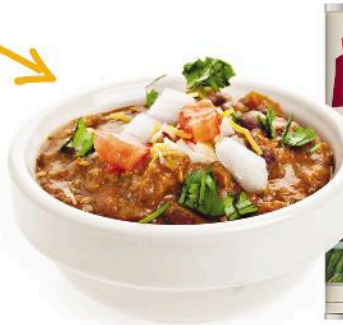


coop deals

JAN 20 - FEB 2, 2021

perfect for chili

Colder weather means it's soup time, and homemade chili is a terrific choice for staying warm. Add Muir Glen's Organic Tomatoes — on sale at the co-op!



10/\$10

**Muir Glen
Organic Tomatoes**
14.5 oz., selected varieties



2/\$4

**Evol
Burrito**
6 oz., selected
varieties



2/\$5

**Late July
Organic
Restaurant Style
Tortilla Chips**
11 oz., selected varieties



2/\$6

**Alexia
Frozen Potatoes**
11-19 oz., selected
varieties



2/\$5

**Cascadian Farm
Organic Frozen
Vegetables**
16 oz., selected
varieties



2/\$5

**Health Ade
Organic
Kombucha**
16 oz., selected varieties



2/\$7

**Hope
Organic Hummus**
8 oz., selected varieties



Crunch away on snacks from the co-op.

Snack options for winter days.



delivering
delicious
favorites

2/\$7

Brown Cow
Whole Milk Yogurt
32 oz., selected varieties

2/\$7

Stonyfield
Organic Yogurt
32 oz., selected varieties

4.99

Green Mountain
Creamery Greek
Yogurt
32 oz., selected varieties

4.99

Siggis
Whole Milk Yogurt
24 oz., selected varieties

These products are born of tradition, simplicity, value, and thoughtfulness. After all, products that count make moments that matter.



2/\$7

Blue Diamond
Almondmilk
64 oz., selected varieties



4.49

Califia Farms
Almondmilk
Creamer
32 oz., selected varieties



4.49

So Delicious
Organic
Coconutmilk
64 oz., selected varieties



discover
Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Smooth.

4/\$5

Wallaby
Organic Whole Milk
Greek Yogurt
5.3 oz., selected varieties



4.99

Wallaby
Organic Whole Milk Greek
Yogurt
32 oz., selected varieties

Start the day with your favorite co-op products.



5/\$5

**Chobani
Greek Yogurt**
5.3 oz., selected varieties



4/\$5

**Liberté
Organic Yogurt**
5.5 oz., selected varieties



2.79

**Goodbelly
Probiotic Drink**
32 oz., selected varieties



6.99

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



Find your favorite yogurt at the co-op.

Great source of probiotics!



4/\$5

**Nancy's
Organic Whole
Milk Yogurt**
5.3 oz., selected varieties



2/\$4

**Bellwether Farms
Sheep Milk
Yogurt**
6 oz., selected varieties



3/\$5

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



2/\$4

**Coyo
Coconut Milk
Yogurt**
5.3 oz., selected varieties



4.99

**Silk
Soy Yogurt**
24 oz., selected varieties

Find healthy probiotics at the co-op.



2/\$7

**Rising Moon
Frozen Pasta**
8 oz., selected varieties



*wellness inspired
ingredients*

Kick off the new year with Woodstock's freezer favorites! Our Organic Frozen Diced Mangoes are a smoothie must-have that add plant-based fuel to your day. Just blend, pulse and pour!

**Woodstock
Organic Frozen Mangoes**
8-10 oz., selected varieties

2/\$7



5.49

**Sky Valley
Sriracha Sauce**
18.5 oz.



8.99

**Applegate Naturals
Family Size
Chicken Nuggets
and Tenders**
16 oz., selected varieties



deliciously plant-based

Gardein offers a wide variety of plant-based proteins with a great taste and texture. No artificial colors or flavors, certified vegan, dairy free and Non-GMO Project verified.

**Gardein
Seven Grain Crispy
Tenders**

9-11.5 oz., selected varieties

3.99



3.99

**Tofurky
Plant-based
Sausages**
14 oz., selected varieties



Stock your kitchen with deals from the co-op.



6.99

Daiya
Dairy Free Pizza
16-19.4 oz., selected varieties

family meals made easy

WINTER COMFORT FOOD

The co-op makes winter meals easy, all season long. Visit the co-op for great ideas on meals to enjoy together.



4.99

Organic Valley
Cottage Cheese
16 oz., selected varieties



2/\$5

Wolfgang Puck
Organic Soup
14.5 oz., selected varieties



4.99

Little Northern Bakehouse
Gluten Free Bread
16-17 oz., selected varieties

gluten-free without compromise



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

3.99

Udi's Gluten Free
Hot Dog Buns
12.9 oz.

3.99

Udi's Gluten Free
Multigrain Sandwich Bread
12 oz.

4.99

Udi's Gluten Free
9-inch Pizza Crust
8 oz.

7.99

Udi's Gluten Free
Crispy Thin Crust Pizzas
17.4-19.12 oz., selected varieties

Find comfort food for everyone at the co-op!

*Deliciously Pure.
Purely Delicious.*

Crafted using sustainably and ethically sourced fresh organic coconuts, **Nutiva** offers the delicious taste of unparalleled purity and freshness while responsibly caring for the environment and improving the lives of farmers.



7.99

Nutiva
Organic Virgin
Coconut Oil
14 oz.



9.99

Nutiva
Organic Virgin
Coconut Oil
23 oz.



7.99

Nutiva
Organic Refined
Coconut Oil
23 oz.



7.99

Nutiva
Organic Coconut
Manna
15 oz.



2/\$5

Muir Glen
Organic Pasta
Sauce
25.5 oz., selected
varieties



2/\$6

Ancient
Harvest
Organic Pasta
8 oz., selected
varieties



9.99

Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 oz.



2/\$5

Simply
Organic
Simmer Sauce
8 oz., selected
varieties



4.99

Bragg
Organic Apple
Cider Vinegar
32 oz.



1.79

Organic
Garbanzo
Beans
per pound in bulk



1.99

Organic Golden
Flaxseed
per pound in bulk

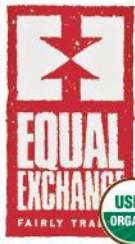


4.99

Organic Pitted
Deglet Dates
per pound in bulk



Bulk ingredients for all your cooking needs.



8.99

Equal Exchange Organic Bulk Coffee
per pound in bulk, selected varieties
5 lb. packages also on sale for \$42.99



4.99

Lakewood Organic Pure Pineapple Juice
32 oz.



immune support

Yogi Echinacea Immune Support Tea and new Elderberry Lemon Balm Immune + Stress Tea are two delicious ways to take some time for yourself and support your immune health.

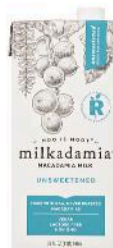
2/\$6

Yogi Herbal Tea
16 tea bags, selected varieties



2/\$6

Nature's Path Organic Instant Oatmeal
8-1.76 oz. packets, selected varieties



3.49

Milkdamia Macadamia Milk
32 oz., selected varieties



2/\$7

Made Good Organic Granola Bars
6-0.85 oz. bars, selected varieties

real ingredients and delicious flavor



Primal Kitchen® delivers uncompromisingly delicious condiments, sauces, cooking oils and pantry staples that are made with fats we love and simple ingredients — with no dairy, gluten, grain, refined sugar or soy.

3/\$4

Primal Kitchen Protein and Collagen Fuel Bars
1.34-1.7 oz., selected varieties

4.49

Primal Kitchen Dressing & Marinade and Organic Unsweetened Ketchup
8-11.3 oz., selected varieties

6.99

Primal Kitchen Avocado Oil Mayo
12 oz., selected varieties

29.99

Primal Kitchen Collagen Fuel
13.05 oz., selected varieties

The co-op has the brands you trust and love.



8.99

**Justin's
Almond Butter**
16 oz., selected varieties



*100% plant-based
100% delicious.*

GoMacro MacroBars™ are plant-based nutrition bars that offer a chewy and satisfying experience. Made from simple, sustainably sourced ingredients, all MacroBars are certified organic, vegan, gluten free, kosher, non-GMO, C.L.E.A.N., R.A.W. and soy free.

2/\$4

**GoMacro
Organic Bar**
2-2.3 oz., selected varieties



5/\$5

**Luna
Nutrition Bar**
1.69 oz., selected
varieties



3/\$5

**Epic
Meat Bar**
1.3-1.5 oz., selected
varieties



*making eating
well easy*

Kashi® cereals have a little something for everyone, like protein, organic whole grains, fair trade chocolate and family favorites like hearts and Os. Kashi® makes eating well easy.

2/\$6

**Kashi
Organic Cereal**
6.5-20 oz., selected varieties



2/\$3

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



2/\$5

**Hippeas
Organic Chickpea
Puffs**
4 oz., selected varieties

Snacks for the whole family at the co-op.



3.99

**Nixie
Organic Sparkling
Water**

8-12 oz. cans, selected varieties



new year, new energy

Hiball gives you a natural energy boost without losing a beat. That energy boost matters because it empowers you to pursue what you love to better yourself and the world.

2/\$4

**HiBall
Sparkling Energy Drink**
16 oz., selected varieties



Relax with your favorite snacks and beverages.

Find refreshment at the co-op.



2.99

**Garden of Eatin'
Tortilla Chips**

6-8.1 oz., selected varieties



2/\$4

**Boulder Canyon
Potato Chips**
5.25-6.5 oz., selected
varieties



3.99

**Green Mountain
Gringo
Salsa**

16 oz., selected varieties



The co-op has your favorite snacks and beverages.



5/\$5

**Ancient Nutrition
Multi Collagen
Protein Powder**
.36 oz. packet, selected varieties

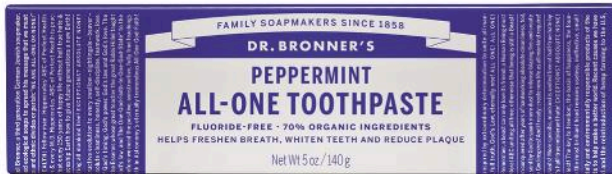
new Vega One is all in for organic



With real, organic plant-based ingredients, Vega One® Organic All-in-One Shake harnesses the power of plants to help you supercharge your day deliciously.

29.99

**Vega
Vega One Organic
Shake**
12.1-13.5 oz., selected varieties



3.99

**Dr. Bronner's
All-One Toothpaste**
5 oz., selected varieties



2/\$3

**Pet Guard
Cat Food**
5.5 oz., selected varieties

believe in a seventh generation



For over 30 years, we've been on a mission to create a more healthy, sustainable and equitable world for the generations to come. That mission is at the heart of everything we do.

3.49

**Seventh Generation
Glass & Surface Cleaner**
23 oz.

3.49

**Seventh Generation
All Purpose Cleaner**
23 oz.

3.49

**Seventh Generation
Dish Soap**
25 oz., selected varieties

Everyone is welcome at the co-op.



5.99

**Manitoba Harvest
Hemp Hearts**
8 oz.



8.99

**Boiron
Coldcalm**
60 ct.



21.99

**Oregon's Wild
Harvest
Turmeric**
60 ct.



9.99

**Four Sigmatic
Organic Mushroom
Coffee**
10-.09 oz., selected varieties



11.99

**Organic India
Whole Psyllium
Husk**
12 oz.



3.99

**Quantum Health
Organic TheraZinc
Lozenges**
18 ct., selected varieties



13.99

**Wishgarden
Herbs
Immune Activator**
2 oz., selected varieties



clean and smoothie start

Fuel your new year with Orgain plant-based Vanilla Protein Powder. Crafted from hand-selected ingredients for maximum nutrition and delicious taste, it's non-GMO and made without soy, artificial colors or preservatives.

2/\$5

**Orgain
Organic Vegan All-In-One
Protein Shake**
11 oz., selected varieties



Resolutions made easy at the co-op.

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

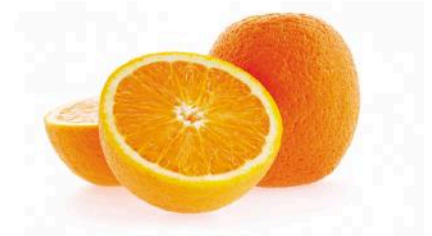
Three Rivers Market

VERMONT

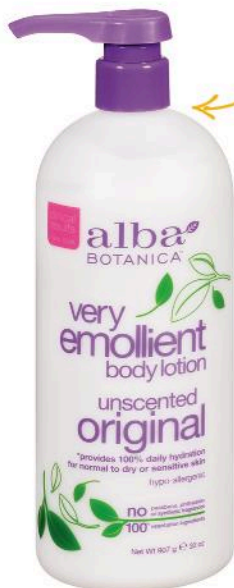
Brattleboro Food Co-op
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Putney Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

VIRGINIA

Friendly City Food Co-op
Roanoke Co-op



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



plant based and
cruelty free

Hypo-allergenic, clinically-proven, skin-softening superstars. Alba Botanica's® Body Lotions are made with aloe, green tea and chamomile to soothe and calm your skin. Moisture and nourish your dry winter skin without a greasy feeling.

13.99

Alba Botanica
Emollient Body Lotion
32 oz., selected varieties



7.99

Pranarom
Organic Lavender
Essential Oil or
Diffusion Blends
5 ml, 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

NESE0121B

coop
welcome to the table