

coop deals

DEC 15, 2021 - JAN 4, 2022

go for the dip!

Ring in the new year with your favorite snacks. Whip up delicious dips to complement the chips, like Garden of Eatin' Blue Chips — on sale now at the co-op!



3.99

Garden of Eatin'
Blue Chips
16 oz., selected varieties



2/\$6

R.W. Knudsen
Organic Sparkling
Apple Juice
25.4 oz.



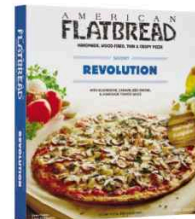
2/\$5

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



2/\$7

Pacific Foods
Organic Soup
32 oz., selected varieties



7.99

American
Flatbread
Pizza
14-17.1 oz., selected
varieties



3.39

Field Day
Organic Raisin
Bran Cereal
14 oz.



3.99

Field Day
100% Recycled
Paper Towels
3 ct.



Thank you for shopping at the co-op!

Wishing you a happy New Year!



3.99
Applegate
Breakfast Sausage
 7 oz., selected varieties



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



mild and creamy
mozzarella

Mozzarella cheese easily transformed into shredded cheese, sliced cheese or cubed cheese. It melts deliciously and tastes great on a pizza, in hot dishes or all by itself.

4.49
Organic Valley
Block Cheese
 8 oz., selected varieties



3.99
Immaculate
Organic Cinnamon
Rolls
 17.5 oz.



3.49
Organic Valley
Egg Bites
 2 ct., selected varieties



taste the cold-pressed
difference

Experience the taste of real oranges from this cold-pressed, organic orange juice. Made with oranges that are picked and squeezed at their peak of sweet flavor. Packed with vitamin C.

6.99
Evolution Fresh
Organic Juices
 59 oz., selected varieties



4.49
Earth Balance
Buttery Sticks
 16 oz., selected varieties

The co-op has your breakfast favorites!



6.49
Alden's Organic Ice Cream
48 oz., selected varieties



*always organic,
never ordinary*

Deep, emerald green and delicious, these beauties are packed with wonderful flavor and loads of essential nutrients.



3.99
Sol Cuisine Plant-based Appetizers or Entrees
10.6-11.7 oz., selected varieties

2/\$4

Cascadian Farm Organic Frozen Vegetables
10 oz., selected varieties



2/\$4
Muir Glen Organic Tomatoes
28 oz., selected varieties



4.99
Tucson Tamale Tamales
10-11 oz., selected varieties



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



*artisan organic
Italian pasta*

Extruded with bronze dies, so sauce clings to the course surface. Slow, low-temperature drying to preserve flavor and 100% plastic-free packaging.

2/\$4

Bionaturae Organic Pasta
16 oz., selected varieties



5.99

Field Roast Plant-based Mini Corn Dogs or Wings
10 oz., selected varieties

Delicious dinner selections at the co-op.

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



2/\$4

GoMacro
Organic Macrobar
2-2.4 oz., selected varieties



2/\$5

Chocolove
Chocolate Bars
2.9-3.2 oz., selected varieties



5.99

Rishi Tea
Organic Tea
15 tea bags, selected varieties



2/\$5

Top Fox
Pop-roasted
Pumpkin Seeds
3.5 oz., selected varieties



2/\$7

R.W. Knudsen
Organic Juice
32 oz., selected varieties



3.99

Hu Kitchen
Chocolate Bar
2.1 oz., selected varieties



2/\$7

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



*support digestion
and immune health*

Traditional Medicinals' medicinal-grade, herbalist-formulated teas are a great way for you to take care of your digestion and immune health this holiday season.

3.99

Traditional Medicinals
Tea

16 tea bags, selected varieties



5.99

Simple Mills
Baking Mixes

9-12.9 oz., selected varieties

Find great deals at the co-op.

changing the chocolate industry

Equal Exchange is committed to sourcing from small farmer, fair-trade co-ops. We proudly offer an ethical alternative to the standard chocolate business model that relies on poor wages and child labor. Our high-quality chocolates have the cleanest ingredient list, with no additives, such as lecithins! With your support we can make the world just a little bit sweeter!



2/\$5

Equal Exchange Organic Chocolate Bars
2.8 oz., selected varieties

2/\$6

Equal Exchange Organic Tea
20 tea bags, selected varieties

4.49

Equal Exchange Organic Chocolate Chips
10 oz., selected varieties

6.99

Equal Exchange Organic Coffee
10-12 oz., selected varieties



3.79

Bonne Maman Preserves
13 oz., selected varieties



5.99

Sweetleaf Stevia Sweetener
2 oz., selected varieties



15.99

Frontier Organic Vanilla Extract
4 oz



holidays are better with Bob's

Founded in 1978, **Bob's Red Mill** is 100% employee owned and a leader in whole-grain, organic, non-GMO and gluten-free foods. Explore our 200+ products, including baking essentials, whole grains, hot cereal and more. Plus, find holiday recipes at bobsredmill.com!



5.49

Bob's Red Mill Gluten-free Old Fashioned Rolled Oats
32 oz.

5.99

Bob's Red Mill Organic Gluten-free Old Fashioned Rolled Oats
32 oz.

6.49

Bob's Red Mill Organic Unbleached White All-purpose Flour
80 oz.

7.99

Bob's Red Mill Super-fine Almond Flour
16 oz.

Baking essentials are on sale now at the co-op!



100% Portuguese
and organic

This single-sourced country of origin (Portugal) product from the groves of Alentejo has transparent production and is sustainably farmed and 100% authentic. Unmatched value with award-winning flavor and BPA-free tin lining.

Zoe
Organic Extra Virgin
Olive Oil
88 oz.

29.99



2.79
Crown Prince
Smoked Oysters
3 oz., selected varieties



2/\$5
Blue Diamond
Nut Thins
4.25 oz., selected varieties



2/\$7
Quinn
Pretzel Nuggets
5-7 oz., selected
varieties



sunkissed 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
Pitted or Stuffed Olives
8.1-8.5 oz., selected varieties



2/\$6
Q Drink
Drink Mixers
4 pk.-7.5 oz. cans,
selected varieties



1.49
Organic Yellow
Popcorn
per pound in bulk



4.49
Organic Pitted
Deglet Dates
per pound in bulk



9.99
Organic Roasted &
Salted Pistachios
per pound in bulk



Delicious snack options are at the co-op!



1.79

Himalaya PartySmart
1 capsule

16.99

Derma E Vitamin C Concentrated Serum
2 oz.



10.99

Herb Pharm Rapid Immune Boost
1 oz.



2.79

Booda Butter Original Lip Balm
.15 oz.



4.49

Himalaya Toothpaste
5.29 oz., selected varieties



4.99

Kiss My Face 4 in 1 Moisture Shave
11 oz., selected varieties



19.99

Natural Factors Tranquil Sleep
60 ct.



6.99

Andalou Naturals 1000 Roses Body Lotion
8 oz.



2/\$10

Mineral Fusion Nail Polish Remover
6 oz.



11.99

Sukin Love Your Skin 3 Step Face Kit
1 kit

← give the gift of natural beauty

Indulge yourself and your loved ones in natural personal care this holiday season with clean, affordable gifts from **Andalou**, **Mineral Fusion** and **Sukin**.

The co-op has great wellness selections!

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



a powerful clean

Our liquid laundry products harness the power of renewable, plant-based ingredients for a deep clean you can feel great about.

10.99

Seventh Generation Laundry Detergent
100 oz., selected varieties



4.49 If You Care Parchment Baking Paper
70 sq. ft., other If You Care products also on sale

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

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