

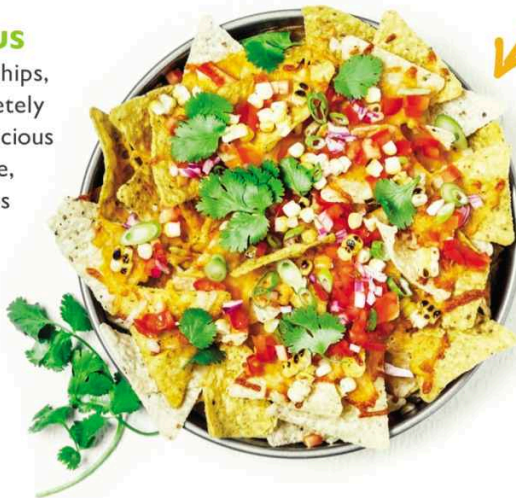
coop deals

SEP 14 - OCT 4, 2022

ultimate loaded nachos

GRAIN FREE & DELICIOUS

With Siete's grain-free tortilla chips, it's easy to enjoy nachos completely grain free. Visit the co-op for delicious ingredients like shredded cheese, sliced avocados, olives, jalapeños or any other favorite toppings and welcome fall with a warm tray of nachos.



INCLUSIVE TRADE PARTNER

Siete Family Foods is a Hispanic-owned and mission-based company passionate about making and sharing real food.



2/\$7

Siete

Grain-free Tortilla Chips
5 oz., selected varieties



2/\$5

Chocolove
Chocolate Bars
2.9-3.2 oz., selected
varieties



3.49

Sweet Earth
Benevolent
Bacon
5.5 oz.



2/\$7

Yogi
Herbal Tea
16 ct., selected varieties

inclusive
trade

Look inside for Inclusive Trade brands at the co-op!

Co-ops support diverse trade.

honest food, ethically produced



Vital Farms' mission is to bring ethical food to the table. Whether it's supporting family farmers, enabling you to trace your eggs back to the farm, or debunking misleading animal welfare claims, you can always trust Vital Farms to be Where Honest Food is Raised.

3.39

Vital Farms Butter
8 oz., selected varieties

5.19

Vital Farms Large Grade A Pasture-raised Eggs
1 doz.

3.99

Vital Farms Butter with Sea Salt & Avocado Oil
7 oz.

6.99

Vital Farms Large Grade A Pasture-raised Eggs
18 ct.



2/\$7

The Greek Gods Greek Yogurt
24 oz., selected varieties



3.99

Organic Valley Creamer
25.4 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. After more than 25 years, they are proud to remain a family-owned and operated company.

4.99

GT's Organic Coconut Yogurt
8 oz., selected varieties



2/\$5

Kevita Organic Sparkling Probiotic Drink
15.2 fl. oz., selected varieties



4.79

Miyoko's Creamery Organic Liquid Vegan Pizza Mozzarella
16 oz.



Great mornings start with help from the co-op.

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



Oatly frozen pints & yogurt

2/\$3

Oatly Oatgurt Non-dairy Yogurt
5.3 oz., selected varieties

2/\$8

Oatly Non-dairy Frozen Dessert
1 pint, selected varieties

Look! Innovative, plant-based products hanging out in the co-op trying to get the attention of shoppers who might be interested to know that all nine **Oatly** frozen pints are fan faves! And if you've never even heard of Oatgurt before, that's okay — now you have. Find out more at oatly.com!



3.99

Harmless Harvest Organic Coconut Water
16 fl. oz.



2/\$5

Brew Dr. Organic Kombucha
14 fl. oz., selected varieties



discover Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium, organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Greek Style Yogurt!



4.49

Lifeway Organic Kefir
32 fl. oz., selected varieties

2/\$3

Wallaby Organic Greek Yogurt
5.3 oz., selected varieties

Everyone is welcome at the co-op.



2/\$7

Daiya Slices
7.8 oz., selected varieties



4.49

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



2/\$6

Sweet Earth Burritos
5.5-7 oz., selected varieties



2.99

Wildwood Organic Super Firm Sprouted Tofu
20 oz.



4.79

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



2/\$5

Cascadian Farm Organic Frozen Vegetables
10 oz., selected varieties



4.99

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



2/\$7

Cascadian Farm Organic Frozen Fruit
8-10 oz., selected varieties



Family mealtime favorites are at the co-op.



organic and flavor packed

This real-cheese and organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all. Enjoy our organic mac as is or add yummy toppings (like sausage and peas!) for a delicious mix-in masterpiece.

2/\$5

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



5.49
Bragg Organic Apple Cider Vinegar
32 fl. oz.



5.79
Sky Valley Sriracha Sauce
18.5 oz.



Shop and save at the co-op.

Easy lunch solutions!



5.49
Maranatha Organic Peanut Butter
16 oz., selected varieties



2/\$4
Mike's Mighty Good Ramen Soup Cups
1.6-2.4 oz., selected varieties



2/\$6
San-J Gluten-free Cooking Sauce
10 fl. oz., selected varieties



scoop up the savings in bulk!

1.99
Organic Green Split Peas
per pound in bulk, selected varieties



5.79
Organic Turkish Apricots
per pound in bulk, selected varieties



8.99
Organic Roasted & Salted Pistachios
per pound in bulk, selected varieties



The co-op has options for every meal.



1.99
Field Day
Organic Spaghetti
16 oz.



here's the deal



NEW ROUTINE? NO WORRIES.

Ready-to-go products are all throughout the co-op, with deals for you to save money and eat well while staying busy. Don't stress over dinner every night — find meal solutions at the co-op!



2.99
Field Day
Organic Pasta
Sauce
24 oz., selected varieties



2.79
Bela
Sardines
4.25 oz., selected varieties



2/\$6
Seeds Of Change
Organic Ready to
Heat Rice
8.5 oz., selected varieties



11.99
Truff
Black Truffle
Infused Hot Sauce
6 oz., selected varieties



nonna approved

Imported from Italy, our organic pastas boast authenticity in every bite. Bronze die-extruded and slow dried, they have a wonderfully porous texture that's designed to better soak up sauce.

3.79

Montebello
Organic Pasta
12-16 oz., selected varieties



4.99
Woodstock
Organic Pickles
24 oz., selected varieties



The co-op has what you need for busy days.



14.99

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

delicious and nutritious



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

Luna
Nutrition Bars
1.69 oz., selected varieties

4/\$5



6.99

Navitas Organics
Cacao Powder
8 oz.



2/\$6

Celestial Seasonings
Herbal Tea
18-20 ct., 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 Os. Kashi® makes eating well easy.

2/\$8

Kashi
Cereal
12-16.3 oz., selected varieties



5.99
Lakewood
Organic Juice
32 fl. oz., selected varieties,



2/\$7
Mom's Best
Cereals
14-24 oz., selected varieties

The co-op helps you start the morning right.



4.49
 Unreal
 Chocolate Nut Butter
 Cups or Gems
 3.2-5 oz., selected varieties



2/\$6
 Angie's
 Boomchickapop
 Popcorn
 4.4-7 oz., selected
 varieties



3.99
 C2O
 Coconut Water
 33.8 fl. oz., selected
 varieties



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



4.99
 Izze
 Sparkling Juice
 Drink
 4 pk.-12 fl. oz. bottles,
 selected varieties



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



2/\$7
 Goldthread
 Plant-based
 Tonics
 12 fl. oz., selected
 varieties



scoop up something tasty

Pair thick and chunky Late July Medium Salsa with your favorite crunchy snack. It's just the right amount of heat to warm up a crisp, fall day.

2/\$6

Late July
 Organic Salsa or
 Tortilla Chips
 10.1-15.5 oz., selected varieties



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

Discover delicious snacks at the co-op.



4.99

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



3/\$5

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



4.49

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



2/\$7

Barnana Organic Plantain Chips
5 oz., selected varieties



3.99

Mary's Gone Crackers Organic Crackers
5-6.5 oz., selected varieties



enhance any moment

San Pellegrino guides you to unique taste experiences. Experiences that begin with fine food and venture far beyond. With its incomparable sense of taste and Italianity, San Pellegrino is able to enhance any moment.

2/\$4

San Pellegrino Sparkling Mineral Water
25.3 fl. oz.



5.49

Reed's Ginger Brew
4 pk.-12 fl. oz. bottles,
selected varieties



Refreshment for the whole family is at the co-op.



make time for yourself

HEALTHY DAILY HABITS

Take a break from stress and shop the co-op's wellness aisle for products to help you take care of you. Find essential oils, vitamins and immune system-supporting natural remedies to provide relief from your daily routine.



let Gaia guide you

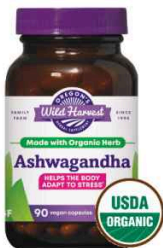
For 35 years, Gaia Herbs has been a leader in quality, transparency and sustainability, nurturing the connection between people and plants to deliver nature's vitality.

18.99

Gaia Herbs
Adrenal Health
60 ct.



2/\$5
Orgain
Organic
Nutritional Shake
11 fl. oz., selected varieties



16.49
Oregon's Wild
Harvest
Organic
Ashwagandha
90 ct.

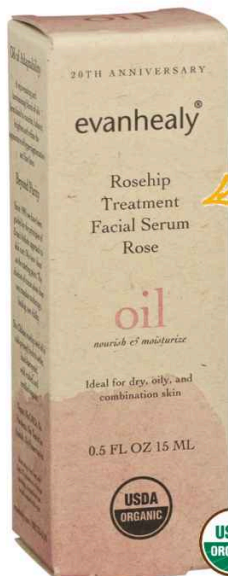


29.99
Host Defense
Mushrooms
MyCommunity
Comprehensive
Immune Support
60 ct.

Find health-supporting products at the co-op.



5.99
Nubian Heritage Deodorant
 2.25 oz., selected varieties



holistic esthetician-designed skincare

Certified-organic skincare formulated to support long-term skin health using whole-plant oils, waters, butters and clays sourced from family farms, women's cooperatives and cooperative villages around the world.

25.99

Evanhealy Organic Rosehip Treatment Facial Serum
 .5 fl. oz., selected varieties



8.49
Pranarom Organic Lavender Oil
 5 ml.



Stay refreshed all season long.

Find the brands you love.



INCLUSIVE TRADE PARTNER

Radius is a woman-owned company that looked at toothbrushes and knew there had to be a better way. Using recycled materials, they engineered a toothbrush that cleans and feels better, with a focus on sustainability.



6.99

Radius Source Toothbrush
 each, selected varieties



4.49
Seventh Generation Lemongrass Citrus Disinfecting Multi-Surface Cleaner
 26 fl. oz.



6.79
Spry Chewing Gum
 100 ct., selected varieties



3.99
Seventh Generation Chlorine-free Pads or Liners
 14-50 ct., selected varieties



8.99
Seventh Generation 100% Recycled Bath Tissue
 12 pk.

Save on home and body care 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 Groc

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*



Support Inclusive Trade

DIVERSITY IS STRENGTH

Co-ops around the country are committed to fostering diverse and inclusive communities. We're pleased to offer great deals on brands and products that are owned and operated by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.



INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company on a mission to invest in a more equitable future. Alaffia's projects enable Togolese communities to provide their skills and knowledge to the rest of the world.



8.99

Alaffia

Everyday Shea Body Lotion
32 fl.oz., 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.



Co-ops are committed to fostering inclusive communities, promoting brands that are women-, BIPOC-, LGBTQ- and veteran-owned.

Some items may not be available at all stores or on the same days. PWNW0922B

