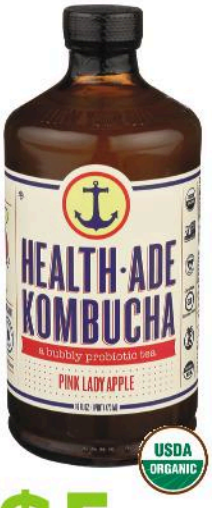
co-op deals®

FEB 19 - MAR 3, 2020

more to pour

AN ABUNDANCE OF NATURAL FLAVORS

Shop the co-op for your favorite kombucha — these bright fermented teas are great on their own or mixed into a tasty winter mocktail or sparkling beverage!



2/$5

Health-Ade Organic Kombucha
16 oz., selected varieties

2/$5

From The Ground Up Cauliflower Crackers
4 oz., selected varieties

2/$6

Maya Kaimal Organic Everyday Dal
10 oz., selected varieties

2/$7

Brown Cow Cream Top Yogurt
32 oz., selected varieties

Enjoy a taste of spring.

Great deals at the co-op

2/$3
So Delicious Coconut Milk Yogurt
5.3 oz., selected varieties

2/$3
Silk Oat Yeah Oatmilk Yogurt
5.3 oz., selected varieties

2/$3
C2O Coconut Water
17.5 oz., selected varieties

5.99
Fage Greek Yogurt
35.3 oz., selected varieties

3/$4
Chobani Greek Yogurt with Nut Butter
5.3 oz., selected varieties

3.99
Organic Valley Ultra-Filtered Milk
56 oz., selected varieties

4.99
Lifeway Organic Kefir
32 oz., selected varieties

2/$7
Rebbl Organic Protein Beverage
12 oz., selected varieties

2/$7
Silk Non-Dairy Beverage
64 oz., selected varieties

2/$7
Good Karma Flaxmilk
64 oz., selected varieties

3.99
Daiya Dairy-free Cheese Shreds
8 oz., selected varieties

3.99
Organic Valley Parmesan Cheese
4 oz., selected varieties

8.99
Organic Prairie Summer Sausage
12 oz., selected varieties

Keep your refrigerator stocked with great deals.

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

always organic, never ordinary

Cascadian Farm's love of delicious, uncomplicated food comes from what Mother Nature has already perfected: wholesome, organic ingredients. We are inspired by the awe and wonder of food grown naturally. It's simple, yet filled with so much magic. Ban boring, eat vibrantly.

2/$4
Cascadian Farm Organic Frozen Beans and Frozen Vegetables
10 oz., selected varieties

2/$6
Cascadian Farm Organic Harvest Berries
8 – 10 oz., selected varieties

2/$6
Cascadian Farm Organic Granola and Cereal
13 – 14.5 oz., selected varieties

2/$7
USDA ORGANIC

Cascadian Farm Organic Fruit-infused Chewy Granola Bars
5 pack, selected varieties

Products the whole family will love!

Healthy habits start here.

3.99
Natural Sea Fish Sticks or Fillets
8 oz., selected varieties

3.99
The Real Coconut Organic Coconut Flour Tortillas
7.6 oz., selected varieties

3.99
Katz Gluten Free Snack Cakes
7-8.8 oz., selected varieties

4.99
Mikey's Breakfast Pockets
2 ct., selected varieties

7.99
Beyond Meat Beyond Beef
16 oz.

3.99
Leah's Better Bites Do Bites
4.4 oz., selected varieties

Your co-op has products for any diet or lifestyle!

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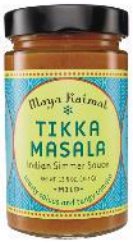
2/$7

Pacific Foods Organic Soup
32 oz., selected varieties

2.49

San-J Tamari Gluten-Free Soy Sauce
10 oz.



2/$7

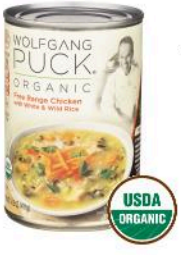
Maya Kaimal Indian Simmer Sauce
12.5 oz., selected varieties

13.99

Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil
30 oz., selected varieties

2/$5

Natural Sea Yellowfin Chunk Tuna
5 oz.
other Natural Sea canned seafood products also on sale



2/$5

Wolfgang Puck Organic Soup
14.5 oz., selected varieties

growing great taste for generations®

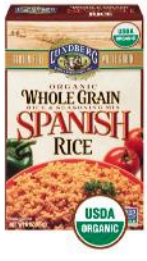
Since 1937, the **Lundberg** family has been dedicated to caring for the land responsibly and sustainably. Our organic farming methods produce healthful, delicious rice while respecting and protecting the Earth for future generations. Today, the spirit of environmental stewardship at Lundberg Family Farms® continues to grow with every grain of rice.

2/$5

Lundberg Rice Chips
6 o.z, selected varieties

2/$6

Lundberg Organic Rice Cakes
8.5 oz., selected varieties



2/$6

Lundberg Organic Rice Pilaf and Entrées
5.5 – 6 oz., selected varieties

5.99

Lundberg Organic California Rice
32 oz., selected varieties

Stop in for the healthy ingredients you want.

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find your flavor

Stock up on our unrivaled snacks. Simple ingredients, classic taste and satisfying flavor is what you get from our premium brands. Our kettle chips and pretzels deliver the crunch you need to fulfill every craving. What are you waiting for? Get to snacking!

2/$4
Kettle Brand Potato Chips
5 oz., selected varieties

2/$5
Snack Factory Pretzel Crisps Original
7.2 oz.

2/$5
Late July Organic Classic Rich Cracker
6 oz.

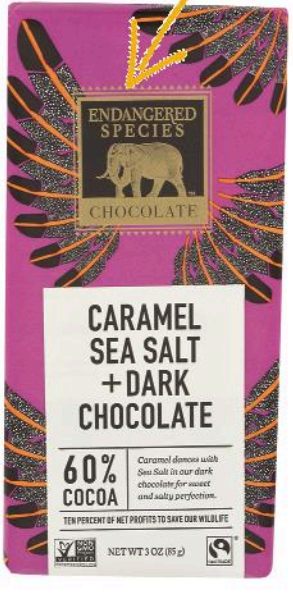
2/$6
Snyder's Gluten Free Pretzel Sticks
8 oz.

2/$4
Barbara's Cheese Puffs
5.5-7 oz., selected varieties

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

2/$5
Theo Organic Chocolate Bar
3 oz., selected varieties

you can never go wrong with chocolate!



Caramel dances with sea salt in our dark chocolate for a sweet and salty pairing perfection.

2/$4
Endangered Species Chocolate Bar
3 oz., selected varieties

2/$6
Taza Organic Chocolate
2.7 oz., selected varieties

3.99
Lillabee Brownie Thins
4 oz., selected varieties

Tasty snacks for school, work and free time.

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less sweet. more meat.

The grass-fed bison supply in North America has increased over the past three years, in part thanks to **Epic**'s sourcing efforts. When you vote with your purchasing dollars by supporting brands that source ingredients with integrity, you truly do make a difference. Epic is committed to sourcing the highest-quality and most humanely treated animals — which contributes to your health and that of the environment.

2/$3 Epic Meat Strips .8 oz., selected varieties

3/$5 Epic Bars 1.3 oz., selected varieties

2/$5 Epic Pork Rinds 2.5 oz., selected varieties

4.49 Epic Bites and Bone Broth 2.5 oz. bites, selected varieties; 14 oz. bone broth, selected varieties

5.99 Grandy Oats Organic Granola 9 oz., selected varieties

5.99 SweetLeaf Organic Baking Blend 14 oz., selected varieties

4.99 Spice Mama Just Date Syrup 8.8 oz., selected varieties

2.99 R.W. Knudsen Organic Apple Juice 32 oz.

2/$7 Choice Organic Tea 16 ct., selected varieties

7.99 Lakewood Organic Pure Cranberry Juice 32 oz.

1.79 Organic Pinto Beans per pound in bulk USDA ORGANIC

4.49 Organic Pitted Prunes per pound in bulk USDA ORGANIC

5.99 Almonds per pound in bulk

Reduce packaging by buying in bulk.

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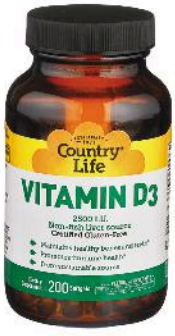
10.99
Boiron Coldcalm
60 ct.

12.99
Nature's Way Umcka Coldcare Syrup
4 oz., selected varieties



7.99
Schmidt's Deodorant
3.25 oz., selected varieties

4.99
Andalou Naturals Body Lotion
8 oz., selected varieties

10.99
Country Life Vitamin D3 2,500 IU
200 ct., selected varieties

10.99
ECOS Liquid Laundry Detergent
100 oz., selected varieties

2.79
Ecover Dishwashing Liquid
25 oz., selected varieties

5/$5
Luna Bar
1.69 oz., selected varieties

2/$4
Garden Of Life Sport Protein Bar
2.7 oz., selected varieties

4.49
Santa Cruz Organic Peanut Butter
16 oz., selected varieties

2.99
Nature's Bakery Whole Wheat Fig Bar
6 ct., selected varieties

2/$7
Made In Nature Organic Figgy Pops
3.8 oz., selected varieties

8.99
Once Again Almond Butter
16 oz., selected varieties

Stock up with these great co-op savings.

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

ARKANSAS

Ozark Natural Foods
1554 N. College Avenue, Fayettesville

COLORADO

Durango Natural Foods Co-op
575 East Eighth Avenue, Durango

NEVADA

Great Basin Community Food Co-op
240 Court Street, Reno

NEW MEXICO

La Montañita Co-op
2301 Central Avenue N.E., Albuquerque
3500 Central Avenue S.E., Albuquerque
2400 Rio Grande Boulevard, Albuquerque
3601 Old Airport Avenue N.W., Albuquerque
105 East Coal Avenue, Gallup
913 West Alameda, Santa Fe

Los Alamos Cooperative Market
95 Entrada Drive, Los Alamos

Mountain View Market Co-op
1300 El Paseo Road, Suite M, Las Cruces

Silver City Food Co-op
520 North Bullard Street, Silver City

TEXAS

Wheatsville Co-op
3101 Guadalupe Street, Austin
4001 South Lamar, Austin

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

devoted to quality and tradition

Carla Bartolucci founded **bionaturae** with a desire to bring superior-quality Italian products to the U.S. She works with artisans who lovingly craft each product utilizing traditional small-scale production methods. **Jovial Foods** was created so families facing the challenges of food allergies could eat well and feel happy again. Carla runs the family- and woman-owned company from Italy, overseeing production and working with a small network of farmers to preserve old-world traditions.

USDA ORGANIC

2/$4 Bionaturae Organic Pasta 16 oz., selected varieties

2/$5 Bionaturae Organic Egg Pasta 8.8 oz., selected varieties

2/$6 Jovial Organic Brown Rice Pasta 12 oz., selected varieties

2/$6 Jovial Organic Tomatoes 18.3 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.

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co+op welcome to the table