

# coop deals

SEPT 4 - SEPT 17, 2019

*mornings matter*



### DAYBREAK DEALS

Kick-start your day the healthy way, with help from your local co-op grocer. Right now at the co-op, you can get a box (or two) of delicious Kashi Cinnamon Harvest Cereal on sale, so you can serve up bowls of cereal for the whole family. Don't forget the milk (or almond or soy, whatever you prefer)!



**2/\$5**

Kashi  
Organic Cereal  
6.5-20 oz., selected varieties



**2/\$5**

Theo  
Organic  
Chocolate Bar  
3 oz., selected varieties



**2/\$6**

Maya Kaimal  
Organic Everyday  
Dal  
10 oz., selected varieties



**10.99**

Napa Valley  
Naturals  
Organic Extra  
Virgin Olive Oil  
25.4 oz.



Save on your family's favorites every day.

**See you at the co-op!**



**5/\$5**  
Chobani  
Greek Yogurt  
5.3 oz, selected  
varieties



**3/\$5**  
Noosa  
Yoghurt  
8 oz, selected varieties



**2/\$4**  
Bellwether Farms  
Sheep Milk  
Yogurt  
6 oz., selected varieties



**4.99**  
Siggi's  
Icelandic-Style  
Yogurt  
16-24 oz, selected  
varieties



**3.99**  
Organic Valley  
Grassmilk Yogurt  
24 oz., selected varieties



**4.49**  
Forager Project  
Organic  
Cashewgurt  
24 oz., selected varieties



**3.49**  
Good Culture  
Organic Cottage  
Cheese  
16 oz., selected varieties



**2/\$7**  
Hope  
Organic Hummus  
8 oz., selected varieties



**2/\$5**  
Kevita  
Organic Sparkling  
Probiotic Drink  
15.2 oz., selected  
varieties



*find your happy plate!*

Crafted out of plant-based love for melt-and-stretch enthusiasts, Daiya's artisan cheese shreds complement all the meals you crave without any of the compromise.

**2/\$7**

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



**2/\$7**  
Evolution Fresh  
Organic Fruit  
Juice Smoothie  
15.2 oz., selected  
varieties



**7.99**  
Chameleon Cold  
Brew  
Organic Coffee  
Concentrate  
32 oz., selected varieties



**Find savings on eats for all at the co-op!**





*be a conscious carnivore*

**3.99**

Applegate Naturals  
Uncured Hot Dogs and  
Sliced Deli Meats  
7-16 oz., selected varieties

**3.99**

Applegate Naturals  
Chicken & Sage  
Breakfast Sausage  
7 oz.

**4.99**

Applegate Naturals  
Uncured  
Sunday Bacon  
8 oz.

**6.99**

Applegate Organics  
The Great Organic  
Blend Burger  
16 oz.

**Applegate** is on a mission: Changing The Meat We Eat® with a full line of products sourced from farms third-party certified for higher animal welfare. No antibiotics or growth promotants. Only clean, simple non-GMO ingredients. Learn more at [www.applegate.com](http://www.applegate.com).



Better products for your family and your budget.

**Shop the co-op today!**



**8.99**

Woodstock  
Lump Hardwood  
Charcoal  
8.8 lb., selected varieties



**3.99**

Natural Sea  
Fish Sticks or  
Fillets  
8 oz., selected varieties



**3.99**

Immaculate  
Organic  
Cinnamon Rolls  
17.5 oz., selected  
varieties



**Breakfast, lunch, dinner – covered.**



**2/\$3**  
 Dr. McDougall's  
 Soup Cup  
 1.9 oz., selected  
 varieties



**5.99**  
 Lundberg Family  
 Farms  
 Organic White  
 Basmati Rice  
 32 oz.



**2/\$5**  
 Muir Glen  
 Organic Pasta  
 Sauce  
 25.5 oz., selected varieties



**2/\$7**  
 Montebello  
 Organic Pasta  
 16 oz., selected varieties



**2/\$7**  
 Maya Kaimal  
 Indian Simmer  
 Sauce  
 12.5 oz., selected  
 varieties



Whole grain pastas, simmer sauces and condiments.  
**Stock the pantry!**



*more taste - no waste!*

100% pole- and line-caught albacore packed without added liquid to drain for pure, delicious flavor. Enjoy in a salad, grain bowl or our favorite way - straight from the can!

**2/\$6**

Wild Planet  
 Albacore Wild Tuna  
 3-5 oz., selected varieties



**3.99**  
 Sir Kensington's  
 Mayonnaise  
 10 oz., selected varieties



**Easy, tasty weeknight meals start at the co-op.**



*raise the bar!*

**BANANA OAT BARS**

School bake sale? Company bake-off? Treating yourself? Whip up a batch of Banana Oat Bars with high-quality ingredients from your co-op! Oats, chocolate and, of course, bananas combine to make a sweet treat you and your whole family or team will love. For the full recipe, head to [www.strongertogether.coop](http://www.strongertogether.coop).



**5.49**  
Lily's Sweets  
Fair Trade  
Baking Chips  
9 oz., selected varieties



**2/\$5**  
Mom's Best  
Cereals  
15-24 oz., selected varieties



**6.99**  
Once Again  
Organic Tahini  
16 oz.



*scoop up the savings in bulk!*

**99¢**  
Organic Rolled Oats  
per pound in bulk.



**3.49**  
Organic Thompson  
Raisins  
per pound in bulk.



**10.99**  
Organic Walnut  
Halves & Pieces  
per pound in bulk.



**Bring your own bag and shop the bulk aisle!**

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



**5.99**

**A. Vogel  
Organic Herbamare  
Seasoning**  
8.8 oz., selected varieties

*our cup of tea*



While we love our java, adding a cup of tea into your beverage rotation can yield a variety of benefits from increased focus to detoxification. Plus, there are so many delicious types of tea, from green to hibiscus to turmeric. Stop by the co-op and shop deals on tasty teas today.



**2.29**

**Nutpods  
Non-Dairy  
Creamer**  
11.2 oz., selected varieties



**3/\$4**

**Numi  
Organic Bottled  
Tea**  
12 oz., selected varieties



**2/\$5**

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



*authentic, organic  
and delicious*

Lift your spirits with this traditional **Choice** Earl Grey tea. A blend of brisk Ceylon and Indian black teas with essential oil of Italian bergamot from Calabria.

**2/\$7**

**Choice  
Organic Tea**  
16 ct., selected varieties



**4.49**

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



**5.99**

**Grandy Oats  
Organic Granola**  
9 oz., selected varieties

**Start your day with delicious deals.**



*fuel your body  
and soul*

At **LÄRABAR**, we believe that an enlivened soul begins from the inside, out. That's why we keep things simple by including only what's really good and absolutely necessary in our real-food snack bars. Each delicious LÄRABAR flavor is made with just two to nine simple, gluten-free and non-GMO ingredients. Find your flavor!



**10/\$10**

LÄRABAR  
Fruit & Nut Bar  
1.6 oz., selected varieties

**4/\$5**

LÄRABAR  
Organic  
Superfoods Bar  
1.6 oz., selected varieties

**4/\$5**

LÄRABAR  
Protein Bar  
1.85 oz., selected varieties

**2/\$7**

LÄRABAR  
Kid Bars  
6 ct., selected varieties



You'll find ready-to-go products all over the co-op.

**Deals for busy lives.**

*fruit-infused deliciousness*



Satisfy your sweet tooth with **Cascadian Farm Organic Fruit-Infused Wild Blueberry Lemon Bars**. This chewy bar is made with real fruits and veggies.

**3.79**

Cascadian Farm  
Fruit-Infused Chewy  
Granola Bars  
6.2 oz., selected varieties



**4/\$5**

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



**Book bag snacks you and your family will love.**



**2/\$5**  
Late July Snacks  
Organic  
Restaurant Style  
Tortilla Chips  
11 oz., selected varieties



**2/\$3**  
GimMe Organic  
Organic Seaweed  
Snacks  
.35 oz., selected varieties



**2/\$5**  
Hippeas  
Organic Chickpea  
Puffs  
4 oz., selected varieties



**3/\$4**  
Vermont Smoke  
& Cure  
Meat Stick  
1 oz., selected varieties



**2/\$6**  
Paqui  
Tortilla Chips  
7 oz., selected varieties



**2/\$5**  
Blue Sky  
Natural Soda  
6 pack, selected  
varieties



**2/\$7**  
Endangered  
Species  
Chocolate Bites  
4.2 oz., selected varieties

*try something different!*

**SNACKS AS UNIQUE AS YOU**

Looking for some variety in the snack department? While you'll find classic tortilla and potato chips at the co-op, why not try a naturally salty seaweed snack for your next munchtime? Or power up your savory snack puff with the chickpea-based version. They taste delicious and are a fun alternative to corn or wheat. Yes, please!



**There's something for everyone at the co-op!**



## super soda sips

### ICE CREAM FLOAT FUN

Plan for your next family fun night to feature classic ice cream floats! Just head to the co-op to pick up your favorite sodas. Root beer, ginger ale and orange soda are classics, but you'll find even more unique varieties to enjoy. Then stop by the frozen treats section for the ice cream and sorbet or gelato.



**2/\$6**

Harvest Bay  
Coconut Water  
33.8 oz.



**5.49**

Reed's  
Ginger Brew  
4 pack, selected  
varieties



## nutrient-dense delight

Even more convenient and flavorful than bananas, Barnana plantain chips are a crispy, crunchy, tasty snack made from organic plantains.

**2/\$7**

Barnana  
Organic Plantain Chips  
5 oz., selected varieties



**2/\$7**

Goodie Girl  
Cookies  
6-10.6 oz., selected  
varieties



**2/\$7**

Annie's  
Homegrown  
Organic Snack Mix  
9 oz., selected varieties

**Treat yourself to tasty, better-for-you snacks!**



**2/\$4**  
**Cascadian Farm**  
**Organic Vegetables**  
 10 oz., selected varieties



**2/\$4**  
**Stahlbush Island**  
**Farms**  
**Frozen Vegetables**  
 10 oz., selected varieties



**2.99**  
**Grain Trust**  
**Organic Steamed**  
**Rice**  
 30 oz., selected varieties



**3.99**  
**Amy's**  
**Frozen Meal or**  
**Bowl**  
 8-10.3 oz., selected varieties



**4.49**  
**Earthbound Farms**  
**Organic Carrot**  
**Linguine**  
 12 oz.



Healthy choices for even the busiest days.  
**Build a better lunch.**



**3.99**  
**Dr. Praeger's**  
**Spinach Pancakes**  
 10 oz., selected varieties



**8.99**  
**American**  
**Flatbread**  
**Pizza**  
 15.5-17.1 oz., selected varieties



**6.99**  
**Alden's Organic**  
**Ice Cream**  
 48 oz., selected varieties



**3.49**  
**Alvarado Street**  
**Bakery**  
**Sprouted Bread**  
 24 oz., selected varieties



**4.99**  
**Food For Life**  
**Ezekiel Bread**  
 24 oz., selected varieties



**6.99**  
**Woodstock**  
**Organic Frozen**  
**Fruit**  
 32 oz., selected varieties

**Make mealtime easy with help from your co-op.**





**19.99**

Natures Way  
Herbal Blend  
Powder  
2.25-3.1 oz., selected  
varieties

new



**24.99**

Vega  
Vega One Organic  
Shake  
12.1-13.5 oz., selected  
varieties



**39.99**

Ancient Nutrition  
Collagen Protein  
Powder  
453-535 g., selected  
varieties



**17.99**

Healthforce  
Nutritionals  
Truly Natural  
Vitamin C Powder  
171 g.



**24.99**

Garden Of Life  
Elderberry  
Gummies  
120 ct., selected  
varieties



**25.99**

New Chapter  
Bone Strength  
Take Care  
60 ct., selected varieties



**2.79**

ECOS  
Dishmate  
25 oz., selected varieties



**5.99**

Dr. Bronner's  
Pure Castile Soap  
16 oz., selected varieties



*get an A+ in health*

**SHOP THE CO-OP**

Back-to-school season can bring about some unwelcome wellness woes. Stock up on supplements, essential oils and teas for you and your family to stay well no matter the season. The co-op is here to help!

**Stay well no matter the season.**

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

### CONNECTICUT

Fiddleheads Co-op  
Willmantic Food Co-op

### DELAWARE

Newark Natural Foods Co-op

### FLORIDA

Everman Cooperative Grocery & Cafe  
New Leaf Market Co-op

### GEORGIA

Life Grocery & Cafe  
Sevanda Natural Foods Market

### MAINE

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

### MARYLAND

The Common Market  
TPSS Co-op

### MASSACHUSETTS

Berkshire Food Co-op  
Green Fields Market  
McCusker's Market  
River Valley Co-op  
Wild Oats Market

### NEW HAMPSHIRE

Concord Food Co-op  
Hanover Co-op Food Scores  
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)*



**3.99**

Jason  
Deodorant Stick  
2.5 oz., selected varieties



**3.99**

Himalaya  
Toothpaste  
5.29 oz., selected varieties



**6.99**

Avalon Organics  
Shampoo or  
Conditioner  
11 oz., selected varieties



**24.99**

Evahlealy  
Organic Facial  
Tonic HydroSoul  
4 oz., 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.

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

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