

coop deals

SEP 30 - OCT 20, 2020

fuel up
with flavor



As the seasons change, head outdoors and bring your favorite protein bar — like GoMacro's Macrobar — for extra energy. Flavor options that pair with any adventure.

2/\$4

**GoMacro
Organic Macrobar**
2-2.5 oz., selected varieties



2/\$5

**Tasty Bite
Indian Entrees**
10 oz., selected varieties



2/\$6

**Garden Of Eatin'
Tortilla Chips**
7.5-8.1 oz., selected varieties



2/\$7

**Brown Cow
Cream Top
Yogurt**
32 oz., selected varieties



2/\$4

**Barbara's
Cheese Puffs**
5.5-7 oz., selected varieties



2/\$6

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



6.99

**GT's
Organic
Kombucha**
48 oz., selected varieties



Find all your fall favorites.

Great savings at the co-op!



4/\$5
 Honest
 Organic Tea
 16 oz., selected varieties



2/\$5
 Brew Dr.
 Organic
 Kombucha
 14 oz., selected varieties



2/\$7
 The Greek Gods
 Greek Yogurt
 24 oz., selected varieties



2/\$4
 Califia Farms
 Cold Brew Coffee
 10.5 oz., selected varieties



1.79
 Yachak
 Organic Yerba
 Mate
 15.5 oz., selected
 varieties



4.99
 R.W. Knudsen
 Organic Just Tart
 Cherry Juice
 32 oz.



2.99
 Silk
 Dairy-free Creamer
 32 oz., selected varieties



3.99
 Oatly
 Oatmilk
 64 oz., selected
 varieties



3.99
 Bitchin' Sauce
 Almond Dip
 8 oz., selected varieties

family-owned, organic cheese



Rumiano cheese is the oldest family-owned cheese company in California, crafting the highest-quality organic, non-GMO cheese from the unique Northern California milkshed!

3.99
 Rumiano
 Organic Cheese
 8 oz., selected varieties



2/\$7
 Stonyfield
 Organic Frozen
 Yogurt
 16 oz., selected varieties



3.99
 Oatly
 Non-dairy Frozen
 Dessert
 16 oz., selected varieties

The co-op helps start your mornings off right!

feeling chilly?

When the weather turns cold, nothing is better than a hearty bowl of chili made from the ingredients you know and love.



4/\$5
Muir Glen
Organic Tomatoes
14.5 oz., selected varieties



2/\$4
Cascadian Farm
Organic Frozen
Black Beans
10 oz.



7.99
Beyond Meat
Beyond Beef
16 oz.



3.99
Field Roast
Chao Slices
7 oz., selected varieties



2/\$7
Rising Moon
Frozen Pasta
8 oz., selected varieties



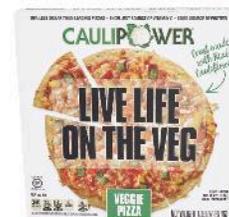
3.99
Gardein
Seven Grain Crispy
Tenders
9-11.5 oz., selected varieties



6.99
Cappello's
Gluten Free
Pizza
11-12 oz., selected varieties



9.99
Wyman's
Frozen Wild
Blueberries
3 lb.



6.99
Caulipower
Cauliflower Crust
Pizza
11.6 oz., selected varieties

Warm your evenings with delicious food.



2/\$4
 Westbrae
 Organic Beans
 15 oz., selected varieties



employee owned!

Try products from our employee-owned brands, Organicville and Sky Valley. Our organic ketchup, made with agave, is a great everyday condiment. For a new grilling twist, dress your veggies with Sweet Chili sauce!

3.49

Sky Valley
 Condiments and Cooking
 Sauces

7-24 oz., selected varieties



2.29
 So Delicious
 Coconut Milk
 32 oz., selected
 varieties



4.49
 Food For Life
 Ezekiel Bread
 24 oz., selected varieties



4.99
 Kettle & Fire
 Bone Broth
 16.2-16.9 oz., selected
 varieties



4.49
 Bragg
 Organic Apple
 Cider Vinegar
 32 oz.



2/\$5
 Seeds of Change
 Organic Ready to
 Heat Rice
 8.5 oz., selected varieties



1.19
 Organic Yellow
 Popcorn
 per pound in bulk



1.39
 Organic
 Pearled Barley
 per pound in bulk



1.99
 Organic
 Garbanzo
 Beans
 per pound in bulk



All your pantry essentials are at the co-op.

real vegetable chips



From the moment you open the distinctive shiny black bag, you'll understand the **TERRA**® difference. Every bag of our real vegetable chips is a feast for your eyes and a delight to taste — a snacking experience unlike any other.

2/\$6

Terra
Vegetable Chips
4.2-6 oz., selected varieties



3/\$5

Mike's Mighty Good
Ramen Soup
Packs and Cups
1.6-2.4 oz., selected varieties



8.99

Justin's
Almond Butter
16 oz., selected varieties



2/\$3

Alo
Aloe Drink
16.9 oz., selected varieties



2.29

Tanka
Buffalo Bar
1 oz., selected varieties



2.99

Glutino
Crackers
4.4-7 oz., selected varieties



2/\$10

Lily's
Chocolate Peanut
Butter Cups
3.2 oz., selected varieties



2/\$6

Annie's
Homegrown
Organic Chewy
Granola Bars
6-.89 oz., selected varieties



2/\$5

Que Pasa
Organic Tortilla
Chips
11 oz., selected varieties

Your favorite snacks are at the co-op.

October is Co-op month!

WHAT DO CO-OPS STAND FOR?

Co-ops stand for investing in the community, sourcing fair-trade products, dismantling systemic racism, supporting local farmers, healthy food for everyone, environmental conservation, and integrity and transparency in food.

October is Co-op Month, and the great products featured on these two pages all come from cooperative businesses! Thank you for supporting them!

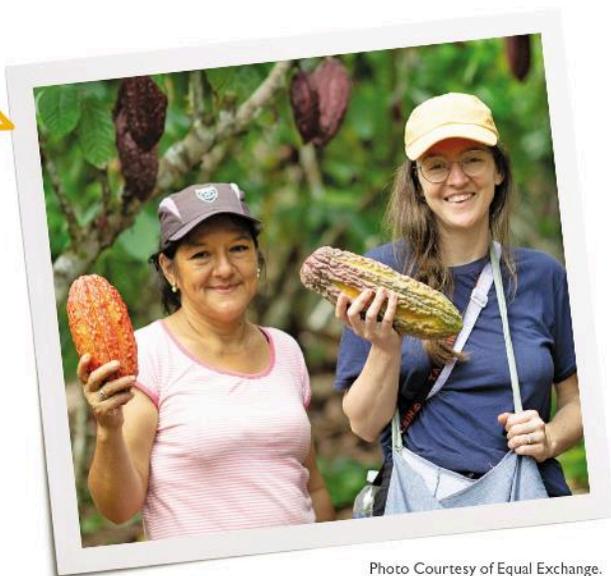


Photo Courtesy of Equal Exchange.



4.99

Organic Valley
Omega-3 Eggs
doz., Large or Extra
Large, selected
varieties



8.99

Aura Cacia
Lavender Essential
Oil
.5 oz.



it's pesto time!

Grab a bottle of our delicious organic olive oil, add basil, and viola! At La Riojana Co-op, we believe in producing fair trade goods that taste great and empower communities. Limited supply available.

9.99

Riojana
Organic Fair Trade Extra
Virgin Olive Oil
25.5 oz.



6.99

Alaffia
Authentic African
Black Soap
16 oz., selected
varieties

Co-ops make a positive difference in the world!

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

producer co-ops and community resiliency



As our producer partners face challenges from the pandemic, co-ops play a crucial role in community resiliency by buying and distributing food and basic goods, supporting local health centers, distributing fair trade premiums, and making much-needed cash prepayments to farmers. This Co-op Month, we thank you for standing with us in supporting smallholder farmer co-ops across the globe!

2/\$5

Equal Exchange Organic Chocolate Bar
2.8 oz., selected varieties

2/\$6

Equal Exchange Organic Tea
20 bags, selected varieties

4.49

Equal Exchange Organic Chocolate Chips
10 oz., selected varieties

6.99

Equal Exchange Organic Coffee
10-12 oz., selected varieties



15.99

Frontier Organic Whole Black Peppercorns per pound in bulk



10.99

Maple Valley Organic Maple Syrup
16 oz., selected varieties



8.99

Frontier Organic Vanilla Extract
2 oz., selected varieties



chocolate made conscientiously



Crafted with organically grown, fair trade cacao that restores the planet from farm to wrapper. This is chocolate the way nature intended.

2/\$6

Alter Eco Organic Chocolate Bar
2.82 oz., selected varieties



8.99

Equal Exchange Organic Bulk Coffee per pound in bulk, selected varieties
5 lb. packages also on promotion for \$42.99

Thank you for supporting cooperative businesses!

nature's path, sustainable food



Nature's Path is a fiercely independent, family-owned business committed to organic foods and sustainability. Healthy, organic soil captures more carbon from the atmosphere to help reverse climate change. Organic foods help save the planet.



2/\$6

Nature's Path Organic Instant Oatmeal
8-1.76 oz. packets

6.49

Nature's Path Organic Cereal
26.4-32 oz., selected varieties



2/\$7

Choice Organic Teas Organic Tea
16 tea bags, selected varieties



4.99

Grandy Oats Organic Granola
9 oz., selected varieties



2/\$7

Nature's Bakery Whole Wheat Fig Bar
6 ct., selected varieties

Since 1998, **Manitoba Harvest** has grown our portfolio of hemp products with a dedication to quality, sustainability and consumer wellness. Experiencing the benefits and transformational power of hemp is easy with our wide range of delicious and nutritious hemp foods.

get to know hemp

2/\$3

Manitoba Harvest Hemp Yeah! Bars
1.59 oz., selected varieties

2/\$5

Manitoba Harvest Hemp Milk Yeah!
32 oz., selected varieties

6.99

Manitoba Harvest Hemp Hearts
8 oz.

13.99

Manitoba Harvest Organic Hemp Yeah! Max Fiber
16 oz.



Great savings throughout the co-op.

*immune boosting
mocktail fun!*

Try this deliciously fun recipe featuring immune-boosting **Organic India** tea blended with **WishGarden** herbal remedies:

- 8 oz. hot water
- 1 bag Organic India Tulsi Masala Chai
- 6 pumps WishGarden Herbs Kick-Ass Immune
- ¼ teaspoon honey
- 1 mint sprig
- 1 cinnamon stick



2/\$7

Organic India
Tulsi Tea
18 bags, selected varieties

5.99

WishGarden
Kick-Ass Immune
.66 oz.

11.99

WishGarden
Kick-Ass Immune
Activator
2 oz.



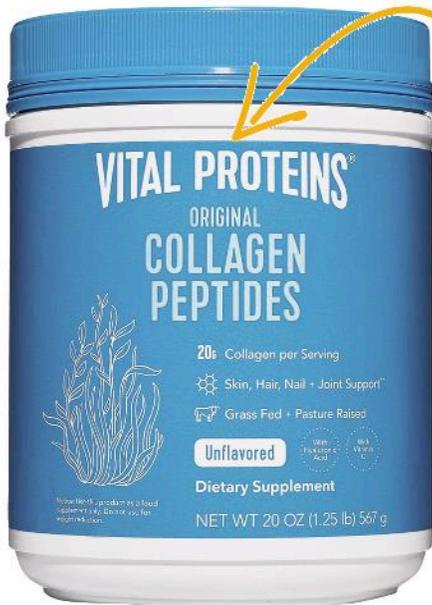
6.99

Navitas
Organic Cacao
Powder
8 oz.



19.99

Gaia Herbs
Turmeric
Supreme
60 ct.



blue tub, big benefits

As America's #1 collagen brand, Vital Proteins has helped people live more vibrant lives through premium collagen products that contain quality ingredients, clean labels and transparent sourcing.

41.99

Vital Proteins
Collagen Peptides
20 oz.



2/\$4

Garden of Life
Organic Sport Protein Bar
2.7 oz., selected varieties

Boost your immunity as the weather cools.



11.99
Boiron
Oscillococcinum
6 dose



21.99
Nordic Naturals
Ultimate Omega
60 ct.



*oil and water
ritual*

The most important thing you can do for your skin. Remarkable plant waters together with silky oil serums help restore the natural balance of the skin.

24.99

Evanhealy
Organic Facial Tonic
HydroSoul
4 oz., selected varieties



2/\$7
Jason
Toothpaste
4.2-6 oz., selected varieties



36.99
Megafood
One Daily
Multivitamins
60 ct., selected varieties

give thanks to farmers!

Your fair trade purchase supports farmers who use regenerative organic practices — caring for our planet while growing Dr. Bronner's soap ingredients! Together we do better — "All-One!"

3.99
Dr. Bronner's
Pure Lavender and Peppermint
Castile Liquid Soap
8 oz.

9.99
Dr. Bronner's
Pure Lavender and Peppermint
Castile Liquid Soap
32 oz.



The best of body care products are at the co-op.



8.49
 Green Forest
 100% Recycled
 Paper Bath Tissue
 12 ct.



3.99
 Citra-Solv
 Dish Liquid
 25 oz., selected varieties



safeguard your home

We've spent over 50 years creating safer cleaning products to protect the health and wellness of people, pets and the planet. ECOS® products are also affordable and work great!

9.99

Ecos
 Liquid Laundry
 Detergent
 100 oz., selected varieties



Shop the co-op for eco-friendly household products.
Be happy, healthy and green.

your pet deserves the best



Petguard natural, balanced pet food is made in the USA with high-quality proteins, vegetables and whole grains. Free of animal byproducts and artificial preservatives. It's everything your pet needs and loves.

2/\$3

Petguard
 Cat Food
 5.5 oz., selected varieties



2/\$10

Giovanni
 Shampoo or
 Conditioner
 8.5 oz., selected varieties

Products for the people and pets in your home.

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

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



love what you eat

We make real food with simple, recognizable ingredients and big taste. We care about where our ingredients come from and how they are produced. Go ahead, love what you eat!

2/\$7

Evol
Truffle Parmesan
Mac & Cheese
8 oz., selected varieties



2/\$7

Chickpea
Organic Chickpea & Lentil Pasta
8 oz., selected varieties



4.99

Victoria
Pasta Sauce
18-24 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

PWNW1020A

