# top deals.

FEB 16 - MAR 1, 2022



Stock up on Muir Glen Organic Diced Tomatoes for preparing all your winter favorites. Hearty soups, stews and chili all start with shopping at the co-op.



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



2/\$6
Lotus Foods
Organic Pad Thai
Rice Noodles
8 oz., selected varieties



2/\$6
Tasty Bite
Organic Entrees
10 oz., selected varieties



3.49
Good Culture
Organic Cottage
Cheese
16 oz., selected varieties



2/\$7
Mary's Gone
Crackers
Organic Crackers
5-6.5 oz., selected
varieties



2/\$7
Rebbl
Organic Protein
Beverage
12 fl. oz., selected
varieties



7.99
Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 fl. oz.



Shop the co-op for hearty and healthy meals.

Warm up with homemade soup.



3.99

Chobani
Oatmilk
52 fl. oz., selected
varieties



3/\$5

Siggi's Plant-based Yogurt 5.3 oz., selected varieties



2/\$6

Planet Oat Oatmilk

52 fl. oz., selected varieties



3.99

Miyoko's Creamery Organic Cultured Vegan Butter

8 oz., selected varieties



3.99
Rumiano
Organic Cheese
8 oz., selected varieties



6.99

Straus Family Creamery Organic Greek Yogurt 32 oz., selected varieties



cocoyo

7.99 Lakewood Organic Juice 32 fl. oz., selected varieties

## living food for the living body

Founder GT Dave was raised vegetarian and taught that food can be medicine. We continue to uphold that philosophy with always pure, potent, plant-based fermented offerings. **GT's** is fiercely independent and family owned and operated.



CALIFORNIA CITRUS

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CONGERBERAT

CONGER

2/\$5

GT's
Organic Synergy
Raw Kombucha
16 fl. oz., selected varieties



4.99

GT's
Organic
Coconut Yogurt
8 oz., selected varieties



6.99

GT's Organic Synergy Raw Kombucha 48 fl. oz., selected varieties

The co-op has great options to start the morning.

At Daiya, we believe that delicious, plant-based eating will change the world and lead the way forward in crafting unexpectedly satisfying food made with mindful ingredients always considering how we will feed generations to come. Free from the top eight allergens.



Daiya

Slices

7.8 oz., selected varieties

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Daiya **Blocks** 

7.1 oz., selected varieties



Cream Cheeze Spread 8 oz., selected varieties

Daiya **Cutting Board** Shreds

7.1 oz., selected varieties



So Delicious Coconutmilk Yogurt 5.3 oz., selected varieties



Essentia Ionized Water 1.5 liters



Plant-based Milk 64 fl. oz., selected varieties



Uncle Matt's Organic Juice 52 fl. oz., selected varieties

The Greek Gods Greek Yogurt 24 oz., selected varieties



Organic Tofu Nuggets 8 oz., selected varieties



Natural Sea Fish Sticks or

**Fillets** 8 oz., selected varieties



8.99

Organic Prairie Seasoned Ground

1 lb., selected varieties

Ingredients for the whole family are at the co-op.









Our love of delicious, uncomplicated food comes from what Mother Nature has already perfected: wholesome, organic ingredients. Ban boring, eat vibrantly.



Cascadian Farm
Organic Frozen
Vegetables
10 oz., selected varieties

2/\$6

Cascadian Farm Organic Granola Bars

6-1.2 oz. bars, selected varieties

2/\$6

Cascadian Farm Organic Cereal or Granola

8.6-16 oz., selected varieties



Cascadian Farm Organic Powered by Plants Entrees

24 oz., selected varieties





2/\$7
Alexia
Frozen Potatoes
15-19 oz., selected varieties





4.49

Ben & Jerry's
Ice Cream
1 pt., selected varieties

## raw organic sharp cheddar



This raw milk, pasture-raised cheese is aged a minimum of six months and tastes great on a sandwich, in hot dishes or all by itself. Certified USDA organic.

4.99

Organic Valley Raw Cheese

8 oz., selected varieties





4.49

Rudi's Organic Bread 22-24 oz., selected varieties

Save on your favorites with deals at the co-op.



**Choice Organics** 16 tea bags, selected varieties



3.99

Bragg Liquid Aminos 16 fl. oz.



2/\$6

Natural Sea Yellowfin Tuna 5 oz., selected varieties



2/\$5 R.W. Knudsen Simply Nutritious

Juice 32 fl. oz., selected varieties



13.99

Bionaturae Organic Extra Virgin Olive Oil 25.4 fl. oz.



Crackers 3.2-7 oz., selected varieties



2/\$6 Dream Organic Rice Drink 32 fl. oz., selected varieties



**Pacific Foods Organic Soup** 17 oz., selected varieties

## family owned and always organic



Authentic Italian cooking is about using simple, delicious, real ingredients. Bionaturae has partnered with co-ops for over 20 years. All products are 100% plastic free and BPA



3/\$5 Bionaturae
Organic Pasta
16 oz., selected varieties

**Bionaturae** 



Numi Organic Tea 18 tea bags, selected varieties

Find sustainable and organic options at the co-op.



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



2/\$7
Dr. Bronner's
Organic
Chocolate Bars
2.93-3 oz., selected
varieties



### real. delicious. chocolate.

Endangered Species Chocolate is all about authenticity. Each bar has only a handful of real, responsibly sourced, health-conscious ingredients, and it's making a true positive impact for wildlife habitats.

2/\$5
Endangered Species
Chocolate Bars

3 oz., selected varieties



2/\$4
Thunderbird
Bars
1.7 oz., selected varieties

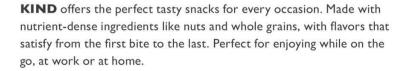


2/\$5 Smart Sweets Candy 1.8 oz., selected varieties



4.49
Santa Cruz
Organic
Peanut Butter
16 oz., selected varieties

## KIND snacks



4/\$5

Kind Bars 1.4 oz., selected varieties 2/\$7

Kind Healthy Grains Drizzled Granola Bars 5-1.16 oz. bars, selected varieties 3.99

Kind Healthy Grains Clusters

11 oz., selected varieties









Sweeten your day with deals from the co-op.

# whole body health

We refuse to compromise on quality, vetting every product from sourcing to shelf. Pure ingredients, thoughtful formulation and careful production mean people can trust that our products will work in the ways they need them to.



8.99

Heritage Store Rosewater Facial Mist 8 fl. oz.



8.99

Honey Gardens Elderberry Syrup 4 fl. oz.



8.99

Life Flo Pure Magnesium Oil Spray 8 fl. oz.



19.99

Solaray
D-Mannose
60 vegetarian capsules



13.99

Country Life Vitamin D3 5,000 IU 200 ct.



46.99

Vibrant Health Green Vibrance 11.36-12.71 oz., selected varieties



5.99

Giovanni Shampoo or Conditioner 8.5 fl. oz., selected varieties



2/\$7

Tazo Tea Bags 20 tea bags, selected varieties





3.49

Ecos Liquid Dish Soap 25 fl. oz., selected varieties



7.49

Seventh Generation Bath Tissue



5.99

Castor & Pollux Organic Dog Cookies

12 oz., selected varieties

The co-op has healthy options for your 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

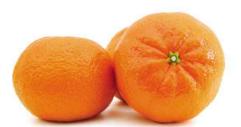
Orcas Food Co-op

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





Carb-conscious snacks inspired by nature. EPIC Provisions makes it easy to choose carb-conscious meat snacks with ingredients you can feel good about, from our savory bars to our crunchy pork rinds. Snack with intention.



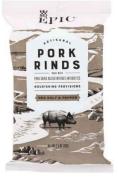


3/\$5

Epic Bars 1.3-1.5 oz., selected varieties



Epic Jerky Strips .8 oz., selected varieties



Epic

Pork Rinds 2.5 oz., selected varieties



Epic **Bone Broth** and Bites

14 fl. oz. and 2.5 oz., selected varieties

