

everyday low prices!

co+op basics®

It's Soup Season

*Flip to the back
for a tasty recipe!*



*saving money
made easy*

LOOK FOR THE CO+OP BASICS SIGNS

Looking to stretch your grocery budget? So are we! That's why we're pleased to offer our Co+op Basics program. Find the lowest prices every day on the products you need – canned goods, dry goods, personal care items, household cleaners, and more. Look for Co+op Basics in every aisle and save today!

Item prices and availability are subject to change.



Everyday
low prices!



4.99

**Field Day Smooth
Peanut Butter**
Salted
18 oz.



3.49

**Field Day Multi Grain
Snack Bars**
Mixed Berry
6 Pack



3.99

**Field Day Diced
Peaches & Pears**
4 Pack



4.39

Field Day Fruit Spread
Strawberry
14 oz.



1.99

**Field Day Deluxe
Macaroni & Cheese**
White Cheddar
6 oz.



4.99

**Field Day Jumbo
Red Raisins**
Seedless
15 oz.



4.49

**Field Day
Golden Round
Crackers**
8 oz.



2.49

**Field Day
Sparkling Water**
Orange
6 Pack

Stretch your budget with Basics!



1.99

**Field Day Cut
Green Beans**
14.5 oz.



1.99

**Field Day Black
Pitted Olives**
3.8 oz.



3.49

Field Day Ketchup
Classic
24 oz.



2.69

**Field Day
Vegetable Broth**
32 fl oz.



2.29

**Field Day Chunk
Light Skipjack**
Pole & Line Caught
5 oz.



1.49

**Field Day
Classic Baked Beans**
15oz.



Baking on a budget!



9.49

Field Day Almond Flour
Gluten Free
16 oz.



4.99

Field Day Cooking Spray
Canola Oil
5 fl. oz.



4.99

Field Day Chocolate Chips
Semi Sweet
5 oz.



2.69

Field Day Cane Sugar
24 oz.



3.49

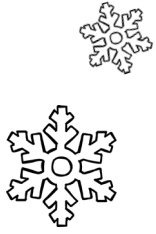
Field Day Coconut Flakes
Unsweetened
5 oz.



6.49

Field Day Coconut Oil
Refined
14 fl. oz.





WINTER WORD SEARCH



| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | L | L | L | W | R | D | G | N | N | E | I | L | S |
| B | N | A | B | S | L | L | C | E | A | S | S | L | O |
| E | T | E | I | K | N | O | E | Z | M | S | G | A | G |
| C | L | N | O | I | S | C | I | O | W | H | N | B | B |
| R | E | T | N | I | W | L | O | R | O | O | G | W | O |
| A | T | W | N | N | N | L | T | F | N | V | N | O | O |
| O | B | N | S | G | G | N | O | A | S | E | I | N | O |
| C | Z | E | B | I | D | L | T | N | L | L | T | S | V |
| O | G | L | O | V | E | S | O | E | T | I | A | L | G |
| C | E | V | O | S | N | O | W | F | L | A | K | E | S |
| T | O | O | T | A | M | I | T | T | E | N | S | E | N |
| O | N | D | S | N | C | S | N | N | L | S | E | O | O |
| H | S | L | E | D | D | I | N | G | H | A | C | E | L |
| A | R | E | L | C | I | C | I | O | A | O | I | G | A |

BOOTS
COLD
FROZEN
GLOVES
HOT COCOA
ICE SKATING

ICICLE
IGLOO
MITTENS
SHOVEL
SKIING
SLEDDING

SNOWBALL
SNOWFLAKES
SNOWMAN
WINTER



Imagine the *Pastabilities*



1.99
**Field Day
Tomato Sauce**
15 oz.



1.99
Field Day Fusilli
Durum Wheat Semolina
16 oz.

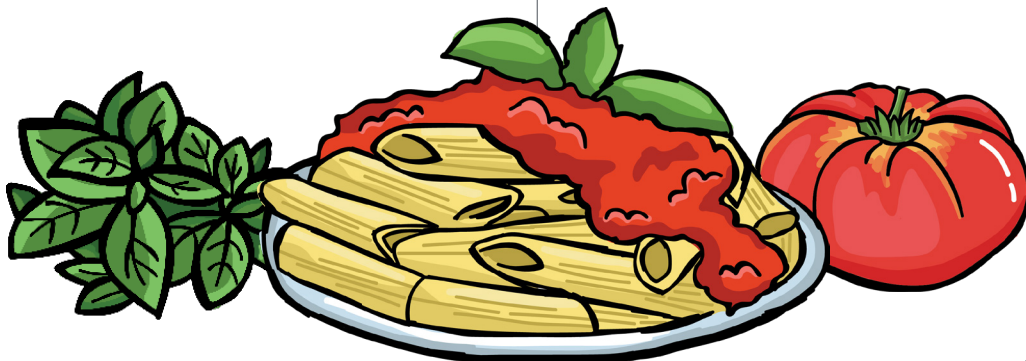


1.99
**Field Day
Spaghetti**
Durum Wheat Semolina
16 oz.



3.49
Field Day Pasta Sauce
Roasted Garlic
24 oz.

So many ways to save!



More ways to save with Co+op Basics



A. Field Day Facial Tissue
2-Ply
85 ct.
1.99

B. Field Day Compostable Cutlery
Variety Pack
24 ct.
3.49

C. Field Day Liquid Dish Detergent
Lavender
25 fl. oz.
3.99

D. Field Day Trash Bags
Tall Kitchen
20 ct.
5.99

E. Field Day Dinner Bowls
Renewable Sugar Cane Fiber
30 ct.
3.49

F. Field Day Compostable Cutlery
Renewable
24 ct.
3.49





BUDGET FRIENDLY RECIPES

Ribollita



Serves 5. Prep time: 25 min active; 45 min total.

- | | |
|-----------------------------------|-------------------------------------|
| 1 bunch kale | 2 teaspoons dried rosemary |
| 1 tablespoons Field Day olive oil | 1 cup tomato puree |
| 1 medium yellow onion, chopped | 1 can Field Day cannellini |
| 3 large garlic cloves, shopped | beans, drained |
| 2 ribs celery, chopped | 7 slices whole wheat bread, divided |
| 2 large carrots, chopped | Parmesan cheese |
| 2 cups Field Day vegetable broth | 1 teaspoon salt |

Preparation

Strip the kale leaves from the stems. Chop the stems finely, and roughly chop the leaves.

In a large pot, heat the olive oil over medium-high heat. Add the onion and garlic and stir for five minutes or so, until the onion is translucent. Add the zucchini, celery, carrot and kale stems, and stir for a minute, then add the broth and rosemary and bring to a boil. Reduce to a simmer and cook until the vegetables are tender, about 10 minutes. Stir in the tomato puree, kale leaves, cannellini beans, salt and two slices of crumbled bread and simmer until the kale is softened. Toast the remaining slices of bread.

To serve, ladle soup over a slice of toasted bread in each individual bowl, and top with freshly shredded Parmesan. *Enjoy!*