

coop deals

NOV 30 - DEC 13, 2022

gather
in the
kitchen



5.49

Earth Balance
Buttery Spread or Sticks
13-16 oz., selected varieties



4.49

Organic Valley
Whipping Cream
16 fl. oz.



5.99

King Arthur
Baking Company
Flour
5 lbs., selected varieties



5.99

Enjoy Life
Chocolate
Baking Chips or
Morsels
9-10 oz., selected
varieties



Shop the co-op for holiday baking ingredients.

Get creative in the kitchen.



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.

3.79

Organic Valley Cream Cheese
8 oz., selected varieties

3.99

Organic Valley Shredded Cheese
6 oz., selected varieties

4.99

Organic Valley Raw Cheese
8 oz., selected varieties



2/\$4

Noosa Yoghurt
8 oz., selected varieties



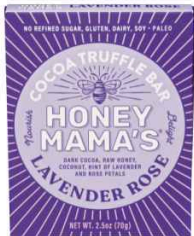
2/\$6

Kerrygold Butter
8 oz., selected varieties



7.99

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



3.99

Honey Mama's Cocoa Truffle Bar
2.5 oz., selected varieties



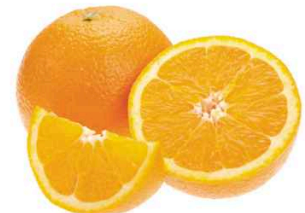
4.99

Bitchin' Sauce Almond Dip
8 oz., selected varieties



7.29

Organic Valley Butter
16 oz., selected varieties



Start the day with great food from the co-op.



4.29

**The Greek Gods
Greek Yogurt**
24 oz., selected varieties

*always organic,
never ordinary*

Crisp, bright and wholesome, these beautiful veggies make a flavorful addition to any meal.



3.19

**Cascadian Farm
Organic Frozen Vegetables**
10 oz., selected varieties



4.99

**Applegate
Sunday Bacon**
8 oz.



6.49

**Field Roast
Miniature Corn
Dogs and Buffalo
Wings**
10 oz., selected varieties



5.49

**Brazi Bites
Cheddar and
Parmesan Brazilian
Cheesebread**
11.5 oz.

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."



6.49

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



5.99

**Against The Grain
Baguettes**
15 oz., selected varieties

Seasonal savings are at the co-op.



13.99

**Spectrum
Organic Extra Virgin
Mediterranean Olive Oil**
33.8 fl. oz.



4.99

**Crofter's
Organic Premium Fruit
Spread**
16.5 oz., selected varieties



13.99

**Dr. Bronner's
Organic Whole Kernel
Virgin Coconut Oil**
30 fl. oz.



2/\$3

**Muir Glen
Organic
Tomatoes**
14.5 oz., selected varieties



2/\$3

**Annie's
Homegrown
Mac & Cheese**
5.25-6 oz., selected varieties



5.99

**Kettle & Fire
Bone Broth**
16.9 fl. oz., selected varieties



6.99

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



10.99

**Lucini Italia
Aged Balsamic
Vinegar of
Modena**
8.5 fl. oz.



10.99

**Riojana
Organic Fair
Trade Extra Virgin
Olive Oil**
25.5 fl. oz., selected varieties



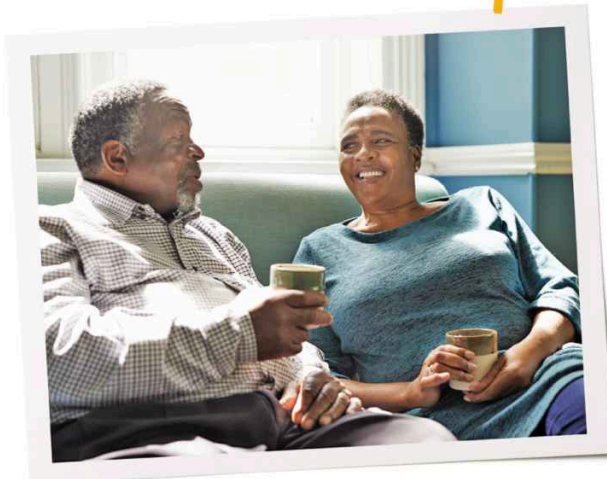
The co-op has ingredients for great meals.



4.49

Traditional Medicinals Organic Herbal Tea
16 tea bags, selected varieties

winter warm-up



CREATE COZY VIBES

Don't let the cold temperatures bring you down. Instead, warm up with a cup of tea. Your co-op has a great selection of beverages for the winter months ahead, including tea for any time of the day.



2/\$7
Choice Organics Tea
16 tea bags, selected varieties



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



support your body and mind

Yogi Egyptian Licorice and Lemon Ginger tea are two delicious ways to take some time for yourself and also support your digestive health.

2/\$7

Yogi Organic Tea
16 tea bags, selected varieties



2/\$7
Pacific Foods Organic Plant-based Beverage
32 fl. oz., selected varieties



2/\$7
R.W. Knudsen Organic Very Veggie Juice
32 fl. oz., selected varieties

Unwind with soothing beverages from the co-op.



5.99

Sweetleaf Stevia Sweetener
2 fl. oz., selected varieties



SIZZLE, SIZZLE

Get the family out of bed with the scent of pancakes or waffles cooking in the kitchen. Create a delicious breakfast spread with ingredients found at the co-op. Shop the bulk section for the amount you need, and don't forget toppings like chocolate chips and maple syrup!

heat up the griddle



6.49

Simple Mills Baking Mixes
9-12.9 oz., selected varieties



15.99

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



5.49

Navitas Organics Organic Cacao Powder or Nibs
8 oz., selected varieties



19.99

Field Day Organic Dark, Robust Maple Syrup
32 fl. oz., selected varieties



5.99

Lily's Baking Chips
9 oz., selected varieties



scoop up the savings in bulk!

1.79

Organic Rolled Oats
per pound in bulk



2.79

Organic Thompson Raisins
per pound in bulk



6.99

Organic Walnut Halves & Pieces
per pound in bulk



The co-op has great deals on baking ingredients.

INCLUSIVE TRADE PARTNER



Purely Elizabeth is a woman-owned company that wants people to thrive on their wellness journey.

5.99

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

GoMacro – bigger than a bar



Meet the bar that started it all! Our original Peanut Butter Chocolate Chip MacroBar combines 11 grams of plant-based protein with organic and oh-so-creamy peanut butter, roasted peanuts and — let's not forget the best part — our vegan chocolate chips!

2/\$5

Gomacro Organic Macrobar
2-2.5 oz., selected varieties



3.99

Field Day Organic Cereal
14 oz., selected varieties



3.99

Hu Kitchen Chocolate Bar
2.1 oz., selected varieties



maximum crunch factor



We obsessively vet every ingredient to unite unbeatable taste with unmatched simplicity. Aromatic crackers with amazing flavor that match their namesake. Made with real, UltraSimple® ingredients.

4.99

Hu Kitchen Grain-free Crackers
4.25 oz., selected varieties



4.49

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

Snacks everyone loves are at the co-op.

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



2/\$8

Vita Coco
Coconut Water
33.8 fl. oz., selected
varieties



2/\$6

Boulder Canyon
Potato Chips
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 can enhance any moment.

2/\$4

San Pellegrino
Sparkling Mineral Water
25.3 fl. oz.



Pour a refreshing beverage for yourself.

Find fizzy drinks at the co-op.



90% certified recycled steel

Klean Kanteen was America's first BPA-free stainless steel water bottle and launched in 2004 specifically to reduce single-use plastics. Certified B-Corp, family/employee owned, climate neutral, 1% for the Planet member and offering cool innovations like our new twist cap!

22.99

Klean Kanteen
TK Wide 20 oz. with a twist cap
each, selected varieties



2/\$6

Late July
Classic or Chia &
Quinoa Crackers
6 oz., selected varieties

The co-op has tasty snacks and beverages.



2/\$7

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



perfect busy-day snack

The holiday season can be super busy. Keep Late July® Jalapeño Lime and Nacho Cheese Tortilla Chips handy for an amazingly delicious way to fuel your marathon wrapping or baking sessions!

2/\$7

**Late July
Tortilla Chips**
7.5-7.8 oz., selected varieties



2/\$7

**Carr's
Crackers**
4.25-7.1 oz., selected
varieties



Your favorite snacks are on sale at the co-op!

Crunch away!

nothing but the good stuff



Thank you for your support of Endangered Species Chocolate. You are helping to save our wildlife, environment and our global communities firsthand.

2/\$4

**Endangered Species
Chocolate Bars**
3 oz., selected varieties



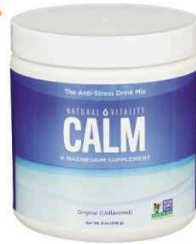
2/\$7

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

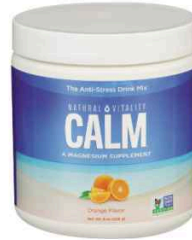
Celebrate the season with help from the co-op!

keep calm this
holiday season

Natural Vitality® Calm provides magnesium to support stress management for a healthy body. Natural Vitality® Gummies are delicious, fruit-flavored chews with the essential nutrients needed for stress relief, better sleep and more relaxed muscles. Perfect for the whole family, at home or on the go, this holiday season.



12.99
Natural Vitality
Unflavored Calm
Magnesium Drink
8 oz.



13.49
Natural Vitality
Orange Calm
Magnesium
Drink
8 oz.



13.49
Natural Vitality
Raspberry Lemon
Calm Magnesium
Drink
8 oz.



16.99
Natural Vitality
Calm Gummies
120 ct., selected
varieties



12.99
Seventh Generation
4X Concentrated
Laundry Detergent
50 fl. oz., selected varieties



22.99
Garden Of Life
Dr. Formulated Probiotics
Once Daily
30 ct.



INCLUSIVE TRADE PARTNER

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

9.99
Alaffia
Everyday Shea Body Lotion
32 fl. oz., selected varieties



2.99
Ecover
Liquid Dish
Soap
25 fl. oz., selected
varieties



10.99
Seventh
Generation
100% Recycled
Bath Tissue
12 pk.



28.49
Host Defense
Stamets 7 Daily
Immune Support
60 ct.

Stay healthy this winter with help from the co-op.



6.99

Schmidt's Natural Deodorant
2.65 oz., selected varieties



7.99

Aura Cacia Lavender Essential Oil
.5 fl. oz.

pure-castile bar soap

Soft, smooth lather moisturizes face, body, hands and hair. Organic, nutrient-rich, U.S.-grown hemp seed oil nourishes skin. Plant-based and biodegradable, made with certified organic oils, wrapped in post-consumer recycled paper, cleans body, mind and soul!



2/\$6

Dr. Bronner's Pure Castile Bar Soap
5 oz., selected varieties



Body care items make great gifts!

Shop and save this season.



2.29

Preserve Adult Toothbrush
each, selected varieties



6.99

Avalon Organics Shampoo or Conditioner
11 fl. oz., selected varieties



11.99

Weleda Skin Food
2.5 fl. oz.



Find safe body care products 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



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

4.99

Organic Valley Cottage or Ricotta Cheese
15-16 oz., selected varieties



1.99
Bionaturae Organic Tomato Paste
7 oz.



18.99
California Olive Ranch 100% California Extra Virgin Olive Oil
25.4 fl. oz.

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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