

coopTM deals

DEC 13, 2017 - JAN 2, 2018

celebrate!

HAPPY HOLIDAYS

No matter what you celebrate, raise a toast to good food and good friends. All are welcome at the co-op.



3.99

Q Drinks Soda
4 pack, selected varieties



2/\$4

Terra
Vegetable Chips
5-6 oz., selected varieties



3.99

Applegate
Bacon
8 oz., selected varieties



2/\$5

Dr. Bronner's
Bar Soap
5 oz., selected varieties



Spices, sweets and savory treats.

'Tis the season at your co-op



start your ovens!

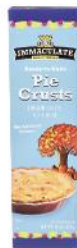
IT'S COOKIE TIME

Gingerbread, sugar cookies, hamentaschen or spritz — now's a great time to bake a batch of your favorite cookies to share.



8.99

**Bob's Red Mill
Almond Flour**
16 oz.
other Baking products
also on sale



2.99

**Immaculate
Pie Crusts**
15 oz.
other Ready-to-Bake
products also on sale



2.39

**Equal Exchange
Organic Chocolate
Bar**
2.8 oz., selected varieties



7.99

**MaraNatha
No Stir Almond
Butter**
12 oz., selected varieties
other Nut Butters also on
sale



2.99

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



2/\$5

**Alter Eco
Organic Chocolate
Bar**
2.82 oz., selected
varieties

scoop up the savings in bulk!



6.39

**Bulk Organic Dark
Chocolate Chips**
per pound in bulk

2.39

**Bulk Organic White
Quinoa**
per pound in bulk

9.99

**Bulk Organic Whole
Raw Cashews**
per pound in bulk

Delicious ingredients for baking with love



3.69

**Earth Balance
Buttery Sticks**
16 oz.
other Non-dairy Spreads
also on sale



4.99

**Organic Valley
Organic Butter**
16 oz., selected varieties



2/\$4

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



4.99

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



3.99

**Organic Valley
Organic Grassmilk
Yogurt**
24 oz., selected varieties



3.99

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



2/\$3

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



2.99

**Woodstock
Organic Frozen
Mangoes**
10 oz.
other Frozen Fruit also
on sale



2.99

**Ripple
Dairy-free Half &
Half**
16 oz., selected varieties



3.99

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



3/\$5

**The Mountain
Valley
Spring Water**
33.8 oz., selected varieties

Save big on brunch essentials

the rice choice

At **Lundberg Family Farms®** we've been growing great taste for generations! We are proud to bring you a wide variety of delicious and convenient rice products. Our sustainable farming methods produce delicious rice while respecting and protecting the earth for future generations.

4.99

Organic Brown Basmati Rice
32 oz., other rice varieties also on sale

2/\$5

Organic Sprouted Entrees
6 oz., selected varieties

2.39

Rice Chips
6 oz., selected varieties



2.39

Lundberg Family Farms Organic White Basmati Rice
per pound in bulk



5.99

Field Day Organic Coconut Oil
14 oz.



7.99

Spectrum Organic Refined Canola Oil
32 oz.
other Cooking Oil also on sale



2.99

Annie's Naturals Organic Dressing
8 oz., selected varieties



4.99

Emerald Cove Organic Nori
.9 oz., selected varieties
other Sea Vegetables also on sale



4/\$3

Koyo Ramen
2-2.1 oz., selected varieties



2/\$4

Halfpops Crunchy Popcorn
4.5 oz., selected varieties



1.69

Nancy's Organic Sour Cream
8 oz.

Healthy snacks for happy families



2.99

Pacific
Organic Soup
32 oz., selected varieties



2/\$6

Amy's
Macaroni &
Cheese
9 oz.
other Amy's products also
on sale



try these broths today

You can see, smell and taste the difference that only the best ingredients make. From traditional chicken noodle soup to flavorful rice, Imagine Organic broth adds delicious flavor to your favorite dishes.

2.69

Imagine
Organic Broth
32 oz., selected varieties



5.99

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



2/\$7

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



2/\$4

Kettle Brand
Organic Potato
Chips
5 oz., selected varieties



from farm to can

Muir Glen tomatoes bring bright, bold flavor to the table. Grown on organic farms and drenched in California sunshine, the tomatoes are canned within eight hours of picking.

3/\$5

Muir Glen
Organic Tomatoes
28 oz., selected varieties



2/\$4

Late July
Multigrain Tortilla
Chips
5.5-6 oz., selected
varieties



Explore your food co-op for more family favorites

a healthy start!



2.99

**Cascadian Farm
Organic Cereal**
9.2-16 oz., selected varieties



1.99

**Bobo's
Oat Bar**
3 oz., selected varieties



5.99

**Spectrum
Organic Flaxseed**
12-15 oz., selected varieties



8.99

**Equal Exchange
Organic Bulk
Coffee**
per pound in bulk
Bulk Decaf Coffee not on sale



4.69

**Kii Naturals
Organic Crisps**
5.3 oz., selected varieties



3/\$5

**Mighty
Organic Meatstick**
.75 oz., selected varieties



2.99

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



3.39

**Santa Cruz
Organic Juice**
32 oz., selected varieties



2.69

**Native Forest
Organic Pineapple**
14-15 oz., selected varieties



Happy 2018 - and thanks for supporting your co-op



4.99

**Desert Essence
Toothpaste**
6.25 oz., selected varieties



7.99

**Alaffia
Coconut Reishi
Shampoo**
8 oz.
other Alaffia products
also on sale



2/\$4

**Badger
Lip Balm**
.15 oz., selected varieties
other Badger products
also on sale



9.99

**Bach Rescue Plus
Effervescent**
15 ct.
other Rescue Remedy
products also on sale



39.99

**Rainbow Light
Women's One
Multivitamin**
150 ct.
other Supplements also
on sale



9.99

**Herb Pharm
Rapid Immune
Boost**
1 oz.
other Herbal Extracts
also on sale



10.99

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



21.99

**Natural Factors
Tranquil Sleep**
60 ct.
other Supplements also
on sale

last minute gifts?

LOOK NO FURTHER

From fairly-traded chocolate and tea to luxurious local soaps, the co-op has great gifts for all. Or how about a custom-made snack mix, using nuts, dried fruit and chocolate from the bulk aisle?

Find more inspiration for personalized gift baskets for your favorite foodie, host or neighbor at **www.strongertogether.coop**.



Rejuvenate. Revitalize. Be well.

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
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

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*



2.19

Seventh Generation
Natural Unbleached
Paper Towels
120 ct.



5.99

Biokleen
Bac-Out Stain &
Odor Remover
32 oz.
other Bac-Out products
also on sale



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

MW1217B

coopTM
stronger together