

coop deals

AUG 19 - SEPT 1, 2020

made with love

CONNECT IN THE KITCHEN

Kids love helping out in the kitchen. Annie's mac and cheese meals are on sale at the co-op, and they are a great option for involving kids. Ask them what their favorite vegetable and protein choices are, and add those to the mac and cheese for a healthy, delicious meal that everyone will enjoy.



10/\$10

Annie's Homegrown
Mac & Cheese

5.25-6 oz., selected varieties



2/\$5

Van's
Waffles
8-9 oz., selected
varieties



2/\$5

Kevita
Organic
Kombucha
15.2 oz., selected
varieties



3.99

Newman's Own
Newman-O's
Sandwich Cookies
13 oz., selected varieties



Make your favorite meals with quality ingredients.

Cooking together is easy.



3.99

Ripple
Plant-based Milk
48 oz., selected varieties



5/\$5

Siggi's
Icelandic Style
Yogurt
4.4-5.3 oz., selected
varieties



3.99

Califia Farms
Almondmilk
48 oz., selected varieties



2/\$7

Wtrmln Wtr
Cold Pressed
Watermelon Juice
12 oz., selected varieties



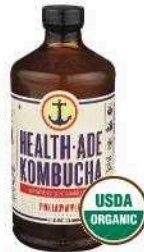
2/\$4

Perfect Bar
Organic Protein
Bar
2.5 oz., selected varieties



2/\$7

Rebbl
Organic Protein
Beverage
12 oz., selected varieties



2/\$5

Health Ade
Organic
Kombucha
16 oz., selected varieties



4.99

Maple Hill
Creamery
Organic Whole
Milk Kefir
32 oz., selected varieties



fresh-squeezed flavor

Experience the taste of real oranges in our cold-pressed, organic orange juice. Made with oranges picked and squeezed at the peak of sweet flavor. Packed with vitamin C.

6.99

Evolution Fresh
Organic Juice
59 oz., selected varieties



Start your morning off right with the co-op.



3.99

Field Roast
Chao Slices
7 oz., selected varieties



oven-roasted for sandwich perfection

Look no further than Applegate organic deli meats. Clean and crave-able — no artificial ingredients or preservatives, and always humanely raised with no antibiotics, ever.

4.99

Applegate Organics
Sliced Deli Meat
6 oz., selected varieties



3.99

Organic Valley
Stringles
6 oz., selected varieties



4.49

Organic Valley
Brown Eggs
doz., selected varieties



7.99

Organic Valley
Ghee Clarified
Butter
7.5 oz.

fun with food together

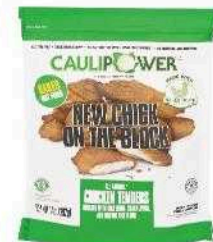
FAMILY FRIENDLY MEALS

Let your creativity flow as you put together fun sandwich faces, all with great ingredients from the co-op! The possibilities are endless. Have fun with it, and check out more original recipe ideas at welcometothetable.coop.



4.99

Beyond Meat
Beyond Burger
8 oz.



6.99

Caulipower
Chicken Tenders
14 oz.

Get creative with meal time.



3.99

So Delicious
Dairy-free Frozen
Dessert
1 Pint, selected varieties



5.99

Alden's Organic
Frozen Novelties
6-8 ct., selected varieties



2/\$7

Talenti
Gelato or Sorbetto
1 Pint, selected varieties



2/\$4

Stahlbush Island
Farms
Frozen Vegetables
8-10 oz., selected
varieties



2/\$7

Quorn
Meatless Nuggets
10.6 oz., selected
varieties



Hot days call for cool meals.

Find all the fixings at the co-op.



love bread again

Going gluten-free doesn't mean you have to compromise. At Canyon Bakehouse, we believe in making certified gluten-free products with 100% whole grains, no GMOs and free from dairy, nuts and soy.

4.49

Canyon Bakehouse
Gluten-free Bread
14-18 oz., selected varieties



2/\$5

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



4.49

Little Northern
Bakehouse
Gluten-free Bread
16-17 oz., selected
varieties

Everything from meals to desserts at the co-op.



From organic ravioli to sustainable seafood, ramen, and peanut butter, we have everything you need to fill your pantry and more. Stock up on **Woodstock, Koyo, Rising Moon,** and **Natural Sea** for tasty, quick meals your whole family will love!

5/\$5

Koyo
Ramen
2-2.1 oz., selected varieties

2/\$5

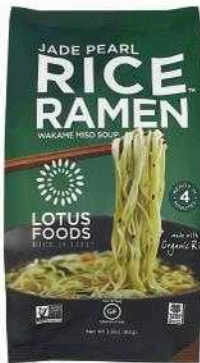
Natural Sea
Yellowfin Tuna
5 oz.

2/\$6

Rising Moon
Organic Ravioli
8 oz.

7.99

Woodstock
Organic Peanut Butter
35 oz.



4/\$5

Lotus Foods
Rice Ramen
2.8 oz., selected varieties



2/\$6

Westbrae
Organic Beans
25 oz., selected varieties



3/\$5

Near East
Couscous Mix or
Rice Pilaf
5.25-6.75 oz., selected varieties



9.99

Spectrum
Naturals
Organic Unrefined
Extra Virgin Olive
Oil
25.4 oz.



3.99

Sir Kensington's
Mayonnaise
10 oz., selected varieties



1.69

Organic Multi-
Color Popcorn
per pound in bulk



1.99

Organic Black Turtle
Beans
per pound in bulk



4.49

Organic Pitted
Deglet Dates
per pound in bulk



The co-op has pantry essentials for everyone.



2/\$3

**Hubert's
Lemonade**
16 oz., selected varieties



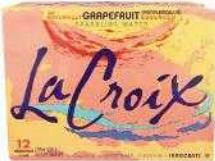
4.49

**IZZE
Sparkling Juice
Beverage**
4-12 oz. bottles, selected
varieties



5.49

**Reed's
Ginger Brew**
4-12 oz. bottles, selected varieties



4.49

**LaCroix
Sparkling Water**
12-12 oz. cans, selected
varieties



2.29

**So Delicious
Coconut Milk**
32 oz., selected varieties



2/\$7

**Honest Kids
Organic Juice
Drink**
8-6.75 oz. pouches, selected varieties



The co-op has all of your favorite drinks on sale now!
Chill out with a cool beverage!

Whether it's back to school or lunch at home, kids love naturally delicious lunches. **Santa Cruz Organic®** and **R.W. Knudsen Family®** are made with the highest-quality and Non-GMO Project® Verified ingredients — with tastes the whole family will enjoy. Stock up today.

lunches kids will love

2/\$3

**Santa Cruz Organic
Lemonade**
32 oz., selected varieties

2/\$5

**R.W. Knudsen
Organic Juice**
4 pack, selected varieties



2/\$6

**Santa Cruz Organic
Applesauce**
6-4oz. cups, selected varieties

4.49

**Santa Cruz Organic
Roasted Peanut Butter**
16 oz., selected varieties

Summertime favorites for friends and family.

savor
summer

Stock up on your favorite snacks for summer. With our variety of flavors, our snacks are sure to be a hit!



2/\$4

Kettle Brand
Potato Chips and Late July
Clasico Tortilla Chips
5-5.5 oz.

2/\$5

Snack Factory
Pretzel Crisps
7.2 oz

2/\$6

Snyder's
Gluten-free
Pretzel Sticks
8 oz

7.99

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



2/\$4

Peeled Snacks
Organic Peas
Please
3.3 oz., selected varieties



2/\$5

Blue Diamond
Nut Thins
4.25 oz., selected
varieties



3.99

Gimme
Organic
Seaweed Snacks
6 pack, selected
varieties

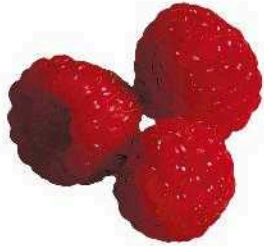


enhance your snacks

JUST ADD DIPS

Even the best snacks benefit from delicious dips, either homemade or like those found at the co-op! With so many new snacks to discover at the co-op, create a dip flight and see what pairs well together! Try hummas, basil pesto, and beet dip, or check out more dip recipes at welcometothetable.coop.

Super savings on your favorite snacks.



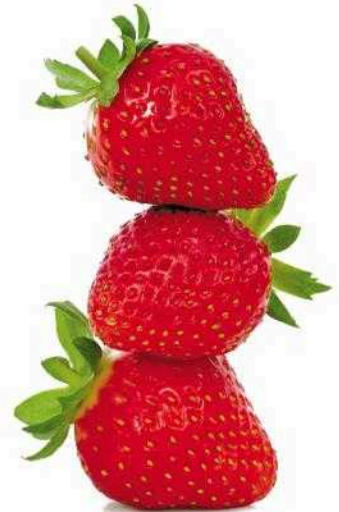
2/\$6

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



3.99

Crofter's
Organic Premium Fruit
Spread
16.5 oz., selected varieties



2.99

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



5.99

Sweetleaf
Stevia Sweetener
2 oz., selected varieties



4/\$5

Earth's Best
Organic Baby
Food
4 oz., selected varieties

earn cash
for schools

Keep your hungry kids fed with wholesome, quick breakfasts and snacks that earn cash for your favorite schools! Simply download the Box Tops for Education app and scan your receipt including Box Tops-participating products within 14 days of purchase.



2/\$5

Annie's Homegrown
Organic Fruit
Snacks
5 pack, selected varieties



2/\$5

Annie's Homegrown
Organic Cheddar
Bunnies
7.5 oz., selected varieties



2/\$6

Cascadian Farm
Organic Granola
Bars
6 pack, selected varieties



2/\$6

Cascadian Farm
Organic Cereal
9.2-14.6 oz., selected varieties

Stock the pantry with help from the co-op.

empowering women's wellness



As trusted leaders in natural wellness, we understand that a woman's body has unique needs. That's why we use quality ingredients, backed by science, in all our brands — to build a stronger foundation for women's health, so they can reach new heights.

15.99

Rainbow Light
Vibrance Women's One
60 tablets

16.99

Neocell
Collagen Beauty Bursts
60 tablets

19.99

Natural Vitality
Calm Gummies
120 gummies

37.99

Renew Life
Women's Complete
Ultimate Flora
30 capsules



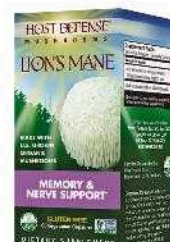
6.99

Bach
Rescue Remedy
Pastilles
50 g., selected varieties



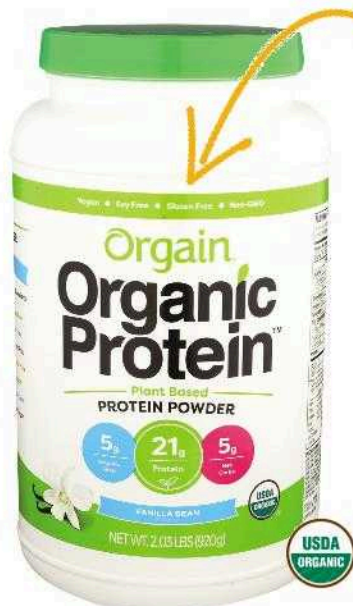
11.99

Child Life
Multi-Vitamin &
Mineral
8 oz.



23.99

Host Defense
Mushrooms
Lion's Mane
60 ct.



good, clean nutrition

Orgain uses the highest-quality ingredients to deliver the cleanest and most delicious nutrition possible. All Orgain products are made without soy and gluten, are non-GMO and free of artificial colors, flavors and preservatives.

29.99

Orgain
Organic Plant-Based
Protein Powder
2.03 lb., selected varieties



16.99

Smarty Pants
Kids Complete Multi + Omega 3
120 ct.

The co-op has you covered for wellness.



our passion is natural



We love sharing the best of nature. It's a passion we've had since the very beginning. With the best ingredients under the sun, Tom's of Maine is always here to help you wake up well.

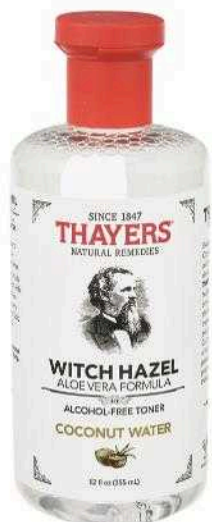
4.99

**Tom's of Maine
Toothpaste**
4.7-5.5 oz., selected varieties



Better for you and your family.

**Discover the benefits
of natural wellness.**



since 1847

Thayers Natural Remedies is a natural skincare brand with certified-organic witch hazel. Our products are derived from a time-honored formula of witch hazel and aloe vera, developed to cleanse, tone and moisturize skin.

6.99

**Thayers
Witch Hazel Toner**
12 oz., selected varieties



5.99

**Sukin
Hydrating Mist Toner**
4.23 oz., selected varieties

Find body care essentials at the co-op.



a sustainable future

LET'S CARE TOGETHER

Your co-op values the environment. As communities work together to address some of the biggest climate challenges of our time, you can count on co-ops to continue their focus on sustainability. Thank you for choosing to shop at the co-op!



1.79
Green Forest
Facial Tissue
175 ct.



2.99
Seventh
Generation
Baby Wipes
64 ct.
Seventh
Generation Diapers
also on sale



5/\$5
I and Love and
You
Canned Cat Food
3 oz., selected varieties



2.99
Planet
Dishwashing
Liquid
25 oz.



safeguard your home

We've spent over 50 years creating safer cleaning products to protect the health and wellness of people, pets and the planet. ECOS® products are affordable and work great!

9.99

Ecos
**Liquid Laundry
Detergent**
100 oz., selected varieties

Sustainable choices for people and planet.

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
Everman 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

RHODE ISLAND

Urban Greens Co-op Market

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*



healthy and tasty snacks

Delicious snacks perfect for every occasion and for the whole family. KIND products are made with nutritionally dense ingredients like whole nuts, real fruits and whole grains — no secret ingredients, artificial flavors, preservatives or sweeteners.

3.99

Kind
Nut Butter Clusters
11 oz., selected varieties



2.99

Nature's Bakery
Whole Wheat Fig Bar
6 pack, selected varieties



3/\$7

Probar
Meal Bar
3 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

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coop
welcome to the table