

coop deals

OCT 5 - OCT 18, 2022

a little goes a long way

ECOFRIENDLY SOAP

What can clean your home, your laundry, your pets and your body from head to toe? Dr. Bronner's Castile Soap! With no synthetic preservatives, detergents or foaming agents, this is a great option for the whole family. Find it on sale at the co-op now!



11.99

Dr. Bronner's
Pure Castile Liquid Soap
32 fl. oz., selected varieties



2/\$6

Tasty Bite
Organic Entrees
10 oz., selected varieties



2/\$6

Van's
Waffles
8-9 oz., selected varieties



2/\$7

Choice Organics
Tea
16 ct., selected varieties

**inclusive
trade**

Find Inclusive Trade products at the co-op.

Celebrate diversity!



5.99

**Vital Farms
Organic Large
Pasture-raised Eggs**
1 doz.



ricotta and cottage cheese

Made with organic milk from cows pasture raised on our family farms, Organic Valley Ricotta and Cottage Cheese are perfectly rich and creamy.

4.99

**Organic Valley
Cottage and Ricotta
Cheese**

15-16 oz., selected varieties



2/\$5

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



3.99

**Rumiano
Organic Cheese**
8 oz., selected varieties



6.99

**Beyond Meat
Beyond Sausage**
14 oz., selected varieties

now creamier than ever



We start with creamy almond milk and add in live, active cultures for superior taste. Kite Hill Original and Greek Yogurts are perfect for smoothies, dips or wherever your taste takes you!

3.99

**Kite Hill
Almondmilk Yogurt**
16 oz., selected varieties



4.49

**Stonyfield
Organic Yogurt**
32 oz., selected varieties

Great dairy and nondairy options are at the co-op.

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.

6.99

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



2/\$4

Noosa Yoghurt
8 oz., selected varieties



4.29

Silk Plant-based Milk
64 fl. oz., selected varieties



2/\$7

Blue Diamond Almondmilk
64 fl. oz., selected varieties



4.29

Silk Dairy-free Creamer
32 fl. oz., selected varieties



1.79

Silk Plant-based Yogurt
5.3 oz., selected varieties



2/\$5

Vive Organic Wellness Shots
2 fl. oz., selected varieties



crafted with less

Try a thick, protein-packed yogurt made with simple ingredients, no added colors and no artificial anything.

3/\$4

Siggis Skyr Yogurt
4.4-5.3 oz., selected varieties



3.99

Evolution Fresh Organic Juices
15.2 fl. oz., selected varieties

Brighten your morning with deals from the co-op.

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



5.49
 Little Northern
 Bakehouse
 Gluten-free Bread
 16-17.4 oz., selected
 varieties



9.99
 Applegate
 Frozen Breaded
 Chicken
 16 oz., selected varieties



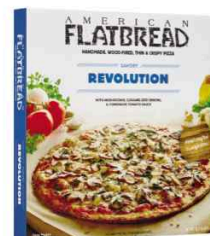
11.99
 Wyman's
 Frozen Fruit
 3 lb., selected varieties



2/\$8
 Dr. Praeger's
 Veggie Burgers
 8-10 oz., selected
 varieties



6.99
 Cascadian Farm
 Organic Powered
 by Plants Entrees
 24 oz., selected varieties



8.99
 American
 Flatbread
 Pizza
 14-18.62 oz., selected
 varieties



Meals for busy families are at the co-op.
Pizza is perfect anytime.

ingredient obsessed, pizza progressed



Almond flour pasta
 and pizza made with
 simple, real-food
 ingredients. Now
 available in 10 mind-
 melting varieties.

7.99 Cappello's
 Grain Free Pasta and Pizza
 10.82-12 oz., selected varieties



2/\$8
 Straus Family
 Creamery
 Organic Ice
 Cream
 1 pint, selected varieties



5.49
 Ben & Jerry's
 Ice Cream
 1 pint, selected varieties

The co-op is full of frozen options.



a Deep welcome to India



INCLUSIVE TRADE PARTNER

2/\$8

Deep Indian Kitchen
Naan
8 oz., selected varieties

2/\$9

Deep Indian Kitchen
Entrees
7.5-12 oz., selected varieties

2/\$9

Deep Indian Kitchen
Samosas
7.5-12 oz., selected varieties

2/\$8

Deep Indian Kitchen
Naan Pizza
7.4-9 oz., selected varieties

Bold. Complex. An experience. That's what friends call our Deep Indian Kitchen, thanks to our Indian family's recipes for entrees, samosas and naan pizzas, which we always make from scratch and eat together to enjoy the full flavors of India!



supporting diverse brands

INCLUSIVE TRADE

Co-ops are committed to creating a more just society by cultivating partnerships with businesses owned by people who identify as women, Black, Indigenous, people of color (POC), LGBTQIA+, persons with disabilities and veterans. Our vendors reflect our community, and we celebrate the strength that comes from diversity! Learn a little about some of our Inclusive Trade brand partners, and find Inclusive Trade products throughout the co-op.



Inclusive Trade Partners shown top left to right: GT Kombucha, Purely Elizabeth, Deep Indian Kitchen, Alo

Discover new brands throughout the co-op!



11.99

**Spectrum
Organic Extra Virgin
Olive Oil**
25.4 fl. oz.



7.99

**Artisana
Organic Raw
Tahini**
14 oz.



2/\$4

**Near East
Couscous Mix or
Rice Pilaf**
5.2-10 oz., selected
varieties



8.99

**Justin's
Almond Butter**
16 oz., selected varieties



2/\$6

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



2/\$7

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



3.99

**Pacific Foods
Organic Soup**
32 fl. oz., selected
varieties



2/\$5

**Blue Diamond
Shelf Stable
Almondmilk**
32 fl. oz., selected
varieties



6.99

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



3.79

**Frontier Co-Op
Organic
Oregano Leaf**
.36 oz.



5.49

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

The co-op helps you keep the pantry stocked.



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



make every day delicious

Rao's Homemade® Marinara Sauce is slowly cooked in small batches with quality ingredients like whole-leaf basil, sweet Italian tomatoes and fresh garlic.

6.99

Rao's Homemade
Pasta Sauce
 24 oz., selected varieties



13.99
California Olive
Ranch
100% California Extra
Virgin Olive Oil
 25.4 fl. oz.



2.99
Woodstock
Hot Sauce
 5 fl. oz., selected varieties



2/\$6
Tinkyada
Organic Brown
Rice Pasta
 10-12 oz., selected varieties



5.99
Kettle & Fire
Bone Broth
 16.9 oz., selected varieties

stock up and save!



5.99
Field Day
Organic Expeller
Pressed
Coconut Oil
 14 fl. oz.



IT'S A DEAL

Whether you need a quick meal for dinner, a packed lunch for school or work, or a lazy Sunday afternoon snack, the co-op has plenty of items to keep your pantry stocked. Twice a month, the co-op offers new deals on your favorite pantry staples!

Find comfort food favorites at the co-op.

changing the chocolate industry

Equal Exchange is committed to sourcing from small farmer, fair-trade co-ops. We proudly offer an ethical alternative to the standard chocolate business model that relies on poor wages and child labor. Our high-quality chocolates have the cleanest ingredient list, with no additives, such as lecithins! With your support we can make the world just a little bit sweeter!



2/\$6

Equal Exchange Organic Chocolate Bars
2.8-3.5 oz., selected varieties



4.99

Equal Exchange Organic Chocolate Chips
10 oz., selected varieties



2/\$7

Equal Exchange Organic Tea
20 ct., selected varieties



8.99

Equal Exchange Organic Coffee
10-12 oz., selected varieties



3.79

Envirokidz Organic Cereal
9.5-11.5 oz., selected varieties



5.99

Food For Life Sprouted Cereal
16 oz., selected varieties



7.99

Nature's Path Organic Cereal
23.8-32 oz., selected varieties



irresistible taste

INCLUSIVE TRADE PARTNER

Purely Elizabeth is a woman-owned company that wants people to thrive on their wellness journey. Try our salty-sweet, crunchy granola clusters with organic oats, chia and sustainably sourced coconut sugar.

5.49

Purely Elizabeth Organic Granola
8-12 oz., selected varieties



3.49

Simple Mills Organic Frosting
10 oz., selected varieties



3/\$5

Rxbar Protein Bars
1.83 oz., selected varieties

Convenient and delicious anytime of the day.



2/\$6
Late July
Tortilla Chips
7.5-7.8 oz., selected
varieties



4.29
Que Pasa
Organic Tortilla
Chips
10-11 oz., selected
varieties



2/\$4
Alter Eco
Organic
Chocolate Bars
2.65-2.82 oz., selected
varieties



3.99
Frontera
Salsa
16 oz., selected varieties



79¢
Nature's Bakery
Fig Bar
2 oz., selected varieties



2/\$5
Endangered
Species
Chocolate Bars
3 oz., selected varieties



GoMacro — bigger than a bar



Certified Organic, vegan, gluten free, kosher, non-GMO, C.L.E.A.N., FODMAP friendly and soy free — and if there was a certification for delicious, we'd have that too!

2/\$5 Gomacro
Organic Macrobar
2-2.4 oz., selected varieties

INCLUSIVE TRADE PARTNER



ALO Drink is an Asian-owned company that sources non-GMO aloe vera plants from sustainable, tropical farms in the heart of Thailand.

2/\$4
Alo
Aloe Vera
Juice Drink
16.9 fl. oz., selected
varieties

When you crave snacks, shop the co-op.

fresh fruit gummies



Containing nine whole fruits in every bottle, **mykind Organics** gummies are Certified USDA Organic and Non-GMO Project Verified fruit vitamin chews and contain no synthetic ingredients, no animal gelatin, artificial flavors or colors.

23.99

MyKind Organics Gummies
120 ct., selected varieties



Feel better, live better.

Supplements you trust.



37.99

Vital Proteins
Unflavored Collagen
Peptides
20 oz.



7.99

Hyland's
Restful Legs
50 ct.



15.49

Flora
Super 8
Hi-Potency Probiotic
30 ct.



17.99

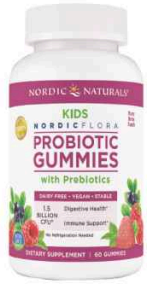
Solaray
D-Mannose with
CranActin
60 ct.



27.99

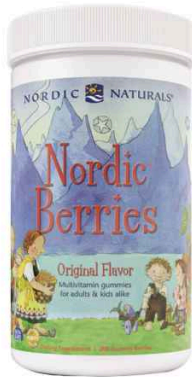
Four Sigmatic
Organic Plant-based
Protein Powder
16.9-21.16 oz., selected
varieties

The co-op has essential supplements.



13.49

Nordic Naturals Kids Nordic Flora Probiotic Gummies
60 ct.



26.99

Nordic Naturals Nordic Berries Multivitamin Gummies
200 ct.



35.99

Nordic Naturals Algae Omega
120 ct.



47.99

Nordic Naturals Ultimate Omega
180 ct.

better for you

At **Nordic Naturals**, we're committed to delivering the world's safest, most effective nutrients essential to health. It's what motivates us to ensure that all our products are research supported, expertly formulated, rigorously tested, proven effective and, best of all, great tasting.



7.99

Aura Cacia Lavender Essential Oil
.5 fl. oz.



8.99

Green Forest 100% Recycled Paper Bath Tissue
12 ct., selected varieties



12.99

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

tame frizz and hydrate tresses



Castor oil to the rescue! Giovanni's Smoothing Castor Oil Shampoo & Conditioner harnesses the reparative and humectant nature of this hero ingredient to ensure hydration and effortless shine.

7.49

Giovanni Smoothing Castor Oil Shampoo or Conditioner
13.5 fl. oz.



5.69

Tom's Of Maine Toothpaste
4-5.5 oz., selected varieties

Feel refreshed with great body care items.

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

KIND snacks



Kind® offers the perfect tasty snacks for every occasion. Made with nutrient-dense ingredients like nuts and whole grains, with flavors that satisfy from the first bite to the last. Perfect for enjoying while on the go, at work or at home.

3/\$5

Kind Bars
1.4-2.1 oz., selected varieties

3.99

Kind Healthy Grains Bars
5.8-7.04 oz., selected varieties

4.79

Kind Oatmeal
6-1.5 oz., selected varieties

4.99

Kind Healthy Grains Granola
11 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.

PWNW1022A

