

# coop deals®

DEC 19, 2018 - JAN 1, 2019

wholesome  
snacking



### CELEBRATE EVERY DAY

Potluck holiday party or last-minute guests? Stop by your local co-op and save on a bag or two of savory veggie chips! Grab your favorite dip like hummus or make your own with Greek yogurt and fresh or dried herbs. Simply delicious!



**2/\$5**

Terra  
Vegetable Chips  
5-6 oz., selected varieties



**3.99**

Applegate  
Bacon

8 oz., selected varieties  
humanely raised, no  
antibiotics ever



**6.99**

Equal Exchange  
Organic Coffee

10-12 oz., selected  
varieties  
Decaf \$8.99



**2/\$5**

Dr. Bronner's  
Bar Soap

5 oz., selected varieties



Holiday season savings from the co-op to your family.

**Thank you for shopping!**



**2/\$6**

Barbara's Puffins Cereal  
10-11 oz., selected varieties



**1.79**

So Delicious Coconut Milk Creamer  
16 oz., selected varieties



**3.99**

Immaculate Organic Cinnamon Rolls  
17.5 oz.  
other Immaculate products also on sale



**3.49**

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



**3.99**

Earth Balance Buttery Spread  
13-16 oz., selected varieties



**5.99**

Uncle Matt's Organic Juice  
52 oz., selected varieties



**5/\$5**

Tazo Ready-to-Drink Tea  
13.8 oz., selected varieties



**2/\$7**

Daiya Dairy-free Cheese Shreds  
8 oz., selected varieties



**4.99**

Q Drink Drink Mixers  
750 ML, selected varieties



**3/\$5**

The Mountain Valley Spring Water  
33.8 oz., selected varieties



**5.99**

Daiya Cheese Lover's Pizza  
12 oz., selected varieties



**3/\$5**

Woodstock Frozen Vegetables  
10 oz., selected varieties



**7.99**

Woodstock Organic Frozen Fruit  
28-32 oz., selected varieties



**2/\$7**

Dream Frozen Almond Bites  
6.6 oz., selected varieties  
other Frozen items also on sale

**Brunch for the whole holiday crew? Covered!**



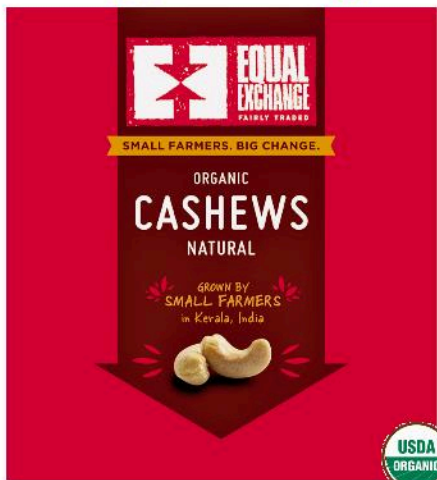


## Kerala Farmers Need Our Help!

Devastating floods have displaced coconut and cashew farmers in the Fair Trade Alliance Kerala Co-op (FTAK) in Kerala, India. Alter Eco will donate \$1 per pack of Alter Eco truffles and Equal Exchange will donate \$1 per pound of their cashews sold through December to help farmers rebuild. Food co-ops nationwide are donating an additional \$20,000 to revitalize this community. Learn more on [www.strongertogether.coop](http://www.strongertogether.coop) and support recovery with a purchase or direct donation at [www.fairworldproject.org/donate-kerala](http://www.fairworldproject.org/donate-kerala).

FAIR TRADE ALLIANCE CO-OP MEMBERS, KERALA, INDIA

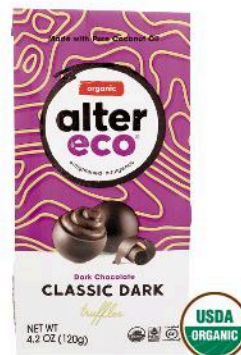
support the global co-op community



Purchase Equal Exchange cashews to support the recovery of the Fair Trade Alliance Kerala farmer cooperative after devastating floods in Kerala, India. For each pound of cashews sold, Equal Exchange will donate \$1.00!

**11.99**

Equal Exchange  
Organic Kerala Cashews  
per pound in bulk, selected varieties



**5.99**

Alter Eco  
Organic Truffles  
4.2 oz., selected varieties

scoop up the savings in bulk!



**1.99**

Bulk  
Organic Red Lentils  
per pound in bulk



**1.99**

Bulk  
Organic Garbanzo Beans  
per pound in bulk



**6.99**

Bulk  
Organic Large Medjool Dates  
per pound in bulk



**You are the co-op difference!**



# changing the chocolate industry



**2/\$5**

Equal Exchange Organic Extra Dark Chocolate  
2.8 oz.



**4.49**

Equal Exchange Organic Chocolate Chips  
10 oz., select varieties



**5.99**

Equal Exchange Organic Baking Cocoa  
8 oz., select varieties



**5.99**

Equal Exchange Organic Hot Cocoa Mix  
12 oz., select varieties

**Equal Exchange** is committed to sourcing ingredients from small farmer co-ops through which members control their business and livelihood. A few global companies currently dominate the chocolate industry and sadly, poverty wages and forced child labor continue to be documented problems. Equal Exchange offers an alternative that's deliciously different. With your support we can make the world just a little bit sweeter!



**3.99**

Simply Organic Organic Cinnamon  
2.45 oz.  
other Simply Organic spices and extracts also on sale



**3.99**

Pete and Gerry's Organic Eggs  
1 Dozen, selected varieties



**5.99**

Spectrum Organic Non-Hydrogenated Shortening  
24 oz.

other Spectrum cooking oils also on sale



**2/\$6**

Equal Exchange Organic Tea  
20 ct., selected varieties



**2/\$6**

Native Forest Organic Pineapple  
14-15 oz., selected varieties



**8.99**

Equal Exchange Organic Breakfast Blend Coffee  
per pound in bulk  
Decaf on sale for \$11.99



**2/\$5**

TCHO Chocolate Bar  
2.5 oz., selected varieties



**2/\$6**

Tony's Chocolonely Chocolate Bar  
6 oz., selected varieties

**Fair trade, organic, local, delicious.**



**2/\$5**

Imagine  
Organic Broth  
32 oz., selected varieties



**2/\$4**

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



**9.99**

Spectrum  
Organic Unrefined  
Extra Virgin Olive Oil  
25.4 oz.



Warm up with a batch of soup, stew or cheesy pasta.  
**Warm dishes, warm wishes!**



**2/\$5**

Amy's  
Soup  
14.1-14.7 oz., selected  
varieties



**1.79**

Eden Foods  
Organic Beans  
15 oz., selected varieties



**2/\$4**

Bearitos  
Organic Refried  
Beans  
16 oz., selected varieties



**2.99**

Montebello  
Organic Pasta  
16 oz., selected varieties



**2/\$5**

Muir Glen  
Organic Pasta  
Sauce  
25.5 oz., selected  
varieties



**3.99**

Bove's  
Pasta Sauce  
24 oz., selected varieties

**Delightful dinner options for everyone at the table.**





# charcuterie goals!

## CREATE YOUR OWN

Charcuterie platters can be a feast for the eyes as well as the palate. Shop the co-op and fill up a platter with local meats, cheeses, olives, grapes and crackers (on sale now!) for a spread almost too beautiful to eat. Almost.



**2/\$4**  
Blue Diamond  
Nut Thins  
4.25 oz., selected varieties



**3.49**  
Blue Diamond  
Crafted Gourmet  
Almonds  
5 oz., selected varieties



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



**3.49**  
Divina  
Fig Spread  
9 oz., selected varieties



**2/\$4**  
Pirate Brands  
Pirate's or  
Veggie Booty  
4 oz., selected varieties



**2/\$6**  
Back To Nature  
Cookies  
8-12 oz., selected  
varieties  
some varieties \$4.39



**2/\$7**  
Green Mountain  
Gringo  
Salsa  
16 oz., selected varieties



**2/\$7**  
Barnana  
Organic Plantain  
Chips  
5 oz., selected varieties

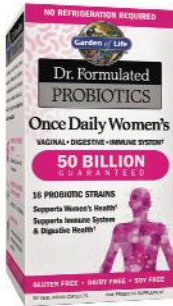


**2/\$7**  
Simple Mills  
Soft Baked Cookies  
6.2 oz., selected varieties



**2/\$4**  
Green Mountain  
Gringo  
Tortilla Strips  
8 oz., selected varieties

**Be the host with the most this season!**



**26.99**

**Garden Of Life  
Dr. Formulated Once Daily Probiotics**  
30 ct., selected varieties  
other Garden of Life products also on sale



**6.99**

**Lakewood  
Organic  
Pure Aloe Juice or  
Gel**  
32 oz., selected varieties



**15.99**

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



**10.99**

**Oregon's Wild  
Harvest  
Organic Echinacea**  
90 ct.  
other Organic Herbs also  
on sale



**5.99**

**Spectrum Naturals  
Organic Unrefined  
Coconut Oil**  
14 oz.  
other Spectrum coconut  
oils also on sale



**7.99**

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



**2.99**

**Planet  
Dishwashing  
Liquid**  
25 oz.



**4.49**

**Castor & Pollux  
Organic Dog  
Cookies**  
12 oz., selected varieties



*happy new year!*

**THANKS FOR SHOPPING CO-OP**

Best wishes from all of us at the co-op for a happy and healthy new year. We are grateful for your support of the co-op community. Your patronage and loyalty support the local economy, farmers and producers. You truly are the co-op difference!

**Cheers to a happy, healthy new year ahead!**



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



**8.99**

**Alaffia  
Face Cleanser**  
3.4 oz., selected varieties



**5.49**

**Badger  
Healing Balm**  
2 oz.  
other Badger products  
also on sale



**29.99**

**Dr. Hauschka  
Skin Care Rose  
Day Cream**  
1 oz., selected varieties  
other Skin Care products  
also on sale



**5.99**

**Mineral Fusion  
Nail Polish**  
.33 oz., selected  
varieties



**3.99**

**My Magic Mud  
Activated  
Charcoal  
Toothpaste**  
4 oz., selected varieties



**8.99**

**Aura Cacia  
Lavender Essential  
Oil**  
.5 oz.  
other Essential Oils 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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