

coop deals

AUG 19 - SEPT 1, 2020

made with love

CONNECT IN THE KITCHEN

Kids love helping out in the kitchen. Annie's mac and cheese meals are on sale at the co-op, and they are a great option for involving kids. Ask them what their favorite vegetable and protein choices are, and add those to the mac and cheese for a healthy, delicious meal that everyone will enjoy.



10/\$10

Annie's Homegrown
Mac & Cheese

5.25-6 oz., selected varieties



2/\$5

Van's
Waffles
8-9 oz., selected
varieties



2/\$5

Kevita
Organic
Kombucha
15.2 oz., selected
varieties



3.99

Newman's Own
Newman-O's
Sandwich Cookies
13 oz., selected varieties



Make your favorite meals with quality ingredients.

Cooking together is easy.



3.99

Ripple
Plant-based Milk
48 oz., selected varieties



5/\$5

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



3.99

Califia Farms
Almondmilk
48 oz., selected varieties



2/\$7

Wtrmln Wtr
Cold Pressed
Watermelon Juice
12 oz., selected varieties



2/\$4

Perfect Bar
Organic Protein
Bar
2.5 oz., selected varieties



2/\$7

Rebbl
Organic Protein
Beverage
12 oz., selected varieties



2/\$5

Health Ade
Organic
Kombucha
16 oz., selected varieties



4.99

Maple Hill
Creamery
Organic Whole
Milk Kefir
32 oz., selected varieties



fresh-squeezed flavor

Experience the taste of real oranges in our cold-pressed, organic orange juice. Made with oranges picked and squeezed at the peak of sweet flavor. Packed with vitamin C.

6.99

Evolution Fresh
Organic Juice
59 oz., selected varieties



Start your morning off right with the co-op.

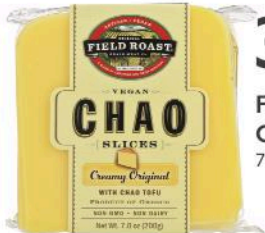


oven-roasted for sandwich perfection

Look no further than Applegate organic deli meats. Clean and crave-able — no artificial ingredients or preservatives, and always humanely raised with no antibiotics, ever.

4.99

Applegate Organics Sliced Deli Meat
6 oz., selected varieties



3.99

Field Roast Chao Slices
7 oz., selected varieties



3.99

Organic Valley Stringles
6 oz., selected varieties



4.49

Organic Valley Brown Eggs
doz., selected varieties



7.99

Organic Valley Ghee Clarified Butter
7.5 oz.

fun with food together

FAMILY FRIENDLY MEALS

Let your creativity flow as you put together fun sandwich faces, all with great ingredients from the co-op! The possibilities are endless. Have fun with it, and check out more original recipe ideas at welcometothetable.coop.



4.99

Beyond Meat Beyond Burger
8 oz.



6.99

Caulipower Chicken Tenders
14 oz.

Get creative with meal time.



3.99

**So Delicious
Dairy-free Frozen
Dessert**
1 Pint, selected varieties



3.99

**Alden's
Organic Frozen
Novelties**
3-4 ct., selected varieties



2/\$7

**Talenti
Gelato or Sorbetto**
1 Pint, selected varieties



2/\$4

**Stahlbush Island
Farms
Frozen Vegetables**
8-10 oz., selected
varieties



2/\$7

**Quorn
Meatless Nuggets**
10.6 oz., selected
varieties



Hot days call for cool meals.

Find all the fixings at the co-op.



love bread again

Going gluten-free doesn't mean you have to compromise. At Canyon Bakehouse, we believe in making certified gluten-free products with 100% whole grains, no GMOs and free from dairy, nuts and soy.

4.49

**Canyon Bakehouse
Gluten-free Bread**
14-18 oz., selected varieties



2/\$5

**Deep Indian
Kitchen
Naan Pizza and
Entrees**
7.4-9.75 oz., selected
varieties



4.49

**Little Northern
Bakehouse
Gluten-free Bread**
16-17 oz., selected
varieties

Everything from meals to desserts at the co-op.



From organic ravioli to sustainable seafood, ramen, and peanut butter, we have everything you need to fill your pantry and more. Stock up on **Woodstock, Koyo, Rising Moon,** and **Natural Sea** for tasty, quick meals your whole family will love!

5/\$5

Koyo
Ramen
2-2.1 oz., selected varieties

2/\$5

Natural Sea
Yellowfin Tuna
5 oz.

2/\$6

Rising Moon
Organic Ravioli
8 oz.

7.99

Woodstock
Organic Peanut Butter
35 oz.



4/\$5

Lotus Foods
Rice Ramen
2.8 oz., selected varieties



2/\$6

Westbrae
Organic Beans
25 oz., selected varieties



3/\$5

Near East
Couscous Mix or Rice Pilaf
5.25-6.75 oz., selected varieties



9.99

Spectrum
Naturals
Organic Unrefined
Extra Virgin Olive
Oil
25.4 oz.



3.99

Sir Kensington's
Mayonnaise
10 oz., selected varieties



scoop up the savings in bulk!

1.69

Organic Multi-Color Popcorn
per pound in bulk



1.99

Organic Black Turtle Beans
per pound in bulk



4.49

Organic Pitted Deglet Dates
per pound in bulk



The co-op has pantry essentials for everyone.



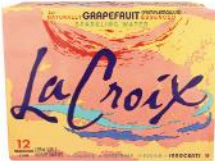
2/\$3
Hubert's
Lemonade
16 oz., selected varieties



4.49
Izze
Sparkling Juice
Beverage
4-12 oz. bottles, selected
varieties



5.49
Reed's
Ginger Brew
4-12 oz. bottles,
selected varieties



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



2.29
So Delicious
Coconut Milk
32 oz., selected varieties



2/\$7
Honest Kids
Organic Juice
Drink
8-6.75 oz. pouches,
selected varieties



The co-op has all of your favorite drinks on sale now!
Chill out with a cool beverage!

Whether it's back to school or lunch at home, kids love naturally delicious lunches. **Santa Cruz Organic®** and **R.W. Knudsen Family®** are made with the highest-quality and Non-GMO Project® Verified ingredients — with tastes the whole family will enjoy. Stock up today.

lunches kids will love

2/\$3
Santa Cruz Organic
Lemonade
32 oz., selected varieties

2/\$5
R.W. Knudsen
Organic Juice
4 pack, selected varieties



2/\$6
Santa Cruz Organic
Applesauce
6-4oz. cups, selected varieties

4.49
Santa Cruz Organic
Roasted Peanut Butter
16 oz., selected varieties



Summertime favorites for friends and family.

savor
summer

Stock up on your favorite snacks for summer. With our variety of flavors, our snacks are sure to be a hit!



2/\$4

Kettle Brand
Potato Chips and Late July
Clasico Tortilla Chips
5-5.5 oz.

2/\$5

Snack Factory
Pretzel Crisps
7.2 oz

2/\$6

Snyder's
Gluten-free
Pretzel Sticks
8 oz

7.99

Kettle Brand
Favorite Flavors
Pack, Potato Chips
16, 1 oz. bags



2/\$4

Peeled Snacks
Organic Peas
Please
3.3 oz., selected varieties



2/\$5

Blue Diamond
Nut Thins
4.25 oz., selected
varieties



3.99

Gimme
Organic
Seaweed Snacks
6 pack, selected
varieties

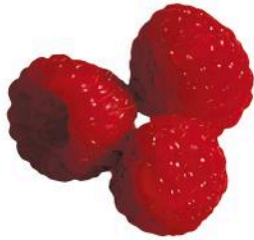


enhance your snacks

JUST ADD DIPS

Even the best snacks benefit from delicious dips, either homemade or like those found at the co-op! With so many new snacks to discover at the co-op, create a dip flight and see what pairs well together! Try hummas, basil pesto, and beet dip, or check out more dip recipes at welcometothetable.coop.

Super savings on your favorite snacks.



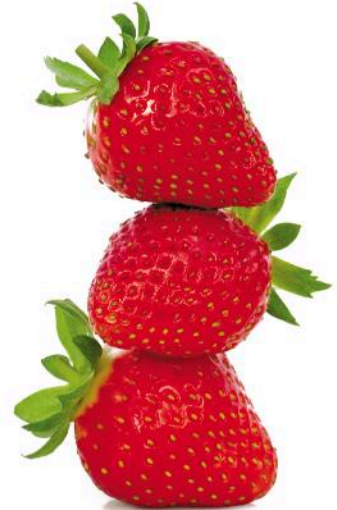
2/\$6

One Degree
Organic Sprouted
Cereal
8-12 oz., selected
varieties



3.99

Crofter's
Organic Premium Fruit
Spread
16.5 oz., selected varieties



2.99

Nature's Path
Organic Instant
Oatmeal
14 oz., selected varieties



5.99

Sweetleaf
Stevia Sweetener
2 oz., selected varieties



4/\$5

Earth's Best
Organic Baby
Food
4 oz., selected varieties



earn cash
for schools

Keep your hungry kids fed with wholesome, quick breakfasts and snacks that earn cash for your favorite schools! Simply download the Box Tops for Education app and scan your receipt including Box Tops-participating products within 14 days of purchase.



2/\$5

Annie's Homegrown
Organic Fruit
Snacks
5 pack, selected varieties



2/\$5

Annie's Homegrown
Organic Cheddar
Bunnies
7.5 oz., selected varieties



2/\$6

Cascadian Farm
Organic Granola
Bars
6 pack, selected varieties



2/\$6

Cascadian Farm
Organic Cereal
9.2-14.6 oz., selected varieties

Stock the pantry with help from the co-op.

empowering women's wellness



As trusted leaders in natural wellness, we understand that a woman's body has unique needs. That's why we use quality ingredients, backed by science, in all our brands — to build a stronger foundation for women's health, so they can reach new heights.

15.99

Rainbow Light
Vibrance Women's One
60 tablets

16.99

Neocell
Collagen Beauty Bursts
60 tablets

19.99

Natural Vitality
Calm Gummies
120 gummies

37.99

Renew Life
Women's Complete
Ultimate Flora
30 capsules



6.99

Bach
Rescue Remedy
Pastilles
50 g., selected varieties



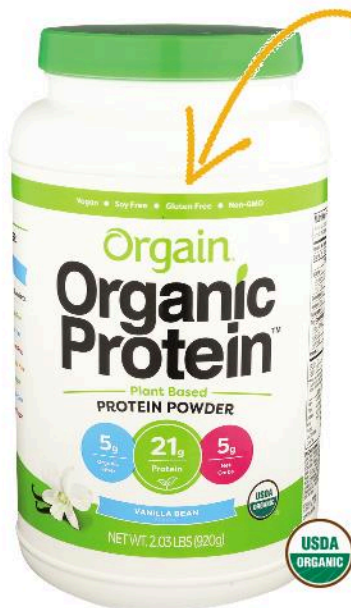
11.99

Child Life
Multi-Vitamin &
Mineral
8 oz.



23.99

Host Defense
Mushrooms
Lion's Mane
60 ct.



good, clean nutrition

Orgain uses the highest-quality ingredients to deliver the cleanest and most delicious nutrition possible. All Orgain products are made without soy and gluten, are non-GMO and free of artificial colors, flavors and preservatives.

29.99

Orgain
Organic Plant-Based
Protein Powder
2.03 lb., selected varieties



16.99

Smarty Pants
Kids Complete Multi + Omega 3
120 ct.

The co-op has you covered for wellness.



our passion is natural



We love sharing the best of nature. It's a passion we've had since the very beginning. With the best ingredients under the sun, Tom's of Maine is always here to help you wake up well.

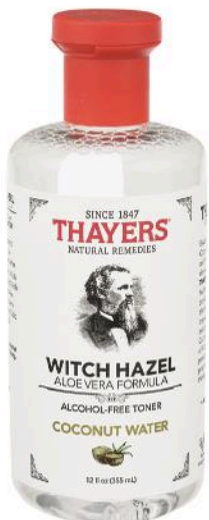
4.99

**Tom's of Maine
Toothpaste**
4.7-5.5 oz., selected varieties



Better for you and your family.

**Discover the benefits
of natural wellness.**



since 1847

Thayers Natural Remedies is a natural skincare brand with certified-organic witch hazel. Our products are derived from a time-honored formula of witch hazel and aloe vera, developed to cleanse, tone and moisturize skin.

6.99

**Thayers
Witch Hazel Toner**
12 oz., selected varieties



5.99

**Sukin
Hydrating Mist Toner**
4.23 oz., selected varieties

Find body care essentials at the co-op.



a sustainable future

LET'S CARE TOGETHER

Your co-op values the environment. As communities work together to address some of the biggest climate challenges of our time, you can count on co-ops to continue their focus on sustainability. Thank you for choosing to shop at the co-op!



1.79
Green Forest
Facial Tissue
175 ct.



2.99
Seventh
Generation
Baby Wipes
64 ct.
Seventh
Generation Diapers
also on sale



5/\$5
I and Love and
You
Canned Cat Food
3 oz., selected varieties



safeguard your home

We've spent over 50 years creating safer cleaning products to protect the health and wellness of people, pets and the planet. ECOS® products are affordable and work great!

9.99

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

Sustainable choices for people and planet.

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

Sioux Falls Food Co+op

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: welcometothetable.coop*



healthy and tasty snacks

Delicious snacks perfect for every occasion and for the whole family. KIND products are made with nutritionally dense ingredients like whole nuts, real fruits and whole grains — no secret ingredients, artificial flavors, preservatives or sweeteners.

3.99

Kind
Nut Butter Clusters
11 oz., selected varieties



2.99

Nature's Bakery
Whole Wheat Fig Bar
6 pack, selected varieties



3/\$7

Probar
Meal Bar
3 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

MW0820B

coop
welcome to the table