

# coop<sup>TM</sup> deals

SEPT 5 - SEPT 18, 2018

taco  
night



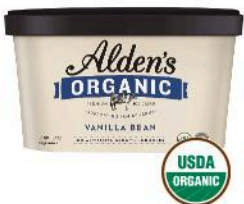
## A FAMILY FAVORITE

Your local food co-op has everything you need to set up a build your own taco bar any night of the week. Just grab your family's favorite choices of shells and toppings for an easy, crowd-pleasing dinner. Grab a bag (or several) of chips, and don't forget the guac!



2/\$5

Late July Snacks  
Organic Restaurant Style  
Tortilla Chips  
11 oz., selected varieties



5.99

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



2/\$4

Bionaturae  
Organic Pasta  
16 oz., selected varieties



9.99

Napa Valley  
Naturals  
Organic Extra  
Virgin Olive Oil  
25.4 oz., selected  
varieties



Your favorite natural and organic brands at prices you'll love.  
**The co-op has what you need.**



**2/\$6**

**Hope  
Organic Hummus**  
8 oz., selected varieties



**3/\$7**

**Nature's Path  
Organic Waffles**  
7.4 oz., selected  
varieties



**2/\$4**

**Hail Merry  
Cups**  
1.52-1.76 oz., selected  
varieties



**3.99**

**So Delicious  
Organic Almond  
Milk with Cashews**  
48 oz., selected varieties



**3/\$4**

**Good Culture  
Organic Cottage  
Cheese**  
5.3 oz., selected varieties



**2/\$3**

**Ripple Foods  
Greek Yogurt  
Alternative**  
5.3 oz., selected varieties



**3.99**

**Califia Farms  
Almondmilk**  
48 oz., selected varieties



**3.99**

**Immaculate  
Organic  
Cinnamon Rolls**  
17.5 oz.  
other Immaculate  
products also on sale



**10/\$10**

**Chobani  
Greek Yogurt**  
5.3 oz., selected varieties

*quick, gourmet  
mornings* →

Low on time doesn't have to mean meals low in flavor! Bake a batch of taste-like-homemade cinnamon rolls from the co-op's refrigerated case and pair with Greek yogurt topped with berries for a simple (and scrumptious) breakfast in no time.



**Energizing eats for even the busiest days.**





← a perfect blend

**Woodstock** and **Harvest Bay** blend perfectly together with their superior, simple ingredients including real, organic fruits and vegetables and coconut water with no added sugar. You will not only taste the difference, but feel the difference with every smoothie you make. Imagine the blendabilities!

**2.79**

Harvest Bay  
Coconut Water  
33.8 fl oz.

**1.79**

Woodstock  
Kale  
10 oz., selected varieties

**7.99**

Woodstock  
Organic Mixed Berries  
32 oz., selected varieties



Fresh flavors and innovative brands around every corner.  
**Start exploring at the co-op.**



**2/\$7**

Evolution Fresh  
Organic Fruit Juice  
Smoothie  
15.2 oz., selected varieties



**3/\$4**

Hubert's  
Lemonade  
16 oz., selected varieties



**2/\$6**

Health Ade  
Organic  
Kombucha  
16 oz., selected varieties



**2/\$5**

Suja Organic  
Kombucha  
15.2 oz., selected  
varieties



**2.99**

R.W. Knudsen  
Organic Very  
Veggie Juice  
32 oz., selected varieties

**On-the-go goodness in every aisle.**

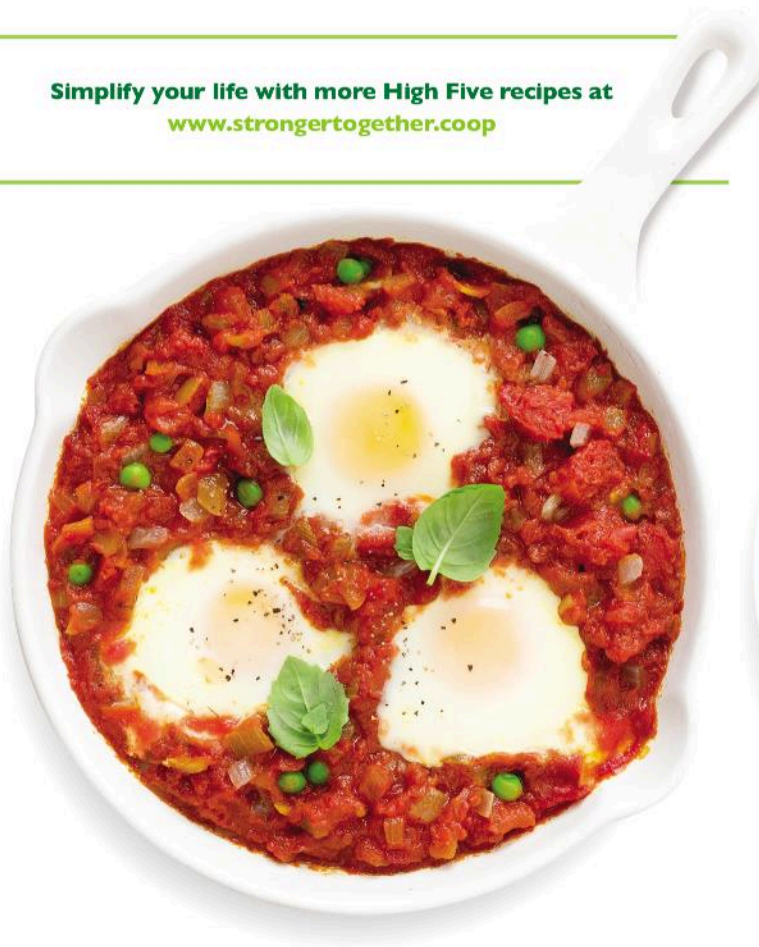
# give yourself a high five!

## JUST 5 MAIN INGREDIENTS

School is back in session, which means weeknights are busier and mealtimes are compressed. That's where High Five recipes come in.

All you need to pull off one of these tasty recipes is five main ingredients (plus a few pantry staples). A home-cooked meal that requires only a five-minute stop at the co-op? Up top.

Simplify your life with more High Five recipes at  
[www.strongertogether.coop](http://www.strongertogether.coop)



**Find recipes at [www.strongertogether.coop](http://www.strongertogether.coop).**





**4.99**

**Applegate  
Sliced Turkey  
Breast**

6 oz., selected varieties  
other Applegate  
products also on sale



*delicious riced cauliflower blends*

Make meals in a flash with our unique and tasty riced cauliflower blends. They are perfect in stir-fries, sautes and curries.

**2/\$5**

**Cascadian Farm  
Organic Riced  
Cauliflower Blends**

12 oz., selected varieties



Friendly staff, outstanding products, care for community.

**All are welcome here.**



**4.49**

**Canyon Bakehouse  
Gluten-Free Bread**

14-18 oz., selected  
varieties  
other items also on sale



**5.99**

**American  
Flatbread  
Hot Frustas**

15 oz., selected varieties



**4.49**

**Organic Valley  
Organic Sliced  
Cheese**

6 oz., selected varieties



**3.99**

**Amy's BOWLS**  
8-10.3 oz., selected  
varieties



**4.49**

**Field Roast  
Chao Slices**

7 oz., selected varieties



**Stop by the co-op for delicious deals, every day.**

*deliciously  
power-packed*



Blend up peanut, almond or sunflower butter with frozen fruits and veggies and top with more nuts, seeds and fresh fruit. Enjoy this protein-packed smoothie bowl any time of day.



*fueled by nature*

The first truly clean protein bar! Simple, non-GMO ingredients. Packed with 12g protein from cage-free egg whites and nuts, these bars are gluten-free, soy-free, and have no added flavors or sugar.

**3 / \$5**

**Epic**  
**Performance Bar**  
1.87 oz., selected varieties



**3.99**

**Earth Balance**  
**Peanut Butter**  
**Spread**  
16 oz., selected varieties  
Protein Peanut Blend  
4.99



**5.99**

**Once Again**  
**Organic Sunflower**  
**Seed Butter**  
16 oz., selected varieties



**3 / \$5**

**Svelte**  
**Organic Protein**  
**Shakes**  
11 oz., selected varieties

**Refuel, replenish, revitalize and reenergize!**





**7.99**

Lakewood  
Organic  
Organic Pure  
Cranberry Juice  
32 oz., selected varieties  
other Juice also on sale



**6.99**

Paromi  
Full Leaf Tea  
15 ct., selected varieties



**8.99**

Equal Exchange  
Organic Love Buzz  
Bulk Coffee  
per pound in bulk,  
selected varieties



**2/\$6**

Tazo  
Tea  
20 ct., selected varieties



Fuel your body and soul with delicious food and beverages.

**Energize at the co-op.**

*make your day golden!*

Nature's Path's delicious Golden Turmeric cereal is coated with a blend of turmeric, ginger, cinnamon, black pepper and honey - a perfectly invigorating taste to start your day.

**3.29**

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



**3.99**

Birch Benders  
Paleo Pancake &  
Waffle Mix  
12-16 oz., selected varieties  
other Birch Benders mixes  
also on sale



**4.49**

Kodiak Cakes  
Flapjack and  
Waffle Mix  
18-20 oz., selected varieties  
other Kodiak baking items  
also on sale

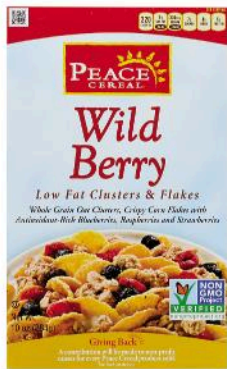
**Better breakfasts? Better believe it!**



## breakfast pizza

### HIGH FIVE! BREAKFAST EGG MARGHERITA PIZZA

Try this easy to make breakfast pizza that features just five main ingredients plus a few pantry staples. Find the full recipe at [www.strongertogether.coop](http://www.strongertogether.coop).



**2/\$6**

Peace Cereal  
10-12 oz., selected varieties



**5/\$5**

Clif Bar Energy Bar  
2.4 oz., selected varieties



**2.99**

Annie's Homegrown Organic Cereal  
10-10.8 oz., selected varieties



**2.99**

Cascadian Farm Organic Granola  
13-16 oz., selected varieties



**1.99**

Bulk Organic Garbanzo Beans  
per pound in bulk, selected varieties



**5.99**

Bulk Organic Sweetened Dried Cranberries  
per pound in bulk, selected varieties

**10.99**

Bulk Organic Diced Almonds  
per pound in bulk, selected varieties  
Great for ground nut butter

**Explore the variety of bulk goodness at your co-op.**





**1.49**  
everyday low price  
**Field Day**  
**Organic Beans**  
15 oz., selected varieties



**1.99**  
**Bearitos**  
**Organic Refried Beans**  
16 oz., selected varieties



**7.99**  
**Nutiva**  
**Organic Unrefined Coconut Oil**  
14 oz., selected varieties  
other Nutiva products also on sale



**3.49**  
**Pacific**  
**Organic Chicken Broth**  
32 oz., selected varieties  
other Pacific Broth also on sale



**2/\$5**  
**Health Valley**  
**Organic Soup**  
14.25-15 oz., selected varieties



**2/\$4**  
**Natural Sea**  
**Yellowfin Chunk Tuna**  
5 oz.  
other Natural Sea tuna varieties also on sale



**3/\$5**  
**Near East**  
**Couscous Mix**  
5.4-6.1 oz., selected varieties  
other Near East products also on sale



**3/\$5**  
**Bionaturae**  
**Organic Tomato Paste**  
7 oz.  
Organic Tomatoes 2/\$5



*spice up the week*

### HIGH FIVE! JAMAICAN CHICKEN AND QUINOA

With the simplicity of just five main ingredients and the help of a slow cooker, this jerk chicken and quinoa takes on a spicy island vibe. Simplify your life with more recipes at [www.strongertogether.coop](http://www.strongertogether.coop).



**Wonderful weeknight meals start at your co-op.**



**2/\$5**

**Blue Sky  
Natural Soda**  
6 pack, selected varieties  
Organic Soda \$2.69



**4.49**

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



**2/\$4**

**Hiball  
Sparkling Energy  
Drinks**  
16 oz., selected varieties



**2.99**

**Back To Nature  
Organic Crackers**  
3.5-8.5 oz., selected  
varieties



**3.99**

**Endangered  
Species  
Chocolate Bites**  
4.7 oz., selected varieties



**2/\$5**

**TCHO  
Chocolate Bar**  
2.5 oz, selected varieties



Flavorful family favorites for your squad.

**Naturally, delicious snacks.**



**3.99**

**Mary's Gone  
Crackers  
Organic Super  
Seed Crackers**  
5.5 oz., selected varieties



**2/\$5**

**Angie's  
Boomchickapop  
Popcorn**  
4.8-6 oz., selected  
varieties



**2/\$7**

**Annie's Homegrown  
Organic Snack Mix**  
9 oz., selected varieties



**2/\$4**

**Food Should  
Taste Good  
Tortilla Chips**  
5.5 oz., selected varieties

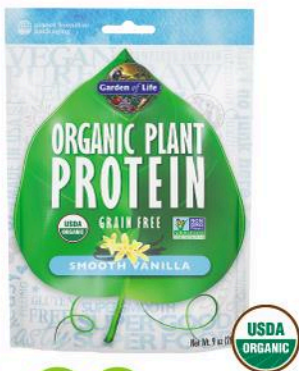


**2/\$5**

**Kettle Brand  
Organic Potato  
Chips**  
5 oz., selected varieties

**Shop snacktime savings at the co-op.**





**19.99**

**Garden Of Life  
Organic Plant Protein  
Powder**

239-276 gr., selected varieties



**8.99**

**Boiron  
Children's Chestal**  
6.7 oz., selected varieties



**14.99**

**Megafood  
Balanced B Complex**  
30 ct.  
other MegaFood items also  
on sale



**10.99**

**Nordic Naturals  
Vitamin D3  
Gummies**  
60 ct.



**17.99**

**Nature's Plus  
Children's  
Chewable  
Multi-Vitamin**  
180 ct., selected  
varieties



From the produce section to the wellness aisle.

**Shop the co-op difference.**



**16.99**

**Oregon's Wild  
Harvest  
Organic  
Ashwagandha Root**  
90 ct.



**9.99**

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



**13.99**

**Wedderspoon  
Manuka Honey  
Plus**  
5.5 oz., selected varieties



**7.99**

**Seventh Generation  
Unbleached Bath  
Tissue**  
12 ct.  
other Paper products also  
on sale



**2.79**

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



**Good for the earth, good for your soul.**

## Shop for fresh, delicious, local food at a co-op near you

### CONNECTICUT

Fiddleheads Co-op  
Willimantic Food Co-op

### DELAWARE

Newark Natural Foods Co-op

### FLORIDA

Everman 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  
Portland Food Co-op  
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  
Lexington Cooperative Market  
Syracuse Cooperative Market

### NORTH CAROLINA

Chatham Marketplace  
Deep Roots Market  
Durham Co-op Market  
French Broad Food Co-op  
Hendersonville Community Co-op

Tidal Creek Cooperative Food Market  
Weaver Street Market

### PENNSYLVANIA

East End Food Co-op  
Mariposa 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



*to find a food co-op near  
you, visit us online at:  
[www.strongertogether.coop](http://www.strongertogether.coop)*



# 4.99

**Tea Tree Therapy  
Tea Tree Oil**

.5 oz.  
other Tea Tree Therapy  
products also on sale



# 4.99

**Himalaya  
Toothpaste**

5.29 oz., selected varieties



# 23.99

**Mychelle  
Deep Repair  
Cream**

1.2 oz.  
other Facial Care  
products also on sale



# 8.99

**Jason  
Body Wash**  
30 oz., selected varieties



# 6.99

**Avalon Organics  
Shampoo or  
Conditioner**

11 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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**coop**<sup>TM</sup>  
stronger together