

coopTM deals

AUG 22 - SEPT 4, 2012



\$4.29

SO DELICIOUS
Coconut Milk Non-Dairy
Frozen Dessert
16 oz., selected varieties



\$2.99

CASCADIAN FARM
Organic Cereal
9-17 oz., selected varieties



\$2.79

CROFTER'S
Organic Just Fruit
Spread
10 oz., selected varieties



\$2.29

VAN'S
Waffles
9 oz., selected varieties

Featured Inside:

- Think outside the bag with some great lunchtime tips
- A stuffed zucchini recipe your family is sure to enjoy
- Find out how one food co-op is helping local schools have healthier snacks
- Fun facts about delectable, seasonal summer squash





Roast Beef Sandwich with Wasabi Mayo

Makes 4 sandwiches. Prep time: 20 minutes.

- 12 ounces roast beef, sliced
- 4 ounces hot pepper jack cheese, sliced thin
- 8 slices sourdough bread
- 4 lettuce leaves
- 1 tomato, sliced
- ¼ red onion, sliced
- ½ cup low-fat mayonnaise
- 1 tablespoon wasabi powder
- 2 teaspoons water
- 1 teaspoon tamari
- Pinch of salt
- Ground black pepper to taste
- Garlic powder to taste

In a small bowl, mix the wasabi powder and water together until well blended. Whisk in the mayo, tamari, salt, pepper and garlic powder. Set aside for a few minutes to let the flavors blend.

To assemble the sandwiches, spread 1 tablespoon of wasabi mayonnaise on each slice of bread, then top 4 bread slices with 3 ounces of roast beef, sliced cheese, 1 lettuce leaf, tomato and onion slices and a second slice of bread.

Serving suggestions: Brown-bagging it? Make the wasabi mayo the night before. Leftover wasabi mayo can be kept in the refrigerator for up to 5 days; use it to spice up a tuna or chicken salad.

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



\$3.49

**APPLEGATE
NATURALS**
Sliced Meat
7 oz., selected varieties



\$4.29

ORGANIC VALLEY
Organic American
Singles
8 oz.



\$3.29

**RUDI'S ORGANIC
BAKERY**
Organic Bread
22 oz., selected varieties



\$3.49

DAIYA
Dairy Free Cheese
7.1 oz., selected varieties



\$1.99

YVES
Deli Slices
5-5.5 oz., selected varieties



\$2.39 **WILD PLANET**
Wild Skipjack
Light Tuna
5 oz.



\$2.39 **BULK**
Organic Thompson
Raisins
per pound in bulk



2/\$4 **R.W. KNUDSEN**
Organic Juice Boxes
3 pack, selected varieties



3/\$4 **THINKTHIN**
High Protein Bar
1.41-2.1 oz., selected varieties



\$8.49
MARANATHA
Almond Butter
16 oz., selected varieties



2/\$5
CLIF KID
Organic Twisted
Fruit Rope
6 ct., selected varieties



\$2.29
COUNTRY CHOICE ORGANIC
Organic Oats
18 oz., selected varieties



\$1.99
POPCHIPS
Potato Chips
3 oz., selected varieties



\$3.49
CASCADIAN FARM
Organic Granola Bars
7.4 oz., selected varieties



Think Outside the Bag!

Bringing your own lunch is a great way to save money and have a nutritious midday meal. Here are some ideas that will help you create fun, fast and delicious lunches:

- Chop a week's worth of fruits and veggies at a time. Hard-boil eggs to serve deviled one day and in egg salad another. Make a big batch of granola, then package small quantities to serve with yogurt in lunches.
- Cook extra pasta, potatoes and other veggies at dinnertime and turn them into salads with dressing, chopped raw vegetables and cheese cubes. Some people enjoy cold quiche or frittata, rice, or pizza, too!
- Remember to include lunch items on your grocery-shopping list—fixings for sandwiches, sides, and desserts—but also pick up some healthful ready-to-heat or ready-to-serve options for when you're really pressed for time.



Photo courtesy: <http://adashofsass.com>

Southwestern Stuffed Zucchini Boats

Serves 6. Prep time 30 minutes.

- 4 medium zucchini, cut in half lengthwise
- 2 tablespoons olive oil
- 1 cup diced red bell pepper
- ½ cup diced green onions
- 1 teaspoon ground cumin
- 4 tablespoons prepared salsa
- 1 15-ounce can black beans, rinsed and drained
- 1 cup shredded cheddar cheese
- Pinch of salt and ground black pepper
- Dash of hot sauce (optional)

Scoop the flesh out of the zucchini halves. Gently squeeze it to extract any excess liquid, then dice about a cup of the flesh to use for the filling.

Cook the zucchini boats cut side down on an oiled sheet pan for 10-12 minutes. Remove from oven and turn the boats over.

While zucchini are cooking, heat the olive oil in a skillet over medium-high heat. Sauté the red pepper, green onions and zucchini flesh for 3-5 minutes. Add the ground cumin, salsa, and black beans and cook another minute. Remove from heat and stir in the cheese, salt, pepper, and hot sauce if using.

Evenly distribute the filling mixture between the zucchini boats. Return the filled boats to the oven and bake for 10-12 more minutes until cheese is melted.

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



\$ 1.49

BULK

Organic Black Beans
per pound in bulk



2/\$4

CASCADIAN FARM

Organic Vegetables
10 oz., selected varieties



\$ 10.99

SPECTRUM NATURALS

Organic Extra Virgin
Olive Oil
25.4 oz.



\$ 2.99

MUIR GLEN

Organic Salsa
16 oz., selected varieties



\$ 3.49

GARDEN OF EATIN'

Tortilla Chips
16 oz., selected varieties



\$ 1.09

BULK

Organic Regular Oats
per pound in bulk



5/\$5

LIBERTE

Mediterranean Yogurt
6 oz., selected varieties



\$8.99

EQUAL EXCHANGE

Organic Love Buzz
Coffee
per pound in bulk



\$2.99

R.W. KNUDSEN

Organic Juice
32 oz., selected varieties



\$4.29

ORGANIC VALLEY

Organic Lactose Free
Milk

64 oz, selected varieties



\$2.99

BLUE DIAMOND

Almond Breeze
64 oz., selected varieties



\$4.99

SPECTRUM ESSENTIALS

Organic Ground
Flaxseed

14 oz.
other Flaxseed products
also on sale



2/\$4

SO DELICIOUS

Organic Coconut Milk
32 oz., selected varieties



\$ 1.89

PETGUARD

Canned Cat Food
14 oz., selected varieties



\$ 11.99

SEVENTH GENERATION

Liquid Laundry
Detergent
50 oz., selected varieties



Summer Squash

Summer squashes, like zucchini and pattypan, have tender skins and are most delicious during the summer months. The skins and seeds contain the highest concentration of the vegetable's nutritional value, including vitamin C and beta-carotene. Store squash unwashed in an airtight container in the refrigerator for up to seven days. Chop up zucchini or yellow squash and add to a black bean and corn enchilada bake. Sneak some sliced summer squash into Mom's potato gratin recipe. Curries, red peppers, herbs and garlic all complement earthy, sweet summer squash varieties, so mix and match flavors in a cold (or hot) summer soup.

For more information on what's in season and great recipes, visit www.strongertogether.coop.





Fresh Mozzarella

Originating in Italy, fresh mozzarella is a soft, creamy and grassy-tasting cheese. Fresh mozzarella is shaped like a ball, and usually sold in brine, whey or water, which helps it to stay fresh. Italian mozzarella is traditionally made from water buffalo milk, but the domestic version is typically made from cow's milk. This cheese can be eaten plain and is easy to melt. It's a good source of protein, calcium, and vitamin B12, too. Store it in the refrigerator and eat within a few days after purchasing. Fresh mozzarella is an enjoyable and easy cheese to incorporate into your home cooking and snacking.

Fresh mozzarella pairs well with earthy Pinot Noirs or grassy Sauvignon Blancs. A grilled panini with prosciutto, pesto and fresh mozzarella makes a perfect summertime lunch. Or top a spinach salad with fresh mozzarella, tomatoes, and an herb vinaigrette.



\$2.59

STONYFIELD
Organic Frozen
Yogurt
16 oz., selected varieties



\$3.49

NATURAL BREW
Natural Soda
4 pack, selected varieties



\$3.79

BACK TO NATURE
Cookies
6.4-8.5 oz., selected varieties



\$2.79

BACK TO NATURE
Crackers
6-8.5 oz., selected varieties



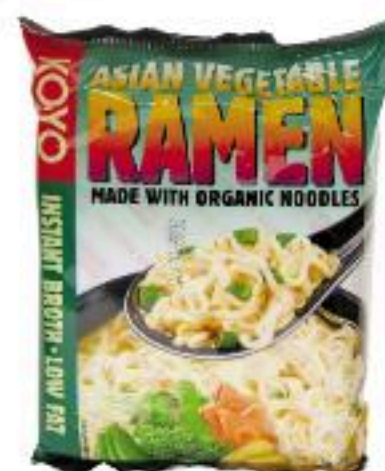
3/\$4

**ANNIE'S
HOMEGROWN**
Pasta & Cheese
Dinner
6 oz., selected varieties



\$3.29

**ETHNIC
GOURMET**
Frozen Entrees
9-11 oz., selected varieties



79¢

KOYO
Ramen Noodles
2-2.1 oz., selected varieties



\$1.29 **RAW
REVOLUTION**
Organic Live Food Bar
1.6-1.8 oz., selected varieties



2/\$5

KETTLE
Tias! Tortilla Chips
8 oz., selected varieties



\$2.79

TERRA
Veggie Chips
5 oz., selected varieties



2/\$5

PRESERVE

Toothbrush

each, selected varieties
other Preserve products
also on sale



\$7.99

WELEDA BABY

Calendula Shampoo &
Body Wash

7.2 oz., selected varieties
other Calendula Baby
products also on sale



\$6.99

**NUTRITION
NOW**

Rhino Gummy
Multi-Vitamins

70 ct.
other Nutrition Now Rhino
supplements also on sale



\$14.99

NEW CHAPTER

Turmericforce

30 ct., selected varieties
other New Chapter Force
Supplements also on sale



\$9.99

EMERGEN-C

Kidz Dietary
Supplement

30 ct., selected varieties



Brattleboro Co-op Provides Healthy School Snacks

In Brattleboro, Vermont, teachers at a local elementary school noticed that students brought a wide variety of snacks, from fresh to packaged, and others didn't have anything at all. They were especially troubled by the sugar and fat content in some processed foods and wondered if there were better options. The Brattleboro Food Co-op had just secured a grant to pilot a program in the schools, so together they teamed up to introduce healthier school snacks. For the past 5 years, snacks in the district's elementary schools have been supported by a federal grant that encourages consumption of fresh fruits and vegetables.

This pilot evolved into Good to Grow, a program with a broader mission to help children and adults develop healthy eating habits. Meredith Wade, the co-op's outreach coordinator, says "Good to Grow is a way for us to say that healthy food is an option and an opportunity for everyone."

To learn more, visit www.brattleborofoodcoop.com.

Join Us Every Thursday at the Intervale for



SUMMERVALE!



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Join us for another fun-filled SummerVale. Live music, Local food, and activities the whole family will enjoy! Find more information at www.intervale.org



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(802) 861-9700 www.citymarket.coop



\$4.99

GIOVANNI
Shampoo or Conditioner
8.5 oz., selected varieties
other Giovanni products on sale



\$5.99

KISS MY FACE
Bath & Shower Gel
16 oz., selected varieties

Chef Kevin Gillespie hosts the new Co+op, stronger together video series celebrating 2012 International Year of Cooperatives.



Check it out at www.strongertogether.coop, or scan this QR code.



Celebrating 2012 International Year of Cooperatives

