

coop deals

AUG 4 - AUG 17, 2021

amazingly versatile

The solution to messy hands and dirt tracked into the home can be found in one bottle of Dr. Bronner's Castile Soap! Find it on sale at the co-op!



7.99

Dr. Bronner's
Pure Castile Liquid Soaps
16 oz., selected varieties



4/\$5

Liberte
Organic Yogurt
5.5 oz., selected varieties



2/\$5

GT's
Organic Synergy
Kombucha
16 oz., selected varieties



2/\$6

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



2/\$5

Alter Eco
Organic
Chocolate Bar
2.65-2.82 oz., selected
varieties



2/\$6

Kind
Healthy Grains
Bars
5-1.2 oz. bars, selected
varieties



2/\$7

Mom's Best
Cereal
14-24 oz., selected
varieties



Family favorites all summer long.

Summer savings at the co-op.



2/\$7

The Greek Gods
Greek Yogurt
24 oz., selected varieties



3.99

Oatly
Oatmilk
64 oz., selected varieties



4.99

Organic Valley
Raw Cheese
8 oz., selected varieties



2.99

Fage
Greek Yogurt
17.6 oz., selected varieties



2.99

Organic Valley
Sour Cream
16 oz., selected varieties



2/\$4

Hiball Energy
Sparkling Energy
Water
16 oz., selected varieties



2/\$4

Perfect Bar
Organic Protein
Bar
2.2-2.5 oz., selected varieties



2/\$7

Wtrmln Wtr
Cold Pressed
Watermelon Juice
12 oz., selected varieties



4.49

So Delicious
Organic
Coconutmilk
64 oz., selected varieties



4.49

Straus Family
Creamery
Organic Yogurt
32 oz., selected varieties



3.99

Upton's Naturals
Seitan
8 oz., selected varieties

The co-op keeps you cool on hot summer days.



7.49
Caulipower
Chicken Tenders
14 oz., selected varieties



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/\$4

Garden Of Eatin'
Tortilla Chips
5.5 oz., selected varieties



4.99
Cappello's
Naked Pizza
Crust
6 oz.



2/\$4
Evol
Burrito
5-6 oz., selected varieties



4.99
Sambazon
Acai Smoothie
Packs
4 ct., selected varieties



4.99
So Delicious
Dairy-free Frozen
Dessert
1 pint, 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



2/\$6

**Deep Indian Kitchen
Naan or Naan Pizza**
7.4-9 oz., selected varieties

On-the-go options at the co-op.

for a greater good

Enjoy the planet's best organic, plant-based, nutrient-dense foods and feel great knowing that every **Nutiva** product helps advance sustainable agriculture and grow healthy communities.



6.99
Nutiva
Organic Virgin
Coconut Oil
14 oz.

9.99
Nutiva
Organic Virgin
Coconut Oil
23 oz.

7.99
Nutiva
Organic Coconut
Manna
15 oz.

7.99
Nutiva
Organic Hemp Seed
8 oz.



2/\$6
Annie's
Organic Dressing
8 oz., selected varieties



3.99
Kind
Healthy Grain
Clusters
11 oz., selected varieties



2/\$6
Safe Catch
Tuna or Pink
Salmon
5 oz., selected varieties



scoop up the savings in bulk!

2.19
Organic Green
Lentils
per pound in bulk



2.99
Organic Tri-Color
Quinoa
per pound in bulk



6.49
Organic Medjool
Dates
per pound in bulk



Find nutritious options throughout the co-op.



3.49

Nature's Path
Organic Love Crunch
Granola
11.5 oz., selected varieties



we spread integrity

We're 100% employee-owned, and we take pride in producing superior products for our customers. Since 1976, we've been dedicated to quality and sustainability for a better future.

5.99

Once Again
Organic Peanut Butter
16 oz., selected varieties



3.49

Nature's Bakery
Organic Baked-Ins Oat Bars
6-1.27 oz. bars, selected varieties



2/\$6

One Degree Organic
Sprouted Cereal
8-12 oz., selected varieties



*Eco-pac!
Save the Earth!*

Our PATH, Nature's PATH, is on track to reach our goal of creating ALL our packaging from recyclable/compostable materials by 2025, four years from now! Our eco-pac cereals taste great and save our EARTH!

6.49

Nature's Path
Organic Cereal
23.8-32 oz., selected varieties



4/\$5

Earth's Best
Organic Baby Food
4 oz., selected varieties

The co-op has fantastic breakfast picks.

good from the grain up



2.29

Lundberg Rice Chips
6 oz., selected varieties



2/\$5

Lundberg Organic Rice Pilaf or Mix
5.5-6 oz., selected varieties



2/\$6

Lundberg Organic Brown Rice Cakes
8.5 oz., selected varieties



5.99

Lundberg Organic California Rice
32 oz., selected varieties

Sustainably grown. Thoughtfully crafted. Perfectly prepared. We've got an independent streak a rice field wide. We geek out on little things like grains, important things like organic farming and even huge things like the future of the planet.



1.79

Yachak Organic Yerba Mate
15.5 oz., selected varieties



2/\$5

So Delicious Organic Coconutmilk
32 oz., selected varieties



2.99

R.W. Knudsen Organic Cranberry Pomegranate Juice
32 oz., other R.W. Knudsen Organic Juices also on sale



good for feeling good!

Independently owned, founder-led Vita Coco has become a purpose-driven business providing incredible programs to the communities where we source through The Vita Coco Project.

2/\$6

Vita Coco Coconut Water
33.8 oz., selected varieties



3.99

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

The co-op has snacks and beverages for summer.



15.99

**Smarty pants
Kids Formula Multi and
Omega 3 Gummies**
120 ct.

GoMacro. Bigger than a bar



In August, 10% of net proceeds from our Double Chocolate + Peanut Butter Chocolate Chips MacroBar are donated to Sheldrick Wildlife Trust. Bite into something positive.

2/\$4

**Gomacro
Organic Macrobar**
2-2.3 oz., selected varieties



6.99
**Spectrum
Essentials
Organic Flaxseed**
14 oz.



25.99
**MegaFood
Blood Builder**
90 ct.



nutrition on the go!

Twenty grams of plant-based protein in each serving and 10 organic fruits and veggies. It's creamy, it's clean and it's a serious kick in your nutrition for the day.

2/\$5

**Orgain
Organic Vegan All-In-One
Protein Shake**
11 oz., selected varieties



25.99
**Garden Of Life
Mykind Organics Elderberry
Gummies**
120 ct.

Supplements for a healthy summer 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 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



2/\$4

Seventh Generation Recycled Paper Towels
120 sheets



2/\$6

Seventh Generation Dish Liquid
19 oz., selected varieties



10.99

Seventh Generation Laundry Detergent
100 oz., selected varieties

a powerful clean

For more than 30 years, we've crafted plant-based cleaning and homecare products that provide a powerful clean for your busy family — and help protect the planet. Why? Because we believe in a seventh generation. And we're just getting started.

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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