



FRESH DEALS

MARCH 4 - 10 | OPEN TO EVERYONE

SARTORI

MontAmoré Cheddar

An Italian-inspired cheddar that's nutty like parmesan

\$4.99 7 oz

SAVE \$1.00



SUNBUTTER JAMMIES

Sunflower Seed Butter & Strawberry Jelly Sandwich

\$6.99 4-pack

SAVE \$1.50



ORGANIC VALLEY

Salted and Unsalted Butter 4 sticks

\$10.99 16 oz

SAVE \$1.00



CARR VALLEY CHEESE

Apple Smoked Cheddar Cheese

\$6.99 5 oz block

SAVE \$0.50



ORGANIC

Cosmic Crisp Apples

\$1.99 / lb.

SAVE \$1.00



ORGANIC

Avocado

\$0.99 each

SAVE \$1.00



Spring flavors are rolling in 🌿 Organic blueberries, avocados, and Cosmic Crisp apples are all on special — plus Organic Valley butter and two local favorites: Sartori MontAmoré and Carr Valley Apple Smoked Cheddar. Snack-ready SunButter Jammies round it out for an easy lunchbox win. Stock up, save big, and taste the difference this week!

Owners Basket
MARCH 4 - 10 | OWNERS ONLY SPECIALS

<p>CAFE SPICE Boldly Authentic Indian-Inspired Meals \$7.99 16 oz SAVE \$1.00 Gluten Free</p>	<p>UMLAND'S Crunchy Cheese All flavors – pairs well with beer, wine, and ice cream \$3.99 1.9 oz SAVE \$1.00 Keto Friendly</p>
<p>CADIA 100% Arabica Coffee 5 varieties \$9.79 10 oz SAVE \$1.50 Organic</p>	<p>A2 Half and Half 100% real milk \$4.59 10 oz SAVE \$1.00 Staff Pick</p>
<p>ORGANIC Grape Tomato 2/ \$4 pint SAVE \$1.50 Organic</p>	<p>ORGANIC Asparagus \$4.99 / lb. SAVE \$2.00 Organic</p>

Owners, this one's for you 🙌 Cafe Spice Indian-inspired meals, Cadia organic coffee, A2 half & half, and Umland's Crunchy Cheese are all on special — plus organic grape tomatoes and asparagus to brighten your plate. Great meals start here... and ownership has its perks.

Not an owner yet? Click [HERE](#) to join and enjoy weekly perks, special discounts, and a lifetime of co-op benefits. Ownership is a one-time \$200 household investment—no annual fees, no subscription renewal ever.



DAILY SOUP MENU

Week of March 4 - March 10

Available 11 AM - 8 PM

WED	Smoky Vegan Chicken & Vegetable Minestrone	VG H
THU	Smoky Vegan Chicken & Vegetable Minestrone	VG H
FRI	Smoky Vegan Chicken & Vegetable Corn Chowder	VG H
SAT	Smoky Vegan Chicken & Vegetable Corn Chowder	VG H
SUN	Chef's Choice Smoky Vegan	
MON	Cheddar Broccoli Smoky Vegan Beef & Vegetable	H
TUE	Smoky Vegan Cheddar Broccoli Beef & Vegetable	H

12 oz \$5.49 16 oz \$6.99



Vegetarian



Vegan



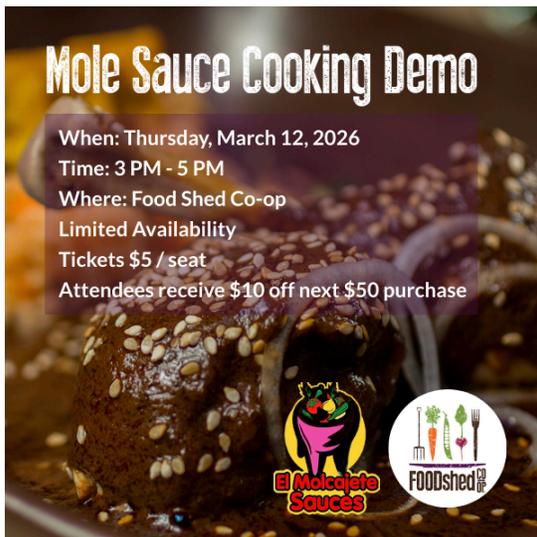
Dairy free



Gluten free



House Made



Holy Mole (Mo-Leh)

Travel to Mexico through flavor

🌶️ Join Chef Ernesto for a hands-on culinary class celebrating culture and tradition. **\$5 holds your seat— and you'll receive \$10 off your next \$50 purchase at the co-op. Seats are limited!**

Get Info & Tickets

LOTS OF EVENTS COMING!

Mark your calendar for these upcoming events at the Co-op!



- March 12 – El Molcajete Cooking Demo
- March 14 – Shelves to Shamrocks Sampling
- March 21 - Savor & Sip Saturday
- April 25 - Seed School at the Co-op
- May 2 - Kid Fest at the Barrington park district
- May 16 - Annual Plant Sale

There's something for everyone this spring—great food, family fun, and community connection at the co-op. More details on our website <https://foodshed.coop/events/>

We're Hiring!

We're looking for a **Store Clerk** to support customers and keep our front end running smoothly, and a **Cook (Prepared Foods)** to help prep and create fresh offerings in our kitchen.

If you value teamwork, service, and local food, we'd love to hear from you. Click [APPLY](#) for full details.



Join our Team!

[APPLY](#)



Save Big Money, Become an Owner

Owners get more at the Co-op

For a one-time \$200 household investment, you become an owner—joining 2,704 local neighbors who believe in community ownership.

Owners enjoy Owners Basket deals every week, 10% off one full grocery trip each month, an owners-only newsletter, early access to select events, and a voice and vote at the Annual Meeting. You can run for the Board, volunteer, receive patronage dividends when profitable, and participate in Owner Loan opportunities. The perks alone can cover your investment—while helping build a grocery store that truly belongs to our community.

[Click to Become an Owner](#)

Opening the doors was step one.



Open → **Sustain**

Investment Options

Support Your Local Food Co-op

As sales continue to trend upward, we are seeking additional capital to stabilize operations and strengthen our financial foundation.

If you value having a locally owned grocery in our community, this is a meaningful time to participate — through increased shopping or financial support.

Learn more about investing here: [investment options](#)

Click to visit our website



Food Shed Co-op
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