

coop deals

NOV 16 - NOV 29, 2022

holiday traditions

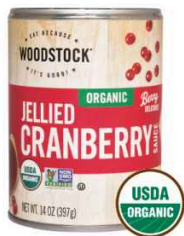
GRATITUDE AND TOGETHERNESS

This year, bring together old recipes and new to create a feast for your family. With Cascadian Farm's Organic Green Beans, you can put forward the best casseroles or side dishes to complement your Thanksgiving meal.



2/\$7

Cascadian Farm
Organic Frozen Vegetables
16 oz., selected varieties



2/\$6

Woodstock
Organic
Cranberry Sauce
14 oz., selected varieties



2/\$6

Back To Nature
Crackers
6 oz., selected varieties



10.99

California Olive
Ranch
Extra Virgin Olive Oil
25.4 fl. oz., selected varieties



Amazing deals for the season.

Thank you for shopping at the co-op!



4.79

Lifeway Organic Kefir
32 fl. oz., selected varieties



4.99

Oatly Oatgurt
24 oz., selected varieties

Earth Balance is for everyone



Use our tasty vegan, plant-based buttery spread in your cooking or as a rich, creamy topping.

5.99

Earth Balance Buttery Spread & Sticks

13 oz., selected varieties



3.99

Califia Farms Coffee Creamer
32 fl. oz., selected varieties



1.79

Nancy's Sour Cream
8 oz.



5.99

Health-Ade Kombucha
48 fl. oz., selected varieties

honest food, ethically produced

Our 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."



2/\$7

Vital Farms Butter
8 oz., selected varieties



4.29

Vital Farms Spreadable Butter with Avocado Oil
7 oz.



5.49

Vital Farms Pasture-raised Eggs
12 ct., selected varieties

6.99

Vital Farms Pasture-raised Eggs
18 ct., selected varieties

Your favorite breakfast items are at the co-op.



4.49

Meyenberg
Goat Milk
32 fl. oz., selected
varieties



4.79

Mt Vikos
Feta Cheese
6 oz., selected varieties



3.99

Organic
Valley
Creamer
25.4 fl. oz.,
selected varieties



3.99

Miyoko's Creamery
Organic Cultured Vegan
Butter
8 oz., selected varieties



4.29

Immaculate
Organic Crescent Rolls
8 oz.

joy to deliciousness

It's no coincidence that delicious is our name. Make your dairy-free holiday brighter with tasty So Delicious Holiday Nog, Coconutmilk Yogurt Alternative, Coconutmilk Creamer and CocoWhip Topping! Together, they make everything better. Now that's a reason to celebrate.



3.79

So Delicious
CocoWhip
Topping
9 oz., selected
varieties



3/\$5

So Delicious
Coconutmilk
Yogurt
5.3 oz., selected
varieties



2.99

So Delicious
Coconut Milk
Nog
32 fl. oz.



3.99

So Delicious
Coconut
Creamer
32 fl. oz., selected
varieties

The co-op has quality ingredients for gatherings.

delight in every bite



3.79

Daiya
Deluxe Mac & Cheese
10.6-10.9 oz.,
selected varieties



3.99

Daiya
Cutting Board Shreds
7.1 oz., selected varieties



3.99

Daiya
Dairy-free Slices & Blocks
7.1-7.8 oz., selected varieties



6.99

Daiya
Pizza
13.47-19.4 oz.
selected varieties

From dinner to dessert, we've got plant-based covered. Explore **Daiya's** dairy-free, allergen-free foods and ingredients that keep you coming back for more.



3.29

Divina
Stuffed Grape Leaves
7 oz., selected varieties



6.99

Bonafide Provisions
Organic Bone Broth
24 fl. oz., selected varieties



11.99

Tofurky
Plant-based Roast
26 oz., selected varieties



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.

7.99

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

INCLUSIVE TRADE PARTNER

Grain Trust is a Hispanic-owned company that creates three-minute dishes from ethically sourced grains.



2/\$8

Grain Trust
Frozen Rice Sides
20-30 oz., selected varieties

Holiday season savings are at the co-op.

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



3.29

**Health Valley
Organic Soup**
14.25-15 oz., selected varieties



vegan holiday classic

Our meatless vegan roast is an ideal plant-based protein alternative for your holiday social and family get-togethers.

5.99

**Field Roast
Plant-based Meat**
16 oz., selected varieties



thank you for shopping at the co-op

When you shop at the co-op, it means more money stayed in our local economy in 2022, and business practices that are good for people and the planet remained a priority. With much gratitude, thank you!

The co-op has great deals for the holidays.

find it all!

The co-op has everything you need to make a delicious holiday meal. Stock up now and get ahead of this busy season with fantastic deals on products you love.



10.99

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



3.29

Dandies Vegan Vanilla Marshmallows
10 oz., selected varieties



2.29

Stahlbush Island Farms Frozen Vegetables
10 oz., selected varieties



6.49

Bob's Red Mill Organic Flour
5 lbs., selected varieties



5.99

Better Than Bouillon Organic Broth Base
8 oz., selected varieties

2/\$7

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



Everything for your holiday meal is at the co-op.

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

The co-op has ingredients for your entertaining.

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



2/\$5

Westbrae Organic Beans
15 oz., selected varieties



rice to the occasion

Lundberg believes in the people-bonding power of food to gather families around tables. "Rice" to the occasion this holiday season with the secret ingredient in so many festive and family-favorite recipes.

6.99

Lundberg Family Farms Organic Rice
32 oz., selected varieties



2/\$4

Edward & Sons Organic Homestyle Mashed Potatoes
3.5 oz., selected varieties



2/\$4

Dr. McDougall's Soup Cups
1.3-3.4 oz., selected varieties



3.99

Mediterranean Organic Pitted Kalamata Olives
8.1-8.5 oz., selected varieties



holiday meals start here

Pacific Foods Organic Free Range Chicken Broth is rich, flavorful and the perfect pantry partner to create a table full of palate-pleasing holiday favorites like mashed potatoes, stuffing, gravy and more!

2/\$7

Pacific Foods Organic Chicken Broth
32 fl. oz., selected varieties



5.49

Rudi's Organic Bread
22-24 oz., selected varieties

The co-op has options for all of your guests.



6.49

Field Day Organic All Purpose Flour 5 lbs., selected varieties



holiday baking made better

Sweeten your favorite holiday treats with delicious, sustainably sourced Wholesome® Fair Trade and Organic sugars. Wholesome® sweeteners and scratch-quality bake mixes are on sale at the co-op now.

4.49

Wholesome Organic Dark Brown Sugar 24 oz., selected varieties



9.99

Primal Kitchen Avocado Oil 16.9 fl. oz.



4.79

Equal Exchange Organic Chocolate Chips 10 oz., selected varieties



3.69

Field Day Organic Light Brown Sugar 24 oz., selected varieties



3.99

Field Day Non-GMO Canola Oil 32 fl. oz., selected varieties



homemade made easy

Always-organic, always-delicious shortcuts like Simply Organic Turkey Gravy help you spend more time at the table. Because when you go all out for family and friends, you deserve to celebrate with them.

1.29

Simply Organic Roasted Turkey Gravy Mix 0.85 oz., selected varieties



4.99

Arrowhead Mills Pancake & Waffle Mix 26 oz., selected varieties



Find more family favorites at the co-op.

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



2/\$7
 Celestial Seasonings
 Herbal Tea
 18-20 ct., selected varieties



5.49
 Rishi Tea
 Organic Tea
 32 fl. oz., selected varieties



9.99
 Equal Exchange
 Organic
 Biorevolution Dark
 Roast
 per pound in bulk, selected varieties,



2/\$8
 Dream
 Organic Rice
 Drink
 32 fl. oz., selected varieties



Tea, juice or coffee to start your day.
Your favorite beverages are at the co-op.



9.99
 Lakewood
 Organic Pure
 Cranberry Juice
 32 fl. oz.



2/\$7
 Barbara's
 Cereal
 10-15 oz., selected varieties



5.49
 Chobani
 Oatmilk
 32 fl. oz., selected varieties



1.79
 Organic Quick
 Rolled Oats
 per pound in bulk



4.29
 Organic Dried
 Cranberries
 per pound in bulk



12.99
 Organic Pecan
 Halves
 per pound in bulk



The co-op has everything for a great breakfast.



2/\$6

**From The Ground Up
Cauliflower
Snacks**
4 oz., selected varieties



2.29

**Barbara's
Cheese Puffs**
7 oz., selected varieties



2/\$7

**Terra
Vegetable Chips**
5 oz., selected varieties



2/\$6

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



6.29

**Spry
Xylitol Gum**
100 ct., selected varieties



2/\$6

**R.W. Knudsen
Sparkling Juice**
25.4 fl. oz., selected varieties



2/\$10

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



2/\$8

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

a mocktail for everyone

SPARKLE AND FIZZ

Celebrate the holiday season with mocktails, adding your favorite juices, fizzy beverages and ingredients that accentuate the flavors of the season. Grab some cinnamon sticks, nutmeg, cranberries and star anise to get into the spirit.



5.49

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



2/\$7

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

Find plenty of snacks and beverages 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



3.99

Better Life Toilet Bowl Cleaner
24 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER



World Centric is an Asian-owned company whose business operations address sustainability in our products, philanthropy and practices.

4.49

World Centric Compostable 9" Plates
20 ct., selected varieties



Shop inclusive trade!

We're pleased to offer great deals on brands from businesses owned by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.

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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