

coop deals

JAN 4 - JAN 17, 2023

new year, more sparkles

The new year is here! Ring in 2023 with a stop at the co-op for exceptional deals, including Kevita's sparkling probiotic drinks that are on sale now. Cheers to a healthy and happy year ahead!



2/\$5

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



1.49

Field Day
Organic Black Beans
15 oz.



2/\$3

Siggis
Skyr Yogurt
4.4-5.3 oz., selected varieties



2/\$5

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



2/\$6

Muir Glen
Organic Pasta Sauce
25.5 oz., selected varieties



2/\$7

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



2/\$8

Hilary's
Veggie Burgers
10-11 oz., selected varieties



Start the new year with savings at the co-op.

Cheers to a healthy 2023!

bringing ethical food to the table



4.99

Vital Farms
Pasture-raised
Liquid Whole Eggs
16 oz., selected varieties



5.29

Vital Farms
Pasture-raised
Large Grade A Eggs
1 doz.



5.99

Vital Farms
Organic Large
Pasture-raised Eggs
1 doz.



6.99

Vital Farms
Pasture-raised Eggs
18 ct.

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 that **Vital Farms** is bringing ethical food to the table.



5.49

Forager Project
Organic
Cashewmilk
Yogurt
24 oz., selected varieties



1.29

Fage
Greek Yogurt
5.3 oz., selected varieties



3.99

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



5.49

Three Trees
Almondmilk
28 fl. oz., selected varieties



2/\$6

Rebbl
Organic Elixir
12 fl. oz., selected varieties



6.49

Wallaby
Organic Greek
Yogurt
32 oz., selected varieties



The co-op has delicious options for breakfast.



8.99

Chameleon Cold Brew Organic Coffee Concentrate
32 fl. oz., selected varieties



taste the cold-pressed difference

Put your best fruit forward with this delicious, vitamin-C-rich blend of berries, mango, apple and orange, sure to make a great day taste even better.

3/\$10

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



4.99

Silk Soymilk Yogurt
24 oz., selected varieties



deliciously, delightfully, dairy free

Deliciously unsweetened: almond milk that's creamy and delightfully drinkable, just without the sugar. Zero grams of sugar per serving to be exact. It's plant based, dairy free and totally delicious. Pure and simple.

4.49

Califia Farms Almondmilk
48 fl. oz., selected varieties



4.99

Organic Valley Cottage Cheese
16 oz., selected varieties

Start the year with great deals from the co-op.



plant based,
beyond delicious

3.99 Beyond Meat Breakfast Sausage 7.4 oz., selected varieties	4.99 Beyond Meat Beyond Burger Patties 8 oz.	6.99 Beyond Meat Beyond Sausage 14 oz., selected varieties	7.99 Beyond Meat Beyond Beef Plant-based Ground 16 oz.
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Beyond plant-based burgers have all the juicy, meaty deliciousness of a traditional burger but come with the upsides of a plant-based protein. They also contain no hormones, nitrites, nitrates, GMOs, soy or gluten.



What's sizzling?
It's bacon time!



INCLUSIVE TRADE PARTNER
Mother-in-Law's is an Asian-owned company. We are inspired by the beauty of Korea's tradition of handcrafted fermented foods.

6.99
Mother-In-Law's
Gochujang Fermented
Chile Paste
10 oz.

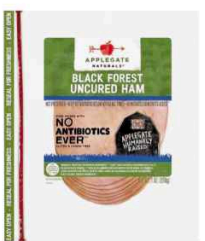
inclusive trade



2.29
Evol
Burrito
5-6 oz., selected varieties



3.99
Sweet Earth
Benevolent
Bacon
5.5 oz.



4.99
Applegate
Sliced Deli Meat
7 oz., selected varieties



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

Shop the co-op for meal solutions.

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



easy options for resolutions

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

2.79

Woodstock
Organic Frozen Vegetables
10 oz., selected varieties



2/\$8
Cascadian Farm
Organic Frozen
Fruit
8-10 oz., selected varieties



4.99
Pitaya
Organic Smoothie
Packs
14 oz., selected varieties



ingredient obsessed, pizza obsessed

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



7.99

Cappellos'
Pizza
10.82-12 oz., selected varieties



5.49
Food For Life
Ezekiel Bread
24 oz., selected varieties



2/\$5
Stahlbush Island
Farms
Frozen Vegetables
10 oz., selected varieties

Find what's delicious and nutritious at the co-op.

*uncompromisingly
delicious*

Mark Sisson launched the **Primal Kitchen®** brand on his mission to change the way the world eats. Primal Kitchen pantry staples and collagen are uncompromisingly delicious and made with high-quality ingredients, and contain no artificial sweeteners, gluten or soy.



4.99

Primal Kitchen
Organic Unsweetened
Ketchup
11.3 oz., selected varieties

5.99

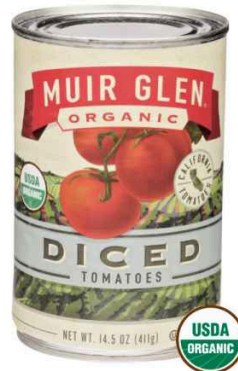
Primal Kitchen
Dressing or Marinade
8 fl. oz., selected varieties

8.49

Primal Kitchen
Avocado Oil Mayo
12 fl. oz., selected varieties

25.99

Primal Kitchen
Collagen Fuel Drink Mix
8.55-14.3 oz., selected varieties



4/\$5

Muir Glen
Organic Tomatoes
14.5-15 oz., selected varieties



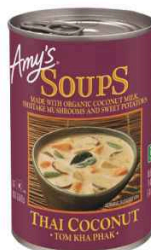
2/\$5

Westbrae
Organic Beans
15 oz., selected varieties



2/\$4

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



4.49

Amy's
Soup
14-14.7 oz., selected
varieties



13.99

California Olive
Ranch
Medium Extra
Virgin Olive Oil
25.4 fl. oz.

Plan the week's meals with help from the co-op.

deals for all meals

ON-THE-GO GOODNESS

The co-op makes mealtime nutritious and convenient with so many delicious ingredients and easy-to-make meals. Try something new and enjoy meal solutions the whole family will appreciate.



What's everyone craving these days?

Shop the co-op together.



spoon up some magic

There's a little bit of magic in every bite of Annie's mac and cheese. This real cheese and organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all.

2/\$3

Annie's Homegrown Mac & Cheese

5.25-6 oz., selected varieties



5/\$5

Justin's Almond Butter

1.15 oz., selected varieties



5.49

Chobani Oatmilk

32 fl. oz., selected varieties

Everything for family meals is at the co-op.



←
good food for all

2.29

Bob's Red Mill Chickpea Flour
16 oz., selected varieties

6.49

Bob's Red Mill Gluten-free Rolled Oats
28-32 oz., selected varieties

6.99

Bob's Red Mill Organic Gluten-free Old Fashioned Rolled Oats
32 oz.

7.99

Bob's Red Mill Super-fine Almond Flour
16 oz., selected varieties

Founded in 1978 with the mission of inspiring joy with wholesome foods, **Bob's Red Mill** is a leader in baking essentials, whole grains, hot cereal, grab-and-go-snacks and more.



Great ingredients make great desserts.
Make sweet treats!



9.99

Once Again Almond Butter
16 oz., selected varieties



7.49

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



6.49

Sweetleaf Stevia Sweetener
2 fl. oz., selected varieties



4.99

Field Day Organic Peanut Butter
18 oz., selected varieties

The co-op has your baking needs covered.



2/\$8

**Organic India
Tulsi Tea**
18 ct., selected varieties

GoMacro – Bigger than a bar



Our Everlasting Joy MacroBar is a delicious combination of organic coconut, vegan dark chocolate chips, creamy almond butter and plant-based protein for sustained energy to fuel your day!

2/\$5

**Gomacro
Organic Bar**
2-2.3 oz., selected varieties



6.99

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



5.99

**Rishi Tea & Botanicals
Organic Chai Tea
Concentrate**
32 fl. oz., selected varieties



12.99

**Four Sigmatic
Organic Ground
Coffee**
12 oz., selected varieties



making eating well easy

Kashi® cereals have a little something for everyone, like protein, organic whole grains, fair trade chocolate and family favorites, like hearts and O's. Kashi® makes eating well easy.

2/\$9

**Kashi
Cereal**
9.5-16.3 oz., selected varieties

INCLUSIVE TRADE PARTNER

Nutpods is a Diverse-owned company started to bring a non-dairy creamer alternative to the world. We offer oat-based creamers and tons of other flavors.



2/\$6

**Nutpods
Dairy-free Creamer**
11.2 fl. oz., selected varieties

Discover new brands at the co-op.



← organic snacks for everybunny

2/\$7

Annie's Homegrown Organic Bunny Grahams or Crackers
7-7.5 oz., selected varieties

2/\$7

Annie's Homegrown Organic Fruit Snacks
4 oz., selected varieties

2/\$7

Annie's Homegrown Organic Cheddar Cheesy Puffs
4 oz.

4.29

Annie's Homegrown Organic Snack Mix
9 oz., selected varieties



Let our bunny-shaped treats make snack time extra fun (and our organic ingredients make your day a little more joyful, too!)



Pack some snacks for busy days.
Add variety to lunch boxes.



2/\$6
Garden Of Eatin'
Tortilla Chips
5.5 oz., selected varieties



2.79
Goldthread
Plant-based
Tonics
12 fl. oz., selected varieties



4.99
Green Mountain
Gringo
Salsa
16 oz., selected varieties

The co-op has snacks for your cravings.



2/\$5
 Good Health
 Peanut Butter
 Filled Pretzels
 5 oz.



dark and rich

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

2/\$7

Lily's
 Chocolate Bar
 2.8-3 oz., selected varieties



Something sweet or something savory.
Shop the co-op and save.



2/\$7
 Barnana
 Organic Plantain
 Chips
 5 oz., selected varieties



2/\$7
 Blue Diamond
 Nut Thins
 4.25 oz., selected varieties



2/\$5
 Kettle Brand
 Potato Chips
 5 oz., selected varieties



3.79
 Hu Kitchen
 Chocolate Bar
 2.1 oz., selected
 varieties

Save on shopping with deals from the co-op.



wellness
made easy

Vital Proteins® helps people feel better and live fuller lives through high-quality nutrition products that they can trust. Each formulation is consciously developed to be easy to use and enjoyable to consume.

17.99

Vital Proteins Collagen Peptides
10-13.5 oz.,
selected varieties

19.99

Vital Proteins Collagen Peptides Creamer
10-10.3 oz.,
selected varieties

24.99

Vital Proteins Marine Collagen
7.8 oz.

29.99

Vital Proteins Unflavored Collagen Peptides
20 oz.



9.99

Childlife Essentials Multi Vitamin & Mineral
8 fl. oz.



16.99

Flora Super 8 Hi-Potency Probiotic
30 ct.



28.99

Four Sigmatic Organic Plant-based Protein Powder
16.7-21.16 oz., selected varieties



15.49

Natural Factors Quercetin
60 ct.



19.99

Barlean's Organic Flax Oil
16 fl. oz., selected varieties



20.99

Megafood One Daily Multivitamins
60 ct., selected varieties



29.99

Ancient Nutrition Organic Supergreens
7.05-8.82 oz., selected varieties



29.99

Gaia Herbs Turmeric Supreme Extra Strength
120 ct.



Get a healthy start to the year at the co-op.

protein + probiotics = optimal health

If you're looking for high-quality, clean ingredients in your nutritional supplements, look no further than **Garden of Life**. Offering clinically studied probiotics for immune and digestive health, along with Certified USDA Organic and Non-GMO Verified plant-based protein to fuel your body, Garden of Life has you covered.



23.49
Garden of Life
Dr. Formulated
Probiotics Once
Daily
30 ct.



30.99
Garden of Life
Dr. Formulated
Probiotics Once Daily
30 ct., selected varieties



29.99
Garden of Life
Organic Plant
Protein
30.1-32.2 oz., selected
varieties



33.99
Garden of Life
Raw Organic
Protein Powder
19.75-23.28 oz., selected
varieties



5.99
Solaray
Optizinc
60 ct.



16.99
Bach
Rescue Remedy
.7 fl. oz., selected
varieties



48.99
Nordic Naturals
Ultimate Omega
180 ct.



2/\$5
Orgain
Organic
Nutritional Shake
11 fl. oz., selected
varieties



8.99
Honey Gardens
Elderberry Syrup
4 fl. oz.



18.99
Source Naturals
Wellness Formula
90 ct.



21.99
Jarrow Formulas
Jarrow-Dophilus
EPS Probiotic
60 ct.

The co-op has what you need for winter wellness.



2/\$8

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



2/\$10

Acure Shampoo or Conditioner
8 fl. oz., selected varieties



17.99

Andalou Naturals Resveratrol Q10 Night Repair Cream
1.7 oz.



Body care options for the new year.
Stay in mint condition.



7.99
Aura Cacia Essential Oil
.5 fl. oz., selected varieties



7.99
Everyone 3-in-1 Soap
32 fl. oz., selected varieties



9.79
T-Relief Extra Strength Pain Relief Cream
3 oz.



2/\$5
The Humble Co. Floss Picks
50 ct., selected varieties



Honest ingredients are at the co-op.

INCLUSIVE TRADE PARTNER

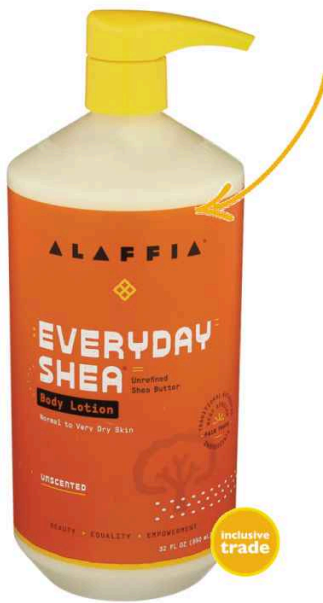
Radius is a woman-owned company that looked at toothbrushes and knew there had to be a better way. Using recycled materials, we engineered a toothbrush that cleans and feels better, with a focus on sustainability.



6.49

Radius

Source Toothbrush
each, selected varieties



clean, personal care

INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company and a clean, plant-based, fair-trade beauty and personal care brand on a mission to help alleviate poverty and advance gender equality in West Africa. Our natural, award-winning collections deliver nourishing head-to-toe care for the whole family.

9.79

Alaffia

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



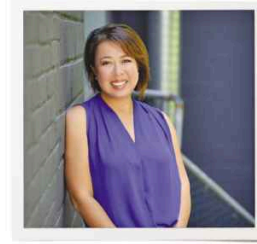
Mother-in-Laws



Maria and Ricardo's



Purely Elizabeth



Nutpods



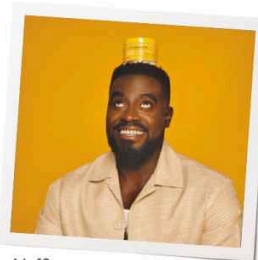
strength in diversity

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. Let's celebrate the strength that comes from diversity! Learn about some of our Inclusive Trade brand partners, and find Inclusive Trade products throughout the co-op.



Radius



Alaffia



Grain Trust



Deep Indian Kitchen



Rip Van Wafels



Siete

Find diverse brands throughout the co-op.

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

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 Grocery

Medford Food Co-op

People's Food Co-op

WASHINGTON

Central Co-op

Community Food Co-op

Main Market Co-op

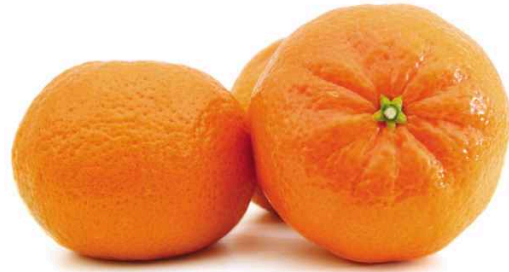
Olympia Food Co-op

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



3.79

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



13.99

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



14.99

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



we believe in a seventh generation

Using the power of plant science, **Seventh Generation** creates products that get the job done and are safer for your family. From renewable plant-based ingredients to more sustainable packaging, our products redefine what it means to clean with purpose.

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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