

co+op deals®

JAN 1 - JAN 21, 2020

healthy new year!

Mix up nutritious smoothies made with Stonyfield Farms organic yogurt and fresh fruit or frozen berries for a delicious start to the new year!



3.49

Stonyfield Organic Yogurt

32 oz., selected varieties



10/\$10

Koyo Ramen

2-2.1 oz., selected varieties



2/\$4

Westbrae Organic Beans

15 oz., selected varieties



2/\$4

Perfect Bar Organic Protein Bar

2.5 oz., selected varieties



2/\$6

Pacific Organic Soup

17-17.6 oz., selected varieties



2/\$5

R.W. Knudsen Simply Nutritious Juice

32 oz., selected varieties



2.99

Nature's Path Organic Instant Oatmeal

14 oz., selected varieties



The co-op wishes you a happy & healthy 2020!

Healthy habits start here!



2/\$6

Rebbl
Organic Elixir
12 oz., selected varieties



5/\$5

Tazo
Tea
13.8 oz., selected varieties



3.99

Califia Farms
Almondmilk
48 oz., selected varieties



2.29

Nutpods
Non-Dairy
Creamer
11.2 oz., selected varieties



3.99

Honey Mama's
Cacao-Nectar Bar
2.5 oz., selected varieties



4.99

Vital Farms
Pasture Raised
Eggs
doz.



2/\$5

Kevita
Organic
Kombucha
15.2 oz., selected varieties



*living food for
the living body*

At **GT's Living Foods**, we make living foods for the living body to help people live healthier lives. Family owned and operated, and handcrafting authentic kombucha since 1995.

2/\$5

GT's Kombucha
Raw and Organic
Synergy Trilogy
16 oz., selected varieties

2/\$5

GT's Alive
Adaptogenic Tea
Pu-erh Root
16 oz., selected varieties

4.99

GT's Cocoyo
Pure
8 oz., selected varieties

6.99

GT's Kombucha
Raw and Organic
Synergy Gingerade
48 oz., selected varieties



Be proactive with probiotics in 2020.



3/\$4

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



3.99

**COYO
Coconut Milk
Yogurt**
12 oz., selected varieties

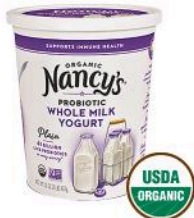


*celebrate veganuary
with Kite Hill!*

At Kite Hill, we are revitalizing time-honored methods to craft plant-based artisan foods. Our unsweetened plain yogurt is perfect for smoothies, dips and dressings. Here's to a healthy 2020!

3.99

**Kite Hill
Almond Milk Yogurt**
16 oz., selected varieties



3.99

**Nancy's
Organic Yogurt**
32 oz., selected varieties



5.49

**So Delicious
Coconut Milk
Yogurt**
24 oz., selected varieties



3.99

**So Delicious
Organic Coconut
Milk**
64 oz., selected varieties



discover Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Smooth.

5.99

**Wallaby Organic
Greek Whole Milk
Yogurt**
32 oz., selected varieties



2/\$3

**Forager Project
Organic
Cashewgurt**
5.3 oz.



Try something new! So many healthy choices.



2/\$6

**Cascadian Farm
Organic Frozen Fruit**
8-10 oz., selected varieties



2.29

**Wildwood
Organic Tofu**
14 oz., selected varieties



2.49

**Lightlife Foods
Organic Tempeh**
8 oz., selected varieties



3.99

**Rumiano
Organic Cheese**
8 oz., selected varieties



3.99

**Organic Valley
Stringles**
6 oz., selected varieties



2/\$7

**Andrew &
Everett
Sliced Cheese**
7 oz., selected varieties



3/\$7

**Nature's Path
Organic
Waffles**
7.4 oz., selected varieties



blend, pulse, pour!



Whether you like your smoothie in a cup or a bowl — stock up on these must-haves! **Woodstock** and **Harvest Bay** smoothie essentials are packed with antioxidants, protein, natural electrolytes and more! A delicious way to start your day!

2.79

**Harvest Bay
Coconut Water**
33.8 oz.

2/\$4

**Woodstock Organic
Cut Spinach**
10 oz., selected varieties

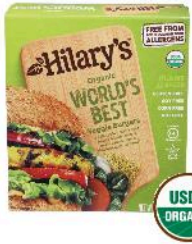
3.99

**Woodstock Organic
Wild Blueberries**
10 oz., selected varieties

7.99

**Woodstock Organic
Peanut Butter**
35 oz., selected varieties

Wake up with on-the-go options from the co-op.



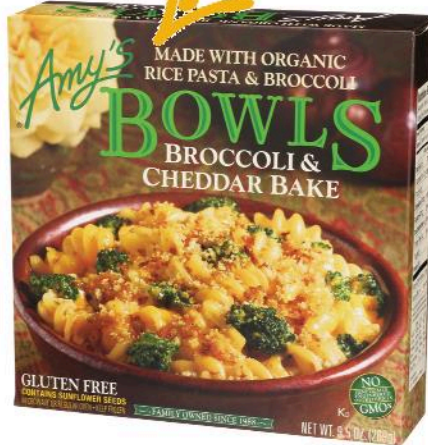
2/\$5

**Hilary's
Organic Veggie
Burgers**
6.4 oz., selected varieties



6.99

**Daiya
Pizza**
12-19.4 oz., selected
varieties



winter warm up

At Amy's, there are no shortcuts or "good enoughs." We use quality, organic ingredients, prepared without compromise in our own kitchens.

3.99

**Amy's
Bowls and Entrees**
8-10.3 oz., selected varieties



3.99

**Little Northern
Bakehouse
Gluten Free Bread**
16-17 oz., selected
varieties



2/\$7

**Silver Hills
Bread**
14-22 oz., selected
varieties



3.99

**Halo Top
Ice Cream**
16 oz., selected varieties

plant based – great taste



Gardein offers a wide variety of plant-based proteins with a great taste and texture. No artificial colors or flavors, certified vegan, dairy free and Non-GMO Project verified.

3.99

**Gardein
Meatless Chick'n
Tenders**
9-11.5 oz., selected varieties



2/\$6

**Rising Moon
Organic Ravioli**
8 oz.

Great family meal deals from the co-op.



2/\$6

Cascadian Farm Organic Cereal
8.6-14.6 oz., selected varieties



creamy, delicious
Almond Breeze

Made with the highest-quality California almonds, our almond milk is an excellent source of vitamins E and D and has 50% more calcium than milk.

2/\$7

Blue Diamond Almond Milk
64 oz., selected varieties



2/\$6

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



4.99

Lakewood Organic Carrot Juice
32 oz., selected varieties



2/\$6

Tazo Tea
20 ct., selected varieties



2/\$5

Pacific Foods Organic Almond Plant-Based Beverage
32 oz., selected varieties



#1 natural ancient grain granola



The only granola brand that bakes exclusively with raw virgin coconut oil and sweetens with coconut sugar. We mix in ancient grains and superfood seeds for superior nutritional value.

3.99

Purely Elizabeth Granola
12 oz., selected varieties



5/\$5

Justin's Almond Butter Squeeze Pack
1.15 oz., selected varieties



2/\$6

Cascadian Farm Organic Granola Bars
6.2-7.4 oz., selected varieties



New snack options for the New Year!



food made from food

At LÄRABAR®, we are passionate about creating delicious, convenient snacks made from between just two and nine real ingredients — always gluten free and non-GMO. Find your flavor today!

10/\$10

Larabar
Fruit and Nut Bar
1.6-1.7 oz., selected varieties



4/\$5
Clif Bar
Organic Nut Butter Filled Bar
1.76 oz., selected varieties



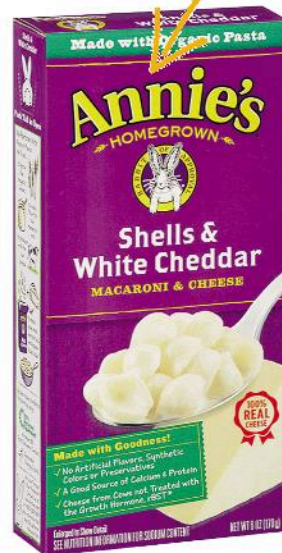
2/\$4
Bobo's
Oat Bar
3 oz., selected varieties



2/\$5
Hippeas
Organic Chickpea Puffs
4 oz., selected varieties



4.49
LaCroix
Sparkling Water
12 pack, selected varieties



the original and best selling

For over 25 years, Annie's has been devoted to the business of good: creating good food, demonstrating good business practices and helping build good communities.

10/\$10

Annie's Homegrown
Mac & Cheese
5.5-6 oz., selected varieties



1.99
Organic Green Lentils
per pound in bulk



3.49
Organic Black Chia Seeds
per pound in bulk



9.99
Organic Dried Mango
per pound in bulk



The co-op is a great place to bulk up.

nurturing vitality

Nutiva nurtures vitality by consciously curating the world's finest plant-based organic foods. Our pure superfoods provide vital nutrition while accelerating the organic food movement. With our core values of innovation, purity, community and well-being, we're revolutionizing the way the world eats.



6.99

Nutiva
Organic Shelled
Hempseed
8 oz.



7.99

Nutiva
Organic Coconut
Manna
15 oz.



9.99

Nutiva
Fair Trade Virgin
Coconut Oil
23 oz., other Nutiva products
also on sale



19.99

Nutiva
Organic MCT
Powder
10.6 oz., other Nutiva products
also on sale



6.99

Navitas
Organic Cacao
Powder
8 oz.
other Navitas items also
on sale



2/\$6

Annie's
Organic Dressing
8 oz., selected varieties



7.99

California Olive Ranch
Olive Oil
16.9 oz., selected varieties



2/\$3

Dr. McDougall's
Soup Cup
1.0-3.4 oz., selected
varieties



2/\$6

Safe Catch
Elite Wild Tuna
5 oz., selected varieties



5.99

Bragg
Liquid Aminos
32 oz., selected varieties



6.99

Spectrum
Naturals
Organic Unrefined
Coconut Oil
14 oz.

Find great cooking solutions at the co-op.

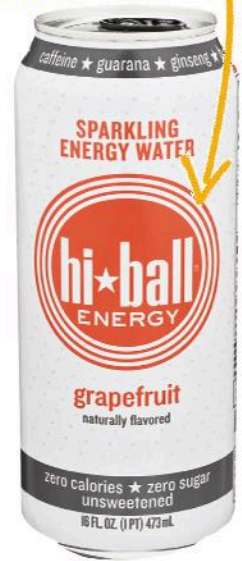


2/\$4

Food Should Taste Good Tortilla Chips
5.5 oz., selected varieties

the future of energy is natural!

Hiball is proud to offer a better sparkling energy drink — vitamin-infused with zero calories, zero sugar and zero sweeteners.



2/\$4

Boulder Canyon Potato Chips
5.25-6.5 oz., selected varieties

2/\$4

Hiball Sparkling Energy Water
16 oz., selected varieties



2/\$5

Stacy's Pita Chips
7.33 oz., selected varieties



2/\$5

Garden Of Eatin' Tortilla Chips
6-8.1 oz., selected varieties



2/\$6

Frontera Salsa
16 oz., selected varieties

organic snacks for everybunny

Annie's Homegrown wants people to enjoy their favorite foods produced in a way that's not only better for you, but also better for farmers, animals, communities as a whole, and the environment. We don't prioritize just one of these aspects when we source ingredients. We're all in this together.



2/\$5

Annie's Homegrown Organic Bunny Crackers & Grahams
7.5 oz., selected varieties



2/\$5

Annie's Homegrown Organic Bunny Fruit Snacks
5 pack., selected varieties



2/\$6

Annie's Homegrown Granola Bars
6 pack., selected varieties



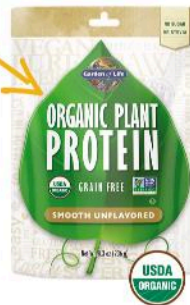
2/\$7

Annie's Homegrown Organic Snack Mix
9 oz., selected varieties

The co-op has all your snacking needs covered.

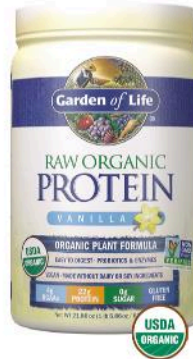
clean protein
for every lifestyle

All proteins are not created equal. That's why **Garden of Life**® offers clean, power-packed proteins that fit any lifestyle. Whether you're seeking to manage your weight, repair and build muscle, following a Keto lifestyle, or want to pump up your protein intake, Garden of Life® has the clean, Non-GMO Project Verified answer for you.



24.99

Garden of Life
Organic
Plant Protein
8.3-10 oz., selected varieties



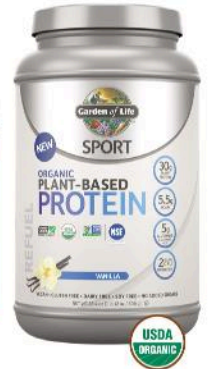
36.99

Garden of Life
Raw Organic
Protein
21.86 oz., selected varieties



39.99

Garden of Life
Dr. Formulated
Keto Fit
12.52 oz., selected varieties



44.99

Garden of Life
Sport Organic
Plant-Based Protein
28.4 oz., selected varieties



2/\$5

Organic Valley
Protein Shakes
11 oz., selected varieties



14.99

Ultima
Replenisher
Electrolyte
Powder
3.4-3.7 oz., selected
varieties



10.99

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



the original
collagen peptides

Our collagen peptides contain one simple ingredient: collagen. This powerhouse ingredient is sourced from grass-fed, pasture-raised bovine hides and helps support your hair, skin, nails, bones and joints.

34.99

Vital Proteins
Collagen Peptides
20 oz.



23.99

Ancient Nutrition
Multi Collagen Protein
Gut Restore
280 g., selected varieties

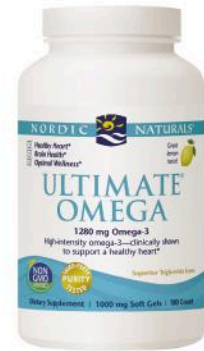
Find an extra boost for long winter days.



7.99
Quantum
Super Lysine Plus
90 ct.



19.99
Bulletproof
Brain Octane Oil
16 oz.



54.99
Nordic Naturals
Ultimate Omega
180 ct.



21.99
Smarty Pants
Organic Kids
Complete
Multivitamin
120 CT, selected
varieties



22.99
Host Defense
Mushrooms
Lion's Mane
60 ct.



24.99
Megafood
Multivitamin for
Women 55+
60 ct.



*warm up to
winter wellness*

Feeling under the weather as the temperature is dropping? Our herbalists at **Traditional Medicinals®** and **Urban Moonshine** turn to plant allies like echinacea, slippery elm, elecampane and elderberry for extra support during the cold winter season. Stock up and stay well with plant power.



2/\$6
Traditional Medicinals
Organic Throat Coat Tea
16 ct., other Traditional Medicinal organic
teas are also on sale

2/\$6
Traditional Medicinals
Organic Echinacea Plus Tea
16 ct., other Traditional Medicinal organic
teas are also on sale

12.99
Urban Moonshine
Organic Immune Zoom
Herbal First Aid
2 oz.

12.99
Urban Moonshine
Organic Clear Chest
Bronchial Support
4.2 oz.

Count on the co-op for winter wellness.

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*



5.99

**Biokleen
Bac-Out Stain &
Odor Remover**
32 oz.



5.99

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



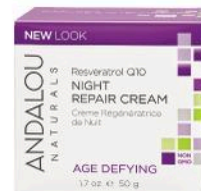
7.99

**Dr. Bronner's
Liquid Castile Soap**
16 oz., selected varieties



12.99

**Alba Botanica
Very Emollient
Body Lotion**
32 oz., selected varieties



16.99

**Andalou Naturals
Resveratrol Q10
Night Repair
Cream**
1.7 oz.

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

MW0120A

coop
welcome to the table