

coopTM deals



MAR 16 - MAR 29, 2011



\$2.99

NANCY'S
Organic Nonfat Yogurt
32 oz., selected varieties



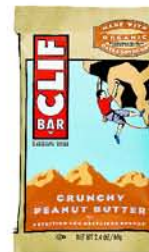
\$2.99

YOGI
Green Tea
16 ct., selected varieties



\$2.49

ANNIE'S NATURALS
Organic Dressing
8 oz., selected varieties



99¢

CLIF
Energy Bar
2.4 oz., selected varieties

Featured Inside:

- Cabbage: from coleslaw to colcannon, it's affordable and nutritious
- A delicious Reuben sandwich recipe, with homemade Russian dressing
- Go for Gouda, Holland's versatile and flavorful cheese
- Are you a label-reader? What to look for on food labels



Reuben Sandwich with Russian Dressing

Makes 4 sandwiches. Prep time: 30 minutes.

Sandwich

- 8 slices rye or pumpernickel bread
- ½ pound corned beef, sliced thin to medium thin
- 4 ounces Swiss cheese, sliced thin
- 1 cup sauerkraut, drained
- 8 tablespoons Russian dressing
- Oil or butter for the skillet

Russian Dressing

- ½ cup mayonnaise
- ½ cup sour cream
- 2 tablespoons ketchup
- 2 teaspoons prepared horseradish
- 2 tablespoons yellow onion, grated
- ½ to 1 teaspoon hot sauce
- 2 teaspoons dried parsley

In a small bowl, mix all of the dressing ingredients together and set aside.

To assemble each sandwich: Spread each slice of bread with 1 tablespoon of Russian dressing. On one slice of bread, dressing side up, place 2 ounces of sliced corn beef, followed by 1 ounce of Swiss cheese and up to ¼ cup of sauerkraut. Top with another slice of bread, dressing side in. Repeat to make 4 sandwiches. Heat a large skillet over medium heat. Spray the skillet with oil. Place 2 sandwiches at a time in the skillet and grill until golden brown on both sides and the cheese is melting. Cut each sandwich in half and serve with chips and a pickle spear.

The Rachel sandwich is a variation on the standard Reuben that substitutes pastrami for the corned beef and coleslaw for the sauerkraut, or calls for turkey instead of corned beef or pastrami.

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



\$4.89

SPECTRUM NATURALS
Canola Mayonnaise
32 oz.



\$2.49

GARDEN OF EATIN'
Tortilla Chips
9 oz., selected varieties



\$2.99

SALPICA
Salsa
16 oz., selected varieties



\$3.29

NATURAL BREW
Natural Soda
4 pack, selected varieties



\$3.29

BACK TO NATURE
Cookies
6, 4-8.5 oz., selected varieties



\$2.89

MONTEBELLO
Organic Pasta
16 oz., selected varieties



\$3.29

NATE'S
Meatless Meatballs
12 oz., selected varieties



\$2.89

IMAGINE
Organic Soup
32 oz., selected varieties



\$2.29

CASCADIAN FARM
Organic Vegetables
16 oz., selected varieties



\$3.59

AMY'S
Frozen Entrée
8-10 oz., selected varieties



\$1.39

Organic Green Lentils
per pound in bulk



\$15.99

HEALTHFORCE
NUTRITIONALS
Vitamineral Green
150 gr.



\$3.99

LAKWOOD ORGANIC
Organic Pure Concord
Grape Juice
32 oz.
other Lakewood Juice
also on sale



\$7.99

BOIRON
Sabadil Allergy
60 tab.



\$21.99

NEW CHAPTER
Bone Strength Take Care
60 ct.
all New Chapter products on sale



Cabbage

If you like your vegetables robust, you'll want to include green and red cabbages on your menus, or if you prefer a slightly milder taste, give Savoy varieties a try. Easy to grow, easy to store, easy to serve—raw or cooked—cabbages deliver on every count. They're even extremely nutritious—providing vitamins C, K, A, and B6, riboflavin, thiamin, calcium, magnesium, protein, fiber, manganese, folate, potassium, omega-3 fatty acids and beta carotene! From coleslaw and colcannon to sauerkraut and stews, cabbage is delicious, too.

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



Gouda

Holland knows it has a good thing going—more than half of the cheese they produce is creamy, sweet, perfectly balanced Gouda. Use it to completely transform a grilled cheese or macaroni and cheese casserole. Use it to completely transform a grilled cheese or macaroni and cheese casserole. Top a burger or cracker with it, or add it to omelets and soups. It's even perfectly suitable for a dessert platter (delicious alongside pears, apples or cherries). However you serve it, a good ale makes a great accompaniment.



The Real Deal

Gouda's versatility is enhanced by the many flavored Goudas available, from herb and garlic to sun-dried tomato. Try cumin-rubbed Gouda with a glass of Gewürztraminer and fresh fruit, or a slice of dilled Gouda on your next turkey sandwich,—hot or cold!

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\$2.99

SO DELICIOUS
Non-Dairy Coconut Milk
64 oz., selected varieties



\$2.59

GALAXY NUTRITIONAL FOODS
Rice Cheese Slices
7.3 oz., selected varieties



\$2.49

LIGHTLIFE
Veggie Dogs
12-13.5 oz., selected varieties



\$2.49

BACK TO NATURE
Crackers
6-8 oz., selected varieties



\$2.99

EQUAL EXCHANGE
Organic Chocolate Bar
3.5 oz., selected varieties



79¢

Organic Steel-Cut Oats
per pound in bulk



79¢

STONYFIELD
Organic Lowfat Yogurt
6 oz, selected varieties



\$2.29

VAN'S
Waffles
7.5-9 oz, selected varieties



\$2.99

NATURE'S PATH
Granola
per pound in bulk



\$2.99

KASHI
Organic Promise Cereal
10.4-17.5 oz, selected varieties



\$2.49

BARBARA'S
Cereal Bars
7.8 oz, selected varieties



\$2.99

RUDI'S ORGANIC BAKERY
Organic Bread
20 oz, selected varieties



\$3.49

MARANATHA
Organic Peanut Butter
16 oz, selected varieties



\$3.29

IMMACULATE BAKING
Ready-to-Bake Cookies
14 oz, selected varieties



\$2.89

BIONATURAE
Organic Fruit Spread
9 oz, selected varieties



Understanding Food Labels

Choosing new foods for your family can be fun. But faced with a shelf full of cans and packages, do you know how to identify the foods that best fit into a balanced diet? Understanding Nutrition Facts labels can help. Here's what to look for:

- Servings per package and serving size
- Calorie count and the number of calories that come from fat
- Saturated fat, trans fat, cholesterol, and sodium (the lower the numbers for these, the better)
- Total carbs and sugar counts, given in grams and percentages of your daily value
- Nutrient listings for vitamins and minerals and dietary fiber—daily values are given, but in general, higher is better

Want more information? Check out the article, "Understanding Food Labels," at StrongerTogether.coop!

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

Co-op Downtown

44 E. Main, Bozeman

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



\$8.99

EARTH FRIENDLY
Liquid Laundry Detergent
100 oz., selected varieties



\$6.49

ALBA BOTANICA
Cocoa Butter Hand
& Body Lotion
7 oz.



\$5.99

DR. BRONNER'S
Organic Shikakai Soap
12 oz., selected varieties



\$4.79

TOM'S OF MAINE
Deodorant
2.25-3 oz., selected varieties



\$11.99

NATURTINT
Hair Color
each, selected varieties



\$6.99

LILY OF THE DESERT
Aloe Vera Juice
32 oz., selected varieties

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