

# coop deals®

JAN 2 - JAN 15, 2019



new year,  
new yum

## HEALTHY BEGINNINGS

Start the New Year right! Whip up a delicious yogurt power bowl with Icelandic yogurt (on sale now) topped with your favorite granolas, seeds, fruits and nuts. Here's to a flavorful 2019.



**5/\$5**

Siggis  
Icelandic Style Yogurt  
4.4-5.3 oz., selected varieties



**2/\$6**

Rebbl  
Organic Elixir  
12 oz., selected varieties



**3.99**

Applegate  
Sliced Ham  
7 oz., selected varieties



**4.99**

Primal Kitchen  
Dressing  
8 oz., selected varieties



A new year for all, more great products for you.

**Wishing you a wonderful 2019!**



**5/\$5**

Chobani  
Greek Yogurt  
5.3 oz., selected varieties



**2/\$5**

Goodbelly  
Probiotic Drink  
32 oz., selected varieties



**4.49**

Nancy's  
Organic Cottage  
Cheese  
16 oz., selected varieties



**4.49**

Green Valley  
Organics  
Kefir  
32 oz., selected varieties



**4.49**

Forager Project  
Organic  
Cashewgurt  
24 oz., selected varieties



**4.99**

Organic Valley  
Organic Raw  
Cheese  
8 oz., selected varieties



**2/\$7**

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



*deliciously different*

Slow-crafted with premium organic whole milk, Wallaby Aussie Greek yogurt has an unforgettable, indulgent yet mild taste that yogurt fans are falling in love with. It's deliciously different.

**5.99**

Wallaby Organic  
Greek Yogurt  
32 oz., selected varieties



**4.99**

Vital Farms  
Pasture Raised  
Eggs  
dozen, selected varieties



**Daybreaker deals to kick off the new year.**





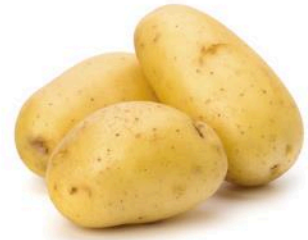
**2/\$4**

**Woodstock  
Frozen Vegetables**  
10 oz., selected varieties



**2/\$6**

**Alexia  
Frozen Potatoes**  
11-19 oz., selected varieties



**3.49**

**Lightlife  
Organic Smoky  
Tempeh Strips**  
6 oz., selected varieties  
other Lightlife products  
also on sale



**4.99**

**Farmhouse  
Culture  
Organic Kraut**  
16 oz., selected varieties



**2/\$4**

**Essentia  
Electrolyte  
Enhanced Water**  
1.5 ltr.  
Ionized Water



**5.99**

**No Evil Foods  
Plant Meats**  
10-12 oz., selected varieties



**3.99**

**Califia Farms  
Almondmilk**  
48 oz., selected varieties



*fresh new look*

At Evolution Fresh, we constantly chase what's next, crafting juice-powered beverages that move you forward and help you thrive.

**2/\$7**

**Evolution Fresh  
Organic Fruit Juice Smoothie**  
15.2 oz., selected varieties



**3.99**

**Gardein  
Meatless Chick'n  
Tenders**

9-11.5 oz., selected varieties  
other Gardein items also on sale

**Vegan, gluten-free, dairy-free. Something for all!**

# a perfect blend

New smoothie must-haves, **Woodstock Organic** frozen fruits and vegetables, and **Harvest Bay** Coconut Water make for delicious, hydrating nutrition. Blend up some Woodstock favorites like Organic Frozen Wild Blueberries, Organic Frozen Sliced Bananas, Frozen Kale and Organic Black Chia Seeds, along with No Sugar Added Harvest Bay Coconut Water!

**2/\$4**

Woodstock  
Frozen Kale  
10 oz., select varieties

**2.99**

Harvest Bay  
Coconut Water  
33.8 oz.

**7.99**

Woodstock  
Organic Frozen  
Wild Blueberries  
28 oz., select varieties



Find local, healthy and delicious foods at your co-op.  
**Enjoy your meals, every day!**



**2/\$5**

Kevita  
Organic Kombucha  
15.2 oz., selected varieties



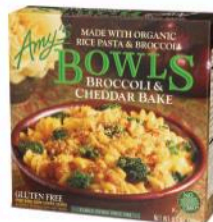
**3/\$7**

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



**3.99**

Halo Top  
Creamery Ice Cream  
16 oz., selected varieties



**3.99**

Amy's  
Bowls  
8-10.3 oz., selected varieties



**Save on family favorites and fun new flavors.**



# a clean you can trust

For thirty years, **Seventh Generation** has led the way on innovating effective products that work for your family and nurture the planet we all share.



**1.99**  
Seventh Generation  
Paper Towels  
120 ct., selected varieties

**2/\$5**  
Seventh Generation  
Dish Liquid  
25 oz., selected varieties

**2.99**  
Seventh Generation  
Disinfecting  
Multi-Surface Spray  
26 oz., selected varieties

**7.99**  
Seventh Generation  
Unbleached  
Bath Tissue  
12/400 ct.



Products that are better for you and the planet.  
**Healthy family. Healthy home.**



**3.99**  
Dr. Bronner's  
All-One  
Toothpaste  
5 oz., selected varieties



**6.99**  
Avalon Organics  
Shampoo or  
Conditioner  
11 oz., selected varieties



**9.99**  
Ecos  
Liquid Laundry  
Detergent  
100 oz., selected varieties  
other laundry items also  
on sale



**4.99**  
Tom's Of Maine  
Toothpaste  
4.7-5.5 oz., selected  
varieties  
other Tom's of Maine  
products also on sale



**11.99**  
Alba Botanica  
Very Emollient  
Body Lotion  
32 oz., selected varieties



**15.99**  
Andalou Naturals  
Resveratrol Q10  
Night Repair  
Cream  
1.7 oz.  
other Facial Care products  
also on sale

**Sustainable shopping made simple at your co-op.**



**6.99**

Nutiva Organic  
Shelled Hempseeds  
8 oz.  
Nutiva Organic  
Refined Coconut Oil  
23 oz.



**10.99**

Nutiva Organic  
Extra Virgin  
Coconut Oil  
23 oz.



**12.99**

Nutiva Organic  
Hempseed Oil  
16 oz., selected varieties



**19.99**

Nutiva Organic  
MCT Powder  
10.6 oz.



*nurture  
vitality*

**Nutiva** was founded in search of a better world through supporting regenerative, organic, and nutritious crops; hemp, coconut and more. You love our coconut oil and hemp, and you'll love knowing that 1% of sales, over \$4 million, has been donated so far!



**29.99**

Vega  
Vega One  
Organic Shake  
12.1-13.5 oz., selected  
varieties



**12.99**

Ultima  
Replenisher  
Electrolyte Powder  
3.4-3.7 oz., selected  
varieties



**15.99**

Nutrition Now  
PB 8 Probiotic  
120 ct., selected  
varieties



*nature's dark  
chocolate chips*

Packed with antioxidants, essential nutrients and an excellent source of fiber, these organic cacao nibs add a deep unsweetened chocolate flavor and a subtle crunch to trail mix, brownies or smoothies.

**6.99**

Navitas  
Organic Cacao Nibs  
8 oz., selected varieties



**35.99**

Ancient Nutrition  
Bone Broth  
Protein  
445-504 gr., selected  
varieties



**17.99**

Smarty Pants  
Kids Complete  
Multi + Omega 3 +  
Vitamin D  
120 ct., selected varieties

**Save at our winter health and wellness event!**





**18.99**

**Vital Proteins  
Collagen Peptides**  
10 oz., selected varieties  
other Vital Proteins  
products also on sale



**18.99**

**Bulletproof  
Brain Octane Oil**  
16 oz., selected varieties  
other Bulletproof  
products also on sale



*get picky with your protein*

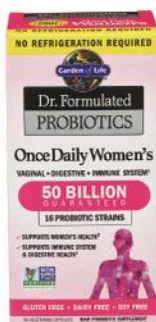
Founded by a cancer survivor and medical doctor, Orgain uses the highest quality ingredients to deliver the cleanest and most delicious nutrition possible. Most Orgain products are USDA Certified Organic and all are soy free, gluten free, non-GMO and free of artificial colors, flavors and preservatives.

**29.99**

**Orgain  
Organic Protein Powder**  
2.03 lbs., selected varieties



Stock up or try something new from your co-op.  
**Revitalize your resolutions.**



**24.99**

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



**12.99**

**Country Life  
Vitamin D3  
5,000 IU**  
200 ct., selected varieties  
other Country Life  
products also on sale



**21.99**

**Nordic Naturals  
Ultimate Omega**  
60 ct., selected varieties  
other Nordic Naturals  
products also on sale



**29.99**

**Gaia Herbs  
Turmeric Supreme  
Extra Strength**  
120 ct., selected varieties  
other Gaia Herbs also  
on sale



**29.99**

**Renew Life  
Extra Care Ultimate  
Flora 50 Billion**  
30 ct., selected varieties  
other Renew Life products  
also on sale

**Save at our winter health and wellness event!**



**2.99**

**Annie's Homegrown Organic Cereal**  
10-10.8 oz., selected varieties



**2/\$6**

**Traditional Medicinals Organic Tea**  
16 ct., selected varieties



**5.99**

**R.W. Knudsen Organic Just Tart Cherry Juice**  
32 oz., selected varieties  
other Just Juices also on sale



**2.99**

**Nature's Path Organic Instant Oatmeal**  
14 oz., selected varieties



**6.99**

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



**8.99**

**Equal Exchange Organic French Roast Coffee**  
per pound in bulk, selected varieties

*salty-sweet crunchy clusters*



Try these nutrition-rich, irresistible granola clusters made with a signature blend of nuts and superfood seeds. Each of our ten flavors is baked with coconut oil and lightly sweetened with coconut sugar.

**4.99**

**Purely Elizabeth Granola**  
12 oz., selected varieties



**4.99**

**Numi Organic Tea Turmeric Tea**  
12 count, selected varieties  
other Numi Teas also on sale



*scoop up the savings in bulk!*

**99¢**

**Bulk Organic Rolled Oats**  
per pound in bulk, selected varieties

**3.49**

**Bulk Organic Thompson Raisins**  
per pound in bulk, selected varieties

**3.49**

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

**Simple, sustainable, affordable. Shop the bulk aisle.**





**4/\$5**

**Clif Bar  
Organic Nut  
Butter Filled Bar**  
1.76 oz., selected  
varieties



*tasty, organic  
protein bars*

**2/\$4**

**Gomacro  
Organic Macrobar**  
2-2.5 oz., selected varieties



**2/\$5**

**Probar  
Meal Bar**  
3 oz., selected varieties

Grab a high-protein MacroBar. These deliciously chewy, nut butter-based bars are USDA Certified Organic, vegan, gluten-free, non-GMO, raw and clean. Try our Peanut Butter Chocolate Chip!



**2/\$6**

**Jovial  
Gluten-Free Pasta**  
12 oz., selected varieties



**2/\$5**

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



**4.99**

**TruRoots  
Organic Sprouted  
Quinoa**  
12 oz.  
other TruRoots Quinoa  
also on sale



*yummier than ever*

We've upgraded our Classic Cheddar Mac & Cheese to be yummiier than ever with a creamier, cheesier tasting recipe. So grab a spoon and dig in!

**10/\$10**

**Annie's Homegrown  
Mac & Cheese**  
5.25-6 oz., selected varieties



**4/\$3**

**Koyo  
Ramen**  
2-2.1 oz., selected  
varieties



**2/\$3**

**Dr. McDougall's  
Big Soup Cup**  
1.9 oz., selected varieties

**Find family favorites in every aisle.**



**2/\$6**

Garden Of Eatin'  
Tortilla Chips  
7.5-8.1 oz., selected  
varieties



**2/\$6**

Que Pasa  
Organic Tortilla  
Chips  
16 oz., selected varieties



*pristinely gluten-free*

Our crackers are free of gluten, wheat and casein, making them the perfect snack. Baked to perfection and lightly salted for a gourmet cracker taste that's irresistible!

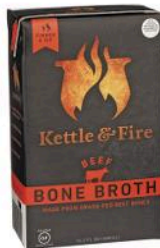
**2/\$6**

Glutino  
Gluten-free Crackers  
4.4-7 oz., selected varieties



**2/\$7**

Green Mountain  
Gringo Salsa  
16 oz., selected varieties



**4.99**

Kettle & Fire  
Bone Broth  
16.2 oz., selected  
varieties



**2/\$5**

Health Valley  
Organic Soup  
14.25-15 oz., selected  
varieties

*nourish your family with ours*



We value one thing above all else: nourishment. Our foods are a celebration of nature's goodness — the result of simple ingredients combined with purpose and without shortcuts.

**2/\$5**

Pacific Foods  
Plant-Based Beverage  
32 oz., select varieties

**2/\$6**

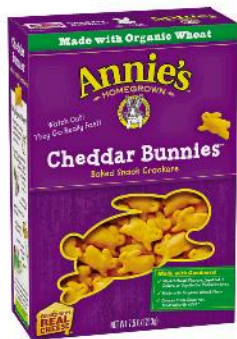
Pacific Foods  
Organic Broth  
32 oz., select varieties

**2/\$6**

Pacific Foods  
Organic Soup  
32 oz., select varieties

**The co-op serves up savings every day.**





**2/\$6**

**Annie's Homegrown  
Snack Crackers**  
7.5 oz., selected varieties



**2/\$4**

**Late July Snacks  
Organic Tortilla  
Chips**  
5.5-6 oz., selected  
varieties



**2/\$5**

**Kettle Brand  
Avocado Oil  
Potato Chips**  
4.2 oz., selected varieties



**2/\$3**

**Gimme Organic  
Seaweed Snacks**  
.35 oz., selected varieties



Salty or sweet treats for everyone in the family.

**Savor the savings.**



**2/\$5**

**Beanfields  
Bean & Rice Chips**  
5.5 oz., selected varieties



**2/\$6**

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



**2/\$5**

**Hippeas  
Organic Chickpea  
Puffs**  
4 oz., selected varieties



**2/\$5**

**Yumearth  
Organic Licorice**  
5 oz., selected varieties



**2/\$7**

**Zevia  
Zero Calorie Soda**  
6 pack, selected varieties



**Better for you snacks at prices you'll love.**

## 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

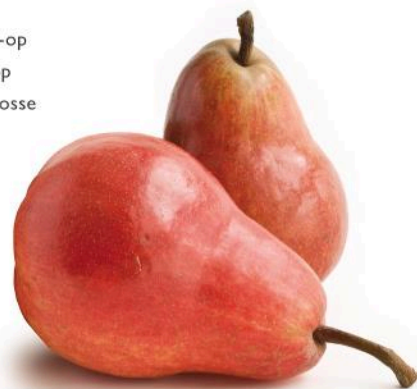
Phoenix Earth Food Co-op

### 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](http://www.strongertogether.coop)*



**2/\$6**  
Annie's Homegrown  
Organic Fruit Snacks  
4 oz., selected varieties



**2/\$6**  
Late July Organic  
Mini Sandwich  
Crackers  
5 oz., selected varieties



**3.99**  
Rudi's  
Organic Bakery  
Bread  
18-22 oz., selected  
varieties



**4.99**  
Santa Cruz Organic  
Peanut Butter  
16 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



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