

coop deals®

JAN 30 - FEB 12, 2019

sweet
love



2/\$4

**Chocolove
Chocolate Bar**
3.2 oz., selected varieties

DECADENT DELIGHTS

Stock up on delicious chocolate at the co-op for Valentine's Day, or, at these prices, for every day! Delight your friends, family and sweethearts with their favorite flavors.



2/\$5

**GT's
Organic
Kombucha**
16 oz., selected varieties



2/\$7

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



6.99

**Dr. Bronner's
Organic Coconut
Oil**
14 oz., selected varieties



Love food, love local, love community.

All the love, from your co-op!



4/\$3

**Brown Cow
Cream Top Yogurt**
5.3 oz., selected varieties



3/\$4

**Fage
Yogurt**
5.3-7 oz., selected
varieties



2/\$3

**So Delicious
Coconut Milk
Yogurt**
5.3 oz., selected varieties



3.99

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



2.99

**Good Karma
Flaxmilk**
64 oz., selected varieties



3.99

**Just Mayo
Premium Mayo**
16 oz.



3.99

**Honey Mama's
Cacao-Nectar
Bar**
2.5 oz., selected
varieties



3/\$5

**Amy & Brian
Coconut Water**
17.5 oz., selected
varieties



3.49

**Rebbl
Organic Protein
Beverage**
12 oz., selected varieties



3.99

**Ripple
Non-Dairy
Pea Milk**
48 oz., selected varieties



2/\$5

**Health-Ade
Organic Kombucha**
16 oz., selected varieties



4.49

**Kite Hill
Almond Milk
Yogurt**
28 oz., selected
varieties

Mornings made delicious with help from the co-op.



3.49

**Silver Hills
Organic Sprouted
Power Bagels**
14 oz., selected varieties

new



3.99

**Talent
Gelato**
16 oz., selected varieties



7.99

**Udi's Gluten Free
Hearty Artisan
Bread**
20 oz., selected varieties
other Udi's bread also
on sale

new



5.99

**Applegate
Organics
Chicken Strips**
8 oz.
other Applegate products
also on sale



Plant-based, gluten-free, paleo, keto, meat-lover.
All diets welcome here.



the beyond burger

The Beyond Burger is a revolutionary plant-based burger that looks, cooks and satisfies like beef.

4.99

**Beyond Meat
The Beyond Burger**
8 oz.



5.99

**Amy's
Pizza**
12-14 oz., selected
varieties



Try something new from the co-op today!



2/\$6

Siete
4 oz. Grain-free
Tortilla Chips
other Siete 4 oz. grain-free
tortilla chips also on sale



2/\$7

Siete
5 oz. Grain-free
Tortilla Chips
other Siete 5 oz. grain-free
tortilla chips also on sale



6.99

Siete
Cashew Flour
Grain-free Tortillas
8 ct., other Siete grain-free
tortillas also on sale



6.99

Siete
Chickpea Flour
Grain-free Tortillas
8 ct., other Siete grain-free
tortillas also on sale

gather around the guac

Siete Family Foods
makes delicious, grain-free
Mexican American food. All
of the products are vegan,
paleo, gluten-free, non-GMO
and dairy-free. Family-owned
and operated, Siete is on
a mission to bring people
together to experience the
flavors and traditions that
brought the Garza family
together in their journey
to health.



2/\$5

Blue Sky
Natural Soda
6 pack, selected varieties
Organic Soda \$2/6



2.99

Frontera
Salsa
16 oz., selected varieties



taste the difference

Dip into Hope Hummus and Hope
Guacamole for organic, fresh taste
and exceptionally delicious flavors!

5.99

Hope
Organic Guacamole
and Hummus
15 oz., selected varieties



3.49

Wallaby Organic
European Sour
Cream
16 oz.



3.99

Bitchin'
Sauce
8 oz., selected varieties

Spicy, savory or sweet. Snack on the savings.



big, bold, delicious!

Late July Snacks Jalapeño Lime Clasico Tortilla Chips are made with whole ground, organic yellow corn and seasoned with a bold kick of jalapeño pepper and the freshness of real lime.

2/\$4

**Late July Snacks
Clasico Tortilla Chips**
5.5 oz., selected varieties



2/\$4

**Kettle
Potato Chips**
5 oz., selected varieties



2/\$7

**Wilde Snacks
Chicken Chips**
2.25 oz., selected varieties



Full of flavor and better-for-you ingredients.

Snacks for game day or any day.



2/\$5

**Terra
Vegetable Chips**
5-6 oz., selected varieties



2/\$5

**Snack Factory
Pretzel Crisps**
7.2 oz., selected varieties



3.99

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



scoop up the savings in bulk!

3.49

**Bulk Organic Raw
Pumpkin Seeds**
per pound in bulk



5.99

**Bulk Organic Dried
Cranberries**
per pound in bulk



9.99

**Bulk Organic Shelled
Walnut Pieces**
per pound in bulk



Need a pound or just a smidge? Grab it in bulk.



2/\$6

Kashi Organic Cereal
6.5-20 oz., selected varieties



3.79

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



3.79

Nature's Path Organic Love Crunch Cereal
11.5 oz., selected varieties



3.99

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



2/\$6

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



spread integrity

Once Again Nut Butter uses only the finest almonds available. They are dry roasted and milled with nothing else added to produce delicious almond butter.

8.99

Once Again Almond Butter
16 oz., selected varieties



8.99

Sweetleaf Liquid Stevia
2 oz., selected varieties
other SweetLeaf products also on sale



3.79

Organic India Organic Tulsi Tea
18 ct., selected varieties



Start your day with these delicious deals!

ingredients you can see and pronounce

KIND® believes that people don't need to choose between health and taste when it comes to snacking. We use premium, better-for-you ingredients that are kind to your body without sacrificing quality or flavor.

10/\$10

Pressed by Kind and Kind Bar
1.2 – 1.4 oz., select varieties

3.29

Kind Nut Butter Filled Snack Bars
4/1.3 oz., select varieties

3.99

Kind Healthy Grain Clusters
11 oz., select varieties



Healthy on-the-go options for everyone in the family.
Good energy for your life.



3/\$5

Epic Performance Bar
1.87 oz., selected varieties



3.49

WildMade Fruit Rolls
5 ct., selected varieties



2/\$6

Equal Exchange Organic Tea
20 count, selected varieties



2.39

Kize Raw Energy Bar
1.6 oz., selected varieties



6.99

Equal Exchange Organic Ground Coffee
10-12 oz.
Decaf coffee \$8.99



8.99

Equal Exchange Organic Love Buzz Bulk Coffee
per pound in bulk

Warm drinks for warm hands and hearts.



3/\$5

Tasty Bite
Organic Rice
8.8 oz., selected varieties



2/\$5

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



bulk up your smoothie

Get the most out of your smoothies by adding popular ingredients from the bulk aisle like Frontier Co-op turmeric, ginger and cinnamon.

8.99

Frontier Co-op
Organic Ground
Turmeric Root
per pound in bulk



Find warming spices and meals for your family.

Your community; your co-op.



4.99

Bragg
Organic Apple
Cider Vinegar
32 oz.



3/\$5

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



2/\$4

Muir Glen
Organic Tomatoes
28 oz., selected varieties



8.99

California Olive
Ranch
Olive Oil
16.9 oz., selected
varieties

Simplify your weeknights with dinner delights.

you are
the heart of
the co-op

As community-owned grocery stores, member-owners and shoppers like you are the true lifeblood of food co-ops around the world. Every time you shop at the co-op you support the local economy, local producers and farmers, organic practices, global fair trade principles and so much more. Your co-op is more than just another grocery store, and that's because of you.

Thank you for shopping co-op.



1.99

Ginger People
Ginger Chews
3 oz., selected varieties



2/\$5

Taza
Organic
Chocolate Bar
2.5 oz., selected varieties



2/\$6

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



3.99

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



2/\$5

Theo
Organic
Chocolate Bar
3 oz., selected varieties



Sweet treats at sweeter prices. Shop co-op.

fruitful
health →

Who says herbal remedies can't taste good? Stay healthy this immune season with these berry flavorful products for acute and preventive seasonal support.



2/\$3

Zand
Herbalozenge Cherry
Echinacea Zinc
15 ct.



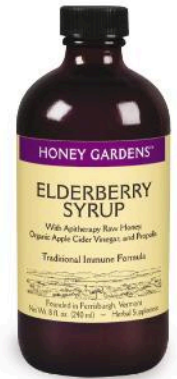
2/\$3

Zand
Herbalozenge
Elderberry Zinc
15 ct.



6.99

Honey Gardens
Elderberry Syrup
4 oz.



12.99

Honey Gardens
Elderberry Syrup
8 oz.



The co-op wellness section is stocked with healthful products.

Stop by and stay well.



kick out
the cold!

Nobody's got time to be bogged down with the cold and flu. Keep yourself well all winter with herbal remedies, warming teas and nutrient-dense foods from the co-op!



3/\$5

Green Forest
Facial Tissue
175 ct., selected
varieties



11.99

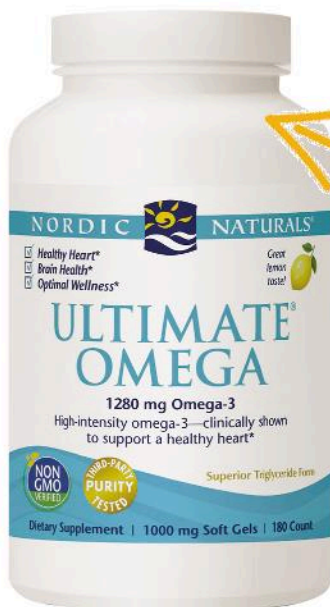
Nature's Way
Umcka Coldcare
Syrup
4 oz., selected varieties
other Nature's Way
products also on sale

You and your family are the co-op difference.



19.99

**Enzymedica
Digest Gold**
45 ct.
other Enzymedica
products also on sale



love your heart

Ultimate Omega® delivers the #1 omega-3 in the U.S.—for heart, brain, and wellness support—in every delicious daily serving.

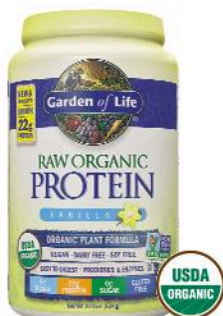
49.99

**Nordic Naturals
Ultimate Omega**
180 ct.
other Nordic Naturals products also on sale



Products for healthy bodies, homes and lives.

Discover the co-op difference.



29.99

**Garden Of Life
Raw Organic Protein
Powder**

560-660 g., selected varieties
other Garden of Life products also on sale



29.99

**Plantfusion
Vanilla Bean
Collagen**
11.43 oz., selected
varieties

new



2.99

**Ecover
Dishwashing
Liquid**
25 oz., selected varieties



2/\$3

**Wellness
Cat Food**
5.5 oz., selected varieties
other Wellness cat food
also on sale

Stay well all season long. Shop the wellness aisle.

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

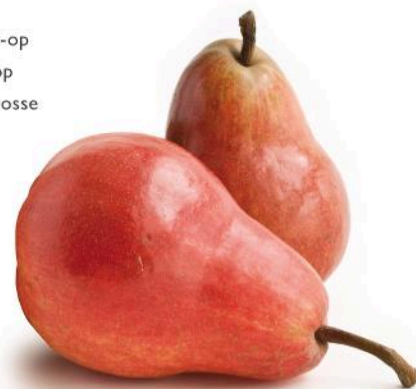
Phoenix Earth Food Co-op

SOUTH DAKOTA

The Co-op Natural Foods

WISCONSIN

Basics Cooperative Natural Foods
Chequamegon Food Co-op
Menomonee 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
Aura Cacia
Lavender Essential Oil
.5 oz.
other Essential Oils also on sale

3.49

Jason
Toothpaste
4.2-6 oz., selected varieties
other Jason oral care
products also on sale



5.99
Giovanni
Shampoo or
Conditioner
8.5 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

MW0219A

coop
stronger together