

coop deals

SEP 15 - SEP 28, 2021

cheesy comfort food

With a popular and easy-to-make meal like Annie's Organic Shells & Real Aged Cheddar, you can keep it simple or add fun ingredients. It's easy to slice in veggies or protein to top off a cheesy, delicious classic favorite.



3/\$5

Annie's
Organic Shells & Real
Aged Cheddar
6 oz., selected varieties



5/\$5

Clif
Energy Bars
2.4 oz., selected varieties



2/\$4

Kettle Brand
Potato Chips
5 oz., selected varieties



2/\$5

Health-Ade
Organic
Kombucha
16 oz., selected varieties



2/\$5

Chocolove
Chocolate Bars
2.9-3.2 oz., selected
varieties



2/\$4

Food Should
Taste Good
Tortilla Chips
5.5 oz., selected varieties



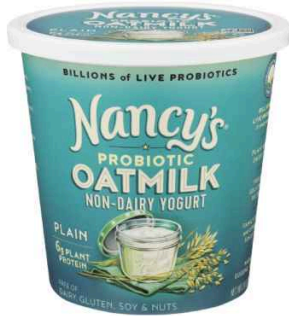
2/\$3

Happy Tot
Organic
Superfoods
3.5-4.22 oz., selected
varieties



It's time for fall recipes!

Seasonal favorites at the co-op.



3.49

**Nancy's
Oatmilk Non-dairy
Yogurt**
24 oz., selected varieties



delight in every bite

Our promise is simple: to give you the delicious joy of dairy, without any compromise.

2/\$7

**Daiya
Dairy-free Shreds**
7.1-8 oz., selected varieties



4.99

**Wildbrine
Organic
Sauerkraut**
18 oz., selected varieties



2/\$3

**Forager Project
Organic
Cashewgurt**
5.3 oz., selected varieties



3.49

**Good Culture
Organic Cottage
Cheese**
16 oz., selected varieties



discover Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Greek Style Yogurt!

2/\$3

**Wallaby
Organic Greek Yogurt**
5.3 oz., selected varieties



3.99

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

Begin the day with breakfast from the co-op.



2/\$6

Coolhaus
Ice Cream Sandwiches
5.8 oz., selected varieties



3/\$7

Petit Pot
Pot de Crème
3.5 oz., selected varieties

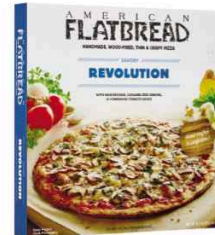


2.99
Green Valley
Creamery
Organic Lactose-free Cream
Cheese
8 oz.



6.99

Daiya
Dairy-free Pizza
13.47-19.1 oz., selected varieties



8.99

American
Flatbread
Pizza
13.8-18.62 oz., selected varieties



2.29

Wildwood
Organic Tofu
14-16 oz., selected varieties



4.49

Wholly Veggie
Veggie-Full Meals
11.46-13.2 oz., selected varieties



4.49

Miso Master
Organic Miso
8 oz., selected varieties



just say "Cheese!"

Organic Valley's Mozzarella is highly nutritious and a good source of calcium and protein. Always organic with no antibiotics, toxic pesticides, synthetic hormones or GMOs. Leaves you begging for more.

4.49

Organic Valley
Cheese
8 oz., selected varieties



2/\$4

Cascadian Farm
Organic Frozen Vegetables
10 oz., selected varieties

The co-op supports community.



4.99

Maranatha
Organic Peanut Butter
16 oz., selected varieties



5.99

Uncle Matt's
Organic Juice
52 oz., selected varieties



3.99

Lifeway
Organic Kefir
32 oz., selected varieties



3.99

Califia Farms
Almondmilk
48 oz., selected varieties



2/\$6

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



6.99

Sunridge Farms
Candy and Trail Mix
per pound in bulk, selected varieties



6.99

Navitas
Organic Cacao Powder
8 oz.



5.49

Lakewood
Organic Pure Pineapple Juice
32 oz.



7.99

Once Again
Organic Tahini
16 oz., selected varieties



2/\$5

Pacific Foods
Organic Oat Plant-based Beverage
32 oz., selected varieties



2/\$7

Yogi Tea
Herbal Tea Bags
16 ct., selected varieties

3.29

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

Great value and deals are at the co-op.



2/\$4
Koyo
Organic Udon
8 oz., selected varieties



2/\$5
Seeds Of Change
Organic Ready to
Heat Rice
8.5 oz., selected varieties



3/\$5
Dr. McDougall's
Soup Cups
1.3-3.4 oz., selected
varieties



2.29
Native Forest
Organic Coconut
Milk
13.5 oz., selected
varieties



4.49
Sky Valley
Sriracha Sauce
18.5 oz.



29.99
Zoe
Organic Extra
Virgin Olive Oil
88 oz.



2/\$7
Mediterranean Organic
Olives
4.8-5 oz., selected varieties



2/\$7
Pacific Foods
Organic Broth
32 oz., selected varieties



2/\$4
Westbrae
Organic Beans
15 oz., selected varieties



1.99
Organic Pinto
Beans
per pound in bulk



1.69
Organic Millet
per pound in bulk



9.99
Organic Roasted &
Salted Pistachios
per pound in bulk



The co-op has bulk deals for cooking and snacking.



5/\$5

Steaz
Organic Iced
Green Tea
16 oz., selected varieties

real chips made irresistible



TERRA Real Vegetable Chips are made from vegetables that are harvested, crisped and seasoned to perfection. Enjoy vegetables made irresistible!

2/\$6

Terra
Vegetable Chips
5-6 oz., selected varieties



2/\$4

Proud Source
Spring Water
25.3 oz., selected varieties



2/\$4

Essentia
Ionized Water
1.5 liters



3.99

Unreal
Chocolate Nut
Butter Cups or
Gems
4-6 oz., selected varieties



4.49

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



4/\$5

Vermont Smoke
& Cure
Meat Sticks
1 oz., selected varieties



2/\$5

Hippeas
Organic Chickpea
Puffs
4 oz., selected varieties



2/\$5

Beyond Good
Chocolate Bars
2.64 oz., selected
varieties



2.79

Made Good
Organic Soft Baked
Mini Cookies
5-0.85 oz. bags, selected
varieties



3.99

Harmless Harvest
Organic Coconut
Water
16 oz.



3.99

Mary's Gone
Crackers
Organic Crackers
5-6.5 oz., selected
varieties

Your favorite snacks and beverages at the co-op.



31.99

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



what's inside?

RXBARS are protein bars made with a few simple ingredients. We tell you what's on the inside on the outside.

3/\$5

Rxbar
Protein Bars
1.83 oz., selected varieties



19.99

Enzymedica
Digest Gold
45 ct.



3.99

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



2/\$5

Castor & Pollux
Organic Dog Food
12.7 oz., selected varieties



believe in a seventh generation

Our bathroom tissue is made from 100% recycled paper (minimum 50% post-consumer recycled fiber), whitened without chlorine bleach and Rainforest Alliance Certified.

6.99

Seventh Generation
Bath Tissue
12 ct.



22.99

Host Defense
Mushrooms
Lion's Mane
60 ct.

Visit your local co-op for great value every day.

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

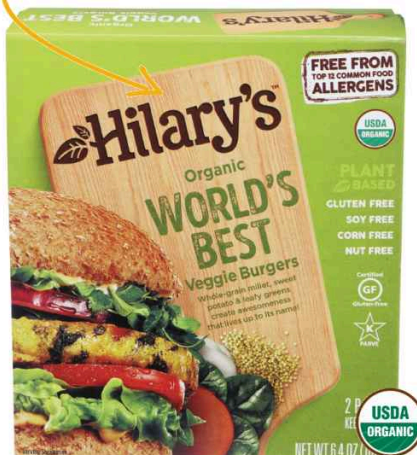
WISCONSIN

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

world's best organic veggie burger



Hilary's cooks craveable 100% plant-based frozen foods packed with whole veggies, grains and beans that are always free from the 12 most common allergens.

2/\$5

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



2/\$6

Alexia
Frozen Potatoes
15-19 oz., selected varieties



2/\$6

Sweet Earth
Benevolent Bacon
5.5 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

MW0921B

coop
welcome to the table