

coop deals

SEP 1 - SEP 14, 2021

protein-rich lunch

Busy families can find healthy lunch solutions throughout the co-op. Try Wild Planet tuna — they use sustainable fishing methods, and your whole family can enjoy a nutritious meal.



2/\$5

Wild Planet Tuna

5 oz., selected varieties



2/\$4

Mountain Valley Spring Water
1 liter, selected varieties



5/\$5

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



3.29

Barbara's Cereal
8-15 oz., selected varieties



3.99

Maya Kaimal Indian Simmer Sauce
12.5 oz., selected varieties



2/\$6

Montebello Organic Pasta
16 oz., selected varieties



2/\$5

Angie's Boomchickapop Popcorn
4.2-6 oz., selected varieties



Back-to-school essentials at the co-op.

Fuel up for busy fall days ahead.



2.49
Organic Valley Milk
32 oz., selected varieties



it's ghee-licious

Ghee is clarified butter with a delicious, buttery taste. It's lactose and casein free and made with organic milk from pasture-raised cows. Ghee is rich in omega-3s and CLAs.

7.99

Organic Valley Ghee Clarified Butter
7.5 oz.



2/\$7
Organic Valley Egg Bites
2 ct., selected varieties



4.49
Vital Farms Pasture-raised Eggs
1 doz.



4.99
Fage Greek Yogurt
35.3 oz., selected varieties



5.99
Miyoko's Creamery Organic Vegan Mozzarella
8 oz., selected varieties

delicious and dairy free

Kite Hill is on a mission to elevate your expectations of how amazing plant-based eating can be. In everything we make — from award-winning, plant-based yogurts and cheeses to delicious pastas, dips and kids' favorites — Kite Hill strives to create foods that are both irresistible and sustainable.



3.49
Kite Hill Almond Milk Dips
8 oz., selected varieties

3.49
Kite Hill Almond Milk Sour Cream
8 oz., selected varieties

5.49
Kite Hill Almond Milk Ricotta Tortellini and Ravioli
9 oz., selected varieties

5.99
Kite Hill Almond Milk Cream Cheese Style Spreads
8 oz., selected varieties

Refreshing and delicious options at the co-op.



2/\$5

Kevita
Organic Sparkling
Probiotic Drink
15.2 oz., selected
varieties

smooth and creamy goodness



Almond Breeze® is a great product that comes to you with care and attention to goodness. Unsweetened Original provides a touch of the almond's natural sweetness but eliminates the added sugar.

2/\$7

Blue Diamond
Almondmilk
64 oz., selected varieties



3.99

Violife
Just Like Cheese
5.3-8 oz., selected
varieties



Busy morning solutions for everyone.
Make breakfast easy.



4/\$5

Stonyfield
Organic Yogurt
Pouch
3.4-3.5 oz., selected
varieties



2/\$7

Good
Karma
Flaxmilk
64 oz., selected
varieties



2/\$6

Hope Foods
Organic Hummus
8 oz., selected varieties



4.49

Immaculate
Organic
Cinnamon
Rolls
17.5 oz.

Find a great start to every day at the co-op.

real ingredients, real flavor



Primal Kitchen knows food has the power to uplift and empower us. That's why our delicious pantry staples are made with real, high-quality ingredients. Never settle — make every meal exciting!

4.49
Primal Kitchen Dressing & Marinade and Organic Unsweetened Ketchup
8-11.3 oz., selected varieties

5.99
Primal Kitchen Frozen Meals
10-11 oz., selected varieties

6.99
Primal Kitchen Avocado Oil Mayo
12 oz., selected varieties

29.99
Primal Kitchen Collagen Fuel
13.1 oz., selected varieties



2/\$5
Tofurky Deli Slices
5.5 oz., selected varieties



3/\$5
Woodstock Frozen Vegetables
10 oz., selected varieties



5.99
Organic Valley Grassmilk Raw Cheddar Cheese
8 oz., selected varieties



2/\$5
Sweet Earth Burritos
6-7 oz., selected varieties



2/\$3
Mori-Nu Silken Tofu
12-12.3 oz., selected varieties



2/\$6
Food For Life Sprouted Tortillas
10-12 oz., selected varieties



5.99
Cascadian Farm Organic Powered by Plants Entrée
24 oz., selected varieties

The co-op has quick, easy meal options.



3.99

Imagine Organic Soup
32 oz., selected varieties



4.99

Bragg Organic Apple Cider Vinegar
32 oz.



2/\$5

Muir Glen Organic Pasta Sauce
25.5 oz., selected varieties



8.99

Spectrum Naturals Organic Extra Virgin Olive Oil
25.4 oz.

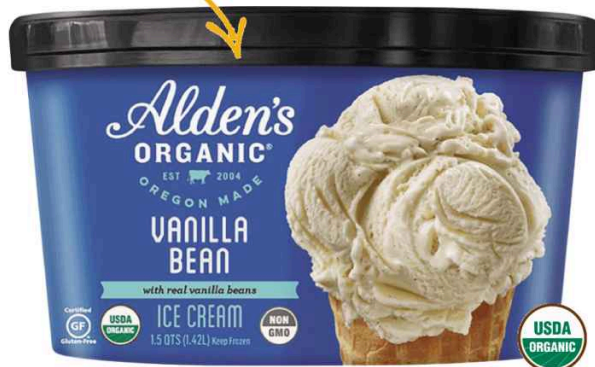
America's favorite!

Crafted with fresh organic cream, this Vanilla Bean Ice Cream is speckled goodness in every bite.

6.99

Alden's Organic Ice Cream

48 oz., selected varieties



3.99

Woodstock Organic Pickles
24 oz., selected varieties



scoop up the savings in bulk!

1.19

Organic Rolled Oats
per pound in bulk



2.69

Organic Thompson Raisins
per pound in bulk



7.49

Organic Walnut Halves & Pieces
per pound in bulk



The co-op has something for everyone.



3.49

**St. Dalfour
Fruit Spread**
10 oz., selected varieties



*making eating
well easy*

Kashi® cereals have a little something for everyone, like protein, organic whole grains, Fair Trade chocolate and family favorites, like hearts and Os. Kashi® makes eating well easy.

2.79

**Kashi
Organic Cereal**
9.5-16.3 oz., selected varieties



2/\$3

**C2O
Coconut Water**
17.5 oz., selected varieties



2/\$5

**R.W. Knudsen
Organic Very
Veggie Juice**
32 oz., selected varieties



8.99

**Justin's
Almond Butter**
16 oz., selected varieties

MadeGood Minis and Squares



Granola Minis are the perfect any-time snack that both kids and grown-ups love. Now with five packs at the same price and the same MadeGood benefits!



2/\$6

**Madegood
Organic Crispy
Squares or Granola
Minis**

6-0.78 oz. bars & 5-0.85 oz. minis



3.49

**Califia Farms
Shelf Stable
Almondmilk**
32 oz., selected varieties



2/\$7

**Tazo
Tea Bags**
15-20 ct., selected varieties

Everyone is welcome to shop at the co-op.



2/\$3

Justin's Organic Nut Butter Cups
2 ct., selected varieties



get good energy

Hiball's good energy is long lasting, so you can be your best all day — with organic caffeine and zero sugar or calories.

2/\$4

Hiball Energy Sparkling Water
16 oz., selected varieties



2/\$6

Lesser Evil Organic Popcorn
5-7 oz., selected varieties



2/\$6

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



2/\$6

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



it's crunch time

Kalahari uses high-quality cuts of American beef spiced with simple ingredients, thinly sliced and roasted to the perfect crunch. Keto-friendly with 20 grams of protein and 0 grams of sugar per bag.

2/\$7

Kalahari Crisps Air Dried Beef Chips
1 oz., selected varieties



3.99

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

Find your favorite snacks at the co-op!



2/\$5
 Boulder Canyon
 Potato Chips
 5 oz., selected varieties



2/\$7
 Siete
 Grain-free Tortilla
 Chips
 5 oz., selected varieties



4.49
 Zevia
 Zero Calorie Soda
 6pk - 12 oz. cans,
 selected varieties



2/\$7
 Tony's
 Chocolonely
 Chocolate Bars
 6.35 oz., selected
 varieties



2/\$6
 Annie's
 Homegrown
 Organic Cheddar
 Puffs
 4-4.3 oz., selected
 varieties



5.99
 Alter Eco
 Organic Truffles
 4.2 oz., selected varieties



2/\$8
 Newman's Own
 Fig Newmans
 10 oz., selected varieties



2/\$5
 Theo
 Organic
 Chocolate Bars
 3 oz., selected varieties



2/\$6
 Taza Chocolate
 Organic
 Chocolate Bar
 2.5 oz., selected varieties



*the only organic
 plantain chip*

Barnana has helped over 350 indigenous families in the Amazon basin become certified-organic plantain growers using regenerative agriculture by rebuilding and restoring soil biodiversity for sustainable organic farming.

2/\$7

Barnana
 Organic Plantain Chips
 5 oz., selected varieties



4.99

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

Find delicious snack options at the co-op.



15.99

**Nordic Naturals
Complete Omega-3.6.9**
60 ct.



3.49

**Seventh
Generation
Household
Cleaners**
23-26 oz., selected
varieties



29.99

**MegaFood
Balanced B Complex**
90 ct.



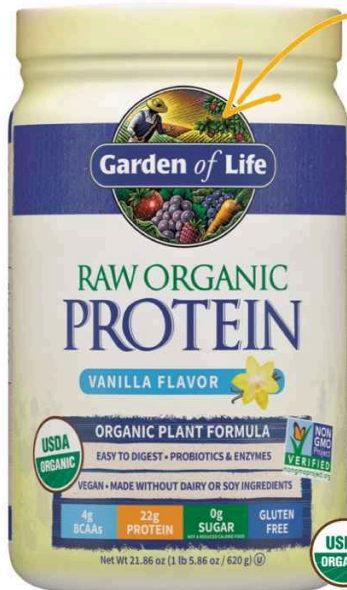
18.99

**Om
Mushroom
Superfood
Powder**
3.5 oz., selected varieties



9.99

**BioKleen
Liquid Laundry
Detergent**
64 oz., selected varieties



*raw organic
protein powder*

Raw, organic protein — an excellent source of Certified USDA Organic, Non-GMO-Verified, Informed-Choice Clean for Sport, raw, vegan, complete protein powder from 22 raw and organic sprouts.

36.99

**Garden Of Life
RAW Organic Protein**
21.9-23 oz., selected varieties



2.99

**World Centric
Compostable 9" Plates**
20 ct.

The co-op has home products you trust.



2/\$5

Desert Essence
Tea Tree Oil
Dental Floss
50 yards, selected
varieties



2/\$5

Kiss My Face
Olive Oil Bar Soap
8 oz., selected varieties



2/\$7

Zum Bar
Goat's Milk Bar
Soap
3 oz., selected varieties



9.99

Booda Butter
Organic All-In-
One Daily
Moisturizer
2.3 oz.



19.99

Mychelle
Solar Defense
Body Lotion SPF
50
6 oz.



100% vegan.
0% pretentious.

Our mission is to deliver eco-friendly wellness through clean, clinical ingredients in better-for-you formula bases. Free of parabens, sulfates, petroleum, mineral oil and formaldehyde. Vegan and certified cruelty free!

6.99

Acure
Body Lotion
8 oz., selected varieties



12.99

Weleda
Skin Food
2.5 oz.



a natural antiseptic

Tea Tree Therapy's consistent composition of high-quality tea tree oil has been providing the world with assorted body care products for over 20 years! Antiseptic, antibacterial, antiviral, antifungal and anti-inflammatory.

6.99

Tea Tree Therapy
Tea Tree Oil
1 oz.

Find fantastic deals throughout the co-op.



3.79
Jason
Toothpaste
6 oz., selected varieties



6.99
Jason
Mouthwash
16 oz.



8.99
Alba
Sport Sunscreen
SPF 45
4 oz., selected varieties



8.99
Alba
Mineral Sunscreen
SPF 30
4 oz., selected varieties

look good
inside & out

Alba Botanica® has you covered with protection that's water resistant (for 80 minutes) and free of oxybenzone and octinoxate. No animal testing or synthetic fragrances. **JASÖN** uses wholesome ingredients inspired by nature. No parabens, sulfates, phthalates or petrolatum. Certified cruelty free and vegan.



2/\$7
Nubian Heritage
Bar Soap
5 oz., selected varieties



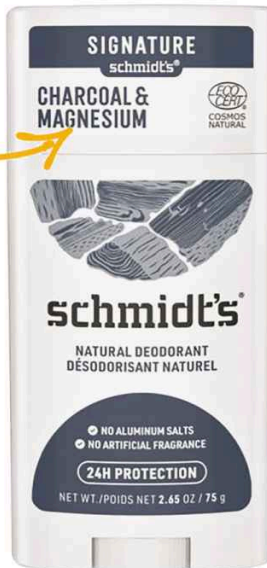
10.99
Naturtint
Hair Color Gel
5.75 oz., selected varieties



really natural.
really works.

Schmidt's natural deodorant is the first Ecocert-certified natural deodorant in the U.S. It's never formulated with aluminum salts, and it helps neutralize odor to keep you fresh for 24 hours.

6.99
Schmidt's
Deodorant
2.65-3.25 oz., selected varieties



11.99
Mineral Fusion
Volumizing Mascara
.57 oz., selected varieties

Products gentle on you and the Earth 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



8.99

**Heritage Store
Rose Water
Mist**
8 oz.



9.99

**Honey Gardens
Elderberry Syrup**
4 oz.



9.99

**Solaray
Super Bio
Vitamin C**
100 capsules



12.99

**Kal
Magnesium
Glycinate**
90 tablets



*a full spectrum
of wellness*

Solaray, Kal, Honey Gardens and Heritage Store offer a broad spectrum of all-natural dietary supplements and body care products that promote optimal overall health and wellness. Kal Magnesium Glycinate makes the perfect addition to your health and wellness routine.

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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