

JULY/AUG 2018

discover

→ *back to school!*

**pick up your coupon
book at the co-op!**

look inside &
save
up to \$57

MegaFood®

Fresh From Farm To Tablet™



BEING *busy*
MIGHT NOT BE THE
ONLY REASON YOU'RE
run down.



**MANY WOMEN HAVE LOW IRON
LEVELS AND DON'T KNOW IT.**

Blood Builder® is clinically proven to increase iron levels[†]—
without nausea or constipation (there we said it)*.

ARE YOU AT RISK? BloodBuilder.com



To learn about our seals, please visit megafood.com/standards.

Find us online or at your natural products store.

[†]Study details at BloodBuilder.com. *This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Stahlbush is a registered trademark of Stahlbush Island Farms, Inc. ©FoodState, Inc. 2018



Back to school

As summer begins to wind down, it's officially time to gear up for the school year. Your local food co-op is full of better-for-you choices to support you through all of the back to school preparations. Whether you are looking for healthy lunchbox fillers, meal prepping tools, a quick meal on the go or something to boost your energy levels between carpool pickups (coffee, please) your co-op has you covered with great prices on trusted brands. The Discover coupon book is just one great way to save on delicious food and household goods; be sure to check out the everyday low prices available from the Co+op Basics program on pantry staples and family favorites, too!



Visit www.strongertogether.coop
for great back to school recipes
and ideas.

Live Your Inner Nature

Keep mind, body and spirit in balance



CERTIFIED NATURAL
PERSONAL CARE

WELEDA
SEIT  1921



save with **coop**™ deals

\$2.00 off

MegaFood
Any Blood Builder

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$3.00 off

Weleda
Any Full-Sized Item, Excludes Travel Sizes and Lip Balms

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$1.00 off

Alba Botanica
Any Sunscreen

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$1.00 off

Quantum Health
Any Full-Sized Buzz Away

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$2.00 off

Acure

Any Hair Care Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$5.00 off

The Diva Cup

Any Diva Cup

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$3.00 off 2

Boiron

Any Two Blue Tubes

Present one coupon per two items purchased. Limit of three coupons per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$2.00 off

Country Life

Any B Vitamin

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

\$3.00 off

Garden of Life

Any Full-Sized Protein Powder

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

\$2.00 off

Inner Eco

Any 15 oz. Probiotic

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

\$3.00 off

Navitas Organics

Any Hemp, Chia or Supplement Powder

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

\$3.00 off

Organic India

Any Supplement

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



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 August 31, 2018**



save with **coop™ deals**

\$1.00 off 2

New Barn

Any Two Almond Milks

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

50¢ off

Earth Balance

Any Spread

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

40¢ off

Fage

Any 17.6 oz. Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$1.00 off 2

Hail Merry

Any Two 2 ct. Mini Cups

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$1.00 off 2

Liberté

Any Two Yogurts

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$1.00 off

Organic Valley

Any American Cheese Singles

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$1.00 off

Smári

Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

55¢ off

Tofurky
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

\$1.00 off 2

Cascadian Farm
Any Two Frozen Fruit

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

\$1.00 off 2

Probar
Any Two Bars or
Nut Butter Squeezes

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

\$1.75 off

Purely Elizabeth
Any 8-12 oz. Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$1.00 off 2

RXBAR

Any Two Items

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$1.00 off

Love Grown

Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

75¢ off

Clif

Any 6 ct. Zbar

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$2.00 off

Woodstock

Any Nut Butter

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$1.00 off 2

**Annie's
Homegrown**

Any Two Bunny Grahams

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$1.00 off 2

**Food Should
Taste Good**

Any Two Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

\$1.00 off

Drew's Organics

Any Salsa

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop**™ deals

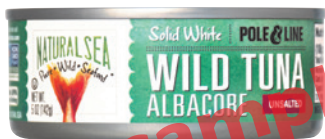
\$1.00 off

Sir Kensington's

Any Item

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires August 31, 2018**

save with **coop™ deals**



sample VOID
\$1.00 off

Natural Sea
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

sample VOID
75¢ off

Endangered Species
Any Bar or Pouch

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

sample VOID
\$2.00 off

Spry
Any 100 ct. Chewing Gum

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

sample VOID
50¢ off

Theo Chocolate
Any Classic Bar

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**



save with **coop™ deals**

sample VOID

\$1.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**

Vita Coco
Any Coconut Milk



save with **coop™ deals**

sample VOID

\$1.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**

Dr. Bronner's
Any Coconut Oil



save with **coop™ deals**

sample VOID

75¢ off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires August 31, 2018**

Voss
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 August 31, 2018**

Biokleen
Any Laundry Item



Cantaloupe Salsa

Serves 6 to 8. Prep time: 15 minutes.

- 4 cups diced cantaloupe
- 1 large cucumber, seeded and chopped
- 1 large jalapeño, seeded and chopped
- 1 large red bell pepper, seeded and chopped
- 1 large lime, zest and juice
- 2 cloves garlic, minced
- 1 teaspoon sugar, to taste
- ½ teaspoon salt
- 1 tablespoon olive oil
- ½ cup chopped cilantro

Place all ingredients in a large bowl. Toss to mix, and taste for balance. Add sugar to taste if the cantaloupe is very tart or bland. Store, tightly covered, for up to 3 days in the refrigerator. For a taste of summer, savor this sweet, tangy salsa atop fish tacos and simple grilled chicken, or scoop it with your favorite tortilla chips for a snack.

Visit www.strongertogether.coop for more ideas and recipes.



Smart snacking

Steering family snack choices away from empty calories and towards something that's deliciously good-for-you is a great strategy. If your snack repertoire needs a re-boot, summertime's abundance of fresh fruits and veggies is an inspiring place to start.

Keep a tray of freshly rinsed berries or cherry tomatoes in the refrigerator, and freeze a few bags of washed grapes. Pea pods, strips of red and orange bell pepper and carrot coins make for a colorful grouping – just add hummus or Greek yogurt for dipping!



Get great snack ideas at
www.strongertogether.coop.