

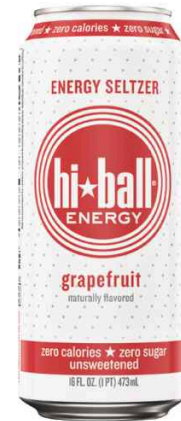
coop deals

JAN 19 - FEB 1, 2022

feel the spark

LONG-LASTING ENERGY

Stay energized during the darkest of winter days with Hiball energy beverages. The co-op has them on sale now, and with a grapefruit-flavored sparkling drink in hand, your daily routine will get an appreciated boost.



2/\$4

Hiball Energy
Energy Seltzer
16 fl. oz., selected varieties



4/\$5

Liberté
Organic Yogurt
5.5 oz., selected varieties



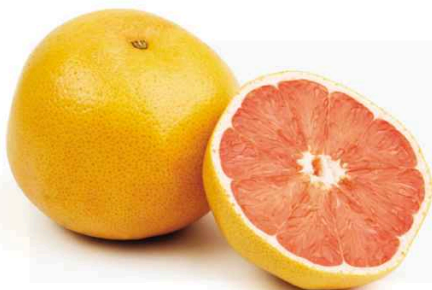
3/\$5

Epic
Meat Bars
1.3-1.5 oz., selected
varieties



2.79

Van's
Waffles
8-9 oz., selected
varieties



Find refreshing savings at the co-op.

Great deals for 2022!



3.79

Brown Cow
Whole Milk Yogurt
32 oz., selected varieties



3.99

Stonyfield
Organic Yogurt
32 oz., selected varieties



4.99

Siggi's
Whole Milk Yogurt
24 oz., selected varieties

a tradition of delicious

Wholesome and crave-worthy, these brands have defined yogurt and delighted families for years. Welcome tradition and innovation home with flavors and textures you'll remember forever.



2/\$5

Kevita
Organic Kombucha
15.2 fl. oz., selected varieties



3.99

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



4.99

Silk
Dairy-free Yogurt
24 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



5.49

So Delicious
Coconutmilk Yogurt
24 oz., selected varieties



Find all varieties of yogurt at the co-op.



2/\$6

Koia Protein Drink
12 fl. oz., selected varieties



2/\$3

Forager Project Organic Cashewmilk Yogurt
5.3 oz., selected varieties



2/\$5

Goodbelly Probiotic Drink
32 fl. oz., selected varieties



2/\$3

Mori-Nu Silken Tofu
12-12.3 oz., selected varieties



3/\$5

Noosa Yoghurt
8 oz., selected varieties



2/\$5

Vive Organic Wellness Shots
2 fl. oz., selected varieties



2/\$6

Hope Foods Organic Hummus
8 oz., selected varieties



3.99

Califia Farms Oat Creamer
25.4 fl. oz., selected varieties



3.99

Nancy's Organic Cottage Cheese
16 oz., selected varieties



4.99

Wildbrine Kimchi
18 oz., selected varieties



3.99

Miyoko's Creamery Organic Cashewmilk Cream Cheese
8 oz., selected varieties



4.99

Straus Family Creamery Organic Yogurt
32 oz., selected varieties

The co-op has all your refrigerated favorites.

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



2.49

Wildwood Organic Tofu
14-20 oz., selected varieties



3.99

Violife Just Like Cheese Shreds
8 oz., selected varieties



fresh and tasty slices

Provolone cheese slices with a mild, creamy flavor that complements sandwiches and recipes without overwhelming them. Protein-packed deli sliced cheese delivers five grams of protein per slice, plus nutritious calcium.

4.99

Organic Valley Sliced Cheese
6-8 oz., selected varieties



4.99

Vital Farms Large Grade A Pasture-raised Eggs
1 doz.



12.99

Organic Valley Ghee Clarified Butter
13 oz.



plant-based new year



Lightlife has something for everyone, with a variety of clean ingredient, plant-based protein products.

Field Roast takes an artisanal approach while using whole-food ingredients to craft plant-based meats and cheeses. Together, we are committed to shaping the future of plant-based foods.

2.79

Lightlife Organic Tempeh
8 oz., selected varieties

3.29

Lightlife Gimme Lean Plant-based Ground Sausage
14 oz.

4.49

Field Roast Plant-based Sausages
12.95 oz., selected varieties

4.49

Field Roast Chao Slices
7 oz., selected varieties

Resolve to have a delicious new year at the co-op!

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



5.49
 Applegate
 Organic Sliced
 Deli Meat
 6 oz., selected varieties



4.49
 Little Northern
 Bakehouse
 Bread
 16-17.4 oz., selected
 varieties



6.99
 Daiya
 Pizza
 13.47-19.1 oz., selected varieties



2/\$5
 Silver Hills
 Bread
 15-22 oz., selected
 varieties



2/\$7
 Andrew &
 Everett
 Sliced Cheese
 7 oz., selected
 varieties



2.29
 Stahlbush Island
 Farms
 Frozen Vegetables
 10 oz., selected varieties



2/\$6
 Cascadian Farm
 Organic Frozen
 Potatoes
 16 oz., selected varieties



2/\$6
 Hilary's
 Organic Veggie
 Burgers
 6.4 oz., selected varieties



simple, real food ingredients



Certified paleo and crafted from just a few familiar ingredients like almond flour, eggs and sea salt, our gluten- and grain-free naked crusts are a perfect canvas for any culinary creation you can dream up.

4.99
 Cappello's
 Naked Pizza Crust
 6 oz.



2/\$7
 Grain Trust
 Frozen Meals
 20-30 oz., selected
 varieties



Find dinner solutions throughout the co-op.



10.99

Spectrum Organic Extra Virgin Olive Oil
25.4 fl. oz.



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



2/\$6
Muir Glen Organic Pasta Sauce
25.5 fl. oz., selected varieties



2/\$3
Mike's Mighty Good Ramen Soup Packs or Cups
1.6-2.4 oz., selected varieties



4.99
Sky Valley Sriracha Sauce
18.5 fl. oz.



2.79
Ancient Harvest Organic Polenta
18 oz., selected varieties



4.99
Sir Kensington's Classic Mayonnaise
12 fl. oz.



5.49
Kettle & Fire Bone Broth
16.9 oz., selected varieties

a delicious new year!



1.59
Lundberg Family Farms Organic Short Grain Brown Rice
per pound in bulk; other Lundberg bulk rice varieties also on sale



2/\$6
Lundberg Family Farms Organic Rice Cakes
8.5 oz., selected varieties



5.99
Lundberg Family Farms Organic Rice
32 oz., selected varieties
other Lundberg 2 lb. rice varieties also on sale

Let the co-op warm your winter days.



food that fills you up

Full of delicious ancient grains, superfoods and powerful, nourishing ingredients to fill you up and help you thrive. It's spoonable selfcare.

4.49

Purely Elizabeth Organic Granola
8-12 oz., selected varieties



5/\$5

Justin's Nut Butter Squeeze Packs
1.15 oz., selected varieties



2/\$6
Cascadian Farm Organic Plant-based Soft Baked Squares
5-1.2 oz., selected varieties

making eating well easy



Kashi® cereals have a little something for everyone, like protein, organic whole grains, fair trade chocolate and family favorites, like hearts and Os. Kashi® makes eating well easy.

2/\$6

Kashi Organic Cereal
10.3-16.3 oz., selected varieties



scoop up the savings in bulk!

1.99
Organic Garbanzo Beans
per pound in bulk, selected varieties



2.29
Organic Golden Flaxseed
per pound in bulk



3.49
Organic Buckwheat Groats
per pound in bulk, selected varieties



The co-op has convenient breakfast choices.



2/\$6
 Santa Cruz
 Organic
 Applesauce
 6-4 oz. cups, selected
 varieties



4.49
 Wholesome
 Organic Stevia
 Blend Packets
 75 ct.



8.99
 Equal Exchange
 Organic
 Biorevolution
 Dark Roast
 per pound in bulk,
 selected varieties



2/\$6
 One Degree
 Organic
 Sprouted Cereal
 8-12 oz., selected
 varieties



2/\$7
 Milkadamia
 Macadamia Milk
 32 fl. oz., selected
 varieties



6.99
 Navitas
 Organic Cacao
 Powder
 8 oz.



It's easy to make healthy choices at the co-op.
Warm tea for cold days.

support your respiratory health



Yogi
 Lemon Ginger
 SUPPORTS HEALTHY DIGESTION*

Yogi
 Breathe Deep®
 SUPPORTS RESPIRATORY HEALTH*

CAFFEINE FREE
 HERBAL SUPPLEMENT
 16 TEA BAGS - NET WT 1.27 OZ (36g)

CAFFEINE FREE
 HERBAL SUPPLEMENT
 16 TEA BAGS - NET WT 1.12 OZ (32g)

Relax and unwind with a cup of Yogi's soothing and aromatic Breathe Deep Tea, made with eucalyptus, thyme and licorice, to support your respiratory health.

2/\$7

Yogi
Herbal Tea
 16 tea bags, selected varieties




6.99
 Rishi Tea
 Organic Tea
 15 tea bags, selected
 varieties

Relax with warm beverages from the co-op.



snacky
new year

2/\$4

Kettle Brand Chips
5 oz., selected varieties

3.99

Kettle Brand Chips
13 oz., selected varieties

2/\$5

Snack Factory Pretzel Crisps
7.2 oz.

2/\$6

Snyder's Gluten-free Pretzel Sticks
8 oz.

Start your new year with tasty snacks! Our **Kettle Brand**® chips, **Snack Factory**® Pretzel Crisps® and **Snyder's of Hanover**® Gluten-free Pretzels are made with high-quality, non-GMO ingredients, for a fabulous flavor and satisfying crunch.



4/\$5

Simply Organic Dip Mix
.8-1.5 oz., selected varieties



2/\$6

Theo Organic Chocolate Bars
3 oz., selected varieties



6.99

Alter Eco Organic Nut Butter Bombs
3.8 oz., selected varieties



1.79

Yachak Organic Yerba Mate
16 fl. oz., selected varieties



2/\$6

Goldthread Plant-based Tonics
12 fl. oz., selected varieties



4.49

Green Mountain Gringo Salsa
16 oz., selected varieties



5.99

R.W. Knudsen Organic Just Tart Cherry Juice
32 fl. oz.

Thank you for shopping at the co-op!



5.99

**Manitoba Harvest
Hemp Hearts**
8 oz.



4/\$5

**Amazing Grass
Green Superfood
Packets**
.28 oz., selected varieties



6.99

**Spectrum Essentials
Organic Flaxseed**
14-15 oz., selected varieties



2/\$6

**Orgain
Organic
Nutritional Shake**
11 fl. oz., selected varieties



9.99

**Organic India
Psyllium Whole
Husk Fiber**
12 oz.



11.99

**ChildLife
Multi-Vitamin &
Mineral**
8 fl. oz.



11.99

**Boiron
Oscilloccinum**
6 dose



7.99

**Jarrow Formulas
Methyl B-12**
1,000 mcg.
100 ct.



2/\$6

**Vega
One Organic Protein Shake
Packets**
1.3-1.5 oz., selected varieties



16.99

**Nutrition Now
PB 8 Probiotic**
120 ct., selected varieties



17.99

**Oregon's Wild
Harvest
Organic
Ashwagandha**
90 ct.



19.99

**Source Naturals
Wellness Formula**
90 ct.

Support your health with help from the co-op.



trust a powerful clean

2/\$6

Seventh Generation Dish Soap
19 fl. oz., selected varieties

3.99

Seventh Generation Disinfecting Multi-surface Cleaner
26 fl. oz., selected varieties

6.99

Seventh Generation Disinfecting Wipes
70 ct.

10.99

Seventh Generation Liquid Laundry Detergent
100 fl. oz., selected varieties

Seventh Generation has thoughtfully formulated safe and effective plant-based products that work, with no synthetic fragrances. Just a powerful clean and a dedication to nurturing the health of the next seven generations.



2/\$5

Desert Essence Dental Floss
50 yards, selected varieties



7.99

Pranarom Organic Lavender Oil
5 ml



12.99

Emergen-C Vitamin C Supplement
30 ct., selected varieties



bye bye dry, hello supple

Alba Botanica Emollient Body Lotion is hypo-allergenic, clinically tested and skin softening and will have your skin begging for more.

13.99

Alba Botanica Very Emollient Body Lotion

32 fl. oz., selected varieties



16.99

Andalou Naturals Resveratrol Q10 Night Repair Cream
1.7 oz.

The co-op has safe products for home and family.

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

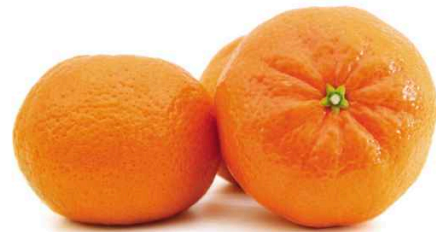
Olympia Food Co-op

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



2/\$5
Garden Of Eatin'
Tortilla Chips
5.5 oz., selected varieties



2/\$7
Terra
Vegetable Chips
5-6 oz., selected varieties



2/\$6
From The Ground Up
Cauliflower Snacks
3.5- 4 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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