

# coop deals

OCT 21 - NOV 3, 2020

calling chefs of all ages

## KIDS IN THE KITCHEN

Kids love to help in the kitchen! Encourage following instructions and measuring ingredients by baking pumpkin muffins together! With Simple Mills almond flour products, it's easy to indulge with gluten-free cooking and baking.



**5.99**

Simple Mills  
Baking Mixes

9-12.9 oz., selected varieties



**4/\$5**

Justin's  
Organic Nut  
Butter Cups  
1.4 oz., selected  
varieties



**2/\$5**

Angie's  
Boomchickapop  
Popcorn  
4.4-6 oz., selected  
varieties



**3.99**

LaCroix  
Sparkling Water  
12-12 oz. cans, selected  
varieties



From baking to bonfires, the co-op has you covered.

**An assortment of snacks  
for everyone.**



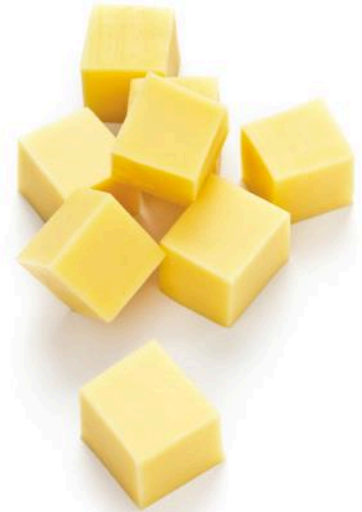
**3.99**

Organic Valley  
Shredded Cheese  
6 oz., selected varieties



**3.99**

Organic Valley  
Stringles  
6 oz., selected varieties



**4.99**

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



**13.99**

Organic Valley  
Ghee Clarified  
Butter  
13 oz.



**5.49**

Redwood Hill  
Farm  
Goat Milk Kefir  
32 oz., selected varieties



**4/\$5**

Siggi's  
Icelandic Style  
Yogurt  
4.4-5.3 oz., selected varieties



**5.49**

Fage  
Yogurt  
35.3 oz., selected varieties



**2/\$6**

Goodbelly  
Probiotic Drink  
32 oz., selected varieties



**5.99**

Wallaby  
Greek Whole  
Milk Yogurt  
32 oz., selected varieties



**4/\$5**

Liberté  
Organic Yogurt  
5.5 oz., selected varieties



**2.49**

Lightlife Foods  
Organic  
Tempeh  
8 oz., selected varieties



**3.99**

Vital Farms  
Pasture-Raised  
Eggs  
1 doz., selected varieties



**4.99**

Lifeway  
Organic Kefir  
32 oz., selected varieties

**Make breakfast with help from the co-op.**



# Discover coupons to help you save!

## CHECK THE SHELVES

Throughout the co-op, you'll find incredible savings in the form of coupons to help you save as you stock up on your favorite meals, supplements and ingredients. Keep your eye out as you shop for the tear-off coupons next to products you love.



**2/\$5**

**Kevita**  
Organic Sparkling Probiotic Drink  
15.2 oz., selected varieties



**4.99**

**Elmhurst**  
Nut Milk  
32 oz., selected varieties



**2/\$5**

**GT's**  
Organic Aqua Kefir  
16 oz., selected varieties



**2/\$4**

**Hail Merry**  
Two-pack Cups  
1.52-1.76 oz., selected varieties



**3.49**

**Silk**  
Organic Soymilk  
64 oz., selected varieties



**2/\$3**

**So Delicious**  
Coconut Milk Yogurt  
5.3 oz., selected varieties



**2/\$5**

**So Delicious**  
Organic Coconut Milk Creamer  
16 oz., selected varieties



**Look for coupons throughout the co-op!**



**6.99**

Caulipower  
Chicken Tenders  
14 oz.



**2/\$4**

Deep Indian Kitchen  
Naan Pizza and  
Entrees  
7.4-9.75 oz., selected varieties



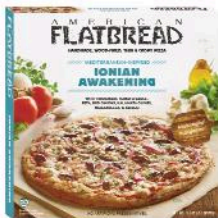
**3.99**

Ben & Jerry's  
Ice Cream  
1 pint, selected varieties



**6.99**

Beyond Meat  
Beyond Sausage  
14 oz., selected varieties



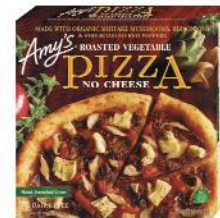
**5.99**

American  
Flatbread  
Pizza  
7.6-12.5 oz., selected  
varieties



**3/\$5**

Woodstock  
Frozen Vegetables  
10 oz., selected varieties



**5.99**

Amy's  
Pizza  
12-14 oz., selected  
varieties

gluten-free  
without  
compromise



**3.99**

Udi's  
Gluten-free Whole  
Grain Sandwich Bread  
12 oz.



**4.99**

Udi's  
Gluten-free Pizza  
Crusts  
8 oz.



**9.99**

Udi's  
Gluten-free Crispy  
Thin Crust Pizzas  
17.53-18.39 oz.

Udi's delivers the foods you love by swapping in ingredients that leave you feeling good after eating! Enjoy our gluten-free breads and veggie crust pizzas — all of the flavor, none of the gluten!

**Fill your freezer with great deals from the co-op.**



meals with  
more yum

Let Annie's bunnies help you make meals with more yum. With staples like mac & cheese and Bunny Grahams, Annie's turns mealtime into yumtime, while appeasing everyone's taste buds.



**10/\$10**

Annie's Homegrown  
Mac & Cheese  
5.5-6 oz., selected varieties

**2/\$5**

Annie's Homegrown  
Deluxe Mac & Cheese  
10.8-11.3 oz., selected varieties

**2/\$5**

Annie's Homegrown  
Organic Bunny  
Crackers and Grahams  
7.5 oz., selected varieties

**2/\$5**

Annie's Homegrown  
Organic Fruit Snacks  
5-8 oz. pouches, selected varieties



always organic,  
never ordinary

This organic twist on the classic cereal everyone loves is made with organic wheat bran flakes and plump organic raisins, and is packed with 7g of fiber and 21g of whole grain.

**2/\$6**

Cascadian Farm  
Organic Cereal  
8.6-14.6 oz., selected varieties



**10/\$10**

Larabar  
Fruit and Nut Bars  
1.6-1.7 oz., selected varieties



**9.99**

Once Again  
Almond Butter  
16 oz., selected varieties



**2/\$6**

Cascadian Farm  
Organic Granola  
Bars  
6.2-7.4 oz., selected varieties



**2/\$7**

Barbara's  
Cereal  
8-14 oz., selected varieties

**Brands you love everyday at the co-op.**

# healthy and tasty snacks

Delicious snacks perfect for every occasion during the day and for the whole family. **KIND** products are made with nutritionally dense ingredients like whole nuts, real fruits and whole grains — no secret ingredients and no artificial flavors, preservatives or sweeteners.

**4/\$5**

Kind  
Bars  
1.4 oz.

**2/\$6**

Kind  
Healthy Grains  
Granola Bars  
5-1.2 oz bars.

**3.99**

Kind  
Healthy Grains  
Granola  
11 oz.



**6.49**

Back Roads  
Organic Granola  
10 oz., selected varieties



**4.99**

Numi  
Organic Tea  
18 tea bags, selected  
varieties



**2.49**

Sweetleaf  
Stevia Sweetener  
1 oz.



**5.99**

Rishi  
Tea  
15 tea bags, selected  
varieties



**4/\$5**

Clif Builder's  
Protein Bar  
2.4 oz., selected varieties



**2.19**

Organic French  
Lentils  
per pound in bulk



**2.79**

Organic Buckwheat  
Groats  
per pound in bulk



**3.29**

Organic Raw  
Pumpkin Seeds  
per pound in bulk



**Find ingredients in bulk at the co-op.**





**2/\$4**

Near East  
Couscous Mix or  
Rice Pilaf  
4.75-6.75 oz., selected  
varieties



**2/\$7**

Ancient Harvest  
Organic Polenta  
18 oz., selected varieties  
pasta also on promotion



*slowly crafted,  
slowly enjoyed*

Rao's Homemade uses naturally sweet Italian tomatoes, then simmers their sauces in small batches using family recipes. Slowly enjoy the art of eating and connect with those around you!

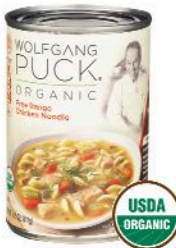
**4.99**

Rao's Homemade  
Pasta Sauce  
24 oz., selected varieties



Delicious, fresh and comforting foods.

**Thank you for choosing  
the co-op.**



**2/\$5**

Wolfgang Puck  
Organic Soup  
14.5 oz., selected  
varieties



**2.79**

Farmer Direct  
Organic Beans & Lentils  
16 oz., selected varieties



**2/\$7**

Pacific Foods  
Organic Soup  
32 oz., selected varieties



**2.29**

San-J  
Gluten-Free  
Tamari  
10 oz.

**The co-op makes dinner easy.**



**2/\$5**

**From the Ground Up  
Cauliflower Crackers**  
4 oz., selected varieties



**2/\$5**

**Endangered Species  
Chocolate Bar**  
3 oz., selected varieties



All dietary lifestyles are welcome at the co-op.

**Snacking options for everyone.**



**5/\$5**

**Just Water**  
100% Spring  
Water  
16.9 oz., selected  
varieties



**2/\$5**

**R.W. Knudsen  
Organic Apple  
Juice**  
32 oz.



**2/\$7**

**Pacific Foods  
Hemp Milk**  
32 oz., selected varieties



**7.99**

**Lakewood  
Organic Pure  
Cranberry Juice**  
32 oz.



**2/\$4**

**Late July  
Clasico Tortilla  
Chips**  
5.5 oz., selected  
varieties



**2/\$4**

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

**Delicious snacks and beverages at the co-op.**



live epic.  
eat Epic.

**EPIC Provisions** crafts on-the-go snacks with ingredients like 100% grass-fed venison and custom spice blends. EPIC's Venison Sea Salt + Pepper Bar features 15 grams of protein and two grams of total carbs for a truly carb-conscious option.



**2/\$3**

**Epic Meat Strips**  
.8 oz., selected varieties



**3/\$5**

**Epic Bars**  
1.3 oz., selected varieties



**2/\$5**

**Epic Pork Rinds**  
2.5 oz., selected varieties



**4.49**

**Epic Bites and Bone Broth**  
2.5 oz. bites, selected varieties  
14 oz. bone broth, selected varieties



Looking for something to munch on?

**Find great snacks throughout the co-op.**



eat more greens!

Guilt-free snacking at its best! Delicious and nutritious roasted seaweed superfood snacks for lunches, desk drawers and pantries. Best of all, Gimme is the organic eco-conscious choice!

**2/\$3**

**Gimme Organic Seaweed Snacks**  
.35 oz., selected varieties



**3.99**

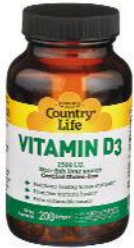
**Green Mountain Gringo Salsa**  
16 oz., selected varieties



**4/\$5**

**Wholesome Organic Delish Fish**  
2 oz.

**On-the-go options for the whole family.**



**10.99**  
Country Life  
Vitamin D3 2,500  
IU  
200 ct., selected varieties



**15.99**  
Nature's Way  
Black Elderberry  
Sambucus  
Gummies  
60 ct.



**29.99**  
Biosil  
Hair, Skin, Nails  
Supplement  
60 ct.



**12.99**  
Genexa  
Genexa Adult  
Laxative  
50 ct.



**17.99**  
Jarrow Formulas  
Jarro-Dophilus  
EPS  
60 ct.



Stay well as the seasons change.  
**Savings on supplements!**

*warm up to  
winter wellness*

Turn to herbal allies for the support you need right now. **Traditional Medicinals®** and **Urban Moonshine®** bring you echinacea, elecampane, elderberry, reishi and other immune-stimulating herbs, blended for you by our team of herbalists. A soothing cup of tea or liquid extracts for a boost on the go. We've got you covered!

**2/\$7**

Traditional Medicinals  
Tea  
16 bags

**12.99**

Urban Moonshine  
Immune Zoom  
2 oz.

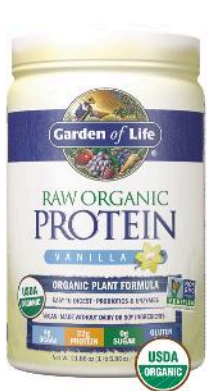
**12.99**

Urban Moonshine  
Clear Chest  
4.2 oz.



**Great wellness options at the co-op.**





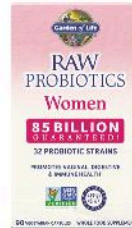
**36.99**  
Garden of Life  
Raw Organic  
Protein  
22 oz.



**44.99**  
Garden of Life  
Raw Organic  
Meal  
40 oz.



**46.99**  
Garden of Life  
Raw Probiotics  
Ultimate Care  
30 capsules



**46.99**  
Garden of Life  
Raw Probiotics  
Women  
90 capsules

*whole food  
nutrition*

Support digestive health with raw probiotics, delivering 30+ clinically studied probiotic strains. Raw Organic Protein and Raw Organic Meal deliver up to 22 grams of complete vegan protein and are packed with nutrition to help you build muscle and satisfy hunger.



**2.79**  
Ecos  
Dishmate  
25 oz., selected varieties



**10.99**  
Seventh Generation  
Liquid Laundry  
Detergent  
100 oz., selected varieties



**12.99**  
Andalou Naturals  
CannaCell Facial  
Cream, Oil or  
Serum  
.45-1.7 oz., selected  
varieties



*natural deodorant  
that works*

Schmidt's natural deodorant is never formulated with aluminum salts or artificial fragrance and is made with coconut oil and essential oils. Schmidt's keeps you fresh all day, naturally.

**7.99**

Schmidt's  
Deodorant  
3.25 oz., selected varieties



**Healthy options for a healthy lifestyle.**

## 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

Daily Groceries Co-op  
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

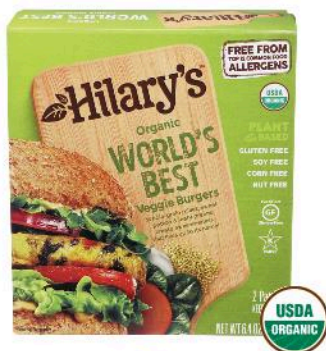
Brattleboro Food Co-op  
City Market/Onion River Co-op  
Co-op Food Store  
Hunger Mountain Co-op  
Middlebury Natural Foods Co-op  
Putney Food Co-op  
Springfield Food Co-op  
Upper Valley Food Co-op

### VIRGINIA

Friendly City Food Co-op  
Roanoke Co-op



*to find a food co-op near  
you, visit us online at:  
[welcometothetable.coop](http://welcometothetable.coop)*



# 2/\$5

**Hilary's  
Organic Veggie Burgers**  
6.4 oz., selected varieties



# 2/\$3

**C2O  
Coconut Water**  
17.5 oz., selected  
varieties



# 3.99

**Talenti  
Gelato or  
Sorbetto**  
1 Pint, selected varieties



# 2.29

**Boulder Canyon  
Potato Chips**  
5.25-6.5 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

NESE1020B

**coop**  
welcome to the table