

# coop deals

DEC 2 - DEC 15, 2020

just add  
chocolate

## WINTER TREATS FOR EVERYONE

Fill your home with the aromatic scent of your favorite brownie recipe with a little extra chocolate drizzled on top. Endangered Species fair trade chocolate makes the perfect sweet treat for the holiday season.



**2/\$5**

Endangered Species  
Chocolate Bars  
3 oz., selected varieties



**3.99**

Wholesome  
Organic Brown  
Sugar  
24 oz., selected varieties



**3.99**

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



**7.99**

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



Celebrate the season with baked goods!

**Holiday Baking at the Co-op.**



**3.99**

Nancy's  
Organic Yogurt  
32 oz., selected varieties



**6.99**

Uncle Matt's  
Organic Juice  
52 oz., selected varieties



**9.99**

Organic Valley  
String Cheese  
18 oz.



**5/\$5**

Noosa  
Yoghurt  
4.5 oz., selected varieties



**4.99**

Maple Hill  
Creamery  
100% Grass Fed  
Organic Kefir  
32 oz., selected varieties



**2/\$7**

The Greek  
Gods  
Greek Yogurt  
24 oz., selected  
varieties



**4/\$5**

Honest  
Organic Tea  
16 oz., selected varieties



**2/\$6**

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



**4.99**

Feel Good Foods  
Egg Rolls  
7-10 oz., selected  
varieties

## time for holiday mocktails

### GARNISHES WITH A BOOST

This season, shop the co-op for your favorite fruity beverages and create mocktails at home. Citrus, pomegranate and peach flavors taste great in a mocktail. Don't forget to add garnishes for an extra boost. Herbs, spices, fruit, ginger and chia seeds are just a few healthy options. Enjoy!



**4.49**

Izze  
Sparkling Juice  
Beverage  
4 pack, selected varieties

**Brighten your mornings with deals from the co-op!**





**10/\$10**

Annie's  
Homegrown  
Mac & Cheese  
5.25-6 oz., selected  
varieties



**10/\$10**

Muir Glen  
Organic  
Tomatoes  
14.5 oz., selected  
varieties



**2/\$3**

Justin's  
Organic Nut  
Butter Cups  
1.4 oz., selected  
varieties



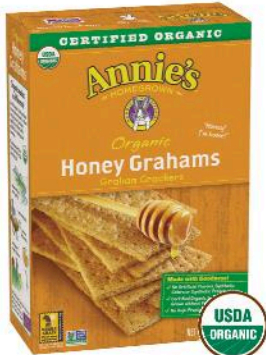
**2/\$7**

Pacific  
Organic Soup  
32 oz., selected varieties



**4.99**

Rao's Homemade  
Pasta Sauce  
24 oz., selected varieties



**2/\$7**

Annie's Homegrown  
Organic Honey Grahams  
14.4 oz., selected varieties



**2/\$7**

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



**4.49**

Garden of Eatin'  
Tortilla Chips  
16 oz., selected varieties



**2/\$5**

Lundberg Family  
Farms  
Rice Chips  
6 oz., selected varieties



**2/\$7**

Raaka  
Chocolate Bars  
1.8 oz.



scoop up the savings in bulk!

**99¢**

Organic Rolled  
Oats  
per pound in bulk



**2.99**

Organic  
Thompson Raisins  
per pound in bulk



**8.99**

Organic Walnut  
Halves & Pieces  
per pound in bulk



**Find your favorite bulk products at the co-op.**



# delicious holiday baking

The co-op has everything you need for the busy holiday baking season. Stock up now on all the ingredients for your favorite recipes.



## 4.49

King Arthur  
All-Purpose Flour  
5 lbs.



## 5.99

Once Again  
Organic Sunflower  
Butter  
16 oz., selected varieties



## 3.99

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



## 2.49

Nancy's  
Organic Cultured  
Cream Cheese  
8 oz.



## 2/\$5

Divine  
Chocolate Bars  
3-3.5 oz., selected varieties

The co-op has baking ingredients for everyone!

Some items may not be available at all stores or on the same days

Warm your home with help from the co-op.

Some items may not be available at all stores or on the same days



empowering  
your wellness

As trusted leaders in natural wellness, **Nutranext** understands that each person's body has unique needs. That's why we use quality ingredients, backed by science, in all our brands — to build a stronger foundation for everyone's health, so they can reach new heights.



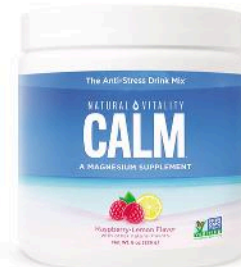
**13.99**

Neocell  
Super Collagen Powder  
7 oz.



**14.99**

Rainbow Light  
Women's One  
Multivitamin  
60 capsules



**16.99**

Natural Vitality  
Natural Calm  
Raspberry Lemon  
8 oz.



**24.99**

Renew Life Ultimate  
Flora Probiotic  
30 capsules



**5.99**

Spectrum  
Essentials  
Organic Flaxseed  
14 oz.



fuel for every goal

Repair and refuel muscles with 30 grams of Sport Organic Plant-based Protein — a complete protein — made from a blend of certified-organic pea proteins for a delicious, smooth and creamy texture.

**44.99**

Garden Of Life  
Organic Plant-based  
Protein

23-29.6 oz., selected varieties



**11.99**

Sovereign Silver  
Bio-Active Silver Hydrosol  
2 oz., selected varieties

**Healthy options for everyone at the co-op.**



**13.99**

**Weleda  
Skin Food**  
2.5 oz.



**2/\$5**  
**Dr. Bronner's  
Pure Castile  
Bar Soap**  
5 oz., selected  
varieties



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



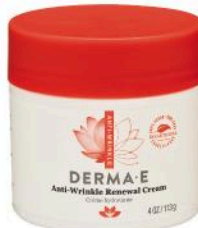
**1.79**  
**Green Forest  
Bath Tissue**  
4 pack



**6.99**  
**Avalon Organics  
Shampoo or  
Conditioner**  
11 oz., selected varieties



**8.99**  
**Aura Cacia  
Essential Oil**  
.5 oz.



**9.99**  
**Derma E  
Anti-Wrinkle  
Renewal Cream**  
4 oz.



**10.99**  
**Seventh Generation  
Liquid Laundry  
Detergent**  
100 oz., selected varieties



**3/\$10**  
**Andalou Naturals  
Lift Firm Age Defying and  
Instant Soothing Masks**  
1 packet



**2/\$10**  
**Mineral Fusion  
Nail Polish Top  
Coat and Remover**  
.33 oz.-6 oz.



**10.99**  
**Sukin  
Hydrating  
Rose Cream**  
4.06 oz.



*holiday at-home  
essentials*

Our goal is to make natural beauty the only choice for people wanting to live a healthy, balanced life, free from unnecessary toxins. Stock up on **Andalou**, **Mineral Fusion** and **Sukin** products for the perfect holiday at home!

**Sparkle and shine with products from the co-op.**



## 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  
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](http://welcometothetable.coop)*



**2/\$6**

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



**2/\$6**

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



**4/\$5**

Larabar  
Protein Bar  
1.84 oz., selected varieties



**3.99**

Blue Diamond  
Crafted Gourmet  
Almonds  
5 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

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**coop**  
welcome to the table