

coop deals

FEB 17 - MAR 2, 2021

comfort food made easy

MAKE IT YOUR WAY

Pair Bionaturae fusilli pasta (on sale at the co-op!) with delicious marinara sauce, and warm up your home with the best comfort food. Add mushrooms or other veggies, your favorite protein, and enjoy the perfect winter meal.



3/\$5

Bionaturae
Organic Pasta
16 oz., selected varieties



2/\$6

Tazo
Tea
15-20 tea bags, selected
varieties



2/\$7

Garden of Eatin'
Tortilla Chips
16 oz., selected varieties



5.99

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



Find your favorites at the co-op.

Fantastic food year round.



2.79

Califia Farms
Better Half
Creamer
16.9 oz., selected
varieties



4.49

Just
Egg Plant-based
Scramble
12 oz., selected varieties



2.79

Lightlife Foods
Organic Tempeh
8 oz., selected varieties



4.49

Miyoko's
Organic Cultured
Vegan Butter
8 oz.



2/\$7

Organic Valley
Egg Bites
2 ct., selected varieties



2/\$7

Rebbel
Organic Protein
Beverage
12 oz., selected varieties



Let the co-op brighten your day.

The co-op has your morning covered.



2/\$7

Silk
Organic Soymilk
64 oz., selected varieties



3/\$5

So Delicious
Coconut Milk
Yogurt
5.3 oz., selected varieties



2/\$6

Vita Coco
Coconut Water
33.8 oz., selected
varieties

3.99

Oatly
Oatmilk
64 oz., selected varieties

Start your morning with deals from the co-op.



3.99

**Silver Hills
Sprouted Bread**
23-24 oz., selected varieties



4.49

**Natural Sea
Fish Sticks or
Fillets**
8 oz., selected varieties



4.99

**Organic Valley
Raw Cheese**
8 oz., selected varieties



3.99

**Rumiano
Organic Cheese**
8 oz., selected varieties



Find comfort food ingredients at the co-op.

Say cheese!



2/\$4

**Cascadian Farm
Organic Frozen
Vegetables**
10 oz.



2/\$6

**Cascadian Farm
Organic Granola Bars**
6-1.2 oz., selected varieties



2/\$6

**Cascadian Farm
Organic Cereal**
8.6-14.6 oz., selected varieties



5.99

**Cascadian Farm
Organic Powered
by Plants**
24 oz., selected varieties



*always organic,
never ordinary*

Our love of delicious, uncomplicated food comes from what Mother Nature has already perfected: wholesome, organic ingredients. Ban boring, eat vibrantly.

Thank you for shopping at the co-op.

Good from the grain up!

Sustainably grown. Thoughtfully crafted. Perfectly prepared. We've got an independent streak a rice field wide. We geek out on little things like grains and important things like organic farming. And even huge things like the future of the planet. We create thoughtfully crafted products that are truly farm-to-table. When you see our family name on a package, it means we stand behind every grain every step of the way, from planting and harvesting to milling and packaging.



2/\$5

Lundberg Rice Chips
6 oz., selected varieties



2/\$6

Lundberg Organic Brown Rice Cakes
8.5 oz., selected varieties



2/\$6

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



5.99

Lundberg Organic California Rice
32 oz., selected varieties



5/\$5

Koyo Ramen
2-2.1 oz., selected varieties



3.99

Maya Kaimal Indian Simmer Sauce
12.5 oz., selected varieties



2/\$6

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



2/\$5

Natural Sea Yellowfin Tuna
5 oz., selected varieties



2/\$7

Pacific Foods Organic Soup
32 oz., selected varieties



2.29

San-J Gluten-Free Tamari
10 oz.



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



6.99

Organic Unroasted Whole Cashews
per pound in bulk



Healthy meals at home with help from the co-op.



2/\$4

Bobo's Oat Bar
3 oz., selected varieties



2/\$7

Choice Organics Tea
16 tea bags, selected varieties



2.79

Rice Dream Rice Drink
32 oz., selected varieties



2.99

Golden Temple Granola
per pound in bulk, selected varieties



2/\$5

Nutpods Dairy-free Creamer
11.2 oz, selected varieties



3/\$7

Probar Meal Bar
3 oz., selected varieties



2.99

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



4.49

Santa Cruz Organic Peanut Butter
16 oz., selected varieties



2.29

So Delicious Coconut Milk
32 oz., selected varieties



Enviro-kidz are our future.

Our planet, our food and our bodies are all connected, and we say "no" to the highly toxic chemicals that harm our children, our animals and our planet. Organic is good for us ALL!

2/\$6

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



2/\$3

Justin's Organic Nut Butter Cups
1.4 oz, selected varieties

Everyone is welcome to shop at the co-op.

Live epic.
Eat epic.

EPIC Provisions crafts on-the-go snacks with ingredients like 100% grass-fed venison and custom spice blends. 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/\$3

Epic Meat Strips
.8 oz., selected varieties



3/\$5

Epic Bars
1.3–1.5 oz., selected varieties



2/\$5

Epic Pork Rinds
2.5 oz., selected varieties



4.49

Epic Bites and Bone Broth
2.5 oz. bites, selected varieties
14 oz. bone broth, selected varieties



2/\$5

Stacy's Pita Chips
7.33 oz., selected varieties



2/\$5

Blue Diamond Artisan Nut Thins
4.25 oz., selected varieties



3.99

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



2/\$8

Siete Grain-free Tortilla Chips
5 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/\$6

Taza Chocolate Organic Chocolate Bar
2.5 oz., selected varieties



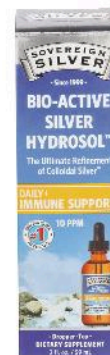
Find the snacks you love at the co-op.



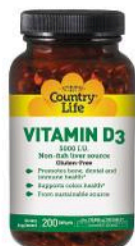
5.49
Badger
Organic Healing
Balm
2 oz.



8.99
Jason
Body Wash
30 oz., selected varieties



11.99
Sovereign Silver
Bio-active Hydrosol
2 oz., selected varieties



13.99
Country Life
Vitamin D3 5,000
IU
200 ct., selected
varieties



22.99
Host Defense
Mushrooms
Lion's Mane
60 ct.

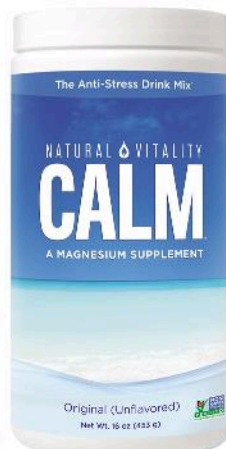
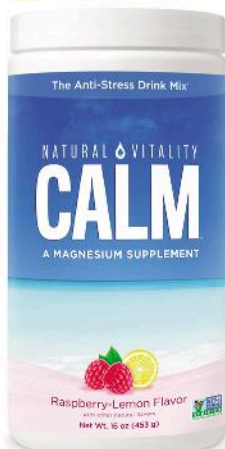
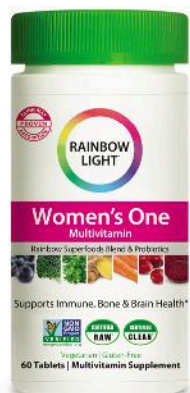


19.99
Source Naturals
Wellness Formula
90 ct., selected varieties



empowering your wellness

As trusted leaders in natural wellness, **Nutranext** understands that each person'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 everyone's health so they can reach new heights.



15.99
Rainbow Light
Women's One Multivitamin
60 capsules

19.99
Rainbow Light
Kids One Multivitamin
90 capsules

29.99
Natural Vitality
Natural Calm
Raspberry Lemon
16 oz.

29.99
Natural Vitality
Natural Calm
16 oz.

Find all your supplements 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

believe in a Seventh Generation



For more than 30 years, we've been on a mission to create a more healthy, sustainable and equitable world for generations to come. That mission is at the heart of everything we do.

10.99

**Seventh Generation
Liquid Laundry
Detergent**
100 oz., selected varieties



2/\$5
Castor & Pollux
Organic Dog Food
12.7 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

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