

coop™ deals

MAR 14 - APR 3, 2018

wake up!

BREAKFAST, BRUNCH, LUNCH

You'll find eye-opening deals on delicious springtime eats at the co-op. From the first local produce to the freshest eggs, your family will enjoy waking up to delicious dishes.



10/\$10

Larabar
Fruit and Nut Bars
1.6-1.7 oz., selected varieties
other Larabar products also on sale



3.99

Applegate
Bacon
8 oz., selected varieties



2/\$5

Immaculate
Organic Crescent
Rolls
8 oz., selected varieties
other Immaculate
products also on sale



2/\$4

Woodstock
Frozen Brussels
Sprouts
10 oz., selected varieties
other Woodstock frozen
products also on sale



Your co-op is committed to your local community.
Everyone can shop at the co-op!



4/\$3
Brown Cow
Cream Top Yogurt
5.3 oz., selected varieties



3.99
Field Day
Organic Fruit
Spread
14 oz., selected varieties



5/\$5
Wallaby Organic
Lowfat Yogurt
6 oz., selected varieties



9.99
Wyman's
Frozen Wild
Blueberries
3 lb., selected varieties
Other Frozen Fruit also on sale



3.39
Stonyfield Organic
Yokids Squeezers
8 ct., selected varieties



Locally grown produce is always in season.
Find fresh picks at the co-op!



2.99
Kashi
Organic Cereal
9.5-16.3 oz., selected varieties



2/\$6
Annie's Homegrown
Organic Cereal
10-10.8 oz., selected varieties



2.99
Clif Kid
Organic Zbar
6 ct., selected varieties



2/\$5
Kind
Healthy Grains
Bars
5 ct., selected varieties



3.99
Kind
Healthy Grains
Clusters
11 oz., selected varieties



Rise and shine with springtime savings.

berry good

SPRING CELEBRATIONS

Springtime's first fresh berries with a creamy topping – just the thing for your brunch or lunch.



5.99

Alden's Organic Ice Cream

48 oz., selected varieties
Alden's frozen novelties also on sale



2/\$7

Three Twins Organic Ice Cream
16 oz., selected varieties
Other Three Twins items also on sale



2/\$5

Kevita Organic Blueberry Basil and Roots Beer Kombucha
15.2 oz., selected varieties



2/\$3

Kite Hill Almond Milk Yogurt
5.3 oz., selected varieties



3/\$7

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



4.39

Organic Valley Organic Cheese
8 oz., selected varieties



2.99

Ripple Non-Dairy Half & Half
16 oz., selected varieties



3.69

Traditional Medicinals Organic Tea
16 ct., selected varieties



5.99

Uncle Matt's Organic Juice
59 oz., selected varieties

Celebrate organic foods at every meal!

naturally-dyed eggs

Egg dyeing is a fun way to celebrate this time of year, and it's a tradition that goes way back; as much as 5,000 years when Persians celebrated springtime with eggs colored with plant-based dyes. Beet juice colors eggs a lovely bright pink, and curry powder a vibrant yellow, while red cabbage creates a turquoise hue. Check your cupboards and fridge (or stop by the co-op) for some natural ingredients, and find full instruction on making beautifully dyed eggs at www.strongertogether.coop!

1.

Place leaves like ivy or celery on the undyed egg and wrap with cheese cloth

2.

Add dots with a white crayon or beeswax before placing the egg in cold dye

3.

The pulp in the beet juice makes for a speckled effect

4.

Wrap the egg in cheese cloth with a handful of uncooked rice before dyeing



Find more great ideas at www.strongertogether.coop



3.69

**Earth Balance
Buttery Sticks**

16 oz., selected varieties
other Non-dairy Spreads also on sale



4.99

**Field Day
Organic Peanut
Butter**

18 oz., selected varieties



3.99

**Green Valley
Organics
Lactose Free Butter**
8 oz., selected varieties
other Green Valley
products also on sale



3.99

**Organic Valley
Organic Brown
Eggs**

doz., Large or Extra
Large, selected varieties



2.99

**Organic Valley
Organic Cream
Cheese**

8 oz., selected varieties



3.99

**Wholesome
Organic Brown
Sugar**

24 oz., Light or Dark,
selected varieties
other Wholesome!
Sweeteners also on sale



2.99

**Quinn
Pretzels**

7 oz., selected varieties



stand with small farmers



9.99

**Equal Exchange
Organic Bulk Natural
Almonds**
per pound in bulk, other select bulk
Fair Foods also on sale



6.99

**Equal Exchange
Organic Whole Bean
Coffee and Ground
Coffee**

10 - 12 oz., selected varieties;
Decaf on sale for \$8.99



5.99

**Equal Exchange
Organic Coconos**

8 - 12 oz., other select baking
items are also on sale.



8.99

**Equal Exchange
Organic Bulk Coffee**
per pound in bulk, Decaf Bulk
Coffee not on sale.

For 30 years, **Equal Exchange** has worked with small farmer co-ops worldwide to bring the best products directly from their family farms to your table; always staying true to our mission and values. We believe that, together, we can continue to build a more equitable and sustainable way of doing business.

Fresh foods from local farms to your table.



2/\$5

Alexia Fries
16 oz., selected varieties



2/\$5

Amy's Soup
14.1-14.7 oz., selected varieties



2/\$5

Natural Sea Yellowfin Chunk Tuna
5 oz., selected varieties
other Natural Sea tuna varieties also on sale



2.69

Imagine Organic Broth
32 oz., selected varieties



2/\$5

Good Crisp Potato Crisps
5.6 oz., selected varieties



Quick, affordable, and delicious.

Meals made easy at the co-op!



organic for everybunny!

When you eat organic food, you are caring not only for your family's health, but for that of the planet and everyone on it. Together, we're making an impact.

3/\$5

Annie's Homegrown Organic Pasta & Cheese Dinner
6 oz., selected varieties



2/\$5

Annie's Homegrown Pizza Poppers
5 oz., selected varieties
Pizza Bagels also on sale



3/\$5

Near East Couscous Mix
5.4-6.1 oz., selected varieties
other Near East products also on sale

Healthy favorites for your family.

new look, same great taste

5.99

Spectrum
Organic All Vegetable
Shortening
24 oz., selected varieties

6.69

Spectrum
Organic
Canola Oil
32 oz., selected varieties

8.99

Spectrum
Organic Extra
Virgin Olive
25.4 oz., selected varieties

7.69

Spectrum
Organic
Sunflower Oil
32 oz., selected varieties



Spectrum was founded for one simple reason: to provide a reliable source of high quality, wholesome products. Our company offers 30+ varieties of expeller pressed, Non-GMO Project Verified culinary oils, sourced worldwide. As your culinary partner, Spectrum is here to take your dishes to new heights.



Cooking flavorful, healthy meals has never been easier.
Try new tastes at the co-op!



2.39

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



4.99

Better Than
Bouillon
Organic Broth
Base
8 oz., selected varieties



3.39

Lundberg Family
Farms
Organic Quinoa
12 oz., selected varieties



2.99

Montebello
Organic Pasta
16 oz., selected varieties



2/\$6

Native Forest
Organic Fruit
14-15 oz., selected
varieties

Healthy homes, healthy planet, happy people.

entertaining favorites



Celebrate with foods that will make you feel great about what you buy, eat and serve your family and guests. Display and share some delicious Mediterranean imported specialty products and pickled favorites that everyone around the table will enjoy.

3.39

Mediterranean Organic Olives
8.4 - 8.5 oz., selected varieties

4.39

Woodstock Organic Kosher Baby Dill Pickles
24 oz., selected varieties

3.99

Woodstock Organic Kosher Dill Pickles
24 oz., selected varieties

3.39

Mt. Vikos Traditional Feta Cheese
7 oz., selected varieties



2/\$5

Annie's Homegrown Snack Crackers
7.5 oz., selected varieties



2.69

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



4.39

Tres Latin Foods Mini Pupusas
10 oz., selected varieties
other Frozen products also on sale



2/\$4

Late July Snacks Organic Tortilla Chips
5.5-6 oz., selected varieties



scoop up the savings in bulk!

11.99

Bulk Deluxe Roasted and Salted Mixed Nuts
per pound in bulk

1.99

Bulk Organic Green Lentils
per pound in bulk



6.99

Bulk Organic Large Medjool Dates
per pound in bulk



Big savings in the bulk department - every day!

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



celebrate spring!

GOOD FOOD AND GOOD COMPANY

Spontaneous gatherings are simple with help from the co-op. Get started with crisp spring veggies, dips, olives and roasted nuts; add a platter of dates from the bulk aisle stuffed with feta or soft goat cheese.



Garden-fresh produce is starting to pop up at the co-op.
Enjoy the flavors of spring!



2/\$6
 Annie's Homegrown
 Organic Fruit Snacks
 4 oz., selected varieties



2/\$5
 Doctor Kracker
 Organic
 Crispbread
 7 oz., selected varieties



2/\$5
 Snyder's Of Hanover
 Pretzels
 8 oz., selected varieties
 other Pretzels also on sale



2/\$6
 Que Pasa
 Organic Tortilla
 Chips
 16 oz., selected varieties



3.99
 Zevia
 Zero Calorie Soda
 6 pack, selected varieties

Every co-op purchase makes a difference.

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



6.99

**Alba Botanica
Hawaiian Detox
Scrub**

4 oz., selected varieties
other Skin Care products
also on sale



3.99

**Aura Cacia
Eucalyptus
Essential Oil**

.5 oz., selected varieties
other Essential Oils also
on sale



14.99

**Derma E
SunKissAlba
Radiant Glow Face
Oil**

2 oz.
other Derma E products
also on sale



8.49

**EO Everyone
3in1 Soap**

32 oz., selected varieties
other Everyone products
also on sale



5.99

**Giovanni
2chic Shampoo
and Conditioner**

8.5 oz., selected varieties
other Giovanni products
also on sale



2/\$6

**South Of France
Bar Soap**

6 oz., selected varieties
other South of France
products also on sale



3.99

**Spry
Toothpaste**

5 oz., selected varieties

you are the co-op difference!



When you shop the co-op, you help create a robust local economy by supporting local farmers and producers. Your co-op has made a commitment to empowering local entrepreneurs and small business owners by bring their products to market, but YOU keep them in business! Local products at food co-ops around the country average 21% of local sales, compared with a national grocery store average of just 1.8%. You are making a difference!

Co-ops care for the local community - including you!



8.99

Boiron Sinusalia
60 ct, selected varieties
other Boiron products also on sale



4.39

Castor & Pollux Organic Dog Cookies
12 oz, selected varieties



stay well

SUPPORT YOUR HEALTH
High-quality products from exceptional companies to keep you and your family feeling great this winter — available every day at your co-op.



18.99

Country Life Coenzyme B-Complex
120 ct, selected varieties
other Country Life Supplements also on sale



29.99

Garden Of Life Dr. Formulated Once Daily Probiotics
30 ct, selected varieties
other Garden of Life products also on sale



18.99

CranRx Probiotics
60 ct, selected varieties
other Probiotics also on sale



11.99

Field Day Liquid Laundry Detergent
100 oz, selected varieties



59.99

Healthforce Vitamineral Green Powder
500 gr, selected varieties
other Healthforce products also on sale



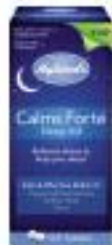
17.99

Organic India Ashwagandha Formula
90 ct, selected varieties
other Organic India Herbs also on sale



3.39

Field Day Liquid Dish Detergent
25 oz, selected varieties



7.99

Hylan's Calms Forte Sleep Aid
100 ct, selected varieties
other Hylan's products also on sale



19.99

Spectrum Fish Oil
250 ct, selected varieties
other Spectrum products also on sale

Make way for wellness with healthy savings.

Grain Train Natural Foods Market
200 S. Mitchell, Potosi, MO
graintrain.coop 331.341.2381

Grain Train Neighborhood Market
104 S. Park St., Bayne City, MI
graintrain.coop 231.470.4322

Green Tree Cooperative Grocery
214 N. Franklin, NE, Pleasant, NE
greentree.coop 409.772.3321

Keweenaw Co-op
1025 Ethel, Harsick, MI
keweenaw.coop 906.481.8030

Maple City Market
214 S. Main St., Goshen, IN
maplecitymarket.com 514.534.3355

Marquette Food Co-op
202 W. Washington, Marquette, MI
marquettefood.coop 906.225.0401

Oryana Community Co-op
260 S. Tenth St., Traverse City, MI
oryana.coop 231.842.0191

People's Food Co-op
218 N. 24th Ave., Ann Arbor, MI
peoplesfood.coop 734.764.0000

PFC Natural Grocery & Deli
502 Harrison St., Kalamazoo, MI
pkalamazoo.coop 269.341.5585

Ypsilanti Food Co-op
202 N. Diver St., Ypsilanti, MI
ypsifoodcoop.org 734.483.9200

Phoenix Earth Food Co-op
1447 W. Sylvania Ave., Toledo, OH
phoenixearthfoodco-op.com 419.426.3271

bulk UP & SAVE

at your local great lakes co-op



*naturally delicious
nut butters*

Taste Justin's high quality, one-of-a-kind grind nut butters in almond, peanut and hazelnut varieties from classic to flavored. Available in jars and squeeze packs for convenient, delicious nutrition.

8.99

Justin's
Almond Butter
16 oz., selected varieties



2.99

Hail Merry
Gluten-Free Tart
3 oz., selected varieties



5/\$5

Chocolove
Chocolate Mini Bar
1.2-1.3 oz., selected varieties

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.

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