

# coop deals

APR 21 - MAY 4, 2021

*boost your bowl*

Serve up a delicious bowl of Koyo organic ramen, now on sale at the co-op! Then add your favorite proteins and seasonings for the perfect meal.



**5/\$5**

**Koyo  
Ramen**

2.1 oz., selected varieties



**5/\$5**

**Luna  
Nutrition Bar**  
1.69 oz., selected  
varieties



**5/\$5**

**Fage  
Greek Yogurt**  
5.3-7 oz., selected  
varieties



**2/\$5**

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



**2/\$4**

**Evol  
Burrito**  
6 oz., selected  
varieties



**3.99**

**Quinn Snacks  
Pretzel Nuggets**  
6.5-7 oz., selected  
varieties



**6.49**

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



Spring into deals from the co-op.

**Fresh ingredients for meals.**



*Noosa yoghurt – full-on tasty*

Heaps and heaps and heaps of tasty fruit are a "berry good" way to start your morning.



**4/\$5**

**Siggis**  
plant-based  
coconut blend  
Yogurt  
5.3 oz., selected varieties

**3/\$5**

**Noosa**  
Finest Yoghurt  
8 oz., selected varieties



**3.99**

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



**2/\$4**

**Bellwether**  
Farms  
Sheep Milk  
Yogurt  
6 oz., selected varieties



**3.99**

**Rumiano**  
Organic  
Cheese  
8 oz., selected varieties



*rich, creamy and delicious!*

At Brown Cow, we've been making rich, creamy dairy treats since 1975, beginning in New York and now in Londonderry, N.H. You'll taste the difference from our 40+ years of experience.

**5/\$5**

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



**3/\$7**

**Petit Pot**  
French  
Pudding  
3.5 oz., selected varieties



**2/\$6**

**GoodBelly**  
Probiotic  
Drink  
32 oz., selected varieties

**Great deals for the whole family at the co-op!**



**3.49**

Silk  
Plant-based Milk  
64 oz., selected varieties



**4.99**

Silk  
Plant-based  
Yogurt  
24 oz., selected varieties



**3.99**

Talenti  
Gelato or Sorbetto  
1 Pint, selected varieties



**2/\$7**

Ithaca  
Hummus  
10 oz., selected varieties



**3.99**

Califia Farms  
Almondmilk  
48 oz., selected varieties



**2/\$7**

Organic Valley  
Egg Bites  
2 ct., selected varieties



**2/\$6**

Rebbl  
Organic Elixir  
12 oz., selected varieties



**2.29**

So Delicious  
Organic Coconut  
Milk Creamer  
16 oz., selected  
varieties



**5.49**

Wallaby  
Organic Whole  
Milk Greek  
Yogurt  
32 oz., selected varieties



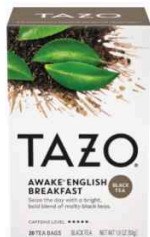
**2.49**

Wildwood  
Organic Tofu  
14-20 oz., selected  
varieties



**2/\$5**

R.W. Knudsen  
Organic Very  
Veggie Juice  
32 oz., selected varieties



**2/\$6**

Tazo  
Tea  
15-20 tea bags, selected  
varieties



**4.99**

Lakewood  
Organic Pure  
Pineapple Juice  
32 oz.

**Find the products you love at the co-op.**





**2/\$7**

**Mediterranean Organic Olives**

4.8-5 oz., selected varieties



*artisan products crafted in Italy*

Jovial is the “go-to” brand for the organic consumer. The highest quality of Italian products from our family to yours.

**2/\$6**

**Jovial Brown Rice Gluten-free Pasta**

12 oz., selected varieties



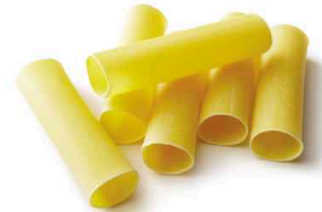
**2/\$6**

**Pacific Foods Organic Soup**  
17-17.6 oz., selected varieties



**6.99**

**Napa Valley Naturals Oil**  
25.4 oz., selected varieties



*organic and flavor packed*

This real cheese and organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all. Enjoy our organic classic mac as is or add yummy toppings (like sausage and peas!) for a delicious mix-in masterpiece.

**3/\$5**

**Annie's Homegrown Organic Macaroni & Cheese**

6 oz., selected varieties



**6.49**

**Rao's Homemade Pasta Sauce**  
24 oz., selected varieties



**4/\$5**

**Simply Organic Marinades or Seasoning Mixes**  
.7-1.41 oz., selected varieties

**The co-op has deals on great meal ingredients.**



**2/\$4**  
 Food Should Taste Good  
 Tortilla Chips  
 5.5 oz., selected varieties



**2/\$5**  
 Stacy's  
 Pita Chips  
 7.33 oz., selected varieties



*made from plantains*

Barnana uses organic plantains, grown by indigenous farmers from the Amazon rainforest, that offer a satisfying crunch while also being non-GMO verified, gluten free, vegan, paleo-friendly and grain free.

**2/\$7**

**Barnana**  
**Organic Plantain Chips**  
 5 oz., selected varieties



**2/\$7**  
 Mary's Gone  
 Crackers  
**Organic Crackers**  
 5-6.5 oz., selected varieties



**4.49**  
 LaCroix  
 Sparkling Water  
 12-12 oz. cans, selected varieties



**8.99**  
 Equal Exchange  
 Organic  
**BioRevolution**  
 Dark Roast  
 per pound in bulk

*hoppiness starts here*

Let our bunny-shaped treats make snack time extra fun (and our organic ingredients make your day a little more joyful, too!).



**2/\$5**  
 Annie's Homegrown  
 Organic Bunny  
 Crackers and Grahams  
 7.5 oz., selected varieties



**2/\$5**  
 Annie's Homegrown  
 Organic Bunny  
 Fruit Snacks  
 5 pack, selected varieties



**2/\$6**  
 Annie's Homegrown  
 Organic Cheddar  
 Cheesy Smiles  
 4 oz., selected varieties



**2/\$7**  
 Annie's Homegrown  
 Organic Snack Mix  
 9 oz., selected varieties

**Fill your picnic basket with snacks from the co-op.**





**2/\$5**

Cascadian Farm Organic Frozen Vegetables  
12-16 oz., selected varieties



**2/\$6**

Cascadian Farm Organic Fruit  
10 oz., selected varieties



**2/\$6**

Cascadian Farm Organic Soft Baked Squares  
5-1.2 oz., selected varieties  
Cascadian Farm Granola Bars also on sale



**2/\$6**

Cascadian Farm Organic Cereal and Granola  
8.5-14.6 oz., selected varieties



*love the farmland*

At **Cascadian Farm** our continuing mission is to help protect our planet. As one of the earliest pioneers of organic agriculture, we have spent more than 40 years planting pollinator habitat, helping farmers build healthy soil and integrating climate-smart crops into our products. Join us in cascading change for a better future.



**2/\$4**

**Epic Bar**  
1.3-1.5 oz., selected varieties

*live Epic, eat Epic*

EPIC's Venison Sea Salt + Pepper Bar features 15 grams of protein and two grams of total carbs for a truly carb-conscious option.



**2/\$6**

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



**2/\$7**

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



**1.29**

Organic Steel Cut Oats  
per pound in bulk



**2.99**

Organic White Quinoa  
per pound in bulk

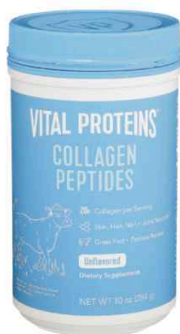


**9.99**

Organic Dried Mango  
per pound in bulk



**Shop in bulk at the co-op.**



**21.99**

**Vital Proteins  
Collagen Peptides**  
10 oz.



**2/\$4**

**Rxbar  
Protein Bar**  
1.83 oz., selected  
varieties



**18.99**

**Om  
Organic  
Mushroom  
Powder**  
3.5 oz., selected varieties



**16.99**

**Smarty pants  
Kids Complete  
Multi + Omega 3**  
120 ct.



**17.99**

**Jarrow Formulas  
Jarro-Dophilus  
EPS**  
60 ct.



**12.99**

**Alba Botanica  
Very Emollient  
Body Lotions**  
32 oz., selected varieties



**5.49**

**Castor & Pollux  
Organic Dog  
Cookies**  
12 oz., selected varieties



**2.99**

**Planet  
Dishwashing  
Liquid**  
25 oz.



*plant powered and safe*

Our plant-powered products are non-toxic and safer for you, your home and our planet, because we believe clean shouldn't mean spreading toxins all over your home. It's been our ECOS® promise for over 50 years.

**10.99**

**ECOS  
Liquid Laundry Detergent**  
100 oz., selected varieties



**8.99**

**Weleda  
Sea Buckthorn Hand  
Cream**  
1.7 oz., selected varieties

**Savings on Earth-friendly 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

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

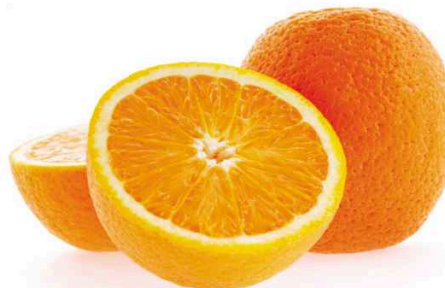
Olympia Food Co-op

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](http://welcometothetable.coop)*

*better from the start*

Our story is simple. We grew up in Boulder, Co., baking bread, with the goal of making delicious, nutritious bread that people would love. Since 1976, we've been using small-batch baking techniques and organic ingredients to make bread that we're proud to share with you.



**3.49**

Rudi's Organic Bakery  
English Muffins  
12 oz., selected varieties



**3.99**

Rudi's Organic Bakery  
Bread  
12 oz., selected varieties



**3.49**

Rudi's Organic Bakery  
Thin Sliced Bread  
18 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

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