



OPEN HARVEST CO-OP GROCERY

FRESH DEALS

PRICES VALID*
MAY 1 - MAY 8



USDA ORGANIC

3/\$3

AVOCADOS



local goods **new!**

CERTIFIED PIEDMONTESE
slider patties

\$5⁴⁹ /6-PK



USDA ORGANIC

red onions

99¢ /LB



made fresh

mexican
bean salad

20% OFF



comté

20% OFF



USDA ORGANIC

cilantro

\$1⁴⁹ EACH

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 Bird of Paradise Coffee
- Equal Exchange** Organic Mind Body and Soul
- Equal Exchange** Organic Midnight Sun Coffee
- Equal Exchange** Organic Peru Medium 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
- Rudi's** Organic Wheat 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 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** 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

- Field Day** Canned Tomatoes
- Field Day** Tomato Sauce

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
- Tom's** Toothpaste, selected varieties
- Sappo Hill** Bar Soap
- Seventh Generation** Baby Diapers
- Seventh Generation** Tampons, Maxi Pads, & Pantyliners
- 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
- Shelton's** Free Range Ground Turkey

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.**