

coop deals®

MAY 15 - JUNE 4, 2019

top picnic
picks

STOP IN, DINE OUT

Get ready for picnic season with a trip to the co-op for crowd-pleasing eats. No spread is complete without the chips and dip, so make sure to grab a bag or two while they're on sale!



2/\$7

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



2/\$6

Annie's Naturals
Organic Dressing
8 oz., selected varieties



3.99

Woodstock
Organic Pickles
24 oz., selected varieties
other Woodstock
Condiments also on sale



3.99

Applegate
Hot Dogs
10 oz., selected varieties
Organic Hot Dogs \$4.99



Get ready for your next outdoor adventure with these great deals.

Stop by the co-op today!



4/\$5

Chobani
Greek Yogurt
5.3 oz., selected varieties



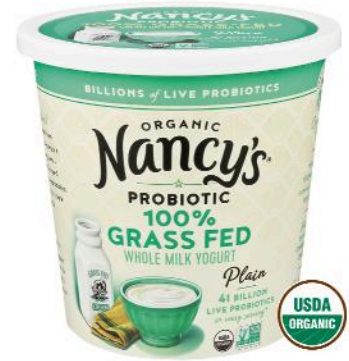
3.99

Wallaby Organic
Kefir
32 oz., selected varieties



2/\$7

Good Karma
Flaxmilk
64 oz., selected varieties



3.49

Nancy's
Organic Grass Fed Yogurt
24 oz., selected varieties



4.49

New Barn
Organic
Almondmilk
28 oz., selected varieties



4.99

Organic Valley
Organic Cheese
8 oz., selected varieties



2/\$6

Hope Foods
Organic Hummus
8 oz., selected varieties



yes way!

The world's first plant-based sausage that looks, sizzles and satisfies like pork. With 16 grams of plant protein, no soy, gluten or GMOs and less saturated fat than pork sausage, you'll savor the difference.

6.99

Beyond Meat
Beyond Sausages
4 ct., selected varieties



2/\$5

Quorn
Meat-Free Chik'n
Nuggets
10.6 oz.
Other Meatless products
also on sale



5.99

Bubbies
Kosher Dill Pickles
33 oz.
other Bubbies products
also on sale

Find savings on eats for everyone at the co-op!



2/\$4

Stahlbush Island
Farms Frozen
Vegetables
10 oz., selected varieties



6.99

Caulipower
Cauliflower Pizza
11.6 oz., selected
varieties



2/\$6

Woodstock
Organic Frozen
Fruit
10 oz., selected varieties
other Frozen Fruit also
on sale



Plant-based, gluten-free, paleo, vegan?

You're covered at the co-op.

support Celiac Awareness Month!



Udi's is committed to making delicious food that just happens to be gluten free. You shouldn't have to compromise on taste, so we offer full flavor alternatives to support the lifestyle you choose!

\$3.99

Udi's Gluten Free
Ancient Grain
Millet Chia Bread
14.2 oz.

\$3.99

Udi's Gluten Free
Multigrain Sandwich
Bread
12 oz.

\$4.49

Udi's Gluten Free
Pizza Crust
8 oz.

\$5.49

Udi's Gluten Free
Pepperoni Pizza
10.1 oz.

Delicious deals on foods for the whole family!



sundaes for all

Set up an ice cream sundae bar at home with a variety of frozen treats available at your co-op. At prices like these, you'll be able to please the whole family! Don't forget the organic fruit and fair trade chocolate for toppings.



4.29

**Halo Top
Creamery
Ice Cream**

16 oz., selected varieties



4.99

**So Delicious
Non-Dairy Frozen
Novelties**

4-8 ct., selected varieties



6.99

**Alden's Organic
Ice Cream**

48 oz., selected varieties



sweet dairy-free dreams!

Women-founded, women-led Coolhaus brings you our new dairy-free line of pints. Featuring a thoughtfully crafted base of pea protein, brown rice and cocoa butter to bring you the creamiest frozen desserts.

2/\$7

Coolhaus

**Dairy-Free Peanut Butter
Fudge Chip Ice Cream**

16 oz., selected varieties

Other Coolhaus products also on sale



Sweet treats at sweet prices. Spoon up the savings!



4/\$5

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



3.99

**Epic
Traditional Beef
Jerky**
2.25 oz., selected
varieties



4.99

**Kalahari Biltong
Air Dried Beef**
2 oz., selected varieties



2/\$4

**Gomacro
Organic Macrobar**
2-2.5 oz., selected
varieties



3/\$5

**Epic
Performance Bar**
1.87 oz., selected
varieties



5.99

**Once Again
Organic Sunflower
Butter**
16 oz., selected varieties



Busy day? Grab a healthful, delicious treat at the co-op!

You're good to go.



2/\$6

**Kashi
Organic Cereal**
9.5-16.3 oz., selected
varieties



3.99

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



9.99

**Equal Exchange
Organic Bird of
Paradise Coffee**
per pound in bulk



1.29

**Bulk Organic
Millet**
per pound in bulk



5.99

**Bulk Organic
Mission Figs**
per pound in bulk



6.99

**Bulk Raw
Cashew Pieces**
per pound in bulk

Sustainable savings on bulk buys.

simply delightful dinners

Suppertime staples like pasta, beans and quinoa make the perfect base for a variety of fresh flavors. Add a spicy sauce, seasonal veggies and your protein of choice to a bowl of one of these three for a simply delicious dinner this week.



2/\$4

**Bionaturae
Organic Penne
Rigate**
16 ounces, selected
varieties



2/\$5

**Bionaturae
Organic
Tomatoes**
24-28.2 oz., selected
varieties



2/\$7

**Crown Prince
Albacore Tuna in
Spring Water**
5 oz., selected varieties
other Tuna also on sale



2/\$5

**Westbrae Organic
Beans**
25 oz., selected varieties



2.39

everyday low price!
**Field Day
Organic Coconut
Milk**
13.5 oz., selected varieties



9.99

**Spectrum Naturals
Organic Extra Virgin
Mediterranean
Olive Oil**
33.6 oz.



6.99

**Ancient Harvest
Organic Quinoa**
12-14.4 oz., selected
varieties



3.99

**Sir Kensington's
Vinaigrettes**
8.45 oz., selected
varieties



6.99

**Spectrum Naturals
Organic Unrefined
Coconut Oil**
14 oz.



Mealtime made easy with help from the co-op.



2/\$4

Lundberg Family Farms
Rice Chips
6 oz., selected varieties



2/\$6

Back To Nature
Crackers
4-8.5 oz., selected varieties



2/\$5

Beanitos
Bean Chips
6 oz., selected varieties



2/\$5

Blue Diamond
Artisan Nut Thins
4.25 oz., selected varieties



2/\$5

Terra
Vegetable Chips
5-6 oz., selected varieties



2/\$5

Late July Snacks
Organic Multigrain Chips
5.5 oz., selected varieties



2/\$5

Epic
Pork Rinds
2.5 oz., selected varieties



2/\$3

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



3.99

Newman's Own
Newman-O's Sandwich Cookies
13 oz., selected varieties



2/\$3

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



2/\$5

Yumearth
Organic Licorice
5 oz., selected varieties



2/\$5

TCHO
Organic Chocolate Bar
2.5 oz., selected varieties



2/\$7

Endangered Species
Chocolate Bites
4.7 oz., selected varieties

Savory snacks and sweet treats for every picnic.



2/\$5

Guayaki Organic Yerba Mate
15.5 oz., selected varieties



3.99

Limitless Lightly Caffeinated Sparkling Water
8 ct., selected varieties



3/\$5

Blue Diamond Almond Milk
32 oz., selected varieties



3.99

Zevia Zero Calorie Soda
6 pack, selected varieties



4.99

Reed's Ginger Brew
4 pack, selected varieties



2.99

Lakewood Organic Pure Lemon Juice
12.5 oz., selected varieties
other Juice Varieties also on sale



6.99

GT's Organic Multi-serving Kombucha
48 oz., selected varieties



delicious, naturally

Santa Cruz Organic® and **R. W. Knudsen®** are committed to making the highest quality natural and organic products. Whether you are having a picnic lunch, a family dinner or are on the go, you can trust our drinks are mindfully sourced, great tasting and made from ingredients perfect for the whole family.



2/\$3

Santa Cruz Organic Lemonade and Limeade
32 oz.

2/\$4

Santa Cruz Organic Agua Fresca
32 oz.

2/\$4

RW Knudsen Organic Lemon Recharge
32 oz.

Sip on the savings at your local co-op!



freshly picked for your picnic

This zesty, light and flavorful salad will be the hit of your next picnic or potluck. It's simple to make and full of fresh spring veggies and herbs. Pick up all the ingredients today at your co-op.

Mediterranean Cucumber Salad

Serves: 4. Prep time: 15 minutes.

2 tablespoons olive oil
1 garlic clove, peeled and minced
Juice of 1 lemon
¼ cup chopped fresh mint
¼ cup chopped fresh parsley
½ cup diced red onion
2 cups diced cucumber
2 cups diced tomatoes
Salt and pepper to taste

In a large mixing bowl, gently toss together all of the ingredients. Add salt and pepper to taste. Let sit 10 to 15 minutes before serving to allow the flavors to meld.

This chopped salad is amenable to all sorts of variations. Add Kalamata olives, feta cheese, cubes of watermelon or cantaloupe, or just about any other seasonal diced veggies you like. Serve on its own or atop a bed of fresh spinach or cooked leftover grains.

Find more recipes at www.strongertogether.coop

magnesium for wellbeing



Our bodies thrive with sufficient Magnesium (Mg), an alkaline metal found in the Earth's crust. In plants, it is the central ion of chlorophyll and in humans, it is the fourth most abundant mineral essential for vital physiological functions. Grab a bottle of **KAL** or **Life-flo** magnesium to support your body's overall well-being.

\$5.99

Life-flo
Magnesium Lotion
8 oz.

\$6.99

Life-flo
Pure Magnesium Oil
8 oz.

\$12.99

KAL
Magnesium Taurate
90 ct.

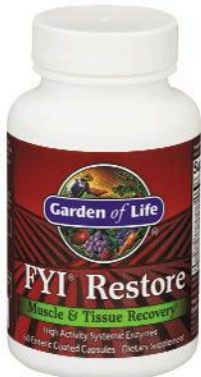
\$12.99

KAL
Magnesium Glycinate
90 ct.



Wonderful wellness savings on products you love.

Stay well this season.



29.99

Garden Of Life
FYI Restore
60 ct.



5.99

Spry
Chewing Gum
100 ct., selected
varieties



19.99

ZHOU
Neuro Peak Brain
Support
30 ct.
other Zhou supplements
also on sale

new



12.99

Himalaya
Ashwagandha
60 count, selected
varieties



Wellness starts at your local co-op.

better body care

Beyond the shelves stocked with great food, the co-op is packed with wonderfully crafted body care products made with natural, herbal ingredients. Find better-for-you shampoos, soaps, cosmetics, lotions, oils and more on your next shopping trip!



new

3.99
Booda Butter
Eco Balm
.30 oz., selected
varieties



9.99
Derma E
Anti-Wrinkle Vitamin
A Renewal Cream
4 oz.
other Derma E products
also on sale



12.99
Mineral Fusion
Volumizing Mascara
.57 oz., selected varieties
other Mineral Fusion
items also on sale



3.49
Citra-Solv
Dish Liquid
25 oz., selected varieties



2.99
Seventh
Generation
Baby Wipes
64 ct.
Baby Diapers \$9.99



7.99
Seventh
Generation
Unbleached Bath
Tissue
12 ct.



Naturally better products for health and home.

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

ILLINOIS

Common Ground Food Co-op
Dill Pickle Food Co-op
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
Wheatsfield 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

The Co-op Natural Foods

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: www.strongertogether.coop*

essential oil must-have: lavender!



Relax when you feel edgy. Aura Cacia lavender essential oil is distilled from the premium species to inspire relaxation throughout your day.

8.99

**Aura Cacia
Lavender Essential Oil**

.5 oz.
other Essential Oils also on sale



8.99
**Nutiva
Organic Coconut
Manna**
15 oz.
other Nutiva products
also on sale



Co-ops support products and services that ensure 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

MW0519B

coop
stronger together