

coop deals

MAR 31 - APR 20, 2021

discover fair
trade coffee

GOOD MORNING!

A more equitable and sustainable world is possible — one cup at a time. Make your favorite brunch items and sip on Equal Exchange's new ¡BioRevolution! Dark Roast — available only at your co-op — and know you're supporting organic, regenerative agriculture and fair trade farmers.



6.99

Equal Exchange
Organic Coffee
12 oz., selected varieties



2/\$5

R.W. Knudsen
Simply Nutritious
Juice
32 oz., selected varieties



2/\$7

Immaculate
Organic
Cinnamon
Rolls
17.5 oz.



3.49

Bonne Maman
Preserves
13 oz., selected varieties



Visit the co-op for organic and fair trade options.
The perfect start to the day.



3.99

**Mt. Vikos
Organic Feta Cheese**
6 oz., selected varieties



5.99

**Field Roast
Celebration
Roast**
16 oz.



2/\$6

**The Greek Gods
Greek Yogurt**
24 oz., selected varieties



4/\$5

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



2/\$5

**Vive Organic
Wellness
Shots**
2 oz., selected
varieties



5.99

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



great buttery taste

Earth Balance Vegan Buttery Spread has made a name as the ultimate toast topper and a crucial part of your dairy-free baking. It's creamy, rich and buttery.

3.99

**Earth Balance
Buttery Spread**
13-16 oz., selected varieties



2/\$7

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

Start the day with deals from the co-op.



2.49

Organic Valley
Free-range
Large Eggs
6 ct.



3.49

Organic Valley
Cultured
Buttermilk
32 oz.



3.99

Organic Valley
Ultra Pasteurized
Half & Half
32 oz.



3.99

Organic Valley
Thick and Finely
Shredded Cheese
6 oz., selected varieties



our secret ingredient?

You could say that outside is our “secret ingredient.” We put the outside into our products, so you and your family can get all the benefits of cows raised outside — inside your bodies.



2/\$5

Tofurky
Deli Slices
5.5 oz., selected
varieties



4.99

Organic Valley
Raw Cheese
8 oz., selected varieties



3.99

Oatly
Oatmilk
64 oz., selected varieties



2/\$5

Kevita
Organic Sparkling
Probiotic Drink
15.2 oz., selected
varieties



3.49

Florida's Natural
Orange Juice
52 oz., selected varieties



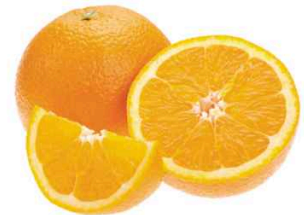
5.49

So Delicious
Coconutmilk
Yogurt
24 oz., selected varieties

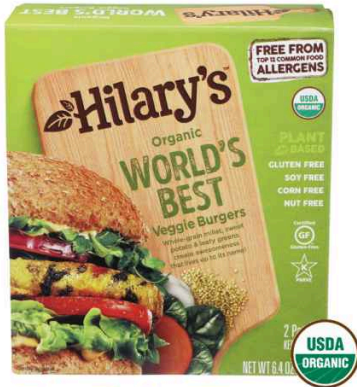


3.99

Lifeway
Organic Kefir
32 oz., selected varieties



All your refrigerated favorites at the co-op.



2/\$5

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

*fixings at
the co-op*

OUTDOOR MEAL TIME

Spring weather means more time outdoors. The co-op has a great selection of quick, easy meals that you and your family will love. And don't forget the fixings!



2/\$6

**Alexia
Frozen Potatoes**
11-19 oz., selected varieties



3/\$5

**Woodstock
Frozen Vegetables**
10 oz., selected varieties



2/\$6

**Garden Of Eatin'
Tortilla Chips**
5.5 oz., selected varieties



eat Bliss, not that

Our purpose is to create wildly delicious, organic plant-based ice cream, crafted from Earth's finest ingredients, without milking nature's resources along the way.

2/\$10

**Coconut Bliss
Organic Frozen Dessert**
1 pint, selected varieties



6.99

**Alden's Organic
Ice Cream**
48 oz., selected varieties



The co-op has quick, easy meal options.

supporting the iBioRevolution! Project

For every pound of Organic iBioRevolution! Coffee you purchase, 50 cents goes to innovative agriculture projects. Our goal is to raise up to \$25,000 annually. The first funded project will be scholarships to La Fortaleza, a farmer-led grassroots biodynamic teaching farm in Honduras.

2/\$5

Equal Exchange
Organic
Chocolate Bars
2.8 oz., selected varieties

2/\$6

Equal Exchange
Organic Teas
20 tea bags,
selected varieties

4.49

Equal Exchange
Organic
Chocolate Chips
10 oz., selected varieties

8.99

Equal Exchange
Organic Bulk
iBioRevolution!
Coffee
1 lb.



5.49

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



5.99

Bob's Red Mill
Organic Flour
5 pounds, selected varieties



2.29

Let's Do Organic
Shredded
Coconut and
Coconut Flakes
6-8.8 oz., selected
varieties



2/\$6

Santa Cruz
Organic Apple
Sauce
23 oz., selected varieties



5.99

Swerve
Sweeteners
12 oz., selected varieties



1.79

Organic Garbanzo
Beans
per pound in bulk

4.99

Organic Pitted
Deglet Noor Dates
per pound in bulk

11.99

Organic Pecan
Halves
per pound in bulk



Baking made easy with deals from the co-op.



2.29

**Probar
Meal Bar**
3 oz., selected varieties



2/\$7

**Barbara's
Cereal**
8-14 oz., selected
varieties



*sprouted brown rice
goodness*

Our Sprouted Brown Rice Cacao Crisps have all the health benefits of sprouted brown rice, made even more delicious with cacao and low-glycemic coconut palm sugar from the Indonesian archipelago.?

2/\$6

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



4.49

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



2/\$7

**Choice
Organic Tea**
16 tea bags, selected
varieties



2/\$3

**Plum Organics
Baby Food**
4 oz., selected varieties



*healthy and tasty
snacks*



3/\$4

**Kind
Fruit & Nut Bar**
1.4 oz., selected varieties

Delicious snacks perfect for every occasion during the day and for the whole family. KIND products are made with nutritionally dense ingredients, like whole nuts and grains and real fruits — no secret ingredients or artificial flavors, preservatives or sweeteners.



2/\$4

**Bobo's
Oat Bar**
3 oz., selected varieties



4/\$5

**Vermont Smoke
& Cure
Meat Stick**
1 oz., selected varieties

Head outside with healthy snacks from the co-op.



2/\$4

Muir Glen
Organic
Tomatoes
28 oz., selected varieties



2/\$5

Westbrae
Organic Beans
25 oz., selected varieties



2/\$6

Imagine
Organic Broth
32 oz., selected varieties



3/\$5

Dr. McDougall's
Soup Cup
1.4-3.4 oz., selected
varieties



4.99

Bragg
Organic Apple
Cider Vinegar
32 oz.



5.49

Sky Valley
Sriracha Sauce
18.5 oz.



3/\$5

Mike's Mighty
Good
Ramen Soup
Packs and Cups
1.6-2.4 oz., selected
varieties



2/\$5

Blue Diamond
Nut Thins
4.25 oz., selected varieties



2/\$5

Tasty Bite
Entrees
10 oz., selected varieties



*support healthy
digestion every day*

Discover why our refreshing and undeniably minty peppermint tea is the perfect way to end a meal. Start your morning with Roasted Dandelion Root — a surprisingly pleasant roasted blend!

3.99

Traditional Medicinals
Organic Herbal Tea
16 tea bags, selected varieties



9.99

Spectrum Naturals
Organic Unrefined Extra
Virgin Olive Oil
25.4 oz. selected varieties

Stock the pantry with deals from the co-op.

add crunch
to brunch



2/\$4

Late July
Organic Popcorn
4.4 oz.



2/\$4

Late July
Tortilla Chips
5.5 oz.



2/\$5

Late July
Organic Thin &
Crispy Potato Chips
5 oz.



2/\$5

Kettle Brand
Organic
Potato Chips
5 oz.

Here's an easy way to up your brunch game: set out irresistibly crunchy, delicious snacks from **Kettle Brand®** and **Late July®**. Each is made with organic ingredients and packed with flavors that satisfy any appetite.



2/\$5

Alter Eco
Organic
Chocolate Bar
2.82 oz., selected
varieties



4.49

Newman's Own
Newman-O's
Sandwich Cookies
13 oz., selected varieties



2/\$4

Endangered Species
Chocolate Bars
3 oz., selected varieties



2/\$5

Angie's
Boomchickapop
Popcorn
4.4-8 oz., selected
varieties



3.99

Justin's
Organic Mini
Peanut Butter
Cups
4.7 oz., selected varieties

2/\$4

Endangered Species
Chocolate Bars
3 oz., selected varieties



3/\$5

Surf Sweets
Candy
2.75 oz., selected
varieties



3/\$4

Wholesome
Organic Delish
Fish
2 oz.



3.99

Hu
Chocolate Bar
2.1 oz., selected varieties

The co-op has all the snacks you love.



2/\$3

C2O
Coconut Water
17.5 oz., selected varieties



1.79

Yachak
Organic Yerba Mate
15.5 oz., selected varieties



protein for the planet

Go organic this Earth Month with Orgain Plant-based Vanilla Protein Powder. Our passion is to make clean, organic protein that's non-GMO and made without soy, artificial colors or preservatives.

29.99

Orgain
Organic Plant-based Protein Powder
2.03 lb., selected varieties



2/\$4

Essentia
Ionized Water
1.5 ltr.



2/\$7

Milkadamia
Macadamia Milk
32 oz., selected varieties



4.49

IZZE
Sparkling Juice Beverage
4-12 oz. bottles, selected varieties



unleash your limitless potential

Bulletproof™ is an integrated approach to mind-body nutrition that helps transform the way you feel.

17.99

Bulletproof
Brain Octane
14 oz., selected varieties



Stay refreshed with beverages from the co-op.



6.99
Sukin
Shampoo or
Conditioner
16.9 oz., selected
varieties



allergy season is here

Similasan works differently, by using natural botanical extracts to stimulate the body's natural defenses and target the root cause, offering multi-symptom relief from itching, burning, watering and redness.

9.99

Similasan
Homeopathic Eye Relief
.33 oz., selected varieties



4.49

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



10.99
Urban Moonshine
Clear Chest
Organic Bronchial
Support
4.2 oz.

love our mother

EARTH DAY, EVERY DAY! Soap is farmed — so our main ingredients are agricultural products grown in the earth and tended by farmers. How we treat the people and land matters. Look for **Dr. Bronner's** new special label, Heal Earth!, and read the book *Honor Thy Label* for the inside story!

2/\$5

Dr. Bronner's
Pure Castile
Bar Soaps
5 oz.

3.99

Dr. Bronner's
Pure Castile
Liquid Soaps
8 oz.

10.99

Dr. Bronner's
Pure Castile
Liquid Soaps
32 oz.

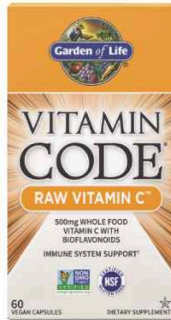


Everyone is welcome at the co-op.



5.99

ChildLife
Liquid Vitamin C
4 oz.



16.99

Garden Of Life
Vitamin Code Raw
Vitamin C
60 ct.



39.99

Nordic Naturals
Ultimate Omega Fish Oil
120 ct.



6.99

Bach
Rescue Remedy
Pastilles
35 ct., selected varieties



21.99

MegaFood
Blood Builder
60 ct.



29.99

Natural Factors
Whole Earth &
Sea Multivitamins
60 ct., selected varieties

we're redefining clean



For the past 30 years, we've been a company with strong beliefs about the rights of people and planet. We're on a mission to transform the world into a healthy, sustainable and equitable place for the next seven generations.

3.99

Seventh Generation
All Purpose Cleaner
23 oz.

10.99

Seventh Generation
Laundry Detergent
100 oz., selected varieties

11.99

Seventh Generation
Easy Dose Laundry
Detergent
23.1 oz., selected varieties

Sustainable products for your home 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



4.99

Vital Farms
Pasture-raised Eggs
1 doz., selected varieties

ethical eggs

Vital Farms eggs come from pasture-raised hens that enjoy a minimum of 108 square feet of roaming space, with the freedom to forage while enjoying fresh air and sunshine.



2/\$5
Silver Hills
Bread
14-22 oz., selected varieties



3/\$7
Nature's Path
Organic Waffles
6 ct., 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

MW0421A

coop
welcome to the table