

coop deals

SEP 15 - SEP 28, 2021

cheesy comfort food

With a popular and easy-to-make meal like Annie's Organic Shells & Real Aged Cheddar, you can keep it simple or add fun ingredients. It's easy to slice in veggies or protein to top off a cheesy, delicious classic favorite.



3/\$5

Annie's
Organic Shells & Real
Aged Cheddar
6 oz., selected varieties



5/\$5

Clif
Energy Bars
2.4 oz., selected varieties



2/\$4

Kettle Brand
Potato Chips
5 oz., selected varieties



2/\$5

Health-Ade
Organic
Kombucha
16 oz., selected varieties



2/\$5

Chocolove
Chocolate Bars
2.9-3.2 oz., selected
varieties



2/\$4

Food Should
Taste Good
Tortilla Chips
5.5 oz., selected varieties



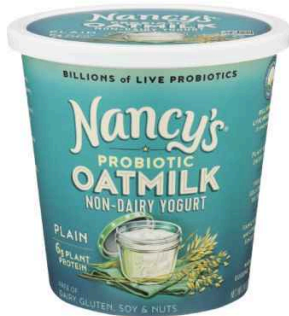
2/\$3

Happy Tot
Organic
Superfoods
3.5-4.22 oz., selected
varieties



It's time for fall recipes!

Seasonal favorites at the co-op.



3.49

Nancy's
Oatmilk Non-dairy
Yogurt
24 oz., selected varieties



delight in every bite

Our promise is simple: to give you the delicious joy of dairy, without any compromise.

2/\$7

Daiya
Dairy-free Shreds
7.1-8 oz., selected varieties



4.99

Wildbrine
Organic
Sauerkraut
18 oz., selected varieties



2/\$3

Forager Project
Organic
Cashewgurt
5.3 oz., selected varieties



3.49

Good Culture
Organic Cottage
Cheese
16 oz., selected varieties



discover Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Greek Style Yogurt!

2/\$3

Wallaby
Organic Greek Yogurt
5.3 oz., selected varieties



3.99

Nancy's
Organic Yogurt
32 oz., selected varieties

Begin the day with breakfast from the co-op.



2/\$6
Coolhaus
Ice Cream Sandwiches
5.8 oz., selected varieties



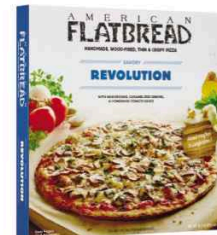
3/\$7
Petit Pot
Pot de Crème
3.5 oz., selected varieties



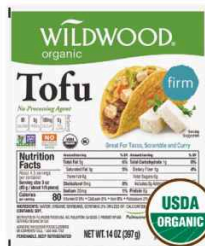
2.99
Green Valley
Creamery
Organic Lactose-free Cream
Cheese
8 oz.



6.99
Daiya
Dairy-free Pizza
13.47-19.1 oz., selected
varieties



8.99
American
Flatbread
Pizza
13.8-18.62 oz., selected
varieties



2.49
Wildwood
Organic Tofu
14-16 oz., selected
varieties



4.49
Wholly Veggie
Veggie-Full Meals
11.46-13.2 oz., selected
varieties



4.49
Miso Master
Organic Miso
8 oz., selected varieties



just say "Cheese!"

Organic Valley's Mozzarella is highly nutritious and a good source of calcium and protein. Always organic with no antibiotics, toxic pesticides, synthetic hormones or GMOs. Leaves you begging for more.

4.49
Organic Valley
Cheese
8 oz., selected varieties



2/\$4
Cascadian Farm
Organic Frozen Vegetables
10 oz., selected varieties

The co-op supports community.



4.99

**Maranatha
Organic Peanut Butter**
16 oz., selected varieties



5.99

**Uncle Matt's
Organic Juice**
52 oz., selected varieties



3.99

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



3.99

**Califia Farms
Almondmilk**
48 oz., selected varieties



2/\$6

**Cascadian Farm
Organic Frozen
Fruit**
8-10 oz., selected
varieties



3.99

**Genuine Bavarian
Organic Bavarian
Pumernickel**
17.6 oz., selected
varieties



6.99

**Navitas
Organic Cacao
Powder**
8 oz.



5.49

**Lakewood
Organic
Pure Pineapple
Juice**
32 oz.



7.99

**Once Again
Organic Tahini**
16 oz., selected varieties



2/\$5

**Pacific Foods
Organic Oat
Plant-based
Beverage**
32 oz., selected
varieties



2/\$7

**Yogi Tea
Herbal Tea Bags**
16 ct., selected varieties

2/\$6

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

Great value and deals are at the co-op.



2/\$4
 Koyo
 Organic Udon
 8 oz., selected varieties



2/\$5
 Seeds Of Change
 Organic Ready to
 Heat Rice
 8.5 oz., selected varieties



3/\$5
 Dr. McDougall's
 Soup Cups
 1.3-3.4 oz., selected
 varieties



2.49
 Native Forest
 Organic Coconut
 Milk
 13.5 oz., selected
 varieties



4.49
 Sky Valley
 Sriracha Sauce
 18.5 oz.



29.99
 Zoe
 Organic Extra
 Virgin Olive Oil
 88 oz.



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



2/\$6
 Pacific Foods
 Organic Broth
 32 oz., selected varieties



2/\$4
 Westbrae
 Organic Beans
 15 oz., selected varieties



scoop up the savings in bulk!

1.99
 Organic Pinto
 Beans
 per pound in bulk



1.99
 Organic Millet
 per pound in bulk



9.99
 Organic Roasted &
 Salted Pistachios
 per pound in bulk



The co-op has bulk deals for cooking and snacking.



5/\$5

Steaz
Organic Iced
Green Tea
16 oz., selected varieties

real chips 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
5-6 oz., selected varieties



2/\$4

Proud Source
Spring Water
25.3 oz., selected varieties



4/\$5

Vermont Smoke
& Cure
Meat Sticks
1 oz., selected varieties



3.99

Unreal
Chocolate Nut
Butter Cups or
Gems
4-6 oz., selected varieties



4.49

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



4/\$5

Vermont Smoke
& Cure
Meat Sticks
1 oz., selected varieties



2/\$5

Hippeas
Organic Chickpea
Puffs
4 oz., selected varieties



2/\$5

Beyond Good
Chocolate Bars
2.64 oz., selected
varieties



2.79

Made Good
Organic Soft Baked
Mini Cookies
5-0.85 oz. bags, selected
varieties



3.99

Harmless Harvest
Organic Coconut
Water
16 oz.



2/\$7

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

Your favorite snacks and beverages at the co-op.



31.99

Vega
All-In-One Organic
Protein Shake
 12.1-13.5 oz., selected varieties



what's inside?

RXBARS are protein bars made with a few simple ingredients. We tell you what's on the inside on the outside.

3/\$5

Rxbar
Protein Bars
 1.83 oz., selected varieties



19.99

Enzymedica
Digest Gold
 45 ct.



3.99

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



2/\$5

Castor & Pollux
Organic Dog Food
 12.7 oz., selected varieties



believe in a seventh generation

Our bathroom tissue is made from 100% recycled paper (minimum 50% post-consumer recycled fiber), whitened without chlorine bleach and Rainforest Alliance Certified.

6.99

Seventh Generation
Bath Tissue
 12 ct.



22.99

Host Defense
Mushrooms
Lion's Mane
 60 ct.

Visit your local co-op for great value every day.

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

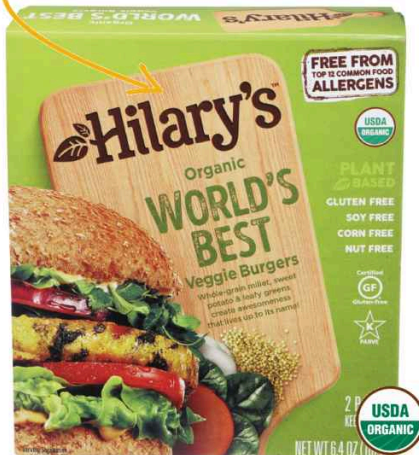
Sno-Isle Natural Foods Co-op

The Food Co-op



to find a food co-op near you, visit us online at: welcometothetable.coop

world's best organic veggie burger



Hilary's cooks craveable 100% plant-based frozen foods packed with whole veggies, grains and beans that are always free from the 12 most common allergens.

2/\$5

Hilary's Eat Well Organic Veggie Burgers
6.4 oz., selected varieties



2/\$6

Alexia Frozen Potatoes
15-19 oz., selected varieties



2/\$6

Sweet Earth Benevolent Bacon
5.5 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

PWNW0921B

