

coop deals

FEB 3 - FEB 16, 2021

sweet, salty goodness

With Alter Eco truffles, consider your sweet tooth satisfied. A touch of sea salt on caramel makes the perfect combination for Valentine's Day — or any day.



4.99
Alter Eco
Organic Chocolate Truffles
4.2 oz., selected varieties



2/\$5
Chocolove
Chocolate Bars
2.9-3.2 oz., selected varieties



2/\$5
Barbara's
Cheese Puffs
5.5-7 oz., selected varieties



3.99
Talenti
Gelato or Sorbetto
16 oz., selected varieties



2/\$5
R.W. Knudsen
Simply Nutritious
Juice
32 oz., selected varieties



4.49
Numi
Organic Tea
12-18 tea bags, selected varieties



3.99
Immaculate
Organic
Cinnamon
Rolls
17.5 oz.



Share the love all year long.

Sweet deals at the co-op.

game changing
plant-based



Kite Hill is on a mission to elevate your expectations of how amazing plant-based eating can be. In everything we make — from award-winning plant-based yogurts and cheeses to delicious pastas, dips and even food for kids — Kite Hill strives to create foods that are both irresistible and sustainable.

2/\$7
Kite Hill
Almond Milk
Dips
8 oz., selected varieties

3.99
Kite Hill
Almond Milk
Greek-Style Yogurt
and Sour Cream
8 oz., selected varieties

5.49
Kite Hill
Almond Milk
Ricotta Tortellini
and Ravioli
9 oz., selected varieties

5.99
Kite Hill
Almond Milk
Cream Cheese
Style Spreads
8 oz., selected varieties



2/\$7
Good Karma
Flaxmilk
64 oz., selected varieties



3.99
Ripple
Plant-based Milk
48 oz., selected
varieties



3.99
Chobani
Oat Milk
52 oz., selected varieties



3.49
Organic Valley
Sour Cream
16 oz., selected varieties



4.49
Just
Folded Plant-
based Eggs
8 oz.



3.49
Lifeway
Organic Kefir
32 oz., selected varieties



2/\$3
Stonyfield
Organic Yogurt
Pouch
3.5 oz., selected varieties



2.99
Fage
Greek Yogurt
17.6 oz., selected
varieties

Delicious options to start your day!



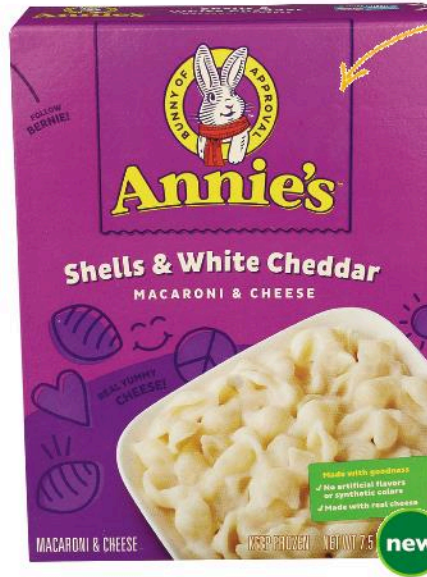
6.99

Diestel Turkey Ranch Organic Deli Slices
6 oz., selected varieties



2/\$7

Organic Valley Shredded Cheese
6 oz., selected varieties



creamy and ready in minutes

Now in the freezer and more convenient than ever, Annie's Mac & Cheese is ready in less than five minutes, with no boiling, draining or clean up. That's a win-win meal!

2/\$5

Annie's Homegrown Frozen Mac & Cheese
7.5 oz., selected varieties



8.99

Organic Prairie Summer Sausage
8-12 oz., selected varieties



4.49

Applegate Bacon
8 oz., selected varieties



3.99

Little Northern Bakehouse Organic Gluten-free Bread
16-17.4 oz., selected varieties



Simple ingredients. Serious sizzle.

Imagine dishes delivering the taste you love, but being better for you and the planet. Our products are simple and made from plants — without GMOs, bioengineered ingredients, hormones, antibiotics or cholesterol.



6.99

Beyond Meat Beyond Sausage
14 oz., selected varieties



4.49

Field Roast Vegan Sausage
12.95 oz., selected varieties



3.49

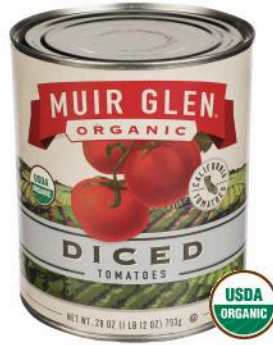
Daiya Dairy-free Shreds
8 oz., selected varieties

Find your favorite brands at the co-op.



2/\$5

Imagine Organic Broth
32 oz., selected varieties



2/\$4

Muir Glen Organic Tomatoes
28 oz., selected varieties



7.99

Eden Foods Mirin Cooking Rice Wine
10.1 oz.



3/\$5

Mike's Mighty Good Ramen Soup Cup
1.6-2.3 oz., selected varieties



2.29

Native Forest Organic Unsweetened Coconut Milk
13.5 oz.



2/\$6

Tasty Bite Organic Entrees
10 oz., selected varieties



3/\$5

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



2.49

Woodstock Organic Ketchup
20 oz.



2/\$6

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



Stock your pantry with deals from the co-op.



2/\$6
Lily's
Chocolate Bar
2.8-3 oz., selected
varieties



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



2/\$5
Theo
Organic
Chocolate Bar
3 oz., selected varieties



3.99
Hu
Chocolate Bar
2.1 oz., selected varieties

chocolate is our love language



Endangered Species Chocolate is all about authenticity. Each bar has just a handful of real ingredients. We've got a taste for every occasion, and we're making a positive impact for wildlife habitats.

2/\$4

Endangered Species
Chocolate Bars
3 oz., selected varieties



Terra
Vegetable Chips
4.2-6 oz., selected varieties

2/\$6



scoop up the savings in bulk!

1.39
Organic Multicolor
Popcorn
per pound in bulk



1.99
Organic Black Turtle
Beans
per pound in bulk



6.99
Organic Medjool
Dates
per pound in bulk



Find your favorite chocolate at the co-op.

sweet ways to share the love

Whether you're baking from scratch or buying a fresh, ready-made dessert, the co-op has what you need for Valentine's Day. Don't forget the mocktail ingredients or a special wellness item for your loved one.



2/\$7

Tony's Chocolonely Chocolate Bar
6.35 oz., selected varieties



3.99

Crofter's Organic Premium Fruit Spread
16.5 oz., selected varieties



2.99

Vital Farms Pasture-Raised Butter
8 oz., selected varieties



7.99

Lakewood Organic Pure Pomegranate Juice
32 oz.



2/\$5

Aura Cacia Mineral and Foam Baths
2.5 oz., selected varieties

Bake something sweet for Valentine's Day!

Plenty of wellness gift ideas at the co-op.



5.99
Once Again
Organic Sunflower
Seed Butter
16 oz.

we all need LOVE



Enjoy your Love Crunch granola as a delicious breakfast option, or bring the granola on one of your adventures as an exceptionally tasty snack! Organic indulgence and LOVE!

3.49

Nature's Path
Organic Love Crunch
11.5 oz., selected varieties



3.49
Nature's Bakery
Organic Baked-ins
Oat Bars
6-1.17oz. bars, selected
varieties



3/\$5
Happy Baby
Organic Baby
Food
4 oz., selected varieties



2/\$3
Plum Organics
Baby Food
4 oz., selected varieties



2/\$7
Barbara's
Cereal
8-14 oz., selected
varieties

healthy and tasty snacks

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, real fruits and whole grains — no secret ingredients and no artificial flavors, preservatives or sweeteners.

10/\$10
Kind
Bars
1.4 oz.

2/\$6
Kind
Healthy Grains
Granola Bars
5-1.16-1.2oz. bars

3.99
Kind
Healthy Grains
Clusters
11 oz.



The co-op has snacks everyone will love.

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



uniquely Italian

2/\$3

S. Pellegrino Sparkling Water
25.3 oz.

4.99

SanPellegrino Sparkling Fruit Beverage
6 pack, selected varieties

4.99

SanPellegrino Momenti
6 pack, selected varieties

Discover the gentle bubbles of **SanPellegrino**. From our original **S. Pellegrino** Italian Sparkling Mineral Water to the intriguing mix of fruits in **Momenti™**, or the classic Mediterranean flavors of our Traditional Sparkling Fruit Drinks, the experience is always uniquely Italian.



2/\$5

Vita Coco Organic Coconut Non-dairy Beverage
33.8 oz.



2.79

Califia Farms Shelf-stable Almondmilk
32 oz., selected varieties



6.99

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



2/\$3

Tazo Tea
13.8 oz., selected varieties



mother nature's got your back

Need to support your immune system? Try our Echinacea Plus® Elderberry tea. Throat need some love? Soothe it with our sweet and comforting Throat Coat® tea.

3.99

Traditional Medicinals Tea

16 tea bags, selected varieties

Find beverages you'll love at the co-op.

*a full spectrum
of wellness*

Solaray, Kal, Honey Gardens and Heritage Store offer a broad spectrum of all-natural dietary supplements and body care products that promote optimal overall health and wellness. Honey Gardens Elderberry Syrup makes the perfect addition to your health and wellness routine.



6.99

Heritage Store
Rose Water
Atomizer
8 oz.



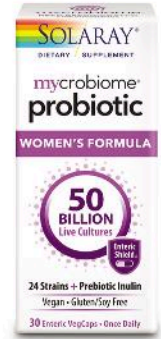
8.99

Honey Gardens
Elderberry Syrup
4 oz.



12.99

Kal
Magnesium
Glycinate
90 capsules



31.99

Solaray
Mycrobioime
Women's Probiotic
30 capsules

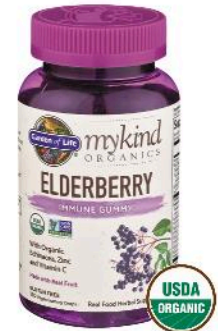


*One heart.
Ultimate support.*

We all have just one hardworking heart that keeps us going, day after day. Care for your heart with Ultimate Omega 2X from Nordic Naturals — the ultimate in heart health.

34.99

Nordic Naturals
Ultimate Omega 2X
60 ct.



29.99

Garden of Life
Mykind Organic
Elderberry Gummies
120 ct., selected varieties



12.99

Urban Moonshine
Clear Chest
Organic Bronchial
Support
4.2 oz.



15.99

Nature's Way
Elderberry
Sambucus
Gummies
60 ct.



19.99

Natural Factors
Tranquil Sleep
60 ct.

Year-round wellness support at the co-op.



9.99

**Alaffia
Everyday Shea Body
Lotion**
32 oz., selected varieties



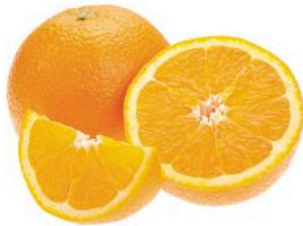
2.79

**Ecover
Dish Liquid**
25 oz., selected
varieties



11.99

**Mineral Fusion
Volumizing Mascara**
.57 oz., selected varieties



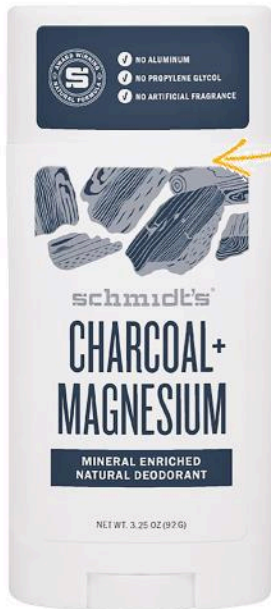
10.99

**Emergen-C
Vitamin C
Supplement**
18-30 ct., selected
varieties



10.99

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



*natural deodorant
that works*

Schmidt's is plant-based, certified vegan and cruelty free. We're always exploring new ingredients and ways to incorporate natural technology into our products.

8.99

**Schmidt's
Deodorant**
3.25 oz., selected varieties



19.99

**Megafood
MegaFlora**
30 ct.

Natural products for you and 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



2/\$5

Kettle Brand Organic Potato Chips
5 oz., selected varieties



2/\$5

Late July Organic Crackers
6 oz.



2/\$5

Late July Tortilla Chips
5.5 oz.

big game, big flavor

Kick off snack time with a crunch! Our **Late July®** products and **Kettle Brand®** chips are made with quality ingredients for a winning snack-time taste, whether you serve them with dip or eat them just as they are.

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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