

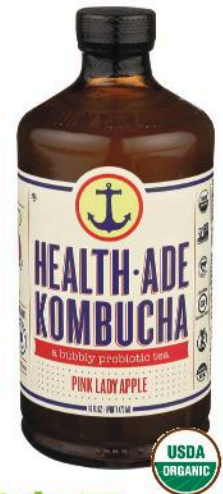
co+op deals

FEB 19 - MAR 3, 2020

more
to pour

AN ABUNDANCE OF NATURAL FLAVORS

Shop the co-op for your favorite kombucha — these bright fermented teas are great on their own or mixed into a tasty winter mocktail or sparkling beverage!



2/\$5

Health-Ade
Organic Kombucha
16 oz., selected varieties



2/\$5

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



2/\$6

Maya Kaimal
Organic Everyday
Dal
10 oz., selected varieties



2/\$7

Brown Cow
Cream Top
Yogurt
32 oz., selected varieties



Enjoy a taste of spring.

Great deals at the co-op



2/\$3

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



2/\$3

**Silk
Oat Yeah Oatmilk
Yogurt**
5.3 oz., selected varieties



3/\$4

**Chobani
Greek Yogurt with
Nut Butter**
5.3 oz., selected varieties



2/\$3

**C2O
Coconut Water**
17.5 oz., selected varieties



5.99

**Fage
Greek Yogurt**
35.3 oz., selected varieties



4.99

**Lifeway
Organic Kefir**
32 oz., selected varieties



2/\$7

**Rebbl
Organic Protein
Beverage**
12 oz., selected varieties



2/\$7

**Silk
Non-Dairy
Beverage**
64 oz., selected varieties



2/\$7

**Good Karma
Flaxmilk**
64 oz., selected varieties



3.99

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



3.99

**Organic Valley
Parmesan Cheese**
4 oz., selected varieties



3.99

**Organic Valley
Ultra-Filtered
Milk**
56 oz., selected varieties

Keep your refrigerator stocked with great deals.



*always organic,
never ordinary*

2/\$4

Cascadian Farm
Organic Frozen Beans
and Frozen Vegetables
10 oz., selected varieties

2/\$6

Cascadian Farm
Organic Harvest Berries
8 – 10 oz., selected varieties

2/\$6

Cascadian Farm
Organic Granola
and Cereal
13 – 14.5 oz., selected varieties

2/\$7

Cascadian Farm
Organic Fruit-infused
Chewy Granola Bars
5 pack, selected varieties



Cascadian Farm's love of delicious, uncomplicated food comes from what Mother Nature has already perfected: wholesome, organic ingredients. We are inspired by the awe and wonder of food grown naturally. It's simple, yet filled with so much magic. Ban boring, eat vibrantly.



Products the whole family will love!
Healthy habits start here.



3.99

Natural Sea
Fish Sticks or
Fillets
8 oz., selected varieties



3.99

The Real Coconut
Organic Coconut
Flour Tortillas
7.6 oz., selected varieties



3.99

Katz Gluten Free
Snack Cakes
7-8.8 oz., selected
varieties



4.99

Mikey's
Breakfast Pockets
2 ct., selected varieties



7.99

Beyond Meat
Beyond Beef
16 oz.



3.99

Leah's Better
Bites
Do Bites
4.4 oz., selected varieties



Your co-op has products for any diet or lifestyle!



2/\$7

**Pacific Foods
Organic Soup**
32 oz., selected varieties



1.99

**San-J
Tamari Gluten-
Free Soy Sauce**
10 oz.



2/\$7

**Maya Kaimal
Indian Simmer
Sauce**
12.5 oz., selected
varieties



13.99

**Dr. Bronner's
Organic Whole
Kernel Virgin
Coconut Oil**
30 oz., selected varieties



2/\$5

**Natural Sea
Yellowfin Chunk
Tuna**
5 oz.
other Natural Sea
canned seafood
products also on sale



2/\$5

**Wolfgang Puck
Organic Soup**
14.5 oz., selected
varieties



8.99

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

*growing great taste
for generations®*

Since 1937, the **Lundberg** family has been dedicated to caring for the land responsibly and sustainably. Our organic farming methods produce healthful, delicious rice while respecting and protecting the Earth for future generations. Today, the spirit of environmental stewardship at Lundberg Family Farms® continues to grow with every grain of rice.



2/\$5

**Lundberg
Rice Chips**
6 oz., selected varieties



2/\$6

**Lundberg
Organic Rice
Cakes**
8.5 oz., selected varieties



2/\$6

**Lundberg
Organic Rice Pilaf
and Entrées**
5.5 – 6 oz., selected varieties



5.99

**Lundberg
Organic California
Rice**
32 oz., selected varieties

Stop in for the healthy ingredients you want.



find your flavor

Stock up on our unrivaled snacks. Simple ingredients, classic taste and satisfying flavor is what you get from our premium brands. Our kettle chips and pretzels deliver the crunch you need to fulfill every craving. What are you waiting for? Get to snacking!

2/\$4

Kettle Brand
Potato Chips
5 oz., selected varieties

2/\$5

Snack Factory
Pretzel Crisps
Original
7.2 oz.

2/\$5

Late July
Organic Classic
Rich Cracker
6 oz.

2/\$6

Snyder's
Gluten Free
Pretzel Sticks
8 oz.



2/\$4

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



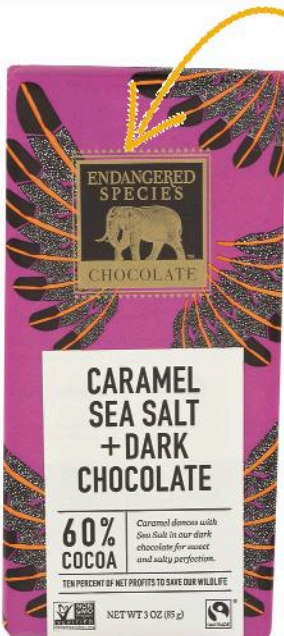
2/\$5

Blue Diamond
Artisan Nut Thins
4.25 oz., selected
varieties



2/\$5

Theo
Organic
Chocolate Bar
3 oz., selected varieties



*you can never go wrong
with chocolate!*

Caramel dances with sea salt in our dark chocolate for a sweet and salty pairing perfection.

2/\$4

Endangered Species
Chocolate Bar
3 oz., selected varieties



2/\$6

Taza
Organic
Chocolate
2.7 oz., selected varieties



3.99

Lillabee
Brownie Thins
4 oz., selected varieties

Tasty snacks for school, work and free time.

less sweet. more meat.

The grass-fed bison supply in North America has increased over the past three years, in part thanks to **Epic's** sourcing efforts. When you vote with your purchasing dollars by supporting brands that source ingredients with integrity, you truly do make a difference. Epic is committed to sourcing the highest-quality and most humanely treated animals — which contributes to your health and that of the environment.



2/\$3

Epic Meat Strips
.8 oz., selected varieties



3/\$5

Epic Bars
1.3 oz., selected varieties



2/\$5

Epic Pork Rinds
2.5 oz., selected varieties



4.49

Epic Bites and Bone Broth
2.5 oz. bites, selected varieties
14 oz. bone broth, selected varieties



5.99

Grandy Oats Organic Granola
9 oz., selected varieties



5.99

SweetLeaf Organic Baking Blend
14 oz., selected varieties



4.99

Spice Mama Just Date Syrup
8.8 oz., selected varieties



2.99

R.W. Knudsen Organic Apple Juice
32 oz.



2/\$7

Choice Organic Tea
16 ct., selected varieties



7.99

Lakewood Organic Pure Cranberry Juice
32 oz.

scoop up the savings in bulk!



1.99

Organic Pinto Beans
per pound in bulk



4.49

Organic Pitted Prunes
per pound in bulk



5.99

Almonds
per pound in bulk

Reduce packaging by buying in bulk.



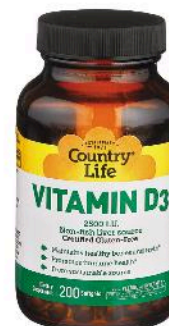
10.99

**Boiron
Coldcalm**
60 ct.



12.99

**Nature's Way
Umcka Coldcare
Syrup**
4 oz., selected varieties



10.99

**Country Life
Vitamin D3 2,500 IU**
200 ct., selected varieties



7.99

**Schmidt's
Deodorant**
3.25 oz., selected
varieties



4.99

**Andalou Naturals
Body Lotion**
8 oz., selected varieties



9.99

**ECOS
Liquid Laundry
Detergent**
100 oz., selected
varieties



2.79

**Ecover
Dishwashing
Liquid**
25 oz., selected varieties



5/\$5

**Luna
Bar**
1.69 oz., selected
varieties



2/\$4

**Garden Of Life
Sport Protein Bar**
2.7 oz., selected varieties



4.49

**Santa Cruz
Organic
Peanut Butter**
16 oz., selected varieties



2.99

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



2/\$7

**Made In Nature
Organic Figgy
Pops**
3.8 oz., selected varieties



8.99

**Once Again
Almond Butter**
16 oz., selected varieties

Stock up with these great co-op savings.

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

*devoted to quality
and tradition*

Carla Bartolucci founded **bionaturae** with a desire to bring superior-quality Italian products to the U.S. She works with artisans who lovingly craft each product utilizing traditional small-scale production methods. **Jovial Foods** was created so families facing the challenges of food allergies could eat well and feel happy again. Carla runs the family- and woman-owned company from Italy, overseeing production and working with a small network of farmers to preserve old-world traditions.



2/\$4

Bionaturae
Organic Pasta
16 oz., selected varieties



2/\$5

Bionaturae
Organic
Egg Pasta
8.8 oz., selected varieties



2/\$6

Jovial
Organic Brown
Rice Pasta
12 oz., selected varieties



2/\$6

Jovial
Organic
Tomatoes
18.3 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

MW0220B

coop
welcome to the table