

coop™ basics

Looking to stretch your grocery budget? So are we!

Co-op Basics offers everyday low prices on everything you need for your family & home!

Baby

EARTH'S BEST Infant Formulas
EARTH'S BEST Baby Food
EARTH'S BEST Toddler Smoothies
FIELD DAY Baby Wipes
SEVENTH GENERATION Diapers

Bread

RUDIS BAKERY Organic Sliced Breads
UDIS Gluten Free Sliced Breads

Bulk

EQUAL EXCHANGE Organic Fair Trade Coffees
LUNDBERG FARMS Organic Short Grain Brown Rice
ONCE AGAIN Organic Peanut Butters
Organic Black Turtle Beans
Organic Garbanzo Beans
Organic Green Lentils
Organic Regular Rolled Oats

Frozen

APPLEGATE FARMS Chicken Nuggets & Tenders
CASCADIAN FARM Organic Juice Concentrates
CASCADIAN FARM Organic Frozen Fruit
SILVER HILLS BAKERY Squirrely Bread

Grocery

CLIF Energy Bars
FIELD DAY Organic Popcorn
FIELD DAY Organic Pastas
FIELD DAY Organic Brown Rice Pastas
FIELD DAY Organic Pasta Sauces
FIELD DAY Organic Cereals

FIELD DAY Organic Apple Juice
FIELD DAY Organic Coconut Milks
FIELD DAY Organic Fruit Spreads
FIELD DAY Organic Coconut Oil
FIELD DAY Organic Canned Beans
FIELD DAY Organic Canned Vegetables
FIELD DAY Organic Crackers
FIELD DAY Organic Salsas
FIELD DAY Organic Peanut Butters
FIELD DAY Organic Ketchup
FIELD DAY Salt
FIELD DAY Organic Microwave Popcorn
FIELD DAY Organic Broths
FIELD DAY Organic Maple Syrups
FIELD DAY Sparkling Waters
FIELD DAY Olive Oils
FIELD DAY Organic Fruit Cups
FIELD DAY Tunas
FIELD DAY Mac & Cheese
FIELD DAY Cereal Bars
FIELD DAY Organic Cookies
FIELD DAY Organic Dressings
FIELD DAY Organic Pretzels
FIELD DAY Organic Mustards
GARDEN OF EATIN Corn Chips
R.W. KNUDSEN Recharge Beverages
SANTA CRUZ Organic Lemonades
WESTSOY Organic Soy Beverages
WOODSTOCK FARMS Organic Mayonnaise

Household

FIELD DAY Laundry Detergent
FIELD DAY Bath Tissue
FIELD DAY Paper Towels
FIELD DAY Dish Soap
FIELD DAY Facial Tissue

Meat

BLACK RIVER Ground Beef
SMART CHICKEN Breasts, Thighs & Whole Chickens

Refrigerated

FEATHER RIDGE FARM Eggs
FLORIDA NATURAL Orange Juices
GREEK GODS Greek Yogurts
HAWTHORNE VALLEY FARM Plain Biodynamic Yogurt
KATE'S CREAMERY Butters
ORGANIC VALLEY Organic Milk

Wellness

VITAMER LABS Daily Multivitamins
ALAFFIA Authentic African Black Soaps
ALAFFIA Everyday Shea Body Washes
ALAFFIA Everyday Coconut Conditioners
ALAFFIA Everyday Shea Shampoos
ALAFFIA Everyday Shea Lotions
EO PRODUCTS Lotions
NATRACARE Pads
NATRACARE Tampons
TOM'S OF MAINE Deodorant
TOM'S OF MAINE Toothpastes



Take advantage of these other ways to save at the Co-op!

- Co-op Deals
- Fresh Deals
- Local Deals
- Buyers' Club
- Shop in bulk!

**Berkshire
Food Co-op**



BUDGET FRIENDLY RECIPES

Turkey and Sweet Potato Chili

Serves 6. Prep time: 25 minutes active; 55 minutes total.

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| 2 tablespoons Field Day canola oil | 2 cups Field Day chicken broth |
| ½ pound turkey sausage, casings removed | 1 cup water |
| 1 medium yellow onion, chopped | 1 tablespoon chili powder |
| 1 red bell pepper, seeded and chopped | 1 tablespoon cumin |
| 3 sweet potatoes, chopped into small pieces | ½ teaspoon cayenne pepper |
| 2 cloves garlic, minced | ½ teaspoon salt |
| 1 14.5-ounce can Woodstock diced fire-roasted tomatoes, undrained | 1 15-ounce can Field Day cannellini beans, drained and rinsed |
| | Additional salt and pepper to taste |

Preparation

Warm oil in a large pot over medium-high heat. Add sausage; break up any large chunks and sauté until no pink remains. Using a slotted spoon, transfer meat to a bowl; cover. Add onion, bell pepper and sweet potato to pot and cook, stirring occasionally, until softened, about 6 minutes. Add garlic and sauté for 1 minute. Return meat to pot.

Stir in tomatoes, beans, broth, water, spices and salt. Bring to a boil, then reduce heat to medium-low and stir in beans. Cover and simmer until chili thickens slightly, about 30 minutes. Season with additional salt and pepper to taste.



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BUDGET FRIENDLY RECIPES

Mushroom Chicken and Rice

Serves 4 to 5. Prep time: 25 minutes active; 60 minutes total.

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| 2 tablespoons Field Day canola oil, divided | 8 ounces button mushrooms, sliced |
| 1 teaspoon paprika | 3 cups Field Day chicken broth |
| ½ teaspoon garlic powder | 1 ½ cups uncooked brown rice |
| ½ teaspoon salt | 2 cups frozen green peas, thawed |
| ½ teaspoon pepper | 1 teaspoon dried rosemary |
| 1 pound skinless, boneless chicken thighs, cut into 1-inch pieces | 1 teaspoon dried thyme |
| 1 medium yellow onion, chopped | 2 cloves garlic, diced |
| | Additional salt and pepper to taste |

Preparation

Heat a large skillet over medium-high heat. Add 1 tablespoon of canola oil to pan. Mix paprika, garlic powder, salt and pepper together by shaking in a zip-lock plastic bag. Add chicken pieces and shake to coat evenly with dry spice mixture. Add chicken to pan and sauté for 5 minutes or until chicken is browned, stirring occasionally. Remove chicken from pan and set aside.

Return pan to medium-high heat. Add remaining canola oil to pan. Add onion and mushrooms; sprinkle with salt and pepper, sauté 5 minutes or until onion is lightly browned, stirring occasionally. Stir in chicken broth and rice and bring to a boil. Cover, reduce heat to low, and simmer for 35 minutes. Stir in the chicken, peas, thyme, rosemary and garlic. Cover and cook 10 minutes or until rice is tender and chicken is done. Season with additional salt and pepper to taste.



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Co+op Basics offers everyday low prices on many popular grocery & household items from milk to beef to cereal. You're sure to find find great prices on the items that are ALWAYS on your shopping list!

Don't worry, we aren't paying our farmers or employees any less. We're simply committed to improving our selection so that everyone can find more value when shopping the Co-op.

Berkshire Food Co-op

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