for the love of chocolate

CHOCOLATE ANY TIME OF DAY
Stop by the co-op and get ready to celebrate Valentine’s Day all month long. Does anyone really need an excuse to stock up on chocolate, though?

4.99
Alter Eco Organic Chocolate Truffles
4.2 oz, selected varieties

2/$5
Chocolove Chocolate Bar
2.9-3.2 oz, selected varieties

3.79
Nature’s Path Organic Love Crunch
11.5 oz, selected varieties

3.99
Talenti Gelato or Sorbetto
16 oz, selected varieties

Valentine’s Day and every day
Find sweet deals at the co-op!
### Promotions

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nancy’s Organic Whole Milk Yogurt</td>
<td>4/$5</td>
<td>5.3 oz, selected varieties</td>
</tr>
<tr>
<td>Chobani Greek Yogurt</td>
<td>5/$5</td>
<td>5.3 oz, selected varieties</td>
</tr>
<tr>
<td>Noosa Yoghurt</td>
<td>3/$5</td>
<td>8 oz, selected varieties</td>
</tr>
<tr>
<td>The Greek Gods Greek Yogurt</td>
<td>2/$7</td>
<td>24 oz, selected varieties</td>
</tr>
<tr>
<td>Ripple Plant-based Milk</td>
<td>3.99</td>
<td>48 oz, selected varieties</td>
</tr>
<tr>
<td>Organic Valley Grassmilk Yogurt</td>
<td>3.99</td>
<td>24 oz, selected varieties</td>
</tr>
<tr>
<td>So Delicious Organic Coconut Milk Creamer</td>
<td>2/$5</td>
<td>16 oz, selected varieties</td>
</tr>
<tr>
<td>GT's Organic Kombucha</td>
<td>2/$5</td>
<td>16 oz, selected varieties</td>
</tr>
<tr>
<td>So Delicious Organic Coconut Milk</td>
<td>2/$7</td>
<td>64 oz, selected varieties</td>
</tr>
<tr>
<td>Koia Protein Drink</td>
<td>2/$6</td>
<td>12 oz, selected varieties</td>
</tr>
</tbody>
</table>

**25th anniversary limited edition offering**

May every sip from this bottle inspire you to celebrate life and remind you that all living things are sacred.

---

**Love fermented foods? Shop the co-op.**

*Some items may not be available at all stores or on the same days*
<table>
<thead>
<tr>
<th>Price</th>
<th>Product</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.99</td>
<td>Applegate Organic Chicken Strips</td>
<td>8 oz.</td>
</tr>
<tr>
<td>3.99</td>
<td>Organic Valley Snack Kit</td>
<td>2.36 oz., selected varieties</td>
</tr>
<tr>
<td>3.99</td>
<td>Hodo Soy Organic Tofu Nuggets</td>
<td>8 oz., selected varieties</td>
</tr>
<tr>
<td>4.99</td>
<td>CauliPower Cauliflower Tortillas</td>
<td>5.3 oz., selected varieties</td>
</tr>
<tr>
<td>2/$4</td>
<td>Hail Merry Two-pack Cups</td>
<td>1.52-1.76 oz., selected varieties</td>
</tr>
<tr>
<td>3/$5</td>
<td>Happy Baby Organic Baby Food</td>
<td>4 oz., selected varieties</td>
</tr>
<tr>
<td>2.99</td>
<td>Sambazon Organic Acai Bowl</td>
<td>6.1 oz., selected varieties</td>
</tr>
<tr>
<td>4.99</td>
<td>Little Northern Bakehouse Bagels</td>
<td>4 ct., selected varieties</td>
</tr>
</tbody>
</table>

**The co-op has brands you'll love!**

Delicious pizzas that are hand-stretched, topped with organic ingredients and GMO free. At Amy’s we use the best ingredients for our customers, our farmers, our employees and our planet.
<table>
<thead>
<tr>
<th>2/$6</th>
<th>2/$6</th>
<th>2/$4</th>
<th>3/$5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montebello Organic Pasta</td>
<td>Imagine Organic Broth</td>
<td>Muir Glen Organic Tomatoes</td>
<td>Annie's Homegrown Organic Mac &amp; Cheese</td>
</tr>
<tr>
<td>16 oz, selected varieties</td>
<td>32 oz, selected varieties</td>
<td>28 oz, selected varieties</td>
<td>6 oz, selected varieties</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>2/$4</th>
<th>1.49</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasty Bite Organic Ready to Heat Rice</td>
<td>Field Day Organic Beans</td>
</tr>
<tr>
<td>8.8 oz, selected varieties</td>
<td>15-15.5 oz, selected varieties</td>
</tr>
</tbody>
</table>

---

**real food fast**

*Primal Kitchen* condiments, dressings, bars and collagen are made with high-quality real-food ingredients. Taste for yourself why our convenient culinary creations are uncompromisingly delicious.

<table>
<thead>
<tr>
<th>5/$5</th>
<th>4.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primal Kitchen Protein Bars</td>
<td>Primal Kitchen Ranch Dressing</td>
</tr>
<tr>
<td>11.3 oz, selected varieties</td>
<td>8 oz, selected varieties</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6.99</th>
<th>29.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primal Kitchen Avocado Oil Mayo</td>
<td>Primal Kitchen Collagen Fuel</td>
</tr>
<tr>
<td>13 oz, selected varieties, other Primal Kitchen condiments also on sale</td>
<td>18.1 – 19.9 oz, selected varieties</td>
</tr>
</tbody>
</table>

---

Healthy meals made easy.

*Some items may not be available at all stores or on the same days.*
DIY TRAIL MIX
Make a one-of-a-kind trail mix for someone you’re nuts about. The co-op’s bulk section has all of the good stuff — like nuts, seeds, granola, dried fruit and chocolate. Simply combine a few scoops of their favorite ingredients, and store in an airtight container, for a crave-able anytime snack they’re sure to love!

2/$4
Mavuno Harvest Organic Fruit Bites
1.76 oz., selected varieties

2/$5
Nicks Sticks Meat Stick
1.7 oz., selected varieties

2/$7
Sahale Snack Mix
4 oz., selected varieties

scoop up the savings in bulk!

1.49
Organic Yellow Popcorn
per pound in bulk

2.29
Organic Kidney Beans
per pound in bulk

9.99
Organic Roasted & Salted Pistachios
per pound in bulk

Stock-up on family favorites at your co-op.

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

Get ready to entertain 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

Find tasty snacks at the co-op!

2/$5

Beanitos
Bean Chips
4.5-5 oz., selected varieties

2/$5

Mary’s Gone Crackers
Organic Crackers
5-6.5 oz., selected varieties

2/$5

Equal Exchange
Organic Chocolate Bar
2.8 oz., selected varieties

Your support of the co-op makes a difference!
my yummy valentine

Blood oranges add a rosy tint and citrusy zest to these individual-sized yogurt parfaits with homemade cookies. A perfect treat to top off a Valentine’s Day meal!

Chocolate Blood Orange Parfaits
Serves 12. Prep time: 30 minutes active; 30 minutes total.

1. Line a sheet pan with parchment. Heat oven to 350 degrees F. Zest one blood orange. In a large bowl or stand mixer, whisk cocoa, sugar and salt. In a glass measuring cup, combine egg whites and vanilla, then slowly beat into dry ingredients on low speed. Beat at medium speed for 2 minutes, until glossy. Add walnuts and orange zest, and mix into batter. Drop scant quarter-cup mounds three inches apart on the prepared pan, and use a spoon to spread the batter out to half-inch thick cookies.

2. Put sheet pan on the middle oven rack and reduce heat to 325 degrees F. Bake until thin cracks appear, about 15 to 17 minutes. Allow to cool completely before removing the cookies from the pan; peeling off the parchment paper if necessary.

3. Place yogurt in a medium bowl and stir in powdered sugar and vanilla. Reserve. Cut one blood orange in half, and squeeze over a small cup to extract the juice. Use a knife to slice the rind and pith away from the remaining orange and half-orange, and then use a paring knife to remove the orange segments from the white membranes. Cut segments in half crosswise.

4. To assemble, use twelve large wine glasses or twelve 8-ounce glass ramekins. Break each cookie into four pieces. Place a quarter cup of yogurt mixture in each glass or ramekin, then add two pieces of cookie. Top with another quarter cup of yogurt, add four orange pieces and two more cookie pieces, then drizzle a little of the blood orange juice around the edge of the glass. Repeat process until all glasses are filled.

5. Refrigerate for at least two hours, and garnish with sprigs of mint before serving.

Make the perfect parfait for everyone!

Some items may not be available at all stores or on the same days
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crofter's Organic Premium Fruit Spread</td>
<td>3.99</td>
<td>16.5 oz., selected varieties</td>
</tr>
<tr>
<td>Organic India Tulsi Tea</td>
<td>2/$7</td>
<td>18 ct., selected varieties</td>
</tr>
<tr>
<td>Lakanto Simple Syrup</td>
<td>6.99</td>
<td>16.5 oz., selected varieties</td>
</tr>
<tr>
<td>Numi Organic Tea</td>
<td>4.99</td>
<td>12-18 ct., selected varieties</td>
</tr>
<tr>
<td>R.W. Knudsen Organic Juice</td>
<td>2.99</td>
<td>32 oz., selected varieties</td>
</tr>
<tr>
<td>Nature's Path Envirokidz Organic Cereal</td>
<td>3.29</td>
<td>10-14 oz., selected varieties</td>
</tr>
<tr>
<td>Equal Exchange Organic Coffee</td>
<td>6.99</td>
<td>10-12 oz., selected varieties</td>
</tr>
<tr>
<td>So Delicious Organic Plant-based Milk</td>
<td>2/$4</td>
<td>32 oz., selected varieties</td>
</tr>
<tr>
<td>Golden Temple Granola</td>
<td>2.99</td>
<td>per pound in bulk</td>
</tr>
<tr>
<td>Equal Exchange Organic Bulk Coffee</td>
<td>8.99</td>
<td>per pound in bulk, selected varieties</td>
</tr>
</tbody>
</table>

Your co-op has the products you trust.

Some items may not be available at all stores or on the same days.
ingredients you can see and pronounce®

We believe if you can’t pronounce an ingredient, it shouldn’t go into your body. Actually, it shouldn’t even go into your pantry. KIND® products are made from nutritionally dense ingredients like whole nuts, fruits and whole grains — no secret ingredients and no artificial flavors, preservatives or sweeteners. Be kind to yourself.

10/$10
Kind Bars
1.4 oz., selected varieties

2/$6
Kind Healthy Grains Bars
5 pack, selected varieties

3.99
Kind Health Grains Clusters
11 oz., selected varieties

Short on time or low on energy?
Get a boost at the co-op!

raise the bar

NEED A LITTLE ENERGY BOOST?
The co-op has protein-packed bars to power your workout and energize your day.

3/$5
Epic Performance Bar
1.87 oz., selected varieties

5.49
Maranatha Organic Peanut Butter
16 oz., selected varieties

Stay strong all winter long.

Some items may not be available at all stores or on the same days
stay well this winter

VISIT THE WELLNESS AISLES FOR HEALTHFUL PRODUCTS
Shop the wellness aisle to try new remedies and stay healthy all season long. The co-op offers a wide selection of vitamins, supplements, protein powders, sleep aids and many more products to keep you healthy.

19.99
Nordic Naturals Ultimate Omega
60 ct.

46.99
Garden Of Life Raw Probiotics Ultimate Care 100 Billion
30 ct.

19.99
Natural Factors Tranquil Sleep
60 ct.

14.99
Gaia Herbs Black Elderberry Syrup
3 oz., selected varieties

Enjoy great savings on health and wellness items!

Some items may not be available at all stores or on the same day
everyone is welcome at the co-op

Everyone is welcome to shop at co-ops! Co-ops are owned by the community and work toward the day when everyone has the good, local, healthy food they deserve. Learn more at welcometothetable.coop.

2/$7

Jason
Toothpaste
4.2-6 oz., selected varieties

8.99
Aura Cacia
Lavender Essential Oil
.5 oz.
other Aura Cacia essential oils also on sale

9.99
Pranarom
Organic Peppermint Essential Oil
5 ml.
other Pranarom essential oils also on sale

a clean you can trust

For 30 years, Seventh Generation has led the way on innovating effective products that work for your family and nurture the planet that we share.

10.99
Seventh Generation
Liquid Laundry Detergent
100 oz., selected varieties

The co-op is for everyone - today and every day.

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

2/$7
Tony’s Chocolonely Chocolate Bar
6.35 oz., selected varieties

2/$6
Lily’s No Sugar Added Chocolate Bar
3 oz., selected varieties

2/$4
Perfect Snacks Chocolate Peanut Butter Cups
1.4 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.