

coop deals

AUG 4 - AUG 17, 2021

amazingly versatile

The solution to messy hands and dirt tracked into the home can be found in one bottle of Dr. Bronner's Castile Soap! Find it on sale at the co-op!



7.99

Dr. Bronner's
Pure Castile Liquid Soaps
16 oz., selected varieties



4/\$5

Liberte
Organic Yogurt
5.5 oz., selected varieties



2/\$5

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



2/\$6

Maya Kaimal
Organic Everyday
Dal or Chana
Entrees
10 oz., selected varieties



2/\$5

Alter Eco
Organic
Chocolate Bar
2.65-2.82 oz., selected
varieties



2/\$6

Kind
Healthy Grains
Bars
5-1.2 oz. bars, selected
varieties



2/\$7

Mom's Best
Cereal
14-24 oz., selected
varieties



Your home and family are cleaner all summer long.

Find these summer savings today.



2/\$7
The Greek Gods
Greek Yogurt
24 oz., selected varieties



3.99
Oatly
Oatmilk
64 oz., selected varieties



4.99
Organic Valley
Raw Cheese
8 oz., selected varieties



2.99
Fage
Greek Yogurt
17.6 oz., selected varieties



2.99
Organic Valley
Sour Cream
16 oz., selected varieties



2/\$4
Hiball Energy
Sparkling Energy
Water
16 oz., selected varieties



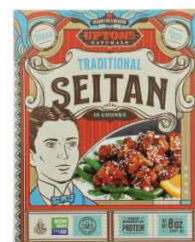
2/\$4
Perfect Bar
Organic Protein
Bar
2.2-2.5 oz., selected varieties



2/\$7
Wtrmln Wtr
Cold Pressed
Watermelon Juice
12 oz., selected varieties



4.49
So Delicious
Organic
Coconutmilk
64 oz., selected varieties



3.49
Upton's Naturals
Seitan
8 oz., selected varieties

Refreshing and cold for hot summer days.



6.99
Caulipower
Chicken Tenders
14 oz., selected varieties



made with organic corn

Garden of Eatin' corn tortilla chips are made with organic corn grown by family farms we've worked with for many years. Taste the Garden goodness!

2/\$4

Garden Of Eatin'
Tortilla Chips
5.5 oz., selected varieties



4.99
Cappello's
Naked Pizza
Crust
6 oz.



2/\$4
Evol
Burrito
5-6 oz., selected varieties



4.99
Sambazon
Acai Smoothie
Packs
4 ct., selected varieties



4.99
So Delicious
Dairy-free Frozen
Dessert
1 pint, selected varieties



delight in every bite

Crafted from only the best organic ingredients, including real vanilla and stick-to-your-fingers wafers, these Old School Vanilla Ice Cream Sandwiches will leave you reaching for more.

5.99

Alden's Organic
Frozen Novelties
6-8 ct., selected varieties



2/\$6

Deep Indian Kitchen
Naan or Naan Pizza
7.4-9 oz., selected varieties

Easy, on-the-go options at the co-op.

for a greater good

Enjoy the planet's best organic, plant-based, nutrient-dense foods and feel great knowing that every **Nutiva** product helps advance sustainable agriculture and grow healthy communities.



7.99

Nutiva Organic Virgin Coconut Oil
14 oz.

10.99

Nutiva Organic Virgin Coconut Oil
23 oz.

7.99

Nutiva Organic Coconut Manna
15 oz.

7.99

Nutiva Organic Hemp Seed
8 oz.



2/\$6

Annie's Organic Dressing
8 oz., selected varieties



3.99

Kind Healthy Grain Clusters
11 oz., selected varieties



2/\$6

Safe Catch Tuna or Pink Salmon
5 oz., selected varieties



4.29

Doctor In The Kitchen Organic Flackers
4.5-5 oz., selected varieties



scoop up the savings in bulk!

1.99

Organic Green Lentils
per pound in bulk



2.79

Organic Tri-Color Quinoa
per pound in bulk



6.49

Organic Medjool Dates
per pound in bulk



Find nutritious food throughout the co-op.



3.49

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



we spread integrity

We're 100% employee-owned, and we take pride in producing superior products for our customers. Since 1976, we've been dedicated to quality and sustainability for a better future.

5.99

Once Again
Organic Peanut Butter
16 oz., selected varieties



3.49

Nature's Bakery
Organic Baked-Ins Oat Bars
6-1.27 oz. bars, selected varieties



2/\$6

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



*Eco-pac!
Save the Earth!*

Our PATH, Nature's PATH, is on track to reach our goal of creating ALL our packaging from recyclable/compostable materials by 2025, four years from now! Our eco-pac cereals taste great and save our EARTH!

6.99

Nature's Path
Organic Cereal
23.8-32 oz., selected varieties



4/\$5

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

Breakfast line-up is fantastic at your co-op!

good from the grain up



2/\$5

Lundberg Rice Chips
6 oz., selected varieties



2/\$6

Lundberg Organic Rice Pilaf or Mix
5.5-6 oz., selected varieties



2/\$6

Lundberg Organic Brown Rice Cakes
8.5 oz., selected varieties



5.99

Lundberg Organic California Rice
32 oz., selected varieties

Sustainably grown. Thoughtfully crafted. Perfectly prepared. We've got an independent streak a rice field wide. We geek out on little things like grains, important things like organic farming and even huge things like the future of the planet.



1.79

Yachak Organic Yerba Mate
15.5 oz., selected varieties



2/\$5

So Delicious Organic Coconutmilk
32 oz., selected varieties



2.99

R.W. Knudsen Organic Cranberry Pomegranate Juice
32 oz., other R.W. Knudsen Organic Juices also on sale



good for feeling good!

Independently owned, founder-led Vita Coco has become a purpose-driven business providing incredible programs to the communities where we source through The Vita Coco Project.

2/\$6

Vita Coco Coconut Water
33.8 oz., selected varieties



3.99

Nixie Organic Sparkling Water
8-12 oz. cans, selected varieties

Pick snacks and beverages for your next outing.



15.99

Smarty pants
Kids Formula Multi and
Omega 3 Gummies
120 ct.

GoMacro. Bigger than a bar.



In August, 10% of net proceeds from our Double Chocolate + Peanut Butter Chocolate Chips MacroBar are donated to Sheldrick Wildlife Trust. Bite into something positive.

2/\$4

Gomacro
Organic Macrobar
2-2.3 oz., selected varieties



6.99
Spectrum
Essentials
Organic Flaxseed
14 oz.



25.99
MegaFood
Blood Builder
90 ct.



nutrition on the go!

Twenty grams of plant-based protein in each serving and 10 organic fruits and veggies. It's creamy, it's clean and it's a serious kick in your nutrition for the day.

2/\$5

Organix
Organic Vegan All-In-One
Protein Shake
11 oz., selected varieties



25.99
Garden Of Life
Mykind Organics Elderberry
Gummies
120 ct.

Supplements for a stronger summer.

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
Oshkosh 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



2/\$4

Seventh Generation
Recycled Paper Towels
120 sheets



2/\$6

Seventh Generation
Dish Liquid
19 oz., selected varieties



10.99

Seventh Generation
Laundry Detergent
100 oz., selected varieties



a powerful clean

For more than 30 years, we've crafted plant-based cleaning and homecare products that provide a powerful clean for your busy family — and help protect the planet. Why? Because we believe in a seventh generation. And we're just getting started.

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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