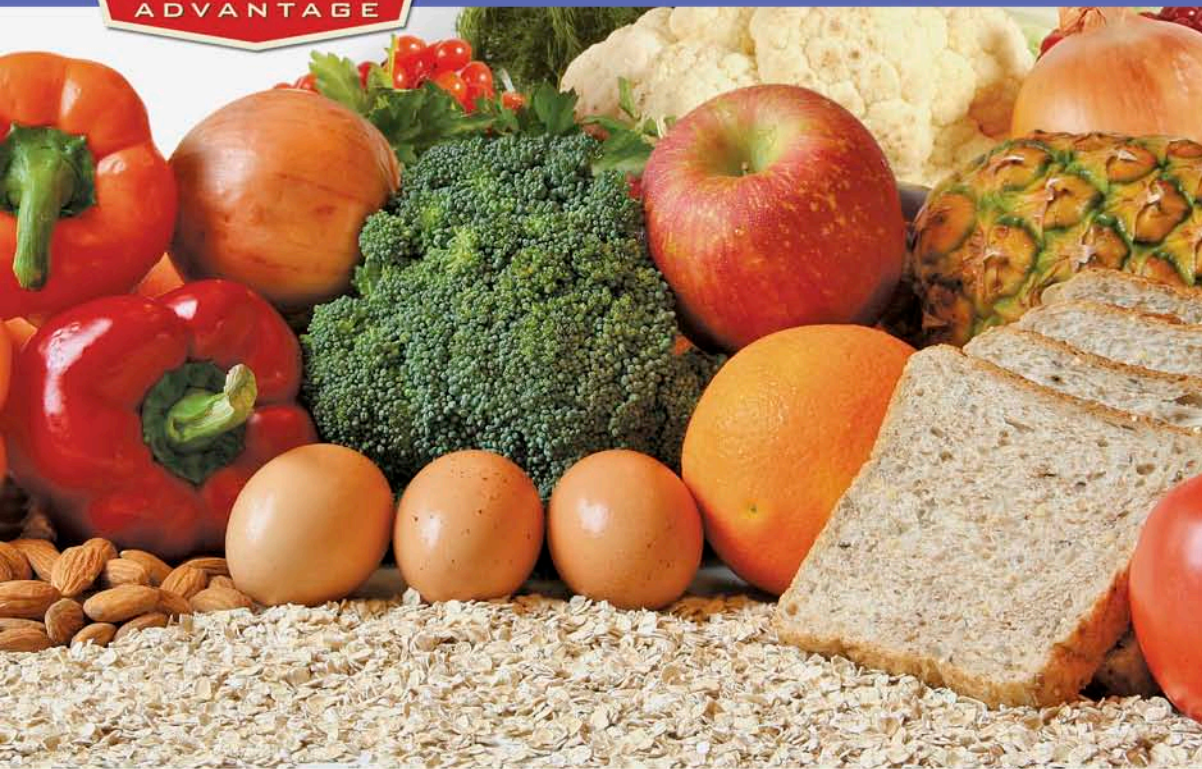


We Know Good Food



January 2008



This Month's Tips

- How to Eat Healthy This New Year
- Recipe: Spicy Szechuan Noodles
- Path to Wellness



BROWN COW
Plain Yogurt
\$2.79



32 oz., selected varieties

CASCADIAN FARM
Organic Fruit
\$2.89



8 - 10 oz., selected varieties

LARABAR
Nutritional Bar
\$1.19



1.6 - 1.8 oz.,
selected varieties

CHOICE ORGANIC TEA
Organic Tea
\$2.79



16 ct., selected varieties

RUDI'S ORGANIC BAKERY
Organic Bread
\$2.79



20 oz., selected varieties

SPECTRUM NATURALS
Organic
Mediterranean Extra
Virgin Olive Oil
\$10.79



33.8 oz.

MUIR GLEN
Organic Tomatoes
\$1.79



28 oz., selected varieties

WESTBRAE
Organic Beans
99¢



15 oz., selected varieties

Some items may not be available at all stores or on the same days in the month of January 2008.

GROCERY

FIRE ROASTED TOMATO CHILI

Makes 4 servings

Full of flavor and low in cholesterol, this recipe is easy to make and sure to please.

- | | |
|-----------------------------|-------------------------------|
| 1 cup onions, diced | 1 can (15 oz.) diced tomatoes |
| 1/2 cup green pepper, diced | 2 cans (32 oz.) chili beans |
| 2 Tbsp. minced garlic | 1 can (16 oz.) kidney beans |
| 3 Tbsp. chili powder | 1/4 cup roasted tomato salsa |
| 1 can (15 oz.) tomato juice | |



In a large sauce pan, heat 2 Tbsp. of vegetable oil and sauté the onions and green peppers for 5 minutes. Add the garlic and chili powder and sauté 2 minutes more. Add the juice, tomatoes, chili and kidney beans. Bring to a boil, then simmer 30 minutes, stirring often. Add 1/4 cup salsa and simmer 10 minutes more. Like it thick? Make it a day ahead of time.

LITTLE BEAR
Tortilla Chips
\$1.99



16 oz., selected varieties

GREEN MOUNTAIN GRINGO
Salsa
\$2.79



16 oz., selected varieties

ITO EN
Green Tea
Sencha Shot
99¢



6.4 oz.

ROBERT'S AMERICAN GOURMET
Snacks
\$1.49



3.5 - 6 oz., selected varieties

HONEST TEA
Organic Tea
99¢



16 oz., selected varieties

SEASON'S
Reduced Fat
Potato Chips
\$2.39



8.5 oz., selected varieties

STACY'S
Pita Chips
\$1.79



6 - 6.5 oz., selected varieties

IZZE
Sparkling Juice Soda
\$3.69



4 pack, selected varieties

DIVINE
Chocolate Bar
\$1.89



3.5 oz., selected varieties

BIONATURAE
Organic Fruit Nectar
\$2.29



25.4 oz., selected varieties

Some items may not be available at all stores or on the same days in the month of January 2008.

GROCERY

ANNIE'S HOMEGROWN
Organic Pasta
& Cheese
\$1.59



6 oz., selected varieties

IMAGINE
Organic Soup
\$2.79



32 oz., selected varieties

EDWARD & SON'S
Brown Rice Snaps
\$2.39



3.5 oz., selected varieties

WHOLESOME SWEETENERS
Organic Blue Agave
\$3.29



11.75 oz., selected varieties

NATURE'S PATH
Organic Cereal
\$2.89



12.35 - 14 oz.,
selected varieties

BLUE DIAMOND
Almond Breeze
\$1.79



32 oz., selected varieties

KASHI
GoLean Cereal
\$3.39



14.1 - 15 oz.,
selected varieties

KASHI
GoLean Bar
\$1.19



1.59 - 2.75 oz.,
selected varieties

RED RIVER
Hot Cereal
\$2.29



16 oz.

R.W. KNUDSEN
Simply Nutritious
Juice
\$2.69



32 oz., selected varieties

YOGI
Tea
\$2.69



16 ct., selected varieties

LAKWOOD
Organic Juice
\$4.39



32 oz., selected varieties

TRADITIONAL MEDICINALS
Tea
\$3.49



16 ct., selected varieties

COUNTRY CHOICE ORGANIC
Organic Cookies
\$2.79



7.25 oz., selected varieties

EARTH FRIENDLY
Liquid Laundry
Detergent
\$7.79



100 oz., selected varieties

SEVENTH GENERATION
Baby Wipes
\$3.39



ea., Tub or Refill

New Year, New You

Adopting a healthy lifestyle and staying on track with a wholesome diet is easier when you get support for your efforts. Your local food co-op is working in partnership with you to eat sensibly by providing foods that are fresh, nutritious and produced with care. Our purpose is to give you the best in quality and variety so you can easily meet your goals. That's The Co-op Advantage.



Spicy Szechuan Noodles

By Doug Roese, Natural Foods Chef

- | | |
|---|---|
| 1/4 cup soy sauce | 1 Tbsp. Hoisin sauce |
| 1/4 cup sesame oil | 2 Tbsp. lime juice |
| 1 cup peanut butter | 3/4 cup water |
| 3 Tbsp. rice vinegar | 1/2 tsp. salt |
| 2 Tbsp. minced garlic | 1 lb. Asian noodles or spaghetti |
| 2 Tbsp. gingerroot | scallions |
| 1 1/2 tsp. Asian chili sauce or 1 teaspoon dried red pepper flakes | chopped peanuts |



Combine all ingredients in blender and blend until smooth. Boil noodles until al dente. Toss with 3/4 cup of sauce (or more, to taste). Garnish with scallions and chopped peanuts, if desired.

Keep remaining sauce in refrigerator in tightly sealed container for up to one week.

The Path to Wellness

The American Cancer Society now reports more than a half of the population is overweight. There are simple things you can do to buck the trend toward obesity:

- Eat five or more portions of fruits and vegetables a day. Use snack time to bring more fresh fruits and vegetables into your diet.
- Use more whole grains in meal preparation and limit your intake of refined carbohydrates.
- Exercise at least 30 minutes a day.
- Watch portion sizes. One serving size is usually the size of closed fist.
- Identify the triggers that interfere with a healthy lifestyle. For example, if you are pressed for time, you may be tempted to eat fast food or processed snack foods.

Mandarin Oranges

The Mandarin orange actually comes from an evergreen tree that is a native of Southeast Asia, but today it is most widely cultivated in China. Lore has it the sweet, easily peeled fruits were named for the deep orange robes worn by the Mandarins, the public officials of the ancient Chinese court. Eating a Mandarin orange was a privilege reserved only for the upper classes.

Although China had cultivated Mandarin oranges for many centuries, they first came to North America in the 19th century. The term, "Mandarin," now covers a number of citrus varieties, including some tangerines, Satsuma and Clementine oranges. Today, they are enjoyed by everyone who loves good citrus.

Toss Mandarin sections with a vinaigrette and toasted, slivered almonds on a bed of spinach for a classic mid-winter salad.



GROCERY

BACK TO NATURE
Pasta & Cheese
Dinner
\$1.29



6 - 6.5 oz., selected varieties

VITA SPELT
Organic Spelt Pasta
\$1.79



8 - 10 oz., selected varieties

ANNIE'S NATURALS
Organic Dressing
\$2.29



8 oz., selected varieties

SAN J
Black Label Tamari
\$1.59



10 oz.
other San J products
also on sale

Key to Great Breakfast Everyday

Having breakfast not only gets your day off to a good start nutritionally, it also can jump start your metabolism and aid in weight loss. Here are some tips for having a breakfast that can provide lasting energy through the day:



- Keep staples, like milk, juice, cereal and eggs on hand, so you have something to eat when you get up in the morning.
- If you have to eat on the run, either pack a breakfast, or stop somewhere to buy a bagel, cheese, fruit, yogurt or granola, rather than sweets and baked goods.
- Eat, even if you are not hungry. Having an apple or slice of whole grain toast is better than skipping breakfast and eating a large lunch to compensate.

FROZEN

BOCA
Organic Veggie
Burgers
\$2.99



10 oz., selected varieties

AMY'S
Macaroni
& Cheese Dinner
\$2.29



9 oz., selected varieties

CASCADIAN FARM
Organic Vegetables
\$1.89



16 oz., selected varieties

QUORN
Meat Free Chicken
Tenders
\$3.29

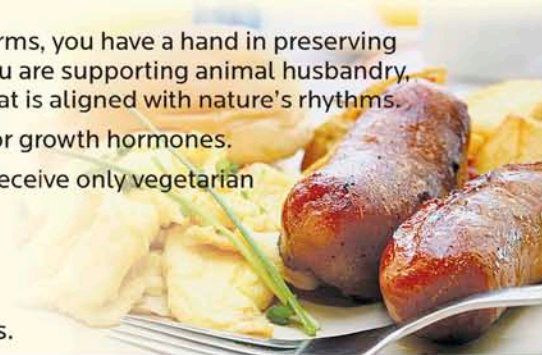


12 oz.
other Quorn
products also on sale

Applegate Philosophy in Action

When you purchase a product from Applegate Farms, you have a hand in preserving nearly 300 small family farms. More than that, you are supporting animal husbandry, sustainable farming practices, and a way of life that is aligned with nature's rhythms.

- Our animals are never administered antibiotics or growth hormones.
- Our livestock are all raised humanely, and they receive only vegetarian feed with NO animal by-products.
- We use only the highest quality cuts of meat.
- We don't use MSG, fillers or excess water.
- We never use chemical preservatives or additives.



APPLEGATE FARM
Chicken Sausages
\$3.99



8 oz., selected varieties

Some items may not be available at all stores or on the same days in the month of January 2008.

Fresh in the Deli

favorite foods from our co-op chefs

Featured Cheese: Blue

Peppery and piquant, from American-made to the famous French Roquefort, blue cheeses are among the favorites of many gourmands. Ripe and earthy, easy to crumble into salads, blend into sauces or eat out of hand, blue cheese pairs well with cabernet, port and Madeira wines, and tastes great with figs, pears and nutty breads. Try adding crumbled blue cheese on top of hot eggplant parmesan for a delicious winter meal.



Customer Favorites from
Mississippi Market
St Paul, Minnesota

On sale at your co-op deli from 1/1/08 - 1/15/08

CURRIED LENTILS WITH AROMATIC RICE

A rich blend of lentils, jasmine rice, cauliflower, currants and cashews seasoned with garlic, curry powder, fenugreek and cinnamon. Try garnishing the salad with a spoonful of plain yogurt and a sprinkle of fresh mint, and enjoy hot or cold.

save 50¢ per lb.

KUNG PAO TOFU

This is one of our most-popular dishes and a great way to get extra soy into your diet. We marinate extra-firm tofu in a made-from-scratch, spicy Asian sauce. Then, we bake it until golden brown and slightly chewy, and garnish it with bell peppers, scallions and fresh-chopped cilantro. Delicious served over hot brown rice.

save 75¢ per lb.

REFRIGERATED

YVES

Meatless Deli Slices
\$1.69



5.5 oz., selected varieties

ORGANIC VALLEY

Organic Soy Beverage
\$2.89



64 oz., selected varieties

PEACE COFFEE

Colombian Coffee
\$6.99



per pound,
Dark or Heavy Pedal

EQUAL EXCHANGE

Organic Fair Trade
Midnight Sun Coffee
\$6.99



per pound

STONYFIELD FARM

Fat Free Yogurt
89¢



6 oz., selected varieties

NANCY'S

Low Fat
Cottage Cheese
\$2.69



16 oz.

LUNDBERG FAMILY FARMS

Organic Short or Long
Grain Brown Rice
\$1.29



per pound

Since 1937 Lundberg Family Farms has been growing rice in harmony with nature. It is our belief that if you have healthy soil, you will produce healthy food. We respect the land and the wildlife that depends on it and our eco-positive farming methods continue to improve the environment for future generations.

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WELLNESS

ALACER
Emergen-C
\$8.99



36 ct., selected varieties

HERB PHARM
Herbal Extracts
\$7.89



1 oz., selected varieties

NEW CHAPTER
One Daily
Multivitamins
\$26.99



60 tabs.,
EveryMan or EveryWoman

RAINBOW LIGHT
Prenatal One
Multivitamins
\$19.49



90 tabs.
other Rainbow Light
Supplements also on sale

SPECTRUM ESSENTIALS
Organic Flax Oil
\$7.39



8 oz., selected varieties

EMERITA
Paraben Free
Pro-gest Cream
\$18.29



2 oz.
other Emerita
products also on sale

ANCIENT SECRETS
Nasal Cleansing Pot
\$11.49



ea.

KISS MY FACE
Haircare
\$5.39



11 oz., selected varieties

AVALON ORGANICS
Lotion
\$6.79



12 oz., selected varieties

TOM'S OF MAINE
Toothpaste
\$4.59



5.2 - 6 oz., selected varieties

**Dental Health
for all**

Support Tom's as it strives to improve oral health education and increase access to dental care. Find out more about Dental Health for All at www.tomsofmaine.com click on community involvement.



What are we all about?

We are over 100 consumer-owned grocery co-ops working together, across the country, to bring our passion for good food, our partnerships with local farmers and suppliers, our care for the community and the planet to you. Connecting you with other co-op shoppers across the country — that's the Co-op Advantage!



GROCERY

AMISH NATURALS

Organic Pasta

\$1.99



12 oz., selected varieties

SEEDS OF CHANGE

Organic Pasta Sauce

\$3.99



24 oz., selected varieties

AMY'S

Organic Soup

\$1.89



14.1 - 14.5 oz.,
selected varieties

DR. KRACKER

Organic Flatbread

\$2.79



7 oz., selected varieties

FUNCTION

Energy Drink

\$1.29



16.9 oz., selected varieties

BOULDER CHIPS

Potato Chips

\$1.59



5 oz., selected varieties

STEAZ

Organic Energy

Drink
\$4.99



4 pack, selected varieties

KIND

Fruit and Nut Bar

\$1.19



1.4 - 1.6 oz.,
selected varieties

THE
CO-OP
ADVANTAGE

Co-op Advantage specials are available at the following natural food co-ops:



ARKANSAS
Ozark Natural Foods
1554 N. College Avenue,
Fayetteville

ILLINOIS
Neighborhood Co-op Grocery
1815 W. Main Street, Carbondale

INDIANA
Bloomingfoods Market and
Deli
3220 E. 3rd Street, Bloomington
316 W. 6th Street,
Bloomington

419 E. Kirkwood Avenue,
Bloomington

Maple City Market
314 S. Main Street, Goshen

Three Rivers Food Co-op
1612 Sherman Blvd,
Ft. Wayne

IOWA
New Pioneer Co-op
22 S. Van Buren Street, Iowa City
1101 2nd Street, Coralville
Wheatsfield Co-op
413 Douglas Avenue, Ames

KANSAS
Community Mercantile Co-op
901 Iowa Street, Lawrence

KENTUCKY
Good Foods Market
& Cafe
455-D Southland Drive, Lexington

MICHIGAN
East Lansing
Food Coop
4960 Northwind,
East Lansing

Grain Train
220 E Mitchell, Petoskey

**Greentree Natural Foods
Co-op**
214 N. Franklin,
Mt. Pleasant

Marquette Food Co-op
109 W Baraga Avenue, Marquette

Oryana Food Co-op
260 E. 10th Street, Traverse City

People's Food Co-op
216 N. 4th Avenue,
Ann Arbor

People's Food Co-op
436 S. Burdick Street, Kalamazoo

Ypsilanti Food Co-op
312 N. River Street, Ypsilanti

MINNESOTA
Bluff Country
Coop
121 W 2nd Street,
Winona

City Center Market
122 N. Buchanan Street, Cambridge

Cook County Coop
20 E. First Street,
Grand Marais

Eastside Food Cooperative
2551 Central Avenue NE,
Minneapolis

Just Food Co-op

516 S. Water Street, Northfield

Lakewinds Natural Foods

1917 2nd Avenue South, Anoka
435 Pond Promenade, Chanhassen
17501 Minnetonka Boulevard,
Minnetonka

Linden Hills Co-op
2813 W. 43rd Street, Minneapolis

Mississippi Market
1810 Randolph Avenue, Saint Paul
622 Selby Avenue,
Saint Paul

**River Market Community
Co-op**

221 N. Main Street, Stillwater
Seward Co-op Grocery & Deli
2111 E. Franklin Avenue,
Minneapolis

St. Peter Food Co-op
119 W. Broadway,
St. Peter

Valley Natural Foods
13750 County Road 11, Burnsville

Wedge Co-op
2105 Lyndale Avenue S.,
Minneapolis

Whole Foods Co-op
610 E. 4th Street,
Duluth

NEBRASKA

Open Harvest
1618 South Street, Lincoln

OHIO
Phoenix Earth Coop
1447 W. Sylvania Ave., Toledo

WISCONSIN
Basics Cooperative
1221 Woodman Rd,
Janesville

Menomonie Market
521 2nd Street E.,
Menomonie

Outpost Natural Foods
2826 S. Kinnickinnic Ave, Bayview
100 E. Capitol Drive, Milwaukee
7000 W. State Street, Wauwatosa

People's Food Co-op
315 5th Avenue S., LaCrosse

Viroqua Food Co-op
609 N. Main Street, Viroqua

Willy Street Grocery Co-op
1221 Williamson Street, Madison