

coop deals

JUN 29 - JUL 12, 2022

perfect crunch

SUMMER SNACKING

The sunny days of summer are best with snacks on hand. Shop the co-op for flavorful snacks, perfect for outdoor adventures. Try Garden of Eatin' Blue Chips — on sale and always delicious!



4.49

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



2/\$5

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



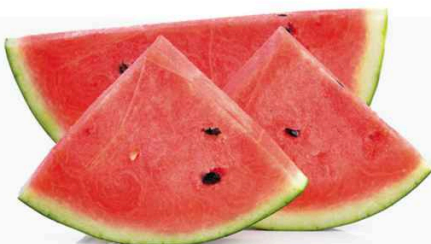
2/\$6

Angie's
Boomchickapop
Popcorn
4.4-7 oz., selected
varieties



4.99

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



Enjoy your BBQ with deals from the co-op.
Summertime snacks for all.



79¢
Brown Cow
Cream Top
Yogurt
5.3 oz., selected varieties



*better for you
and the planet*

The plant-based Beyond Burger enables you to eat what you love without having to compromise on taste, health or sustainability — making it a must-have for summer grilling.

3.99

**Beyond Meat
Beyond Burgers**
8 oz.



2/\$7
Silk
Plant-based Milk
64 fl. oz., selected varieties



4.99
Field Roast
Plant-based
Sausages
12.95 oz., selected varieties



6.99
Bubbies
Kosher Dill
Pickles
33 fl. oz., selected varieties

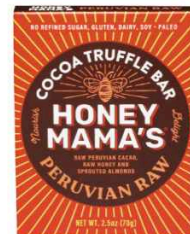


*the original
organic hummus*

HOPE Hummus is the original organic hummus and the only hummus brand made with 100% organic extra virgin olive oil. Try HOPE for a flavor difference you will taste.

2/\$7

**Hope Foods
Organic Hummus**
8 oz., selected varieties



3.99
Honey Mama's
Cocoa Truffle Bar
2.5 oz., selected varieties



The co-op has backyard meal favorites.



2/\$9
Bitchin' Sauce
Almond Dip
 8 oz., selected varieties



5.49
Wildbrine
Organic
Sauerkraut
 18 oz., selected varieties



4.99
Toby's
Dressing Dip
 12 oz., selected varieties



3.99
Upton's Naturals
Seitan
 8 oz., selected varieties



4.99
Forager Project
Organic Dairy-free
Cashewmilk
Yogurt
Unsweetened Plain
 24 oz., selected varieties



5.49
Grillo's
Pickles
 32 fl. oz., selected varieties



The co-op makes lunch easy.
Delicious sandwich fixings.



4/\$5
FAGE
Greek Yogurt
 5.3 oz., selected varieties



4.99
Organic Valley
Sliced Cheese
 6-8 oz., selected varieties



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



6.49
Mother In Law's
Gochujang
Fermented Chile
Paste
 10 oz., selected varieties



Healthy lunch ingredients are at the co-op.

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



1.79

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



*Good Pops.
Good purpose.*

The "Good" in our name isn't just about the ingredients we use or the way our products taste — it's an integral part of our company's mission and dedication to using our frozen treats as a vehicle to do social, environmental good.

3.99

**Goodpop
Frozen Pops**
4-8 ct., selected varieties



Frozen favorites for hot summer days.

Cool off and save at the co-op.



more love, more euphoria

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

2/\$9

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



4.29

**Wyman's
Frozen Wild
Blueberries**
15 oz.



Shop the co-op's frozen section.



2/\$7

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



sunkissed in the Mediterranean

Bring the Mediterranean flavor to your table with 100% authentic Greek Mediterranean Organic Olives! Organically grown and harvested olives that are perfect for a light snack or to complement your favorite dish!

3.99

Mediterranean Organic Olives
8.1-8.5 oz., selected varieties



2/\$6

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



2/\$6

Amy's Organic Refried Beans
15.4 oz., selected varieties



7.99

Carbone Pasta Sauce
24 oz., selected varieties



No added sugar? Sweet.

Get more flavor this summer with condiments made with real, delicious ingredients.

6.99

Primal Kitchen Avocado Oil Mayo
12 fl. oz., selected varieties



2.79

Wild Planet Skipjack Tuna
5 oz., selected varieties

The co-op has great summertime deals.

create a summer spread

Where there's a grill, there are people gathering together, enjoying the warmth of summer and great food. The co-op makes it easy to find everything on your shopping list for outdoor meals, so stop by and pick up something for everyone.



5.49
Applegate
Organic Uncured
Beef Hot Dogs
10 oz.



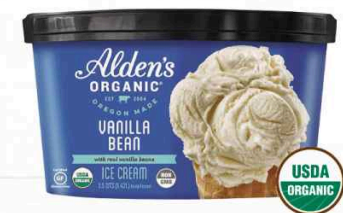
3.99
Udi's
Gluten-free
Hamburger or Hot Dog Buns
6-8 ct., selected varieties



10.99
Riojana
Organic Fair Trade
Extra Virgin Olive Oil
25.5 fl. oz., selected varieties



4.49
Green Mountain Gringo
Salsa
16 oz., selected varieties



6.99
Alden's Organic
Ice Cream
48 fl. oz., selected varieties



Share a meal together from the co-op.

The co-op has you covered all summer long.

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2/\$6

Lily's
Chocolate Bars
2.8-3 oz., selected varieties



find your flavor

Zevia makes finding your favorite flavor FUN. Always zero sugar, zero calories and naturally sweetened, our better-for-you beverages are perfect for the whole family.

4.49

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



Snacks for the whole family are at the co-op.
Tasty snacks and drinks.



2/\$5

Kettle Brand
Potato Chips
5 oz., selected varieties



2/\$4

Essentia
Ionized Water
50.7 fl. oz.



4.49

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

Find cold drinks and great snacks at the co-op.



2/\$6

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



clean energy, same product - new look!

Yachak Organic is yerba mate derived from the South American rainforest holly tree. Naturally caffeinated, Yachak Organic is also certified fair trade, non-GMO, USDA Certified Organic and gluten free.

3/\$5

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



2/\$5

**Lesser Evil
Organic Popcorn**
5-7 oz., selected varieties



3.99

**C2O
Coconut Water**
33.8 fl. oz., selected varieties

taste the magic



Dr. Bronner's Magic All-One Chocolate pairs world-class Swiss chocolatiers with fairly treated cocoa farmers practicing regenerative organic agriculture. Six flavors — all vegan, 70% cocoa, sweetened with coconut sugar and perfectly balanced!

2/\$7

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



2/\$7

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

Find summertime favorites at the co-op.



2/\$7
 Nature's Path
 Organic Toaster
 Pastries
 11 oz., selected varieties



2/\$7
 Nature's Path
 Organic Cereal
 10-14 oz., selected
 varieties



3.79
 Califia Farms
 Shelf Stable
 Almondmilk
 32 fl. oz., selected
 varieties



5.99
 R.W. Knudsen
 Just Juice
 32 fl. oz., selected
 varieties



2/\$7
 Barnana
 Organic Plantain
 Chips
 5 oz., selected varieties



2/\$3
 Vermont Smoke
 & Cure
 Meat Sticks
 1 oz., selected varieties

delicious and nutritious



LUNA® bars are a
 must-have on a
 perfect summer's day.
 With 8 grams of
 gluten-free protein,
 you'll have all the
 energy you need!

4/\$5
 Luna
 Nutrition Bars
 1.69 oz., selected varieties



4.99
 Chobani
 Shelf Stable Oatmilk
 32 fl. oz., selected varieties



scoop up the savings in bulk!

2.29
 Organic
 Garbanzo Beans
 per pound in bulk



5.99
 Organic
 Pumpkin Seeds
 per pound in bulk



10.99
 Organic
 Unroasted Almonds
 per pound in bulk



The co-op has energizing snacks.



8.99

**Alba Botanica
Sunscreen**
4 fl. oz., selected varieties



fresh-grown organic gummies

MyKind Organics Women's and Men's Gummies are Certified USDA Organic, Non-GMO Project Verified, certified vegan, certified gluten free and made with nine whole fruits in each bottle!

24.99

**Garden of Life
Mykind Organics
Multivitamin Gummies**
120 ct., selected varieties



2/\$11

**Acure
Shampoo or
Conditioner**
8 fl. oz., selected
varieties



20.99

**Jarrow Formulas
Saccharomyces
Boulardii Plus
MOS Probiotic**
90 ct.



30.99

**Solaray
MycrobioMe
Women's
Probiotic**
30 ct.

*clean laundry
is a breeze*

KEEP IT FRESH

When the air is fresh, take advantage of it and hang your laundry outside to dry. You'll save on electricity while helping the environment, too. The co-op has laundry products that are eco-friendly, so look for home care products for all your home cleaning needs.



2/\$6

**Seventh
Generation
Liquid Dish Soap**
19 fl. oz., selected
varieties



11.99

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

Home and body care options are 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



8.99
Woodstock
Lump Hardwood Charcoal
 8.8 lb.



3.29
Field Day
Compostable
Cutlery Variety
Pack
 24 count



4.99
Field Day
Renewable Fiber
Plates
 30 count



Co-ops support products and services that ensure personal and planetary health; a legacy we can be proud to leave generations to come.

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