

# Co+op deals

NOV 13 - DEC 3, 2024

*complement your meal*

Creating a delicious feast for family or friends is made easier with Cascadian Farm Organic's green beans. Side dishes or casseroles are a fantastic addition to any meal. Find these on sale at the co-op!



**2/\$7**

**Cascadian Farm  
Organic Frozen Vegetables**  
16 oz., selected varieties



**2/\$3**

**Field Day  
Organic Macaroni  
& Cheese**  
6 oz., selected varieties



**2/\$3**

**Field Day  
Organic  
Sweet Corn**  
15 oz.



**2/\$5**

**Field Day  
Organic Gravy**  
12 oz., selected varieties



**2/\$6**

**Field Day  
Organic Stuffing**  
10 oz.



**3.99**

**Field Day  
Organic Rosemary**  
.7 oz.



**16.99**

**Field Day  
Organic Olive Oil**  
33.8 fl. oz.



**Shop Co+op Deals on Field Day products —**  
for each product sold we'll donate 5¢ to NĀTIFS!  
**Oct. 30 – Dec. 3**





# STRENGTHEN NATIVE FOODWAYS

Shop Co+op Deals on Field Day products — for each product sold we'll donate 5¢ to NATIFS! Oct. 30 – Dec. 3



**2/\$5**  
Field Day Organic Pretzels  
8 oz., selected varieties



**3.99**  
Field Day Organic Semi-sweet Chocolate Chips  
10 oz.



**4.99**  
Field Day Organic Raw Honey  
12 oz.



**4.99**  
Field Day Organic Raisins  
15 oz.



**5.99**  
Field Day Organic All-purpose Flour  
5 lbs.



**6.99**  
Field Day Organic Bath Tissue  
12 ct.

**Scan the QR code above for more about NATIFS!**

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





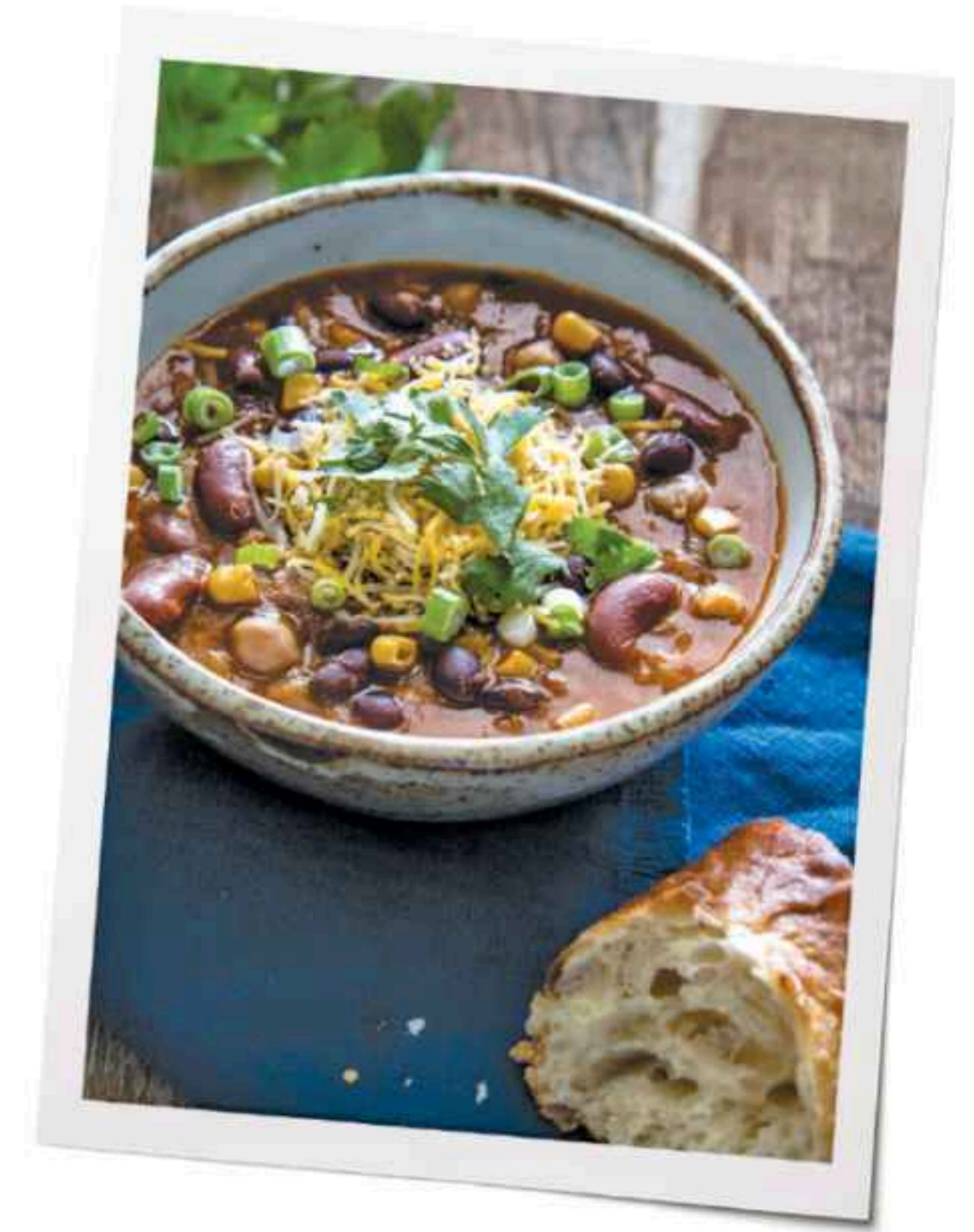
**4/\$5**

Field Day Organic Black Beans  
15 oz.



**2/\$4**

Field Day Coconut Water  
16.6 fl. oz.



**2/\$4**

Field Day Black Olives  
6 oz.



**2.29**

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



**2/\$6**

Field Day Snack Bars  
7.9 oz., selected varieties



**2/\$6**

Field Day Organic Salsa  
16 oz., selected varieties



**3/\$10**

Field Day Wild Pink Salmon  
7.5 oz., selected varieties



**3.99**

Field Day Organic White or Brown Rice  
32 oz., selected varieties



**2/\$8**

Field Day Organic Golden Round Crackers  
8 oz.



**4.29**

Field Day Organic Frozen Potatoes  
23-24 oz., selected varieties



**4.99**

Field Day Wild Caught Cod Fish Sticks  
8 oz., selected varieties



**4.99**

Field Day Organic Apple Cider Vinegar  
32 fl. oz.



**5.99**

Field Day Organic Frozen Pizza  
12.2-13.8 oz., selected varieties

**Incredible seasonal savings are at the co-op.**



*unwrap  
pasture-raised  
perfection*

**COOPERATIVELY OWNED**

**Organic Valley** knows that not just any cheese can be trusted in your holiday recipes. Ours are the perfect option for all of your family's needs. From provolone to cheddar, feta to mozzarella, we've got you covered with award-winning taste.



**4.99**

Organic Valley Block Cheese  
8 oz., selected varieties



**4.99**

Organic Valley Feta Cheese  
8 oz.



**5.49**

Organic Valley Raw Block Cheese  
8 oz., selected varieties



**4.99**

Organic Valley Cheese Slices  
6 oz., selected varieties



**3.49**

Califia Farms Better Half Unsweetened Coconut Cream & Almondmilk  
16.9 fl. oz.



**6.49**

Just Plant-based Egg  
16 oz.



**4.99**

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



**5.49**

Miyoko's Creamery Organic Plant Milk Cheese Spread  
8 oz., selected varieties



**6.99**

Miyoko's Creamery Organic Plant Milk Mozzarella  
8 oz.

*dabble in  
dairy free*

For plant-curious foodies seeking delicious and kinder food choices, **Miyoko's Creamery** is an organic plant milk creamery that crafts the world's finest vegan cheese and butter, empowering people to choose good food that nurtures good in our world.

**Dairy and dairy-free options are at the co-op.**

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





**2/\$4**

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



*the obsession is real™* →

Good Culture is a B-corp and 1% For The Planet organization that makes USDA Organic Cottage Cheese that is deliciously thick and creamy and contains live and active cultures.



**4.79**

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



**3.99**

**Hodo Organic Firm Tofu**  
10 oz.



**3.99**

**Ithaca Hummus**  
10 oz., selected varieties



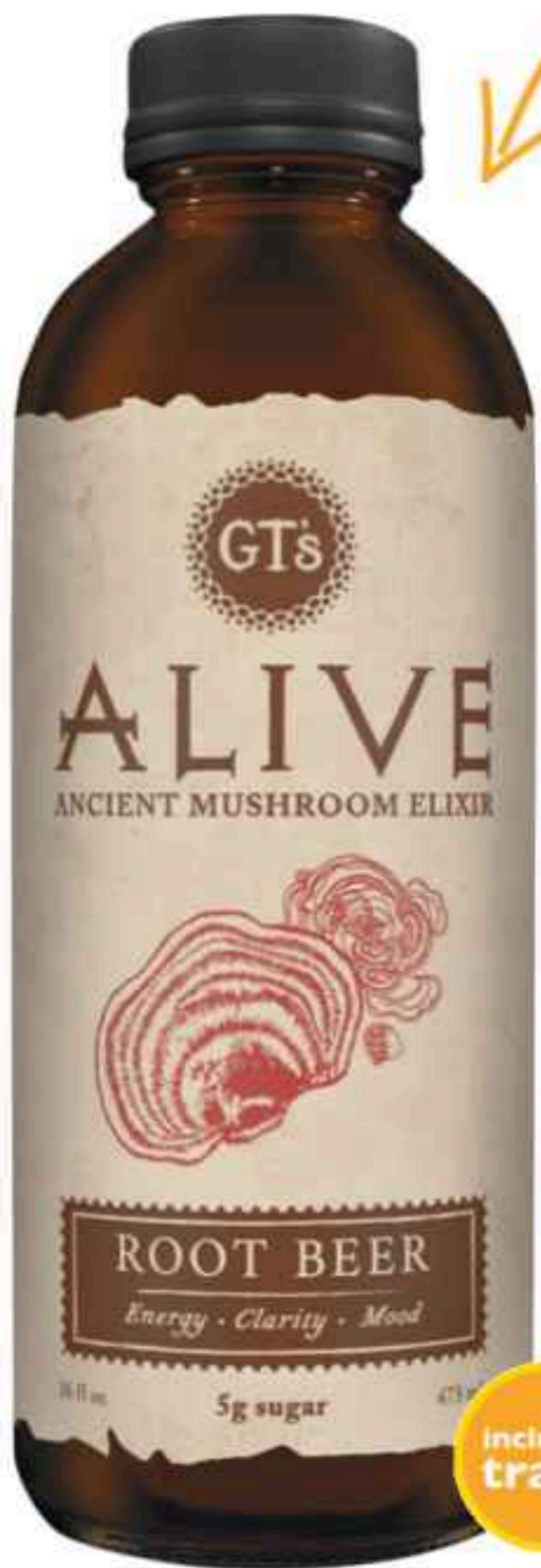
**5.49**

**Immaculate Organic Cinnamon Rolls**  
17.5 oz.



**6.49**

**Health-Ade Organic Kombucha**  
48 fl. oz., selected varieties



*clean energy*

**INCLUSIVE TRADE PARTNER**

GT's Living Foods is an LGBTQIA+-owned company. ALIVE is a sparkling adaptogenic beverage designed to naturally energize your body and mind. Made with three powerful medicinal mushrooms, each sip provides a rejuvenating boost so you can feel alert.

**2/\$6**

**GT's Alive Ancient Mushroom Elixir**  
16 fl. oz., selected varieties



Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.

**Never miss a deal with the Co+op Deals App.**





**5.49**

Vital Farms  
Pasture-raised  
Liquid Whole Eggs  
16 oz.



**5.99**

Vital Farms  
Large Pasture-raised  
Grade A Eggs  
1 doz.



**7.99**

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

*made with  
sunshine*

What are Vital Farms pasture-raised eggs, you ask? They're eggs from hens raised with respect by family farmers. Proudly crack them open for breakfast or bake into your favorite holiday recipe.



**4.49**

Andrew & Everett  
Sliced Cheese  
7 oz., selected varieties



**4.79**

Mt Vikos  
Feta Cheese  
6 oz.



**6.49**

Wallaby Organic  
Greek Yogurt  
32 oz., selected varieties

*power of plant-based*

Califia Farms is on a mission to create a future where plants replace dairy, without compromise. Califia produces innovative, healthy and great-tasting plant-based alternatives to dairy.

**5.29**

Califia Farms  
Plant-based Creamer  
25.4 fl. oz., selected varieties



**3.79**

The Greek Gods  
Greek Yogurt  
24 oz., selected varieties

**The food you love is at the co-op.**



*vegan holiday favorites*



**3.39**  
Lightlife  
Organic Tempeh  
8 oz., selected varieties



**4.49**  
Field Roast  
Plant-based  
Pepperoni  
5 oz.

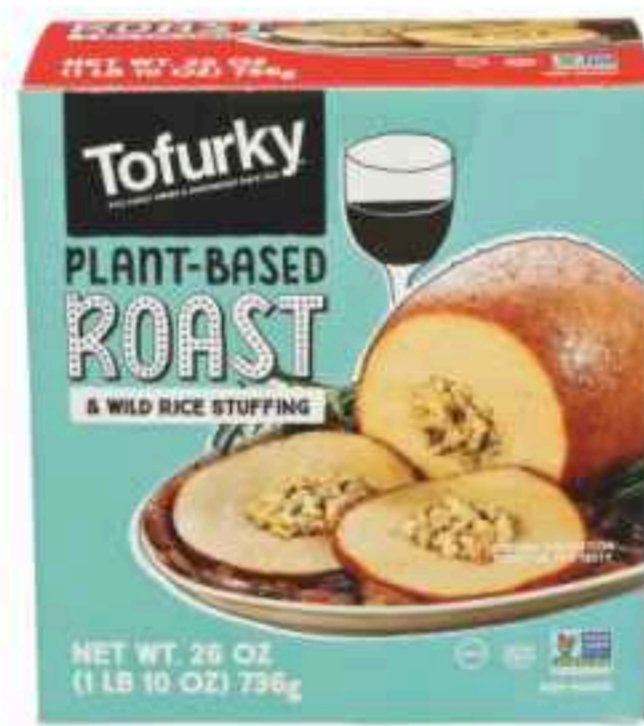


**4.99**  
Field Roast  
Chao Plant-based  
Cheese  
7-8 oz., selected varieties



**5.99**  
Field Roast  
Plant-based  
Appetizers  
10 oz., selected varieties

**Lightlife** and **Field Roast** make the holidays merrier with flavor-packed, plant-based foods. Grab these vegan favorites today!



**13.99**  
Tofurky  
Plant-based  
Roast  
19-26 oz., selected varieties



*great buttery taste*

Earth Balance Vegan Buttery Sticks has made its name as the ultimate toast topper and a crucial part of non-dairy baking. It's creamy, rich and buttery.

**4.99**  
Earth Balance  
Buttery Spread or Sticks  
13-16 oz., selected varieties



**3.79**  
Green Valley  
Organic Lactose-free Sour Cream  
12 oz.

**Find delicious food for entertaining at the co-op.**

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



joy to  
dairy-free  
deliciousness

It's no coincidence that delicious is in our name. Make your dairy-free holiday brighter with tasty **So Delicious** Coconutmilk Yogurt Alternative, CocoWhip, Holiday Nog and Coconutmilk Creamer! Together, they make everything better. Now that's a reason to celebrate.



**3.49**  
So Delicious  
Coconutmilk  
Holiday Nog  
32 fl. oz.



**3.99**  
So Delicious  
CocoWhip  
Topping  
9 oz., selected varieties



**4.69**  
So Delicious  
Organic French  
Vanilla Coconutmilk  
Creamer  
32 fl. oz.



**5.39**  
So Delicious  
Coconutmilk  
Yogurt  
24 oz., selected varieties



**4.99**  
Wholly  
Wholesome  
Organic Pie Shells  
14 oz., selected varieties



**5.39** Kodiak Cakes  
Frozen Waffles or Flapjacks  
9.88-15.38 oz., selected varieties



**5.39**  
Little Northern  
Bakehouse  
Gluten-free Bread  
16-17 oz., selected  
varieties



**8.49**

Alden's Organic  
Ice Cream  
1.5 qts., selected varieties

taste the  
difference

Experience the rich, creamy goodness of Alden's Organic ice cream. Made with premium organic ingredients, every bite offers flavor you can feel good about. Treat yourself today!

**INCLUSIVE TRADE PARTNER**

Grain Trust is a Hispanic-owned company that creates three-minute dishes with ethically sourced grains from farmers who earn living wages.



**2/\$8** Grain Trust  
Frozen Rice Sides  
20-30 oz., selected varieties

**Find something for everyone at the co-op.**





**3.99**

Daiya  
Dairy-free Shreds  
7.1 oz., selected varieties



**2/\$8**

Daiya  
Deluxe Mac & Cheese  
10.6 oz., selected varieties



**6.99**

Daiya  
Frozen Pizza  
15.3-19.4 oz., selected varieties

*celebrate cheesy,  
deliciously easy*

At **Daiya**, we're about creating comforting, delicious moments everyone can enjoy. Our Daiya Oat Cream™ blend ensures that choosing Daiya means indulging in creamy, melty and rich flavors crafted from plants. Every bite is a celebration of taste and choice.



Find delicious food at the co-op.

**Warm meals for cool evenings.**

*frozen is fresh*

You can taste the difference! Enjoy our sustainable veggies that are firmer, sweeter and crunchier because we pick them at the peak of ripeness and process them right on our family farm.

**2/\$5**

Stahlbush Island Farms  
Frozen Vegetables  
10 oz., selected varieties



**3.99**

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



**Easy meal ingredients are at the co-op.**



*your partner  
in cooking*

Enhance your culinary journey with **Spectrum®** Culinary Oil, boasting a diverse oil portfolio to cater to all your cooking needs. With every sizzle and drizzle, Spectrum® unlocks the true essence of your ingredients, transforming every dish into a mouthwatering masterpiece!



**8.99**

Spectrum  
Organic Non-hydrogenated  
Shortening  
24 oz.



**6.99**

Spectrum  
Organic Distilled  
White Vinegar  
32 fl. oz.



**11.99**

Spectrum  
Organic Canola  
Oil  
32 fl. oz.



**17.99**

Spectrum  
Organic Extra  
Virgin Olive Oil  
25.4 fl. oz.



**3.49**

Woodstock  
Organic  
Cranberry Sauce  
14 oz., selected varieties



**2/\$7**

Health Valley  
Organic Soup  
14.5-15 oz., selected varieties



**4.69**

Maille  
Mustard  
7-8.9 oz., selected varieties



**3.49**

Native Forest  
Artichoke Hearts  
14 oz., selected varieties



**9.49**

4th & Heart  
Grass-fed Ghee  
9 oz., selected varieties

**Find easy recipe ideas at [grocery.coop](https://grocery.coop).**





**2/\$4**

**Dr. McDougall's  
Soup Cups**  
1.3-3.4 oz., selected  
varieties



**2.29**

**San Pellegrino  
Sparkling Mineral  
Water**  
25.3 fl. oz.



**2/\$6**

**Wild Planet  
Skipjack Tuna**  
5 oz., selected varieties



**4.39**

**Milkadamia  
Macadamia Milk**  
32 fl. oz., selected  
varieties



**5.29**

**Divina  
Organic Pitted  
Castelvetrano  
Olives**  
4.9 oz.



**5.49**

**Bragg  
Organic Apple  
Cider Vinegar**  
32 fl. oz.



**5.99**

**Better than  
Bouillon  
Organic Broth  
Base**  
8 oz., selected varieties



**8.99**

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



**11.99**

**Nutiva  
Organic Fair  
Trade Virgin  
Coconut Oil**  
23 fl. oz.

*holiday meals start here*

Pacific Foods Organic Broth is rich, flavorful and the perfect pantry partner to create a table full of palate-pleasing holiday favorites like mashed potatoes, stuffing, gravy and more!

**2/\$7**

**Pacific Foods  
Organic Broth**  
32 fl. oz., selected varieties



**4.99**

**Lundberg Family Farms  
Wild Rice Blend**  
16 oz.

**Find the brands you love at the co-op.**





**6.99**

**Sweetleaf  
SteviaClear Sweetener**  
2 fl. oz.



**2/\$5**  
**Endangered  
Species  
Chocolate Bars**  
3 oz., selected varieties



**2/\$7**  
**Dandies  
Vegan Mini  
Marshmallows**  
10 oz., selected varieties



**6.49**  
**Bob's Red Mill  
Organic Flour**  
5 lbs., selected varieties



**8.49**  
**Bob's Red Mill  
Super-fine Almond  
Flour**  
16 oz., selected varieties



*sweet holidays  
for all*

Bake your holiday best with help from Wholesome high-quality Organic Sugars, while our farmers benefit from fair trade and the sustainable farming practices we use to support our planet.

**4.69**

**Wholesome  
Organic Sugar**  
24 oz., selected varieties



**12.99**  
**Otto's Naturals  
Cassava Flour**  
32 oz., selected varieties

inclusive trade

*scoop up the savings in bulk!*



**5.39**  
**Organic Dried  
Cranberries**  
per pound in bulk



**7.49**  
**Organic Medjool  
Dates**  
per pound in bulk



**6.29**  
**Sliced Raw  
Almonds**  
per pound in bulk

**The co-op has all your baking ingredients.**



COOPERATIVELY OWNED



**2/\$7**  
 Equal Exchange  
 Organic Tea  
 20 ct., selected varieties



**4.29**  
 St. Dalfour  
 Fruit Spread  
 10 oz., selected varieties



**4.39**  
 R.W. Knudsen  
 Sparkling Juice  
 Drink  
 25.4 fl. oz., selected  
 varieties

*magic in your mug*



Teas that are bursting with benefits, flavor and a passion for inspiring a happier and healthier life.

**2/\$7**

Celestial Seasonings  
 Herbal Tea  
 18-20 ct., selected varieties



**4.49**  
 Tazo  
 Tea  
 15-20 ct., selected  
 varieties



**2/\$9**  
 Barbara's  
 Cereal  
 10-14 oz., selected  
 varieties



*energize, sustain  
 and nourish*

Baked with delicious, wholesome ingredients and purposefully crafted with a blend of protein, fat and carbs to keep you moving.



**4.79**  
 Sahale Snacks  
 Nut Mix  
 4 oz., selected varieties

**2/\$3**

Clif or Luna  
 Nutrition Bars  
 1.69-2.4 oz., selected varieties



**6.99**  
 Lakewood  
 Organic Pineapple  
 Juice  
 32 fl. oz., selected  
 varieties

**Stock the pantry with deals from the co-op.**





**2/\$5**  
 Pirate's Booty  
 Aged White  
 Cheddar Puffs  
 4 oz.

*Crazy Delicious Vegetables™*



TERRA® chips aren't just chips. They're the only vegan, non-GMO and gluten-free chef-made chips created by slicing, seasoning and crisping already tasty vegetables into an even tastier snack.

**2/\$7**

**Terra  
 Vegetable Chips**  
 5-6 oz., selected varieties

COOPERATIVELY OWNED



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



**2/\$7**  
 From the Ground Up  
 Cauliflower Crackers  
 3.5-4 oz., selected varieties



**4.49**  
 Back to Nature  
 Cookies  
 8-12 oz., selected  
 varieties



**4.79**  
 Late July  
 Salsa  
 15.5 oz., selected  
 varieties

*surprise & delight in every bite*

Surprise and delight await you in every delicious bite of Chocolove premium chocolate. Experience the exquisite flavors, consciously crafted with natural ingredients, and enjoy a true chocolate indulgence.

**2/\$5**

**Chocolove  
 Chocolate Bars**  
 2.9-3.2 oz., selected varieties



**3.99**  
 Late July  
 Tortilla Chips  
 7.5-7.8 oz., selected  
 varieties



**4.99**  
 Newman's Own  
 Sandwich  
 Cookies  
 13 oz., selected varieties

**Find an array of flavorful snacks at the co-op.**





**12.99**

**Biokleen**  
**Liquid Laundry Detergent**  
64 fl. oz., selected varieties



**8.99**

**Hyland's Naturals**  
**Calms Forte Sleep**  
**Aid**  
100 ct.



**2/\$6**

**The Humble Co.**  
**Floss Picks**  
50 ct., selected varieties



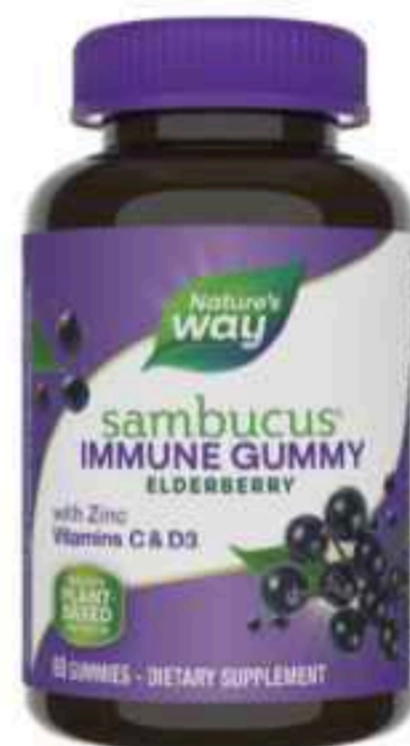
**10.99**

**Honey Gardens**  
**Elderberry &**  
**Honey Immune**  
**Syrup**  
4 fl. oz.



**11.99**

**Childlife Essentials**  
**Multi Vitamin**  
**& Mineral**  
8 fl. oz.



**15.99**

**Nature's Way**  
**Sambucus**  
**Immune Gummies**  
60 ct.



**17.99**

**Om**  
**Organic Mushroom**  
**Powder**  
3.17-3.5 oz., selected varieties



*feel your best*

**WINTER WELLNESS**

This winter, take extra care of yourself and find great supplements on sale at the co-op. There are many options to explore in the wellness aisle, so stop in and check it out.

**The co-op has all your winter wellness items.**



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

**ILLINOIS**

- Common Ground Food Co-op
- Dill Pickle Food Co-op
- Food Shed Co-op
- Green Top Grocery
- Neighborhood Co-op Grocery
- Sugar Beet Food Co-op
- Wild Onion Market

**INDIANA**

- 3 Rivers Natural Grocery
- Bloomingfoods Market and Deli
- Maple City Market
- Purple Porch Food Co-op

**IOWA**

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

**KANSAS**

- The Merc Co+op

**KENTUCKY**

- Good Foods Co-op

**MICHIGAN**

- Detroit People's Food Co-op
- Grain Train Natural Foods Market
- GreenTree Co-op Market

**MINNESOTA**

- Bluff Country Co-op
- City Center Market
- Cook County 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
- 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-ops
- 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

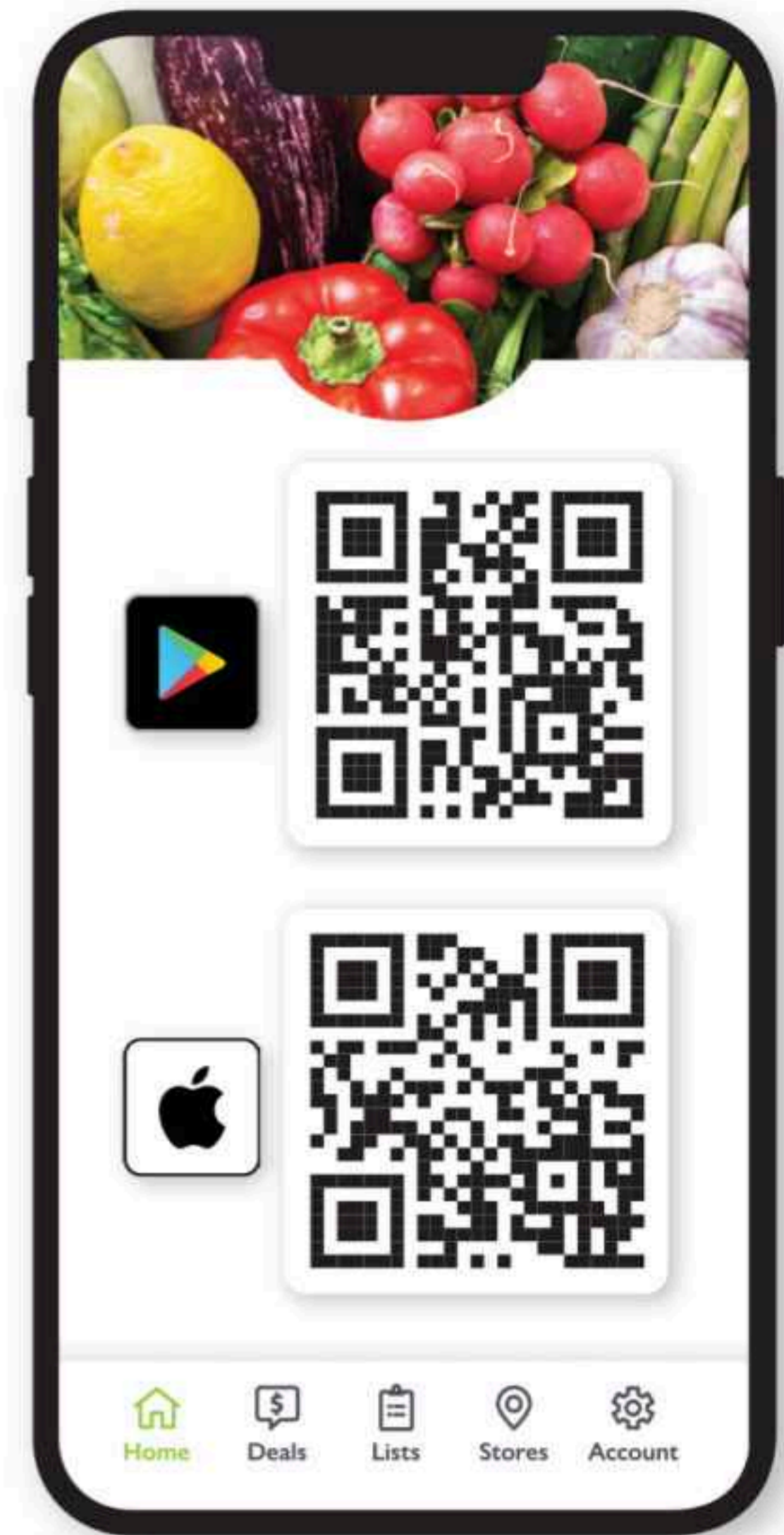
**WISCONSIN**

- Basics Cooperative Natural Foods
- Chequamegon Food Co-op
- Hudson Grocery Cooperative
- 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

*See what's on sale with the Co+op Deals app!*

**coop deals.**

**Download the App!**



Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.

*make delicious organic food*

**COOPERATIVELY OWNED**

**Simply Organic** offers everything from savory gravies to dip mixes to aromatic bottled spices to help you prepare flavorful, organic meals. And we're proud to help fight food insecurity across North America with the Simply Organic Giving Fund.



**2/\$3**  
Simply Organic Dip Mix  
.7-2 oz., selected varieties



**2/\$3**  
Simply Organic Gravy Mix  
.85 oz., selected varieties



**7.49**  
Simply Organic Ceylon Ground Cinnamon  
2.08 oz.



**15.49**  
Simply Organic Vanilla Extract  
4 fl. oz.



Scan the QR code to learn more about the quality and values represented by these symbols.



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



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