

↓ Scroll down for Deal galore, Cool Kids Event, **soup menu** and more!

Food Shed Co-op
The Meryl Streep
 Turkey, Swiss, Spinach & Honey mustard sandwich
\$5.99 each
 Save \$2.00
 25% OFF
 HOUSE MADE
 Staff Pick

Eban's Bakehouse
Bakery Bread
 Various package sizes
\$7.99 per loaf
 Save \$2.00
 20% OFF
 Gluten Free

Organic Valley
Eggs
 FREE RANGE
\$9.99 18 ct.
 Save \$1.00
 Organic

Driscoll
Strawberries
2/\$4 / pint
 Save \$2.00

Melissa's
Ojai Pixie Tangerines
 higher natural sugars and deeper flavor
\$3.99 / lb.
 Save \$1.00
 20% OFF
 Staff Pick

Organic Avocados
\$0.99 each
 Save \$1.00
 50% OFF
 SUPER DEAL

Fresh savings are here! 🥑🍓 From \$0.99 avocados to juicy strawberries, plus house-made favorites like The Meryl Streep sandwich—this week is packed with flavor and value. Stock up, save big, and taste the difference of fresh, quality food. 🙌 Deals good March 25–31

Owners Basket
MAR 25 - 31 | OWNERS ONLY SPECIALS

Flax 4 Life Muffins
Variety of Flavors



\$6.99 4Pk
Save \$1.00

Gluten Free Dairy Free High Protein

Nut Spreads



10% OFF

\$13.49 10oz
Save \$1.50

Vegan PALEO Staff Pick

Claddagh Bo' Aged Irish Cheddar Cheese



\$5.99 5.3 oz
Save \$1.00

Grass Fed

Earthbound Baby Spinach, Arugula & Power Greens



2/\$6 5oz
Save \$1.49

Organic

Everette's Fresh Roast Coffee



\$16.49 12oz
Save \$1.00

local

ORGANIC Broccoli Crowns



\$2.49 / lb.
Save \$1.00

Organic

Owners, this one's for you! ❤️ Exclusive savings on muffins, Irish cheddar, organic greens, local coffee, and more. It's our way of saying thank you for supporting a stronger local food system. 🙌 Owner deals valid March 25–31

Not an owner-member yet? Join your 2700+ neighbors and unlock weekly deals like these while supporting your community-owned grocery. Click [HERE](#) to join!





DAILY SOUP MENU

Week of March, 25 - 31
Available 11 AM - 8 PM

WED	Smoky Vegan Chicken & Dumpling Beef & Vegetable	V VG DF GF HOUSE MADE DF GF HOUSE MADE DF GF HOUSE MADE
THU	Smoky Vegan Corn Chowder Caribbean Jerk Chicken	V VG DF GF HOUSE MADE V GF DF GF
FRI	Smoky Vegan Corn Chowder Caribbean Jerk Chicken	V VG DF GF HOUSE MADE V GF DF GF
SAT	Smoky Vegan Cheddar Broccoli Beef & Bean Chili	V VG DF GF HOUSE MADE V GF DF GF HOUSE MADE
SUN	Smoky Vegan Cheddar Broccoli Beef & Bean Chili	V VG DF GF HOUSE MADE V GF DF GF HOUSE MADE
MON	Smoky Vegan Tomato Basil Butternut & Apple Squash	V VG DF GF HOUSE MADE V VG DF GF V DF GF
TUE	Smoky Vegan Tomato Basil Butternut & Apple Squash	V VG DF GF HOUSE MADE V VG DF GF V DF GF

12 oz \$5.49 16 oz \$6.99

- V** Vegetarian
- VG** Vegan
- DF** Dairy free
- GF** Gluten free
- H** House Made

🍷 Our house-made soups are ready daily from 11–8, featuring rotating favorites like Smoky Vegan, Corn Chowder, Cheddar Broccoli, and hearty classics like Chicken & Dumpling and Beef Chili. Grab a cup or bowl and make it a cozy meal 🍴

“**Smoky Vegan**” = bold, plant-based soups made with vegetables, legumes, and rich, slow-simmered flavor.

Wait, What, Even More Savings?

[Click](#) to check out our Co+op deals flyer valid through the end of the month!



flavors you love

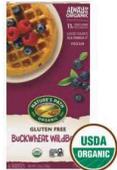
INCLUSIVE TRADE PARTNER

Prepare for spring with great snack options you can easily grab when exploring museums, taking a trip, working or studying. GoMacro is a woman-owned company and they're made with ingredients you'll love, helping to give you a boost during your busy days.



2.29

GoMacro Organic Bars
2-2.4 oz., selected varieties



2/\$6
Nature's Path Organic Frozen Waffles
7.4 oz., selected varieties



2.99
Mary's Gone Crackers Organic Original Crackers
4 oz., selected varieties



4.49
Nixie Organic Sparkling Water
8 pk-12 fl. oz. cans, selected varieties



Delicious snacks are at the co-op.
Give yourself a flavor boost.

Calling All Kids! Saturday, April 18



**Trash to Treasure
Kids Invent-A-Con**

Join Professor Henry for
Inventors Workshop

and see what amazing
creations kids can make
using reusable material!

Date: Saturday, April 18, 2026
Time: 11 AM - 2 PM
Where: Food Shed Co-opd Shed Co-op



[Learn More](#)

MORE EVENTS!



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

- April 18 - Kids Invent-A-Con
- 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, kid and family fun, and community connection at the co-op. Click to get the details on our website.

[Event Details](#)

Enjoy the Benefits of Ownership

Owners get more at the Co-op

For a one-time \$200 household investment, you become an owner—joining 2,700+ neighbors working to build a more resilient local food system in a world where food supply chains are increasingly centralized and complex.

Ownership isn't just about perks (though you'll enjoy weekly Owner's Basket deals, 10% off one full shop each month, and exclusive updates). It's about strengthening local farms, shortening supply chains, and keeping food dollars circulating right here in our community.

As an owner, you have a voice, a vote, and the opportunity to help shape a grocery store that reflects your values. Together, we're not just buying food—we're helping rebalance the food system toward something more resilient, sustainable, and rooted in community.

[Click to Become an Owner](#)





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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You've received this because you've subscribed to our newsletter.

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