

coop deals

NOV 4 - NOV 17, 2020

kitchen creativity

This season, get creative with King Arthur's no-bleach, non-GMO flour. The baking possibilities are endless!



3.99

King Arthur Baking Company Flour

5 lbs., selected varieties



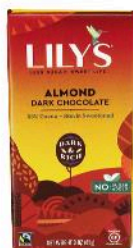
3/\$5

Farmer's Market Organic Pumpkin
15 oz.



3.99

Wholesome Organic Brown Sugar
24 oz., selected varieties



2/\$6

Lily's No Sugar Added Chocolate Bar
3 oz., selected varieties



9.99

Spectrum Naturals Organic Unrefined Extra Virgin Olive Oil
25.4 oz.



4.49

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



12.99

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



Warm your home with fall flavors.
Your favorite spices are at the co-op.



1.79

Nancy's
Organic Sour
Cream
8 oz.



2/\$5

Nutpods
Dairy-free
Creamer
11.2 oz., selected
varieties



2/\$7

Evolution Fresh
Organic Juices
15.2 oz., selected varieties



2/\$4

Bellwether Farms
Sheep Milk
Yogurt
6 oz., selected varieties



5.49

Organic Valley
Grassmilk
64 oz., selected varieties



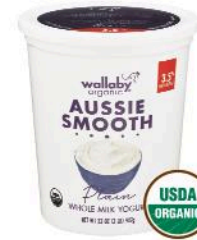
3.49

Califia Farms
Oat Milk Barista
Blend
32 oz., selected varieties



3.49

Califia Farms
Almondmilk
48 oz., selected varieties



4.49

Wallaby
Organic Yogurt
32 oz., selected varieties



one-of-a-kind yogurt

Noosa is premium yoghurt that provides epic taste using real fruit, whole milk, honey and nothing artificial — only the finest natural ingredients.

2/\$3

Noosa
Yoghurt
8 oz., selected varieties



7.99

Chameleon Cold
Brew
Organic Coffee
Concentrate
32 oz., selected varieties



3/\$5

Mountain Valley
Spring Water
1 liter, selected varieties

New and delicious options at the co-op.

plant-based ingredients for all your holiday favorites!

Kite Hill has revitalized traditional methods using cultured almond milk to create the best-tasting cheeses, yogurts, butter, sour cream and dips — made dairy free to satisfy anyone at your table. Like everything else from Kite Hill, all are made without artificial flavors, preservatives, or GMOs.



3.99

Kite Hill Sour Cream
8 oz.

4.49

Kite Hill Plant-based Butter and Greek Style Yogurt
8-16 oz., selected varieties

5.99

Kite Hill Cream Cheese Style Spread
8-16 oz., selected varieties

6.99

Kite Hill Almond Milk Ricotta Cheese
8 oz.



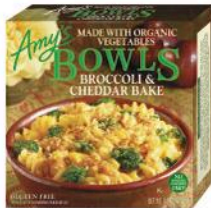
4.99

Organic Valley Raw Cheese
8 oz., selected varieties



2/\$6

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



3.99

Amy's Bowls and Entrees
8-10.3 oz., selected varieties



5.99

Applegate Organic Chicken Strips
8 oz.



2/\$4

Cascadian Farm Organic Frozen Vegetables
10 oz., selected varieties



2.29

Wildwood Organic Tofu
14 oz., selected varieties



2/\$7

Daiya Dairy-free Shreds
8 oz., selected varieties

Save on all your favorite brands at the co-op.



*always organic,
always delicious*



10/\$10

Muir Glen Organic Tomatoes
14.5 oz., selected varieties

2/\$4

Muir Glen Organic Tomatoes
28 oz., selected varieties

2/\$5

Muir Glen Organic Pasta Sauce
25.5 oz., selected varieties

2/\$6

Muir Glen Organic Salsa
16 oz., selected varieties

Muir Glen was founded on the belief that there must be a way to grow a better tasting tomato — it must be grown organically. That's why we grow our organic tomatoes in the rich organic soil of California's Sacramento Valley. It takes a lot of hard work, but it's worth it.



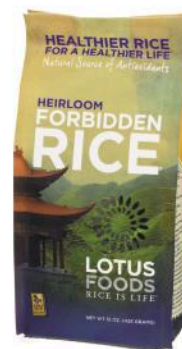
5.99

A. Vogel Organic Herbamare Seasoning
8.8 oz., selected varieties



2/\$6

Pacific Foods Organic Broth
32 oz., selected varieties



2.49

Lotus Foods Rice
15 oz., selected varieties



5.99

Pascha Organic Zero Sugar Baking Chips
8 oz.



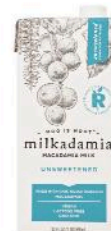
3.49

Pamela's Cornbread & Muffin Mix
12 oz.



4.49

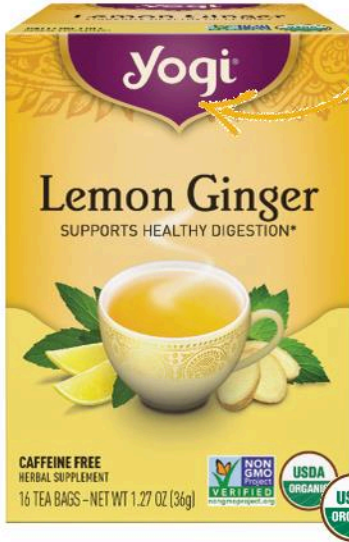
Arrowhead Mills Pancake & Waffle Mix
26 oz., selected varieties



2/\$7

Milkadamia Macadamia Milk
32 oz., selected varieties

Get cooking with ingredients from the co-op.



support healthy digestion

Yogi Lemon Ginger Tea combines ginger — an ayurvedic herb used for centuries to support digestion — with tart lemon and refreshing peppermint.

2/\$7

Yogi Herbal Tea
16 tea bags, selected varieties



2.99
Lakewood Organic Pure Lemon Juice
12.5 oz, selected varieties



2/\$6
Clif Kid Organic Zbar
6-1.27 oz. bars, selected varieties



2/\$7
Nature's Path Organic Cereal
10-14 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



we stand for organic

We believe organic food and farming is the best way to care for our bodies and planet. We will use our voice to stand for what is right — organic for all!

2.99

Nature's Path Organic Instant Oatmeal
14 oz., selected varieties



1.29
Organic Sugar
per pound in bulk



2.49
Organic Shredded Coconut
per pound in bulk



5.99
Raw Walnut Halves & Pieces
per pound in bulk

Visit the co-op's budget-friendly bulk section.



2/\$5

Theo
Organic Chocolate Bar
3 oz., selected varieties



made with love

Grain free, protein packed I and Love and You cat food is made with real meat, fruits and vegetables — guaranteed to make your cat unconditionally love you (or at least stop giving you looks of disdain).

5/\$5

I And Love And You
Canned Cat Food
3 oz., selected varieties



2/\$5

Sesmark
Crackers
3.2-7 oz., selected varieties



2/\$5

Beanitos
Bean Chips
4.5-5 oz., selected varieties



3.49

Seventh
Generation
Dish Liquid
25 oz., selected varieties

environmentally friendly household & kitchen products



3.99

If You Care kitchen and household products are carefully and deliberately crafted to have the least environmental impact and the lightest carbon footprint possible, while at the same time delivering the highest-quality and most effective results.

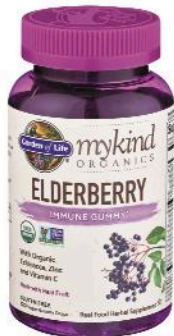
If You Care
Recycled
Aluminum Foil or
Parchment Paper
50 or 70 sq. ft.



2/\$6

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

Thank you for shopping at the co-op.



29.99

Garden Of Life
Elderberry Gummies
120 ct., selected varieties



3.49

Jason
Toothpaste
4.2-6 oz., selected
varieties



12.99

Mineral Fusion
Volumizing
Mascara
.57 oz., selected
varieties



6.99

Alba Botanica
Acnedote Face &
Body Scrub
8 oz.



11.99

Herb Pharm
Whole Root
Ashwagandha
1 oz.



9.99

Boiron
Coldcalm
60 ct.



12.99

Nature's Way
Umcka Coldcare
Syrup
4 oz., selected varieties



18.99

Flora
Probiotic
30 ct., selected varieties



*spirit of the
season*

Give your guests a warm
welcome with certified-
organic essential oil
aroma from Pranarom.
Our essential oils also
make a great gift or
stocking stuffer.

6.99

Pranarom
Organic Lavender Essential Oil
or Diffusion Blends
5 ml.



19.99

MegaFood
MegaFlora
30 ct.

Wellness products for the whole family 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



billions of probiotics per serving

Say no to the use of toxic, persistent chemicals. Say yes to thriving farms and a healthier planet. It's not just good organic yogurt. It's good on purpose!

2/\$7

Stonyfield Organic Yogurt
32 oz., selected varieties



2/\$5

Kevita Organic Sparkling Probiotic Drink
15.2 oz., selected varieties



4.99

Maple Hill Creamery Grass-fed Organic Milk
64 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