

coop deals

MAR 30 - APR 19, 2022



bacon for brunch

Make your favorite brunch even more delicious with Applegate's Uncured Sunday Bacon, on sale at the co-op! In hash, quiche or a frittata, with pancakes or just on its own — bacon is the perfect addition to any brunch.

4.99
Applegate Farms Sunday Bacon
 8 oz., selected varieties



3.99
Stahlbush Island Farms Frozen Fruit
 10 oz., selected varieties



3.99
Wholesome Organic Powdered Sugar
 16 oz.



4.49
King Arthur Baking Company Unbleached All-purpose Flour
 5 lbs.



3.99
Bonne Maman Preserves
 13 oz., selected varieties



4.49
Immaculate Organic Cinnamon Rolls
 17.5 oz.



4.99
Sky Valley Sriracha Sauce
 18.5 fl. oz.



Start your days off right at the co-op.
Breakfast favorites every day.



79¢

Brown Cow Cream Top Yogurt
5.3 oz., selected varieties



great buttery taste

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

4.99

Earth Balance Buttery Spread or Sticks

13-16 oz., selected varieties



2/\$5

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



2/\$6

GoodBelly Organic Probiotic Drink
32 fl. oz., selected varieties



2/\$7

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



3/\$7

Petit Pot Organic French Pudding
3.5 oz., selected varieties

rich, creamy, nondairy

Just like their traditional skyr, Sigg's plant-based coconut blend has a thick texture and no artificial flavors, sweeteners or preservatives.

3/\$5

Sigg's Plant-based Yogurt
5.3 oz., selected varieties



2/\$3

Wallaby Organic Greek Yogurt
5.3 oz., selected varieties



3.99

Califia Farms Oatmilk
48 fl. oz., selected varieties

Wake up and enjoy the savings at the co-op!



7.49
 Evolution Fresh
 Organic Juices
 59 fl. oz., selected varieties



luscious and lactose free

Real dairy sour cream, with all the richness and versatility, but none of the lactose! Ideal for transforming dips, adding richness to baked goods, or swirling into sauces and soups.

2.99
 Green Valley Creamery
 Organic Lactose-free
 Sour Cream
 12 oz.



3.49
 Kalona
 Supernatural
 Organic Cream
 Top Yogurt
 24 oz., selected varieties



2/\$5
 Vive Organic
 Wellness Shots
 2 fl. oz., selected
 varieties



3.99
 Violife
 Just Like Cheese
 Shreds
 8 oz., selected varieties

honest food, ethically produced

Our grazing girls live a pasture-raised lifestyle with a minimum of 108 square feet of roaming room and the freedom to forage for local grasses, succulents and wildflowers while enjoying fresh air and sunshine.



5.99
 Vital Farms
 Organic Large
 Pasture-raised Eggs
 1 doz., selected varieties



2/\$7
 The Greek Gods
 Greek Yogurt
 24 oz., selected varieties

The co-op has all your brunch favorites.



4.49

Rudi's Organic Bread
22-24 oz., selected varieties



3/\$5

Woodstock Frozen Vegetables
10 oz., selected varieties



6.99

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



2/\$4

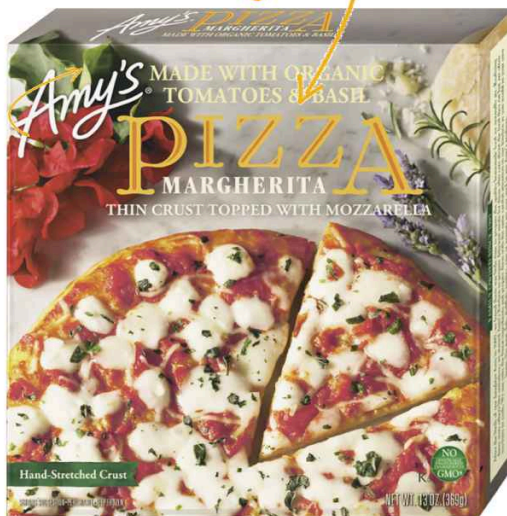
Essentia Ionized Water
50.7 fl. oz.

hand crafted and crave worthy

At Amy's, we love to cook for you. For us, that means carefully sourcing high-quality, organic ingredients and spending countless hours in our kitchens so you can enjoy authentic, great-tasting food in minutes.

6.99

Amy's Pizza
9.1-14 oz., selected varieties



4.49

Mt. Vikos Organic Feta Cheese
6 oz.



3.49

Organic Shredded Coconut
per pound in bulk



6.99

Organic Walnut Halves & Pieces
per pound in bulk



11.99

Organic Pecan Halves
per pound in bulk



The co-op has great deals throughout the store.

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



2/\$6
 Santa Cruz
 Organic
 Apple Sauce
 23 oz., selected varieties



3.99

Traditional Medicinals
 Organic Herbal Tea
 16 ct., selected varieties



9.99

Spectrum
 Organic Extra Virgin
 Olive Oil
 25.4 fl. oz.



3.99
 Birch Benders
 Pancake & Waffle
 Mix
 14-16 oz., selected
 varieties



4.79
 Frontier Co-op
 Organic Ground
 Cinnamon
 1.31-1.9 oz., selected
 varieties



5.49
 Swerve
 Sweeteners
 12 oz., selected varieties



7.99
 Bob's Red Mill
 Super-fine Almond
 Flour
 16 oz., selected varieties



2/\$6
 Equal Exchange
 Organic
 Chocolate Bars
 2.8 oz., selected varieties



2/\$7
 Equal Exchange
 Organic Tea
 20 bags, selected varieties



4.49
 Equal Exchange
 Organic Semisweet
 Chocolate Chips
 10 oz., selected varieties



7.99
 Equal Exchange
 Organic ;BioRevolution!
 Ground or Whole Bean
 Coffee
 12 oz.

supporting the
iBioRevolution!
 Project



For every pound of ;BioRevolution!
 Organic Coffee you purchase, 50
 cents goes to innovative agriculture
 projects. Our goal is to raise \$25,000
 for scholarships to La Fortaleza, a
 farmer-led, grassroots, biodynamic
 teaching farm in Honduras.

The co-op has what you need for the week ahead.



2/\$7

**Garden of Eatin'
Taco Shells**
5.5 oz., selected varieties



2/\$6

**Tasty Bite
Organic Entrees**
10 oz., selected varieties



2/\$6

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



3.99

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



4.99

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



5.99

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



2/\$5

**Muir Glen
Organic
Tomatoes**
28 oz., selected varieties



6.99

**Rao's Homemade
Pasta Sauce**
24 oz., selected varieties

artisan-crafted in Italy



Authentic Italian cooking is about using simple, delicious, real ingredients. Award-winning for taste and texture. All packaging for products is 100% plastic and BPA free and certified New Glyphosate Residue Free.

2/\$6

**Jovial
Organic Brown Rice Pasta**
12 oz., selected varieties



2/\$7

**Imagine
Organic Broth**
32 fl. oz., selected varieties

Stock your kitchen with ingredients from the co-op.



2/\$6

Westbrae
Organic Beans
25 oz., selected varieties



3/\$5

Mike's Mighty Good
Ramen Soup
Packs or Cups
1.6-2.4 oz., selected varieties



2/\$7

Mediterranean Organic
Pitted or Stuffed Olives
8.1-8.5 oz., selected varieties



9.99

Riojana
Organic Fair
Trade Extra Virgin
Olive Oil
25.5 fl. oz.



2/\$7

Native Forest
Organic Pineapple
14-15 oz., selected varieties



4.49

Santa Cruz
Organic
Peanut Butter
16 oz., selected varieties



5.49

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



liberate your senses

Kickstart your umami adventure with KOYO's Asian Vegetable Ramen. Our organic noodles are baked, not fried, with a savory broth free from preservatives.

5/\$5

Koyo
Ramen
2-2.1 oz., selected varieties



8.99

Maranatha
Almond Butter
12 oz., selected varieties

Pantry staples are on sale at the co-op.



2/\$5

Probar Meal Bar
3 oz., selected varieties



3.99

Quinn Pretzel Nuggets
5-7 oz., selected varieties



4/\$5

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



2/\$4

Epic Bars
1.3-1.5 oz., selected varieties



3/\$5

Rxbar Protein Bars
1.83 oz., selected varieties



2/\$6

Banana Organic Plantain Chips
5 oz., selected varieties



indulge for the planet

These dark chocolate bars are organic and free of sugar alternatives and soy ingredients. They're also fair trade, carbon neutral and support regenerative agriculture.

2/\$6

Alter Eco Organic Chocolate Bar
2.65-2.82 oz., selected varieties



3.49

Nature's Path Organic Love Crunch Granola
11.5 oz., selected varieties

Delicious options for your next hike at the co-op.



2/\$5

Late July
Organic Potato Chips
5 oz., selected varieties



2/\$5

Stacy's
Pita Chips
7.33 oz., selected varieties



2/\$6

Blue Diamond
Nut Thins
4.25 oz., selected varieties



2/\$6

Kettle Brand
Organic Potato
Chips
5 oz., selected varieties



3.99

Hu Kitchen
Grain-free
Crackers
4.25 oz., selected varieties



1.79

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



4.99

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



3.99

Hu Kitchen
Organic
Chocolate Bar
2.1 oz., selected varieties

heritage-inspired snacking



Siete Mexican Cookies are perfect for having with your morning coffee, serving to little ones with hot chocolate, and inspiring bite-sized creations like mini S'mores, ice cream sandwiches and more!

2/\$7

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



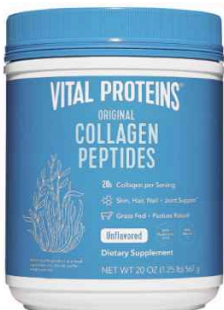
3.99

Justin's
Organic Mini Peanut
Butter Cups
4.7 oz., selected varieties

Satisfy sweet and savory cravings at the co-op.



5.99
 Lily Of The Desert
 Organic Aloe Vera
 Juice
 32 fl. oz., selected
 varieties



39.99
 Vital Proteins
 Collagen Peptides
 20 oz.



34.99
 Garden Of Life
 Vitamin Code
 Whole Food Multivitamin
 120 ct., selected varieties



10.99
 Similasan
 Homeopathic Eye
 Relief
 .33 fl. oz., selected
 varieties



17.99
 Organic India
 Ashwagandha
 90 ct.



21.99
 Nordic Naturals
 Ultimate Omega
 1280mg
 60 ct.

powerful with a clean purpose



Seventh Generation formulates safe and effective plant-based homecare products that work. We believe our products are healthy solutions for your home and for the community and environment outside of it.

2/\$5
 Seventh Generation
 Dish Liquid
 19 oz., selected varieties

4.49
 Seventh Generation
 Lemongrass Citrus
 Disinfecting
 Multi-Surface Cleaner
 26 oz.

11.99
 Seventh Generation
 Laundry Detergent
 100 oz., selected varieties

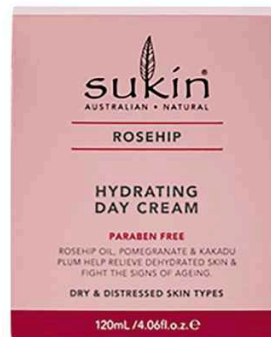
The co-op has safe products for people and planet.

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



6.99

Bach
Rescue Remedy
Pastilles
35 ct., selected varieties



11.99

Sukin
Facial Cream
4.06 fl. oz., selected varieties



3.29

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



4.49

If You Care
Parchment Baking Paper
70 sq. ft.



for an everyday clean

ECOS® plant-powered products are non-toxic and safer for you, your home and our planet, because we believe clean shouldn't mean spreading toxins all over your home. It's been the ECOS® promise for over 50 years.

11.99

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



8.99

Green Forest
100% Recycled Paper
Bath Tissue
12 ct.

Everyone is welcome to shop 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
- Wheatfield 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
- Harvest Moon Natural Foods
- 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

love our mother

Earth day, every day! Our main ingredients are grown in the earth and tended by farmers practicing regenerative organic agriculture — which builds rich soil, sequesters carbon, retains water and protects biodiversity — mitigating catastrophic climate change on Spaceship Earth. All-One!

3.99

Dr. Bronner's
Pure Castile Liquid Soaps
8 fl. oz., selected varieties

10.99

Dr. Bronner's
Pure Castile Liquid Soaps
32 fl. 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.

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

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