SWEETEN YOUR DAY
Organic oolong tea and peach make for an excellent choice on a hot summer day. Add a splash of sparkling water — also found at your co-op — and create a refreshing, homemade sparkling drink. Honest sources from Fair Trade-Certified farms, so the Honest Teas are good for both you and for farmers.

4/$5
Honest Tea
Organic Tea
16 oz., selected varieties

3/$5
So Delicious Coconutmilk Yogurt
5.3 oz., selected varieties

3.99
Newman's Own Newman-O's Sandwich Cookies
13 oz., selected varieties

2/$10
Feel Good Foods Egg Rolls
9 oz., selected varieties

Slice fruit into a fizzy drink for outdoor relaxation.
De-stress and soak up the sun.
more protein than sugar!

At siggi’s, we make yogurts with simple ingredients and not a lot of sugar. Our products are based on Scandinavian dairy traditions, such as skyr, the traditional Icelandic yogurt.

- **4/$5** Siggi’s Lowfat Yogurt 5.3 oz., selected varieties
- **4/$5** Siggi’s Triple Cream Yogurt 4 oz., selected varieties
- **4/$5** Siggi’s Whole Milk Yogurt 4.4-5.3 oz., selected varieties
- **4.99** Siggi’s Whole Milk Yogurt 24 oz., selected varieties

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2.29  
Ellenos Greek Yogurt 5.3 oz., selected varieties

3.99  
Stonyfield Organic Kids Yogurt Tubes 8 ct., selected varieties

4.99  
Oatly Plain Oatgurt 24 oz.

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**taste the cold-pressed difference**

Experience the taste of real oranges from this cold-pressed, organic orange juice. Made with oranges that are picked and squeezed at their peak of sweet flavor. Packed with vitamin C.

**6.99** Evolution Fresh Organic Juices 59 oz., selected varieties

**5/$5** Chobani Greek Yogurt 5.3 oz., selected varieties

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Have a solid start to your mornings.

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

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rebbl Organic Elixir</td>
<td>$6</td>
<td>2 for $6, 12 oz., selected varieties</td>
</tr>
<tr>
<td>Kite Hill Almond Milk Yogurt</td>
<td>$3.99</td>
<td>16 oz., selected varieties</td>
</tr>
<tr>
<td>Chameleon Cold Brew Coffee Concentrate</td>
<td>$7.99</td>
<td>32 oz., selected varieties</td>
</tr>
<tr>
<td>Field Roast Chao Slices</td>
<td>$4.49</td>
<td>7 oz., selected varieties</td>
</tr>
<tr>
<td>Ripple Plant-based Milk</td>
<td>$3.49</td>
<td>48 oz., selected varieties</td>
</tr>
<tr>
<td>Kevita Organic Sparkling Probiotic Drink</td>
<td>$2</td>
<td>15.2 oz., selected varieties</td>
</tr>
<tr>
<td>C2O Coconut Water</td>
<td>$3</td>
<td>17.5 oz., selected varieties</td>
</tr>
<tr>
<td>Beyond Meat Beyond Burger</td>
<td>$4.99</td>
<td>Introducing the better-than-ever Beyond Burger. For your health, for your planet and for your BBQ.</td>
</tr>
<tr>
<td>Alo Aloe Drink</td>
<td>$3</td>
<td>16.9 oz., selected varieties</td>
</tr>
</tbody>
</table>

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**Brands you trust at your co-op.**

Some items may not be available at all stores or on the same days.
2/$7
Jonny Pops Frozen Bars
8.25 oz., selected varieties

3.99
Organic Valley String Cheese
6 oz.

4.49
Miyoko's Creamery Vegan Cheese Slices
8 oz., selected varieties

5.49
Applegate Sliced Deli Meat
6 oz., selected varieties

3.99
Mt. Vikos Feta Cheese
6-7 oz., selected varieties

4.99
Little Northern Bakehouse Gluten-free Bread
16-17 oz., selected varieties

3.99
Rumiano Organic Cheese
8 oz., selected varieties

5.49
Vital Farms Organic Large Pasture-raised Eggs
1 doz.

Sales for the best summer days.
3.99
Talenti
Gelato or Sorbetto
1 pint, selected varieties

6.99
Amy's
Pizza
9.1-14 oz., selected varieties

2/$5
Annie's Homegrown
Frozen Mac & Cheese
7.5 oz., selected varieties

Load your freezer with favorite meals from the co-op.
Delicious, reliable meals.

2/$5
Stahlbush Island Farms
Frozen Vegetables
10 oz., selected varieties

3.99
Quorn
Meatless Nuggets
10.6 oz.

3.99
Oatly
Non-dairy Frozen Dessert
1 pint, selected varieties

4.49
Canyon Bakehouse
Gluten-free Hamburger Buns
12 oz.

6.49
Caulipower
Cauliflower Crust Pizza
11.6 oz., selected varieties

2/$8
Jolly Llama
Dairy-free Gluten-free Coconut Cream Cones
3 ct., selected varieties

Favorite meals for the whole family.

Some items may not be available at all stores or on the same days
school nights con Siete

We are a Mexican-American brand, rooted in family, that makes delicious grain free products. We want to bring families together around the table with heritage-inspired foods made from simple, clean ingredients that everyone can enjoy.

2/$7
Siete Hot Sauce
5 oz., selected varieties

4.99
Siete Cashew Queso
10.8 oz.

7.99
Siete Grain-free Tortillas
7 oz.

3.99
Crown Prince Albacore Tuna in Spring Water
5 oz., selected varieties

2/$4
Near East Couscous Mix or Rice Pilaf
4.7-10 oz., selected varieties

3.29
Ancient Harvest Organic Polenta
18 oz., selected varieties

meals with more yum

Made with 10 grams of protein and organic shell-shaped pasta, this real cheese goodness is perfect for lunch time, dinner time or anytime you’re craving something downright delicious.

10/$10
Annie’s Homegrown Mac & Cheese
5.25-6 oz., selected varieties

3/$5
Mike’s Mighty Good Ramen Soup Packs or Cups
1.6-2.4 oz., selected varieties

4.99
Sir Kensington’s Classic Mayonnaise
12 oz.

Flavorful options for busy fall days.

Some items may not be available at all stores or on the same days
**Pantry Essentials**

Fill up your basket with all your favorites! Add **Woodstock** organic, non-GMO peanut butter to a smoothie, **Natural Sea** non-GMO wild tuna to a salad or **Koyo** non-GMO ramen, made with organic noodles, to your next bowl. Endless possibilities!

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Koyo Ramen</td>
<td>5/$5</td>
<td>2-2.1 oz., selected varieties</td>
</tr>
<tr>
<td>Natural Sea Yellowfin Tuna</td>
<td>2/$5</td>
<td>5 oz., selected varieties</td>
</tr>
<tr>
<td>Woodstock Organic Peanut Butter</td>
<td>7.99</td>
<td>35 oz., selected varieties</td>
</tr>
<tr>
<td>Field Day Organic Tomatoes</td>
<td>2.39</td>
<td>28 oz., selected varieties</td>
</tr>
<tr>
<td>Westbrae Organic Beans</td>
<td>2/$4</td>
<td>15 oz., selected varieties</td>
</tr>
<tr>
<td>Woodstock Organic Ketchup</td>
<td>2.49</td>
<td>20 oz.</td>
</tr>
</tbody>
</table>

**Scoop up the savings in bulk!**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic Quick Rolled Oats</td>
<td>1.39</td>
<td>per pound in bulk</td>
</tr>
<tr>
<td>Organic Dried Cranberries</td>
<td>4.49</td>
<td>per pound in bulk</td>
</tr>
<tr>
<td>Raw Walnut Halves &amp; Pieces</td>
<td>5.99</td>
<td>per pound in bulk</td>
</tr>
</tbody>
</table>

**Shop the co-op for essential ingredients.**

Some items may not be available at all stores or on the same days.
Santa Cruz Organic® and R.W. Knudsen Family® help make delicious lunches simple for the whole family. With high-quality ingredients, these Non-GMO Project®-Verified products deliver tastes you can count on for school, work or home. Stock up today.

2/$3
Santa Cruz Organic Lemonade
32 oz., selected varieties

2/$5
R.W. Knudsen Organic Juice
4 pack, selected varieties

2/$6
Santa Cruz Organic Applesauce
6-4 oz. cups, selected varieties

4.49
Santa Cruz Organic Roasted Peanut Butter
16 oz., selected varieties

2/$5
Que Pasa Organic Tortilla Chips
11 oz., selected varieties

2.29
Guayaki Organic Yerba Mate
15.5 oz., selected varieties

Back to Nature® snack attack

This school year calls for the best snacks yet! Non-GMO Project Verified, kosher, plant based and delicious — Back to Nature is the perfect option for the lunch box or after school.

2/$5
Back To Nature Organic Crackers
3.5-8.5 oz., selected varieties

3.99
LaCroix Sparkling Water
12-12 oz. cans, selected varieties

Meals for school or work made easy.

Some items may not be available at all stores or on the same days
2/$7
Made Good Organic Granola Bars
6-0.85 oz. bars, selected varieties

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

3/$5
Topo Chico Mineral Water
25.4 oz.

2/$7
Honest Kids Organic Juice Drink
8 pack, selected varieties

4.99
Lily’s Chocolate Peanut Butter Cups
3.2 oz., selected varieties

2/$3
Gimme Organic Seaweed Snacks
0.35 oz., selected varieties

2/$4
Late July Tortilla Chips
5.5 oz.

2/$6
Late July Organic Mini Peanut Butter Crackers
5 oz.

2/$6
Snyder’s Gluten-free Pretzel Sticks
8 oz.

2/$7
Kettle Brand Potato Chips
13 oz.

snacks for school

Kettle Brand® Potato Chips, Snyder’s of Hanover® Pretzels and Late July® Tortilla Chips and Crackers are snacks everyone loves! Perfect for school-day breaks and late-night study sessions.

Don't let a snack attack sneak up on you.

Some items may not be available at all stores or on the same days.
get ready to hop back to school

It’s time to start filling backpacks with snacks because school is back in session. Help everyone crush the day with a kickstart from Cascadian Farm and Annie’s. Plus, earn Box Tops for Education with every purchase to help give back to your school!

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Price</th>
<th>USDA Organic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annie’s Homegrown Organic Bunny Fruit Snacks</td>
<td>2/$5</td>
<td></td>
</tr>
<tr>
<td>Annie’s Homegrown Organic Bunny Crackers &amp; Grahams</td>
<td>2/$5</td>
<td></td>
</tr>
<tr>
<td>Cascadian Farm Organic Granola Bars</td>
<td>2/$6</td>
<td></td>
</tr>
<tr>
<td>Cascadian Farm Organic Cereal and Granola</td>
<td>2/$6</td>
<td></td>
</tr>
<tr>
<td>Tera’s Whey Whey Protein Powder</td>
<td>16.99</td>
<td></td>
</tr>
<tr>
<td>EnviroKidz Organic Cereal</td>
<td>2/$6</td>
<td></td>
</tr>
<tr>
<td>Birch Benders Pancake &amp; Waffle Mix</td>
<td>3.99</td>
<td></td>
</tr>
</tbody>
</table>

intentional ingredients, irresistible taste

Purely Elizabeth Original Ancient Grain Granolas salty-sweet clusters are made with organic ancient grains and superfood seeds, for easy nourishment and irresistible taste.

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Price</th>
<th>USDA Organic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purely Elizabeth Organic Granola</td>
<td>3.99</td>
<td></td>
</tr>
<tr>
<td>Rice Dream Rice Drink</td>
<td>2/$6</td>
<td></td>
</tr>
</tbody>
</table>

Breakfast favorites all day long.

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<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Probar Meal Bar</td>
<td>2/$5</td>
</tr>
<tr>
<td>3 oz., selected varieties</td>
<td></td>
</tr>
<tr>
<td>Luna Nutrition Bar</td>
<td>5/$5</td>
</tr>
<tr>
<td>1.69 oz., selected varieties</td>
<td></td>
</tr>
<tr>
<td>Celestial Seasonings Herbal Tea</td>
<td>2/$6</td>
</tr>
<tr>
<td>18-20 tea bags, selected varieties</td>
<td></td>
</tr>
<tr>
<td>Avalon Organics Shampoo or Conditioner</td>
<td>6.99</td>
</tr>
<tr>
<td>11 oz., selected varieties</td>
<td></td>
</tr>
<tr>
<td>Childlife Liquid Vitamin C</td>
<td>5.99</td>
</tr>
<tr>
<td>4 oz.</td>
<td></td>
</tr>
<tr>
<td>Nature’s Way Sambucus Elderberry Gummies</td>
<td>15.99</td>
</tr>
<tr>
<td>60 ct.</td>
<td></td>
</tr>
<tr>
<td>Nutrition Now PB 8 Probiotic</td>
<td>16.99</td>
</tr>
<tr>
<td>120 ct., selected varieties</td>
<td></td>
</tr>
<tr>
<td>Neocell Collagen Powder</td>
<td>14.99</td>
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<tr>
<td>7 oz.</td>
<td></td>
</tr>
<tr>
<td>Rainbow Light Women’s One Multivitamin Gummies</td>
<td>15.99</td>
</tr>
<tr>
<td>Unflavored</td>
<td></td>
</tr>
<tr>
<td>Natural Vitality Calm Gummies</td>
<td>21.99</td>
</tr>
<tr>
<td>120 gummies</td>
<td></td>
</tr>
<tr>
<td>Renew Life Women’s Care Probiotic Ultimate Flora</td>
<td>39.99</td>
</tr>
<tr>
<td>30 capsules</td>
<td></td>
</tr>
</tbody>
</table>

**Empowering Wellness**

As trusted leaders in natural wellness, we understand everyone has unique needs. That’s why we use quality ingredients, backed by science, in all our brands — to build a stronger foundation for health.

**Feel great with supplements from the co-op.**

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## Shop for fresh, delicious, local food at a co-op near you.

**ILLINOIS**
- Common Ground Food Co-op
- Dill Pickle Food Co-op
- Green Top Grocery
- 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
- Good Earth Food Co-op
- 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
- Spiral Food 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**
- Natural Abundance Food Co-op
- Sioux Falls Co-op

**WISCONSIN**
- Basics Cooperative Natural Foods
- Chequamegon Food Co-op
- Just Local Food Cooperative
- Menomonie Market Food Co-op
- Oshkosh Food Co-op
- Outpost Natural Foods Co-op
- People’s Food Co-op – La Crosse
- Viroqua Food Co-op
- WE Market Co-op
- Willy Street Co-op

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### Special Deals

#### 8.99
**Alaffia Body Wash**
32 oz., selected varieties

#### 2.99
**Seventh Generation Baby Wipes**
64 ct.

#### 6.99
**Sukin Shampoo or Conditioner**
16.9 oz., selected varieties

#### 7.99
**Everyone 3in1 Soap**
32 oz., selected varieties

#### 6.99
**Thayers Witch Hazel Toner**
12 oz., selected varieties

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Co-ops support products and services that benefit personal and planetary health; a legacy we can be proud to leave generations to come.

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welcometothetable.coop