

Tips for Cooking with the Kids

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WHOLESOME SWEETENERS

Organic Fair Trade Granulated Sugar

\$2.99



32 oz.
other Organic,
Fair Trade Sugar also on sale

R.W. KNUDSEN

Just Black Cherry Juice

\$2.49



32 oz.
other Just Juice also on sale

PEACE

Cereal

\$3.29



10.5 - 17 oz., selected varieties

STONYFIELD FARM

Organic Lowfat Yogurt

69¢

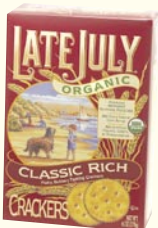


6 oz., selected varieties

LATE JULY

Organic Crackers

\$1.89



6 oz., Classic or Saltine
other Late July Snacks
also on sale

RUDI'S ORGANIC BAKERY

Organic Bread

\$2.59



22 - 24 oz., selected varieties

ORGANIC VALLEY

Organic Orange Juice

\$4.49



64 oz., selected varieties

SEVENTH GENERATION

Natural Paper Towels

\$1.69



120 ct.
other Seventh Generation
Cleaning products also on sale

GROCERY

ANNIE'S HOMEGROWN

Pasta & Cheese

\$1.19



7 oz., selected varieties

BIONATURAE

Organic Fruit Spread

\$2.39



9 oz., selected varieties

SESMARK FOODS

Savory Thins

2/\$3



3.2 oz., selected varieties

NEWMAN'S OWN

ORGANIC

Champion Chip Cookies

\$2.29



10 oz., selected varieties

FRUITABU

Organic Smooshed Fruit

39¢



4 oz., selected varieties

COUNTRY CHOICE ORGANIC

Organic Sandwich Cremes

\$2.39



12 oz., selected varieties

GOOD HEALTH

Snacks

\$1.69



3.5 - 6 oz., selected varieties

ANNIE'S HOMEGROWN

Bunny Crackers

\$1.89



7.5 oz., selected varieties

COOKING WITH KIDS: A SNACK FOR ANY TIME OF THE DAY

YOGURT PARFAIT

Kids should select, wash and peel their favorite fruits. An adult may have to chop the fruits, but kids can add the layers in this dish.

6 oz. vanilla yogurt or non-dairy alternative (or another flavor)

1 cup chopped, fresh fruit (or substitute frozen fruit)

1 cup granola (or your favorite cereal crushed)

Place a layer of yogurt in the bottom of a clear bowl or cup, add a layer of fruit on top of yogurt, then granola. Repeat layers until finished. Serve immediately or put in the freezer.



BARBARA'S BAKERY

Shredded Cereal

\$2.89



13 - 16 oz., selected varieties

NANCY'S

Organic Yogurt

\$3.29



32 oz., selected varieties

GROCERY

BOULDER CANYON

Potato Chips

\$1.39



5 oz., selected varieties

THE SWITCH

Sparkling Juice

\$4.29



4 pack, selected varieties

SALPICA

Salsa

\$2.99



16 oz., selected varieties

STACY'S

Bagel Chips

\$1.79



6 oz., selected varieties

METROMINT

Mint Water

99¢



16.9 oz., selected varieties

TERRA CHIPS

Exotic Vegetable Chips

\$3.29



7.5 oz., selected varieties

IMAGINE FOOD

Organic Soup

\$2.69



32 oz., selected varieties

PACIFIC NATURAL FOOD

Organic Broth

\$2.29



32 oz., selected varieties

CHOICE ORGANIC TEA

Organic Tea

\$2.79



16 ct., selected varieties

DAGOBA

Organic Chocolate Bar

\$1.79



2 oz., selected varieties

BOB'S RED MILL

Organic Flour

\$3.89



5 lb., selected varieties

TROPICAL SOURCE

Dairy Free Baking Chips

\$2.89



10 oz.
Sunspire Baking Chips
also on sale

BARBARA'S BAKERY

Organic Granola Bars

\$3.29



7.4 oz., selected varieties

SANTA CRUZ ORGANICS

Organic Applesauce

\$2.29



23 oz., selected varieties

NATURE'S PATH

Organic Cereal

\$2.89



10 - 14 oz., selected varieties

GOOD EARTH

Tea

\$2.49



18 ct., selected varieties

ALL ABOUT KIDS

Teach children how to eat well, and you will give them a foundation for lifelong health and wellbeing. This important job isn't always easy when parents and children are challenged by the wide availability of unhealthy junk foods. We're here to support your efforts to instill good nutritional habits by offering your family the highest quality, great tasting, natural and organic foods.

Peanut Butter and Jam Cookies

By Doug Rouse, Natural Foods Chef

These cookies feature natural sweeteners and organic peanut butter and jams, and are a great project for the kids to help with. They'll help form the cookies, and then add their favorite jams and toppings. You can use peanut-free almond butter if allergic to peanuts. Makes 2 dz. 2 1/2" cookies.

Dry:

- 3 1/4 cups whole wheat pastry flour**
- 1 3/4 teaspoons baking powder**
- 2 teaspoons baking soda**
- 3/4 teaspoon salt**

Wet:

- 1/2 pound melted butter**
- 1 1/2 cups organic peanut butter, creamy or crunchy)**
- 2 large eggs**
- 3/4 cups barley malt or sorghum syrup**
- 1 cup + 2 tablespoons maple syrup**
- 1 1/2 teaspoons vanilla**

An assortment of jams.



Preheat oven to 350°F.

Lightly butter cookie sheets. In large bowl, add flour, then sprinkle over the rest of the dry ingredients. Mix VERY well. In a smaller bowl, mix all the wet ingredients until smooth. Pour into the flour mix, and blend until well incorporated. To measure, divide the dough into three balls, then each ball into half 3 times, giving 24 portions (teaching kids about fractions!). Using a fork, press each ball into a flat disc about 2 1/2" across. With the back of a teaspoon, make a nice deep indentation in the middle of the cookie. Let the kids fill (slight bulge okay) with their favorite all-fruit jam. If you like, you can press a ring of whole peanuts or large chocolate chips between the jam and the cookie edge. Bake 15 – 20 minutes until lightly browned—the jam should be bubbly. LET COOL as the jam stays very hot for awhile.

KIDS CAN COOK

Children love to make things and enjoy one-on-one time with the adults in their lives. Cooking with children is a great way to reinforce healthy messages and create wonderful memories. If you'd like your kids to feel enthusiastic about cooking, try these suggestions.

- Start out easy, make a snack, dessert or lunch item to build on their skills.
- Look through cookbooks together for recipes to try.
- Show children where things are kept in the kitchen.
- Explain kitchen safety techniques, especially how to use and handle knives and oven mitts, remembering to turn off burners and keeping cabinet doors closed.



KID-FRIENDLY MEALTIMES

Children are notoriously picky eaters. It often takes multiple exposures before a child will accept a new food, so don't give up! Here are some tips on how to get children to try different things.

- Try new foods with familiar favorites, as a pizza topping, for example.
- Be a good role model. Kids will eat what you eat.
- Disguise certain foods (zucchini, mushrooms, broccoli) by mincing them before adding to sauces and dishes.
- Involve children in preparing meals by giving them age appropriate tasks in the kitchen.
- Limit snacks before mealtime so kids are hungry when they come to the table.
- Visit a farm and give them a chance to experience where food comes from.

Want to fix what kids love to eat? Try this at home!

Toss colorful rotini pasta with cooked chicken, cubed cheese, and red peppers with their favorite salad dressing.

Make a pizza frittata with diced pepperoni and mozzarella cheese topped with spaghetti sauce.

Put together meat or vegetarian fajitas and offer an array of healthy toppings.

GROCERY

EDWARD & SONS

Miso Soup
\$3.39



2.5 oz., Seaweed or Golden

SIMPLY ASIA

Rice Noodle Bowl
\$1.29



2.5 oz., selected varieties

THAI KITCHEN

Rice Noodles
2/\$1



1.6 oz., selected varieties

KITCHENS OF INDIA

Indian Entrée
\$1.69



10 oz., selected varieties

ANNIE'S NATURALS

Dressing
\$1.99



8 oz., selected varieties

PACIFIC NATURAL FOOD

Organic Tomatoes
\$1.49



13.7 oz., Crushed or Diced

SPECTRUM NATURALS

Organic Extra Virgin Olive Oil
\$9.99



25.4 oz.

MUIR GLEN

Organic Tomatoes
\$1.29



14.5 oz., selected varieties

REFRIGERATED

SILK

Soy Yogurt
69¢



6 oz., selected varieties

SOYA KAAS

Cheese Alternative
\$3.79



12 oz., selected varieties

MINI PIZZA

Kids should select their favorite pizza toppings. An adult may need to slice the muffin or bagel, help grate cheese and watch over the toaster.

English muffin or bagel, sliced

2 tablespoons pizza sauce

2 tablespoons cheese or non-dairy alternative

Any other toppings as desired

Slice English muffin or bagel in half. Let the kids spread pizza sauce on each half, add cheese and other toppings. Cook in toaster oven until browned. Note: any meat should be pre-cooked.

SUNERGIA

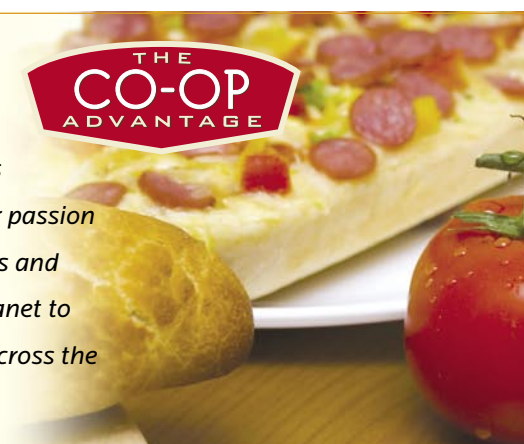
Organic Marinated Tofu
\$1.79



8 oz., selected varieties

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!



Fresh in the Deli

favorite foods from our co-op chefs

Featured Cheese: Cheeses from England

Cheese has been made in England for nearly 2000 years. Best known for its fine Cheddars, Britain is also famous for the "magnificent nine" group of wholesome and satisfying cheeses which include Stilton Blue, Cheshire, Lancashire, Wensleydale, Sage Derby, Double Gloucester, Dorset Blue, and Leicester.

Try making a fancy grilled cheese sandwich with sourdough bread, Kalamata Olive Spread and sliced Red Cheshire cheese.



Customer Favorites from
Linden Hills Co-op, Minneapolis, Minnesota

On sale at your co-op deli from 3/1/07 - 3/15/07

KALAMATA OLIVE SPREAD

We make this Mediterranean spread with a blend of Neufchatel and Feta cheese, roasted red peppers and Kalamata olives to give it rich salty flavor.

Use as a spread on sandwiches, a snack or enjoy as an appetizer served with your favorite bread and a glass of Chardonnay or Bordeaux wine.

save \$1 per lb.

SPINACH FETA TURKEY BURGERS

A hearty option to traditional burgers, we add feta cheese and spinach to our all natural ground turkey giving our burgers a Mediterranean twist.

Serve with sun-ripened tomatoes and Greek style pitas for a perfect meal.

save \$1 per lb.

FROZEN

CASCADIAN FARM

Organic Fruit

\$2.69



10 oz., selected varieties

WHOLLY WHOLESOME

Pie Shell

\$2.49



14 oz., selected varieties

SO DELICIOUS

Organic Non-Dairy
Dessert

\$3.39



32 oz., selected varieties

Go Organic

The human body continually develops throughout childhood. Studies have shown that a child's resistance to chemicals and pesticides is lower due to their smaller size. Often the link between chemical exposure and long term health can't be proven until decades later. That's why it's critical to provide children safe and nutritious foods.

One way we can make choices for children that bring these risks into balance is by buying organic foods.

You don't have to sacrifice taste or convenience to provide your child with organic foods. Babies and teenagers alike will love the wide variety of easy and healthy foods available for them at your local food co-op.

LIFESTREAM

Organic Waffles

\$2.49



11 oz., selected varieties

PJ'S

Organic Burrito

2/\$3



6 oz., selected varieties

NATURAL CHOICE

Organic Sorbet

\$2.69



16 oz., selected varieties

WELLNESS

SIMILASAN

Eye Drops
\$8.79



.33 oz., selected varieties

WELEDA

Arnica Massage Oil
\$10.79



3.4 oz.

PRESERVE

Toothbrush
\$2.69



each, selected varieties

ECODENT

Toothpowder
\$4.39



2 oz., selected varieties

TEA TREE THERAPY

Soap
\$2.39



3.5 oz., selected varieties

ALACER

Emergen - C
\$8.99



36 ct., selected varieties

BIOALLERS

Homeopathic
Medicine
\$7.39



1 oz., selected varieties

NEW CHAPTER

One Daily
\$24.99



60 tab.,
Every Woman or Every Man

MANITOBA HARVEST

Hemp Protein Powder
\$11.99



16 oz.

SPECTRUM ESSENTIALS

Flax Oil
\$21.29



16 oz.

EARTHRISE

Spirulina
\$22.59



360 tab.

SWEET LEAF

Stevia Plus
\$9.99



100 packets

FLORA

Floradix Iron + Herbs
\$18.99



8.5 oz.

other Flora products also on sale

What sets Floradix Iron + Herbs apart?

- **A highly soluble iron compound and special iron-fed yeast:** Combined with B vitamins & vitamin C to provide the highest possible absorption rate.
- **Safe, useable dosage:** Satisfies daily supplemental iron needs and is safe for long-term supplementation as it does not encourage the storage of excess iron (Maurice E. Shils, M.D., Sc.D. et al., eds. Modern Nutrition in Health and Disease. 9th ed. 1999, Lippincott Williams & Wilkins: New York).
- **Easy-to-digest liquid solution:** Allows for more contact with absorption sites and provides approximately 98% absorption.
- **Great-tasting fruit juice base:** pH-balanced with natural fruit juices.
- **Enhanced absorption:** added digestive herbs and iron-rich whole food concentrates.
- **Ideal for vegetarians and vegans**
- **Certified Kosher**
- **No harmful additives:** No lead, pesticide residues, alcohol, preservatives or artificial coloring.

To learn more visit www.florahealth.com

WELLNESS



EO
Hand Soap
\$5.49



12 oz., selected varieties

NATURE'S GATE
Tea Tree Hair Care
\$4.99



18 oz., Shampoo or Conditioner
other Nature's Gate products also on sale

ALBA BOTANICA
Very Emollient
Lotion
\$11.49



32 oz., selected varieties

KISS MY FACE
Moisture Shave
\$4.29



11 oz., selected varieties

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

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

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
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
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

NONFOOD

NATURAL LIFE
Adult Dry
Dog Food
\$8.59



8 lb.
other Natural Dog Food also on sale

BI-O-KLEEN
Premium Laundry Detergent
\$8.79



5 lb.
other Bi-O-Kleen products also on sale

PET GUARD
Organic Cat Food
\$1.29



5.5 oz.

BULK

EQUAL EXCHANGE
Organic Breakfast Blend
Coffee
\$6.99



per pound