

coopTM deals

JAN 12 - FEB 1, 2011



99¢

LARABAR
Nutritional Bar
1.6-1.8 oz, selected varieties



\$3.29

GREEN MOUNTAIN GRINGO
Salsa
16 oz, selected varieties



\$1.79

PIRATE BRANDS
Snacks
4-6 oz, selected varieties



\$3.79

ZEVIA
Natural Diet Soda
6 pack, selected varieties

Featured Inside:

- A super simple sandwich recipe that's smokin' hot!
- Luscious avocados: not just good; good for you, too
- Cheese feature: rhapsody in blue
- Staying healthy in the new year with help from your co-op



Smokin' Hot Super Sandwich

Makes 6 servings. Prep time: 30 minutes.

- 1 16-ounce loaf ciabatta bread
- 1 ½ pounds peppered turkey deli meat, sliced medium thin
- 8 ounces smoked cheddar cheese, sliced
- 2 large tomatoes, sliced
- ½ red onion, sliced very thin
- ¼ to ½ pound mesclun or spring mix lettuce
- 2 to 3 avocados
- 4 tablespoons prepared salsa (try a chipotle-flavored version)
- 2 tablespoons mayonnaise
- 2 tablespoons chopped cilantro
- 1 lime, juiced
- hot sauce, to taste if desired

Peel the avocados and coarsely mash them in a bowl, leaving them fairly chunky. Fold in the salsa, mayonnaise, cilantro, lime juice, and hot sauce.

To assemble the sandwiches, slice the ciabatta loaf in half and hollow out some of the bread to create more room for the sandwich fillings. Spread each side of the loaf with half of the avocado mixture. Stack the turkey, cheese, tomatoes, onions, and lettuce evenly across the bottom half. Replace the top of the loaf and slice into six smaller sandwiches. Skewer the sandwich pieces using toothpicks garnished with cherry tomatoes, peppadews, pickled jalapeno peppers or pepperoncini.

Options: Substitute any favorite meat or meat substitute, like thinly sliced flank steak or chicken, vegetarian deli slices, or marinated sliced tofu.

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



\$2.79

BIONATURAE
Organic Fruit Nectar
25.4 oz., selected varieties



\$1.69

POPCHIPS
Potato Chips
3 oz., selected varieties



99¢

HONEST TEA
Organic Ready to Drink Tea
16 oz., selected varieties



\$2.49

LATE JULY ORGANIC
Mini Sandwich Crackers
5 oz., selected varieties



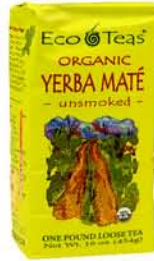
\$4.99

FRENCH MEADOW
Organic Bread
24 oz., selected varieties



\$4.99

WHOLESOME SWEETENERS
Organic Blue Agave
23.5 oz., selected varieties



\$5.79

ECO TEAS
Organic Yerba Mate
16 oz.



\$2.99

NANCY'S
Organic Kefir
32 oz., selected varieties



\$2.49

BARBARA'S
Shredded Cereal
13-14 oz., selected varieties



\$2.49

SANTA CRUZ ORGANIC
Organic Applesauce
6 ct., selected varieties



\$2.79

CASCADIAN FARM
Organic Fruit
8-10 oz., selected varieties



\$7.99

Organic Walnuts
per pound in bulk



89¢

Organic Rolled Oats
per pound in bulk



\$1.29

LUNDBERG FAMILY FARMS
White Basmati Rice
per pound in bulk
Brown Basmati Rice also on sale



\$1.79

FOOD SHOULD TASTE GOOD
Tortilla Chips
6 oz., selected varieties



Avocados

Who really cares if it's a fruit or a veggie? A creamy, luscious avocado can be enjoyed as either—in a green or fruit salad, on a grilled cheese sandwich or burger, or alongside chicken or shrimp. Of course, it's also the basis for guacamole and inseparable from Mexican fare. But the best way to eat an avocado may just be to scoop it straight out of the skin and into your mouth! It's good for you, too, with fiber, potassium, vitamin K, vitamin E, vitamin C, B vitamins, folic acid, and many other essential nutrients. And, by the way, it's a fruit.

For more great food ideas and information about seasonal produce, visit www.strongertogether.coop.



Blue Cheese

There's no mistaking blue cheese, with its distinctive blue veins, piquant taste, and potent aroma. If you love it, you're in luck, because there's no end to what you can pair it with: crackers or crusty breads, pizzas, sandwiches, burgers, or salads, just for starters. And if you turn your nose up at it, well, give it another try. Once you're hooked, your food life will be enriched! Many countries and regions boast their own blue cheeses, like English Stilton, Cabrales from Spain, Italy's celebrated Gorgonzola, and the wide variety of blues in the United States, from Massachusetts-made Berkshire Blue to Oregon's Rogue Creamery Roquefort-style blue.



The Real Deal

Crumble blue cheese atop a steak or a salad, or make a simple appetizer with sliced pears, blue cheese, and toasted walnuts on a slice of baguette. A blue cheese dip or dressing with crispy celery sticks is the classic accompaniment to spicy buffalo chicken wings, too!

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\$2.79

RISING MOON ORGANICS
Organic Ravioli
8 oz., selected varieties



\$11.99

SPECTRUM NATURALS
Organic Extra Virgin
Mediterranean Olive Oil
33.8 oz.



\$2.99

MONTEBELLO
Organic Pasta
16 oz., selected varieties



\$1.99

LUNDBERG FAMILY FARMS
Organic Rice Cakes
8.5-9.5 oz., selected varieties



\$2.99

GLUTINO
Gluten Free Pretzels
8 oz., selected varieties



\$3.49

BLUE DIAMOND
Almond Breeze
64 oz., selected varieties



\$3.29

ORGANIC VALLEY
Organic Yogurt
32 oz., selected varieties



\$2.99

YOGI
Herbal Tea
16 ct., selected varieties



\$12.99

MANITOBA HARVEST
Hemp Pro 50 Protein Powder
16 oz.
other Hemp products also on sale



\$11.99

AMERICAN HEALTH
Ester-C 500 mg. with Citrus
Bioflavonoids
120 caps., selected varieties



\$39.99

NEW CHAPTER
Bone Strength Take Care
Value Pack
144 tabs.



\$18.99

EMERITA
Pro-gest Cream
2 oz.
other Emerita products
also on sale



\$2.29

CLEANWELL
All Natural Hand Sanitizer
1 oz.
other Cleanwell products
also on sale



\$10.99

ALBA
Very Emollient Body Lotion
32 oz., selected varieties



\$13.99

AVALON ORGANICS
Vitamin C Renewal Cream
2 oz.
other Vitamin C products
also on sale



New year, new you!

Adopting a healthy lifestyle and staying on track with a wholesome diet is easier when you get support for your efforts. Your local food co-op can help you in your quest to eat sensibly by offering an array of foods that are fresh, nutritious, and produced with care. Our purpose is to give you the best in quality and variety so you can easily meet your goals. That's what co-ops are about: we're stronger together.

Visit www.strongertogether.coop for more ideas on healthy eating and great recipes.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ARIZONA

Food Conspiracy Co-op
412 North Fourth Avenue, Tucson

CALIFORNIA

Briar Patch Co-op Market
290 Sierra College Dr., Grass Valley

Chico Natural Foods Cooperative
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

811 I Street, Arcata
25 Fourth Street, Eureka

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

Quincy Natural Foods
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 West Main Street, Bozeman

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

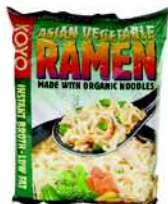
Community Food Co-op
315 Westerly Road, Bellingham
1220 North Forest Street, Bellingham

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



69¢

KOYO
Ramen Noodles
2-2.1 oz., selected varieties



\$1.99

SAN-J
Premium Tamari Soy Sauce
10 oz.



\$7.99

SEVENTH GENERATION
Bath Tissue
12 pack



\$1.29

BACK TO NATURE
Pasta & Cheese Dinner
6-6.5 oz., selected varieties



\$2.39

MUIR GLEN
Organic Soup
14-14.5 oz., selected varieties



\$7.99

BIKOLEEN
Liquid Laundry Detergent
64 oz., selected varieties

Join the conversation at www.strongertogether.coop

