

co+op deals

JUL 21 - AUG 3, 2021

hot days,
cold treats



4.99

Alden's Organic
Frozen Novelties
6-8 ct., selected varieties



79¢

Brown Cow
Cream Top
Yogurt
5.3 oz., selected varieties



2/\$3

Tazo
Ready-to-Drink
Tea
13.8 oz., selected
varieties



2.79

Annie's
Organic Ketchup
24 oz.



Refreshing beverages on sale at the co-op!

Add fruit to your
summer drink.



2/\$7

**Organic Valley
Egg Bites**
2 pack, selected varieties



2/\$6

**Goodbelly
Probiotic Drink**
32 oz., selected varieties



3.99

**Harmless Harvest
Organic Coconut
Water**
16 oz., selected varieties



4.49

**Bitchin' Sauce
Almond Dip**
8 oz., selected varieties



3/\$5

**Noosa
Yoghurt**
8 oz., selected varieties



4.49

**Califia Farms
Cold Brew Coffee**
48 oz., selected varieties



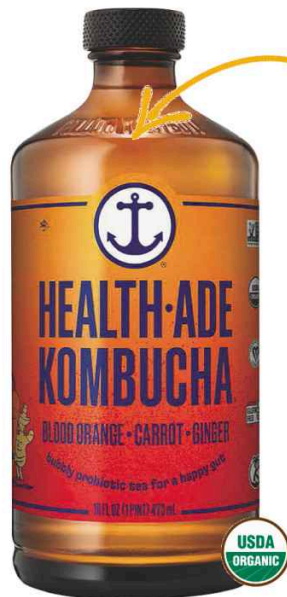
3/\$5

**Mountain Valley
Spring Water**
1 liter, selected varieties



2/\$7

**Silk
Organic Soymilk**
64 oz., selected varieties



follow your gut

Health-Ade Kombucha is a bubbly probiotic tea that fuels your gut health with living probiotics and detoxifying acids that help aid digestion, boost mood, drive energy and strengthen immunity.

2/\$5

**Health-Ade
Organic Kombucha**
16 oz., selected varieties



Cool off with refreshing products from the co-op.



2/\$10

**So Delicious
Dairy-free Frozen
Dessert**
1 pint, selected varieties



we are Talenti

We slow cook fresh milk, sugar and cream along with the finest Madagascar vanilla beans to create a rich, one-of-a-kind vanilla taste that's anything but plain.

2/\$7

**Talenti
Gelato or Sorbetto**
1 pint, selected varieties



2.79

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



3.99

**Tofurky
Plant-based
Sausages**
14 oz., selected varieties



4.49

**Hodo
Organic Tofu
Nuggets**
8 oz., selected varieties

tastes as good as it sounds

Your favorite Ben & Jerry's flavor, now certified gluten free! Perfect for dessert lovers looking for the classic Ben & Jerry's chunks and swirls. And the cherry on top? No gluten.

2/\$8

**Ben & Jerry's
Ice Cream**
1 pint, selected varieties



3.99

**Organic Valley
String Cheese**
6 oz., selected varieties

Sweet, frozen, delicious treats are at the co-op.



3.99

**Spectrum Naturals
Organic Mayonnaise**
16 oz.



16.99

**California Olive
Ranch
100% California
Extra Virgin Olive
Oil**
33.8 oz.



6.49

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



26.99

**Zoe
Organic Extra
Virgin Olive Oil**
88 oz.

sun kissed in the Mediterranean

Bring the Mediterranean to your table with Mediterranean Organic Olives! Organically grown in Greece and full of flavor. Perfect for a delicious light snack or to complement your favorite dish.

2/\$7

**Mediterranean Organic
Olives**
4.8-5 oz., selected varieties



2/\$4

**Wild Planet
Sardines**
4.4 oz., selected varieties



1.79

**Organic
Garbanzo Beans**
per pound in bulk



2.49

**Organic White
Quinoa**
per pound in bulk



9.99

**Organic Dried
Mango**
per pound in bulk



Make meals easy with help from the co-op.

nutrition for sustained energy



The idea for **Clif** Bar was born on a bike and built with athletes in mind. Today, we continue to make organic, plant-based energy food that begins with a recipe and incorporates the latest nutrition science — and it's NOT just for performance. We thoughtfully craft our foods to help energize any moment, big or small!

4/\$5

Clif Builders Bar
2.4 oz.

4/\$5

Clif
Organic Nut Butter Bar
1.76 oz.

5/\$5

Clif Luna Bar
1.69 oz.

5/\$5

Clif Bar
2.4 oz.



2/\$4

Blue Diamond
Almond Milk
32 oz., selected varieties



8.99

Equal Exchange
Organic Coffee
per pound in bulk



2/\$7

Envirokidz
Organic Cereal
10-14 oz., selected varieties



organic, sustainable,
mindful and tasty

All our cereal recipes are carefully crafted with only certified-organic and non-GMO ingredients, so that mindful eaters can enjoy a deliciously nutritious breakfast without compromise. That is Nature's Path!

2/\$7

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

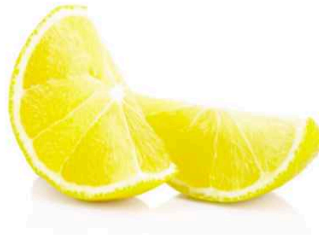


Rise and shine with breakfast from the co-op.



2/\$3

**Santa Cruz Organic
Lemonade**
32 oz., selected varieties



3.99

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



2/\$4

Q Drink
Drink Mixers
16.9 oz., selected
varieties



2/\$5

Vita Coco
Organic Coconut
Non-dairy
Beverage
33.8 oz.



2/\$3

**Ever & Ever
Water**
16 oz., selected varieties



2/\$6

Lily's
Chocolate Bar
2.8-3 oz., selected
varieties



*real vegetables
made irresistible*

TERRA real vegetable chips are made from vegetables that are harvested, crisped and seasoned to perfection. Enjoy vegetables made irresistible!

2/\$6

Terra
Vegetable Chips
4.2-6 oz., selected varieties



7.99

Woodstock
Lump
Hardwood
Charcoal
8.8 lb., selected
varieties

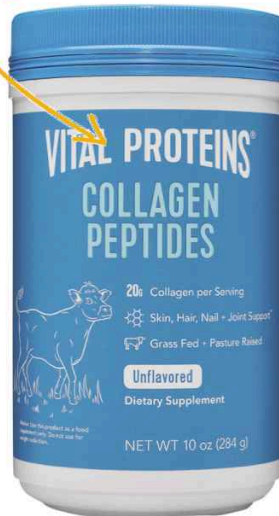
The co-op has snacks for outdoor outings.



17.99

**Bulletproof
Brain Octane
MCT Oil**
14 oz., selected
varieties

channel wellness from within



America's #1 collagen brand, Vital Proteins has helped people live fuller, more vibrant lives through premium collagen products that contain quality ingredients and have clean labels and transparent sourcing. It is within us!

19.99

**Vital Proteins
Collagen Peptides**
10 oz.



6.99

**Source Naturals
Melatonin 2.5 mg.**
60 ct., selected varieties



stay moving with Maca



Calling all athletes and weekend warriors alike: Gaia Herbs Maca Powder can help you stay physically active and maintain peak performance without the use of caffeine. Gelatinized for easier digestion, it mixes easily into the liquid of your choice.

13.99

**Gaia Herbs
Organic Maca Powder**
8 oz.



2/\$5

**Alba Botanica
Lip Balm**
.15 oz., selected
varieties

The co-op helps you feel your best all summer.

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
Oshkosh 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

upgrade your sparkling water



Nixie Sparkling Water is a line of consciously crafted, certified-organic, non-GMO sparkling waters infused with vibrant fruit and botanical flavors that are always 0 calorie, 0 sugar, 0 sodium.

3.99

Nixie
Organic Sparkling Water
8 pk.-12 oz. cans, selected varieties



2/\$5
Stacy's
Pita Chips
7.33 oz., selected
varieties



3.29
4505
Chicharrones
Pork Rinds
2.5 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

MW0721B

coop
welcome to the table