

Co+op deals

MAR 15 - APR 4, 2023

choose your toppings

DELICIOUS, EASY BREAKFAST

Shop the co-op for all your favorite yogurt bowl toppings like nuts, granola and fruit. With Siggis Vanilla yogurt cups, it's easy to make a nutritious and delicious breakfast.



4/\$5

Siggis
Skyr Yogurt
4-5.3 oz., selected varieties



4/\$5

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



2/\$6

Nature's Path
Organic Waffles
7.4 oz., selected varieties



4/\$5

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



From breakfast to dinner, save with Co+op Deals.
Make your favorite meals.



5.49

Organic Valley Cheese
8 oz., selected varieties



3.19

Tofurky Deli Slices
5.5 oz., selected varieties

INCLUSIVE TRADE PARTNER

Nuts for Cheese is a woman-owned company. We are inspired to create 100% dairy-free cheese and believe in the ability to spread positive, sustainable change through food.



6.49

Nuts For Cheese Organic & Dairy-free Fermented Cashew Product
4.2 oz., selected varieties



4.79

Lifeway Organic Kefir
32 fl. oz., selected varieties



2/\$5

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



2/\$7

Hope Foods Organic Hummus
8 oz., selected varieties



6.99

Bubbies Kosher Dill Pickles
33 fl. oz., selected varieties



lovingly handcrafted

Our mission is to deliver a distinct, high-quality brew, lovingly handcrafted coffee with organic beans for a smooth, bold taste.

8.49

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



3/\$4

Chobani Greek Yogurt
5.3 oz., selected varieties

Jump start your day with deals from the co-op.

bringing ethical food to the table



5.49

Vital Farms
Pasture-raised Liquid
Whole Eggs
16 oz.



6.99

Vital Farms
Organic Pasture-raised
Large Grade A Eggs
12 ct.



7.99

Vital Farms
Pasture-raised Large
Grade A Eggs
18 ct.

Vital Farms' mission is to bring ethical food to the table. We do everything we can to improve the lives of people, animals and the planet through food. Our eggs and butter from American family farms are delicious, ethical food you don't have to question.



Have an egg-cellent and protein-rich breakfast.
Start your day off right.



3.99

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



2/\$3

Forager Project
Organic
Cashewmilk
Yogurt
5.3 oz., selected
varieties



3.99

Harmless Harvest
Organic Coconut
Water
16 fl. oz., selected
varieties



4.29

Nancy's
Organic Cottage
Cheese
16 oz., selected varieties



4.49

Honest To
Goodness
Dairy or Dairy-
free Creamer
25.4 fl.oz., selected
varieties

Find fresh ingredients at the co-op.



awesome Coolhaus ice cream

There's now even more ways to adventure into Coolhaus awesome ice cream. Ice cream pints, sandwiches or cones — Coolhaus has you covered!



3.79

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



2/\$6

Coolhaus Ice Cream Sandwiches
5.8 fl. oz., selected varieties



2/\$8

Annie's Pizza Poppers
6.8 oz., selected varieties



5.99

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



10.99

Applegate Naturals Chicken Nuggets
16 oz., selected varieties



gourmet meals in minutes

Dish on Woodstock's tasty frozen pastas! Our organic spinach and cheese ravioli and garlic and roasted veggie ravioli varieties have pockets of hearty flavor with every bite.



7.49

Woodstock Organic Filled Pasta
20 oz., selected varieties

INCLUSIVE TRADE PARTNER

Caulipower is a woman-owned business started by a mom of children with celiac disease, inspired by the desire for gluten-free options.



6.99

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

The co-op has frozen favorites for the whole family.

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



10.99

Spectrum
Organic Extra Virgin
Olive Oil
25.4 fl. oz.



*100% organic,
Italian made*

Lucini® Organic Pasta Sauces are 100% Italian made in small batches with 100% organic ingredients and no sugar added for fresh, authentic flavor.

6.49

Lucini Italia
Organic Pasta Sauce
24-25.5 oz., selected varieties



3.79

Maille
Dijon Mustard
7.3 oz., selected varieties



4.99

Nocciolata
Organic Hazelnut
Spread
9.52 oz., selected varieties



11.99

Truff
Black Truffle
Infused Hot Sauce
6 oz., selected varieties



we spread integrity

We're 100% employee-owned, and we take pride in producing superior products for our customers. Since 1976, we've been dedicated to quality and sustainability for a better future.

7.99

Once Again
Organic Sesame Tahini
16 oz., selected varieties



3.19

Natural Sea
Yellowfin Tuna
5 oz., selected varieties

Flavorful ingredients are at the co-op.



Maya makes it easy

Create authentic Indian dishes whenever you wish. With Maya's "speed-scratch" sauces, dals, chanas, soup and rice you can enjoy her family's time-honored recipes. No roasting, toasting, grinding or measuring required.

2/\$6

**Maya Kaimal
Organic Everyday Dal
Entrees**
10 oz., selected varieties



2/\$7
**Muir Glen
Organic Pasta
Sauce**
23.5-25.5 oz., selected varieties



2/\$7
**Pacific Foods
Organic Broth**
32 fl. oz., selected varieties



2/\$6
**San-J
Cooking Sauce**
10 fl. oz., selected varieties

small treasures

Sardines. Tasty. Nutritious. Versatile. Rich in omega-3. Sustainably harvested in Moroccan and Scottish waters. A wild-caught treasure for you.

2.79

**Crown Prince
Skinless & Boneless
Sardines in Olive Oil**
3.75 oz.



3.49
**Field Day
Organic Pasta
Sauce**
24 oz., selected varieties

scoop up the savings in bulk!



1.79
**Organic
Regular Rolled
Oats**
per pound in bulk



2.79
**Organic
Split Red Lentils**
per pound in bulk



2.79
**Organic
Thompson Raisins**
per pound in bulk



Stock the pantry with help from the co-op.



4.49

Pukka
Organic Herbal Tea
20 ct., selected varieties



2/\$8

Santa Cruz
Organic
Apple Sauce
23 oz., selected varieties



7.49

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



9.99

Equal Exchange
Organic
Breakfast Blend
Coffee
per pound in bulk



10.99

Nutiva
Organic Virgin
Coconut Oil
23 fl. oz.



3.79

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



6.49

King Arthur
Baking Company
Flour
5 lbs.



15.99

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



our path, our future

Nature's Path envisions a more sustainable future for all. We all rely on clean air and water, healthy soil and good food. So, we thank you for eating like our Earth depends on it.

3.79

Nature's Path
Organic Cereal
10-14 oz., selected varieties



5.99

Rishi
Organic Tea
15 ct., selected varieties

The co-op wishes you a healthy spring.



2/\$6

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



2/\$9

**Nixie
Organic Sparkling
Water**
8 pk.-12 fl. oz. cans,
selected varieties



2/\$4

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



2.79

**Good Health
Avocado Oil
Potato Chips**
5 oz., selected varieties



4.99

**Green Mountain
Gringo
Salsa**
16 oz., selected varieties



9.99

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



your spring snack fling



Fall in love with Late July® Organic Tortilla Chips. They're made with quality ingredients for a fresh flavor that pairs perfectly with the season.

2/\$6

**Late July
Organic Tortilla Chips**
7.4-10.1 oz., selected varieties



4.49

**Justin's
Organic Almond or
Peanut Butter Cups**
4.2-4.7 oz., selected varieties

Snacks for every day are at the co-op.



crowd-pleasing snacks

GAME DAY FESTIVITIES

Cheer on your favorite team and shop the co-op for delicious snacks and beverages for your next gathering. March Madness is here, so check out the game day snack and appetizer solutions on grocery.coop for what's sure to be a win with fans of all ages.



2/\$4

Little Secrets
Chocolate Crispy
Wafers
1.4 oz., selected varieties



2/\$5

Smartsweets
Candy
1.8 oz., selected varieties



3.99

Simple Mills
Almond Flour
Cookies
5.5-6.2 oz., selected varieties

Real. Delicious. Chocolate.



Indulge in the good stuff paired with a good cause. You're helping us make a true impact for wildlife and habitats around the globe. Ten percent of our annual net profits are donated to organizations that support our mission.

2.79

Endangered Species
Chocolate Bars
3 oz., selected varieties



4.79

Maxine's
Heavenly
Cookies
6.3-7.2 oz., selected varieties



Find yummy treats on sale at the co-op.



5.59
 Source Naturals
 Melatonin
 60 ct., selected varieties



2.19
 Quantum
 Zinc Elderberry
 Raspberry Lozenges
 1.2 oz.



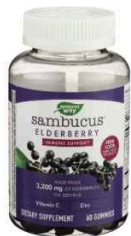
2/\$6
 Yogi
 Herbal Tea
 16 ct., selected varieties



9.99
 Yerba Prima
 Psyllium Husks
 12 oz., selected varieties



28.49
 Four Sigmatic
 Organic Plant-based Protein
 Powder
 16.7-21.16 oz., selected varieties



14.99
 Nature's Way
 Sambucus
 Elderberry
 Gummies
 60 ct., selected varieties



9.49
 Herb Pharm
 Soothing Throat
 Spray
 1 fl. oz.



9.49
 Herb Pharm
 Milk Thistle
 Cleanse & Detoxify
 1 fl. oz.



9.49
 Herb Pharm
 Ashwagandha
 Energy & Vitality
 1 fl. oz.



10.79
 Herb Pharm
 Kava Nervous System
 1 fl. oz.



*live your
 best spring*

Refresh your wellness routine with savings on all top-selling **Herb Pharm** liquid herbal extracts. Whether your concerns are stress, immune, energy or liver support, these herbal allies can help.

The co-op helps support your wellness needs.



2/\$5
 Desert Essence
 Tea Tree Oil Dental
 Floss or Tape
 30-50 yd., selected
 varieties



3.79 Tea Tree Therapy
 Baking Soda Toothpaste
 5 oz.



5.69
 Herban Cowboy
 Deodorant
 2.8 oz., selected varieties



2/\$12
 Giovanni
 Shampoo or
 Conditioner
 5.1-8.5 fl. oz., selected
 varieties



11.69
 Naturtint
 Hair Color
 5.75 fl. oz., selected
 varieties



Fresh and clean ingredients are at the co-op.
It's spring cleaning time.



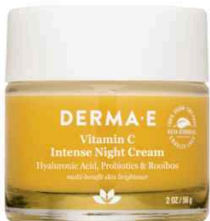
9.79
 Now
 Sweet Almond Oil
 16 fl. oz.



3.49
 Ecover
 Liquid Dish Soap
 25 fl. oz., selected
 varieties



4.79
 Better Life
 Toilet Bowl Cleaner
 24 fl. oz.



14.99
 Derma E
 Vitamin C Intense
 Night Cream
 2 oz.



20.99
 Mad Hippie
 Vitamin C Serum
 1.02 fl. oz.

The co-op has products for you and your home.

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

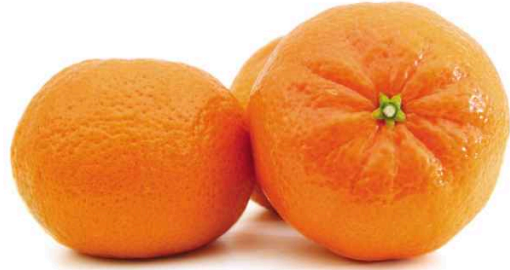
Olympia Food Co-op

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



3.99

Mrs. Meyer's Dish Soap
16 fl. oz., selected varieties



3.99

Mrs. Meyer's Multi-surface Cleaner
16 fl. oz., selected varieties



2/\$8

Mrs. Meyer's Hand Soap
10-12.5 fl. oz., selected varieties

rooted in goodness

Mrs. Meyer's smells like a garden and cleans like the dickens. All products are cruelty free, formulated without artificial colors, ammonia, chlorine bleach or parabens, and are beautifully packaged in bottles that are at least 30% PCR (Post-Consumer Recycled) and 100% recyclable.

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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