

# coop deals

MAY 19 - JUN 1, 2021

## DIY banana splits

### COOL TREATS OUTSIDE

Enjoy a day outside with the family. Top off the fun, warmer weather by grilling outside and making banana splits with Coconut Bliss' Organic Madagascar Vanilla Bean frozen dessert — on sale at the co-op!



**4.99**

Coconut Bliss  
Organic Frozen Dessert  
1 Pint, selected varieties



**4/\$5**

Honest Tea  
Organic Tea  
16 oz.



**3.99**

Applegate Naturals  
Hot Dogs  
10 oz., selected varieties



**5.99**

Primal Kitchen  
Mayo with  
Avocado Oil  
12 oz.



Sunshine and your co-op favorites.

**Relax outdoors this summer.**

*taste  
beyond belief*

Imagine the meaty dishes you crave but better for you and the planet. Our products are simple and made from plants — without GMOs, bioengineered ingredients, hormones, antibiotics or cholesterol. Go Beyond.



**4.99**

Beyond Meat  
Beyond Burgers and  
Breakfast Sausages  
8-8.3 oz., selected varieties

**5.99**

Beyond Meat  
Beyond Meatballs  
10 oz.

**6.99**

Beyond Meat  
Beyond Sausage Brats  
14 oz.

**7.99**

Beyond Meat  
Beyond Beef  
16 oz.



**5.99**

Miyoko's  
Creamery  
Organic Vegan  
Mozzarella  
8 oz., selected varieties



**5/\$5**

Chobani  
Greek Yogurt  
5.3 oz., selected varieties



**5.99**

Bubbies  
Sauerkraut  
25 oz.



**4/\$5**

Liberté  
Organic Yogurt  
5.5 oz., selected varieties



**2/\$4**

Perfect Bar  
Organic Protein  
Bar  
2.5 oz., selected varieties



**3.99**

Organic Valley  
Sliced Cheese  
6 oz.

**Try something new and tasty from the co-op.**



**2/\$5**  
Health-Ade  
Organic  
Kombucha  
16 oz., selected varieties



**3.99**  
Harmless Harvest  
Organic Coconut  
Water  
16 oz., selected varieties



**3.99**  
Califia Farms  
Oatmilk  
48 oz., selected varieties



**4.49**  
So Delicious  
Organic  
Coconutmilk  
64 oz., selected varieties



**5.49**  
Grillo's  
Pickles  
32 oz.

## Dr. Praeger's sensible foods



Dr. Praeger's is a natural frozen food company that offers a variety of veggie-forward products with recognizable ingredients. We provide nutritious, great-tasting options for the whole family to enjoy.

**3.99**

Dr. Praeger's  
Veggie Burgers  
4 ct., selected varieties



## plant-based grilling favorites

**Lightlife** has something for everyone, with a variety of easy-to-prepare plant-based protein products. **Field Roast** takes an artisanal approach while using whole-food ingredients to craft plant-based meats and cheeses. Together, we are committed to shaping the future of plant-based foods.



**2.99**  
Lightlife  
Smart Dogs  
12 oz.

**2.49**  
Lightlife  
Organic Tempeh  
8 oz., selected varieties

**3.99**  
Field Roast  
Breakfast Sausages  
9.31 oz.

**4.49**  
Field Roast  
Sausages  
12.95 oz.,  
selected varieties

**Head outside with favorites from the co-op.**



3.99

Stahlbush Island Farms Frozen Fruit  
10 oz., selected varieties



delight in every bite

Crafted from only the best organic ingredients, including real vanilla and stick-to-your-fingers wafers, these Old School Vanilla Ice Cream Sandwiches will leave you reaching for more.

5.99

Alden's Organic Frozen Novelties  
6-8 ct., selected varieties



Get ready for summer!

Cool desserts from the co-op.

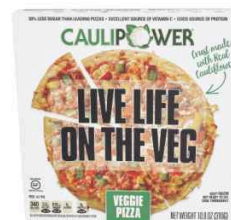


premium hand-crafted sandwiches

Coolhaus sandwiches are made with the creamiest ice cream on the planet. The cookies are soft and delicious right out of the freezer. Stock up on your favorites today!

2/\$7

Coolhaus Ice Cream Sandwich  
5.8 oz., selected varieties



6.99

Caulipower Cauliflower Crust Pizza  
11.6 oz., selected varieties



Fill your freezer with treats from the co-op.

Organic and delicious, **Woodstock** always believes in putting our best food forward! From savory condiments to sweet and salty pickles, Woodstock has the summer favorites that are the perfect finishing touch to grilling outdoors.

*where delicious begins*

**2.29**

Woodstock  
Organic Mustard  
8 oz., selected varieties

**2.79**

Woodstock  
Organic Ketchup  
20 oz.



**3.99**

Woodstock  
Organic Pickles  
24 oz., selected varieties

**3.99**

Woodstock  
Organic Mayonnaise  
16 oz.



**2/\$7**

Maya Kaimal  
Organic Everyday  
Dal or Chana  
Entrees  
10 oz.



**3.99**

Maya Kaimal  
Indian Simmer  
Sauce  
12.5 oz., selected  
varieties



**3.99**

Wild Planet  
Albacore Tuna  
3-5 oz., selected  
varieties



**2/\$4**

Westbrae  
Organic Beans  
15 oz., selected varieties



**2.79**

Ancient Harvest  
Organic Polenta  
18 oz.



**2.99**

Bragg  
Organic Apple  
Cider Vinegar  
16 oz.



*scoop up the savings in bulk!*



**1.99**

Organic Green  
Lentils  
per pound in bulk



**2.99**

Organic Tri-Color  
Quinoa  
per pound in bulk



**4.49**

Raw Walnut Halves  
& Pieces  
per pound in bulk

**Homemade meals made easy with co-op savings.**



2.99

Golden Temple Granola per pound in bulk, selected varieties



*we all need LOVE*

Enjoy your Love Crunch granola as a delicious breakfast option, or bring the granola on one of your adventures for an exceptionally tasty snack. Organic indulgence and LOVE!

3.49

Nature's Path Organic Love Crunch Granola

11.5 oz., selected varieties

2/\$4

Gomacro Organic Macrobar 2-2.5 oz., selected varieties



5/\$5

Clif Bar Energy Bar 2.4 oz., selected varieties



*joy is mindful eating*

All of our recipes, including Heritage Flakes, are carefully crafted with only certified organic and Non-GMO ingredients, so that mindful eaters can enjoy a deliciously nutritious breakfast without compromise. That is Nature's Path!

2/\$6

Nature's Path Organic Cereal 10-14 oz., selected varieties



3.99

Kind Healthy Grain Clusters 11 oz., selected varieties

Start your day off with deals from the co-op.

# Savor Summer



Make your summer delicious with foods and beverages you can feel good about. Look for the **R.W. Knudsen Family**®, **Santa Cruz Organic**® and **Sahale Snacks**® brands to choose products made from the highest-quality, thoughtfully sourced ingredients.

**2/\$3**

Santa Cruz Organic Lemonade  
32 oz., selected varieties

**2/\$4**

R.W. Knudsen Recharge  
32 oz., selected varieties

**3.49**

Santa Cruz Organic Chocolate Syrup  
15.5 oz., selected varieties

**2/\$7**

Sahale Snacks Glazed Nut Blend  
4-4.5 oz., selected varieties



**2/\$4**

Hiball Energy Sparkling Energy Drink  
16 oz., selected varieties



**2/\$7**

Q Drink Tonic Water  
4-7.5 oz. cans



**2.99**

Lakewood Organic Pure Lemon Juice  
12.5 oz.



# a creative punch

**CHOOSE YOUR FLAVORS**

Picnics and outdoor activities are complemented with homemade fruit punch. The co-op has an excellent selection of beverages to add to your favorite punch. Choose one or two fruity beverages, a carbonated beverage, plus optional stir-ins, like fruit or sorbet, and enjoy!

**The co-op has great summer beverages.**

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



**2/\$3**

San Pellegrino  
Sparkling Mineral  
Water  
750 ml.



**3.49**

Nature's Bakery  
Organic Baked-Ins Oat Bars  
6 - 1.17oz. bars, selected varieties



**3.99**

Simple Mills  
Almond Flour Crackers  
4.25 oz., selected varieties



**2/\$5**

Theo  
Organic  
Chocolate Bar  
3 oz., selected varieties



**1.79**

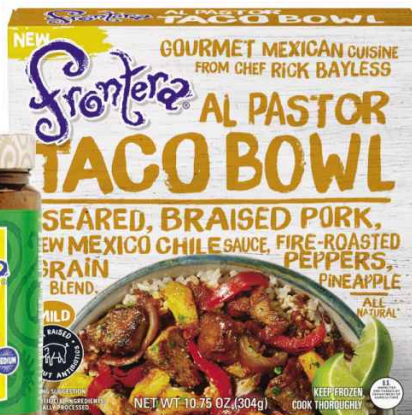
Clean Cause  
Organic  
Sparkling  
Yerba Mate  
16 oz.



**3.29**

Rice Dream  
Organic Rice  
Drink  
32 oz.

*gourmet Mexican cuisine*



**Frontera** is inspired by the beautiful flavors from across Mexico. Each of our salsas, sauces and taco bowls are crafted with the right blend of authentic seasoning and fire-roasted ingredients to bring you the bold flavors you've been craving.

**3/\$5**

Frontera  
Cooking Sauce  
8 oz., selected varieties

**2/\$6**

Frontera  
Tomatillo Salsa  
16 oz., selected varieties

**2/\$6**

Frontera  
Taco Bowl  
10.75 - 11.5 oz., selected varieties

**Find all of your favorite products at the co-op.**





**2/\$4**

Kettle Brand  
Potato Chips  
5 oz.



**2/\$5**

Snack Factory  
Pretzel Crisps  
7.2 oz.



**2/\$5**

Late July  
Organic Thin  
& Crispy  
Tortilla Chips  
11 oz.



**2/\$6**

Late July  
Organic Salsa  
15.5 oz., selected varieties

take snack  
time outside

We've got your perfect picnic season snacks. Our **Kettle Brand®** Chips and **Late July®** Tortilla Chips and Pretzel Crisps are so tasty you can eat them alone or dip them in something delicious.



Snack time in the sun.

**Get ready for summer.**



up your snack game

Your snack game will never be the same with this plant-based twist on your favorite cheddar cracker. Made with real cauliflower — MORE flavor, MORE crunch and MORE bites per serving!

**2/\$6**

From The Ground Up  
Cauliflower Crackers  
4 oz., selected varieties



**3.99**

Nixie  
Organic Sparkling  
Water  
8-12 oz. cans

**The co-op has snacks for everyone.**



**22.99**

**MegaFood  
Turmeric Strength**  
60 ct.

## smoothie boosters

### BLENDING YOUR WAY

Smoothies provide nutrients and energy for any time of the day. The co-op has healthy ingredients that can boost any smoothie. The best part — they're quick and easy to make, while providing an abundance of nutrition.



**16.99**

**Nutrition Now  
PB 8 Probiotic**  
120 ct.



**21.99**

**Country Life  
Coenzyme B-Complex**  
120 ct.



## empowering wellness

Bring your inner beauty out with collagen powder for youthful, radiant skin. Our bestselling Super Collagen delivers 6.6 grams of hydrolyzed types 1 and 3 collagen peptides to support healthy collagen formation for beautiful skin, hair and nails.

**14.99**

**Neocell  
Super Collagen Powder**  
7 oz.



**39.99**

**Ancient Nutrition  
Collagen Protein  
Powder**  
453-535 g., selected varieties



**Find all your smoothie ingredients at the co-op.**



**2/\$5**

**Seventh Generation  
Dish Soap**  
19 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



Earth-friendly products for family and home.

**Natural options at the co-op.**



**15.99**

**Andalou Naturals  
Resveratrol Q10 Night  
Repair Cream**  
1.7 oz.



**12.99**

**Mineral Fusion  
Volumizing Mascara**  
.57 oz.



**3.99**

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

**Everyone is welcome 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](http://welcometothetable.coop)*

*traditional dulce de leche*

**talenti**  
GELATO  
Sea Salt Caramel  
ONE PINT (473ML)

With chocolate caramel truffles mixed in for an extra-chocolatey surprise, you can't go wrong with our Sea Salt Caramel Gelato — Talenti's most iconic flavor.

# 3.99

**Talenti**  
**Gelato or Sorbetto**  
16 oz., selected varieties



# 2/\$7

**Terra**  
**Vegetable Chips**  
5-6 oz.

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

PWNW0521B