

MAY/JUNE 2018

discover

→ *outdoor adventures!!*

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

look inside &
save
up to \$52



Pure Delight

Making Organic Ice Cream Treats Since 1998



Explore all our flavors
at juliesorganic.com



Discover outdoor adventures

Planning a camping trip, a day hike or a lazy afternoon lounging near your closest body of water? The co-op stands ready to support your outdoor adventures. From tasty snacks and reusable water bottles to safer sunscreens and nontoxic insect repellent, the co-op has everything you need to fill your day pack with delicious food and essentials for leisurely walks or wilderness treks. And lovers of the great outdoors are making a difference by shopping co-op, where sustainable practices and products are always in store.

Check your co-op for a new edition of the Discover bimonthly guide to seasonal info and great deals.



Visit www.strongertogether.coop for great recipes and tips for fun in the great outdoors.

GoodBelly[®] PROBIOTICS CRUNCHY BAR



NON-GMO &

GLUTEN FREE

1 Billion probiotics per
serving in each delicious,
gluten-free, crunchy bar.



save with **coop**™ deals



sample VOID

\$1.00 off 2

GoodBelly
Any Two Bars

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires June 30, 2018**

save with **coop**™ deals



sample VOID

\$1.00 off

Julie's Organic
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**

save with **coop**™ deals



sample VOID

50¢ off

C2O
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**

save with **coop**™ deals



sample VOID

\$1.00 off

Solero
Any Frozen Fruit Bar
or Pop

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

\$1.00 off

**Mediterranean
Organic**

Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

\$1.50 off

**Vermont Smoke
& Cure**

Any Minis 6-count Pouch

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

\$1.00 off

Organic Valley

Any 8 oz. Cheese

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

75¢ off 2

Blue Diamond

Any Two Nut Thins

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

\$2.00 off

**Kicking Horse
Coffee**

Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

75¢ off

Calia

Any Coffee Blend or
Enhanced Milk

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

\$1.00 off

**Annie's
Homegrown**

Any Cereal

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

\$1.75 off 2

Cascadian Farm

Any Two Cereals

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

sample VOID
\$1.00 off

Love Grown
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

sample VOID
\$2.00 off

Nuttzo
Any Nut Butter

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

sample VOID
75¢ off

Clif
Any Crunch Granola Bar
10 count Box

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

sample VOID
50¢ off

Vita Coco
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

75¢ off

Lundberg
Any Entrée

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

\$1.00 off

Organicville or Sky Valley
Any Item

Present one coupon per item purchased. Limit of five coupons per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

\$1.00 off

Red Duck
Any Condiment

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

\$1.00 off

Foodstirs
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**

save with **coop**™ deals



sample VOID

\$1.00 off 4

Present one coupon per four items purchased. Limit of four coupons per shopping trip. **Expires June 30, 2018**

Lärabar

Any Four Bars



save with **coop**™ deals

sample VOID

\$3.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**

Biochem

Any Protein Powder,
Excludes Single Serving
Packets



save with **coop**™ deals

sample VOID

\$1.00 off 2

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**

Organic India

Any Two Lift Items

save with **coop**™ deals



sample VOID

\$1.00 off 2

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires June 30, 2018**

Navitas

Any Two Bars



save with **coop**™ deals

\$2.00 off

Jarrow Formulas
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

\$2.00 off

Natural Factors
Any Biosil Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

\$5.00 off

New Chapter
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

\$3.00 off

Garden of Life
Any Probiotic

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires June 30, 2018**

save with **coop**™ deals



sample VOID

60¢ off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**

Desert Essence
Any Lip Rescue

save with **coop**™ deals



sample VOID

\$1.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**

Jason
Any Item

save with **coop**™ deals



sample VOID

\$2.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**

Kiss My Face
Any Deodorant

save with **coop**™ deals



sample VOID

\$2.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**

Shikai
Any Full-sized Item



save with **coop**™ deals

sample VOID

50¢ off

Kite Hill
Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

sample VOID

50¢ off

Evolution Fresh
Any 11 oz. or 15.2 oz.
Beverage

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

sample VOID

\$1.00 off

Naturi
Any 5 oz. or 16 oz. Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop**™ deals

sample VOID

\$1.00 off

Ripple
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop™ deals**

sample VOID
\$2.50 off

Beyond Meat
Any 8 oz. Beyond Burger

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop™ deals**

sample VOID
50¢ off

The Greek Gods
Any Seriously Indulgent Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop™ deals**

sample VOID
55¢ off

Tofurky
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



save with **coop™ deals**

sample VOID
\$1.00 off

Woodstock
Any 8-10 oz. Frozen Fruit

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires June 30, 2018**



Two Berry Picnic Salad

Serves 4. Prep time: 20 minutes active; 1 hour total.

- 1 cup wheatberries
- 1 pound strawberries, hulled and halved
- 2 tablespoons lemon juice
- 2 tablespoons honey
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 3 tablespoons olive oil
- 1 large carrot, shredded
- 2 medium scallions, sliced
- ½ cup finely chopped fresh mint
- 2 teaspoons lemon zest
- 4 ounces crumbled goat cheese

Bring 4 cups water to a boil. Add the wheatberries and return to a boil, then reduce heat to a simmer. Cover and cook for 45 minutes. When the grain is tender, drain and rinse with cold water, drain again and place in a large bowl. Cool to room temperature.

Place four small strawberries in a food processor or blender and puree. Add lemon juice and honey and process to mix. Add salt and pepper, replace the lid, and drizzle in the oil with the machine running. Pour dressing over the wheatberries, add halved strawberries, carrot, scallions, mint and lemon zest, and sprinkle with crumbled goat cheese.

Visit www.strongertogether.coop for more ideas and recipes.



Sun protection

Sunshine on your skin feels wonderful, but too much of a good thing can be destructive. Our skin and the sun have a delicate relationship! The good news is that it's easy to prevent many issues by practicing good sun safety. Great sunscreens and sunblocks are increasingly available in nontoxic, environmentally friendly formulations – making a safe and happy day in the warm sunshine much easier!



Learn more at
www.strongertogether.coop.