

# coop deals

NOV 13 - DEC 3, 2019

## side dish standouts

### SIMPLY DELICIOUS

While the turkey roasts, whip up a classic side dish that will delight you with its simplicity and your guests with its deliciousness. Grab some Cascadian Farm green beans and top with candied pecans and chopped bacon. Yum!



**2/\$5**

Cascadian Farm  
Organic Frozen Vegetables  
16 oz., selected varieties



**2.79**

Bob's Red Mill  
Gluten-Free  
Cornbread Mix  
20 oz.  
other Bob's Red Mill  
products also on sale



**2/\$6**

Pacific  
Organic Broth  
32 oz., selected varieties



**4.49**

Garrett Valley  
Uncured  
Sugar-Free  
Bacon  
8 oz., selected  
varieties



No matter the season, you are the co-op difference.

**Thank you for shopping!**

joy to deliciousness

It's no coincidence that delicious is our name. Make your dairy-free holiday brighter with tasty **So Delicious** Holiday Nog, Coconutmilk Yogurt Alternative, Coconutmilk Creamer and CocoWhip! Together, they make everything better. Now, that's a reason to celebrate.



**2/\$4**

So Delicious  
Organic Coconutmilk  
Creamer  
16 oz.



**2.99**

So Delicious  
Coconutmilk  
Holiday Nog  
32 oz.



**2.99**

So Delicious  
Coco  
Whip Topping  
9 oz.



**4.99**

So Delicious  
Coconutmilk Yogurt  
Alternative  
24 oz.



Pleasing your holiday guests is easy when you shop the co-op.

**Easy options for any diet.**



**4.99**

Field Roast  
Celebration Roast  
16 oz.



**10.99**

Tofurky  
Plant-based Ham  
Style Roast  
19 oz., selected varieties



**2/\$4**

Imagine  
Organic Gravy  
13.5 oz., selected  
varieties



**6.99**

Bonafide  
Provisions  
Organic Bone  
Broth  
24 oz., selected varieties

**We love to see you at the co-op!**





**2.99**  
Mediterranean  
Organic  
Olives  
8.1-8.5 oz., selected  
varieties



**3.49**  
Divina  
Fig Spread  
9 oz., selected varieties



## charcuterie board wanted

Applegate's traditional Italian dry cured items are all third-party-certified humanely raised. Each product is minimally processed with no chemical nitrates or nitrites, no antibiotics, and no growth hormones or artificial ingredients added.

**3.49**

Applegate  
Salami  
4 oz., selected varieties



From starters to sides, the co-op has what you need.

**Holidays made easy.**



**2.99**  
Woodstock  
Organic  
Cranberry Sauce  
14 oz., selected varieties



**3.99**  
Pamela's  
Gluten-Free  
Cornbread &  
Muffin Mix  
12 oz.  
other Pamela's products  
also on sale



**5.99**  
Bubbies  
Kosher Dill  
Pickles  
33 oz.



**2/\$4**  
Stahlbush Island  
Farms  
Frozen Vegetables  
8-10 oz., selected  
varieties



**10.99**  
Napa Valley  
Naturals  
Organic Extra  
Virgin Olive Oil  
25.4 oz.



**3.99**  
Organic Valley  
Parmesan Cheese  
4 oz., Shredded or  
Grated, selected  
varieties

**Everything you need for a gourmet gathering.**



**3.99**

**Organic Valley  
Ultra-Pasteurized  
Milk**  
64 oz., selected varieties



*alive like you*

Mojita Lime Mint Coconut by **KeVita** is the perfect marriage of cool mint and zesty lime. Fermented with our proprietary water kefir culture, KeVita's sparkling probiotic drinks have billions of probiotic cultures to make you feel alive!

**2/\$5**

**KeVita  
Organic Sparkling  
Probiotic Drink**  
15.2 oz., selected varieties



**3.99**

**Califia Farms  
Oatmilk**  
32 oz., selected varieties



**1.99**

**So Delicious  
Oat Creamer**  
16 oz., selected varieties



**3.99**

**Organic Valley  
Grassmilk Yogurt**  
24 oz., selected varieties



**5.99**

**Chobani  
Greek Yogurt**  
32 oz., selected varieties

*our commitment*

**Organic Valley** farmers believe in the importance of providing local, organic dairy products for the communities they live in. For more than 30 years, our farmer-owned cooperative has been committed to producing nutritious organic products in harmony with the earth and with respect for animals. Learn more at [OrganicValley.coop](http://OrganicValley.coop).



**2/\$6**

**Organic Valley  
Cream Cheese**  
8 oz.



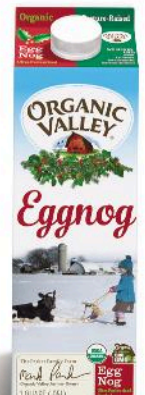
**2.79**

**Organic Valley  
Grassmilk Half & Half**  
16 oz.



**4.99**

**Organic Valley  
Ricotta Cheese**  
15 oz.



**4.49**

**Organic Valley  
Egg Nog**  
32 oz.

**Find great holiday food you'll love at the co-op.**





**4.49**

**Miyoko's  
Organic Cultured  
Vegan Butter**  
8 oz.



**7.99**

**Spectrum  
Organic Canola  
Oil**  
32 oz.  
other Spectrum  
products also on sale



*great buttery taste*

**Earth Balance** Original Buttery Spread has made its name as the ultimate toast topper and a crucial part of your dairy-free baking. It's creamy, spreadable, rich and buttery.

**3.99**

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



Pumpkin. apple, lemon meringue, french silk.  
**Bake up the perfect pie.**

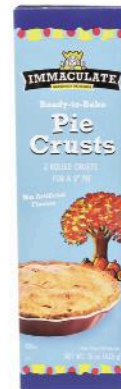


*only the good stuff*

Save room for dessert! Our best-selling organic ice cream and other frozen treats are the perfect complement to your special meal!

**5.99**

**Alden's Organic  
Ice Cream**  
48 oz., selected varieties



**2.99**

**Immaculate  
Pie Crusts**  
15 oz.

**Sweet treats to celebrate the season.**



*sustainably sourced, expertly roasted*

**Equal Exchange** continues to build a more equitable and sustainable way of bringing delicious products to your table. Our coffee is thoughtfully sourced from innovative global farmer groups and organically grown with care for the surrounding ecosystem. Our worker-owned cooperative supports long-term partnerships that help keep small farming communities thriving!

**2/\$5**

Equal Exchange  
Chocolate Bars  
2.8 – 3.5 oz.,  
selected varieties

**2/\$7**

Equal Exchange  
Organic Tea  
.85 – 1.41 oz.,  
selected varieties

**5.99**

Equal Exchange  
Fair Trade Organic  
Cocoas  
8 – 10 oz.,  
selected varieties

**6.99**

Equal Exchange  
Organic Coffee  
10 – 12 oz.,  
selected varieties



*crave-worthy cacao*

This holiday season, substitute delicious **Navitas** cacao powder into any recipe that calls for baking cocoa. It's that easy to get a certified-organic alternative!

**6.99**

**Navitas**  
**Organic Cacao Powder**  
8 oz.  
other Navitas products also on sale



**3.49**

**Wholesome**  
**Organic Brown Sugar**  
24 oz., selected varieties  
other Wholesome products also on sale



**16.99**

**Frontier**  
**Organic Vanilla Extract**  
4 oz.  
other Frontier products also on sale



**99¢**

Organic Rolled Oats  
per pound in bulk

**3.29**

Sweetened Dried  
Cranberries  
per pound in bulk

**13.99**

Organic Pecan  
Halves and Pieces  
per pound in bulk



**Need just a pinch or a full pound? Shop bulk.**





**LOTUS  
FOODS**  
RICE IS LIFE®



**1.79**

**Lotus Foods**  
**Organic Jasmine Rice**  
per pound in bulk, selected varieties

*love your  
leftovers*

**TURKEY WILD RICE SOUP**

Don't let those leftovers go to waste! Add turkey to a creamy and hearty turkey wild rice soup recipe. Have lots of leftovers? Make an extra batch of soup to freeze for later. Find the full recipe at [www.strongertogether.coop](http://www.strongertogether.coop)



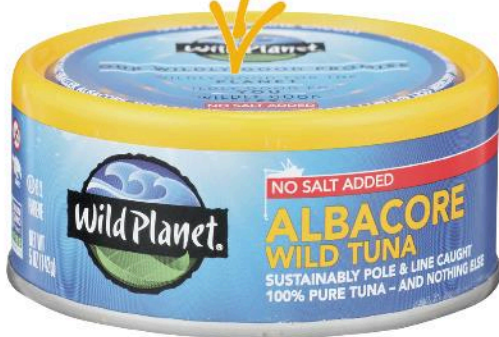
**3.49**

**Lundberg Family Farms**  
**Wild Rice Blend**  
16 oz.  
other Lundberg rice varieties also on sale



**3/\$5**

**Near East**  
**Couscous Mix or**  
**Rice Pilaf**  
5.25-6.75 oz., selected varieties



*simple, sustainable,  
downright sensational.*

With no added liquid to drain, our 100% pole- and line-caught tuna is delicious in a sandwich, over a salad or even straight from the can!

**2.99**

**Wild Planet**  
**Albacore Tuna**

3-5 oz., selected varieties  
other Wild Planet products also on sale



**4.49**

**Canyon Bakehouse**  
**Bread**  
14-18 oz., selected varieties



**2/\$7**

**Montebello**  
**Organic Pasta**  
16 oz., selected varieties

**Stock your pantry with deals on meal essentials.**



**4/\$5**

**Larabar  
Protein Bar**  
1.84 oz., selected varieties



**4.99**

**Lakewood  
Pure Carrot Juice**  
32 oz., other Lakewood  
Juices on sale



**2/\$6**

**R.W. Knudsen  
Organic Sparkling  
Apple**  
750 ml.,



**2.79**

**Kashi  
Organic Cereal**  
6.5-20 oz., selected  
varieties



**2/\$3**

**Peter Rabbit  
Organic Fruit  
Snack**  
4-4.4 oz., selected  
varieties

## better brunch deals

### GET READY FOR GUESTS

Family and friends staying with you over the holiday? Have breakfast staples on hand so your guests stay well-fed and energized for all the fun festivities. Coffee, cereal, tea and juices are all on sale and will satisfy a variety of taste preferences!



**Delicious deals from your co-op.**



# it's snacktacular

## SAVE BIG FOR GAME TIME

A weekend full of big games means lots of snacks! For dips, chips and all the ingredients for fan-favorite nachos, the co-op is your snack headquarters. Pick up a six-pack (or three) of your favorite beverage, and you're set!



**2/\$5**

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



**3/\$5**

Project 7  
Gourmet  
Gummies  
2 oz., selected varieties



**2/\$5**

Beanitos  
Bean Chips  
6 oz., selected varieties



**2/\$5**

Taza Organic  
Chocolate Bar  
2.5 oz., selected varieties



**3.69**

everyday low price  
Field Day  
Organic Cookies  
8 oz., selected varieties



**3/\$4**

Topo Chico  
Sparkling Mineral  
Water  
25.4 oz.



**2/\$5**

Blue Diamond  
Artisan Nut Thins  
4.25 oz., selected  
varieties



**Snack on the savings at the co-op!**



**7.99**  
Bach  
Rescue Remedy  
Pastilles  
50 grams, selected  
varieties



**9.99**  
Similasan  
Eye Drops  
.33 oz., selected varieties



**10.99**  
Nature's Way  
Sambucus  
Elderberry Syrup  
4 oz., selected varieties



**16.99**  
Nutrition Now  
PB 8 Probiotic  
120 ct., selected  
varieties



**15.99**  
Tera's Whey  
Protein Powder  
12 oz., selected varieties



**27.99**  
Terry Naturally  
CuraMed 750 mg.  
30 ct



**9.99**  
Natural Factors  
DGL Licorice  
Root  
90 ct.



**14.99**  
NutriGold  
Women's One  
Daily  
30 ct.



**19.99**  
Enzymedica  
Digest Gold  
45 ct.

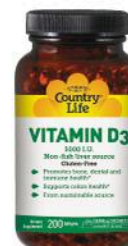
*all is calm*

### STAY WELL ALL SEASON

In the busy holiday season, your body may need a little extra care. Incorporate vitamins and supplements like echinacea and vitamin C into you daily regimen, and drink herbal teas to warm sore throats. Shop the co-op's wellness department for healthful deals!



**10.99**  
Herb Pharm  
Rapid Immune  
Boost  
1 oz.



**13.99**  
Country Life  
Vitamin D3 5,000  
IU  
200 ct., selected  
varieties

**Thank you for choosing to shop the co-op!**



# sustainable entertaining

## GO GREEN ALL SEASON

Big meals can generate a lot of waste, but shopping the co-op will help you be a more sustainable host. Stop by the bulk aisle for just the right amount of spices and ingredients. Grab some compostable serveware and paper products, or use your own cloth napkins. Go green on the clean-up, too, with chemical-free products. The co-op is full of options!



## for a better world

World Centric helps reduce the environmental impact of single-use serveware. We also donate 25% of net profits to social and environmental causes.

# 2.99

**World Centric  
Compostable Plates**

20 ct.  
other World Centric products also on sale



# 2/\$4

**Seventh Generation  
Natural Unbleached Paper  
Towels**

120 ct.  
Bath Tissue also on sale



# 3.99

**Mrs. Meyer's  
Hand Soap**  
12.5 oz., selected  
varieties



# 2.49

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



## Go green and save with these deals.

## 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  
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)*



*made in the USA*

Socks made from soft organic Merino wool with a thick cushion throughout. Your feet will keep on stepping in comfort. Our socks have been made in the USA at family-run knitting mills for over 27 years.

**16.99**

**Maggie's  
Killington Hiker Socks**  
per pair, selected varieties



**6.99**  
**Alba Botanica  
Skin Care**  
8 oz., selected varieties



**8.99**  
**Jason  
Body Wash**  
30 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

MW1119B

**coop**  
stronger together