

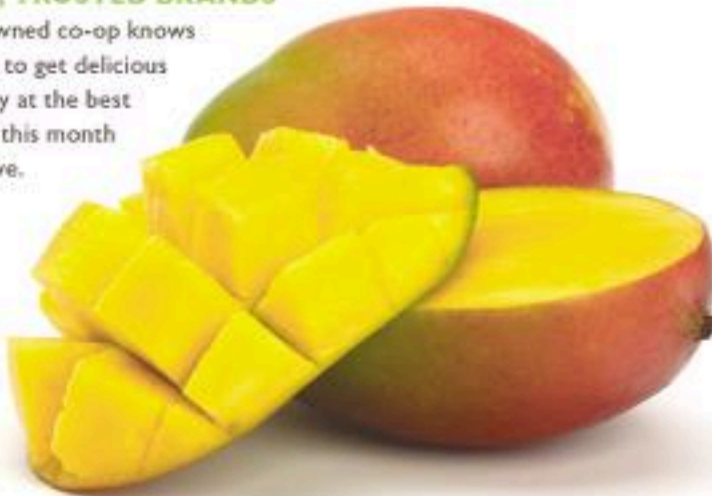
coop™ deals

FEB 28 - MAR 13, 2018

spring savings

GREAT PRICES, TRUSTED BRANDS

Your community-owned co-op knows how important it is to get delicious food for your family at the best prices. Save money this month on products you love.



3.99

Rudi's Organic Bakery
Bread

18-24 oz., selected varieties



3.39

Wild Planet
Wild Albacore Tuna
5 oz., selected varieties
other Tuna items also on
sale



2/\$6

Stonyfield
Organic Yogurt
32 oz., selected varieties



2/\$7

Woodstock
Organic Frozen
Mangoes
10 oz., selected varieties
other Frozen items also
on sale



Your favorite healthy products at fabulous prices!

Stop by the co-op to save!



all organic
all delicious

Nature's Path has been bringing families delicious, organic breakfast foods for over 30 years. Whether you're topping off a parfait with crunchy granola, spooning up a warm bowl of oatmeal or enjoying a granola bar on the run, you know that Nature's Path is committed to helping you start your day the organic way.

6.99

Nature's Path Organic Eco Pac Cereals
26.4 - 32 oz., selected varieties

2.99

Nature's Path Organic Instant Oatmeal
11.3 - 18 oz., selected varieties

3.39

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

3.69

Nature's Path Organic Granola
11.5 oz., selected varieties



4.99

Bob's Red Mill Gluten-Free Rolled Oats
32 oz., selected varieties
other Bob's Red Mill products also on sale



2.99

Golden Temple Granola
per pound in bulk, selected varieties
Bulk kaimut hemp protein 3.99/lb.



3.39

Almond Breeze Almond Milk
64 oz., selected varieties



8.99

Equal Exchange Organic Bulk Coffee
per pound in bulk, selected varieties
Decaf Bulk Coffee not on sale



5.99

R.W. Knudsen Just Cranberry Juice
32 oz., selected varieties
other Just Juice also on sale



2.99

Yogi Tea
16 ct., selected varieties



1.69

So Delicious Coconut Creamer
16 oz., selected varieties



4.39

Nancy's Organic Cottage Cheese
16 oz., selected varieties



Rise and shine with great deals at the co-op!

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



2.99
Smart Flour
Pizza Snack Bites
5.5 oz., selected varieties
new



1.99
Lundberg Family
Farms
Risotto
5.5-5.8 oz., selected
varieties
Organic Risotto 2.39



4.99
American Flatbread
Tomato and Cheese
Hot Frustas
11 oz., selected varieties
other Frozen Items also on
sale
new



2/\$4
Evol
Burrito
6 oz., selected varieties
Big burritos also on sale



4.39
Natural Sea
Fish Sticks or
Fillets
8 oz., selected varieties



2.99
Imagine
Organic Soup
3.2 oz., selected varieties
USDA ORGANIC



3.99
Honey Mama's
Cacao-Nectar Bar
2.5 oz., selected varieties



9.99
Napa Valley Naturals
Organic Extra Virgin
Olive Oil
25.4 oz., selected varieties
USDA ORGANIC



easy, gourmet, tonight!

Rising Moon makes it easy to have an authentic
flavorful dinner on the table in minutes, any day
of the week!

2/\$7

Rising Moon Organics
Ravioli
8 oz., selected varieties
USDA ORGANIC



4/\$5

Liberte
Organic Yogurt
5.5 oz., selected varieties
USDA ORGANIC

Organic family favorites for every meal.



2/\$3

Naturi
Organic Greek Yogurt
5 oz., selected varieties



2.99

Salpica
Salsa
16 oz., selected varieties



2/\$5

Kevita
Organic Sparkling
Probiotic Drink
15.2 oz., selected
varieties



5.99

Organic Prairie
Organic Sliced
Deli Meat
6 oz., selected varieties



3.99

4505 Chicharrones
Pork Rinds
2.5 oz., selected varieties



3.69

Maranatha
Banana Peanut
Butter
12 oz.
other Peanut Butters also
on sale



3.39

Divina
Fig Spread
9 oz., selected varieties



3.69

Endangered Species
Chocolate Bites
4.2-4.7 oz., selected
varieties



2/\$6

Garden Of Eatin'
Tortilla Chips
16 oz., selected varieties



2/\$3

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



2/\$4

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



2.69

Back To Nature
Crackers
4-8.5 oz., selected
varieties
Organic Saltines \$3.69



2/\$5

Late July Snacks
Organic Thin &
Crispy Tortilla
Chips
11 oz., selected varieties

Grass-fed, local, organic and delicious.

nurture vitality



Committed to organics, **Nutiva** is a pioneer of the hemp industry and donates 1% of product sales to sustainable agriculture. Nutiva coconut oil and hemp products are delicious, nutritious and organic, and your purchase goes towards making a better world with company donations totaling over \$4 million so far.

11.99

Nutiva Organic Virgin Unrefined Coconut Oil
23 oz., selected varieties

7.99

Nutiva Organic Refined Coconut Oil
23 oz., selected varieties

6.99

Nutiva Organic Hemp Seeds
8 oz., selected varieties

12.99

Nutiva Organic Hemp Oil
16 oz., selected varieties



4/\$5

Muir Glen Organic Tomatoes
14.5 oz., selected varieties



3/\$5

Westbrae Organic Beans
15 oz., selected varieties



5.39

Ancient Harvest Organic Quinoa
12-14.4 oz., selected varieties



5/\$4

Koyo Ramen
3-2.1 oz., selected varieties



2.79

Pacific Organic Broth
32 oz., selected varieties

scoop up the savings in bulk!



1.69

Bulk Organic Red Lentils
per pound in bulk



3.69

Bulk Organic Dry Roasted Peanuts
per pound in bulk



1.39

Bulk Organic Pearled Barley
per pound in bulk



All are welcome, all the time!

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



19.99

Oregon's Wild Harvest Milk Thistle

90 ct., selected varieties
other Herbal Supplements also on sale



6.99

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



2/\$5

Celestial Seasonings Herbal Tea
20 ct., selected varieties



26.99

Garden Of Life mykind Organics Women's Multi Gummy
120 ct., selected varieties
other Garden of Life products also on sale



5.99

Biokleen Bac-Out Stain & Odor Remover
32 oz., selected varieties
other Bac-Out products also on sale



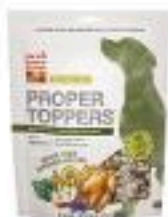
27.99

New Chapter Zyflamend Whole Body
60 ct., selected varieties
other New Chapter products also on sale



34.99

Ancient Nutrition Bone Broth Protein
445-504 gr., selected varieties



6.99

The Honest Kitchen Proper Toppers
5.5 oz., selected varieties



10.99

Ecover Laundry Detergent
93 oz., selected varieties



3.99

Alaffia Coconut Reishi Activated Deodorant
2.65 oz., selected varieties



2/\$5

Earth Friendly Ecos Dishmate
25 oz., selected varieties



7.99

Seventh Generation Unbleached Bath Tissue
12 ct., selected varieties
other Paper products also on sale

Co-ops care about every body.

gentle, delightful!

SPRING CLEAN YOUR BODY CARE ROUTINE
 Pamper your face, hair and skin with products that are effective, gentle and made without chemicals. Enjoy the scent and feel of botanical ingredients and natural emollients – and smooth on a safe and effective sunscreen before you step out into the spring sunshine!



6.99
Desert Essence
Anti-Breakage
Hair Mask
 5.1 oz.
 other Desert Essence
 products also on sale



6.99
Avalon Organics
Shampoo and
Conditioner
 11 oz., selected varieties
 other Avalon
 products
 also on sale



4.99
Tea Tree Therapy
Tea Tree Oil
 .5 oz., selected varieties
 other Tea Tree Therapy
 products also on sale



7.99
The Seaweed Bath Co.
Body Wash
 12 oz., selected varieties
 other Body Care products also
 on sale



4.99
Acure
Brightening Facial
Scrub
 4 oz., selected varieties
 other Acure Facial Care
 also on sale



3.99
Dr. Bronner's
Toothpaste
 5 oz., selected varieties



6.99
Bach
Rescue Pastilles
 50 gr., selected varieties
 other Rescue products
 also on sale

Wellness starts here - your local co-op.

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 409.772.3221

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

Maple City Market
214 S. Main St., Goshen, IN
maplecitymarket.com 514.534.3399

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 269.341.5888

Ypsilanti Food Co-op
202 N. Diver St., Ypsilanti, MI
ypsifoodcoop.org 734.483.1920

Phoenix Earth Food Co-op
1427 W. Sylvania Ave., Toledo, OH
phoenixearthfoodco-op.com 419.426.2371

bulk UP & SAVE

at your local great lakes co-op



3/\$5

Svelte
Organic Protein
Shakes
11 oz., selected varieties



1.69

Organic Valley
Organic Good to
Go Milk
11 oz., selected varieties



3.69

Alta Palla
Organic Sparkling
Beverage
4 pack, selected varieties



2/\$4

Taste Nirvana
Coconut Water
16.2 oz., selected
varieties



6.99

GT's
Organic Kombucha
48 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.

MW0318A

