

coop™ deals

FEB 14 - FEB 27, 2018

seasonal savings

GREAT PRICES, TRUSTED BRANDS

Your community-owned co-op knows how important it is to get delicious food for your family at the best prices. Save money this month (and every month) on products you love.



9.99

**Seventh Generation
Liquid Laundry
Detergent**

100 oz., selected varieties
other Laundry products also on sale



2.99

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



2/\$6

**The Greek Gods
Greek Yogurt**
24 oz., selected varieties



2/\$5

**Synergy
Organic Kombucha**
16-16.2 oz., selected
varieties
48 oz. Kombucha 6.99



Great products, outstanding values, community-owned.

Shop well at the co-op.



bulk up your smoothie!

Get the most out of your smoothies by adding popular ingredients from the bulk aisle like Frontier Co-op turmeric, ginger and cinnamon.

7.99

Frontier Organic Ground Turmeric Root

per pound in bulk
other Frontier bulk herbs also on sale



14.99

Dynamic Health Certified Organic Beetroot Juice Concentrate
16 oz., selected varieties



4/\$5

Siggis Icelandic Style Yogurt
4.4-5.3 oz., selected varieties



4.99

Chobani Greek Yogurt
32 oz., selected varieties



4/\$5

Silk Soy Yogurt
5.3 oz., selected varieties

smooth start

BREAKFAST BLENDS TO GO

Amp up your breakfast smoothie with add-ins like turmeric, flaxseeds, protein powders or oats. You'll get a boost of energy that lasts longer! For a thick and creamy texture, toss chunks of frozen banana or sweet potato into the blend.



Delightful & delicious deals in every aisle.



2/\$6
Cascadian Farm Organic Granola
12.5 oz. – 17 oz.,
selected varieties



2/\$5
Cascadian Farm Organic Cereal
9 oz. – 15 oz.,
selected varieties,
Granola Bars also on sale



2/\$4
Cascadian Farm Organic Frozen Vegetables
16 oz., selected varieties,
Frozen Potatoes also on sale



2/\$6
Cascadian Farm Organic Frozen Fruit
8 – 10 oz.,
selected varieties

← good from the ground up



What started out as a little farm nestled in the Cascade Mountains of Washington has grown to be one of the country's leading brands of organic foods. **Cascadian Farm** has stayed true to its roots — bringing wholesome, organic food to your table, with a pledge to organic healthy soil.

Other Cascadian Farm Organic products also on sale

Create a sustainable future, one purchase at a time!

GOOD FROM THE GROUND UP



*3% of all Cascadian Farm's revenues from Cascadian Farm products sold at participating co-op retailers located in the United States between 2/14/18 – 2/27/18 will be donated by Cascadian Farm to The Land Institute. Maximum total donation to The Land Institute from Cascadian Farm is \$25,000. Offer excludes Cascadian Farm frozen bread, which is a licensed product not owned by the Cascadian Farm brand. No portion of the purchase is tax deductible. Offer void in Alabama, Hawaii, Mississippi, and South Carolina.

FROM FEBRUARY 14th TO 27th,
BUY YOUR FAVORITE
CASCADIAN FARM PRODUCTS,
AND WE'LL DONATE
3% OF YOUR PURCHASE
TO THE LAND INSTITUTE.

DONATIONS WILL SUPPORT
FARMING PRACTICES THAT BUILD
HEALTHY SOILS AND POSITIVELY
IMPACT OUR CLIMATE.

WE BELIEVE IN ORGANIC FARMING
TO BUILD HEALTHY SOILS AND
IN SUPPORTING HEALTHY SOIL
RESEARCH THAT CAN POSITIVELY
IMPACT OUR PLANET'S CLIMATE.

Better tasting food grown on organic farms.



4.69

Numi Organic Tea
18 ct., selected varieties
other Numi teas also on sale



rise and shine

BOOST YOUR TOAST

Avocado toast: it's trendy because its delicious, customizable and ready in minutes.



8.99

Equal Exchange Organic Love Buzz Coffee
per pound in bulk



From fair trade coffee to organic cereal
The start of a good day.



2.99

Silk Almond Beverage
64 oz., selected varieties



2/\$6

Barbara's Cereal
8-14 oz., selected varieties



2/\$5

Rice Dream Organic Enriched Rice Drink
32 oz., selected varieties



3.39

Lakewood Organic Pure Fruit Juice
32 oz., selected varieties



You are the co-op difference - thanks for shopping!



24.99

Organic Valley
Organic Fuel
Protein Powder
12 oz., selected varieties



2/\$4

Primal Kitchen
Protein Bars
1.7 oz., selected varieties



3.99

Vermont Smoke &
Cure
Mini Meat Sticks
6 ct., selected varieties



2/\$4

Bobo's Oat Bars
Nut Butter Filled
Oat Bars
2.5 oz., selected varieties



5/\$5

Luna
Protein Bar
1.48-1.69 oz., selected
varieties



Leisurely hot breakfasts or mornings on the run
The co-op has you covered.

*morning
on the run*



NOURISHING, NOW

Grab a quick and tasty breakfast, made possible by smart co-op shopping. You've got this. Now have a great day.



Get in gear with nutrition on the go.



2.99
Rudi's
English Muffins
12 oz., selected varieties



go ahead, go wild!

Natural Sea tuna is always wild, never farmed and the delicious, high-protein and Omega-3 rich albacore tuna is sustainably pole & line caught.

2/\$4

**Natural Sea
Yellowfin Chunk Tuna**

5 oz., selected varieties
other Natural Sea Tuna varieties also on sale



2/\$5
Ozery
Snacking Rounds
12.7 oz., selected varieties



Fill your cupboards with all the great things.
Love your lunches!



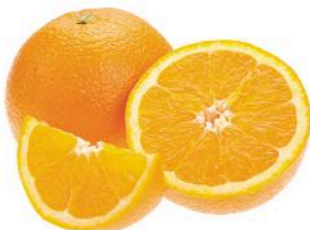
3.99
Earth Balance
Peanut Butter
Spread
16 oz., selected varieties
Protein Peanut Butter on sale for \$4.99



3.69
Back To Nature
Cookies
8-9.6 oz., selected varieties



8.99
Organic Prairie
Organic Summer
Sausage
12 oz., selected varieties



2.99
Wtrmln Wtr
Cold Pressed
Watermelon Juice
12 oz., selected varieties



2/\$5
Theo
Organic
Chocolate Bar
3 oz., selected varieties

Affordable, delicious, organic, fair trade.

hearty, healthy

CRAISY GOOD

These oatmeal cookies, studded with tart dried cranberries and chopped pecans, are easy to make, and easy to tuck into a lunchbox or a gift box. Bake up a batch of cranberry oatmeal cookies and enjoy; the recipe's at www.strongertogether.coop.



7.99

Once Again
Almond Butter
16 oz., selected varieties



3.39

Alter Eco
Organic Chocolate
Coconut Clusters
3.2 oz., selected varieties
other Alter Eco chocolate
also on sale



3.99

Field Day
Non-GMO
Canola Oil
32 oz.



4.99

Organic Valley
Organic Omega-3
Eggs
doz., Large or Extra
Large, selected varieties



2/\$5

Snack Factory
Pretzel Crisps
7.2 oz., selected varieties



scoop up the savings in bulk!

99¢

Bulk Organic Steel
Cut Oats
per pound in bulk



5.99

Bulk Organic
Sweetened Dried
Cranberries
per pound in bulk



1.99

Bulk Organic Light
Brown Sugar
per pound in bulk



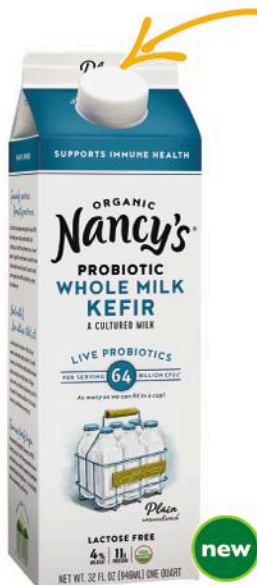
Healthy savings on heart healthy goodness.



easy global dinners

THAI IN NO TIME

With a few pantry staples and a pound of shrimp, you'll have dinner for four in just 20 minutes. Add pad thai noodles for a heartier version of this Thai Shrimp Soup. Get the recipe at www.strongertogether.coop.



organic, probiotic kefir

Nancy's Whole Milk Kefir is lactose-free, containing 50+ billion live probiotics per serving; including clinically documented probiotics that help support immune and digestive health.

3.69

Nancy's Probiotic Whole Milk Kefir

32 oz., selected varieties



6.99

Spectrum Naturals Organic Unrefined Coconut Oil

14 oz.
other Spectrum coconut oil varieties also on sale



2/\$3

Dr. McDougall's Soup Cups
1.1-3.4 oz., selected varieties



2.69

Lotus Foods Organic Pad Thai Rice Noodles
8 oz., selected varieties



3.39

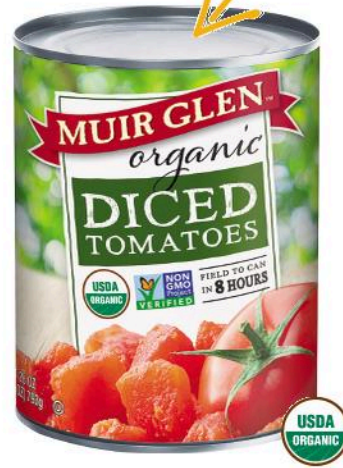
Maya Kaimal Indian Simmer Sauce
12.5 oz., selected varieties

Enjoy healthy foods fast with help from the co-op!



12.99

Field Day
Organic Extra
Virgin Olive Oil
33.8 oz.



the perfect tomato

Every step is treated with care and respect; for the earth, for each other and for the cook at home. Tomatoes grown with heart, picked when perfect and made with care.

3 / \$5

Muir Glen
Organic Tomatoes
28 oz., selected varieties



3.69

Bragg
Liquid Aminos
16 oz.
other Bragg Aminos
products also on sale



3.99

San Pellegrino
Sparkling Fruit
Beverage
6 pack, selected varieties



4.99

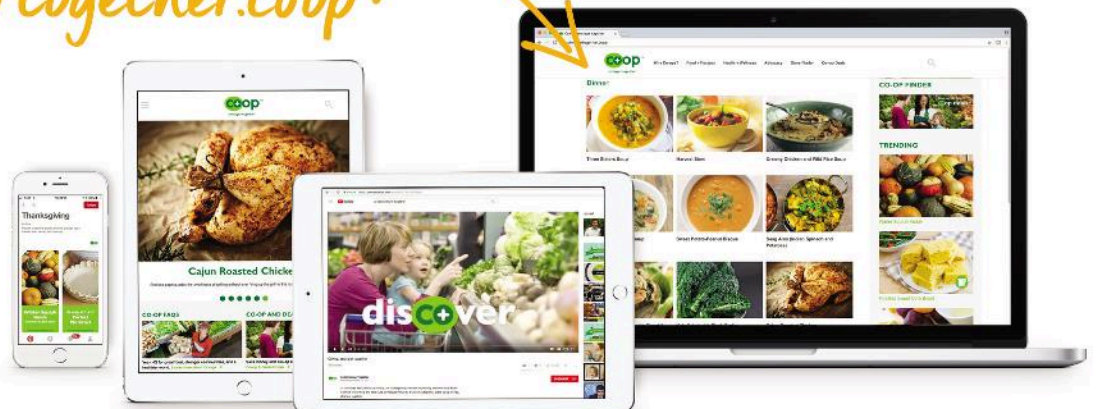
Organic Valley
Organic Ricotta
Cheese
15 oz.



2.19

Westbrae
Organic Beans
25 oz., selected varieties

*recipes, ideas and more at
www.strongertogether.coop*



Co-ops support organic from farm to table.



2.39

**Popcorn Indiana
Popcorn**
4.4-8 oz., selected
varieties



amazingly delicious chips!

Late July Clasico tortilla chips are made with organic, non-gmo corn and are a deliciously bold and satisfying snack. Available in six taco truck inspired flavors!

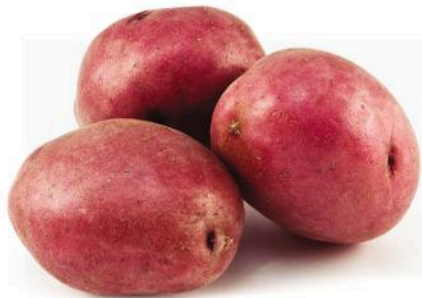
2/\$4

**Late July Snacks
Clasico Tortilla Chips**
5.5 oz., selected varieties



2/\$5

**Late July
Organic Crackers**
6 oz., selected varieties



Food for your family; nourishing your community.

All are welcome at the co-op!



2/\$5

**Happy Baby
Organic Puffs**
2.1 oz., selected varieties
other Happy Baby snacks also on sale



3.39

**Annie's
Homegrown
Snack Crackers**
10 oz., selected varieties
other Crackers and Snack
Mixes also on sale



2.39

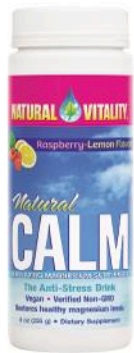
**Crunchmaster
Crackers**
4.5 oz., selected varieties



3.39

**Bearitos
Yellow and White
Corn Tortilla Chips**
16 oz., selected varieties

Everyone can shop; anyone can join a co-op.



14.99

**Natural Vitality
Natural Calm**

8 oz., selected varieties
Unflavored 8 oz. Natural Calm \$13.99



18.99

**Navitas Organics
Essential
Superfood Blend**
8.4 oz., selected varieties
other Navitas products
also on sale



29.99

**Nature's Plus
Source of Life Liquid
Multi-Vitamin &
Mineral**
30 oz., selected varieties
other Source of Life
products also on sale



23.99

**Megafood
Multivitamin for
Women 55+**
60 ct.
other MegaFood
Supplements also on
sale



3/\$5

**Green Forest
Facial Tissue**
175 ct.



8.99

**Boiron
Chestal Honey
Cough Syrup**
6.7 oz., selected varieties
other Boiron products
also on sale

be well

WINTER HEALTH TIPS

Boost your immunity to prevent
colds and flu with regular exercise,
plenty of rest and frequent hand
washing. Supplements and herbal
remedies can also help strengthen
immune response.



2/\$3

**Wellness
Cat Food**
5.5 oz., selected varieties
other Cat Food also on
sale



Support winter wellness with trusted products.

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
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*



2/\$10

**Andalou Naturals
Body Lotion**
8 oz., selected varieties
other Andalou products also on sale



6.99

**Thayers
Witch Hazel**
12 oz., selected varieties
other Thayers products
also on sale



2/\$10

**Acure Shampoo
and Conditioner**
12 oz., selected varieties
other Acure products
also on sale



3.99

**Kiss My Face
Toothpaste**
4.1-4.5 oz., selected
varieties
other Kiss My Face
products also on sale



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

