

coop deals

MAR 16 - MAR 29, 2022

protein-rich
yogurt

SIMPLE AND CREAMY

Yogurt is a versatile and delicious ingredient, and with Siggis yogurt on sale and healthy toppings found throughout the co-op, it's easy to make a yogurt parfait. Probiotics? Check. Fiber? Check. Easy for on the go? Check. Find it all at the co-op!



4/\$5

Siggis
Skyr Yogurt
4.4-5.3 oz., selected varieties



2/\$4

Food Should
Taste Good
Tortilla Chips
5.5 oz., selected varieties



2/\$6

Rebbi
Organic Elixir
12 fl. oz., selected
varieties



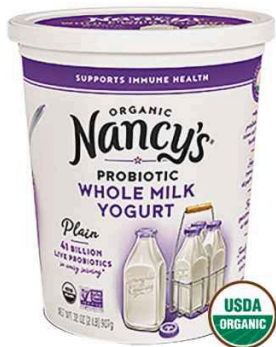
2/\$6

Muir Glen
Organic Pasta
Sauce
25.5 fl. oz., selected
varieties



The toppings you love are at the co-op.

Find your fresh favorites.



3.99

Nancy's
Organic Yogurt
32 oz., selected varieties

mild and creamy mozzarella



Easily transform mozzarella cheese into shredded, sliced or cubed cheese. Our certified organic Mozzarella melts evenly and tastes great on a pizza, in hot dishes, or all by itself.

4.99

Organic Valley
Block Cheese
8 oz., selected varieties



2/\$5

Sweet Earth
Burritos
5.5-7 oz., selected varieties



5/\$5

Forager Project
Organic
Cashewmilk
Yogurt
5.3 oz., selected varieties



2/\$7

Organic Valley
Egg Bites
4 oz., selected varieties



3.99

Organic Valley
Creamer
25.4 fl. oz.



7.99

Chameleon
Organic Cold Brew Coffee
32 fl. oz.



*uncompromising
quality and taste!*



When you have a specialty-grade organic coffee like **Chameleon** Cold Brew, you need to blend it with the best Organic Valley flavored creamers. Both brands are committed to delivering premium quality through organic and sustainable farming! Enjoy with **Organic Valley's** Egg Bites.

Start the day with breakfast items from the co-op.



2/\$5

Silver Hills Bread

15-22 oz., selected varieties



2.99

Green Valley Creamery Organic Lactose-free Cream Cheese

8 oz.



2/\$7

Hope Foods Organic Hummus

8 oz., selected varieties



4.49

Field Roast Chao Slices

7 oz., selected varieties



2/\$5

Annie's Homegrown Frozen Mac & Cheese

7.5 oz., selected varieties



3.99

Little Northern Bakehouse Bread

16-17.4 oz., selected varieties



3.99

Oatly Non-dairy Frozen Dessert

16 oz., selected varieties



2/\$7

Coolhaus

Ice Cream Sandwiches

5.8 oz., selected varieties



2/\$7

Dr. Praeger's Veggie Burgers

8-10 oz., selected varieties



A variety of delicious flavors are at the co-op.

good from the grain up

Since 1937, we've been tending to soil, air, water and wildlife as carefully as our crops. It's part of our promise to make better food for the table while leaving a better world for the next generation!



2/\$6

Lundberg
Organic Rice Cakes
8.5-9.5 oz., selected varieties



2/\$6

Lundberg
Organic Thin Stackers
6 oz., selected varieties



5.99

Lundberg
Organic Brown Basmati Rice
32 oz.



4/\$5

Annie's
Homegrown
Mac & Cheese
5.25-6 oz., selected
varieties



2.79

Crown Prince
Sardines
3.75 oz., selected
varieties



2/\$7

Pacific Foods
Organic Broth
32 fl. oz., selected
varieties

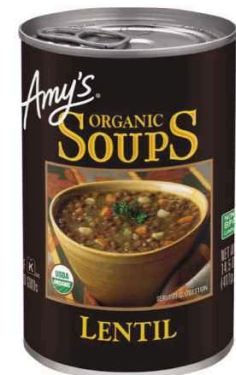


pure, wild seafood

At Natural Sea, our pole and line caught Wild Yellowfin Tuna will make your taste buds and conscience feel good about the quality and promise in every bite.

2/\$6

Natural Sea
Yellowfin Tuna
5 oz., selected varieties



2/\$6

Amy's
Soups
13.8-14.7 oz., selected varieties

Make easy meals with help from the co-op.



2/\$6

Celestial Seasonings Herbal Tea
18-20 ct., selected varieties



3.99

Pamela's Graham Crackers
7.5 oz., selected varieties



4.49

Simply Organic Spices and Seasonings
1.41-4.7 oz., selected varieties



14.99

Pamela's Gluten-free Baking & Pancake Mix
4 lb.



2/\$6

Nature's Path Organic Cereal
10-14 oz., selected varieties



3.49

Envirokidz Organic Cereal
10-11.5 oz., selected varieties



5.99

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



3.99

Organic India Tulsi Tea
18 ct., selected varieties



5.99

Better Than Bouillon Organic Broth Base
8 oz., selected varieties



6.99

Navitas Organic Cacao Powder
8 oz.



scoop up the savings in bulk!

1.49

Organic Steel Cut Oats
per pound in bulk



1.99

Organic Split Red Lentils
per pound in bulk



4.49

Organic Pitted Deglet Dates
per pound in bulk



Leap into spring with food from the co-op.



4/\$5

Larabar
Fruit & Nut Bars
1.6-1.7 oz., selected varieties



2/\$7

Terra
Vegetable Chips
5-6 oz., selected varieties



3.99

Nixie Organic
Sparkling Water
8 pk.-12 fl. oz. cans,
selected varieties



snacks for all seasons

Back to Nature has snacks you'll enjoy year round. All our delicious snacks are Non-GMO Project Verified, plant based and a great addition to any day.

2/\$5

Back To Nature
Crackers
4-8.5 oz., selected varieties



3.99

Little Secrets
Chocolate Pieces
4.5-5 oz., selected varieties

Great deals are at the co-op.



5.99

Navitas
Organic Maca Powder
4 oz.



12.99

Enzymedica
Digest Basic
90 ct.



36.99

Ancient Nutrition
Collagen Protein
Powder
16-18.1 oz., selected
varieties



15.99

Himalaya
Organic
Ashwagandha
60 ct.



Great wellness items are at the co-op.
Stay well this spring.



3.99

Seventh
Generation
Chlorine-free
Pads or Liners
14-50 ct., selected
varieties



4.99

Kiss My Face
Moisture Shave
11 fl. oz., selected
varieties



6.99

Thayers
Witch Hazel
Toner
12 fl. oz., selected
varieties



6.99

Everyone
3-in-1 Soap
32 fl. oz., selected
varieties



7.99

Tea Tree Therapy
Oil
1 fl. oz.



9.99

Seventh
Generation
100% Recycled
White Paper
Towels
6 pack, selected varieties

Find supplements and bodycare items 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

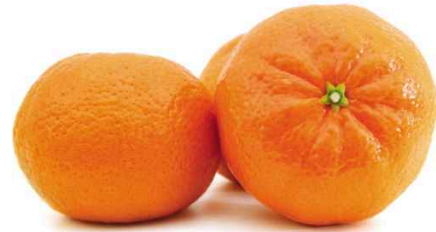
Olympia Food Co-op

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



timeless old-world flavor

Chobani® Plain Greek Yogurt is made from fresh, locally sourced milk, making it an excellent source of protein. With its creamy texture and old-world, tart taste, it's an ideal better-for-you substitute and a convenient grab-and-go treat.

5.49

Chobani
Greek Yogurt
32 oz., selected varieties



3.99
Harmless Harvest
Organic Coconut
Water
16 fl. oz.



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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