

MAR/APR 2018

discover

→ *Earth Day!*

**pick up your coupon
book at the co-op!**

look inside &
save
up to \$52

Klean Coat™

A new standard in durability and safety for people and planet.

4X

More Durable

to reduce impact through products that last



Formulated

for human and environmental health

We went beyond typical standards for human and environmental safety in consumer products to develop our new finish. By eliminating ingredients that adversely affect people and the environment we have created the cornerstone of truly clean reusable products. **Klean Coat.**



Discover Earth Day!

This Earth Day, allow yourself to be inspired by what you find at your local food co-op. Perhaps the jar of honey you purchased was delivered by bicycle that morning, or the loaf of bread was made by a local baker – possibly even from locally milled flour. Your purchases might directly support a local nonprofit organization, help plant trees in the rainforest or build schools for farm communities in other countries. Besides great taste, there is great community impact happening at your food co-op. Discover food that tastes good – and does good – on Earth Day and every day!

Be sure to check your co-op for new editions of the Discover bimonthly guide to seasonal info and great deals, every other month!



Visit www.strongertogether.coop to learn more about co-ops and sustainability.



simple tips: sustainable celebrations

Save energy and paper by sending e-vites. If you do send cards, look for 100% post-consumer recycled paper.

Use plants or seasonal produce for table décor; you can give them away as door prizes to guests, too.

Choose non-disposable plates and utensils. If you don't have enough, see if you can borrow from a friend!

Highlight fresh, in-season and local foods on the menu. Local and in-season means great taste and best pricing.

Donate any leftovers to the local soup kitchen or food-rescue organization. Parties are also a great time to start a compost pile – just set aside a separate bin for everyone's food scraps.



Visit www.strongertogether.coop
for more great party ideas.



You help support sustainable solutions

Since 2012 food co-ops just like the one you shop at have been working together to offset a portion of greenhouse gas emissions associated with business travel and utilities by growing a Co+op Forest in the Peruvian Amazon. The idea behind this unique carbon offset program is simple: food co-ops, directly and through their national co-op, calculate their annual carbon emissions, then fund the planting or protection of a corresponding number of trees sufficient to offset that carbon. When trees naturally absorb carbon dioxide – a greenhouse gas – from the atmosphere, it effectively slows the rate of climate change.

As of 2016 Co+op Forest is home to an estimated 1.4 million trees, which will offset 2,738 metric tons of CO₂e within their lifetimes. Your support of your co-op is having a positive impact!



Read more about Co+op Forest
at www.strongertogether.coop.



Introducing Climate Collaborative

The Climate Collaborative was born from a shared belief among leaders of natural foods businesses that the industry has great potential to do much more to reverse climate change. Climate Collaborative represents people and companies joining forces to create pathways to action by connecting to resources and working together to create solutions. The Climate Collaborative is shining a light on success stories and recognizing companies for their great climate work, which in turn, inspires more companies to act. Many of the companies represented in this coupon book have committed to joining this movement and are already making strides towards reversing climate change. Big, bold change is happening in the food industry, thanks to the Climate Collaborative!



To learn more, visit
www.climatecollaborative.com.



save with **coop**™ deals

\$1.00 off 2

Clif Bar

Any Two Nut Butter Filled Bars

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.00 off

Crofter's

Any 10 oz. Fruit Spread

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$2.00 off

Woodstock

Any 35 oz. Peanut Butter

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

75¢ off

Lundberg Family Farms

Any Rice Cake or Thin Stacker

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

Sample VOID
\$1.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**

Drew's Organics
Any Dressing



save with **coop**™ deals

Sample VOID
50¢ off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**

Crown Prince
Any Item



save with **coop**™ deals

Sample VOID
\$1.00 off 2

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**

Tasty Bite
Any Two Items



save with **coop**™ deals

Sample VOID
\$1.50 off 2

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**

Maya Kaimal
Any Two Items



save with **coop**™ deals

Sample VOID
\$1.00 off

Love Grown
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

Sample VOID
\$1.00 off 2

Blue Diamond
Any Two 32 oz. or Larger
Almond Breeze

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

Sample VOID
\$1.00 off

Arrowhead Mills
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

Sample VOID
75¢ off

Cascadian Farm Organic
Any Granola

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.00 off

Grandy Oats
Any Coconola Granola

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.00 off

Lakewood Organic
Any 32 oz. Juice

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.00 off

Organic India
Any Tea

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$2.00 off 2

LaCroix
Any Two 8- or 12-Pack Sparkling Waters

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.00 off 2

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**

**Annie's
Homegrown**
Any Snack Mix



save with **coop**™ deals

50¢ off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**

Cocomels
Any Item



save with **coop**™ deals

\$1.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**

Yogi
Any Item



save with **coop**™ deals

\$1.00 off

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**

Q Drinks
Any 500-750 ml. or
Multi-pack Beverage



save with **coop**™ deals

sample VOID

\$1.00 off

Vita Coco

Any 1 Ltr. Coconut Water

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

sample VOID

50¢ off

REBBL

Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

sample VOID

\$1.00 off

Wtrmln Wtr

Any Cold Pressed Juice

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

sample VOID

\$1.00 off 2

Perfect Bar

Any Two 2.5 oz. Bars

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.00 off

Organic Valley

Any 24 oz. Grassfed
Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.00 off 2

Hope Hummus

Any Two Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

50¢ off

Siggi's

Any Item

Present one coupon per item purchased. Limit of four coupons per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.00 off

Maple Hill Creamery

Any 100% Grassfed
Whole Milk

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

sample VOID

40¢ off

Fage

Any 17.6 oz. Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

sample VOID

\$2.00 off

Chobani

Any 32 oz. Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

sample VOID

55¢ off

Tofurky

Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

sample VOID

50¢ off

Biokleen

Any Dish Liquid

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.00 off

Table5
Any Pizza

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.00 off

Luna & Larry's
Any Pint, Sandwich or Bar Multipack

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.00 off

Coolhaus
Any Pint or Sandwich

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.50 off

Quorn
Any Item, Excluding Turk'y Roast

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$2.00 off

Avalon Organics
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$2.00 off 2

Mrs. Meyer's
Any Item

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$2.00 off

Similasan
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$1.50 off

Desert Essence
Any Toothpaste, Rinse
or Mouthwash

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$3.00 off

Garden of Life

Any MyKind Multi-vitamin

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$2.00 off

Inner Eco

Any 15 oz. Probiotic

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$2.00 off

Natural Factors

Any CurcuminRich Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



save with **coop**™ deals

\$2.00 off

Nature's Way

Any Herbal Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires Apr. 30, 2018**



Trust The Leaf®

Great Products from the Brand You Know and Trust

Nature's Way® offers over 500 premium dietary supplements from our family of brands.

Everything from top-selling multivitamins to our probiotics and our TRU-ID™ herbs.

Discover what it means to **Trust the Leaf.**®



* This statement has not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Chocolate Matcha Energy Balls

Makes 16. Prep time: 15 minutes.

½ cup raw cashews

¼ cup raw walnuts

1 cup pitted dates

1 tablespoon maple syrup or honey

2 tablespoons unsweetened cocoa

1 tablespoon plus 1 teaspoon matcha, divided

Pinch of salt

Place cashews and walnuts in the food processor and grind the nuts to a fine mince, then scrape them to the center of the container. Add the dates, maple syrup or honey, cocoa, 1 tablespoon matcha and salt. Process until the dates form a thick paste. The texture is right if the mixture holds together if you squeeze a bit of it.

Scoop out a tablespoon of the mixture, form into a ball and place into a medium bowl; repeat until all of the mixture is used. Use a wire mesh strainer to sift the remaining matcha over the balls. Roll the balls around to coat. Store, tightly wrapped, in the refrigerator for up to a month.

Visit www.strongertogether.coop for more ideas and recipes.