

# coop deals

SEP 16 - SEP 29, 2020

*perfect for dipping*

Find your favorite dip at the co-op. And don't forget the Kettle potato chips to dip — on sale now!



**2/\$4**

**Kettle Brand  
Potato Chips**

5 oz., selected varieties



**5/\$5**

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



**2/\$5**

**Chocolove  
Chocolate Bar**  
2.9-3.2 oz., selected  
varieties



**2/\$7**

**Nature's Path  
Organic Cereal**  
10-14 oz., selected  
varieties



**5.49**

**MaraNatha  
Organic Peanut  
Butter**  
16 oz., selected varieties



**3.99**

**Mary's Gone  
Crackers**  
**Organic Super  
Seed Crackers**  
5.5 oz., selected varieties



**11.99**

**California Olive  
Ranch**  
**Destination Series**  
**Extra Virgin Olive  
Oil**  
25.4 oz.



Shop the co-op for busy fall days.

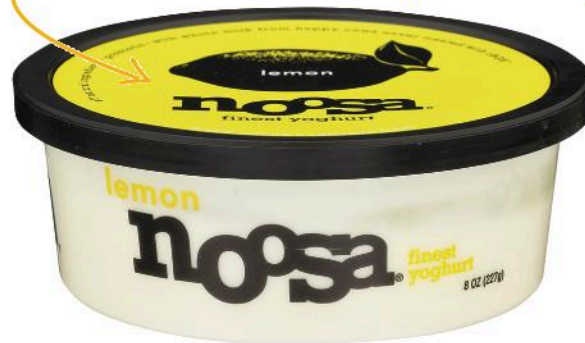
**Delicious choices for everyone  
at the co-op.**



**3.99**

**Vital Farms  
Pasture-Raised  
Eggs**  
1 doz.

*made with the finest ingredients*



Noosa is no ordinary yogurt. It starts with whole milk, then honey and, finally, lots of fruit. The result is a premium yogurt that provides an epic taste adventure.

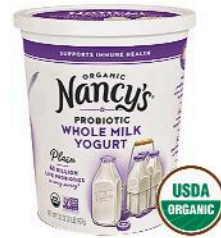
**2/\$3**

**Noosa  
Yoghurt**  
8 oz., selected varieties



**4.99**

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



**3.99**

**Nancy's  
Organic Yogurt**  
32 oz., selected varieties



**4.99**

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

*immunity support  
from Lifeway*

**Lifeway** Kefir has a rich, creamy flavor combined with probiotics, protein and vitamin D for a delicious way to support your health.

**3.99**

**Lifeway  
Organic ProBugs  
Kefir**  
4 pack, selected varieties

**3.99**

**Lifeway  
Blueberry Kefir**  
32 oz., selected varieties

**4.99**

**Lifeway  
Organic Kefir**  
32 oz., selected varieties



**The co-op has delicious and healthy probiotics.**





**2/\$7**  
Blue Diamond  
Almondmilk  
64 oz., selected varieties



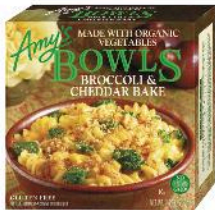
**3.99**  
Miyoko's  
Vegan Cheese  
Shreds  
8 oz., selected varieties



**4.99**  
Wildbrine  
Kimchi  
18 oz., selected varieties



**4.99**  
Organic Valley  
Raw Cheese  
8 oz., selected varieties



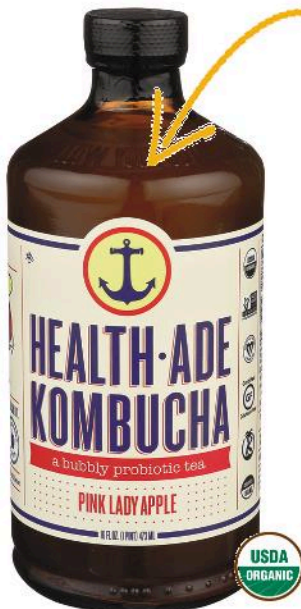
**3.99**  
Amy's  
Bowls and Entrees  
8-10.3 oz., selected  
varieties



**5.99**  
Primal Kitchen  
Frozen Entrees  
10-11 oz., selected  
varieties



**2/\$6**  
Cascadian Farm  
Organic Frozen  
Fruit  
8-10 oz., selected  
varieties



*follow your gut*

Health-Ade Kombucha is made with the highest-quality ingredients and flavored with cold-pressed juice from organic produce for a smooth, delicious brew that makes you feel as good as it tastes.

**2/\$5**

Health-Ade  
Organic Kombucha  
16 oz., selected varieties



**2/\$6**

Cascadian Farm  
Organic Frozen  
Potatoes  
16 oz., selected varieties

**Wondering what's for dinner? Shop the co-op!**



**2/\$7**

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



**3/\$5**

**Dr. McDougall's  
Soup Cup**  
1.0-3.4 oz., selected  
varieties



**6.99**  
**Lucini Italia  
Organic Pasta  
Sauce**  
25.5 oz., selected  
varieties



**2/\$4**

**Wild Planet  
Sardines**  
4.4 oz., selected varieties

*organic and flavor packed*



This real-cheese, 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



**3.99**

**Woodstock  
Organic Pickles**  
24 oz., selected varieties



**2.19**

**Organic Kidney  
Beans**  
per pound in bulk



**2.79**

**Organic White  
Quinoa**  
per pound in bulk



**3.49**

**Organic Apricots**  
per pound in bulk



**Stock the cupboard at the co-op.**





**8.99**

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



*for the whole family*

Mom's Best® Cereals are made without high-fructose corn syrup, artificial flavors or preservatives. They are full of simple goodness the whole family will enjoy.

**2/\$6**

**Mom's Best Cereals**  
**Cereal**

14-24 oz., selected varieties



**2.99**

**Woodstock**  
**Organic Instant**  
**Oatmeal**  
16 oz.



**3.99**

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



**4.49**

**Earth Balance**  
**Peanut Butter**  
**Spread**  
16 oz., selected varieties



*happy to help*

Happy Family Organics is happy to help. For every eight pouches purchased, Happy Family Organics will donate one product to a child in need.

**3/\$4**

**Happy Family**  
**Organic Superfoods**  
3.5-4.22 oz., selected varieties



**4.49**

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



**Breakfast savings and much more at the co-op.**



**3/\$4**

Vermont Smoke  
& Cure  
Meat Stick  
1 oz., selected varieties



**4/\$5**

Larabar  
Protein Bar  
1.84 oz., selected  
varieties



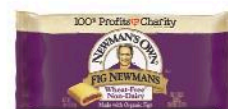
**2/\$4**

Rxbar  
Protein Bar  
1.83 oz., selected  
varieties



**2/\$5**

Theo  
Organic  
Chocolate Bar  
3 oz., selected varieties



**3.99**

Newman's Own  
Fig Newmans  
10 oz., selected varieties



**2/\$4**

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



**2/\$5**

From The Ground  
Up  
Cauliflower  
Snacks  
4-4.5 oz., selected  
varieties



**2/\$7**

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



*good for you,  
better for the planet*

Proud Source Water is naturally crafted, pure-tasting  
spring water bottled at the Rocky Mountain source  
and packaged sustainably, without compromises.

**2/\$4**

Proud Source  
Spring Water  
25.3 oz.



**4.99**

Lakewood  
Organic Carrot  
Juice  
32 oz., selected varieties



**The co-op has beverages and snacks for everyone.**



boost your immune system

Use elderberry to give your immune system a boost! **Zand** Immune Fast is designed to accelerate immune system response and **Honey Gardens** Elderberry Immune Drink has 33 grams of elderberry to boost immunity!



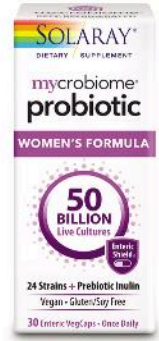
**2/\$6**  
Honey Gardens  
Elderberry  
Immune Drink  
10.1 oz.



**6.99**  
Zand  
Immune Fast  
15 tablets



**9.99**  
Solaray  
Super C 1000 mg  
100 capsules



**29.99**  
Solaray  
Mycrobio™  
Women's Probiotic  
30 capsules



**2/\$7**  
Yogi  
Tea  
16 ct., selected varieties



**2/\$5**  
Celestial  
Seasonings  
Tea  
20 ct., selected varieties



**17.99**  
Nature's Way  
Alive!  
Multivitamins  
60 ct., selected varieties



**5.99**  
Spectrum  
Essentials  
Organic Flaxseed  
Meal  
14 oz.



**11.99**  
Organic India  
Organic Whole  
Psyllium Husk  
12 oz.



**19.99**  
Enzymedica  
Digest Gold  
45 ct.



**19.99**  
MegaFood  
MegaFlora  
30 ct.



**25.99**  
New Chapter  
Turmeric Force  
60 ct.

Ancient ingredients for everyday health.

## Shop for fresh, delicious, local food at a co-op near you.

### ILLINOIS

Common Ground Food Co-op  
Dill Pickle Food Co-op  
Green Top Grocery  
Neighborhood Co-op Grocery  
Sugar Beet Food Co-op

### INDIANA

3 Rivers Natural Grocery  
Bloomingfoods Market and Deli  
Maple City Market

### IOWA

New Pioneer Co-op  
Oneota Community Co-op  
Wheatsfield Cooperative

### KANSAS

The Merc Co+op

### KENTUCKY

Good Foods Co-op

### MICHIGAN

Grain Train Natural Foods Market  
GreenTree Cooperative Grocery  
Keweenaw Co-op Market & Deli  
Marquette Food Co-op

Oryana Community Co-op

People's Food Co-op – Ann Arbor  
PFC Natural Grocery & Deli  
Ypsilanti Food Co-op

### MINNESOTA

Bluff Country Co-op  
City Center Market  
Cook County Whole Foods Co-op  
Eastside Food Cooperative  
Hampden Park Co-op  
Harmony Natural Foods Co-op  
Harvest Moon Natural Foods  
Just Food Co-op  
Lakewinds Food Co-op  
Linden Hills Co-op  
Mississippi Market  
Natural Harvest Food Co-op  
People's Food Co-op – Rochester  
River Market Community Co-op  
Seward Community Co-op  
St. Peter Food Co-op & Deli  
Valley Natural Foods  
Wedge Community Co-op  
Whole Foods Co-op

### NEBRASKA

Open Harvest Cooperative Grocery

### OHIO

Phoenix Earth Food Co-op

### SOUTH DAKOTA

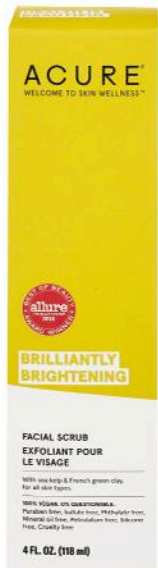
Sioux Falls Food Co+op

### WISCONSIN

Basics Cooperative Natural Foods  
Chequamegon Food Co-op  
Menomonie Market Food Co-op  
Outpost Natural Foods Co-op  
People's Food Co-op – La Crosse  
Viroqua Food Co+op  
Willy Street Co-op



*to find a food co-op  
near you, visit us online  
at: [welcometothetable.coop](http://welcometothetable.coop)*



**5.99**

**Acure  
Brightening  
Facial Scrub**  
4 oz.



**5.99**

**Essential Oxygen  
Organic  
Toothpaste**  
4 oz.



**3/\$10**

**Nubian Heritage  
Bar Soap**  
5 oz., selected varieties



**3.99**

**Better Life  
All-Purpose  
Cleaner**  
32 oz., selected varieties  
other Better Life  
cleaners also on sale



**17.99**

**Castor & Pollux  
Organix Chicken  
& Oatmeal Dog  
Food**  
4 lb.

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

MW0920B

**coop**  
welcome to the table