

# coop deals

DEC 15, 2021 - JAN 4, 2022

*go for the dip!*

Ring in the new year with your favorite snacks. Whip up delicious dips to complement the chips, like Garden of Eatin' Blue Chips — on sale now at the co-op!



**4.49**

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



**2/\$6**

R.W. Knudsen  
Organic Sparkling  
Apple Juice  
25.4 oz.



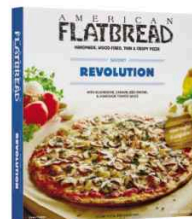
**2/\$5**

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



**3.99**

Pacific Foods  
Organic Soup  
32 oz., selected varieties



**7.99**

American  
Flatbread  
Pizza  
14-17.1 oz., selected  
varieties



**3.39**

Field Day  
Organic Raisin  
Bran Cereal  
14 oz.



**3.99**

Field Day  
100% Recycled  
Paper Towels  
3 ct.



Thank you for shopping at the co-op!

**Wishing you a happy New Year!**



**3.99**  
**Applegate**  
**Breakfast Sausage**  
 7 oz., selected varieties



**3.99**  
**Mt. Vikos**  
**Organic Feta**  
**Cheese**  
 6-7 oz., selected varieties



*mild and creamy*  
*mozzarella*

Mozzarella cheese easily transformed into shredded cheese, sliced cheese or cubed cheese. It melts deliciously and tastes great on a pizza, in hot dishes or all by itself.

**4.49**  
**Organic Valley**  
**Block Cheese**  
 8 oz., selected varieties



**3.99**  
**Immaculate**  
**Organic Cinnamon**  
**Rolls**  
 17.5 oz.



**3.49**  
**Organic Valley**  
**Egg Bites**  
 2 ct., selected varieties



*taste the cold-pressed*  
*difference*

Experience the taste of real oranges from this cold-pressed, organic orange juice. Made with oranges that are picked and squeezed at their peak of sweet flavor. Packed with vitamin C.

**6.99**  
**Evolution Fresh**  
**Organic Juices**  
 59 oz., selected varieties



**4.49**  
**Earth Balance**  
**Buttery Sticks**  
 16 oz., selected varieties

**The co-op has your breakfast favorites!**



**6.49**  
**Alden's Organic Ice Cream**  
 48 oz., selected varieties



*always organic,  
 never ordinary*

Deep, emerald green and delicious, these beauties are packed with wonderful flavor and loads of essential nutrients.



**3.99**  
**Sol Cuisine Plant-based Appetizers or Entrees**  
 10.6-11.7 oz., selected varieties

**2/\$4**

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



**2/\$4**  
**Muir Glen Organic Tomatoes**  
 28 oz., selected varieties



**4.99**  
**Tucson Tamale Tamales**  
 10-11 oz., selected varieties



**6.49**  
**Rao's Homemade Pasta Sauce**  
 24 oz., selected varieties



*artisan organic  
 Italian pasta*

Extruded with bronze dyes, so sauce clings to the course surface. Slow, low-temperature drying to preserve flavor and 100% plastic-free packaging.

**2/\$4**

**Bionaturae Organic Pasta**  
 16 oz., selected varieties



**5.99**

**Field Roast Plant-based Mini Corn Dogs or Wings**  
 10 oz., selected varieties

**Delicious dinner selections at the co-op.**



**2/\$4**

GoMacro  
Organic Macrobar  
2-2.4 oz., selected varieties



**2/\$5**

Chocolove  
Chocolate Bars  
2.9-3.2 oz., selected varieties



**5.99**

Rishi Tea  
Organic Tea  
15 tea bags, selected varieties



**2/\$5**

Top Fox  
Pop-roasted  
Pumpkin Seeds  
3.5 oz., selected varieties



**2/\$7**

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



**3.99**

Hu Kitchen  
Chocolate Bar  
2.1 oz., selected varieties



**2/\$7**

One Degree  
Organic  
Sprouted Cereal  
8-12 oz., selected varieties



*support digestion  
and immune health*

Traditional Medicinals' medicinal-grade, herbalist-formulated teas are a great way for you to take care of your digestion and immune health this holiday season.

**3.99**

Traditional Medicinals  
Tea

16 tea bags, selected varieties



**5.99**

Simple Mills  
Baking Mixes  
9-12.9 oz., selected varieties

**Find great deals at the co-op.**

# changing the chocolate industry

**Equal Exchange** is committed to sourcing from small farmer, fair-trade co-ops. We proudly offer an ethical alternative to the standard chocolate business model that relies on poor wages and child labor. Our high-quality chocolates have the cleanest ingredient list, with no additives, such as lecithins! With your support we can make the world just a little bit sweeter!



**2/\$5**  
Equal Exchange Organic Chocolate Bars  
2.8 oz., selected varieties



**2/\$6**  
Equal Exchange Organic Tea  
20 tea bags, selected varieties



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



**6.99**  
Equal Exchange Organic Coffee  
10-12 oz., selected varieties



**3.99**  
Bonne Maman Preserves  
13 oz., selected varieties



**5.99**  
Sweetleaf Stevia Sweetener  
2 oz., selected varieties



**15.99**  
Frontier Organic Vanilla Extract  
4 oz

# holidays are better with Bob's



**5.49**  
Bob's Red Mill Gluten-free Old Fashioned Rolled Oats  
32 oz.



**5.99**  
Bob's Red Mill Organic Gluten-free Old Fashioned Rolled Oats  
32 oz.



**6.99**  
Bob's Red Mill Organic Unbleached White All-purpose Flour  
80 oz.



**7.99**  
Bob's Red Mill Super-fine Almond Flour  
16 oz.

Founded in 1978, **Bob's Red Mill** is 100% employee owned and a leader in whole-grain, organic, non-GMO and gluten-free foods. Explore our 200+ products, including baking essentials, whole grains, hot cereal and more. Plus, find holiday recipes at [bobsredmill.com](http://bobsredmill.com)!

**Baking essentials are on sale now at the co-op!**



*100% Portuguese and organic*

This single-sourced country of origin (Portugal) product from the groves of Alentejo has transparent production and is sustainably farmed and 100% authentic. Unmatched value with award-winning flavor and BPA-free tin lining.

**Zoe**  
**Organic Extra Virgin Olive Oil**  
 88 oz.

**26.99**



**2.79**  
**Crown Prince Smoked Oysters**  
 3 oz., selected varieties



**2/\$5**  
**Blue Diamond Nut Thins**  
 4.25 oz., selected varieties



**2/\$7**  
**Quinn Pretzel Nuggets**  
 5-7 oz., selected varieties



*sunkissed in the Mediterranean*

Bring the Mediterranean to your table with Mediterranean Organic Olives! Organically grown in Greece and full of flavor. Perfect for a delicious light snack or to complement your favorite dish!

**2/\$7**  
**Mediterranean Organic Pitted or Stuffed Olives**  
 8.1-8.5 oz., selected varieties



**2/\$6**  
**Q Drink Drink Mixers**  
 4 pk.-7.5 oz. cans, selected varieties



**1.49**  
**Organic Yellow Popcorn**  
 per pound in bulk



**4.99**  
**Organic Pitted Deglet Dates**  
 per pound in bulk



**9.99**  
**Organic Roasted & Salted Pistachios**  
 per pound in bulk



**Delicious snack options are at the co-op!**

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



1.79

Himalaya PartySmart  
1 capsule

16.99

Derma E Vitamin C Concentrated Serum  
2 oz.



10.99

Herb Pharm Rapid Immune Boost  
1 oz.



2.79

Booda Butter Original Lip Balm  
.15 oz.



4.49

Himalaya Toothpaste  
5.29 oz., selected varieties



4.99

Kiss My Face 4 in 1 Moisture Shave  
11 oz., selected varieties



19.99

Natural Factors Tranquil Sleep  
60 ct.



6.99

Andalou Naturals 1000 Roses Body Lotion  
8 oz.



2/\$10

Mineral Fusion Nail Polish Remover  
6 oz.



11.99

Sukin Love Your Skin 3 Step Face Kit  
1 kit

← give the gift of natural beauty

Indulge yourself and your loved ones in natural personal care this holiday season with clean, affordable gifts from **Andalou**, **Mineral Fusion** and **Sukin**.

The co-op has great wellness selections!

## 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 Cooperative Grocery  
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  
Just Local Food 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  
WE Market Co-op  
Willy Street Co-op



*to find a food co-op near you, visit us online at: [grocery.coop](http://grocery.coop)*



*a powerful clean*

Our liquid laundry products harness the power of renewable, plant-based ingredients for a deep clean you can feel great about.

**10.99**

**Seventh Generation Laundry Detergent**  
100 oz., selected varieties



**3.49**

**Better Life Dish Soap**  
22 oz., selected varieties



**4.49** **If You Care Parchment Baking Paper**  
70 sq. ft., other If You Care products also on sale

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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