

# coop deals

OCT 30 - NOV 12, 2019

## pumpkins and spice

### AND DEALS THAT ARE NICE

Shop the co-op for all your holiday baking and cooking needs. You'll find deals on holiday staples like Farmer's Market canned pumpkin, King Arthur flour and many other great brands. Find more deals inside!



**2/\$4**

Farmer's Market  
Organic Pumpkin  
15 oz.



**3.99**

Talenti  
Gelato or  
Sorbetto  
16 oz., selected varieties



**4.49**

King Arthur  
All Purpose Flour  
5 lb., selected varieties  
other King Arthur  
products also on sale



**4.99**

Lily's  
Chocolate Baking  
Chips  
9 oz., selected varieties



The co-op has all the right ingredients for your holiday baking.

**'Tis the season to save.**



**3.99**

**New Barn**  
**Organic Almondmilk**  
32 oz., selected varieties



**2/\$5**

**Kevita**  
**Organic**  
**Kombucha**  
15.2 oz., selected varieties



**3.99**

**Silk**  
**Oatmilk**  
64 oz., selected varieties



**3.99**

**Califia Farms**  
**Almond Milk**  
**Creamer**  
32 oz., selected varieties



**2/\$7**

**Evolution Fresh**  
**Organic Fruit**  
**Juice Smoothie**  
15.2 oz., selected varieties



**4/\$5**

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



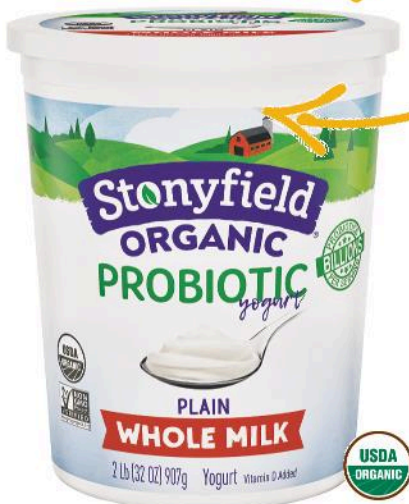
**3.99**

**Wallaby**  
**Organic Yogurt**  
32 oz., selected varieties



**4.99**

**Farmhouse**  
**Culture**  
**Organic Gut Shots**  
16 oz., selected varieties



*good for you and planet*

Smooth, creamy, delicious yogurt made with USDA-certified organic ingredients and without the use of toxic, persistent pesticides or GMOs. Good for you, your family and good for the planet, too.

**3.99**

**Stonyfield**  
**Organic Yogurt**  
32 oz., selected varieties



**Healthy breakfasts start at your local co-op.**





**2/\$4**  
Cascadian Farm  
Organic  
Vegetables  
10 oz., selected varieties



**2/\$7**  
Rising Moon  
Organics  
Ravioli  
8 oz., selected varieties



**5.99**  
Applegate  
Organic Chicken  
Strips  
8 oz.



**2/\$6**  
Cascadian Farm  
Organic Frozen Fruit  
8-10 oz., selected varieties



**2/\$4**  
Woodstock  
Frozen  
Vegetables  
10 oz., selected varieties



**2.79**  
Green Valley  
Creamery  
Organic Cream  
Cheese  
8 oz.



## crave without compromise

**Daiya** makes dairy-free eating a joy. From the gooey goodness of a grilled cheese to the rich and creamy flavor of yogurt, our products taste great, and make you feel even better.

**2/\$7**

**Daiya**  
**Dairy-free Cheese Shreds**  
8 oz., selected varieties



**4.99**  
Organic Valley  
Raw Cheese  
8 oz., selected varieties



**There is something for everyone at the co-op.**

# bake it up

## PIES AND TARTS AND COOKIES, OH MY!

Whether your holiday baking plans include a beloved family recipe or trying something new, your co-op has ingredients you can feel good about. Stop by the bulk section to get just the right amount of flour, spices and nuts. Then stock up on fair trade, organic sugar (on sale now) and get ready to bake!



**2.99**

**Vital Farms  
Pasture-Raised  
Butter**  
8 oz., selected varieties



**3.99**

**Organic Valley  
Brown Eggs**  
doz., Large or Extra  
Large



**2.49**

**Let's Do Organic  
Coconut**  
6-8.8 oz., selected  
varieties



**2/\$6**

**Santa Cruz  
Organic  
Apple Sauce**  
23 oz., selected varieties

*scoop up the savings in bulk!*



**1.39**

**Organic Sugar**  
per pound in bulk



**2.99**

**Organic Dried  
Apricots**  
per pound in bulk

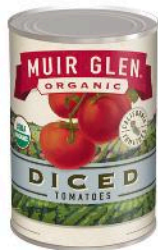


**4.99**

**Raw Walnut Halves  
and Pieces**  
per pound in bulk

**Deals on all the right baking ingredients!**





**10/\$10**

**Muir Glen  
Organic Canned  
Tomatoes**

14.5 oz., selected varieties



**2/\$4**

**Muir Glen  
Organic Canned  
Tomatoes**

28 oz., selected varieties



**2/\$5**

**Muir Glen  
Organic Pasta  
Sauce**

25.5 oz., selected varieties



**2/\$6**

**Muir Glen  
Organic Salsa**

16 oz., selected varieties



*always organic,  
always delicious*

Our commitment to organic is as strong as ever. One hundred percent of **Muir Glen's** products are certified organic because we believe that organic farming benefits consumers, farmers, and ecosystems. Our work to create delicious food starts with farms and farmers.



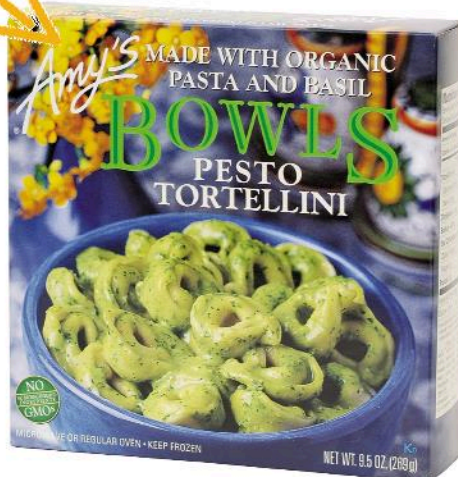
From unique spices for holiday cooking to pantry staples.  
**The co-op has what you need.**

*winter warm up*

Traditional basil pesto and cream gives a delicious lift to whole-milk ricotta cheese tortellini made with organic wheat flour.

**3.99**

**Amy's  
Frozen Meal or Bowl**  
8-10.3 oz., selected varieties



**5.99**

**A. Vogel  
Organic Herbamare  
Seasoning**  
8.8 oz., selected varieties

**Dinner = Done! Shop the co-op for delicious deals.**



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

## fall flavors

### DINNER IN A MINUTE

Looking for a simply delicious dinner? Just purchase your favorite variety of heat-and-serve soup (on sale now), add a dash of curry powder or roasted garlic, stir in a dollop of Greek yogurt, and serve with crusty bread and a side salad. Get the delicious taste of homemade soup with a quick trip to the co-op!



**3.29**  
**Imagine**  
**Organic Broth**  
 32 oz., selected varieties



**2/\$6**  
**Maya Kaimal**  
**Organic Everyday**  
**Dal**  
 10 oz., selected varieties



**2/\$7**  
**Maya Kaimal**  
**Indian Simmer**  
**Sauce**  
 12.5 oz., selected varieties



## extra virgin olive oil

California Olive Ranch has your go-to extra virgin olive oil, with notes of fresh herbs, fruit and green grass. It's perfect for your everyday baking, sautéing and roasting.

**11.99**

**California Olive Ranch**  
**Extra Virgin Olive Oil**  
 25.4 oz.



**2/\$6**  
**Safe Catch**  
**Seasoned Elite**  
**Wild Tuna**  
 5 oz.



**Simple meal solutions for your busy days.**





**8.99**

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



**2.99**

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



**4.49**

**One Degree**  
**Organic Foods**  
**Sprouted Cereal**  
8-12 oz., selected varieties



**2/\$6**

**Clif Kid**  
**Organic Zbar**  
6 ct., selected varieties



**5.49**

**MaraNatha**  
**Organic Peanut**  
**Butter**  
16 oz., selected varieties



**3.49**

**Bonne Maman**  
**Preserves**  
13 oz., selected varieties



**3.99**

*everyday low price*  
**Field Day**  
**Organic Instant**  
**Oatmeal**  
11.3 oz., selected varieties



**9.99**

**Lake Champlain**  
**Hot Chocolate**  
16 oz., selected varieties



*a warm cup of spice*

Brimming with cinnamon, ginger, cardamom and cloves, this adventurous blend is a caffeine-free interpretation of chai, the piquant Indian brew traditionally made with black tea.

**2/\$6**

**Celestial Seasonings**  
**Herbal Tea**  
20 ct., selected varieties



**2/\$6**

**Tazo**  
**Tea**  
20 ct., selected varieties

**Stay warm with savings from the co-op.**



**2/\$1**  
Alter Eco  
Organic Truffles  
.42 oz., selected varieties

## crazy good cocoa

When you buy fair trade chocolate at the co-op, you support the communities where cacao is grown. We think that's pretty sweet.



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



**2.99**  
Mi-Del  
Gluten-Free  
Ginger Snaps  
8 oz.



**2/\$5**  
Theo  
Organic  
Chocolate Bar  
3 oz., selected varieties

## 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.™

**2.79**

Kind Healthy Grains  
Bars  
5 pack., selected varieties

**3.99**

Kind Healthy Grains  
Clusters  
11 oz., selected varieties

**3/\$4**

Kind  
Bars  
1.4 oz., selected varieties



**Indulge yourself with these sweet treats.**



## sparkling beverages

Discover a flavorful new way to enhance your experience with a touch of taste. **S.Pellegrino Essenza** has the same gentle bubbles as **S.Pellegrino** mixed with a vibrant blend of Mediterranean fruit flavors. **SanPellegrino Momenti** Italian sparkling drinks offer a light and crisp way to enjoy SanPellegrino with only 35 calories.



**3/\$5**

S.Pellegrino  
Sparkling Mineral Water  
25.3 oz.

**4.99**

SanPellegrino Momenti  
Italian Sparkling Drink  
6 pack, selected varieties

**5.99**

S.Pellegrino Essenza  
Mineral Water  
8 pack, selected varieties



**2/\$5**

Late July Snacks  
Organic  
Restaurant Style  
Tortilla Chips  
11 oz., selected varieties



**2/\$5**

From The  
Ground Up  
Cauliflower  
Crackers  
4 oz., selected varieties



**2/\$6**

Bearitos  
Corn Chips  
8.25-9 oz., selected  
varieties



**3/\$5**

Mountain Valley  
Spring Water  
1 liter, selected varieties

## the super fruit snack



Barnana's Himalayan Pink Sea Salt Plantain Chips are a crispy crunchy nutrient-dense delight. The pink salt, mined from ancient deposits inside the Himalayas, provides a complex flavor that contains more than 84 trace minerals.

**2/\$7**

Barnana  
Organic Plantain Chips  
5 oz., selected varieties



**3.79**

Zevia  
Zero Calorie Soda  
6 pack, selected varieties

**Crowd-pleasing snacks from the co-op.**

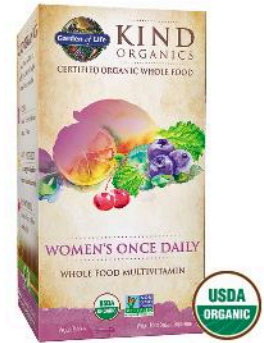


**9.99**

**Boiron  
Coldcalm**  
60 ct.



**3/\$4**  
**Happy Family**  
**Baby or Tot Pouches**  
4-4.22 oz., selected varieties



**23.99**  
**Garden Of Life**  
**Mykind Organics**  
**Once Daily Multi**  
30 count, selected varieties



**10.99**  
**Emergen-C**  
**Vitamin C Dietary**  
**Supplement**  
18-30 ct., selected varieties



**11.99**  
**Genexa**  
**Organic**  
**Sleepology**  
60 ct., selected varieties



**27.99**  
**Nordic Naturals**  
**Ultimate Omega**  
**2X Mini**  
60 ct., selected varieties



**49.99**  
**Ancient Nutrition**  
**Keto Protein**  
18.7-19.6 oz., selected varieties

## botanical wellness

Every **Traditional Medicinals** product offers a dose of plant-based wellness for whatever your day holds. From restorative Roasted Dandelion Root to warming Ginger to **Urban Moonshine's** organic digestive bitters, seasonal wellness, and stress & mood offerings, our lineup features delightful blends made from high-quality herbs that work.



**2/\$6**  
**Traditional Medicinals**  
**Organic Tea**  
16 ct., selected varieties

**12.99**  
**Urban Moonshine**  
**Digestive Bitters**  
2 oz.

**12.99**  
**Urban Moonshine**  
**Clear Chest Herbal Supplement**  
4.2 oz.

**Relax and stay well this holiday season.**





**4.99**

Tom's Of Maine  
Toothpaste  
4.7-5.5 oz., selected  
varieties



## Thank you, for supporting co-ops

Whatever the season, you make a difference. Shopping  
at the co-op means supporting local farmers, giving back to the  
local economy and supporting sustainable food systems globally.  
Thank you, for shopping co-op.



**6.99**

Acure  
Body Lotion  
8 oz., selected varieties



**12.99**

Mineral Fusion  
Volumizing Mascara  
.57 oz., selected varieties



**2.99**

Dr. Bronner's  
Organic Hand Sanitizer  
2 oz., selected varieties

**You are the co-op difference.**

## 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)



# 3.49

**Better Life  
All-Purpose  
Cleaner**

32 oz., selected varieties  
other Better Life  
products also on sale



# 4.49

**If You Care  
Parchment Paper**

70 sq. ft.  
other If You Care products  
also on sale



# 3.49

**Seventh  
Generation  
Dish Liquid**

25 oz., selected varieties



# 2/\$4

**Tender & True  
Salmon & Sweet  
Potato Dog Food**  
13.2 oz.

new



# 11.99

**I And Love And  
You  
Baked & Saucy  
Dog Food**  
4 lb.

new

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

MW1119A

**coop**  
stronger together