

# coop deals

SEP 30 - OCT 20, 2020

fuel up  
with flavor

As the seasons change, head outdoors and bring your favorite protein bar — like GoMacro's Macrobar — for extra energy. Flavor options that pair with any adventure.



**2/\$4**

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



**2/\$5**

**Tasty Bite  
Indian Entrees**  
10 oz., selected varieties



**2/\$6**

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



**2/\$7**

**Brown Cow  
Cream Top  
Yogurt**  
32 oz., selected varieties



**2/\$4**

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



**2/\$6**

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



**6.99**

**GT's  
Organic  
Kombucha**  
48 oz., selected varieties



Find all your fall favorites.

**Great savings at the co-op!**



**4/\$5**

Honest  
Organic Tea  
16 oz., selected varieties



**2/\$5**

Brew Dr.  
Organic  
Kombucha  
14 oz., selected varieties



**2/\$7**

The Greek Gods  
Greek Yogurt  
24 oz., selected varieties



**2.29**

Califia Farms  
Cold Brew Coffee  
10.5 oz., selected varieties



**1.79**

Yachak  
Organic Yerba  
Mate  
15.5 oz., selected  
varieties



**4.99**

R.W. Knudsen  
Organic Just Tart  
Cherry Juice  
32 oz.



**2.99**

Silk  
Dairy-free Creamer  
32 oz., selected varieties



**3.99**

Oatly  
Oatmilk  
64 oz., selected  
varieties



**3.99**

Bitchin' Sauce  
Almond Dip  
8 oz., selected varieties

*family-owned, organic cheese*



Rumiano cheese is the oldest family-owned cheese company in California, crafting the highest-quality organic, non-GMO cheese from the unique Northern California milkshed!

**3.99**

Rumiano  
Organic Cheese  
8 oz., selected varieties



**2/\$6**

Stonyfield  
Organic Frozen  
Yogurt  
16 oz., selected varieties



**3.99**

Oatly  
Non-dairy Frozen  
Dessert  
16 oz., selected varieties

**The co-op helps start your mornings off right!**



feeling chilly?

When the weather turns cold, nothing is better than a hearty bowl of chili made from the ingredients you know and love.



**4/\$5**  
Muir Glen  
Organic Tomatoes  
14.5 oz., selected varieties



**2/\$4**  
Cascadian Farm  
Organic Frozen  
Black Beans  
10 oz.



**7.99**  
Beyond Meat  
Beyond Beef  
16 oz.



**3.99**  
Field Roast  
Chao Slices  
7 oz., selected varieties



**2/\$6**  
Rising Moon  
Frozen Pasta  
8 oz., selected varieties



**3.99**  
Gardein  
Seven Grain Crispy  
Tenders  
9-11.5 oz., selected varieties



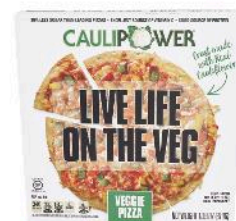
**6.99**  
Cappello's  
Gluten Free  
Pizza  
11-12 oz., selected varieties



**4.99**  
Glutino  
Gluten Free  
English Muffins  
16.9 oz., selected varieties



**9.99**  
Wyman's  
Frozen Wild  
Blueberries  
3 lb.



**6.99**  
Caulipower  
Cauliflower Crust  
Pizza  
11.6 oz., selected varieties

**Warm your evenings with delicious food.**



**2/\$4**

**Westbrae  
Organic Beans**  
15 oz., selected varieties



**2.29**

**So Delicious  
Coconut Milk**  
32 oz., selected  
varieties



*employee owned!*

Try products from our employee-owned brands, Organicville and Sky Valley. Our organic ketchup, made with agave, is a great everyday condiment. For a new grilling twist, dress your veggies with Sweet Chili sauce!

**3.49**

**Sky Valley  
Condiments and Cooking  
Sauces**

7-24 oz., selected varieties



**4.49**

**Food For Life  
Ezekiel Bread**  
24 oz., selected varieties



**4.99**

**Kettle & Fire  
Bone Broth**  
16.2-16.9 oz., selected  
varieties



**4.49**

**Bragg  
Organic Apple  
Cider Vinegar**  
32 oz.



**2/\$5**

**Seeds of Change  
Organic Ready to  
Heat Rice**  
8.5 oz., selected varieties

*scoop up the savings in bulk!*



**1.39**

**Organic Pearled  
Barley**  
per pound in bulk



**1.49**

**Organic Yellow  
Popcorn**  
per pound in bulk



**1.79**

**Organic  
Garbanzo  
Beans**  
per pound in bulk



**All your pantry essentials are at the co-op.**



# real vegetable chips



From the moment you open the distinctive shiny black bag, you'll understand the **TERRA**® difference. Every bag of our real vegetable chips is a feast for your eyes and a delight to taste — a snacking experience unlike any other.

**2/\$5**

Terra  
Vegetable Chips  
4.2-6 oz., selected varieties



**3/\$5**

Mike's Mighty Good  
Ramen Soup  
Packs and Cups  
1.6-2.4 oz., selected varieties



**8.99**

Justin's  
Almond Butter  
16 oz., selected varieties



**2/\$3**

Alo  
Aloe Drink  
16.9 oz., selected varieties



**2.29**

Tanka  
Buffalo Bar  
1 oz., selected varieties



**2.99**

Glutino  
Crackers  
4.4-7 oz., selected varieties



**2/\$10**

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



**2/\$6**

Annie's  
Homegrown  
Organic Chewy  
Granola Bars  
6 - .89 oz., selected varieties



**2/\$5**

Que Pasa  
Organic Tortilla  
Chips  
11 oz., selected varieties

**Your favorite snacks are at the co-op.**

# October is Co-op month!

## WHAT DO CO-OPS STAND FOR?

Co-ops stand for investing in the community, sourcing fair-trade products, dismantling systemic racism, supporting local farmers, healthy food for everyone, environmental conservation, and integrity and transparency in food.

October is Co-op Month, and the great products featured on these two pages all come from cooperative businesses! Thank you for supporting them!



Photo Courtesy of Equal Exchange.



## 4.99

**Organic Valley  
Omega-3 Eggs**  
doz., Large or Extra  
Large, selected  
varieties



## 8.99

**Aura Cacia  
Lavender Essential  
Oil**  
.5 oz.



*it's pesto time!*

Grab a bottle of our delicious organic olive oil, add basil, and viola! At La Riojana Co-op, we believe in producing fair trade goods that taste great and empower communities. Limited supply available.

## 9.99

**Riojana  
Organic Fair Trade Extra  
Virgin Olive Oil**  
25.5 oz.



## 6.99

**Alaffia  
Authentic African  
Black Soap**  
16 oz., selected  
varieties

# Co-ops make a positive difference in the world!



# producer co-ops and community resiliency



As our producer partners face challenges from the pandemic, co-ops play a crucial role in community resiliency by buying and distributing food and basic goods, supporting local health centers, distributing fair trade premiums, and making much-needed cash prepayments to farmers. This Co-op Month, we thank you for standing with us in supporting smallholder farmer co-ops across the globe!

**2/\$5**

Equal Exchange  
Organic  
Chocolate Bar  
2.8 oz., selected varieties

**2/\$6**

Equal Exchange  
Organic Tea  
20 bags, selected varieties

**4.49**

Equal Exchange  
Organic  
Chocolate Chips  
10 oz., selected varieties

**6.99**

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

**FRONTIER  
CO-OP**  
MEMBER OWNED SINCE 1976



**15.99**

Frontier  
Organic Whole  
Black  
Peppercorns  
per pound in bulk



**21.99**

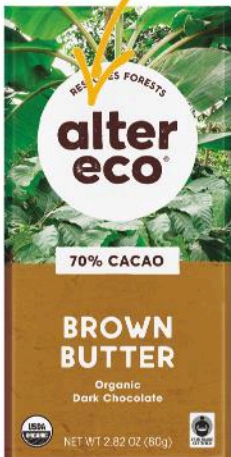
Maple Valley  
Organic Maple  
Syrup  
32 oz., selected varieties



**8.99**

Frontier  
Organic Vanilla  
Extract  
2 oz., selected varieties

## chocolate made conscientiously



Crafted with organically grown, fair trade cacao that restores the planet from farm to wrapper. This is chocolate the way nature intended.

**2/\$6**

Alter Eco  
Organic  
Chocolate Bar  
2.82 oz., selected varieties



**8.99**

Equal Exchange  
Organic Bulk Coffee  
per pound in bulk, selected varieties  
5 lb. packages also on promotion for \$42.99

**Thank you for supporting cooperative businesses!**



## nature's path, sustainable food

**Nature's Path** is a fiercely independent, family-owned business committed to organic foods and sustainability. Healthy, organic soil captures more carbon from the atmosphere to help reverse climate change. Organic foods help save the planet.



**2/\$6**

Nature's Path  
Organic Instant  
Oatmeal  
8-1.76 oz. packets

**6.99**

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



**2/\$7**

Choice Organic  
Teas  
Organic Tea  
16 tea bags, selected  
varieties



**4.99**

Grandy Oats  
Organic Granola  
9 oz., selected varieties



**2/\$7**

Nature's Bakery  
Whole Wheat Fig  
Bar  
6 ct., selected varieties

Since 1998, **Manitoba Harvest** has grown our portfolio of hemp products with a dedication to quality, sustainability and consumer wellness. Experiencing the benefits and transformational power of hemp is easy with our wide range of delicious and nutritious hemp foods.

## get to know hemp

**2/\$3**

Manitoba Harvest  
Hemp Yeah! Bars  
1.59 oz., selected varieties

**2/\$5**

Manitoba Harvest  
Hemp Milk Yeah!  
32 oz., selected varieties

**6.99**

Manitoba Harvest  
Hemp Hearts  
8 oz.

**13.99**

Manitoba Harvest  
Organic Hemp Yeah!  
Max Fiber  
16 oz.



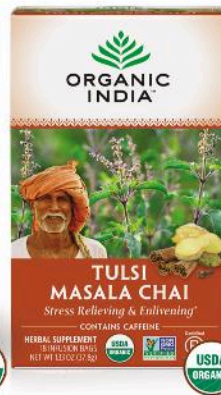
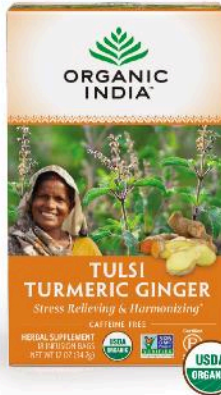
**Great savings throughout the co-op.**



*immune boosting  
mocktail fun!*

Try this deliciously fun recipe featuring  
immune-boosting **Organic India** tea blended  
with **WishGarden** herbal remedies:

- 8 oz. hot water
- 1 bag Organic India Tulsi Masala Chai
- 6 pumps WishGarden Herbs Kick-Ass Immune
- ¼ teaspoon honey
- 1 mint sprig
- 1 cinnamon stick



**2/\$7**

Organic India  
Tulsi Tea  
18 bags, selected varieties

**5.99**

WishGarden  
Kick-Ass Immune  
.66 oz.

**11.99**

WishGarden  
Kick-Ass Immune  
Activator  
2 oz.



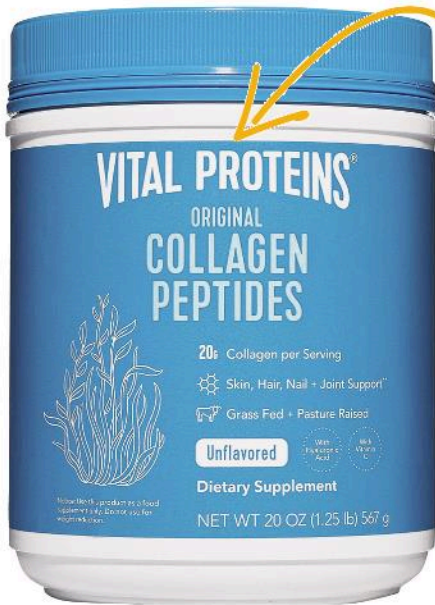
**6.99**

Navitas  
Organic Cacao  
Powder  
8 oz.



**19.99**

Gaia Herbs  
Turmeric  
Supreme  
60 ct.



*blue tub, big benefits*

As America's #1 collagen brand, Vital  
Proteins has helped people live more vibrant  
lives through premium collagen products  
that contain quality ingredients, clean labels  
and transparent sourcing.

**41.99**

Vital Proteins  
Collagen Peptides  
20 oz.



**2/\$4**

Garden of Life  
Organic Sport Protein Bar  
2.7 oz., selected varieties

**Boost your immunity as the weather cools.**



**11.99**  
Boiron  
Oscillococcinum  
6 dose



**21.99**  
Nordic Naturals  
Ultimate Omega  
60 ct.



**24.99**

**Evanhealy**  
**Organic Facial Tonic**  
**HydroSoul**  
4 oz., selected varieties

*oil and water  
ritual*

The most important thing you  
can do for your skin.  
Remarkable plant waters  
together with silky oil serums  
help restore the natural balance  
of the skin.



**2/\$7**  
Jason  
Toothpaste  
4.2-6 oz., selected  
varieties



**36.99**  
Megafood  
One Daily  
Multivitamins  
60 ct., selected varieties

*give thanks to farmers!*

Your fair trade purchase supports farmers who use regenerative  
organic practices — caring for our planet while growing Dr. Bronner's  
soap ingredients! Together we do better — "All-One!"

**3.99**  
Dr. Bronner's  
Pure Lavender and Peppermint  
Castile Liquid Soap  
8 oz.

**9.99**  
Dr. Bronner's  
Pure Lavender and Peppermint  
Castile Liquid Soap  
32 oz.



**The best of body care products are at the co-op.**





**8.49**

Green Forest  
100% Recycled  
Paper Bath Tissue  
12 ct.



**3.79**

Citra-Solv  
Dish Liquid  
25 oz, selected varieties



*safeguard your home*

We've spent over 50 years creating safer cleaning products to protect the health and wellness of people, pets and the planet. ECOS® products are also affordable and work great!

**9.99**

Ecos  
Liquid Laundry  
Detergent  
100 oz., selected varieties



Shop the co-op for eco-friendly household products.

**Be happy, healthy and green.**

*your pet deserves the best*



Petguard natural, balanced pet food is made in the USA with high-quality proteins, vegetables and whole grains. Free of animal byproducts and artificial preservatives. It's everything your pet needs and loves.

**2/\$3**

Petguard  
Cat Food  
5.5 oz., selected varieties



**2/\$10**

Giovanni  
Shampoo or  
Conditioner  
8.5 oz., selected varieties

**Products for the people and pets in your 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  
Wheatfield 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 Food Co+op

### WISCONSIN

Basics Cooperative Natural Foods  
Chequamegon Food Co-op  
Just Local Food Cooperative  
Menomonie Market 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

*to find a food co-op  
near you, visit us online  
at: welcometothetable.coop*



*love what you eat*

We make real food with simple, recognizable ingredients and big taste. We care about where our ingredients come from and how they are produced. Go ahead, love what you eat!

**2/\$7**

**Evol**  
**Truffle Parmesan**  
**Mac & Cheese**  
8 oz., selected varieties



**2/\$6**  
**Chickapea**  
**Organic Chickpea**  
**& Lentil Pasta**  
8 oz., selected varieties



**4.99**  
**Victoria**  
**Pasta Sauce**  
18-24 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

MW1020A

**coop**  
welcome to the table