

# coop deals

FEB 3 - FEB 16, 2021

## sweet, salty goodness

With Alter Eco truffles, consider your sweet tooth satisfied. A touch of sea salt on caramel makes the perfect combination for Valentine's Day — or any day.



**4.99**

Alter Eco  
Organic Chocolate Truffles  
4.2 oz., selected varieties



**2/\$5**

Chocolove  
Chocolate Bars  
2.9-3.2 oz., selected varieties



**2/\$5**

Barbara's  
Cheese Puffs  
5.5-7 oz., selected varieties



**3.99**

Talenti  
Gelato or  
Sorbetto  
16 oz., selected varieties



**2/\$5**

R.W. Knudsen  
Simply Nutritious  
Juice  
32 oz., selected varieties



**4.49**

Numi  
Organic Tea  
12-18 tea bags,  
selected varieties



**3.99**

Immaculate  
Organic  
Cinnamon  
Rolls  
17.5 oz.



Share the love all year long.

**Sweet deals at the co-op.**

game changing  
plant-based

**Kite Hill** is on a mission to elevate your expectations of how amazing plant-based eating can be. In everything we make — from award-winning plant-based yogurts and cheeses to delicious pastas, dips and even food for kids — Kite Hill strives to create foods that are both irresistible and sustainable.



**2/\$7**

**Kite Hill  
Almond Milk  
Dips**  
8 oz., selected varieties

**3.99**

**Kite Hill  
Almond Milk  
Greek-Style Yogurt  
and Sour Cream**  
8 oz., selected varieties

**5.49**

**Kite Hill  
Almond Milk  
Ricotta Tortellini  
and Ravioli**  
9 oz., selected varieties

**5.99**

**Kite Hill  
Almond Milk  
Cream Cheese  
Style Spreads**  
8 oz., selected varieties



**2/\$7**

**Good Karma  
Flaxmilk**  
64 oz., selected varieties



**3.99**

**Ripple  
Plant-based Milk**  
48 oz., selected  
varieties



**3.99**

**Chobani  
Oat Milk**  
52 oz., selected varieties



**3.49**

**Organic Valley  
Sour Cream**  
16 oz., selected varieties



**4.49**

**Just  
Folded Plant-  
based Eggs**  
8 oz.



**2/\$3**

**Stonyfield  
Organic Yogurt  
Pouch**  
3.5 oz., selected varieties



**2.99**

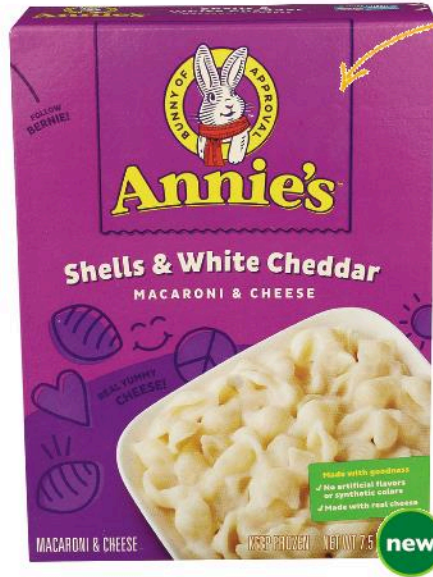
**Fage  
Greek Yogurt**  
17.6 oz., selected  
varieties

**Delicious options to start your day!**





**2/\$7**  
Organic Valley  
Shredded Cheese  
6 oz., selected varieties



*creamy and ready  
in minutes*

Now in the freezer and more convenient than ever, Annie's Mac & Cheese is ready in less than five minutes, with no boiling, draining or clean up. That's a win-win meal!

**2/\$5**

Annie's Homegrown  
Frozen Mac & Cheese  
7.5 oz., selected varieties



**4.49**  
Applegate  
Bacon  
8 oz., selected varieties



**3.99**  
Little Northern  
Bakehouse  
Organic Gluten-free  
Bread  
16-17.4 oz., selected varieties

*Simple ingredients. Serious sizzle.*

Imagine dishes delivering the taste you love, but being better for you and the planet. Our products are simple and made from plants — without GMOs, bioengineered ingredients, hormones, antibiotics or cholesterol.



**6.99**

Beyond Meat  
Beyond Sausage  
14 oz., selected varieties



**4.49**  
Field Roast  
Vegan Sausage  
12.95 oz., selected  
varieties



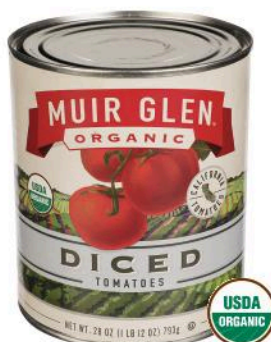
**3.49**  
Daiya  
Dairy-free Shreds  
8 oz., selected varieties

**Find your favorite brands at the co-op.**



**2/\$6**

Imagine  
Organic Broth  
32 oz., selected varieties



**2/\$4**

Muir Glen  
Organic Tomatoes  
28 oz., selected varieties



**7.99**

Eden Foods  
Mirin Cooking  
Rice Wine  
10.1 oz.



**3/\$5**

Mike's Mighty  
Good  
Ramen Soup Cup  
1.6-2.3 oz., selected  
varieties



**2.29**

Native Forest  
Organic  
Unsweetened  
Coconut Milk  
13.5 oz.



**2/\$5**

Parmcrisps  
Cheese Snack  
1.75 oz., selected  
varieties



**2/\$6**

Tasty Bite  
Organic Entrees  
10 oz., selected varieties



**3/\$5**

Annie's Homegrown  
Organic Mac & Cheese  
6 oz., selected varieties



**2.49**

Woodstock  
Organic Ketchup  
20 oz.



**2/\$6**

Chickapea  
Organic Chickpea &  
Lentil Pasta  
8 oz., selected varieties

**Stock your pantry with deals from the co-op.**





**2/\$6**

Lily's  
Chocolate Bar  
2.8-3 oz., selected  
varieties



**3.99**

Mary's Gone  
Crackers  
Organic Crackers  
5-6.5 oz., selected  
varieties



**2/\$5**

Theo  
Organic  
Chocolate Bar  
3 oz., selected varieties



**3.99**

Hu  
Chocolate Bar  
2.1 oz., selected varieties

*chocolate is our love language*



Endangered Species Chocolate is all about authenticity. Each bar has just a handful of real ingredients. We've got a taste for every occasion, and we're making a positive impact for wildlife habitats.

**2/\$4**

Endangered Species  
Chocolate Bars  
3 oz., selected varieties



Terra  
Vegetable Chips  
4.2-6 oz., selected varieties

**2/\$5**



*scoop up the savings in bulk!*

**1.69**

Organic Multicolor  
Popcorn  
per pound in bulk



**1.99**

Organic Black Turtle  
Beans  
per pound in bulk



**6.99**

Organic Medjool  
Dates  
per pound in bulk



**Find your favorite chocolate at the co-op.**



# sweet ways to share the love

Whether you're baking from scratch or buying a fresh, ready-made dessert, the co-op has what you need for Valentine's Day. Don't forget the mocktail ingredients or a special wellness item for your loved one.



**2/\$7**

**Tony's Chocolonely Chocolate Bar**  
6.35 oz., selected varieties



**2.99**

**Vital Farms Pasture-Raised Butter**  
8 oz., selected varieties



**3.99**

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



**7.99**

**Lakewood Organic Pure Pomegranate Juice**  
32 oz.



**2/\$5**

**Aura Cacia Mineral and Foam Baths**  
2.5 oz., selected varieties

**Bake something sweet for Valentine's Day!**

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

**Plenty of wellness gift ideas at the co-op.**

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





**5.99**

Once Again  
Organic Sunflower  
Seed Butter  
16 oz.

*we all need LOVE*



Enjoy your Love Crunch granola as a delicious breakfast option, or bring the granola on one of your adventures as an exceptionally tasty snack! Organic indulgence and LOVE!

**3.99**

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



**3.49**

Nature's Bakery  
Organic Baked-ins  
Oat Bars  
6-1.17oz. bars, selected  
varieties



**3/\$5**

Happy Baby  
Organic Baby  
Food  
4 oz., selected varieties



**2/\$3**

Plum Organics  
Baby Food  
4 oz., selected varieties



**2/\$7**

Barbara's  
Cereal  
8-14 oz., selected  
varieties

*healthy and tasty snacks*

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

**10/\$10**

Kind  
Bars  
1.4 oz.

**2/\$6**

Kind  
Healthy Grains  
Granola Bars  
5-1.16-1.2oz. bars

**3.99**

Kind  
Healthy Grains  
Clusters  
11 oz.



**The co-op has snacks everyone will love.**



**2/\$3**

S. Pellegrino  
Sparkling Water  
25.3 oz.



**4.99**

SanPellegrino  
Sparkling Fruit  
Beverage  
6 pack, selected varieties



**4.99**

SanPellegrino  
Momenti  
6 pack, selected varieties



*uniquely  
Italian*

Discover the gentle bubbles of **SanPellegrino**. From our original **S. Pellegrino** Italian Sparkling Mineral Water to the intriguing mix of fruits in **Momenti™**, or the classic Mediterranean flavors of our Traditional Sparkling Fruit Drinks, the experience is always uniquely Italian.



new

**2/\$5**

Vita Coco  
Organic Coconut  
Non-dairy  
Beverage  
33.8 oz.



new

**2/\$7**

Califia Farms  
Shelf-stable  
Almondmilk  
32 oz., selected varieties



**6.99**

Equal Exchange  
Organic Coffee  
10-12 oz., selected  
varieties



**2/\$3**

Tazo  
Tea  
13.8 oz., selected  
varieties



*mother nature's got  
your back*

Need to support your immune system? Try our Echinacea Plus® Elderberry tea. Throat need some love? Soothe it with our sweet and comforting Throat Coat® tea.

**3.99**

Traditional Medicinals  
Tea

16 tea bags, selected varieties

**Find beverages you'll love at the co-op.**



a full spectrum  
of wellness

**Solaray, Kal, Honey Gardens  
and Heritage Store** offer a  
broad spectrum of all-natural dietary  
supplements and body care products  
that promote optimal overall health and  
wellness. Honey Gardens Elderberry  
Syrup makes the perfect addition to  
your health and wellness routine.



**6.99**

Heritage Store  
Rose Water  
Atomizer  
8 oz.



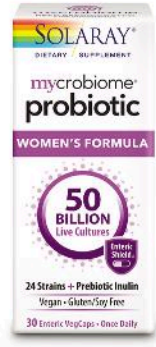
**8.99**

Honey Gardens  
Elderberry Syrup  
4 oz.



**12.99**

Kal  
Magnesium  
Glycinate  
90 capsules



**31.99**

Solaray  
Microbiome  
Women's Probiotic  
30 capsules



One heart.  
Ultimate support.

We all have just one hardworking heart that  
keeps us going, day after day. Care for your  
heart with Ultimate Omega 2X from Nordic  
Naturals — the ultimate in heart health.

**34.99**

Nordic Naturals  
Ultimate Omega 2X  
60 ct.



**29.99**

Garden of Life  
Mykind Organic  
Elderberry Gummies  
120 ct., selected varieties



**12.99**

Urban Moonshine  
Clear Chest  
Organic Bronchial  
Support  
4.2 oz.



**15.99**

Nature's Way  
Elderberry  
Sambucus  
Gummies  
60 ct.



**19.99**

Natural Factors  
Tranquil Sleep  
60 ct.

**Year-round wellness support at the co-op.**





**9.99**

**Alaffia  
Everyday Shea Body  
Lotion**  
32 oz., selected varieties



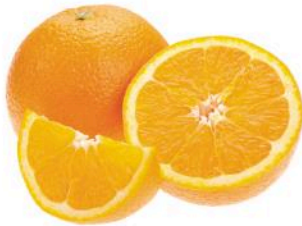
**2.79**

**Ecover  
Dishwashing  
Liquid**  
25 oz., selected varieties



**11.99**

**Mineral Fusion  
Volumizing Mascara**  
.57 oz., selected varieties



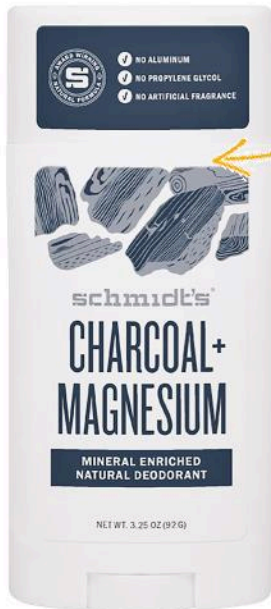
**10.99**

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



**10.99**

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



*natural deodorant  
that works*

Schmidt's is plant-based, certified vegan and cruelty free. We're always exploring new ingredients and ways to incorporate natural technology into our products.

**8.99**

**Schmidt's  
Deodorant**  
3.25 oz., selected varieties



**19.99**

**Megafood  
MegaFlora**  
30 ct.

**Natural products for you and your home.**



## 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](http://welcometothetable.coop)



2/\$5

Kettle Brand  
Organic Potato Chips  
5 oz., selected varieties



2/\$5

Late July  
Organic Crackers  
6 oz.



2/\$5

Late July  
Tortilla Chips  
5.5 oz.

big game,  
big flavor

Kick off snack time with a crunch! Our **Late July®** products and **Kettle Brand®** chips are made with quality ingredients for a winning snack-time taste, whether you serve them with dip or eat them just as they are.

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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**coop**  
welcome to the table