

co+op deals

FEB 5 - FEB 18, 2020

for the love of chocolate

CHOCOLATE ANY TIME OF DAY

Stop by the co-op and get ready to celebrate Valentine's Day all month long. Does anyone really need an excuse to stock up on chocolate, though?



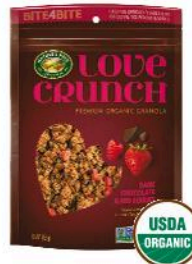
4.99

Alter Eco
Organic Chocolate
Truffles
4.2 oz., selected varieties



2/\$5

Chocolove
Chocolate Bar
2.9-3.2 oz., selected
varieties



3.79

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



3.99

Talenti
Gelato or
Sorbetto
16 oz., selected
varieties



Valentine's Day and every day

Find sweet deals at the co-op!



4/\$5

Nancy's
Organic Whole Milk
Yogurt
5.3 oz., selected varieties



5/\$5

Chobani
Greek Yogurt
5.3 oz., selected varieties



3.99

Ripple
Plant-based Milk
48 oz., selected varieties



3/\$5

Noosa
Yoghurt
8 oz., selected varieties



2/\$7

The Greek Gods
Greek Yogurt
24 oz., selected varieties



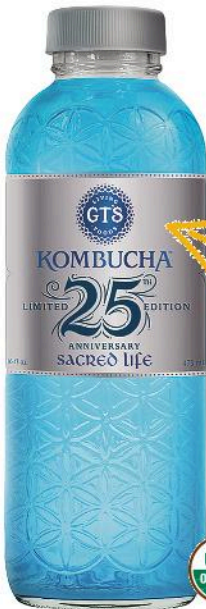
3.99

Organic Valley
Grassmilk Yogurt
24 oz., selected varieties



2/\$5

So Delicious
Organic Coconut
Milk Creamer
16 oz., selected varieties



*25th anniversary limited
edition offering*

May every sip from this bottle
inspire you to celebrate life and
remind you that all living things
are sacred.

2/\$5

GT's
Organic Kombucha
16 oz., selected varieties



2/\$7

So Delicious
Organic Coconut
Milk
64 oz., selected varieties



2/\$6

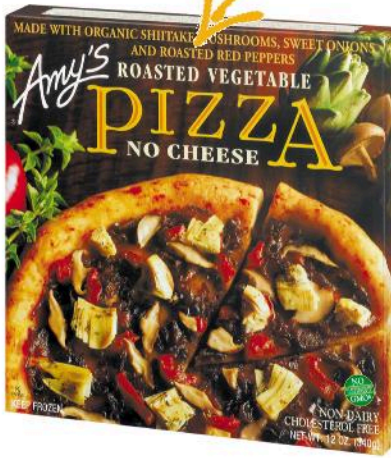
Koia
Protein Drink
12 oz., selected varieties

Love fermented foods? Shop the co-op.



5.99

Applegate
Organic Chicken
Strips
8 oz.



food without shortcuts

Delicious pizzas that are hand-stretched, topped with organic ingredients and GMO free. At Amy's we use the best ingredients for our customers, our farmers, our employees and our planet.

5.99

Amy's
Pizza

12-14 oz., selected varieties



3.99

Organic Valley
Snack Kit
2.36 oz., selected
varieties



3.99

Hodo Soy
Organic Tofu
Nuggets
8 oz., selected varieties



4.99

Caulipower
Cauliflower
Tortillas
5.3 oz., selected varieties



2/\$4

Hail Merry
Two-pack
Cups
1.52-1.76 oz., selected
varieties



3/\$5

Happy Baby
Organic Baby
Food
4 oz., selected varieties



2.99

Sambazon
Organic
Acai Bowl
6.1 oz., selected varieties



4.99

Little Northern
Bakehouse
Bagels
4 ct., selected varieties

The co-op has brands you'll love!



2/\$6

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



2/\$4

**Muir Glen
Organic Tomatoes**
28 oz., selected varieties



3/\$5

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



2/\$6

**Imagine
Organic Broth**
32 oz., selected varieties



2/\$4

**Tasty Bite
Organic Ready to
Heat Rice**
8.8 oz., selected varieties



1.49

**Field Day
Organic Beans**
15-15.5 oz., selected
varieties

real food fast



Primal Kitchen condiments, dressings, bars and collagen are made with high-quality real-food ingredients. Taste for yourself why our convenient culinary creations are uncompromisingly delicious.

5/\$5

**Primal Kitchen
Protein Bars**
11.3 oz., selected varieties

4.99

**Primal Kitchen
Ranch Dressing**
8 oz., selected varieties

6.99

**Primal Kitchen
Avocado Oil Mayo**
12 oz., selected varieties, other Primal
Kitchen condiments also on sale

29.99

**Primal Kitchen
Collagen Fuel**
13.1 – 13.9 oz., selected varieties

Healthy meals made easy.

snack in a snap

DIY TRAIL MIX

Make a one-of-a-kind trail mix for someone you're nuts about. The co-op's bulk section has all of the good stuff — like nuts, seeds, granola, dried fruit and chocolate. Simply combine a few scoops of their favorite ingredients, and store in an airtight container, for a crave-able anytime snack they're sure to love!



2/\$4

Mavuno Harvest
Organic Fruit Bites
1.76 oz., selected
varieties

new



2/\$7

Sahale
Snack Mix
4 oz., selected varieties



4.49

Simple Mills
Soft-Baked
Bars
5 ct., selected
varieties

new



2/\$5

Nicks Sticks
Meat Stick
1.7 oz., selected varieties

scoop up the savings in bulk!



1.49

Organic Yellow
Popcorn
per pound in bulk



2.29

Organic Kidney
Beans
per pound in bulk



9.99

Organic Roasted &
Salted Pistachios
per pound in bulk



Stock-up on family favorites at your co-op.



2/\$5

**Terra
Vegetable Chips**
4.2-6 oz., selected
varieties



3.39

**Field Day
Organic Salsa**
16 oz., selected varieties



top party picks

Get ready to entertain with a trip to the co-op for crowd-pleasing eats. No spread is complete without the chips and dip, so make sure to grab a bag or two while they're on sale!

2/\$7

**Garden Of Eatin'
Tortilla Chips**
16 oz., selected varieties



Great for any time of day.

Find tasty snacks at the co-op!



2/\$5

**Beanitos
Bean Chips**
4.5-5 oz., selected
varieties



3.99

**Mary's Gone
Crackers
Organic Crackers**
5-6.5 oz., selected
varieties



2/\$5

**Equal Exchange
Organic Chocolate Bar**
2.8 oz., selected varieties



Your support of the co-op makes a difference!

my yummy valentine

Blood oranges add a rosy tint and citrusy zest to these individual-sized yogurt parfaits with homemade cookies. A perfect treat to top off a Valentine's Day meal!



Chocolate Blood Orange Parfaits

Serves 12. Prep time: 30 minutes active; 50 minutes total.

- $\frac{3}{4}$ cup cocoa
- $2\frac{1}{2}$ cups powdered sugar
- $\frac{1}{8}$ teaspoon salt
- $1\frac{1}{2}$ teaspoons blood orange zest
- 4 large egg whites
- 1 cup walnuts, coarsely chopped
- 2 blood oranges
- 6 cups whole milk Greek yogurt
- $1\frac{1}{2}$ cups powdered sugar
- 2 teaspoons vanilla
- Mint sprigs, for garnish

1. Line a sheet pan with parchment. Heat oven to 350 degrees F. Zest one blood orange. In a large bowl or stand mixer, whisk cocoa, sugar and salt. In a glass measuring cup, combine egg whites and vanilla, then slowly beat into dry ingredients on low speed. Beat at medium speed for 2 minutes, until glossy. Add walnuts and orange zest, and mix into batter. Drop scant quarter-cup mounds three inches apart on the prepared pan, and use a spoon to spread the batter out to half-inch thick cookies.
2. Put sheet pan on the middle oven rack and reduce heat to 325 degrees F. Bake until thin cracks appear, about 15 to 17 minutes. Allow to cool completely before removing the cookies from the pan; peeling off the parchment paper if necessary.
3. Place yogurt in a medium bowl and stir in powdered sugar and vanilla. Reserve. Cut one blood orange in half, and squeeze over a small cup to extract the juice. Use a knife to slice the rind and pith away from the remaining orange and half-orange, and then use a paring knife to remove the orange segments from the white membranes. Cut segments in half crosswise.
4. To assemble, use twelve large wine glasses or twelve 8-ounce glass ramekins. Break each cookie into four pieces. Place a quarter cup of yogurt mixture in each glass or ramekin, then add two pieces of cookie. Top with another quarter cup of yogurt, add four orange pieces and two more cookie pieces, then drizzle a little of the blood orange juice around the edge of the glass. Repeat process until all glasses are filled.
5. Refrigerate for at least two hours, and garnish with sprigs of mint before serving.

Make the perfect parfait for everyone!



3.99

**Crofter's
Organic Premium Fruit
Spread**
16.5 oz., selected varieties



2/\$7

**Organic India
Tulsi Tea**
18 ct., selected varieties



6.99

**Lakanto
Simple Syrup**
16.5 oz., selected varieties



4.99

**Numi
Organic Tea**
12-18 ct., selected varieties



2.99

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



3.29

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



6.99

**Equal Exchange
Organic Coffee**
10-12 oz., selected varieties



2/\$4

**So Delicious
Organic Plant-
based Milk**
32 oz., selected varieties



2.99

**Golden Temple
Granola**
per pound in bulk



8.99

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



2/\$7

**Barbara's
Cereal**
8-14 oz., selected varieties



Your co-op has the products you trust.

ingredients you can see and pronounce®



We believe if you can't pronounce an ingredient, it shouldn't go into your body. Actually, it shouldn't even go into your pantry. **KIND®** products are made from nutritionally dense ingredients like whole nuts, fruits and whole grains — no secret ingredients and no artificial flavors, preservatives or sweeteners. Be kind to yourself.™

10/\$10

Kind
Bars
1.4 oz., selected varieties

2/\$6

Kind
Healthy Grains
Bars
5 pack., selected varieties

3.99

Kind
Health Grains
Clusters
11 oz., selected varieties



Short on time or low on energy?

Get a boost at the co-op!

raise the bar

NEED A LITTLE ENERGY BOOST?

The co-op has protein-packed bars to power your workout and energize your day.



3/\$5

Epic
Performance Bar
1.87 oz., selected
varieties



5.49

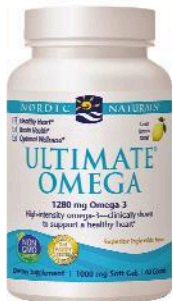
Maranatha
Organic Peanut
Butter
16 oz., selected varieties

Stay strong all winter long.

stay well this winter

VISIT THE WELLNESS AISLES FOR HEALTHFUL PRODUCTS

Shop the wellness aisle to try new remedies and stay healthy all season long. The co-op offers a wide selection of vitamins, supplements, protein powders, sleep aids and many more products to keep you healthy.



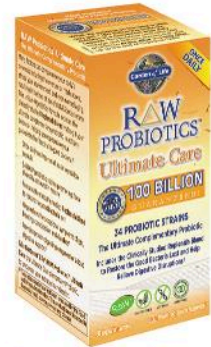
19.99

**Nordic Naturals
Ultimate Omega**
60 ct.



46.99

**Garden Of Life
Raw Probiotics
Ultimate Care 100
Billion**
30 ct.



19.99

**Natural Factors
Tranquil Sleep**
60 ct.



14.99

**Gaia Herbs
Black Elderberry
Syrup**
3 oz, selected varieties

Enjoy great savings on health and wellness items!



2/\$7

**Jason
Toothpaste**
4.2-6 oz., selected varieties

*everyone is
welcome at
the co-op*

Everyone is welcome to shop at co-ops! Co-ops are owned by the community and work toward the day when everyone has the good, local, healthy food they deserve. Learn more at welcometothetable.coop.



8.99
**Aura Cacia
Lavender Essential
Oil**
.5 oz.
other Aura Cacia
essential oils also on sale



9.99
**Pranarom
Organic
Peppermint
Essential Oil**
5 ml.
other Pranarom
essential oils also on
sale



a clean you can trust

For 30 years, Seventh Generation has led the way on innovating effective products that work for your family and nurture the planet that we share.

10.99

**Seventh Generation
Liquid Laundry Detergent**
100 oz., selected varieties



1.79
**Green Forest
Facial Tissue**
175 ct.



The co-op is for everyone - today and every day.

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.strongertogethercoop



2/\$6

Lily's
No Sugar Added
Chocolate Bar
3 oz., selected varieties



2/\$7

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



2/\$4

Perfect Snacks
Chocolate Peanut
Butter Cups
1.4 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

MW0220A

coop
welcome to the table