

# coop deals

MAY 19 - JUN 1, 2021

## DIY banana splits

### COOL TREATS OUTSIDE

Enjoy a day outside with the family. Top off the fun, warmer weather by grilling outside and making banana splits with Coconut Bliss' Organic Madagascan Vanilla Bean frozen dessert — on sale at the co-op!



**4.99**

Coconut Bliss  
Organic Frozen Dessert  
1 Pint, selected varieties



**4/\$5**

Honest Tea  
Organic Tea  
16 oz., selected varieties



**3.99**

Applegate Naturals  
Hot Dogs  
10 oz., selected varieties



**5.99**

Primal Kitchen  
Mayo with  
Avocado Oil  
12 oz., selected varieties



Sunshine and your co-op favorites.

**Relax outdoors this summer.**

taste  
beyond belief

Imagine the meaty dishes you crave but better for you and the planet. Our products are simple and made from plants — without GMOs, bioengineered ingredients, hormones, antibiotics or cholesterol. Go Beyond.



**4.99**

Beyond Meat  
Beyond Burgers and  
Breakfast Sausages  
8-8.3 oz., selected varieties

**5.99**

Beyond Meat  
Beyond Meatballs  
10 oz.

**6.99**

Beyond Meat  
Beyond Sausage Brats  
14 oz.

**7.99**

Beyond Meat  
Beyond Beef  
16 oz.



**5.99**

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



**5/\$5**

Chobani  
Greek Yogurt  
5.3 oz., selected varieties



**5.99**

Bubbies  
Sauerkraut  
25 oz.



**4/\$5**

Liberté  
Organic Yogurt  
5.5 oz., selected varieties



**2/\$4**

Perfect Bar  
Organic Protein  
Bar  
2.5 oz., selected varieties



**3.99**

Organic Valley  
Sliced Cheese  
6 oz., selected varieties

**Try something new and tasty from the co-op.**





**2/\$5**

Health-Ade  
Organic  
Kombucha  
16 oz., selected varieties



**3.99**

Harmless Harvest  
Organic Coconut  
Water  
16 oz., selected varieties



**3.49**

Califia Farms  
Oatmilk  
48 oz., selected varieties



**4.49**

So Delicious  
Organic  
Coconutmilk  
64 oz., selected varieties



**5.49**

Grillo's  
Pickles  
32 oz., selected varieties

## Dr. Praeger's sensible foods



Dr. Praeger's is a natural frozen food company that offers a variety of veggie-forward products with recognizable ingredients. We provide nutritious, great-tasting options for the whole family to enjoy.

**2/\$7**

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



## plant-based grilling favorites

**Lightlife** has something for everyone, with a variety of easy-to-prepare plant-based protein products. **Field Roast** takes an artisanal approach while using whole-food ingredients to craft plant-based meats and cheeses. Together, we are committed to shaping the future of plant-based foods.



**2.99**

Lightlife  
Smart Dogs  
12 oz.

**2.49**

Lightlife  
Organic Tempeh  
8 oz., selected varieties

**3.99**

Field Roast  
Breakfast Sausages  
9.31 oz.

**4.49**

Field Roast  
Sausages  
12.95 oz.,  
selected varieties

**Head outside with favorites from the co-op.**



**3.99**

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



Crafted from only the best organic ingredients, including real vanilla and stick-to-your-fingers wafers, these Old School Vanilla Ice Cream Sandwiches will leave you reaching for more.

**5.99**

**Alden's Organic  
Frozen Novelties**  
6-8 ct., selected varieties



Get ready for summer!

**Cool desserts from the co-op.**

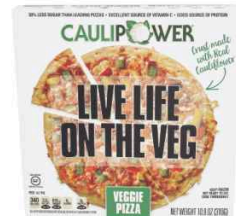


*premium hand-crafted sandwiches*

Coolhaus sandwiches are made with the creamiest ice cream on the planet. The cookies are soft and delicious right out of the freezer. Stock up on your favorites today!

**2/\$7**

**Coolhaus  
Ice Cream Sandwich**  
5.8 oz., selected varieties



**6.99**

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



**2/\$7**

**Jonny Pops  
Frozen Fruit  
Popsicles**  
4-2.06 oz. pops, selected varieties

**Fill your freezer with treats from the co-op.**



Organic and delicious, **Woodstock** always believes in putting our best food forward! From savory condiments to sweet and salty pickles, Woodstock has the summer favorites that are the perfect finishing touch to grilling outdoors.

*where delicious begins*

**2.29**

Woodstock  
Organic Mustard  
8 oz., selected varieties

**2.79**

Woodstock  
Organic Ketchup  
20 oz.



**3.99**

Woodstock  
Organic Pickles  
24 oz., selected varieties

**3.99**

Woodstock  
Organic Mayonnaise  
16 oz.



**2/\$7**

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



**3.99**

Maya Kaimal  
Indian Simmer  
Sauce  
12.5 oz., selected  
varieties



**3.99**

Wild Planet  
Albacore Tuna  
3-5 oz., selected  
varieties



**2/\$4**

Westbrae  
Organic Beans  
15 oz., selected varieties



**3.29**

Ancient Harvest  
Organic Polenta  
18 oz., selected varieties



**2.99**

Bragg  
Organic Apple  
Cider Vinegar  
16 oz.



*scoop up the savings in bulk!*



**1.99**

Organic Green  
Lentils  
per pound in bulk



**2.99**

Organic Tri-Color  
Quinoa  
per pound in bulk



**5.99**

Raw Walnut Halves  
& Pieces  
per pound in bulk

**Homemade meals made easy with co-op savings.**



**2.99**

**Golden Temple  
Granola**  
per pound in bulk,  
selected varieties



*we all need LOVE*

Enjoy your Love Crunch granola as a delicious breakfast option, or bring the granola on one of your adventures for an exceptionally tasty snack. Organic indulgence and LOVE!

**3.49**

**Nature's Path  
Organic Love Crunch  
Granola**  
11.5 oz., selected varieties

**2/\$4**

**Gomacro  
Organic Macrobar**  
2-2.5 oz., selected varieties



**5/\$5**

**Clif Bar  
Energy Bar**  
2.4 oz., selected varieties



*joy is mindful eating*

All of our recipes, including Heritage Flakes, are carefully crafted with only certified organic and Non-GMO ingredients, so that mindful eaters can enjoy a deliciously nutritious breakfast without compromise. That is Nature's Path!

**2/\$6**

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



**3.99**

**Kind  
Healthy Grain Clusters**  
11 oz., selected varieties

**Start your day off with deals from the co-op.**



# savor summer

Make your summer delicious with foods and beverages you can feel good about. Look for the **R.W. Knudsen Family®**, **Santa Cruz Organic®** and **Sahale Snacks®** brands to choose products made from the highest-quality, thoughtfully sourced ingredients.



**2/\$3**

Santa Cruz Organic Lemonade  
32 oz., selected varieties

**2/\$4**

R.W. Knudsen Recharge  
32 oz., selected varieties

**3.49**

Santa Cruz Organic Chocolate Syrup  
15.5 oz., selected varieties

**2/\$7**

Sahale Snacks Glazed Nut Blend  
4-4.5 oz., selected varieties



**2/\$4**

Hiball Energy Sparkling Energy Drink  
16 oz., selected varieties



**2/\$7**

Q Drink Tonic Water  
4 pack



**2.99**

Lakewood Organic Pure Lemon Juice  
12.5 oz.



# a creative punch

## CHOOSE YOUR FLAVORS

Picnics and outdoor activities are complemented with homemade fruit punch. The co-op has an excellent selection of beverages to add to your favorite punch. Choose one or two fruity beverages, a carbonated beverage, plus optional stir-ins, like fruit or sorbet, and enjoy!

**The co-op has great summer beverages.**



**2/\$3**

San Pellegrino  
Sparkling Mineral  
Water  
750 ml.



**3.49**

Nature's Bakery  
Organic Baked-Ins Oat Bars  
6 - 1.17oz. bars, selected varieties



**2/\$7**

Simple Mills  
Almond Flour Crackers  
4.25 oz., selected varieties



**2/\$5**

Theo  
Organic  
Chocolate Bar  
3 oz., selected varieties



**1.79**

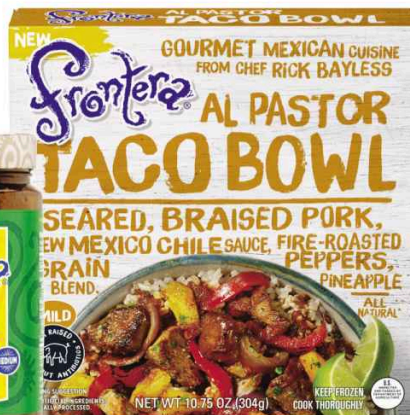
Clean Cause  
Organic Sparkling  
Yerba Mate  
16 oz., selected varieties



**3.29**

Rice Dream  
Rice Drink  
32 oz., selected varieties

*gourmet Mexican cuisine*



**Frontera** is inspired by the beautiful flavors from across Mexico. Each of our salsas, sauces and taco bowls are crafted with the right blend of authentic seasoning and fire-roasted ingredients to bring you the bold flavors you've been craving.

**3/\$5**

Frontera  
Cooking Sauce  
8 oz., selected varieties

**2/\$6**

Frontera  
Tomatillo Salsa  
16 oz., selected varieties

**2/\$6**

Frontera  
Taco Bowl  
10.75 - 11.5 oz., selected varieties

**Find all of your favorite products at the co-op.**





**2/\$4**

Kettle Brand  
Potato Chips  
5 oz.



**2/\$5**

Snack Factory  
Pretzel Crisps  
7.2 oz.



**2/\$5**

Late July  
Organic Thin  
& Crispy  
Tortilla Chips  
11 oz.



**2/\$6**

Late July  
Organic Salsas  
15.5 oz., selected varieties

*take snack  
time outside*

We've got your perfect picnic season snacks. Our **Kettle Brand®** Chips and **Late July®** Tortilla Chips and Pretzel Crisps are so tasty you can eat them alone or dip them in something delicious.



Snack time in the sun.

**Get ready for summer.**



*up your snack game*

Your snack game will never be the same with this plant-based twist on your favorite cheddar cracker. Made with real cauliflower — MORE flavor, MORE crunch and MORE bites per serving!

**2/\$6**

From The Ground Up  
Cauliflower Crackers  
4 oz., selected varieties



**3.99**

Nixie  
Organic Sparkling Water  
8-12 oz. cans, selected varieties

**The co-op has snacks for everyone.**



# 22.99

**MegaFood  
Turmeric Strength**  
60 ct.

## smoothie boosters

### BLENDED YOUR WAY

Smoothies provide nutrients and energy for any time of the day. The co-op has healthy ingredients that can boost any smoothie. The best part — they're quick and easy to make, while providing an abundance of nutrition.



# 16.99

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



# 21.99

**Country Life  
Coenzyme B-  
Complex**  
120 ct.



## empowering wellness

Bring your inner beauty out with collagen powder for youthful, radiant skin. Our bestselling Super Collagen delivers 6.6 grams of hydrolyzed types 1 and 3 collagen peptides to support healthy collagen formation for beautiful skin, hair and nails.

# 14.99

**Neocell  
Super Collagen Powder**  
7 oz.



# 39.99

**Ancient Nutrition  
Collagen Protein  
Powder**  
453-535 g., selected  
varieties



# 16.99

**Tera's Whey  
Whey Protein  
Powder**  
12 oz., selected varieties

**Find all your smoothie ingredients at the co-op.**





**2/\$5**

**Seventh Generation  
Dish Soap**  
19 oz., selected varieties

*made with love*



Grain-free, protein-packed I and Love and You cat food is made with real meat, fruits and vegetables — guaranteed to make your cat unconditionally love you (or at least stop giving you looks of disdain).

**5/\$5**

**I And Love And You  
Canned Cat Food**  
3 oz., selected varieties



Earth-friendly products for family and home.

**Natural options at the co-op.**



**15.99**

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



**12.99**

**Mineral Fusion  
Volumizing Mascara**  
.57 oz., selected varieties



**3.99**

**Better Life  
All-purpose Cleaner**  
32 oz., selected varieties

**Everyone is welcome 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](http://welcometothetable.coop)*



*traditional dulce de leche*



With chocolate caramel truffles mixed in for an extra-chocolatey surprise, you can't go wrong with our Sea Salt Caramel Gelato — Talenti's most iconic flavor.

**3.99**

**Talenti**  
**Gelato or Sorbetto**  
16 oz., selected varieties



**2/\$7**

**Terra**  
**Vegetable Chips**  
5-6 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

MW0521B

**coop**  
welcome to the table