co+op™ deals

APR 19 - MAY 2, 2017

$2.69

THE GREEK GODS
Greek Yogurt
24 oz., selected varieties

$2.99

ENVIROKIDZ
Organic Cereal
10-14 oz., selected varieties

3/$5

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

$9.99

SEVENTH GENERATION
Liquid Laundry Detergent
100 oz., selected varieties

Featured Inside:

- Dress up a sandwich or a cheese plate with savory onion jam
- Enter to win a trip to Cascadian Farm in Skagit Valley, WA!
- Popular Parmesan is perfect on pasta, pizza, in pesto and plenty more
- At co-ops, Earth Day is every day! Discover how co-ops lead the way

Garlic Tofu and Greens

Serves 4. Prep time: 35 minutes.

- ¾ pound firm tofu, sliced in 1-inch cubes
- 3 tablespoons canola oil, divided
- 2 tablespoons toasted sesame oil, divided
- 6 cloves garlic, minced, divided
- 4 cups water
- 2 cups uncooked penne pasta
- 1 bunch kale, tough ribs removed, chopped
- 1 teaspoon red pepper flakes
- Salt and pepper to taste

Heat the oven to 400 degrees F. Line a baking sheet with parchment or foil. Toss tofu cubes with 2 tablespoons of canola oil, 1 tablespoon of sesame oil and half of the minced garlic, making sure the cubes are well coated. Spread in a single layer on the baking sheet and bake for 15 to 20 minutes or until lightly golden. While tofu is baking, bring 4 cups of water to a boil. Add penne pasta and boil for 10 minutes or until pasta is tender.

Heat the remaining oils in a large skillet over medium-high heat. Add the rest of the garlic and red pepper flakes and let them sizzle for just a moment. Add the kale a handful at a time, turning frequently with tongs. Once kale turns bright green and begins to wilt, about 2 to 3 minutes, turn off the heat. Mix the kale with the baked tofu, tossing well. Season with salt and pepper. Serve over pasta. Estimated cost per serving: $1.67

coop basics

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

$1.99

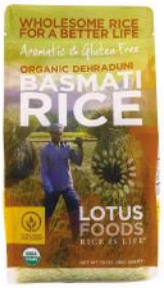
FIELD DAY
Organic Pasta
16 oz., selected varieties
Everyday low price!

2/$3

MORI-NU
Tofu
12-12.3 oz., selected varieties

$2.99

PACIFIC
Organic Chicken Broth
32 oz., selected varieties
other Pacific Broth also on sale



$5.39

LOTUS FOODS
Organic White Basmati Rice
30 oz.
Brown Basmati Rice on sale $4.99

$3.99

TALENTI
Gelato
16 oz., selected varieties
32 oz. Gelato also on sale

2/$4

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties

3/$5

CASCADIAN FARM ORGANIC
Organic Vegetables
10 oz., selected varieties
other Frozen Vegetables also on sale

$2.99

MUIR GLEN
Organic Salsa
16 oz., selected varieties

2/$6

CASCADIAN FARM ORGANIC
Organic Fruit
8-10 oz., selected varieties
Frozen Juice also on sale

2/$4

FOOD SHOULD TASTE GOOD
Tortilla Chips
4.5-5.5 oz., selected varieties

2/$5

CASCADIAN FARM ORGANIC
Organic Cereal
8.6-14.6 oz., selected varieties

$2.99

FOOD SHOULD TASTE GOOD
Hummus
10 oz., selected varieties

2/$6

CASCADIAN FARM ORGANIC
Granola Bars
6.2-7.4 oz., selected varieties

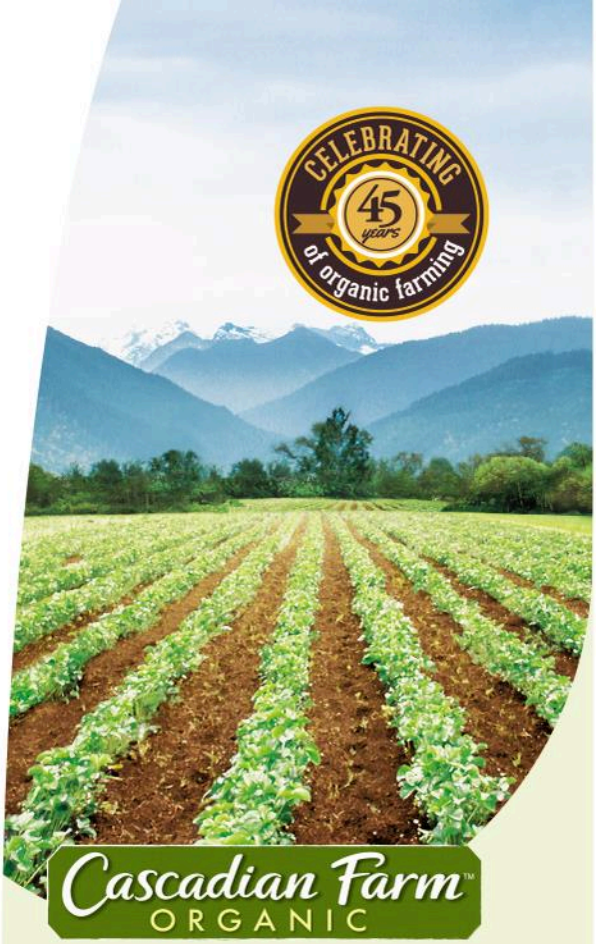
2/$6

ANNIE'S HOMEGROWN
Cookies
8.4 oz., selected varieties

$2.69

ANNIE'S HOMEGROWN
Organic Popcorn
4-4.4 oz., selected varieties

APR 19-MAY 2, 2017



WIN A TRIP TO THE FARM!

Visit
www.CFTripSweepstakes.com
to enter.

GRAND PRIZE

Trip for two to tour the **CASCADIAN FARM** in Skagit Valley, WA, and learn all about our history and farming practices

Three Runners-Up
WIN $250 in
Free Cascadian Farm Product

To learn more about the farm and brand, visit
www.CascadianFarm.com

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Sweet Onion Jam

Makes 2 cups. Prep time: 10 minutes active; 4 ½ to 6 hours total.

- 8 cups thinly sliced sweet yellow onions (approximately 4 large onions)
- 2 tablespoons olive oil
- 2 tablespoons fresh thyme
- 2 tablespoons maple syrup
- 2 tablespoons balsamic vinegar
- ½ teaspoon salt

Place the sliced onions in a large (4-quart) crockpot and add the remaining ingredients. Toss to coat. Cover and set the cooker on high. Cook for 4 hours, opening halfway to stir and re-cover. At 4 hours, uncover and continue cooking on high for 2 more hours. Stir occasionally, until the mixture is thick and the liquids are syrupy.

For a faster method that requires frequent stirring, you can also move the onions to a 2-quart saucepan after 4 hours in the crockpot. Place the pan on the stove over medium-high heat and stir frequently as the mixture comes to a boil. Cook, stirring often, until the mixture is thick and the liquids are syrupy, about 10 minutes. Transfer onion jam to a jar; it will keep refrigerated for up to two weeks.

Serving suggestion: Life is just better with condiments — especially exciting, homemade condiments that can be eaten by the spoonful alongside meats, vegetables and grains, or added to sandwiches and pizza. Vary the flavor of this onion jam by adding rosemary or sage instead of (or in addition to) the thyme.

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

2/$6

TWISTED GRAINS
Organic Bread
12 oz., selected varieties

$3.99

ORGANIC VALLEY
Organic Sliced Cheese
6 oz., selected varieties

$3.99

RUDI'S ORGANIC BAKERY
Organic Bread
20-24 oz., selected varieties
other Organic Bread also on sale

$4.39

SIR KENSINGTON'S
Fabanaise
16 oz.
other Sir Kensington's products also on sale

$4.39

ORGANIC VALLEY
Organic Cheese
8 oz., selected varieties

$4.39

FEEL GOOD FOODS
Taquitos
8 oz., selected varieties

2/$4

EVOL
Burrito
6 oz., selected varieties
other EVOL items also on sale

$2.99

DREW'S
Organic Salsa
12 oz., selected varieties

$2.39

BEANITOS
Bean Chips
6 oz., selected varieties

2/$6

BACK TO NATURE
Cookies
8-12 oz., selected varieties

$2.39

BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties

2/$3

HUBERT'S
Lemonade
16 oz., selected varieties

$1.39

JUSTIN'S
Organic Peanut Butter Cups
1.4 oz., selected varieties

$3.39

BLUE SKY
Organic Soda
6 pack, selected varieties

$4.39

IZZE
Sparkling Juice
4 pack, selected varieties

Sweet Onions

Mild enough to enjoy raw, flavorful and sweet when cooked and fewer tears for the cook? Sweet onions are the trifecta of goodness when it comes to the onion family. Sauté sliced sweet onions like Vidalia, Walla Walla or Maui in olive oil and serve with roasted meats, braised tofu or tempeh. Toss sweet onions, crispy cubed bread and tomatoes with a red wine vinaigrette for a tangy panzanella salad. You can also add chunks of sweet onions to steak and potato kebabs or sprinkle them onto a pizza (think chicken and barbecue flatbread). Experimenting with sweet onions can yield delicious results for novice cooks and experienced chefs alike.

Buying in Bulk

More and more shoppers are checking out the bulk aisles—and for good reason! It's great for your budget and the environment, since there's less packaging required. Stock up on staples: the bulk section offers beans, nuts, cereals, flours and a variety of grains. You can buy and try small amounts of nut butters, pastas, teas and coffees before committing to a large quantity. Herbs and spices can be bought in just the amount you need for a fraction of the price of whole jars. It makes it easy and cheap to try new recipes that call for small amounts of ingredients you don't stock in your pantry. Some co-ops offer bulk pet food and household items, like laundry detergent and soaps, too. Check out www.strongertogether.coop for more great co-op tips and earth-friendly ideas.

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$9.99

BULK
Organic Dried Mango
per pound in bulk

$9.69

BULK
Organic Whole Raw Cashews
per pound in bulk,

$1.49

BULK
Organic Yellow Popcorn
per pound in bulk

$9.99

EQUAL EXCHANGE
Organic Bulk Coffee
per pound in bulk
Bulk Decaf Coffee not on sale

$2.99

DANG
Coconut Chips
3.17 oz., selected varieties

$2.99

SILK
Non-Dairy Beverage
64 oz., selected varieties

$3.69

DREAM
Ultimate Almond Beverage
32 oz., selected varieties

$1.79

NOOSA
Yoghurt
8 oz., selected varieties

$2.99

ORGANIC VALLEY
Organic Flavored Half & Half
16 oz., selected varieties

4/$3

BROWN COW
Cream Top Yogurt
6 oz., selected varieties

2/$3

ORGANIC VALLEY
Organic Grassmilk Yogurt
6 oz., selected varieties

$2.69

R.W. KNUDSEN
Very Veggie Juice
32 oz., selected varieties

$2.99

NATURE'S PATH
Organic Cereal
10-14 oz., selected varieties

$2.39

R.W. KNUDSEN
Simply Nutritious Juice
32 oz., selected varieties

EARTH DAY EVERY DAY

Co-ops Lead the Way

Sustainability matters to co-ops — on Earth Day and every day! Guided by the cooperative principle of "concern for community," co-ops strive to do business in a way that minimizes negative impact on our environment and maximizes positive impact in the communities they serve. Discover how co-ops around the country are making a commitment to sustainability and the social, environmental and local economic benefits of their efforts. On the next pages, we're highlighting just a few of the great sustainability stories co-ops just like your local community-owned grocery store have to tell.

To learn more, visit
www.strongertogether.coop

EARTH DAY EVERY DAY

Co-ops Lead the Way

At Outpost Natural Foods, staff in every department are trained to incorporate sustainable solutions into all aspects of their work.

LESS FOOD WASTE

Diverted 90,000 lbs. of food

THE FOOD CO-OP
Port Townsend, Washington

Reducing food waste is an important part of reducing landfill use for grocery retailers.

The Port Townsend Food Co-op has developed creative solutions such as donating food that might otherwise be wasted to community organizations and composting food scraps with local farmers. These programs have important social and environmental impacts — feeding hungry families and preventing the production of harmful greenhouse gases. In 2015, the co-op donated over 14,000 pounds of food and composted 76,000 pounds of food scraps, detouring 562 cubic yards of waste from landfills and avoiding the creation of 37 tons of greenhouse gases.

REDUCED EMISSIONS

Winner of EPA GreenChill award

CITY MARKET/ONION RIVER CO-OP
Burlington, Vermont

The greenhouse gases that can escape from refrigeration leaks are thousands of times more destructive to the ozone layer than carbon dioxide.

This is why the U.S. Environmental Protection Agency (EPA) created the GreenChill program, partnering with grocery stores across the country to reduce refrigeration emissions and improve their environmental impact. City Market/Onion River Co-op in Burlington takes environmental stewardship seriously. In 2016, they were one of five stores nationally to win a prestigious GreenChill award for Superior Goal Achievement, having exceeded the refrigerant emissions reduction goal they set for the year. City Market's assistant director of operations credits routine preventative maintenance and the co-op leadership's commitment to constant operational improvement for their success.

EMPOWERED STAFF

Sustainable solutions on the job

OUTPOST NATURAL FOODS
Milwaukee, Wisconsin

Outpost Natural Foods, which operates four stores and a market café in the Milwaukee metro area, has committed to making sustainability an integral part of their co-op identity.

"Sustainable Solutions" emerged as one of five strategic themes identified during a collective visioning process involving all co-op staff in 2012. With this mandate, the co-op has systematically built sustainability into the operations of every department, in every store. Staff are trained on department-specific preferred practices, summarized in checklists, that help them incorporate sustainable solutions into all aspects of their work.

Green Cleaners

Looking for cleaning products that are eco-friendly and effective? You'll find lots of choices at the co-op, from floor and carpet cleaners to disinfecting sprays and wipes made with natural botanical ingredients. Dish liquid, glass cleaners and tub and tile cleaners all come in environmentally-friendly versions — and often in biodegradable or recycled/recyclable packaging. Don't forget the added value of concentrated cleaning products; the smaller size of the packaging means a smaller carbon footprint as well.

Visit www.strongertogether.coop to read about making your own eco-friendly cleaners!

$9.99

THE HONEST CO.
Mineral Sunscreen
3 oz.
other The Honest Co. products also on sale

$12.99

MYCHELLE DERMACEUTICALS
Fruit Enzyme Cleanser
4.2 oz.
other Mychelle Dermaceuticals products also on sale

$7.99

AURA CACIA
Lavender Essential Oil
.5 oz.
other Essential Oils also on sale

$5.99

GREENERWAYS ORGANIC
Organic Bug Spray
4 oz.

$1.99

CASTOR & POLLUX
Organic Dog Food
12.7 oz., selected varieties
other Dog Food items also on sale

$13.99

KLEAN KANTEEN
Kanteen Classic 27 oz. with Sport Cap
each, selected varieties
other Klean Kanteen products also on sale

$2.99

SEVENTH GENERATION
Multi-Surface Cleaner
26 oz.
other Cleaning products also on sale

$3.39

HOMESOLV
Dish Liquid
25 oz., selected varieties

$6.99

HYLAND'S
Restful Legs
50 ct., selected varieties
other Hyland's products also on sale

$3.99

IF YOU CARE
Parchment Baking Paper
70 sq. ft.
other If You Care products also on sale

2/$4

PROBAR
Meal Bar
3 oz., selected varieties

$1.99

ORGANIC VALLEY
Organic Balance Protein Shake
11 oz., selected varieties

$14.99

VITAGUT
Organic Probiotic Beverage
17 oz.

$2.19

KEVITA
Organic Sparkling Probiotic Drink
15.2 oz., selected varieties

$12.99

MANITOBA HARVEST
Hemp Pro 50 Powder
16 oz.
other Manitoba Harvest products also on sale

$29.99

GARDEN OF LIFE
RAW Protein and Greens
548-651 gr., selected varieties

$9.99

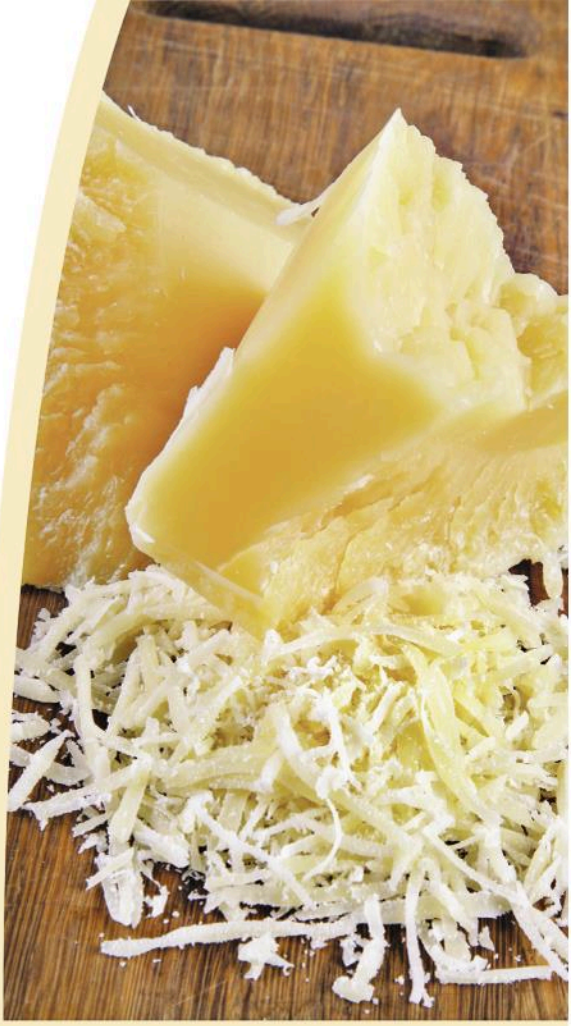
EMERGEN-C
Vitamin C Dietary Supplement
30 ct., selected varieties

$5.99

LAKEWOOD ORGANIC
Pure Aloe Juice
32 oz., selected varieties

$14.99

NATURAL VITALITY
Relaxing Magnesium Supplement
8 oz., selected varieties



Parmesan

Freshly grated, finely ground or thinly shredded, Parmesan will elevate almost any dish. Add a wedge of aged Parmesan to a cheese tray with fresh mozzarella, black olives and pears; drizzle on some balsamic vinegar and add a dollop of sweet onion jam — your guests will be forever grateful. Serve with a glass of Chianti, Cabernet Sauvignon or a fine pale ale to start your party in style. Sprinkle Parmesan on sliced tomatoes and drizzle with olive oil for an easy side dish. Melt between slices of focaccia with grilled eggplant for a mouthwatering eggplant Parmesan sandwich. Savory dishes sing with the addition of this popular cheese.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ILLINOIS

Common Ground Food Co-op
300 S. Broadway Ave.,Urbana

Dill Pickle Food Co-op
3039 W. Fullerton, Chicago

Neighborhood Co-op Grocery
1815 W. Main St., Carbondale

INDIANA

3 Rivers Natural Grocery
1612 Sherman Blvd., Fort Wayne

Bloomingfoods Market and Deli
3220 E. 3rd St., Bloomington
316 W. 6th St., Bloomington
Ivy Tech, 200 Daniels Way, Bloomington

Maple City Market
314 S. Main St., Goshen

IOWA

New Pioneer Co-op
3338 Center Point Rd N.E., Cedar Rapids
1101 2nd St., Coralville
22 S.Van Buren St., Iowa City

Oneota Community Co-op
312 W.Water St., Decorah

Wheatsfield Cooperative
413 Northwestern Ave.,Ames

KANSAS

The Merc Co+op
901 Iowa St., Lawrence

KENTUCKY

Good Foods Co-op
455-D Southland Dr., Lexington

MICHIGAN

Grain Train Natural Foods Market
104 S. Park St., Boyne City
220 E. Mitchell, Petoskey

GreenTree Cooperative Grocery
214 N. Franklin, Mt. Pleasant

Keweenaw Co-op Market & Deli
1035 Ethel Ave., Hancock

Marquette Food Co-op
502 W.Washington, Marquette

Oryana Natural Foods Market
260 E. 10th St.,Traverse City

People's Food Co-op
216 N. 4th Ave.,Ann Arbor

PFC Natural Grocery & Deli
507 Harrison St., Kalamazoo

Ypsilanti Food Co-op
312 N. River St.,Ypsilanti

MINNESOTA

Bluff Country Co-op
121 W. 2nd St.,Winona

City Center Market
122 N. Buchanan St., Cambridge

Cook County Whole Foods Co-op
20 E. First St., Grand Marais

Eastside Food Cooperative
2551 Central Ave. N.E., Minneapolis

Hampden Park Co-op
928 Raymond Ave., Saint Paul

Harmony Natural Foods Co-op
302 Irvine Ave. N.W., Bemidji

Harvest Moon Natural Foods
2380 W.Wayzata Blvd., Long Lake

Just Food Co-op
516 S.Water St., Northfield

Lakewinds Food Co-op
435 Pond Promenade, Chanhassen
17501 Minnetonka Blvd., Minnetonka
6420 Lyndale Ave. S., Richfield

Linden Hills Co-op
3815 Sunnyside Ave., Minneapolis

Mississippi Market
740 E. 7th St., Saint Paul
1500 W. 7th St., Saint Paul
622 Selby Ave., Saint Paul

Natural Harvest Food Co-op
505 3rd St. N.,Virginia

People's Food Co-op - Rochester
519 1st Avenue S.W., Rochester

River Market Community Co-op
221 N. Main St., Stillwater

Seward Community Co-op
317 E. 38th St., Minneapolis
2823 E. Franklin Ave., Minneapolis

St. Peter Food Co-op & Deli
228 W. Mulberry St., St. Peter

The Wedge Co-op
2105 Lyndale Ave. S., Minneapolis

Valley Natural Foods
13750 County Road 11, Burnsville

Whole Foods Co-op - Denfeld
4426 Grand Ave., Duluth

Whole Foods Co-op - Hillside
610 E. 4th St., Duluth

NEBRASKA

Open Harvest Cooperative Grocery
1618 South St., Lincoln

OHIO

Phoenix Earth Food Co-op
1447 W. Sylvania Ave.,Toledo

SOUTH DAKOTA

The Co-op Natural Foods
410 W. 18th St., Sioux Falls

WISCONSIN

Basics Cooperative
1711 Lodge Dr., Janesville

Chequamegon Food Co-op
700 Main St.W.,Ashland

Menomonie Market Food Co-op
814 Main Street, Menomonie

Outpost Natural Foods Co-op
2826 S. Kinnickinnic Ave., Bayview
7590 Mequon Rd., Mequon
100 E. Capitol Dr., Milwaukee
7000 W. State St.,Wauwatosa

People's Food Co-op - La Crosse
315 5th Ave. S., La Crosse

Viroqua Food Co-op
609 N. Main St.,Viroqua

Willy Street Co-op
1221 Williamson St., Madison
2817 N. Sherman Ave., Madison
6825 University Ave., Middleton

3/$4

KIND
Fruit & Nut Bar
1.4 oz., selected varieties

$2.69

SUJA
Organic Juice
12 oz., selected varieties

$2.69

LOTUS FOODS
Arare Rice Crackers
5 oz., selected varieties
other Lotus Foods products also on sale

$3.99

EARTH BALANCE
Coconut and Nut Butter Spread
16 oz., selected varieties

2/$3

C2O
Coconut Water
17.5 oz., selected varieties

$2.39

STACY'S
Pita Chips
7.33 oz., selected varieties
other Stacy's Chips also on sale

Grow your impact by shopping at the co-op!

co+op™
stronger together

MW0417BZ2,3