

coop deals

MAY 4 - MAY 17, 2022

irresistible combination

DON'T MESS WITH PERFECTION

Chocolate plus peanut butter... two flavors that when put together equal an unmatched combo and a delicious treat for any time. Justin's uses high-quality organic chocolate — and their products are gluten free. On sale now at the co-op!



2/\$3

Justin's
Organic Nut Butter
Cups
2 ct., selected varieties



2/\$5

Health-Ade
Organic
Kombucha
16 fl. oz., selected
varieties



3.99

Newman's Own
Fig Newmans
10 oz., selected varieties



2/\$5

Aura Cacia
Mineral Bath
2.5 oz., selected varieties



Seasonal savings are at the co-op.

Great summer deals!

award-winning
sour cream
and cheese



Organic Valley Shredded Cheese and Sour Cream are easy ways to add delicious, pasture-raised flavor to your favorite dishes.



3.49

Organic Valley
Sour Cream
16 oz.

3.99

Organic Valley
Thick Cut Shredded Cheese
6 oz., selected varieties

3.99

Organic Valley
Finely Shredded Cheese
6 oz., selected varieties



2/\$3

Liberte
Organic Yogurt
5.5 oz., selected varieties



5/\$5

Chobani
Greek Yogurt
5.3 oz., selected varieties



2.99

Fage
Greek Yogurt
16 oz., selected varieties



2/\$6

Planet Oat
Oatmilk
52 fl. oz., selected varieties



3.99

Ripple
Plant-based Milk
48 fl. oz., selected varieties



3.99

Stonyfield
Organic Kids
Yogurt Tubes
8 ct., selected varieties



4.99

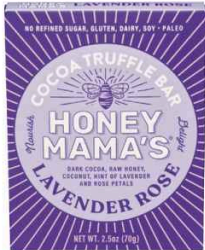
Straus Family
Creamery
Organic Yogurt
32 oz., selected varieties

Dairy and nondairy options are at the co-op.



7.99

Chameleon Cold Brew Organic Cold Brew Coffee
32 fl. oz., selected varieties



3.99

Honey Mama's Cocoa Truffle Bar
2.5 oz., selected varieties



2.99

Wildwood Organic Super Firm Sprouted Tofu
20 oz.



3.99

Califia Farms Oat Creamer
25.4 fl. oz., selected varieties



2/\$6

Hope Foods Organic Hummus
8 oz., selected varieties



3.99

Upton's Naturals Seitan
8 oz., selected varieties



2/\$7

Siete Tortilla Chips
5 oz., selected varieties



4.99

Siete Cashew Queso
10.8 oz., selected varieties

3.99

Siete Taco Shells
5.5 oz.

7.99

Siete Tortillas
7 oz., selected varieties

← *Cinco con Siete*

We are a Mexican-American brand rooted in family that makes delicious grain-free products. We wish to bring families together around the table with heritage-inspired foods made from simple, clean ingredients that everyone can enjoy.

The co-op has snacks for all occasions.



2/\$5
 Amy's
 Burritos
 5.5-6 oz., selected
 varieties



7.49
 Caulipower
 Chicken Tenders
 14 oz., selected varieties



2/\$4
 Cascadian Farm
 Organic Frozen
 Vegetables
 10 oz., selected varieties



2/\$7
 Food For Life
 Tortillas
 10-12 oz., selected
 varieties



2.79
 Van's
 Waffles
 8-9 oz., selected
 varieties



3.99
 Oatly
 Non-dairy Frozen
 Dessert
 1 pint, selected varieties



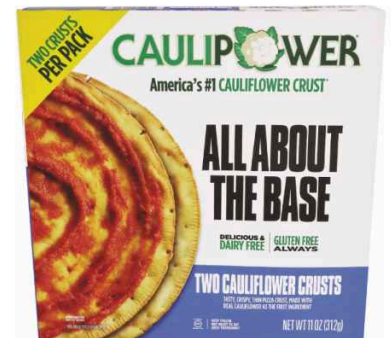
4.99
 So Delicious
 Dairy-free Frozen
 Dessert
 1 pint, selected varieties



boundless euphoria

Perfectly euphoric for dessert lovers looking for the classic Ben & Jerry's Chunks & Swirls. Dig into peace, love and ice cream.

4.99
 Ben & Jerry's
 Ice Cream
 1 pint, selected varieties



6.49
 Caulipower
 Pizza or Pizza Crusts
 11-11.6 oz., selected varieties

Fill up the freezer with deals from the co-op.



3.29

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



3.99

Dream Organic Rice Drink
32 fl. oz., selected varieties



4/\$5

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



2/\$7

Happy Family Organics Happy Baby Yogis
1 oz., selected varieties



5.99

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



2/\$6

Nature's Path Organic Instant Oatmeal
8-1.76 oz., selected varieties



making eating well easy

Kashi® cereals have a little something for everyone, like protein, organic whole grains, fair trade chocolate and family favorites like Hearts and O's. Kashi® makes eating well easy.

2/\$6

Kashi Cereal
12-14 oz., selected varieties



4.99

Crofter's Organic Premium Fruit Spread
16.5 oz., selected varieties

Find your breakfast favorites at the co-op.

support farmers worldwide



SHOP FAIR TRADE

Shopping for fair trade products supports good working conditions and fair wages for producers. When you choose fair trade, you are helping to improve the lives of farmers and conserve the environment, making the world more equitable. Learn more about fair trade at grocery.coop/fair-trade

Photo courtesy of Equal Exchange, Fair Trade Worker-Owned Co-op
Left: Catalina Rodriguez, COMSA Co-op, Honduras
Right: Don Andres Ruiz, Manos Campesinas Co-op, Guatemala



2/\$6

Theo
Organic Chocolate Bars
3 oz., selected varieties



11.99

Dr. Bronner's
Organic Whole Kernel
Virgin Coconut Oil
30 fl. oz.



6.99

Navitas
Organic Cacao
Powder
8 oz.



9.99

Equal Exchange
Organic French Roast
Coffee
per pound in bulk



The co-op supports fair trade.

Find great fair trade brands at the co-op.

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

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2/\$6

**Vita Coco
Coconut
Water**
33.8 fl. oz.,
selected varieties



4/\$5

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



13.99

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



4/\$5

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



2.79

**Annie's
Organic Ketchup**
20-24 oz., selected
varieties



2.99

**Bionaturae
Organic
Tomatoes**
24-28.2 oz., selected
varieties



2/\$6

**San-J
Cooking Sauce**
10 oz., selected varieties



2/\$6

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



2/\$4

**Frontera
Cooking Sauce**
8 oz., selected varieties



2/\$6

**Tinkyada
Organic Brown
Rice Pasta**
10-12 oz., selected
varieties



7.49

**Carbone
Pasta Sauce**
24 oz., selected varieties



6.49

**Sweetleaf
Stevia Sweetener**
2 fl. oz., selected
varieties



The co-op has everything to stock the pantry.

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

regenerate!

Mitigate climate change on Spaceship Earth! Regenerative organic agriculture builds rich soil, sequesters carbon, retains and stores water, provides healthy food and fosters biodiversity. **Dr. Bronner's** Virgin Coconut Oils are now Regenerative Organic Certified™ (ROC™) — and Magic All-One Chocolate is on the path! Regenerate soil, farms, communities, climate, planet and life!



2/\$6

Dr. Bronner's Organic Magic All-One Chocolate Bars
2.93-3 oz., selected varieties

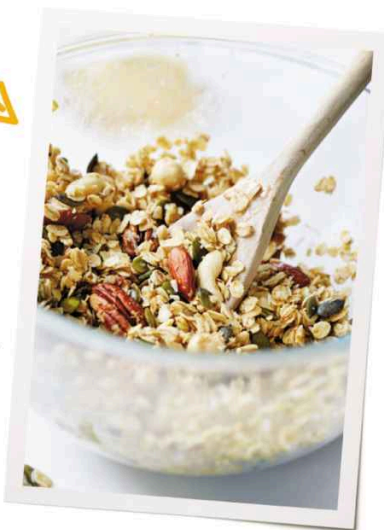
11.99

Dr. Bronner's ROC Virgin Coconut Oil
30 oz.

DIY granola

GET OUT THE MIXING BOWL

Homemade granola can be delicious and easy to make. Just gather your favorite ingredients like oats, nuts and peanut butter, and whisk together in a mixing bowl with an oil and sweetener of your choice (coconut oil and maple syrup are excellent options!). All the tasty granola ingredients you need are available at the co-op! Find delicious recipes on grocery.coop.



8.99

Justin's Almond Butter
16 oz., selected varieties



scoop up the savings in bulk!

1.69

Organic Quick Oats
per pound in bulk



2.49

Organic Black Beans
per pound in bulk



6.99

Almonds
per pound in bulk

It's easy to shop in bulk at the co-op.



4.99
 Waterloo
 Sparkling Water
 12 pk.-12 fl. oz. cans,
 selected varieties



5.49
 San Pellegrino
 Italian Sparkling Drink
 6-pk.-11.15 fl. oz. cans, selected
 varieties



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



4.49
 Green Mountain
 Gringo
 Salsa
 16 oz., selected varieties



2.79
 The Good Crisp
 Company
 Potato Crisps
 5.6 oz., selected varieties



2/\$6
 Taza
 Organic
 Chocolate Bars
 2.5-2.7 oz., selected
 varieties

chocolate on a mission



Tony's Chocolonely is B Corp, Fair Trade certified and on a mission to change the cocoa industry. Indulge with creamy, milk chocolate caramel sea salt or try our vegan 70% dark chocolate bar!

2/\$7

Tony's Chocolonely
 Chocolate Bars
 6.35 oz., selected varieties



2/\$6

Boulder Canyon
 Potato Chips
 5.25-6.5 oz., selected varieties

Save on summer deals at the co-op.



9.99

**Andalou Naturals
1000 Roses Cleansing Foam**
5.5 fl. oz.



3.79

**Kiss My Face
Liquid Rock
roll-on
deodorant**
3 fl. oz., selected
varieties



7.99

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



9.99

**Biokleen
Liquid Laundry
Detergent**
64 fl. oz., selected
varieties



23.99

**Host Defense
Mushrooms Reishi
Longevity Support**
60 ct.



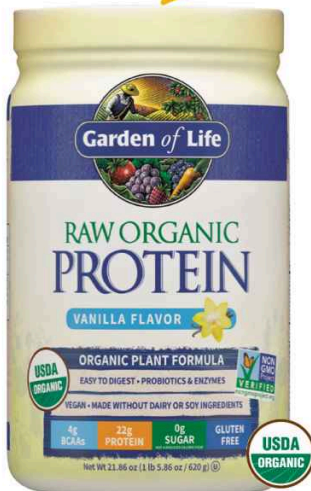
14.99

**Nordic Naturals
Complete Omega**
60 ct.



18.99

**Enzymedica
Digest Gold**
45 ct.



*raw, organic
vanilla protein*

Raw Organic Protein — an excellent source of Non-GMO Project-verified, Informed Choice Clean for Sport, Certified Vegan, complete protein powder from 22 sprouted sources.

29.99

**Garden Of Life
Raw Organic Protein Powder**
20-23.4 oz., selected varieties



5.49

**Jason
Deodorant Stick**
2.5 oz., selected varieties

Thank you for shopping 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



mouth-watering plant-based burgers

Dr. Praeger's has been making great-tasting plant-based products full of wholesome, recognizable ingredients for over 25 years. Find us in the freezer aisle.

Dr. Praeger's Veggie Burgers
8-10 oz., selected varieties

3.99



7.99

Woodstock Lump Hardwood Charcoal
8.8 lb.

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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