

coop deals

OCT 21 - NOV 3, 2020

calling chefs of all ages

KIDS IN THE KITCHEN

Kids love to help in the kitchen! Encourage following instructions and measuring ingredients by baking pumpkin muffins together! With Simple Mills almond flour products, it's easy to indulge with gluten-free cooking and baking.



5.99

Simple Mills
Baking Mixes
9-12.9 oz., selected varieties



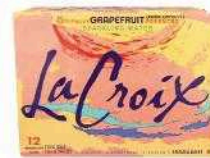
4/\$5

Justin's
Organic Nut
Butter Cups
1.4 oz., selected
varieties



2/\$5

Angie's
Boomchickapop
Popcorn
4.4-6 oz., selected
varieties



3.99

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



From baking to bonfires, the co-op has you covered.

**An assortment of snacks
for everyone.**



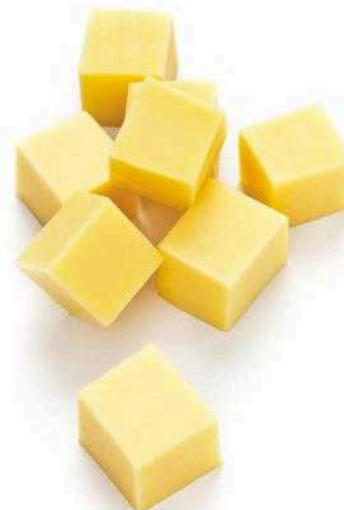
3.99

Organic Valley
Shredded Cheese
6 oz., selected varieties



3.99

Organic Valley
Stringles
6 oz., selected varieties



4.99

Organic Valley
Ultra-filtered
Milk
56 oz., selected varieties



13.99

Organic Valley
Ghee Clarified
Butter
13 oz.



5.49

Redwood Hill
Farm
Goat Milk Kefir
32 oz., selected varieties



4/\$5

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



5.49

Fage
Yogurt
35.3 oz., selected varieties



2/\$6

Goodbelly
Probiotic Drink
32 oz., selected varieties



5.99

Wallaby
Greek Whole
Milk Yogurt
32 oz., selected varieties



4/\$5

Liberté
Organic Yogurt
5.5 oz., selected varieties



2.49

Lightlife Foods
Organic
Tempeh
8 oz., selected varieties



3.99

Vital Farms
Pasture-Raised
Eggs
1 doz., selected varieties



4.99

Lifeway
Organic Kefir
32 oz., selected varieties



Make breakfast with help from the co-op.

Discover coupons to help you save!

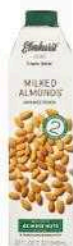
CHECK THE SHELVES

Throughout the co-op, you'll find incredible savings in the form of coupons to help you save as you stock up on your favorite meals, supplements and ingredients. Keep your eye out as you shop for the tear-off coupons next to products you love.



2/\$5

Kevita
Organic Sparkling Probiotic Drink
15.2 oz., selected varieties



4.99

Elmhurst
Nut Milk
32 oz., selected varieties



2/\$5

GT's
Organic Aqua Kefir
16 oz., selected varieties



2/\$4

Hail Merry
Two-pack Cups
1.52-1.76 oz., selected varieties



3.49

Silk
Organic Soymilk
64 oz., selected varieties



2/\$3

So Delicious
Coconut Milk Yogurt
5.3 oz., selected varieties



2/\$5

So Delicious
Organic Coconut Milk Creamer
16 oz., selected varieties



Look for coupons throughout the co-op!



6.99

Caulipower
Chicken Tenders
14 oz.



2/\$4

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



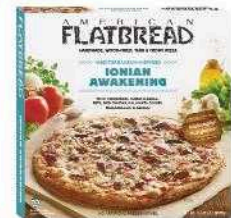
3.99

Ben & Jerry's
Ice Cream
1 pint, selected varieties



6.99

Beyond Meat
Beyond Sausage
14 oz., selected varieties



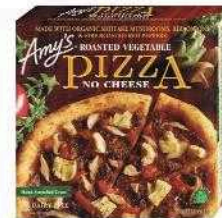
5.99

American
Flatbread
Pizza
7.6-12.5 oz., selected
varieties



3/\$5

Woodstock
Frozen Vegetables
10 oz., selected varieties



5.99

Amy's
Pizza
12-14 oz., selected
varieties

gluten-free
without
compromise



3.99

Udi's
Gluten-free Whole
Grain Sandwich Bread
12 oz.



4.99

Udi's
Gluten-free Pizza
Crusts
8 oz.



9.99

Udi's
Gluten-free Crispy
Thin Crust Pizzas
17.53-18.39 oz.

Udi's delivers the foods you love by swapping in ingredients that leave you feeling good after eating! Enjoy our gluten-free breads and veggie crust pizzas — all of the flavor, none of the gluten!

Fill your freezer with great deals from the co-op.

meals with
more yum

Let Annie's bunnies help you make meals with more yum. With staples like mac & cheese and Bunny Grahams, Annie's turns mealtime into yumtime, while appeasing everyone's taste buds.



10/\$10

Annie's Homegrown
Mac & Cheese
5.5-6 oz., selected varieties

2/\$5

Annie's Homegrown
Deluxe Mac & Cheese
10.8-11.3 oz., selected varieties

2/\$5

Annie's Homegrown
Organic Bunny
Crackers and Grahams
7.5 oz., selected varieties

2/\$5

Annie's Homegrown
Organic Fruit Snacks
5-8 oz. pouches, selected varieties



always organic,
never ordinary

This organic twist on the classic cereal everyone loves is made with organic wheat bran flakes and plump organic raisins, and is packed with 7g of fiber and 21g of whole grain.

2/\$6

Cascadian Farm
Organic Cereal
8.6-14.6 oz., selected varieties



10/\$10

Larabar
Fruit and Nut Bars
1.6-1.7 oz., selected varieties



9.99

Once Again
Almond Butter
16 oz., selected varieties



2/\$6

Cascadian Farm
Organic Granola
Bars
6.2-7.4 oz., selected varieties



2/\$7

Barbara's
Cereal
8-14 oz., selected varieties

Brands you love everyday at the co-op.

healthy and tasty snacks

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

4/\$5

Kind
Bars
1.4 oz.

2/\$6

Kind
Healthy Grains
Granola Bars
5-1.2 oz bars.

3.99

Kind
Healthy Grains
Granola
11 oz.



6.49

Back Roads
Organic Granola
10 oz., selected varieties



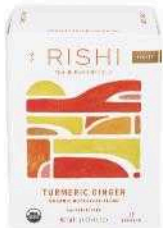
4.99

Numi
Organic Tea
18 tea bags, selected varieties



2.49

Sweetleaf
Stevia Sweetener
1 oz.



5.99

Rishi
Tea
15 tea bags, selected varieties



4/\$5

Clif Builder's
Protein Bar
2.4 oz., selected varieties



2.19

Organic French
Lentils
per pound in bulk



2.79

Organic Buckwheat
Groats
per pound in bulk



3.29

Organic Raw
Pumpkin Seeds
per pound in bulk



Find ingredients in bulk at the co-op.



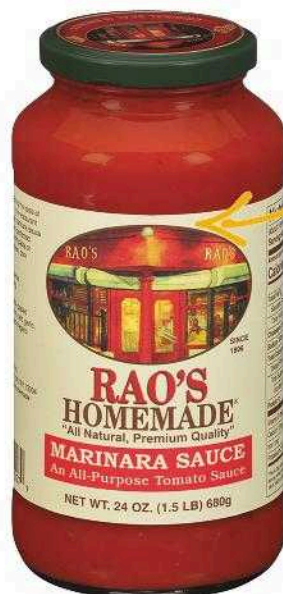
2/\$4

Near East
Couscous Mix or
Rice Pilaf
4.75-6.75 oz., selected
varieties



2/\$7

Ancient Harvest
Organic Polenta
18 oz., selected varieties
pasta also on promotion



*slowly crafted,
slowly enjoyed*

Rao's Homemade uses naturally sweet Italian tomatoes, then simmers their sauces in small batches using family recipes. Slowly enjoy the art of eating and connect with those around you!

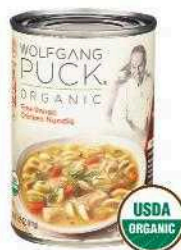
4.99

Rao's Homemade
Pasta Sauce
24 oz., selected varieties



Delicious, fresh and comforting foods.

**Thank you for choosing
the co-op.**



2/\$5

Wolfgang Puck
Organic Soup
14.5 oz., selected
varieties



2.29

San-J
Gluten-Free
Tamari
10 oz.



2.79

Farmer Direct
Organic Beans & Lentils
16 oz., selected varieties



2/\$7

Pacific Foods
Organic Soup
32 oz., selected varieties

The co-op makes dinner easy.



2/\$5

**From the Ground Up
Cauliflower Crackers**
4 oz., selected varieties



2/\$5

**Endangered Species
Chocolate Bar**
3 oz., selected varieties



All dietary lifestyles are welcome at the co-op.

Snacking options for everyone.



5/\$5

**Just Water
100% Spring
Water**
16.9 oz., selected
varieties



2/\$5

**R.W. Knudsen
Organic Apple
Juice**
32 oz.



2/\$7

**Pacific Foods
Hemp Milk**
32 oz., selected varieties



7.99

**Lakewood
Organic Pure
Cranberry Juice**
32 oz.



2/\$4

**Late July
Clasico Tortilla
Chips**
5.5 oz., selected
varieties



2/\$4

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

Delicious snacks and beverages at the co-op.

live epic.
eat Epic.

EPIC Provisions crafts on-the-go snacks with ingredients like 100% grass-fed venison and custom spice blends. EPIC's Venison Sea Salt + Pepper Bar features 15 grams of protein and two grams of total carbs for a truly carb-conscious option.



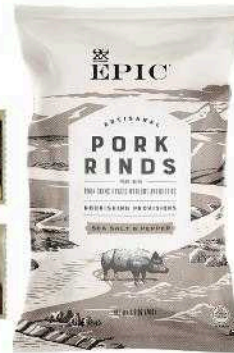
2/\$3

Epic
Meat Strips
.8 oz., selected varieties



3/\$5

Epic
Bars
1.3 oz., selected varieties



2/\$5

Epic
Pork Rinds
2.5 oz., selected varieties



4.49

Epic
Bites and Bone Broth
2.5 oz. bites, selected varieties
14 oz. bone broth, selected varieties



Looking for something to munch on?

**Find great snacks throughout
the co-op.**



eat more greens!

Guilt-free snacking at its best! Delicious and nutritious roasted seaweed superfood snacks for lunches, desk drawers and pantries. Best of all, Gimme is the organic eco-conscious choice!

2/\$3

Gimme
Organic Seaweed Snacks
.35 oz., selected varieties



3.99

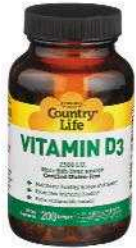
Green Mountain
Gringo
Salsa
16 oz., selected varieties



4/\$5

Wholesome
Organic Delish
Fish
2 oz.

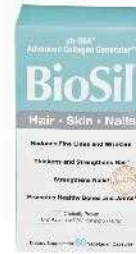
On-the-go options for the whole family.



10.99
Country Life
Vitamin D3 2,500
IU
200 ct., selected varieties



15.99
Nature's Way
Black Elderberry
Sambucus
Gummies
60 ct.



29.99
Biosil
Hair, Skin, Nails
Supplement
60 ct.



12.99
Genexa
Genexa Adult
Laxative
50 ct.



17.99
Jarrow Formulas
Jarro-Dophilus
EPS
60 ct.



Stay well as the seasons change.
Savings on supplements!

*warm up to
winter wellness*

Turn to herbal allies for the support you need right now. **Traditional Medicinals®** and **Urban Moonshine®** bring you echinacea, elecampane, elderberry, reishi and other immune-stimulating herbs, blended for you by our team of herbalists. A soothing cup of tea or liquid extracts for a boost on the go. We've got you covered!

2/\$7

Traditional Medicinals
Tea
16 bags

12.99

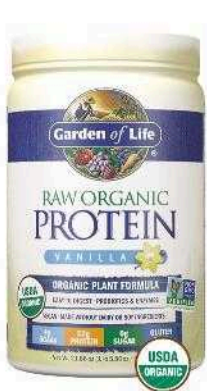
Urban Moonshine
Immune Zoom
2 oz.

12.99

Urban Moonshine
Clear Chest
4.2 oz.



Great wellness options at the co-op.



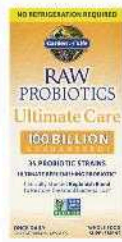
36.99

Garden of Life
Raw Organic
Protein
22 oz.



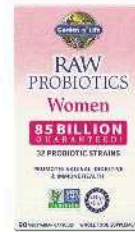
44.99

Garden of Life
Raw Organic
Meal
40 oz.



46.99

Garden of Life
Raw Probiotics
Ultimate Care
30 capsules



46.99

Garden of Life
Raw Probiotics
Women
90 capsules

*whole food
nutrition*

Support digestive health with raw probiotics, delivering 30+ clinically studied probiotic strains. Raw Organic Protein and Raw Organic Meal deliver up to 22 grams of complete vegan protein and are packed with nutrition to help you build muscle and satisfy hunger.



2.79

Ecos
Dishmate
25 oz., selected varieties



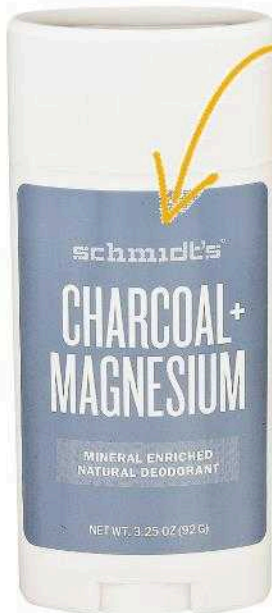
10.99

Seventh Generation
Liquid Laundry
Detergent
100 oz., selected varieties



12.99

Andalou Naturals
CannaCell Facial
Cream, Oil or
Serum
.45-1.7 oz., selected
varieties



*natural deodorant
that works*

Schmidt's natural deodorant is never formulated with aluminum salts or artificial fragrance and is made with coconut oil and essential oils. Schmidt's keeps you fresh all day, naturally.

7.99

Schmidt's
Deodorant

3.25 oz., selected varieties



Healthy options for a healthy lifestyle.

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

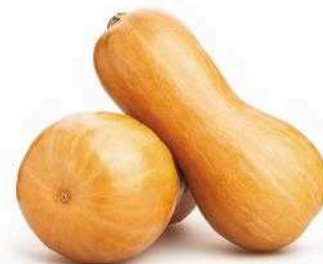
Three Rivers Market

VERMONT

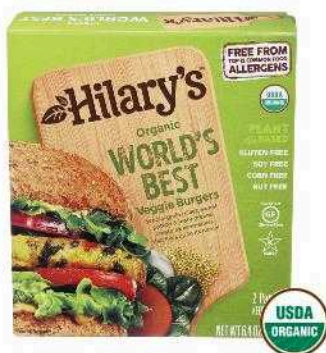
Brattleboro Food Co-op
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Putney Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

VIRGINIA

Friendly City Food Co-op
Roanoke Co-op



*to find a food co-op near
you, visit us online at:
welcometothetable.coop*



2/\$5

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



2/\$3

C2O
Coconut Water
17.5 oz., selected
varieties



3.99

Talenti
Gelato or
Sorbetto
1 Pint, selected varieties



2.29

Boulder Canyon
Potato Chips
5.25-6.5 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

NESE1020B

coop
welcome to the table