

coop deals[®]

FEB 13 - FEB 26, 2019

spice up
your supper



CHANA MASALA IN A MINUTE

Full of flavor and warming spices, Chana Masala is a quick and tasty weeknight meal. And lucky for you, garbanzo beans are on sale now at your local food co-op, delicious and affordable! For a recipe visit www.strongertogether.coop.



2/\$5

Westbrae
Organic Beans
25 oz., selected varieties



2/\$6

Yogi
Tea
16 ct., selected varieties



2.99

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



2/\$7

Back To Nature
Cookies
8-12 oz., selected
varieties
some varieties \$3.99

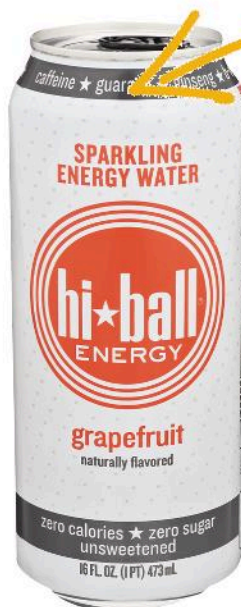


Find something you and your family will love at the co-op.
These deals are worth sharing.



2/\$5

Kevita
Organic Sparkling Probiotic Drink
15.2 oz., selected varieties



it's good energy

Refreshing sparkling water, natural fruit flavor and organic energy blend. All that goodness with zero calories, zero sugar and zero artificial sweeteners.

2/\$4

Hiball Energy
Sparkling Energy Drink
16 oz., selected varieties



5.99

GT's
Organic Multi-serving Kombucha
48 oz., selected varieties



2.99

So Delicious
Organic Coconut Milk
64 oz., selected varieties



3.29

Silk
Almond Beverage
64 oz., selected varieties



4.99

Organic Valley
Organic Lactose Free Milk
64 oz., selected varieties



4.99

Farmhouse Culture
Organic Gut Shots
16 oz., selected varieties



2/\$3

C2O
Coconut Water
17.5 oz., selected varieties



scoop up the savings in bulk!

99¢

Bulk Organic Steel Cut Oats
per pound in bulk



1.99

Bulk Organic French Lentils
per pound in bulk



12.99

Bulk Organic Diced Almonds
per pound in bulk
Great for ground nut butter



Delightfully delicious deals in every aisle.



3/\$4

Chobani Blended Greek Low-Fat Yogurt
5.3 oz., selected varieties



4.29

Organic Valley Organic Grassmilk Yogurt
24 oz., selected varieties



3.49

The Greek Gods Greek Yogurt
24 oz., selected varieties



2/\$4

Noosa Yoghurt
8 oz., selected varieties



2/\$3

Forager Project Dairy-Free Yogurt
4 oz., selected varieties



2/\$7

Stonyfield Organic Kids Yogurt Tubes
8 ct., selected varieties



4.99

Coyo Non-dairy Kefir
28 oz., selected varieties



4.99

Lifeway Organic Kefir
32 oz., selected varieties



2.49

Petit Pot Pot de Crème
3.5 oz., selected varieties



4.99

Miyoko's Organic Vegan Cheese Spread
6/8 OZ, selected varieties



8.99

Equal Exchange Organic Love Buzz Bulk Coffee
per pound in bulk, selected varieties



3.99

Rudi's English Muffins
12 oz., selected varieties



7.99

Base Culture Gluten-Free Sandwich Bread
24 oz., selected varieties



5.99

Lakewood Pure Pomegranate Juice
32 oz.
other Lakewood Juice also on sale

Get-up-and-go goodness for every morning.



2/\$5

Cascadian Farm Organic Riced Cauliflower and Frozen Vegetables
12 – 16 oz., selected varieties

2/\$6

Cascadian Farm Organic Cereal and Granola
9.2 – 14.6 oz., selected varieties

2/\$6

Cascadian Farm Organic Granola Bars
6/6.2 – 6/8.85 oz., selected varieties

2/\$7

Cascadian Farm Organic Frozen Fruit
10 oz., selected varieties

bee kind

Did you know that a third of our food exists because of a pollinator? **Cascadian Farm** is committed to supporting bee health research, and following certified organic and restorative farming practices, like creating wildflower-rich habitat on farms to reverse the decline of wild pollinators and improve bee health.



POLLINATORS WELCOME HERE

— Create an environment of change —

Agriculture depends on honeybees and native pollinators. Cascadian Farm is committed to helping pollinators.

You can help too!
Visit your Co-op from 2/13–2/26 and sign up to win your own Pollinator Habitat Kit, valued at over \$100.

Help native pollinators thrive in your own community!



Pollinator Habitat Kit includes:
Handcrafted Pollinator House and Bee Waterer, Xerces Healthy Habitat for Pollinators Book, Lawn Sign, and Window Cling

You are the co-op difference! Thanks for shopping.

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



2/\$4

Bionaturae Organic Pasta
16 oz., selected varieties



2/\$5

Bionaturae Organic Tomatoes
24-28.2 oz., selected varieties



14.99

Lucini Italia Organic Extra Virgin Olive Oil
17 oz., selected varieties



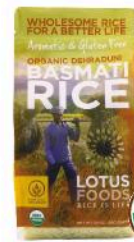
2/\$4

Goodbelly Probiotics Crunchy Bar
1.49 oz., selected varieties



2.29

So Delicious Organic Coconut Milk
32 oz., selected varieties



6.99

Lotus Foods Organic White Basmati Rice
30 oz., selected varieties
other Lotus rice varieties also on sale



3.99

Nature's Path Nut Butter Bars
5 ct., selected varieties

new



3/\$4

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



2/\$5

Mighty Organic Meat Bar
1 oz., selected varieties

new



simply the best

Mom's Best Cereals are made without any artificial preservatives, flavors or high fructose corn syrup! Great tasting cereals with honest-to-goodness ingredients.

2/\$5

Mom's Best Cereal
15-24 oz., selected varieties



3.99

Earth Balance Peanut Butter
16 oz., selected varieties

Fair trade, organic, delicious deals.



2/\$5
 Beanitos
 Bean Chips
 6 oz., selected varieties



2/\$6
 Garden Of Eatin'
 Tortilla Chips
 16 oz., selected varieties



2/\$7
 LesserEvil
 Paleo Puffs
 5 oz., selected varieties



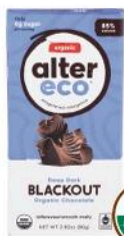
2/\$5
 Blue Diamond
 Artisan Nut Thins
 4.25 oz., selected varieties



2/\$5
 Late July Organic
 Crackers
 6 oz., selected varieties



2/\$8
 Organic Valley
 Organic Snack Kit
 2.36 oz., selected varieties



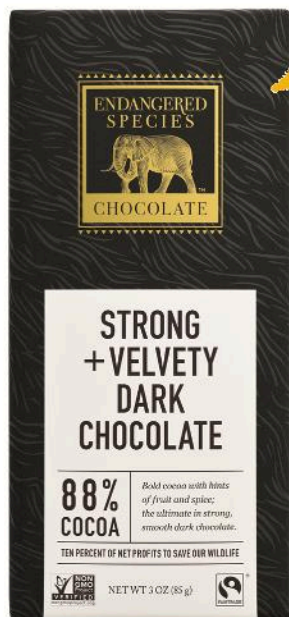
2/\$5
 Alter Eco
 Organic
 Chocolate Bar
 2.82 oz., selected varieties



2/\$3
 Justin's
 Organic Peanut
 Butter Cups
 1.4 oz., selected varieties



3.99
 Barnana
 Organic Banana
 Bites
 3.5 oz., selected varieties



new look!

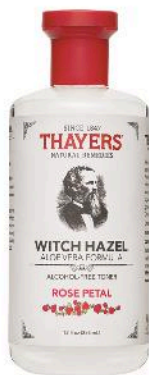
Same powerful mission. Same exceptional taste. Crafted with high quality and Fairtrade ingredients these delicious 3 ounce bars deliver exceptional taste every time!

2/\$4
 Endangered Species
 Chocolate Bar
 3 oz., selected varieties



2/\$6
 Jackson's Honest
 Potato Chips
 5 oz., selected varieties

Better-for-you options for any time of day.



6.99

**Thayers
Witch Hazel**
12 oz., selected varieties



2/\$10

**Nature's Gate
Shampoo or
Conditioner**
18 oz., selected varieties



6.99

**Boiron
Coldcalm**
60 ct.
other Boiron products
also on sale



19.99

**Source Naturals
Wellness Formula**
90 count, selected
varieties
other Wellness Formula
products also on sale



21.99

**Megafood
Blood Builder**
60 ct.
other MegaFood
Supplements also on
sale



Wonderful wellness savings for your entire family.

Stay well all season long.



5/\$5

**Luna
Protein Bar**
1.41-1.69 oz., selected
varieties



2/\$4

**Primal Kitchen
Protein Bar**
1.7 oz., selected varieties



9.99

**Evo Hemp
Protein Powder**
16 oz., selected varieties



24.99

**Amazing Grass
Amazing Protein
Glow**
11.1-12.2 oz., selected
varieties



39.99

**Ancient Nutrition
Multi Collagen
Protein**
475-530 g., selected
varieties

Wellness starts here — at your local 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
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

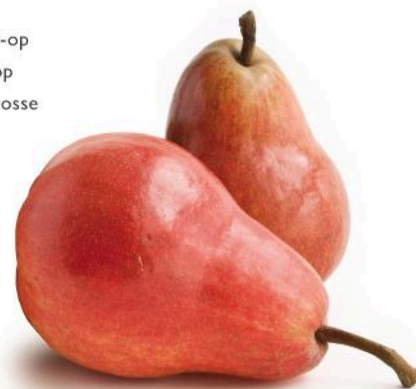
Phoenix Earth Food Co-op

SOUTH DAKOTA

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*



a clean you can trust

For thirty years, Seventh Generation has led the way on innovating effective products that work for your family and nurture the planet we all share.

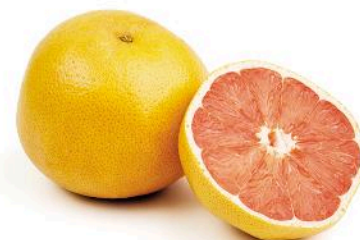
10.99

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



2.79

**Ecos
Dishmate**
25 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



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