

coop deals

DEC 16 - DEC 29, 2020

the scent of cinnamon

BAKING MADE SIMPLE

After a long year, let Immaculate Baking do the work for you in the kitchen. Simply find these products at your co-op — on sale now — and keep refrigerated until you're ready to fill your home with the scent of warm cinnamon.



2/\$7

Immaculate
Organic Cinnamon Rolls
17.5 oz.



2/\$4

Chocolove
Chocolate Bars
2.9-3.2 oz., selected
varieties



2/\$5

Blue Diamond
Nut Thins
4.25 oz., selected
varieties



2/\$6

R.W. Knudsen
Organic Sparkling
Apple
750 mL, selected
varieties



Holiday savings throughout the co-op.

Let the good times roll!



2.29
Organic Valley
Half & Half
16 oz.



6.99
Evolution Fresh
Organic Juices
59 oz., selected varieties



4.49
Udi's Gluten Free
Bread
12-16.3 oz., selected varieties



4.49
Organic Valley
Cheese
8 oz., selected varieties



2/\$7
Mt. Vikos
Organic Feta
Cheese
6 oz., selected varieties



3.99
Miyoko's
Vegan Cheese
Shreds
8 oz., selected varieties



2/\$4
Eden Foods
Organic Beans
15 oz., selected varieties

breakfast of champions

Breakfast is the most important meal for a reason. Get your day going with clean and crave-able breakfast staples with no antibiotics — ever. Cook up **Organic Valley** eggs fresh from our family farms that are committed to the highest organic standards. Then mix in **Applegate Naturals®** Sunday Bacon or No Sugar Bacon for the ultimate breakfast of champions.



3.99
Organic Valley
Large Brown
Eggs
1 dozen

4.49
Applegate Farms
Uncured Sunday
Bacon
8 oz.

4.49
Applegate Farms
No Sugar Uncured
Bacon
8 oz.

Fuel up for busy days at the co-op.

enhance your
holiday table

Bring restaurant quality home for the holidays with **S.Pellegrino** Italian Sparkling Mineral Water as the perfect accompaniment to any special meal. Or add some sparkle and flavor to your holiday with **SanPellegrino** Italian Sparkling Drinks.



2/\$3

S. Pellegrino
Sparkling Water
25.3 oz., selected varieties



4.99

SanPellegrino
Fruit Beverage
6 pack, selected varieties



4.99

SanPellegrino
Momenti
6 pack, selected varieties



Stock up on sparkling beverages at the co-op.

Tasty mocktails for the New Year.

always organic, never ordinary



Crisp, bright and wholesome — these veggies make a flavorful addition to any meal.

2/\$4

Cascadian Farm
Organic Frozen
Vegetables
10 oz., selected varieties



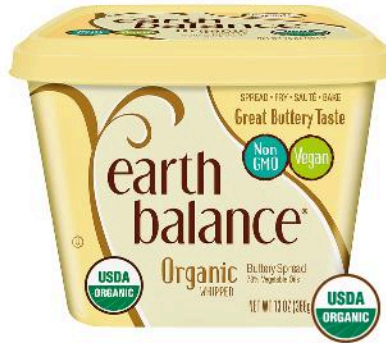
3.99

Talenti
Gelato or Sorbetto
1 Pint, selected varieties

Try any of these great options from the co-op.



16.99
Frontier
Organic Vanilla
Extract
4 oz.



3.99
Earth Balance
Buttery Spread
13-16 oz., selected varieties



7.99
Woodstock
Organic Peanut Butter
35 oz., selected varieties



5.49
Madhava
Organic Agave
Nectar
23.5 oz., selected
varieties



8.49
Bob's Red Mill
Super-fine
Almond Flour
16 oz.



5.99
Rishi
Organic Tea
15 tea bags, selected
varieties

*changing the
chocolate industry*

Equal Exchange is committed to sourcing ingredients from small farmer co-ops through which members control their business and livelihood. Our exclusively cooperative fair trade cacao sourcing offers an ethical alternative to the standard chocolate business model that relies on poor wages and child labor. With your support we can make the world just a little bit sweeter!



2/\$5
Equal Exchange
Organic Chocolate
Bars
2.8 oz., selected varieties



2/\$6
Equal Exchange
Organic Teas
20 tea bags, selected varieties



4.49
Equal Exchange
Organic Chocolate
Chips
10 oz., selected varieties

6.99
Equal Exchange
Organic Coffees
10-12 oz., selected varieties

Let the co-op help you bake your favorite desserts!



2.99
Q Drink
Tonic Water
4 pack



2/\$7
Made Good
Organic Granola
Bars
6-0.85 oz. bars, selected
varieties



5.99
Field Day
Organic Apple
Juice
64 oz., selected varieties



5/\$2
Stretch Island
Fruit Leather
.5 oz., selected varieties



2/\$7
Mom's Best
Cereal
15-24 oz., selected
varieties



proof is in the plants

Vega believes a plant-based diet is the secret to sustaining your performance, health and the planet. Vega's all-in-one shake mix provides an excellent source of vitamins A and C to help support your immune system.

2/\$7

Vega
Organic One Protein
Shake

1.4 oz. packets, selected varieties



3.99

Purely Elizabeth
Organic Granola
12 oz., selected varieties



1.49
Organic Yellow
Popcorn
per pound in bulk



5.49
Organic
Mission Figs
per pound in bulk



9.99
Organic Roasted &
Salted Pistachios
per pound in bulk



Try something new from the co-op!



GoMacro. Bigger than a bar.

GoMacro MacroBars are made from simple, high-quality ingredients that are all certified organic, gluten free, vegan, kosher, non-GMO, C.I.E.A.N., R.A.W. and soy free.



2/\$5

**From The Ground Up
Cauliflower
Crackers**
4 oz., selected varieties



2/\$4

**GoMacro
Organic Macrobar**
2.3 oz., selected varieties



2/\$5

**Que Pasa
Organic Tortilla
Chips**
11 oz., selected varieties



2/\$6

**Frontera
Salsa**
16 oz., selected varieties



2/\$5

**Terra
Vegetable Chips**
4.2-6 oz., selected varieties

classic snacks reimaged



Quinn is on a mission to reimagine classic snacks using a super simple method: use only real ingredients, show exactly where they came from with farm-to-bag transparency, and, above all, make sure they're crazy delicious.

2/\$6

**Quinn
Pretzel Snacks**
7 oz., selected varieties

2/\$7

**Quinn
Pretzel Nuggets**
5-7 oz., selected varieties

Your favorite snacks are on sale at the co-op.



5.99
NOW
Essential Oils
1 oz.

stay healthy with SmartyPants



SmartyPants is on a mission to simplify health for the real world. Premium ingredients, all-in-one simplicity and value — that's also easy and joyful to take, day after day.

17.99
SmartyPants
Kids Complete
Multivitamin or Healthy
Immunity
120 or 28 ct., selected varieties



2/\$6
Nubian Heritage
Bar Soap
5 oz., selected varieties



5.99
Herban Cowboy
Deodorant
2.8 oz., selected varieties



31.99
New Chapter
Zylamend Whole
Body
60 ct.



fall asleep, stay asleep

This clinically proven formula aids in falling asleep, staying asleep and waking up refreshed! Featuring naturally derived melatonin to prompt circadian rhythms, 5-HTP for serotonin, and Suntheanine® to clear a "busy brain."

19.99
Natural Factors
Tranquil Sleep
60 ct.



8.99
Biokleen
Liquid Laundry
Detergent
64 oz., selected varieties



Replenish with wellness deals 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*



*sun kissed in
the Mediterranean*

Bring the Mediterranean to your table with Mediterranean organic olives! Organically grown in Greece and full of flavor. Perfect for a delicious light snack or to complement your favorite dish.

2/\$6

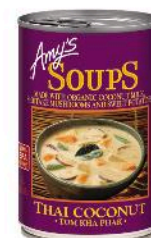
Mediterranean Organic Olives

4.8-5 oz., selected varieties



10/\$10

**Koyo
Ramen**
2-2.1 oz., selected
varieties



2/\$6

**Amy's
Soup**
14-14.7 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

MW1220B

coop
welcome to the table