

SEPT/OCT 2018

discover

the co-op difference!

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

look inside &
save
up to \$60



Discover the co-op difference

(hint: it's you!)

October is celebrated as Co-op Month around the world. Food co-ops were formed by people in your community who wanted access to healthy, delicious food with reduced environmental impact and less waste, and co-ops remain community-owned and operated to this day. You help co-ops continue this proud tradition every time you choose to shop at one, invest in ownership or tell a friend about your local food co-op. You are the co-op difference.

When you shop at the co-op, your money makes a bigger impact in your local community than at a typical grocery store, and works to support a robust local economy, a vibrant community and a healthy environment. Thank you for choosing the co-op!



Visit www.strongertogether.coop for more articles and information about cooperatives.



Co-ops are all around you

Co-ops of all kinds are all around you. More than 1.2 billion people around the world belong to cooperatives (that's one in every six people on the planet), and 280 million of them are employed by co-ops. More often than you may realize, co-ops play a vital role in your everyday life. Consider the cup of coffee and cranberry muffin you recently enjoyed. That Sumatran coffee was likely purchased from a grower co-op in Indonesia. The flour in the muffin started as wheat from a farmer-owned, grain elevator co-op in the Midwest, and those cranberries might be from Ocean Spray, a producer-owned co-op.

As a co-op owner, you are invited to take part in the way your favorite grocery store or financial institution (credit unions are co-ops) is run, and share in any profits. This community approach to business is at the heart of the cooperative philosophy.



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Keeping it local

When you buy local products, more money stays in your local community, making it more economically resilient and sustainable. Co-op shoppers are supporting local entrepreneurs and small businesses and are making a difference. A stronger local economy is just one benefit. It's easy to support local producers; their products are delicious! Co-op shoppers' demand for the good stuff results in the average food co-op being able to work with 185 local farms and producers, resulting in over \$283 million in combined sales of local products at co-ops nationwide. Local products at food co-ops around the country average 21% of total co-op sales, compared with a national grocery store average of just 1.8%. Co-ops have made a commitment to empowering entrepreneurs and small business owners in our area by bringing their products to market — but shoppers are the ones who keep them in business. You're the co-op difference!



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Fair trade and you

At the co-op, you can choose to purchase fair trade certified versions of products you love like coffee, tea and chocolate. Fair trade certification means that the producers are getting a fair price for their products and their labor.

Co-ops sell a higher percentage of fair trade products than other natural and organic products grocery stores, and co-op shoppers' support of fair trade is huge. Combined co-op sales of fair trade products nationally top \$32 million annually.

Co-ops across the country work together to raise awareness about and increase support for the great things fair trade businesses are accomplishing. In 2016, co-op shoppers raised over \$80,000 for La Riojana Cooperative in Argentina, whose fair trade organic olive oil and wines are exclusively available at co-ops. Co-op shoppers are helping family farmers attain organic certification for their vineyards and improve operations.



Read more fair trade stories at
www.strongertogether.coop.



ORGANIC
INDIA™

ORGANIC
HERBAL SOLUTIONS FOR

Healthy Conscious
Living



Our herbs are grown by small family farmers using regenerative agriculture practices to restore vibrant health to you and the environment.

organicindia.com



save with **coop**™ deals

sample VOID

\$1.00 off

Organic India
Any Tea

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



save with **coop**™ deals

sample VOID

\$3.00 off 2

Aura Cacia
Any Two Essential Oils

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



save with **coop**™ deals

sample VOID

\$1.00 off

Organic Valley
Any Sliced Deli Meat

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



save with **coop**™ deals

sample VOID

\$1.00 off 2

Blue Diamond
Any Two Nut Thins

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

Bakery On Main
Any Item



save with **coop**™ deals

Sample VOID
75¢ off

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

Cascadian Farm
Any Cereal



save with **coop**™ deals

Sample VOID
\$1.00 off

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

Bob's Red Mill
Any Oatmeal



save with **coop**™ deals

Sample VOID
\$1.00 off

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

Love Grown
Any Item



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

save with **coop™ deals**

\$1.50 off

Manitoba Harvest

Any Item



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

save with **coop™ deals**

\$2.00 off

The Republic of Tea

Any Tea



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

save with **coop™ deals**

\$1.00 off 2

Chobani

Any Two 5.3 oz. Yogurts



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

save with **coop™ deals**

60¢ off

Fage

Any 35.3 oz. Greek Yogurt

save with **coop**™ deals



VOID
\$1.00 off

Immaculate
Any Item

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



save with **coop**™ deals

VOID
75¢ off

Lifeway
Any Item

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



save with **coop**™ deals

VOID
\$1.00 off

Naturi
Any 5 oz. or 16 oz.
Greek Yogurt

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



save with **coop**™ deals

VOID
\$1.00 off 2

Silk
Any Two 5.3 oz. Yogurts

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



save with **coop**™ deals

\$2.00 off

Four Sigmatic
Any 10-ct. Box

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



save with **coop**™ deals

\$1.00 off

Traditional Medicinals
Any Dandelion Tea

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



save with **coop**™ deals

\$5.00 off

Vega
Any Full-Sized Protein Powder

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

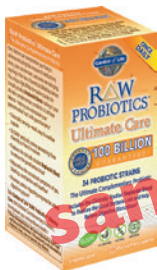


save with **coop**™ deals

\$1.00 off

Peeled Snacks
Any Item

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



save with **coop**™ deals

\$3.00 off

Garden of Life

Any Raw Probiotic,
Excluding Dr. Perlmutter

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



save with **coop**™ deals

\$1.00 off

Herb Pharm

Any Item

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



save with **coop**™ deals

\$2.00 off

Kal

Any Item

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



save with **coop**™ deals

\$2.00 off

Natural Factors

Any Stress-Relax Chewable

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



save with **coop**™ deals

\$2.00 off

Acure

Any Full-Sized Skin
Care Item

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



save with **coop**™ deals

\$2.00 off

Avalon Organics

Any Item

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



save with **coop**™ deals

\$1.00 off

Kiss My Face

Any Oral Care Item

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



save with **coop**™ deals

\$1.00 off 3

Luna

Any Three Bars

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



save with **coop**™ deals

Sample VOID

\$1.50 off 2

Drew's Organics
Any Two Salad Dressings

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



save with **coop**™ deals

Sample VOID

\$1.50 off

Lucini Italia
Any Item

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



save with **coop**™ deals

Sample VOID

\$2.00 off

Mediterranean Organic

Any 7 oz. or Larger Item,
Excludes Capers and Pouches

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



save with **coop**™ deals

Sample VOID

\$1.00 off

Foodstirs
Any Item

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



save with **coop**™ deals

Sample VOID
\$1.50 off 2

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

Maya Kaimal
Any Two Items



save with **coop**™ deals

Sample VOID
\$1.00 off

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

Saffron Road
Any Entrée or Nugget



save with **coop**™ deals

Sample VOID
\$1.00 off

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

Tucson Tamale
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 October 31, 2018.**

Woodstock
Any 10-12 oz. Frozen Vegetable



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

save with **coop** deals

\$1.00 off 2

**Annie's
Homegrown**
Any Two Frozen Snacks



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

save with **coop** deals

75¢ off

Applegate
Any Breaded Chicken Item



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

save with **coop** deals

\$2.50 off

Woodstock
Any 35 oz. Peanut Butter



save with **coop**™ deals

sample VOID

\$1.00 off

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

Vita Coco

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 October 31, 2018.**

Wtrmln Wtr

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 October 31, 2018.**

Unreal

Any Bagged Candy



save with **coop**™ deals

sample VOID

\$1.00 off 2

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

Jackson's Honest

Any Two Tortilla Chips



Classic snacks you love made with the highest quality ingredients. Slow cooked in organic coconut oil to lock in flavors and preserve the integrity of the ingredients. Snack food is happy food.

SNACK LIKE  IT MATTERS



Autumn Harvest Pizza

Serves 4. Prep time: 15 minutes active; 50 minutes total.

- 3 cups cubed, peeled sweet potato
- 2 tablespoons olive oil
- ½ teaspoon salt
- 1 14-inch pre-baked pizza crust
- 4 ounces cooked chicken, chopped
- 1 ½ cups shredded smoked Gouda cheese
- ¼ cup chopped walnuts
- 2 tablespoons chopped fresh parsley

Heat the oven to 400 degrees F. Spread the sweet potato cubes on a sheet pan and drizzle with olive oil and salt. Toss to coat. Roast for 20 to 25 minutes, until the sweet potato cubes are tender when pierced with a paring knife.

Place the crust on a large sheet pan. Spread the sweet potato cubes onto the crust and drizzle with any remaining olive oil from the roasting pan, then top with chicken. Cover with Gouda and sprinkle with walnuts and parsley. Bake for 15 minutes, until the cheese is golden brown and the crust is crisp. Slice and serve.

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