

In This Issue:

- Healthy school lunches
- Green lunch boxes



**STRETCH ISLAND
 FRUIT CO.**

Fruit Leather
3/\$1



.5 oz., selected varieties

CASCADIAN FARM

Organic Granola Bars
\$2.99



6.2-7.4 oz.,
 selected varieties

BARBARA'S BAKERY

Puffins Cereal
\$2.99



10-12 oz.,
 selected varieties

WESTSOY

Organic Soymilk
\$1.99



32 oz., selected varieties

GARDEN OF EATIN'

Tortilla Chips
2/\$5



9 oz., selected varieties

MUIR GLEN

Organic Salsa
\$2.99



16 oz., selected varieties

HONEST TEA

Organic Ready to
 Drink Tea
99¢



16 oz., selected varieties

PURELY DECADENT

Coconut Milk Frozen
 Dessert
\$3.99



16 oz., selected varieties

GROCERY

RUDI'S ORGANIC BAKERY

Organic Bread

\$3.29



22 oz., selected varieties

MARANATHA

Organic Peanut Butter

\$4.29



16 oz., selected varieties

BIONATURAE

Organic Fruit Spread

\$2.99



9 oz., selected varieties

BARBARA'S BAKERY

Snackimals

4/\$3



2.125 oz.,
selected varieties

ENVIROKIDZ

Organic Crispy Bars

\$2.79



6 oz., selected varieties

ORGANIC VALLEY

Organic Aseptic Milk

\$10.99



12 count, selected varieties

R.W. KNUDSEN

Juice Boxes

\$1.79



3 pack, selected varieties

CLIF KID

Organic Twisted Fruit

\$3.29



4.2 oz., selected varieties

Lunchbox Food Safety

Anything not kept at proper temperatures will rapidly spoil. In order to keep your child's lunch at its optimum freshness and avoid food poisoning, it's important to follow these food safety guidelines.

- Wash your hands and assemble ingredients on clean countertops. Teach your kids to wash their hands before they eat their lunch.
- Keep hot foods hot. Cook hot foods to proper temperature (160 degrees) and pack them in well-insulated, tightly sealed containers.
- Keep cold foods cold. If you are sending perishable foods, keep them cold (40 degrees) by including a frozen ice pack in the lunch box.
- Refrigerate any lunch you have packed the night before the next school day.



GROCERY

BACK TO NATURE

Cookies
\$3.49



6.4-8.5 oz.,
selected varieties

BACK TO NATURE

Crackers
2/\$5



5.5-8.5 oz.,
selected varieties

ANNIE'S HOMEGROWN

Cheddar Bunnies
\$2.99



12 oz.

CASCADIAN FARM

Organic Cereal
\$2.99



8.5-17 oz.,
selected varieties

PAMELA'S PRODUCTS

Gluten Free Cookies
\$2.79



7.25 oz., selected varieties

NATURE'S PATH

Organic Toaster Pastries
2/\$5



11 oz., selected varieties

LATE JULY ORGANIC

Mini Sandwich Cookies
and Crackers
\$2.29



5 oz., selected varieties

LUNA

Nutrition Bar
for Women
99¢



1.69 oz., selected varieties

Fresh New Look, More Great Deals

Look for these exciting changes
coming September 2010



Starting in September, you'll notice some changes to this flyer, as well as the coupon books and sales signs developed by National Cooperative Grocers Association (NCGA) on behalf of your food co-op.

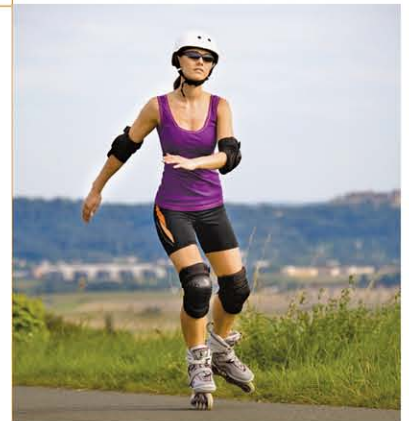
Besides a fresh new look, you'll see more deals, more often, with quarterly coupon books and twice the number of sales flyers. So what's the deal? It's Co+op, stronger together.

PEACE

Cereal
\$3.29



10.5-15 oz.,
selected varieties





Healthy School Lunches

According to the Alliance for a Healthier Generation, kids consume about 50 percent of their daily calories at school. Especially in the last decade, portions have grown and carbonated soft drinks are widely available, a contributing factor in childhood obesity. Studies have also shown that children who eat a healthy diet can concentrate and perform better at school. Your local food co-op helps parents model good eating for their children by providing information about nutrition, and offering healthy food choices for the school lunch box.

Rustic Gazpacho

Makes approximately 6 servings, Prep time: 30-40 minutes

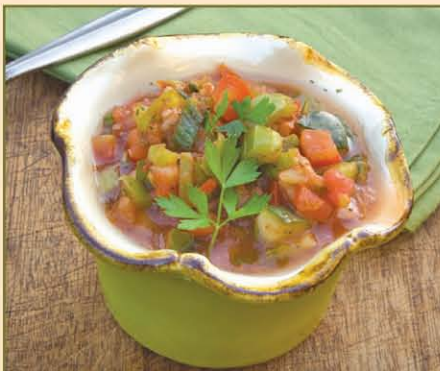
Contributed by: Christie Borders, Bloomington, Indiana

Ingredients

- 2 pounds ripe tomatoes, cored and diced
- 1 medium cucumber, seeded and diced
- 1 large green bell pepper, seeded and diced
- 1 cup jicama (about 1/2 of a large jicama), peeled and diced
- 1 small jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 1 1/2 cup tomato or vegetable juice
- 1 1/2 limes, juiced (about 1/2 cup juice)
- 1 Tbsp. sherry vinegar (or red wine vinegar)
- 1 tsp. salt (optional)
- Ground black pepper to taste
- 1 avocado, peeled, seeded and diced (wait to prep avocado until serving the gazpacho to prevent browning)

Preparation

In a large mixing bowl, stir all ingredients together except for the avocado. It's best to let this sit for a couple of hours to allow the flavors to blend. Stir in the avocado just before serving. Serve with crusty bread and additional hot sauce if desired.



The "Green" Kid Lunch Box

A healthy lunch is balanced with fiber, carbohydrates, proteins and fats. Getting kids to eat their vegetables is often the most challenging part of packing a good lunch. Try these strategies for getting your child to eat their vegetables.

- Grate fresh or steamed vegetable into a sandwich or wrap.
- Add vegetables to hot foods like pasta and sauce or mac-n-cheese.
- Make a bean burrito with roasted veggies, salsa and sour cream.
- Add thinly sliced vegetables to sandwiches.



GROCERY

ANNIE'S HOMEGROWN
Pasta & Cheese Dinner
4/\$5



6 oz., selected varieties

SPECTRUM NATURALS
Organic Mediterranean
Olive Oil
\$12.99



33.8 oz.

BIONATURAE
Organic Tomatoes
\$2.29



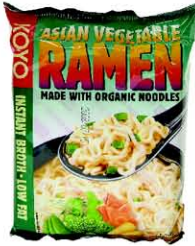
28.2 oz., selected varieties

CROWN PRINCE
Tongol Tuna
2/\$3



6 oz., selected varieties

KOYO
Ramen Noodles
79¢



2-2.1 oz., selected varieties

LAKWOOD ORGANIC
Organic Juice
\$3.49



32 oz., selected varieties

ZEVIA
Natural Diet Soda
\$4.49



6 pack, selected varieties

BLUE SKY
Natural Soda
\$2.69



6 pack, selected varieties

R.W. KNUDSEN
Organic Lemon
Recharge
\$1.99



32 oz.
other Recharge also on sale

KETTLE
Potato Chips
\$1.99



5 oz., selected varieties

BULK

EQUAL EXCHANGE
Organic French
Roast Coffee
\$7.99



per pound



Organic Thompson
Raisins
\$2.19

per pound

Organic Rolled Oats
79¢

per pound

Organic Flaxseeds
\$1.29

per pound

Organic Pearled Barley
99¢

per pound

Organic Garbanzo Beans
\$1.49

per pound

Organic Yellow Popcorn
99¢

per pound

Fresh in the Deli

favorite foods from our co-op chefs

Featured Cheese: Fresh Mozzarella



Shaped into balls and covered in brine, fresh mozzarella has a creamy, tender texture and smooth, mild and slightly sweet flavor. Sizes vary from Ovolini (egg-sized) to Boconccini (bite-sized) and Ciliegine

(cherry-sized). Traditional Italian style Buffalo Mozzarella, made from water buffalo milk, has a more pronounced flavor.

A simple, rustic way to enjoy fresh mozzarella is in a Caprese salad; lay out a row or circle of alternating slices of cheese and tomatoes, topped with fresh chopped basil, a drizzle of extra virgin olive oil and a pinch of salt and pepper.

On sale at your co-op deli from 8/1/10 - 8/15/10

Briar Patch Co-op Market
Grass Valley, California

QUINOA POLENTA CORN CAKES

We add sweet corn, red peppers, onion and garlic to quinoa and polenta, then form it into patties and bake it golden brown. Serve these tasty vegetarian patties warm with a side of ratatouille.

save 50¢ each

Wild Oats Co-op Market
Williamstown, Massachusetts

BALSAMIC SUMMER POTATO SALAD

A unique and delicious summer salad of sliced redskin potatoes mixed with balsamic-glazed caramelized onions, sundried tomatoes and fresh basil.

save 75¢ per lb.

REFRIGERATED

STONYFIELD

Organic Lowfat Yogurt

4/\$3



6 oz., selected varieties

THE GREEK GODS

Greek Yogurt

\$3.29



24 oz., selected varieties

NANCY'S

Organic Kefir

\$2.99



32 oz., selected varieties

SO DELICIOUS

Coconut Milk

\$3.49



64 oz., selected varieties

YVES

Deli Slices

\$1.99



5.5 oz., selected varieties

KATALYST

Kombucha

\$2.29



16 oz., selected varieties



Some items may not be available at all stores or on the same days in the month of August 2010.

WELLNESS

AVALON ORGANICS
Shampoo or Conditioner
\$6.99



11 oz., selected varieties

DR. BRONNER'S
Organic Liquid Soap
3/\$4



2 oz., selected varieties

JASON
Body Wash
\$9.99



30 oz., selected varieties

KISS MY FACE
Toothpaste
\$3.99



3.4 oz., selected varieties

WELEDA
Calendula Diaper Care
\$7.99



2.8 oz.
other Calendula products
also on sale

BOIRON
Arnicare Value Pack
\$9.99



2.5-2.6 oz. Gel or Cream
+ 30C Pellets



HYLAND'S
Teething Tablets
\$4.29



125 tablets
other Hyland's products
also on sale

HERO NUTRITION
Yummi Bears Organics
Multi-Vitamin
\$13.99



90 ct.
other Yummi Bear vitamins also on sale

NEW CHAPTER
Wholemega 1000 mg.
\$19.99



60 softgels

RAINBOW LIGHT
Vitamin D 1000 IU
Sunny Gummies
\$6.99



50 gummies
other Rainbow Light products
also on sale

NONFOOD

NATACARE
Tampons
\$4.29



20 ct., selected varieties

BIKLEEN
Laundry Powder
\$12.99



10 lb., selected varieties

SEVENTH GENERATION
Dish Liquid
\$2.69



25 oz., selected varieties

WELLNESS
Super 5 Mix Dog Food
\$11.99



6 lb., Chicken or Lamb

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**GO
CO-OP!**

FLORIDA
Everman Natural Foods
315 W. Garden Street, Pensacola
New Leaf Market
1235 Apalachee Parkway,
Tallahassee

GEORGIA
Life Grocery & Cafe
1453 Roswell Road, Marietta
**Sevananda Natural
Foods Market**
467 Moreland Avenue NE, Atlanta

MAINE
**Blue Hill Co-op
Community Market**
4 Ellsworth Road, Blue Hill

**Rising Tide
Community Market**
323 Main Street, Damariscotta

MARYLAND
Common Market
5728 Buckeystown Pike, Frederick
Silver Spring Co-op
8309 Grubb Road, Silver Spring

Takoma Park Co-op
201 Ethan Allen Avenue,
Takoma Park

MASSACHUSETTS
Berkshire Co-op Market
42 Bridge Street,
Great Barrington
Green Fields Market
144 Main Street, Greenfield

Harvest Co-op Markets
581 Massachusetts Avenue,
Cambridge
57 South Street, Jamaica Plain
McCusker's Market
3 State Street, Shelburne Falls

River Valley Market
330 North King Street,
Northampton
Wild Oats Co-op
320 Main Street, Williamstown

NEW HAMPSHIRE
Concord Cooperative Market
24 South Main Street, Concord
Co-op Community Market
43 Lyme Rd, Hanover

Hanover Co-op Food Store
45 South Park Street, Hanover
Kearsarge Cooperative Grocer
52 Newport Road, New London
Lebanon Co-op Food Store
12 Centerra Parkway, Lebanon

NEW YORK
Abundance Cooperative Market
62 Marshall Street, Rochester
Flatbush Food Cooperative
1415 Cortelyou Road, Brooklyn

GreenStar Cooperative Market
701 West Buffalo Street, Ithaca
215 North Cayuga Street, Ithaca
Honest Weight Food Co-op
484 Central Avenue, Albany

Hungry Hollow Co-op
841 Chestnut Ridge Road,
Chestnut Ridge
Lexington Cooperative Market
807 Elmwood Avenue, Buffalo
Syracuse Real Food Co-op
618 Kensington Road, Syracuse

NORTH CAROLINA
Chatham Marketplace
480 Hillsboro Street, Pittsboro
Deep Roots Market
3728 Spring Garden Street,
Greensboro

**French Broad
Food Co-op**
90 Biltmore Avenue, Asheville
**Hendersonville
Community Co-op**
715 Old Spartanburg Highway,
Hendersonville

**Tidal Creek Cooperative
Food Market**
5329 Oleander Drive, Wilmington
Weaver Street Market
101 E. Weaver Street, Carrboro
716 Market Street, Chapel Hill
228 South Churton Street,
Hillsborough

PENNSYLVANIA
East End Food Co-op
7516 Meade Street, Pittsburgh
Weavers Way Co-op Mt. Airy
559 Carpenter Lane, Philadelphia

**Weavers Way Co-op
Chestnut Hill**
8424 Germantown Avenue,
Philadelphia

Weavers Way Co-op Ogontz
2129 72nd Avenue, Philadelphia
Whole Foods Cooperative
1341 West 26th Street, Erie

TENNESSEE
Three Rivers Market
937 N. Broadway, Knoxville

VERMONT
Brattleboro Food Co-op
2 Main Street, Brattleboro
City Market
82 S. Winooski Avenue, Burlington

Hunger Mountain Co-op
623 Stone Cutter's Way, Montpelier
**Middlebury
Natural Foods**
9 Washington Street, Middlebury

Putney Food Co-op
8 Carol Brown Way, Putney
Springfield Food Co-op
335 River St., Springfield
Upper Valley Food Co-op
193 N. Main Street,
White River Jct

VIRGINIA
Roanoke Natural Foods
1319 Grandin Road, Roanoke

FROZEN

CASCADIAN FARM

Organic Fruit
\$2.99



8-10 oz., selected varieties

CASCADIAN FARM

Organic Juice
Concentrate
\$2.99



12 oz., selected varieties

CASCADIAN FARM

Organic Potatoes
2/\$5



16 oz., selected varieties

NATE'S

Meatless Meatballs
\$3.49



12 oz., selected varieties

NATURAL SEA

Fish Sticks or Fish Fillets
\$4.29



8 oz.

ETHNIC GOURMET

Frozen Entrees
\$3.49



10-11 oz.,
selected varieties

Working Together Works!

Your food co-op is a member of National Cooperative Grocers Association, which brings together co-ops nationwide to help maximize the benefits they can offer their members. This monthly flyer and the specials contained in it are examples of how you can benefit from co-ops working together.