

co+op deals

DEC 4 - DEC 17, 2019

sweet
savings



COOKIE PERFECTION

Perfect your holiday baking with Wholesome powdered sugar, on sale now! Homemade icing is easy — simply stir milk (try almond milk or orange juice for a dairy-free frosting) into powdered sugar until it's thick enough to spread or pipe onto cookies, then add a few drops of vanilla or almond extract for flavor. Splendid!



2.99

Wholesome
Organic Powdered Sugar
16 oz. Other Wholesome Sweeteners
sugars also on sale



2/\$4

**Endangered
Species
Chocolate Bar**
3 oz., selected varieties



3.99

**Organic Valley
Brown Eggs**
doz., selected varieties



6.99

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



Holiday favorites begin with great deals on baking basics.

Celebrate co-op savings.

A dairy-free celebration!

We've made holiday entertaining easy with our most popular artisan almond milk products. From creamy ricotta to delicious dips — they're sure to surprise and delight all your guests. **Kite Hill** has you covered!



2.99

Kite Hill
Almond Milk
French Onion Dip
8 oz.



5.49

Kite Hill
Almond Milk
Ricotta Tortellini
9 oz.



5.99

Kite Hill
Almond Milk Cream
Cheese-Style Spread
8 oz.



6.99

Kite Hill
Almond Milk
Ricotta Cheese
8 oz.



Make the co-op your entertaining destination.
All your party needs.



Welcome to India

Formerly Tandoor Chef, **Deep Indian Kitchen** offers a delicious, made-from-scratch Indian food experience. We spend hours perfecting each nutritious meal in a small-batch cooking process so you can enjoy it within minutes!

2/\$6

Deep Indian Kitchen
Spinach Paneer
10 oz.



4.49

Organic Valley
Cheese
8 oz., selected varieties

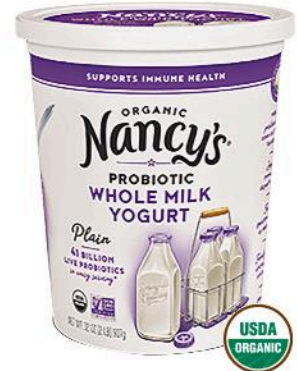


Options for everyone at the table.



2.99

Silk
Oat Yeah Oatmilk
32 oz., selected varieties



3.99

Nancy's
Organic Yogurt
32 oz., selected varieties



2.99

Organic Valley
Flavored Half &
Half
16 oz., selected varieties



2/\$7

The Greek Gods
Greek Yogurt
24 oz., selected varieties



Find great breakfast deals at the co-op.
Start the day off right.



Bacon Spirits Bright

Add some sizzle to your holiday traditions and serve your guests the greatest gift of all: Applegate® Sunday Bacon®. It's high-quality meat with a hickory smoked flavor.

4.49

Applegate
Bacon
8 oz., selected varieties



8.99

Equal Exchange
Organic Breakfast
Blend Coffee
per pound in bulk
other Equal Exchange
bulk coffees also on sale



Save on breakfast at the co-op.



2/\$4

GoMacro
Organic Macrobar
2-2.5 oz., selected
varieties



3.99

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



7.99

Once Again
Almond Butter
16 oz., selected varieties



6.99

Woodstock
Organic Peanut
Butter
35 oz., selected varieties



2/\$6

Yogi
Tea
16 ct., selected varieties



More Fruit, Less Sugar!

Crofters Organic Fruit Spreads contain 33% less sugar than jams, jellies and preserves. Enjoy bright and vibrant fruit flavors without the unnecessary sugars!

3.99

Crofter's
Organic Premium Fruit Spread

16.5 oz., selected varieties
10 oz. Fruit Spreads also on sale



2/\$7

Annie's Homegrown
Organic Graham Crackers
14.4 oz., selected varieties



scoop up the savings in bulk!

1.49

Organic Yellow
Popcorn
per pound in bulk

5.99

Organic Mission Figs
per pound in bulk

9.99

Organic Walnut
Halves & Pieces
per pound in bulk

Healthy snacks for happy families!

help us
fight hunger

From Dec. 4–17, **General Mills** will donate 2 meals to **Feeding America**® for every item purchased of **Annie's Mac & Cheese** (5.25-6 oz.), **Muir Glen Canned Tomatoes**, and **Cascadian Farm Cereal & Granola Bars**, up to 250,000 meals or \$25,000. You save, we donate!



10/\$10

Muir Glen Organic Canned Tomatoes
selected varieties,
28 oz. also on sale



10/\$10

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



2/\$4

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



2/\$6

Cascadian Farm Cereal and Granola Bars
7.4 – 10.5 oz.,
selected varieties

DEALS THAT DONATE

HELP US DONATE 250,000 MEALS* TO FEEDING AMERICA®

**GENERAL MILLS
WILL DONATE
2 MEALS TO FEEDING AMERICA FOR
EVERY PARTICIPATING PURCHASE**

**ANNIE'S MAC & CHEESE
MUIR GLEN CANNED TOMATOES
CASCADIAN FARM CEREAL & GRANOLA**



Between 12/4/19 and 12/17/19, for each purchase of a participating General Mills product at National Co-op Grocers, General Mills will donate \$0.20 to Feeding America – enough to help secure 2 meals on behalf of local food banks, up to a maximum donation of \$25,000. Participating Products [Annie's Mac & Cheese 5.25-6oz, Muir Glen Canned Tomatoes 14-28oz, Cascadian Farm Cereal 8.6-16oz, and Cascadian Farm Granola Bars 5ct-10ct]. Meal claim valid as of 7/1/18 and subject to change. Offer void in AL, HI, MS and SC. No portion of the purchase is tax deductible. © 2019 General Mills. All rights reserved.

Great food, strong communities.



1.99

**Field Day
Organic Pasta**
16 oz., selected varieties



5/\$4

**Koyo
Ramen**
2-2.1 oz., selected varieties



2/\$6

**Pacific
Organic Soup**
17-17.6 oz.



2/\$5

**Sesmark
Crackers**
3.2-7 oz., selected varieties



2/\$7

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



2/\$3

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



2/\$7

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



2/\$5

**Beanitos
Bean Chips**
4.5-5 oz., selected varieties



2/\$4

**Late July
Organic Popcorn**
4.4 oz., selected varieties



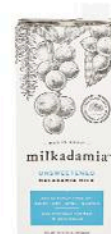
1.79

**Taste Nirvana
Coconut Water
or Juice**
9.5 oz., selected varieties



2/\$4

**Q Drink
Drink Mixers**
16.9 oz., selected varieties



2/\$7

**Milkadamia
Macadamia Milk**
32 oz., selected varieties



3.99

**San Pellegrino
Sparkling Fruit
Beverage**
6 pack, selected varieties



4.49

**Izze
Sparkling Juice
Beverage**
4 pack, selected varieties

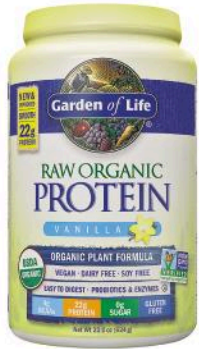


6.99

**Field Day
Organic
Cranberry Juice**
32 oz.



Great deals on products throughout the store!



32.99

**Garden Of Life
RAW Organic Protein
Powder**
560-660 g., selected varieties



10.99

**Nordic Naturals
Vitamin D3
Gummies**
60 ct.
other Nordic Naturals
gummy supplements
also on sale



19.99

**SmartyPants
Kids Complete
Multi + Omega 3 +
Vitamin D**
120 ct
other SmartyPants
gummy vitamins also on
sale



17.99

**Oregon's Wild
Harvest
Organic
Ashwagandha**
90 ct.
other Oregon's Wild
Harvest products on sale



10.99

**Garden Of Life
Lavender
Essential Oil**
.5 oz., selected varieties



9.99

**Derma E
Anti Wrinkle
Renewal Creme**
4 oz.



2/\$6

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



24.99

**Mad Hippie
Vitamin C Serum**
1.02 oz.



Perfect Holiday Gifts

Give the gift of pure plants and their benefits. Celebrate the spirit of the season with **Aura Cacia** essential oils! Visit AuraCacia.com for gift ideas and more.

6.99

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



9.99

**Weleda
Skin Food**
1 oz.

Be well this winter with savings 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
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*



2/\$5

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



2.79

**ECOS
Dishmate**
25 oz., selected varieties



3.49

**Shameless Pets
Dog Treats**
5 oz., selected varieties



12.99

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



4.49

**I And Love And
You
Dog Treats**
4 oz., selected varieties
dog and cat food also on
sale

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



MW1219A