

coop deals

MAY 17 - MAY 30, 2023

flavorful crunch

With all the picnics and backyard grilling, be sure to grab a delicious snack like Boulder Canyon's thickly sliced kettle chips. The sea salt flavor perfectly enhances the smooth avocado oil texture. Crunch away!



2.79

**Boulder Canyon
Potato Chips**

5.25-6.5 oz., selected varieties



2/\$6

**Stacy's
Pita Chips**

7.33 oz., selected varieties



2/\$6

**Health-Ade
Organic
Kombucha**

16 fl. oz., selected varieties



3.49

**Field Day
Organic Tomato
Ketchup**

24 oz.



3.79

**Madegood
Organic Granola
Bars**

6 pk.-.85 oz. bars,
selected varieties



3.99

**Daiya
Deluxe Mac &
Cheeze**

10.6-10.9 oz., selected varieties



8.99

**Nature's Path
Organic
Cereal**

26.4-32 oz., selected varieties



Fill your days with delicious food from the co-op.

Shop for summer days ahead.



4.29

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



4.29

**Upton's Naturals
Seitan**
8 oz., selected varieties



5.29

**Follow Your
Heart
Original Vegenaise**
16 fl. oz.



5.49

**Organic Valley
Stringles
Mozzarella Cheese
Sticks**
8 oz.



6.99

**Beyond Meat
Beyond Sausage**
14 oz., selected varieties



5.49

**Grillo's
Dill Pickles**
32 fl. oz., selected
varieties



6.99

**Bubbies
Kosher Dill
Pickles or Bread &
Butter Chips**
33 fl. oz., selected
varieties



5.79

**Wildbrine
Organic
Sauerkraut or
Kimchi**
18 oz., selected varieties

*100% grass-fed dairy,
100% delicious*

When cows eat well, you do, too. **Organic Valley's** grass-fed cows graze on lush pastures and diverse forages, producing milk and cream with naturally occurring omega-3 and CLA. These products are 100% grass-fed dairy, 100% delicious.



3.29
**Organic Valley
Grassmilk
Half & Half**
1 pint



5.79
**Organic Valley
Grassfed Whole or
Fat-free Milk**
64 fl. oz., selected varieties



6.49
**Organic Valley
Grassmilk Raw
Cheddar Cheese**
8 oz., selected varieties

Find delicious options at the co-op.



3.29
Lightlife
Organic Tempeh
8 oz., selected varieties



3.79
Lightlife
Smart Dogs
12-13.5 oz.,
selected varieties



4.99
Field Roast
Plant-based Sausages
12.95 oz., selected varieties



4.99
Field Roast
Chao Vegan Cheese
7-8 oz., selected varieties

←
*vegan
summertime
essentials*

Lightlife and Field Roast bring plant-based favorites to a BBQ near you! Vegan options to fit any dish, from skewers to salads.



3.99
Harmless Harvest
Organic Coconut
Water
16 fl. oz.



3/\$4
Fage
Greek Yogurt
5.3 oz., selected varieties



4.99
Organic Valley
Cheese
8 oz., selected varieties



4.29
Stonyfield Organic
Kids Yogurt
Tubes
16 oz., selected varieties



4.49
Ripple
Plant-based Milk
48 fl. oz., selected
varieties



4.99
Honest To
Goodness
Dairy or Dairy-
free Creamer
25.4 fl.oz., selected
varieties

The co-op makes breakfast easier.



2/\$8

**JonnyPops
Frozen Fruit
or Cream Bars**
8.25 fl. oz., selected varieties



*America's favorite
organic ice cream*

Alden's is committed to making products irresistible for all, offering a wide variety of dairy and dairy-free frozen desserts.

8.99

**Alden's Organic
Ice Cream**
48 fl. oz., selected varieties



3.29

**Dandies
Vegan
Marshmallows**
10 oz., selected varieties



4.49

**Newman's Own
Fig Newmans**
10 oz., selected varieties



2/\$9

**Goodpop
Frozen Dairy-free
Dessert**
9-13.2 fl. oz., selected varieties

flavors from real ingredients



At Talenti, we raise the bar. We believe there are no shortcuts to quality and great taste.

2/\$10

**Talenti
Gelato or Sorbetto**
1 pint, 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
Appetizers and Entrees**
7.5-12 oz., selected varieties

Find a sweet treat at the co-op.



12.99

**Spectrum
Organic Extra
Virgin Olive Oil**
25.4 fl. oz.

*plant-based,
great taste*

Gardein offers a wide variety of plant-based proteins with a great taste and texture. Non-GMO project verified and always vegan.



2/\$9 **Gardein
Plant-based Proteins**
8-13.7 oz., selected varieties



1.99

**Field Day
Organic Yellow
Mustard**
8 oz.



2/\$4

**Wild Planet
Sardines**
4.4 oz., selected varieties



2/\$6

**Ancient Harvest
Organic Gluten-free
Pasta**
8 oz., selected varieties



Coolhaus awesome ice cream

Ice cream is edible creativity; our canvas to design awesome life experiences. We design the most interesting, seductive, surprising and outrageous ice cream experiences for you to scoop, crunch, lick and devour.

2/\$7

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



5.49

**Sir Kensington's
Mayonnaise**
12 fl. oz., selected varieties



10.99

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

There's something for everyone at the co-op.

real delicious food



Woodstock's assortment of flavorful condiments and mouth-watering pickles are sure to impress a crowd. Share the unique flavors of our crunchy bread and butter pickles or zesty Dijon mustard for a great time with friends and family.



2.79
Woodstock Organic Mustard
8 oz., selected varieties

3.29
Woodstock Organic Ketchup
20 oz.

4.49
Woodstock Organic Mayonnaise
16 fl. oz.

4.99
Woodstock Organic Pickles
24 fl. oz., selected varieties



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



3.79
Westsoy Organic Soymilk
32 fl. oz., selected varieties



8.49
Primal Kitchen Avocado Oil Mayo
12 fl. oz., selected varieties



4.99
Green Mountain Gringo Salsa
16 oz., selected varieties



7.49
R.W. Knudsen Organic Just Juice
32 fl. oz., selected varieties



scoop up the savings in bulk!



2.99
Organic Green Lentils
per pound in bulk



3.49
Organic Tri-color Quinoa
per pound in bulk



4.49
Walnut Halves & Pieces
per pound in bulk

The co-op has any quantity you want in bulk.

*good food
that does good*



Clif Bar was born on a bike and built with athletes in mind. Today we make organic, plant-based energy food — and not just for performance. We thoughtfully craft our foods to help energize any moment, big or small.

2/\$3

Luna Organic Bars
1.69 oz.,
selected varieties

2/\$4

Clif Builders Protein Bars or Organic Nut Butter Bars
1.76-2.4 oz., selected varieties

3/\$5

Clif Bars
2.4 oz.,
selected varieties

5.99

Clif Kid Organic Zbars
6-1.27 oz. bars, selected varieties



2/\$4

Thunderbird Food Bar
1.7 oz., selected varieties



2/\$8

Happy Family Organics Yogis
1 oz., selected varieties



2/\$4

Santa Cruz Organic Lemonade
32 fl. oz.,
selected varieties



2/\$4

R.W. Knudsen Organic Recharge
32 fl. oz.,
selected varieties



2/\$4

R.W. Knudsen Recharge
32 fl. oz.,
selected varieties



2/\$6

R.W. Knudsen Organic Apple Juice
32 fl. oz.



*your family's
favorite beverages*

Kick off summer with your family's favorite beverages from **Santa Cruz Organic®** and **R.W. Knudsen®**! Treat them to a delicious glass of lemonade or apple juice. Use R.W. Knudsen Recharge® to refuel — it's packed with thirst-quenching flavors!

Summer must-haves are at the co-op.



2.79

Lesser Evil
Organic Popcorn
4.6-7 oz., selected varieties



*simplified snacking
the Swedish way*

Starting with a few simple ingredients, Wasa crispbreads are baked to perfection and deliver a hearty crunch. Available in 10 varieties, Wasa crispbreads are the perfect canvas for any toppings. Certified non-GMO and carbon neutral.

3.29

Wasa
Crispbread
4.4-8.8 oz., selected varieties



2/\$6

Barbara's
Cheese Puffs
5.5-7 oz., selected varieties



2/\$7

Taza
Organic
Chocolate Bars
2.5 oz., selected varieties

perfect snacks for summer

Late July tortilla chips are authentically made for a delicious taste you can feel good about. Great as a summer snack or side!

2/\$7

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



3.99

Paqui
Tortilla Chips
7 oz., selected varieties

So many snacks to choose from at the co-op.



2.79
Endangered Species
Chocolate Bars
 3 oz., selected varieties



3.79
C2O
Coconut Water
 33.8 fl. oz., selected varieties



5.49
Lily's
Chocolate Peanut
Butter Cups
 3.2 oz., selected varieties



2.29
Hi-ball Energy
Seltzer
 16 fl. oz., selected varieties



4/\$5
Solely
Organic Fruit
Jerky
 .8 oz., selected varieties



4/\$5 **Bob's Red Mill**
Oats Bar
 1.76 oz., selected varieties

our best-selling sparkling water



Stock up this summer on Nixie Sparkling Water, an award-winning line of delicious, certified-organic sparkling waters with the mission to eliminate sugar, single-use plastic bottles and toxic-persistent pesticides from the beverage aisle.

2/\$8 **Nixie**
Organic Sparkling Water
 8 pk.-12 fl. oz. cans, selected varieties



4.49
Nature's Bakery
Fig Bars
 6pk.-2 oz., selected varieties

The co-op has perfect picks for picnics.

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



5.79

Shikai Shower Gel
12 fl. oz., selected varieties



7.69

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



organic ayurvedic herbal solutions

Using Fair Trade principals, our products are made from whole herbs to extract only the greatest synergistic benefits for those seeking to improve their health, mind, body and spirit.

14.29

Organic India Triphala
90 ct.



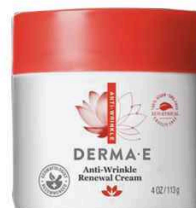
8.79

Heritage Store Rosewater Facial Mist
8 fl. oz.



10.49

T-Relief Extra Strength Pain Relief Cream or Gel
3 oz., selected varieties



11.79

Derma E Anti-Wrinkle Renewal Cream
4 oz.

adapt to stress

Ashwagandha is an Ayurvedic herb that addresses long-term stress and can help you feel rested, energized and ready to take on the day.

15.49

Oregon's Wild Harvest Organic Ashwagandha
90 ct.



12.99

Ultima Replenisher Electrolyte Drink Mix
3.2-3.7 oz., selected varieties



20.49

Floradix Herbal Supplement
8.5 fl. oz., selected varieties

Start the day with supplements from 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.

2/\$6

Radius
Dental Floss
55 yd., selected varieties



made with love and respect

INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company and social enterprise on a mission to create a more sustainable and equitable future. When you choose our products, you join us in empowering women and families.

9.49

Alaffia
Everyday Shea Bubble
Bath or Body Wash
32 fl. oz., selected varieties



4.19
Nubian Heritage
Bar Soap
5 oz., selected varieties



4.29
World Centric
Compostable 9"
Plates
20 ct.



5.29
Himalaya
Toothpaste
4-5.29 oz., selected varieties



fresh starts here

Schmidt's Natural Deodorant helps neutralize odor and keeps you fresh with 24-hour odor protection. This product is formulated to be gentle on skin, with 100% natural-origin ingredients, as certified by Ecocert.

7.49

Schmidt's
Natural Deodorant
2.65 oz., selected varieties



4.99
Better Life
Toilet Bowl Cleaner
24 fl. oz.

Sustainable, eco-friendly brands are 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

INCLUSIVE TRADE PARTNER

The Honey Pot is a Black-owned company, and our products are dermatologist tested, kind to skin and plant-derived.

8.49

The Honey Pot Normal or Sensitive Wipes 30 ct., selected varieties



inclusive trade



6.99

Acure Facial Cleanse 4 fl. oz., selected varieties



2.69

Kiss My Face Olive Oil Bar Soap 8 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.

PWNW0523B

