

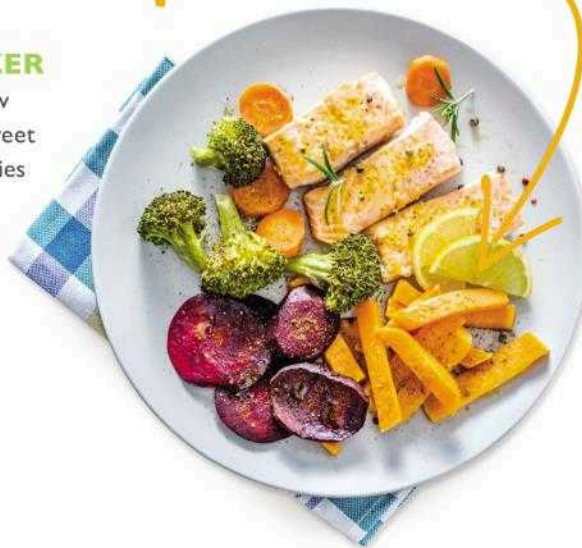
coop deals

SEP 2 - SEP 15, 2020

quick and simple sides

FROM FARM TO FREEZER

For busy weeknights, having a few bags of frozen sides like Alexia sweet potato fries and other frozen veggies on hand means you'll be able to whip up a family dinner in a flash. The co-op freezer aisle is filled with organically grown vegetables that need nearly no prep time! Just preheat, bake, enjoy!



2/\$6

Alexia
Frozen Potatoes
15-16 oz., selected varieties



2/\$6

Vita Coco
Coconut Water
33.8 oz., selected
varieties



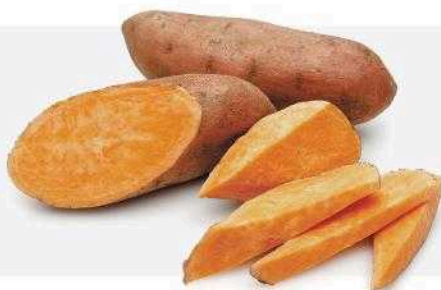
2/\$6

Hope
Organic Hummus
8 oz., selected varieties



2/\$5

Late July
Organic Restaurant
Style Tortilla Chips
11 oz., selected varieties



Great sides for your meals!

Kick off the school year with
smart savings at the co-op!



2/\$7

Evolution Fresh Organic Juices
15.2 oz., selected varieties



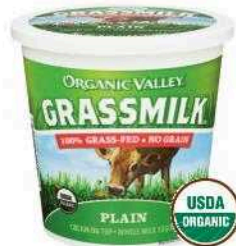
3.99

Immaculate Organic Cinnamon Rolls
17.5 oz., selected varieties



8.99

Organic Valley String Cheese
18 oz.



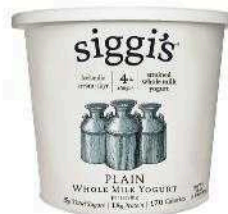
3.99

Organic Valley Grassmilk Yogurt
24 oz., selected varieties



2.79

Green Valley Creamery Organic Lactose-free Cream Cheese
8 oz.



4.99

Siggis Icelandic Style Whole-Milk Yogurt
24 oz., selected varieties



2/\$4

Coyo Coconut Milk Yogurt
5.3 oz., selected varieties



2/\$3

Wallaby Organic Aussie Greek Whole Milk Yogurt
5.3 oz., selected varieties

4.49

Wallaby Organic Aussie Whole Milk Yogurt and Kefir
32 oz., selected varieties

5.99

Wallaby Organic Aussie Greek Whole Milk Yogurt
32 oz., selected varieties



discover Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Smooth, Aussie Greek, Aussie Kefir and more.

The co-op has options for all diets.

uncompromising
quality and taste

When you have a specialty-grade, organic Cold Brew Coffee like **Chameleon** Cold Brew, you need to blend it with the best **Organic Valley** flavored half & half. Both brands are committed to delivering premium quality through organic and sustainable farming!



2/\$6

Organic Valley
Half & Half
16 oz., selected varieties

7.49

Chameleon
Organic Cold Brew Coffee
32 oz., selected varieties



4.99

Maple Hill
Creamery
100% Grass Fed
Organic Kefir
32 oz., selected varieties



2/\$7

Good Karma
Flaxmilk
64 oz., selected varieties

full of
fermented flavor

Since 2008, **Farmhouse Culture** has transformed simple, organic ingredients into natural probiotic superfoods and flavorful snacks.



2.79

Farmhouse Culture
Organic Kraut Krisps
Cabbage Chips
5 oz., selected varieties



4.99

Farmhouse Culture
Organic Kraut
16 oz., selected varieties



4.99

Farmhouse Culture
Organic Gut Shot
16 oz., selected varieties

Fill your fridge with favorites from the co-op.

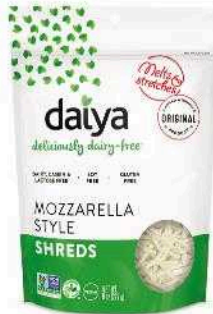
deliciously
dairy-free

Daiya makes dairy-free eating a joy. From the gooey goodness of a grilled cheese to the rich and creamy taste of fruit-kissed yogurt, all our products taste great and make you feel great.



2/\$7

Daiya
Cheese Slices
8 oz., selected varieties



2/\$7

Daiya
Cheese Shreds
8 oz., selected varieties



2/\$7

Daiya
Deluxe Cheddar
Cheezy Mac
10.6-10.9 oz., selected varieties



6.99

Daiya
Thin Crust Gluten-Free
Pizzas
14.3-19.4 oz., selected varieties



Find your favorite toppings at the co-op!
**Easy-to-make pizza for
the whole family.**

winner, winner,
pizza dinner!

Make tonight pizza night with this combo of champions! Start with **Field Day** Organic Pizza Sauce, then top with **Organic Valley** Organic Pasteurized Shredded Mozzarella Cheese and **Applegate** Antibiotic-Free Sliced Pepperoni for a delicious dinner, anyway you slice it.



1.99

Field Day
Organic Pizza Sauce
15.5 oz.



2/\$7

Organic Valley
Shredded Cheese
6 oz., selected varieties



3.49

Applegate
Uncured Pork &
Beef Pepperoni
5 oz.

The co-op has all your favorite toppings.



2/\$6

Mediterranean Organic Olives
4.8-5 oz., selected varieties



2.99

Bragg Organic Apple Cider Vinegar
16 oz.



2/\$5

Muir Glen Organic Pasta Sauce
25.5 oz., selected varieties



11.99

Riojana Organic Fair Trade Extra Virgin Olive Oil
25.5 oz.
Limited supply available



2/\$4

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



3.99

Imagine Organic Soup
32 oz., selected varieties



2/\$7

Maya Kaimal Indian Simmer Sauce
12.5 oz., selected varieties

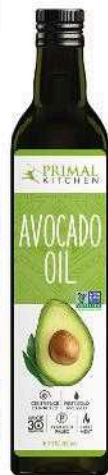


2/\$6

Maya Kaimal Organic Everyday Dal
10 oz., selected varieties

clean eating made easy

Primal Kitchen® delivers uncompromisingly delicious condiments, sauces, cooking oils and pantry staples made with fats we love and simple ingredients. No dairy, gluten, grain, refined sugar or soy.



3.99

Primal Kitchen Dressing and Marinade and Organic Unsweetened Ketchup
8-11.3 oz., selected varieties

5.99

Primal Kitchen Avocado Oil Mayo
12 oz., selected varieties

8.99

Primal Kitchen Avocado Oil
16.9 oz., selected varieties

29.99

Primal Kitchen Collagen Fuel
13.1 oz., selected varieties

Try something new for dinner tonight!



2/\$7

**Nature's Path
EnviroKidz**

Organic Cereal

10-14 oz., selected varieties



eating well made easy

Kashi® cereals have a little something for everyone — protein, organic whole grains, fair trade chocolate and family favorites, like hearts and Os. Kashi® makes eating well easy.

2/\$5

Kashi

Organic Cereal

6.5-20 oz., selected varieties



Fuel for the whole day.

Kick your morning off right!



10/\$10

Larabar

Fruit and Nut Bar

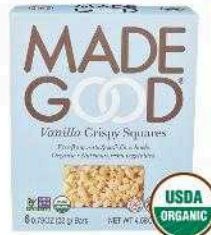
1.6-1.7 oz., selected varieties



12.99

**Organic Valley
Aseptic Milk**

12-6.75 oz., selected varieties



2/\$5

MadeGood

**Organic Crispy
Squares**

4.68 oz., selected varieties



Healthy choices throughout the co-op.

food for your
wellness journey



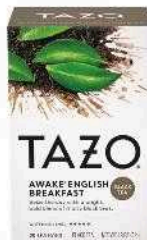
3.99

Purely Elizabeth
Grain-free Granola
8 oz., selected varieties



3.99

Purely Elizabeth
Ancient Grain Granola
12 oz., selected varieties



2/\$6

Tazo
Tea
20 ct., selected varieties



2/\$5

R.W. Knudsen
Organic Very
Veggie Juice
32 oz., selected varieties



6.99

Once Again
Organic Tahini
16 oz.



5/\$5

Clif Bar
Energy Bar
2.4 oz., selected varieties



scoop up the savings in bulk!

1.29

Organic Millet
per pound in bulk



2.79

Organic Flame
Raisins
per pound in bulk



5.99

Unroasted
Almonds
per pound in bulk

Fuel up for your day at the co-op.



4.49

Zevia
Zero Calorie
Soda
6-12 oz. cans, selected
varieties

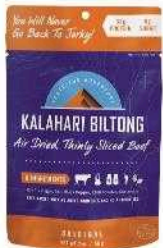


made from plantains!

Barnana uses organic plantains grown by indigenous farmers from the Amazon rainforest that offer a satisfying crunch while also being non-GMO verified, gluten free, vegan, paleo-friendly and grain free.

2/\$7

Barnana
Organic Plantain Chips
5 oz., selected varieties



4.99

Kalahari Biltong
Air Dried Beef
Jerky
2 oz., selected varieties



3.99

Quinn Snacks
Peanut Butter
Filled Pretzels
6.5-7 oz., selected
varieties



2/\$6

Annie's
Homegrown
Organic Cheddar
Puffs
4-4.3 oz., selected varieties

refreshing flavors, refreshingly organic



4.49

Nixie
Organic Sparkling
Water
8-12 oz. cans, selected varieties

Nixie is a line of certified-organic, non-GMO sparkling waters infused with fruit and botanical flavors, made without synthetic solvents, carriers or artificial preservatives. Always zero calorie, zero sugar, zero sodium!



3.99

Unreal
Chocolate Nut
Butter Cups or
Gems
4-6 oz., selected varieties



2/\$7

Tony's
Chocolonely
Chocolate Bar
6.35 oz., selected
varieties

The co-op has snacks to get you through the day!

back to school with Back to Nature®



Start the school year off right with 100% plant-based, non-GMO snacks. **Back to Nature** has been known for its simple-ingredient approach to cookies, crackers, granola and nuts for 60 years. Look for the new Protein Crackers made with pea protein.

2/\$5

Back to Nature
Whole Wheat and
Multigrain Flax Crackers
5.5-8.5 oz.

2/\$6

Back To Nature
Peanut Butter
Sandwich Cookies
9.6 oz.

2/\$6

Back to Nature
Chocolate Chunk
Cookies
9.5 oz.

3.99

Back to Nature
Protein Crackers
5.5 oz.



Hiball energy seltzer

Zero calories, zero sugar and made with organic caffeine, Hiball Energy Seltzer provides lasting energy, making it the ultimate tasty and thirst-quenching energy beverage.

2/\$4

Hiball
Sparkling Energy Water
16 oz., selected varieties



2/\$7

Lundberg Family Farms
Organic Rice Cakes
8.5-10 oz., selected varieties



2/\$6

Taza Organic
Chocolate Bar
2.5 oz., selected varieties

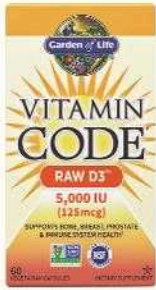


5/\$5

Solely
Organic Fruit
Jerky
.8 oz., selected varieties



Find your favorite snacks at the co-op.



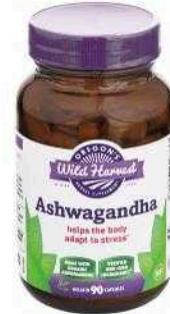
19.99

Garden of Life
Vitamin Code
Raw D3
60 ct.



35.99

Ancient Nutrition
Bone Broth Protein
Powder
15.7-17.8 oz., selected varieties



17.99

Oregon's Wild Harvest
Ashwagandha Root
90 ct.



19.99

Flora
Probiotic
30 ct., selected varieties



13.99

Nutrigold
Magnesium Gold
120 ct.



12.99

Source Naturals
Wellness Colloidal
Silver
2 oz.

*elevate your
daily routine*

The best of nature, made to fit your life. **Four Sigmatic's** innovative recipes combine (super) foods with daily staples like coffee, cacao and protein to help boost your wellness, and meet the demands of modern life.



5/\$5

Four Sigmatic
Mushroom Coffee
0.9 oz.



2/\$5

Four Sigmatic
Plant-Based Protein
with Superfoods
1.41 oz.



12.99

Four Sigmatic
Golden Latte
10 pack



14.99

Four Sigmatic
Mushroom or Adaptogen
Ground Coffee
12 oz., selected varieties

Visit the co-op for wellness savings.



6.99

**Avalon Organics
Shampoo or
Conditioner**
11 oz., selected varieties



*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.

7.99

**Seventh Generation
Bath Tissue**
12 ct.



Natural products for a healthy life.

It all starts at the co-op.



6.99

**Everyone
3in1 Soap**
32 oz., selected varieties



3.99

**Tea Tree
Therapy
Toothpaste
with Baking
Soda**
5 oz.



27.99

**La La Leaf
Guayaquil Hemp Lotion**
7 oz., selected varieties

Products you and your family will love.

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

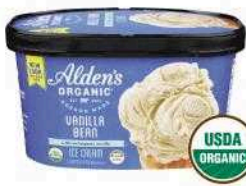
Brattleboro Food Co-op
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Putney Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

VIRGINIA

Friendly City Food Co-op
Roanoke Co-op



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



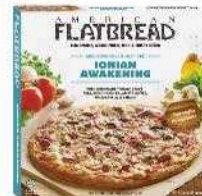
6.99

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



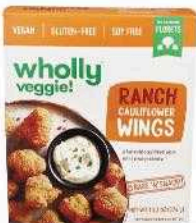
3/\$7

Nature's Path
Organic
Waffles
7.4 oz., selected
varieties



5.99

American
Flatbread
Pizza
7.6-12.5 oz., selected
varieties



2/\$8

Wholly Veggie
Cauliflower Wings
13.2 oz., selected varieties



2/\$6

Sweet Earth
Burrito
7 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

NESE0920A

