

# coop<sup>TM</sup> deals

AUG 31 - SEPT 13, 2011



4/\$3

**EARTH'S BEST**  
Organic Baby Food  
4 oz., selected varieties



\$3.29

**ENVIROKIDZ**  
Organic Cereal  
10-14 oz., selected varieties



\$9.49

**NAPA VALLEY  
NATURALS**  
Organic Extra Virgin Olive Oil  
25.4 oz., selected varieties



2/\$5

**GREEN & BLACK'S**  
Organic Chocolate Bar  
3.5 oz., selected varieties

## Featured Inside:

- Back-to-school snack ideas (like grapes and "squirrel food")
- A tasty Waldorf salad recipe with crunchy apples and creamy dressing
- Does your co-op rock? Show us why and win great prizes!
- National Farm To School Network: supporting better school lunches





## Waldorf Salad with Yogurt and Honey

Serves 4-6. Prep time: 30 minutes.

- 2 cups apple (1 large apple), cut into bite-sized pieces
- 1 cup seedless grapes, halved
- 1 cup celery (2-3 ribs), cut into ½-inch pieces
- ½ cup toasted walnuts, coarsely chopped
- 1 lemon, juice and zest (about 2-3 tablespoons juice)
- ½ cup Greek yogurt
- 1 teaspoon honey
- Salt and pepper to taste

In a small bowl, whisk together the lemon juice, zest, yogurt and honey. In a large salad bowl, gently toss the apples, grapes, celery, and walnuts with the dressing. Season to taste with salt and pepper. Substitute nonfat Greek yogurt for a lower-fat version if you like.

Serving suggestion: Showcasing the fruits of autumn, a scoop of Waldorf salad is delicious with a brunch omelet or frittata, or served on a bed of spinach alongside spanokopita or stuffed grape leaves.

*Some items may not be available at all stores or on the same dates.*



**\$3.49**

**FOOD SHOULD TASTE GOOD**

Dipping Chips

16 oz., selected varieties



**\$3.49**

**KETTLE**

Krinkle Cut Potato Chips

14 oz., selected varieties



**\$2.79**

**COUNTRY CHOICE ORGANIC**

Organic Snacking Cookies

7-8 oz., selected varieties



**\$3.29**

**BLUE SKY**

Organic Soda

6 pack, selected varieties



**\$2.29**

**PANDA**

Natural Licorice

7 oz., selected varieties





**\$2.89**

**MONTEBELLO**  
Organic Pasta  
16 oz., selected varieties



**\$2.79**

**MUIR GLEN**  
Organic Pasta Sauce  
25.5 oz., selected varieties



**\$28.99**

**BULK**  
Organic Pine Nuts  
per pound in bulk



**\$1.89**

**FANTASTIC WORLD FOODS**  
Dinner Mix  
4.4-12 oz., selected varieties



**\$2.29**

**TASTY BITE**  
Dinner Entrees  
10 oz., selected varieties



**\$1.39**

**BULK**  
Organic Pinto Beans  
per pound in bulk



**\$2.99**

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



**\$1.79**

**NATURAL SEA**  
Chunk Light Yellowfin Tuna  
6 oz., selected varieties



**\$2.79**

**EARTH FRIENDLY**  
Dishmate  
25 oz., selected varieties



**\$6.99**

**SEVENTH GENERATION**  
Bath Tissue  
12 ct.



## Grapes

Grapes are refreshing, sweet, and low in calories. What more could you ask for in a snack? They provide fiber, vitamins, and those highly-touted antioxidants. No preparation (beyond a good rinsing) is required, and they're already perfectly bite-sized! As ideal as they are as snack food, grapes also enliven many other dishes. Try them in a chicken curry or a rice salad, for example. A range of colors — red, purple, and frosty green — makes a pretty plate for easy entertaining or an after-school treat.

For more information on what's in season and great recipes, visit [www.strongertogether.coop](http://www.strongertogether.coop).







## Fresh in the Deli

Co-ops chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature. These salads make the most of autumn vegetables and fruit.

### Fresh Fall Flavors

#### Kale Salad

Recipe courtesy of GreenStar Cooperative Market  
Ithaca, New York.

*A colorful, earthy mix of some favorite early autumn vegetables tossed in a sesame-miso dressing and lightly sweetened with agave.*

save 75¢ per lb.

#### Broccoli Grape Salad

Recipe courtesy of St. Peter Food Co-op & Deli  
St Peter, Minnesota

*Popular with kids and adults, this salad combines the crunch of celery, toasted almonds and broccoli florets with juicy red grapes and a creamy dressing.*

save 50¢ per lb.

*Some items may not be available at all stores or on the same dates.*



\$9.99

**EQUAL EXCHANGE**  
All Varieties Bulk Coffee  
Does Not Include Decaf  
per pound in bulk



\$2.79

**DR. KRACKER**  
Organic Flatbread Crackers  
7 oz., selected varieties



\$2.49

**TERRA**  
Sweets & Beets  
6 oz.  
other Terra chips also on sale



2/\$5

**ENJOY LIFE**  
Nut & Gluten Free Cookies  
6 oz., selected varieties



\$3.49

**WOODSTOCK FARMS**  
Organic Pickles  
24 oz., selected varieties





**\$2.99** **STAHLBUSH ISLAND FARMS**  
Frozen Fruit  
10 oz, selected varieties



**\$3.99**  
**SO DELICIOUS**  
Organic Non-Dairy Frozen  
Dessert  
32 oz, selected varieties



**\$3.49**  
**AMY'S**  
Bowl  
9-10 oz, selected varieties



**2/\$4** **AMY'S**  
Burrito  
6 oz, selected varieties



**\$1.99** **STAHLBUSH ISLAND FARMS**  
Frozen Vegetables  
10 oz, selected varieties



**\$4.99** **HENRY & LISA**  
Wild Alaskan Fish Nuggets  
12 oz



**\$11.99**  
**NATURTINT**  
Hair Color  
each, selected varieties



**\$6.99** **KISS MY FACE**  
Whitening Toothpaste  
Value 2-Pack  
each



**3/\$4** **CLEARLY NATURAL**  
Glycerin Soap  
4 oz, selected varieties



**\$6.99**  
**ALBA BOTANICA**  
Cocoa Butter Hand & Body  
Lotion  
7 oz  
other Alba Botanica Hawaiian  
products also on sale

community



**coop**<sup>TM</sup>  
stronger together

# WHY DOES YOUR CO-OP ROCK?



Show us for a chance to win big!

The My Co-op Rocks Contest is back and better than ever! Starting Sept. 1 through Oct. 31st, enter your original video or photo online featuring your own local color and tell everyone why your co-op rocks. Get in on the action at [www.MyCoopRocks.coop](http://www.MyCoopRocks.coop), where you can check out everyone's submissions, leave comments and ratings, and enter your own creation for a chance to win super sweet prizes.

Win cool prizes!



1st Apple iPad2



2nd \$500 Co-op Gift Card



3rd Bloggie Duo HD Camera



[www.MyCoopRocks.coop](http://www.MyCoopRocks.coop)





## Healthy Snacks

Kids and adults need refueling in the course of a day. Preparing healthy snacks ahead of time can help you and your family make easy, healthful choices when hunger strikes.

Here are just a few ideas for snacks that deliver great flavor and nutrition:

- Fruit pinwheels. Spread cream cheese or nut butter on soft, whole grain tortillas. Add fresh fruit slices (or dried fruit pieces), then roll and slice.
- Squirrel food. Make your own trail mix with nuts and seeds, dried fruits and, if you like, whole grain cereal.
- Ice pops. Pour unsweetened fruit juice or leftover smoothies into molds or ice cube trays. Include fruit, like raspberries or blueberries, and yogurt for a dairy boost.

Learn more about healthy snacks at [www.strongertogether.coop](http://www.strongertogether.coop).



**\$2.29**

**LUNDBERG FAMILY FARMS**

Organic Rice Cakes  
8.5-9.5 oz, selected varieties



**\$2.79**

**SANTA CRUZ ORGANIC**

Organic Applesauce  
23 oz, selected varieties



**\$2.79**

**BIONATURAE**

Organic Fruit Nectar  
25.4 oz, selected varieties



**2/\$5**

**NATURE'S PATH**

Organic Waffles  
12/7.5 OZ, selected varieties



**\$3.99**

**QUORN**

Meat-Free Chik'n  
10.6-12 oz, selected varieties



**99¢**

**CLIF**

Energy Bar  
2.4 oz, selected varieties



**\$3.29**

**KASHI**

Organic Strawberry Fields Cereal  
10.4 oz  
other Kashi cereal also on sale



**\$3.49**

**NATURE'S PATH**

Organic Bulk Granola  
per pound in bulk, selected varieties



**\$4.99**

**FRENCH MEADOW**

Organic Bread  
24 oz, selected varieties



**\$3.99**

**IAN'S**

Wheat Free Gluten Free Chicken Nuggets  
7 oz

other Ian's products also on sale





**5/\$4**

**WALLABY**  
Organic Lowfat Yogurt  
6 oz., selected varieties



**\$3.99**

**ORGANIC VALLEY**  
Organic Stringles  
6 oz., selected varieties



**\$2.29**

**GALAXY NUTRITIONAL FOODS**  
Vegan Rice Slices  
6.7 oz., selected varieties



**\$3.99**

**ORGANIC VALLEY**  
Organic Cheese  
8 oz., selected varieties



**\$1.69**

**REDWOOD HILL FARM**  
Goat Yogurt  
6 oz., selected varieties



**\$3.49**

**EARTH BALANCE**  
Buttery Spread  
13-15 oz., selected varieties



**\$3.49**

**BLUE DIAMOND**  
Almond Breeze  
64 oz., selected varieties



**2/\$5**

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



**\$2.69**

**LIGHTLIFE**  
Veggie Dogs  
12-13.5 oz., selected varieties



**GOOD FARMING.  
GOOD FOOD.  
GOOD  
THINKING!**

**Choose Organic Valley cheese  
and improve school lunch!**



Just say cheese! It's all you have to do to set delicious and nutritious wheels in motion for school lunchrooms across the country.

Your purchase of any Organic Valley cheese will initiate a \$1 donation\* to the National Farm To School Network [www.farmtoschool.org](http://www.farmtoschool.org) — helping to build a delectable, local farm-fresh foundation in America's school cafeterias. Visit [www.ov.coop/goodthinking](http://www.ov.coop/goodthinking) or [www.strongertogether.coop](http://www.strongertogether.coop) to learn how you can win \$500 of Organic Valley dairy goodness for your local school.



\*Organic Valley will make a maximum donation of \$12,500 to the National Farm To School Network

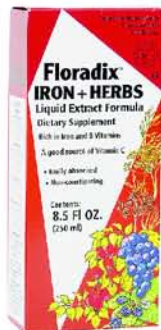
FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:



## City Market's 9<sup>th</sup> Annual Harvest CeLebration

The Kick-Off to Eat Local Week!

Sunday, October 2  
Noon – 4:00 p.m.



**\$ | 8.99**

**FLORADIX**  
Iron + Herbs Dietary  
Supplement  
8.5 oz.



**\$ | 9.99**

**RAINBOW LIGHT**  
Women's Multivitamin  
*Special Order Only*  
all Rainbow Light supplements  
on sale



**\$ | 9.99**

**NORDIC NATURALS**  
Children's DHA  
180 ct.  
other Nordic Naturals Children's  
products also on sale



**\$ | 3.99**

**BACH**  
Rescue Remedy Spray or Drops  
20 ml.  
all Rescue Remedy products on  
sale



**\$ 5.99**

**AMERICAN HEALTH**  
Chewable Acidophilus  
100 ct., selected varieties



**\$ 3.49**

**TRADITIONAL  
MEDICINALS**  
Organic Tea  
16 ct., selected varieties

Join the conversation at [www.strongertogether.coop](http://www.strongertogether.coop)

