

coop deals

APR 21 - MAY 4, 2021

boost your bowl

Serve up a delicious bowl of Koyo organic ramen, now on sale at the co-op! Then add your favorite proteins and seasonings for the perfect meal.



5/\$5

**Koyo
Ramen**

2.1 oz., selected varieties



5/\$5

**Luna
Nutrition Bar**
1.69 oz., selected
varieties



5/\$5

**Fage
Greek Yogurt**
5.3-7 oz., selected
varieties



2/\$5

**GT's
Organic
Kombucha**
16 oz., selected varieties



2/\$4

**Evol
Burrito**
6 oz., selected
varieties



3.99

**Quinn Snacks
Pretzel Nuggets**
6.5-7 oz., selected
varieties



6.49

**Nature's Path
Organic Cereal**
26.4-32 oz., selected
varieties



Spring into deals from the co-op.

Fresh ingredients for meals.



Noosa yoghurt – full-on tasty

Heaps and heaps and heaps of tasty fruit are a "berry good" way to start your morning.



4/\$5

Siggis Plant-based Yogurt
5.3 oz., selected varieties

3/\$5

Noosa Finest Yoghurt
8 oz., selected varieties



2/\$6

Goodbelly Probiotic Drink
32 oz., selected varieties



3.99

Rumiano Organic Cheese
8 oz., selected varieties



rich, creamy and delicious!

At Brown Cow, we've been making rich, creamy dairy treats since 1975, beginning in New York and now in Londonderry, N.H. You'll taste the difference from our 40+ years of experience.

5/\$5

Brown Cow Cream Top Yogurt
5.3 oz., selected varieties



3/\$7

Petit Pot French Pudding
3.5 oz., selected varieties



Great deals for the whole family at the co-op!



3.49
Silk
Plant-based Milk
64 oz., selected varieties



4.99
Silk
Plant-based
Yogurt
24 oz., selected varieties



3.99
Talenti
Gelato or Sorbetto
1 Pint, selected varieties



2/\$7
Ithaca
Hummus
10 oz., selected varieties



3.99
Califia Farms
Almondmilk
48 oz., selected varieties



2/\$7
Organic Valley
Egg Bites
2 ct., selected varieties



2/\$6
Rebbl
Organic Elixir
12 oz., selected varieties



2.29
So Delicious
Organic Coconut
Milk Creamer
16 oz., selected
varieties



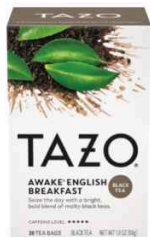
5.49
Wallaby
Organic Whole
Milk Greek
Yogurt
32 oz., selected varieties



2.49
Wildwood
Organic Tofu
14-20 oz., selected
varieties



2/\$5
R.W. Knudsen
Organic Very
Veggie Juice
32 oz., selected varieties



2/\$6
Tazo
Tea
15-20 tea bags, selected
varieties



4.99
Lakewood
Organic Pure
Pineapple Juice
32 oz.

Find the products you love at the co-op.



2/\$7

Mediterranean Organic Olives

4.8-5 oz., selected varieties



artisan products crafted in Italy

Jovial is the “go-to” brand for the organic consumer. The highest quality of Italian products from our family to yours.

2/\$6

Jovial Brown Rice Gluten-free Pasta

12 oz., selected varieties



2/\$6

Pacific Foods Organic Soup
17-17.6 oz., selected varieties



6.99

Napa Valley Naturals Oil
25.4 oz., selected varieties



organic and flavor packed

This real cheese and organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all. Enjoy our organic classic mac as is or add yummy toppings (like sausage and peas!) for a delicious mix-in masterpiece.

3/\$5

Annie's Homegrown Organic Macaroni & Cheese

6 oz., selected varieties



6.49

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



4/\$5

Simply Organic Marinades or Seasoning Mixes
.7-1.41 oz., selected varieties

The co-op has deals on great meal ingredients.



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



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



made from plantains

Barnana uses organic plantains, grown by indigenous farmers from the Amazon rainforest, that offer a satisfying crunch while also being non-GMO verified, gluten free, vegan, paleo-friendly and grain free.

2/\$7

Barnana
 Organic Plantain Chips
 5 oz., selected varieties



2/\$7
 Mary's Gone
 Crackers
 Organic Crackers
 5-6.5 oz., selected varieties



4.49
 LaCroix
 Sparkling Water
 12-12 oz. cans, selected varieties



8.99
 Equal Exchange
 Organic
 BioRevolution
 Dark Roast
 per pound in bulk

hoppiness starts here

Let our bunny-shaped treats make snack time extra fun (and our organic ingredients make your day a little more joyful, too!).



2/\$5
 Annie's Homegrown
 Organic Bunny
 Crackers and Grahams
 7.5 oz., selected varieties



2/\$5
 Annie's Homegrown
 Organic Bunny
 Fruit Snacks
 5 pack, selected varieties



2/\$6
 Annie's Homegrown
 Organic Cheddar
 Cheesy Smiles
 4 oz., selected varieties



2/\$7
 Annie's Homegrown
 Organic Snack Mix
 9 oz., selected varieties

Fill your picnic basket with snacks from the co-op.

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



2/\$5

Cascadian Farm Organic Frozen Vegetables
12-16 oz., selected varieties



2/\$6

Cascadian Farm Organic Fruit
10 oz., selected varieties



2/\$6

Cascadian Farm Organic Soft Baked Squares
5-1.2 oz., selected varieties
Cascadian Farm Granola Bars also on sale



2/\$6

Cascadian Farm Organic Cereal and Granola
8.5-14.6 oz., selected varieties



love the farmland

At **Cascadian Farm** our continuing mission is to help protect our planet. As one of the earliest pioneers of organic agriculture, we have spent more than 40 years planting pollinator habitat, helping farmers build healthy soil and integrating climate-smart crops into our products. Join us in cascading change for a better future.



2/\$4

Epic Bar
1.3-1.5 oz., selected varieties

live Epic, eat Epic

EPIC's Venison Sea Salt + Pepper Bar features 15 grams of protein and two grams of total carbs for a truly carb-conscious option.



2/\$6

Nature's Path Organic Instant Oatmeal
8-1.76 oz. packets, selected varieties



2/\$7

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



99¢
Organic Steel Cut Oats
per pound in bulk



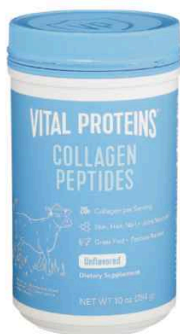
2.79
Organic White Quinoa
per pound in bulk



9.99
Organic Dried Mango
per pound in bulk



Shop in bulk at the co-op.



21.99

**Vital Proteins
Collagen Peptides**
10 oz.



2/\$4

**Rxbar
Protein Bar**
1.83 oz., selected
varieties



18.99

**Om
Organic
Mushroom
Powder**
3.5 oz., selected varieties



16.99

**Smarty pants
Kids Complete
Multi + Omega 3**
120 ct.



17.99

**Jarrow Formulas
Jarro-Dophilus
EPS**
60 ct.



12.99

**Alba Botanica
Very Emollient
Body Lotions**
32 oz., selected varieties



5.49

**Castor & Pollux
Organic Dog
Cookies**
12 oz., selected varieties



plant powered and safe

Our plant-powered products are non-toxic and safer for you, your home and our planet, because we believe clean shouldn't mean spreading toxins all over your home. It's been our ECOS® promise for over 50 years.

10.99

**ECOS
Liquid Laundry Detergent**
100 oz., selected varieties



8.99

**Weleda
Sea Buckthorn Hand
Cream**
1.7 oz., selected varieties

Savings on Earth-friendly products 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
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
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

better from the start

Our story is simple. We grew up in Boulder, Co., baking bread, with the goal of making delicious, nutritious bread that people would love. Since 1976, we've been using small-batch baking techniques and organic ingredients to make bread that we're proud to share with you.



3.49

Rudi's Organic Bakery
English Muffins
12 oz., selected varieties



3.99

Rudi's Organic Bakery
Bread
12 oz., selected varieties



3.49

Rudi's Organic Bakery
Thin Sliced Bread
18 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

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