SUMMERTIME SMOOTHIES

HOT DEALS, COOL SIPS
Stay cool all summer with a delicious and hydrating seasonal smoothie. Stock up on Harmless Harvest coconut water (on sale now at the co-op) for your base and blend with fresh or frozen fruits and veggies to your liking! For an extra creamy treat, add a scoop of Alden’s Ice Cream to the blend.

3.49
Harmless Harvest
Organic Coconut Water
16 oz., selected varieties

2/$5
Angie's Boomchickapop Popcorn
4.4-6 oz., selected varieties

2/$6
Cascadian Farm
Organic Frozen Potatoes
16 oz., selected varieties

5.99
Alden’s Organic Ice Cream
48 oz., selected varieties

Berries, watermelons and cherries, oh my!
Fresh picked deals at the co-op.
2/$7
Blue Diamond
Almond Milk
64 oz., selected varieties

2/$6
Hope
Organic Hummus and Guacamole
8 oz., selected varieties

2.99
Silk
Non-Dairy Creamer
32 oz., selected varieties

3.99
So Delicious
Coconut Milk
64 oz., selected varieties

2/$6
Rebbl
Organic Elixir
12 oz., selected varieties

2/$5
Califia Farms
Cold Brew Coffee
10.5 oz., selected varieties

4.99
Beyond Meat
The Beyond Burger
8 oz.

Dip into HOPE Hummus and HOPE Guacamole for organic, fresh taste and exceptionally delicious flavors!

yes way!

The Beyond Burger is the revolutionary plant-based burger that looks, cooks and satisfies like beef. These burgers are high in protein and free from soy, gluten and GMOs.

There's something for everyone at the co-op.
3.99  
Gardein  
The Ultimate  
Beefless Burger  
12 oz.

2/$4  
Red's  
Burrito  
4.5-5 oz., selected varieties

2/$7  
Udi's Gluten Free  
Hamburger or  
Hot Dog Buns  
10.8-14.4 oz., selected varieties

2/$4  
Blue Diamond  
Almond Milk  
32 oz., selected varieties

2/$7  
GoodPop  
Frozen Pops  
4 ct., selected varieties

5.99  
Kite Hill  
Cream Cheese  
Style Spread  
8 oz., selected varieties

3.99  
So Delicious  
Cashewmilk  
Non-Dairy  
Dessert  
16 oz., selected varieties

3.99  
Wallaby  
Organic Kefir  
32 oz., selected varieties

3.99  
Halo Top  
Ice Cream  
16 oz., selected varieties

Chill out with deals on frozen favorites.
### Grocery Prices

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4/$5</strong> Clif Bar</td>
<td></td>
<td>Organic Nut Butter Filled Bar 1.76 oz., selected</td>
</tr>
<tr>
<td><strong>2/$6</strong> Kashi</td>
<td></td>
<td>Organic Cereal 6.5-20 oz., selected varieties</td>
</tr>
<tr>
<td><strong>2/$3</strong> Tosi</td>
<td></td>
<td>Organic Super Bites 1 oz., selected varieties</td>
</tr>
<tr>
<td><strong>2/$4</strong> Rxbar</td>
<td></td>
<td>Protein Bar 1.83 oz., selected varieties</td>
</tr>
<tr>
<td><strong>2/$5</strong> MadeGood</td>
<td></td>
<td>Organic Crispy Squares 4.68 oz., selected</td>
</tr>
<tr>
<td><strong>5.99</strong> Once Again</td>
<td></td>
<td>Organic Peanut Butter 16 oz., selected varieties</td>
</tr>
<tr>
<td><strong>10/$10</strong> Larabar</td>
<td></td>
<td>Fruit and Nut Bars 1.6-1.7 oz., selected</td>
</tr>
<tr>
<td><strong>5.99</strong> R.W. Knudsen</td>
<td></td>
<td>Organic Just Tart Cherry Juice 32 oz., selected</td>
</tr>
</tbody>
</table>

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**Scoop Up the Savings in Bulk!**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Organic White Quinoa</td>
<td>2.99</td>
<td>per pound in bulk</td>
</tr>
<tr>
<td>Organic Thompson Raisins</td>
<td>3.49</td>
<td>per pound in bulk</td>
</tr>
<tr>
<td>Organic Shelled Walnut Pieces</td>
<td>10.99</td>
<td>per pound in bulk</td>
</tr>
</tbody>
</table>

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**Healthy Options at the Dinner Table or on the Run.**

*Some items may not be available at all stores or on the same days.*
**fire up the grill!**

**BACKYARD BBQ SEASON**
Pick up your favorite hot dogs (meat or alternative), locally baked buns and unique toppings at the co-op. Try adding grilled pineapple, onions and cilantro for a tropical take on the barbecue classic. Ketchup, mustard and relish more your thing? The co-op has you covered. Visit [www.strongertogether.coop](http://www.strongertogether.coop) for this recipe!

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3.99

**Eden Foods Organic Kimchi Sauerkraut 18 oz.**

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5.99

**Divina Calabrian Chili Peppers 9.2-10.6 oz., selected varieties**

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2/$4

**Annie’s Homegrown Organic Mac & Cheese 6 oz., selected varieties**

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2/$5

**Annie’s Naturals Organic Ketchup 24 oz., selected varieties**

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1.99

**Field Day Skipjack Tuna 5 oz., selected varieties**

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2/$6

**Farmer Direct Organic Beans 16 oz., selected varieties**

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**Summertime and the savings are easy!**

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<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Beanfields Sea Salt Bean &amp; Rice Chips</td>
<td>2/$5</td>
<td>5.5 oz., selected varieties</td>
</tr>
<tr>
<td>Frontera Salsa</td>
<td>2.99</td>
<td>16 oz., selected varieties</td>
</tr>
<tr>
<td>Siete Tortilla Chips</td>
<td>2/$6</td>
<td>4 oz., selected varieties</td>
</tr>
<tr>
<td>Garden Of Eatin’ Tortilla Chips</td>
<td>2/$7</td>
<td>16 oz., selected varieties</td>
</tr>
<tr>
<td>Epic Pork Rinds</td>
<td>2/$6</td>
<td>2.5 oz., selected varieties</td>
</tr>
<tr>
<td>Chocolove Chocolate Bar</td>
<td>2/$4</td>
<td>3.2 oz., selected varieties</td>
</tr>
<tr>
<td>Field Day Organic Cream Filled Cookies</td>
<td>3.69</td>
<td>everyday low price!</td>
</tr>
<tr>
<td>Quinn Snacks Peanut Butter Filled Pretzels</td>
<td>2/$7</td>
<td>6.5-7 oz., selected varieties</td>
</tr>
<tr>
<td>Topo Chico Mineral Water</td>
<td>99¢</td>
<td>12 oz., selected varieties</td>
</tr>
<tr>
<td>Tazo Ready-to-Drink Tea</td>
<td>5/$5</td>
<td>13.8 oz., selected varieties</td>
</tr>
<tr>
<td>Hubert’s Lemonade</td>
<td>3/$4</td>
<td>16 oz., selected varieties</td>
</tr>
<tr>
<td>Harvest Bay Coconut Water</td>
<td>2.99</td>
<td>33.8 oz.</td>
</tr>
<tr>
<td>Guayaki Organic Sparkling Yerba Mate</td>
<td>2/$4</td>
<td>12 oz., selected varieties</td>
</tr>
<tr>
<td>Zevia Zero Calorie Soda</td>
<td>2/$7</td>
<td>6 pack, selected varieties</td>
</tr>
</tbody>
</table>

Your co-op is better snack central!

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### sun protection 101

**STAY SUN SAFE**

This summer, take care of your body’s largest organ! The co-op is full of naturally-derived sun care products you can feel good about using. But sun safety doesn’t stop at sunscreen! Hats, UV protective fabrics and umbrellas for shade are great ways to stay out of the sun while still enjoying the outdoors. Find more tips on sun safety at [www.strongertogether.coop](http://www.strongertogether.coop).

### Gentle, effective products for every body!

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

**ILLINOIS**
Common Ground Food Co-op
Dill Pickle Food Co-op
Green Top Grocery
Neighborhood Co-op Grocery
Sugar Beet Food Co-op

**MINNESOTA**
Bluff Country Co-op
City Center Market
Cook County Whole Foods Co-op
Eastside Food Cooperative
Hampden Park Co-op
Harmony Natural Foods Co-op
Harvest Moon Natural Foods
Just Food Co-op
Lakewinds Food Co-op
Linden Hills Co-op
Mississippi Market
Natural Harvest Food Co-op
People's Food Co-op – Rochester
River Market Community Co-op
Seward Community Co-op
St. Peter Food Co-op & Deli
Valley Natural Foods
Wedge Community Co-op
Whole Foods Co-op

**NEBRASKA**
Open Harvest Cooperative Grocery

**OHIO**
Phoenix Earth Food Co-op

**SOUTH DAKOTA**
The Co-op Natural Foods

**WISCONSIN**
Basics Cooperative Natural Foods
Chequamegon Food Co-op
Menomonie Market Food Co-op
Outpost Natural Foods Co-op
People's Food Co-op – La Crosse
Virgina Food Co-op
Willy Street Co-op

To find a food co-op near you, visit us online at: www.strongertogether.coop

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<tr>
<td><strong>7.99</strong></td>
<td>Jarrow Formulas Methyl B-12 1000 mcg 100 ct.</td>
</tr>
<tr>
<td><strong>17.99</strong></td>
<td>Bulletproof Brain Octane Oil 16 oz.</td>
</tr>
<tr>
<td><strong>19.99</strong></td>
<td>Enzymedica Digest Gold 45 ct.</td>
</tr>
<tr>
<td><strong>24.99</strong></td>
<td>Garden Of Life mykind Organics Women’s Multi Gummy 120 ct.</td>
</tr>
<tr>
<td><strong>24.99</strong></td>
<td>Emerald Health Endo Sleep 60 ct.</td>
</tr>
<tr>
<td><strong>29.99</strong></td>
<td>Nordic Naturals Ultimate Omega 2X Minis 60 ct.</td>
</tr>
</tbody>
</table>

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

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www.strongertogether.coop