

# coop deals

DEC 30, 2020 - JAN 19, 2021

*new year,  
more yogurt*

The co-op is stocked with nuts, seeds and berries to make a delicious parfait. Try it with Siggis yogurt — on sale now at the co-op!



**5/\$5**

**Siggis  
Icelandic Style  
Yogurt**

5.3 oz., selected varieties



**2/\$5**

**Angie's  
Boomchickapop  
Popcorn**  
4.4-8 oz., selected  
varieties



**2/\$7**

**Organic India  
Tulsi Tea**  
18 tea bags, selected  
varieties



**5.99**

**Caulipower  
Cauliflower Crust  
Pizza**  
11.6 oz., selected  
varieties



**3/\$5**

**Westbrae  
Organic Beans**  
15 oz., selected varieties



**2/\$4**

**Perfect Bar  
Organic Protein  
Bar**  
2.5 oz., selected varieties



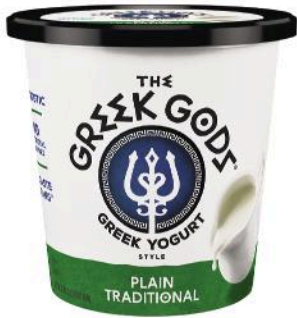
**2/\$5**

**Kevita  
Organic Sparkling  
Probiotic Drink**  
15.2 oz., selected  
varieties



The co-op wishes you a healthy 2021!

**Try something new at the co-op.**



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



**5/\$5**  
 Fage  
 Greek Yogurt  
 5.3-7 oz., selected  
 varieties



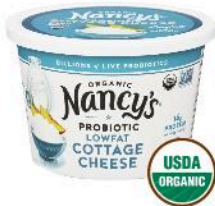
**3.99**  
 Califia Farms  
 Almondmilk  
 48 oz., selected varieties



**3.99**  
 Lifeway  
 Organic Kefir  
 32 oz., selected varieties



**4.49**  
 Forager Project  
 Organic  
 Cashewmilk  
 Yogurt  
 24 oz., selected varieties



**3.99**  
 Nancy's  
 Organic Cottage  
 Cheese  
 16 oz., selected varieties



**4.49**  
 Vital Farms  
 Pasture-raised  
 Eggs  
 1 doz., selected  
 varieties



**13.99**  
 Organic Valley  
 Ghee Clarified  
 Butter  
 13 oz., selected varieties

*goodness in  
 every glass*

At **Organic Valley**, we like to keep things honest and simple. Like 100% grass-fed dairy and 100% grass-fed cheese produced with no added hormones, antibiotics or toxic pesticides. Made by farmers and artisans who care about the environment, the animals and you — our customers.



**2.79**  
 Organic Valley  
 Half & Half  
 11 oz., selected varieties

**4.99**  
 Organic Valley  
 Grassmilk  
 64 oz., selected varieties

**6.49**  
 Organic Valley  
 Grassmilk Raw Cheddar Cheese  
 8 oz., selected varieties

**Wake up with delicious options from the co-op.**

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

# living food for the living body

Founder GT Dave was raised vegetarian and taught that food can be medicine. We continue to uphold that philosophy with always pure, potent and plant-derived fermented offerings produced in their most authentic form. **GT's** is fiercely independent, family-owned and operated.



**2/\$5**

GT's Organic Kombucha  
16 oz., selected varieties

**2/\$5**

GT's Alive Adaptogenic Tea  
16 oz., selected varieties

**4.99**

GT's Organic Cocoyo Pure Living Coconut Yogurt  
8 oz., selected varieties

**6.99**

GT's Organic Kombucha  
48 oz., selected varieties



**2/\$3**

C2O Coconut Water  
17.5 oz., selected varieties



**3.99**

Harmless Harvest Organic Coconut Water  
16 oz., selected varieties



**4.49**

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



**2/\$7**

Rebbl Organic Protein Beverage  
12 oz., selected varieties



*unleash the vitamin C*

Experience the taste of real fruit from this cold-pressed, organic smoothie. Made with oranges, pineapples and mangos that are picked and squeezed at their peak of sweet flavor. Packed with vitamin C.

**2/\$7**

Evolution Fresh Organic Juices  
15.2 oz., selected varieties



**2/\$5**

Vive Organic Wellness Shots  
2 oz., selected varieties

**Stay refreshed throughout the winter.**



**2/\$6**

**Cascadian Farm Organic Frozen Fruit**  
8-10 oz., selected varieties



**3/\$7**  
**Nature's Path Organic Waffles**  
6 ct., selected varieties



**2/\$5**  
**Silver Hills Bread**  
14-22 oz., selected varieties



**4.49**  
**Canyon Bakehouse Gluten Free Bread**  
14-18 oz., selected varieties



**5.49**  
**So Delicious Coconutmilk Yogurt**  
24 oz., selected varieties



**3.99**  
**Organic Valley Stringles**  
6 oz., selected varieties



**5.99**  
**Miyoko's Organic Vegan Mozzarella**  
8 oz., selected varieties



*gut strong  
all year long*

Drink Gut Shot to feel the natural probiotic benefits! A healthy gut helps support digestive health, immunity and mental health all year long!



**2.79**  
**Farmhouse Culture Organic Kraut Krisps Cabbage Chips**  
5 oz., selected varieties



**4.99**  
**Farmhouse Culture Organic Kraut**  
16 oz., selected varieties



**4.99**  
**Farmhouse Culture Organic Gut Shot**  
16 oz., selected varieties

**Healthy options for everyone at the co-op.**



**2/\$7**

**Deep Indian Kitchen  
Naan or Pizzas**  
7.8-9 oz., selected varieties

*grain-free magic awaits you*

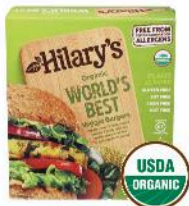


Cappello's is setting a new standard for frozen foods using only meticulously sourced, simple, real-food ingredients.

**6.99**

**Cappello's  
Gluten Free Pizza or  
Pasta**

9-12 oz., selected varieties



**2/\$5**

**Hilary's  
Organic Veggie  
Burgers**  
6.4 oz., selected varieties



**2/\$7**

**Quorn  
Meatless Nuggets**  
10.6 oz.



**6.99**

**Caulipower  
Chicken Tenders**  
14 oz., selected varieties



*meals with more yum*

Let Annie's help you make meals with more yum. With staples like mac & cheese, Annie's turns mealtime into yumtime while appeasing everyone's taste buds.

**10/\$10**

**Annie's Homegrown  
Mac & Cheese**  
5.25-6 oz., selected varieties



**6.99**

**Spectrum Naturals  
Organic Unrefined  
Coconut Oil**  
14 oz.

**The co-op helps make meals easy.**

# bold, authentic flavors



Explore the bold and delicious taste of Mexico without leaving home. Bring home the flavors of your favorite authentic Mexican dishes with **Frontera**. Simple, savory and muy delicioso!

**2/\$3**

Frontera  
Cooking Sauce  
8 oz., selected varieties

**2/\$5**

Frontera  
Salsas  
16 oz., selected varieties

**2/\$6**

Frontera  
Fajita Bowls  
11-11.5 oz., selected varieties



**2/\$6**

Annie's  
Organic Dressing  
8 oz., selected varieties



**3/\$5**

Dr. McDougall's  
Soup Cup  
1.0-3.4 oz., selected varieties



**2/\$4**

Muir Glen  
Organic  
Tomatoes  
28 oz., selected varieties



**2/\$6**

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



**4.49**

Bitchin' Sauce  
Almond Dip  
8 oz., selected varieties



scoop up the savings in bulk!

**2.79**

Organic White  
Quinoa  
per pound in bulk



**2.99**

Organic Black  
Chia Seeds  
per pound in bulk



**9.99**

Organic Dried  
Mango  
per pound in bulk



**Shop the co-op for pantry favorites.**



**2/\$6**  
**Cascadian Farm Organic Granola Bars**  
 6.2-7.4 oz., selected varieties



**3.99**  
**Birch Benders Pancake & Waffle Mix**  
 16 oz., selected varieties



**2/\$4**  
**Blue Diamond Almond Milk**  
 32 oz., selected varieties



**5.99**  
**Bob's Red Mill Organic Gluten Free Rolled Oats**  
 32 oz., selected varieties



**8.99**  
**Equal Exchange Organic Bulk Coffee**  
 per pound in bulk, selected varieties  
 5 lb. packages also on sale for \$42.99



**4.99**  
**R.W. Knudsen Organic Just Tart Cherry Juice**  
 32 oz.



**6.99**  
**Navitas Organic Cacao Powder**  
 8 oz.



*breakfast made better*

Cascadian Farm organic whole grain cereals and granolas are an easy and tasty way to make a smart choice for your day.

**2/\$6**

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



**2/\$5**

**Celestial Seasonings Herbal Tea**  
 20 tea bags, selected varieties

**Thank you for choosing the co-op!**

*hoppiness starts here*

Let our bunny-shaped treats make snack time extra fun (and our organic ingredients make your day a little more joyful too!).



**2/\$5**

Annie's Homegrown Organic Bunny Crackers & Grahams  
7.5 oz., selected varieties

**2/\$5**

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

**2/\$6**

Annie's Homegrown Organic Granola Bars  
6 pack, selected varieties

**2/\$7**

Annie's Homegrown Organic Snack Mix  
9 oz., selected varieties



**4.49**

Zevia Zero Calorie Soda  
6-12 oz. cans, selected varieties



**6.99**

Once Again Organic Tahini  
16 oz., selected varieties

*food for your wellness journey*



Purely Elizabeth believes that food can heal. When you eat better, you feel better. It's that simple. That's why we use superfoods with vibrant flavors and rich textures to create foods you will obsess over.

**Purely Elizabeth Organic Granola**  
12 oz., selected varieties

**3.99**



**3/\$5**

Rxbar Protein Bar  
1.83 oz., selected varieties

**Everyone is welcome at the co-op.**





**2/\$5**  
**Blue Diamond Nut Thins**  
 4.25 oz., selected varieties



*food made from real food*



At LÄRABAR®, we are passionate about creating delicious, convenient snacks made from just two to nine real ingredients, always gluten free and non-GMO. Find your flavor today!



**2/\$4**  
**Food Should Taste Good Tortilla Chips**  
 5.5 oz., selected varieties

**10/\$10**

**Larabar Fruit and Nut Bars**  
 1.6-1.7 oz., selected varieties



**2/\$5**  
**From the Ground Up Cauliflower Crackers**  
 4 oz., selected varieties



**2.99**  
**Good Health Veggie Snacks**  
 6.75 oz., selected varieties



**4.99**  
**Lily's Chocolate Peanut Butter Cups**  
 3.2 oz., selected varieties

*New Year's snacks!*



**2/\$4**  
**Kettle Brand Potato Chips**  
 5 oz.



**2/\$5**  
**Snack Factory Pretzel Crisps**  
 7.2 oz.



**2/\$5**  
**Late July Organic Thin & Crispy Potato Chips**  
 5 oz.



**2/\$6**  
**Snyder's Gluten-free Pretzel Sticks**  
 8 oz.

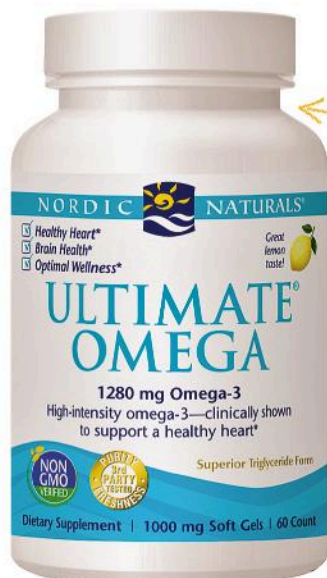
Start the year off with our tasty snacks. Our chips and pretzels are made with quality ingredients. You can enjoy delicious snacking and keep the crunch you crave. Grab a few bags today!

**New snacks for the new year at the co-op!**



**6.99**

**Bach  
Rescue Remedy  
Pastilles**  
35 ct., selected varieties



*discover a better fish oil*

Since 1995, Nordic Naturals has led the fish oil industry by pioneering manufacturing methods to produce exceptionally fresh, pure and great-tasting omega oils. Discover the Nordic Naturals difference today.

**22.99**

**Nordic Naturals  
Ultimate Omega**  
60 ct.



**4.99**

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

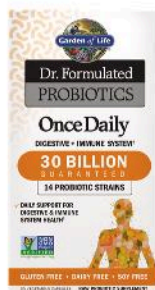


**2.79**

**Desert Essence  
Tea Tree Oil  
Dental Floss**  
50 yards, selected varieties

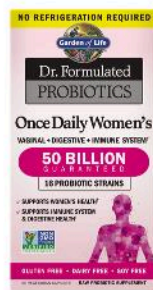
*balance health  
and beauty*

Support your immune health with high-potency Dr. Formulated probiotics featuring 14 to 15 raw probiotic strains and up to 90 billion CFUs. Boost your beauty regimen by adding 20 grams of **Garden of Life** Grass-fed Collagen Peptides to shakes, smoothies or coffee to promote skin elasticity, strong nails and healthy hair.



**26.99**

**Garden of Life  
Dr. Formulated  
Probiotics**  
30 ct.



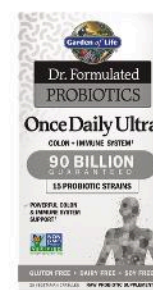
**32.99**

**Garden of Life  
Dr. Formulated  
Once Daily Women's**  
30 ct.



**34.99**

**Garden of Life  
Collagen Peptides**  
19.75 oz., selected varieties



**43.99**

**Garden of Life  
Dr. Formulated  
Once Daily Ultra**  
30 ct.

**Healthy choices are at the co-op in 2021!**



**18.99**  
Bulletproof  
Brain Octane Oil  
16 oz.



**5.99**  
Jarrow Formulas  
Methyl B-12 1000  
mcg  
100 ct., selected  
varieties



**14.99**  
Gaia Herbs  
Organic Black  
Elderberry Syrup  
3 oz., selected varieties



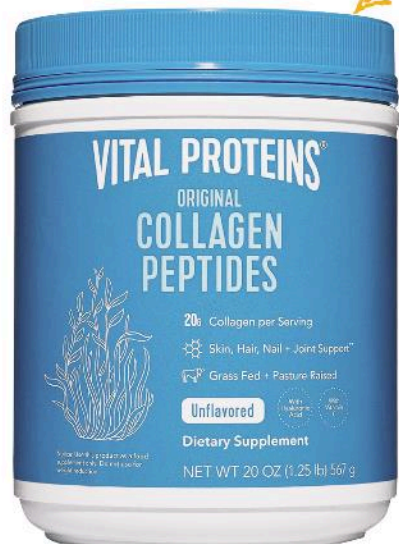
**17.99**  
Nutrition Now  
PB 8 Probiotic  
120 ct., selected  
varieties



**5/\$5**  
Ultima  
Replenisher  
Electrolyte  
Powder  
.12 oz. packet,  
selected varieties



**5.99**  
Spectrum  
Essentials  
Organic Flaxseed  
14 oz., selected  
varieties



*grass-fed and  
pasture-raised*

As America's #1 collagen brand, Vital Proteins has helped people live fuller, more vibrant lives through premium collagen products that contain quality ingredients, with clean labels and transparent sourcing.

**35.99**  
Vital Proteins  
Collagen Peptides  
20 oz.



**10.99**  
Herb Farm  
Organic Super Echinacea  
Immune Support  
1 oz.

**The co-op has great wellness options.**

## 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  
Wheatfield 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)*



**5.99**  
**Acure**  
**The Essentials**  
**Organic Argan**  
**Oil**  
1 oz.



**15.99**  
**Andalou Naturals**  
**Resveratrol Q10**  
**Night Repair Cream**  
1.7 oz.



**6.99**  
**Avalon Organics**  
**Shampoo or**  
**Conditioner**  
11 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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