

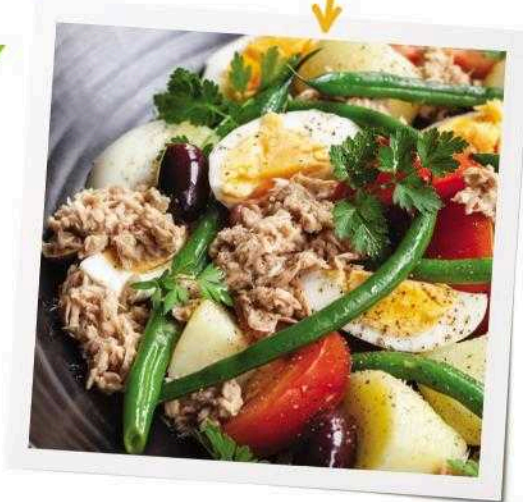
# coop deals

MAR 4 - MAR 17, 2020

*packed with protein*

## SIMPLE MEALS MADE EASY

Canned tuna is packed with protein, contains almost no fat, and is an excellent source of heart-healthy omega-3 fatty acids. It's perfect for an easy-to-make sandwich, but also goes great in salads, pastas and even tacos!



**2/\$5**

Wild Planet  
Skipjack Tuna  
5 oz., selected varieties



**5/\$5**

Honest  
Organic Tea  
16 oz., selected varieties



**2/\$6**

Yogi  
Herbal Tea  
16 ct., selected varieties



**2/\$6**

Kashi  
Organic Cereal  
6.5-20 oz., selected varieties



The co-op supports your local community.

**Everyone can shop at the co-op!**



**2/\$5**

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



**2.79**

**Green Valley  
Creamery  
Organic Lactose-  
Free Cream  
Cheese**  
8 oz.



*introducing Kite Hill  
blissful!*

Kite Hill's newest line is a deliciously rich and creamy dairy-free yogurt made from simple ingredients like fresh coconut milk and real fruit to create fanciful flavors with a distinctly artisanal touch. Dairy-free, vegan and clean ingredients make indulgent treats permissible!

**2/\$3**

**Kite Hill  
Blissful Yogurt**  
5.3 oz., selected varieties



**4/\$5**

**Liberté  
Organic Yogurt**  
5.5 oz., selected varieties



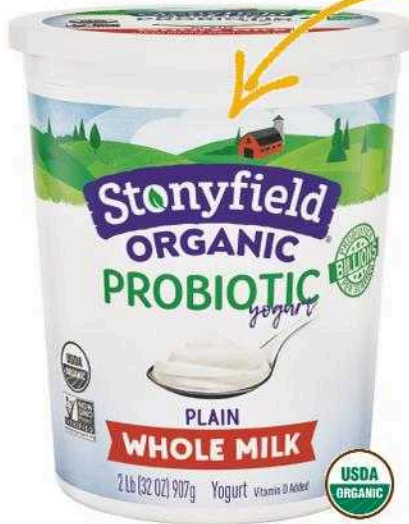
**5/\$5**

**Wallaby  
Organic Whole  
Milk Yogurt**  
5.3 oz., selected varieties



**4.49**

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



*always organic!*

Smooth and creamy delicious yogurt always made with organic ingredients and without any toxic persistent pesticides or GMOs. Good for you and your family, and good for our planet too.

**3.49**

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



**2.99**

**Chameleon Cold  
Brew  
Organic Ready-to-  
Drink Coffee**  
10 oz., selected varieties



**The co-op has great deals to start your day.**



**5.99**

**Rebbl  
Organic Multi-Serve Elixir**  
32 oz., selected varieties

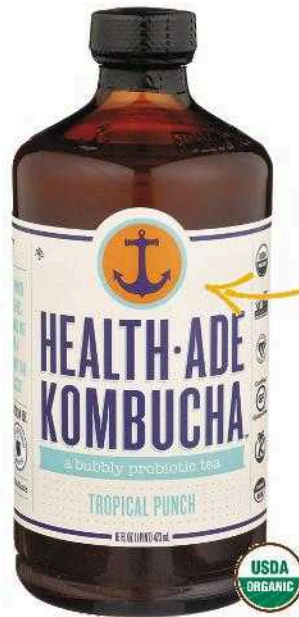
new



**3/\$7**

**Kor Shots  
Wellness Shot**  
1.7 oz., selected varieties

new



*Health-ade kombucha*

When you can't get away from your busy life, treat your taste buds to a tropical vacation in a bottle!

**2/\$5**

**Health Ade  
Organic Kombucha**  
16 oz., selected varieties



Everything is fresh at the co-op.

**Spring is in the air!**



**3.49**

**Lactaid  
Lactose Free Milk**  
64 oz., selected varieties



**2/\$7**

**Blue Diamond  
Almond Milk**  
64 oz., selected varieties



new

**2/\$7**

**Evolution Fresh  
Organic Juice**  
15.2 oz., selected varieties

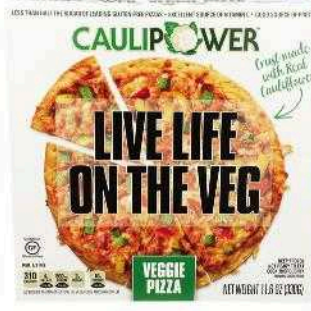
**The co-op has all your favorite beverages.**



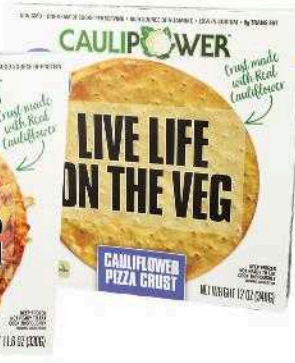
**4.99**  
Caulipower  
Cauliflower Tortillas  
8 ct., selected varieties



**4.99**  
Caulipower  
Sweet Potatoasts  
16 oz., selected varieties



**6.99**  
Caulipower  
Veggie Pizza  
11.6 oz., selected varieties



**6.99**  
Caulipower  
Cauliflower  
Pizza Crust  
12 oz., selected varieties

*bringing meal hacks to life*

**Caulipower** is revolutionizing our favorite foods, making them better and better-for-you. We believe that you should never have to choose between taste, nutrition and convenience. Everyone at the table can love what they eat... and finally be able to share from the same plate.



Wondering what's for dinner?  
**The co-op has meal solutions!**



*this is really creamy*

The creamiest ice cream, thoughtfully made by a women-founded and -led premium ice cream company.

**2/\$8**

Coolhaus  
Dairy Free Ice Cream  
1 pint, selected varieties



**4.49**  
Canyon  
Bakehouse  
Gluten-Free  
Bread  
14-18 oz., selected varieties



**2/\$6**  
Sweet Earth  
Burrito  
7 oz., selected varieties

**Find something your family will love at the co-op.**



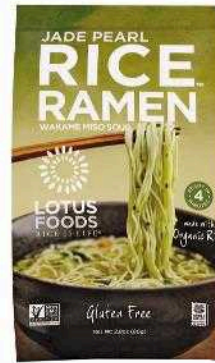
**2/\$4**

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



**2/\$6**

Annie's Homegrown One-Pot Pasta  
6.8-7.2 oz., selected varieties



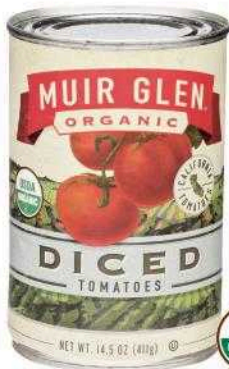
**4/\$5**

Lotus Foods Rice Ramen  
2.8 oz., selected varieties



**2/\$5**

Maya Kaimal Surekha Rice  
8.5 oz., selected varieties  
Maya Kaimal simmer sauces also on sale



**10/\$10**

Muir Glen Organic Tomatoes  
14.5 oz., selected varieties



**2/\$7**

Equal Exchange Organic Tea  
20 ct., selected varieties



**2/\$4**

Koyo Organic Soba or Udon Noodles  
8 oz., selected varieties



**2/\$6**

Pacific Organic Soup  
17-17.6 oz., selected varieties



scoop up the savings in bulk!



**1.49**

Organic Yellow Split Peas



**2.99**

Organic White Quinoa



**5.99**

Organic Mission Figs



**Stock the pantry with essentials.**

# food for every cooking style and budget!



## CO-OPS HAVE SOMETHING FOR EVERYONE

Shopping for family or friends with a variety of dietary needs? The co-op offers products to accommodate a variety of cooking styles and budget needs, every day!



## #1 natural ancient grain granola

We are the only granola brand that exclusively bakes with the raw virgin coconut oil and sweetens with coconut sugar. We mix in ancient grains and superfood seeds for superior nutritional value.

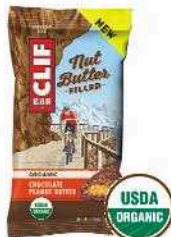
# 3.99

**Purely Elizabeth Organic Granola**  
12 oz., selected varieties



# 2/\$5

**Mom's Best Cereal**  
15-24 oz., selected varieties



# 4/\$5

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



# 2.99

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



# 19.99

**Happy Baby Organic Infant Formula**  
12 oz., selected varieties

**Everyone is welcome every day at the co-op!**

# add a little green to your spring!

## GREEN INGREDIENTS FOR FLAVOR AND WELLNESS

Mint, basil and green onions look fantastic in everyday recipes, while also adding flavor and health benefits.



### mint

**Add to:** your daily cup of tea, sprinkle over desserts or salads, or enjoy it with a bowl of soup like Vietnamese pho.

**Bonus:** Mint can improve digestion and freshen breath. Just smelling it can also help alleviate stress.



### basil

**Add to:** pesto, bruschetta, pizza, salads, soups and many Thai, Mediterranean and Vietnamese dishes.

**Bonus:** Did you know basil is a good source of calcium and magnesium? And it can act as a natural mood enhancer.



### green onions

**Add to:** nearly anything savory! Green onions go particularly well with eggs, fried rice and, like mint and basil, go great in soups and salads. Grab a pair of kitchen scissors and cut them onto countless dishes.

**Bonus:** Green onions contain a lot of vitamin A, which helps fight inflammation.

**The co-op has your favorite spring ingredients.**

# choices for any occasion



**4/\$5**

S. Pellegrino  
Sparkling Water  
25.3 oz., selected varieties



**4.99**

Sanpellegrino  
Fruit Beverage  
6 pack, selected varieties



**4.99**

Sanpellegrino  
Momenti  
6 pack, selected varieties



Sanpellegrino offers a full range of premium Italian sparkling beverages that are perfect for any and every occasion. Elevate your next dinner party with the iconic **S. Pellegrino® Sparkling Mineral Water** found in the best restaurants around the world. If you're looking for a more indulgent treat to get you through the day, the **Sanpellegrino® Traditional Range** offers the full flavor and classic taste of Mediterranean fruit juices. Or, discover the low-calorie **Sanpellegrino® Momenti™**; an intriguing blend of real fruit juices and refreshing bubbles with no artificial sweeteners.



Ready for entertaining?

**Find delicious drinks at the co-op.**



good from the ground up

Food Should Taste Good... and can do good too! We're committed to advancing farming practices that positively impact the seeds in our chips and the health of the soil.

**2/\$4**

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



**5/\$5**

Topo Chico  
Mineral Water  
12 oz., selected varieties



**2/\$4**

Q Drink  
Drink Mixers  
16.9 oz., selected  
varieties

**The co-op has beverages for last-minute parties.**





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



**2/\$7**  
 Quinn Snacks  
 Peanut Butter  
 Filled Pretzels  
 6.5-7 oz., selected varieties



**2/\$5**  
 Good Health  
 Avocado Oil  
 Potato Chips  
 5 oz., selected varieties



**2/\$7**  
 Garden Of Eatin'  
 Tortilla Chips  
 16 oz., selected varieties



**2/\$6**  
 From The Ground  
 Up  
 Cauliflower  
 Snacks  
 4-4.5 oz., selected varieties



Looking for something new or something tried and true?  
**The co-op offers a variety of snacks to choose from!**

*your starting line-up* →

Don't leave this dynamic duo on the bench this tourney season! **Kettle Brand®** Chips and **Late July®** Snacks have teamed up to make sure you cover the spread. With bold flavors and a satisfying crunch, this perfect pair will leave you wishing for overtime!



**2/\$5**  
 Late July  
 Organic Thin & Crispy  
 Tortilla Chips  
 11 oz., selected varieties



**2/\$5**  
 Late July  
 Organic Thin & Crispy  
 Cantina Dippers  
 8 oz., selected varieties



**2/\$6**  
 Late July  
 Organic Salsa  
 15.5 oz., selected varieties

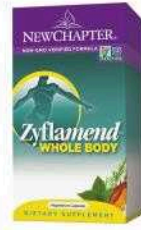


**3.99**  
 Kettle Brand  
 Krinkle Cut Chips  
 13 oz., selected varieties

**Keep your kitchen stocked for friendly gatherings.**



**11.99**  
 Genexa  
 Organic Medicine  
 60-100 ct., selected  
 varieties



**32.99**  
 New Chapter  
 Zyflamend  
 Whole Body  
 60 ct.



**5.99**  
 Spry  
 Chewing Gum  
 100 ct., selected  
 varieties



**16.99**  
 Nutrition Now  
 PB 8 Probiotic  
 120 ct., selected  
 varieties



**14.99**  
 Rainbow Light  
 Vibrance One  
 Multivitamin  
 60 ct.



**18.99**  
 Organic India  
 Ashwagandha  
 Formula  
 90 ct.



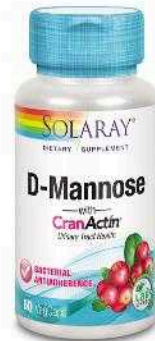
Wellness products, multivitamins and supplements.  
**Savings for the whole family.**

*trusted  
 since 1973*

Solaray, Zhou and Kal offer you a broad spectrum of all-natural dietary supplements that promote optimal overall health and wellness. Solaray has a reputation as one of the best nutritional supplement brands available, known for innovation, quality and consistency.



**12.99**  
 Kal  
 Magnesium  
 Glycinate  
 90 ct.



**19.99**  
 Solaray  
 D-Mannose with  
 CranActin®  
 60 ct.



**29.99**  
 Solaray  
 Mycrobioome™  
 Probiotic  
 30 ct.



**39.99**  
 Zhou  
 Keto Drive  
 8.29 oz.

**Stay well this spring with deals from the co-op.**



**5.99**

Thayers  
Witch Hazel  
Deodorant  
4 oz., selected varieties



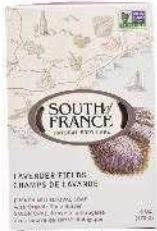
**14.99**

Derma E  
Vitamin C Intense  
Night Cream  
2 oz.



**5.99**

Giovanni  
Shampoo or  
Conditioner  
8.5 oz., selected varieties



**2/\$6**

South Of France  
Bar Soap  
6 oz., selected varieties



**3/\$10**

Nubian Heritage  
Bar Soap  
5 oz., selected varieties



Natural products for your home.  
**Find them at the co-op.**



**2/\$6**

Dr. Bronner's  
Castile Bar Soap  
5 oz., selected varieties



**7.99**

Seventh Generation  
Unbleached Bath Tissue  
12 ct.



**8.99**

Biokleen  
Liquid Laundry  
Detergent  
64 oz., selected varieties



**3.79**

Citra-Solv  
Dish Liquid  
25 oz., selected varieties



**Earth-friendly products for your family.**

## 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

Community Co-op Market  
Ever'man Cooperative Grocery & Cafe

### GEORGIA

Sevananda 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 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: [welcometothetable.coop](http://welcometothetable.coop)



## toast worthy

Justin's® naturally delicious almond butter provides convenient, on-the-go nutrition, with about 6 grams of protein per serving! Spread on toast, pair with fruit or eat it straight out of the jar! Justin's® nut butters are Non-GMO Project Verified and gluten free.

# 8.99

Justin's  
Almond Butter  
16 oz., selected varieties



## 2/\$4

Perfect Bar  
Organic Protein  
Bar  
2.5 oz., selected varieties



Co-ops support products and services that benefit 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

NESE0320A

