

# coop deals

JUN 30 - JUL 20, 2021

*fireworks  
and fixings*



**3.99**

Primal Kitchen  
Organic Unsweetened  
Ketchup

11.3 oz., selected varieties

### POUR ON THE KETCHUP

As the summer speeds by, be sure to pick up Primal Kitchen's organic and unsweetened ketchup at the co-op. Outdoor meals taste better with your favorite condiments, and the co-op has plenty of delicious and healthy options for everyone!



**2/\$4**

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



**2/\$6**

Annie's  
Organic Dressing  
8 oz., selected varieties



**4.99**

Applegate  
Organic Hot Dogs  
10 oz.



Fresh food for summer outings.

**The co-op has hot sales.**



**5/\$5**

**Fage  
Greek Yogurt**  
5.3-7 oz., selected  
varieties



*REBBL with a cause*

REBBL is packed with delicious, nutrient-dense, plant-based ingredients to nourish your mind and body. We ethically source ingredients, supporting the communities that grow them, and we use 100% recycled plastic bottles.

**2/\$6**

**Rebbl  
Organic Elixir**  
12 oz., selected varieties



**3.99**

**Lifeway  
Organic Whole  
Milk Kefir**  
32 oz., selected varieties



**2/\$7**

**Blue Diamond  
Almondmilk**  
64 oz., selected varieties



**4.49**

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

**4.99** **Vital Farms  
Pasture-raised Eggs**  
1 doz.



*tasty and fresh*

Deli slices in resealable pouches for an easy addition to any sandwich or burger. Made with organic milk from pasture-raised cows. Never any antibiotics, synthetic hormones, pesticides or GMOs.

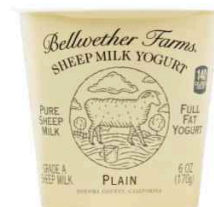
**4.49**

**Organic Valley  
Sliced Cheese**  
6 oz., selected varieties



**4.99**

**Silk  
Dairy-free Yogurt**  
24 oz., selected varieties



**2.29**

**Bellwether Farms  
Sheep Milk Yogurt**  
6 oz., selected varieties

**The co-op has deals you'll love.**



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



**4.99**  
Wildbrine  
Kimchi  
18 oz., selected varieties



**5.49**  
Grillo's  
Pickles  
32 oz., selected varieties



*upgrade your  
hummus*

Hope Foods believes that the simple act of sharing good food can nourish the body and soul. Our hummus is organic, non-GMO and freshly blended with extra virgin olive oil.

**2/\$6**

**Hope Foods  
Organic Hummus**  
8 oz., selected varieties



**2/\$5**  
Nature's Path  
Organic  
Waffles  
6 ct., selected  
varieties



**2/\$6**  
Cascadian Farm  
Organic Frozen  
Fruit  
8-10 oz., selected  
varieties

*organic, dairy-free dessert*



Make your summer sweeter with ultra creamy, totally organic, 100% plant-based dessert — now with a new look! Coconut Bliss is decadent and dairy free, so you can bliss out worry free!

**5.49**

**Coconut Bliss  
Organic Frozen  
Dessert**  
1 pint, selected varieties



**Find frozen treats at the co-op.**

# savory summer spread

Make the best of the time spent outside this summer and combine pantry staples with in-season garden favorites to create complementary side dishes for picnics, grilling, and on-the-go meals. The co-op has fresh produce and products for everyone.



**2/\$6**

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



**3/\$5**

**Topo Chico**  
Mineral Water  
25.4 oz.



**8.99**

**Napa Valley**  
Naturals  
Organic Extra Virgin Olive Oil  
25.4 oz.



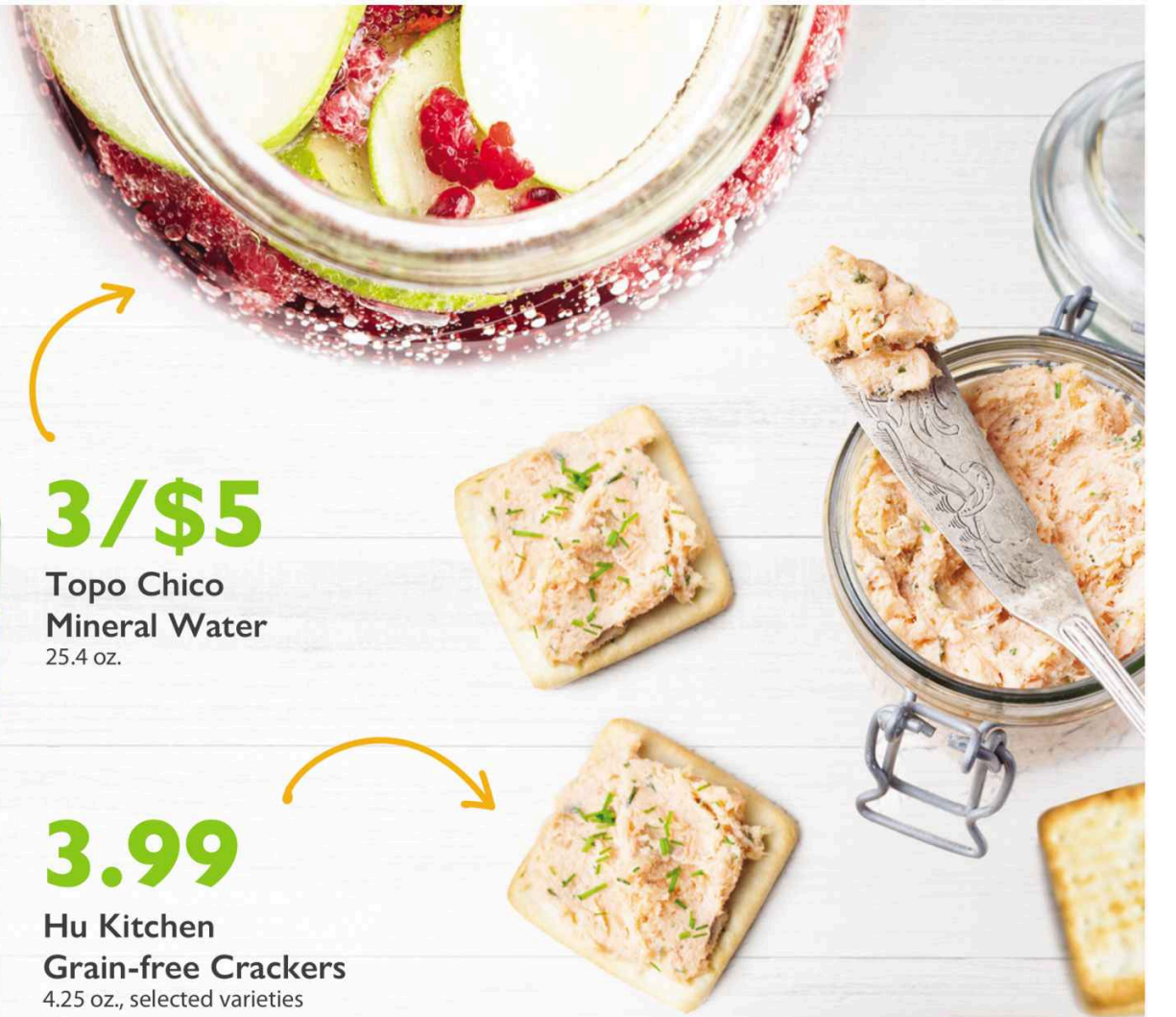
**3.99**

**Hu Kitchen**  
Grain-free Crackers  
4.25 oz., selected varieties



**2/\$7**

**Mediterranean**  
Organic  
Olives  
4.8-5 oz., selected varieties



**Make a summer family meal from the co-op.**

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

**On the go? The co-op has products you'll love.**

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



100% real. 100% delicious.



We believe that real life calls for real ingredients. That's why at LÄRABAR, we're bringing you tempting treats that are created with 100% real ingredients for any time of the day. Sweet just got a whole lot simpler.

10/\$10

**Larabar**  
Fruit & Nut Bar  
1.6-1.7 oz., selected varieties



2/\$6

Kashi  
Organic Cereal  
6.5-20 oz., selected varieties



15.99

Frontier  
Organic Whole  
Black  
Peppercorns  
per pound in bulk



8.99

Equal Exchange  
Organic Coffee  
per pound in bulk



healthy and tasty snacks

Delicious snacks for the whole family and perfect for every occasion during the day.



3/\$4

Kind  
Fruit & Nut Bar  
1.4 oz., selected varieties



6.99

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



5.99

R.W. Knudsen  
Organic Just Tart  
Cherry Juice  
32 oz., selected varieties



Refuel with great products from the co-op.

# busy days, easy meals



## ON-THE-GO OPTIONS

When summer gets busy, easy meals are the way to go. Find simple grab-and-go meals and snacks with ingredients you trust from the co-op. Don't forget to check out the co-op's bulk section for great savings.



**2.29**  
Boulder Canyon  
Potato Chips  
5.25-6.5 oz., selected  
varieties



**5.99**  
Noble Made by the  
New Primal  
Wing Sauce or  
Marinade  
12 oz., selected varieties



**2/\$4**  
Annie's Homegrown  
Organic Mac & Cheese  
6 oz., selected varieties



**5.99**  
A. Vogel  
Organic  
Herbamare  
Seasoning  
8.8 oz., selected varieties



**3.49**  
Sir Kensington's  
Classic Mayonnaise  
12 oz., selected varieties



**1.69**  
Organic Yellow  
Popcorn  
per pound in bulk



**2.99**  
Organic Raw  
Pumpkin Seeds  
per pound in bulk



**8.99**  
Organic Unroasted  
Almonds  
per pound in bulk



**The co-op has easy meal solutions.**



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



**2/\$5**  
Kettle Brand  
Krinkle Cut Chips  
5 oz.



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



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

*celebrate  
with crunch!*

Roll out the snacks worthy of your cookout!  
Our **Kettle Brand**® Potato Chips and **Late July**® Organic Potato Chips and Restaurant Style Tortilla Chips add a big bang to your July 4<sup>th</sup> holiday.



**1.79**  
Yachak  
Organic Yerba  
Mate  
15.5 oz., selected  
varieties



**2/\$5**  
Angie's  
Boomchickapop  
Popcorn  
4.2- 7 oz., selected  
varieties



**2/\$6**  
Equal Exchange  
Organic  
Chocolate Bars  
2.8 oz., selected  
varieties



**3/\$4**  
Honest Tea  
Organic Ready-to-  
Drink Tea  
16 oz., selected  
varieties



**2/\$6**  
Epic  
Pork Rinds  
2.5 oz., selected  
varieties



**2/\$6**  
C2O  
Pure Coconut  
Water  
33.8 oz., selected  
varieties



**4.49**  
Waterloo  
Sparkling Water  
12pk- 12 oz. cans, selected  
varieties



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

**Find the brands you trust at the co-op.**



**3.99**

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



**2/\$7** **Tony's Chocolonely  
Chocolate Bar**  
6.35 oz., selected varieties



**2/\$6**

**From The  
Ground Up  
Cauliflower  
Snacks**  
3.5- 4.5 oz., selected  
varieties



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



**2/\$6**

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



**2/\$4**

**Essentia  
Ionized Water**  
1.5 ltr.



*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!

**3.99**

**Garden Of Eatin'  
Tortilla Chips**  
16 oz., selected varieties



**2/\$4**

**Proud Source  
Spring Water**  
25.3 oz., selected  
varieties

**The co-op helps you stay hydrated.**



# summertime veggies



## FIRE UP THE GRILL

Grilling outdoors is what makes summer enjoyable. Use this chart to easily grill some of your favorite vegetables. Make sure you have olive oil, since brushing veggies with oil before grilling them adds a delicious flavor. Then just add your favorite seasoning — sea salt, soy sauce, balsamic vinegar or your own concoction!

VEGETABLE	HOW TO PREPARE	HEAT	GRILL TIME
<b>Artichokes</b>	Cut in half lengthwise and press down to spread leaves open onto the grill.	Medium	15-20 minutes
<b>Bell Peppers</b>	Cut into four pieces, removing the middle section with the seeds.	High	5-8 minutes skin side, 3-5 minutes other side
<b>Corn</b>	Peel the husk and silk off, then grill.	High	10-15 minutes, rotate often
<b>Eggplant</b>	Slice into rounds about 1/2 inch thick. Apply oil liberally.	Medium	8-10 minutes per side
<b>Onions</b>	Slice into wedges and use a skewer to hold pieces together. Keep an eye on them as onions easily break apart on grill and can burn quickly.	Medium	7-10 minutes, turning frequently
<b>Portobello Mushrooms</b>	Leave as they are — no need to cut them.	Medium High	5-6 minutes per side
<b>Zucchini</b>	Cut into rectangles or rounds, about 1/2 inch thick. Brush with olive oil and add salt and pepper.	High	3-5 minutes each side

**Grill up your favorite veggies from the co-op.**



2/\$6

Jason  
Toothpaste  
4.2-6 oz., selected varieties



6.99

Bach  
Rescue Remedy  
Pastilles  
35 ct., selected varieties



4.99

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



11.99

Badger  
Sunscreen Lotion  
4 oz., selected varieties



2.99

Seventh  
Generation  
Liquid Dish Soap  
19 oz., selected varieties



7.99

Jarrow Formulas  
Methyl B-12 1000  
mcg.  
100 ct.

the co-op has  
you covered

FROM HEAD TO TOE

Summer is fun, but be prepared at all times by having sunscreen and bug repellent ready. The co-op has both, so check out the wellness aisle and make sure your summer is sunburn and bug bite free!



31.99

Garden Of Life  
Organic Raw Protein  
and Greens  
19.3 oz.

Wellness for the whole family at the co-op.

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

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



**3.99**

Udi's  
Gluten-free Hot Dog or  
Hamburger Buns  
6- 8 ct., selected varieties



**2/\$7**

Alden's Organic  
Frozen Novelties  
3- 4 ct., selected  
varieties



**4.49**

Beyond Meat  
Beyond Burgers  
8 oz.



**4.49**

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



**6.49**

Bubbies  
Kosher Dill  
Pickles  
33 oz.

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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