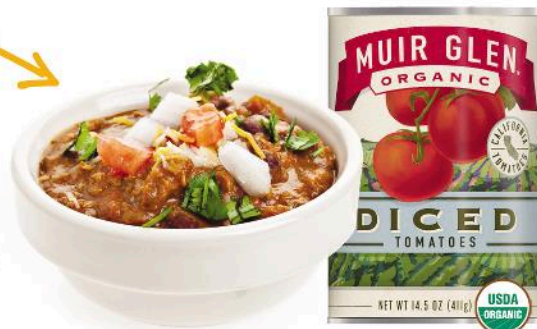


coop deals

JAN 20 - FEB 2, 2021

perfect for chili

Colder weather means it's soup time, and homemade chili is a terrific choice for staying warm. Add Muir Glen's Organic Tomatoes — on sale at the co-op!



10/\$10

Muir Glen Organic Tomatoes
14.5 oz., selected varieties



2/\$4

Evol Burrito
6 oz., selected varieties



2/\$5

Late July Organic Restaurant Style Tortilla Chips
11 oz., selected varieties



2/\$6

Alexia Frozen Potatoes
11-19 oz., selected varieties



2/\$5

Cascadian Farm Organic Frozen Vegetables
16 oz., selected varieties



2/\$5

Health Ade Organic Kombucha
16 oz., selected varieties



2/\$6

Hope Organic Hummus
8 oz., selected varieties



Crunch away on snacks from the co-op.

Snack options for winter days.



delivering
delicious
favorites

2/\$7

**Stonyfield
Organic Yogurt**
32 oz., selected varieties

2/\$7

**Brown Cow
Whole Milk Yogurt**
32 oz., selected varieties

4.99

**Siggis
Whole Milk Yogurt**
24 oz., selected varieties

These products are born of tradition, simplicity, value, and thoughtfulness. After all, products that count make moments that matter.



2/\$7

**Blue Diamond
Almondmilk**
64 oz., selected varieties



3.99

**Califia Farms
Almondmilk
Creamer**
32 oz., selected varieties



4.49

**So Delicious
Organic
Coconutmilk**
64 oz., selected varieties

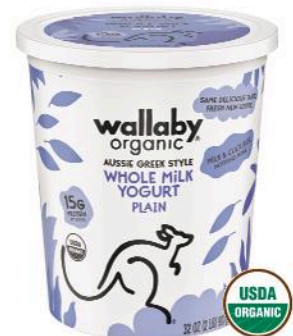


discover
Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Smooth.

4/\$5

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



4.99

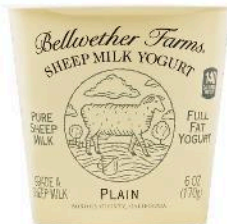
**Wallaby
Organic Whole Milk Greek
Yogurt**
32 oz., selected varieties

Start the day with your favorite co-op products.



5/\$5

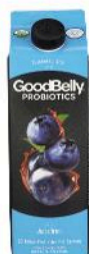
Chobani
Greek Yogurt
5.3 oz., selected varieties



2/\$4
Bellwether Farms
Sheep Milk
Yogurt
6 oz., selected varieties



4/\$5
Liberté
Organic Yogurt
5.5 oz., selected
varieties



2.79
Goodbelly
Probiotic Drink
32 oz., selected varieties

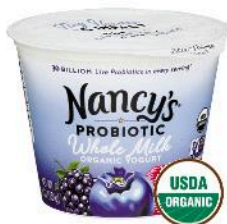


6.99
Kevita
Organic Sparkling
Probiotic Drink
40 oz., selected varieties



Find your favorite yogurt at the co-op.

Great source of probiotics!



4/\$5
Nancy's
Organic Whole
Milk Yogurt
5.3 oz., selected
varieties



4.99
Straus Family
Creamery
Organic Yogurt
32 oz., selected varieties



3/\$5

Noosa
Yoghurt
8 oz., selected varieties



2/\$4
Coyo
Coconut Milk
Yogurt
5.3 oz., selected
varieties



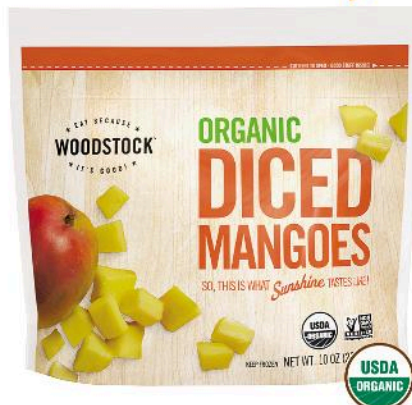
4.99
Silk
Soy Yogurt
24 oz., selected varieties

Find healthy probiotics at the co-op.



2/\$7

**Rising Moon
Frozen Pasta**
8 oz., selected varieties



wellness inspired ingredients

Kick off the new year with Woodstock's freezer favorites! Our Organic Frozen Diced Mangoes are a smoothie must-have that add plant-based fuel to your day. Just blend, pulse and pour!

**Woodstock
Organic Frozen Mangoes**
8-10 oz., selected varieties

2/\$7



1.99

**Wildwood
Organic Tofu**
14 oz., selected varieties



4.49

**Wildbrine
Kimchi**
18 oz., selected varieties



8.99

**Applegate Naturals
Family Size
Chicken Nuggets
and Tenders**
16 oz., selected varieties

deliciously plant-based



Gardein offers a wide variety of plant-based proteins with a great taste and texture. No artificial colors or flavors, certified vegan, dairy free and Non-GMO Project verified.

**Gardein
Seven Grain Crispy
Tenders**

9-11.5 oz., selected varieties

3.99



3.99

**Tofurky
Plant-based
Sausages**
14 oz., selected varieties



Stock your kitchen with deals from the co-op.



6.99

Daiya
Dairy Free Pizza
16-19.4 oz., selected varieties

family meals made easy



WINTER COMFORT FOOD

The co-op makes winter meals easy, all season long. Visit the co-op for great ideas on meals to enjoy together.



4.99

Organic Valley
Cottage Cheese
16 oz., selected varieties



2/\$5

Wolfgang Puck
Organic Soup
14.5 oz., selected varieties



4.99

Little Northern Bakehouse
Gluten Free Bread
16-17 oz., selected varieties

gluten-free without compromise

Udi's delivers the foods you love by swapping in ingredients that leave you feeling good afterwards! Enjoy our gluten-free breads and veggie crust pizzas — all of the flavor, none of the gluten!



3.99

Udi's Gluten Free
Hot Dog Buns
12.9 oz.

3.99

Udi's Gluten Free
Multigrain Sandwich Bread
12 oz.

4.99

Udi's Gluten Free
9-inch Pizza Crust
8 oz.

7.99

Udi's Gluten Free
Crispy Thin Crust Pizzas
17.4-19.12 oz., selected varieties

Find comfort food for everyone at the co-op!

*Deliciously Pure.
Purely Delicious.*



7.99
Nutiva
Organic Virgin
Coconut Oil
14 oz.



9.99
Nutiva
Organic Virgin
Coconut Oil
23 oz.



7.99
Nutiva
Organic Refined
Coconut Oil
23 oz.



7.99
Nutiva
Organic Coconut
Manna
15 oz.

Crafted using sustainably and ethically sourced fresh organic coconuts, **Nutiva** offers the delicious taste of unparalleled purity and freshness while responsibly caring for the environment and improving the lives of farmers.



2/\$5
Muir Glen
Organic Pasta
Sauce
25.5 oz., selected
varieties



2/\$5
Ancient
Harvest
Organic Pasta
8 oz., selected
varieties



9.99
Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 oz.



2/\$5
Simply Organic
Simmer Sauce
8 oz., selected varieties



4.49
Bragg
Organic
Apple Cider
Vinegar
32 oz.



5.49
Sky Valley
Sriracha Sauce
18.5 oz.



scoop up the savings in bulk!

1.99
Organic
Garbanzo
Beans
per pound in bulk



1.99
Organic Golden
Flaxseed
per pound in bulk



4.49
Organic Pitted
Deglet Dates
per pound in bulk



Bulk ingredients for all your cooking needs.



8.99

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



immune support

Yogi Echinacea Immune Support Tea and new Elderberry Lemon Balm Immune + Stress Tea are two delicious ways to take some time for yourself and support your immune health.

2/\$6

Yogi Herbal Tea
16 tea bags, selected varieties



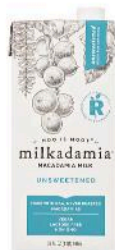
4.99

Lakewood Organic Pure Pineapple Juice
32 oz.



2/\$6

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



3.49

Milkadamia Macadamia Milk
32 oz., selected varieties



2/\$7

Made Good Organic Granola Bars
6-0.85 oz. bars, selected varieties

real ingredients and delicious flavor

Primal Kitchen® delivers uncompromisingly delicious condiments, sauces, cooking oils and pantry staples that are made with fats we love and simple ingredients — with no dairy, gluten, grain, refined sugar or soy.



3/\$4

Primal Kitchen Protein and Collagen Fuel Bars
1.34-1.7 oz., selected varieties

4.49

Primal Kitchen Dressing & Marinade and Organic Unsweetened Ketchup
8-11.3 oz., selected varieties

6.99

Primal Kitchen Avocado Oil Mayo
12 oz., selected varieties

29.99

Primal Kitchen Collagen Fuel
13.05 oz., selected varieties

The co-op has the brands you trust and love.



8.99

Justin's Almond Butter
16 oz., selected varieties



*100% plant-based
100% delicious.*

GoMacro MacroBars™ are plant-based nutrition bars that offer a chewy and satisfying experience. Made from simple, sustainably sourced ingredients, all MacroBars are certified organic, vegan, gluten free, kosher, non-GMO, C.L.E.A.N., R.A.W. and soy free.

2/\$4

GoMacro Organic Bar
2-2.3 oz., selected varieties



5/\$5

Luna Nutrition Bar
1.69 oz., selected varieties



3/\$5

Epic Meat Bar
1.3-1.5 oz., selected varieties



making eating well easy

Kashi® cereals have a little something for everyone, like protein, organic whole grains, fair trade chocolate and family favorites like hearts and Os. Kashi® makes eating well easy.

2/\$6

Kashi Organic Cereal
6.5-20 oz., selected varieties



2/\$3

Gimme Organic Seaweed Snacks
.35 oz., selected varieties



2/\$5

Hippeas Organic Chickpea Puffs
4 oz., selected varieties

Snacks for the whole family at the co-op.



3.99

**Nixie
Organic Sparkling
Water**

8-12 oz. cans, selected varieties



new year, new energy

Hiball gives you a natural energy boost without losing a beat. That energy boost matters because it empowers you to pursue what you love to better yourself and the world.

2/\$4

**HiBall
Sparkling Energy Drink**
16 oz., selected varieties



Relax with your favorite snacks and beverages.

Find refreshment at the co-op.



2.99

**Garden of Eatin'
Tortilla Chips**

6-8.1 oz., selected varieties



2/\$4

**Boulder Canyon
Potato Chips**
5.25-6.5 oz., selected varieties



4.49

**Green Mountain
Gringo
Salsa**
16 oz., selected varieties



The co-op has your favorite snacks and beverages.



5/\$5

Ancient Nutrition Multi Collagen Protein Powder .36 oz. packet, selected varieties

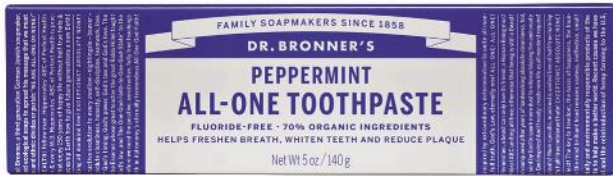
new Vega One is all in for organic



With real, organic plant-based ingredients, Vega One® Organic All-in-One Shake harnesses the power of plants to help you supercharge your day deliciously.

29.99

Vega Vega One Organic Shake 12.1-13.5 oz., selected varieties



3.99

Dr. Bronner's All-One Toothpaste 5 oz., selected varieties



2/\$3

Pet Guard Cat Food 5.5 oz., selected varieties

believe in a seventh generation



For over 30 years, we've been on a mission to create a more healthy, sustainable and equitable world for the generations to come. That mission is at the heart of everything we do.

3.49

Seventh Generation Glass & Surface Cleaner 23 oz.

3.49

Seventh Generation All Purpose Cleaner 23 oz.

3.49

Seventh Generation Dish Soap 25 oz., selected varieties

Everyone is welcome at the co-op.



5.99

Manitoba Harvest
Hemp Hearts
8 oz.



8.99

Boiron
Coldcalm
60 ct.



9.99

Four Sigmatic
Organic Mushroom
Coffee
10-.09 oz., selected varieties



21.99

Oregon's Wild
Harvest
Turmeric
60 ct.



11.99

Organic India
Whole Psyllium
Husk
12 oz.



3.99

Quantum Health
Organic TheraZinc
Lozenges
18 ct., selected varieties



13.99

Wishgarden
Herbs
Immune Activator
2 oz., selected varieties



clean and smoothie start

Fuel your new year with Orgain plant-based Vanilla Protein Powder. Crafted from hand-selected ingredients for maximum nutrition and delicious taste, it's non-GMO and made without soy, artificial colors or preservatives.

2/\$5

Orgain
Organic Vegan All-In-One
Protein Shake
11 oz., selected varieties



Resolutions made easy 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

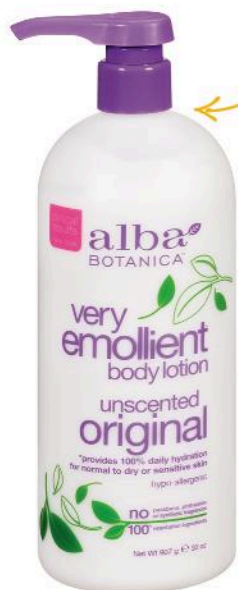
Skagit Valley Food Co-op

Sno-Isle Natural Foods Co-op

The Food Co-op



to find a food co-op near you, visit us online at: welcometothetable.coop



plant based and cruelty free

Hypo-allergenic, clinically-proven, skin-softening superstars. Alba Botanica's® Body Lotions are made with aloe, green tea and chamomile to soothe and calm your skin. Moisture and nourish your dry winter skin without a greasy feeling.

13.99

Alba Botanica
Emollient Body Lotion
32 oz., selected varieties



7.99

Pranarom
Organic Lavender
Essential Oil or
Diffusion Blends
5 ml, 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

PWNW0121B

