

co+op deals

MAY 13 - JUN 2, 2020

fire up
the grill!

ENJOY THE WEATHER

It's time to dine al fresco! From staples like burgers, hot dogs and brats to veggies, condiments, drinks and Kettle Sea Salt chips, the co-op has everything you need to host the perfect summer gathering. So gather your friends and family, and fire up the grill!



2/\$4

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



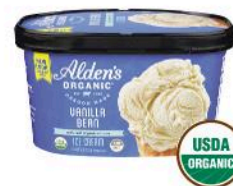
2.49

**Woodstock
Organic Ketchup**
20 oz.



3.99

**Applegate
Uncured Beef Hot
Dogs**
10 oz., selected varieties



5.99

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



Summer begins with co-op favorites!
**Everything for picnics
and cookouts!**



5/\$5

Wallaby
Organic Whole
Milk Yogurt
5.3 oz., selected varieties



3/\$4

Silk
Soy Yogurt
5.3 oz., selected varieties



2/\$3

So Delicious
Coconut Milk
Yogurt
5.3 oz., selected varieties



2.29

Organic Valley
Organic Half &
Half
16 oz.



3.99

Califia Farms
Oat Creamer
25.4 oz., selected varieties



2/\$5

Health Ade
Organic
Kombucha
16 oz., selected varieties



2/\$5

GT's
Organic Aqua
Kefir
16 oz., selected varieties



4.99

Organic Valley
Cheese
8 oz.



2/\$6

Hope
Organic Hummus
8 oz., selected varieties



2/\$4

Brew Dr.
Organic
Kombucha
14 oz., selected varieties



2/\$4

ProBar Live
Probiotic
Nutritional Bar
2 oz., selected varieties



3.99

Miyoko's
Organic Vegan
Cream Cheese
8 oz.



6.99

Caulipower
Chicken Tenders
14 oz.

Wake up with these morning favorites!

gluten-free
without
compromise

If you're craving a quick and yummy meal, dig into an **Udi's** pizza, with crust so crisp and thin it's hard to believe it's gluten-free. Or enjoy our soft, delicious Multigrain Bread with all that hearty grain flavor. Udi's is everything you love and gluten free too!



3.99

Udi's
Ancient Grain Millet-
Chia Bread
14.2 oz.



3.99

Udi's
Multigrain
Sandwich Bread
12 oz.



4.99

Udi's
Crispy Thin Crust
Pizzas
9"



3.99

Ben & Jerry's
Ice Cream
1 pint, selected varieties



4.99

Luna & Larry's
Coconut Bliss
Frozen Dessert
1 pint, selected varieties



3.99

Halo Top
Ice Cream
1 pint, selected varieties



2/\$7

Talenti
Gelato or Sorbetto
1 pint, selected varieties



2/\$4

Stahlbush Island
Farms
Frozen Vegetables
8-10 oz., selected
varieties



3.49

Dr. Praeger's
Veggie Burgers
4 ct., selected varieties



2/\$7

Quorn
Meatless Nuggets
10.6 oz.

Stock up on some sweet savings at the co-op.

Bring something good to the table with **Woodstock's** organic condiments and pickled vegetables. Our all-American flavors are always delicious and will keep your guests coming back for more!

Woodstock summer favorites!

3.49

Woodstock
Organic
BBQ Sauce
18 oz., selected varieties

3.99

Woodstock
Organic Pickles
24 oz., selected varieties



3.99

Woodstock
Organic
Sweet Relish
16 oz.

3.99

Woodstock
Organic
Mayonnaise
16 oz.



4.99

Beyond Meat
The Beyond
Burger
8 oz.



4.99

Field Roast
Vegan
Frankfurters
16 oz.



5.99

Bubbies
Sauerkraut
25 oz.



2/\$5

Barbara's
Cheese Puffs
5.5-7 oz., selected
varieties



3/\$4

Hubert's
Lemonade
16 oz., selected varieties



decadent and dairy-free

Celebrate the LGBTQIA+ community with Coolhaus' new peppermint frozen dessert adorned with chocolate cookie crumbs and a thick purple marshmallow swirl. Also, try the dairy-free vanilla — it's naturally flavored with Tahitian and Madagascar vanilla beans!

2/\$8

Coolhaus
Dairy-Free Ice Cream
1 Pint, selected varieties

The co-op has delicious summertime options.



4/\$5

**Honest
Organic Tea**
16 oz., selected varieties



2/\$3

**Ever & Ever
Water**
16 oz., selected varieties



perfect snack crackers

Delicious gluten-free snacks aren't something new we've cooked up — we've been perfecting them for over 30 years. And as long as people love delicious food, we don't plan on stopping.

2/\$6

**Glutino
Crackers**
4.4-7 oz., selected varieties



2/\$3

**San Pellegrino
Sparkling Mineral
Water**
750 ml.



4.49

**Q Drink
Drink Mixers**
750 ML, selected
varieties



2/\$8

**Hu Kitchen
Grain-Free
Crackers**
4.25 oz., selected varieties

savor summer

Make your summer delicious with foods and beverages you can feel good about. Look for the **R.W. Knudsen Family®**, **Santa Cruz Organic®** and **Sahale Snacks®** logos to choose products made from the highest-quality, thoughtfully sourced ingredients.



2/\$3

**Santa Cruz
Organic
Lemonade**
32 oz.



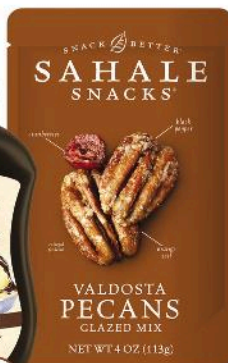
2/\$4

**R.W. Knudsen
Organic Lemon
Recharge**
32 oz.



3.99

**Santa Cruz
Organic Chocolate
Syrup**
15.5 oz., selected varieties



2/\$7

**Sahale Snacks
Glazed
Nut Blend**
4 oz., selected varieties

Great beverages and snacks at the co-op.



2/\$7

**Vita Coco
Coconut Water**
33.8 oz., selected
varieties



3.99

**Green Mountain Gringo
Salsa**
16 oz., selected varieties



3.99

**Unreal
Chocolate Nut Butter
Cups or Gems**
4-6 oz., selected varieties



4.49

**Waterloo
Sparkling Water**
12-12 oz. cans, selected
varieties



2/\$5

**Madécasse
Chocolate Bar**
2.64 oz., selected
varieties



2/\$7

**Tony's Choclonely
Chocolate Bar**
6.35 oz., selected varieties



2/\$4

**Kettle Brand
Avocado Oil
Potato Chips**
4.2 oz.



2/\$6

**Late July
Organic Salsa**
15.5 oz.



2/\$5

**Late July
Organic
Restaurant Style
Tortilla Chips**
11 oz.



2/\$5

**Late July
Organic Thin
& Crispy
Potato Chips**
5 oz.

*cookout
approved*

Kettle Brand® and **Late July®** are here to satisfy your cravings! Whether you need salsa to kick things up a notch or you enjoy chips straight out of the bag, we've got you covered. Grab one of each to make sure your summer barbecues are complete. Great taste, quality ingredients and no shortcuts: it's the best addition to any cookout!

There's something for everyone at the co-op!



3/\$5

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



15.99

California Olive
Ranch
100% California Extra
Virgin Olive Oil
25.4 oz., selected varieties



4.49

Divina
Bloody Mary
Olives
6.7oz



2/\$6

Chickapea
Organic Pasta
8 oz., selected varieties



2.29

San-J
Tamari Soy Sauce
10 oz.



2/\$7

Organicville
Organic Ketchup
24 oz.



10/\$10

Muir Glen
Organic Tomatoes
14.5 oz., selected varieties



2/\$6

Annie's Homegrown
Organic Dressing
8 oz., selected varieties



3.49

Organic Raw
Pumpkin Seeds
per pound in bulk



5.99

Organic Mission Figs
per pound in bulk



9.99

Organic Walnut
Halves & Pieces
per pound in bulk



Meal solutions for you and your family.

fuel your day

At **Clif** we're guided by our values. We call them our Aspirations — like striving to create a healthy and sustainable food system, ensuring our brands and business are healthy so we can do more good, and caring about the people, places and communities we touch.



10/\$10

Luna Bars
1.69 oz., selected varieties



10/\$10

Clif Bars
2.4 oz., selected varieties



4/\$5

Clif Builders
2.4 oz., selected varieties



Quick, affordable and delicious.

**Find on-the-go snacks
at the co-op.**



3/\$5

Epic
Performance Bar
1.87 oz., selected
varieties



2/\$4

GoMacro
Organic Macrobar
2-2.5 oz., selected
varieties



8.99

Justin's
Almond Butter
16 oz., selected varieties



5/\$3

Nature's Bakery
Fig Bar
2 oz., selected varieties



2.99

Golden Temple
Granola
per pound in bulk,
selected varieties



Energy-boosting snacks for on the go.



5.99

Sweetleaf
Stevia Sweetener
2 oz., selected varieties



healthy and tasty snacks

Delicious snacks perfect for the whole family and every occasion. KIND products are made with nutritionally dense ingredients like whole nuts and grains and real fruits — no secret ingredients and no artificial flavors, preservatives or sweeteners.

3.99

Kind
Healthy Grains Clusters
11 oz., selected varieties



Start your mornings off right.

Great breakfast options at the co-op!



a sustainable food future

Organic food and farming are the best ways to care for our bodies and the planet. Nature's Path always has and will stand for what we believe is right — and what organic truly means.

2/\$7

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



7.99

Artisan Organics
Raw Coconut
Butter
14 oz., selected varieties



16.99

Four Sigmatic
Organic
Mushroom Coffee
12 oz.

Start the day with savings at the co-op.



here comes the sun

PRACTICE SUN SAFETY!

Did you know that skin is the largest organ in the human body? Your skin is amazing and needs TLC, especially when exposed to the sun. Protect yourself and your loved ones with non-toxic, environmentally friendly sunscreens from the co-op.



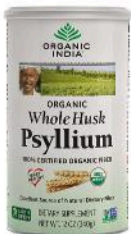
9.99

Smarty Pants
Baby Multivitamin
Drops
1 oz.



29.99

Emerald Heath
EndoCalm
60 ct.



10.99

Organic India
Organic Whole
Psyllium Husk
12 oz.



10.99

Emergen-C
Vitamin C
Supplement
18-30 ct., selected
varieties



19.99

Enzymedica
Digest Gold
45 ct.



5.99

Source Naturals
Melatonin 2.5 mg.
60 ct., selected varieties



15.99

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

Enjoy the summer sun in good health.



4.99

**Patch Burns & Blisters
Natural Bamboo
Bandages**
25 ct., selected varieties



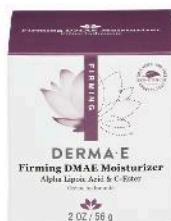
8.99

**Boion
Arnicare Gel or
Cream**
2.5-2.6 oz., selected
varieties



15.99

**Andalou Naturals
Face Cream**
1.7 oz., selected varieties



14.99

**Derma E
Alpha Lipoic
C-Ester
Retexturizing
Creme**
2 oz.



12.99

**Mineral Fusion
Volumizing Mascara**
.57 oz., selected varieties



Stock up on wellness products for the great outdoors!

**Get outside and enjoy
the weather.**



2.99

**Seventh
Generation
Baby Wipes**
64 ct.



7.99

**Alba Botanica
Sunscreen**
4 oz., selected varieties



3.99

**Better Life
All-Purpose
Cleaner**
32 oz., selected varieties



7.99

**Seventh
Generation
Unbleached Bath
Tissue**
12 ct.



Natural products for health and home.

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: welcometothetable.coop*



2/\$4

Terra
Vegetable Chips
5-6 oz., selected varieties



3.79

Zevia
Zero Calorie Soda
6-12oz. cans, selected varieties



2/\$5

Blue Diamond
Artisan Nut Thins
4.25 oz., selected
varieties

Co-ops support products and services that benefit 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

MW0520B

coop
welcome to the table