

coop deals

NOV 17 - NOV 30, 2021

everyone's favorite dishes

FEELING GRATITUDE

This year, bring together old recipes and new to create a feast for your family. With Cascadian Farm's Organic Green Beans, you can put forward the best casseroles or side dishes to complement your Thanksgiving meal.



2/\$5

Cascadian Farm
Organic Frozen
Vegetables

16 oz., selected varieties



2/\$5

Blue Diamond
Nut Thins
4.25 oz., selected varieties



4.49

Applegate
Naturals
Bacon
8 oz., selected varieties



8.99

Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 oz.



Seasonal favorites for delicious meals.

Fresh and festive at the co-op.

joy to deliciousness

It's no coincidence that delicious is our name. Make your dairy-free holiday brighter with tasty **So Delicious** Holiday Nog, Coconutmilk Yogurt Alternative, Coconutmilk Creamer and CocoWhip! Together, they make everything better. Now that's a reason to celebrate.



3/\$5
So Delicious
Coconutmilk Yogurt
5.3 oz.



2.29
So Delicious
Organic Coconutmilk
Creamer
16 oz., selected varieties



3.99
So Delicious
Organic Coconutmilk
Creamer
32 oz., selected varieties



3.99
So Delicious
CocoWhip
Topping
9 oz.



2/\$5
GT's
Organic
Kombucha
16 oz., selected varieties



6.99
Evolution Fresh
Organic Juices
59 oz., selected varieties



6.49
Wallaby
Organic Greek
Yogurt
32 oz., selected varieties



3.99
Mt. Vikos
Organic Feta
Cheese
6-7 oz., selected
varieties



2/\$7
Brown Cow
Wholemilk
Yogurt
32 oz., selected varieties



3.99
Organic Valley
Parmesan Cheese
4 oz., selected varieties



8.99
Organic Prairie
Seasoned Ground
Beef
16-oz., selected varieties

Wake up to savings at the co-op.

*deliciously,
delightfully
dairy free*

Here at **Califia Farms** (pronounced Cal-uh-FEE-ahh), we make a wide variety of plant-based dairy products that are oh so easy to love, without sacrificing the flavor or versatility you deserve. Whatever you're making this holiday season, make it delicious with Califia Farms.



2/\$7
Califia Farms
Oatmilk Barista
Blend
32 oz.



3.99
Califia Farms
Oatmilk
48 oz., selected varieties



3.99
Califia Farms
Almondmilk
Creamers
25.4 oz., selected varieties



4.99
Califia Farms
Holiday Nog
Almondmilk
48 oz.



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



3.49
Organic Valley
Egg Bites
2 ct., selected varieties



5.49
Organic Valley
Ricotta Cheese
15 oz.



fresh and tasty

Organic Valley's Cheese Slices are made with milk from our pasture-raised cows for quality you can taste. Our cheese slices are the perfect complement to sandwiches or cheese plates.

4.49

Organic Valley
Sliced Cheese
6 oz., selected varieties



2.99

Green Valley Creamery
Organic Lactose-free Sour Cream
12 oz.



Start the day with deals from the co-op.

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



2/\$6

R.W. Knudsen
Organic Sparkling
Apple Juice
750 ml.

great buttery taste

Earth Balance Vegan Buttery Sticks have made their name as the ultimate toast topper and a crucial part of your dairy-free baking. It's creamy, rich and buttery.



3.99

Violife
Just Like Cheese
Shreds
8 oz., selected varieties

4.49

Earth Balance
Buttery Sticks
16 oz., selected varieties



2/\$6

Sweet Earth
Benevolent
Bacon
5.5 oz., selected
varieties



4.49

Beyond Meat
Beyond Breakfast
Sausage Links
8.3 oz.



4.49

Miyoko's
Creamery
Organic Cultured
Vegan Butter
8 oz.

plant-based holiday roast



Great as a holiday mealtime centerpiece, this plant-based roast is crafted with savory and comforting flavors, like sage and garlic, to elicit warm memories of special gatherings.

5.99

Field Roast
Celebration Roast
16 oz.



10.99

Tofurky
Plant-based Roast
26 oz.

The co-op has plenty of plant-based options.

Woodstock freezer favorites!

Woodstock frozen vegetables are quick frozen to maintain their nutrition and goodness without the use of preservatives, artificial colors or flavors. Whether you're cooking a satisfying stir fry or side dish, Woodstock is there to make every meal more delicious!



2/\$4

Woodstock Organic Super Sweet Cut Corn
10 oz.

2/\$4

Woodstock Organic Cut Spinach
10 oz.

3/\$5

Woodstock Petite Brussels Sprouts
10 oz.

3.49

Woodstock Organic Asparagus Spears
10 oz.



2.29

Stahlbush Island Farms Frozen Vegetables
10 oz., selected varieties



4.49

IZZE Sparkling Juice
4 pk-12 oz. bottles, selected varieties



6.99

Bonafide Provisions Organic Bone Broth
24 oz., selected varieties



share the yum

Alden's Organic offers irresistible dairy and dairy-free frozen desserts for everyone in the fam. America's favorite organic ice cream always finds a way to spark a good time.

6.99

Alden's Organic Ice Cream
48 oz., selected varieties



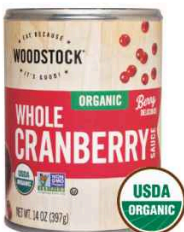
2/\$6

Immaculate Organic Flaky Biscuits
16 oz.

Thank you for shopping at the co-op!



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



2/\$6
Woodstock
Organic
Cranberry Sauce
14 oz., selected varieties



4.99
Bragg
Organic Apple
Cider Vinegar
32 oz., selected varieties



3.99
Bionaturae
Organic Balsamic
Vinegar
17 oz.



4.99
Better Than
Bouillon
Organic Broth
Base
8 oz., selected varieties



2/\$5
Nutpods
Dairy-free
Creamer
11.2 oz., selected
varieties



2/\$7
Mediterranean
Organic
Pitted or Stuffed
Olives
8.1-8.5 oz., selected varieties



9.99
Nutiva
Organic Virgin
Coconut Oil
23 oz., selected varieties



feeling saucy

No Dairy? No problem! Primal Kitchen No Dairy Alfredo and No Dairy Vodka Sauces are creamy and plant-based for an im-pasta-bly delicious flavor that the whole family will love.

5.99
Primal Kitchen
Pasta Sauce
15.5-24 oz., selected varieties



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

Find your holiday meal ingredients at the co-op.

budget-friendly holiday meals

No matter what your budget is, holiday meals are even better with delicious, quality sides and beverages from Field Day. With Field Day products, you can create great meals without breaking the bank.

3.99

Field Day
Organic
Brown Rice
32 oz.



9.99

Field Day
Organic
Apple Juice
128 oz.



1.69

Field Day
Organic
Vegetables
14.5 - 15 oz.



1.99

Field Day
Organic Deluxe
Pasta & Cheese
Dinner
6 oz.



The co-op has great deals for easy meals.



4.49
King Arthur
Baking Company
All-purpose Flour
5 lbs.



no sugar, just sweet

Replace sugar with SweetLeaf® Organic Sweet Drops® for plant-based, zero-calorie, zero-carb, non-glycemic, organic, non-GMO, keto-friendly, guilt-free, delicious sweetness!

5.99

Sweetleaf
Stevia Sweetener
2 oz., selected varieties



4.49
Arrowhead Mills
Pancake & Waffle
Mix
26 oz., selected varieties



2.49
Let's Do Organic
Shredded
Coconut or
Coconut Flakes
7-8 oz., selected
varieties



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



2/\$6
Dandies
Vegan Vanilla
Marshmallows
10 oz., selected
varieties



4.49
Enjoy Life
Chocolate Baking
Chips or Morsels
9-10 oz., selected
varieties



14.99
Simply Organic
Vanilla Extract
4 oz.



scoop up the savings in bulk!

1.39
Organic Sugar
per pound in bulk



4.49
Organic Dried
Cranberries
per pound in bulk



10.99
Organic Pecan
Halves
per pound in bulk



The co-op has your holiday baking ingredients.



3/\$5

**Topo Chico
Mineral Water**
25.4 oz.



2/\$6

**Dream
Rice Drink**
32 oz., selected varieties



7.99

**Maranatha
Almond Butter**
12 oz., selected varieties



3/\$4

**Happy Family
Organics
Baby Food or Tot
Pouch**
4-4.22 oz., selected
varieties



3.29

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



8.99

**Equal Exchange
Organic Coffee**
per pound in bulk,
selected varieties

healthy and tasty snacks

Delicious snacks perfect for every occasion during the day and for the whole family. **KIND** products are made with nutritionally dense ingredients like whole nuts, real fruits and whole grains — no secret ingredients and no artificial flavors, preservatives or sweeteners.

3/\$4

**Kind
Bars**
1.4 oz., selected varieties

2/\$6

**Kind
Healthy Grains
Granola Bars**
5-1.16-1.2 oz. bars,
selected varieties

3.99

**Kind
Healthy Grains
Clusters**
11 oz., selected varieties



Delicious morning options are at the co-op.



2/\$5
 Wiley Wallaby
 Licorice Bites
 5.5 oz., selected varieties



2/\$5
 Kettle Brand
 Potato Chips
 5 oz., selected varieties



3.49
 World Centric
 Compostable 9" Plates
 20 ct.



2/\$5
 Beanitos
 Bean Chips
 4.5-5 oz., selected varieties



3.99
 Nixie
 Organic Sparkling
 Water
 8 pk.-12 oz. cans,
 selected varieties



2/\$5
 Sesmark
 Crackers
 3.2-7 oz., selected varieties



3.49
 Q Drink
 Mixers
 4 pk.-7.5 oz. cans,
 selected varieties



2/\$6
 Lesser Evil
 Organic Popcorn
 5-7 oz., selected varieties

If You Care — quality with integrity



If You Care Parchment Paper is carefully and deliberately crafted to have the least environmental impact and the lightest carbon footprint possible, while at the same time delivering the highest-quality and most effective results.

4.49 If You Care
 Parchment Baking Paper
 70 sq. ft., selected varieties



5/\$3
 Alter Eco
 Organic Truffles
 .42 oz., selected varieties



3.99
 Better Life
 All-purpose
 Cleaner
 32 oz., selected varieties

Discover the co-op difference in every aisle.



2/\$6

**Dr. Bronner's
Pure Castile Bar Soap**
5 oz., selected varieties



9.99

**Similasan
Eye Relief
Drops**
.33 oz., selected
varieties



16.99

**MegaFood
Zinc**
60 ct.



2.99

**Seventh
Generation
Baby Wipes**
64 ct.



3.99

**Ecover
Auto Dishwasher
Tablets**
25 ct.



7.49

**Seventh
Generation
Bath Tissue**
12 rolls, selected
varieties

*superior from
the start*

Our ability to source ingredients from the world's best farmers means our raw materials are grown in their native climates and harvested during peak season. Establishing these relationships around the world translates to unprecedented access to quality ingredients.



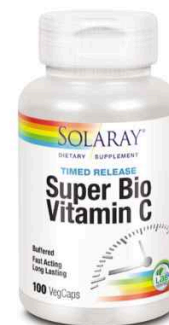
7.99

**Heritage Store
Rosewater
Facial Mist**
8 oz.



8.99

**Honey Gardens
Elderberry Syrup**
4 oz.



9.99

**Solaray
Super Bio
Vitamin C**
100 capsules



12.99

**Zand
Elderberry Zinc
Vitamin C Gummies**
60 gummies

Find home and body care options 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

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: grocery.coop

only organic plantain chips



All the crunchy, salty satisfying snack-ability you love about "normal" chips with none of the downsides. Made with sustainably sourced organic plantains. Only three Ingredients: plantains, coconut oil and Himalayan pink salt.

2/\$7

Barnana
Organic Plantain Chips
5 oz., selected varieties



2/\$5

Back To Nature
Crackers
4-8.5 oz., selected varieties

Co-ops support products and services that ensure 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