

coop deals

DEC 30, 2020 - JAN 19, 2021

*new year,
more yogurt*

The co-op is stocked with nuts, seeds and berries to make a delicious parfait. Try it with Siggis's yogurt — on sale now at the co-op!



5/\$5

**Siggis
Icelandic Style
Yogurt**

5.3 oz., selected varieties



2/\$5

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



2/\$7

**Organic India
Tulsi Tea**
18 tea bags, selected
varieties



5.99

**Caulipower
Cauliflower Crust
Pizza**
11.6 oz., selected
varieties



2/\$4

**Westbrae
Organic Beans**
15 oz., selected varieties



2/\$4

**Perfect Bar
Organic Protein
Bar**
2.5 oz., selected varieties



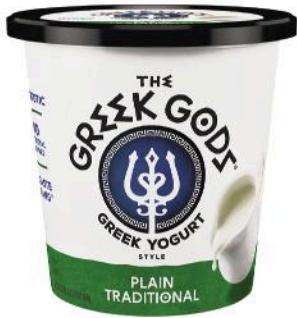
2/\$5

**Kevita
Organic Sparkling
Probiotic Drink**
15.2 oz., selected
varieties



The co-op wishes you a healthy 2021!

Try something new at the co-op.



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



5/\$5
 Fage
 Greek Yogurt
 5.3-7 oz., selected
 varieties



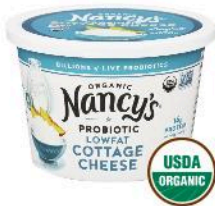
2/\$7
 Califia Farms
 Almondmilk
 48 oz., selected varieties



3.99
 Lifeway
 Organic Kefir
 32 oz., selected varieties



4.49
 Forager Project
 Organic
 Cashewmilk
 Yogurt
 24 oz., selected varieties



3.99
 Nancy's
 Organic Cottage
 Cheese
 16 oz., selected varieties



4.49
 Vital Farms
 Pasture-raised
 Eggs
 1 doz., selected
 varieties



13.99
 Organic Valley
 Ghee Clarified
 Butter
 13 oz., selected varieties

*goodness in
 every glass*

At **Organic Valley**, we like to keep things honest and simple. Like 100% grass-fed dairy and 100% grass-fed cheese produced with no added hormones, antibiotics or toxic pesticides. Made by farmers and artisans who care about the environment, the animals and you — our customers.



2.79
 Organic Valley
 Half & Half
 11 oz., selected varieties

4.99
 Organic Valley
 Grassmilk
 64 oz., selected varieties

6.49
 Organic Valley
 Grassmilk Raw Cheddar
 Cheese
 8 oz., selected varieties

Wake up with delicious options from the co-op.

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

living food for the living body

Founder GT Dave was raised vegetarian and taught that food can be medicine. We continue to uphold that philosophy with always pure, potent and plant-derived fermented offerings produced in their most authentic form. **GT's** is fiercely independent, family-owned and operated.



2/\$5

GT's Organic Kombucha
16 oz., selected varieties

2/\$5

GT's Alive Adaptogenic Tea
16 oz., selected varieties

4.99

GT's Organic Cocoyo Pure Living Coconut Yogurt
8 oz., selected varieties

6.99

GT's Organic Kombucha
48 oz., selected varieties



2/\$3

C2O Coconut Water
17.5 oz., selected varieties



3.99

Harmless Harvest Organic Coconut Water
16 oz., selected varieties



4.49

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



2/\$7

Rebbl Organic Protein Beverage
12 oz., selected varieties



unleash the vitamin C

Experience the taste of real fruit from this cold-pressed, organic smoothie. Made with oranges, pineapples and mangos that are picked and squeezed at their peak of sweet flavor. Packed with vitamin C.

2/\$7

Evolution Fresh Organic Juices
15.2 oz., selected varieties



2/\$5

Vive Organic Wellness Shots
2 oz., selected varieties

Stay refreshed throughout the winter.



2/\$6

Cascadian Farm Organic Frozen Fruit
8-10 oz., selected varieties



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



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



4.49
Canyon Bakehouse Gluten Free Bread
14-18 oz., selected varieties



5.49
So Delicious Coconutmilk Yogurt
24 oz., selected varieties



3.99
Organic Valley Stringles
6 oz., selected varieties



5.99
Miyoko's Organic Vegan Mozzarella
8 oz., selected varieties



*gut strong
all year long*



Drink Gut Shot to feel the natural probiotic benefits! A healthy gut helps support digestive health, immunity and mental health all year long!



2.79
Farmhouse Culture Organic Kraut Krisps Cabbage Chips
5 oz., selected varieties



4.99
Farmhouse Culture Organic Kraut
16 oz., selected varieties



5.99
Farmhouse Culture Organic Gut Shot
16 oz., selected varieties



Healthy options for everyone at the co-op.

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



2/\$7

**Deep Indian Kitchen
Naan or Pizzas**
7.8-9 oz., selected varieties

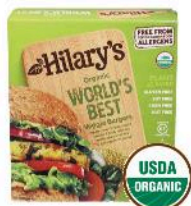
grain-free magic awaits you



Cappello's is setting a new standard for frozen foods using only meticulously sourced, simple, real-food ingredients.

6.99

**Cappello's
Gluten Free Pizza
or Pasta**
9-12 oz., selected varieties



2/\$5

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



2/\$7

**Quorn
Meatless Nuggets**
10.6 oz.



6.99

**Caulipower
Chicken Tenders**
14 oz., selected varieties



meals with more yum

Let Annie's help you make meals with more yum. With staples like mac & cheese, Annie's turns mealtime into yumtime while appeasing everyone's taste buds.

10/\$10

**Annie's Homegrown
Mac & Cheese**
5.25-6 oz., selected varieties



6.99

**Spectrum Naturals
Organic Unrefined
Coconut Oil**
14 oz.

The co-op helps make meals easy.

bold, authentic flavors



Explore the bold and delicious taste of Mexico without leaving home. Bring home the flavors of your favorite authentic Mexican dishes with **Frontera**. Simple, savory and muy delicioso!

2/\$3

Frontera
Cooking Sauce
8 oz., selected varieties

2/\$5

Frontera
Salsas
16 oz., selected varieties

2/\$6

Frontera
Fajita Bowls
11-11.5 oz., selected varieties



2/\$6

Annie's
Organic Dressing
8 oz., selected varieties



3/\$5

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



2/\$4

Muir Glen
Organic
Tomatoes
28 oz., selected varieties



2/\$6

Safe Catch
Tuna or Pink
Salmon
5 oz., selected varieties



4.49

Bitchin' Sauce
Almond Dip
8 oz., selected varieties



scoop up the savings in bulk!

2.79

Organic White
Quinoa
per pound in bulk



3.29

Organic Black
Chia Seeds
per pound in bulk



9.99

Organic Dried
Mango
per pound in bulk



Shop the co-op for pantry favorites.



2/\$6
**Cascadian Farm
 Organic Granola
 Bars**
 6.2-7.4 oz., selected
 varieties



3.99
**Birch Benders
 Pancake & Waffle
 Mix**
 16 oz., selected varieties



2/\$4
**Blue Diamond
 Almond Milk**
 32 oz., selected varieties



5.49
**Bob's Red Mill
 Organic Gluten
 Free Rolled Oats**
 32 oz., selected
 varieties



8.99
**Equal Exchange
 Organic Bulk Coffee**
 per pound in bulk, selected
 varieties
 5 lb. packages also on sale
 for \$42.99



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



6.99
**Navitas
 Organic Cacao
 Powder**
 8 oz.

breakfast made better



Cascadian Farm organic whole grain cereals and granolas are an easy and tasty way to make a smart choice for your day.

2/\$6

**Cascadian Farm
 Organic Cereal or
 Granola**
 8.6-14.6 oz., selected varieties



2/\$5

**Celestial
 Seasonings
 Herbal Tea**
 20 tea bags, selected varieties

Thank you for choosing the co-op!

happiness 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 & 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 Granola Bars
6 pack, selected varieties

2/\$7

Annie's Homegrown Organic Snack Mix
9 oz., selected varieties



4.49

Zevia Zero Calorie Soda
6-12 oz. cans, selected varieties



7.99

Once Again Organic Tahini
16 oz., selected varieties

food for your wellness journey



Purely Elizabeth believes that food can heal. When you eat better, you feel better. It's that simple. That's why we use superfoods with vibrant flavors and rich textures to create foods you will obsess over.

Purely Elizabeth Organic Granola
12 oz., selected varieties

4.49



3/\$5

Rxbar Protein Bar
1.83 oz., selected varieties

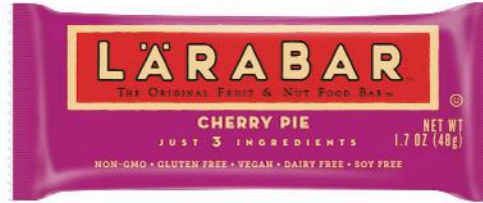
Everyone is welcome at the co-op.



2/\$5
Blue Diamond Nut Thins
 4.25 oz., selected varieties



food made from real food



At LÄRABAR®, we are passionate about creating delicious, convenient snacks made from just two to nine real ingredients, always gluten free and non-GMO. Find your flavor today!



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

10/\$10

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



2/\$5
From the Ground Up Cauliflower Crackers
 4 oz., selected varieties



2.99
Good Health Veggie Snacks
 6.75 oz., selected varieties



4.99
Lily's Chocolate Peanut Butter Cups
 3.2 oz., selected varieties

New Year's snacks!



2/\$4
Kettle Brand Potato Chips
 5 oz.



2/\$5
Snack Factory Pretzel Crisps
 7.2 oz.



2/\$5
Late July Organic Thin & Crispy Potato Chips
 5 oz.



2/\$6
Snyder's Gluten-free Pretzel Sticks
 8 oz.

Start the year off with our tasty snacks. Our chips and pretzels are made with quality ingredients. You can enjoy delicious snacking and keep the crunch you crave. Grab a few bags today!

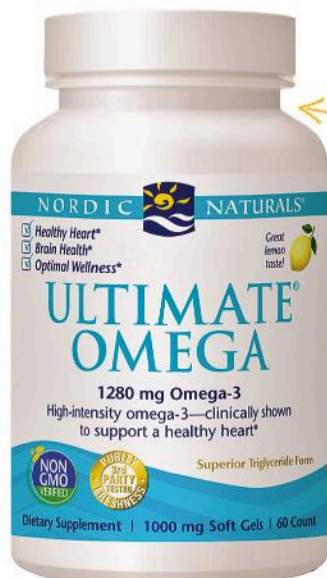
New snacks for the new year at the co-op!

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



6.99

Bach
Rescue Remedy
Pastilles
35 ct., selected varieties



discover a better fish oil

Since 1995, Nordic Naturals has led the fish oil industry by pioneering manufacturing methods to produce exceptionally fresh, pure and great-tasting omega oils. Discover the Nordic Naturals difference today.

22.99

Nordic Naturals
Ultimate Omega
60 ct.



4.99

Tom's of Maine
Toothpaste
4.7-5.5 oz., selected varieties

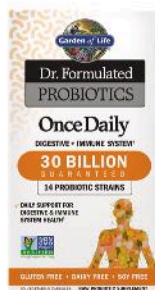


2.79

Desert Essence
Tea Tree Oil
Dental Floss
50 yards, selected varieties

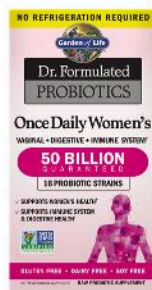
balance health and beauty

Support your immune health with high-potency Dr. Formulated probiotics featuring 14 to 15 raw probiotic strains and up to 90 billion CFUs. Boost your beauty regimen by adding 20 grams of **Garden of Life** Grass-fed Collagen Peptides to shakes, smoothies or coffee to promote skin elasticity, strong nails and healthy hair.



26.99

Garden of Life
Dr. Formulated
Probiotics
30 ct.



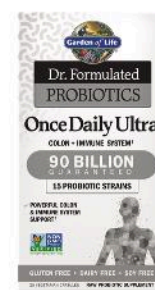
32.99

Garden of Life
Dr. Formulated
Once Daily Women's
30 ct.



34.99

Garden of Life
Collagen Peptides
19.75 oz., selected varieties



43.99

Garden of Life
Dr. Formulated
Once Daily Ultra
30 ct.

Healthy choices are at the co-op in 2021!



18.99
Bulletproof
Brain Octane Oil
16 oz.



5.99
Jarrow Formulas
Methyl B-12 1000
mcg
100 ct., selected
varieties



14.99
Gaia Herbs
Organic Black
Elderberry Syrup
3 oz., selected varieties



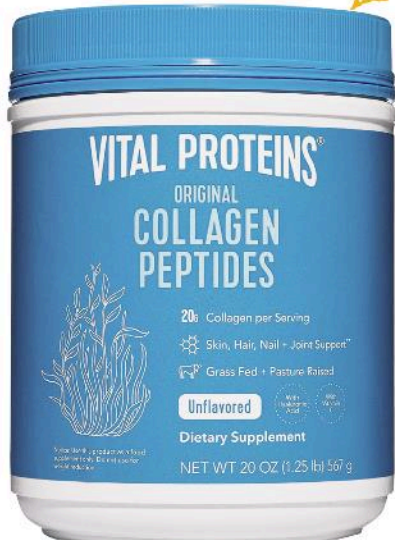
17.99
Nutrition Now
PB 8 Probiotic
120 ct., selected
varieties



5/\$5
Ultima
Replenisher
Electrolyte
Powder
.12 oz. packet,
selected varieties



5.99
Spectrum
Essentials
Organic Flaxseed
14 oz., selected
varieties



*grass-fed and
pasture-raised*

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

35.99

Vital Proteins
Collagen Peptides
20 oz.



10.99
Herb Farm
Organic Super Echinacea
Immune Support
1 oz.

The co-op has great wellness options.

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



5.99
Acure
The Essentials
Organic Argan
Oil
1 oz.



15.99
Andalou Naturals
Resveratrol Q10
Night Repair Cream
1.7 oz.



6.99
Avalon Organics
Shampoo or
Conditioner
11 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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