Mango Jicama Guacamole
Sweet, crunchy and as spicy as you want — find the recipe for this crowd-pleasing dip at www.strongertogether.coop. Double or triple it; you’ll be glad you did!

5.99
Amy’s Pizza
12-14 oz., selected varieties
other Amy’s Pizzas also on sale

10/$10
Siggis Icelandic Style Yogurt
4.4-5.3 oz., selected varieties

10/$10
Muir Glen Organic Tomatoes
14.5 oz., selected varieties

2/$5
Late July Snacks Organic Thin & Crispy Tortilla Chips
11 oz., selected varieties

Find great game day recipes and tips at www.strongertogether.coop.

We've got food for a fun feast.
winning game plan

SLIDERS, DOGS AND SUBS
Stop by the co-op for all the fixings you need for great game day sandwiches. And visit www.strongertogether.coop for tips on planning and delicious recipes.

3.99
Rumiano
Organic Cheese
8 oz., selected varieties

4.99
Beyond Meat
Beef Free Burgers
8 oz.
other Beyond Meat products also on sale

2.99
Lightlife
Smart Dogs
12 oz.
other Lightlife products also on sale

spuds-a-plenty
Kids love ‘em and adults crave ‘em! Crispy on the outside and tender on the inside, these golden nuggets are made from fresh, organically grown potatoes.

2/$5
Cascadian Farm Organic
Frozen Potatoes
16 oz., selected varieties

4.99
Wildbrine
Sauerkraut
18 oz., selected varieties

Score big with savings at your co-op!

Some items may not be available at all stores or on the same days
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/$4 Peeled Snacks</td>
<td>$4</td>
<td>Organic Peas Please 3.3 oz., selected varieties</td>
</tr>
<tr>
<td>2.99 Zico Coconut Water</td>
<td></td>
<td>33.8 oz., selected varieties</td>
</tr>
<tr>
<td>2/$5 Beanfields Bean &amp; Rice Chips</td>
<td>$5</td>
<td>5.5 oz., selected varieties</td>
</tr>
<tr>
<td>2.39 Crunchmaster Crackers</td>
<td></td>
<td>4.5 oz., selected varieties</td>
</tr>
<tr>
<td>2/$5 Late July Snacks</td>
<td>$5</td>
<td>Organic Cantina Dippers 8 oz., selected varieties</td>
</tr>
<tr>
<td>2.39 Stacy’s Pita Chips</td>
<td></td>
<td>7.33 oz., selected varieties</td>
</tr>
<tr>
<td>2/$4 Blue Diamond Nut Thins</td>
<td>$4</td>
<td>4.25 oz., selected varieties</td>
</tr>
<tr>
<td>2/$5 Terra Vegetable Chips</td>
<td>$5</td>
<td>5 oz., selected varieties</td>
</tr>
<tr>
<td>3.39 Mediterranean Organic Olives</td>
<td></td>
<td>8 oz., selected varieties</td>
</tr>
</tbody>
</table>

**it’s snacktacular**

**SAVE BIG FOR THE BIG GAME**
For dips, chips and all the ingredients for your famous nachos, the co-op is your snack headquarters. Pick up a six-pack or three of your favorite festive beverage and you’re set!

Make your own or pick up deli dips and snacks.

Some items may not be available at all stores or on the same days.
2.39
Woodstock Organic Ketchup
20 oz. other Condiments also on sale

2.99
Field Day Organic Pasta Sauce
26 oz., selected varieties

1.99
Field Day Organic Pizza Sauce
15.5 oz.

3.99
Udi’s Gluten Free Buns
10.4-10.8 oz., selected varieties

1.99
Field Day Organic Pasta
16 oz., selected varieties

Pizza, chili, lasagna, burgers, enough for a crowd.
Entertaining made simple.

2/$6
Hilary’s Veggie Burgers
6.4 oz., selected varieties

2.39
Field Day Organic Coconut Milk
13.5 oz., selected varieties

2/$6
Sweet Earth Burrito
6.7 oz., selected varieties

You are the co-op difference - thanks for shopping!

Some items may not be available at all stores or on the same days
4.39
Nancy's
Organic Whole Milk Yogurt
32 oz., selected varieties

3.99
Organic Valley
Organic Grassmilk Yogurt
24 oz., selected varieties

12.99
Organic Valley
Organic Aseptic Milk
12 ct., selected varieties

4/$5
Liberte
Organic Yogurt
5.5 oz., selected varieties

4.99
Chobani
Greek Yogurt
32 oz., selected varieties

Fresh food from family farms, made with care.

Shop now and save.

4/$5
Stonyfield
Organic Greek Yogurt
5.3 oz., selected varieties

2/$5
Kevita
Organic Kombucha
15.2 oz., selected varieties

3.69
Stonyfield
Organic Yokids Squeezers
8 ct., selected varieties

3.99
Lifeway
Organic Kefir
32 oz., selected varieties

Local, organic, grass fed, probiotic, tasty.
blend these up

**Woodstock** and **Harvest Bay** make the perfect blend with superior, simple ingredients including real organic fruit and no added sugar coconut water. When you mix up a smoothie using Woodstock frozen fruit and Harvest Bay coconut water, you will not only taste the difference, but feel the difference. Imagine all of the blendabilities!

- **2/$6**
  - Harvest Bay
  - All-Natural Coconut Water
  - 33.8 fl oz.

- **2.99**
  - Woodstock
  - Organic Frozen Diced Mangos
  - 10 oz., other Woodstock frozen items are also on sale

- **3.99**
  - Woodstock
  - Organic Frozen Wild Blueberries
  - 10 oz., other Woodstock frozen items are also on sale

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- **3.69**
  - Evolution Fresh
  - Fruit Juice Smoothie
  - 15.2 oz., selected varieties

- **9.99**
  - Wyman's
  - Frozen Wild Blueberries
  - 3 lb., other Frozen Fruit also on sale

- **4.69**
  - Farmhouse Culture
  - Organic Gut Shots
  - 16 oz., selected varieties

- **2/$5**
  - Van's
  - Waffles
  - 8-9 oz., selected varieties

- **4.69**
  - Applegate Organics
  - Breakfast Sausages
  - 7 oz., selected varieties

- **2/$6**
  - Silver Hills Bread
  - 14-22 oz., selected varieties
  - Organic Bread 2/$7

- **4.69**
  - Organic Valley
  - Organic Cheese
  - 8 oz., selected varieties

---

Up your breakfast game with these great deals.

*Some items may not be available at all stores or on the same days.*
### Say Yum!

**Lusciously Low-Carb**

A baked avocado is a lovely surprise, creamy and warm, and a delicious complement to the egg. It’s also great scooped up with toast! Find the recipe at [www.strongertogether.coop](http://www.strongertogether.coop).

<table>
<thead>
<tr>
<th>Product</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Organic Valley Brown Eggs</td>
<td>$4.39</td>
<td>32 oz., Large or Extra Large, selected varieties</td>
</tr>
<tr>
<td>Equal Exchange Organic Breakfast Blend Coffee</td>
<td>$8.99</td>
<td>Per pound in bulk Decaf Breakfast Blend Coffee $11.99</td>
</tr>
<tr>
<td>Lakewood Organic Pure Juice</td>
<td>$7.99</td>
<td>32 oz., Cranberry or Blueberry, selected varieties</td>
</tr>
<tr>
<td>R.W. Knudsen Very Veggie Juice</td>
<td>$2.00</td>
<td>32 oz., selected varieties</td>
</tr>
<tr>
<td>Annie’s Homegrown Organic Cereal</td>
<td>$2.99</td>
<td>10-14 oz., selected varieties</td>
</tr>
<tr>
<td>Kashi Organic Cereal</td>
<td>$2.99</td>
<td>9.5-16.3 oz., selected varieties</td>
</tr>
<tr>
<td>Maranatha Almond Butter</td>
<td>$7.99</td>
<td>12 oz., selected varieties</td>
</tr>
<tr>
<td>Peace Cereal</td>
<td>$2.00</td>
<td>10-14 oz., selected varieties</td>
</tr>
<tr>
<td>Rudi’s Organic Bakery Bread</td>
<td>$3.99</td>
<td>18-24 oz., selected varieties Rudi’s Gluten-free Bread also on sale</td>
</tr>
<tr>
<td>Santa Cruz Organic Peanut Butter</td>
<td>$4.39</td>
<td>16 oz., selected varieties</td>
</tr>
</tbody>
</table>

**Kick-start your day with morning meal savings!**

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<table>
<thead>
<tr>
<th>Price</th>
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</tr>
</thead>
<tbody>
<tr>
<td>2.39</td>
<td>Annie's Naturals Organic Dressing 8 oz., selected varieties</td>
</tr>
<tr>
<td>2/$5</td>
<td>Tasty Bite Ready-to-Heat Entrees 10 oz., selected varieties</td>
</tr>
<tr>
<td>2.39</td>
<td>Health Valley Organic Soup 14.25-15 oz., selected varieties</td>
</tr>
<tr>
<td>2.39</td>
<td>Pacific Organic Nut Beverage 32 oz., selected varieties</td>
</tr>
<tr>
<td>7.99</td>
<td>Artisana Organics Raw Coconut Butter 14 oz.</td>
</tr>
<tr>
<td>2.99</td>
<td>Imagine Organic Soup 32 oz., selected varieties</td>
</tr>
</tbody>
</table>

Food for your family; nourishing your community.

All are welcome at the co-op!

scoop up the savings in bulk!

<table>
<thead>
<tr>
<th>Price</th>
<th>Item Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.99</td>
<td>Organic Thompson Raisins per pound in bulk</td>
</tr>
<tr>
<td>11.99</td>
<td>Deluxe Roasted and Salted Mixed Nuts per pound in bulk</td>
</tr>
<tr>
<td>1.99</td>
<td>Organic Garbanzo Beans per pound in bulk</td>
</tr>
</tbody>
</table>
simply delicious!

NUTRITION TO GO
Shakes, smoothies, bars and more to fuel your busy day. Stock up and save!

5/$5
Clif Bar
Energy Bar
2.4 oz., selected varieties

Feel good with fresh, friendly food from local people.
Your co-op has you covered.

2.99
Organic Valley
Organic Fuel Protein
11 oz., selected varieties

3/$4
ThinkThin
Protein Bar
2.1 oz., selected varieties

9.99
Emergen-C
Vitamin C Dietary Supplement
18-30 ct., selected varieties

23.99
Tera's Whey
Organic Whey Protein Powder
12 oz., selected varieties

Eat well. Be well. Stay well.

Some items may not be available at all stores or on the same days
9.99
Nutrition Now PB8 Acidophilus
60 ct. selected varieties
other Nutrition Now Supplements also on sale

19.99
Spectrum Fish Oil
250 ct. other Spectrum products also on sale

19.99
Garden Of Life Vitamin Code Raw D3
60 ct. other Vitamin Code products also on sale

19.99
Oregon’s Wild Harvest Turmeric
60 ct. other Herbal Supplements also on sale

9.99
Herb Pharm Super Echinacea Extract
1 oz. other Herbal Extracts also on sale

Support great health with honest ingredients.
Winter wellness is on its way.

2.39
Celestial Seasonings Herbal Tea
20 ct. selected varieties

stay fueled
Made from simple, clean ingredients, all GoMacro MacroBars are certified vegan, gluten-free, organic, raw, clean, kosher and non-GMO project verified.

2/$4
GoMacro Organic MacroBar
2-2.5 oz. selected varieties

Everyone can shop; anyone can join a co-op.

Some items may not be available at all stores or on the same days
stay well

SUPPORT YOUR HEALTH
High-quality products from exceptional companies to keep you and your family feeling great this winter — available every day at your co-op.

6.99
Desert Essence
Thoroughly Clean
Face Wash
8.5 oz., selected varieties

9.99
Everyday Coconut
Hydrating Coconut
Body Lotion
32 oz.
other Everyday Coconut products also on sale

8.99
Jason
Body Wash
30 oz., selected varieties

4.99
Tom’s of Maine
Toothpaste
4.7 oz.
other Tom’s of Maine products also on sale

8.99
Ecos
Liquid Laundry
Detergent
100 oz., selected varieties

2/$5
Seventh Generation
Dish Liquid
25 oz., selected varieties

Healthy homes, healthy planet, happy people.

Some items may not be available at all stores or on the same days
Shop for fresh, delicious, local food at a co-op near you

CONNECTICUT
Fiddleheads Co-op
Willimantic Food Co-op

DELWARE
Newark Natural Foods Co-op

FLORIDA
Ever’man Cooperative Grocery & Cafe
New Leaf Market Co-op

GEORGIA
Life Grocery & Cafe
Sevananda Natural Foods Market

MAINE
Belfast Co-op
Blue Hill Co-op Community Market
Rising Tide Community Market

MARYLAND
The Common Market
TPSS Co-op

MASSACHUSETTS
Berkshire Co-op Market
Green Fields Market
Harvest Co-op Markets
McCusker’s Market
River Valley Co-op
Wild Oats Market

NEW HAMPSHIRE
Concord Food Co-op
Hanover Co-op Food Stores
Littleton Food Co-op
Monadnock Food Co-op

NEW YORK
Abundance Food Co-op
East Aurora Co-op Market
Flatbush Food Cooperative
GreenStar Cooperative Market
Honest Weight Food Co-op
Hungry Hollow Co-op
Lexington Cooperative Market
Syracuse Real Food Co-op

NORTH CAROLINA
Chatham Marketplace
Company Shops Market
Deep Roots Market
Durham Co-op Market
French Broad Food Co-op
Hendersonville Community Co-op
Tidal Creeks Cooperative Food Market
Weaver Street Market

PENNSYLVANIA
East End Food Co-op
Mariopao Food Co-op
Weavers Way Co-op
Whole Foods Cooperative

TENNESSEE
Three Rivers Market

VERMONT
Brattleboro Food Co-op
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Putney Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

VIRGINIA
Friendly City Food Co-op
Roanoke Co-op

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3.39
Jackson's Honest Tortilla Chips
10 oz., selected varieties

2.99
Muir Glen Organic Salsa
16 oz., selected varieties

1.99
Bearitos Organic Refried Beans
16 oz., selected varieties

3.99
Glutino Gluten-Free Pretzels
14.1 oz., selected varieties

3.69
Garden Of Eatin' Tortilla Chips
16 oz., selected varieties

2/$6
Annie's Homegrown Cookies
8.06-8.4 oz., selected varieties

Co-ops support products and services that ensure personal and planetary health’s legacy we can be proud to leave generations to come.
Some items may not be available at all stores or on the same days

www.strongertogther.coop