

coop deals

OCT 19 - NOV 1, 2022

immune-boosting comfort

WARM & SOOTHING

The cooler temperatures outside mean it's a good time to warm up with a cup of tea. There are many herbs and spices that work well together to promote better health. Traditional Medicinals has organic teas, like their Herbal Cold Care, that are helpful for relieving cold symptoms and offering support all day long. Find it on sale at the co-op!



4.49

Traditional Medicinals
Organic Herbal Tea
16 ct., selected varieties



4/\$5

Larabar
Fruit & Nut Bars
1.6-1.7 oz., selected
varieties



2/\$5

Muir Glen
Organic
Tomatoes
28 oz., selected varieties



2/\$5

Health-Ade
Organic
Kombucha
16 fl. oz., selected
varieties



Buy One, Get One

FREE

special offers inside!

**BO
GO**

delicious organic fiesta



Everything you need for taco night, including our rich sour cream and melty shredded cheese, plus easy and delicious pre-seasoned ground beef.

3.79

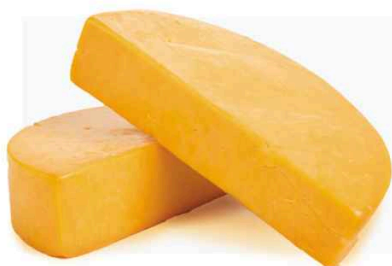
Organic Valley Sour Cream
16 oz., selected varieties

3.99

Organic Valley Shredded Cheese
6 oz., selected varieties

7.49

Organic Prairie Seasoned Ground Beef
1 lb., selected varieties



Find meal solutions at the co-op.
Savory and delicious.



3.99

Miyoko's Creamery Organic Cashewmilk Cream Cheese
8 oz., selected varieties



1.89

Redwood Hill Farm Goat Milk Yogurt
6 oz., selected varieties



2.99

Lightlife Organic Tempeh
8 oz., selected varieties



4.99

Bitchin' Sauce Almond Dip
8 oz., selected varieties



2/\$5

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

Great meals begin at the co-op.



2/\$6

**Rebbl
Organic Elixir**
12 fl. oz., selected varieties



4/\$5

**Chobani
Greek Yogurt**
5.3 oz., selected varieties



3.19

**Planet Oat
Oatmilk**
52 fl. oz., selected varieties



3/\$5

**So Delicious
Coconutmilk
Yogurt**
5.3 oz., selected varieties



3.99

**So Delicious
Organic
Coconutmilk
Creamer**
32 fl. oz., selected varieties



4.79

**So Delicious
Organic
Coconutmilk**
64 fl. oz., selected varieties



5.49

**Canyon Bakehouse
Gluten-free Bread**
18 oz., selected varieties



2/\$7

**Good Karma
Flaxmilk**
64 fl. oz., selected varieties



3.99

**Quorn
Meatless Nuggets,
Patties or Cutlets**
7.05-12 oz., selected varieties

Delicious plant-based options are at the co-op.

INCLUSIVE TRADE PARTNER



Tucson Tamale started with a large Mexican-American family tradition and has turned into award-winning tamales.

inclusive trade

5.49

Tucson Tamale Tamales
10-11 oz., selected varieties

INCLUSIVE TRADE PARTNER



Caulipower was started by a mom of two children with celiac disease, inspired by the desire for delicious and gluten-free options.

inclusive trade

8.99

Caulipower Chicken Tenders
14 oz., selected varieties



USDA ORGANIC

4.99

Woodstock Organic Frozen Fruit
10 oz., selected varieties



2/\$5

Evol Burritos
6 oz., selected varieties



2/\$7

Annie's Pizza Poppers
6.8 oz., selected varieties



4.99

Talenti Gelato or Sorbetto
1 pint, selected varieties

you deserve delicious



At Amy's, we cook meals with love, care and craft put into every ingredient. That means carefully sourcing high-quality, organic ingredients and spending countless hours in our kitchens so that you can enjoy authentic, great-tasting food in minutes.

3.29

Amy's Soup
13.8-14.7 oz., selected varieties

2.79

Amy's Burritos
5.5-6 oz., selected varieties

2/\$10

Amy's Frozen Meals
8.25-10 oz., selected varieties

7.99

Amy's Pizza
9.1-14 oz., selected varieties

The co-op has meal options for everyone.



4.99
Food For Life
Ezekiel 4:9
English Muffins
 16 oz., selected varieties



2.99
Crown Prince
Natural
Smoked Oysters
 3 oz., selected varieties



2/\$6
Ancient Harvest
Organic Pasta
 8-9.6 oz., selected varieties



2.29
Field Day
Organic 100% Pure Pumpkin
 15 oz.



3.79
Explore Cuisine
Organic Pasta
 8 oz., selected varieties



INCLUSIVE TRADE PARTNER



Chickapea is a woman-owned company providing nutritious, convenient family meal options.

2/\$7
Chickapea
Organic Chickpea & Lentil Pasta
 8 oz., selected varieties



2/\$7
Westbrae
Organic Beans
 25 oz., selected varieties



7.49
Carbone
Pasta Sauce
 24 oz., selected varieties



1.79
Organic Steel Cut Oats
 per pound in bulk

5.99
Organic Pumpkin Seeds
 per pound in bulk

9.99
Organic Almonds
 per pound in bulk

Ingredients for your favorite meals are at the co-op.

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



3.49
Nature's Path
Organic Instant
Oatmeal
11.2-14 oz., selected
varieties



*100% plant-based
energy*

Organic, plant-based energy tea partners with One Tree Planted, a nonprofit that helps in reforestation and restoration of the Amazon Basin in Peru. Committed to planting over 500,000 seedlings by 2024.

3 / \$5

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



24.99
Maple Valley
Organic Dark &
Robust Maple Syrup
32 fl. oz., selected varieties



4.49
Field Day
Organic Saigon
Cinnamon
1.5 oz.



9.99
Lakewood
Organic Pure
Cranberry Juice
32 fl. oz.



2 / \$6
R.W. Knudsen
Organic Apple
Juice
32 fl. oz.



2 / \$8
Organic India
Tulsi Tea
18 ct., selected varieties



15.99
Organic India
Ashwagandha
90 ct.



18.99
Organic India
Turmeric Formula
90 ct.

*sustainable,
herbal wellness*



Environmental and social responsibility are at the heart of Organic India, with an unwavering commitment to ethical and sustainable practices. Every herb and spice are cultivated by way of organic, regenerative methods for mind, body, spirit and whole earth wellness.

Find organic products you love at the co-op.



Buy One, Get One

FREE

Imagine
Organic Broth
32 oz., selected varieties



taste the magic

Pairing 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.

Buy One, Get One

FREE

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



Buy One, Get One

FREE

Orgain
Organic Plant-based
Protein Powder
32.4 oz., selected varieties



Buy One, Get One

FREE

Maya Kaimal
Indian Simmer Sauce
9.5-12.5 oz., selected varieties



Buy One, Get One

FREE

Caulipower
Cauliflower Crust Pizza
11.6 oz., selected varieties

Delicious buy one, get one deals at the co-op!

live Epic,
eat Epic

Epic makes flavor-forward meat snacks for the mindful consumer. We're everything to love about a savory snack with carb conscious, grass-fed and keto-friendly options and a dedication to land and animal well-being.



2/\$3

Epic Jerky Strips
.8 oz., selected varieties



2/\$5

Epic Bars
1.3-1.5 oz., selected varieties



2/\$6

Epic Pork Rinds
2.5 oz., selected varieties



5.49

Epic Bites
2.5 oz., selected varieties



2/\$5

Surf Sweets Candy
2.75 oz., selected varieties



2/\$4

Mountain Valley Spring Water
25.36-33.8 fl. oz., selected varieties

classic snacks reimaged



Whole grain and gluten-free sorghum and root veggie pretzels with protein-packed peanut butter and chocolate.

2/\$7

Quinn Pretzel Nuggets
5-7 oz., selected varieties



2.79

Garden Of Eatin' Tortilla Chips
5.5 oz., selected varieties

The co-op has snacks for the busy days ahead.

meals with more yum



2/\$3
Annie's Homegrown Mac & Cheese
5.25-6 oz., selected varieties



2/\$7
Annie's Homegrown Organic Fruit Snacks
4 oz., selected varieties



2/\$8
Annie's Homegrown Deluxe Mac & Cheese
10.8-11.3 oz., selected varieties



4.29
Annie's Homegrown Organic Graham Crackers
14.4 oz., selected varieties



2/\$5
Probar Meal Bars
3 oz., selected varieties



2.79
So Delicious Organic Coconutmilk
32 fl. oz., selected varieties



creamy and delicious

At Lily's, we reinvented how you treat yourself by crafting delicious, drool-worthy sweets that don't need any added sugar. We use fair-trade chocolate and vanilla, and we're non-GMO, too!

4.99

Lily's
Chocolate Peanut Butter Cups
3.2 oz., selected varieties



7.99
Spectrum Essentials Organic Ground Flaxseed
14 oz.

Energizing snacks are at the co-op.



15.99

Bach
Rescue Remedy
20 ml.



25.49

Jarrow Formulas
Saccharomyces
Boulardii Plus MOS
90 ct.



39.99

Ancient Nutrition
Collagen Protein
Powder
16-18.1 oz., selected
varieties



14.49

Wishgarden Herbs
Kick-Ass Immune
Activator
2 fl. oz.



18.99

Country Life
Coenzyme B-
Complex
120 ct.



23.99

Amazing Grass
Organic Plant
Protein Blend
Powder
14.3-14.8 oz., selected
varieties



2.39

Preserve
Adult Toothbrush
each, selected varieties



3.49

Dr. Tung's
Smart Floss
Dental Floss
30 yards



spicy and sweet flavor

The family farmers of La Riojana cooperative, the first producer of Fair Trade organic olive oil in Latin America, are proud to offer this fine product exclusively to co-op shoppers.

10.99

Riojana
Organic Fair Trade Extra
Virgin Olive Oil
25.5 fl. oz.



19.49

Megafood
Turmeric Curcumin
Extra Strength
60 ct.

The co-op has deals on wellness products.

high performance and wholesome ingredients

The Jason brand believes in the power of nature's ingredients to improve everyday wellness. We continue to harness earth's bounty of botanicals and essentials for blends that refresh and restore. No parabens, sulfates, phthalates or petrolatum. Vegan and certified cruelty free.



4.49
Jason
Toothpaste
4.2-6 oz.,
selected
varieties

6.79
Jason
Mouthwash
16 fl. oz.,
selected
varieties

4.99
Jason
Deodorant
Stick
2.5 oz., selected
varieties

8.99
Jason
Scalp Care
Shampoo
12 fl. oz., selected
varieties



5.99

Andalou Naturals
Shampoo or Conditioner
11.5 fl. oz., selected varieties



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 Body Wash
32 fl. oz., selected varieties



2/\$7

Kiss My Face
Toothpaste
4.1-4.5 oz., selected
varieties



4.69

Sunleaf
Shampoo & Body
Bar Soap
5 oz., selected varieties



9.99

Seventh
Generation
100% Recycled
Bath Tissue
12 pk., selected varieties

Home and body care essentials 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 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

clean with purpose



2/\$7

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



11.99

Seventh Generation Liquid Laundry Detergent
87.5-90 fl. oz., selected varieties



12.99

Seventh Generation Easy Dose Laundry Detergent
23.1 fl. oz., selected varieties

Our products work hard in your home and are made with your safety in mind. Join us on our mission to transform the world into a healthy, sustainable and equitable place for the next seven generations.

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. PWNWI022B

