

coop deals

JUN 30 - JUL 20, 2021

fireworks
and fixings



POUR ON THE KETCHUP

As the summer speeds by, be sure to pick up Primal Kitchen's organic and unsweetened ketchup at the co-op. Outdoor meals taste better with your favorite condiments, and the co-op has plenty of delicious and healthy options for everyone!



3.99

Primal Kitchen
Organic Unsweetened
Ketchup

11.3 oz., selected varieties



2/\$4

Barbara's
Cheese Puffs
5.5-7 oz., selected
varieties



2/\$6

Annie's
Organic Dressing
8 oz., selected varieties



4.99

Applegate
Organic Hot Dogs
10 oz.



Fresh food for summer outings.

The co-op has hot sales.



5/\$5

**Fage
Greek Yogurt**
5.3-7 oz., selected
varieties



REBBL with a cause

REBBL is packed with delicious, nutrient-dense, plant-based ingredients to nourish your mind and body. We ethically source ingredients, supporting the communities that grow them, and we use 100% recycled plastic bottles.

2/\$6

**Rebbl
Organic Elixir**
12 oz., selected varieties



3.99

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



2/\$7

**Blue Diamond
Almondmilk**
64 oz., selected varieties



4.49

**Forager Project
Organic
Cashewmilk
Yogurt**
24 oz., selected varieties

4.99 **Vital Farms
Pasture-raised
Eggs**
1 doz.



tasty and fresh

Deli slices in resealable pouches for an easy addition to any sandwich or burger. Made with organic milk from pasture-raised cows. Never any antibiotics, synthetic hormones, pesticides or GMOs.

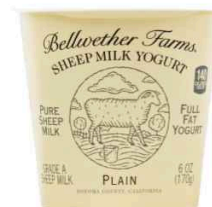
4.49

**Organic Valley
Sliced Cheese**
6 oz., selected varieties



4.99

**Silk
Dairy-free Yogurt**
24 oz., selected varieties



2/\$4

**Bellwether Farms
Sheep Milk Yogurt**
6 oz., selected varieties

The co-op has deals you'll love.



4.49
Field Roast
Vegan Sausage
 12.95 oz., selected varieties



4.99
Wildbrine
Kimchi
 18 oz., selected varieties



5.49
Grillo's
Pickles
 32 oz., selected varieties



upgrade your hummus

Hope Foods believes that the simple act of sharing good food can nourish the body and soul. Our hummus is organic, non-GMO and freshly blended with extra virgin olive oil.

2/\$6

Hope Foods
Organic Hummus
 8 oz., selected varieties



2/\$5
Nature's Path
Organic Waffles
 6 ct., selected varieties



2/\$10
Cado
Avocado Frozen Dessert
 1 pint, selected varieties

organic, dairy-free dessert



Make your summer sweeter with ultra creamy, totally organic, 100% plant-based dessert — now with a new look! Coconut Bliss is decadent and dairy free, so you can bliss out worry free!

4.99

Coconut Bliss
Organic Frozen Dessert
 1 pint, selected varieties



2/\$6
Cascadian Farm
Organic Frozen Fruit
 8-10 oz., selected varieties



3.99
Straus Family Creamery
Organic Ice Cream
 1 pint, selected varieties

Find frozen treats at the co-op.

savory summer spread

Make the best of the time spent outside this summer and combine pantry staples with in-season garden favorites to create complementary side dishes for picnics, grilling, and on-the-go meals. The co-op has fresh produce and products for everyone.



2/\$7
Chickapea
Organic Chickpea &
Lentil Pasta
8 oz., selected varieties



3/\$5
Topo Chico
Mineral Water
25.4 oz.



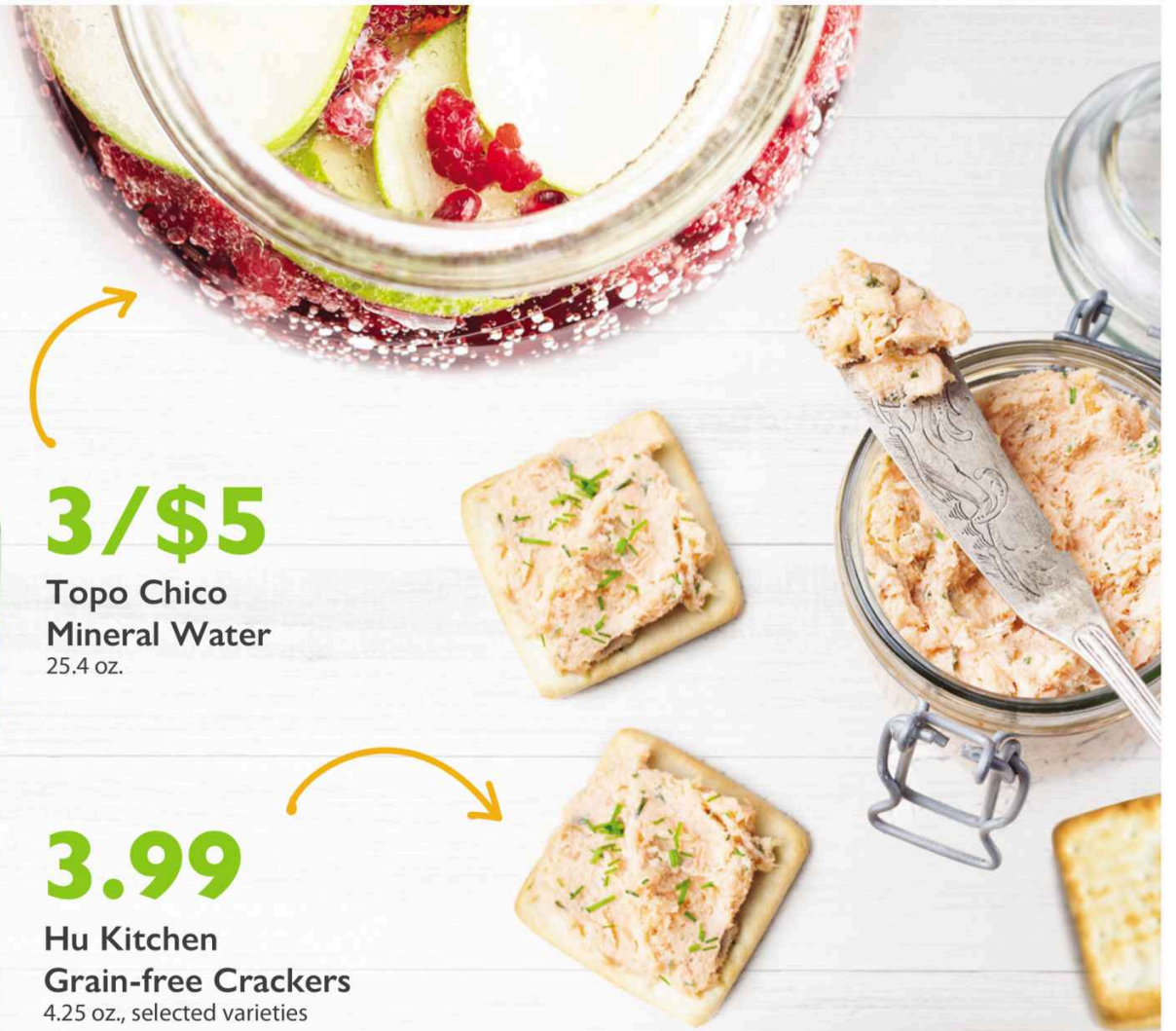
8.99
Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 oz.



3.99
Hu Kitchen
Grain-free Crackers
4.25 oz., selected varieties



2/\$7
Mediterranean
Organic
Olives
4.8-5 oz., selected varieties



Make a summer family meal from the co-op.

On the go? The co-op has products you'll love.

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

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100% real. 100% delicious.



We believe that real life calls for real ingredients. That's why at LÄRABAR, we're bringing you tempting treats that are created with 100% real ingredients for any time of the day. Sweet just got a whole lot simpler.

10/\$10

Larabar
Fruit & Nut Bar
1.6-1.7 oz., selected varieties



2/\$6

Kashi
Organic Cereal
6.5-20 oz., selected varieties



15.99

Frontier
Organic Whole Black Peppercorns
per pound in bulk



8.99

Equal Exchange
Organic Coffee
per pound in bulk



healthy and tasty snacks

Delicious snacks for the whole family and perfect for every occasion during the day.



3/\$4

Kind
Fruit & Nut Bar
1.4 oz., selected varieties



6.99

Equal Exchange
Organic Coffee
10-12 oz., selected varieties



5.99

R.W. Knudsen
Organic Just Tart Cherry Juice
32 oz., selected varieties



Refuel with great products from the co-op.

busy days, easy meals



ON-THE-GO OPTIONS

When summer gets busy, easy meals are the way to go. Find simple grab-and-go meals and snacks with ingredients you trust from the co-op. Don't forget to check out the co-op's bulk section for great savings.



2.29
Boulder Canyon
Potato Chips
5.25-6.5 oz., selected
varieties



5.99
Noble Made by the
New Primal
Wing Sauce or
Marinade
12 oz., selected varieties



2/\$4
Annie's Homegrown
Organic Mac & Cheese
6 oz., selected varieties



5.99
A. Vogel
Organic
Herbamare
Seasoning
8.8 oz., selected varieties



3.49
Sir Kensington's
Classic Mayonnaise
12 oz., selected varieties



1.39
Organic Yellow
Popcorn
per pound in bulk



2.99
Organic Raw
Pumpkin Seeds
per pound in bulk



8.99
Organic Unroasted
Almonds
per pound in bulk



The co-op has easy meal solutions.



2/\$5
Kettle Brand
Potato Chips
5 oz.



2/\$5
Kettle Brand
Krinkle Cut Chips
5 oz.



2/\$5
Late July
Organic Thin
& Crispy Tortilla
Chips
11 oz.



2/\$5
Late July
Organic Thin
& Crispy
Potato Chips
5 oz.

*celebrate
with crunch!*

Roll out the snacks worthy of your cookout!
Our **Kettle Brand**® Potato Chips and **Late July**® Organic Potato Chips and Restaurant Style Tortilla Chips add a big bang to your July 4th holiday.



1.79
Yachak
Organic Yerba
Mate
15.5 oz., selected
varieties



2/\$5
Angie's
Boomchickapop
Popcorn
4.2- 7 oz., selected
varieties



2/\$6
Equal Exchange
Organic
Chocolate Bars
2.8 oz., selected varieties



3/\$4
Honest Tea
Organic Ready-to-
Drink Tea
16 oz., selected varieties



2/\$6
Epic
Pork Rinds
2.5 oz., selected varieties



2/\$6
C2O
Pure Coconut
Water
33.8 oz., selected
varieties



4.49
Waterloo
Sparkling Water
12pk- 12 oz. cans, selected
varieties



2/\$4
Food Should
Taste Good
Tortilla Chips
5.5 oz., selected varieties

Find the brands you trust at the co-op.



3.99

**Quinn Snacks
Pretzel Nuggets**
5-7 oz., selected varieties



2/\$6

**From The Ground Up
Cauliflower Snacks**
3.5- 4.5 oz., selected varieties



2/\$7

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



5/\$5

**Ultima Replenisher
Electrolyte Powder**
.12 oz. packet, selected varieties



2/\$6

**Frontera
Salsa**
16 oz., selected varieties



2/\$4

**Essentia
Ionized Water**
1.5 ltr.



made with organic corn

Garden of Eatin' corn tortilla chips are made with organic corn grown by family farms we've worked with for many years. Taste the Garden goodness!

2/\$7

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



2/\$4

**Proud Source
Spring Water**
25.3 oz., selected varieties

The co-op helps you stay hydrated.

summertime veggies



FIRE UP THE GRILL

Grilling outdoors is what makes summer enjoyable. Use this chart to easily grill some of your favorite vegetables. Make sure you have olive oil, since brushing veggies with oil before grilling them adds a delicious flavor. Then just add your favorite seasoning — sea salt, soy sauce, balsamic vinegar or your own concoction!

VEGETABLE	HOW TO PREPARE	HEAT	GRILL TIME
Artichokes	Cut in half lengthwise and press down to spread leaves open onto the grill.	Medium	15-20 minutes
Bell Peppers	Cut into four pieces, removing the middle section with the seeds.	High	5-8 minutes skin side, 3-5 minutes other side
Corn	Peel the husk and silk off, then grill.	High	10-15 minutes, rotate often
Eggplant	Slice into rounds about 1/2 inch thick. Apply oil liberally.	Medium	8-10 minutes per side
Onions	Slice into wedges and use a skewer to hold pieces together. Keep an eye on them as onions easily break apart on grill and can burn quickly.	Medium	7-10 minutes, turning frequently
Portobello Mushrooms	Leave as they are — no need to cut them.	Medium High	5-6 minutes per side
Zucchini	Cut into rectangles or rounds, about 1/2 inch thick. Brush with olive oil and add salt and pepper.	High	3-5 minutes each side

Grill up your favorite veggies from the co-op.



2/\$6

Jason
Toothpaste
4.2-6 oz., selected varieties



6.99

Bach
Rescue Remedy
Pastilles
35 ct., selected varieties



4.99

Tom's Of Maine
Toothpaste
4.7-5.5 oz., selected
varieties



11.99

Badger
Sunscreen Lotion
4 oz., selected varieties



2.99

Seventh
Generation
Liquid Dish Soap
19 oz., selected varieties



7.99

Jarrow Formulas
Methyl B-12 1000
mcg.
100 ct.

the co-op has
you covered

FROM HEAD TO TOE

Summer is fun, but be prepared at all times by having sunscreen and bug repellent ready. The co-op has both, so check out the wellness aisle and make sure your summer is sunburn and bug bite free!



31.99

Garden Of Life
Organic Raw Protein
and Greens
19.3 oz.

Wellness for the whole family at the co-op.

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

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 Food 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



3.99

Udi's
Gluten-free Hot Dog or Hamburger Buns
6- 8 ct., selected varieties



2/\$7

Alden's Organic Frozen Novelties
3- 4 ct., selected varieties



4.49

Beyond Meat Beyond Burgers
8 oz.



4.49

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



6.49

Bubbies Kosher Dill Pickles
33 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

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