

# coop™ deals

OCT 4 - OCT 17, 2017



*set it and forget it!*

### EASY CROCKPOT CHILI

This tailgating classic takes on a new twist with quinoa and black beans. Get the recipe at [www.strongertogether.coop](http://www.strongertogether.coop), and check out the great fall deals for game day and tasty meals at your co-op!



**5/\$5**

Muir Glen  
Organic Tomatoes  
14.5 oz., selected varieties



**2.39**

Angie's  
Boomchickapop  
Popcorn  
4.8-6 oz., selected  
varieties



**2/\$5**

Equal Exchange  
Organic Chocolate  
Bar  
2.8 oz., selected varieties



**2/\$6**

Brown Cow  
Cream Top Yogurt  
32 oz., selected varieties



Seasonal produce, warm beverages and pumpkin spice.

**Fall favorites at the co-op**



**3.69**  
Annie's Homegrown  
Organic Cereal  
10-10.8 oz., selected  
varieties



*Kern-what? Kernza!*

A new perennial grain is in the works —  
Kernza — and Cascadian Farms is leading  
the charge to bring it to a farm near you.

**2/\$6**

Cascadian Farm  
Organic Cereal  
9.2-14.6 oz., selected varieties



**3.39**  
Erewhon  
Organic Cereal  
10-11 oz., selected  
varieties



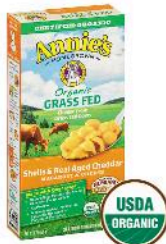
**3.99**  
Kind  
Healthy Grains  
Clusters  
11 oz., selected varieties



**3.39**  
Arrowhead Mills  
Pancake & Waffle  
Mix  
26 oz., selected varieties  
other Mixes and Flours  
also on sale



**6.39**  
Shady Maple Farms  
Organic Very Dark,  
Strong Taste Maple  
Syrup  
8 oz.



**2/\$4**  
Annie's Homegrown  
Organic Grass Fed  
Pasta & Cheese  
Dinner  
6 oz., selected varieties



**4.69**  
Bragg  
Vinaigrette  
Dressing  
12 oz., selected varieties



**1.49**  
Field Day  
Organic Beans  
15 oz., selected varieties



**3.39**  
Jovial  
Organic Brown  
Rice Pasta  
12 oz., selected varieties



**2.69**  
Lotus Foods  
Organic Pad Thai  
Rice Noodles  
8 oz., selected varieties



**2.99**  
Montebello  
Organic Pasta  
16 oz., selected varieties



**Co-ops grow healthy communities.**



**3.39**  
 R.W. Knudsen  
 Organic Juice  
 32 oz., selected varieties



**2/\$4**  
 So Delicious  
 Organic Coconut  
 Milk  
 32 oz., selected varieties



**7.99**  
 Equal Exchange  
 Organic Midnight  
 Sun Coffee  
 per pound in bulk  
 other select Bulk Coffee  
 also on sale



PHOTO COURTESY CO-OP MARKET GROCERY & DELI, FAIRBANKS, AK

OCTOBER 15

**CO-OP  
 MONTH**

**Celebrate Co-op Month!**

When you buy delicious, healthy food at the co-op, you're supporting a local business that cares about people and contributes to a livable, sustainable community. Thank you for shopping co-op this month — and every month!



**4.69**  
 Pacific Organic  
 Bone Broth  
 32 oz., selected varieties



**4.99**  
 Victoria  
 Alfredo Sauce  
 18-24 oz., selected varieties  
 Organic Pasta Sauce also on sale



**3.39**  
 Foodstirs  
 Organic Baking  
 Mix  
 7.2-20 oz., selected varieties



scoop up the savings in bulk!



**9.99**  
 Bulk Organic Dried  
 Apple Rings  
 per pound in bulk,  
 selected varieties

**12.99**  
 Bulk Roasted &  
 Salted Mixed Nuts  
 per pound in bulk,  
 selected varieties

**1.99**  
 Bulk Organic  
 Garbanzo Beans  
 per pound in bulk,  
 selected varieties

**Fair trade, organic, delicious, affordable.**



**3/\$5**

**C2O  
Coconut Water**  
17.5 oz., selected varieties



**2.39**

**Celestial Seasonings  
Herbal Tea**  
20 ct., selected varieties



**2/\$6**

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



**3.69**

**Organic India  
Tulsi Tea**  
18 ct., selected varieties



**3.99**

**Zevia  
Zero Calorie Soda**  
6 pack, selected varieties



**2/\$6**

**Back To Nature  
Cookies**  
8-9.6 oz., selected varieties



**3.39**

**Santa Cruz  
Organic Applesauce**  
6 ct., selected varieties



**3.39**

**Green Mountain  
Gringo  
Salsa**  
16 oz., selected varieties



**3.39**

**Little Secrets  
Dark Chocolate  
Candies**  
5 oz., selected varieties



*amazingly delicious!*

The perfect chip to dip, Late July Multigrain Tortilla Chips are USDA Organic, Non-GMO and gluten-free. Plus, they're available in seven delicious flavors!

**2/\$4**

**Late July Snacks  
Organic Tortilla Chips**  
5.5-6 oz., selected varieties



**2/\$4**

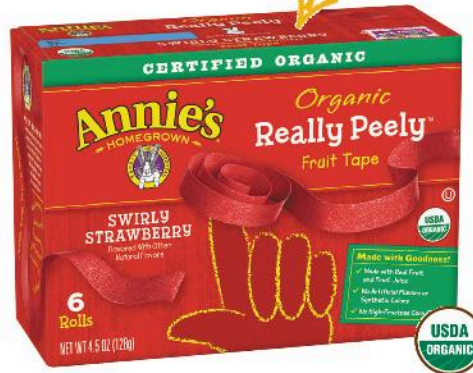
**Garden Of Eatin'  
Tortilla Chips**  
7.5-8.1 oz., selected varieties

**Your co-op will get you set up for snack time.**



**2.69**

Lily's  
Chocolate Bar  
2.8-3 oz., selected varieties



*no tricks all treats*

Hand out Halloween treats that will please the ghouls, fairies and superheroes — as well as their parents.

**3.39**

Annie's Homegrown  
Organic Fruit Tape

4.5 oz., selected varieties  
Fruit Snacks and Bites also on sale



**2/\$4**

Kettle Brand  
Baked Potato  
Chips  
4 oz., selected varieties



**2/\$6**

Que Pasa  
Organic Tortilla  
Chips  
16 oz., selected varieties



**1.69**

Gimme Organic  
Seaweed Snacks  
.35 oz., selected varieties



**3.69**

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



OCTOBER 15

**CO-OP  
MONTH**

## Co-ops Grow Organic

Organic farming methods are good for the environment; and on average, more than a third of all the products co-ops carry are USDA Certified Organic. That's 42% of a co-op's total sales (compared with just 5% of sales at conventional grocery stores)



**Sweet deals await you at the co-op.**



**3.99**

**Rumiano Organic Cheese**  
8 oz., selected varieties



**3.99**

**Udi's Gluten-Free Bread**  
12-14.3 oz., selected varieties

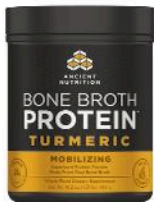


*honor the animals*

Epic's Whole Animal Project uses more of the animals they source. From meat bars to bone broth, Epic has it all.

**2/\$4**

**Epic Meat, Fruit and Nut Bar**  
1.3-1.5 oz., selected varieties



**39.99**

**Ancient Nutrition Bone Broth Protein Turmeric**  
460 gr.  
other Bone Broth Protein Powder also on sale



**11.99**

**Ener-C Vitamin C Dietary Supplement**  
30 ct., selected varieties



**29.99**

**Gaia Herbs Turmeric Supreme**  
120 ct.  
other Gaia Herbs products also on sale



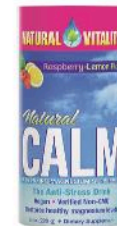
**26.99**

**Garden Of Life mykind Organics Women's Multi Gummy**  
120 ct.  
other Garden of Life products also on sale



**19.99**

**Host Defense Lion's Mane**  
60 ct.  
other Host Defense products also on sale



**24.99**

**Natural Vitality Natural Calm Magnesium Supplement**  
16 oz., selected varieties



**39.99**

**New Chapter Bone Strength Take Care**  
120 ct.  
other New Chapter products also on sale



**13.99**

**Nordic Naturals Omega-3 Fish Oil**  
60 ct.  
other Fish Oil products also on sale



**Co-ops support healthy living year-round.**



**4.99**

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



**5/\$5**

**Luna Protein Bar**  
1.48-1.69 oz., selected varieties



**2.99**

**Kind Healthy Grains Bars**  
5 ct., selected varieties



**3/\$4**

**Kind Fruit & Nut Bar**  
1.4 oz., selected varieties



**2/\$4**

**Probar Meal Bar**  
3 oz., selected varieties



**5.99**

**Spectrum Organic Flaxseed Meal**  
14 oz.  
other Flax & Chia Seed also on sale



**8.99**

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



**14.99**

**Castor & Pollux Organix Dog Food**  
4 lb., selected varieties  
other Pet Food products also on sale

OCTOBER 15

**CO-OP MONTH**

## Co-ops Lead on Local

We love our local producers, their inspiring stories and delicious goods! Plus supporting local means more money stays in the local economy. Combined annual sales of local products at co-ops nationwide is more than \$280 million — an average of 20% of total sales, (compared with the national grocery store average of just 1.8%).



**Celebrate co-ops throughout October!**



## feed your eco

**Alter Eco** is a pioneer of globally crafted organic foods, including delicious Swiss-made dark chocolate bars, truffles and Bolivian Royal quinoa. All Alter Eco products are USDA Certified Organic, Fair Trade Certified, Carbon Neutral Certified and Non-GMO Project Verified.

**5.39**

Alter Eco Organic Quinoa per pound in bulk  
*find it in the bulk aisle*

**5.39**

Alter Eco Organic Quinoa 12 oz., selected varieties Organic Pearl Quinoa on sale for \$4.99

**2/\$5**

Alter Eco Organic Chocolate Bars 2.82 oz., selected varieties



PHOTO COURTESY PUR PROJET AND CO-OP FOREST

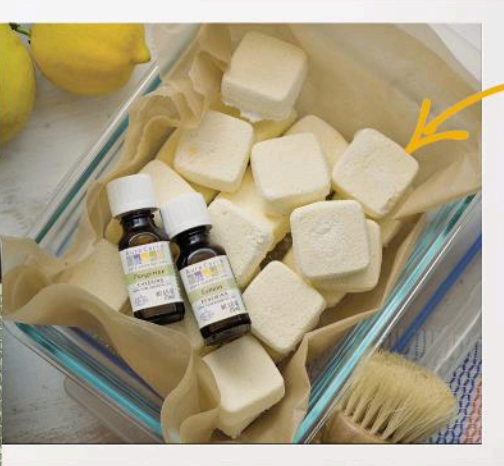
OCTOBER IS

**CO-OP MONTH**

## Co-ops Grow Fair Trade

Co-ops cultivate partnerships with companies that make fair trade practices a priority: fair treatment of farmers and workers, fair wages to help support healthy families and communities, and access to democratic decision-making processes. So our co-op communities in the US are supporting co-op growers and families around the world!

**October is Fair Trade Month.**



*do-it-yourself!*

DIY dishwasher detergent pods? Yes, you can! Learn how to make your own dishwasher pods that are effective — and safe for the environment and your family — using **Aura Cacia** essential oils at [www.strongertogether.coop](http://www.strongertogether.coop).

**2.99**

**Aura Cacia  
Tangerine Essential Oils**  
.5 fl oz., Other Aura Cacia  
essential oils also on sale

**3.99**

**Aura Cacia  
Lemon Essential Oils**  
.5 fl oz., Other Aura Cacia  
essential oils also on sale



PHOTO COURTESY YPSILANTI FOOD CO-OP, YPSILANTI, MI

OCTOBER IS

**CO-OP  
MONTH**

## Co-ops Grow Sustainably

By supporting local organic farming and food systems and pioneering environmental practices like recycling, composting, reusables and alternative power sources, co-ops have long been “green grocers.”

**More co-op stories! [www.strongertogether.coop](http://www.strongertogether.coop)**



*good for body & planet*

Farm to shelf to shower, **Dr. Bronner's** is building trust, health, community, wealth! Fair prices, wages, conditions for farmers and suppliers and healthy sustainable ingredients for you!

<b>6.99</b>	<b>10.99</b>	<b>10.99</b>
Dr. Bronner's Organic Coconut Oil 14 oz., selected varieties	Dr. Bronner's Liquid Castile Soap 32 oz., selected varieties	Dr. Bronner's Organic Sugar Soap 24 oz., selected varieties



Everyone can shop; anyone can own the co-op.  
**Shop like you own the place.**



**4.99**  
Alaffia  
Everyday Shea Foaming  
Hand Soap  
18 oz., selected varieties



**15.99**  
Andalou Naturals  
Resveratrol Q10  
Night Repair Cream  
1.7 oz.  
other Facial Care products  
also on sale



**5.99**  
Avalon Organics  
Eczema Relief  
Intensive Cream  
3 oz.



**9.99**  
Jason  
Body Wash  
30 oz., selected varieties



**3.99**  
Kiss My Face  
Bar Soap  
3 ct., selected varieties

**Co-ops care about your well-being.**



**5/\$5**

**Chobani  
Greek Yogurt**  
5.3 oz., selected varieties



**2/\$3**

**Kite Hill  
Almond Milk  
Yogurt**  
5.3 oz., selected varieties



**4/\$5**

**Liberte  
Organic Yogurt**  
5.5 oz., selected varieties



**4.99**

**Organic Valley  
Organic Omega-3  
Eggs**  
doz., Large or Extra  
Large, selected varieties



**3.99**

**Ripple  
Dairy-Free Plant  
Milk**  
48 oz., selected varieties



**5/\$5**

**Siggi's  
Icelandic Style  
Yogurt**  
5.3 oz., selected varieties



**2.69**

**So Delicious  
Organic Coconut  
Milk**  
64 oz., selected varieties



**6.69**

**Uncle Matt's  
Organic Juice**  
59 oz., selected varieties



**5.69**

**Wallaby Organic  
Greek Yogurt**  
32 oz., selected varieties



**3.39**

**Tofurky  
Meat-free Sausages**  
14 oz., selected varieties



**1.69**

**Mori-Nu  
Silken Tofu**  
12-12.3 oz., selected  
varieties



**2.99**

**Hail Merry  
Gluten-Free Tart**  
3 oz., selected varieties



**2.19**

**KeVita  
Organic Kombucha**  
15.2 oz., selected varieties



**4.69**

**Organic Valley  
Cottage Cheese**  
16 oz., selected varieties

**Good health made easy at your co-op.**

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

### ILLINOIS

Common Ground Food Co-op  
Dill Pickle Food Co-op  
Neighborhood Co-op Grocery

### INDIANA

3 Rivers Natural Grocery  
Bloomingfoods Market and Deli  
Maple City Market

### IOWA

New Pioneer Co-op  
Oneota Community Co-op  
Wheatfield 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 Natural Foods Market

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

The Co-op Natural Foods

### 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

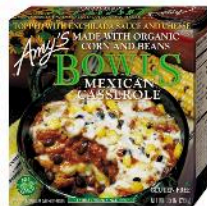


to find a food co-op near you, visit us online at: [www.strongertogether.coop](http://www.strongertogether.coop)



**2/\$5**

Alexia  
Frozen Potatoes  
15-19 oz, selected varieties



**3.69**

Amy's  
Bowls  
8.5-11 oz, selected varieties  
other Amy's items also on sale



**3.99**

Gardein  
Meat-free Crispy Tenders  
9 oz.  
other Gardein Meatless items also on sale



**2.69**

Sweet Earth  
Natural Foods  
Veggie Burgers  
6 oz., selected varieties



**4.99**

Udi's  
Gluten-Free Pizza  
10-11 oz., selected varieties



**2/\$5**

Van's  
Waffles  
8-9 oz., selected varieties

Co-ops support products and services that ensure 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