

coop deals

NOV 2 - NOV 15, 2022

create traditions together

ADD SOME SPICE

Bake up some memories of time well spent in the kitchen by working together on a delicious seasonal recipe. Warm your home with inspired baking using King Arthur All-purpose Flour — sourced from non-GMO ingredients and essential for creating delicious results.



4.99
King Arthur Baking Company
Unbleached All-purpose Flour
5 lbs., selected varieties



2/\$5
Farmer's Market Organic Pumpkin Puree
15 oz., selected varieties



2/\$6
Kerrygold Butter
8 oz., selected varieties



6.49
Lily's Baking Chips
9 oz., selected varieties



The co-op has delicious ingredients for your holiday baking.
The holiday season made easy.



3.29
Green Valley Creamery Organic Lactose-free Cream Cheese
8 oz., selected varieties



3.49
Just Plant-based Egg Scramble
12 fl. oz.



2/\$5
Goodbelly Probiotic Drink
32 fl. oz., selected varieties



2/\$7
Hope Foods Organic Hummus
8 oz., selected varieties



4.49
Califa Farms Oatmilk & Almondmilk
48 fl. oz., selected varieties



6.99
Wallaby Organic Greek Yogurt
32 oz., selected varieties



5.49
Siggi's Skyr Yogurt
24 oz., selected varieties



5.49
Wildbrine Organic Sauerkraut
18 fl. oz., selected varieties



2.29
Ellenos Greek Yogurt
5.3 oz., selected varieties

award-winning organic butter



Organic Valley Butter is made with pasture-raised sweet cream and churned in small batches for a silky, rich flavor perfect for baking, cooking and spreading.



6.99
Miyoko's Creamery Organic Cashewmilk Cheese
6.5 oz., selected varieties

7.29
Organic Valley Butter
16 oz., selected varieties

Delicious breakfast options are at the co-op.



3.79

Kite Hill
Dairy-free Dips or
Sour Cream
8 oz., selected varieties



4.49

Kite Hill
Almondmilk
Yogurt
16 oz., selected varieties



6.49

Kite Hill
Plant-based
Filled Pasta
9 oz., selected varieties

spread plant-based joy



6.99

Kite Hill
Dairy-free Ricotta
8 oz.

Stock up on all your holiday essentials with **Kite Hill**. From our versatile ricotta to our artisan pasta and varieties of dips and spreads — we are sure to have all your dairy-free needs covered to please everyone at your table.



rich, creamy and delicious

Take some me time with the original cream-top yogurt.

3.99

Brown Cow
Cream Top Yogurt
32 oz., selected varieties



3.79

Follow Your Heart
Parmesan Shred Cheese
4 oz., selected varieties



4.49

Chobani
Oatmilk
52 fl. oz., selected varieties



4.99

Violife
Dairy-free Cheese
8 oz., selected varieties



Try something new at the co-op.

effortless freezer options

Eating right should never be a chore!
Woodstock's frozen vegetables are an easy addition to breakfast, lunch or dinner, bringing delicious nutrients to your home to prepare on your own schedule.



2/\$4
Woodstock
Frozen Vegetables
10 oz., selected varieties



2/\$5
Woodstock
Organic Frozen Vegetables
10 oz., selected varieties



3.99
Upton's Naturals
Plant-based Meat
8 oz., selected varieties



2/\$7
Cascadian Farm
Organic Frozen Fruit
8 oz., selected varieties



3.99
Sweet Earth
Benevolent Bacon
5.5 oz., selected varieties



2/\$6
Cascadian Farm
Organic Frozen Vegetables
10 oz., selected varieties



2.99
Wildwood
Organic Tofu
16 oz.



5.49
Applegate
Natural Meat
8 oz., selected varieties

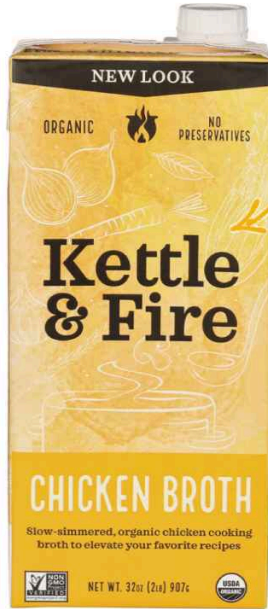


2/\$6
Sweet Earth
Burritos
5.5-7 oz., selected varieties

The co-op has items to stock the freezer.



2/\$7
 Silver Hills
 Organic Bread
 15-22 oz., selected
 varieties



make mealtime masterpieces

Made with grass-fed beef or free-range chicken bones, as well as organic veggies and herbs, our cooking broths add depth of flavor to any feast.

3.49

**Kettle & Fire
 Chicken Broth**
 32 oz., selected varieties



2/\$6
 Jovial
 Organic Brown
 Rice Pasta
 12 oz., selected varieties



2.29
 Field Day
 Organic Chicken
 Broth
 32 fl. oz., selected
 varieties



11.99
 Nutiva
 Organic Virgin
 Coconut Oil
 23 fl. oz., selected
 varieties



4/\$5
 Muir Glen
 Organic Tomatoes
 14.5 oz., selected varieties



2/\$6
 Muir Glen
 Organic Pasta Sauce
 25.5 oz., selected varieties



2/\$5
 Muir Glen
 Organic Tomatoes
 28 oz., selected varieties



*always organic,
 always delicious*

At **Muir Glen**, we believe that the food you cook is only as good as the ingredients you use. That's why we only use the highest-quality organic tomatoes, grown in the California sunshine, to bring you the best canned tomatoes, pasta sauce and salsa.

The co-op has ingredients for easy meals.



5.99

Maranatha
Organic Peanut Butter
16 oz., selected varieties



2/\$7

Imagine
Organic Broth
32 fl. oz., selected varieties



11.99

Spectrum
Organic Canola Oil
32 fl. oz.



Gather your ingredients at the co-op.

Warm meals for cold nights.



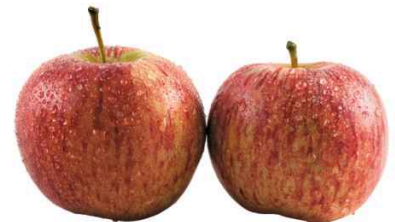
2/\$4

Mike's Mighty Good
Ramen Soup Cups
1.6-2.4 oz., selected varieties



5.49

Bragg
Organic Apple Cider Vinegar
32 fl. oz.



2/\$6

Natural Sea
Yellowfin Tuna
5 oz., selected varieties



3.99

Field Day
Organic Savory Herb Stuffing
10 oz., selected varieties



2/\$7

Maya Kaimal
Organic Everyday Dal Entrees
10 oz., selected varieties

Plan your meals with deals from the co-op.



10.99
 Coombs Family Farms
 Organic Maple Syrup
 12 fl. oz., selected varieties



15.99
 Frontier Co-op
 Organic Vanilla Extract
 4 fl. oz.



3.99
 Birch Benders
 Pancake & Waffle Mix
 14-16 oz., selected varieties



2/\$6
 Santa Cruz
 Organic Apple Sauce
 23 oz., selected varieties



stevia clear sweet drops

SweetLeaf celebrates 40 years of offering a healthy choice for you and everyone you love. Thank you for being a part of our family! Zero calories, zero carbs and zero glycemic index.

6.49

Sweetleaf
 Stevia Sweetener
 2 fl. oz., selected varieties



7.99
 Once Again
 Organic Tahini
 16 oz., selected varieties



1.99
 Organic Sugar
 per pound in bulk



3.49
 Organic Shredded Coconut
 per pound in bulk



5.99
 Walnut Halves & Pieces
 per pound in bulk

The co-op has fixings for breakfast or brunch.

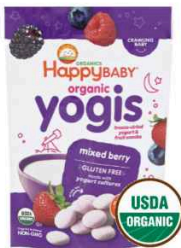
INCLUSIVE TRADE PARTNER



GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.

2.79

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



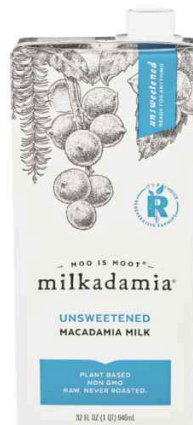
2/\$4

Happy Family Organics Organic Baby Food
4 oz., selected varieties



3.79

Westsoy Organic Soy Milk
32 fl. oz., selected varieties



2/\$7

Milkadamia Macadamia Milk
32 fl. oz., selected varieties



2/\$7

R.W. Knudsen Simply Nutritious Juice Blend
32 fl. oz., selected varieties



2/\$7

Kashi Cereal
12-16.3 oz., selected varieties



4.79

One Degree Organic Foods Sprouted Cereal
8-12 oz., selected varieties



2/\$4

Essentia Ionized Water
50.7 fl. oz., selected varieties



3.79

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



2.29

Vita Coco Coconut Water Cartons
16.9 fl. oz., selected varieties



2/\$7

Tazo Tea Bags
20 ct., selected varieties



4.49

Pukka Organic Herbal Tea
20 ct., selected varieties



The brands you love are at the co-op.



2/\$4

**San Pellegrino
Sparkling Mineral Water**
25.3 fl. oz., selected varieties



2/\$10

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



2/\$6

**Theo
Organic Chocolate Bar**
3 oz., selected varieties



2.29

**Proud Source
Natural Spring
Water**
25.3 fl. oz., selected
varieties



3.99

**Barnana
Organic Plantain
Chips**
5 oz., selected varieties



2/\$5

**Kettle Brand
Potato Chips**
5 oz., selected varieties



2/\$7

**Taza
Organic
Chocolate Bars**
2.5 oz., selected varieties



2/\$7

**Blue Diamond
Nut Thins**
4.25 oz., selected
varieties



2.79

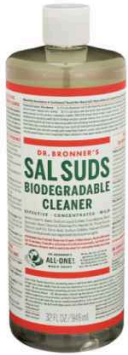
**Sesmark
Brown Rice
Crackers**
3.5 oz., selected
varieties



4.99

**Tate's Bake Shop
Cookies**
7 oz., selected varieties

The co-op has your favorite snacks and beverages.



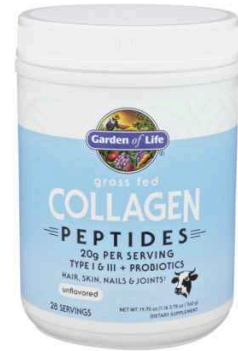
9.99

Dr. Bronner's Sal Suds
32 fl. oz., selected varieties



2/\$7

ECOS
Liquid Dish Soap
25 fl. oz., selected varieties



29.99

Garden Of Life Collagen Peptides
19.75 oz.



2/\$6

OWYN
Dark Chocolate Plant-based Protein Drink
12 fl. oz., selected varieties



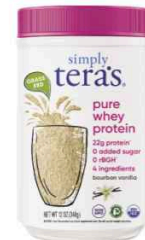
7.29

Hyland's Calms Forte Sleep Aid
100 ct.



10.49

Nordic Naturals Vitamin C Gummies
60 ct.



16.49

Tera's Whey Whey Protein Powder
12 oz., selected varieties

holiday friendly, Earth friendly

If You Care products are carefully crafted to have the least environmental impact and lightest carbon footprint possible, while also delivering the most effective results. Perfect for your holiday baking.



4.99

If You Care Parchment Baking Paper
70 sq. ft., selected varieties



14.49

Megafood Zinc
60 ct.

The co-op has products for a healthy home.



11.99
Alba Botanica
Very Emollient
Body Lotion
 32 oz.



14.99
Mychelle
Fruit Enzyme
Scrub
 2.3 fl. oz.



4.29
Dr. Bronner's
All-One Toothpaste
 5 oz., selected varieties



4.99
EO
Organic
Deodorant Spray
 4 fl. oz., selected varieties



8.79
Similasan
Homeopathic Eye
Relief Drops
 .33 fl. oz., selected varieties



6.79
Shikai
Shampoo or
Conditioner
 12 fl. oz., selected varieties



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



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

6.79
Radius
Source
Toothbrush
 each, selected varieties

Thank you for shopping 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

taste the pasture-raised difference



Wholesome and delicious, **Organic Valley** Cheese is made with real, organic milk from pasture-raised cows. NO antibiotics, added hormones or harsh pesticides. Just honest goodness.

4.99

Organic Valley Cheese
8 oz., selected varieties

5.99

Organic Valley Baby Swiss
8 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.

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