

JULY/AUG 2018

# discover

→ *back to school!*

**pick up your coupon  
book at the co-op!**

*look inside &*  
**save**  
up to \$57

# MegaFood®

Fresh From Farm To Tablet™



BEING *busy*  
MIGHT NOT BE THE  
ONLY REASON YOU'RE  
*run down.*



**MANY WOMEN HAVE LOW IRON LEVELS AND DON'T KNOW IT.**

Blood Builder® is clinically proven to increase iron levels<sup>†</sup>—without nausea or constipation (there we said it)\*.

**ARE YOU AT RISK? [BloodBuilder.com](http://BloodBuilder.com)**



To learn about our seals, please visit [megafood.com/standards](http://megafood.com/standards).

**Find us online or at your natural products store.**

†Study details at BloodBuilder.com. \*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Stahlbush is a registered trademark of Stahlbush Island Farms, Inc. I ©FoodState, Inc. 2018



## Back to school

As summer begins to wind down, it's officially time to gear up for the school year. Your local food co-op is full of better-for-you choices to support you through all of the back to school preparations. Whether you are looking for healthy lunchbox fillers, meal prepping tools, a quick meal on the go or something to boost your energy levels between carpool pickups (coffee, please) your co-op has you covered with great prices on trusted brands. The Discover coupon book is just one great way to save on delicious food and household goods; be sure to check out the everyday low prices available from the Co+op Basics program on pantry staples and family favorites, too!



Visit [www.strongertogether.coop](http://www.strongertogether.coop)  
for great back to school recipes  
and ideas.

# Live Your Inner Nature

Keep mind, body and spirit in balance



CERTIFIED NATURAL  
PERSONAL CARE

**WELEDA**  
SEIT  1921





save with **coop** deals

**\$2.00 off**

**MegaFood**  
Any Blood Builder

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop** deals

**\$3.00 off**

**Weleda**  
Any Full-Sized Item, Excludes  
Travel Sizes and Lip Balms

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop** deals

**\$1.00 off**

**Alba Botanica**  
Any Sunscreen

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**

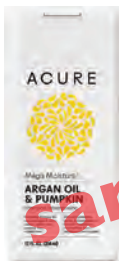


save with **coop** deals

**\$1.00 off**

**Quantum Health**  
Any Full-Sized Buzz Away

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**Sample VOID**

**\$2.00 off**

**Acure**

Any Hair Care Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**Sample VOID**

**\$5.00 off**

**The Diva Cup**

Any Diva Cup

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**Sample VOID**

**\$3.00 off 2**

**Boiron**

Any Two Blue Tubes

Present one coupon per two items purchased. Limit of three coupons per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**Sample VOID**

**\$2.00 off**

**Country Life**

Any B Vitamin

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop** deals

**\$3.00 off**

**Garden of Life**

Any Full-Sized Protein Powder

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires August 31, 2018**



save with **coop** deals

**\$2.00 off**

**Inner Eco**

Any 15 oz. Probiotic

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop** deals

**\$3.00 off**

**Navitas Organics**

Any Hemp, Chia or Supplement Powder

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop** deals

**\$3.00 off**

**Organic India**

Any Supplement

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**\$2.00** off

**Chameleon  
Cold Brew**

Any 32 oz. Concentrate

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**\$1.00** off 2

**New Barn**

Any Two Almond Milks

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**50¢** off

**Earth Balance**

Any Spread

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**40¢** off

**Fage**

Any 17.6 oz. Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**





save with **coop**™ deals

**sample VOID**

**\$1.00 off 2**

**Hail Merry**

Any Two 2 ct. Mini Cups

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**sample VOID**

**\$1.00 off 2**

**Liberté**

Any Two Yogurts

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**sample VOID**

**\$1.00 off**

**Organic Valley**

Any American Cheese Singles

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**sample VOID**

**\$1.00 off**

**Smári**

Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**55¢ off**

**Tofurky**  
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**\$1.00 off 2**

**Cascadian Farm**  
Any Two Frozen Fruit

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**\$1.00 off 2**

**Probar**  
Any Two Bars or  
Nut Butter Squeezes

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**\$1.75 off**

**Purely Elizabeth**  
Any 8-12 oz. Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**\$1.00** off 2

**RXBAR**

Any Two Items

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**\$1.00** off

**Love Grown**

Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**75¢** off

**Clif**

Any 6 ct. Zbar

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**\$2.00** off

**Woodstock**

Any Nut Butter

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**\$1.00 off 2**

**Annie's  
Homegrown**

Any Two Bunny Grahams

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**\$1.00 off 2**

**Food Should  
Taste Good**

Any Two Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**\$1.00 off**

**Drew's Organics**

Any Salsa

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**\$1.00 off**

**Sir Kensington's**

Any Item

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires August 31, 2018**

save with **coop**™ deals



**sample VOID**  
**\$1.00 off**

**Natural Sea**  
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**sample VOID**  
**75¢ off**

**Endangered Species**  
Any Bar or Pouch

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**sample VOID**  
**\$2.00 off**

**Spry**  
Any 100 ct. Chewing Gum

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

**sample VOID**  
**50¢ off**

**Theo Chocolate**  
Any Classic Bar

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**





save with **coop**™ deals

**sample VOID**  
\$1.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**

**Vita Coco**  
Any Coconut Milk



save with **coop**™ deals

**sample VOID**  
\$1.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**

**Dr. Bronner's**  
Any Coconut Oil



save with **coop**™ deals

**sample VOID**  
75¢ off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**

**Voss**  
Any Item



save with **coop**™ deals

**sample VOID**  
\$1.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**

**Biokleen**  
Any Laundry Item



## Cantaloupe Salsa

Serves 6 to 8. Prep time: 15 minutes.

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- 4 cups diced cantaloupe
- 1 large cucumber, seeded and chopped
- 1 large jalapeño, seeded and chopped
- 1 large red bell pepper, seeded and chopped
- 1 large lime, zest and juice
- 2 cloves garlic, minced
- 1 teaspoon sugar, to taste
- ½ teaspoon salt
- 1 tablespoon olive oil
- ½ cup chopped cilantro

Place all ingredients in a large bowl. Toss to mix, and taste for balance. Add sugar to taste if the cantaloupe is very tart or bland. Store, tightly covered, for up to 3 days in the refrigerator. For a taste of summer, savor this sweet, tangy salsa atop fish tacos and simple grilled chicken, or scoop it with your favorite tortilla chips for a snack.

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Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more ideas and recipes.



## Smart snacking

Steering family snack choices away from empty calories and towards something that's deliciously good-for-you is a great strategy. If your snack repertoire needs a re-boot, summertime's abundance of fresh fruits and veggies is an inspiring place to start.

Keep a tray of freshly rinsed berries or cherry tomatoes in the refrigerator, and freeze a few bags of washed grapes. Pea pods, strips of red and orange bell pepper and carrot coins make for a colorful grouping – just add hummus or Greek yogurt for dipping!



Get great snack ideas at  
[www.strongertogether.coop](http://www.strongertogether.coop).