

A close-up photograph of a skillet containing a tomato-based sauce, eggs, and garnishes like fresh herbs and cheese. The skillet is dark and sits on a wooden surface. In the background, a small bowl of green herbs is visible.

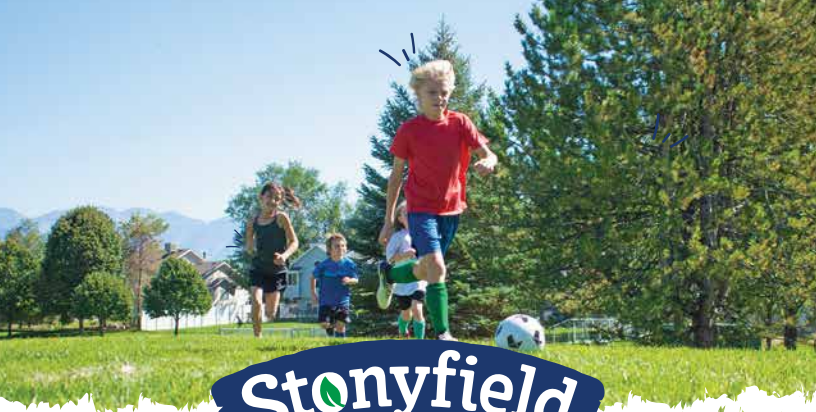
MAR/APR 2020

discover

→ the co-op difference!

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over \$68



Stonyfield ORGANIC

#PLAYFREE

BECAUSE ALL FIELDS SHOULD BE ORGANIC

Did you know that over 26 million kids play sports on fields*, and 65% of fields are sprayed with harmful pesticides**?

For over 36 years, Stonyfield Organic has cared about the organic fields where our cows graze and fruits and veggies grow. But in 2018, we took on our biggest mission yet: a bold three-year initiative to work with 35 communities across the country to convert outdoor playing fields and parks to organic maintenance.

We call it the StonyFIELDS #PlayFree program.

In 2019, with the support of experts and advocates like Beyond Pesticides, Non-Toxic Neighborhoods, and Osborne Organics, we brought organic model parks and playing fields to over 1 million people. And we're not done. By the end of 2020, Stonyfield expects to have spent over \$3 million towards education and community sponsorships as part of the StonyFIELDS Initiative. We will team up with 15 new communities to convert outdoor fields and parks to organic grounds management.

Learn more at: [Stonyfield.com/PlayFree](https://www.stonyfield.com/playfree)



*2015 SIFA Trends

** <https://www.ncbi.nlm.nih.gov/pubmed/22512421>



save with **coop deals**.

\$1.00 off 2

Brown Cow

Any Two 32 oz. Yogurts

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**.

40¢ off

Fage

Any 17.6 oz. Plain Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**.

\$1.00 off 4

Chobani

Any Four Flip, Less Sugar
or Nut Butter Yogurts

Present one coupon per four items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**.

\$1.00 off

Organic Valley

Any 24 oz. Grassmilk
Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**.

\$1.00 off

Maple Hill

Any 64 oz. Grass-Fed
Organic Milk

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



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 April 30, 2020.**



save with **coop deals**.

\$1.00 off 2

Silk

Any Two 5.3 oz.
Soy Yogurts

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**.

\$1.00 off

**So Delicious
Dairy Free**

Any 24 oz.
Coconut Yogurts

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



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\$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 April 30, 2020.**



save with **coop deals**.

75¢ off

**Hodo Soy
Beanery**

Any Item

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires April 30, 2020.**



save with **coop deals**.

\$1.25 off

**Miyoko's
Creamery**

Any Vegan Fresh or
Smoked Mozzarella

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires April 30, 2020.**



save with **coop deals**.

50¢ off

Beyond Meat

Any Beyond Beef Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$2.00 off 2

Organicville

Any Two Condiments
or Salad Dressings

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$1.00 off

Crofter's

Any 10 oz. Organic
Fruit Spread

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



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\$2.00 off

Woodstock

Any 16 oz. Almond Butter

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$1.00 off

Peeled Snacks

Any Baked Pea Puff,
Pea Crisp or Dried Fruit

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

75¢ off

Cascadian Farm

Any Cereal or Granola

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$1.00 off

Birch Benders

Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$1.00 off

Frontier

Any Spice, Seasoning
or Extract

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$1.00 off

Barbara's

Any Cereal

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**

save with **coop deals**.



VOID
75¢ off

Purely Elizabeth
Any Bar

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**

save with **coop deals**.



VOID
\$1.00 off 3

Clif Luna
Any Three Luna Bars

Present one coupon per three items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**

save with **coop deals**.



VOID
\$1.00 off 2

Epic
Any Two Performance Bars

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**

save with **coop deals**.



VOID
\$1.00 off 2

Pro Bar
Any Two Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$1.50 off 2

Beanitos

Any Two 4.5-5 oz. Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$1.50 off 2

Drew's Organics

Any Two Salsas

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$1.00 off 2

New Barn

Any Two Organic
Almondcrème Desserts

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$1.00 off

**American
Flatbread**

Any Item

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$1.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**

Essentia

Any 1.5 Liter Water



save with **coop deals**

\$1.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**

Vita Coco

Any 1 Liter Coconut Water



save with **coop deals**

50¢ off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**

Runa

Any Item



save with **coop deals**

\$1.00 off 2

Blue Diamond

Any Two 32 oz. or
64 oz. Almond Breeze

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

sample VOID

50¢ off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**

Biokleen

Any Liquid Dish Item



save with **coop deals**

sample VOID

\$2.00 off 2

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**

Mineral Fusion

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 April 30, 2020.**

Avalon Organics

Any Item



save with **coop deals**

sample VOID

\$2.00 off 2

Present one coupon per two items purchased. Limit of ten coupons per shopping trip. **Expires April 30, 2020.**

NOW

Any Two Essential Oils



save with **coop deals**.

\$1.00 off 2

Yogi Tea
Any Two Teas

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires April 30, 2020.**



save with **coop deals**.

\$4.00 off

Oregon's Wild Harvest
Any Capsule, Extract
or Tonic

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**.

75¢ off 2

Four Sigmatic
Any Two Packets

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**.

\$5.00 off

Nutiva
Any MCT Oil or Powder

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



Shakshuka with Spinach

Serves 6. Prep time: 25 minutes active; 30 minutes total.

- | | |
|--------------------------------------|---|
| 2 tablespoons extra virgin olive oil | 1 teaspoon salt |
| 1 large onion, chopped | 1 teaspoon honey |
| 3 cloves garlic, chopped | 1 15-oz. can crushed tomatoes |
| 1 red bell pepper, chopped | 4 cups salad spinach (4-oz. bag, chopped) |
| 1 teaspoon smoked paprika | 6 large eggs |
| 1 teaspoon cumin, ground | ½ cup parsley, chopped |
| 1 teaspoon coriander, ground | 2 oz. feta cheese (optional) |
| ¼ teaspoon red pepper flakes | |

Drizzle the olive oil in a 12-inch skillet and place the pan over medium-high heat. Heat for a few seconds, then add the onions and stir until they start to sizzle. Reduce the heat to medium-low and sauté for about 5 minutes. Add the garlic and peppers and sauté for 5 minutes longer to soften the peppers. Add the paprika, cumin, coriander, red pepper flakes, salt and honey and stir, then stir in the crushed tomatoes. Raise the heat to bring to a boil, then reduce to a simmer and cook until thick, about 5 minutes. Stir in the spinach and cook until just wilted and dark green.

Use the back of a spoon to make 6 indentations for the eggs. Crack each egg into a cup and then pour carefully into the indentations. Cover the pan and cook for about 8 minutes, until the whites of the eggs are set. Test by poking the whites with a paring knife. If you like your egg yolks firmer, cook longer.

When eggs are done to your liking, sprinkle with parsley and feta, if desired.

Visit welcometothetable.coop for more ideas and recipes.

The Essential 4

VITAMINS AND SUPPLEMENTS

There's no single "magic pill" that can ensure your wellness. Proper nutrition, sufficient sleep, regular exercise and supplementation from these four foundational areas all contribute to better health.



Omega-rich Oils

Maintaining sufficient levels of omega-3 fatty acids is not only beneficial for heart health, but also important for immune function, brain health and managing your body's inflammatory response.



Multivitamins

Taking a multivitamin every day helps to incorporate more of the essential micronutrients you may be missing in your diet.



Probiotics

Having a healthy population of "good" bacteria aids in nutrient absorption, immune function, reducing inflammation and detoxification.



Protein

Protein is an important building block of bones, muscles, cartilage, skin and blood. Protein powders, drinks and bars are a convenient way to boost your macronutrient intake.

Visit welcometothetable.coop for information on healthy eating.





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\$5.00 off

Nordic Naturals

Any Ultimate Omega 2X
or Ultimate Omega 2X Mini

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$5.00 off

MegaFood

Any Probiotic

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$5.00 off

Orgain

Any 2.03 lb. Organic
Powder

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**



save with **coop deals**

\$3.00 off

Garden of Life

Any Vitamin Code or
Mykind Organics Vitamins

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires April 30, 2020.**