

JAN/FEB 2020

discover

→ *the co-op difference!*



look inside &

save

up to \$49



PORK RINDS PERFECTED.



**Created by Chef & Butcher Ryan Farr
Humanely and Sustainably Raised**



**Fried in Lard to Maximize Taste
& Minimize Waste**

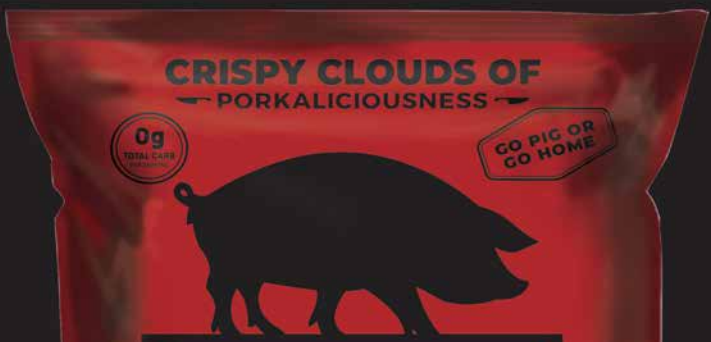
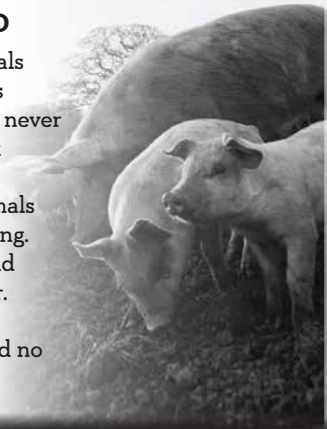


**No Antibiotics. No added Hormones.
0g Carbs, 9g Protein per Serving**



MEET BETTER MEAT SOURCING NEVER COMPROMISED

4505 Meats sources exclusively from animals raised on small family ranches in low stress environments. These farmers and ranchers never use gestation crates or animal confinement practices. Animals receive protection from weather and elements. When indoors, animals have no-slat flooring and deep straw bedding. Pigs are free to move around on pasture and always have access to clean food and water. Their feed is 100% vegetarian, minimally processed, with no artificial ingredients and no palylean additives or animal bi-products.





Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with **coop deals.**

50¢ off

4505 Meats

Any 2.5 oz. Chicharrones



Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with **coop deals.**

\$1.00 off 2

Food Should Taste Good

Any Two Items



Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with **coop deals.**

50¢ off

Endangered Species

Any 3 oz. Chocolate Bar



Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with **coop deals.**

\$1.00 off

Essentia

Any 1.5 Liter Water



save with **coop deals.**

50¢ off

Vita Coco

Any 12 oz. Sparkling
Coconut Water

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$1.00 off 2

**Flow Alkaline
Spring Water**

Any Two Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$1.00 off 2

High Brew

Any Two 8 oz. Coffee Cans

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

50¢ off

Hope & Sesame

Any Organic Sesame Milk

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

sample VOID

\$1.00 off

Bakery On Main
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

sample VOID

75¢ off

Think!
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

sample VOID

75¢ off

Purely Elizabeth
Any Hot Cereal

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

sample VOID

75¢ off 2

Celestial Seasonings
Any Two Celestial or Teawell Teas

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$1.00 off 4

Earth's Best

Any Four Baby Food Jars
or Pouches

Present one coupon per four items purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

75¢ off

Happy Baby

Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$1.00 off 2

**Annie's
Homegrown**

Any Two Deluxe
Mac & Cheese Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

75¢ off

Clif ZBar

Any 6 Pack

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$1.00 off 2

Simply Organic
Any Two Simmer Sauces
or Guacamole Mixes

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$1.00 off 2

Simply Organic
Any Two Seasonings or
Extracts

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$2.00 off 2

Maya Kaimal
Any Two Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

50¢ off

Eden Foods
Any Organic Sauerkraut

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with **coop deals**.



50¢ off

Crown Prince Natural

Any 5 oz. Tuna, Kippers,
Clams or Oysters

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with **coop deals**.



\$1.00 off

Organic Valley

Any Dairy Cheese Bar

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with **coop deals**.



\$1.00 off

Good Culture

Any 16 oz. Organic
Cottage Cheese

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with **coop deals**.



\$1.00 off

Stonyfield Farm

Any 30-32 oz. Organic
Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$1.00 off

Wallaby

Any 32 oz. Organic Yogurt or Kefir

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

50¢ off

Nancy's

Any Oatmilk Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$1.00 off 2

Petit Pot

Any Two Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$1.50 off

Against The Grain

Any 12-Inch Pizza

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$1.50 off 2

Sunshine Burger
Any Two Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$1.00 off

Biokleen
Any Laundry Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

50¢ off

If You Care
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



save with **coop deals.**

\$1.00 off

Alba Botanica
Any 32 oz. Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with  **coop deals.**



\$2.00 off

Dr. Bronner's
Any 32 oz. Liquid
Castile Soap

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with  **coop deals.**



\$2.00 off

Heritage Store
Any Skin Care Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with  **coop deals.**



\$3.00 off 2

Aura Cacia
Any Two Organic
Essential Oils

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with  **coop deals.**



\$2.00 off

Wedderspoon
Any Organic Manuka
Honey Drops or Pops

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**



Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with **coop deals.**

\$3.00 off

Zand, Solaray and Honey Gardens

Any Vitamin C or Immune Supplement



Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires February 29, 2020.**

save with **coop deals.**

\$3.00 off

Natural Factors

Any Theracurmin Item



Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with **coop deals.**

\$3.00 off

Nordic Naturals

Any Nordic Berries Item



Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires February 29, 2020.**

save with **coop deals.**

\$3.00 off

Organic India

Any Nutritional Supplement