

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:
september
while supplies last

!! COFFEE !!

fair trade fair trade fair
equal exchange
COLMBIAN FULL
CITY /
MIDNIGHT SUN
per pound
\$7.99 / # reg \$8.99
peace
SUMATRAN
ITALIAN ROAST
\$8.59 / # reg \$9.59
fair trade fair trade fair

SAVE *by* BULK

papaya spears - low sugar /
no sulphur
\$3.29 / # reg \$3.79
organic hulled millet
\$.99 / # reg \$1.49
organic raw hemp seeds
\$14.99 / # reg \$18.99
organic baby lima beans
\$1.79 / # reg \$2.29
conv. regular rolled oats
\$.75 / # reg \$.89

nectar life *new!* JUICES-
100% NO SUGAR ADD
pear / multivitamin
33.81 oz \$4.49 reg \$5.59

frozen prices

amy's ORGANIC GF BURRITOS
bean & cheese / bean & rice
5.5 oz \$2.50 reg \$3.89
alden's *new!* ORG. PEACHES & CRM ICE CREAM
48 oz \$5.99 reg \$7.59
shelton's FREE RANGE GROUND TURKEY
1 lb \$4.99 reg \$6.39

COOL DEALS

brown cow WHOLE MILK YOGURT
apricot mango / blueberry / raspberry
6 oz \$1.00 reg \$1.19
so delicious *new!* CHOCOLATE COCONUT
SMOOTHIE 32 oz \$5.19 reg \$5.99
willow run SOY BEAN MARGARINE
1 lb \$2.49 reg \$2.99

for home & house

blueQ RECYCLED PVC BAGS - 2 styles 30% OFF!
handy totes 9"x10" \$6.99 reg \$9.99
shopper totes 15"x16" \$8.39 reg \$11.99

ohgave *new!* ORGANIC RAW AGAVE SYRUP
23.5 oz \$6.99 reg \$8.69

endangered species *new!* DARK CHOCOLATES
* hazelnut toffee bites
* chocolate covered almonds
3 oz boxes \$3.99 reg \$4.99

deli specialties

deli-made TOFU
marinated & baked
per # \$4.99 reg \$5.49
societe' ROQUEFORT
CHEESE
3.5 oz \$7.49 reg \$8.89
organic valley BABY SWISS
CHEESE
8 oz \$5.79 reg \$6.49
phillips CRAB MEAT
special hand-picked
16 oz \$17.99 reg \$22.19

SPIRITUALS!

martin codax ERGO RIOJA
750 ml TEMPRARILLO
\$13.59 reg \$15.09
santa cristina PINOT
750 ml GRIGIO
\$15.29 reg \$16.99
toasted head CABERNET
750 ml SAUVIGNON
\$11.69 reg \$12.99

meditalia *new!* 75/25
CANOLA/OLIVE OIL
1 lb \$13.89 reg \$19.79

jovial *new!* ORGANIC
WHOLE GRAIN
EINKORN SPAGHETTI
12 oz \$3.19 reg \$4.19

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mom's best *new!* ORG.
OATMEAL POUCHES
plain, 5 pack
7.4 oz \$1.99 reg\$2.59

arrowhead mills
ORGANIC PANCAKE MIX
buckwheat; buttermilk
multigrain
new! oat bran
26 oz \$3.19 reg\$4.99

rudi's *new!* GF BREAD -
CINNAMON RAISIN
18 oz \$5.49 reg\$6.89

newman's own PASTA
SAUCES
bombolina/marinara/
sockaroni / tomato &
roasted garlic
24 oz \$3.89 reg\$4.79

pacific ORGANIC SOUPS
*creamy tomato
*creamy butternut
squash
*french onion
*roasted pepper &
tomato
*spicy black bean
32 oz \$3.00 reg\$4.69

st. dalfour *new!* GOURMET MEALS ON THE GO
wild salmon / three bean salad
6.2 oz regular price \$3.79

pacific *new!* SOUPS
* poblano pepper and corn chowder
* rosemary potato chowder
* thai sweet potato
17.6 oz \$2.89 reg\$3.59

pacific *new!* ORGANIC CONDENSED SOUPS
cream of mushroom / chicken / celery
12 oz \$2.49 reg\$3.19

imagine *new!* ORGANIC VEGETARIAN
MUSHROOM GRAVY 16 oz \$2.99 reg\$3.49

THANKS CO-OP MEMBER-OWNERS! *co-op info at:* www.keweenaw.coop

annies 6 oz ORGANIC PASTAS AND CHEESE
* 5 grain elbows & white cheddar
* alfredo shells & cheddar
* classic mac & cheese
* pasta & white cheddar
* peace pasta & parmesan
* whole wheat shells & cheddar
* wi shells & cheddar \$2.00 reg\$3.19

santa cruz ORGANIC SPARKLING BEVERAGES
ginger ale / lemonade / orange mango /
root beer / raspberry lemonade
4 pack-10.5 oz \$4.19 reg\$5.59

bella *new!* SARDINES
hot / lemon sauces
4.25 oz \$2.89 reg\$3.39

snyder *new!* GF PRETZEL
STICKS
8 oz \$2.69 reg\$3.59

think! CRUNCH BARS
new! mixed nuts and
white chocolate
1.41 oz \$1.99 reg\$2.49

oregon chai *new!* CHAI
LATTE MIX
10 oz \$4.69 reg\$5.89

mothers BUMPER CEREALS
* 14 oz peanut butter
* 10.6 oz cocoa
\$3.50 reg\$5.49

santa cruz ORGANIC
ORANGE MANGO JUICE
32oz \$3.19 reg\$5.19

garden of eatin' ORGANIC
red hot blues CHIPS
multigrain: everything
/sea salt \$2.50 reg\$3.99