

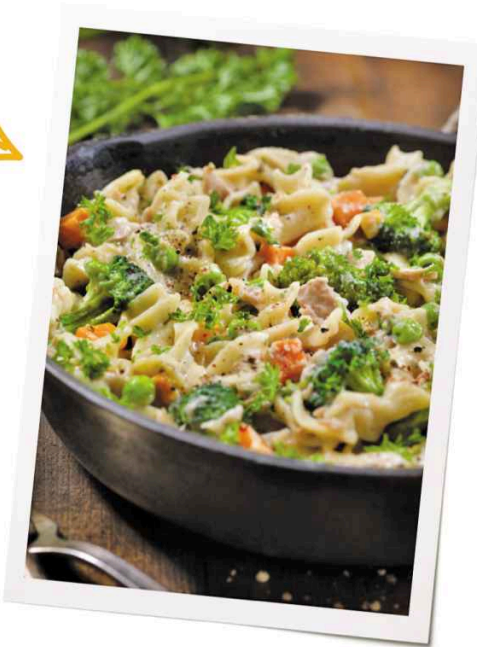
# coop deals

MAR 2 - MAR 15, 2022

quick  
and easy

## PROTEIN-RICH MEALS

Heat up the stove and make a delicious tuna hot dish (or is it a casserole?). Add your favorite pasta and veggies, plus Wild Planet's sustainably caught tuna. Shop the co-op for all your dinner inspiration, and save on high-quality ingredients.



2/\$5

Wild Planet  
Skipjack Tuna  
5 oz., selected varieties



2/\$6

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



2/\$6

Kashi  
Organic Cereal  
9.5-16.3 oz., selected  
varieties



4.49

Lifeway  
Organic Kefir  
32 fl. oz., selected  
varieties



Fresh produce is at the co-op.

The co-op supports local farmers.

# spring for a smoothie

Move over winter, and welcome spring with delicious green smoothies! Check out [grocery.coop](http://grocery.coop) for more tasty and healthy smoothie ideas!

## INGREDIENTS

- ½ cup milk
- ½ cup plain Greek yogurt
- 4 cups spinach leaves, washed
- 1 cup pineapple chunks, drained
- 1 medium frozen banana, sliced

## PREPARATION

Place ingredients in a blender in the following order: milk, yogurt, spinach, pineapple and banana, and secure the lid. Blend on high until smooth. Pour into glasses and serve immediately.



**2/\$4**

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



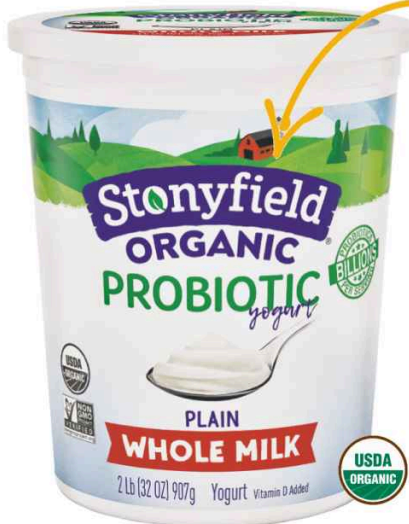
**5.49**

Maple Hill  
100% Grassfed  
Organic Milk  
64 fl. oz., selected varieties



**7.99**

Organic Valley  
Ghee  
7.5 oz.



*simple, organic and probiotic packed*

We believe organic is better for people and the planet. So, we make this probiotic yogurt with organic milk and not much else — just like we've done for 35 years.

**3.79**

Stonyfield  
Organic Yogurt  
32 oz., selected varieties



**2/\$7**

Blue Diamond  
Almondmilk  
64 fl. oz., selected varieties

**Spring forward with savings at the co-op!**



**4.49**  
 Vital Farms  
 Large Grade A  
 Pasture-raised Eggs  
 1 doz., selected varieties



**5/\$5**  
 Chobani  
 Greek Yogurt  
 5.3 oz., selected varieties



**2/\$5**  
 Hail Merry  
 Dessert Cups  
 1.5-1.76 oz., selected varieties



**7.99**  
 Beyond Meat  
 Beyond Beef  
 16 oz., selected varieties



**3.99**  
 Silk  
 Dairy-free  
 Creamer  
 32 fl. oz., selected varieties



**3.99**  
 Kite Hill  
 Almond Milk  
 Yogurt  
 16 fl. oz., selected varieties



**4.49**  
 Forager Project  
 Organic  
 Cashewmilk  
 Yogurt  
 24 oz., selected varieties



*totally delicious*

All the creamy taste you crave. The possibilities are endless with FAGE Total Plain or Velvety Vanilla Yogurt.

**4.99**

Fage  
 Greek Yogurt  
 35.3 oz., selected varieties



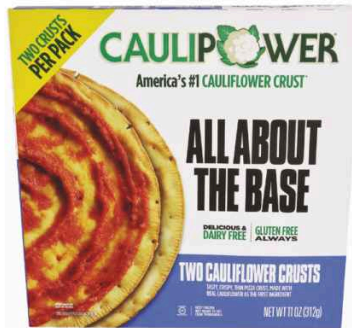
**3.99**  
 Follow Your Heart  
 Original  
 Vegemise  
 16 fl. oz., selected varieties

**Protein-rich options are at the co-op.**



**3.99**

**Deep Indian Kitchen Samosas**  
7.5-12 oz., selected varieties



**6.49**

**Caulipower Pizza and Pizza Crusts**  
11-11.6 oz., selected varieties



**6.99**

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



**2/\$4**

**Evol Burritos**  
6 oz., selected varieties



**2/\$5**

**Nature's Path Organic Waffles**  
7.4-7.5 oz., selected varieties



**6.99**

**Applegate Organics Chicken Strips**  
8 oz.

*stock up on frozen favorites*

Treat yourself and your family to **Natural Sea** Premium Cod Sticks and **Woodstock** Fruits and Vegetables. Make your meals fresh, crisp and deliciously convenient with these frozen favorites all year long!



**4.99**

**Natural Sea Cod Sticks or Fillets**  
8 oz., selected varieties



**1.79**

**Woodstock Frozen Vegetables**  
10 oz., selected varieties



**2.29**

**Woodstock Organic Frozen Vegetables**  
10 oz., selected varieties



**4.49**

**Woodstock Organic Frozen Fruit**  
8-10 oz., selected varieties

**Find frozen favorites from the co-op.**



**4/\$5**

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



**2/\$7**

**Montebello  
Organic Pasta**  
16 oz., selected varieties



**5.99**

**Once Again  
Organic Sunflower Butter**  
16 oz., selected varieties



Find all your favorite ingredients at the co-op.  
**Weeknight meals made easy.**



**2/\$6**

**Pacific Foods  
Organic Soup**  
17-17.6 oz., selected varieties



**2/\$4**

**Annie's  
Organic Mac & Cheese**  
6 oz., selected varieties



**4.79**

**Canyon  
Bakehouse  
Bread**  
18 oz., selected varieties



**7.99**

**Nutiva  
Organic Coconut  
Manna**  
15 oz.



**13.99**

**California Olive  
Ranch  
Everyday Extra  
Virgin Olive Oil**  
33.8 fl. oz.

**Delicious meals begin at the co-op.**



**2/\$7**  
 Equal Exchange  
 Organic Tea  
 20 ct., selected varieties



**2/\$7**  
 Yogi  
 Herbal Tea  
 16 ct., selected varieties



**2/\$5**  
 Vita Coco  
 Organic Coconut  
 Non-dairy Beverage  
 33.8 fl. oz., selected  
 varieties



**3.99**  
 Westsoy  
 Organic Soymilk  
 32 fl. oz., selected  
 varieties



**7.99**  
 Equal Exchange  
 Organic Coffee  
 10-12 oz., selected  
 varieties



*thrive on your  
 wellness journey*

When you eat better, you feel better. It's that simple. That's why we use superfoods with vibrant flavors and rich textures to create delicious foods that help you thrive on your wellness journey.

**4.49**

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



**2/\$6**  
 Mom's Best  
 Cereals  
 14-24 oz., selected  
 varieties



**6.49**  
 Nature's Path  
 Organic Cereal  
 23.8-32 oz., selected  
 varieties



*scoop up the savings in bulk!*

**1.49**  
 Organic Rolled Oats  
 per pound in bulk



**2.79**  
 Organic Thompson  
 Raisins  
 per pound in bulk



**2.99**  
 Organic Sunflower  
 Seeds  
 per pound in bulk



**The co-op has everything for busy families.**



**3.49**  
Goldthread  
Plant-based  
Tonics  
12 fl. oz., selected  
varieties

**2/\$4**  
Vita Coco  
Coconut Water  
16.9 fl. oz., selected varieties



**2/\$4**  
Mountain Valley  
Spring Water  
33.8 fl. oz., selected  
varieties



**4.49**  
Zevia  
Zero Calorie Soda  
6 pk.-12 fl. oz. cans,  
selected varieties

*snacks for everyone*



Be the host with the most this season! These snack favorites have a delicious crunch everyone in the family can enjoy. Each one is made from quality ingredients and tastes amazing.

**2.79**  
Late July  
Organic Tortilla Chips  
10.1 oz., selected varieties

**2/\$6**  
Late July  
Organic Salsa  
15.5 oz., selected varieties

**4.49**  
Kettle Brand  
Potato Chips  
13 oz.

**The co-op has great refreshments for every day.**

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



*involve the whole family*

**TOGETHER IN THE KITCHEN**

Whether you're looking for premade mixes or ingredients to start from scratch, the co-op has what you need to bake together. Baking is a great activity for kids to learn a little math, science and reading, and it has a delicious end result!



**2/\$6**

Equal Exchange Organic Chocolate Bars  
2.8 oz., selected varieties



**3.99**

Unreal Chocolate Nut Butter Cups or Gems  
3.2-6 oz., selected varieties



**4.49**

Equal Exchange Organic Chocolate Chips  
10 oz., selected varieties



*up your snack game*

Real-food From The Ground Up Cauliflower Cheddar Crackers up your snack game with cheesy goodness! Certified vegan, gluten-free and non-GMO. How's that for a crave-worthy snack with a plant-based twist?

**2/\$6**

From The Ground Up Cauliflower Snacks  
3.5- 4.5 oz., selected varieties



**4.99**

Yumearth Organic Pops  
8.5 ounces, selected varieties

**Enjoy your favorite treats from the co-op.**





**6.99**  
 Source Naturals  
 Melatonin 2.5 mg.  
 60 ct.



**29.99**  
 Vega  
 One Organic  
 Protein Shake  
 12.1-13.5 oz., selected  
 varieties



*turmeric supreme  
 extra strength*

Our best-selling, go-to formula for maintaining your active lifestyle. Helps reduce occasional inflammation due to normal wear and tear.

**29.99**

Gaia Herbs  
 Turmeric Supreme Extra  
 Strength  
 120 ct.



Stay well this spring with help from the co-op.

**Support your wellness needs.**



*organic plant-based  
 protein*

Organic Plant-Based Protein offers a blend of certified-organic proteins from multiple sources, featuring U.S.-grown organic peas, to give it a great, smooth and creamy texture.

**44.99**

Garden Of Life  
 Sport Organic Plant-based  
 Protein  
 28.4-29.6 oz., selected varieties



**19.99**

MegaFood  
 Blood Builder  
 60 ct.

**Find an extra nutritional boost at the co-op.**



*be gentle*

Formulated for babies' soft skin! Fragrance free with simple ingredients. Organic oils keep skin moisturized, smooth and supple. No synthetic preservatives, detergents or foaming agents. Be gentle with babies, pets and people — All-One!

**2/\$6**

**Dr. Bronner's  
Castile Bar Soap**  
5 oz., selected varieties



**13.99**

**Weleda  
Skin Food**  
2.5 fl. oz.



Find eco-friendly products at the co-op.

**Clean and safe.**



**16.99**

**Derma E  
Vitamin C  
Concentrated  
Serum**  
2 fl. oz.



**6.99**

**Schmidt's  
Deodorant Stick**  
2.65 oz., selected varieties



**7.99**

**Avalon Organics  
Shampoo or Conditioner**  
11 fl. oz., selected varieties



**The co-op has products for you and the Earth.**

# bring on the suds

## CLEAN HANDS AND PLANET

Clean hands and a clean home begin with frothy soap bubbles. The co-op has eco-friendly cleaning solutions that are gentle on your hands and the planet. Encourage everyone in the family to have a hand in cleaning up.



## cleaner by nature

Better Life's products challenge the way people think about natural cleaning, with more plant power, fewer warning labels and formulas that are a natural fit for mess makers.

# 3.99

**Better Life**  
**Toilet Bowl Cleaner**  
 24 fl. oz., selected varieties



**1.99**  
**Green Forest**  
**Facial Tissue**  
 175 ct.



**3.79**  
**Mrs. Meyer's**  
**Dish Soap**  
 16 fl. oz., selected varieties



**2.79**  
**Ecover**  
**Dish Soap**  
 25 fl. oz., selected varieties

**Find eco-friendly products at the co-op.**

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

## 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

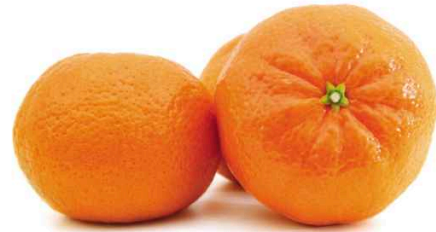
Olympia Food Co-op

Orcas Food Co-op

Skagit Valley Food Co-op

Sno-Isle Natural Foods Co-op

The Food Co-op

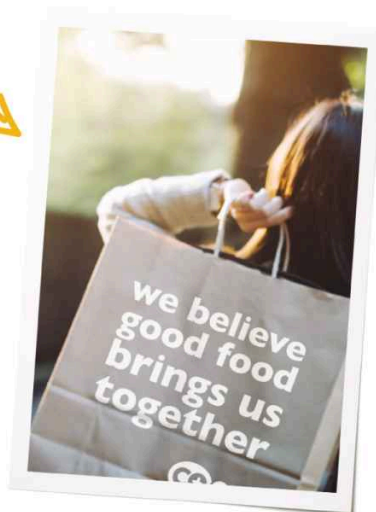


*to find a food co-op near you, visit us online at: [grocery.coop](http://grocery.coop)*

*easy to save*

### GREAT DEALS

Twice a month, Co+op Deals delivers impressive value on the brands you love. Throughout your co-op you can find savings for easy meal prep, snacks, home and body care, and more. Be sure to check out what's on sale and enjoy delicious and healthy options for everyone in your family.



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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