

coop deals

AUG 2 - AUG 15, 2023



mouthwatering flavor

Perfect for grilling, Thousand Hills Ground Beef makes for delicious homemade burgers. Grass-fed beef and no antibiotics makes this a healthy option for the family. Find it on sale at the co-op!

6.99

Thousand Hills
100% Grass Fed
Ground Beef 80% Lean
20% Fat
16 oz.



Buy One, Get One

FREE

Harmless Harvest
Organic Coconut Water
16 fl. oz., selected varieties



2/\$8

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



10.99

Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 fl. oz.



Buy One, Get One

FREE

special offers inside!

BOGO

**Buy One, Get One
FREE**
Deals at the Co-op!

Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.



**Buy One, Get One
FREE**
Solely
Organic Whole Fruit
Gummies
3.5 oz., selected varieties



**Buy One, Get One
FREE**
Organic Valley
Stringles Mozzarella Cheese
Sticks
8 oz.

full of the good stuff



**Buy One, Get One
FREE**
Purely Elizabeth
Organic Granola
8-12 oz., selected varieties

INCLUSIVE TRADE PARTNER

Purely Elizabeth is a woman-owned company that helps you thrive on your wellness journey by creating foods to obsess over.

Incredible BOGO deals are at the co-op.

plant based, beyond delicious

The positive choices we make every day — no matter how small — can have a great impact on ourselves and the planet. At Beyond, we've taken the animal off the table, while still delivering the meaty, plant-based, better-for-you meals you crave.



Buy One, Get One
FREE

Beyond Meat
Beyond Sausage Brat
14 oz., selected varieties



Buy One, Get One
FREE
Coolhaus
Ice Cream Sandwiches
4.75-5.8 fl. oz., selected varieties



stock up & save
on BOGO items!

hand tossed and wood fired



Fresh, organic and all-natural ingredients, thoughtfully sourced and prepared. Real food made by real people.

Buy One, Get One
FREE
American Flatbread
Pizza
13.8-18.62 oz., selected varieties

The co-op has BOGO deals for the whole family.

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



2/\$7

Vital Farms Unsalted or Salted Butter 8 oz., selected varieties



5.49

Vital Farms Pasture-raised Liquid Whole Eggs 16 oz.



7.99

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

Vital Farms

Our mission is to bring ethical food to the table. We aim to improve the lives of people, animals and the planet through food. Our eggs and butter from American family farms are delicious, ethical foods you don't have to question.



4/\$7

Silk Plant-based Yogurt 5.3 oz., selected varieties



2/\$7

Goodbelly Organic Probiotic Drinks 32 fl. oz., selected varieties

choose organic ingredients



Stonyfield Organic Yogurt Tubes are the perfect portable snack for hungry kids. With a variety of delicious flavors and high-quality ingredients, our #1 kids' organic yogurt is #GoodOnPurpose!

4.29

Stonyfield Organic Organic Kids Yogurt Tubes 8 ct., selected varieties



Start the day with delicious food from the co-op.

check it oat

Look! Innovative plant-based products hanging out in this Co+op Deals flyer trying to get the attention of forward-thinking shoppers who might be interested in delicious drinks, frozen desserts and oatgurt made from — wait for it — oats. Find out more at oatly.com!



2/\$3

Oatly Oatgurt
5.3 oz., selected varieties



4.99

Oatly Plain Oatgurt
24 oz.



3.99

Oatly Frozen Dessert
1 pt., selected varieties



2/\$8

Oatly Oatmilk
64 fl. oz., selected varieties



2.19

Noosa Yoghurt
8 oz., selected varieties



5.49

Organic Valley Raw Cheese
8 oz., selected varieties



bean there, done that

Organic, sustainably sourced beans allow us to bring you a delicious cold-brew that is better for you, better for our farmers and better for the planet.

8.49

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



4.99

Nancy's Oatmilk Yogurt
24 oz., selected varieties

Delicious breakfast options are at the co-op.

changing the meat we eat

For over 30 years, **Applegate** has been producing high-quality natural and organic meat products, without GMO ingredients. We source our meat from farms where animals are treated with care and respect, all part of our mission — Changing The Meat We Eat®.



4.99
Applegate Sliced Deli Meat
7 oz., selected varieties

5.49
Applegate Bacon
8 oz., selected varieties

9.99
Applegate Chicken Nuggets, Tenders or Breakfast Patties
16 oz., selected varieties

deliciously dairy free



Ripple Plant-Based Unsweetened Original is 100% dairy free, vegan and nut, lactose and gluten free. Best of all, it's packed with nutrition — each serving has 8 grams of protein, 50% more calcium than 2% dairy milk, more vitamin D and is naturally sugar free.

4.49

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



4/\$5

Chobani Greek Yogurt
5.3 oz., selected varieties



3.19
Tofurky Deli Slices
5.5 oz., selected varieties



6.49
Miyoko's Creamery Organic Fresh or Smoked Cashewmilk Mozzarella
8 oz., selected varieties



Find the items you love at the co-op.

inclusive trade

Shop inclusive trade!

We're pleased to offer great deals on brands and products that are women-, Black-, Indigenous-, people of color- (POC), LGBTQIA+-, persons with disabilities- and veteran-owned.

INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is an Indian-owned company that makes frozen entrees from scratch with a wide range of Indian flavors.



4.99

Deep Indian Kitchen
Samosas or Entrees
7.5-12 oz., selected varieties



4.49

Jack & Annie's
Jackfruit Meat Alternatives
7.8-10.6 oz., selected varieties



2.49

Stahlbush Island
Farms
Frozen Vegetables
10 oz., selected varieties



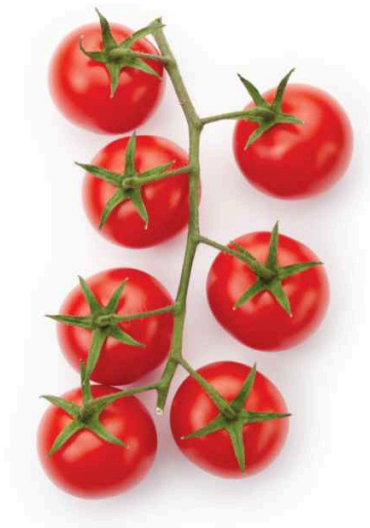
2.99

Amy's
Burritos
5.5-6 oz., selected
varieties



3.49

Van's
Frozen Waffles or
Pancakes
8-12.4 oz., selected
varieties



5.49

Sambazon
Organic Frozen
Acai
7.6-14.1 oz., selected
varieties



4.99

Angelic Bakehouse
7 Sprouted Whole
Grain Bread
20.5 oz., selected
varieties



5.99

Canyon Bakehouse
Gluten-free Bread,
Bagels or Rolls
10.8-18 oz., selected
varieties



7.99

Cappello's
Pizza
10.82-12 oz.,
selected varieties

The co-op has delicious meal solutions and more.



1.99

Alo
Aloe Vera Juice
Drink
16.9 fl. oz., selected
varieties

soft-baked snack break

Enjoy the goodness of Nature's Bakery Fig Bars made with whole grains and real fruit for snacks that taste as good as they make you feel.



4.49

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



3/\$7

Bobo's
Oat Bar
3 oz., selected varieties



2/\$6

Nutpods
Dairy-free
Creamer
11.2 fl. oz., selected
varieties



2/\$7

West Life
Organic Soy Milk
32 fl. oz., selected
varieties

100% plant based, 100% delicious

Our Smooth Sanctuary MacroBar® is a delicious blend of protein-rich peanuts, vegan chocolate, organic peanut butter and house-made peanut butter chips. To top it off, a portion of net proceeds from August sales benefits the Sheldrick Wildlife Trust.



2/\$5

Gomacro
Organic Macrobar
2.3-2.5 oz., selected varieties

INCLUSIVE TRADE PARTNER

Catalina Crunch is a diverse-owned maker of healthy snacks. Our products satisfy your sweet tooth but aren't loaded with sugar and empty carbs.



6.99

Catalina Crunch
Cereal
9 oz., selected varieties

Find snacks perfect for any outing at the co-op.



5.49

Maranatha
Organic Peanut Butter
16 oz., selected varieties



*simple good with
12 g protein*

RXBAR Protein Bars are made with a few simple ingredients that are perfect for breakfast on the go, as protein-packed snack bars or as pre- or post-workout fuel.

2/\$4

Rxbar
Protein Bars
1.83-1.9 oz., selected varieties



2/\$4

Noka
Organic Superfood Smoothie
4.22 oz., selected varieties



2.29

So Delicious
Organic Coconutmilk
32 fl. oz., selected varieties



3.99

Rise Brewing Co.
Organic Oatmilk
32 fl. oz., selected varieties

always leave Earth better

Our vision: a sustainable future for all. For life, we ALL rely on clean air, water and healthy soil for good food. So, we thank you for eating like our Earth depends on it, because it does!

3.99

Nature's Path or
Envirokidz Organic
Cereal or Granola
9.5-14 oz., selected varieties



3.99

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



The co-op has all your breakfast favorites.



2/\$4

Near East
Couscous Mix or
Rice Pilaf
5.25-10 oz., selected
varieties



3.29

Briannas
Dressing or
Vinaigrette
12 fl. oz., selected
varieties



3.49

Jovial
Organic Brown
Rice Pasta
12 oz., selected varieties



2/\$7

Maya Kaimal
Organic Everyday
Dal Entrees
10 oz., selected varieties



5.99

Emerald Cove
Organic Nori
.9 oz., selected varieties



6.49

Once Again
Organic Peanut
Butter
16 oz., selected varieties



2.99

Safe Catch
Elite Wild Tuna
5 oz.



11.99

Nutiva
Organic Virgin Coconut Oil
23 fl. oz.



scoop up the savings in bulk!



2.79

Organic
Green Lentils
per pound in bulk



2.79

Organic
Black Beans
per pound in bulk



3.99

Walnut Halves
& Pieces
per pound in bulk

Find pantry staples at the co-op.



2.69

The Ginger People
Soother Lemon &
Honey Gingerade
12 fl. oz.

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/\$7

Cocomels
Organic
Coconutmilk
Caramels
3.5 oz., selected varieties

2/\$8

Nixie
Organic Sparkling Water
8 pk.-12 fl. oz. cans, selected varieties



The co-op has everything for your next road trip.

Snacks to share.



3.99

Simple Mills
Organic Crackers
4.25-6.2 oz., selected
varieties



2/\$6

LesserEvil
Organic Popcorn
4.6-6.4 oz., selected varieties



3.99

Paqui
Tortilla Chips
7 oz., selected varieties



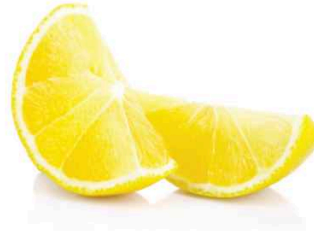
4.99

Newman's Own
Cookies
13 oz., selected varieties

The co-op has snacks for all occasions.



2.29
Proud Source
Alkaline or
Sparkling
Spring Water
 25.3 fl.oz., selected varieties



2/\$4
Steaz
Organic Yerba
Mate
 16 fl. oz., selected varieties



2/\$6
Equal Exchange
Organic
Chocolate Bars
 2.8-3.5 oz., selected varieties



4.99
Flackers
Organic Crackers
 4.5-5 oz., selected varieties



2/\$7
Frontera
Salsa
 16 oz., selected varieties



3.99
Simple Mills
Organic Cookies
 4.25-5.5 oz., selected varieties



5.99
San Pellegrino
Sparkling Fruit
Drink
 6 pk.-11.15 fl. oz. cans, selected varieties

delicious is only the beginning



Lundberg Family Farms uses organic and regenerative rice farming practices to prioritize soil health, support biodiversity and increase carbon capture to nourish people AND the planet for generations to come.

3.99

Lundberg Family Farms
Organic Rice Cakes or Stackers
 5-11 oz., selected varieties



The co-op has refreshments for summer days.



10.29
 Childlife Essentials
 Multi-Vitamin &
 Mineral
 8 fl. oz.



10.49
 Barlean's
 Organic Lignan
 Flax Oil
 8 fl. oz.



*that all-in-one
 feeling*

Maximize on-the-go nutrition with tasty organic, plant-based protein packed with vitamins and minerals.

2/\$6

**Orgain
 Organic Nutritional
 Shake**
 11 fl. oz., selected varieties

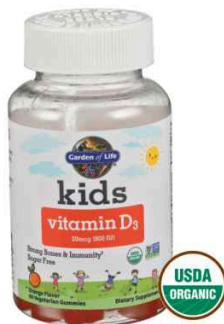


Supplement your active lifestyle.

Feel your best every day.



11.49
 Ener-C
 Vitamin C
 Drink Mix
 30 ct., selected varieties



12.39
 Garden of Life
 Organic Vitamin D3
 Gummies
 60 ct.



19.39
 Country Life
 Coenzyme
 B-Complex
 60-120 ct., selected
 varieties

The co-op has supplements for all lifestyles.



6.79
Alba Botanica
Acnedote Deep
Pore Wash or Face
& Body Scrub
6 / 8 fl. oz.



6.79
Alba Botanica
Acnedote Pimple
Patch or Invisible
Treatment
40 ct. / .5 oz.



8.69
Alba Botanica
Hawaiian Facial
Cleanser
8 fl. oz., selected
varieties



12.99
Alba Botanica
Hawaiian
Moisturizer
3 oz.,
selected varieties

*back to
clear skin*

Alba Botanica wants you to get back-to-school ready with clear skin. Alba skincare is non-comedogenic, with no animal testing, no sulfates, no artificial colors or synthetic fragrances, no parabens or phthalates, and 100% vegetarian.



4.69
Auracacia
Eucalyptus
Essential Oil
.5 fl. oz.



6.99
Everyone
3-in-1 Soap
32 fl. oz., 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 Shampoo, Conditioner,
Bubble Bath or Body Wash
32 fl. oz., selected varieties



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
33-55 yd., selected varieties



Amazing body care options are at the co-op.

clean with purpose

Seventh Generation Laundry Detergent is everything a detergent should be. Concentrated so that you get more washes in a smaller bottle, our formula is biodegradable and Powered by Plants™. It's USDA-Certified, 96% biobased product, so you know it's formulated with people and planet in mind.



3.79
Seventh Generation
Liquid Dish Soap
19 fl. oz., selected varieties



13.99
Seventh Generation
Liquid Laundry Detergent
87.5-90 fl. oz., selected varieties



Clean your home with brands you trust.

Make it sparkle.

the original magic soap

The beloved 18-in-1 soap, originally distributed by Dr. Bronner himself at street-corner sermons urging love and unity. Plant-based, biodegradable, concentrated and effective — one soap for body, home and Earth! All-One!

7.69

**Dr. Bronner's
Pure Castile Soap**
16 fl. oz., selected varieties



2/\$9
Desert Essence
Tea Tree Oil
Toothpaste
6.25 oz., selected
varieties



Find Earth-friendly products 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
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

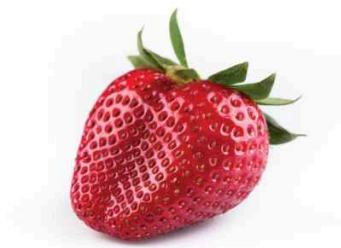
Phoenix Earth Food Co-op

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



fresh from the fridge

Our refrigerated protein snacks are made with freshly ground nut butter, organic honey and 20+ superfoods — plus they have a cookie dough texture you'll love.

2/\$5

Perfect Bar
Organic Protein Bars
2.2-2.5 oz., selected varieties



2.29

Good Health
Peanut Butter Filled Pretzels
5 oz.



3/\$5

CO2
Coconut Water
17.5 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.



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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