

coop deals

MAR 18 - MAR 31, 2020

meals
made easy

BUSY WEEKDAY SOLUTIONS

Chips, salsa and queso pair well with Amy's enchiladas, and together you've got a fantastic meal on a busy day! You can grab all of these items at your co-op, so stock up now.



3.99

Amy's
Enchilada

9-10 oz., selected varieties



10/\$10

Annie's
Homegrown
Mac & Cheese
5.5-6 oz., selected
varieties



2/\$4

Boulder Canyon
Potato Chips
5 oz., selected varieties



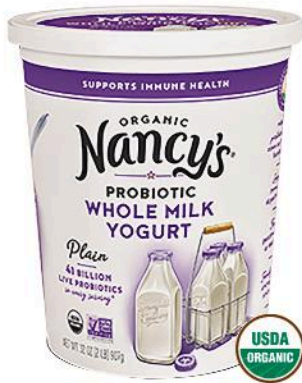
3.29

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



The co-op has something for everyone.

Find great deals at the co-op.



3.99

**Nancy's
Organic Yogurt**
32 oz., selected varieties



4/\$5

**Siggis
Icelandic Style
Yogurt**
4.4-5.3 oz., selected
varieties



3.99

**Silk
Oat Yeah Oatmilk**
32 oz., selected varieties



2/\$3

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



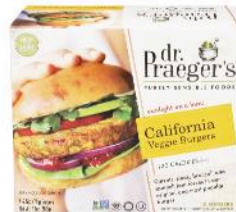
4.99

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



2/\$4

**Stahlbush Island
Farms
Frozen Vegetables**
10 oz., selected varieties



2/\$7

**Dr. Praeger's
Veggie Burgers**
4 ct., selected varieties



4.49

**Organic Valley
Brown Eggs**
doz., selected varieties

fantastic frozen finds!

Stock your freezer with deliciously convenient and highly-quality items from **Woodstock**, **Rising Moon** and **Natural Sea**! Whether you're making a morning smoothie or are in need of a quick and tasty meal, we've got you covered with good food for any occasion!



3/\$5

**Woodstock
Petite Brussels Sprouts**
10 oz.

2/\$7

**Woodstock
Organic Asparagus**
10 oz.

2/\$6

**Rising Moon
Organic Ravioli Butternut Squash**
8oz., selected varieties

3.99

**Natural Sea
Premium Cod Sticks**
8 oz.

From sunrise to sunset, the co-op has you covered.



3.99

Quorn
Meatless Nuggets
10.6 oz.



4.49

Organic Valley
Stringles
6 oz., selected varieties



2/\$7

Zevia
Zero Calorie Soda
6 pack, selected varieties



5.99

Applegate Farms
Trio Salami
6 oz.



3.49

Kite Hill
Sour Cream
8 oz., selected varieties



4.49

Field Roast
Vegan
Frankfurters
16 oz.



4.99

Miyoko
Organic Vegan
Cheese Spread
8 oz., selected varieties



2/\$6

Hope
Organic Hummus
8 oz., selected varieties



2/\$6

Organic Valley
Cream Cheese
8 oz., selected varieties



2/\$5

Back To Nature
Crackers
3.5-8.5 oz., selected
varieties



3.99

Blue Diamond
Crafted Gourmet
Almonds
5 oz., selected varieties



5.49

Reed's
Ginger Brew
4 pack, selected varieties



2/\$5

Que Pasa
Organic Tortilla
Chips
11 oz., selected varieties



3/\$5

Mountain Valley
Spring Water
1 liter, selected varieties

The co-op is well-stocked for March Madness!



new

2/\$5

Muir Glen
Organic Pasta
Sauce
25.5 oz., selected
varieties



new

2/\$5

The Jackfruit
Company
Jackfruit Entrée
10 oz., selected varieties



2/\$5

Amy's
Soup
14-14.7 oz., selected
varieties



USDA
ORGANIC

4/\$5

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



3/\$5

Near East
Couscous Mix or
Rice Pilaf
5.25-6.75 oz., selected
varieties



2.49

Natural Sea
Yellowfin Chunk
Tuna
5 oz.



USDA
ORGANIC

2/\$7

Ancient Harvest
Organic Polenta
18 oz., selected varieties



2/\$3

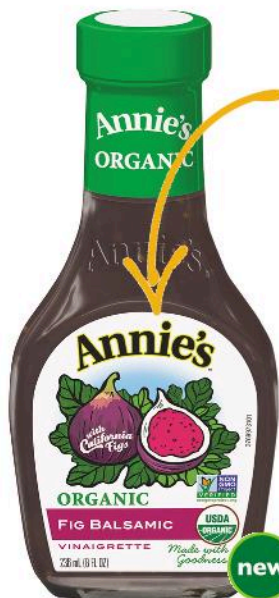
Dr. McDougall's
Soup Cup
1.0-3.4 oz., selected
varieties



USDA
ORGANIC

2/\$4

Farmer's Market
Organic Pumpkin
15 oz.



new

*new! Mediterranean-
inspired organic dressing*

This organic dressing is made with the good
stuff (California figs, expeller-pressed canola
oil) and leaves out the bad stuff (artificial
colors and flavorings).

2/\$6

Annie's Homegrown
Organic Dressing
8 oz., selected varieties



3.99

Sir Kensington's
Mayonnaise
10 oz., selected varieties



new

3.99

Ocean's Halo
Soy-Free Vegan
Fish Sauce
10 oz.

Simplify your weeknights with great co-op deals.



2/\$5

Annie's Homegrown Organic Snack Crackers
7.5 oz., selected varieties



2/\$5

Serenity Kids Organic Baby Food
3.5 oz., selected varieties



2/\$5

Pop Art Gourmet Popcorn
4-6 oz., selected varieties



2/\$6

Annie's Homegrown Organic Cereal
10-10.8 oz., selected varieties



4.99

Kalahari Biltong Air Dried Beef Jerky
2 oz., selected varieties



let's protect pollinators!

We partner with The Xerces Society, an organization that supports conservation of invertebrates and their habitats. You and your little bunnies can learn more by visiting www.xerces.org.

2/\$5

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



5.99

Once Again Organic Peanut Butter
16 oz., selected varieties



scoop up the savings in bulk!

1.69

Organic Bulgur



7.99

Organic Unroasted Whole Cashews



9.99

Organic Dried Mango



Need a little or a lot? Get it in bulk!

step into spring
with plant power



Known as “the season of renewal,” spring is the perfect time to support our bodies’ systems after the winter season. Our herbalists at **Traditional Medicinals®** and **Urban Moonshine®** turn to plants like peppermint, echinacea, chamomile and dandelion to get your body back into the swing of things. Stock up and stay well with plant power.

2/\$7

Traditional Medicinals
Organic Herbal Teas
16 ct., selected varieties

5.99

Urban Moonshine
Organic Bitters Spray
½ oz.

12.99

Urban Moonshine
Organic Digestive Bitters
2 oz.



10/\$10

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



32.99

Vega
Vega One Organic Shake
12.1-13.5 oz., selected varieties



2/\$6

Clif Kid
Organic Zbar
6 ct., selected varieties



2/\$6

Celestial
Seasonings
Herbal Tea
20 ct., selected varieties



5.99

R.W. Knudsen
Organic Just Tart
Cherry Juice
32 oz.
other Knudsen Just
Juices also on sale



13.99

Nutiva
Organic
Hempseed Oil
16 oz.



29.99

Biosil
Hair, Skin, Nails
Supplement
60 ct.

Enhance your health with these great deals.



19.99

**Source Naturals
Wellness Formula**
90 count, selected
varieties



29.99

**Renew Life
Extra Care
Ultimate Flora 50
Billion**
30 ct.



6.99
**Avalon Organics
Shampoo or Conditioner**
11 oz., selected varieties



2/\$5

**Tea Tree Therapy
Toothpicks**
100 ct., selected
varieties



4.99
**Moon Valley
Organics
Herbal Shampoo
Bar**
4 oz., selected varieties



7.99
**Alba Botanica
Sunscreen**
4 oz., selected varieties



7.99
**Everyone
3-in-1 Soap**
32 oz., selected varieties



7.99
**Acure
Shampoo or
Conditioner**
8 oz., selected varieties



cleaner by nature

Better Life's products challenge the way people think about natural cleaning, with more plant power, fewer warning labels, and formulas that are a natural fit for mess makers.

3.99

**Better Life
All-Purpose Cleaner**
32 oz., selected varieties
other Better Life products also on sale



2/\$6
**Alaffia
Hand and Body
Crème**
2 oz.



Find all of your wellness products 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
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

The Co-op Natural Foods

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*



2.29

Kitu Life
Super Coffee
12 oz., selected varieties

new



2/\$5

Rebbi
Organic Sparkling
Tonic
15.2 oz., selected
varieties

new



6.99

GT's
Organic
Kombucha
48 oz., selected varieties

USDA
ORGANIC



2/\$5

Wandering Bear
Organic Cold
Brew Coffee
11 oz., selected varieties

new



2/\$5

KeVita
Organic Master
Brew Kombucha
15.2 oz., selected
varieties

new



6.99

Evolution Fresh
Organic Juice
59 oz., selected varieties

USDA
ORGANIC

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

MW0320B

coop
welcome to the table™