

coop deals

MAR 31 - APR 20, 2021

discover fair trade coffee

GOOD MORNING!

A more equitable and sustainable world is possible — one cup at a time. Make your favorite brunch items and sip on Equal Exchange's new ¡BioRevolution! Dark Roast — available only at your co-op — and know you're supporting organic, regenerative agriculture and fair trade farmers.



6.99

Equal Exchange
Organic Coffee
12 oz., selected varieties



2/\$5

R.W. Knudsen
Simply Nutritious
Juice
32 oz., selected varieties



2/\$7

Immaculate
Organic
Cinnamon
Rolls
17.5 oz.



3.79

Bonne Maman
Preserves
13 oz., selected varieties



Visit the co-op for organic and fair trade options.
The perfect start to the day.



3.99

**Mt. Vikos
Organic Feta Cheese**
6 oz., selected varieties



2/\$5

**Vive Organic
Wellness Shots**
2 oz., selected
varieties



2/\$6

**The Greek Gods
Greek Yogurt**
24 oz., selected varieties



5.99

**Field Roast
Celebration
Roast**
16 oz.



4/\$5

**Wallaby
Organic Whole
Milk Greek
Yogurt**
5.3 oz., selected varieties



5.99

**Uncle Matt's
Organic Juice**
52 oz., selected varieties



great buttery taste

Earth Balance Vegan Buttery Spread has made a name as the ultimate toast topper and a crucial part of your dairy-free baking. It's creamy, rich and buttery.

3.99

**Earth Balance
Buttery Spread**
13-16 oz., selected varieties



2/\$7

**Evolution Fresh
Organic Juices**
15.2 oz., selected varieties

Start the day with deals from the co-op.



2.49

Organic Valley
Free-range
Large Eggs
6 ct.



3.49

Organic Valley
Cultured
Buttermilk
32 oz.



3.99

Organic Valley
Ultra Pasteurized
Half & Half
32 oz.



3.99

Organic Valley
Thick and Finely
Shredded Cheese
6 oz., selected varieties



our secret ingredient?

You could say that outside is our “secret ingredient.” We put the outside into our products, so you and your family can get all the benefits of cows raised outside — inside your bodies.



2/\$5

Tofurky
Deli Slices
5.5 oz., selected varieties



4.99

Organic Valley
Raw Cheese
8 oz., selected varieties



3.99

Oatly
Oatmilk
64 oz., selected varieties



2/\$5

Kevita
Organic Sparkling
Probiotic Drink
15.2 oz., selected varieties



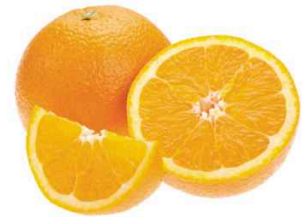
5.49

So Delicious
Coconutmilk
Yogurt
24 oz., selected varieties

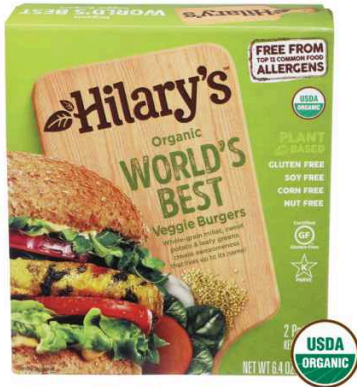


3.99

Lifeway
Organic Kefir
32 oz., selected varieties



All your refrigerated favorites at the co-op.



2/\$5

Hilary's Organic Veggie Burgers
6.4 oz., selected varieties

fixings at the co-op

OUTDOOR MEAL TIME

Spring weather means more time outdoors. The co-op has a great selection of quick, easy meals that you and your family will love. And don't forget the fixings!



2/\$6

Alexia Frozen Potatoes
11-19 oz., selected varieties



3/\$5

Woodstock Frozen Vegetables
10 oz., selected varieties



2/\$5

Garden Of Eatin' Tortilla Chips
5.5 oz., selected varieties



eat Bliss, not that

Our purpose is to create wildly delicious, organic plant-based ice cream, crafted from Earth's finest ingredients, without milking nature's resources along the way.

2/\$10

Coconut Bliss Organic Frozen Dessert
1 pint, selected varieties



6.99

Alden's Organic Ice Cream
48 oz., selected varieties



3.99

Straus Family Creamery Organic Ice Cream
16 oz., selected varieties

The co-op has quick, easy meal options.

supporting the iBioRevolution! Project

For every pound of Organic iBioRevolution! Coffee you purchase, 50 cents goes to innovative agriculture projects. Our goal is to raise up to \$25,000 annually. The first funded project will be scholarships to La Fortaleza, a farmer-led grassroots biodynamic teaching farm in Honduras.

2/\$5

Equal Exchange Organic Chocolate Bars
2.8 oz., selected varieties

2/\$6

Equal Exchange Organic Teas
20 tea bags, selected varieties

4.49

Equal Exchange Organic Chocolate Chips
10 oz., selected varieties

8.99

Equal Exchange Organic Bulk iBioRevolution! Coffee
1 lb.



5.49

Lily's Chocolate Baking Chips
9 oz., selected varieties



5.49

Bob's Red Mill Organic Flour
5 pounds, selected varieties



2.49

Let's Do Organic Shredded Coconut and Coconut Flakes
6-8.8 oz., selected varieties



2/\$6

Santa Cruz Organic Apple Sauce
23 oz., selected varieties



5.99

Swerve Sweeteners
12 oz., selected varieties



scoop up the savings in bulk!

1.99

Organic Garbanzo Beans
per pound in bulk



4.49

Organic Pitted Deglet Noor Dates
per pound in bulk



11.99

Organic Pecan Halves
per pound in bulk



Baking made easy with deals from the co-op.



2.29

Probar Meal Bar
3 oz., selected varieties



2/\$7

Barbara's Cereal
8-14 oz., selected varieties



sprouted brown rice goodness

Our Sprouted Brown Rice Cacao Crisps have all the health benefits of sprouted brown rice, made even more delicious with cacao and low-glycemic coconut palm sugar from the Indonesian archipelago.?

2/\$6

One Degree Organic Sprouted Cereal
8-12 oz., selected varieties



4.49

Santa Cruz Organic Peanut Butter
16 oz., selected varieties



2/\$7

Choice Organic Tea
16 tea bags, selected varieties



2/\$3

Plum Organics Baby Food
4 oz., selected varieties



healthy and tasty snacks



2/\$4

Bobo's Oat Bar
3 oz., selected varieties



Delicious snacks perfect for every occasion during the day and for the whole family. KIND products are made with nutritionally dense ingredients, like whole nuts and grains and real fruits — no secret ingredients or artificial flavors, preservatives or sweeteners.

3/\$4

Kind Fruit & Nut Bar
1.4 oz., selected varieties



4/\$5

Vermont Smoke & Cure Meat Stick
1 oz., selected varieties

Head outside with healthy snacks from the co-op.

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



2/\$4

Muir Glen Organic Tomatoes
28 oz., selected varieties



2/\$5

Westbrae Organic Beans
25 oz., selected varieties



2/\$6

Imagine Organic Broth
32 oz., selected varieties



3/\$5

Dr. McDougall's Soup Cup
1.4-3.4 oz., selected varieties



4.49

Bragg Organic Apple Cider Vinegar
32 oz.



4.99

Sky Valley Sriracha Sauce
18.5 oz.



3/\$5

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



2/\$5

Blue Diamond Nut Thins
4.25 oz., selected varieties



2/\$5

Tasty Bite Entrees
10 oz., selected varieties



support healthy digestion every day

Discover why our refreshing and undeniably minty peppermint tea is the perfect way to end a meal. Start your morning with Roasted Dandelion Root — a surprisingly pleasant roasted blend!

3.99

Traditional Medicinals Organic Herbal Tea
16 tea bags, selected varieties



9.99

Spectrum Naturals Organic Unrefined Extra Virgin Olive Oil
25.4 oz. selected varieties

Stock the pantry with deals from the co-op.

add crunch
to brunch



Here's an easy way to up your brunch game: set out irresistibly crunchy, delicious snacks from **Kettle Brand**® and **Late July**®. Each is made with organic ingredients and packed with flavors that satisfy any appetite.

2/\$4

Late July Organic Popcorn
4.4 oz.

2/\$4

Late July Tortilla Chips
5.5 oz.

2/\$5

Late July Organic Thin & Crispy Potato Chips
5 oz.

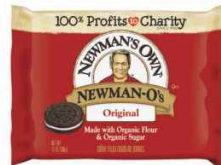
2/\$5

Kettle Brand Organic Potato Chips
5 oz.



2/\$5

Alter Eco Organic Chocolate Bar
2.82 oz., selected varieties



4.49

Newman's Own Newman-O's Sandwich Cookies
13 oz., selected varieties



2/\$4

Endangered Species Chocolate Bars
3 oz., selected varieties



2/\$5

Angie's Boomchickapop Popcorn
4.4-8 oz., selected varieties



3.99

Justin's Organic Mini Peanut Butter Cups
4.7 oz., selected varieties



3/\$5

Surf Sweets Candy
2.75 oz., selected varieties



3/\$4

Wholesome Organic Delish Fish
2 oz.



3.99

Hu Chocolate Bar
2.1 oz., selected varieties

The co-op has all the snacks you love.



2/\$3
C2O
Coconut Water
17.5 oz., selected varieties



protein for the planet

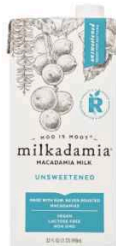
Go organic this Earth Month with Orgain Plant-based Vanilla Protein Powder. Our passion is to make clean, organic protein that's non-GMO and made without soy, artificial colors or preservatives.

29.99

**Orgain
Organic Plant-based Protein
Powder**
2.03 lb., selected varieties



1.79
Yachak
Organic Yerba
Mate
15.5 oz., selected varieties



2/\$7
Milkadamia
Macadamia
Milk
32 oz., selected varieties



4.49
Izze
Sparkling Juice
Beverage
4-12 oz. bottles, selected varieties



*unleash your
limitless potential*

Bulletproof™ is an integrated approach to mind-body nutrition that helps transform the way you feel.

17.99

**Bulletproof
Brain Octane**
14 oz., selected varieties



Stay refreshed with beverages from the co-op.



allergy season is here

Similasan works differently, by using natural botanical extracts to stimulate the body's natural defenses and target the root cause, offering multi-symptom relief from itching, burning, watering and redness.

9.99

Similasan
Homeopathic Eye Relief
.33 oz., selected varieties



6.99
Sukin
Shampoo or
Conditioner
16.9 oz., selected varieties



4.49

If You Care
Parchment Paper
70 sq. ft.
other If You Care products
also on sale



10.99

Urban Moonshine
Clear Chest
Organic Bronchial
Support
4.2 oz.

love our mother

EARTH DAY, EVERY DAY! Soap is farmed — so our main ingredients are agricultural products grown in the earth and tended by farmers. How we treat the people and land matters. Look for **Dr. Bronner's** new special label, Heal Earth!, and read the book *Honor Thy Label* for the inside story!

2/\$5

Dr. Bronner's
Pure Castile
Bar Soaps
5 oz.

3.99

Dr. Bronner's
Pure Castile
Liquid Soaps
8 oz.

10.99

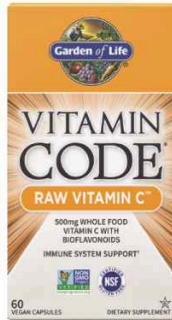
Dr. Bronner's
Pure Castile
Liquid Soaps
32 oz.



Everyone is welcome at the co-op.



5.99
 ChildLife
 Liquid Vitamin C
 4 oz.



16.99
 Garden Of Life
 Vitamin Code Raw
 Vitamin C
 60 ct.



39.99
 Nordic Naturals
 Ultimate Omega Fish Oil
 120 ct.



6.99
 Bach
 Rescue Remedy
 Pastilles
 35 ct., selected varieties



21.99
 MegaFood
 Blood Builder
 60 ct.



29.99
 Natural Factors
 Whole Earth &
 Sea Multivitamins
 60 ct., selected varieties

we're redefining clean



For the past 30 years, we've been a company with strong beliefs about the rights of people and planet. We're on a mission to transform the world into a healthy, sustainable and equitable place for the next seven generations.

3.99
 Seventh Generation
 All Purpose Cleaner
 23 oz.

10.99
 Seventh Generation
 Laundry Detergent
 100 oz., selected varieties

11.99
 Seventh Generation
 Easy Dose Laundry
 Detergent
 23.1 oz., selected varieties

Sustainable products for your home at the co-op.

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

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



4.99

**Vital Farms
Pasture-raised Eggs**
1 doz., selected varieties

ethical eggs

Vital Farms eggs come from pasture-raised hens that enjoy a minimum of 108 square feet of roaming space, with the freedom to forage while enjoying fresh air and sunshine.



2/\$5
**Silver Hills
Bread**
14-22 oz., selected varieties



3/\$7
**Nature's Path
Organic
Waffles**
6 ct., 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

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