

coop deals

APR 1 - APR 14, 2020

start the day with friends

EASY BRUNCH OPTIONS

Enjoy a quick and easy brunch with family and friends. From coffee and juice to fresh fruit and tasty cinnamon rolls from Immaculate Baking, the co-op has options to please the whole crowd.



2/\$7

Immaculate
Organic Cinnamon Rolls
17.5 oz.



2/\$4

Endangered
Species
Chocolate Bar
3 oz., selected varieties



4.49

Vital Farms
Pasture Raised
Eggs
1 doz.



6.99

Equal Exchange
Organic Coffee
10-12 oz., selected
varieties



Get the day started right.

Breakfast favorites at the co-op.



2.99

Green Valley Creamery Organic Lactose-Free Sour Cream
12 oz.



2.99

Organic Valley Flavored Half & Half
16 oz., selected varieties



3.99

Ripple Plant-Based Milk
48 oz., selected varieties



4.99

So Delicious Coconut Milk Yogurt
24 oz., selected varieties



2/\$7

So Delicious Organic Coconut Milk
64 oz., selected varieties



4.49

Silk Soy Yogurt
24 oz., selected varieties



2/\$3

Wallaby Organic Greek Yogurt
5.3 oz., selected varieties



2/\$7

The Greek Gods Greek Yogurt
24 oz., selected varieties



plant-based and delicious

Earth Balance Buttery Sticks are perfect for all your favorite baking recipes and they guarantee non-GMO, plant-made goodness in all your treats!

3.99

Earth Balance Buttery Sticks
16 oz., selected varieties



6.99

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

Fresh options from the co-op to your fridge.

fuel up with plant-based proteins

Lightlife has something for everyone with a variety of easy-to-prepare plant-based protein products. **Field Roast** takes an artisanal approach by using whole-food ingredients to craft plant-based meats and cheeses. Together, we are committed to shaping the future of plant-based foods.

2.99

Lightlife
Gimme Lean
Sausage
14 oz.

3.49

Lightlife
Organic Tempeh
Fakin Bacon
6 oz.

3.99

Field Roast Apple
Maple Breakfast
Sausage
9.3 oz., selected varieties

4.99

Field Roast
Celebration
Roast
16 oz.



3.99

Rumiano
Organic Cheese
8 oz., selected varieties



2/\$7

Mt. Vikos
Organic Feta
Cheese
6 oz., selected varieties



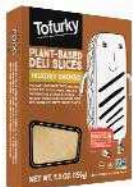
2/\$6

Hope Foods
Cashew &
Almond Dips
8 oz., selected varieties



4.99

Applegate
Bacon
8 oz., selected varieties



2.49

Tofurky
Deli Slices
5.5 oz., selected varieties



2.29

Organic Valley
Organic Brown
Eggs
6 ct., selected varieties



1.79

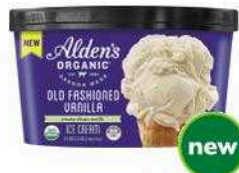
Yachak
Organic Yerba
Mate
15.5 oz., selected
varieties

Find great products at great prices.



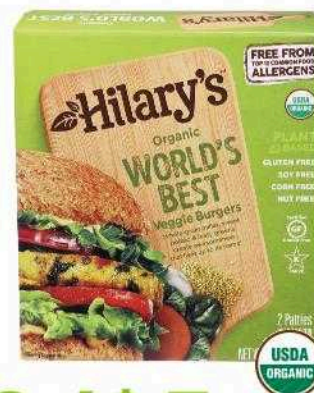
3.99

**So Delicious
Non-Dairy Frozen
Dessert**
1 Pint, selected varieties



6.99

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



2/\$5

**Hilary's Eat Well
Organic Veggie Burgers**
6.4 oz., selected varieties



3.99

**Oatly
Vegan Frozen
Dessert**
1 Pint, selected varieties



6.99

**Mammoth
Creameries
Keto Frozen
Custard**
1 Pint, selected varieties



3.99

**Talenti
Gelato or
Sorbetto**
1 Pint, selected varieties



2/\$6

**Alexia
Frozen Potatoes**
15-19 oz., selected varieties



powerful petite peas!

Woodstock's petite peas may be small, but they pack big flavor! They're full of plant-based power and make eating your greens deliciously simple any day of the week.

3/\$5

**Woodstock
Organic Vegetables**
10 oz., selected varieties



2/\$5

**Deep Indian
Kitchen
Naan Pizza and
Entrees**
7.4-9.75 oz., selected varieties



2/\$5

**Silver Hills
Bread**
14-22 oz., selected varieties

Delicious deals from your co-op.



2/\$6

**Santa Cruz
Organic Apple
Sauce**
23 oz., selected varieties



5.99

**Madhava
Organic Agave
Nectar**
23.5 oz., selected
varieties



3.99

**Wholesome
Organic Brown
Sugar**
24 oz., selected varieties



6.99

**Navitas
Organic Cacao
Powder**
8 oz.



3.99

**Arrowhead Mills
Pancake & Waffle
Mix**
26 oz., selected varieties



6.99

**Spectrum
Naturals
Organic Unrefined
Coconut Oil**
14 oz.



7.99

**Spectrum
Naturals
Organic Canola
Oil**
32 oz.



6.99

**Bob's Red Mill
Organic Flour**
5 pounds, selected varieties



2/\$5

**Equal Exchange
Organic
Chocolate Bar**
2.8 oz., selected varieties



5.99

**Lily's
Chocolate Baking
Chips**
9 oz., selected varieties



1.49

Organic Sugar
per pound in bulk



3.49

Organic Apricots
per pound in bulk



8.99

Pecan Halves
per pound in bulk

Shopping sustainably is easy at the co-op.



2/\$5

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



2/\$4

**Muir Glen
Organic
Tomatoes**
28 oz., selected varieties



2/\$6

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



6.99

**Lucini Italia
Organic Pasta
Sauce**
25.5 oz., selected
varieties



9.99

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



All you need for quick and healthy meals.

Stock up your kitchen.



3.99

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



2/\$7

**Pacific Foods
Organic Broth**
32 oz., selected varieties



2/\$5

**Tasty Bite
Ready-to-Heat
Entrees**
10 oz., selected
varieties



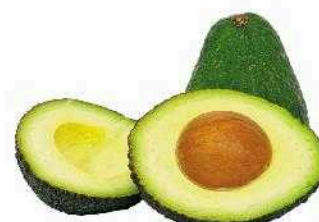
4/\$5

**Vermont Smoke
& Cure
Meat Stick**
1 oz., selected varieties



6.99

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



Visit welcometothetable.coop for recipes!

Nature's Path, sustainable food



Nature's Path is an independent, family-owned business committed to organic foods and sustainability. We adhere to a triple-bottom: being socially responsible, environmentally sustainable and financially viable. Our mission is to "leave the earth better than we found it."

2/\$7

Nature's Path
Organic EnviroKidz
Cereal
10-10.6 oz., selected varieties

6.49

Nature's Path
Organic Ecopac
Cereal
24-32 oz., selected varieties



2/\$4

Rxbar
Protein Bar
1.83 oz., selected
varieties



2/\$4

Lenny & Larry's
The Complete
Cookie
4 oz., selected varieties



2/\$7

Choice Organic
Teas
16 ct., selected varieties

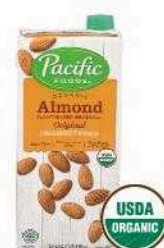


nature's nutrient-rich grains

One Degree cereals are made with clean ingredients, like sprouted whole grains, and lightly sweetened with organic sweeteners – with more protein and less sugar. Free from artificial colors, flavors and preservatives.

2.99

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



2/\$5

Pacific Foods
Organic Almond
Plant-Based
Beverage
32 oz., selected varieties



4.49

Santa Cruz
Organic
Peanut Butter
16 oz., selected varieties



Spring ahead with savings from the co-op!

satisfy your
cravings



Make sure to snag a few bags of **Kettle Brand®** and **Late July®** chips to celebrate Earth Month. With bold flavors and a satisfying crunch, you won't want to share... but you'll feel better when you do!

2/\$4

Late July
Organic Multigrain
Tortilla Chips
5.5 oz

2/\$4

Late July
Clasico
Tortilla Chips
5.5 oz

2/\$5

Kettle Brand
Organic
Potato Chips
5 oz

7.99

Kettle Brand
Favorite Flavors
Pack, Potato Chips
16, 1 oz bags



2/\$7

Lesser Evil
Egg White Curls
4 oz., selected varieties



3/\$4

Little Secrets
Chocolate Crispy
Wafers
1.4 oz., selected
varieties



2/\$3

Wholesome
Organic
DelishFish
2 oz



made from plantains!

Barnana uses organic, up-cycled bananas that offer a satisfying crunch while also being non-GMO, gluten-free, vegan, paleo-friendly and grain-free.

2/\$7

Barnana
Organic Plantain Chips
5 oz., selected varieties



2/\$7

Mary's Gone
Crackers
Organic Crackers
5-6.5 oz., selected
varieties



2/\$5

From The
Ground Up
Cauliflower
Crackers
4 oz., selected varieties

Visit the co-op for your snacking needs.



29.99

**Garden of Life
Organic Turmeric
Gummy**
30 ct.



allergy season is here!

Similasan works by using natural botanical extracts to stimulate the body's defenses and target the root cause of allergies. It provides multi-symptom relief from itching, burning, watering and redness.

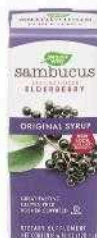
9.99

**Similasan
Homeopathic Eye Relief**
.33 oz., selected varieties



5/\$5

**Primal Kitchen
Protein Bar**
1.34-1.7 oz., selected varieties



12.99

**Nature's Way
Sambucus
Elderberry Syrup**
4 oz., selected varieties



17.99

**Jarrow Formulas
Jarro-Dophilus EPS**
60 ct.

ingredients you can see and pronounce



We believe if you can't pronounce an ingredient, it shouldn't go into your body or your pantry. KIND® products are made from nutritionally dense ingredients like whole nuts, fruits and whole grains — no secret ingredients, artificial flavors, preservatives or sweeteners. Be kind to yourself™.

10/\$10

**Kind
Fruit & Nut Bar**
1.4 oz., selected varieties



35.99

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



23.99

**Garden Of Life
Organic Raw
Extra Virgin
Coconut Oil**
56 oz.

The co-op has products for a healthy home.

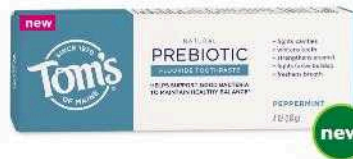
the best
of nature

We love sharing the best of nature with you. **Tom's of Maine** gives you the best ingredients under the sun. Since 1970, our natural passion has been our commitment to transparency, caring for the planet and communities, and setting a positive example for future generations.



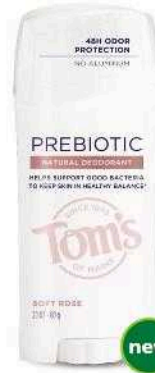
3.99

Tom's of Maine
Gentle Charcoal Ultra
Soft Toothbrush
each



9.99

Tom's of Maine
Peppermint Prebiotic
Fluoride Toothpaste
4 oz.



9.99

Tom's of Maine
Soft Rose Prebiotic
Deodorant
2.1 oz.



9.99

Tom's of Maine
Clean Coast Prebiotic
Deodorant
2.1 oz.



The co-op has stress-relieving products for everyone.
Make time to rest and relax.

Celebrate Earth Day

ONE EARTH

The co-op has an abundance of Earth-friendly products for you and your family. Let's celebrate Earth Day every day with choices that protect the health of our planet and future generations.



7.99

The Seaweed Bath Co.
Body Cream
6 oz., selected varieties



More savings with these co-op deals!

powerful clean, powered by plants



For 30 years, **Seventh Generation** has led the way on plant-based cleaning with products that work for your family and nurture the planet we all share.

3.49

Seventh Generation
All Purpose Cleaner
23 oz.

3.49

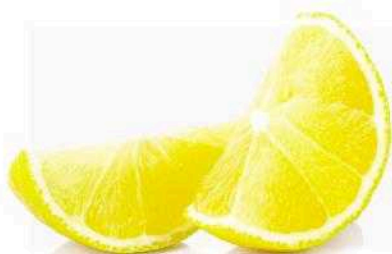
Seventh Generation
Dish Liquid
25 oz., selected varieties

10.99

Seventh Generation
EasyDose Ultra
Concentrated Laundry
Detergent
23.1 oz., selected varieties

10.99

Seventh Generation
Liquid Laundry
Detergent
100 oz., selected varieties



The co-op has Earth-friendly brands for your home.

Products for a healthy planet.



If You Care Compostable Trash Bags are made from potato starch from non-GMO starch potatoes blended with a certified, fully compostable polymer. No plasticizers are added.



8.49

Green Forest
100% Recycled
Paper Bath Tissue
12 ct.

made from compostable potato starch!

4.99

If You Care
Compostable Tall
Kitchen Bags

12 ct., selected varieties
other If You Care products also on sale



Eco-friendly products at the co-op.

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



2/\$5

Kevita
Organic Sparkling
Probiotic Drink
15.2 oz., selected
varieties



2.29

Chameleon
Organic Cold-Brew
Latte
7-8 oz., selected
varieties



2/\$4

Clean Cause
Organic Sparkling
Yerba Mate
16 oz., selected varieties



4.99

Cawston Press
Sparkling
Beverages
4 pack, selected varieties



5.99

Lakewood
Organic Pure Tart
Cherry Juice
32 oz.

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

NESE0420A

coop
welcome to the table