EASY CROCKPOT CHILI
This tailgating classic takes on a new twist with quinoa and black beans. Get the recipe at www.strongertogether.coop, and check out the great fall deals for game day and tasty meals at your co-op!

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

2.39
Angie’s Boomchickapop Popcorn
4.8-6 oz., selected varieties

2/$5
Equal Exchange Organic Chocolate Bar
2.8 oz., selected varieties

2/$6
Brown Cow Cream Top Yogurt
32 oz., selected varieties

Seasonal produce, warm beverages and pumpkin spice.
Fall favorites at the co-op
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annie's Homegrown Organic Cereal</td>
<td>3.69</td>
<td>10-10.8 oz., selected varieties</td>
</tr>
<tr>
<td>Erehwon Organic Cereal</td>
<td>3.39</td>
<td>10-11 oz., selected varieties</td>
</tr>
<tr>
<td>Kind Healthy Grains Clusters</td>
<td>3.99</td>
<td>11 oz., selected varieties</td>
</tr>
<tr>
<td>Arrowhead Mills Pancake &amp; Waffle Mix</td>
<td>3.39</td>
<td>26 oz., selected varieties other mixes and flours also on sale</td>
</tr>
<tr>
<td>Annie's Homegrown Organic Grass Fed Pasta &amp; Cheese Dinner</td>
<td>2/$4</td>
<td>6 oz., selected varieties</td>
</tr>
<tr>
<td>Bragg Vinaigrette Dressing</td>
<td>4.69</td>
<td>12 oz., selected varieties</td>
</tr>
<tr>
<td>Field Day Organic Beans</td>
<td>1.49</td>
<td>15 oz., selected varieties</td>
</tr>
<tr>
<td>Jovial Organic Brown Rice Pasta</td>
<td>3.39</td>
<td>12 oz., selected varieties</td>
</tr>
<tr>
<td>Lotus Foods Organic Pad Thai Rice Noodles</td>
<td>2.69</td>
<td>8 oz., selected varieties</td>
</tr>
<tr>
<td>Montebello Organic Pasta</td>
<td>2.99</td>
<td>16 oz., selected varieties</td>
</tr>
</tbody>
</table>

A new perennial grain is in the works — Kernza — and Cascadian Farms is leading the charge to bring it to a farm near you.

Co-ops grow healthy communities.

Some items may not be available at all stores or on the same day.
Celebrate Co-op Month!

When you buy delicious, healthy food at the co-op, you’re supporting a local business that cares about people and contributes to a livable, sustainable community. Thank you for shopping co-op this month — and every month!

scoop up the savings in bulk!

**3.39**
R.W. Knudsen
Organic Juice
32 oz., selected varieties

**2/$4**
So Delicious
Organic Coconut Milk
32 oz., selected varieties

**7.99**
Equal Exchange
Organic Midnight Sun Coffee
per pound in bulk
other select Bulk Coffee also on sale

**4.69**
Pacific Organic
Bone Broth
32 oz., selected varieties

**4.99**
Victoria
Alfredo Sauce
18-24 oz., selected varieties
Organic Pasta Sauce also on sale

**3.39**
Foodstirs
Organic Baking Mix
7.2-20 oz., selected varieties

**9.99**
Bulk Organic Dried Apple Rings
per pound in bulk, selected varieties

**12.99**
Bulk Roasted & Salted Mixed Nuts
per pound in bulk, selected varieties

**1.99**
Bulk Organic Garbanzo Beans
per pound in bulk, selected varieties

**Fair trade, organic, delicious, affordable.**

*Some items may not be available at all stores or on the same days*
3/$5
C2O Coconut Water
17.5 oz., selected varieties

2.39
Celestial Seasonings Herbal Tea
20 ct., selected varieties

2/$6
Cascadian Farm Organic Granola Bars
6.2-7.4 oz., selected varieties

3.69
Organic India Tulsi Tea
18 ct., selected varieties

3.99
Zevia Zero Calorie Soda
6 pack, selected varieties

2/$6
Back To Nature Cookies
8-9.6 oz., selected varieties

3.39
Santa Cruz Organic Applesauce
6 ct., selected varieties

3.39
Green Mountain Gringo Salsa
16 oz., selected varieties

3.39
Little Secrets Dark Chocolate Candies
5 oz., selected varieties

Amazingly delicious!
The perfect chip to dip, Late July Multigrain Tortilla Chips are USDA Organic, Non-GMO and gluten-free. Plus, they’re available in seven delicious flavors!

2/$4
Late July Snacks Organic Tortilla Chips
5.5-6 oz., selected varieties

2/$4
Garden Of Eatin’ Tortilla Chips
7.5-8.1 oz., selected varieties

Your co-op will get you set up for snack time.

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Co-ops Grow Organic

Organic farming methods are good for the environment; and on average, more than a third of all the products co-ops carry are USDA Certified Organic. That’s 42% of a co-op’s total sales (compared with just 5% of sales at conventional grocery stores).

Sweet deals await you at the co-op.

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<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>Rumiano Organic Cheese</td>
<td>3.99</td>
<td>8 oz., selected varieties</td>
</tr>
<tr>
<td>Udi's Gluten-Free Bread</td>
<td>3.99</td>
<td>12-14.3 oz., selected varieties</td>
</tr>
<tr>
<td>Epic Meat, Fruit and Nut Bar</td>
<td>2/$4</td>
<td>1.3-1.5 oz., selected varieties</td>
</tr>
<tr>
<td>Ancient Nutrition Bone Broth Protein Turmeric</td>
<td>39.99</td>
<td>460 gr. other Bone Broth Protein Powder also on sale</td>
</tr>
<tr>
<td>Ener-C Vitamin C Dietary Supplement</td>
<td>11.99</td>
<td>30 ct., selected varieties</td>
</tr>
<tr>
<td>Gaia Herbs Turmeric Supreme</td>
<td>29.99</td>
<td>120 ct. other Gaia Herbs products also on sale</td>
</tr>
<tr>
<td>Garden Of Life mykind Organics Women's Multi Gummy</td>
<td>26.99</td>
<td>120 ct. other Garden of Life products also on sale</td>
</tr>
<tr>
<td>Host Defense Lion's Mane</td>
<td>19.99</td>
<td>60 ct. other Host Defense products also on sale</td>
</tr>
<tr>
<td>Natural Vitality Natural Calm Magnesium Supplement</td>
<td>24.99</td>
<td>16 oz., selected varieties</td>
</tr>
<tr>
<td>New Chapter Bone Strength Take Care</td>
<td>39.99</td>
<td>120 ct. other New Chapter products also on sale</td>
</tr>
<tr>
<td>Nordic Naturals Omega-3 Fish Oil</td>
<td>13.99</td>
<td>60 ct. other Fish Oil products also on sale</td>
</tr>
</tbody>
</table>

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### Co-op Promotions

- **4.99**
  - Maranatha Organic Peanut Butter
  - 16 oz., selected varieties

- **5/$5**
  - Luna Protein Bar
  - 1.48-1.69 oz., selected varieties

- **2.99**
  - Kind Healthy Grains Bars
  - 5 ct., selected varieties

- **3/$4**
  - Kind Fruit & Nut Bar
  - 1.4 oz., selected varieties

- **2/$4**
  - Probar Meal Bar
  - 3 oz., selected varieties

- **5.99**
  - Spectrum Organic Flaxseed Meal
  - 14 oz., other Flax & Chia Seed also on sale

- **8.99**
  - Ecos Liquid Laundry Detergent
  - 100 oz., selected varieties

- **14.99**
  - Castor & Pollux Organix Dog Food
  - 4 lb., selected varieties

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**Co-ops Lead on Local**

We love our local producers, their inspiring stories and delicious goods! Plus supporting local means more money stays in the local economy. Combined annual sales of local products at co-ops nationwide is more than $280 million — an average of 20% of total sales, compared with the national grocery store average of just 1.8%.

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**Celebrate co-ops throughout October!**
feed your eco

Alter Eco is a pioneer of globally crafted organic foods, including delicious Swiss-made dark chocolate bars, truffles and Bolivian Royal quinoa. All Alter Eco products are USDA Certified Organic, Fair Trade Certified, Carbon Neutral Certified and Non-GMO Project Verified.

5.39 Alter Eco Organic Quinoa per pound in bulk

find it in the bulk aisle

5.39 Alter Eco Organic Quinoa

12 oz., selected varieties

Organic Pearl Quinoa on sale for $4.99

2/$5 Alter Eco Organic Chocolate Bars

2.82 oz., selected varieties

October is Fair Trade Month.

Co-ops cultivate partnerships with companies that make fair trade practices a priority: fair treatment of farmers and workers, fair wages to help support healthy families and communities, and access to democratic decision-making processes. So our co-op communities in the US are supporting co-op growers and families around the world!
diy dishwasher detergent pods? yes, you can! learn how to make your own dishwasher pods that are effective — and safe for the environment and your family — using Aura Cacia essential oils at www.strongertogether.coop.

2.99
Aura Cacia
Tangerine Essential Oils
.5 fl oz., Other Aura Cacia essential oils also on sale

3.99
Aura Cacia
Lemon Essential Oils
.5 fl oz., Other Aura Cacia essential oils also on sale

October is Co-op Month

Co-ops Grow Sustainably
By supporting local organic farming and food systems and pioneering environmental practices like recycling, composting, reusables and alternative power sources, co-ops have long been “green grocers.”

More co-op stories! www.strongertogether.coop
Farm to shelf to shower, Dr. Bronner’s is building trust, health, community, wealth! Fair prices, wages, conditions for farmers and suppliers and healthy sustainable ingredients for you!

**Dr. Bronner’s**
- Organic Coconut Oil: 14 oz., selected varieties, $6.99
- Liquid Castile Soap: 32 oz., selected varieties, $10.99
- Organic Sugar Soap: 24 oz., selected varieties, $10.99

**Alaffia**
- Everyday Shea Foaming Hand Soap: 18 oz., selected varieties, $4.99

**Andalou Naturals**
- Resveratrol Q10 Night Repair Cream: 1.7 oz., $15.99
  - other Facial Care products also on sale

**Avalon Organics**
- Eczema Relief Intensive Cream: 3 oz., $5.99

**Jason**
- Body Wash: 30 oz., selected varieties, $9.99

**Kiss My Face**
- Bar Soap: 3 ct., selected varieties, $3.99

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<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Chobani Greek Yogurt</td>
<td>5/$5</td>
<td>5.3 oz., selected varieties</td>
</tr>
<tr>
<td>Kite Hill Almond Milk Yogurt</td>
<td>2/$3</td>
<td>5.3 oz., selected varieties</td>
</tr>
<tr>
<td>Organic Valley Organic Omega-3 Eggs</td>
<td>4.99</td>
<td>12 or Large or Extra Large, selected varieties</td>
</tr>
<tr>
<td>Ripple Dairy-Free Plant Milk</td>
<td>3.99</td>
<td>48 oz., selected varieties</td>
</tr>
<tr>
<td>Liberte Organic Yogurt</td>
<td>4/$5</td>
<td>5.5 oz., selected varieties</td>
</tr>
<tr>
<td>Siggi's Icelandic Style Yogurt</td>
<td>5/$5</td>
<td>5.3 oz., selected varieties</td>
</tr>
<tr>
<td>So Delicious Organic Coconut Milk</td>
<td>2.69</td>
<td>64 oz., selected varieties</td>
</tr>
<tr>
<td>Uncle Matt’s Organic Juice</td>
<td>6.69</td>
<td>59 oz., selected varieties</td>
</tr>
<tr>
<td>Wallaby Organic Greek Yogurt</td>
<td>5.69</td>
<td>32 oz., selected varieties</td>
</tr>
<tr>
<td>Tofurky Meat-free Sausages</td>
<td>3.39</td>
<td>14 oz., selected varieties</td>
</tr>
<tr>
<td>Mori-Nu Silken Tofu</td>
<td>1.69</td>
<td>12-12.3 oz., selected varieties</td>
</tr>
<tr>
<td>Hail Merry Gluten-Free Tart</td>
<td>2.99</td>
<td>3 oz., selected varieties</td>
</tr>
<tr>
<td>Kevita Organic Kombucha</td>
<td>2.19</td>
<td>15.2 oz., selected varieties</td>
</tr>
<tr>
<td>Organic Valley Cottage Cheese</td>
<td>4.69</td>
<td>16 oz., selected varieties</td>
</tr>
</tbody>
</table>

Good health made easy at your co-op.

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

INDIANA
3 Rivers Natural Grocery
Bloomingfoods Market and Deli
Maple City Market

IOWA
New Pioneer Co-op
Oneota Community Co-op
Wheatfield 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 Natural Foods Market

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
Hamden 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

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2/$5
Alexia Frozen Potatoes
15-19 oz, selected varieties

Amy’s Bowls
8.5-11 oz, selected varieties
other Amy’s items also on sale

3.99
Gardein Meat-free Crispy Tenders
9 oz.
other Gardein Meatless items also on sale

2.69
Sweet Earth Natural Foods
Mediterranean Veggie Burgers
6 oz, selected varieties

4.99
Udi’s Gluten-Free Pizza
10-11 oz, selected varieties

2/$5
Van’s Waffles
8-9 oz, selected varieties

Co-ops support products and services that ensure personal and planetary health’s legacy we can be proud to leave generations to come.

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