

coop deals

JUL 21 - AUG 3, 2021

hot days,
cold treats



4.99

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



79¢

Brown Cow
Cream Top
Yogurt
5.3 oz., selected varieties



2/\$3

Tazo
Ready-to-Drink
Tea
13.8 oz., selected
varieties



2.79

Annie's
Organic Ketchup
24 oz.



Refreshing beverages on sale at the co-op!

Add fruit to your
summer drink.



2/\$7

Organic Valley Egg Bites
2 pack, selected varieties



2/\$6

Goodbelly Probiotic Drink
32 oz., selected varieties



3.99

Harmless Harvest Organic Coconut Water
16 oz., selected varieties



4.49

Bitchin' Sauce Almond Dip
8 oz., selected varieties



3/\$5

Noosa Yoghurt
8 oz., selected varieties



4.49

Califia Farms Cold Brew Coffee
48 oz., selected varieties



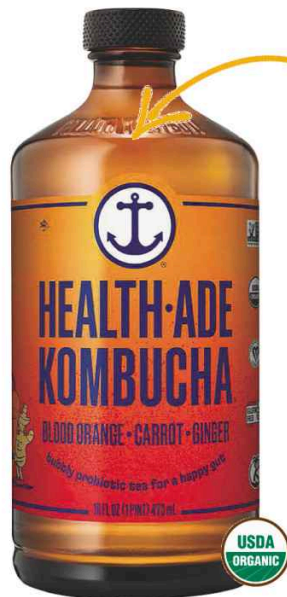
3/\$5

Mountain Valley Spring Water
1 liter, selected varieties



2/\$7

Silk Organic Soymilk
64 oz., selected varieties



follow your gut

Health-Ade Kombucha is a bubbly probiotic tea that fuels your gut health with living probiotics and detoxifying acids that help aid digestion, boost mood, drive energy and strengthen immunity.

2/\$5

Health-Ade Organic Kombucha
16 oz., selected varieties



Cool off with refreshing products at the co-op.



2/\$10

So Delicious Dairy-free Frozen Dessert
1 pint, selected varieties



we are Talenti

We slow cook fresh milk, sugar and cream along with the finest Madagascar vanilla beans to create a rich, one-of-a-kind vanilla taste that's anything but plain.

2/\$7

Talenti Gelato or Sorbetto
1 pint, selected varieties



2.79

Lightlife Organic Tempeh
8 oz., selected varieties



3.99

Tofurky Plant-based Sausages
14 oz., selected varieties



4.49

Hodo Organic Tofu Nuggets
8 oz., selected varieties



tastes as good as it sounds

Your favorite Ben & Jerry's flavor, now certified gluten free! Perfect for dessert lovers looking for the classic Ben & Jerry's chunks and swirls. And the cherry on top? No gluten.

2/\$8

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



3.99

Organic Valley String Cheese
6 oz., selected varieties



Sweet, frozen, delicious treats are at the co-op.



3.99
Spectrum Naturals
Organic Mayonnaise
16 oz.



14.99
California Olive
Ranch
100% California
Extra Virgin Olive
Oil
33.8 oz.



6.49
Rao's Homemade
Pasta Sauce
24 oz., selected varieties



31.99
Zoe
Organic Extra
Virgin Olive Oil
88 oz.

sun kissed in the Mediterranean



Bring the Mediterranean to your table with Mediterranean Organic Olives! Organically grown in Greece and full of flavor. Perfect for a delicious light snack or to complement your favorite dish.

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



2/\$4
Wild Planet
Sardines
4.4 oz., selected varieties

scoop up the savings in bulk!



1.99
Organic
Garbanzo Beans
per pound in bulk



2.79
Organic White
Quinoa
per pound in bulk



8.99
Organic Dried
Mango
per pound in bulk



Make meals easy with help from the co-op.

nutrition for sustained energy



The idea for **Clif** Bar was born on a bike and built with athletes in mind. Today, we continue to make organic, plant-based energy food that begins with a recipe and incorporates the latest nutrition science — and it's NOT just for performance. We thoughtfully craft our foods to help energize any moment, big or small!

4/\$5

Clif Builders Bar
2.4 oz.

4/\$5

Clif
Organic Nut Butter Bar
1.76 oz.

5/\$5

Clif Luna Bar
1.69 oz.

5/\$5

Clif Bar
2.4 oz.



2/\$4

Blue Diamond
Almond Milk
32 oz., selected varieties



8.99

Equal Exchange
Organic Coffee
per pound in bulk



2/\$7

Envirokidz
Organic Cereal
10-14 oz., selected varieties



organic, sustainable,
mindful and tasty

All our cereal recipes 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!

3.29

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



Rise and shine with breakfast from the co-op.



2/\$3

**Santa Cruz Organic
Lemonade**
32 oz., selected varieties



2/\$4

**Q Drink
Drink Mixers**
16.9 oz., selected
varieties



3.99

**Mary's Gone
Crackers**
Organic Crackers
5-6.5 oz., selected
varieties



2/\$5

**Vita Coco
Organic Coconut
Non-dairy
Beverage**
33.8 oz.



2/\$3

**Ever & Ever
Water**
16 oz., selected varieties



2/\$6

**Lily's
Chocolate Bar**
2.8-3 oz., selected
varieties



*real vegetables made
irresistible*

TERRA real vegetable chips are made from vegetables that are harvested, crisped and seasoned to perfection. Enjoy vegetables made irresistible!

2/\$6

**Terra
Vegetable Chips**
4.2-6 oz., selected varieties



7.99

**Woodstock
Lump
Hardwood
Charcoal**
8.8 lb., selected
varieties

The co-op has snacks for outdoor outings.



17.99

**Bulletproof
Brain Octane
MCT Oil**
14 oz., selected
varieties

channel wellness from within



America's #1 collagen brand, Vital Proteins has helped people live fuller, more vibrant lives through premium collagen products that contain quality ingredients and have clean labels and transparent sourcing. It is within us!

19.99

**Vital Proteins
Collagen Peptides**
10 oz.



6.99

**Source Naturals
Melatonin 2.5 mg.**
60 ct., selected varieties



stay moving with Maca



Calling all athletes and weekend warriors alike: Gaia Herbs Maca Powder can help you stay physically active and maintain peak performance without the use of caffeine. Gelatinized for easier digestion, it mixes easily into the liquid of your choice.

13.99

**Gaia Herbs
Organic Maca Powder**
8 oz.



2/\$5

**Alba Botanica
Lip Balm**
.15 oz., selected
varieties

The co-op helps you feel your best all summer .

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

upgrade your sparkling water



Nixie Sparkling Water is a line of consciously crafted, certified-organic, non-GMO sparkling waters infused with vibrant fruit and botanical flavors that are always 0 calorie, 0 sugar, 0 sodium.

3.99

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



2/\$5
Stacy's
Pita Chips
7.33 oz., selected varieties



2/\$6
4505
Chicharrones
Pork Rinds
2.5 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

PWNW0721B

