

coop deals

JAN 5 - JAN 18, 2022

Calm winter evenings

Caffeine-free tea at the end of a long day is a great way to relieve stress and unwind. Celestial Seasonings has options for everyone, and they're on sale at the co-op – warm up with a cup tonight!



2/\$6
Celestial Seasonings
Herbal Tea
20 bags, selected varieties



4/\$5

Siggis
Skyr Yogurt
4.4-5.3 oz., selected
varieties



2/\$4

Perfect Bar
Organic Protein
Bar
2.2-2.5 oz., selected
varieties



2/\$6

Rebbi
Organic Elixir
12 fl. oz., selected
varieties



2/\$4

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



2/\$5

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



2/\$6

Pacific Foods
Organic Broth
32 fl. oz., selected
varieties



Stay warm and well in the new year.

Happy 2022 from the co-op!



2/\$5

Kevita
Organic Sparkling
Probiotic Drink
15.2 fl. oz., selected
varieties

crafted from only natural ingredients



Chobani® Plain Greek Yogurt is made from fresh, locally sourced milk, making it an excellent source of protein. With its creamy texture and old-world tart taste, it's an ideal better-for-you substitute and a convenient grab-and-go treat.

4.99

Chobani
Greek Yogurt
32 oz., selected varieties



3.99

Lifeway
Organic Kefir
32 fl. oz., selected
varieties



2/\$6

Sweet Earth
Benevolent
Bacon
5.5 oz.



3.99

Forager Project
Organic Dairy-free
Cashewmilk
Yogurt
Unsweetened Plain
24 oz., selected varieties



4.99

Malk
Organic
Almondmilk
28 fl. oz., selected
varieties



taste the cold-pressed difference

Experience the taste of real fruits and veggies from this cold-pressed smoothie. A tasty union of leafy greens, tangy citrus and sweet tropical fruits rich with vitamin C.

2/\$7

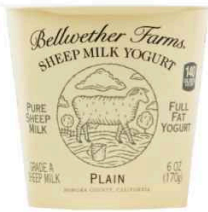
Evolution Fresh
Organic Juices
15.2 fl. oz., selected varieties



5/\$5

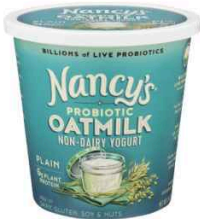
Fage
Greek Yogurt
5.3-7 oz., selected varieties

Let the co-op help with the morning rush.



2/\$4

**Bellwether Farms
Sheep Milk Yogurt**
6 oz., selected varieties



3.49

**Nancy's
Oatmilk
Non-dairy Yogurt**
24 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 almonds' natural sweetness but eliminates the added sugar.

2/\$7

**Blue Diamond
Almondmilk**

64 fl. oz., selected varieties



3.99

**Just Egg
Plant-based
Scramble**
12 fl. oz.



3.99

**Harmless Harvest
Organic Coconut
Water**
16 fl. oz.



4.49

**Bitchin' Sauce
Almond Dip**
8 oz., selected varieties

creamy and dreamy

This creamy, dreamy oatmilk has a naturally sweet taste and velvety texture similar to dairy milk, minus the moo. Made from gluten-free oats grown in North America and fortified with calcium, Califia Farms Oatmilk is the plant milk you've been waiting for.

3.99

**Califia Farms
Oatmilk**

48 fl. oz., selected varieties



5.99

**Miyoko's
Creamery
Organic
Cashewmilk
Mozzarella**

8 oz., selected varieties



6.49

**Wallaby
Organic Greek
Yogurt**

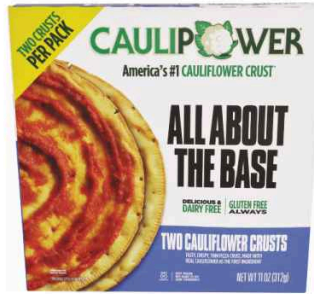
32 oz., selected varieties

Find chilled and refreshing offerings at the co-op.



4.49

**Deep Indian Kitchen
Frozen Appetizers and
Entrees**
7.5-12 oz., selected varieties



5.99

**Caulipower
Cauliflower Pizza Crusts**
11 oz.



6.99

**Caulipower
Chicken Tenders**
14 oz., selected varieties



5.99

**Diestel Turkey
Ranch
Organic Sliced
Deli Meat**
6 oz., selected
varieties



3.99

**Wyman's Of
Maine
Frozen Wild
Blueberries**
15 oz.



real ingredients, real flavor



Eat like your life depends on it! **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 fl. oz., selected varieties

5.99

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

6.99

**Primal Kitchen
Avocado Oil Mayo**
12 fl. oz., selected varieties

29.99

**Primal Kitchen
Collagen Fuel Drink Mix**
13.05 - 14.30 oz., selected varieties

Incredible deals are at the co-op.

*salud y sabor,
"health and flavor"*



Siete is a Mexican-American food brand, rooted in family, that makes delicious, heritage-inspired products. We use clean and simple ingredients to inspire inclusivity and gathering around the table, because *juntos es mejor*: together is better!

3.99

Siete
Hot Sauce
5 fl. oz., selected varieties

3.99

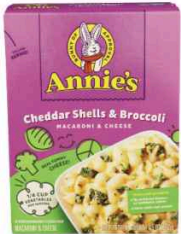
Siete
Tortilla Chips
5 oz., selected varieties

4.49

Siete
Taco Shells
5.5 oz.

7.99

Siete
Tortillas
7 oz., selected varieties



2/\$5

Annie's
Homegrown
Frozen Mac &
Cheese
7.5 oz., selected varieties



2/\$7

Food For Life
Tortillas
10-12 oz., selected
varieties



3.99

Dr. Praeger's
Veggie Burgers
8-10 oz., selected
varieties



farm to freezer

Woodstock has perfectly petite Brussels sprouts picked at the peak of ripeness and quick frozen to maintain their nutrition and goodness. Add them to your meal for a deliciously simple side!

3/\$5

Woodstock
Frozen Vegetables
10 oz., selected varieties



2/\$6

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

Fantastic flavors are in the co-op frozen section.



5/\$5
Muir Glen
Organic Tomatoes
14.5 oz., selected varieties



1.79
Dr. McDougall's
Soup Cups
1.3-3.4 oz., selected
varieties



2/\$4
Blue Diamond
Almondmilk
32 fl. oz., selected
varieties



2/\$6
Safe Catch
Elite Wild Tuna
5 oz., selected varieties



3.49
Annie's
Organic Dressing
8 fl. oz., selected
varieties



4.99
Bragg
Organic Apple
Cider Vinegar
32 fl. oz.



9.99
Riojana
Organic Fair
Trade Extra Virgin
Olive Oil
25.5 fl. oz.



9.99
Nutiva
Organic Virgin
Coconut Oil
23 oz.



spoon up some magic

There's a little bit of magic in every bite of Annie's Mac and Cheese. This real-cheese, organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all.

5/\$5

Annie's Homegrown
Mac & Cheese
5.25-6 oz., selected varieties



1.99
Westbrae
Organic Beans
15 oz., selected varieties

The co-op helps keep your pantry stocked.

*good food with
great heart*



4.49

Bob's Red Mill
Organic Old Fashioned
Whole Grain
Rolled Oats
32 oz.



5.99

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



5.99

Bob's Red Mill
Organic Unbleached
All-purpose Flour
5 lbs.



7.49

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

Time for a fresh start? Whether you're looking to brush up on your baking skills or enjoy delicious whole-grain oats for breakfast, you can depend on **Bob's Red Mill** for wholesome, minimally processed foods that you'll feel good eating.



10/\$10

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



2.49

Native Forest
Organic
Coconutmilk
13.5 fl. oz., selected
varieties



2/\$7

Organic India
Tulsi Tea
18 tea bags, selected
varieties



7.99

Once Again
Organic Tahini
16 oz., selected varieties



8.99

Equal Exchange
Organic
Biorevolution
Dark Roast
per pound in bulk,
selected varieties



1.19

Organic Steel Cut
Oats
per pound in bulk



2.99

Organic White
Quinoa
per pound in bulk, selected
varieties



8.99

Organic Dried
Mango
per pound in bulk, selected
varieties



Healthy options for 2022 are at the co-op!



2/\$3
C2O
Coconut Water
17.5 fl. oz., selected varieties



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



*breakfast
made
better*

Cascadian Farm organic whole grain cereals and granolas are an easy and tasty way to make a smart choice.

2/\$6

**Cascadian Farm
Organic Cereal or Granola**
8.6-16 oz., selected varieties



2/\$5
Boulder Canyon
Potato Chips
5.25-6.5 oz., selected varieties



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



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

100% plant based, 100% delicious



Organic, vegan, gluten free, kosher, non-GMO, C.L.E.A.N. and R.A.W. And if there was a certification for delicious, we'd have that, too.

2/\$4

**Gomacro
Organic Macrobar**
2-2.5 oz., selected varieties



5.99
Lakewood
Organic Pure Pineapple Juice
32 fl. oz., selected varieties



Satisfy your cravings with favorites from the co-op.

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



4.49

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



snack goals

Late July® Restaurant Style Tortilla Chips are thin, crispy, and perfectly salted chips. They're organic, non-GMO and gluten free, making them the perfect snack. Bring out the good chips this new year.

2/\$5

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



2/\$5

Beanitos
Bean Chips
4.5-5 oz., selected varieties



2/\$6

Good Health
Veggie Snacks
6.75 oz., selected varieties



2/\$6

Barnana
Organic Plantain
Chips
5 oz., selected varieties



creamy and delicious

At Lily's, we reinvented how you treat yourself by crafting delicious, drool-worthy sweets that don't need any added sugar. We use fair trade chocolate and vanilla and are non-GMO too!

4.99

Lily's
Chocolate Peanut Butter
Cups
3.2 oz., selected varieties



4.99

LaCroix
Sparkling Water
12-12 fl. oz. cans,
selected varieties



2/\$7

Simple Mills
Almond Flour
Crackers
4.25 oz., selected varieties

The co-op has everything you need for snack time.



6.99

Bach
Rescue Remedy Pastilles
35 ct., selected varieties



19.99

Bulletproof
Brain Octane C8 MCT Oil
14 fl. oz.



37.99

Vital Proteins
Collagen Peptides
20 oz.



Stay healthy this winter.

Shop the wellness department.



8.99

Aura Cacia
Lavender Essential Oil
.5 fl. oz.



11.99

Ecos
Liquid Laundry Detergent
100 fl. oz., selected varieties



5.99

Acure
Shampoo or Conditioner
8 fl. oz., selected varieties



14.99

Wishgarden Herbs
Kick-Ass Immune Activator
2 fl. oz.



Everyone is welcome at the co-op.



24.99

**MegaFood
Multivitamin for Women
55+
60 ct.**



sit back and relax

Gentle but powerful magnesium glycinate may help support a calm mindset, muscle and heart function, strong bones and more.

12.99

**Kal
Magnesium Glycinate 400
90 ct.**



4.49

**Dr. Bronner's
All-One Toothpaste
5 oz., selected varieties**



7.99

**Now
Vitamin D-3
5,000 IU
120 ct.**



delicious daily immune tonic

A medicine cabinet staple, especially during the colder months. Made with organic elderberries, fresh pressed shortly after harvest. Each tasty teaspoon serving contains 14.5 grams of fresh black elderberries.

14.99

**Gaia Herbs
Organic Black Elderberry
Syrup
3 fl. oz., selected varieties**



56.99

**Nordic Naturals
Ultimate Omega
180 ct.**

Find health-supporting 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

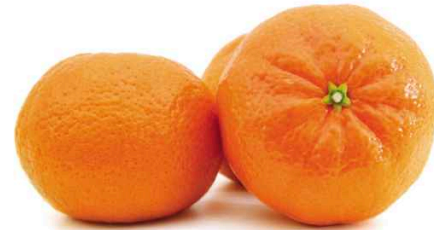
Olympia Food Co-op

Orcas Food Co-op

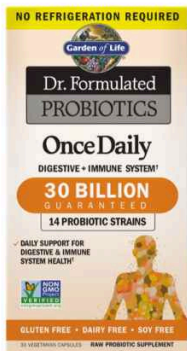
Skagit Valley Food Co-op

Sno-Isle Natural Foods Co-op

The Food Co-op

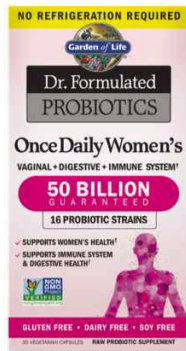


to find a food co-op near you, visit us online at: grocery.coop



26.99

Garden of Life
Dr. Formulated Probiotics Once Daily
30 capsules



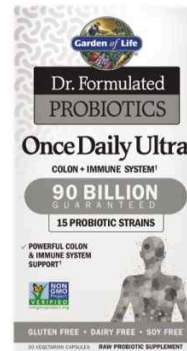
34.99

Garden of Life
Dr. Formulated Probiotics Once Daily Women's
30 capsules



34.99

Garden of Life
Dr. Formulated Probiotics Once Daily Men's
30 capsules



42.99

Garden of Life
Dr. Formulated Probiotics Once Daily Ultra
30 capsules



Dr. Formulated probiotics

Dr. Formulated Probiotics Once Daily, Once Daily Women's, Once Daily Men's, and Once Daily Ultra 30 count vegetarian caps are unique, "just one capsule a day," powerful probiotics tailored to your specific needs to support immune system and digestive health.

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

PWNW0122A

