

coop deals

APR 21 - MAY 4, 2021

boost your bowl

Serve up a delicious bowl of Koyo organic ramen, now on sale at the co-op! Then add your favorite proteins and seasonings for the perfect meal.



5/\$5

**Koyo
Ramen**

2.1 oz., selected varieties



5/\$5

**Luna
Nutrition Bar**
1.69 oz., selected
varieties



5/\$5

**Fage
Greek Yogurt**
5.3-7 oz., selected
varieties



2/\$5

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



2/\$4

**Evol
Burrito**
6 oz., selected
varieties



3.99

**Quinn Snacks
Pretzel Nuggets**
6.5-7 oz., selected
varieties



6.49

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



Spring into deals from the co-op.

Fresh ingredients for meals.



*Noosa yoghurt –
full-on tasty*

Heaps and heaps and heaps of
tasty fruit are a "berry good"
way to start your morning.



4/\$5

Siggis
plant-based
Yogurt
5.3 oz., selected varieties

3/\$5

Noosa
Finest Yoghurt
8 oz., selected varieties



2/\$5

Bellwether
Farms
Sheep Milk
Yogurt
6 oz., selected varieties



3.99

Rumiano
Organic
Cheese
8 oz., selected
varieties



rich, creamy and delicious!

At Brown Cow, we've been
making rich, creamy dairy treats
since 1975, beginning in New York
and now in Londonderry, N.H.
You'll taste the difference from
our 40+ years of experience.

5/\$5

Brown Cow
Cream Top Yogurt
5.3 oz., selected varieties



3/\$7

Petit Pot
French
Pudding
3.5 oz., selected
varieties



2/\$6

Goodbelly
Probiotic
Drink
32 oz., selected
varieties

Great deals for the whole family at the co-op!



3.49

Silk
Plant-based Milk
64 oz., selected varieties



4.99

Silk
Plant-based
Yogurt
24 oz., selected varieties



3.99

Talentì
Gelato or Sorbetto
1 Pint, selected varieties



2/\$7

Ithaca
Hummus
10 oz., selected varieties



3.99

Califia Farms
Almondmilk
48 oz., selected varieties



2/\$7

Organic Valley
Egg Bites
2 ct., selected varieties



2/\$6

Rebbl
Organic Elixir
12 oz., selected varieties



2.29

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



5.49

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



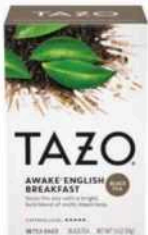
2.49

Wildwood
Organic Tofu
14-20 oz., selected varieties



2/\$5

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



2/\$6

Tazo
Tea
15-20 tea bags, selected varieties



4.99

Lakewood
Organic Pure
Pineapple Juice
32 oz.

Find the products you love at the co-op.



2/\$7

Mediterranean Organic Olives

4.8-5 oz., selected varieties



*artisan products
crafted in Italy*

Jovial is the "go-to" brand for the organic consumer. The highest quality of Italian products from our family to yours.

2/\$6

**Jovial
Brown Rice Gluten-free
Pasta**

12 oz., selected varieties



2/\$6

**Pacific Foods
Organic Soup**
17-17.6 oz., selected
varieties



6.99

**Napa Valley
Naturals
Oil**
25.4 oz., selected
varieties



organic and flavor packed

This real cheese and organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all. Enjoy our organic classic mac as is or add yummy toppings (like sausage and peas!) for a delicious mix-in masterpiece.

3/\$5

**Annie's Homegrown
Organic Macaroni &
Cheese**

6 oz., selected varieties



6.49

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



4/\$5

**Simply Organic
Marinades or
Seasoning Mixes**
.7-1.41 oz., selected
varieties

The co-op has deals on great meal ingredients.



2/\$4

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



2/\$5

Stacy's
Pita Chips
7.33 oz., 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



2/\$7

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



4.49

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



8.99

Equal Exchange
Organic
BioRevolution
Dark Roast
per pound in bulk

happiness starts here

Let our bunny-shaped treats make snack time extra fun (and our organic ingredients make your day a little more joyful, too!).



2/\$5

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



2/\$5

Annie's Homegrown
Organic Bunny
Fruit Snacks
5 pack, selected varieties



2/\$6

Annie's Homegrown
Organic Cheddar
Cheesy Smiles
4 oz., selected varieties



2/\$7

Annie's Homegrown
Organic Snack Mix
9 oz., selected varieties

Fill your picnic basket with snacks from the co-op.



2/\$5

Cascadian Farm
Organic Frozen
Vegetables

12-16 oz., selected varieties



2/\$6

Cascadian Farm
Organic Fruit

10 oz., selected varieties



2/\$6

Cascadian Farm
Organic Soft Baked Squares

5-1.2 oz., selected varieties
Cascadian Farm Granola Bars also on sale



2/\$6

Cascadian Farm
Organic Cereal
and Granola

8.5-14.6 oz., selected varieties



love the farmland

At **Cascadian Farm** our continuing mission is to help protect our planet. As one of the earliest pioneers of organic agriculture, we have spent more than 40 years planting pollinator habitat, helping farmers build healthy soil and integrating climate-smart crops into our products. Join us in cascading change for a better future.



2/\$4

**Epic
Bar**

1.3-1.5 oz., selected varieties

*live Epic,
eat Epic*

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/\$6

Nature's Path
Organic Instant
Oatmeal

8-1.76 oz. packets,
selected varieties



2/\$7

Nature's Path
Envirokidz
Organic Cereal

10-14 oz., selected
varieties



99¢

Organic Steel Cut
Oats

per pound in bulk



2.79

Organic White
Quinoa

per pound in bulk



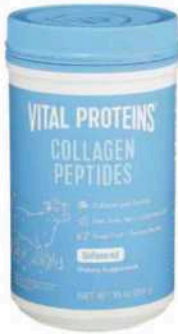
9.99

Organic Dried
Mango

per pound in bulk



Shop in bulk at the co-op.



21.99

**Vital Proteins
Collagen Peptides**
10 oz.



2/\$4

**Rxbar
Protein Bar**
1.83 oz., selected
varieties



18.99

**Om
Organic
Mushroom
Powder**
3.5 oz., selected varieties



16.99

**Smarty Pants
Kids Complete
Multi + Omega 3**
120 ct.



17.99

**Jarrow Formulas
Jarro-Dophilus
EPS**
60 ct.



12.99

**Alba Botanica
Very Emollient
Body Lotions**
32 oz., selected varieties



5.49

**Castor & Pollux
Organic Dog
Cookies**
12 oz., selected varieties



2.99

**Planet
Dishwashing
Liquid**
25 oz.



plant powered and safe

Our plant-powered products are non-toxic and safer for you, your home and our planet, because we believe clean shouldn't mean spreading toxins all over your home. It's been our ECOS® promise for over 50 years.

10.99

**ECOS
Liquid Laundry Detergent**
100 oz., selected varieties



8.99

**Weleda
Sea Buckthorn Hand
Cream**
1.7 oz., selected varieties

Savings on Earth-friendly products 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

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

Fredericksburg Food Co-op
Friendly City Food Co-op
Roanoke Co-op



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

*better from
the start*

Our story is simple. We grew up in Boulder, Co., baking bread, with the goal of making delicious, nutritious bread that people would love. Since 1976, we've been using small-batch baking techniques and organic ingredients to make bread that we're proud to share with you.



3.49

Rudi's Organic Bakery
English Muffins
12 oz., selected varieties



3.99

Rudi's Organic Bakery
Bread
22 oz., selected varieties



3.49

Rudi's Organic Bakery
Thin Sliced Bread
18 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

NESE0421B

coop
welcome to the table