co+op deals®

JAN 16 - JAN 29, 2019

the perfect match-up

DIP IT GOOD

The big game is almost here and the co-op has what you need for entertaining crowds of any size. Find hot deals at the co-op on your favorite game day munchies like classic chips and salsa.

2/$6

Late July Snacks Organic Chips and Salsa
15.5 oz., selected varieties

2/$5

Hilary's Veggie Burgers
6.4 oz., selected varieties

2/$5

Kevita Organic Sparkling Probiotic Drink
15.2 oz., selected varieties

2/$6

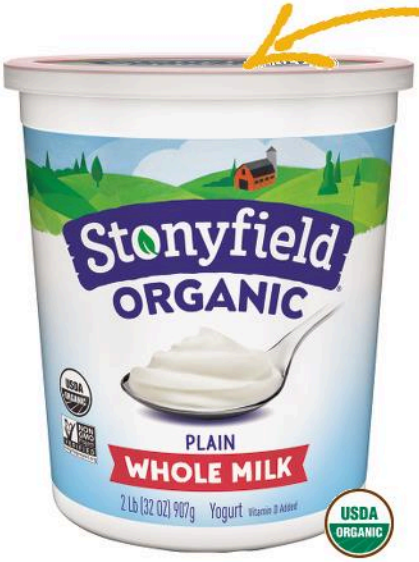
Cascadian Farm Organic Frozen Potatoes
16 oz., selected varieties

Stop by the co-op for your game day supplies.

Crowd-pleasing goodies galore!

4/$5

Liberte Organic Yogurt
5.5 oz., selected varieties



taste the difference

Smooth, creamy, delicious yogurt made with organic ingredients and without the use of toxic persistent pesticides or GMOs. Good for you and good for the planet, too.

3.29

Stonyfield Organic Yogurt
32 oz., selected varieties

The most important meal of the day just got tastier.

Delicious morning delights.

4.99

Lifeway Organic Kefir
32 oz., selected varieties

2/$4

Bellwether Farms Sheep Milk Yogurt
6 oz., selected varieties

4.99

Silk Almondmilk Yogurt
24 oz., selected varieties

3.99

Rumiano Organic Cheese
8 oz., selected varieties

Try something new from your co-op today.

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

4/$5

Honest Organic Ready-to-Drink Tea
16 oz., selected varieties

2/$6

Wtrmln Wtr Cold Pressed Watermelon Juice
12 oz., selected varieties

dairy-free delight

Almond Breeze plant-based beverage is a natural superfood full of nutrients and a great addition to smoothies, cereal and a whole range of recipes.

3.29

Almond Breeze Almondmilk
64 oz., selected varieties

4.99

Organic Valley Organic Cottage Cheese
16 oz., selected varieties

3.49

Maple Hill Creamery Grass-Fed Organic Milk
64 oz., selected varieties

4.49

New Barn Organic Almondmilk
28 oz., selected varieties

4.99

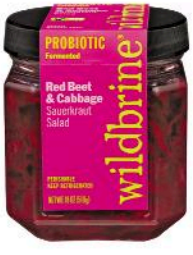
Applegate Bacon
8 oz., selected varieties

3.29

Wildwood Organic Baked Tofu
6-7 oz., selected varieties

7.99

Miso Master Organic Miso
16 oz., selected varieties



4.99

Wildbrine Sauerkraut
18 oz., selected varieties

Breakfast, lunch, dinner, covered.

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

3.99

Udi's Gluten-Free Millet Chia Bread
14.2 oz., select varieties

3.99

Udi's Gluten-Free Multigrain and White Bread
12 oz., select varieties

4.99

Udi's Gluten-Free Frozen Pizza
10.1 oz., select varieties

gluten-free never tasted so good

Udi's is committed to making delicious foods that just happen to be gluten-free. You shouldn't have to compromise on taste and variety to live a gluten-free lifestyle. If it's full flavored food you're after, Udi's provides a delicious selection sure to please.

2/$5

Quorn Meat-Free Chik'n Nuggets
10.6 oz.
Other Quorn items also on sale

4.99

Food For Life Organic Ezekiel Bread
24 oz., selected varieties

6.99

Daiya Pizza
12-19.4 oz., selected varieties

love what you eat

Our mission is to inspire people to care about where food comes from and how it is produced, by making real food that tastes delicious and is free of antibiotics and artificials.

2/$4

Evol Burrito
6 oz., selected varieties
Other Evol burritos also on sale

2/$7

Rising Moon Organics Ravioli
8 oz., selected varieties

3.49

Wyman's of Maine Frozen Fruit
12-15 oz., selected varieties

Real food. Real deals. Shop co-op.

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

2/$5

R.W. Knudsen Simply Nutritious Juice
32 oz., selected varieties

7.99

Lakewood Organic Pure Cranberry Juice
32 oz., selected varieties
other Juice also on sale

over two million coconuts

That's what we crack a day! Each coconut is carefully hand-picked by independent farmers from thousands of small farms. And like our farming partners, Vita Coco is independently owned.

2/$7

Vita Coco Coconut Water
33.8 oz., selected varieties

8.99

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

9.99

Wholesome Organic Blue Agave
44 oz., selected varieties
other Wholesome Sweeteners also on sale

sip and relax

Ease tension with Yogi Kava Stress Relief. Kava is traditionally used to calm the body and mind and encourage a good night's sleep. Relax with this warm rich blend.

2/$5

Yogi Tea
16 count, selected varieties

1.79

Blue Diamond Almond Milk
32 oz., selected varieties

Warm up and stay well with help from your co-op.

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

2/$5

Van's Waffles
8-9 oz., selected varieties

2.99

Cascadian Farm Organic Cereal
8.6-14.6 oz., selected varieties

3.49

One Degree Organic Foods Sprouted Cereal
8-12 oz., selected varieties

3/$1

Stretch Island Fruit Leather
.5 oz., selected varieties

8.99

Justin's Almond Butter
16 oz., selected varieties
other Justin's Nut Butters also on sale

5/$5

Clif Bar Energy Bar
2.4 oz., selected varieties

3/$5

Rxbar Protein Bar
1.83 oz., selected varieties

2/$4

Perfect Bar Organic Protein Bar
2.5 oz., selected varieties

food made from food

We are passionate about creating delicious, convenient snacks that are made from just a few simple ingredients for everyone to enjoy.

5/$5

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

2/$7

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

Better on-the-go options for the busiest families.

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

don't compromise taste

Every Muir Glen tomato is nourished with California sunshine, ripened on the vine and canned within nine hours of harvest for a bright, bold flavor.

10/$10

Muir Glen Organic Tomatoes
14.5 oz., selected varieties

2.99

Food Merchants Polenta
18 oz., selected varieties

2/$7

Imagine Organic Soup
32 oz., selected varieties

2/$5

Imagine Organic Broth
32 oz., selected varieties

attention ramen lovers!

Crave-worthy ramen noodles made from organic heirloom rice instead of wheat, with Asian soup seasonings like miso and turmeric curry. Ready in five minutes, gluten-free and delicious.

4/$5

Lotus Foods Rice Ramen
2.8 oz., selected varieties

1.49

Bulk Organic Yellow Popcorn
per pound in bulk, selected varieties

1.79

Bulk Organic Black Turtle Beans
per pound in bulk, selected varieties

1.99

Bulk Organic Garbanzo Beans
per pound in bulk, selected varieties

USDA ORGANIC

Buy just what you need in the bulk aisle.

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

your partner in cooking

Fill your kitchen with our vast array of premium, cold-pressed and expeller-pressed culinary oils. Sourced from worldwide geographies including Spain and Italy, our brand offers 30+ varieties of Non-GMO Project Verified culinary oils perfect for every cooking occasion.

5.99
Spectrum Walnut Oil
16 oz.

5.99
Spectrum Safflower Oil
32 oz., selected varieties

6.99
Spectrum Organic Virgin Coconut Oil
14 oz.

11.99
Spectrum Organic Extra Virgin Mediterranean Olive Oil
33.8 oz.

2/$6
Annie's Naturals Organic Dressing
8 oz., selected varieties

3/$5
Westbrae Organic Beans
15 oz., selected varieties

2/$6
Montebello Organic Pasta
16 oz., selected varieties

9.99
Napa Valley Naturals Organic Extra Virgin Olive Oil
25.4 oz.

2/$5
Tasty Bite Ready-to-Heat Entrees
10 oz., selected varieties

Dinner is served. Savor the savings!

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

2/$4

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

2/$5

Boulder Canyon Potato Chips
5.25-6.5 oz., selected varieties

dang, that's good!

Lightly toasted to perfection, Dang Coconut Chips are a satisfyingly crunchy snack. Sprinkle on top of your favorite smoothie bowl, add crunch to lettuce wraps or eat right out of the bag.

2/$6

Dang Coconut Chips
3.17 oz., selected varieties

2/$5

Late July Snacks Organic Cantina Dippers
8 oz., selected varieties

2/$6

Jackson's Honest Grain Free Puffs
4 oz., selected varieties

game day ready

NACHO AVERAGE SNACKS

Up your appetizer game with snacks from your local co-op! Besides the classic tortilla chips and salsa, offer an array of tasty potato chips or coconut chips on your game day buffet. On sale now!

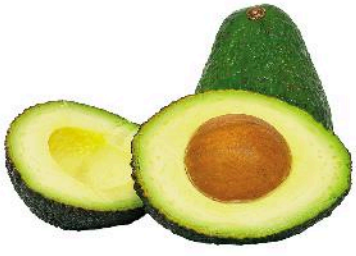
Score big on everyone's favorites!

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

simply delicious dip

HUMMUS WITH A TWIST

Warm up a bowl's worth of pita chips in the oven while you whip up a side of simple to make homemade Avocado Edamame Hummus! Find this fast, flavorful recipe at *www.strongertogether.coop.*



2/$5

Angie's Boomchickapop Popcorn
4.4-6 oz., selected varieties

2/$5

Stacy's Pita Chips
7.33 oz., selected varieties

finally gluten-free!

We worked our tails off to perfect these buns. These Bunny Tails are crispy, craveable and packed with real cheddar cheese and gluten-free goodness everybunny can agree on.

2/$6

Annie's Homegrown Gluten-Free Cheddar Bunny Tails
7.5 oz., selected varieties
other Annie's Homegrown snacks also on sale

2/$5

Blue Diamond Nut Thins
4.25 oz., selected varieties

There's something for everyone at the co-op.

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3/$4

Pet Guard Cat Food
5.5 oz., selected varieties

5.99

Biokleen Bac-Out Stain & Odor Remover
32 oz., selected varieties
other Bac-Out products also on sale

5.99

Spectrum Essentials Organic Flaxseed Meal
14 oz.
other Flax & Chia Seed also on sale

19.99

Oregon's Wild Harvest Turmeric
60 ct.
other Herbal Supplements also on sale

10.99

Herb Pharm Super Echinacea Extract
1 oz.
Extracts also on sale

2/$5

Desert Essence Tea Tree Oil Dental Floss
50 yards, selected varieties

3.99

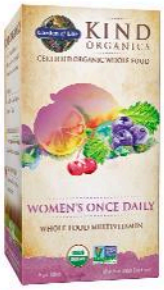
Jason Deodorant Stick
2.5 oz., selected varieties

welcome to hair wellness

Skin and hair care products with only the highest quality ingredients for a super positive effect. No parabens, sulfates, mineral oil, petroleum or animal testing allowed.

5.99

Acure Shampoo or Conditioner
12 oz., selected varieties



19.99

Garden Of Life Mykind Organics Once Daily Multi
30 count, selected varieties
other Mykind Organics products also on sale

Take the beauty of the co-op home with you!

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

CONNECTICUT
Fiddleheads Co-op
Willimantic Food Co-op

DELAWARE
Newark Natural Foods Co-op

FLORIDA
Ever'man Cooperative Grocery & Cafe
New Leaf Market Co-op

GEORGIA
Life Grocery & Cafe
Sevananda Natural Foods Market

MAINE
Belfast Co-op
Blue Hill Co-op Community Market
Portland Food Co-op
Rising Tide Community Market

MARYLAND
The Common Market
TPSS Co-op

MASSACHUSETTS
Berkshire Co-op Market
Green Fields Market
Harvest Co-op Markets
McCusker's Market
River Valley Co-op
Wild Oats Market

NEW HAMPSHIRE
Concord Food Co-op
Hanover Co-op Food Stores
Littleton Food Co-op
Monadnock Food Co-op

NEW YORK
Abundance Food Co-op
East Aurora Co-op Market
Flatbush Food Cooperative
GreenStar Cooperative Market
Honest Weight Food Co-op
Lexington Cooperative Market
Syracuse Cooperative Market

NORTH CAROLINA
Chatham Marketplace
Deep Roots Market
Durham Co-op Market
French Broad Food Co-op
Hendersonville Community Co-op
Tidal Creek Cooperative Food Market
Weaver Street Market

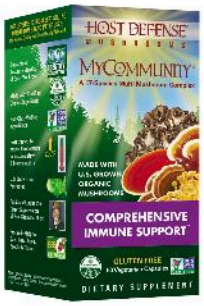
PENNSYLVANIA
East End Food Co-op
Mariposa Food Co-op
Weavers Way Co-op
Whole Foods Cooperative

TENNESSEE
Three Rivers Market

VERMONT
Brattleboro Food Co-op
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Putney Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

VIRGINIA
Friendly City Food Co-op
Roanoke Co+op

to find a food co-op near you, visit us online at: www.strongertogether.coop

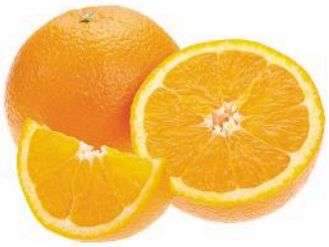


29.99
Host Defense Mushrooms MyCommunity Immune Support
60 ct., selected varieties
other Host Defense products also on sale

2/$5
Celestial Seasonings Herbal Tea
20 ct., selected varieties

9.99
Boiron Oscillococcinum
6 doses, selected varieties

9.99
Emergen-C Vitamin C Dietary Supplement
18-30 ct., 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.

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co+op stronger together