

HOURS mon-sat
10 to 8
sunday
10 to 5

keweenaw co-op

natural & organic foods / earth friendly products / helpful staff!

SPECIALS!
prices valid through:
october
while supplies last

!! COFFEE !!

organic!!organic!organic!!
equal exchange co-op
FRENCH ROAST
\$9.69/#reg\$10.69
DECAF FRENCH ROAST
\$11.79/#reg\$12.79
higher grounds
JUSTICE BLEND
\$9.69/#reg\$11.69
peace 12 oz bag
BIRD MOUNTAIN MEXICAN DARK RST.
\$8.49/reg\$9.49
organic!!organic!organic!!

frozen prices

udi's GF WHOLE GRAIN BREAD
12 oz *member-owner deal!* \$4.29reg\$6.59
glutino GF SEEDED SANDWICH BREAD
14.1 oz \$5.19reg\$6.19
seapoint farms EDAMAME 4 oz \$2.69reg\$3.59

COOL DEALS

follow your heart VEGAN CHEESE
cheddar / mozzarella / monterey jack
10 oz \$3.79 reg\$5.79
liberte' MEDITERRANEAN YOGURT
blackberry / coconut / lemon / peach-
passion fruit / strawbry 6oz \$1.19reg\$1.79

deli specialties

all cooperative produced:
organic prairie HAM
6 oz \$6.99reg\$8.49
organic valley CHEDDAR
per lb \$10.59reg\$11.69
maple leaf IRISH HARP
CHEDDAR
per lb \$5.99reg\$6.59
cabot PRIVATE STOCK
CHEDDAR
per lb \$12.59reg\$13.49
cabot SHARP CHEDDAR
per lb \$11.59reg\$12.39
eichtens GOUDA WEDGES
8 oz \$4.99reg\$6.09

SAVE by BULK

organic millet
\$1.49/# reg\$1.79
org. pistachio nuts (rstd. salted)
\$8.99/# reg\$10.49
org. vanilla macaroon granola
\$3.99/# reg\$4.89
organic/fair trade—sunspire
dark chocolate chips
\$9.79/# reg\$10.99

herbs. spices. teas

ORGANIC HOREHOUND \$17/#reg\$20
ORG. ECHINACEA AUGUSTIFOLIA \$18/#reg\$21
ORGANIC TOMATO FLAKES \$26/#reg\$30
member-owner deal!
ORGANIC CARDAMOM SEED \$57/#reg\$64

health & beauty to you

nature's gate SHAMPOOS & CONDITIONERS
18 oz *3 varieties* 20% off!
andalou naturals FACIAL CARE 5 PC. STARTER KIT
new! 3 varieties: brightening, or clarifying,
or age-defying \$15.99reg\$19.99
herbatint PLANT-BASED HAIR COLOR
\$13.59reg\$16.99
light mt. HENNA HAIR COLOR \$5.59reg\$6.99

~spirituals!

b. nektar ZOMBIE KILLER
\$7.19reg\$7.99
apothic RED
\$11.78reg\$13.09
flasq WINES
\$4.94reg\$5.49
assorted WINTER BEERS
15% off!
assorted SUMMER BEERS
10% off!

real salt 9 oz SHAKER
mem-owner deal \$2.99reg\$4.69

field day RECYCLED
FACIAL TISSUE
85 ct \$1.59reg\$1.99

SUPPLEMENTS

floraMune PRE- AND PRO-
BIOTICS
30 enteric-coated
tabs \$14.99reg\$19.99

HOURS mon-sat
10 to 8
sunday
10 to 5

keweenaw co-op

natural & organic foods / earth friendly products / helpful staff!

SPECIALS!
prices valid through:
october
while supplies last

already a member-owner?
we now have exclusive member-owner deals!
look for the signs w/ the twin pines

member-owner deal!
field day BABY WIPES
72 ct tub \$3.49 reg \$4.69
72 ct refills for tub
\$2.99 reg \$4.19
30 ct travel pack
\$1.99 reg \$2.79

pamela's WF-GF PANCAKE
AND BAKING MIX
24 oz \$6.29 reg \$8.99

bob's WHITE FLOUR
unbleached
5 lb \$5.29 reg \$6.59
organic unbleached
5 lb \$7.19 reg \$8.89

nature's path ORG. CEREALS
heritage: O's / flakes
3 flakes: flax cinmon. /
millet rice / multigrain
32 oz \$7.99 reg \$11.99

green mountain SALSAS
roasted chili
roasted garlic
hot / medium / mild
16 oz \$3.99 reg \$5.99

kind FRUIT AND NUT BARS
blueberry pecan + fiber / cranberry
almond / mango macadamia / p-nut butr.
dark choco. / almond apricot w- yogurt /
almond coconut / dark choco w-sea salt
1.4 oz \$2.29 reg \$3.39

food should taste good TORTILLA CHIPS
multigrain / olive / sweet potato
5.5 oz \$2.00 reg \$3.89

dancing deer PANCAKE/WAFFLE MIX:
PUMPKIN SPICE 16 oz \$6.79 reg \$7.99

dr. bronner's ORGANIC WHOLE KERNEL
COCONUT OIL 14 oz \$7.49 reg \$11.69

THANKS CO-OP MEMBER-OWNERS! CO-OP INFO @ www.keweenaw.coop

lucini ORGANIC PREMIUM SELECT EX-VIRGIN
OLIVE OIL 17 oz \$12.49 reg \$23.99

tasty bite ENTRÉES
bombay potatoes / channa masala /
spinach channa / tofu corn masala /
paneer makhani 10 oz \$2.69 reg \$4.19

frontera MEXICAN SEASONING PACKETS
peanut mole' / chipotle taco skillet sauce
enchilada chili sauce: red or green /
garlicky slow cook sauce 8oz \$1.99 reg \$2.99

namaste' GF MIXES
26 oz carrot spice
cake \$5.39 reg \$7.89
16 oz pizza crust
\$4.89 reg \$6.99
21 oz waffle/pancake
\$5.29 reg \$7.49

glutino GF PRETZELS
14.1 oz \$4.99 reg \$8.79

back to nature PASTAS
mac & cheese
mac & cheese bug
white cheddar spirals
6 - 6.5 oz
\$1.99 reg \$2.59

member-owner deal!
field day CANNED BEANS
ORG: black / pinto
/ garbanzo / kidney /
15 oz \$1.49 reg \$1.99

shelton CANNED CHICKEN
5 oz \$2.50 reg \$3.99

farmer's ORG. PUMPKIN
15 oz \$2.89 reg \$3.59
ORG. SWEET POTATO
15 oz \$2.79 reg \$3.49

join \$35+ member-owners, own a share of THE KEWEENAW CO-OP! "cooperative structure puts people first"