



# OPEN HARVEST CO-OP GROCERY

## FRESH DEALS

PRICES VALID\*  
SEPT 12 - SEPT 19



**BARTLETT PEARS \$1.99 / LB**



jewel & garnet  
yams **\$1.99** /lb



5lb bagged  
carrots **\$4.99** ea



portabella  
mushrooms **\$5.99** /lb



JISA'S  
cheese nuggets **15% off**



OUR BAKERY'S  
7 grain bread **15% off**



**OPEN 8 AM - 9 PM 7 DAYS A WEEK**  
openharvest.coop // 1618 south street, lincoln // 402.475.9069

\*prices valid while supplies last

we accept  
**EBT/SNAP!**



## BULK

**Equal Exchange** Organic Mind Body and Soul

**Equal Exchange** Organic Midnight Sun Coffee

**Equal Exchange** Organic French Roast Decaf

## FROZEN

**Cascadian Farm** 28 - 32 oz Organic Frozen Fruit

**Stahlbush** Frozen Vegetables

**Alden's** Organic Vanilla Ice Cream

## GROCERY

**Silver Hills** Sprouted Grain Bread

**Clif** Bars

**Field Day** Organic Cookies

**Field Day** Organic Vegetables

**Field Day** Olives

**Field Day** Organic Mac-n-Cheese

**Field Day** Organic Diced Fruit Cups

**Field Day** Organic Pasta

**Field Day** Organic Pizza Sauce

**Field Day** Organic Salsa

**Field Day** Organic & Natural Crackers

**Field Day** Organic Dressing

**Field Day** Organic Fruit Spread

**Field Day** Organic Peanut Butter

**Field Day** Organic Bars

**Field Day** Organic Instant Oatmeal

**Field Day** Organic Apple Juice

**Field Day** Organic & Natural Juice

**Field Day** Flavored Sparkling Water

**Field Day** Organic Apple Cider Vinegar

**Field Day** Organic Balsamic Vinegar

**Field Day** Organic & Natural Olive Oil

**Field Day** Non-GMO Canola Oil

**Field Day** Organic & Natural Cooking Oil Sprays

**Field Day** Sea Salt

**Field Day** Organic Maple Syrup

**Field Day** Organic Microwave Popcorn

**Field Day** Tortilla Chips

**Field Day** Organic Pretzels

**Earth's Best** Baby Food

**Field Day** Organic Beans

**Field Day** Organic Pasta Sauce

**Field Day** Organic Broth

**Field Day** Organic Cereal

**Field Day** Organic Coconut Milk

**Field Day** Organic Coconut Oil

**Field Day** Organic Raw Honey

**Field Day** Organic Applesauce

**Luna** Bars

**Woodstock** Canned Tomatoes

**Woodstock** Tomato Sauce

**Woodstock** 20 oz Up/Down Ketchup

**Natural Sea** Chunk Light Tongol Tuna

## REFRIGERATED

**Organic Valley** Organic Salted and Unsalted Butter

**Phil's** Fresh Grade A Medium Eggs

**Organic Valley** 64 oz Organic Milk

**Silk** Soy Milk

**Silk** Almond Milk

## WELLNESS

**Nature's Gate** Creme de Mint Toothpaste

**Alaffia** Everyday Shea and Everyday Coconut Shampoo

**Alaffia** Everyday Shea and Everyday Coconut Conditioner

**Alaffia** Everyday Shea and Everyday Coconut Body Wash

**Alaffia** Everyday Shea and Everyday Coconut Lotion

**Alaffia** African Black Soap, all varieties

**Tom's** Unscented Long Lasting Deodorant

**Sappo Hill** Bar Soap

**Open Harvest** Iron-Free Basic Multivitamin 90 tab

**Open Harvest** Omega-3 Fish Oil

**Nutrition Now** PB8 Acidophilus

## HOUSEHOLD

**Field Day** Baby Wipes Refill

**Field Day** Bath Tissue

**Field Day** Facial Tissue

**Field Day** Paper Napkins

**Field Day** Paper Towels

**Field Day** Dish Soap

**Field Day** Laundry Detergent

**Field Day** All Purpose Cleaner

**Field Day** Tall Trash Bags

## MEAT

**Smart Chicken** Chicken Breasts

**Certified Piedmontese** Ground Beef

**Garrett Valley** Bacon

## WHAT IS CO+OP BASICS?

Co+op Basics offers a variety of popular, affordable grocery and household staples - the building blocks for hearty meals and day-to-day living. This program includes over 100 items, plus lots of new products you're sure to love. You'll find Co+op Basics items in every department - **just look for the purple Co+op Basics logo.**