

# coop deals

MAR 18 - MAR 31, 2020

meals  
made easy

## BUSY WEEKDAY SOLUTIONS

Chips, salsa and queso pair well with Amy's enchiladas, and together you've got a fantastic meal on a busy day! You can grab all of these items at your co-op, so stock up now.



**3.99**

Amy's  
Enchilada

9-10 oz., selected varieties



**10/\$10**

Annie's  
Homegrown  
Mac & Cheese  
5.5-6 oz., selected  
varieties



**2/\$4**

Boulder Canyon  
Potato Chips  
5 oz., selected varieties



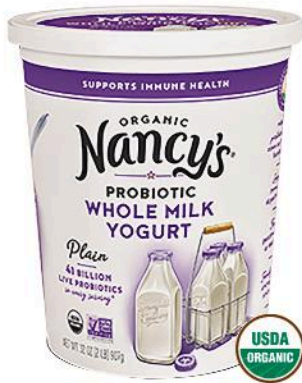
**3.29**

Nature's Path  
Organic Cereal  
10-14 oz., selected  
varieties



The co-op has something for everyone.

**Find great deals at the co-op.**



**3.99**

**Nancy's  
Organic Yogurt**  
32 oz., selected varieties



**4/\$5**

**Siggi's  
Icelandic Style  
Yogurt**  
4.4-5.3 oz., selected  
varieties



**3.99**

**Silk  
Oat Yeah Oatmilk**  
32 oz., selected varieties



**2/\$3**

**Stonyfield  
Organic Yogurt  
Pouch**  
3.5 oz., selected varieties



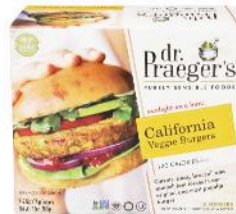
**4.99**

**Lifeway  
Organic Kefir**  
32 oz., selected varieties



**3/\$5**

**Stahlbush Island  
Farms  
Frozen Vegetables**  
10 oz., selected varieties



**3.99**

**Dr. Praeger's  
Veggie Burgers**  
4 ct., selected varieties



**4.49**

**Organic Valley  
Brown Eggs**  
doz., selected varieties

*fantastic frozen finds!*

Stock your freezer with deliciously convenient and highly-quality items from **Woodstock**, **Rising Moon** and **Natural Sea**! Whether you're making a morning smoothie or are in need of a quick and tasty meal, we've got you covered with good food for any occasion!



**2/\$4**

**Woodstock  
Petite Brussels Sprouts**  
10 oz.

**2/\$7**

**Woodstock  
Organic Asparagus**  
10 oz.

**2/\$7**

**Rising Moon  
Organic Ravioli Butternut Squash**  
8oz., selected varieties

**3.99**

**Natural Sea  
Premium Cod Sticks**  
8 oz.

**From sunrise to sunset, the co-op has you covered.**





**3.99**  
Quorn  
Meatless Nuggets  
10.6 oz.



**4.49**  
Organic Valley  
Stringles  
6 oz., selected varieties



**2/\$7**  
Zevia  
Zero Calorie Soda  
6 pack, selected varieties



**5.99**  
Applegate Farms  
Trio Salami  
6 oz.



**3.49**  
Kite Hill  
Sour Cream  
8 oz., selected varieties



**2/\$6**  
Hope  
Organic Hummus  
8 oz., selected varieties



**4.49**  
Field Roast  
Vegan  
Frankfurters  
16 oz.



**4.99**  
Miyoko  
Organic Vegan  
Cheese Spread  
8 oz., selected varieties



**2/\$6**  
Organic Valley  
Cream Cheese  
8 oz., selected varieties



**2/\$5**  
Back To Nature  
Crackers  
3.5-8.5 oz., selected varieties



**3.99**  
Blue Diamond  
Crafted Gourmet  
Almonds  
5 oz., selected varieties



**4.99**  
Reed's  
Ginger Brew  
4 pack, selected varieties



**2/\$6**  
Que Pasa  
Organic Tortilla  
Chips  
11 oz., selected varieties



**3/\$5**  
Mountain Valley  
Spring Water  
1 liter, selected varieties

**The co-op is well-stocked for March Madness!**



new

**2/\$5**

**Muir Glen  
Organic Pasta  
Sauce**  
25.5 oz., selected  
varieties



new

**2/\$5**

**The Jackfruit  
Company  
Jackfruit Entrée**  
10 oz., selected varieties



**2/\$5**

**Amy's  
Soup**  
14-14.7 oz., selected  
varieties



USDA  
ORGANIC

**4/\$5**

**Justin's  
Organic Nut  
Butter Cups**  
1.4 oz., selected  
varieties



**3/\$5**

**Near East  
Couscous Mix or  
Rice Pilaf**  
5.25-6.75 oz., selected  
varieties



**2.49**

**Natural Sea  
Yellowfin Chunk  
Tuna**  
5 oz.



USDA  
ORGANIC

**2/\$6**

**Ancient Harvest  
Organic Polenta**  
18 oz., selected varieties



**2/\$3**

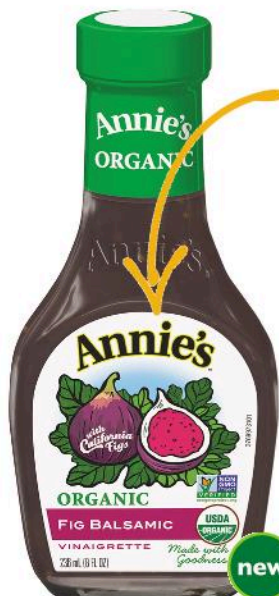
**Dr. McDougall's  
Soup Cup**  
1.0-3.4 oz., selected  
varieties



USDA  
ORGANIC

**2/\$4**

**Farmer's Market  
Organic Pumpkin**  
15 oz.



new

*new! Mediterranean-  
inspired organic dressing*

This organic dressing is made with the good  
stuff (California figs, expeller-pressed canola  
oil) and leaves out the bad stuff (artificial  
colors and flavorings).

**2/\$6**

**Annie's Homegrown  
Organic Dressing**  
8 oz., selected varieties



**3.99**

**Sir Kensington's  
Mayonnaise**  
10 oz., selected varieties



new

**3.99**

**Ocean's Halo  
Soy-Free Vegan  
Fish Sauce**  
10 oz.

**Simplify your weeknights with great co-op deals.**





**2/\$5**

**Annie's Homegrown Organic Snack Crackers**  
7.5 oz., selected varieties



**2/\$5**

**Serenity Kids Organic Baby Food**  
3.5 oz., selected varieties



**2/\$5**

**Pop Art Gourmet Popcorn**  
4-6 oz., selected varieties



**2/\$6**

**Annie's Homegrown Organic Cereal**  
10-10.8 oz., selected varieties



**4.99**

**Kalahari Biltong Air Dried Beef Jerky**  
2 oz., selected varieties



*let's protect pollinators!*

We partner with The Xerces Society, an organization that supports conservation of invertebrates and their habitats. You and your little bunnies can learn more by visiting [www.xerces.org](http://www.xerces.org).

**2/\$5**

**Annie's Homegrown Organic Fruit Snacks**  
4 oz., selected varieties



**5.99**

**Once Again Organic Peanut Butter**  
16 oz., selected varieties



*scoop up the savings in bulk!*

**1.69**

**Organic Bulgur**



**7.99**

**Organic Unroasted Whole Cashews**



**9.99**

**Organic Dried Mango**



**Need a little or a lot? Get it in bulk!**

step into spring  
with plant power



Known as “the season of renewal,” spring is the perfect time to support our bodies’ systems after the winter season. Our herbalists at **Traditional Medicinals®** and **Urban Moonshine®** turn to plants like peppermint, echinacea, chamomile and dandelion to get your body back into the swing of things. Stock up and stay well with plant power.

**2/\$7**

Traditional Medicinals  
Organic Herbal Teas  
16 ct., selected varieties

**5.99**

Urban Moonshine  
Organic Bitters Spray  
½ oz.

**12.99**

Urban Moonshine  
Organic Digestive Bitters  
2 oz.



**10/\$10**

Larabar  
Fruit and Nut Bar  
1.6-1.7 oz., selected  
varieties



**32.99**

Vega  
Vega One Organic Shake  
12.1-13.5 oz., selected varieties



**2/\$6**

Clif Kid  
Organic Zbar  
6 ct., selected varieties



**2/\$6**

Celestial  
Seasonings  
Herbal Tea  
20 ct., selected varieties



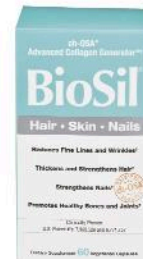
**5.99**

R.W. Knudsen  
Organic Just Tart  
Cherry Juice  
32 oz.  
other Knudsen Just  
Juices also on sale



**13.99**

Nutiva  
Organic  
Hempseed Oil  
16 oz.



**29.99**

Biosil  
Hair, Skin, Nails  
Supplement  
60 ct.

**Enhance your health with these great deals.**





**19.99**  
Source Naturals  
Wellness Formula  
90 count, selected  
varieties



**29.99**  
Renew Life  
Extra Care  
Ultimate Flora 50  
Billion  
30 ct.



**6.99**  
Avalon Organics  
Shampoo or Conditioner  
11 oz., selected varieties



**2/\$5**  
Tea Tree Therapy  
Toothpicks  
100 ct., selected  
varieties



**4.99**  
Moon Valley  
Organics  
Herbal Shampoo  
Bar  
4 oz., selected varieties



**7.99**  
Alba Botanica  
Sunscreen  
4 oz., selected varieties



**7.99**  
Everyone  
3-in-1 Soap  
32 oz., selected varieties



**7.99**  
Acure  
Shampoo or  
Conditioner  
8 oz., selected varieties



*cleaner by nature*

Better Life's products challenge the way people think about natural cleaning, with more plant power, fewer warning labels, and formulas that are a natural fit for mess makers.

**3.99**

Better Life  
All-Purpose Cleaner  
32 oz., selected varieties  
other Better Life products also on sale



**2/\$6**  
Alaffia  
Hand and Body  
Crème  
2 oz.



**8.99**  
Planet  
Liquid Laundry  
Detergent  
100 oz.

**Find all of your wellness products at the co-op.**

## Shop for fresh, delicious, local food at a co-op near you.

### ALASKA

Co-op Market Grocery & Deli

### ARIZONA

Food Conspiracy Co-op

### CALIFORNIA

BriarPatch Food Co-op

Chico Natural Foods Cooperative

Co+opportunity Market & Deli

Davis Food Co-op

Feather River Food Co-op

Isla Vista Food Co-op

North Coast Co-op

Ocean Beach People's Organic Food Co-op

Quincy Natural Foods Co-op

Sacramento Natural Foods Co-op

SLO Natural Foods Co-op

Ukiah Natural Foods Co-op

### IDAHO

Boise Co-op

Moscow Food Co-op

### MONTANA

Community Food Co-op

### OREGON

Alberta Cooperative Grocery

Ashland Food Co-op

Astoria Co+op

First Alternative Co-op

Food Front Cooperative Grocery

Medford Food Co-op

People's Food Co-op

### WASHINGTON

Central Co-op

Community Food Co-op

Main Market Co-op

Olympia Food Co-op

Orcas Food Co-op

Skagit Valley Food Co-op

Sno-Isle Natural Foods Co-op

The Food Co-op



*to find a food co-op near  
you, visit us online at:  
welcometothetable.coop*



**2.29**

Kitu Life  
Super Coffee  
12 oz., selected varieties

new



**2/\$5**

Rebbl  
Organic Sparkling  
Tonic  
15.2 oz., selected  
varieties

new



**6.99**

GT's  
Organic  
Kombucha  
48 oz., selected varieties



**2/\$5**

Wandering Bear  
Organic Cold  
Brew Coffee  
11 oz., selected varieties

new



**2/\$5**

Kevita  
Organic Master  
Brew Kombucha  
15.2 oz., selected  
varieties

new



**6.99**

Evolution Fresh  
Organic Juice  
59 oz., selected varieties



Co-ops support products and services that benefit personal and planetary health; a legacy we can be proud to leave generations to come.

Some items may not be available at all stores or on the same days

PWNW0320B

**coop**  
welcome to the table™