

coop deals

JULY 22 - AUG 4, 2020

enjoy every sip

Make a summer mocktail with kombucha, a splash of juice and a sprig of fresh mint. Health Ade Kombucha drinks are on sale now at the co-op!



2/\$5
Health Ade
Organic Kombucha
16 oz., selected varieties



2/\$3
Santa Cruz
Organic
Lemonade
32 oz., selected varieties



5.99
Alden's Organic
Frozen Novelties
6-8 ct., selected varieties



2/\$6
Frontera
Salsa
16 oz., selected varieties



2/\$7
Garden of Eatin'
Tortilla Chips
16 oz., selected varieties



2/\$4
Rxbar
Protein Bar
1.83 oz., selected
varieties



4.99
Silk
Soy Yogurt
24 oz., selected varieties



Cool savings at the co-op.

Stay refreshed all summer long.



3.99

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



from small family farms



Vital Farms began as a single-family farm. As we grew, we didn't make our farm bigger — we found like-minded farmers who care about animal welfare.



4.99

Organic Valley Raw Cheese
8 oz., selected varieties



3.99

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



2/\$4

Noosa Yoghurt
8 oz., selected varieties



2/\$5

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



3.99

So Delicious Organic Coconutmilk
64 oz., selected varieties



a crash-free boost

Refreshing, crisp, sparkling Yerba Mate is packed with 160 mg of USDA Organic Better Caffeine™ — and 50% percent of profits support alcohol and drug addiction recovery.

2/\$4

Clean Cause Organic Sparkling Yerba Mate
16 oz., selected varieties



2/\$7

Blue Diamond Almondmilk
64 oz., selected varieties

Stock the fridge for hot summer days.



3.99
Organic Valley
Shredded Cheese
6 oz., selected varieties



indulge your palate

Enjoy the summer with a delightful pint of Talenti Ice Cream — slow cooked with fresh milk, sugar and cream, and the finest authentic flavors. Packaged in recyclable, reusable jars.

2/\$7

Talenti
Gelato or Sorbetto
1 Pint, selected varieties



2/\$7
Applegate Farms
Charcuterie Plate
2.6-2.65 oz., selected varieties



3.99
Field Roast
Vegan Sausage
12.95 oz., selected varieties



2/\$7
Scott & Jon's
Shrimp Fried Rice
Bowl
8 oz., selected varieties



8.99
Primal Kitchen
Riced Cauliflower
Skillet Meals
20 oz., selected varieties

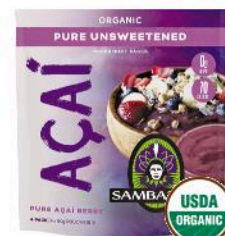
decadent and dairy-free



Celebrate the LGBTQIA+ community with Coolhaus' new peppermint frozen dessert, with chocolate cookie crumbs and purple marshmallow swirl. Also try dairy-free vanilla — flavored with Tahitian and Madagascar vanilla beans!

2/\$8

Coolhaus
Dairy-free Ice Cream
1 Pint, selected varieties



4.99
Sambazon
Organic Acai
Berry Fruit Packs
4 pack, selected varieties



3.49
Wyman's
Frozen Fruit
12-15 oz., selected varieties

Sweet savings are at the co-op!

cooperation will get us through



We plan ahead to save you money, and our Co+op Deals flyer is produced a few months before you receive it. Still, sometimes the best-laid plans don't, well, go according to plan. If that's the case this month, we appreciate your patience as we adjust our inventory to meet your needs! We're sure you'll find at least a few great deals to lighten the load on your next grocery shop.

When we cooperate, everyone wins. We'd like to acknowledge all of the people in our food system and community who are working to keep us safe and healthy on a daily basis. From our staff to shoppers to local producers to health care providers and others — we appreciate you!

Thank you for your continued trust in our co-op — we're in this together, and we're right here for you.



6.99 Sunridge Farms
Candy and Trail Mix
per pound in bulk, selected varieties



8.99
Equal Exchange
Organic Bulk Coffee
per pound in bulk, selected varieties
5 lb. packages also on promotion for \$42.99



8.99
Grandyoats
Coconola
per pound in bulk, selected varieties



16.99
Frontier
Organic Black Pepper
per pound in bulk,
other Frontier bulk spices also on sale



1.79
Organic Garbanzo Beans
per pound in bulk



9.99
Organic Dried Mango
per pound in bulk



10.99
Organic Unroasted Almonds
per pound in bulk



The co-op has all your bulk staples.



2/\$6
 Chickapea
 Organic Chickpea
 & Lentil Pasta
 8 oz., selected varieties

*Tasty Bite is
 going organic!*

We are very excited to bring six organic entrees to our line! Pair them with any variety of our organic rice for a complete meal!



2/\$5

**Tasty Bite
 Organic Meals**
 10 oz., selected varieties



5.99
 A. Vogel
 Organic
 Herbamare
 Seasoning
 8.8 oz., selected varieties



2/\$4
 Blue Diamond
 Almondmilk
 32 oz., selected varieties



3/\$5
 Mountain Valley
 Spring Water
 1 liter, selected varieties



2.79
 Harvest Bay
 Coconut Water
 33.8 oz.

pure, wild seafood!



Always wild and always sustainably caught, because we care about our oceans. Natural Sea products are made with simple ingredients and are a natural source of protein. Enjoy seafood you can feel good about!

2/\$5

**Natural Sea
 Yellowfin and Albacore
 Tuna**
 5 oz., selected varieties



4.49
 Waterloo
 Sparkling Water
 12 -12 oz., selected varieties



2/\$4
 Guayaki
 Organic Sparkling
 Yerba Mate
 12 oz., selected varieties

Thank you for shopping the co-op!



2/\$7
Nature's Path
Organic Cereal
10-14 oz., selected
varieties



2/\$7
Nature's Path
Envirokidz
Organic Cereal
10-14 oz., selected
varieties



2/\$5
Blue Diamond
Nut Thins
4.25 oz., selected varieties

healthy and tasty snacks



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

10/\$10 Kind
Fruit & Nut Bar
1.4 oz., selected varieties



2/\$5
From the Ground
Up
Cauliflower Snacks
4-4.5 oz., selected
varieties



4/\$5
Michel et Augustin
Shortbread
Cookie Squares
1.07 oz., selected
varieties



*dang delicious
coconut chips*

Thai coconut slices toasted to perfection for a naturally sweet flavor and a delightfully satisfying crunch. As much fiber as an apple — and less sugar! Dang is a Certified B Corp.

2/\$6
Dang
Coconut Chips
3.17 oz., selected varieties



2/\$8
Tate's Bake Shop
Cookies
7 oz., selected varieties



5.99
Lily's
Baking Chips
9 oz., selected varieties

The co-op makes summer snacking easy.



7.99
 Jarrow Formulas
 Methyl B-12
 1000 mcg
 100 ct.



*ancient root for
 modern health*

Experience the power of turmeric to support healthy inflammation. Real turmeric root and pure turmeric extract deliver 481 mg of curcumin per serving. Nourish your body, starting from the roots.

23.99
 Megafood
 Turmeric Strength
 60 ct., selected varieties



2/\$4
 Runa
 Organic Energy Drink
 12 oz., selected varieties



5.49
 Lakewood
 Organic Pure
 Pineapple Juice
 32 oz., other Lakewood
 juices also on sale



4/\$5
 Clif Bar
 Organic Nut
 Butter Filled Bar
 1.76 oz., selected
 varieties



14.99
 Ultima Replenisher
 Electrolyte Powder
 3.4-3.7 oz., selected
 varieties



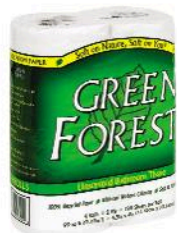
17.99
 Bulletproof
 Brain Octane Oil
 16 oz.



23.99
 Amazing Grass
 Green SuperFood
 8.5 oz., selected varieties



17.99
 Castor & Pollux
 Organix
 Organic Dog Food
 4 Lbs., selected varieties
 other Dog & Cat Food
 items also on sale



1.79
 Green Forest
 Bath Tissue
 4 pack



4.99
 Himalaya
 Toothpaste
 5.29 oz., selected varieties



4.49
 Schmidt's
 Cleaning Vinegar
 15 oz., selected varieties

Natural health and body care for your family.

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

ILLINOIS

Common Ground Food Co-op
Dill Pickle Food Co-op
Green Top Grocery
Neighborhood Co-op Grocery
Sugar Beet Food Co-op

INDIANA

3 Rivers Natural Grocery
Bloomingfoods Market and Deli
Maple City Market

IOWA

New Pioneer Co-op
Oneota Community Co-op
Wheatfield Cooperative

KANSAS

The Merc Co+op

KENTUCKY

Good Foods Co-op

MICHIGAN

Grain Train Natural Foods Market
GreenTree Cooperative Grocery
Keweenaw Co-op Market & Deli
Marquette Food Co-op

Oryana Community Co-op
People's Food Co-op – Ann Arbor
PFC Natural Grocery & Deli
Ypsilanti Food Co-op

MINNESOTA

Bluff Country Co-op
City Center Market
Cook County Whole Foods Co-op
Eastside Food Cooperative
Hampden Park Co-op
Harmony Natural Foods Co-op
Harvest Moon Natural Foods
Just Food Co-op
Lakewinds Food Co-op
Linden Hills Co-op
Mississippi Market
Natural Harvest Food Co-op
People's Food Co-op – Rochester
River Market Community Co-op
Seward Community Co-op
St. Peter Food Co-op & Deli
Valley Natural Foods
Wedge Community Co-op
Whole Foods Co-op

NEBRASKA

Open Harvest Cooperative Grocery

OHIO

Phoenix Earth Food Co-op

SOUTH DAKOTA

Sioux Falls Food Co+op

WISCONSIN

Basics Cooperative Natural Foods
Chequamegon Food Co-op
Menomonie Market Food Co-op
Outpost Natural Foods Co-op
People's Food Co-op – La Crosse
Viroqua Food Co+op
Willy Street Co-op



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



give it a swirl

Celebrate summer with a delicious pint of Ben & Jerry's fair trade, super-premium ice cream, loaded with gooey swirls and spoon-bending chunks.

2/\$7

**Ben & Jerry's
Ice Cream**
1 Pint, selected varieties



2.49

**Field Day
Organic Pretzels**
8 oz., selected varieties



2/\$5

**Stacy's
Pita Chips**
7.33 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

MW0720B

