

coop deals

NOV 18 - DEC 1, 2020

make life easier

FAVORITE FROZEN SIDES

Don't let the holidays stress you out. Cascadian Farm has organic frozen options, like their green beans, that make cooking a breeze.



2/\$5

Cascadian Farm
Organic Frozen
Vegetables

16 oz., selected varieties



2/\$5

Imagine
Organic Broth
32 oz., selected varieties



9.99

Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 oz.



2/\$5

Blue Diamond
Nut Thins
4.25 oz., selected
varieties



All your ingredients are at the co-op!

Enjoy the bounty of the
fall season.



deliciously sugar free

Can healthy choices taste amazing? We think so. That's why we created an unsweetened dairy alternative that's simply satisfying. Ripple Unsweetened Original has a super clean taste and smooth texture.

3.99

Ripple
Plant-based Milk
48 oz., selected varieties



2/\$7

Silk
Organic Soymilk
64 oz., selected varieties



4.99

Lifeway
Organic Whole Milk Kefir
32 oz., selected varieties



2/\$5

KeVita
Organic Kombucha
15.2 oz., selected varieties



6.99

Evolution Fresh
Organic Juices
59 oz., selected varieties



joy to deliciousness



2/\$5

So Delicious
Organic Coconutmilk Creamer
16 oz., selected varieties



2.79

So Delicious
Coconutmilk Holiday Nog
32 oz.



2/\$7

So Delicious
CocoWhip Topping
9 oz.



4.99

So Delicious
Coconutmilk Yogurt
24 oz., selected varieties

It's no coincidence that delicious is our name. Make your dairy-free holiday brighter with tasty **So Delicious** Holiday Nog, Coconutmilk Yogurt Alternative, Coconutmilk Creamer and CocoWhip! Together, they make everything better. Now that's a reason to celebrate.

The co-op has great deals for healthy mornings.

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



3.49
Applegate
Salami
 4 oz., selected varieties



4.99
Organic Valley
Ultra-filtered
Milk
 56 oz., selected varieties



2.99
Organic Valley
Sour Cream
 16 oz., selected varieties



2/\$7
Mt. Vikos
Organic Feta
Cheese
 6 oz., selected varieties



2/\$7
Sweet Earth
Seitan Bacon
 5.5 oz.



plant-based holiday favorite

Crafted with sage, lemon juice, fresh garlic, sausage-style stuffing, Granny Smith apples, fresh butternut squash and mushrooms, the Celebration Roast is plant-based sophistication for your special occasions and everyday meals.

5.49
Field Roast
Celebration Roast
 16 oz.

what we bring to the table

At **Organic Valley**, we like to keep things honest and simple. Our products contain no added hormones, antibiotics or toxic pesticides. Our eggs are fresh from our family farms that are committed to the highest organic standards. Our cheese is made by farmers and artisans who care about the environment, the animals and you — our customers.



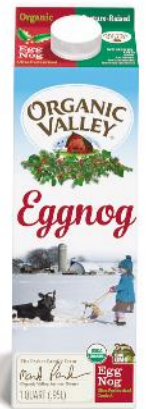
2.99
Organic Valley
Cream Cheese
 8 oz.



2.49
Organic Valley
Grassmilk Half & Half
 16 oz.



4.49
Organic Valley
Brown Eggs
 12 ct.



4.49
Organic Valley
Egg Nog
 32 oz.

Fresh food and seasonal flavors at the co-op.

Woodstock fall favorites! →

Bring something good to the table this holiday season! Whether you want something sweet or something savory, **Woodstock** has you covered with the simply delicious freezer and pantry staples you need for everyone's favorite recipes.

2/\$3

Woodstock
Frozen Petite
Brussels Sprouts
10 oz.

2.79

Woodstock
Organic Brown
Sugar
16 oz.

2.99

Woodstock
Organic
Cranberry Sauce
14 oz.

2/\$7

Woodstock
Frozen Dark
Sweet Cherries
10 oz.



always irresistible. always organic.



Sharing what's real is important to us. That's why we've used organic ingredients since we began making crave-worthy ice cream and frozen desserts in Eugene, Oregon, in 2004.

5.99

Alden's Organic
Ice Cream
48 oz., selected varieties



9.99

Tofurky
Plant-based Roast
26 oz.



4.49

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



Save on the food you love from the co-op.



3.49

Bob's Red Mill
Gluten-free 1 to 1
Baking Flour
22 oz.



3.99

Bob's Red Mill
Gluten-free Steel
Cut Oats
24 oz.



5.49

Bob's Red Mill
Organic Gluten-free
Old Fashioned Rolled Oats
32 oz.



7.99

Bob's Red Mill
Super-fine Almond
Flour
16 oz.

*Celebrate the
Holidays with
Bob's*

Bob's Red Mill has been a leader in whole grain, organic, non-GMO and gluten free goods. Explore the expansive product line — including baking essentials, whole grains, hot cereal and more — now in convenient resealable packaging! Find holiday recipes at bobsredmill.com.



2.39

Let's Do Organic
Shredded
Coconut and
Coconut Flakes
7-8 oz., selected
varieties



2/\$6

Mi-Del
Pie Crust
7.1 oz., selected varieties



8.99

Coombs Family
Farms
Organic Maple
Syrup
12 oz., selected varieties



4.49

Enjoy Life
Semi-sweet
Chocolate Chips
and Chunks
10 oz., selected varieties



2/\$6

Santa Cruz
Organic Apple
Sauce
23 oz., selected varieties



15.99

Simply Organic
Vanilla Extract
4 oz.



1.29

Organic Quick
Rolled Oats
per pound in bulk



4.49

Organic Dried
Cranberries
per pound in bulk



11.99

Organic Pecan
Halves
per pound in bulk



The co-op has all your delicious baking ingredients.

create delicious holiday meals

Busy holiday season ahead? No problem. At the co-op, you can get everything you need. Stock up now for your holiday meals!

2.99

Woodstock Organic Cranberry Sauce
14 oz., selected varieties



6.99

Bonafide Provisions Organic Bone Broth
24 oz., selected varieties



2/\$4

Stahlbush Island Farms Frozen Vegetables
8-10 oz., selected varieties

2/\$6

Immaculate Pie Crusts
15 oz.



3.99

Miyoko's Organic Cultured Vegan Butter
8 oz.



A Thanksgiving meal with fresh ingredients.

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

Incredible savings at the co-op this season!

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



3/\$5

Happy Baby
Organic Baby
Food
4 oz., selected varieties



2.79

Eden Foods
Organic Original
Soymilk
32 oz., selected varieties



2/\$6

R.W. Knudsen
Organic Sparkling
Apple
750 ml., selected
varieties



2/\$5

R.W. Knudsen
Simply Nutritious
Juice
32 oz., selected varieties



5.99

Once Again
Organic Peanut
Butter
16 oz., selected varieties



2/\$6

Kashi
Organic Cereal
6.5-20 oz., selected
varieties



3.79

Forager Project
Organic Grain-free
Cereal
7-8 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



3.99

Maya Kaimal
Indian Simmer
Sauce
12.5 oz., selected
varieties



*delicious
caffeine-free
chai*

Brimming with cinnamon, ginger, cardamom and cloves, this adventurous blend is our caffeine-free interpretation of chai, the piquant Indian brew traditionally made with black tea.

2/\$5

Celestial Seasonings
Herbal Tea
20 tea bags, selected varieties



2/\$7

Maya Kaimal
Organic Everyday
Chana or Dal
Entrée
10 oz., selected varieties



2/\$6

Mediterranean
Organic
Olives
4.8-5 oz., selected
varieties



Try something new from the co-op!



made from plantains

Barnana uses organic plantains grown by indigenous farmers from the Amazon rainforest. Our chips offer a satisfying crunch while also being non-GMO verified, gluten free, vegan, paleo-friendly and grain free.

2/\$7

Barnana
Organic Plantain Chips
5 oz., selected varieties



4.99

Reed's
Ginger Brew
4-12 oz. bottles,
selected varieties



3.99

Nixie
Organic
Sparkling
Water
8-12 oz. cans,
selected varieties



2/\$4

Kettle Brand
Potato Chips
5 oz., selected
varieties



2/\$6

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



3.99

Hu Kitchen
Chocolate Bar
2.1 oz., selected
varieties



2/\$6

Taza Organic
Chocolate
Bar
2.5 oz., selected
varieties



2/\$5

Vegan Rob's
Cauliflower Puffs
3.5 oz.



2/\$6

From The
Ground Up
Cauliflower
Snacks
4-4.5 oz., selected
varieties



2/\$1

Alter Eco
Organic Truffles
.42 oz., selected
varieties



3/\$4

Topo Chico
Mineral Water
25.4 oz.

Snacks for any occasion at the co-op.



9.99

**Similasan
Eye Drops**
.33 oz., selected varieties



6.99

**Bach
Rescue Remedy
Pastilles**
35 ct., selected varieties



19.99

**Enzymedica
Digest Gold**
45 ct.



6.99

**Natrol
Melatonin 3 mg.**
100 ct.



7.99

**Hyland's
Calms Forte Sleep
Aid**
100 ct.



14.99

**NutrigoLD
Magnesium Gold**
120 ct.



17.99

**OM
Organic
Mushroom
Powder**
3.5 oz., selected varieties



7.99

**Source Naturals
Essential Enzymes 500
mg.**
60 ct.



9.99

**Planetary Herbals
Triphala 1000 mg.**
90 ct.

Find savings on items for self-care at the co-op.

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7.99

**Seventh Generation
Unbleached Bath Tissue**
12 ct.

*cleanup
made easy*

ECO-FRIENDLY OPTIONS

Cooking at home? When it's time to clean-up, look for eco-friendly products at the co-op. With natural-scented products, your home will look and feel clean in no time!



2.49

**Ecover
Dishwashing Liquid**
25 oz., selected varieties



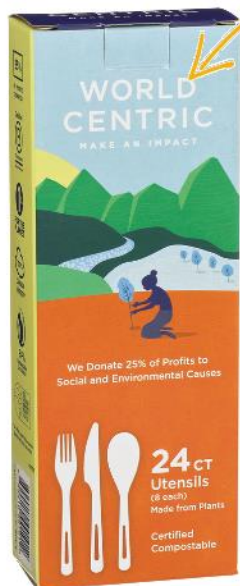
3.99

**Better Life
All-purpose
Cleaner**
32 oz., selected varieties



4.49

**Ecover
Non-chlorine
Bleach**
64 oz.



for a better world

World Centric helps reduce the environmental impact of single-use servingware. We also donate 25% of net profits to social and environmental causes.

1.99

**World Centric
Compostable Flatware**
24 ct., selected varieties



11.99

**Garden Of Life
Organic Lavender
Essential Oil**
.5 oz., selected varieties



The co-op has safe products for family and home.

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

great buttery taste

Earth Balance Vegan Buttery Sticks has made its name as the ultimate toast topper and a crucial part of your dairy-free baking. It's creamy, rich and buttery.



3.99 Earth Balance Buttery Sticks
16 oz.



3.99
Miyoko's Organic Vegan Cream Cheese
8 oz.



2.99
Green Valley Creamery Organic Lactose Free Sour Cream
12 oz.

Co-ops support products and services that benefit personal and planetary health; a legacy we can be proud to leave generations to come.

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