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

4.99 Lifeway Organic Kefir 32 oz., selected varieties

2/$7 Rebbi 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

3.99 Organic Valley Ultra-Filtered Milk 56 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,
ever 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.

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 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!

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pacific Foods Organic Soup</td>
<td>2/$7</td>
<td>Organic, 32 oz., selected varieties</td>
</tr>
<tr>
<td>San-J Tamari Gluten-Free Soy Sauce</td>
<td>1.99</td>
<td>10 oz.</td>
</tr>
<tr>
<td>Maya Kaimal Indian Simmer Sauce</td>
<td>2/$7</td>
<td>12.5 oz., selected varieties</td>
</tr>
<tr>
<td>Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil</td>
<td>13.99</td>
<td>30 oz., selected varieties</td>
</tr>
<tr>
<td>Natural Sea Yellowfin Chunk Tuna</td>
<td>2/$5</td>
<td>5 oz. other Natural Sea canned seafood products</td>
</tr>
<tr>
<td>Wolfgang Puck Organic Soup</td>
<td>2/$5</td>
<td>14.5 oz., selected varieties</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>

### 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.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lundberg Rice Chips</td>
<td>2/$5</td>
<td>6 oz., selected varieties</td>
</tr>
<tr>
<td>Lundberg Organic Rice Cakes</td>
<td>2/$6</td>
<td>8.5 oz., selected varieties</td>
</tr>
<tr>
<td>Lundberg Organic Rice Pilaf and Entrées</td>
<td>2/$6</td>
<td>5.5 – 6 oz., selected varieties</td>
</tr>
<tr>
<td>Lundberg Organic California Rice</td>
<td>5.99</td>
<td>3.2 oz., selected varieties</td>
</tr>
</tbody>
</table>

Stop in for the healthy ingredients you want.

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

you can never go wrong with chocolate!

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

Tasty snacks for school, work and free time.

2/$4
Endangered Species Chocolate Bar
3 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

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

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

3.99
Lilabee Brownie Thins
4 oz., selected varieties
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.

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

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

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

Epic
Bites and Bone Broth
2.5 oz. bites, selected varieties
4.49

Grandy Oats
Organic Granola
9 oz., selected varieties
5.99

SweetLeaf
Organic Baking Blend
14 oz., selected varieties
5.99

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

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

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

Lakewood
Organic Pure Cranberry Juice
32 oz.
7.99

scoop up the savings in bulk!

Organic Pinto Beans
per pound in bulk
1.99

Organic Pitted Prunes
per pound in bulk
4.49

Almonds
per pound in bulk
5.99

Reduce packaging by buying in bulk.

Some items may not be available at all stores or on the same days.
<table>
<thead>
<tr>
<th>Price</th>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.99</td>
<td>Boiron Coldcalm</td>
<td>60 ct.</td>
</tr>
<tr>
<td>12.99</td>
<td>Nature’s Way Umcka Coldcare Syrup</td>
<td>4 oz., selected varieties</td>
</tr>
<tr>
<td>7.99</td>
<td>Schmidt’s Deodorant</td>
<td>3.25 oz., selected varieties</td>
</tr>
<tr>
<td>4.99</td>
<td>Andalou Naturals Body Lotion</td>
<td>8 oz., selected varieties</td>
</tr>
<tr>
<td>10.99</td>
<td>Country Life Vitamin D3 2,500 IU</td>
<td>200 ct., selected varieties</td>
</tr>
<tr>
<td>9.99</td>
<td>ECOS Liquid Laundry Detergent</td>
<td>100 oz., selected varieties</td>
</tr>
<tr>
<td>2.79</td>
<td>Ecover Dishwashing Liquid</td>
<td>25 oz., selected varieties</td>
</tr>
<tr>
<td>5/$5</td>
<td>Luna Bar</td>
<td>1.69 oz., selected varieties</td>
</tr>
<tr>
<td>2/$4</td>
<td>Garden Of Life Sport Protein Bar</td>
<td>2.7 oz., selected varieties</td>
</tr>
<tr>
<td>4.49</td>
<td>Santa Cruz Organic Peanut Butter</td>
<td>16 oz., selected varieties</td>
</tr>
<tr>
<td>2.99</td>
<td>Nature’s Bakery Whole Wheat Fig Bar</td>
<td>6 ct., selected varieties</td>
</tr>
<tr>
<td>2/$7</td>
<td>Made In Nature Organic Figy Pops</td>
<td>3.8 oz., selected varieties</td>
</tr>
<tr>
<td>8.99</td>
<td>Once Again Almond Butter</td>
<td>16 oz., selected varieties</td>
</tr>
</tbody>
</table>

Stock up with these great co-op savings.

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.strongertogetherco-op

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.

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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