's Pizza
12 oz., selected varieties



3/\$5

Woodstock Frozen Vegetables
10 oz., selected varieties



7.99

Woodstock Organic Frozen Fruit
28-32 oz., selected varieties



2/\$7

Dream Frozen Almond Bites
6.6 oz., selected varieties
other Frozen items also on sale

Brunch for the whole holiday crew? Covered!

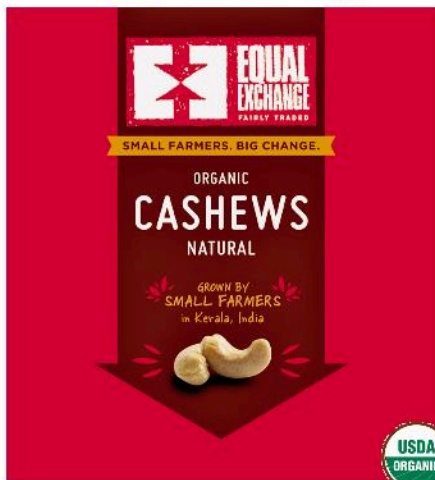


Kerala Farmers Need Our Help!

Devastating floods have displaced coconut and cashew farmers in the Fair Trade Alliance Kerala Co-op (FTAK) in Kerala, India. Alter Eco will donate \$1 per pack of Alter Eco truffles and Equal Exchange will donate \$1 per pound of their cashews sold through December to help farmers rebuild. Food co-ops nationwide are donating an additional \$20,000 to revitalize this community. Learn more on www.strongertogether.coop and support recovery with a purchase or direct donation at www.fairworldproject.org/donate-kerala.

FAIR TRADE ALLIANCE CO-OP MEMBERS, KERALA, INDIA

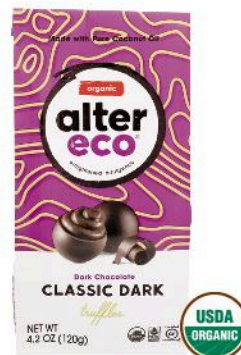
support the global co-op community



Purchase Equal Exchange cashews to support the recovery of the Fair Trade Alliance Kerala farmer cooperative after devastating floods in Kerala, India. For each pound of cashews sold, Equal Exchange will donate \$1.00!

11.99

Equal Exchange
Organic Kerala Cashews
per pound in bulk, selected varieties



5.99

Alter Eco
Organic Truffles
4.2 oz., selected varieties

scoop up the savings in bulk!



1.99

Bulk
Organic Red Lentils
per pound in bulk



1.99

Bulk
Organic Garbanzo Beans
per pound in bulk



6.99

Bulk
Organic Large Medjool Dates
per pound in bulk



You are the co-op difference!

changing the chocolate industry



2/\$5

Equal Exchange Organic Extra Dark Chocolate
2.8 oz.



4.49

Equal Exchange Organic Chocolate Chips
10 oz., select varieties



5.99

Equal Exchange Organic Baking Cocoa
8 oz., select varieties



5.99

Equal Exchange Organic Hot Cocoa Mix
12 oz., select varieties

Equal Exchange is committed to sourcing ingredients from small farmer co-ops through which members control their business and livelihood. A few global companies currently dominate the chocolate industry and sadly, poverty wages and forced child labor continue to be documented problems. Equal Exchange offers an alternative that's deliciously different. With your support we can make the world just a little bit sweeter!



3.99

Simply Organic Organic Cinnamon
2.45 oz.
other Simply Organic spices and extracts also on sale



3.99

Pete and Gerry's Organic Eggs
1 Dozen, selected varieties



5.99

Spectrum Organic Non-Hydrogenated Shortening
24 oz.

other Spectrum cooking oils also on sale



2/\$6

Equal Exchange Organic Tea
20 ct., selected varieties



2/\$6

Native Forest Organic Pineapple
14-15 oz., selected varieties



8.99

Equal Exchange Organic Breakfast Blend Coffee
per pound in bulk
Decaf on sale for \$11.99



2/\$5

TCHO Chocolate Bar
2.5 oz., selected varieties



2/\$6

Tony's Chocolonely Chocolate Bar
6 oz., selected varieties

Fair trade, organic, local, delicious.



2/\$5

Imagine
Organic Broth
32 oz., selected varieties



2/\$4

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



9.99

Spectrum
Organic Unrefined
Extra Virgin Olive Oil
25.4 oz.



Warm up with a batch of soup, stew or cheesy pasta.
Warm dishes, warm wishes!



2/\$5

Amy's
Soup
14.1-14.7 oz., selected
varieties



1.79

Eden Foods
Organic Beans
15 oz., selected varieties



2/\$4

Bearitos
Organic Refried
Beans
16 oz., selected varieties



2.99

Montebello
Organic Pasta
16 oz., selected varieties



2/\$5

Muir Glen
Organic Pasta
Sauce
25.5 oz., selected
varieties



10.99

Peace Coffee
Birchwood Blend
per pound in bulk,
selected varieties
other Peace Coffee
varieties also on sale

Delightful dinner options for everyone at the table.



charcuterie goals!

CREATE YOUR OWN

Charcuterie platters can be a feast for the eyes as well as the palate. Shop the co-op and fill up a platter with local meats, cheeses, olives, grapes and crackers (on sale now!) for a spread almost too beautiful to eat. Almost.



2/\$4
Blue Diamond
Nut Thins
4.25 oz., selected varieties



3.49
Blue Diamond
Crafted Gourmet
Almonds
5 oz., selected varieties



2/\$5
Kettle Brand
Organic Potato
Chips
5 oz., selected varieties



3.49
Divina
Fig Spread
9 oz., selected varieties



2/\$4
Pirate Brands
Pirate's or
Veggie Booty
4 oz., selected varieties



2/\$6
Back To Nature
Cookies
8-12 oz., selected
varieties
some varieties \$4.39



2/\$7
Green Mountain
Gringo
Salsa
16 oz., selected varieties



2/\$7
Barnana
Organic Plantain
Chips
5 oz., selected varieties

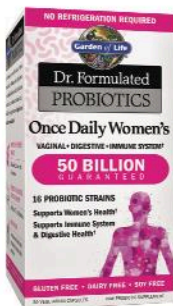


2/\$7
Simple Mills
Soft Baked Cookies
6.2 oz., selected varieties



2/\$4
Green Mountain
Gringo
Tortilla Strips
8 oz., selected varieties

Be the host with the most this season!



26.99

**Garden Of Life
Dr. Formulated Once Daily
Probiotics**
30 ct., selected varieties
other Garden of Life products also on sale



6.99
**Lakewood
Organic
Pure Aloe Juice or
Gel**
32 oz., selected varieties



15.99
**Natural Vitality
Natural Calm**
8 oz., selected varieties
Unflavored 8 oz. Natural
Calm \$13.99



10.99
**Oregon's Wild
Harvest
Organic Echinacea**
90 ct.
other Organic Herbs also
on sale



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



4.49
**Castor & Pollux
Organic Dog
Cookies**
12 oz., selected varieties



5.99
**Spectrum Naturals
Organic Unrefined
Coconut Oil**
14 oz., selected varieties
other Spectrum coconut
oils also on sale



happy new year!

THANKS FOR SHOPPING CO-OP

Best wishes from all of us at the co-op for a happy and healthy new year. We are grateful for your support of the co-op community. Your patronage and loyalty support the local economy, farmers and producers. You truly are the co-op difference!

Cheers to a happy, healthy new year ahead!

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

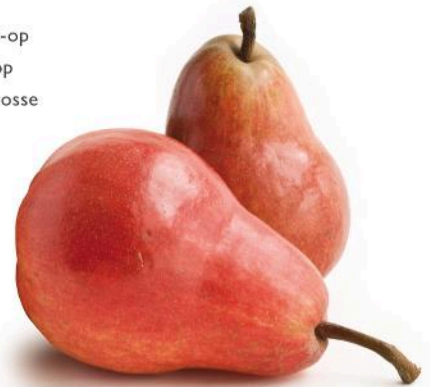
Phoenix Earth Food Co-op

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*



8.99

**Alaffia
Face Cleanser**
3.4 oz., selected varieties



5.49

**Badger
Healing Balm**
2 oz.
other Badger products
also on sale



29.99

**Dr. Hauschka
Skin Care Rose
Day Cream**
1 oz., selected varieties
other Skin Care products
also on sale



5.99

**Mineral Fusion
Nail Polish**
.33 oz., selected
varieties



3.99

**My Magic Mud
Activated
Charcoal
Toothpaste**
4 oz., selected varieties



8.99

**Aura Cacia
Lavender Essential
Oil**
.5 oz.
other Essential Oils 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



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