

coop deals

MAY 18 - MAY 31, 2022

don't forget the cones

THE SWEET OUTDOORS

Eating outdoors is a great option as the weather warms up. No meal is complete without a delicious treat like Talenti's gelato. Scoop your favorite flavor into a cone, top with sprinkles and say "Cheers!" to summer days!



4.49

Talenti
Gelato or Sorbetto
1 pint, selected varieties



2/\$4

Hiball Energy
Seltzer
16 fl. oz., selected
varieties



4.49

Applegate
Naturals
Uncured Beef Hot
Dogs
10 oz.



9.99

Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 fl. oz.



Savor the season!

Summer Savings at the co-op.



4/\$5

Siggis Skyr Yogurt
4.4-5.3 oz., selected varieties



2/\$3

So Delicious Coconutmilk Yogurt
5.3 oz., selected varieties



3/\$7

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

pasture-raised organic cheese



We're from Wisconsin, and we take a lot of pride in our cheese. We combine time-honored recipes with pasture-raised milk to make the tastiest cheese in the country.

4.99

Organic Valley Feta or Part Skim Mozzarella Cheese
8 oz., selected varieties



3.49

Brown Cow Cream Top Yogurt
32 oz., selected varieties



3.99

So Delicious Organic Coconutmilk
64 fl. oz., selected varieties

100% grass fed, 100% delicious

Produced by cows that eat 100% organic grass 100% of the time, **Organic Valley's** Grassmilk products give you and your family a true taste of the earth's organic goodness — and even more omega-3!



2.79
Organic Valley Grassmilk Half & Half
1 pint



4.99
Organic Valley Grassmilk
64 fl. oz., selected varieties



5.99
Organic Valley Grassmilk Raw Cheddar Cheese
8 oz., selected varieties

The co-op has dairy and nondairy options.



2.99

Field Roast
Deli Slices
5.5 oz., selected varieties



3.49

Lightlife
Smart Dogs
12 oz.



4.49

Lightlife
Organic Tempeh Strips
6 oz., selected varieties



4.99

Field Roast
Chao Slices
7 oz., selected varieties

plant-based must-haves

Lightlife and Field Roast offer great plant-based options for breakfast, lunch on the go, or grilling at home!



2/\$5

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



3.99

Harmless Harvest
Organic Coconut
Water
16 fl. oz.



5.49

Grillo's
Pickles
32 fl. oz., selected varieties

plant based, great taste



Gardein offers a wide variety of plant-based proteins with a great taste and texture. Non-GMO Project-verified and always vegan.

4.49

Gardein
Tenders, Strips or Wings
8.1-10.5 oz., selected varieties



5.99

Miyoko's
Creamery
Organic
Cashewmilk
Mozzarella
8 oz., selected varieties

Find all your plant-based favorites at the co-op.

*delicious,
plant-based
meat*

The positive choices we make every day — no matter how small — can have a great impact on ourselves and the planet. At **Beyond**, we've taken the animal-based meal off the table, while still delivering the meaty, plant-based, better-for-you meals you crave.



4.49
Beyond Meat
Breakfast Sausages
8.3 oz., selected varieties



4.99
Beyond Meat
Beyond Burgers
8 oz., selected varieties



6.99
Beyond Meat
Beyond Sausages
14 oz., selected varieties



7.99
Beyond Meat
Beyond Beef
16 oz.



6.99
Bubbies
Bread & Butter
Pickle Chips
33 fl. oz.



2/\$4
Woodstock
Organic Tofu
14 oz., selected varieties

clean eating starts with pizza



Ingredient-obsessed pizza made from almond flour. Now available in nine mind-melting varieties with 4 to 22 g. of protein per serving. Certified gluten and grain free. Low carb and keto-certified varieties available.

7.49
Cappello's
Gluten-free Pizza or
Pasta
8-12 oz., selected varieties

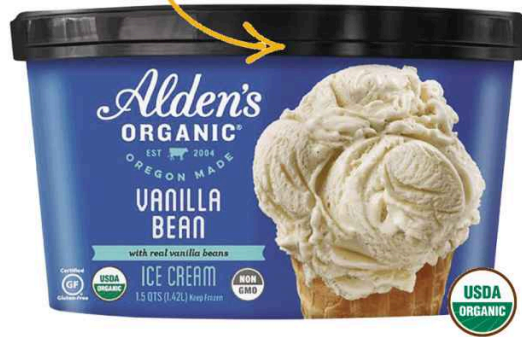


4.99
Canyon Bakehouse
Gluten-free Bread
18 oz., selected varieties

The co-op has something for everyone.



America's favorite organic ice cream



Alden's is committed to making products irresistible for all, offering a wide variety of dairy and dairy-free frozen desserts.

6.99

Alden's Organic Ice Cream

48 fl. oz., selected varieties



3.99

Goodpop Frozen Pops

4-8 ct., selected varieties



We all scream for ice cream!

Sweet deals at the co-op.



made with premium ingredients

Coolhaus Ice Cream Sandwiches are made with real cookies that are soft right out of the freezer, plus creamy, premium ice cream. LGBTQIA+ Pride, women-founded and led.

2/\$6

Coolhaus

Ice Cream Sandwiches

5.8 fl. oz., selected varieties



Frozen favorites are at the co-op.



2.79
Woodstock
Organic Ketchup
20 oz.



2.79
Woodstock
Organic Mustard
8 oz., selected varieties



4.49
Woodstock
Organic Mayonnaise
16 oz.



4.49
Woodstock
Organic Pickles
24 oz., selected varieties



*elevate your
condiment game*

Here at **Woodstock®**, we celebrate foods that make you feel great about what you buy, eat and serve your family. Our ingredients are simple, satisfying and farmed from sources you can trust.



2/\$4
Near East
Couscous Mix or
Rice Pilaf
5.2-10 oz., selected
varieties



2/\$4
Wild Planet
Sardines
4.4 oz., selected varieties



2.29
Native Forest
Organic
Unsweetened
Coconut Milk
13.5 fl. oz.

support Celiac Awareness Month



Udi's is committed to making delicious food that just happens to be gluten free. You shouldn't have to compromise on taste, so we offer full-flavor alternatives to support your lifestyle.

3.99

Udi's
Gluten-free Hot Dog
or Hamburger Buns
6-8 ct., selected varieties



Plan your next BBQ with help from the co-op.



2.29

Westbrae Organic Beans
15 oz., selected varieties



2/\$6

C2O Coconut Water
33.8 fl. oz., selected varieties



2/\$7

Westsoy Organic Soymilk
32 fl. oz., selected varieties



2/\$7

Frontera Salsa
16 oz., selected varieties



4.49

Blue Diamond Almondmilk
64 fl. oz., selected varieties

meal-time basics

QUICK AND EASY OPTIONS

The co-op has plenty of shelf-stable options for easy weeknight meals — making your week smoother with more time to enjoy the spring weather. Don't forget to visit the co-op's bulk section for ingredients you need a little or a lot of, too!



2/\$7

Chickapea Organic Chickpea & Lentil Pasta
8 oz., selected varieties



2.49

Organic Green Lentils
per pound in bulk



2.59

Organic Tri-Color Quinoa
per pound in bulk



5.99

Walnut Halves & Pieces
per pound in bulk

The co-op has great recipe ingredients.



best ingredients,
best tastes

3/\$5

Santa Cruz
Organic Lemonade
32 fl. oz., selected varieties

2/\$4

R.W. Knudsen
Recharge
32 fl. oz., selected varieties

2/\$6

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

Make your summer delicious with beverages you can feel good about. Look for the **R.W. Knudsen Family®** and **Santa Cruz Organic®** brands to choose products made from the highest-quality, thoughtfully sourced ingredients.



Find refreshment at the co-op.
Summer's almost here!



2/\$3

Kind
Bars
1.4 oz., selected
varieties



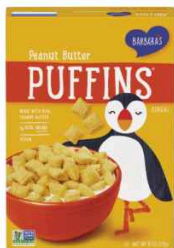
3.79

Nature's Bakery
Organic Baked-Ins
Oat Bars
6-1.27 oz., selected
varieties



3.49

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



3.29

Barbara's
Cereal
8-15 oz., selected
varieties



7.99

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

Find great deals on beverages at the co-op.



4.99

Lily's
Chocolate Peanut
Butter Cups
3.2-3.5 oz., selected varieties



up your snack game

From The Ground Up Cauliflower Cheddar Crackers and Butternut Squash Parmesan 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



2/\$7

Dandies
Vegan
Marshmallows
10 oz., selected varieties



2/\$6

Q Drink
Drink Mixers
4 pk.-7.5 fl. oz. cans,
selected varieties



3.79

Simple Mills
Almond Flour
Cookies
5.5 oz., selected varieties



upgrade your sparkling water

A line of award-winning, sustainably crafted sparkling waters that are organic, non-GMO and prepared with purified carbonated water and organic flavors from botanicals and fruits for a vibrant and refreshing taste.

3.99

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



4.49

Unreal
Chocolate Gems
5 oz., selected varieties

The co-op has summer snacking covered.



2/\$6
 Divine Chocolate
 Chocolate Bars
 3 oz., selected varieties



2/\$6
 Terra
 Vegetable Chips
 5-6 oz., selected varieties



4.99
 Garden of Eatin'
 Tortilla Chips
 16 oz., selected varieties



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



2/\$5
 Chocolove
 Chocolate Bars
 2.9-3.2 oz., selected varieties



2/\$5
 Kettle Brand
 Potato Chips
 5 oz., selected varieties



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



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

heat up
 snack time

Heat up the season with the perfect complements to your backyard barbecue. **Kettle Brand®** chips and **Late July®** Tortilla Chips and Salsa are the perfect sides to an outdoor meal or a simple, satisfying backyard snack all by themselves.

Plan your next picnic with deals from the co-op.



5.99
Mineral Fusion
Nail Polish Remover
 6 fl. oz.



19.99
Country Life
Coenzyme B-Complex
 120 ct.



6.49
Spectrum Essentials
Organic Ground
Flaxseed
 14 oz.



8.99
Seventh
Generation
100% Recycled
Bath Tissue
 12 pk.



15.99
Derma E
Vitamin C
Concentrated
Serum
 2 fl. oz.



3.99
Better Life
All-purpose Cleaner
 32 fl. oz., selected varieties



4.49
Alaffia
Deodorant
 2.65 oz., selected varieties



6.49
Acure
Brightening Facial Scrub
 4 fl. oz.

The co-op has safe products for home and 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



indulgence done right

Premium, indulgent ice cream with the highest sourcing standards in the industry. Cosmic Bliss is certified organic, gluten free, non-GMO Project-verified and contains no soy, sugar alcohols or artificial sweeteners.

4.99

Cosmic Bliss
Organic Frozen Dessert
1 pint, 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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