

coop deals

MAY 5 - MAY 18, 2021

dynamic duo

Indulge in this delicious treat from Justin's while relaxing at home. Chocolate and peanut butter are the perfect duo, sure to hit your sweet and savory cravings.



4/\$5

Justin's
Organic Peanut Butter Cups
1.4 oz., selected varieties



3/\$5

Topo Chico
Mineral Water
25.4 oz.



4/\$5

Siggi's
Icelandic Style
Yogurt
4.4-5.3 oz., selected
varieties



10/\$10

Muir Glen
Organic
Diced
Tomatoes
14.5 oz., selected
varieties



2/\$6

Hope Foods
Organic Hummus
8 oz., selected varieties



3.99

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



8.99

Weleda
Skin Food
1 oz.



Enjoy fresh food and fresh air.

Spring favorites at the co-op.



3/\$5

**So Delicious
Coconut Milk
Yogurt**
5.3 oz., selected varieties



4.49

**Straus Family
Creamery
Organic Yogurt**
32 oz.



3.49

**Ripple
Plant-based Milk**
48 oz.



2.99

**Organic Valley
Sour Cream**
16 oz.



2/\$7

**Organic Valley
Shredded Cheese**
6 oz.



2.99

**Fage
Greek Yogurt**
17.6 oz., selected varieties



3.99

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



3.49

**Brown Cow
Wholemilk
Yogurt**
32 oz.



2/\$7

**Good Karma
Flaxmilk**
64 oz., selected varieties

*100% grass fed,
100% delicious!*



Grassmilk comes from cows that eat organic grass and dried forages. Milk from 100% grass-fed cows has dramatically more omega-3 fatty acids than milk from grain-fed cows. When our cows eat well, so do you!



2.49

**Organic Valley
Grassmilk Half & Half**
16 oz.



4.99

**Organic Valley
Grassmilk**
64 oz., selected varieties



5.99

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



Your favorite brands are at the co-op.



Cinco con Siete

3.99

Siete
Hot Sauce
5 oz., selected varieties

2/\$8

Siete
Grain Free
Tortilla Chips
5 oz.

4.99

Siete
Cashew
Queso
10.8 oz., selected varieties

6.99

Siete
Grain Free
Tortillas
7 oz., selected varieties

We are a Mexican-American brand rooted in family that makes delicious grain-free products. We wish to bring families together around the table with heritage-inspired foods made from simple, clean ingredients that everyone can enjoy.



3.99

Hodo
Organic Tofu
Nuggets
8 oz., selected varieties



7.49

Caulipower
Chicken Tenders
14 oz.



2/\$5

Tofurky
Deli Slices
5.5 oz., selected varieties

the leading frozen meal alternative!



Since 2003, Gardein has offered a wide selection of flavors and varieties to satisfy everyone. Our products are made from plant-based proteins, are non-GMO Project Verified and contain no dairy.

3.99

Gardein
Frozen Items
8.4-13.7 oz., selected varieties



2/\$4

Cascadian Farm
Organic Frozen Vegetables
10 oz., selected varieties

The co-op makes meals for the whole family easy.

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

support
Celiac Awareness
Month!



Udi's is committed to making delicious food that just happens to be gluten free. You shouldn't have to compromise on taste, so we offer full-flavor alternatives to support the lifestyle you choose!

3.99
Udi's
Hot Dog Buns
14.3 oz.

3.99
Udi's
Hamburger Buns
10.4 oz.

4.99
Udi's
Whole Grain Bread
18 oz.

6.99
Udi's
Crispy Thin Crust Pizza
17.4-19.2 oz., selected varieties



2/\$4
Woodstock
Organic Tofu
14 oz., selected varieties



3.99
Upton's Naturals
Seitan
8 oz., selected varieties



2/\$6
Tinkyada
Organic Brown
Rice Pasta
12 oz.



4.99
Glutino
Gluten-free
English Muffins
16.9 oz., selected varieties



2/\$5
Van's
Waffles
8-9 oz., selected varieties



nothing is cooler

Ben & Jerry's is proud to partner with fellow B Corp Greyston and Rhino bakeries to bring you Half Baked. Share peace, love and ice cream with every bite.

3.99

Ben & Jerry's
Ice Cream
1 pint, selected varieties

Everyone is welcome to shop at the co-op.



2.79

Annie's Organic Ketchup
24 oz.

Regenerative Organic Certified™!



The highest standard for farming! ROC™ means coconuts grown in healthy, biodiverse, carbon-rich soil by fairly paid farmers who are treated well. Great for body care, too!

11.99

Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil
30 oz.



10/\$10

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



2/\$5

Seeds Of Change Organic Ready to Heat Rice
8.5 oz., selected varieties



5.99

San-J Organic Tamari
20 oz.



6.49

Lucini Italia Organic Pasta Sauce
25.5 oz.



real food, nothing weird

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/\$6

Annie's Goddess Organic Dressing
8 oz., selected varieties

Dinner time favorites on sale at the co-op.



4.49

**Waterloo
Sparkling Water**
12 -12oz., selected varieties

supporting the iBioRevolution! Project



For every pound of iBioRevolution! Organic Coffee you purchase, 50 cents goes to innovative agriculture projects. Our goal is to raise \$25,000 for scholarships to La Fortaleza, a farmer-led, grassroots, biodynamic teaching farm in Honduras.

6.99

**Equal Exchange
Organic Coffee**
12 oz., selected varieties



2.29

**Native Forest
Organic Coconut
Milk**
13.5 oz., selected varieties



5.99

**Sweetleaf
Stevia Sweetener**
2 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.

2/\$6

**Kind
Healthy Grains Bars**
5 ct., selected varieties



2/\$6

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

The co-op has the brands you love.



for your wellness journey

Original Ancient Grain Granola features a classic blend of certified organic ancient grains and superfood seeds. These salty-sweet clusters have a crunchy texture and irresistible taste!

4.49

Purely Elizabeth Organic Granola
12 oz., selected varieties



2/\$4

Serenity Kids Organic Baby Food
3.5 oz., selected varieties



2.99

Seventh Generation Baby Wipes
64 ct.



5/\$5

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

making eating well easy



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

2.79

Kashi Organic Cereal
6.5-20 oz., selected varieties



3/\$4

Happy Baby Baby Food or Tot Pouch
4-4.22 oz., selected varieties



5.99

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

Healthy choices for everyone at the co-op.



3.99

**Garden Of Eatin'
Tortilla Chips**
16 oz., selected varieties

chocolate on a mission



Tony's 6.35 oz. creamy milk chocolate bar with crunchy caramel and flakey sea salt is B Corp, Fair Trade-certified and on a mission to change the cocoa industry.

2/\$6

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



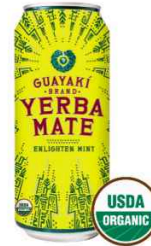
4.49

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



2/\$6

**C20
Pure Coconut
Water**
33.8 oz.



2.29

**Guayaki
Organic Yerba
Mate**
15.5 oz., selected varieties



*indulgent 80%
cacao truffles*

Alter Eco's best-selling Organic Super Dark Truffles are the perfect melt-in-your mouth snack, while also touting better-for-you and better-for-planet benefits. No GMOs, soy ingredients or artificial additives. Bonus: compostable wrappers!

5.99

**Alter Eco
Organic Truffles**
4.2 oz., selected varieties



2/\$8

**Newman's Own
Fig Newmans**
10 oz., selected varieties



4.99

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

Enjoy your favorite treats from the co-op.



8.99

**Aura Cacia
Lavender Essential
Oil**
.5 oz.



shop with purpose

Feel good when you shop ethically handmade jewelry from Matr Boomie. The Austin-based brand aims to break the gender and inequality gap by paving a path to empower artisans in India.

11.99

**Matr Boomie
Fair Trade Earrings**
each, selected varieties



21.99

**Mychelle
Deep Repair
Cream**
1.2 oz.



2/\$6

**Equal Exchange
Organic
Chocolate Bars**
2.8 oz.



2/\$6

**Taza Chocolate
Organic
Chocolate Bar**
2.5 oz., selected varieties



a true skin superfood

Take skin and hair from blah to brilliant by boosting their performance with the perfect combination of super nutrients. It's 100% vegan, 0% pretentious, and paraben, sulfate, mineral oil, formaldehyde and cruelty free.

7.99

**Acure
The Essentials Organic
Argan Oil**
1 oz.



9.99

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

The co-op has great gift ideas for mom.



17.99

Nature's Way
Alive!
Multivitamins
60 ct., selected varieties

quilt-free sun protection



Alba Botanica sunscreens are plant based, cruelty free and recommended by the Skin Cancer Foundation. Free from oxybenzone and octinoxate, this lotion isn't greasy, has a light, fruity scent and is perfect for active, outdoor kids!

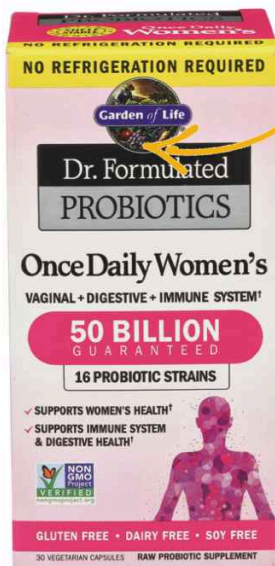
7.99

Alba Botanica
Sunscreen
4 oz., selected varieties



3.99

Jason
Toothpaste
4.2-6 oz., selected varieties



doctor formulated women's probiotics

Tailored support for women, Once Daily Women's contains a diverse blend of 15 probiotic strains and a powerful 50 billion CFU to support digestive and immune system health.

27.99

Garden Of Life
Dr. Formulated Once
Daily Probiotics
30 ct., selected varieties



7.99

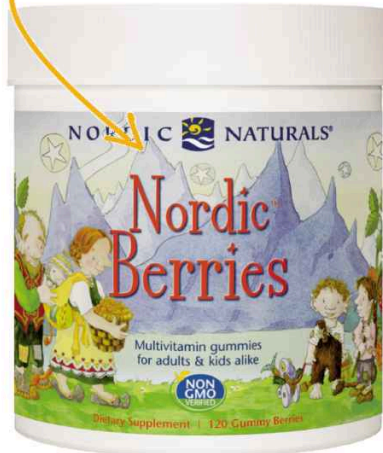
Woodstock
Lump Hardwood Charcoal
8.8 lb.

Step into spring at the co-op!



6.99
Spectrum
Essentials
Organic Flaxseed
14 oz.

loved by everyone



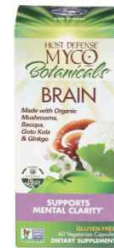
Nordic Berries™ multivitamins give kids (and adults) the daily vitamins and minerals they need in a great tasting, gluten-free gummy. For ages 2 and up.

19.99

Nordic Naturals
Nordic Berries
Multivitamin
120 ct.



19.99
Enzymedica
Digest Gold
45 ct.



21.99
Host Defense
Mushrooms
MycoBotanicals
60 ct., selected varieties



6.99
Heritage Store
Rose Water
Mist
8 oz.



9.99
Honey Gardens
Elderberry Syrup
4 oz.



9.99
Solaray
Super Bio
Vitamin C
100 capsules



12.99
Kal
Magnesium
Glycinate
90 capsules

*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. Kal Magnesium Glycinate makes the perfect addition to your health and wellness routine.

The co-op supports health year round.

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



feed your soul

Feed your soul with artfully crafted frozen desserts. Every creamy spoonful is dairy free, Non-GMO Project Verified and Certified Vegan.

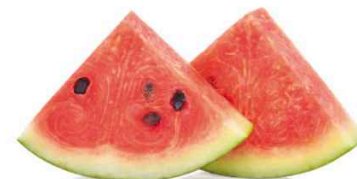
4.99

**So Delicious
Frozen Dessert**
1 Pint, selected varieties



2/\$7

**Goodpop
Frozen Pops**
4 ct., 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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