

coop deals

NOV 4 - NOV 17, 2020

kitchen creativity

This season, get creative with King Arthur's no-bleach, non-GMO flour. The baking possibilities are endless!



4.49

King Arthur Baking Company Flour

5 lbs., selected varieties



2/\$4

Farmer's Market Organic Pumpkin
15 oz.



3.99

Wholesome Organic Brown Sugar
24 oz., selected varieties



2/\$6

Lily's No Sugar Added Chocolate Bar
3 oz., selected varieties



9.99

Spectrum Naturals Organic Unrefined Extra Virgin Olive Oil
25.4 oz.



4.49

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

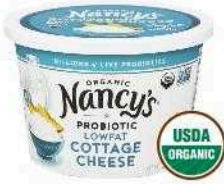


12.99

Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil
30 oz.

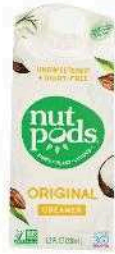


Warm your home with fall flavors.
Your favorite spices are at the co-op.



3.99

Nancy's
Cottage Cheese
16 oz., selected varieties



2/\$5

Nutpods
Dairy-free
Creamer
11.2 oz., selected
varieties



2/\$7

Evolution Fresh
Organic Juices
15.2 oz., selected varieties



4.99

Green Mountain
Creamery
Greek Yogurt
32 oz., selected varieties



5.49

Organic Valley
Grassmilk
64 oz., selected varieties



3.99

Califia Farms
Oat Milk Barista
Blend
32 oz., selected varieties



3.99

Califia Farms
Almondmilk
48 oz., selected varieties



4.49

Wallaby
Organic Yogurt
32 oz., selected varieties



one-of-a-kind yogurt

Noosa is premium yoghurt that provides epic taste using real fruit, whole milk, honey and nothing artificial — only the finest natural ingredients.

2/\$3

Noosa
Yoghurt
8 oz., selected varieties



7.99

Chameleon Cold
Brew
Organic Coffee
Concentrate
32 oz., selected varieties



3/\$5

Mountain Valley
Spring Water
1 liter, selected varieties

New and delicious options at the co-op.

plant-based ingredients for all your holiday favorites!

Kite Hill has revitalized traditional methods using cultured almond milk to create the best-tasting cheeses, yogurts, butter, sour cream and dips — made dairy free to satisfy anyone at your table. Like everything else from Kite Hill, all are made without artificial flavors, preservatives, or GMOs.



3.99

Kite Hill
Sour Cream
8 oz.

4.49

Kite Hill
Plant-based Butter and
Greek Style Yogurt
8-16 oz., selected varieties

5.99

Kite Hill
Cream Cheese
Style Spread
8 oz., selected varieties

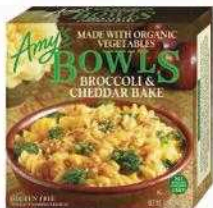
6.99

Kite Hill
Almond Milk
Ricotta Cheese
8 oz.



4.99

Organic Valley
Raw Cheese
8 oz., selected varieties



3.99

Amy's
Bowls and Entrees
8-10.3 oz., selected
varieties



5.99

Applegate
Organic Chicken
Strips
8 oz.

2/\$6

Cascadian Farm
Organic Frozen Fruit
8-10 oz., selected varieties



2/\$4

Cascadian Farm
Organic Frozen
Vegetables
10 oz., selected varieties



2/\$7

Daiya
Dairy-free Shreds
8 oz., selected varieties



10.99

Zoe
Extra Virgin Olive
Oil
1 liter

Save on all your favorite brands at the co-op.



*always organic,
always delicious*

10/\$10

**Muir Glen
Organic Tomatoes**
14.5 oz, selected varieties

2/\$4

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

2/\$5

**Muir Glen
Organic Pasta Sauce**
25.5 oz, selected varieties

2/\$6

**Muir Glen
Organic Salsa**
16 oz, selected varieties



Muir Glen was founded on the belief that there must be a way to grow a better tasting tomato — it must be grown organically. That's why we grow our organic tomatoes in the rich organic soil of California's Sacramento Valley. It takes a lot of hard work, but it's worth it.



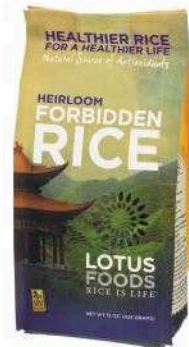
5.99

**A. Vogel
Organic
Herbamare
Seasoning**
8 oz, selected varieties



2/\$7

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



2.79

**Lotus Foods
Rice**
15 oz, selected varieties



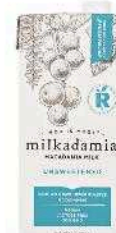
5.99

**Pascha
Organic Zero
Sugar Baking
Chips**
8 oz



4.49

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



2/\$7

**Milkadamia
Macadamia Milk**
32 oz, selected varieties



3.99

**Pamela's
Cornbread &
Muffin Mix**
12 oz

Get cooking with ingredients from the co-op.



support healthy digestion

Yogi Lemon Ginger Tea combines ginger — an ayurvedic herb used for centuries to support digestion — with tart lemon and refreshing peppermint.

2/\$7

**Yogi
Herbal Tea**
16 tea bags, selected varieties



2.99
**Lakewood Organic
Pure Lemon Juice**
12.5 oz., selected varieties



2/\$6
**Clif Kid
Organic Zbar**
6-1.27 oz. bars, selected varieties



2/\$7
**Nature's Path
Organic Cereal**
10-14 oz., selected varieties



8.99
**Equal Exchange
Organic Bulk
Coffee**
per pound in bulk,
selected varieties
5 lb. packages also on
sale for \$42.99



we stand for organic

We believe organic food and farming is the best way to care for our bodies and planet. We will use our voice to stand for what is right — organic for all!

2.99

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



1.29
Organic Sugar
per pound in bulk

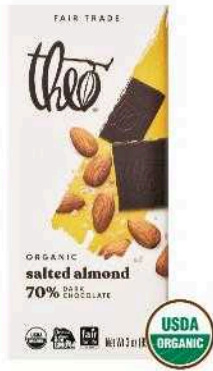


2.49
**Organic Shredded
Coconut**
per pound in bulk



5.99
**Raw Walnut
Halves & Pieces**
per pound in bulk

Visit the co-op's budget-friendly bulk section.



2/\$5

Theo
Organic Chocolate Bar
3 oz., selected varieties



made with love

Grain free, protein packed I and Love and You cat food is made with real meat, fruits and vegetables — guaranteed to make your cat unconditionally love you (or at least stop giving you looks of disdain).

5/\$5

I And Love And You
Canned Cat Food
3 oz., selected varieties



2/\$5

Sesmark
Crackers
3.2-7 oz., selected varieties



2/\$5

Beanitos
Bean Chips
4.5-5 oz., selected varieties



3.49

Seventh
Generation
Dish Liquid
25 oz., selected varieties

environmentally friendly household & kitchen products



3.99

If You Care kitchen and household products are carefully and deliberately crafted to have the least environmental impact and the lightest carbon footprint possible, while at the same time delivering the highest-quality and most effective results.

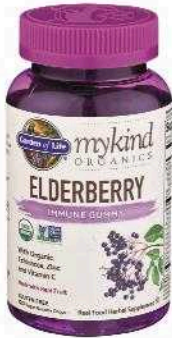
If You Care
Recycled
Aluminum Foil or
Parchment Paper
50 or 70 sq. ft.



2/\$6

Back To Nature
Organic Crackers
3.5-8.5 oz., selected varieties

Thank you for shopping at the co-op.



29.99

**Garden Of Life
Elderberry Gummies**
120 ct., selected varieties



3.49

**Jason
Toothpaste**
4.2-6 oz., selected
varieties



12.99

**Mineral Fusion
Volumizing
Mascara**
.57 oz., selected
varieties



6.99

**Alba Botanica
Acnedote Face &
Body Scrub**
8 oz.



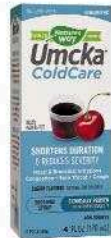
11.99

**Herb Pharm
Whole Root
Ashwagandha**
1 oz.



9.99

**Boiron
Coldcalm**
60 ct.



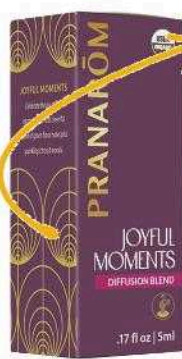
12.99

**Nature's Way
Umcka Coldcare
Syrup**
4 oz., selected varieties



18.99

**Flora
Probiotic**
30 ct., selected varieties

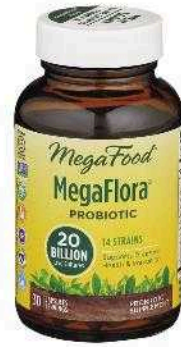


*spirit of the
season*

Give your guests a warm
welcome with certified-
organic essential oil
aroma from Pranarom.
Our essential oils also
make a great gift or
stocking stuffer.

6.99

**Pranarom
Organic Lavender Essential Oil
or Diffusion Blends**
5 ml.



19.99

**MegaFood
MegaFlora**
30 ct.

Wellness products for the whole family 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
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

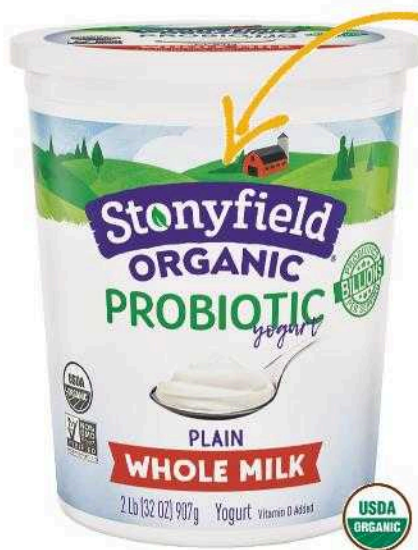
Brattleboro Food Co-op
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Putney Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

VIRGINIA

Friendly City Food Co-op
Roanoke Co-op



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



*billions of probiotics
per serving*

Say no to the use of toxic, persistent chemicals. Say yes to thriving farms and a healthier planet. It's not just good organic yogurt. It's good on purpose!

2/\$7

**Stonyfield
Organic Yogurt**
32 oz., selected varieties



2/\$5

**Kevita
Organic Sparkling
Probiotic Drink**
15.2 oz., selected
varieties



4.99

**Maple Hill
Creamery
Grass-fed Organic
Milk**
64 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