

# coop deals

DEC 2 - DEC 15, 2020

just add  
chocolate

## WINTER TREATS FOR EVERYONE

Fill your home with the aromatic scent of your favorite brownie recipe with a little extra chocolate drizzled on top. Endangered Species fair trade chocolate makes the perfect sweet treat for the holiday season.



2/\$5

Endangered Species  
Chocolate Bars  
3 oz., selected varieties



3.99

Wholesome  
Organic Brown  
Sugar  
24 oz., selected varieties



3.99

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



7.99

Dr. Bronner's  
Organic Whole  
Kernel Virgin  
Coconut Oil  
14 oz., selected varieties



Celebrate the season with baked goods!

**Holiday Baking at the Co-op.**





**3.99**

Nancy's  
Organic Yogurt  
32 oz., selected varieties



**6.99**

Uncle Matt's  
Organic Juice  
52 oz., selected varieties



**9.99**

Organic Valley  
String Cheese  
18 oz.



**5/\$5**

Noosa  
Yoghurt  
4.5 oz., selected varieties



**4.99**

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



**2/\$7**

The Greek  
Gods  
Greek Yogurt  
24 oz., selected  
varieties



**4/\$5**

Honest  
Organic Tea  
16 oz., selected varieties



**2/\$6**

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



**4.99**

Feel Good Foods  
Egg Rolls  
7-10 oz., selected  
varieties

## time for holiday mocktails

### GARNISHES WITH A BOOST

This season, shop the co-op for your favorite fruity beverages and create mocktails at home. Citrus, pomegranate and peach flavors taste great in a mocktail. Don't forget to add garnishes for an extra boost. Herbs, spices, fruit, ginger and chia seeds are just a few healthy options. Enjoy!



**4.49**

Apple & Eve  
Organic Apple  
Juice  
48 oz.



**4.49**

Izze  
Sparkling Juice  
Beverage  
4 pack, selected varieties

**Brighten your mornings with deals from the co-op!**



**10/\$10**

Annie's  
Homegrown  
Mac & Cheese  
5.25-6 oz., selected  
varieties



**10/\$10**

Muir Glen  
Organic  
Tomatoes  
14.5 oz., selected  
varieties



**2/\$3**

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



**2/\$7**

Pacific  
Organic Soup  
32 oz., selected varieties



**4.99**

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



**2/\$7**

Annie's Homegrown  
Organic Honey Grahams  
14.4 oz., selected varieties



**2/\$7**

Mary's Gone  
Crackers  
Organic Crackers  
5-6.5 oz., selected  
varieties



**4.49**

Garden of Eatin'  
Tortilla Chips  
16 oz., selected varieties



**2/\$5**

Lundberg Family  
Farms  
Rice Chips  
6 oz., selected varieties



**2/\$7**

Raaka  
Chocolate Bars  
1.8 oz.



**99¢**

Organic Rolled  
Oats  
per pound in bulk



**2.99**

Organic  
Thompson Raisins  
per pound in bulk



**8.99**

Organic Walnut  
Halves & Pieces  
per pound in bulk



**Find your favorite bulk products at the co-op.**



# delicious holiday baking

The co-op has everything you need for the busy holiday baking season. Stock up now on all the ingredients for your favorite recipes.



**4.49**  
King Arthur  
All-Purpose Flour  
5 lbs.



**5.99**  
Once Again  
Organic Sunflower  
Butter  
16 oz., selected varieties



**3.99**  
Nature's Path  
Organic Love  
Crunch  
11.5 oz., selected varieties



**2.49**  
Nancy's  
Organic Cultured  
Cream Cheese  
8 oz.



**2/\$5**  
Divine  
Chocolate Bars  
3-3.5 oz., selected varieties

The co-op has baking ingredients for everyone!

Some items may not be available at all stores or on the same days

Warm your home with help from the co-op.

Some items may not be available at all stores or on the same days



empowering  
your wellness

As trusted leaders in natural wellness, **Nutranext** understands that each person'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 everyone's health, so they can reach new heights.



**13.99**

Neocell  
Super Collagen Powder  
7 oz.



**14.99**

Rainbow Light  
Women's One  
Multivitamin  
60 capsules



**16.99**

Natural Vitality  
Natural Calm  
Raspberry Lemon  
8 oz.



**24.99**

Renew Life Ultimate  
Flora Probiotic  
30 capsules



**5.99**

Spectrum  
Essentials  
Organic Flaxseed  
14 oz.



fuel for every goal

Repair and refuel muscles with 30 grams of Sport Organic Plant-based Protein — a complete protein — made from a blend of certified-organic pea proteins for a delicious, smooth and creamy texture.

**44.99**

Garden Of Life  
Organic Plant-based  
Protein

23-29.6 oz., selected varieties



**11.99**

Sovereign Silver  
Bio-Active Silver Hydrosol  
2 oz., selected varieties

**Healthy options for everyone at the co-op.**



**13.99**

**Weleda  
Skin Food**  
2.5 oz.



**2/\$5**  
**Dr. Bronner's  
Pure Castile  
Bar Soap**  
5 oz., selected  
varieties



**2/\$7**  
**Jason  
Toothpaste**  
4.2-6 oz., selected  
varieties



**1.79**  
**Green Forest  
Bath Tissue**  
4 pack



**6.99**  
**Avalon Organics  
Shampoo or  
Conditioner**  
11 oz., selected varieties



**8.99**  
**Aura Cacia  
Essential Oil**  
.5 oz.



**9.99**  
**Derma E  
Anti-Wrinkle  
Renewal Cream**  
4 oz.



**10.99**  
**Seventh Generation  
Liquid Laundry  
Detergent**  
100 oz., selected varieties



**3/\$10**  
**Andalou Naturals  
Lift Firm Age Defying and  
Instant Soothing Masks**  
1 packet



**2/\$10**  
**Mineral Fusion  
Nail Polish Top  
Coat and Remover**  
.33 oz.-6 oz.



**10.99**  
**Sukin  
Hydrating  
Rose Cream**  
4.06 oz.



*holiday at-home  
essentials*

Our goal is to make natural beauty the only choice for people wanting to live a healthy, balanced life, free from unnecessary toxins. Stock up on **Andalou**, **Mineral Fusion** and **Sukin** products for the perfect holiday at home!

**Sparkle and shine with products from 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  
Ever'man 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/\$6**

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



**2/\$6**

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



**4/\$5**

Larabar  
Protein Bar  
1.84 oz., selected varieties



**3.99**

Blue Diamond  
Crafted Gourmet  
Almonds  
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

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**coop**  
welcome to the table