

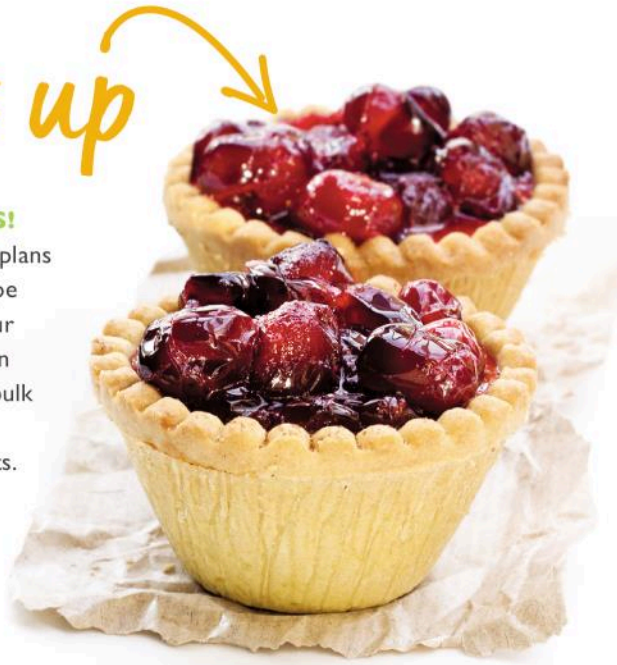
# coop™ deals

OCT 31 - NOV 13, 2018

*bake it up*

## PIES, TARTS, COOKIES!

Whether your holiday baking plans include a beloved family recipe or trying something new, your co-op has ingredients you can feel good about. Stop by the bulk section to get just the right amount of flour, spices and nuts. Then stock up on fair trade, organic sugar (on sale now) and get ready to bake!



**3.99**

**Wholesome**

**Organic Cane Sugar**

2 pounds, selected varieties  
other sweeteners also on sale



**2/\$4**

**Field Day  
Organic Crackers**  
4.4-8 oz., selected  
varieties



**2/\$4**

**Imagine  
Organic Broth**  
32 oz., selected varieties



**3/\$5**

**Farmer's Market  
Organic Pumpkin**  
15-16 oz., selected  
varieties



Super sweet and savory deals for the holidays.

**This season, shop co-op!**



new

**5.99**

**Flavorganics Organic Vanilla Extract**

2 oz.  
other Organic Extracts also on sale



new

**2.29**

**Let's Do Organic Coconut**

6-8 oz., selected varieties



USDA ORGANIC

**2/\$6**

**Green & Black's Organic Chocolate Bar**

3.5 oz., selected varieties



**4.49**

**King Arthur Flour All Purpose Flour**

5 lb., selected varieties  
other flours also on sale



USDA ORGANIC

**5.99**

**Once Again Organic Peanut Butter**

16 oz., selected varieties



USDA ORGANIC

**2/\$5**

**Theo Organic Chocolate Bar**

3 oz., selected varieties

*very berry holiday pies!*



What could be better than a deeply delicious berry pie on your holiday table? Cascadian Farm frozen berries are always organic, never ordinary.

**2/\$6**

**Cascadian Farm Organic Frozen Fruit**

8-10 oz., selected varieties



*scoop up the savings in bulk!*



**99¢**

**Bulk Organic Rolled Oats**  
per pound in bulk, selected varieties

USDA ORGANIC

**1.49**

**Bulk Organic Sugar**  
per pound in bulk, selected varieties

USDA ORGANIC

**2.99**

**Bulk Organic Thompson Raisins**  
per pound in bulk, selected varieties

USDA ORGANIC

**Buy just what you need in the bulk aisle.**



**2/\$5**  
Field Day  
Organic Cream  
Filled Cookies  
12 oz., selected varieties



**3.99**  
Halo Top  
Creamery Ice  
Cream  
16 oz., selected varieties



**2/\$4**  
Lundberg Family  
Farms  
Organic Grounded  
Tortilla Chips  
5.5 oz., selected varieties



**2/\$5**  
Late July Snacks  
Organic  
Restaurant Style  
Tortilla Chips  
11 oz., selected varieties



**2/\$5**  
Blue Diamond  
Artisan Nut Thins  
4.25 oz., selected  
varieties



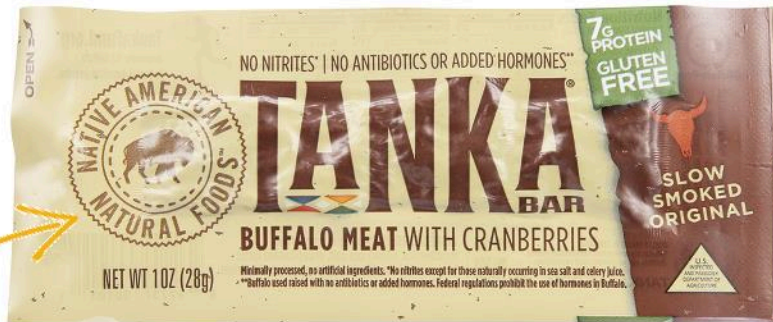
**2/\$7**  
Garden Of Eatin'  
Tortilla Chips  
16 oz., selected varieties



**2/\$4**  
Kettle  
Potato Chips  
5 oz., selected varieties



**4.99**  
Jilz Crackerz  
Gluten-free  
Crackers  
5.5 oz., selected varieties



*Tanka, the original superfood*

100% bison with cranberries Tanka Bar is a delicious, lean, nutrient dense snack. Tanka's vision is to restore buffalo to lands, lives and economies of native peoples. Buffalo create a regenerative future for lands and communities.

**2/\$4**

**Tanka Bar**  
1 oz., selected varieties

**Be ready for guests with these great deals.**



**2/\$5**

**Kevita**  
Organic Sparkling Probiotic Drink  
15.2 oz., selected varieties



**2/\$7**

**Evolution Fresh Organic Fruit Juice Smoothie**  
15.2 oz., selected varieties



**3/\$4**

**Green Valley Organic Lactose-Free Yogurt**  
6 oz., selected varieties



**5.99**

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



**5.99**

**Stonyfield Organic Greek Yogurt**  
32 oz., selected varieties



Find healthful and delicious foods at your co-op.

**Stay on track all season.**



**3.29**

**Silk Cashew Milk**  
64 oz., selected varieties



**5.99**

**Organic Valley Grass-Fed Organic Milk**  
64 oz., selected varieties



**2/\$5**

**Tandoor Chef Naan Pizza**  
7.4-8.5 oz., selected varieties  
other Tandoor Chef Frozen items also on sale



**2.99**

**Ripple Dairy-free Half & Half**  
16 oz., selected varieties



**2/\$4**

**Woodstock Frozen Vegetables**  
10 oz., selected varieties



**6.99**

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

**Save on family favorites and fun new flavors!**



**4.99**  
 Purely Elizabeth  
 Ancient Grain Granola  
 12 oz., selected varieties



**2/\$4**  
 Bobo's  
 Toast'r Pastry  
 2.5 oz., selected varieties



**2.99**  
 Santa Cruz  
 Organic Apple  
 Sauce  
 23 oz., selected varieties



**2.99**  
 Nature's Path  
 Organic Instant  
 Oatmeal  
 14 oz., selected varieties



**4/\$5**  
 Larabar  
 Fruit and Nut Bars  
 1.6-1.7 oz., selected  
 varieties



Make your morning mealtimes magical.  
**Spoon up the savings.**



**3.79**  
 Organic India  
 Organic Tulsi Tea  
 18 ct., selected varieties



**3.29**  
 Tazo  
 Tea  
 20 ct., selected varieties



**2/\$5**  
 Mom's Best  
 Cereal  
 15-24 oz., selected varieties



**8.99**  
 Equal Exchange  
 Organic French  
 Roast Coffee  
 per pound in bulk,  
 selected varieties



**5.99**  
 Pamela's  
 Pancake & Baking  
 Mix  
 24 oz. selected varieties  
 other Gluten-Free Mixes  
 also on sale

**Daybreaker deals found only at your co-op!**



**4/\$5**  
**Muir Glen**  
**Organic Tomatoes**  
 14.5 oz., selected varieties



**2.99**  
**Maya Kaimal**  
**Indian Simmer**  
**Sauce**  
 12.5 oz., selected varieties



**4.99**  
**Sir Kensington's**  
**Ranch Dressing**  
**with Avocado Oil**  
 9 oz., selected varieties  
 other dressings on sale  
 for \$2.99



**4/\$3**  
**Koyo**  
**Ramen**  
 2-2.1 oz., selected varieties



**1.99**  
**Wild Planet**  
**Sardines**  
 4.4 oz., selected varieties



**3.29**  
**Pacific**  
**Organic Soup**  
 32 oz., selected varieties



**2/\$4**  
**Wolfgang Puck**  
**Organic Soup**  
 14.5 oz., selected varieties



**9.99**  
**Napa Valley**  
**Naturals Organic**  
**Extra Virgin Olive**  
**Oil**  
 25.4 oz., selected varieties

*truRoots organic sprouted quinoa*



Our organic sprouted quinoa is perfect for everyday meals; versatile and quick to prepare. It has been a dietary staple for centuries and it is still finding its way into new and flavorful recipes today.

**4.99**

**TruRoots**  
**Organic Sprouted Quinoa**  
 12 oz., selected varieties  
 other Truroots Quinoa also on sale



**29.99**

**Terry Naturally**  
**Curamin**  
 60 ct., selected varieties  
 other Curamin products also on sale

**Gourmet, savory, delicious dinner deals.**



**14.99**

**Garden Of Life  
Mykind Organics Vegan  
D3 Spray**  
2 oz., selected varieties  
other Mykind Organics products also on sale



**6.99**  
**Alba Botanica  
Acnedote Face &  
Body Scrub**  
8 oz., selected varieties  
other Facial Care  
products also on sale



**5.99**  
**The Honest  
Company  
Shampoo and Body  
Wash**  
10 oz.  
other The Honest Company  
products also on sale



**14.99**  
**Nordic Naturals  
Omega-3 Fish Oil**  
60 ct., selected varieties  
other Nordic Naturals  
products also on sale



**2/\$7**  
**Jason  
Toothpaste**  
4.2-6 oz., selected  
varieties  
other Jason oral care  
products also on sale



**7.99**  
**Hyland's  
Calms Forte Sleep  
Aid**  
100 ct., selected varieties  
other Hyland's products  
also on sale



**9.99**  
**Nutrition Now  
PB 8 Probiotic**  
60 ct., selected varieties



**29.99**  
**Renew Life  
Extra Care  
Ultimate Flora  
Probiotic  
50 Billion**  
30 ct., selected varieties  
other Renew Life  
products also on sale



*all is calm*

**STAY WELL ALL SEASON**

In the busy holiday season, your body may need a little extra care. Incorporate vitamins and supplements like echinacea and vitamin C to your daily regimen. Herbal teas will help warm sore throats and magnesium has been found to reduce stress. Shop the co-op's wellness department for healthful deals!

**Have a happy and healthy holiday season.**

## Shop for fresh, delicious, local food at a co-op near you

### ILLINOIS

Common Ground Food Co-op  
Dill Pickle Food Co-op  
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

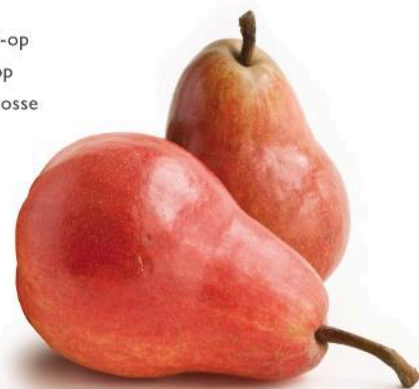
Phoenix Earth Food Co-op

### 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: [www.strongertogether.coop](http://www.strongertogether.coop)*



**4.49**

**Better Life  
All-Purpose Cleaner**

32 oz., selected varieties  
other Better Life Cleaning products  
also on sale



**2.99**

**Seventh Generation  
Dish Liquid**

25 oz., selected varieties



**3.49**

**Field Day  
100% Recycled  
Paper Towels**

3 count, selected  
varieties



**6.99**

**Avalon Organics  
Shampoo or  
Conditioner**

11 oz., selected varieties



**5.99**

**Dr. Bronner's  
Organic Lotion**

8 oz., selected varieties



Co-ops support products and services that ensure 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

MW118A

