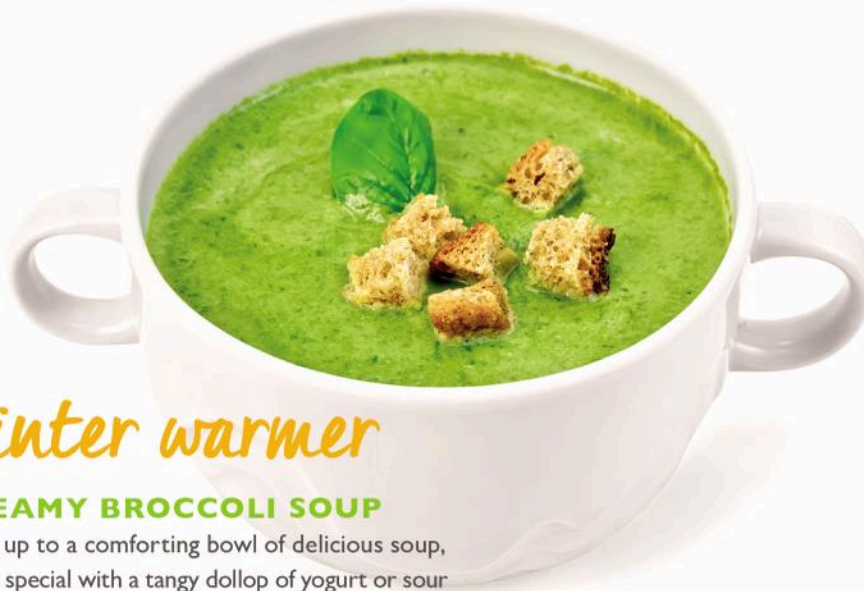


# coop<sup>TM</sup> deals

JAN 3 - JAN 16, 2018



*winter warmer*

## CREAMY BROCCOLI SOUP

Cozy up to a comforting bowl of delicious soup, made special with a tangy dollop of yogurt or sour cream. Check out [www.strongertogether.coop](http://www.strongertogether.coop) for the recipe for this and more!



**2/\$6**

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



**2/\$4**

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



**2/\$4**

**Cascadian Farm  
Organic  
Frozen Vegetables**  
10 oz., selected varieties



**6.99**

**Nutiva  
Organic Unrefined  
Coconut Oil**  
14 oz.  
other Hemp products  
also on sale



Hearty, homemade flavors to warm your winter days.

**Healthy comfort foods are here.**



# protein packed savings!

Your local co-op is now offering exclusive savings on **Orgain**! Orgain serves up only the highest quality ingredients to deliver the cleanest nutrition possible. All Orgain products are organic, soy free, gluten free, non-GMO and free of artificial colors, flavors and preservatives. Smooth, delicious protein to fuel your best self.

**29.99**

Orgain  
Organic Plant-Based  
Protein Powders  
2.03 lb, selected varieties

**2/\$5**

Orgain  
Organic Nutritional  
Shakes  
11 fl oz., selected varieties

**8.99**

Orgain  
Organic 4-pack  
Nutritional Shakes  
4-pack, selected varieties

Other Orgain products also on sale.



## New Year. Renew You.

Enter for a chance to win!  
A renewal getaway for  
two valued at \$5,000\*.

Enter by January 31st, 2018  
at [Orgain.com/Renew](http://Orgain.com/Renew).

**ENTER  
FOR A CHANCE TO  
WIN!**

PLUS stop by your local  
co-op for additional Orgain  
Prize Pack giveaways!\*\*

**Orgain**

Get picky with your protein™

\*NO PURCHASE NECESSARY. Purchasing does not improve your chances of winning. The New Year. Renew You Sweepstakes is open to legal residents of the 50 United States and D.C., age 18 or older. Void in Puerto Rico, Guam, the U.S. Virgin Islands, outside the U.S. and where prohibited by law. Sweepstakes begins at 12:00:01 AM ET on 12/27/17 and ends at 11:59:59 PM ET on 01/31/18. For entry details and Official Rules, see [www.Orgain.com/renew](http://www.Orgain.com/renew). Sponsor: Orgain, Inc., P.O. Box 4918, Irvine, CA 92616.  
\*\*Void where prohibited. No purchase necessary. Valid at participating co-ops. See your local store for prize pack details.



**Kick off 2018 with healthy savings and fresh deals.**





**2/\$4**

Perfect Bar  
Organic Protein  
Bar  
2.5 oz., selected varieties



*whole animal, whole earth*

We're honoring our animals and healing our planet by minimizing waste, regenerating damaged lands and creating a cycle of health for consumers around the world.

**1.99**

Epic  
Meat Bar

1.3-1.5 oz., selected varieties



**1.79**

Rxbar  
Protein Bar  
1.83 oz., selected  
varieties



January is peak season for oranges and tangerines.

**Spark your smoothie with citrus.**



**26.99**

Vega  
All-in-One Nutritional  
Shake  
14.6-16.3 oz., selected varieties



**14.99**

Nutiva  
Organic Hemp  
Protein 15G  
16 oz.  
other Nutiva products  
also on sale



**4/\$5**

Clif Bar  
Organic Nut  
Butter Filled  
Energy Bar  
1.76 oz., selected  
varieties



**8.99**

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



**Get going with portable proteins, on sale now!**

it's go time!

**ENERGIZE YOUR WORKOUT**

Jump-start your resolutions with on-the-go nutrition and healthy hydration from the co-op.



only 3 ingredients

Tart and tasty, chewy but not gooey, this gluten-free cherry pie contains a half cup of fruit and B vitamins to help unlock the energy from food.

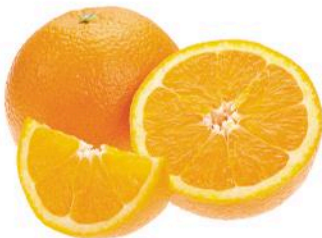
**5/\$5**

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



**2/\$6**

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



**2.99**

**Cascadian Farm**  
**Organic Granola**  
**Bars**  
7.4 oz., selected varieties



**2/\$6**

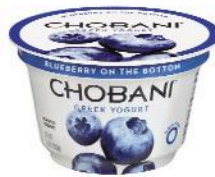
**Vita Coco**  
**Coconut Water**  
33.8 oz., selected varieties

**Shop the co-op to support a robust local economy.**





**1.69**  
So Delicious  
Organic Culinary  
Coconut Milk  
11 oz.



**10/\$10**  
Chobani  
Greek Yogurt  
5.3 oz., selected varieties



**2/\$3**  
Daiya  
Non-dairy Greek  
Style Yogurt  
5.3 oz., selected varieties



**5.99**  
Wallaby Organic  
Greek Yogurt  
32 oz., selected varieties



**4.69**  
Green Valley  
Organics  
Kefir  
32 oz., selected varieties



**2/\$5**  
Goodbelly  
Organic Probiotic  
Drink  
32 oz., selected varieties



**3.99**  
Ripple  
Non-dairy Milk  
48 oz., selected varieties



**4.69**  
Organic Valley  
Organic Cottage  
Cheese  
16 oz., selected varieties



**4.99**  
Vital Farms  
Pasture Raised  
Eggs  
doz.



**2.99**  
Organic Valley  
Organic Cream  
Cheese  
8 oz., selected varieties



**4.99**  
Organic Valley  
Organic Feta  
Cheese  
8 oz.



**4.39**  
New Barn Organic  
Almondmilk  
28 oz., selected varieties



**7.69**  
Chameleon  
Cold-Brew  
Organic Coffee  
Concentrate  
32 oz., selected varieties



**Delicious, creamy, good-for-you (non-dairy, too!)**



**8.99**

**Equal Exchange  
Organic Breakfast  
Blend Coffee**  
per pound in bulk  
Decaf Breakfast Blend  
Coffee \$11.99



**BREAKFAST IN A HURRY**

Hot coffee and oatmeal or cereal and juice, we've got great deals on the good stuff at the co-op.



**8.99**

**Coombs Family  
Farms  
Organic Maple  
Syrup**  
12 oz., selected varieties



**3.39**

**Traditional  
Medicinals  
Organic Tea**  
16 ct., selected varieties



**5.69**

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



**2.99**

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



**6.39**

**Nature's Path  
Organic Eco-Pac  
Cereal**  
26.4-32 oz., selected varieties



**2.99**

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

*scoop up the savings in bulk!*



**2.99**

**Organic Sunflower  
Seeds**  
per pound in bulk

**1.99**

**Organic Pinto Beans**  
per pound in bulk

**8.99**

**Organic Pitted  
Prunes**  
per pound in bulk

**Economical, easy to shop; buy it in bulk.**





**4.99**

**Applegate Organics  
Sliced Deli Meat**  
6 oz., selected varieties



**3.99**

**Organic Valley  
Organic Shredded  
Cheese**  
6 oz., selected varieties

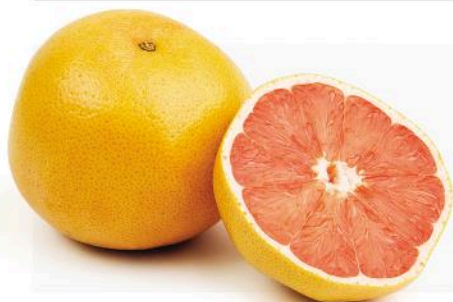


*hearty and wholesome*

Enjoy Udi's Gluten Free bread straight from the bag. Toasting is optional with these bold and wholesome flavors. Your sandwich never had it so good.

**3.99**

**Udi's  
Gluten Free Bread**  
12-16.3 oz., selected varieties



Make it a soup-er Sunday with ingredients from the co-op.  
**Winter warmers for your family.**



**2/\$3**

**Westbrae  
Organic Beans**  
15 oz., selected varieties



**2.99**

**Fig Food Co.  
Organic Soup**  
14.5 oz., selected varieties



**4.99**

**TruRoots  
Organic Sprouted  
Quinoa**  
12 oz.  
other TruRoots Quinoa  
also on sale



**6.69**

**Miso Master  
Organic Miso**  
16 oz., selected varieties  
other Miso also on sale

**Shopping at the co-op supports small family farms.**



**2/\$5**

**Muir Glen  
Organic Pasta  
Sauce**  
25.5 oz., selected  
varieties



*started with a mission*

Annie Withey believed it was possible to build a socially conscious, successful business. Nearly 30 years later and Annie's values are still the foundation for everything they do.

**10/\$10**

**Annie's Homegrown  
Pasta & Cheese Dinner**  
6 oz., selected varieties



**2.99**

**Montebello  
Organic Pasta**  
16 oz., selected varieties



**2.99**

**Jovial  
Organic Gluten  
Free Pasta**  
12 oz., selected varieties



**9.99**

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



**3.39**

**Follow Your Heart  
Shredded Vegan  
Cheese**  
8 oz., selected varieties  
other Follow Your Heart  
products also on sale

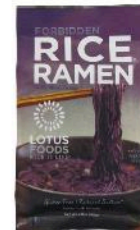
*nutrient dense & delicious*



Try this delicious, gluten-free mayo made with avocado oil, organic cage-free eggs and organic herbs and spices. The chipotle lime flavor has a kick!

**6.99**

**Primal Kitchen  
Mayo with Avocado Oil**  
12 oz., selected varieties



**3/\$4**

**Lotus Foods  
Rice Ramen**  
2.8 oz., selected varieties



**Co-ops care about local and global communities.**



*love what you eat*



Try **EVOL**'s insanely tasty meals with unexpected, unique flavor profiles that prove frozen food is less "meh" and more "yeah!" EVOL makes the best kind of food — the kind that's responsibly sourced, antibiotic-free and free from artificial anything (flavors, colors, preservatives, additives, fillers). Go ahead, Love what you eat!

**3/\$10**

EVOL  
Entrees  
8 - 11.3 oz., selected varieties

**2/\$4**

EVOL  
Breakfast Sandwiches  
3.4 oz., selected varieties

**2/\$6**

EVOL  
Big Burritos  
10.5 - 11 oz., selected varieties

**2/\$4**

EVOL  
Burritos  
6 oz., selected varieties



Hot, healthy and hearty breakfasts, lunches and dinners.

**From freezer to fork, fast!**



*tasting is believing*

Delight in each bite of plant-based protein. Gardein meatless meals come in a variety of delicious vegan, dairy-free and kosher breakfasts, lunches and dinners.

**3.99**

**Gardein**  
**Meatless Chick'n Tenders**  
9-11.5 oz., selected varieties  
other Gardein items also on sale



**2/\$6**

Alexia  
Frozen Potatoes  
11-19 oz., selected varieties



**2/\$7**

Rising Moon  
Frozen Pasta  
8 oz., selected varieties  
16 oz. Frozen Pasta also on sale

**Co-op shoppers keep money in local communities.**



**2/\$4**

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



**3.99**

**Zevia  
Zero Calorie Soda**  
6 pack, selected varieties



**2/\$5**

**YumEarth  
Organic Licorice**  
5 oz., selected varieties



**2.69**

**Good Health  
Veggie Snacks**  
6.75 oz., selected varieties



**2/\$5**

**Beanitos  
Bean Chips**  
6 oz., selected varieties



**2/\$4**

**Barbara's  
Cheese Snacks**  
5.5-7 oz., selected varieties



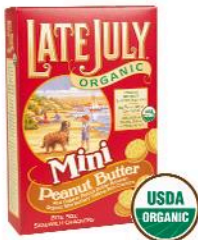
**2.39**

**Kettle Brand  
Potato Chips**  
4.2 oz., selected varieties



**2/\$6**

**Organic Que Pasa  
Tortilla Chips**  
16 oz., selected varieties



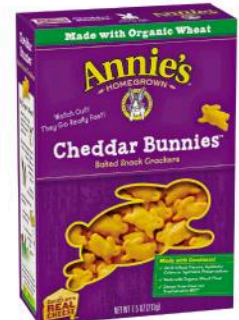
**2.69**

**Late July Organic  
Mini Sandwich  
Crackers**  
5 oz., selected varieties



**2/\$4**

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



**2/\$5**

**Annie's Homegrown  
Snack Crackers**  
7.5 oz., selected varieties



**2.69**

**Lundberg Family  
Farms  
Organic Rice Cakes**  
8.5-10 oz., selected varieties



**Stock up on super snacks on super sale!**





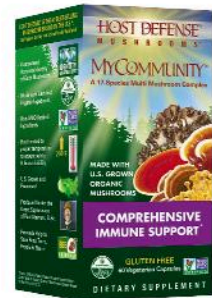
**14.99**

**Nordic Naturals  
Omega-3  
Supplement**  
60 ct.  
other Nordic Naturals  
products also on sale



**18.99**

**Bulletproof  
Brain Octane Oil**  
16 oz.  
other Bulletproof  
products also on sale



**29.99**

**Host Defense Mushrooms  
MyCommunity Immune  
Support**  
60 ct.  
other Host Defense products also on sale



**9.99**

**Boiron  
Oscillococcinum**  
6 dose



**4/\$5**

**Earth's Best  
Organic  
Baby Food Puree**  
3.5-4.2 oz., selected  
varieties



**5.99**

**Avalon Organics  
Shampoo or  
Conditioner**  
11 oz., selected varieties



**10.99**

**Alba Botanica  
Very Emollient  
Body Lotion**  
32 oz., selected varieties



**15.99**

**Andalou Naturals  
Face Cream**  
1.7 oz., selected varieties



**1.99**

**Ricola  
Herbal Cough  
Drops**  
19-21 ct., selected  
varieties



**5.99**

**Spry  
Chewing Gum**  
100 ct., selected varieties



**3.99**

**Dr. Bronner's  
Toothpaste**  
5 oz., selected varieties



**8.99**

**Biokleen  
Liquid Laundry  
Detergent**  
64 oz., selected varieties



**7.99**

**Seventh Generation  
Unbleached Bath  
Tissue**  
12 ct.  
other Paper products also  
on sale



**14.99**

**Castor & Pollux  
Organix Chicken &  
Oatmeal Dog Food**  
4 lb.  
other Dog Food products  
also on sale

**Wishing you a happy, healthy new year.**

## 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

Everman 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  
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  
Hungry Hollow Co-op  
Lexington Cooperative Market  
Syracuse Real Food Co-op

### NORTH CAROLINA

Chatham Marketplace  
Company Shops Market  
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

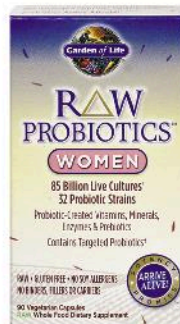


*to find a food co-op near  
you, visit us online at:  
[www.strongertogether.coop](http://www.strongertogether.coop)*



**29.99**

**Rainbow Light  
Women's One Multivitamin**  
90 ct.  
other Rainbow Light Supplements also on  
sale



**39.99**

**Garden Of Life  
Raw Probiotics**  
90 ct., selected varieties



**39.99**

**New Chapter  
Bone Strength  
Take Care**  
120 ct.  
other New Chapter  
Supplements also on  
sale



**29.99**

**Gaia Herbs  
Turmeric Supreme  
Extra Strength**  
120 ct.  
other Gaia Herbs 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

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**coop**<sup>TM</sup>  
stronger together