

coopTM deals

AUG 31 - SEPT 13, 2011



75¢

EARTH'S BEST
Organic Baby Food
4 oz., selected varieties



\$2.89

ENVIROKIDZ
Organic Cereal
10-14 oz., selected varieties



\$9.49

**NAPA VALLEY
NATURALS**
Organic Extra Virgin Olive Oil
25.4 oz., selected varieties



\$2.49

GREEN & BLACK'S
Organic Chocolate Bar
3.5 oz., selected varieties

Featured Inside:

- Back-to-school snack ideas (like grapes and "squirrel food")
- A tasty Waldorf salad recipe with crunchy apples and creamy dressing
- Does your co-op rock? Show us why and win great prizes!
- National Farm To School Network: supporting better school lunches



Waldorf Salad with Yogurt and Honey

Serves 4-6. Prep time: 30 minutes.

- 2 cups apple (1 large apple), cut into bite-sized pieces
- 1 cup seedless grapes, halved
- 1 cup celery (2-3 ribs), cut into ½-inch pieces
- ½ cup toasted walnuts, coarsely chopped
- 1 lemon, juice and zest (about 2-3 tablespoons juice)
- ½ cup Greek yogurt
- 1 teaspoon honey
- Salt and pepper to taste

In a small bowl, whisk together the lemon juice, zest, yogurt and honey. In a large salad bowl, gently toss the apples, grapes, celery, and walnuts with the dressing. Season to taste with salt and pepper. Substitute nonfat Greek yogurt for a lower-fat version if you like.

Serving suggestion: Showcasing the fruits of autumn, a scoop of Waldorf salad is delicious with a brunch omelet or frittata, or served on a bed of spinach alongside spanokopita or stuffed grape leaves.

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



\$3.49

FOOD SHOULD TASTE GOOD

Dipping Chips

16 oz., selected varieties



\$3.49

KETTLE

Krinkle Cut Potato Chips

14 oz., selected varieties



\$2.99

COUNTRY CHOICE ORGANIC

Organic Snacking Cookies

7-8 oz., selected varieties



\$3.29

BLUE SKY

Organic Soda

6 pack, selected varieties



\$2.29

PANDA

Natural Licorice

7 oz., selected varieties



\$2.79

MONTEBELLO
Organic Pasta
16 oz., selected varieties



\$2.79

MUIR GLEN
Organic Pasta Sauce
25.5 oz., selected varieties



\$26.99

BULK
Organic Pine Nuts
per pound in bulk



\$2.29

FANTASTIC WORLD FOODS
Dinner Mix
4.4-12 oz., selected varieties



\$2.29

TASTY BITE
Dinner Entrees
10 oz., selected varieties



\$1.29

BULK
Organic Pinto Beans
per pound in bulk



\$2.99

BULK
Organic White Quinoa
per pound in bulk



\$1.99

NATURAL SEA
Chunk Light Yellowfin Tuna
6 oz., selected varieties



\$2.79

EARTH FRIENDLY
Dishmate
25 oz., selected varieties



\$6.99

SEVENTH GENERATION
Bath Tissue
12 ct.



Grapes

Grapes are refreshing, sweet, and low in calories. What more could you ask for in a snack? They provide fiber, vitamins, and those highly-touted antioxidants. No preparation (beyond a good rinsing) is required, and they're already perfectly bite-sized! As ideal as they are as snack food, grapes also enliven many other dishes. Try them in a chicken curry or a rice salad, for example. A range of colors — red, purple, and frosty green — makes a pretty plate for easy entertaining or an after-school treat.

For more information on what's in season and great recipes, visit www.strongertogether.coop.





Fresh in the Deli

Co-ops chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature. These salads make the most of autumn vegetables and fruit.

Fresh Fall Flavors

Kale Salad

Recipe courtesy of GreenStar Cooperative Market
Ithaca, New York.

A colorful, earthy mix of some favorite early autumn vegetables tossed in a sesame-miso dressing and lightly sweetened with agave.

save 75¢ per lb.

Broccoli Grape Salad

Recipe courtesy of St. Peter Food Co-op & Deli
St Peter, Minnesota

Popular with kids and adults, this salad combines the crunch of celery, toasted almonds and broccoli florets with juicy red grapes and a creamy dressing.

save 50¢ per lb.

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



\$9.99

EQUAL EXCHANGE

All Varieties Bulk Coffee
Does Not Include Decaf
per pound in bulk



\$2.99

DR. KRACKER

Organic Flatbread Crackers
7 oz., selected varieties



\$2.79

TERRA

Sweets & Beets
6 oz.
other Terra chips also on sale



\$2.99

ENJOY LIFE

Nut and Gluten Free Cookies
6 oz., selected varieties



\$3.79

WOODSTOCK FARMS

Organic Pickles
24 oz., selected varieties



\$2.99 **STAHLBUSH ISLAND FARMS**
Frozen Fruit
10 oz., selected varieties



\$3.99
SO DELICIOUS
Organic Non-Dairy Frozen
Dessert
32 oz., selected varieties



\$3.79
AMY'S
Bowl
9-10 oz., selected varieties



\$1.99 **AMY'S**
Burrito
6 oz., selected varieties



\$1.59 **STAHLBUSH ISLAND FARMS**
Frozen Vegetables
10 oz., selected varieties



\$6.99 **KISS MY FACE**
Whitening Toothpaste
Value 2-Pack
each



\$11.99
NATURTINT
Hair Color
each, selected varieties



\$6.99
ALBA BOTANICA
Cocoa Butter Hand & Body
Lotion
7 oz.
other Alba Botanica Hawaiian
products also on sale



\$1.29 **CLEARLY NATURAL**
Glycerin Soap
4 oz., selected varieties



community



coopTM
stronger together

WHY DOES YOUR CO-OP ROCK?



Show us for a chance to win big!

The My Co-op Rocks Contest is back and better than ever! Starting Sept. 1 through Oct. 31st, enter your original video or photo online featuring your own local color and tell everyone why your co-op rocks. Get in on the action at www.MyCoopRocks.coop, where you can check out everyone's submissions, leave comments and ratings, and enter your own creation for a chance to win super sweet prizes.

Win cool prizes!



1st Apple iPad2



2nd \$500 Co-op Gift Card



3rd Bloggie Duo HD Camera



www.MyCoopRocks.coop



Healthy Snacks

Kids and adults need refueling in the course of a day. Preparing healthy snacks ahead of time can help you and your family make easy, healthful choices when hunger strikes.

Here are just a few ideas for snacks that deliver great flavor and nutrition:

- Fruit pinwheels. Spread cream cheese or nut butter on soft, whole grain tortillas. Add fresh fruit slices (or dried fruit pieces), then roll and slice.
- Squirrel food. Make your own trail mix with nuts and seeds, dried fruits and, if you like, whole grain cereal.
- Ice pops. Pour unsweetened fruit juice or leftover smoothies into molds or ice cube trays. Include fruit, like raspberries or blueberries, and yogurt for a dairy boost.

Learn more about healthy snacks at www.strongertogether.coop.



\$2.29

LUNDBERG FAMILY FARMS

Organic Rice Cakes
8.5-9.5 oz, selected varieties



\$2.89

SANTA CRUZ ORGANIC

Organic Applesauce
23 oz, selected varieties



\$2.99

BIONATURAE

Organic Fruit Nectar
25.4 oz, selected varieties



\$2.29

NATURE'S PATH

Organic Waffles
7.5 oz, selected varieties



\$3.99

QUORN

Meat-Free Chik'n
10.6-12 oz, selected varieties



99¢

CLIF

Energy Bar
2.4 oz, selected varieties



\$3.29

KASHI

Organic Strawberry Fields Cereal

10.4 oz
other Kashi cereal also on sale



\$3.99

NATURE'S PATH

Organic Bulk Granola
per pound in bulk, selected varieties



\$4.99

FRENCH MEADOW

Organic Bread
24 oz, selected varieties



\$3.99

IAN'S

Wheat Free Gluten Free Chicken Nuggets

7 oz
other Ian's products also on sale



79¢

WALLABY
Organic Lowfat Yogurt
6 oz., selected varieties



\$3.99

ORGANIC VALLEY
Organic Stringles
6 oz., selected varieties



\$2.49

GALAXY NUTRITIONAL FOODS
Vegan Rice Slices
6.7 oz., selected varieties



\$3.99

ORGANIC VALLEY
Organic Cheese
8 oz., selected varieties



\$1.79

REDWOOD HILL FARM
Goat Yogurt
6 oz., selected varieties



\$2.99

STRAUS FAMILY CREAMERY
Organic Yogurt
32 oz., selected varieties



\$3.59

BLUE DIAMOND
Almond Breeze
64 oz., selected varieties



\$2.59

GT'S
Organic Kombucha
16 oz., selected varieties



\$3.79

EARTH BALANCE
Buttery Spread
13-15 oz., selected varieties



\$2.79

LIGHTLIFE
Veggie Dogs
12-13.5 oz., selected varieties



**GOOD FARMING.
GOOD FOOD.
GOOD
THINKING!**

**Choose Organic Valley cheese
and improve school lunch!**



Just say cheese! It's all you have to do to set delicious and nutritious wheels in motion for school lunchrooms across the country.

Your purchase of any Organic Valley cheese will initiate a \$1 donation* to the National Farm To School Network www.farmtoschool.org — helping to build a delectable, local farm-fresh foundation in America's school cafeterias. Visit www.ov.coop/goodthinking or www.strongertogether.coop to learn how you can win \$500 of Organic Valley dairy goodness for your local school.



*Organic Valley will make a maximum donation of \$12,500 to the National Farm To School Network

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ARIZONA

Food Conspiracy Co-op
412 North Fourth Avenue, Tucson

CALIFORNIA

BriarPatch Co-op Market
290 Sierra College Drive, Grass Valley

Chico Natural Foods Co-op
818 Main Street, Chico

Co-opportunity Consumers Co-op
1525 Broadway, Santa Monica

Davis Food Co-op
620 G Street, Davis

Isla Vista Food Co-op
6575 Seville Road, Isla Vista

North Coast Co-op

8111 Street, Arcata
25 Fourth Street, Eureka

Ocean Beach People's Organic Food Co-op
4765 Voltaire Street, San Diego

Quincy Natural Foods Co-op
269 Main Street, Quincy

Sacramento Natural Foods Co-op
1900 Alhambra Boulevard, Sacramento

Ukiah Natural Foods
721 South State Street, Ukiah

IDAHO

Moscow Food Co-op
121 East Fifth Street, Moscow

MONTANA

Community Food Co-op
908 W. Main Street, Bozeman
44 E. Main Street, Bozeman

Good Earth Market
3024 2nd Avenue N., Billings

OREGON

Alberta Cooperative Grocery
1500 N.E. Alberta, Portland

Ashland Food Co-op
237 North First Street, Ashland

First Alternative Co-op
1007 S.E. Third Street, Corvallis
2855 N.W. Grant Avenue, Corvallis

Food Front Cooperative Grocery
2375 N.W. Thurman Street, Portland
6344 S.W. Capitol Highway, Portland

People's Food Co-op
3029 S.E. 21st Avenue, Portland

WASHINGTON

Central Co-op
1600 East Madison, Seattle

Community Food Co-op
315 Westerly Road, Bellingham
1220 North Forest Street, Bellingham

Olympia Food Co-op
921 North Rogers, Olympia
3111 Pacific Avenue S.E., Olympia

Skagit Valley Food Co-op
202 South First Street, Mt. Vernon

Sno-Isle Natural Foods Co-op
2804 Grand Avenue, Everett

The Food Co-op
414 Kearney Street, Port Townsend



\$18.99

FLORADIX
Iron + Herbs Dietary Supplement
8.5 oz.



\$19.99

RAINBOW LIGHT
Women's Multivitamin
120 ct.
all Rainbow Light supplements on sale



\$19.99

NORDIC NATURALS
Children's DHA
180 ct.
other Nordic Naturals Children's products also on sale



\$13.99

BACH
Rescue Remedy Spray or Drops
20 ml.
all Rescue Remedy products on sale



\$5.99

AMERICAN HEALTH
Chewable Papaya Enzymes
250 ct.



\$3.49

TRADITIONAL MEDICINALS
Organic Tea
16 ct., selected varieties

Join the conversation at www.strongertogether.coop

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