

coop deals

MAY 3 - MAY 16, 2023

enjoy the sunshine

EXPLORE THE OUTDOORS

Heading outdoors and enjoying the warm weather is a must at this time of year, but remember to protect your skin against sunburn with Alba's Sheer Mineral sunscreen. You'll love that this sunscreen has no parabens, phthalates or sulfates, and is on sale at the co-op.



7.99

Alba Botanica
Mineral Sunscreen
3 fl oz., selected varieties



2.29

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



2.79

The Good Crisp
Company
Potato Crisps
5.6 oz., selected varieties



3.99

Tony's Chocolonely
Chocolate Bars
6.35 oz., selected varieties



Enjoy refreshing beverages from the co-op.

The warm season is here!



organic, cheesy goodness

Organic Valley has the perfect shredded cheese for your favorite recipes. Try our thick-cut, three-cheese Italian blend on pizza, pastas or risotto or our finely shredded Mexican blend with chili, quesadillas and nachos.



3.79

Organic Valley Sour Cream
16 oz., selected varieties

3.99

Organic Valley Shredded Cheese
6 oz., selected varieties



3.19

Planet Oat Oatmilk
52 fl. oz., selected varieties



5.49

Bizzy Organic Cold Brew Coffee
48 fl. oz., selected varieties



6.99

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

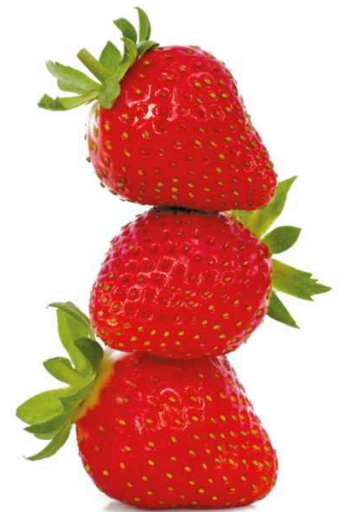


rich, creamy and delicious

Take some me time with the original cream-top yogurt.

3.99

Brown Cow Cream Top Yogurt
32 oz., selected varieties



The co-op has dairy and nondairy options.



3/\$4

Siggis
Yogurt
4-5.3 oz., selected
varieties



1.79

So Delicious
Coconutmilk
Yogurt
5.3 oz., selected
varieties

family-owned, organic cheese



Rumiano cheese is the oldest family-owned cheese company in California, crafting the highest-quality organic, non-GMO cheese from the unique Northern California milkshed!

2/\$8

Rumiano
Organic Block Cheese
8 oz., selected varieties



Find great toppings for your yogurt bowl at the co-op.

Breakfast made easy.



8.49

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



2.29

Ellenos
Greek Yogurt
5.3 oz., selected varieties



4.49

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



5.49

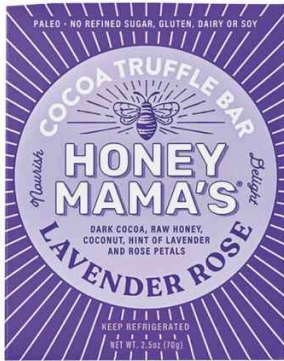
Toby's
Dressing & Dip
12 oz., selected varieties



5.99

Fage
Greek Yogurt
35.3 oz., selected
varieties

The co-op helps you eat well each morning.



3.99

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

DIY cold treats

GREAT DEALS

With the temps increasing this time of year, you may be craving a sweet, cold treat. Did you know that grocery.coop has recipes for anytime of the year? Try the berry yogurt ice pops recipe to make at home and cool off with a tasty, healthy treat.



2/\$5

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



5.29

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



5.29

**Califia Farms
Almondmilk or
Oat Creamer**
25.4 fl. oz., selected varieties



real everything

Real flavor made with only natural ingredients and nothing artificial.

4/\$5

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



5.39

**Organic Valley
Lactose-free Milk**
64 fl. oz., selected varieties



Find tasty and cool treat recipes at grocery.coop!



2/\$6 Amy's Burritos
5.5-6 oz., selected varieties



2/\$7 Van's Frozen Waffles or Pancakes
8-12.4 oz., selected varieties



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



2/\$10 So Delicious Dairy-free Frozen Dessert
1 pint, selected varieties



5.99 Flax4Life Muffins or Brownies
14 oz., selected varieties

freezer pleaser

Share the love.

5.49

Ben & Jerry's Ice Cream
1 pint, selected varieties



7.99 Cappello's Pizza
10.82-12 oz., selected varieties



12.99 Cascadian Farm Organic Frozen Fruit
28-32 oz., selected varieties

support Celiac Awareness Month

Udi's is committed to making delicious food that just happens to be gluten free. You shouldn't have to compromise on taste, so we offer full-flavor alternatives to support your lifestyle.

4.39

Udi's Gluten Free Hamburger or Hot Dog Buns

10.4-12.9 oz., selected varieties



Your favorite frozen items are at the co-op.

cinco con Siete

INCLUSIVE TRADE PARTNER

We are a Mexican-American food brand, rooted in family, that makes delicious, better-for-you products. It's our mission to inspire inclusivity around the table by creating heritage-inspired foods made with real ingredients.



2/\$6

Siete
Mexican
Grain-free Cookies
4.5 oz., selected varieties



3.79

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



3.79

Siete
Grain-free
Taco Shells
5.5 oz., selected varieties



7.49

Siete
Grain-free
Tortillas
7 oz., selected varieties



Find tasty ingredients at the co-op.
Make meals delicious.

**inclusive
trade**

Shop inclusive trade!

We're pleased to offer great deals on brands and products that are women-, Black-, Indigenous-, people of color- (POC), LGBTQIA+-, persons with disabilities- and veteran-owned.

INCLUSIVE TRADE PARTNER

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

5.49

Tucson Tamale
Tamales
10-11 oz., selected
varieties



Inclusive Trade brands are on sale at the co-op.

INCLUSIVE TRADE PARTNER

A Dozen Cousins is a diverse-owned company inspired by traditional Caribbean, Creole and Latin American cuisine. We want our dishes to be more convenient for the everyday kitchen.

2/\$6

A Dozen Cousins
Ready-To-Eat
Beans
10 oz., selected
varieties

**2/\$8**

Plant Boss
Organic Meatless Crumbles
3.17-3.35 oz., selected varieties

INCLUSIVE TRADE PARTNER

Chickapea is a woman-owned company. We want to provide nutritious and convenient family meal options.

3.79

Chickapea
Organic
Chickpea &
Lentil Pasta
5.7-8 oz., selected
varieties

**2/\$4**

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

**2.29**

Bionaturae
Organic Tomato
Paste
7 oz.

**4/\$5**

Simply Organic
Seasoning or Dip
Mixes
.7-1.5 oz., selected
varieties

**2/\$6**

Muir Glen
Organic Pasta
Sauce
23.5 fl. oz., selected
varieties

**3.29**

San-J
Gluten-free
Cooking Sauce
10 fl. oz.

**3.49**

Annie's
Organic Ketchup
24 oz.

**2/\$7**

Tinkyada
Organic Brown Rice Pasta
10-12 oz., selected varieties

**2/\$8**

Annie's
Homegrown
Organic Dressing
8 fl. oz., selected
varieties

**2/\$8**

Dream
Organic Rice
Drink
32 fl. oz., selected
varieties

Plenty of flavorful options are at the co-op.



the ultimate cookout

MEMORABLE AND DELICIOUS

Backyard grill outs are made even better with **Waterloo** Sparkling Water and **Woodstock** Charcoal. The co-op has what you need for a mouth-watering spread to kick off the warm season and enjoy the company of friends and family.



2/\$7
Hope Foods
Organic Hummus
8 oz., selected varieties



3.99
Simple Mills
Almond Flour Crackers
4.25 oz., selected varieties



4.99
Applegate
Natural Uncured
Beef Hot Dog
10 oz.



7.99
Beyond Meat
Beyond Beef Plant-based
Ground or Patties
16 oz., selected varieties



2/\$9
Waterloo
Sparkling Water
12pk- 12 fl. oz. cans, selected
varieties



9.99
Woodstock
Lump Hardwood
Charcoal
8.8 lb.

The co-op has food for every dietary lifestyle.

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

The perfect snacks are on sale at the co-op now!

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



crunch into
goodness

2.79

Garden Of Eatin'
Organic Refried Beans
16 oz., selected varieties

2.79

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

3.79

Garden Of Eatin'
Taco Shells
5.5 oz., selected varieties

Bring delicious crunch and color to
any occasion with Garden of Eatin'.



3.99

Lotus Foods
Organic Rice
Ramen
10 oz., selected varieties



4.49

Blue Diamond
Almond Milk
64 fl. oz., selected
varieties

2/\$3

Vermont
Smoke & Cure
Meat Sticks
1 oz., selected varieties



9.49

Field Day
Almond Flour
16 oz.



11.49

Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 fl. oz.

scoop up the savings in bulk!



1.79

Organic Quick
Rolled Oats
per pound in bulk



2.79

Organic Black
Beans
per pound in bulk



6.49

Almonds
per pound in bulk

Shop in bulk at the co-op.



1.79

**Earth's Best
Organic Baby
Food Puree**
3.5-4.2 oz., selected varieties



4/\$5

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



3.99

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



3.49

**Nature's Path
Organic
Instant Oatmeal**
8pk.-1.75 oz., selected varieties



2/\$8

**Barbara's
Cereal**
10-15 oz., selected varieties



2/\$8

**Kind
Healthy Grains
Bars**
5pk.-1.2 oz., selected varieties



2/\$8

**Tazo
Tea**
20 ct., selected varieties



Gomacro — bigger than a bar

The Protein Replenishment MacroBar is every peanut butter lover's dream! During the month of May, 10% of proceeds from this salty and sweet Give Back Bar goes to Farm Sanctuary.

2.79

**Gomacro
Organic Macrobar**
2.3 oz., selected varieties



5.29

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

The co-op has the brands you trust.



2/\$7

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



12.99

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



Earth's magic!

The highest standard for farming on Spaceship Earth! **Dr. Bronner's** Virgin Coconut Oils are Regenerative Organic Certified® and Magic All-One Chocolate is on the path! Regenerative, organic agriculture builds rich soil, sequesters carbon, provides healthy food and fosters biodiversity. All One!



Satisfying snacks for your backyard party.
Try something new.

simple snacking

Stop by the co-op to find all of your family's favorite snacks with ingredients you can feel good about.



4.99

Kettle Brand
Potato Chips
13 oz. , selected varieties

An assortment of snacks is at the co-op.



4.49

Unreal
Chocolate Bars, Cups
or Gems
3.2-5 oz., selected varieties



3/\$5

Justin's
Organic Nut
Butter Cups
1.32-1.4 oz., selected varieties



2/\$5

Good Health
Peanut Butter
Filled Pretzels
5 oz.



2/\$6

Theo
Organic
Chocolate Bar
3 oz., selected varieties



2/\$7

Unique Snacks
Pretzel Splits
11 oz., selected varieties



2/\$7

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



2.79

Vegan Rob's
Plant-based Puffs
3.5 oz., selected varieties

Chocolove Premium Belgian Chocolate

Chocolove 3.2 oz. bars, made with premium Belgian chocolate and high-quality ingredients, include a love poem inside every wrapper. Enjoy yourself or share it with someone you love.

2/\$5

Chocolove
Chocolate Bars
2.9-3.2 oz., selected varieties



2/\$10

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

Stock the pantry with snacks from the co-op.

inspired by nature

Jason®, derived from the Greek word for "healer," celebrates the power of Earth's incredible botanicals.

4.99

Jason
Deodorant
Stick
2.5 oz.,
selected varieties

4.99

Jason
Toothpaste
4.2 ounces,
selected varieties

8.49

Jason
Scalp Care Shampoo
or Shampoo +
Conditioner
12 fl. oz., selected varieties



10.79

Nordic Naturals
Vitamin D3
Gummies
60 ct.



13.49

Solaray
Magnesium
Glycinate 350mg
120 ct.



20.99

Megafood
Advanced
Multivitamins
60 ct., selected varieties

new taste and texture

With a delicious new taste and texture, Raw Organic Protein Chocolate is a plant-based protein that offers 22 g. of complete protein, fat soluble vitamins, live probiotics and enzymes — and 0 g. of sugar!

35.49

Garden of Life
Organic Raw Plant
Formula Protein

19.75-24.69 oz., selected varieties



23.99

Host Defense
Mushrooms
Organic
Mushroom General
Wellness Support
60 ct., selected varieties



25.99

Evanhealy
Organic Rosehip
Treatment Facial
Serum
.5 fl. oz., selected
varieties

The co-op has supplements for a healthier you.

INCLUSIVE TRADE PARTNER

South of France is a woman-owned company. We still kettle cook small batches of our soap using a traditional Marseille recipe.

3.19

South of France
Bar Soap
6 oz., selected varieties

**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 provide their skills and knowledge to the rest of the world.

8.49

Alaffia
Beautiful Curls
Shampoo or
Conditioner
12 fl. oz., selected varieties

**17.49**

Andalou Naturals
Face Cream
1.7 oz., selected varieties

**2/\$8**

Zum
Bar Soap
3 oz., selected varieties

**5.99**

EO
Hand Soap
12 fl. oz., selected
varieties

**13.49**

Weleda
Skin Food Body
Butter
5 fl. oz.

pure plants, true benefits →

With Aura Cacia, you truly can make a positive impact on your wellness and on the world. Made from sustainably sourced, pure botanicals.

7.79

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

**7.49**

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

Find quality 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 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*

try a new smoothie

Enjoy the warmer weather and try this delicious green smoothie recipe. Check out grocery.coop for more tasty and healthy smoothie ideas!

INGREDIENTS

½ cup milk

½ cup plain Greek yogurt

4 cups spinach leaves, washed

1 cup pineapple chunks, drained

1 medium frozen banana, sliced

PREPARATION

Place ingredients in a blender in the following order: milk, yogurt, spinach, pineapple and banana, and secure the lid. Blend on high until smooth. Pour into glasses and serve immediately.



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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