

coop deals

OCT 16 - OCT 29, 2019

wholesome
snacks you'll
love



MUNCH ON THE SAVINGS

Potluck party or last-minute guests? Stop by your local co-op and save on a bag or two of savory Terra veggie chips. Grab your favorite hummus or dip, or make your own with Greek yogurt and fresh or dried herbs. Simply delicious!



2/\$6

Terra
Vegetable Chips
5-6 oz., selected varieties



2/\$4

Endangered
Species
Chocolate Bar
3 oz., selected varieties



4.99

Kettle & Fire
Bone Broth
16.2-16.9 oz., selected
varieties



5.99

Amy's
Pizza
12-14 oz., selected
varieties



Comfort foods, tasty beverages and local seasonal produce.
Fall favorites are at the co-op.



3.99
Good Culture
Organic Cottage
Cheese
16 oz., selected varieties

new



5.99
Miyoko's
Organic Fresh
Vegan Mozz
8 oz., selected varieties



2/\$7
The Greek Gods
Greek Yogurt
24 oz., selected varieties



4/\$5
Siggi's
Icelandic Style
Yogurt
4.4-5.3 oz., selected
varieties



4.49
Organic Valley
Brown Eggs
1 dozen, selected
varieties



4.99
Farmhouse
Culture
Organic Kraut
16 oz., selected
varieties



7.99
Beyond Meat
Beyond Sausage
14 oz., selected varieties



3.99
Organic Valley
Shredded Cheese
6 oz., selected varieties



healthy spin on classics!

Dip into **Kite Hill's** healthy spin on the classic tastes of ranch and French onion. They are perfect with crudites, chips, potato skins and more. They are everything you missed in dips, minus the dairy!

2/\$6
Kite Hill
Dips
8 oz., selected varieties

new



Find something for everyone at the co-op.



2/\$3

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



2/\$5

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



2.99

**Silk
Non-Dairy
Creamer**
32 oz., selected
varieties



2/\$6

**Silk
Oat Yeah Oatmilk**
64 oz., selected varieties



3.99

**Ripple
Plant-based Milk**
48 oz., selected
varieties



3.99

**Organic Valley
Ultra-pasteurized
Milk**
64 oz., selected varieties



5/\$5

**Tazo
Tea**
13.8 oz., selected
varieties



2/\$5

**Brew Dr.
Organic
Kombucha**
14 oz., selected varieties



a botanical revolution

REBBL is working to co-create a future without human trafficking through impact sourcing and a donation from every bottle sold. To date, REBBL has contributed over \$1 million to Not For Sale's global work and has uplifted upwards of 35,000 victims of trafficking. Your purchase helps!

2/\$6

**Rebbl
Organic Elixir**
12 oz., selected varieties



Sip on the savings at your local co-op!



2.29
Lotus Foods
Organic Pad Thai
Rice Noodles
 8 oz., selected varieties



2/\$4
Lotus Foods
Rice Ramen
Noodle Soup Cup
 2 oz., selected varieties



3.49
Bragg
Liquid Aminos
 16 oz.



3/\$5
Near East
Couscous Mix or
Rice Pilaf
 5.25-6.75 oz., selected varieties



2/\$7
Pacific Natural
Foods
Organic Soup
 32 oz., selected varieties



99¢
everyday low price
Field Day
Organic Tomato
Paste
 6 oz.



2/\$4
Westbrae
Organic Beans
 15 oz., selected varieties



3.49
Frontier Co-op
Pumpkin Pie Spice
 1.92 oz.
 other Frontier Co-op
 spices also on sale

simply delicious channa masala



This classic Indian recipe is a favorite in most Indian restaurants. **Tasty Bite** slow simmers chickpeas in a delicious blend of onions, tomatoes and aromatic spices. Enjoy as a hearty dish on its own or accompany with naan, roti or your favorite rice.

2/\$5
Tasty Bite
Ready-to-Heat Entrees
 10 oz., selected varieties



Get cookin' with meal starters from the co-op.

Epic believes...

Adopting a healthier lifestyle doesn't mean going hungry – it means feeding your body with snacks made from simple ingredients. Husband and wife co-founders Taylor and Katie launched **Epic** starting with a savory, meat-based protein bar to fuel their extreme athletic pursuits. Their vision was to provide on-the-go protein options that prioritized quality and sourcing.



2/\$3

Epic Meat Strips
3 oz., selected varieties



3/\$5

Epic Bars
1.3-1.5 oz., selected varieties



2/\$5

Epic Pork Rinds
2.5 oz., selected varieties



4.99

Epic Venison Bites
2.5 oz., selected varieties



gluten-free crunch

Made with whole grains and gluten-free goodness, these subtly sweet, crunchy squares are perfect for breakfast or an afternoon snack.

2/\$6

Cascadian Farm Organic Cereal
8.6-16 oz., selected varieties



4.99

Numi Organic Tea
12-18 ct., selected varieties



2/\$6

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



2/\$4

So Delicious Organic Plant-based Milks
32 oz., selected varieties



3.99

Arrowhead Mills Pancake and Waffle Mix
26 oz., selected varieties

Brands you love at budget-friendly prices.

hemp yeah!

Manitoba Harvest knows that good things come to those who hemp. By unlocking the nutritional power of this remarkable plant, it's easy to invite a little extra "good" into your day. Sprinkle Manitoba Harvest Hemp Hearts on yogurt and salads or add Hemp Yeah! Max Fiber Protein Powder to your smoothies or baked treats.



5.99

Manitoba Harvest
Hemp Hearts Shelled
Hemp Seeds
8 oz.



6.99

Manitoba Harvest
Organic Hemp Hearts
Shelled Hemp Seeds
7 oz.



11.99

Manitoba Harvest
Organic Hemp Yeah! Max
Fiber Hemp Protein Powder
16 oz.



2/\$4

Garden Of Life
Organic Fit Bar
1.9 oz., selected varieties



10/\$10

Larabar
Fruit and Nut Bar
1.6-1.7 oz., selected
varieties



4/\$5

Clif
Builder's Protein
Bar
2.4 oz., selected
varieties



99¢

Organic Steel
Cut Oats
per pound



3.49

Organic White
Quinoa
per pound



6.99

Organic Large
Medjool Dates
per pound



Fuel up with great deals at the co-op!



1.79
Yachak
Organic Yerba
Mate
15.5 oz., selected
varieties



4.49
LaCroix
Sparkling Water
12 pack, selected
varieties



2/\$7
Mary's Gone
Crackers
Organic
Real Thin Crackers
5 oz., selected varieties



2/\$5
ParmCrisps
Cheese Snack
1.75 oz., selected
varieties



2/\$4
Food Should
Taste Good
Tortilla Chips
5.5 oz., selected varieties



2/\$4
Peeled Snacks
Organic Peas
Please
3.3 oz., selected varieties



2/\$5
Crunchmaster
Multi-seed
Crackers
4 oz., selected varieties

check out this spread →

Justin's products were born in a kitchen in Boulder, CO as a result of a lifelong passion – and possible obsession – with creating delicious nut butters and nut butter cups to fuel all kinds of adventures.

5/\$5

Justin's
Nut Butter
Squeeze Packs
1.15 oz., selected varieties

2/\$3

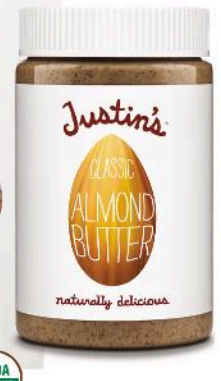
Justin's
Organic Dark
Chocolate Peanut
Butter Cups
1.4 oz.

3.99

Justin's
Organic Nut
Butter Covered
Nuts
3 oz., selected varieties

8.99

Justin's
Almond Butter
16 oz.



On the go? Grab a snack at the co-op!



2/\$6

Tony's
Chocolonely
Chocolate Bar
6.35 oz., selected
varieties



2/\$5

Garden Of Eatin'
Tortilla Chips
7.5-8.1 oz., selected
varieties



2/\$5

Angie's
Boomchickapop
Popcorn
4.4-6 oz., selected
varieties



2/\$6

Late July Snacks
Organic Salsa
15.5 oz., selected
varieties



2/\$5

Late July Snacks
Organic Cantina
Dippers
8 oz., selected varieties



Hosting a tailgate or fall party? Stop by the co-op!
Snacks for the whole crowd.



*simple ingredients,
fabulous taste*

EVOL is changing the way the world thinks about frozen foods. EVOL's burritos, snacks, entrees and breakfast offerings are made with fabulous flavors and simple ingredients. There's a lot to LOVE about EVOL.

2/\$4

Evol
Burrito

6 oz., selected varieties



3.99

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



10.99

Cappello's
Cookie Dough
12 oz., selected varieties

new

Crowd-pleasing treats both salty and sweet!

gluten-free goodness!



Udi's is committed to making delicious, full flavor food that just happens to be gluten-free as you shouldn't have to compromise on taste to support the lifestyle you choose!

\$3.99

Udi's Gluten Free
Ancient Grain
Millet Chia Bread
14.2 oz.

\$3.99

Udi's Gluten Free
Multigrain Sandwich
Bread
12 oz.

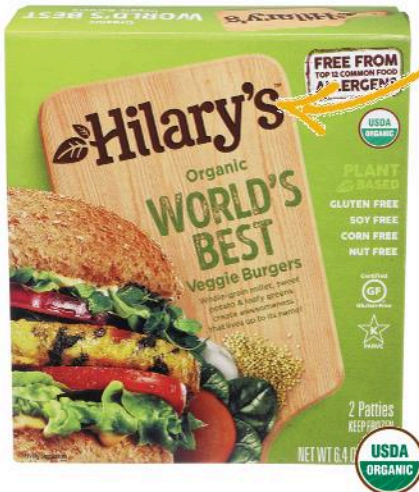
\$4.49

Udi's Gluten Free
Pizza Crust
8 oz.

\$4.99

Udi's Gluten Free
Pepperoni Pizza
10.1 oz.

deliciously free from compromise



Tasty, plant-powered nourishment made with whole ingredients that your family can trust. Hilary's creates craveable veggie burgers that are free from common food allergens and full of flavor!

2/\$5

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



3.99

Blake's
Organic Chicken
Pot Pie
8 oz. selected varieties



4.99

Tucson Tamale
Tamales
10-11 oz., selected
varieties



9.99

Wyman's
Frozen Wild
Blueberries
3 lb. selected varieties

Find foods for every diet at the co-op.

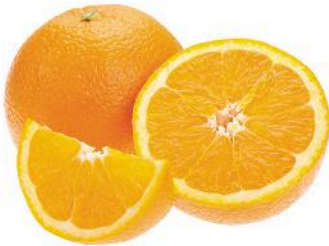
cooperation celebration!

Co-op shoppers, owners and supporters are sustaining something special: businesses that are owned and operated by their communities. Together, people around the globe are helping to build a better world through cooperation. Happy Co-op Month — and thank you.

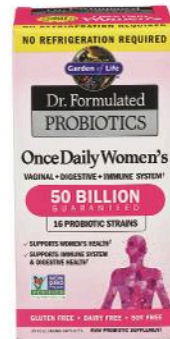
OCTOBER IS
**CO-OP
MONTH**



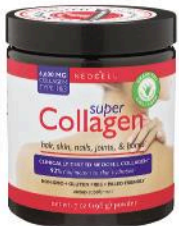
PHOTO COURTESY CO-OP MARKET GROCERY & DELI, FAIRBANKS, AK



12.99
Ener-C
Vitamin C Dietary
Supplement
30 ct., selected varieties



29.99
Garden Of Life
Dr. Formulated Once Daily
Probiotics
30 ct., selected varieties



13.99
Neocell
Super Collagen
Powder
7 oz., selected varieties



15.99
Natural Vitality
Natural Calm
8 oz., selected varieties



19.99
Rainbow Light
Kid's One
Multivitamin
90 ct., selected varieties



21.99
Oregon's Wild
Harvest
Turmeric
60 ct., selected varieties



29.99
Host Defense
Mushrooms
MyCommunity
Immune Support
60 ct., selected varieties

Wellness finds for mind, body and spirit.



6.99

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



new

8.99

**Nubian Heritage
Body Lotion**
13 oz., selected varieties



soft, breathable protection

Designed to be breathable, super soft on the skin and compostable, **Natracare** panty liners are made with only organic and natural ingredients from sustainable resources. Choose from six designs for your need and underwear type.

1.99

Natracare

Panty Liners

30 ct., selected varieties
other Natracare products also on sale

2/\$7

**Jason
Toothpaste**

4.2-6 oz., selected varieties



10.99

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



OCTOBER IS
**CO-OP
MONTH**

co-ops grow organic

Organic farming methods are good for the environment, and on average, more than a third of all the products co-ops carry are USDA Certified Organic. That's 42% of a co-op's total sales (compared with just 5% of sales at conventional grocery stores).

Happy Co-op Month! Thanks for shopping!

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

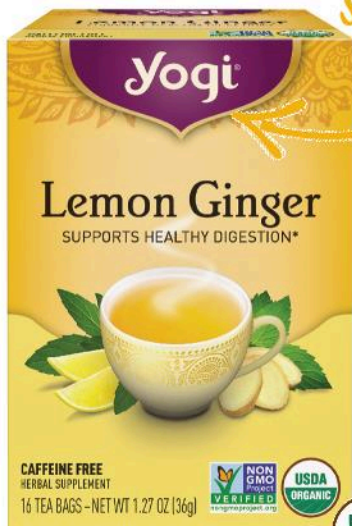
The Co-op Natural Foods

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.strongertogether.coop*



supports healthy digestion

Support digestive health with **Yogi** Lemon Ginger Tea, a deliciously spiced herbal tea blended with warming ginger and bright, zesty lemon.

2/\$6

Yogi
Organic Tea
16 ct., selected varieties



2/\$5

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



3.49

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



Co-ops support products and services that ensure 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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