

coop deals

MAR 17 - MAR 30, 2021

cinnamon-baked

The co-op has everything you need for a delicious, healthy breakfast – including great options for cereal. Try Kashi's Cinnamon Harvest Cereal – on sale now!



2/\$5

Kashi Organic Cereal
16.3 oz., selected varieties



5/\$5

Clif Energy Bar
2.4 oz., selected varieties



10/\$10

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



2/\$5

Muir Glen Organic Pasta Sauce
25.5 oz., selected varieties



2/\$6

Hope Organic Hummus
8 oz., selected varieties



2/\$7

Blue Diamond Almondmilk
64 oz., selected varieties



4.99

Fage Greek Yogurt
35.3 oz., selected varieties



The co-op has your breakfast favorites.
Start the day off right.



4.99

Rebbi
Organic Gold
Label Elixir
12 oz., selected varieties



3.99

Harmless Harvest
Organic Coconut
Water
16 oz., selected varieties



5.99

Kevita
Organic Sparkling
Probiotic Drink
40 oz., selected varieties



4/\$5

Liberté
Organic Yogurt
5.5 oz., selected varieties



2/\$3

Forager Project
Organic
Cashewgurt
5.3 oz.



2/\$7

Organic Valley
Egg Bites
2 ct., selected varieties



3.99

Lifeway
Organic Kefir
32 oz., selected varieties



3.99

Silk
Dairy-free
Creamer
32 oz., selected
varieties



12.99

Organic Valley
Ghee Clarified
Butter
13 oz.



*deliciously
lactose-free*

Welcome back to real cream cheese. Our lactose-free cream cheese has only four ingredients: organic cream, sea salt, lactase enzyme and live/active cultures. Slather it on your bagel or bake into cheesecakes!

2.79

Green Valley Creamery
Organic Lactose-free Cream
Cheese
8 oz.



5/\$5

Chobani
Greek Yogurt
Blueberry
5.3 oz., selected varieties

Find farm-fresh options at the co-op.



5.49
 Diestel Turkey Ranch
 Organic Sliced
 Deli Meat
 6 oz., selected varieties



gluten-free favorites

Canyon Bakehouse® breads and bagels are deliciously made with 100% whole grains and perfect for toast, sandwiches and more! Certified gluten-free and free from dairy, nuts and soy.

4.49

**Canyon Bakehouse
 Gluten-free Bread or
 Bagels**
 14-18 oz., selected varieties



2/\$5
 Stahlbush Island
 Farms
 Frozen Vegetables
 8-10 oz., selected
 varieties



3.99
 Quorn
 Meatless Nuggets
 10.6 oz.



7.99
 Caulipower
 Chicken Tenders
 14 oz.



6.99
 Caulipower
 Cauliflower Pizza
 Crust
 11 oz.

delicious meals made easy

At **Amy's** there are no shortcuts or "good enoughs." We use quality, organic ingredients prepared without compromise in our own kitchens. Visit amys.com!

3/\$7

Amy's Kitchen
 Burritos
 6 oz., selected varieties

2/\$6

Amy's Kitchen
 Macaroni & Cheese
 9 oz.

3.99

Amy's Kitchen
 Enchiladas
 8-10 oz., selected varieties

6.99

Amy's Kitchen
 Pizzas
 9.1-14 oz., selected varieties



There's something for everyone at the co-op.

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

Good from the grain up!

Sustainably grown. Thoughtfully crafted. Perfectly prepared. We've got an independent streak a rice field wide. We geek out on little things like grains, important things like organic farming, and even huge things like the future of the planet. We create thoughtfully crafted products that are truly farm-to-table. Our family name on a package means we stand behind every grain every step of the way, from planting and harvesting to milling and packaging.



2/\$5

Lundberg Rice Chips
6 oz., selected varieties



2/\$6

Lundberg Organic Rice Pilaf or Mix
5.5-6 oz., selected varieties



2/\$6

Lundberg Organic Brown Rice Cakes
8.5 oz., selected varieties



5.99

Lundberg Organic California Rice
32 oz., selected varieties



2/\$6

Annie's Organic Dressing
8 oz., selected varieties



2/\$6

Montebello Organic Pasta
16 oz., selected varieties



simple, sustainable, and downright sensational

Wild Planet Skipjack Wild Tuna is selectively harvested using pole and line fishing methods, which eliminate the by-catch of non-targeted species. Perfect for lunch on-the-go!

2/\$5

Wild Planet Skipjack Tuna
5 oz., selected varieties



2/\$6

Pacific Foods Organic Broth
32 oz., selected varieties

Stock your pantry with ingredients from the co-op.



2/\$7
Organic India
Tulsi Tea
18 tea bags, selected varieties



2/\$5
Annie's
Homegrown
Organic Fruit Snacks
5-0.8 oz. pouches, selected varieties



6.99
Nature's Path
Organic Cereal
26.4-32 oz., selected varieties



4.99
Maranatha
Organic Peanut Butter
16 oz., selected varieties



4.49
Arrowhead Mills
Pancake & Waffle Mix
26 oz., selected varieties



2/\$4
Farmer's Market
Organic Pumpkin
15 oz.



6.99
Once Again
Organic Tahini
16 oz.



6.99
Navitas
Organic Cacao Powder
8 oz.



15.99
Frontier
Organic Vanilla Extract
4 oz.



4.49
King Arthur
All-purpose Flour
5 pounds



4.49
Wholesome
Organic Cane Sugar
2 pounds



scoop up the savings in bulk!

1.29
Organic Sugar
per pound in bulk



2.79
Organic Shredded
Coconut
per pound in bulk



7.99
Organic Walnut
Halves & Pieces
per pound in bulk



The co-op has all your baking ingredients.



10/\$10

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



3/\$4

Honest
Organic Tea
16 oz., selected varieties



3/\$5

Mountain Valley
Spring Water
1 liter, selected varieties



2/\$3

Little Secrets
Chocolate Crispy Wafers
1.4 oz., selected varieties



2/\$5

Beyond Good
Chocolate Bar
2.64 oz., selected varieties



3.49

Pamela's Products
Figgies & Jammies
9 oz., selected varieties



5.99

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



snacks for all seasons

Back to Nature has snacks you'll enjoy year round. All of our delicious snacks are GMO Project Verified, plant-based and a great addition to any day.

2/\$5

Back To Nature
Organic Crackers
3.5-8.5 oz., selected varieties



2/\$5

Annie's Homegrown
Organic Snack Crackers
7.5 oz., selected varieties

Deals on your favorite snacks at the co-op.



2/\$7

Burt's Bees Lip Shimmer
4-.09 oz., selected varieties



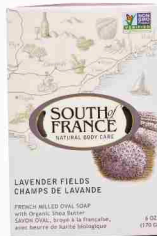
18.99

Organic India Ashwagandha Formula
90 ct.



5.99

Giovanni Shampoo or Conditioner
8.5 oz., selected varieties



2/\$6

South of France Bar Soap
6 oz., selected varieties



6.99

Everyone 3in1 Soap
32 oz., selected varieties



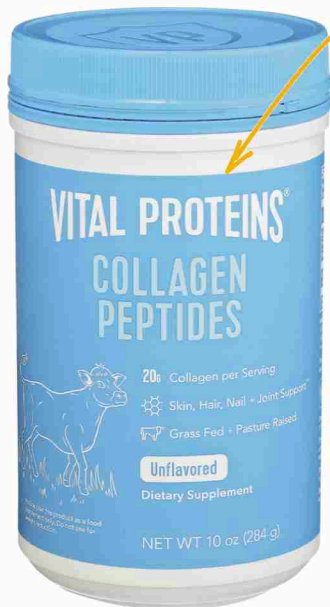
29.99

BioSil Hair, Skin, Nails
60 ct.



4.49

Himalaya Toothpaste
5.29 oz., selected varieties

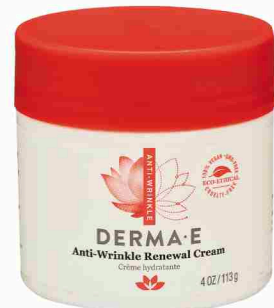


your smoothie is waiting

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

21.99

Vital Proteins Collagen Peptides
10 oz.



9.99

Derma E Anti-Wrinkle Renewal Cream
4 oz.

The co-op makes self-care easy.

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

*crunchy,
tasty and
gluten-free*



2/\$6

Snyder's of Hanover
Gluten-free Pretzel
Sticks
8 oz., selected varieties



2/\$5

Late July
Organic Tortilla Chips
11 oz., selected varieties



2.79

Late July
Organic Salsa
15.5 oz., selected varieties



2/\$7

Kettle Brand
Potato Chips
13 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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