

coopTM deals

OCT 5 - OCT 18, 2016



5/\$5

MUIR GLEN

Organic Tomatoes
14.5 oz., selected varieties



\$7.99

DR. BRONNER'S

Organic Coconut Oil
14 oz., selected varieties
30 oz. Coconut Oil on sale
\$13.99



2/\$4

**LATE JULY
ORGANICS**

Multigrain Snack Chips
6 oz., selected varieties



2/\$7

ZEVIA

Zero Calorie Soda
6 pack, selected varieties

Featured Inside:

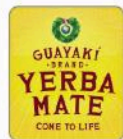
- Treat yourself with Fair Trade banana crumb cake
- Pears are in season; try a savory pear and blue cheese flatbread
- Co-ops are all around you – and everyone is welcome at the co-op
- Celebrate Co-op Month in October. Learn how co-ops grow communities!

OCTOBER IS CO-OP MONTH!

co-ops grow communities

Co-ops around the world share a set of guiding principles with your local food co-op, including “cooperation among cooperatives,” and “concern for community.” When you buy delicious, healthy food at the co-op, you’re supporting a business that cares about people and contributes to a livable, sustainable community. And when you choose products from co-op growers and vendors, that impact grows and grows!

Throughout this flyer you can learn how the following partners are helping co-ops grow livable communities across the globe:



\$2.99

FIELD DAY

Organic Pasta Sauce
26 oz., selected varieties



\$1.99

FIELD DAY

Organic Pasta
16 oz., selected varieties



\$12.99

FIELD DAY

Organic Extra Virgin
Olive Oil
33.8 oz.



\$1.99

GOVEGGIE

Vegan Parmesan Style
Topping
4 oz.



2/\$5

ANCIENT HARVEST

Organic Gluten-Free
Pasta
8 oz., selected varieties



\$3.99

DESERT ESSENCE

Toothpaste
6.25 oz., selected varieties



\$14.99

**ANDALOU
NATURALS**

Night Repair Cream
1.7 oz.
other Andalou Naturals
products also on sale



\$6.99

AURA CACIA
Facial Care Essential
Oil Blend

.5 oz., selected varieties



3/\$10

**ALAFFIA
EVERYDAY SHEA**

Hand Soap
12 oz., selected varieties



\$13.99

BULK
Organic Walnuts
per pound in bulk



\$1.19

BULK
Organic Steel Cut Oats
per pound in bulk



\$3.99 BULK
Organic Unsalted Dry
Roasted Peanuts
per pound in bulk, Great for
freshly-ground nut butter



\$5.39

ALTER ECO
Organic Quinoa
12 oz., selected varieties



2/\$5

TASTY BITE
Indian Entrée
10 oz., selected varieties



\$2.99

IMAGINE
Organic Soup
32 oz., selected varieties

co-ops grow  communities



Promoting Gender Equality

Alaffia's Togolese women's cooperatives celebrate their members' unique skills, traditions and knowledge. They receive fair wages and are able to support their families, while maintaining traditions and managing a sustainable resource: shea butter. The goal is to alleviate poverty and encourage gender equality through projects focusing on education, health and reforestation.



Cultivating Quinoa & Communities

The 1,100 farmers of the ANAPQUI Cooperative have been growing certified organic quinoa for Alter Eco using traditional farming techniques since 1983. Harvesting by hand in the Bolivian Altiplano, they benefit from a living wage, thanks to Fair Trade practices. With an on-site processing plant, farmers reap the profits of direct exporting, improving their living conditions, their children's education and access to health services.

more info at www.strongertogether.coop



Banana Crumb Cake

Serves 8. Prep time: 15 minutes active; 1 hour total.

Topping:

- ¾ cup brown sugar
- ¾ cup all-purpose flour
- 1 teaspoon cinnamon
- ⅓ cup unsalted butter, cold
- 1 ½ teaspoons baking powder
- ⅓ cup unsalted butter, softened
- 1 cup sugar
- 3 ripe bananas, peeled and mashed
- 1 large egg, beaten
- 1 teaspoon vanilla
- ½ cup milk

Cake:

- ¾ cup all-purpose flour
- ¾ cup whole wheat flour
- ½ teaspoon salt

Heat the oven to 350 degrees F. Oil or butter an 8 x 8 inch pan and set aside.

In a mixing bowl, stir together the brown sugar, flour and cinnamon for the streusel topping. Add the butter and mix with a pastry blender or your fingers until the topping resembles rough pebbles or sand. Set aside.

In a small mixing bowl, whisk together the flours, salt and baking powder. In a larger bowl, using an electric mixer, blend together the butter and sugar. Add the bananas, egg, vanilla and milk and blend well. Mix the dry ingredients into the wet ingredients until just blended. Pour the cake batter into the prepared pan. Sprinkle evenly with the topping and bake for about 45 minutes or until a toothpick stuck in the center comes out clean. Let cool before serving.

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



\$4.39

THREE TWINS

Organic Ice Cream
16 oz., selected varieties



\$5.69

SMART FLOUR FOODS

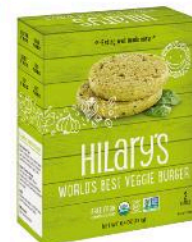
Pizza
10-10.25 oz., selected varieties



\$4.99

TUCSON TAMALE

Tamales
10-13 oz., selected varieties



\$2.99

HILARY'S

Veggie Burgers
6.4 oz., selected varieties



2/\$7

GREEN GARDEN

Organic Dressing
11.25 oz., selected varieties



3/\$4

JUSTIN'S

Organic Peanut Butter
Cups

1.4 oz., selected varieties



\$2.99

**MARY'S GONE
CRACKERS**

Organic Pretzels
7.5 oz., selected varieties



5/\$5

CLIF BAR

Energy Bar
2.4 oz., selected varieties



2/\$5

DIVINE

Chocolate Bar
3.5 oz., selected varieties



3/\$4

THINKTHIN

Protein Bar
2.1 oz., selected varieties



2/\$4

PROBAR

Meal Bar
3 oz., selected varieties



\$10.99

ENER-C

Vitamin Drink Mix
30 ct., selected varieties



\$10.99

DR. BRONNER'S

Liquid Castile Soap
32 oz., selected varieties



\$54.99

**HEALTHFORCE
SUPERFOODS**

Vitamineral Green
17.64 oz.



\$13.99

**HERBAL
REVOLUTION FARM
& APOTHECARY**

Tonic
8 oz., selected varieties

co-ops grow  communities



Equity & Cacao

Kuapa Kokoo, the cooperative of family farmers who own **Divine Chocolate**, has prioritized equal participation and access for women since its founding in 1993. Women learn a range of income-generating skills and are encouraged to take positions of responsibility throughout the organization. Besides providing employment, Kuapa Kokoo offers literacy and numeracy training to enable women to earn income by starting other businesses.



Coconuts to Clinics

The people of **Dr. Bronner's** know the farmers who grow their coconuts and the workers who process them, at their sister company Serendipol, in the heart of Sri Lanka's "Coconut Triangle." This Fair Trade certified supply chain helps fund community development projects like improving medical clinics, renovating schools and providing electricity.

more info at www.strongertogether.coop



Eco-Forward Coffee Farming

Equal Exchange partners with CSMACH co-op, which borders a UN-protected biosphere reserve in Mexico. Through thoughtful organic coffee farming, they strive to sustain rural farming communities while protecting incredible ecosystems.



Rainforest Restoration

Yerba mate, cultivated and sustainably harvested in South American Atlantic rainforests, helps **Guayaki's** partners create over 1,000 living wage jobs while supporting reforestation projects. This truly sustainable system generates a renewable income stream which enables these farming communities to improve living conditions at the same time.

To learn more about how co-ops are growing communities at home and across the globe visit:
www.strongertogether.coop



\$7.99

EQUAL EXCHANGE

Organic Midnight Sun Coffee
per pound in bulk



2/\$5

EQUAL EXCHANGE

Organic Chocolate Bar
2.8 oz., selected varieties



2/\$5

GARDEN OF EATIN'

Tortilla Chips
6-8.1 oz., selected varieties



2/\$4

GUAYAKI

Organic Yerba Mate
15.5 oz., selected varieties
other Guayaki Yerba Mate items also on sale



\$2.69

LOTUS FOODS

Arare Rice Crackers
5 oz., selected varieties



2/\$5

BLUE DIAMOND

Nut Thins
4.25 oz., selected varieties



\$1.69

GIMME

Organic Seaweed Snacks
.35 oz., selected varieties



\$3.69

GREEN MOUNTAIN GRINGO

Salsa
16 oz., selected varieties



2/\$5

KETTLE BRAND

Baked Potato Chips
4 oz., selected varieties



3/\$7

ANGIE'S

Boomchickapop Popcorn
4.8-6 oz., selected varieties



2/\$6

BARBARA'S

Puffins Cereal

10-11 oz., selected varieties



\$2.39

SO DELICIOUS

Organic Coconut Milk

32 oz., selected varieties



\$2.99

NATURE'S PATH

Organic Toaster

Pastries

11 oz., selected varieties



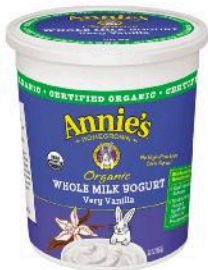
\$3.99

IMMACULATE

Organic Cinnamon

Rolls

17.5 oz., other
Immaculate products
also on sale



\$3.99

ANNIE'S

HOMEGROWN

Organic Yogurt

32 oz., selected varieties



4/\$5

STONYFIELD

Organic Greek Yogurt

5.3 oz., selected varieties



\$3.39

LIFEWAY

Organic Kefir

32 oz., selected varieties



4/\$5

LIBERTE

Organic Yogurt

5.5 oz., selected varieties



\$6.99

WALLABY
ORGANIC

Organic Greek Yogurt

32 oz., selected varieties



Pears

Juicy pears go so well with so many other foods that you'll want to include them in myriad dishes. Fresh pears are delightful for breakfast, on waffles and French toast or swirled into oatmeal with some honey and cinnamon. Or fold them into muffin and pancake batters, and add to smoothies.

Chopped pears in a quinoa and spinach salad, or combined with mustard greens or kale and goat cheese add just the right sweetness to lunch or dinner. Dress with balsamic vinaigrette, and add grilled chicken or seafood, too. Pears are perfect in any autumn fruit salad, as well.



Pear and Blue Cheese Flatbread

Serves 4 to 6. Prep time: 15 minutes active; 25 minutes total.

- 4 small flatbreads or 2 lavash, cut in quarters or halves
- 1 tablespoon olive oil
- 1 pear, cored and thinly sliced
- 8 ounces blue cheese, crumbled
- 2 teaspoons minced fresh sage
- 2 tablespoons coarsely chopped walnuts
- 2 cups arugula, washed
- 1 tablespoon balsamic vinegar
- Black pepper

Heat the oven to 450 degrees F. Place the flatbread or lavash pieces on a large sheet pan and drizzle with olive oil. Spread the pear slices evenly on top, sprinkle with blue cheese, sage and walnuts. Bake for 6 to 8 minutes until the cheese is bubbly. Remove from the oven.

While the flatbreads are baking, toss the arugula with the balsamic vinegar. Top the hot flatbreads with the dressed greens, sprinkle with black pepper and serve.

Serving suggestion: Serve as an appetizer course, or with a hearty bowl of soup on a chilly evening. The combination of pears with walnuts and blue cheese is a classic! Substitute fresh spinach for the arugula if you prefer.

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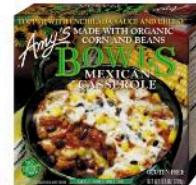


2/\$7

BLAKE'S

Pot Pie

8 oz., selected varieties
other Blake's Entrees
also on sale



\$4.69

AMY'S

Bowls

9-10 oz., selected varieties
other Amy's products
also on sale



\$3.69

ANNIE'S

HOMEGROWN

Pizza Bagels

6.65 oz., selected varieties
Pizza Poppers also on sale \$2.39



\$5.99

**ORGANIC
PRAIRIE**

Organic Sliced Meat
6 oz., selected varieties

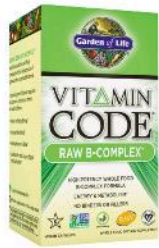


\$4.69

**ORGANIC
PRAIRIE**

Organic Jerky

2 oz., selected varieties



\$14.99

GARDEN OF LIFE

Vitamin Code Vitamin B Complex

60 ct.
other Garden of Life products also on sale

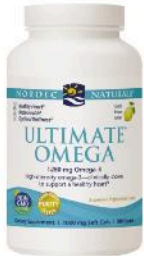


\$29.99

GAIA HERBS

Turmeric Supreme Extra Strength

120 ct.
other Gaia Herbs products also on sale



\$52.99

NORDIC NATURALS

Ultimate Omega

180 ct.
other Nordic Naturals products also on sale



\$12.99

MAGGIE'S ORGANICS

Wool Hiking Socks
pair, selected varieties



\$15.99

JARROW FORMULAS

Jarro-Dophilus EPS
60 ct.



\$43.99

NEW CHAPTER

Bone Strength Take Care
120 ct.



\$8.99

LILY OF THE DESERT

Organic Aloe Vera Juice
32 oz., selected varieties
other Aloe products also on sale



\$2.99

ORGANIC VALLEY

Organic Fuel
11 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Shredded Cheese
6 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Grassmilk Yogurt
24 oz., selected varieties

co-ops grow  communities



Stitching Together Opportunity

Since forming their first co-op in 1999, **Maggie's Organics** has helped to start five more in two countries that supply organic cotton and apparel. Their latest project is Opportunity Threads, a 100% worker-owned co-op in Morganton, NC. Most worker-owners are Mayan immigrants who left Guatemala during civil war. The co-op is a thriving example of reshoring U.S. industry while empowering workers.



Sustainable Family Farms

Organic Valley is owned and run as a cooperative by the producing farmers. As a cooperative, Organic Valley has been able to expand their farmer-member base across the country and make high-quality organic food more accessible while creating a more sustainable business model for small family farms.

more info at www.strongertogether.coop



Apples

There are few things more satisfying than a crisp, sweet Honeycrisp, Gala, Braeburn or Granny Smith apple, eaten as-is. But their versatility as an ingredient is amazing as well. Grate or slice apples onto leafy green salads with a curried raisin vinaigrette, or add to a light version of a traditional Waldorf with a nonfat yogurt dressing and toasted almonds. For something more savory, toss apple chunks with roasted cubes of butternut squash and serve as a side, or puree into a delicious creamy soup. A variety of grated apples with chopped celery, shredded cabbage and crumbled crisp bacon makes an unbeatable autumn slaw.

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\$4.39

RUDI'S

Gluten-Free Bread
18 oz., selected varieties



\$5.69

ONCE AGAIN
Organic Sunflower
Seed Butter
16 oz.



2/\$4

BACK TO NATURE
Organic Pasta & Cheese
Dinner
6 oz., selected varieties



2/\$6

CASCADIAN FARM
Organic Granola Bars
6.2-7.4 oz., selected varieties



\$3.39

SANTA CRUZ ORGANIC

Organic Applesauce
6 pack, selected varieties



2/\$4

BLUE DIAMOND

Almond Breeze
32 oz., selected varieties



2/\$6

CASCADIAN FARM

Organic Granola
13.25-16 oz., selected varieties



\$3.99

BOB'S RED MILL

Organic Rolled Oats
32 oz.
other Bob's Red Mill Oats
also on sale



\$9.99

SHADY MAPLE FARMS

Organic Maple Syrup
12-12.7 oz., selected varieties



\$6.39

NATURE'S PATH

Organic Eco-Pac
Cereal
26.4-35 oz., selected varieties



\$3.39

NATURE'S PATH

Organic Cereal
10.6-11.5 oz., selected varieties



\$2.99

BLUE DIAMOND

Almond Breeze
64 oz., selected varieties



\$2.39

THEO

Organic Chocolate Bar
3 oz., selected varieties



\$2.99

ANNIE'S HOMEGROWN

Organic Yogurt
4 pack, selected varieties



\$4.39

WOODSTOCK

Organic Frozen
Blueberries
10 oz.
other Frozen Fruit also on sale

co-ops grow  communities



Cooperation is Sweet

Citadelle Cooperative, the world's largest supplier of 100% pure maple syrup under the **Shady Maple Farms** label, helps its more than 2,000 owners earn fair wages and provides ongoing training on how to produce delicious, pure maple syrup sustainably. They are also diversifying into cooperatively-produced honey and cranberries.



Caring for Community

Theo Chocolate is improving the lives of Congolese farmers by training them to grow high quality organic, fair trade cocoa, doubling farmer incomes and enabling farming families to reinvest in their communities and have access to necessary health care, in an area emerging from decades of poverty and violence.

To learn more about how co-ops are growing communities at home and across the globe visit:
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FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

CONNECTICUT

Willimantic Food Co-op
91 Valley Street, Willimantic

DELAWARE

Newark Natural Foods Co-op
230 East Main Street, Newark

FLORIDA

Ever'man Cooperative Grocery & Cafe
315 W. Garden Street, Pensacola

New Leaf Market Co-op
1235 Apalachee Parkway, Tallahassee
6668 Thomasville Road, Tallahassee

GEORGIA

Life Grocery & Cafe
1453 Roswell Road, Marietta

Sevananda Natural Foods Market
467 Moreland Avenue N.E., Atlanta

MAINE

Belfast Co-op
123 High Street, Belfast

Blue Hill Co-op Community Market
4 Ellsworth Road, Blue Hill

Rising Tide Community Market
323 Main Street, Damariscotta

MARYLAND

The Common Market
5728 Buckeystown Pike, Frederick

TPSS Co-op
201 Ethan Allen Avenue, Takoma Park

MASSACHUSETTS

Berkshire Co-op Market
42 Bridge Street, Great Barrington

Green Fields Market
144 Main Street, Greenfield

Harvest Co-op Market - Arboretum
3815 Washington Street, Jamaica Plain

Harvest Co-op Market - Cambridge
580 Mass Avenue, Cambridge

McCusker's Market
3 State Street, Shelburne Falls

River Valley Co-op
330 North King Street, Northampton

Wild Oats Market
320 Main Street, Williamstown

NEW HAMPSHIRE

Concord Food Co-op
24 South Main Street, Concord

Concord Food Co-op of New London
52 Newport Road, New London

Hanover Co-op Market
43 Lyme Road, Hanover

Hanover Co-op Food Store
45 South Park Street, Hanover

Littleton Food Co-op
12 Centerra Parkway, Lebanon

Littleton Food Co-op
43 Bethlehem Road, Littleton

Monadnock Food Co-op
34 Cypress Street, Keene

NEW YORK

Abundance Cooperative Market
62 Marshall Street, Rochester

Fiatbush Food Cooperative
1415 Cortelyou Road, Brooklyn

GreenStar Cooperative Market

307 College Avenue, Ithaca
701 West Buffalo Street, Ithaca
215 North Cayuga Street, Ithaca

Honest Weight Food Co-op
100 Watervliet Avenue, Albany

Hungry Hollow Co-op
841 Chestnut Ridge Road, Chestnut Ridge

Lexington Cooperative Market
807 Elmwood Avenue, Buffalo

Syracuse Real Food Co-op
618 Kensington Road, Syracuse

NORTH CAROLINA

Chatham Marketplace
480 Hillsboro Street, Pittsboro

Company Shops Market
268 E. Front Street, Burlington

Deep Roots Market
600 North Eugene Street, Greensboro

Durham Co-op Market
1111 W. Chapel Hill Street, Durham

French Broad Food Co-op
90 Biltmore Avenue, Asheville

Hendersonville Community Co-op
60 S. Charleston Lane, Hendersonville

Tidal Creek Cooperative Food Market
5329 Oleander Drive, Wilmington

Weaver Street Market
101 E. Weaver Street, Carrboro
716 Market Street, Chapel Hill

228 South Churton Street, Hillsborough

PENNSYLVANIA

East End Food Co-op
7516 Meade Street, Pittsburgh

Mariposa Food Co-op

4824 Baltimore Avenue, Philadelphia

Weavers Way Co-op Chestnut Hill

8424 Germantown Avenue, Philadelphia

Weavers Way Co-op Mt. Airy

559 Carpenter Lane, Philadelphia

Whole Foods Cooperative
1341 West 26th Street, Erie

TENNESSEE

Three Rivers Market
1100 N. Central Street, Knoxville

VERMONT

Brattleboro Food Co-op
2 Main Street, Brattleboro

City Market/Onion River Co-op
82 S. Winooski Avenue, Burlington

Co-op Food Store
209 Maple Street, White River Jct.

Hunger Mountain Co-op
623 Stone Cutters Way, Montpelier

Middlebury Natural Foods Co-op
9 Washington Street, Middlebury

Putney Food Co-op
8 Carol Brown Way, Putney

Springfield Food Co-op
335 River Street, Springfield

Upper Valley Food Co-op
193 N. Main Street, White River Jct.

VIRGINIA

Friendly City Food Co-op
150 East Wolfe Street, Harrisonburg

Roanoke Natural Foods Co-op
1319 Grandin Road S.W., Roanoke
1 Market Square S.E., Roanoke



\$2.99

R.W. KNUDSEN
Simply Nutritious Juice
32 oz., selected varieties



\$3.39

TRADITIONAL MEDICINALS
Organic Tea
16 ct., selected varieties



2/\$4

CASTOR & POLLUX
Organic Dog Food
12.7 oz., selected varieties
other Castor & Pollux products also on sale



\$9.99

SEVENTH GENERATION
Baby Diapers
17-40 ct., selected varieties



3/\$7

CELESTIAL SEASONINGS
Herbal Tea
20 ct., selected varieties



3/\$5

GREEN FOREST
Facial Tissue
175 ct.

Celebrate Co-op Month this October!

coopTM
stronger together

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