

coop deals

JUN 29 - JUL 12, 2022

perfect crunch

SUMMER SNACKING

The sunny days of summer are best with snacks on hand. Shop the co-op for flavorful snacks, perfect for outdoor adventures. Try Garden of Eatin' Blue Chips — on sale and always delicious!



3.99

Garden of Eatin'
Tortilla Chips
16 oz., selected varieties



2/\$5

GT's
Organic
Kombucha
16 fl. oz., selected
varieties



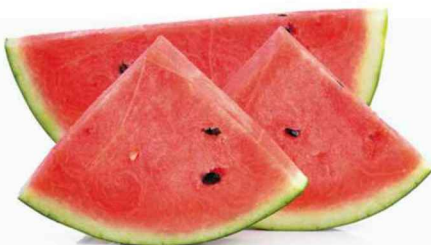
2/\$6

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



4.99

So Delicious
Dairy-free Frozen
Dessert
1 pint, selected varieties



Enjoy your BBQ with deals from the co-op.

Summertime snacks for all.



79¢

**Brown Cow
Cream Top
Yogurt**
5.3 oz., selected varieties



*better for you
and the planet*

The plant-based Beyond Burger enables you to eat what you love without having to compromise on taste, health or sustainability — making it a must-have for summer grilling.

3.99

**Beyond Meat
Beyond Burgers**
8 oz.



2/\$7

**Silk
Plant-based Milk**
64 fl. oz., selected varieties



4.99

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



6.99

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

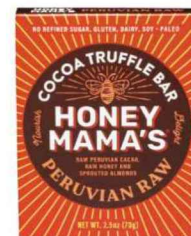


*the original
organic hummus*

HOPE Hummus is the original organic hummus and the only hummus brand made with 100% organic extra virgin olive oil. Try HOPE for a flavor difference you will taste.

2/\$7

**Hope Foods
Organic Hummus**
8 oz., selected varieties



3.99

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



The co-op has backyard meal favorites.



2/\$9

**Bitchin' Sauce
Almond Dip**
8 oz., selected varieties



5.99

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



3.99

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



4.99

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



5.49

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



The co-op makes lunch easy.

Delicious sandwich fixings.



4/\$5

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



4.99

**Organic Valley
Sliced Cheese**
6-8 oz., selected varieties



3.99

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

Healthy lunch ingredients are at the co-op.



1.79

Woodstock
Frozen Vegetables
10 oz., selected varieties



*Good Pops.
Good purpose.*

The "Good" in our name isn't just about the ingredients we use or the way our products taste — it's an integral part of our company's mission and dedication to using our frozen treats as a vehicle to do social, environmental good.

3.99

Goodpop
Frozen Pops
4-8 ct., selected varieties



Frozen favorites for hot summer days.

Cool off and save at the co-op.



more love, more euphoria

Perfectly euphoric for dessert lovers looking for the classic Ben & Jerry's Chunks & Swirls. Dig into peace, love and ice cream.



2/\$9

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



3.99
Wyman's
Frozen Wild
Blueberries
15 oz.



Shop the co-op's frozen section.



2/\$7

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



*sunkissed in the
Mediterranean*

Bring the Mediterranean flavor to your table with 100% authentic Greek Mediterranean Organic Olives! Organically grown and harvested olives that are perfect for a light snack or to complement your favorite dish!

3.99

Mediterranean Organic
Olives

8.1-8.5 oz., selected varieties



2/\$6

San-J
Cooking Sauce
10 fl. oz., selected
varieties



2/\$6

Amy's
Organic Refried
Beans
15.4 oz., selected
varieties



6.99

Carbone
Pasta Sauce
24 oz., selected varieties



*No added sugar?
Sweet.*

Get more flavor this summer with condiments made with real, delicious ingredients.

6.99

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



2.79

Wild Planet
Skipjack Tuna
5 oz., selected varieties

The co-op has great summertime deals.

create a summer spread

Where there's a grill, there are people gathering together, enjoying the warmth of summer and great food. The co-op makes it easy to find everything on your shopping list for outdoor meals, so stop by and pick up something for everyone.



5.99

Applegate
Organic Uncured
Beef Hot Dogs
10 oz.



3. Green
Salsa
16 oz., se



10. Riojan
Organic
Extra
25.5 fl. oz.



3.99

Udi's
Gluten-free Hamburger
or Hot Dog Buns
6-8 ct., selected varieties



6. Alden's
Ice Cr
48 fl. oz.,
varieties





2/\$6

Lily's
Chocolate Bars
2.8-3 oz., selected varieties



find your flavor

Zevia makes finding your favorite flavor FUN. Always zero sugar, zero calories and naturally sweetened, our better-for-you beverages are perfect for the whole family.

4.49

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



Snacks for the whole family are at the co-op.

Tasty snacks and drinks.



2/\$6

Kettle Brand
Potato Chips
5 oz., selected varieties



2/\$4

Essentia
Ionized Water
50.7 fl. oz.



4.49

Waterloo
Sparkling Water
12 pk.-12 fl. oz. cans,
selected varieties

Find cold drinks and great snacks at the co-op.



2.79

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



*clean energy, same
product - new look!*

Yachak Organic is yerba mate derived from the South American rainforest holly tree. Naturally caffeinated, Yachak Organic is also certified fair trade, non-GMO, USDA Certified Organic and gluten free.

3/\$5

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



2/\$5

**Lesser Evil
Organic Popcorn**
5-7 oz., selected
varieties



3.99

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

*taste
the
magic*



Dr. Bronner's Magic All-One Chocolate pairs world-class Swiss chocolatiers with fairly treated cocoa farmers practicing regenerative organic agriculture. Six flavors — all vegan, 70% cocoa, sweetened with coconut sugar and perfectly balanced!

2/\$7

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



2/\$7

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

Find summertime favorites at the co-op.



2/\$7

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



2/\$7

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



2/\$7

**Califia Farms
Shelf Stable
Almondmilk**
32 fl. oz., selected
varieties



5.99

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



2/\$7

**Barnana
Organic Plantain
Chips**
5 oz., selected varieties



2/\$3

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

delicious and nutritious



LUNA® bars are a
must-have on a
perfect summer's day.
With 8 grams of
gluten-free protein,
you'll have all the
energy you need!

4/\$5

**Luna
Nutrition Bars**
1.69 oz., selected varieties



4.99

**Chobani
Shelf Stable Oatmilk**
32 fl. oz., selected varieties



scoop up the savings in bulk!

2.29

**Organic
Garbanzo Beans**
per pound in bulk



5.49

**Organic
Pumpkin Seeds**
per pound in bulk



10.99

**Organic
Unroasted Almonds**
per pound in bulk



The co-op has energizing snacks.



8.99

**Alba Botanica
Sunscreen**
4 fl. oz., selected varieties



fresh-grown organic gummies

MyKind Organics Women's and Men's Gummies are Certified USDA Organic, Non-GMO Project Verified, certified vegan, certified gluten free and made with nine whole fruits in each bottle!

24.99

**Garden of Life
Mykind Organics
Multivitamin Gummies**
120 ct., selected varieties



2/\$11

**Acure
Shampoo or
Conditioner**
8 fl. oz., selected
varieties



20.99

**Jarrow Formulas
Saccharomyces
Boulardii Plus
MOS Probiotic**
90 ct.



30.99

**Solaray
MycrobioMe
Women's
Probiotic**
30 ct.

*clean laundry
is a breeze*

KEEP IT FRESH

When the air is fresh, take advantage of it and hang your laundry outside to dry. You'll save on electricity while helping the environment, too. The co-op has laundry products that are eco-friendly, so look for home care products for all your home cleaning needs.



2/\$6

**Seventh
Generation
Liquid Dish Soap**
19 fl. oz., selected
varieties



11.99

**ECOS
Liquid Laundry
Detergent**
100 fl. oz., selected
varieties

Home and body care options are at the co-op.

Shop for fresh, delicious, local food at a co-op near you.

ILLINOIS

Common Ground Food Co-op
Dill Pickle Food Co-op
Green Top Grocery
Neighborhood Co-op Grocery
Sugar Beet Food Co-op

INDIANA

3 Rivers Natural Grocery
Bloomingfoods Market and Deli
Maple City Market

IOWA

New Pioneer Co-op
Oneota Community Co-op
Wheatsfield Cooperative

KANSAS

The Merc Co+op

KENTUCKY

Good Foods Co-op

MICHIGAN

Grain Train Natural Foods Market
GreenTree Co-op Market
Keweenaw Co-op Market & Deli

Marquette Food Co-op
Oryana Community Co-op
People's Food Co-op – Ann Arbor
PFC Natural Grocery & Deli
Ypsilanti Food Co-op

MINNESOTA

Bluff Country Co-op
City Center Market
Cook County Whole Foods Co-op
Eastside Food Cooperative
Good Earth Food Co-op
Hampden Park Co-op
Harmony Natural Foods Co-op
Just Food Co-op
Lakewinds Food Co-op
Linden Hills Co-op
Mississippi Market
Natural Harvest Food Co-op
People's Food Co-op – Rochester
River Market Community Co-op
Seward Community Co-op
Spiral Food Co-op
St. Peter Food Co-op & Deli

Valley Natural Foods
Wedge Community Co-op
Whole Foods Co-op

NEBRASKA

Open Harvest Cooperative Grocery

OHIO

Phoenix Earth Food Co-op

SOUTH DAKOTA

Natural Abundance Food Co-op
Sioux Falls Food Co+op

WISCONSIN

Basics Cooperative Natural Foods
Chequamegon Food Co-op
Menomonie Market Food Co-op
Oshkosh Food Co-op
Outpost Natural Foods Co-op
People's Food Co-op – La Crosse
Viroqua Food Co+op
Whole Earth Market Co-op
Willy Street Co-op



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



8.99

Woodstock
Lump Hardwood Charcoal
8.8 lb.



3.29

Field Day
Compostable
Cutlery Variety
Pack
24 count



4.99

Field Day
Renewable Fiber
Plates
30 count

Co-ops support products and services that ensure personal and planetary health; a legacy we can be proud to leave generations to come.

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

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