summertime picnics

DELICIOUS VEGGIE BURGERS
As you make your summer meal plans, you’ll want to have plenty of good food on hand for the season. Treat your family to Hilary’s organic veggie burgers. And look for fresh, seasonal veggies — the perfect toppers to any burger — available at the co-op.

2/$5
Hilary’s Organic Veggie Burgers
6.4 oz, selected varieties

3.99
So Delicious Dairy-free Frozen Dessert
1 Pint, selected varieties

2/$6
Montebello Organic Pasta
16 oz, selected varieties

9.99
Napa Valley Naturals Organic Extra Virgin Olive Oil
25.4 oz.

Find your summer favorites at the co-op!

Time to enjoy the outdoors.
<table>
<thead>
<tr>
<th>Price</th>
<th>Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>$3.49</td>
<td>Nancy's Organic Whole Milk Yogurt</td>
</tr>
<tr>
<td></td>
<td>5.3 oz, selected varieties</td>
</tr>
<tr>
<td>$4.99</td>
<td>Fage Greek Yogurt</td>
</tr>
<tr>
<td></td>
<td>35.3 oz, selected varieties</td>
</tr>
<tr>
<td>$4.99</td>
<td>Organic Valley Pasteurized Egg Whites</td>
</tr>
<tr>
<td></td>
<td>16 oz, selected varieties</td>
</tr>
<tr>
<td>$2.79</td>
<td>Green Valley Creamery Lactose-free Cream</td>
</tr>
<tr>
<td></td>
<td>Cheese 8 oz.</td>
</tr>
<tr>
<td>$3.49</td>
<td>Daiya Dairy-free Cheese Shreds</td>
</tr>
<tr>
<td></td>
<td>8 oz.</td>
</tr>
<tr>
<td>$4.99</td>
<td>Lifeway Organic Kefir</td>
</tr>
<tr>
<td></td>
<td>32 oz, selected varieties</td>
</tr>
</tbody>
</table>

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**dip into something worth sharing!**

Your favorite dips are now dairy-free! Enjoy sweet French onion, garlicky ranch and tangy sour cream — so good you won’t even know they’re plant-based. Like everything else from **Kite Hill**, our dips are made without artificial flavors, preservatives or GMOs.

<table>
<thead>
<tr>
<th>Price</th>
<th>Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>$2.79</td>
<td>Kite Hill Almond Milk Yogurt Dips</td>
</tr>
<tr>
<td></td>
<td>8 oz.</td>
</tr>
<tr>
<td>$3.99</td>
<td>Kite Hill Almond Milk Greek and Euro Yogurt</td>
</tr>
<tr>
<td></td>
<td>and Sour Cream 8/16 oz.</td>
</tr>
<tr>
<td>$5.49</td>
<td>Kite Hill Almond Milk Ricotta Tortellini</td>
</tr>
<tr>
<td></td>
<td>and Ravioli 9 oz.</td>
</tr>
<tr>
<td>$5.99</td>
<td>Kite Hill Almond Milk Cream Cheese Style</td>
</tr>
<tr>
<td></td>
<td>Spreads 8 oz.</td>
</tr>
</tbody>
</table>

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**Chill out with cool favorites.**

*Some items may not be available at all stores or on the same days.*
2/$7
Evolution Fresh
Organic Juices
15.2 oz., selected varieties

2/$7
Rebbl
Organic Protein Beverage
12 oz., selected varieties

2/$5
GT's
Organic Kombucha
16 oz., selected varieties

3.99
Alpha Foods
Chik'n Nuggets
10.9 oz., selected varieties

4.49
Organic Valley
Sliced Cheese
6 oz., selected varieties

3.99
Applegate Naturals Sliced Deli Meat
7 oz., selected varieties

3.99
Tofurky
Plant-based Sausages
14 oz., selected varieties

4.49
Canyon Bakehouse
Gluten-free Bread
14-18 oz., selected varieties

2/$7
Alden's Organic
Organic Frozen Novelties
12-14 oz., selected varieties

2/$7
Talenti
Gelato or Sorbetto
1 Pint, selected varieties

Find fresh and healthy options at the co-op!

Some items may not be available at all stores or on the same days
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muir Glen Organic Pasta Sauce</td>
<td>2/$5</td>
</tr>
<tr>
<td>Felicia Organic Pasta</td>
<td>2/$6</td>
</tr>
<tr>
<td>Crown Prince Skinless &amp; Boneless Sardines</td>
<td>2/$5</td>
</tr>
<tr>
<td>Sir Kensington’s Mayonnaise</td>
<td>3.49</td>
</tr>
<tr>
<td>Primal Kitchen Pasta Sauce</td>
<td>5.99</td>
</tr>
<tr>
<td>Lundberg Family Farms Rice</td>
<td>5.99</td>
</tr>
<tr>
<td>Annie’s Homegrown Mac &amp; Cheese</td>
<td>10/$10</td>
</tr>
</tbody>
</table>

**Dinner Made Easy**

Meal time is family time. And when meals are easy to prepare, you have more time to spend together. At the co-op, you’ll find healthy options for fast and tasty weeknight dinners. Look for family favorites or try new flavors!

**Scoop Up the Savings in Bulk!**

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic Unroasted Sunflower Seeds</td>
<td>2.99</td>
</tr>
<tr>
<td>Raw Walnut Halves &amp; Pieces</td>
<td>5.99</td>
</tr>
<tr>
<td>Organic Medjool Dates</td>
<td>6.99</td>
</tr>
</tbody>
</table>

Easy dinner solutions for everyone.
nurturing vitality

**Nutiva** nurtures vitality by curating the world’s finest, plant-based, organic foods. Our pure superfoods provide vital nutrition while accelerating the organic food movement. With our core values of innovation, purity, community and well-being, we’re revolutionizing the way the world eats.

- **Nutiva Organic Coconut Manna** 15 oz. $6.99
- **Nutiva Organic Black Chia Seeds** 12 oz. $6.99
- **Nutiva Organic Virgin Coconut Oil** 23 oz. $9.99
- **Nutiva Organic MCT Powder** 10.6 oz. $19.99

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2.29
Tanka Buffalo Bar
1 oz., selected varieties

2/$6
Clif Kid Organic Zbar
6 ct., selected varieties

2/$6
Annie’s Homegrown Organic Fruit Snacks
4 oz., selected varieties

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2/$6
Cascadian Farm Organic Granola
12.5-14 oz., selected varieties

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stay sweet and get real

Cascadian Farm’s NEW no added sugar apple cinnamon granola gets its rich sweetness from dates and apples, with no added sugar or artificial sweeteners.

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The co-op has snacks for your family.
<table>
<thead>
<tr>
<th>Item</th>
<th>Promotion</th>
<th>Price</th>
<th>Varieties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simple Mills Almond Flour Crackers</td>
<td>2/$4</td>
<td>$4.00</td>
<td>selected</td>
</tr>
<tr>
<td>Kettle Brand Organic Potato Chips</td>
<td>2/$5</td>
<td>$5.00</td>
<td>selected</td>
</tr>
<tr>
<td>Annie’s Homegrown Organic Snack Crackers</td>
<td>2/$5</td>
<td>$5.00</td>
<td>selected</td>
</tr>
<tr>
<td>Beanitos Bean Chips</td>
<td>2/$5</td>
<td>$5.00</td>
<td>selected</td>
</tr>
<tr>
<td>Skinny Pop Popcorn</td>
<td>2/$6</td>
<td>$6.00</td>
<td>selected</td>
</tr>
<tr>
<td>Que Pasa Organic Tortilla Chips</td>
<td>2/$5</td>
<td>$5.00</td>
<td>selected</td>
</tr>
<tr>
<td>Annie’s Homegrown Organic Snack Mix</td>
<td>2/$7</td>
<td>$7.00</td>
<td>selected</td>
</tr>
<tr>
<td>Item</td>
<td>Price</td>
<td>Description</td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>---------</td>
<td>-----------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Goldthread Plant-based Tonics</td>
<td>2/$5</td>
<td>12 oz., selected varieties</td>
<td></td>
</tr>
<tr>
<td>Lifeaid Functional Beverage</td>
<td>2/$4</td>
<td>12 oz., selected varieties</td>
<td></td>
</tr>
<tr>
<td>Harvest Bay Coconut Water</td>
<td>2.79</td>
<td>33.8 oz., selected varieties</td>
<td></td>
</tr>
<tr>
<td>Pathwater Purified Water</td>
<td>1.79</td>
<td>25 oz.</td>
<td></td>
</tr>
<tr>
<td>Izzle Sparkling Juice Beverage</td>
<td>4.99</td>
<td>4 pack, selected varieties</td>
<td></td>
</tr>
<tr>
<td>R.W. Knudsen Organic Juice</td>
<td>2.99</td>
<td>32 oz., selected varieties</td>
<td></td>
</tr>
<tr>
<td>So Delicious Organic Plant-based Milk</td>
<td>2/$4</td>
<td>32 oz., selected varieties</td>
<td></td>
</tr>
<tr>
<td>Lakewood Organic Pure Cranberry Juice</td>
<td>7.99</td>
<td>32 oz.</td>
<td></td>
</tr>
</tbody>
</table>

**Creative Floats**

**Frosty Fun**

Floats are a fun way to enjoy the summer! Choose from an assortment of ice cream flavors or fruity sorbet, add sparkling beverages, iced teas, kombucha or soda, and enjoy a frothy, refreshing twist on the classic root beer float.

Enjoy cool beverages from the co-op.

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

ICY COLD SWEETNESS
Ice pops answer that craving for sweets without going overboard. These colorful pops put minty green tea on a stick, so you can savor the flavor while cooling off. This recipe calls for plain green tea, but you can use your favorite flavored green or black tea instead.

Minty Green Tea Pops
Makes 10. Prep time: 10 minutes.

- 4 cups water
- 4 teabags green tea
- ½ cup fresh spearmint, plus 10 small leaves
- ¼ cup honey
- Ice pop molds and sticks or 3-oz. paper cups and sticks

1. Prepare your pop molds. If using paper cups, place them on a sheet pan.
2. In a 2-quart pot, bring the water to a boil. Remove from heat and let cool for a few seconds, then drop in the teabags and ½ cup mint. Steep for 5 minutes, then remove the tea bags and stir in the honey until dissolved. Let cool.
3. When cooled completely, strain into a pitcher, pressing on the mint gently. Pour the tea mixture into the prepared pop molds, place a mint leaf in each, then freeze completely. If using paper cups, freeze for half an hour before inserting sticks.
4. When frozen, store in an airtight bag or container for up to a month.

Homemade treats with help from the co-op!

Some items may not be available at all stores or on the same days
In a stressful world, it’s important to supplement your lifestyle with essential vitamins, super collagen and magnesium. Try these products to promote a healthier season ahead.

- **Rainbow Light Vibrance Men’s One** 60 tablets, $14.99
- **Neocell Super Collagen Powder** 7 oz., $14.99
- **Natural Vitality Natural Calm Raspberry Lemon** 8 oz., $16.99
- **Natural Vitality Calm Gummies** 120 gummies, $19.99

Check out the co-op’s wellness aisle.

**Supplement your summer.**

- **Garden of Life Raw Probiotics** 90 ct., selected varieties, $43.99
- **Nordic Naturals Ultimate Omega** 60 ct., $21.99
- **Nature's Way Activated Charcoal** 100 ct., $7.99

**Boost your immune system year round.**

*Some items may not be available at all stores or on the same days.*
Alba Botanica Sunscreen
4 oz., selected varieties

Hand in Hand Body Wash
10 oz., selected varieties

Everyone Hand Soap
12.75 oz., selected varieties

Andalu Natural CannaCell Body Lotion
8 oz., selected varieties

Dr. Bronner's Organic Sugar Soap
12 oz., selected varieties

Green products for health and home.

Some items may not be available at all stores or on the same days.
cooperation will get us through

We plan ahead to save you money, and our Co+op Deals flyer is produced a few months before you receive it. Still, sometimes the best-laid plans don’t, well, go according to plan. If that’s the case this month, we appreciate your patience as we adjust our inventory to meet your needs! We’re sure you’ll find at least a few great deals to lighten the load on your next grocery shop.

When we cooperate, everyone wins. We’d like to acknowledge all of the people in our food system and community who are working to keep us safe and healthy on a daily basis. From our staff to shoppers to local producers to health care providers and others — we appreciate you!

Thank you for your continued trust in our co-op — we’re in this together, and we’re right here for you.

<table>
<thead>
<tr>
<th>2/$6</th>
<th>5.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nubian Heritage Bar Soap</td>
<td>Herban Cowboy Deodorant</td>
</tr>
<tr>
<td>5 oz., selected varieties</td>
<td>2.8 oz., selected varieties</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4.49</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natracare Regular Non-applicator Tampons</td>
</tr>
<tr>
<td>20 ct. other Natracare products also on sale</td>
</tr>
</tbody>
</table>

what’s inside matters

Tom’s of Maine always gives you the best ingredients. Since 1970, our passion has been our commitment to transparency, caring for the planet and communities, and setting a positive example for future generations.

<table>
<thead>
<tr>
<th>5.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tom’s Of Maine Deodorant</td>
</tr>
<tr>
<td>2.1-2.25 oz., selected varieties</td>
</tr>
</tbody>
</table>

Find great summer deals at the co-op.

Some items may not be available at all stores or on the same days
Shop for fresh, delicious, local food at a co-op near you.

ALASKA
Co-op Market Grocery & Deli

ARIZONA
Food Conspiracy Co-op

CALIFORNIA
BriarPatch Food Co-op
Chico Natural Foods Cooperative
Co-opportunity Market & Deli
Davis Food Co-op
Feather River Food Co-op
Isa Vista Food Co-op
North Coast Co-op
Ocean Beach People’s Organic Food Co-op
Quincy Natural Foods Co-op
Sacramento Natural Foods Co-op
SLO Natural Foods Co-op
Ukiah Natural Foods Co-op

IDaho
Boise Co-op
Moscow Food Co-op

MONTANA
Community Food Co-op

OREGON
Alberta Cooperative Grocery
Ashland Food Co-op
Astoria Co-op
First Alternative Co-op
Food From Cooperative Grocery
Medford Food Co-op
People’s Food Co-op

WASHINGTON
Central Co-op
Community Food Co-op
Main Market Co-op
Olympia Food Co-op
Orcas Food Co-op
Slaght Valley Food Co-op
Snow-Isle Natural Foods Co-op
The Food Co-op

to find a food co-op near you, visit us online at: welcometothetable.coop

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plant-based, real food

ProBar makes on-the-go, delicious, plant-based, gluten-free and dairy-free food. Our products are made to work as hard as you do. We support real people with real food.

3/$7

ProBar
Meal Bar
3 oz., selected varieties

Co-ops support products and services that benefit personal and planetary health; a legacy we can be proud to leave generations to come.

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