

coop deals

FEB 2 - FEB 15, 2022

sweet and salty!

There's a lot to love about the sustainable practices that go into making each and every Chocolove Chocolate Bar. Find them on sale at the co-op, and share them with those you love most.



2/\$5

**Chocolove
Chocolate Bars**

2.9-3.2 oz., selected varieties



2/\$5

**Health-Ade
Organic
Kombucha**
16 fl. oz., selected
varieties



2/\$5

**Probar
Meal Bar**
3 oz., selected varieties



2/\$6

**Siete
Tortilla Chips**
4 oz., selected varieties



2/\$6

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



3.99

**Quinn
Pretzel Nuggets**
5-7 oz., selected
varieties



3.99

**Talenti
Gelato or
Sorbetto**
1 pint, selected varieties



Sweeten your day with great deals at the co-op.

Chocolate for you and yours.

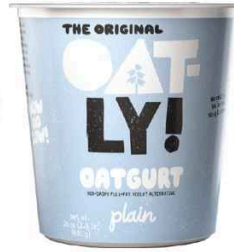
try all the Oatly's

If you enjoy creamy, amazing **Oatly** oatmilks, there's a good chance you'll also enjoy creamy, amazing Oatly Oatgurt. Made from lovely oats, real fruit and — you guessed it — no dairy. Pick up a few today!



2/\$3

Oatly Oatgurt
5.3 oz., selected varieties



4.49

Oatly Oatgurt
24 oz., selected varieties



2.99

Oatly Oatmilk Barista Edition
32 fl. oz.



3.49

Oatly Oatmilk
64 fl. oz., selected varieties



2.99

Fage Greek Yogurt
17.6 oz., selected varieties



3.49

Ripple Plant-based Milk
48 fl. oz., selected varieties



2/\$7

Califia Farms Oatmilk
32 fl. oz., selected varieties

honest food, ethically produced



Our grazing girls live a pasture-raised lifestyle on American family farms, supplying rich milk that's churned into something special. With 85% butterfat, we believe our pasture-raised butter can't be beat.

2.79

Vital Farms Butter
8 oz., selected varieties



5/\$5

Chobani Greek Yogurt
5.3 oz., selected varieties

Dairy and non-dairy choices at the co-op.



2/\$3

Silk
Plant-based
Yogurt
5.3 oz., selected
varieties

*taste the
difference*

We don't compromise on fresh ingredients. When we say lemons, we mean real lemons. When we say fresh, we mean no preservatives. Trust us, you can taste the difference.



ithaca
kalamata olive
hummus
10oz (284g)



2.29

Kor Shots
Organic Juice
Shot
1.7 fl. oz., selected
varieties

2/\$7

Ithaca
Hummus
10 oz., selected varieties



2/\$4

Ellenos
Greek Yogurt
5.3 oz., selected varieties



2/\$7

Good Karma
Flaxmilk
64 fl. oz., selected
varieties



5.49

Grillo's
Pickles
32 fl. oz., selected
varieties

*game changing
and plant based*

Kick off the year with **Kite Hill's** portfolio of plant-based foods! In everything Kite Hill makes — from award-winning yogurts and cheeses to delicious pastas, dips and ricotta — Kite Hill strives to create foods that are both irresistible and sustainable.



3.49

Kite Hill
Dips or
Sour Cream
8 oz., selected varieties

3.99

Kite Hill
Almond Milk
Yogurt
16 oz., selected varieties

5.49

Kite Hill
Tortellini or
Ravioli
9 oz., selected varieties

5.99

Kite Hill
Cream Cheese
8 oz., selected varieties

Try something new when you shop the co-op.

hand crafted and crave worthy

At **Amy's**, we love to cook for you. For us, that means carefully sourcing high-quality, organic ingredients and spending countless hours in our kitchens so you can enjoy authentic, great-tasting food in minutes.

2/\$5

Amy's
Burritos
5.5-6 oz., selected varieties

2/\$5

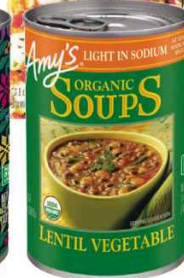
Amy's
Organic Refried Beans
15.4 oz.

2/\$6

Amy's
Soups
14.5 oz., selected varieties

6.99

Amy's
Pizzas
9.1-14 oz., selected varieties



*serious sizzle,
serious flavor*

From grill to griddle to frying pan, Beyond Meat Plant-based Sausage is stuffed with delicious flavor and satisfying sizzle.

6.99

**Beyond Meat
Beyond Sausage**
14 oz., selected varieties



2.49
**Woodstock
Organic Ketchup**
20 oz.



3.99
**Tofurky
Plant-based
Sausages**
14 oz., selected varieties



3.99
**Organic Valley
Parmesan Cheese**
4 oz., selected varieties



4.49
**Canyon
Bakehouse
Bread**
18 oz., selected varieties

The co-op makes meal time easy.



2/\$6

Imagine
Organic Broth
32 fl. oz., selected varieties



3.99

Gardein
Tenders, Fingers or
Wings
8.1-9.5 oz., selected varieties



12.99

Spectrum
Organic Extra Virgin
Mediterranean Olive Oil
33.8 fl. oz.



3.99

Maya Kaimal
Indian Simmer
Sauce
12.5 oz., selected
varieties



5.99

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



2/\$7

Chickapea
Organic Chickpea
& Lentil Pasta
8 oz., selected varieties



an umami adventure

Koyo Vegetable Ramen is the classic Asian flavor you've been searching for! Our organic ramen noodles are baked, not fried, and our broth contains no added MSG or preservatives.

5/\$5

Koyo
Ramen
2-2.1 oz., selected varieties



2/\$4

Annie's
Organic Mac & Cheese
6 oz., selected varieties

The co-op has comfort food at prices you'll love.



4.49

Udi's Bread
12-14.3 oz.,
selected varieties



2.49

San-J Gluten-free Tamari Soy Sauce
10 fl. oz.

4.49

Crofter's Organic Premium Fruit Spread
16.5 oz., selected varieties



2/\$5

So Delicious Organic Coconutmilk
32 fl. oz., selected varieties



2/\$5

Pacific Foods Organic Oat Beverage
32 fl. oz., selected varieties



3.29

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



5.99

Once Again Organic Peanut Butter
16 oz., selected varieties

simple good with 12 g protein



RXBAR Protein Bars are made with a few simple ingredients that are perfect for breakfast on the go, as protein-packed snack bars or as pre- or post-workout fuel.

3/\$5

Rxbar Protein Bars
1.83 oz., selected varieties



2/\$6

Nature's Path Organic Toaster Pastries
11 oz., selected varieties

Everyone is welcome to shop at the co-op.



3.49

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



4.99

Pukka
Organic Herbal
Tea
20 tea bags, selected
varieties



a cozy cup of winter wellness



Sweet and silky, with a distinct licorice taste, Traditional Medicinals Throat Coat Original is a great fit when you want to focus on giving your throat some TLC.

3.99

Traditional Medicinals
Organic Herbal Tea
16 tea bags, selected varieties



2/\$7

Happy Family
Organics
Happy Baby Yogis
1 oz., selected varieties



2/\$7

Equal Exchange
Organic Tea
20 ct., selected varieties

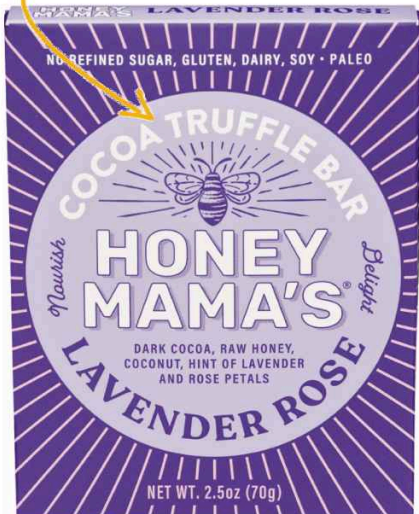


7.99

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



celebration, nourishment and joy



Honey Mama's bars contain only five whole food ingredients, are free from refined sugar, soy, eggs, dairy, gluten and grains, and use the highest-quality, direct-trade, non-GMO and organic ingredients.

3.99

Honey Mama's
Cocoa Truffle Bar
2.5 oz., selected varieties



Nature's Path
Organic Instant Oatmeal
8-1.76 oz., selected varieties

2/\$6



The brands you trust are throughout the co-op.

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



1.69

San Pellegrino
Sparkling Water
25.3 fl. oz.



5.49

San Pellegrino
Sparkling Fruit Beverage
6-11.5 fl. oz. cans, selected varieties

enhance any moment

San Pellegrino guides you to unique taste experiences. Experiences that begin with fine food and venture far beyond. With its incomparable sense of taste and Italianity, San Pellegrino enhances any moment.



2/\$3

Tazo
Ready-to-Drink
Tea
13.8 fl. oz., selected varieties



2/\$5

Barbara's
Cheese Puffs
5.5-7 oz., selected varieties



2/\$5

Stacy's
Pita Chips
7.33 oz., selected varieties



crunch into goodness

Step up your snack game with tastier-than-ever Garden of Eatin' Blue Corn Tortilla Chips. Our delicious corn tortilla chips are made from organic corn sourced from family-owned farms.

2/\$6

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



2/\$6

Vita Coco
Coconut Water
33.8 fl. oz., selected varieties

Find delicious beverages and snacks at the co-op.



8.49

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



real. simple. delicious.

Welcome to the world of simple and delicious creations. Where the nuttier something is, the better. Where ingredients are mindfully sourced and USDA-certified organic. All in the name of making treats that are simply better.

2/\$3

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



4.99

**Waterloo
Sparkling Water**
12-12 fl. oz., selected varieties



2/\$5

**Kettle Brand
Organic Potato Chips**
5 oz., selected varieties



2/\$5

**Late July
Tortilla Chips**
5.5 oz., selected varieties



2/\$5

**Late July
Organic Tortilla Chips**
6 oz., selected varieties

*game time
snack time*

The VIPs of snacks are ready! **Kettle Brand**® chips and **Late July**® tortilla chips are non-GMO and gluten-free snack options. At home or at the tailgate, get the best flavors for watching the game.

Craving sweet, salty or fizzy? Shop the co-op.



2/\$6

**Lily's
Chocolate Bar**
2.8-3 oz., selected varieties



*organic indulgence
to love*

Alter Eco's Organic Dark Chocolate Truffles are made with coconut oil, contain no soy, palm oil or artificial sugar flavors and are wrapped in backyard-compostable wrappers.

5.49

**Alter Eco
Organic Truffles**
4.2 oz., selected varieties



3.49

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



2/\$7

**Tony's
Chocolonely
Chocolate Bars**
6.35 oz., selected varieties



3.99

**Hu Kitchen
Chocolate Bar**
2.1 oz., selected varieties



*Frontera gourmet
Mexican salsa*

Frontera is inspired by the beautiful flavors from across Mexico. Each of our salsas, sauces and taco bowls are crafted with the right blend of authentic seasoning and fire-roasted ingredients to bring you the bold flavors you've been craving.

2/\$7

**Frontera
Salsa**
16 oz., selected varieties



2/\$6

**Taza Chocolate
Organic
Chocolate Bar**
2.5-2.7 oz., selected varieties



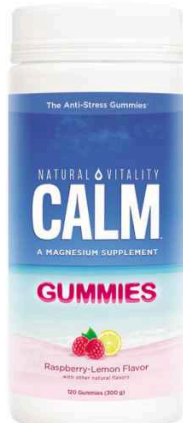
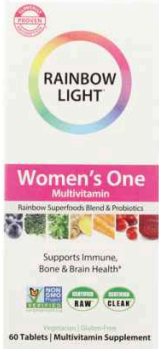
2/\$5

**Vegan Rob's
Cauliflower Puffs**
3.5 oz.

Great products at great prices are at the co-op.

empowering wellness

As trusted leaders in natural wellness, we understand everyone has unique needs. That's why we use quality ingredients, backed by science, in all our brands — to build a stronger foundation for health.



15.99

Rainbow Light
Women's One Multivitamin
60 tablets

32.99

Renew Life
Extra Care Probiotic
30 vegetarian capsules

21.99

Natural Vitality
Calm Gummies
120 gummies

14.99

Neocell
Collagen Powder
7 oz.



2/\$5

Aura Cacia
Mineral Bath
2.5 oz., selected varieties



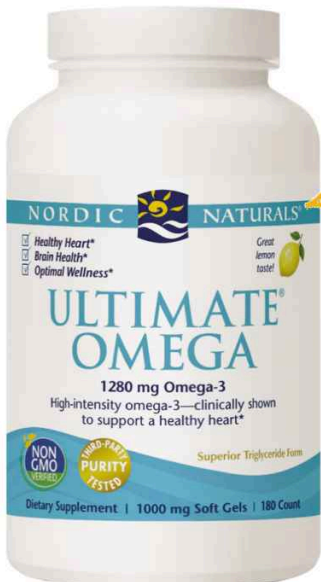
14.99

Nature's Way
Sambucus
Elderberry
Gummies
60 ct.



28.49

Host Defense
Mushrooms
Stamets 7 Daily
Immune Support
60 ct.

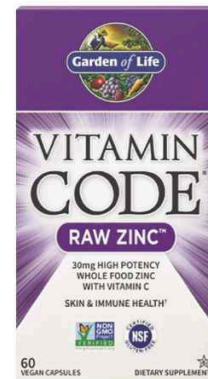


the ultimate

As the #1 omega-3 fish oil brand in the U.S., Nordic Naturals sets the highest standards for fish oil manufacturing. The ultimate in omega-3 fish oil.

56.99

Nordic Naturals
Ultimate Omega
180 ct.



11.49

Garden Of Life
Vitamin Code Raw Zinc
60 ct.

Find all your supplements 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

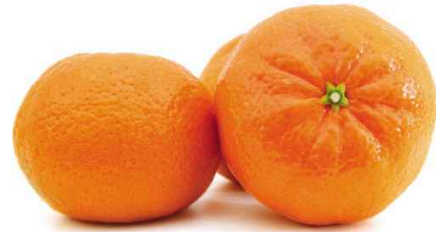
Community Food Co-op

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

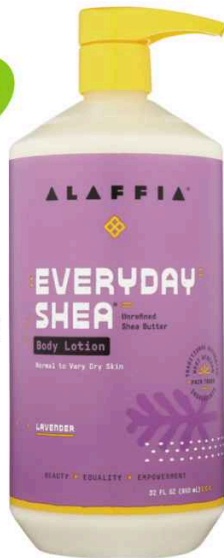
- Central Co-op
- Community Food Co-op
- Main Market Co-op
- Olympia Food Co-op
- Orcas Food Co-op
- Skagit Valley Food Co-op
- Sno-Isle Natural Foods Co-op
- The Food Co-op



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

8.49

**Alaffia
Everyday
Shea Body
Lotion**
32 fl. oz., selected varieties



2.99

**Jason
Toothpaste**
4.2-6 oz., selected varieties



3.49
**If You Care
Unbleached
Coffee Filters**
100 ct., selected varieties



9.99
**Biokleen
Liquid Laundry
Detergent**
64 fl. 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

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