

coop deals

MAR 30 - APR 19, 2022



bacon for brunch

Make your favorite brunch even more delicious with Applegate's Uncured Sunday Bacon, on sale at the co-op! In hash, quiche or a frittata, with pancakes or just on its own — bacon is the perfect addition to any brunch.

4.99
Applegate Farms
Sunday Bacon
 8 oz., selected varieties



3.99
Stahlbush Island
Farms
Frozen Fruit
 10 oz., selected varieties



3.99
Wholesome
Organic
Powdered Sugar
 16 oz.



4.49
King Arthur
Baking Company
Unbleached All-
purpose Flour
 5 lbs.



3.99
Bonne Maman
Preserves
 13 oz., selected varieties



4.49
Immaculate
Organic
Cinnamon
Rolls
 17.5 oz.



4.99
Sky Valley
Sriracha Sauce
 18.5 fl. oz.



Start your days off right at the co-op.
Breakfast favorites every day.



79¢

**Brown Cow
Cream Top
Yogurt**
5.3 oz., selected varieties



2/\$5

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



2/\$6

**Goodbelly
Organic Probiotic
Drink**
32 fl. oz., selected
varieties



great buttery taste

Earth Balance® Vegan Buttery Spread has made a name as the ultimate toast topper and a crucial part of your dairy-free baking. It's creamy, rich and buttery.

4.99

**Earth Balance
Buttery Spread or
Sticks**

13-16 oz., selected varieties



2/\$7

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



3/\$7

**Petit Pot
Organic French
Pudding**
3.5 oz., selected varieties

rich, creamy, nondairy

Just like their traditional skyr, Siggi's plant-based coconut blend has a thick texture and no artificial flavors, sweeteners or preservatives.

3/\$5

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



2/\$3

**Wallaby
Organic Greek
Yogurt**
5.3 oz., selected varieties



3.99

**Califia Farms
Oatmilk**
48 fl. oz., selected
varieties

Wake up and enjoy the savings at the co-op!



7.99
Evolution Fresh
Organic Juices
59 fl. oz., selected varieties



*luscious and
lactose free*

Real dairy sour cream, with all the richness and versatility, but none of the lactose! Ideal for transforming dips, adding richness to baked goods, or swirling into sauces and soups.

2.99

Green Valley Creamery
Organic Lactose-free
Sour Cream
12 oz.



2/\$5
Vive Organic
Wellness Shots
2 fl. oz., selected
varieties



3.99
Violife
Just Like Cheese
Shreds
8 oz., selected varieties

honest food, ethically produced

Our grazing girls live a pasture-raised lifestyle with a minimum of 108 square feet of roaming room and the freedom to forage for local grasses, succulents and wildflowers while enjoying fresh air and sunshine.



5.99

Vital Farms
Organic Large
Pasture-raised Eggs
1 doz., selected varieties



2/\$7

The Greek Gods
Greek Yogurt
24 oz., selected varieties

The co-op has all your brunch favorites.



4.49
Rudi's
Organic Bread
22-24 oz., selected varieties



3/\$5
Woodstock
Frozen Vegetables
10 oz., selected varieties



6.49
Alden's Organic
Ice Cream
48 oz., selected varieties



3.99
Straus Family
Creamery
Organic Ice
Cream
1 pint, selected varieties

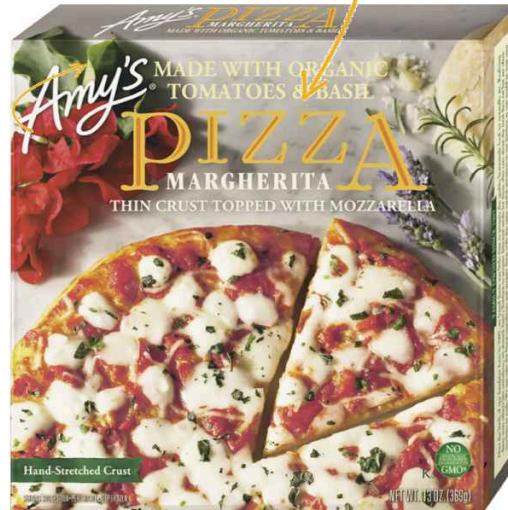


2/\$4
Essentia
Ionized Water
50.7 fl. oz.

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.

6.99
Amy's
Pizza
9.1-14 oz., selected varieties



4.49
Mt. Vikos
Organic Feta Cheese
6 oz.



3.49
Organic
Shredded Coconut
per pound in bulk



6.99
Organic
Walnut Halves &
Pieces
per pound in bulk



11.99
Organic
Pecan Halves
per pound in bulk



The co-op has great deals throughout the store.



2/\$6

Santa Cruz
Organic
Apple Sauce
23 oz., selected varieties



3.99

Traditional Medicinals
Organic Herbal Tea
16 ct., selected varieties



9.99

Spectrum
Organic Extra Virgin
Olive Oil
25.4 fl. oz.



3.99

Birch Benders
Pancake & Waffle
Mix
14-16 oz., selected
varieties



4.79

Frontier Co-op
Organic Ground
Cinnamon
1.31-1.9 oz., selected
varieties



5.49

Swerve
Sweeteners
12 oz., selected varieties



7.99

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



2/\$6

Equal Exchange
Organic
Chocolate Bars
2.8 oz., selected varieties



2/\$7

Equal Exchange
Organic Tea
20 bags, selected varieties



4.49

Equal Exchange
Organic Semisweet
Chocolate Chips
10 oz., selected varieties



7.99

Equal Exchange
Organic iBioRevolution!
Ground or Whole Bean
Coffee
12 oz.

supporting the
iBioRevolution!
Project



For every pound of iBioRevolution!
Organic Coffee you purchase, 50
cents goes to innovative agriculture
projects. Our goal is to raise \$25,000
for scholarships to La Fortaleza, a
farmer-led, grassroots, biodynamic
teaching farm in Honduras.

The co-op has what you need for the week ahead.



2/\$7

**Garden of Eatin'
Taco Shells**
5.5 oz., selected varieties



2/\$6

**Tasty Bite
Organic Entrees**
10 oz., selected varieties



2/\$6

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



3.99

**Milkadamia
Macadamia Milk**
32 fl. oz., selected varieties



4.99

**Bragg
Organic Apple
Cider Vinegar**
32 fl. oz.



5.99

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



2/\$5

**Muir Glen
Organic
Tomatoes**
28 oz., selected varieties



6.99

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

artisan-crafted in Italy



Authentic Italian cooking is about using simple, delicious, real ingredients. Award-winning for taste and texture. All packaging for products is 100% plastic and BPA free and certified New Glyphosate Residue Free.

2/\$6

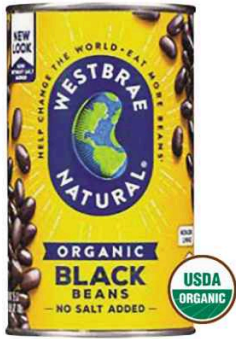
**Jovial
Organic Brown Rice Pasta**
12 oz., selected varieties



2/\$7

**Imagine
Organic Broth**
32 fl. oz., selected varieties

Stock your kitchen with ingredients from the co-op.



2/\$6

**Westbrae
Organic Beans**
25 oz., selected varieties



3/\$5

**Mike's Mighty
Good
Ramen Soup
Packs or Cups**
1.6-2.4 oz., selected
varieties



2/\$7

**Mediterranean Organic
Pitted or Stuffed Olives**
8.1-8.5 oz., selected varieties



2/\$7

**Native Forest
Organic Pineapple**
14-15 oz., selected
varieties



4.49

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



5.49

**Sir Kensington's
Mayonnaise**
12 fl. oz., selected
varieties



liberate your senses

Kickstart your umami adventure with KOYO's Asian Vegetable Ramen. Our organic noodles are baked, not fried, with a savory broth free from preservatives.

5/\$5

**Koyo
Ramen**
2-2.1 oz., selected varieties



8.99

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

Pantry staples are on sale at the co-op.



2/\$5

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



3.99

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



4/\$5

**Vermont Smoke
& Cure
Meat Sticks**
1 oz., selected varieties



2/\$4

**Epic
Bars**
1.3-1.5 oz., selected
varieties



3/\$5

**Rxbars
Protein Bars**
1.83 oz., selected
varieties



2/\$6

**Barnana
Organic Plantain
Chips**
5 oz., selected varieties



indulge for the planet

These dark chocolate bars are organic and free of sugar alternatives and soy ingredients. They're also fair trade, carbon neutral and support regenerative agriculture.

2/\$6

**Alter Eco
Organic Chocolate Bar**
2.65-2.82 oz., selected varieties



3.49

**Nature's Path
Organic Love Crunch
Granola**
11.5 oz., selected varieties

Delicious options for your next hike at the co-op.



2/\$5

**Late July
Organic Potato Chips**
5 oz., selected varieties



2/\$5

**Stacy's
Pita Chips**
7.33 oz., selected varieties



2/\$6

**Blue Diamond
Nut Thins**
4.25 oz., selected varieties



2/\$5

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



3.99

**Hu Kitchen
Grain-free
Crackers**
4.25 oz., selected varieties



1.79

**Yachak
Organic Energy
Tea**
16 fl. oz., selected varieties



4.99

**Izze
Sparkling Juice**
4 pk-12 fl. oz. bottles,
selected varieties



3.99

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

heritage-inspired snacking



Siete Mexican Cookies are perfect for having with your morning coffee, serving to little ones with hot chocolate, and inspiring bite-sized creations like mini S'mores, ice cream sandwiches and more!

2/\$7

**Siete
Mexican Grain-free
Cookies**
4.5 oz., selected varieties



3.99

**Justin's
Organic Mini Peanut
Butter Cups**
4.7 oz., selected varieties

Satisfy sweet and savory cravings at the co-op.



5.99

Lily Of The Desert Organic Aloe Vera Juice
32 fl. oz., selected varieties



39.99

Vital Proteins Collagen Peptides
20 oz.



34.99

Garden Of Life Vitamin Code Whole Food Multivitamin
120 ct., selected varieties



10.99

Similasan Homeopathic Eye Relief
.33 fl. oz., selected varieties



17.99

Organic India Ashwagandha
90 ct.



21.99

Nordic Naturals Ultimate Omega 1280mg
60 ct.

powerful with a clean purpose



Seventh Generation formulates safe and effective plant-based homecare products that work. We believe our products are healthy solutions for your home and for the community and environment outside of it.

2/\$5

Seventh Generation Dish Liquid
19 oz., selected varieties

4.49

Seventh Generation Lemongrass Citrus Disinfecting Multi-Surface Cleaner
26 oz.

11.99

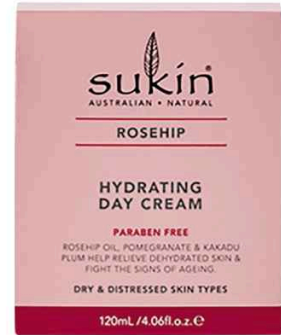
Seventh Generation Laundry Detergent
100 oz., selected varieties

The co-op has safe products for people and planet.



6.99

Bach
Rescue Remedy
Pastilles
35 ct., selected varieties



11.99

Sukin
Facial Cream
4.06 fl. oz., selected varieties



2.99

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



4.99

If You Care
Parchment Baking Paper
70 sq. ft.



for an everyday clean

ECOS® plant-powered products are non-toxic and safer for you, your home and our planet, because we believe clean shouldn't mean spreading toxins all over your home. It's been the ECOS® promise for over 50 years.

11.99

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



8.99

Green Forest
100% Recycled Paper
Bath Tissue
12 ct.

Everyone is welcome to shop 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*

love our mother →

Earth day, every day! Our main ingredients are grown in the earth and tended by farmers practicing regenerative organic agriculture — which builds rich soil, sequesters carbon, retains water and protects biodiversity — mitigating catastrophic climate change on Spaceship Earth. All-One!

3.99

Dr. Bronner's
Pure Castile Liquid Soaps
8 fl. oz., selected varieties

10.99

Dr. Bronner's
Pure Castile Liquid Soaps
32 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

PWNW0422A

