

coop deals

JUN 21 - JUL 4, 2023

sweet and refreshing

The sweet days of summer are here, but they sure are hot. As the temps keep climbing, you can stay cool with Santa Cruz's organic lemonade, on sale at the co-op.



2/\$4

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



1.89

Siggis Plant-based Yogurt
5.3 oz., selected varieties



2/\$5

Koyo Organic Udon
8 oz., selected varieties



2/\$5

Epic Bars
1.3-1.5 oz., selected varieties



2.69

Hail Merry Snack Cups
1.5 oz., selected varieties



2/\$6

Back To Nature Crackers
6 oz., selected varieties



2/\$7

Que Pasa Organic Tortilla Chips
10-11 oz., selected varieties



Summer is for turning lemons into lemonade.
Make the days sweeter.

*fermented food
for everyone*



INCLUSIVE TRADE PARTNER

GT's Living Foods is a family- and LGBTQIA+-owned business. Since our humble beginnings in 1995, GT Dave has created living foods with organic plants, raw fermentations, naturally occurring probiotics, peace, love and pride.



2/\$6
GT's
Organic Kombucha
16 fl. oz., selected varieties

2/\$6
GT's
Ancient Mushroom
Elixir
16 fl. oz., selected varieties

5.49
GT's
Organic Cocoyo
8 oz., selected varieties



4.49
Good Culture
Organic Cottage
Cheese
15-16 oz., selected
varieties



5.99
Maple Hill
100% Grassfed
Organic Milk
64 fl. oz., selected
varieties



*lovingly handcrafted
cold brew*

We deliver completely organic, exceptionally smooth, low-acidity cold brew ready to be enjoyed in your favorite recipe or by the glass!

8.99
Chameleon Cold Brew
Organic Coffee Concentrate
32 fl. oz., selected varieties



5.99
Redwood Hill Farm
Goat Milk Kefir
32 fl. oz., selected varieties

Refreshing selections are at the co-op.



2.99
Fage
Greek Yogurt
16 oz., selected varieties



2/\$8
Koia
Plant-based
Protein Drink
12 fl. oz., selected varieties



3.29
Organic Valley
Grassmilk Half & Half
1 pt.



3.29
Stumptown
Coffee Roasters
Cold Brew
Concentrate
10.5-11 fl. oz., selected varieties



5.99
Califia Farms
Cold Brew Coffee
48 fl. oz., selected varieties



4.99
Violife
Just Like Cheese
5.29-8 oz., selected varieties

from free-to-forage hens



Organic Valley eggs have rich-colored yolks and incredible flavor. Just what you'd expect from organic hens that are free to roam outside in the fresh air and sunshine.

3.99 Organic Valley
Large Free-range Brown Eggs
1 doz.



5.99
Earth Balance
Organic Whipped
Buttery Spread
13 oz.

The co-op makes breakfast easy.



4.99

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



5.29

Organic Valley
Raw Cheese
8 oz., selected varieties

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



2.39

Ellenos
Greek Yogurt
5.3 oz., selected varieties



4.49

Upton's Naturals
Seitan
8 oz., selected varieties



2.29

Noosa
Yoghurt
8 oz., selected varieties



5.49

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



5.49

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



4.79

Mt Vikos
Organic Feta
Cheese
6 oz., selected varieties



4.29

Miyoko's Creamery
Organic Vegan Butter
8 oz., selected varieties

Ingredients for delicious meals are at the co-op.

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



2/\$10

So Delicious Dairy-free Frozen Novelties
9.2-18.4 fl. oz., selected varieties



5.99

Amy's Frozen Meals
8.25-10.3 oz., selected varieties

Coolhaus awesome ice cream

COOL HAUS
TAHITIAN VANILLA BEAN
ICE CREAM SAMMIE
CHOCOLATE CHIP COOKIES + TAHITIAN VANILLA BEAN ICE CREAM
HAND CRAFTED REAL INGREDIENTS
5.8 FL. OZ. (172mL)
1 ICE CREAM SANDWICH

We started churning out ice cream in 2008 when we towed a broken down truck to a music festival. All our flavors are just as adventurous, and we love 'em for it. Like the Chocolate Chip with Tahitian Vanilla Bean Sammie — yup, sweet dreams are made of these, and who are we to disagree?

2/\$7

Coolhaus Ice Cream Sandwiches
4.75-5.8 fl. oz., selected varieties



Find your favorite frozen treats at the co-op.
Summer evenings made better.

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.

5.49

Alden's Organic Novelties
12-14 fl. oz., selected varieties



9.49

American Flatbread Pizza
13.8-18.62 oz., selected varieties



10.49

Against the Grain Pizza
22.4-24 oz., selected varieties

Find amazing desserts at the co-op.



2/\$8

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

for feeling good →

Vita Coco is the world's best-selling coconut water, loved for bringing coconuts to the world. From our supply chain and the ingredients we start with, to our approach to health and wellness, we exist to keep it real.

2/\$8

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



2/\$8

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



2/\$7

Nature's Path Organic Toaster Pastries
11 oz., selected varieties



7.99

Artisana Organic Raw Tahini or Coconut Butter
14 oz., selected varieties

100% plant-based energy →



Organic, plant-based Yerba Mate energy tea partners with One Tree Planted, a nonprofit that helps in reforestation and restoration of the Amazon Basin in Peru. Committed to planting over 500,000 seedlings by 2024.

2/\$4

Yachak Organic Yerba Mate
16 fl. oz., selected varieties



9.99

Equal Exchange Organic Midnight Sun Coffee
per pound in bulk



10.99

Nutiva Organic Virgin Coconut Oil
23 fl. oz.

Everyone is welcome at the co-op.

mayo dreams come true

Made with real ingredients like avocado oil and cage-free, organic, Certified Humane eggs, Primal Kitchen Mayo and zingy Chipotle Lime Mayo have the creamy, dreamy texture and classic mayonnaise flavor you crave.



7.49

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



2/\$7
**Pacific Foods
Organic Soup**
16.1-16.6 oz., selected varieties

summer meals star seafood



Perfect for sandwiches, spreads, dips, salads and casseroles, our kippers, clams and smoked oysters are your must-have stars for summer dining.



3.99
**Maille
Mustard**
7-8.9 oz., selected varieties

2/\$6 **Crown Prince Natural
Smoked Oysters in Olive Oil**
3 oz.

scoop up the savings in bulk!



1.99
Organic Millet
per pound in bulk



2.39
**Organic
Thompson Raisins**
per pound in bulk,
selected varieties



2.69
**Organic Split Red
Lentils**
per pound in bulk

Stock the pantry with deals from the co-op.



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



4.79
Garden Of Eatin'
Tortilla Chips
 16 oz., selected varieties



3.99
Daiya
Deluxe Mac & Cheese
 10.6-10.9 oz., selected
 varieties



3.99
Q Mixers
Drink Mixers
 4 pk.-7.5 fl. oz. cans,
 selected varieties



5.49
Earth Balance
Peanut Butter
Spread
 16 oz., selected varieties



5.99
Izze
Sparkling Juice
Drink
 4 pk.-12 fl. oz. bottles,
 selected varieties

Father's Day-approved snacks



Dads deserve the extra-delicious, bold crunch of Kettle Brand® Sea Salt or Honey Dijon chips. They're the perfect sides for any Father's Day barbecue.

2/\$6

Kettle Brand
Potato Chips
 4.25-5 oz., selected varieties



4.29
Back To Nature
Cookies
 6-12 oz., selected
 varieties



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

The co-op has snacks for the 4th of July.



2/\$5

Hiball Energy Seltzer
16 fl. oz., selected varieties



2/\$7

Terra Vegetable Chips
5-6 oz., selected varieties



2/\$4

Alter Eco Organic Chocolate Bars
2.65-3.8 oz., selected varieties



2.49

Field Day Flavored Sparkling Water
6 pk.-12 fl. oz., selected varieties



3.99

Barnana Organic Plantain Chips
5 oz., selected varieties



3.29

Dandies Vegan Vanilla Marshmallows
10 oz., selected varieties



3.99

Annie's Homegrown Organic Graham Crackers
14.4 oz., selected varieties



2/\$5

Endangered Species Chocolate Bars
3 oz., selected varieties

←
make S'more memories this summer

Everything you need for a classic campfire treat, on sale now at the co-op!

Picnic and BBQ essentials are at the co-op.

wellness built to power your day



14.49
Rainbow Light Men's One Multivitamin
60 ct.



14.49
Rainbow Light Women's One Multivitamin
60 ct.



16.49
Natural Vitality Raspberry-Lemon Calm Gummies
120 ct.



36.49
Renew Life Women's Probiotic 90 Billion Cultures
30 ct.

Our suite of supplement brands covers it all for the whole family. Count on us for science-based gut wellness solution items from **Renew Life**, high-potency multivitamins and supplements from **Rainbow Light** and mood, mind and sleep supplements to help ease stress from **Natural Vitality**.



8.79
Nature's Way High Potency Activated Charcoal
100 ct.



15.69
Kal Magnesium Glycinate 350
160 ct.



for extraordinary support

mykind Organics Extra Strength Turmeric contains 100 mg. of curcumin to support the body's antioxidant response, which in turn helps support healthy inflammatory function.

19.49

Garden of Life Mykind Organics Extra or Maximum Strength Turmeric
30-60 ct., selected varieties



Stay active with supplements from the co-op.

INCLUSIVE TRADE PARTNER

Kirk's is a woman-owned brand, operating since 1839, with the belief that everyone deserves access to natural cleansers. Our products continue to use our family's soap-making traditions and are safe for the whole family.

4.29

Kirk's Castille Bar Soap
3 pk., selected varieties



3.49

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



5.79

Herban Cowboy Stick Deodorant
2.8 oz., selected varieties



8.69

Life-Flo Pure Magnesium Oil
8 fl. oz.



11.79

Naturtint Hair Color
5.75 fl. oz., selected varieties



Great deals on Inclusive Trade brands.

The co-op celebrates diversity.

outdoor adventures

PREPARE FOR FUN

Heading out for that road trip, camping or just adventures in the backyard? The co-op has everything you need for supporting an active outdoor lifestyle. Find delicious food and beverages, cleaning supplies and body care, too.



Shop the co-op for your next outdoor adventure.

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

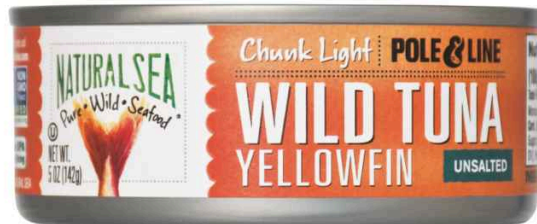
The Food Co-op



to find a food co-op near you, visit us online at: grocery.coop

pure. wild. seafood.

Natural Sea's Unsalted Yellowfin Tuna is responsibly pole and line caught, with a mild taste and firm texture. Add it to a sandwich or salad for a delicious meal!



2/\$6

Natural Sea Yellowfin Tuna
5 oz., selected varieties



2/\$5

Westbrae Organic Beans
15 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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