



GOOD THYMES

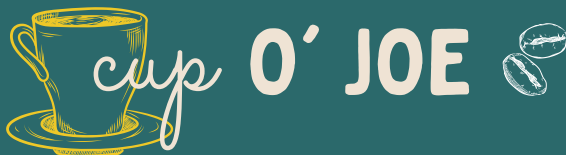


DNF CO-OP'S MONTHLY NEWSLETTER



WE HAVE TURKEYS!

TURKEYS! | SUPPORTING NATIFS | NEW BAGEL IN TOWN



Wasn't that fun?! Co-op Month (it was all of Oct.) is such a joyous occasion with everyone partying, jumping around and singing songs. It was "the cat's meow" (not to be confused with "the bee's knees" although they mean the same thing. Don't even get me going on "the cat's pajamas")!

What? You didn't know that Oct was Co-op Month? Or maybe you didn't know where all the parties were. At least, did you take our Biennial Fantabulous Co-op Month Survey? Over 1/3 of our Membership did and has given us loads of information that helps our Co-op align with what Members want. To a point of course – it may be nice to know that Member's would like a sit down area but we simply do not have the space so we can't do that. And we are not going to bring in Diet Pepsi not matter how many people may want it (this is an example – not a result of the survey).

But what is equally important is the 2/3s of our Members who didn't take the survey. Can we extrapolate from the results we received about what all Members want? Maybe. At least a little bit.

We can assume (which is dangerous) that for every Member that took the survey, there is a high probability that there is at least one other Member who thinks in a similar fashion. That means we have a good idea about what 2/3s of our

Members think.

Now, can we assume that there are actually 2 other Members who think in a similar way? That is a possibility but we would be "skating on thin ice" (a metaphor that need's no explanation). But if true, it now represents our entire Membership.

Actually, we can target those who did not take the survey with another survey asking why they did not take the original Survey (The Biennial Fantabulous Co-op Month Survey!). It seems that an extra incentive of a 25% off offer is not important to 2/3s of the Membership. Or maybe they were just too busy. Or maybe they just don't care. Well, that's a little harsh. All those 2/3s keep their equity payments current and patronize our Co-op so we know they care and are happy to be here. That says a lot. More than any survey does actually.

We do have challenges facing us though and knowing what Member's think is so important to us. Of course the immediate challenge, as I write this, is the "Road Diet". Our corner of College and 8th Ave are getting new physical corners and new traffic lights. One of our entrances is blocked – probably through most of November. But cold weather may stop them.

The construction is one thing. But the end result of the Road Diet will be the



Join Us in Making a Difference!

A Giving Circle for the Earth

Quarterly 1-hour meetings to learn about environmental nonprofits in Southwest Colorado & to make a collective donation.

How It Works

We meet quarterly (Jan., April, July, Oct.).

For each meeting:

- Members donate \$100+\$2.50 admin fee; students donate \$10
- 3 nominated nonprofits are presented
- Attendees vote on which nonprofit receives the collective donation

4CORE received \$4000 from our inaugural meeting on 10/15/25.

Next Meeting: Jan. 21 at 6pm at the Union Social House



100+ for the
EARTH
Southwest CO



Scan for more info at our website

100fortheearth.org



Scan to become a member

Thank you to our administrative partner



A MONTHLY LETTER FROM YOUR DNF BOARD:



Lauren Czaplicki
DNF Board Member

Happy Fall DNF Members!

Firstly, I'd like to thank you for taking the biennial survey and remind you that you have until the end of November to use your special discount!

Secondly, welcome to our November newsletter! My name is Dr. Lauren Czaplicki and I'm thrilled to be part of your Board of Directors. I love being part of the team that guides the future of DNF. I'm an expert in environmental engineering and I love the co-op for many reasons: the store's cozy vibe, our bulk selection, and our focus on supporting local ag. We really strive to be good stewards of our people, our members, and our community. One of our staff works at a farm we partner with, and she gets to see the carrots from seed to sale. Isn't that just amazing?

Well, all that and I LOVE our purple figs. I haven't even tried the green ones yet because the opportunity cost is too great (they're probably also amazing).

Another thing I love is books. I recently read *What If We Get It Right* and I learned about all of the ways, not just technical, that we can ensure a thriving future. I was surprised to see a whole chapter devoted to financials! It turns out that we can take what I'd call boring choices like where to keep your money and use them to have a huge impact. When you go in to deposit your paycheck at the end of the pay period, it doesn't just sit there. A lot of fossil fuels investment happens with your money if you're at the larger banks. While you could be like me and spend years of your life to mitigate climate change, you could also probably have just as big of an impact if you chose to bank where instead they use the money to support loans in the community. CDFI banks are good options, and also credit unions as they're nonprofit financial cooperatives owned by their members, so their missions are often to create loans and other services within their communities too.

As Danny mentioned last month, DNF had the opportunity to renew our loan with our old midsize bank, but knowing that First Southwest Bank is certified as a Community Development Financial Institution (CDFI) made us think twice. CDFI banks provide minigrants, special business development funds, and other financing options to support economically disadvantaged communities. Since we care a lot about inclusivity and enriching our Southwest Colorado community, we decided to move our loan over to them. As of this writing, I'm happy to announce that we have officially moved our loan over to them! And they're giving us a great rate too!

I'm also excited to be planning our board retreat where we'll be focusing on future expansions, both in physical infrastructure and in our membership.

As always, if you see me in the co-op or around town, feel free to talk to me about creative ways to grow and diversify in our co-op! And let me know if you're team green fig or purple fig!

Best,

Dr. Lauren "Purple Figs Forever" Czaplicki

Durango Natural Foods now has over
2,700 Members!



Join us!

Get these amazing perks:

Member Appreciation Days 4x/year

10% discount off any one transaction during a given month!

Special Orders

Order by the case and get 20% off the shelf price!

Member Sales

15% off sales around the store exclusively for members!

Weekly Member Coupons

50% off item coupons delivered directly to your inbox!

**We have more local
produce than any other
store in town!**
We support our local farmers
and community!



Co-op Principles

1. Open Membership - Everyone welcome
2. Democracy - One Member, One Vote
3. Economic investment - all equal
4. Autonomy
5. Education
6. Cooperation with other Co-ops
7. Community concern and involvement





MEET JOSEPH!

ONE OF OUR HELPFUL & TALENTED MANAGERS ON DUTY

CHECK BACK EVERY MONTH FOR A SPECIAL FEATURE CELEBRATING THE HEART OF DNF-- OUR STAFF!



Q: So, where are you from?

A: Born in Oceanside, California. Raised in Nashville, Tennessee. I Moved out to Durango after High School in 2013.

Q: What's your favorite part about living in Durango?

A: The nature and small town community. I also love many of our coffee shops and eateries.

Q: When you're not at DNF, what else are you getting up to?

A: You can find me at the gym, on a hike, at the hot springs or relaxing at home!

Q: What is your message to the world?

A: Live frugally and within your means. Minimize and optimize. Build community, be true to yourself and take every opportunity to be kind and love others.

Q: Favorite things about working at the co-op?

A: The staff! Our snack options (sweet & salty). Shout out to our deli.

Q: What is something you are excited to bring to the store?

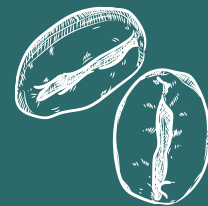
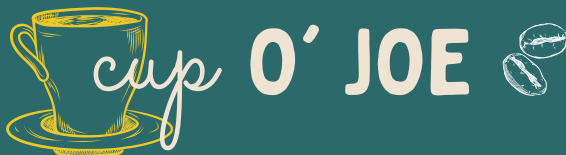
A: A positive attitude, laughs , authenticity and a desire to make a hopeful and helpful impact in the lives of those who visit our lovely store.

Q: In preparation for any adventure, which three DNF products would you bring?

A: Oli-Pops, Boulder Red Wine Salt & Vinegar chips and peanut butter cups from bulk.

Q: In ten words or less, how would you describe our Co-op to an out of town visitor?

A: Local, community forward health food store powered by the people.



CONTINUED FROM PAGE 2...

reduction of College and 8th Ave from two lanes in each direction to one lane in each direction. The idea is that this will slow traffic down and make it safer. It will also make it more difficult to turn left into or out of our parking lot. It remains to be seen how this will effect us. That part will happen next spring so once the corner is done, we'll be good through the winter (it's coming).

A curious historical occurrence is that the Holiday Season brings less shopping trips to us than usual. Most other stores are packed with everyone in a hurry. But here, things have been mellow through the last 3 months of the year. We do not know exactly why this is. And we did not ask about that on the Biennial Fantabulous Co-op Month Survey.

My thoughts are that we are just too small. With folks in a hurry, they want to do large holiday shopping in one place rather than going to many stores. That's totally understandable and I think like that too.

Or perhaps lots of folks go out of town. There could be a myriad of reasons. But ultimately, that's too bad – for the Co-op at least. It's often a struggle to meet expenses during this time of year but that's us Management type folks who deal with that – not our Members.

What we want to do is make sure – even in our small space – that we have what our Members and Shoppers want. And to be sure, every year, these three months are better than the year before (for the last 5 years). So there's that. We certainly are doing something right!

But as Members and Shoppers, we do

ask that you keep the Co-op in mind as you do all your running around. And starting next week, will be our "Field Day Extravaganza". Field Day, as you all know, is our "value line". Quality product at a low price. I'm still surprised how good these products are and the vast majority of them are organic!

And of course, come December, is our Holiday MAD! Member Appreciation Day discount is 15% off one shopping trip in Dec. as opposed to the 10% MADs in Feb., June, and Sept. It's a holiday bonus and a big Thank You to all our Members!

Yeah, our store is small but we try to be well stocked, supply chain issues considered (yes – there are still a lot of issues here). We even managed to put in a 3rd register this year to move you through the line faster. It's been a big game changer! I'm actually surprised how much we need to use it – often all three are running for hours.

However, you celebrate this time of year – maybe you're a big Halloween Aficionado or a Solstice Devotee – do have a great time! Sometimes we forget that, as the holidays always brings an increased stress factor too. So remember your Co-op as you move through the remainder of 2025. Globally (and nationally), it's been a stressful year. We want to be a break in that stress. Supporting your Co-op is "groovy"!



**JOE Z. -
GENERAL MANAGER,
DNF**



NEW PRODUCTS

in store now!

BLUE STRIPES CACAO WATER

Smooth, tropical, and refreshingly light. Crisp and clean with a natural tang.

NO ADDED SUGAR: Naturally sweet from the source (i.e. the cacao pulp!)

The Chocolate Industry wastes 70% of the cacao pod using the beans only to make chocolate, Blue Stripes upcycles the whole cacao shell, fruit & beans. Cold-pressing them to create this delicious, nutritious Cacao Water.



SIMPLE KNEADS PUMPERNICKEL

Instead of using starches, fillers and gums, we use five powerful, whole ancient grains to make our breads: buckwheat, quinoa, millet, sorghum and teff. These grains have been planted and harvested for thousands of years, with little to no agricultural tampering.

This naturally cultured bread is topped with pumpkin seeds for a mouthwatering play on pumpernickel. Delightful in any traditional dark rye recipe. Always amazingly organic, gluten free and top nine allergen free, for you!



BIRDMAN PROTEIN

Our vision is to transform the way the world eats by crafting products that provide all the essential nutrients your body needs. Proudly born in the Americas, our commitment reaches across the globe, driven by the power of plant-based ingredients.

We believe meaningful change begins with every choice. Our goal is to inspire millions to nourish themselves better while protecting the planet we all call home.



CHECK OUT OUR

MEMBER SALES

Members save 15% OFF!
November 5-18



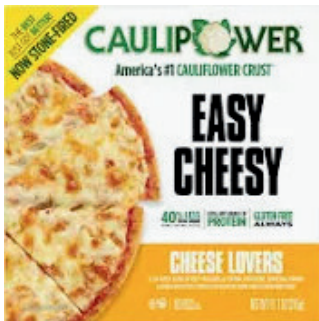
**Xochitl
Tortilla Chips**
All Varieties



Feel Good Foods
All Varieties



**Rishi Tea &
Botanicals**
All Varieties



**Caulipower
Frozen Pizzas**
All Varieties



**Natural Vitality
Supplements**
All Varieties

KEEPING THINGS LOCAL & LEGIT IN THE DNF DELI!

THE DURANGO NATURAL FOODS DELI STRIVES TO MAKE AS MANY OF ITS OFFERINGS AS POSSIBLE USING HIGH QUALITY, ORGANIC AND LOCAL INGREDIENTS.

BELOW ARE THE LOCAL OPTIONS CURRENTLY AVAILABLE:

SOURDOUGH BREAD FROM BREAD IN DURANGO IS USED IN NEARLY ALL GRAB & GO SANDWICHES AS WELL AS AN OPTION ON ALL MADE TO ORDER SANDWICHES.



GOSAR SAUSAGE FOR OUR BREAKFAST BAGEL SANDWICHES

GOSAR MOUNTAIN MAMA RYE AND WHOLE WHEAT FLOURS ARE BLENDED TO MAKE OUR CHOCOLATE CHIP COOKIES AND PIZZA DOUGH (WHICH WILL MAKE A RETURN SOON!).

TEMPEH FROM LUV TEMPEH IS USED ON MADE TO ORDER SANDWICHES AS WELL AS OUR B.L. TEMPEH GRAB & GO SANDWICHES.

THE DELI WILL ALSO BE USING THEIR TEMPEH TO MAKE A VEGAN CHORIZO IN THE COMING MONTHS.



THE ROAST BEEF THE DELI MAKES COME FROM JAMES RANCH, NORTH OF DURANGO. THE RANCH HAND, A MADE TO ORDER SANDWICH, IS MADE USING THIS ROAST BEEF.

THE PLAIN & CHOCOLATE CROISSANTS IN THE DELI'S BAKED GOODS CASE COME FROM LA BONNE PATISSERIE, LOCATED ON NORTH MAIN AVE. IN DURANGO





5th ANNUAL

HARVEST FESTIVAL 2025



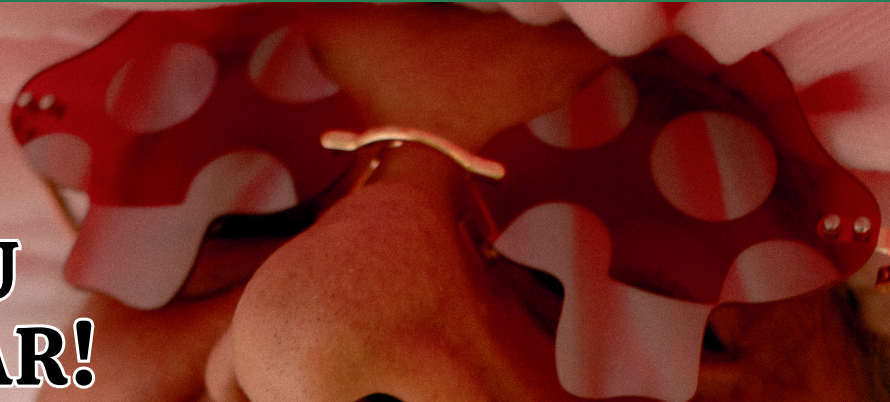
THANKS FOR COMING!



Photography by: Paige Brown
pbrowniephoto.com



SEE YOU NEXT YEAR!

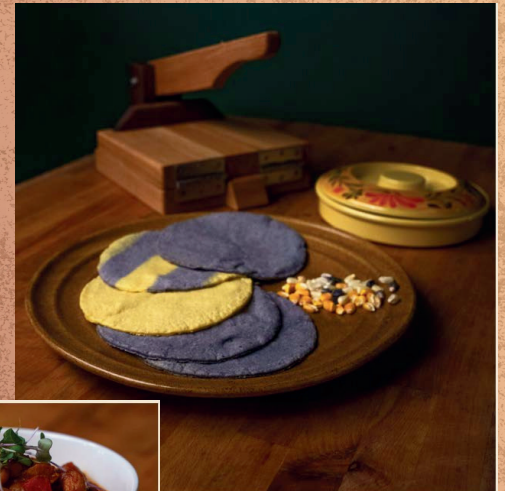




North American Traditional Indigenous Food Systems (NATIFS), a Minnesota based non-profit founded by Chef Sean Sherman has been working since 2017 to imagine a new food system in North America. This new system will focus on generating wealth and improving health within Native communities through food related enterprise.

Dedicated to reestablishing Native foodways by addressing economic and health crises in native communities, NATIFS' mission is to promote indigenous foodways education and facilitating Indigenous food access. Through celebration of Indigenous culinary traditions, their aim is to establish a thriving network of regional food hubs; rekindling and empowering Indigenous food sovereignty in the process.

Continues on next page!



5¢ of Every Field Day item purchased from November 5th to December 3rd will be donated to NATIFS.

Durango Natural Foods Round Up at the Register Program will also donate all proceeds to NATIFS from November 2nd to December 31st.





NATIFS

Continued from Page 12

The Indigenous Food Lab, a professional Indigenous kitchen and training center, is to be the first of these hubs. Opened in 2023, the IFL offers classes on Native American agriculture, farming techniques, seed saving, wild foods, ethnobotany, indigenous medicine, cooking techniques, regional diversity, nutrition, language, history, health and healing.¹ Working with tribal communities in the region to develop, implement and maintain an Indigenous food entity themselves whether big or small.

Being the heart of NATIFS' work, the IFL passes ancestral knowledge onto those who take their classes. These students then take what they have learned back to their communities and spread access (via business ranging from small scale catering to full fledged restaurant operations) amongst their respective tribes and communities to healthy Indigenous foods that represent their tribes, languages and use their regional flavors.

Addressing malnutrition, food related illness and economic hardship on tribal land by building up members of these communities is a noble goal and is what NATIFS is built to achieve. Through the reclamation of connection to Indigenous traditions through cultural, nutritional and economic revitalization and working towards reversing the damage done to Indigenous populations by colonialism and forced assimilation, NATIFS continues their work towards their end goal of rebuilding, restoring and rejuvenating Indigenous Foodways through cultural education and empowerment.

CONTACT



www.facebook.com/NATIFSorg



[@natifs_org](https://www.instagram.com/natifs_org)



www.natifs.org



920 E Lake St
Ste. #107, Midtown Global Market
Minneapolis, MN 55407



612-259-8963

PHASE 1

INDIGENOUS FOOD LAB

- Urban location
- An Indigenous market and eatery
- A Native foodways classroom
- Research and development to create more curriculum and educational resources

PHASE 2

REGIONAL ACCESS

- Work with tribal communities to help develop satellite Indigenous kitchens
- Make Indigenous foods accessible to areas that need it most

PHASE 3

NORTH AMERICAN VISION

- Replicate Indigenous Food Lab Centers which creates regional counterpoints for the development of Indigenous Food Access and Education
- Develop Tribal Community Indigenous Kitchens everywhere



Madalene Andoe-Leggett, founder of High Desert Bagels with a tray of her freshly baked bagels.

HIGH DESERT BAGELS

DURANGO, CO

COLORADO'S MOST LOCAL BAGELS



Co-baker Matt Leggett displays how the High Desert's original mixer compares to their higher capacity replacement.

**Available at DNF beginning
November 4th!**

In many ways, bread is the ultimate staple. When made with freshly-milled Colorado-grown organic flour, it becomes a daily way for consumers to taste and value the efforts of Colorado farmers. Yet, in Southwest Colorado, there are very few bakeries using Colorado-grown flour. High Desert Bagels, a member of the Colorado Grain Chain and wholesale bagel bakery launching in November, fills this crucial gap by both generating steady flour purchases and building consumer appreciation for the flavor, nutrition, and resilience that local grain offers. Colorado farmers and mills are expanding their organic production but gaps remain in downstream markets, especially in rural and mountain regions. Farmers and millers need consistent, mid-scale buyers who can turn grain into recognizable products and distribute them locally. Currently, much of Colorado's organic grain either leaves the state or enters niche markets with limited reach. High Desert Bagels addresses this by:

- Committing exclusively to Colorado-grown, organic flour. Every pound of wheat we purchase supports in-state farmers and mills.
- Building steady wholesale accounts with restaurants, grocery stores, and cafes in La Plata County and surrounding areas, translating into predictable demand year-round.
- Baking delicious bagels



Living in a rural, high-desert community means that our food supply is precarious by nature. Much of the food in Southwest Colorado has traveled to us by truck, boat, or airplane, sometimes covering thousands of miles before reaching our tables. While these systems often feel invisible and reliable, they are in fact fragile. Recent disruptions in global shipping, the increasing threat of cyberattacks on major food corporations, and political instability from autocratic leaders all highlight how dependent we are on centralized, vulnerable supply chains. The founders of High Desert Bagels understand it has never been more urgent to invest in strengthening local food systems. By shortening supply chains and building direct relationships between farmers, millers, bakers, and consumers, we increase the resilience of our community. High Desert Bagels is excited to partner with Durango Natural Foods as a flagship account starting November 4th! You can find their bagels in bags to take home from DNF or ready to eat from the deli in the coming weeks.

Left; clockwise from top left: Green Chili Cheddar, Classic Plain, Poppy Seed, Sea Salt Rosemary (coming soon), Sesame & Asiago

November 2 - December 31

Round-up at the Register for:

NĀTIFS

NORTH AMERICAN TRADITIONAL INDIGENOUS FOOD SYSTEMS

**Reinvigorating Native
communities through the power of food!**



**JANUARY 1, 2024 -
NOVEMBER 1, 2025**

**TOTAL RAISED
COMING SOON!**

**THANK YOU FOR
ROUNDING UP TO
HELP SUPPORT
LOCAL FARMERS!**

Turkeys Have Landed!

• Available on a first come, first served basis.

• No Holds

Ferndale

Each Ferndale Market turkey has been raised antibiotic-free and with room to roam on our family farms in Minnesota. Naturally processed with no additives, our frozen whole turkeys are the perfect tradition for your holiday meal and all year-round! Make sure to try them in the smoker, on the grill, and in the deep fryer!

- Antibiotic Free
- Free Range
- Naturally Processed
- No Additives or Fillers
- Independent Family Farm



Mary's Organic

Mary's Certified Organic turkeys represent a higher standard of humane farming. These turkeys are free to access outdoors and are fed a premium diet made from organic certified feed. Raised with care, they are free from antibiotics, preservatives, and added hormones, ensuring a clean, natural choice for your holiday table or everyday meals. Choosing Mary's Organic Turkey means choosing a tradition of quality, sustainability, and authentic flavor that families have trusted for generations.

- No Preservatives
- Gluten-Free
- GAP Certified
- Certified Humane
- No Antibiotics Ever
- Fed a Organic Vegetarian Diet
- Fed No Animal By-Products
- No Added Hormones



Tofurkey Roast & Gravy

A savory blend of wheat and tofu, the Roast is filled with a flavorful wild rice and bread crumb stuffing, ready to be basted, roasted, carved and devoured by the whole posse. Compliment your roast with an included tub of our savory gravy and go crazy.

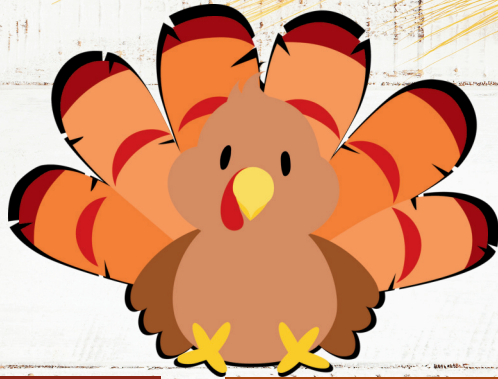
- Vegan
- Non GMO

\$13.99/ea



Thawing your Turkey

Refrigerator Thawing



Weight	Time to Thaw
8lbs	Two Days
12lbs	Three Days
16lbs	Four Days
20lbs	Five Days

When thawing a turkey in the refrigerator:

- Plan ahead: allow approximately 24 hours for each 4 to 5 pounds in a refrigerator set at 40° or below.
- Place the turkey in a container or on a tray to prevent the juices from making a mess/dripping onto other foods.

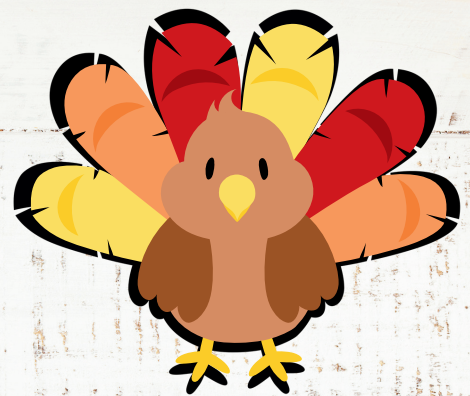
*A thawed turkey can remain in the refrigerator for 1 or 2 days before cooking. Foods thawed in the refrigerator can be refrozen without cooking but there may be some loss of quality.

Cold Water Thawing

When thawing a turkey in the cold water:

- Allow about 30 minutes per pound.
- Be sure your turkey is in a leak-proof plastic bag to prevent cross contamination and so the turkey doesn't absorb water.
- Submerge the wrapped turkey in cold tap water. Change the water every 30 minutes until your turkey is thawed.

*Cook your turkey immediately after it is thawed. DO NOT REFREEZE!



Weight	Time to Thaw
8lbs	Four Hours
12lbs	Six Hours
16lbs	Eight Hours
20lbs	Ten Hours

SCALLOPED POTATOES WITH HORSERADISH

TOTAL TIME: 1¾ HOURS | MAKES 8-10 SERVINGS

INGREDIENTS

- 1 LB RUSSET POTATOES
- 1 LB PURPLE, RED OR GOLD POTATOES
- 1 LB SWEET (PURPLE) POTATOES
- 3 TBSP UNSALTED BUTTER
- 5 MEDIUM GARLIC CLOVES, FINELY GRATED
- 3 TBSP ALL-PURPOSE FLOUR
- 3 CUPS HALF-AND-HALF
- ½ CUP PREPARED HORSERADISH
- 2 CUPS SHREDDED JARLSBERG CHEESE



ORGANIC VALLEY



HALF AND HALF
\$3.99/16oz

VITAL FARMS



UNSALTED BUTTER
\$4.49/8oz

CHEESE IMPORTERS



JARLSBERG CHEESE
\$9.99/8oz

BUBBIES



HORSERADISH
\$4.79/5oz

DNF PRODUCE



RED/GOLD/RUSSET/SWEET POTATOES
\$1.79-\$3.99/LB

Preparation

1- Arrange a rack in the top third of the oven and heat to 400 degrees. Peel all the potatoes (see Tip) and cut into 1/8-inch-thick slices with a sharp knife or mandolin.

2- In a medium saucepan, melt the butter over medium heat. Add the garlic and cook until just golden, about 1 minute. Sprinkle in the flour and whisk until a paste forms, then continue stirring to cook the flour until bubbling, 30 seconds to 1 minute more. Slowly pour in 1½ cups of the half-the-half and whisk until combined. Whisk in remaining half-and-half, the horseradish and 2 teaspoons salt. Bring to a simmer while whisking constantly, then turn off heat and let steep for about 5 minutes.

3- Ladle 1 cup of the horseradish cream sauce into a 9x13 inch baking dish, spreading to fully coat the bottom of the dish. Add half the sliced potatoes in an even layer; have fun mixing the colors. Sprinkle half the cheese on top and pour over another cup of the sauce, making sure the sauce is fully covering the cheese and potatoes. Add the remaining sliced potatoes, and top with remaining sauce and cheese.

4- Cover with aluminum foil and bake until potatoes are almost fully tender and sauce is bubbling, about 45 minutes. Remove the foil and continue to bake until the edges are slightly crisp and the cheese is golden brown in spots, about 10 minutes more. Let sit at room temperature for 15 minutes before serving.

CRANBERRY SAUCE



TOTAL TIME: 20 MINS | SERVINGS 9

INGREDIENTS

1 CUP SUGAR
½ CUP ORANGE JUICE
½ CUP WATER
4 CUPS FRESH OR FROZEN CRANBERRIES
OPTIONAL: PECANS, ORANGE ZEST, RAISINS, CURRANTS, BLUEBERRIES, CINNAMON, NUTMEG, ALLSPICE

Preparation

- 1- Place the cranberries in a colander and rinse them. Pick out and discard any damaged or bruised cranberries.**
- 2- Put the water and sugar in a medium saucepan on high heat and bring to a boil. Stir to dissolve the sugar.**
- 3- Add the cranberries to the pot and return to a boil. Lower the heat and simmer for 10 minutes or until most of the cranberries have burst.**
- 4- Once the cranberries have burst you can leave the cranberry sauce as is, or dress it up with other ingredients. We like to mix in a half a cup of chopped pecans a pinch or two of orange zest. Some people like adding raisins or currants, or even blueberries for added sweetness. You can also add holiday spices such as cinnamon, nutmeg, or allspice. If adding spices, start with a pinch of each and add more to your taste.**
- 5- Remove the pot from heat. Let cool completely at room temperature, then transfer to a bowl to chill in the refrigerator. Note that the cranberry sauce will continue to thicken as it cools.**

CRANBERRIES

**FROZEN
STALBUSH**



\$5.99/10oz

**FRESH
DNE PRODUCE**



\$3.99/8oz

**FIELD
DAY
SUGAR**



\$3.99/24oz

**EVOLUTION
ORANGE JUICE**
\$5.99/15.2oz



coop deals[®]

NOV 5 - NOV 18, 2025



2/\$3

Field Day
Organic Macaroni
& Cheese
6 oz., selected varieties



2/\$4

Field Day
Organic Pretzels
8 oz., selected varieties



15.99

Field Day
Organic Olive Oil
33.8 fl. oz.



2/\$5

Field Day
Organic Tortilla
Chips
9 oz., selected varieties



7.99

Field Day
Organic Frozen
Berries
32 oz., selected varieties



2/\$5

Field Day
Organic Canned
Tomatoes
28 oz., selected varieties



For each Field Day product sold we'll donate 5¢ to NATIFS! **Now – Dec. 2**



Scan to learn more



2/\$6

Vive Organic
Wellness Shots
2 fl. oz., selected varieties



3.99

Ithaca
Hummus
10 oz., selected
varieties



2.99

Nutpods
Dairy-free
Creamer
11.2 fl. oz., selected
varieties



3.29

Wild Planet
Skipjack Tuna
5 oz., selected varieties



4.49

Petit Pot
French Dessert
2 pk.-4 oz., selected
varieties



4.99

Lotus Foods
Organic Rice
Ramen
10 oz., selected varieties

