

# coop deals

MAR 3 - MAR 16, 2021

## choose your flavor

Health-Ade offers kombucha in a variety of flavors, making it easy to create the perfect mocktail. Try their bubbly kombucha today — on sale now at the co-op.



**2/\$5**

Health-Ade  
Organic Kombucha

16 oz., selected varieties



**4/\$5**

Siggis  
Icelandic Style  
Yogurt

4.4-5.3 oz., selected  
varieties



**3/\$4**

Topo Chico  
Mineral Water

25.4 oz.



**2/\$4**

Boulder Canyon  
Potato Chips

5 oz., selected varieties



**2/\$6**

Equal Exchange  
Organic  
Chocolate Bars

2.8 oz., selected varieties



**2/\$7**

Yogi  
Herbal Tea

16 tea bags, selected  
varieties



**2/\$8**

Coolhaus  
Ice Cream

1 pint, selected varieties

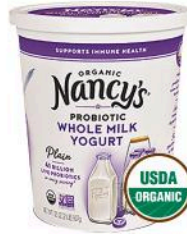


Find refreshing drinks at the co-op.  
**Enjoy the season with  
spring flavors.**



**7.99**

**Chameleon Cold Brew Organic Coffee Concentrate**  
32 oz., selected varieties



**3.99**

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



**2/\$5**

**Annie's Homegrown Frozen Mac & Cheese**  
7.5 oz., selected varieties



**3.99**

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



**2/\$5**

**Kevita Organic Sparkling Probiotic Drink**  
15.2 oz., selected varieties



**5.99**

**Vital Farms Organic Large Pasture-raised Eggs**  
1 doz.



*billions of probiotics per serving*

Say no to the use of toxic, persistent chemicals. Say yes to thriving farms and a healthier planet. It's not just good organic yogurt — it's Good on Purpose!

**2/\$7**

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



**2/\$7**

**Evolution Fresh Organic Juices**  
15.2 oz., selected varieties

**Start your day with breakfast from the co-op.**



# frozen favorites

Keep your freezer filled with favorites from **Woodstock**, **Rising Moon** and **Natural Sea**! They're perfect for bringing flavorful yet simple meals to the table in no time.



**2/\$3**  
Woodstock  
Petite Brussels Sprouts  
10 oz.



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



**3.99**  
Natural Sea  
Premium Cod Sticks or Fillets  
8 oz.



**2/\$4**  
Perfect Bar  
Organic Protein Bar  
2.5 oz., selected varieties



**4.49**  
Organic Valley  
Cheese  
8 oz., selected varieties



**7.99**  
Beyond Meat  
Beyond Beef  
16 oz., selected varieties

# plant-based deliciousness



**2/\$5**  
Sweet Earth  
Burrito  
6-7 oz., selected varieties

Our mission is to nourish lives by making smart food choices that support a healthy body, cultivate a curious mind and food palate, and honor and sustain the land.



**2/\$7**  
Deep Indian Kitchen  
Vegetarian Appetizers and Naan Pizza  
7.8-11 oz., selected varieties

**Healthy meals for the family from the co-op.**



**2/\$4**

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



*pure, wild  
seafood!*

Natural Sea tuna is always  
sustainably caught and made  
with simple ingredients.  
Enjoy seafood you can feel  
good about!



**2/\$5**

Crown Prince  
Skinless &  
Boneless Sardines  
3.75-4.37 oz., selected  
varieties

**2/\$6**

Natural Sea  
Albacore Tuna  
5 oz., selected varieties



**3.29**

Ancient Harvest  
Organic Polenta  
18 oz., selected varieties



**3/\$4**

Lotus Foods  
Rice Ramen  
2.8 oz., selected  
varieties



**2/\$4**

Lotus Foods  
Organic Ready-to-  
Heat Rice  
8 oz., selected varieties

*Amy's promise*

We choose what's best for our  
customers, our farmers, our  
employees and our planet. It's  
a tall order, but we wouldn't  
have it any other way.

**2/\$5**

Amy's  
Organic Soup or  
Refried Beans

14.1-15.4 oz., selected varieties



**10/\$10**

Muir Glen  
Organic Tomatoes  
14.5 oz., selected varieties

**The co-op has easy-to-cook options.**





**2/\$6**

**Nature's Path Organic Cereal**  
10-14 oz., selected varieties



**2/\$7**

**Mom's Best Cereal**  
15-24 oz., selected varieties



*for your wellness journey*

We use superfoods with vibrant flavors and rich textures to create foods you will obsess over.

**3.99**

**Purely Elizabeth Organic Granola**  
8-12 oz., selected varieties



**2/\$5**

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



**7.99**

**Artisanas Organics Raw Coconut Butter**  
14 oz.



**8.99**

**Justin's Almond Butter**  
16 oz., selected varieties



**2/\$5**

**Celestial Seasonings Herbal Tea**  
20 tea bags, selected varieties



**2/\$7**

**Equal Exchange Organic Tea**  
20 tea bags, selected varieties



**5.49**

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



*scoop up the savings in bulk!*

**99¢**

**Organic Rolled Oats**  
per pound in bulk



**2.99**

**Organic Thompson Raisins**  
per pound in bulk



**9.99**

**Organic Roasted & Salted Pistachios**  
per pound in bulk



**The co-op has all the brands you love.**



**3/\$5**

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



**2/\$6**

**Cascadian Farm  
Organic Soft  
Baked Bars**  
6.2 oz., selected  
varieties



**2/\$5**

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



**6.99**

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



**3/\$10**

**Nubian Heritage  
Bar Soap**  
5 oz., selected varieties



**5.99**

**Acure  
Shampoo or  
Conditioner**  
8 oz., selected  
varieties



**8.99**

**Biokleen  
Liquid Laundry  
Detergent**  
64 oz., selected varieties



*be gentle*

Fragrance-free with simple ingredients. Organic oils keep skin moisturized, smooth and supple. Plant-based with no synthetic preservatives, detergents or foaming agents. It's good to be gentle with ourselves and each other!

**2/\$6**

**Dr. Bronner's  
Castile Bar Soap**  
5 oz., selected varieties



**3.99**

**Better Life  
All-purpose Cleaner**  
32 oz., selected varieties  
other Better Life Cleaners also on sale

**Thank you for shopping at the co-op!**





**2/\$4**

**Desert Essence  
Lip Rescue**  
.15 oz., selected varieties



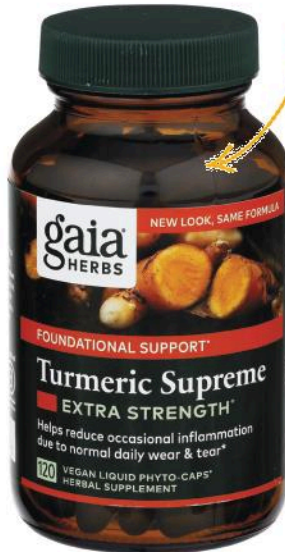
**6.99**

**Thayers  
Witch Hazel  
Toner**  
12 oz., selected varieties



**7.99**

**Tea Tree Therapy  
Tea Tree Oil**  
1 oz.



*maintain an active lifestyle*

Used for thousands of years, turmeric not only helps reduce occasional inflammation due to normal daily wear and tear, but it also supports the immune, digestive and cardiovascular systems.

**29.99**

**Gaia Herbs  
Turmeric Supreme Extra  
Strength**  
120 ct.



**19.99**

**Enzymedica  
Digest Gold**  
45 ct.



**29.99**

**Vega  
Vega One Organic  
Shake**  
12.1-13.5 oz., selected varieties

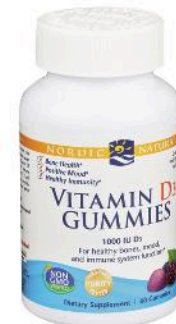
*targeted nutrients, clean ingredients*



Ditch conventional gummy vitamins and try these delicious, organic and Non-GMO Project Verified vitamin chews made with pectin from non-GMO apples, organic orange peel and nine organic whole fruits in every bottle.

**29.99**

**Garden Of Life  
Mykind Organics  
Women's Multi Gummies**  
120 ct.



**10.99**

**Nordic Naturals  
Vitamin D3 Gummies**  
60 ct.

**Find great wellness products at 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)*



*energy for any moment*

At Clif, we're guided by our values. We call them our Aspirations — like striving to create a healthy and sustainable food system. We ensure our brands and business are healthy so we can do more good, and care about the people, places and communities we reach.

**4/\$5**

**Clif  
Builders & Nut Butter Bars**  
1.76-2.4 oz., selected varieties



**2/\$7**

**Unreal  
Chocolate Nut  
Butter Cups or Gems**  
4-6 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