Snack-tacular!

Stock up and save! For game day, taco night and after-school snacks — grab your favorite Late July chips and salsa today at the co-op.

4/$5
Honest Organic Tea
16 oz., selected varieties

2/$5
Deep Indian Kitchen Naan Pizza and Entrees
7.4-9.75 oz., selected varieties

2/$5
Blue Diamond Nut Thins
4.25 oz., selected varieties

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

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

2/$7
Zevia Zero Calorie Soda
6 pack, selected varieties

2/$5
Late July Snacks
Organic Chips and Salsa
11-15.5 oz., selected varieties
4/$5 
Liberté Organic Yogurt 5.5 oz.

4.49 
Straus Family Creamery Organic Yogurt 32 oz., selected varieties

4.99 
Chobani Greek Yogurt 32 oz.

4.99 
Lifeway Organic Kefir 32 oz., selected varieties

2/$5 
Kevita Organic Probiotic Drink 15.2 oz., selected varieties

2/$6 
Goodbelly Probiotic Drink 32 oz., selected varieties

4/$5 
Fage Yogurt 5.37 oz.

4.49 
Forager Project Organic Cashewgurt 24 oz., selected varieties

organic cold-pressed orange juice

Experience the cold-pressed difference in an organic orange juice that actually tastes like oranges. Packed with vitamin C, picked and squeezed at the peak of sweet flavor.

5.99 
Evolution Fresh Organic Juice 59 oz., selected varieties

3/$4 
Ever & Ever Water 16 oz.

3.49 
Vita Coco Coconut Water 33.8 oz., selected varieties

Easy breakfast ideas for the whole family.

Some items may not be available at all stores or on the same days.
2.29
Califa Farms
Better Half
Creamer
16.9 oz., selected
varieties

2/$7
Silk
Non-Dairy
Beverage
64 oz.
NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

7.99
Chameleon
Cold Brew
Organic Coffee
Concentrate
32 oz., selected varieties

4.49
New Barn
Organic Almondmilk
32 oz., selected varieties

4.99
Organic Valley
Pasteurized Egg
Whites
16 oz., selected varieties

4.99
Silk
Almondmilk
Yogurt
24 oz.
NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

5.99
Miyoko’s
Organic Vegan
Mozzarella
8 oz., selected varieties

Siggi’s yogurt is made in the Icelandic
tradition. It’s thick, creamy, rich in
protein and made with simple
ingredients and not a lot of sugar.

3.99
Organic Valley
Shredded Cheese
6 oz., selected varieties

4/$5
Siggi’s
Icelandic Style Yogurt
4.4-5.3 oz., selected varieties

4.99
Organic Valley
Raw Cheese
8 oz., selected varieties

The co-op has all of your favorites.
### Kite Hill

<table>
<thead>
<tr>
<th>Price</th>
<th>Item Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.99</td>
<td>Kite Hill Almond Milk Dip</td>
</tr>
<tr>
<td>5.49</td>
<td>Kite Hill Almond Milk Ravioli and Tortellini</td>
</tr>
<tr>
<td>5.99</td>
<td>Kite Hill Almond Milk Cream Cheese-Style Spread</td>
</tr>
<tr>
<td>6.99</td>
<td>Kite Hill Almond Milk Ricotta Cheese</td>
</tr>
</tbody>
</table>

Kite Hill is bringing you all the plant-based options that will make even the biggest cheese head do a dairy-free double take. From delightful dips and cheeses to pastas and sour cream, we have you and your parties covered. At Kite Hill we continue to offer delicious foods crafted from fresh almond milk daily.

### Tofurky

<table>
<thead>
<tr>
<th>Price</th>
<th>Item Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.99</td>
<td>Tofurky Beer Brats</td>
</tr>
</tbody>
</table>

[m]eat freely

From bacon to deli meat, Applegate® makes natural and organic versions of the classics, creating big flavor with few ingredients. Avoiding sugar? Applegate offers a variety of no-sugar products.

### Wildbrine

<table>
<thead>
<tr>
<th>Price</th>
<th>Item Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.99</td>
<td>Wildbrine Kimchi</td>
</tr>
</tbody>
</table>

### Applegate

<table>
<thead>
<tr>
<th>Price</th>
<th>Item Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.49</td>
<td>Applegate Sliced Turkey Bacon</td>
</tr>
</tbody>
</table>

### Bitchin' Sauce

<table>
<thead>
<tr>
<th>Price</th>
<th>Item Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.99</td>
<td>Bitchin' Sauce Almond Dip</td>
</tr>
</tbody>
</table>

### Quorn

<table>
<thead>
<tr>
<th>Price</th>
<th>Item Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.99</td>
<td>Quorn Meatless Nuggets</td>
</tr>
</tbody>
</table>

Game-day options to make cooking easy.

Some items may not be available at all stores or on the same days.
4.99
Food For Life
Ezekiel Bread
24 oz., selected varieties

8.99
Base Culture
Sandwich Bread
24 oz.

love what you eat
Evol’s mission is to inspire people to care about where their food comes from and how it is produced, by making REAL FOOD that tastes delicious.

2/$4
Evol
Burrito
6 oz., selected varieties

6.99
Cauliflower
Pizza
11.6 oz.
NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

6.99
Cappellos
Almond Flour
Crust Pizza
11-12 oz.
NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

9.99
Wyman’s
Frozen Wild
Blueberries
3 lb.

Udi’s certified gluten free
Udi’s offers an easy and delicious way for consumers to eat a familiar favorite without compromising taste or nutrition.

$3.99
Udi’s Gluten Free
Ancient Grain
Millet Chia Bread
14.3 oz.
NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

$3.99
Udi’s Gluten Free
Multigrain Sandwich
Bread
12 oz.

$4.49
Udi’s Gluten Free
9-inch Pizza Crusts
8 oz.

$4.99
Udi’s Gluten Free
9 inch Pepperoni Pizza
10.1 oz.

NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

Bake it. Share it. Celebrate together.

Some items may not be available at all stores or on the same days
hemp, hemp hooray!

For more than 20 years Manitoba Harvest’s dedication to quality, sustainability and consumer wellness has positioned the company as the global leader in hemp foods. Hemp, with all its versatility and nutritional benefits, has the power to transform lives — and we’re excited to share that potential with you!

2/$3
Manitoba Harvest Hemp Yeah! Bars
1.59 oz.
NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

5.99
Manitoba Harvest Hemp Hearts
8 oz.

6.99
Manitoba Harvest Organic Hemp Hearts
7 oz.
NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

13.99
Manitoba Harvest Organic Hemp Yeah! Max Fiber
16 oz.

4.99
Bobs Red Mill Rolled Oats
32 oz.
NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

4.99
R.W. Knudsen Organic Just Tart Cherry Juice
32 oz.
other Just Juices also on sale

6.49
Nature’s Path Organic Cereal
26.4-32 oz., selected varieties

this cereal supports sustainable farmland!

When you buy a box of Certified Transitional cereal, you are supporting U.S. farmers on their journey to organic. To learn more about how you can help increase organic farmland in the U.S., visit kashi.com/transitional.

2/$6
Kashi
Org. Cocoa Karma Cereal
16.1 oz.

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

The co-op has great choices to start your morning.

Some items may not be available at all stores or on the same days
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/$5 Clif Bar Energy Bar, selected varieties</td>
<td></td>
<td>GoMacro - bigger than a bar</td>
</tr>
<tr>
<td>2/$4 Rxbar Protein Bar, selected varieties</td>
<td></td>
<td>GoMacro MacroBars are made from simple, high-quality ingredients that are</td>
</tr>
<tr>
<td></td>
<td></td>
<td>all certified organic, gluten free, vegan, kosher, non-GMO, C.L.E.A.N.,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>R.A.W. and soy-free.</td>
</tr>
<tr>
<td>2/$4 Probar Meal Bar, selected varieties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.99 Wholesome Allulose Zero Calorie Liquid</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.99 Once Again Organic Tahini, 16 oz.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2/$6 Yogi Tea, selected varieties</td>
<td></td>
<td>soothing your throat</td>
</tr>
<tr>
<td>2/$6 Made Good Organic Granola Bars, 6 ct.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2/$6 Celestial Seasonings Herbal Tea, 20 ct.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Product</td>
<td>Price</td>
<td>Description</td>
</tr>
<tr>
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<td>--------------------------------------------------</td>
</tr>
<tr>
<td>Ancient Harvest Organic Polenta</td>
<td>2.99</td>
<td>18 oz., selected varieties</td>
</tr>
<tr>
<td>Muir Glen Organic Pasta Sauce</td>
<td>2/$5</td>
<td>25.5 oz., selected varieties</td>
</tr>
<tr>
<td>Napa Valley Naturals Organic Wine Vinegar</td>
<td>3.99</td>
<td>12.7 oz., selected varieties</td>
</tr>
<tr>
<td>Kettle &amp; Fire Bone Broth</td>
<td>5.49</td>
<td>16.2-16.9 oz. NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY</td>
</tr>
<tr>
<td>Sky Valley Sriracha Sauce</td>
<td>4.99</td>
<td>18.5 oz. NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY</td>
</tr>
<tr>
<td>Gimme Organic Organic Seaweed Snacks</td>
<td>2/$3</td>
<td>.35 oz., selected varieties</td>
</tr>
<tr>
<td>Muir Glen Organic Tomatoes</td>
<td>10/$10</td>
<td>14.5 oz., selected varieties</td>
</tr>
<tr>
<td>Organic Golden Flaxseed</td>
<td>1.79</td>
<td>per pound in bulk</td>
</tr>
<tr>
<td>Organic Garbanzo Beans</td>
<td>2.29</td>
<td>per pound in bulk</td>
</tr>
<tr>
<td>Organic Buckwheat Groats</td>
<td>2.69</td>
<td>per pound in bulk</td>
</tr>
</tbody>
</table>

tomatoes from tomatoes
Our tomato waste is composted and distributed to our farmers to provide the nutrients and moisture needed to grow amazing tomatoes. Nothing wasted, everything gained.

scoop up the savings in bulk!

Stock up on bulk for the winter months!

Some items may not be available at all stores or on the same days.
**Late July** has a snack for everyone at the party! Check out the new look of our peanut butter crackers and make sure to try our jalapeño lime or multigrain sea salt tortilla chips!

- **2/$4** Late July Jalapeño Lime Tortilla Chips 5.5 oz.
- **2/$4** Late July Organic Multigrain Tortilla Chips 6 oz.
- **2/$5** Late July Organic Peanut Butter Minis 15.5 oz.
- **2/$7** Kettle Brand Potato Chips Sea Salt 13 oz., selected varieties

**Barnana Organic Plantain Chips**

Enjoy a paleo, grain-free, vegan snack that is flavor-forward with clean and simple ingredients.

- **2/$7** Barnana Organic Plantain Chips 5 oz., selected varieties

**Peeled Snacks Organic Peas Please**

- **2/$4** Peeled Snacks Organic Peas Please 3.3 oz., selected varieties

**Boomchickapop Popcorn**

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

**Green Mountain Gringo Salsa**

- **3.99** Green Mountain Gringo Salsa 16 oz., selected varieties

**Beanfields Bean Chips**

- **2/$5** Beanfields Bean Chips 6 oz., selected varieties

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**Snack options for everyone at the co-op.**
<table>
<thead>
<tr>
<th>Price</th>
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</tr>
</thead>
<tbody>
<tr>
<td>6.99</td>
<td>Bach Rescue Remedy Pastilles 50 g., selected varieties</td>
</tr>
<tr>
<td>11.99</td>
<td>Child Life Multi-Vitamin &amp; Mineral 8 oz.</td>
</tr>
<tr>
<td>32.99</td>
<td>Garden Of Life Dr. Formulated Once Daily Probiotics 30 ct., selected varieties</td>
</tr>
<tr>
<td>10.99</td>
<td>Herb Pharm Super Echinacea 1 oz.</td>
</tr>
<tr>
<td>21.99</td>
<td>Oregon’s Wild Harvest Turmeric 60 ct.</td>
</tr>
<tr>
<td>7.99</td>
<td>Jarrow Formulas Methyl B-12 1000 mcg 100 ct. NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY</td>
</tr>
<tr>
<td>13.99</td>
<td>Wishgarden Herbs Kick Ass Immune 2 oz., selected varieties</td>
</tr>
<tr>
<td>18.99</td>
<td>Now MCT Oil 32 oz.</td>
</tr>
</tbody>
</table>

**be well in the new year**

**Natural Vitality, Rainbow Light** and **NeoCell** are focused on bringing you the highest-quality supplements to keep your body at its best. Start the year off right with exceptional products to help you feel your best.

**Down-to-earth savings for staying healthy.**

Some items may not be available at all stores or on the same days.
new year, new you

Begin this year with clean, organic protein to fuel your best self. **Orgain** uses the highest-quality ingredients to deliver the cleanest and most delicious nutrition possible. All Orgain products are soy free, gluten free, non-GMO and free of artificial colors, flavors and preservatives.

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/$5 Orgain Organic Vegan All-in-One Protein</td>
<td>2/$5</td>
<td>Nutritional Shake, 11 oz., selected varieties</td>
</tr>
<tr>
<td>9.99 Orgain Organic All-in-One Nutritional</td>
<td>9.99</td>
<td>Shake, 4 pack, selected varieties</td>
</tr>
<tr>
<td>29.99 Orgain Raw Organic Plant-Based Protein</td>
<td>29.99</td>
<td>Powder, 32.8 oz., selected varieties</td>
</tr>
</tbody>
</table>

When it's cold outside

**Stay healthy with the co-op.**

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACURE Brightening Facial Scrub</td>
<td>5.99</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Avalon Organics Shampoo or Conditioner</td>
<td>6.99</td>
<td>11 oz., selected varieties</td>
</tr>
<tr>
<td>Jason Deodorant Stick</td>
<td>3.99</td>
<td>2.5 oz., selected varieties</td>
</tr>
<tr>
<td>Desert Essence Toothpaste</td>
<td>3.99</td>
<td>6.25 oz., selected varieties</td>
</tr>
<tr>
<td>PetGuard Cat Food</td>
<td>2/$3</td>
<td>5.5 oz., selected varieties other Pet Guard dog &amp; cat food also on sale</td>
</tr>
</tbody>
</table>

The co-op has you covered from head to toe.

*Some items may not be available at all stores or on the same days*
Cooperation MEANS DOING Good Together

Enter to win a $100 BriarPatch gift card for you and the 2020 CAUSE recipient of your choice will also receive a $100 donation.

Tell us about an act of cooperation that’s brought our community together. We’ll randomly select a winner on January 21, 2020 at noon.

Enter to win at briarpatch.coop/biweekly-raffle

For 30 years, Seventh Generation has led the way on plant-based cleaning with products that work for your family and nurture the planet we all share.

3.49  Seventh Generation Liquid Dish Soap
25 oz, selected varieties

3.49  Seventh Generation All Purpose Cleaner
23 oz

3.99  Seventh Generation Disinfecting Wipes
35 ct.

6.99  Seventh Generation Bath Tissues
300 sheet, 12 count