

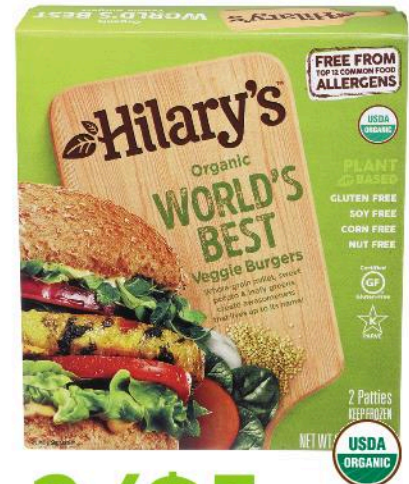
# coop deals

JUNE 3 - JUNE 16, 2020

## summertime picnics

### DELICIOUS VEGGIE BURGERS

As you make your summer meal plans, you'll want to have plenty of good food on hand for the season. Treat your family to Hilary's organic veggie burgers. And look for fresh, seasonal veggies — the perfect toppers to any burger — available at the co-op.



## 2/\$5

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



## 3.99

So Delicious  
Dairy-free Frozen  
Dessert  
1 Pint, selected varieties



## 2/\$6

Montebello  
Organic Pasta  
16 oz., selected varieties



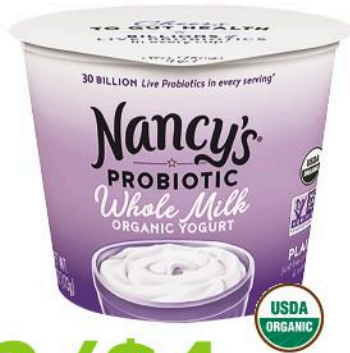
## 9.99

Napa Valley  
Naturals  
Organic Extra  
Virgin Olive Oil  
25.4 oz.

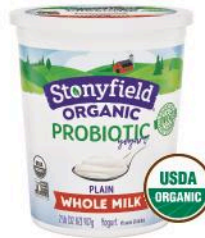


Find your summer favorites at the co-op!

## Time to enjoy the outdoors.



**3/\$4**  
Nancy's  
Organic Whole Milk  
Yogurt  
5.3 oz., selected varieties



**2/\$7**  
Stonyfield  
Organic Yogurt  
32 oz., selected  
varieties



**3/\$4**  
Good Culture  
Organic Cottage  
Cheese  
5.3 oz., selected varieties



**4.99**  
Fage  
Greek Yogurt  
35.3 oz., selected  
varieties



**4.99**  
Organic Valley  
Pasteurized Egg  
Whites  
16 oz., selected varieties



**2.79**  
Green Valley  
Creamery  
Organic Lactose-  
free Cream  
Cheese  
8 oz.



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



**4.99**  
Lifeway  
Organic Kefir  
32 oz., selected varieties

*dip into something  
worth sharing!*



Your favorite dips are now dairy-free! Enjoy sweet French onion, garlicky ranch and tangy sour cream — so good you won't even know they're plant-based. Like everything else from **Kite Hill**, our dips are made without artificial flavors, preservatives or GMOs.

**2/\$6**  
Kite Hill  
Almond Milk  
Yogurt Dips  
8 oz.

**3.99**  
Kite Hill  
Almond Milk Greek  
and Euro Yogurt  
and Sour Cream  
8-16 oz.

**5.49**  
Kite Hill  
Almond Milk  
Ricotta Tortellini  
and Ravioli  
9 oz.

**5.99**  
Kite Hill  
Almond Milk  
Cream Cheese  
Style Spreads  
8 oz.

**Chill out with cool favorites.**





**2/\$7**

**Evolution Fresh Organic Juices**  
15.2 oz., selected varieties



**2/\$7**

**Rebbl Organic Protein Beverage**  
12 oz., selected varieties



**2/\$5**

**GT's Organic Kombucha**  
16 oz., selected varieties



**2/\$5**

**Kevita Organic Kombucha**  
15.2 oz., selected varieties



**3.99**

**Alpha Foods Chik'n Strips**  
8 oz., selected varieties



**4.49**

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



**3.99**

**Applegate Naturals Sliced Deli Meat**  
7 oz., selected varieties



**3.99**

**Tofurky Plant-based Sausages**  
14 oz., selected varieties



**4.49**

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



**2/\$7**

**Talenti Gelato or Sorbetto**  
1 Pint, selected varieties



**3.99**

**Alden's Organic Frozen Novelties**  
12-14 oz., selected varieties



**Find fresh and healthy options at the co-op!**

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



**2/\$5**  
**Muir Glen Organic Pasta Sauce**  
 25.5 oz., selected varieties



**2/\$6**  
**Felicia Organic Pasta**  
 8 oz., selected varieties



**2/\$5**  
**Crown Prince Skinless & Boneless Sardines**  
 3.75-4.37 oz., selected varieties



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



**5.99**  
**Primal Kitchen Pasta Sauce**  
 24 oz., selected varieties



**5.99**  
**Lundberg Family Farms Organic California Rice**  
 32 oz., selected varieties



**10/\$10**  
**Annie's Homegrown Mac & Cheese**  
 5.25-6 oz., selected varieties

*quick and delicious*

**DINNER MADE EASY**

Meal time is family time. And when meals are easy to prepare, you have more time to spend together. At the co-op, you'll find healthy options for fast and tasty weeknight dinners. Look for family favorites or try new flavors!



*scoop up the savings in bulk!*

**2.99**  
**Organic Unroasted Sunflower Seeds**  
 per pound in bulk



**5.99**  
**Raw Walnut Halves & Pieces**  
 per pound in bulk

**6.99**  
**Organic Medjool Dates**  
 per pound in bulk



**Easy dinner solutions for everyone.**



# nurturing vitality

**Nutiva** nurtures vitality by curating the world's finest, plant-based, organic foods. Our pure superfoods provide vital nutrition while accelerating the organic food movement. With our core values of innovation, purity, community and well-being, we're revolutionizing the way the world eats.



**6.99**

Nutiva  
Organic Coconut  
Manna  
15 oz.



**6.99**

Nutiva  
Organic Black  
Chia Seeds  
12 oz.



**9.99**

Nutiva  
Organic Virgin  
Coconut Oil  
23 oz.



**19.99**

Nutiva  
Organic MCT  
Powder  
10.6 oz.



**2.29**

Tanka  
Buffalo Bar  
1 oz., selected varieties



**2/\$6**

Clif Kid  
Organic Zbar  
6 ct., selected varieties



**2/\$6**

Annie's  
Homegrown  
Organic Fruit  
Snacks  
4 oz., selected varieties



stay sweet and get real

Cascadian Farm's NEW no added sugar apple cinnamon granola gets its rich sweetness from dates and apples, with no added sugar or artificial sweeteners.

**2/\$6**

Cascadian Farm  
Organic Granola  
12.5-14 oz., selected varieties



**5.99**

MaraNatha  
Organic Peanut  
Butter  
16 oz., selected varieties



**The co-op has snacks for your family.**



**2/\$7**  
 Simple Mills  
 Almond Flour Crackers  
 4.25 oz., selected varieties



**2/\$4**  
 Alter Eco  
 Organic  
 Chocolate Bars  
 2.65 oz., selected  
 varieties



**2/\$5**  
 Pirate Brands  
 Booty  
 4 oz., selected varieties



**2/\$5**  
 Kettle Brand  
 Organic Potato  
 Chips  
 5 oz., selected varieties



**2/\$5**  
 Annie's  
 Homegrown  
 Organic Snack  
 Crackers  
 7.5 oz., selected varieties



Picnic options for everyone!  
**The snacks you love.**



**2/\$5**  
 Beanitos  
 Bean Chips  
 4.5-5 oz., selected  
 varieties



**2/\$6**  
 Skinny Pop  
 Popcorn  
 4.4 oz., selected varieties



**2/\$7**  
 Annie's Homegrown  
 Organic Snack Mix  
 9 oz., selected varieties



**2/\$5**  
 Que Pasa  
 Organic Tortilla  
 Chips  
 11 oz., selected varieties



**Find delicious savings at the co-op!**

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





**2/\$5**

**Goldthread  
Plant-based  
Tonics**  
12 oz., selected varieties



*nature's hydration*

Cool off with Harvest Bay coconut water! With no pulp or added sugar, our coconut water will quench your thirst and keep you hydrated. Sit back and refresh with nature's hydration!

**2.79**

**Harvest Bay  
Coconut Water**  
33.8 oz., selected varieties



**2/\$4**

**Lifeaid  
Functional  
Beverage**  
12 oz., selected varieties



**1.79**

**Pathwater  
Purified Water**  
25 oz.



**4.99**

**IZZE  
Sparkling Juice  
Beverage**  
4 pack, selected varieties



**2.99**

**R.W. Knudsen  
Organic Juice**  
32 oz., selected varieties



# *creative floats*

## **FROSTY FUN**

Floats are a fun way to enjoy the summer! Choose from an assortment of ice cream flavors or fruity sorbet, add sparkling beverages, iced teas, kombucha or soda, and enjoy a frothy, refreshing twist on the classic root beer float.



**2/\$4**

**So Delicious  
Organic Plant-  
based Milk**  
32 oz., selected varieties



**7.99**

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



**Enjoy cool beverages from the co-op.**

# perfect summer snack

## ICY COLD SWEETNESS

Ice pops answer that craving for sweets without going overboard. These colorful pops put minty green tea on a stick, so you can savor the flavor while cooling off. This recipe calls for plain green tea, but you can use your favorite flavored green or black tea instead.



## Minty Green Tea Pops

Makes 10. Prep time: 10 minutes.

4 cups water  
 4 teabags green tea  
 ½ cup fresh spearmint, plus 10 small leaves  
 ¼ cup honey  
 Ice pop molds and sticks or 3-oz. paper cups and sticks

1. Prepare your pop molds. If using paper cups, place them on a sheet pan.
2. In a 2-quart pot, bring the water to a boil. Remove from heat and let cool for a few seconds, then drop in the
3. When cooled completely, strain into a pitcher, pressing on the mint gently. Pour the tea mixture into the prepared pop molds, place a mint leaf in each, then freeze completely. If using paper cups, freeze for half an hour before inserting sticks.
4. When frozen, store in an airtight bag or container for up to a month.

**Homemade treats with help from the co-op!**



let's reduce stress



In a stressful world, it's important to supplement your lifestyle with essential vitamins, super collagen and magnesium. Try these products to promote a healthier season ahead.

**14.99**

Rainbow Light  
Vibrance Men's One  
60 tablets

**14.99**

Neocell  
Super Collagen Powder  
7 oz.

**16.99**

Natural Vitality  
Natural Calm  
Raspberry Lemon  
8 oz.

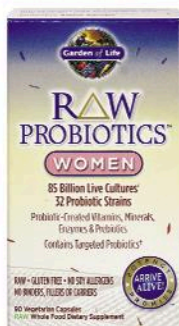
**19.99**

Natural Vitality  
Calm Gummies  
120 gummies



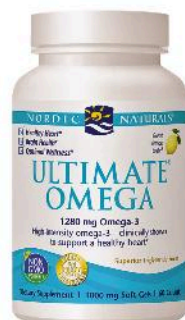
Check out the co-op's wellness aisle.

**Supplement your summer.**



**43.99**

Garden of Life  
Raw Probiotics  
90 ct., selected varieties



**21.99**

Nordic Naturals  
Ultimate Omega  
60 ct.



**7.99**

Nature's Way  
Activated Charcoal  
100 ct.



**Boost your immune system year round.**



9.99

Alba Botanica Sunscreen 4 oz., selected varieties



palm oil-free body wash

Shower sustainably with Hand in Hand's super lux body wash. Vegan, cruelty free, palm oil-free and formulated to leave your skin impossibly clean and irresistibly soft.

8.99

Hand in Hand Body Wash 10 oz., selected varieties



3.99

Everyone Hand Soap 12.75 oz., selected varieties



5.99

Andalou Naturals CannaCell Body Lotion 8 oz., selected varieties



sweet for body and planet

Fair trade and organic sugar plus organic white grape juice keeps hands-face-body-hair clean-nourished-hydrated-smooth! Specially formulated for pump dispensers — perfect for your sink or shower.

6.99

Dr. Bronner's Organic Sugar Soap 12 oz., selected varieties



6.99

Avalon Organics Shampoo or Conditioner 11 oz., selected varieties



Green products for health and home.



# cooperation will get us through



We plan ahead to save you money, and our Co+op Deals flyer is produced a few months before you receive it. Still, sometimes the best-laid plans don't, well, go according to plan. If that's the case this month, we appreciate your patience as we adjust our inventory to meet your needs! We're sure you'll find at least a few great deals to lighten the load on your next grocery shop.

When we cooperate, everyone wins. We'd like to acknowledge all of the people in our food system and community who are working to keep us safe and healthy on a daily basis. From our staff to shoppers to local producers to health care providers and others — we appreciate you!

Thank you for your continued trust in our co-op — we're in this together, and we're right here for you.



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



**5.99**  
**Herban Cowboy**  
**Deodorant**  
 2.8 oz., selected varieties



**4.49**  
**Natracare**  
**Regular**  
**Non-aplicator**  
**Tampons**  
 20 ct.  
 other Natracare  
 products also on sale



## what's inside matters

Tom's of Maine always gives you the best ingredients. Since 1970, our passion has been our commitment to transparency, caring for the planet and communities, and setting a positive example for future generations.



**2.99**  
**Ecover**  
**Dishwashing**  
**Liquid**  
 25 oz., selected  
 varieties

**5.99**

**Tom's Of Maine**  
**Deodorant**  
 2.1-2.25 oz., selected varieties

**Find great summer 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  
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  
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  
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

Sioux Falls Food Co+op

### WISCONSIN

Basics Cooperative Natural Foods  
Chequamegon Food Co-op  
Menomonie Market Food Co-op  
Outpost Natural Foods Co-op  
People's Food Co-op – La Crosse  
Viroqua Food Co+op  
Willy Street Co-op



*to find a food co-op  
near you, visit us online  
at: [welcometothetable.coop](http://welcometothetable.coop)*

*plant-based, real food*



ProBar makes on-the-go, delicious, plant-based, gluten-free and dairy-free food. Our products are made to work as hard as you do. We support real people with real food.

**3 / \$7**

**ProBar Meal Bar**  
3 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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