

coop deals

FEB 16 - MAR 1, 2022

diced and delicious

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



2/\$6

Planet Oat Oatmilk
52 fl. oz., selected varieties



3.99

Miyoko's Creamery Organic Cultured Vegan Butter
8 oz., selected varieties



3/\$5

Siggis Plant-based Yogurt
5.3 oz., selected varieties



3.99

Rumiano Organic Cheese
8 oz., selected varieties



6.99

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



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.



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.

delight in every bite

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.



2/\$7

Daiya Slices
7.8 oz., selected varieties



2/\$7

Daiya Blocks
7.1 oz., selected varieties



2/\$7

Daiya Cream Cheese Spread
8 oz., selected varieties

2/\$7

Daiya Cutting Board Shreds
7.1 oz., selected varieties



2/\$3

So Delicious Coconutmilk Yogurt
5.3 oz., selected varieties



2/\$4

Essentia Ionized Water
1.5 liters



2/\$7

The Greek Gods Greek Yogurt
24 oz., selected varieties



2/\$7

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



5.99

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



4.49

Hodo Organic Tofu Nuggets
8 oz., selected varieties



4.99

Natural Sea Fish Sticks or Fillets
8 oz., selected varieties



8.99

Organic Prairie Seasoned Ground Beef
1 lb., selected varieties

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



2/\$4

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

5.99

Cascadian Farm Organic Powered by Plants Entrees
24 oz., selected varieties

*always organic,
never ordinary*

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



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.



2/\$7
Choice Organics
Tea
 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.



2/\$5
Sesmark
Crackers
 3.2-7 oz., selected varieties



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



3.99
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 free.



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



4.99
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



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/\$7

Dr. Bronner's Organic Chocolate Bars
2.93-3 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

KIND offers the perfect tasty snacks for every occasion. Made with nutrient-dense ingredients like nuts and whole grains, with flavors that satisfy from the first bite to the last. Perfect for enjoying while on the go, at work or at home.

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



7.49
Seventh
Generation
Bath Tissue
12 pk.



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

snack like you care



3/\$5

Epic Bars
1.3–1.5 oz., selected varieties



2/\$3

Epic Jerky Strips
.8 oz., selected varieties



2/\$5

Epic Pork Rinds
2.5 oz., selected varieties



4.49

Epic Bone Broth and Bites
14 fl. oz. and 2.5 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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