

coop deals

SEP 30 - OCT 20, 2020

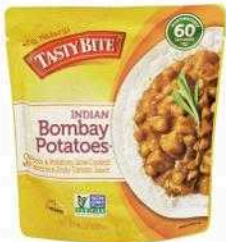
fuel up
with flavor

As the seasons change, head outdoors and bring your favorite protein bar — like GoMacro's Macrobar — for extra energy. Flavor options that pair with any adventure.



2/\$4

**GoMacro
Organic Macrobar**
2-2.5 oz., selected varieties



2/\$5

**Tasty Bite
Indian Entrees**
10 oz., selected varieties



2/\$6

**Garden Of Eatin'
Tortilla Chips**
7.5-8.1 oz., selected varieties



2/\$7

**Brown Cow
Cream Top
Yogurt**
32 oz., selected varieties



2/\$4

**Barbara's
Cheese Puffs**
5.5-7 oz., selected varieties



2/\$6

**Annie's
Homegrown
Organic Dressing**
8 oz., selected varieties



6.99

**GT's
Organic
Kombucha**
48 oz., selected varieties



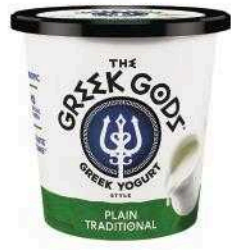
Find all your fall favorites.

Great savings at the co-op!



4/\$5

Honest
Organic Tea
16 oz., selected varieties



2/\$7

The Greek
Gods
Greek Yogurt
24 oz., selected
varieties



2.29

Califia Farms
Cold Brew Coffee
10.5 oz., selected varieties



1.79

Yachak
Organic Yerba
Mate
15.5 oz., selected
varieties



4.99

R.W. Knudsen
Organic Just Tart
Cherry Juice
32 oz.



2.99

Silk
Dairy-free Creamer
32 oz., selected varieties



3.99

Oatly
Oatmilk
64 oz., selected
varieties



3.99

Bitchin' Sauce
Almond Dip
8 oz., selected varieties

family-owned, organic cheese



Rumiano cheese is the oldest family-owned cheese company in California, crafting the highest-quality organic, non-GMO cheese from the unique Northern California milkshed!



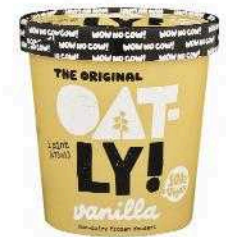
3.99

Rumiano
Organic Cheese
8 oz., selected varieties



2/\$6

Stonyfield
Organic Frozen
Yogurt
16 oz., selected varieties



3.99

Oatly
Non-dairy Frozen
Dessert
16 oz., selected varieties

The co-op helps start your mornings off right!

feeling chilly?

When the weather turns cold, nothing is better than a hearty bowl of chili made from the ingredients you know and love.



4/\$5
Muir Glen
Organic Tomatoes
14.5 oz., selected varieties



2/\$5
Cascadian Farm
Organic Frozen
Hearty Blend
12 oz.



7.99
Beyond Meat
Beyond Beef
16 oz.



3.99
Field Roast
Chao Slices
7 oz., selected varieties



2/\$6
Rising Moon
Frozen Pasta
8 oz., selected varieties



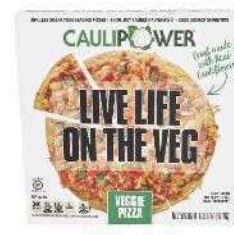
3.99
Gardein
Seven Grain Crispy
Tenders
9-11.5 oz., selected varieties



6.99
Cappello's
Gluten Free
Pizza
11-12 oz., selected varieties



9.99
Wyman's
Frozen Wild
Blueberries
3 lb.



6.99
Caulipower
Cauliflower Crust
Pizza
11.6 oz., selected varieties



4.99
Glutino
Gluten Free
English Muffins
16.9 oz., selected varieties

Warm your evenings with delicious food.



2/\$4
Westbrae
Organic Beans
15 oz., selected varieties



2.29
So Delicious
Coconut Milk
32 oz., selected varieties



employee owned!

Try products from our employee-owned brands, Organicville and Sky Valley. Our organic ketchup, made with agave, is a great everyday condiment. For a new grilling twist, dress your veggies with Sweet Chili sauce!

3.49

Sky Valley
Condiments and Cooking
Sauces
7-24 oz., selected varieties



4.49
Food For Life
Ezekiel Bread
24 oz., selected varieties



4.99
Kettle & Fire
Bone Broth
16.2-16.9 oz., selected varieties



4.49
Bragg
Organic Apple
Cider Vinegar
32 oz.



2/\$5
Seeds of Change
Organic Ready to
Heat Rice
8.5 oz., selected varieties



1.39
Organic Pearled
Barley
per pound in bulk



1.49
Organic Yellow
Popcorn
per pound in bulk



1.79
Organic
Garbanzo
Beans
per pound in bulk



All your pantry essentials are at the co-op.

real vegetable chips



From the moment you open the distinctive shiny black bag, you'll understand the **TERRA®** difference. Every bag of our real vegetable chips is a feast for your eyes and a delight to taste — a snacking experience unlike any other.

2/\$5

Terra
Vegetable Chips
4.2-6 oz., selected varieties



3/\$5

Mike's Mighty Good
Ramen Soup
Packs and Cups
1.6-2.4 oz., selected varieties



8.99

Justin's
Almond Butter
16 oz., selected varieties



2/\$3

Alo
Aloe Drink
16.9 oz., selected varieties



2.29

Tanka
Buffalo Bar
1 oz., selected varieties



2.99

Glutino
Crackers
4.4-7 oz., selected varieties



2/\$10

Lily's
Chocolate Peanut
Butter Cups
3.2 oz., selected varieties



2/\$6

Annie's
Homegrown
Organic Chewy
Granola Bars
6 - .89 oz., selected varieties



2/\$5

Que Pasa
Organic Tortilla
Chips
11 oz., selected varieties

Your favorite snacks are at the co-op.

October is Co-op month!

WHAT DO CO-OPS STAND FOR?

Co-ops stand for investing in the community, sourcing fair-trade products, dismantling systemic racism, supporting local farmers, healthy food for everyone, environmental conservation, and integrity and transparency in food.

October is Co-op Month, and the great products featured on these two pages all come from cooperative businesses! Thank you for supporting them!



Photo Courtesy of Equal Exchange.



4.99

**Organic Valley
Omega-3 Eggs**
doz., Large or Extra
Large, selected
varieties



8.99

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



it's pesto time!

Grab a bottle of our delicious organic olive oil, add basil, and viola! At La Riojana Co-op, we believe in producing fair trade goods that taste great and empower communities. Limited supply available.

9.99

**Riojana
Organic Fair Trade Extra
Virgin Olive Oil**
25.5 oz.



6.99

**Alaffia
Authentic African
Black Soap**
16 oz., selected
varieties

Co-ops make a positive difference in the world!

producer co-ops and community resiliency



As our producer partners face challenges from the pandemic, co-ops play a crucial role in community resiliency by buying and distributing food and basic goods, supporting local health centers, distributing fair trade premiums, and making much-needed cash prepayments to farmers. This Co-op Month, we thank you for standing with us in supporting smallholder farmer co-ops across the globe!

2/\$5

Equal Exchange
Organic
Chocolate Bar
2.8 oz., selected varieties

2/\$6

Equal Exchange
Organic Tea
20 bags, selected varieties

4.49

Equal Exchange
Organic
Chocolate Chips
10 oz., selected varieties

6.99

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

**FRONTIER
CO-OP**
MEMBER OWNED SINCE 1976



15.99

Frontier
Organic Whole
Black
Peppercorns
per pound in bulk



8.99

Frontier
Organic Vanilla
Extract
2 oz., selected varieties

chocolate made conscientiously



Crafted with organically grown, fair trade cacao that restores the planet from farm to wrapper. This is chocolate the way nature intended.

2/\$6

Alter Eco
Organic
Chocolate Bar
2.82 oz., selected varieties



8.99

Equal Exchange
Organic Bulk Coffee
per pound in bulk, selected varieties
5 lb. packages also on promotion for \$42.99

Thank you for supporting cooperative businesses!

nature's path, sustainable food

Nature's Path is a fiercely independent, family-owned business committed to organic foods and sustainability. Healthy, organic soil captures more carbon from the atmosphere to help reverse climate change. Organic foods help save the planet.

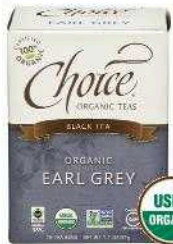


2/\$6

Nature's Path
Organic Instant
Oatmeal
8-1.76 oz. packets

6.99

Nature's Path
Organic Cereal
26.4-32 oz., selected varieties



2/\$7

Choice Organic
Teas
Organic Tea
16 tea bags, selected
varieties



4.99

Grandy Oats
Organic Granola
9 oz., selected varieties



2/\$7

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

Since 1998, **Manitoba Harvest** has grown our portfolio of hemp products with a dedication to quality, sustainability and consumer wellness. Experiencing the benefits and transformational power of hemp is easy with our wide range of delicious and nutritious hemp foods.

get to know hemp

2/\$3

Manitoba Harvest
Hemp Yeah! Bars
1.59 oz., selected varieties

2/\$5

Manitoba Harvest
Hemp Milk Yeah!
32 oz., selected varieties

6.99

Manitoba Harvest
Hemp Hearts
8 oz.

13.99

Manitoba Harvest
Organic Hemp Yeah!
Max Fiber
16 oz.

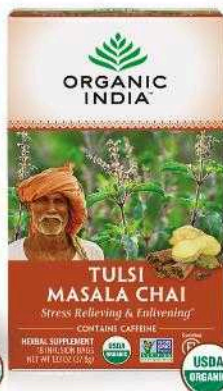
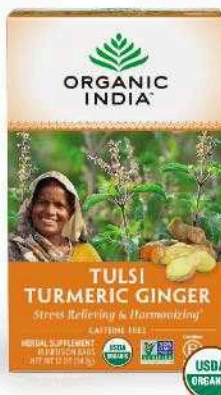


Great savings throughout the co-op.

*immune boosting
mocktail fun!*

Try this deliciously fun recipe featuring
immune-boosting **Organic India** tea blended
with **WishGarden** herbal remedies:

- 8 oz. hot water
- 1 bag Organic India Tulsi Masala Chai
- 6 pumps WishGarden Herbs Kick-Ass Immune
- ¼ teaspoon honey
- 1 mint sprig
- 1 cinnamon stick



2/\$7

Organic India
Tulsi Tea
18 bags, selected varieties.

5.99

WishGarden
Kick-Ass Immune
.66 oz.

11.99

WishGarden
Kick-Ass Immune
Activator
2 oz.



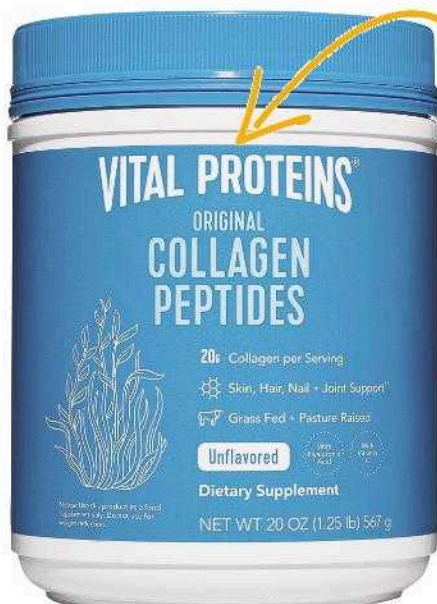
6.99

Navitas
Organic Cacao
Powder
8 oz.



19.99

Gaia Herbs
Turmeric
Supreme
60 ct.



blue tub, big benefits

As America's #1 collagen brand, Vital
Proteins has helped people live more vibrant
lives through premium collagen products
that contain quality ingredients, clean labels
and transparent sourcing.

41.99

Vital Proteins
Collagen Peptides
20 oz.



2/\$4

Garden of Life
Organic Sport Protein Bar
2.7 oz, selected varieties

Boost your immunity as the weather cools.



11.99
Boiron
Oscillococcinum
6 dose



21.99
Nordic Naturals
Ultimate Omega
60 ct.



*oil and water
ritual*

The most important thing you
can do for your skin.
Remarkable plant waters
together with silky oil serums
help restore the natural balance
of the skin.

24.99

Evanhealy
Organic Facial Tonic
HydroSoul
4 oz., selected varieties



2/\$7

Jason
Toothpaste
4.2-6 oz., selected
varieties



36.99
Megafood
One Daily
Multivitamins
60 ct., selected varieties

give thanks to farmers!

Your fair trade purchase supports farmers who use regenerative
organic practices — caring for our planet while growing Dr. Bronner's
soap ingredients! Together we do better — "All-One!"

3.99

Dr. Bronner's
Pure Lavender and Peppermint
Castile Liquid Soap
8 oz.

9.99

Dr. Bronner's
Pure Lavender and Peppermint
Castile Liquid Soap
32 oz.



The best of body care products are at the co-op.



8.49

Green Forest
100% Recycled
Paper Bath Tissue
12 ct.



3.79

Citra-Solv
Dish Liquid
25 oz, selected varieties



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 also affordable and work great!

9.99

Ecos
Liquid Laundry
Detergent
100 oz, selected varieties



Shop the co-op for eco-friendly household products.

Be happy, healthy and green.

your pet deserves the best



Petguard natural, balanced pet food is made in the USA with high-quality proteins, vegetables and whole grains. Free of animal byproducts and artificial preservatives. It's everything your pet needs and loves.

2/\$3

Petguard
Cat Food
5.5 oz., selected varieties



2/\$10

Giovanni
Shampoo or
Conditioner
8.5 oz., selected varieties

Products for the people and pets in your home.

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

Daily Groceries Co-op
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

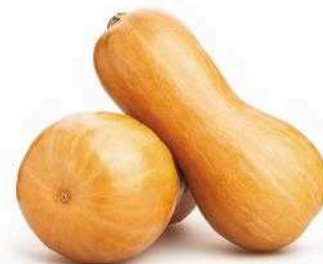
Three Rivers Market

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



love what you eat

We make real food with simple, recognizable ingredients and big taste. We care about where our ingredients come from and how they are produced. Go ahead, love what you eat!

2/\$7

Evol
Truffle Parmesan
Mac & Cheese
8 oz., selected varieties



2/\$6

Chickapea
Organic Chickpea
& Lentil Pasta
8 oz., selected varieties



4.99

Victoria
Pasta Sauce
18-24 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

NESE1020A

coop
welcome to the table