

coop deals

SEP 16 - SEP 29, 2020

perfect for dipping

Find your favorite dip at the co-op. And don't forget the Kettle potato chips to dip — on sale now!



2/\$4

**Kettle Brand
Potato Chips**

5 oz., selected varieties



5/\$5

**Fage
Yogurt**
5.3-7 oz., selected
varieties



2/\$5

**Chocolove
Chocolate Bar**
2.9-3.2 oz., selected
varieties



2/\$7

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



5.49

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



3.99

**Mary's Gone
Crackers**
**Organic Super
Seed Crackers**
5.5 oz., selected varieties



11.99

**California Olive
Ranch**
**Destination Series
Extra Virgin Olive
Oil**
25.4 oz.



Shop the co-op for busy fall days.

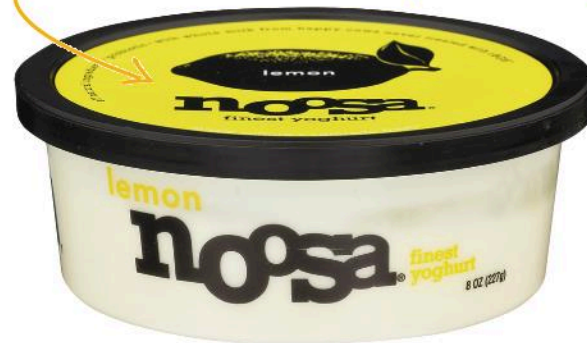
**Delicious choices for everyone
at the co-op.**



3.99

**Vital Farms
Pasture-Raised
Eggs**
1 doz.

made with the finest ingredients



Noosa is no ordinary yogurt. It starts with whole milk, then honey and, finally, lots of fruit. The result is a premium yogurt that provides an epic taste adventure.

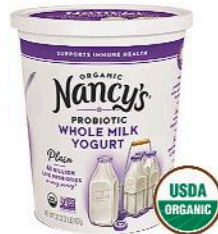
2/\$3

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



4.99

**Organic Valley
Ultra-filtered Milk**
56 oz., selected varieties



3.99

**Nancy's
Organic Yogurt**
32 oz., selected varieties



4.99

**Maple Hill
Creamery
100% Grass Fed
Organic Yogurt**
32 oz., selected varieties

*immunity support
from Lifeway*

Lifeway Kefir has a rich, creamy flavor combined with probiotics, protein and vitamin D for a delicious way to support your health.

3.99

**Lifeway
Organic ProBugs
Kefir**
4 pack, selected varieties

3.99

**Lifeway
Blueberry Kefir**
32 oz., selected varieties

4.99

**Lifeway
Organic Kefir**
32 oz., selected varieties



The co-op has delicious and healthy probiotics.



2/\$7
Blue Diamond
Almondmilk
64 oz., selected varieties



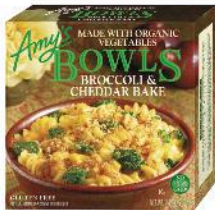
3.99
Miyoko's
Vegan Cheese
Shreds
8 oz., selected varieties



4.99
Wildbrine
Kimchi
18 oz., selected varieties



4.99
Organic Valley
Raw Cheese
8 oz., selected varieties



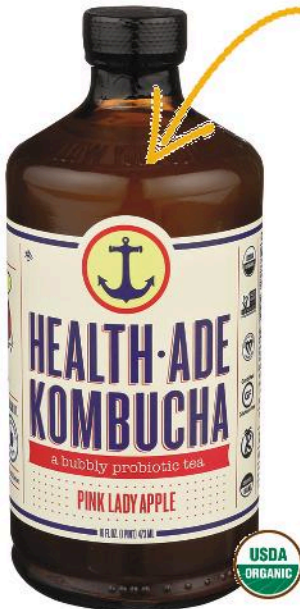
3.99
Amy's
Bowls and Entrees
8-10.3 oz., selected
varieties



5.99
Primal Kitchen
Frozen Entrees
10-11 oz., selected
varieties



2/\$6
Cascadian Farm
Organic Frozen
Fruit
8-10 oz., selected
varieties



follow your gut

Health-Ade Kombucha is made with the highest-quality ingredients and flavored with cold-pressed juice from organic produce for a smooth, delicious brew that makes you feel as good as it tastes.

2/\$5

Health-Ade
Organic Kombucha
16 oz., selected varieties



2/\$6

Cascadian Farm
Organic Frozen
Potatoes
16 oz., selected varieties

Wondering what's for dinner? Shop the co-op!



2/\$7

**Pacific Foods
Organic Broth**
32 oz., selected varieties



3/\$5

**Dr. McDougall's
Soup Cup**
1.0-3.4 oz., selected
varieties



6.99
**Lucini Italia
Organic Pasta
Sauce**
25.5 oz., selected
varieties



2/\$4

**Wild Planet
Sardines**
4.4 oz., selected varieties

organic and flavor packed



This real-cheese, organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all. Enjoy our organic classic mac "as is" or add yummy toppings (like sausage and peas!) for a delicious mix-in masterpiece.

3/\$5

**Annie's Homegrown
Organic Macaroni &
Cheese**
6 oz., selected varieties



3.99

**Woodstock
Organic Pickles**
24 oz., selected varieties



2.19

**Organic Kidney
Beans**
per pound in bulk



2.79

**Organic White
Quinoa**
per pound in bulk



3.49

Organic Apricots
per pound in bulk



Stock the cupboard at the co-op.



2.99

Woodstock
Organic Instant
Oatmeal
16 oz.



for the whole family

Mom's Best® Cereals are made without high-fructose corn syrup, artificial flavors or preservatives. They are full of simple goodness the whole family will enjoy.

2/\$6

Mom's Best Cereals
Cereal

14-24 oz., selected varieties



3.99

Nature's Path
Organic Love
Crunch
11.5 oz., selected
varieties



4.49

Earth Balance
Peanut Butter
Spread
16 oz., selected varieties



happy to help

Happy Family Organics is happy to help. For every eight pouches purchased, Happy Family Organics will donate one product to a child in need.

3/\$4

Happy Family
Organic Superfoods

3.5-4.22 oz., selected varieties



4.49

Arrowhead Mills
Pancake & Waffle
Mix
26 oz., selected varieties



Breakfast savings and much more at the co-op.



3/\$4

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



4/\$5

Larabar
Protein Bar
1.84 oz., selected
varieties



2/\$4

Rxbar
Protein Bar
1.83 oz., selected
varieties



2/\$5

Theo
Organic
Chocolate Bar
3 oz., selected varieties



3.99

Newman's Own
Fig Newmans
10 oz., selected varieties



2/\$4

Food Should
Taste Good
Tortilla Chips
5.5 oz., selected varieties



2/\$5

From The Ground
Up
Cauliflower
Snacks
4-4.5 oz., selected
varieties



2/\$7

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



*good for you,
better for the planet*

Proud Source Water is naturally crafted, pure-tasting
spring water bottled at the Rocky Mountain source
and packaged sustainably, without compromises.

2/\$4

Proud Source
Spring Water
25.3 oz.



4.99

Lakewood
Organic Carrot
Juice
32 oz., selected varieties



The co-op has beverages and snacks for everyone.

boost your
immune system

Use elderberry to give your immune system a boost! **Zand** Immune Fast is designed to accelerate immune system response and **Honey Gardens** Elderberry Immune Drink has 33 grams of elderberry to boost immunity!



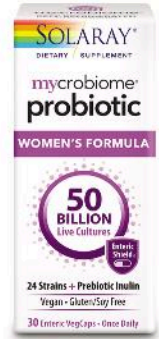
2/\$6
Honey Gardens
Elderberry
Immune Drink
10.1 oz.



6.99
Zand
Immune Fast
15 tablets



9.99
Solaray
Super C 1000 mg
100 capsules



29.99
Solaray
Mycrobio™
Women's Probiotic
30 capsules



2/\$7
Yogi
Tea
16 ct., selected varieties



2/\$5
Celestial
Seasonings
Tea
20 ct., selected varieties



17.99
Nature's Way
Alive!
Multivitamins
60 ct., selected varieties



5.99
Spectrum
Essentials
Organic Flaxseed
Meal
14 oz.



8.99
Earthrise
Spirulina 500 mg
90 ct.



11.99
Organic India
Organic Whole
Psyllium Husk
12 oz.



19.99
Enzymedica
Digest Gold
45 ct.



19.99
MegaFood
MegaFlora
30 ct.



25.99
New Chapter
Turmeric Force
60 ct.

Ancient ingredients for everyday health.

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

CONNECTICUT

Fiddleheads Co-op
Willimantic Food Co-op

DELAWARE

Newark Natural Foods Co-op

FLORIDA

Community Co-op Market
Everman Cooperative Grocery & Cafe

GEORGIA

Sevananda Natural Foods Market

MAINE

Belfast Co-op
Blue Hill Co-op
Portland Food Co-op
Rising Tide Community Market

MARYLAND

The Common Market
TPSS Co-op

MASSACHUSETTS

Berkshire Food Co-op
Green Fields Market
McCusker's Market
River Valley Co-op
Wild Oats Market

NEW HAMPSHIRE

Concord Food Co-op
Hanover Co-op Food Stores
Littleton Food Co-op
Monadnock Food Co-op

NEW YORK

Abundance Food Co-op
East Aurora Co-op Market
Flatbush Food Cooperative
GreenStar Cooperative Market
Honest Weight Food Co-op
Lexington Cooperative Market
Syracuse Cooperative Market

NORTH CAROLINA

Chatham Marketplace
Deep Roots Market
Durham Co-op Market
French Broad Food Co-op
Hendersonville Community Co-op
Tidal Creek Cooperative Food Market
Weaver Street Market

PENNSYLVANIA

East End Food Co-op
Mariposa Food Co-op
Weavers Way Co-op
Whole Foods Cooperative

RHODE ISLAND

Urban Greens Co-op Market

TENNESSEE

Three Rivers Market

VERMONT

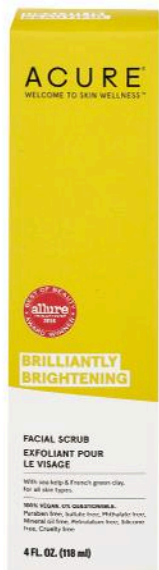
Brattleboro Food Co-op
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Putney Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

VIRGINIA

Friendly City Food Co-op
Roanoke Co-op



*to find a food co-op near
you, visit us online at:
welcometothetable.coop*



5.99

**Acure
Brightening
Facial Scrub**
4 oz.



5.99
**Essential Oxygen
Organic
Toothpaste**
4 oz.



3/\$10
**Nubian Heritage
Bar Soap**
5 oz., selected varieties



3.99
**Better Life
All-Purpose
Cleaner**
32 oz., selected varieties
other Better Life
cleaners also on sale



2/\$5
**Castor & Pollux
Organix
Organic Dog Food**
12.7 oz., selected
varieties

Co-ops support products and services that benefit 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

NESE0920B

coop
welcome to the table