

coop deals

NOV 4 - NOV 17, 2020

kitchen creativity

This season, get creative with King Arthur's no-bleach, non-GMO flour. The baking possibilities are endless!



4.49

King Arthur Baking Company Flour

5 lbs., selected varieties



2/\$4

Farmer's Market Organic Pumpkin
15 oz.



3.99

Wholesome Organic Brown Sugar
24 oz., selected varieties



2/\$6

Lily's No Sugar Added Chocolate Bar
3 oz., selected varieties



9.99

Spectrum Naturals Organic Unrefined Extra Virgin Olive Oil
25.4 oz.



4.49

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



12.99

Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil
30 oz.



Warm your home with fall flavors.
**Your favorite spices are
at the co-op.**



1.79

Nancy's
Organic Sour
Cream
8 oz.



2/\$5

Nutpods
Dairy-free
Creamer
11.2 oz., selected
varieties



2/\$7

Evolution Fresh
Organic Juices
15.2 oz., selected varieties



4.49

Wallaby
Organic Yogurt
32 oz., selected varieties



3.99

Califia Farms
Oat Milk Barista
Blend
32 oz., selected varieties



3.99

Califia Farms
Almondmilk
48 oz., selected varieties



5.49

Organic Valley
Grassmilk
64 oz., selected varieties



one-of-a-kind yogurt

Noosa is premium yoghurt that provides epic taste using real fruit, whole milk, honey and nothing artificial — only the finest natural ingredients.

2/\$3

Noosa
Yoghurt
8 oz., selected varieties



7.99

Chameleon Cold
Brew
Organic Coffee
Concentrate
32 oz., selected varieties



3/\$5

Mountain Valley
Spring Water
1 liter, selected varieties

New and delicious options at the co-op.

plant-based ingredients for all your holiday favorites!

Kite Hill has revitalized traditional methods using cultured almond milk to create the best-tasting cheeses, yogurts, butter, sour cream and dips — made dairy free to satisfy anyone at your table. Like everything else from Kite Hill, all are made without artificial flavors, preservatives, or GMOs.



3.99

Kite Hill Sour Cream
8 oz.

4.49

Kite Hill Plant-based Butter and Greek Style Yogurt
8-16 oz., selected varieties

5.99

Kite Hill Cream Cheese Style Spread
8-16 oz., selected varieties

6.99

Kite Hill Almond Milk Ricotta Cheese
8 oz.



4.99

Organic Valley Raw Cheese
8 oz., selected varieties



2/\$6

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



3.99

Amy's Bowls and Entrees
8-10.3 oz., selected varieties



5.99

Applegate Organic Chicken Strips
8 oz.



2/\$4

Cascadian Farm Organic Frozen Vegetables
10 oz., selected varieties



2.29

Wildwood Organic Tofu
14 oz., selected varieties



2/\$7

Daiya Dairy-free Shreds
8 oz., selected varieties

Save on all your favorite brands at the co-op.



*always organic,
always delicious*



10/\$10

Muir Glen Organic Tomatoes
14.5 oz., selected varieties

2/\$4

Muir Glen Organic Tomatoes
28 oz., selected varieties

2/\$5

Muir Glen Organic Pasta Sauce
25.5 oz., selected varieties

2/\$6

Muir Glen Organic Salsa
16 oz., selected varieties

Muir Glen was founded on the belief that there must be a way to grow a better tasting tomato — it must be grown organically. That's why we grow our organic tomatoes in the rich organic soil of California's Sacramento Valley. It takes a lot of hard work, but it's worth it.



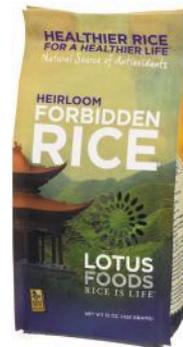
5.99

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



2/\$7

Pacific Foods Organic Broth
32 oz., selected varieties



2.79

Lotus Foods Rice
15 oz., selected varieties



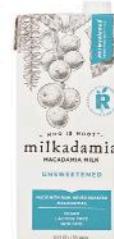
5.99

Pascha Organic Zero Sugar Baking Chips
8 oz.



4.49

Arrowhead Mills Pancake & Waffle Mix
26 oz., selected varieties



2/\$7

Milkadamia Macadamia Milk
32 oz., selected varieties

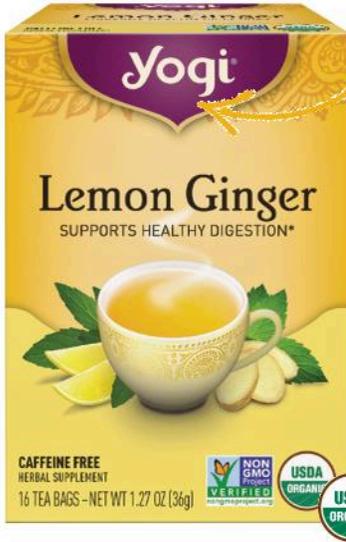


3.99

Pamela's Cornbread & Muffin Mix
12 oz.

Get cooking with ingredients from the co-op.

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



support healthy digestion

Yogi Lemon Ginger Tea combines ginger — an ayurvedic herb used for centuries to support digestion — with tart lemon and refreshing peppermint.

2/\$7

Yogi Herbal Tea
16 tea bags, selected varieties



2.99
Lakewood Organic Pure Lemon Juice
12.5 oz., selected varieties



2/\$6
Clif Kid Organic Zbar
6-1.27 oz. bars, selected varieties



2/\$7
Nature's Path Organic Cereal
10-14 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



we stand for organic

We believe organic food and farming is the best way to care for our bodies and planet. We will use our voice to stand for what is right — organic for all!

2.99

Nature's Path Organic Instant Oatmeal
14 oz., selected varieties



1.29
Organic Sugar
per pound in bulk



2.49
Organic Shredded Coconut
per pound in bulk



5.99
Raw Walnut Halves & Pieces
per pound in bulk

Visit the co-op's budget-friendly bulk section.



2/\$5

Theo
Organic Chocolate Bar
3 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



2/\$5

Sesmark
Crackers
3.2-7 oz., selected varieties



2/\$5

Beanitos
Bean Chips
4.5-5 oz., selected varieties



3.49

Seventh
Generation
Dish Liquid
25 oz., selected varieties

environmentally friendly household & kitchen products



3.99

If You Care kitchen and household products are carefully and deliberately crafted to have the least environmental impact and the lightest carbon footprint possible, while at the same time delivering the highest-quality and most effective results.

If You Care
Recycled
Aluminum Foil or
Parchment Paper
50 or 70 sq. ft.



2/\$6

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

Thank you for shopping at the co-op.



29.99

**Garden Of Life
Elderberry Gummies**
120 ct., selected varieties



3.49

**Jason
Toothpaste**
4.2-6 oz., selected varieties



12.99

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



6.99

**Alba Botanica
Acnedote Face &
Body Scrub**
8 oz.



11.99

**Herb Pharm
Whole Root
Ashwagandha**
1 oz.



9.99

**Boiron
Coldcalm**
60 ct.



12.99

**Nature's Way
Umcka Coldcare
Syrup**
4 oz., selected varieties



18.99

**Flora
Probiotic**
30 ct., selected varieties



*spirit of the
season*

Give your guests a warm welcome with certified-organic essential oil aroma from Pranarom. Our essential oils also make a great gift or stocking stuffer.

6.99

**Pranarom
Organic Lavender Essential Oil
or Diffusion Blends**
5 ml.



19.99

**MegaFood
MegaFlora**
30 ct.

Wellness products for the whole family 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

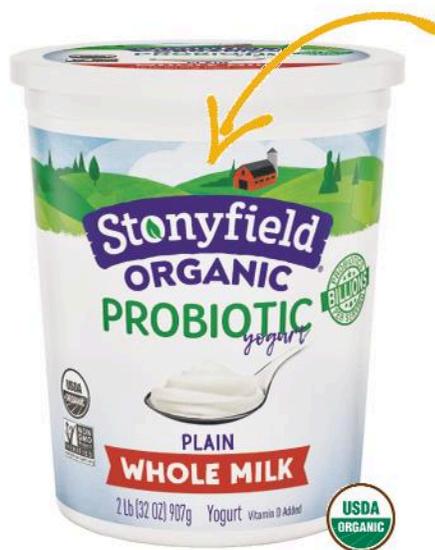
Natural Abundance Food Co-op
 Sioux Falls Food Co+op

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



billions of probiotics per serving

Say no to the use of toxic, persistent chemicals. Say yes to thriving farms and a healthier planet. It's not just good organic yogurt. It's good on purpose!

2/\$7

Stonyfield Organic Yogurt
 32 oz., selected varieties



2/\$5

Kevita Organic Sparkling Probiotic Drink
 15.2 oz., selected varieties



4.99

Maple Hill Creamery Grass-fed Organic Milk
 64 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