

coop™ deals

OCT 18 - OCT 31, 2017



SO GOOD IT'S SCARY

Why should pumpkins have all the fun? Your co-op has a wide variety of treats and fresh ideas for a scary-good Halloween celebration.

trick-or-treat!



4/\$5

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



3.99

Tom's Of Maine
Toothpaste
4.7-5.5 oz., selected
varieties
other Tom's of Maine
products also on sale



2/\$6

Imagine
Organic Soup
32 oz., selected varieties



2/\$6

Blake's
Chicken Pot Pie
8 oz.
other 8 oz. Blake's
products also on sale



Delicious, healthy and wholesome foods for your family.

Find them at your co-op.



*always organic,
always delicious*

As a fiercely independent family-run business, **Nature's Path** has been committed to organics and sustainability for more than 30 years and is guided by a mission to "always leave the earth better than we found it."

2.99

Nature's Path
Envirokidz Organic
Cereal
10-14 oz., selected varieties

5.99

Nature's Path
Organic Eco-Pak
Cereal
26.4-32 oz., selected varieties

2.99

Nature's Path
Organic Granola Bars
6.2-7.4 oz., selected varieties

2/\$5

Nature's Path
Organic Waffles
7.4-7.5 oz., selected varieties



Great meals are made from great ingredients.

Find greatness at the co-op.



3/\$5

Blue Diamond
Almond Milk
32 oz., selected varieties



2/\$6

Barbara's
Puffins Cereal
10-11 oz., selected
varieties



3.99

Earth Balance
Peanut Butter
Spread
16 oz., selected varieties



7.99

Lakewood
Organic Pure Juice
32 oz., Cranberry or
Blueberry, selected
varieties



3.99

Rudi's
Organic Bakery
Bread
20-24 oz., selected
varieties



2.39

Sweetleaf
Stevia Sweetener
35 ct.
other Stevia products
also on sale

Big brands and big deals!



8.99

**Bob's Red Mill
Almond Flour**
16 oz.
other Bob's Red Mill
products also on sale



2.69

**Chickapea
Organic Pasta**
8 oz., selected varieties



3.39

**Explore Cuisine
Organic Pasta**
8 oz., selected varieties



4/\$5

**Happy Tots
Organic Fruit &
Veggie Pouch**
4.22 oz., selected
varieties



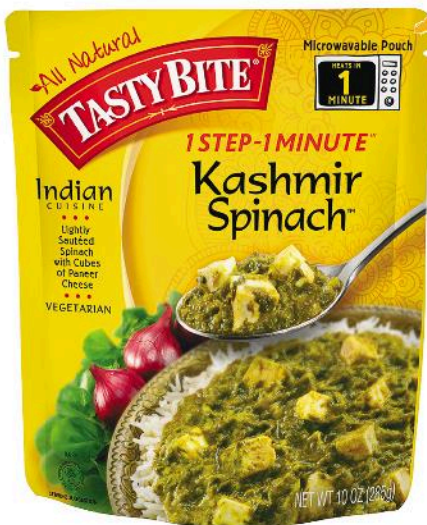
5.69

**Manitoba Harvest
Hemp Hearts**
8 oz.
other Hemp products
also on sale



10.99

**Spectrum
Mediterranean
Extra Virgin Olive
Oil**
33.8 oz.



ready-to-eat!

Tasty Bite uses only all-natural ingredients. Their delicious Indian and Thai entrees are made with bold flavors and ready to eat in less than 60 seconds.

2/\$5

**Tasty Bite
Indian Entrees**
10 oz., selected varieties



3/\$5

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



2.29

**Field Day
Organic Broth**
32 oz., selected varieties

1.69

**Field Day
Organic Vegetables**
14.5-15.25 oz., selected
varieties

4.99

**Field Day
Organic Peanut
Butter**
18 oz., selected varieties

Get cookin' with meal starters from the co-op.



very veggie skeleton

SO GOOD IT'S SCARY

Give this spook-tacular snack a try! Directions at www.strongertogether.coop.



2.99

Lundberg Family Farms
Organic Rice Cakes
8.5-10 oz., selected varieties



5/\$5

Tazo
Ready-to-Drink
Tea
13.8 oz., selected
varieties



4/\$5

Vermont Smoke &
Cure
Meat Stick
1 oz., selected varieties



2.99

R.W. Knudsen
Sparkling Juice
750 ml., selected
varieties



4.69

Organic Prairie
Beef Jerky
2 oz., selected varieties



7.99

Equal Exchange
Organic Midnight
Sun Coffee
per pound in bulk
other select Bulk Coffee
also on sale



2.99

Golden Temple
Granola
per pound in bulk

scoop up the savings in bulk!



1.99

Bulk Organic White
Quinoa
per pound in bulk



8.99

Bulk Organic
Roasted & Salted
Pistachios
per pound in bulk

5.99

Bulk Organic
Sweetened Dried
Cranberries
per pound in bulk

Buying bulk supports sustainable shopping.



5/\$5

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



3/\$4

Lotus Foods
Organic Rice
Delight
1.41 oz., selected varieties



2/\$5

Popcorn Indiana
Popcorn
4.75-8 oz., selected varieties



2/\$5

Way Better Snacks
Tortilla Chips
5.5 oz., selected varieties



2/\$4

Barbara's
Cheese Snacks
5.5-7 oz., selected varieties



2/\$5

Blue Diamond
Nut Thins
4.25 oz., selected varieties



2/\$5

Boulder Canyon
Potato Chips
5-6.5 oz., selected varieties



2/\$4

Endangered
Species
Chocolate Bar
3 oz., selected varieties



3.99

Glutino
Family-size
Pretzels
14.1 oz., selected varieties



2/\$4

Food Should Taste Good
Tortilla Chips
4.5-5.5 oz., selected varieties



2/\$5

Late July Snacks
Organic Cantina
Dippers
8 oz., selected varieties



2.99

Mi-Del Snaps
8-10 oz., selected varieties

On the go? Grab a snack at the co-op!



PHOTO COURTESY KUAPA KOKOO COOPERATIVE, GHANA

OCTOBER IS

**CO-OP
MONTH**

Co-ops: A Global Force

From groceries to health care, co-ops are a vital part of everyday life for people all over the globe. The cup of coffee you enjoyed at breakfast was likely purchased from a coffee grower co-op in Africa or Central America. And the light fixture you're standing under might be powered with electricity from a co-op.

A co-op is a business model that allows people to combine resources to meet common needs. Cooperatives, including grocery co-ops, are more than bricks and mortar stores. They are built on the idea that local owners, not far-away investors, gain the benefits of business success. Simply put, cooperation is for everyone. Read more co-op stories at www.strongertogether.coop.

Savor the savings. Shop co-op!



3.39

Daiya Dairy-Free Cheese Shreds
8 oz., selected varieties



2.39

Lightlife Foods Organic Tempeh
8 oz., selected varieties



4.99

Kite Hill Almond Milk Cream Cheese
8 oz., selected varieties



2.99

Organic Valley Sour Cream
16 oz., selected varieties



3.99

Organic Valley Shredded Cheese
16 oz., selected varieties



2.99

Ripple Dairy-Free Plant Half & Half
16 oz., selected varieties



3.39

Califia Farms Nitro Cold Brew
10.5 oz., selected varieties



OCTOBER IS

CO-OP MONTH

Co-ops Grow Healthy Communities

From after-school snack programs to kid's cooking classes to hands-on gardening projects, co-ops around the country have created innovative ways to help young folks enjoy great food and learn more about where it comes from.

Explore your food co-op for more family favorites.



6.99

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



2/\$7

Rising Moon
Organic Frozen Pasta
8 oz., selected varieties
16 oz. Pasta on sale 2/\$10



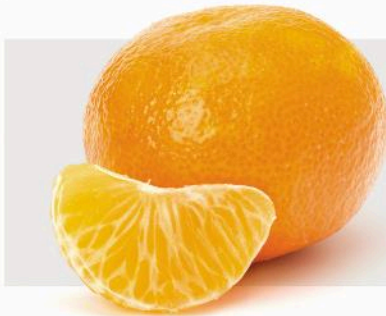
2/\$6

Hilary's
Veggie Burgers
6.4 oz., selected varieties



4.99

Julie's Organic
Ice Cream
Sandwiches
6-8 ct., selected varieties
other Organic Novelties
also on sale



From fresh produce to frozen treats

Your co-op has it all.



2/\$5

Cascadian Farm
Organic Frozen Vegetables
7-16 oz., selected varieties

a sweet deal

These plump little kernels are wonderfully versatile in the kitchen, but their blissfully sweet flavor will tempt you to serve them all by themselves!



2/\$5

Tandoor Chef
Naan Pizza
7.4-8.5 oz., selected
varieties
other Tandoor Chef
Frozen items also on sale



2.99

Woodstock
Organic Frozen
Mangoes
10 oz.
other Frozen Fruit also
on sale

Cool savings on frozen foods.

BREAKFAST BOWL

Start your morning with something hot, fast and nourishing from the co-op.

fall favorites!



2.99

Silk
Almond Beverage
64 oz., selected varieties



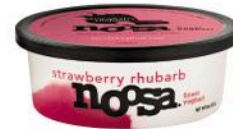
2/\$5

Goodbelly
Organic Probiotic
Drink
32 oz., selected varieties



3.69

Lifeway
Organic Lowfat
Kefir
32 oz., selected varieties



2/\$4

Noosa
Yoghurt
8 oz., selected varieties



3.99

Organic Valley
Grassmilk Yogurt
24 oz., selected varieties



3/\$5

Redwood Hill Farm
Goat Milk Yogurt
6 oz., selected varieties



5/\$5

Silk
Soy Yogurt
5.3 oz., selected varieties



2/\$3

Smari
Organic Icelandic
Yogurt
5 oz., selected varieties



3.79

Stonyfield Organic
Yogurt
32 oz., selected varieties



6.99

Ethical Bean Coffee
Organic
Compostable
Coffee Pods
12 ct., selected varieties
Whole Bean Coffee also on sale



Delightful deals on dairy (and dairy-free).

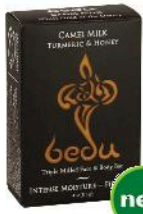


PHOTO COURTESY HUNGER MOUNTAIN CO-OP, MONTPELIER, VT

OCTOBER IS
**CO-OP
MONTH**

Cooperation Celebration!

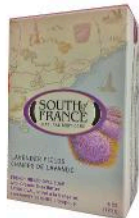
Co-op shoppers, owners and supporters are sustaining something special: businesses that are owned and operated by their communities. Together, people around the globe are helping to build a better world through cooperation. Happy Co-op Month — and thank you.



3.99

Bedu
Camel Milk Soap
4 oz., selected varieties

new



2/\$6

South Of France
Natural Bar Soap
6 oz., selected varieties
other South of France
products also on sale



2.69

Ecover
Dishwashing
Liquid
25 oz., selected varieties



3/\$5

Green Forest
Facial Tissues
175 ct.



9.99

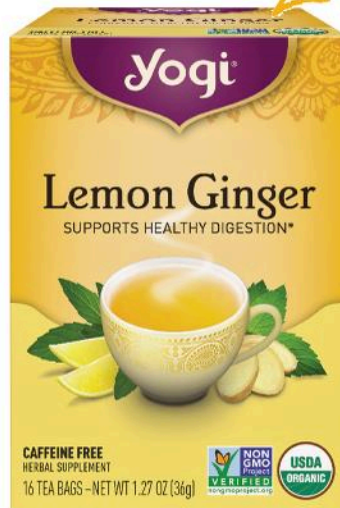
Seventh Generation
Liquid Laundry
Detergent
100 oz., selected varieties

Your local co-op cares for every body.



3.39

Choice Organic Tea
16 ct., selected varieties



relax and enjoy

Yogi has been creating deliciously purposeful teas since 1984. All yogi teas are made with organic ingredients, most of which are certified organic.

2/\$6

Yogi Tea
16 ct., selected varieties



4/\$5

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



5.99

Boiron Arnicare Gel
1.5 oz.
other Arnicare products also on sale



11.99

Genexa Organic Medicine
60-100 ct., selected varieties



57.99

Healthforce Vitamineral Green Powder
500 gr.
other Healthforce products also on sale



16.99

Jarrow Formulas Jarro-Dophilus EPS
60 ct.
other Jarrow products also on sale



6.99

Lily Of The Desert Organic Aloe Vera Juice
32 oz., selected varieties



16.99

Bach Rescue Remedy
20 ml.
other Rescue Remedy products also on sale



19.99

Oregon's Wild Harvest Turmeric
60 ct.
other Oregon's Wild Harvest products also on sale



29.99

Rainbow Light Women's One Multivitamin
90 ct.
other Rainbow Light products also on sale



Wellness for mind, body and spirit 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

Everman Cooperative Grocery & Cafe
New Leaf Market Co-Op

GEORGIA

Life Grocery & Cafe
Sevananda Natural Foods Market

MAINE

Belfast Co-Op
Blue Hill Co-Op Community Market
Rising Tide Community Market

MARYLAND

Common Market Co-Op
Tpss Co-Op

MASSACHUSETTS

Berkshire Co-Op Market
Green Fields Market
Harvest Co-Op Markets

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
Flatbush Food Cooperative
Greenstar Cooperative Market
Honest Weight Food Co-Op
Hungry Hollow Co-Op
Lexington Cooperative Market
Syracuse Real Food Co-Op

NORTH CAROLINA

Chatham Marketplace
Company Shops Market
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

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: www.strongertogether.coop



the good stuff

Acure for your skin drives real results with targeted plant and food-based ingredients because it's not enough to be natural, it also has to work.

10.99

Acure Day Cream

1.7 oz., selected varieties
other Acure Facial Care also on sale



5.99

Alba Botanica Hawaiian Detox Frothy Scrub
9 oz., other Body Care products also on sale



21.99

Mychelle Dermaceuticals Pumpkin Renew Cream
1.2 oz., other Facial Care 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