

coop deals

JAN 18 - JAN 31, 2023

aromatic, soothing tea

Winter temps plus hot beverages like Yogi Tea equal a healthy way to start the year and endure the weather. With caffeine-free options like Yogi's Lemon Ginger, you can enjoy a cup anytime of the day. Shop the co-op while they're on sale!



2/\$6

Yogi
Organic Tea
16 bags, selected varieties



2/\$5

Epic
Bars
1.3-1.5 oz., selected
varieties



2/\$6

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



2/\$4

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



2/\$7

Harmless Harvest
Organic Coconut
Water
16 fl. oz.



2/\$9

Maya Kaimal
Indian Simmer
Sauce
12.5 oz., selected
varieties



6.99

Caulipower
Cauliflower Crust
Pizza
10.9-12 oz., selected
varieties



Warm up this winter season.

Sit back, sip, relax.



1.39

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



2/\$7

**GoodBelly
Probiotic Drink**
32 fl. oz., selected varieties



4.49

**Nancy's
Organic Grass Fed
Yogurt**
24 oz., selected varieties



1.79

**Good Culture
Organic Cottage
Cheese**
5.3 oz., selected varieties



2.29

**Bellwether Farms
Sheep Milk Yogurt**
6 oz., selected varieties



1.39

**Forager Project
Organic
Cashewmilk
Yogurt**
5.3 oz., selected varieties



4.99

**Straus Family
Creamery
Organic Yogurt**
32 oz., selected varieties



5.99

**Fage
Greek Yogurt**
35.3 oz., selected varieties

*add what
you like*

NUTRIENT-RICH BREAKFAST

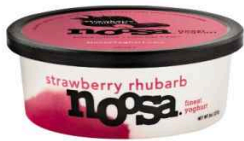
Breakfast is easy when you shop the co-op for your favorite yogurt! Add toppings like granola, toasted almonds, chia or flax seeds or sliced fruit and benefit from the probiotics and added fiber. A quick meal to prep, but one that's both filling and nutritious.



4.79

**Violife
Just Like Cheese Shreds**
8 oz., selected varieties

The co-op helps you start the day right.



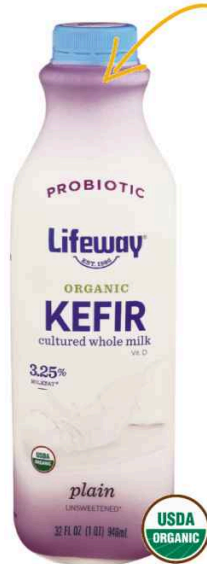
2/\$4

Noosa
Yoghurt
8 oz., selected varieties



2/\$5

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



a probiotic protein powerhouse

Lifeway Kefir is a cultured dairy drink packed with protein, 12 live and active probiotic cultures and vitamin D. Kefir provides gut-protecting nutrients to optimize the microbiome and strengthen the immune system.

4.79

Lifeway
Organic Kefir
32 fl. oz., selected varieties



4.99

So Delicious
Organic
Coconutmilk
Yogurt
24 oz., selected varieties



4.99

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



4.99

Miyoko's Creamery
Organic Liquid
Vegan Pizza
Mozzarella
16 oz.



3.79

Brown Cow
Cream Top Yogurt
32 oz., selected varieties



3.99

Stonyfield
Organic Yogurt
32 oz., selected varieties



4.99

Siggi's
Skyr Yogurt
24 oz., selected varieties



a rich tradition

From plain organic to cream top and Icelandic skyr, each yogurt brings something different to the table. But they're always made without any artificial flavors, sweeteners or preservatives.

The co-op makes mornings delicious.



2/\$7

Just Plant-based Egg Scramble
12 fl. oz.



smooth and creamy goodness

Almond Breeze® is a great product that comes to you with care and attention to goodness. Unsweetened Original provides a touch of the almond's natural sweetness but eliminates the added sugar.

2/\$7

Blue Diamond Almondmilk
64 fl. oz., selected varieties



4.99

Bitchin' Sauce Almond Dip
8 oz., selected varieties



2/\$7

Hope Foods Organic Hummus
8 oz., selected varieties



5.49

Wildbrine Organic Sauerkraut
18 oz., selected varieties

plant-based new year

Lightlife has something for everyone, with a variety of clean-ingredient, plant-based protein products. **Field Roast** takes an artisanal approach while using whole-food ingredients to craft plant-based meats and cheeses. Together, we are committed to shaping the future of plant-based foods.



3.29

Lightlife Organic Tempeh
8 oz., selected varieties



3.79

Lightlife Smart Dogs
12-13.5 oz., selected varieties



4.99

Field Roast Chao Slices
7 oz., selected varieties



4.99

Field Roast Plant-based Sausages
12.95 oz., selected varieties

Try something new from co-op.

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



5.49

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

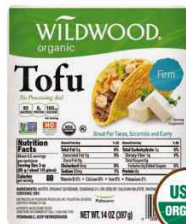
INCLUSIVE TRADE PARTNER



Deep Indian Kitchen is an Indian-owned company that makes frozen entrees from scratch with a wide range of Indian flavors.

2/\$10

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



2.99

**Wildwood
Organic Tofu**
14 oz., selected varieties



3.99

**Cascadian Farm
Organic Frozen
Potatoes**
12-16 oz., selected varieties



4.99

**Diestel
Sliced Deli Meat**
6 oz., selected varieties



7.99

**Woodstock
Organic Frozen Pasta**
20 oz., selected varieties



2/\$7

**Silver Hills
Sprouted Wheat
Bread**
15-22 oz., selected varieties



3.99

**Dr. Praeger's
Veggie Burgers**
8-10 oz., selected varieties



6.99

**Daiya
Pizza**
13.8-19.1 oz., selected varieties



11.99

**Wyman's
Wild Blueberries**
3 lb.

The co-op has great deals on great products.



salud y sabor:
health and flavor

INCLUSIVE TRADE PARTNER

Siete is a Mexican-American food brand, rooted in family, that makes delicious, better-for-you products. We use simple and nourishing ingredients to inspire inclusivity around the table because together is better.



3.99

Siete
Grain-free
Tortilla Chips
5 oz., selected varieties

4.49

Siete
Enchilada Sauce
15 oz., selected
varieties

4.49

Siete
Grain Free
Taco Shells
5.5 oz., selected varieties

7.49

Siete
Grain-free
Tortillas
7 oz., selected varieties



simmer, sip, smile

Sip your way to wellness with our soothing and satisfying bone broths. Made with slow-simmered ingredients like grass-fed, grass-finished beef or free-range chicken, veggies and herbs.

5.49

**Kettle & Fire
Bone Broth**

16.9 oz., 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.



2/\$4

Mike's Mighty
Good
Ramen Soup Cups
1.6-2.4 oz., selected
varieties



3.49

The Ginger
People
Organic Ginger
6.7 oz., selected varieties



6.99

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

Your pantry essentials are at the co-op.

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



2/\$7

Lundberg Family Farms Organic Rice Side Dishes
6 oz., selected varieties



3.79

Lundberg Family Farms Organic Rice Cakes
8.5 oz., selected varieties



3.79

Lundberg Family Farms Organic Thin Stackers
5.9-6 oz., selected varieties



7.49

Lundberg Family Farms Organic Rice
32 oz., selected varieties

wholesome eating made easy



Sticking to your resolutions has never been simpler with a bumper crop of delicious options that are organic, Non-GMO Project Verified, certified gluten free, vegan and more!



2/\$7

Santa Cruz Organic Applesauce
24 oz., selected varieties



5.99

Bragg Organic Apple Cider Vinegar
32 fl. oz., selected varieties



2.49

Native Forest Organic Unsweetened Coconut Milk
13.5 fl. oz., selected varieties

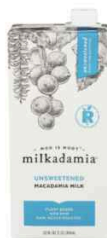


7.99

Carbone Pasta Sauce
24 oz., selected varieties

2.79

Safe Catch Elite Wild Tuna
5 oz.



2/\$7

Milkadamia Macadamia Milk
32 fl. oz., selected varieties



7.99

Lucini Italia Organic Pasta Sauce
25.5 oz., selected varieties

Quality ingredients are at the co-op.



3.99
Birch Benders
Pancake & Waffle
Mix
14-16 oz., selected
varieties



4.49
Pukka
Organic Herbal
Tea
20 ct., selected varieties



11.99
Coombs Family
Farms
Organic Maple
Syrup
12 fl. 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.

2/\$10

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



2/\$6

Celestial Seasonings
Herbal Tea
18-20 ct., selected varieties

pour a better-for-you bowl



With One Degree Organics Sprouted Brown Rice Cacao Crisps, you get the vitamins, minerals and health benefits of sprouted brown rice, delicately sweetened with low-glycemic coconut palm sugar from the Indonesian archipelago, subtly flavored with a touch of rich cacao.

2/\$9

One Degree Organic Foods
Sprouted Cereal
10 oz., selected varieties



14.99
Simply Organic
Vanilla Extract
4 fl. oz.



The co-op has great deals all year long.



2/\$6

Theo
Organic Chocolate Bars
3 oz., selected varieties



2/\$10

Zevia
Zero Calorie Soda
6 pk.-12 fl. oz., selected varieties



5.49

Maranatha
Organic Peanut Butter
16 oz., selected varieties



2/\$4

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



2/\$6

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

up your snack game

Real food From The Ground Up Cauliflower Cheddar Crackers and Cauliflower Sea Salt Chips are the most crave-worthy, plant-based snacks. Certified vegan, gluten free and non-GMO. How's that for tasty?

2/\$6

From The Ground Up
Cauliflower Snacks
3.5-4.5 oz., selected varieties



INCLUSIVE TRADE PARTNER



Rip Van Wafels is Hispanic- and Asian-owned, and we've set out to create a healthier take on the Dutch stroopwafel.

4/\$5

Rip Van Wafels
European Snack Wafels
1.16 oz., selected varieties

The co-op has your favorite snacks and drinks.



4/\$5

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



2/\$6

Angie's Boomchickapop
Popcorn
4.4-7 oz., selected varieties



2/\$5

Bobo's
Oat Bar
3 oz., selected varieties



2/\$5

SmartSweets
Candy
1.8 oz., selected varieties



2/\$6

Stacy's
Pita Chips
7.33 oz., selected
varieties



3.99

Frontera
Salsa
16 oz., selected varieties

spicy, crunchy perfection

These chips combine Boulder Canyon's flagship kettle potato chips made with avocado oil with Yellowbird's best-selling habanero condiment to create a chip that delivers the heat in a uniquely delicious way.

2/\$6

Boulder Canyon
Potato Chips
5.25 oz., selected varieties



4.99

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



Stock up on all your snacks at the co-op.

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



11.49
Ener-C
Multivitamin
Drink Mix
 30 ct., selected varieties



18.99
Country Life
Coenzyme
B-Complex
 120 ct.



6.99
Spectrum Essentials
Organic Flaxseed
 14-15 oz., selected varieties



4.79
Now
Vitamin D-3
 180 ct.



15.49
Om
Master Blend
Organic Mushroom
Powder
 3.17 oz.



7.79
Hyland's 4 Kids
Cold 'n Cough
 4 fl. oz., selected varieties



7.29
Wedderspoon
Organic Manuka
Honey Drops
 4 oz., selected varieties



13.99
Organic India
Ashwagandha
 90 ct.



2/\$5
Ricola
Herbal Cough
Drops
 19-24 ct., selected varieties



9.99
Boiron
Oscillococcinum
Flu Relief
 6 ct.



23.99
Amazing Grass
Green SuperFood
 8.5 oz, selected varieties



2.69
Kiss My Face
Olive Oil Bar Soap
 8 oz., selected varieties



5.49
Lily Of The Desert
Organic Aloe
Vera Juice
 32 fl. oz., selected varieties



16.49
Simply Tera's
Protein Powder
 12 oz., selected varieties

Stay well this winter with help from 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

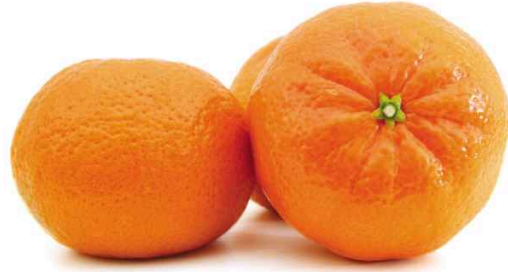
Community Food Co-op

OREGON

- Alberta Cooperative Grocery
- Ashland Food Co-op
- Astoria Co+op
- First Alternative Co-op
- Food Front Cooperative 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



10.99
Seventh Generation
100% Recycled Bath Tissue
 12 pk.



2.29
Preserve
Toothbrush
 each, selected varieties



4.49
Desert Essence
Toothpaste
 6.25 oz., selected varieties



2/\$6
Dr. Tung's
Smart Floss
 30 yd.



11.99
Ecos
Liquid Laundry Detergent
 100 fl. 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.

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