

# coop deals

DEC 20, 2023 - JAN 2, 2024

*melted gold* →

Winter days are cozier with delicious baked goods, and Kerrygold Pure Irish Butter is perfect for baking your favorite festive treats. Made from grass-fed cow's milk, the creamy texture is a favorite for everyone, so be sure to find it at the co-op on sale now.



**3.99**

**Kerrygold  
Pure Irish Butter**  
8 oz., selected varieties



**2/\$7**

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



*Cooperatively Owned*

**11.99**

**Equal Exchange  
Organic Coffee**  
per pound in bulk,  
selected varieties

**INCLUSIVE TRADE PARTNER**

Siete Family Foods is a Hispanic-owned and mission-based company passionate about making and sharing real food.



**2/\$6**

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



**6.99**

**Thousand Hills  
100% Grass-fed  
Ground Beef 80%  
Lean 20% Fat**  
16 oz.



**9.49**

**American  
Flatbread  
Pizza**  
13.8-18.62 oz., selected  
varieties



The co-op has ingredients for all of your gatherings.  
**Make holiday baking fun!**



**2/\$6**

**Cascadian Farm  
Organic Frozen  
Vegetables**

10 oz., selected varieties



*delicious sour cream*

**COOPERATIVELY OWNED**

Made with organic milk from cows pasture raised on our small, organic family farms, our fresh and creamy sour cream has a tangy flavor to liven up your next dish.

**3.79**

**Organic Valley  
Sour Cream**

16 oz., selected varieties



**2/\$5**

**Health-Ade  
Organic  
Kombucha**

16 fl. oz.,  
selected varieties



**4.49**

**Mt Vikos  
Organic Feta  
Cheese**

6 oz.



**6.99**

**Bubbies  
Kosher Dill  
Pickles**

33 fl. oz.,  
selected varieties



*deliciously  
gluten free*

Canyon Bakehouse® breads are deliciously made with 100% whole grains and free from gluten, dairy, nuts and soy.

**5.99**

**Canyon Bakehouse  
Gluten-free Bread**

18 oz., selected varieties



**4.79**

**Earth Balance  
Buttery Spread or Sticks**

13-16 oz., selected varieties

**Find fixings for every meal at the co-op.**



**4.29**

**The Greek Gods  
Greek Yogurt**  
24 oz., selected varieties

*luscious and lactose free*

Real dairy sour cream, with all the richness and versatility but none of the lactose! Perfect for your favorite holiday recipes, from creamy dips and sauces to mouth-watering desserts.

**3.79**

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



**5.49**

**Immaculate  
Organic Cinnamon Rolls**  
17.5 oz.



**4.49**

**Rumiano  
Organic Block Cheese**  
8 oz., selected varieties

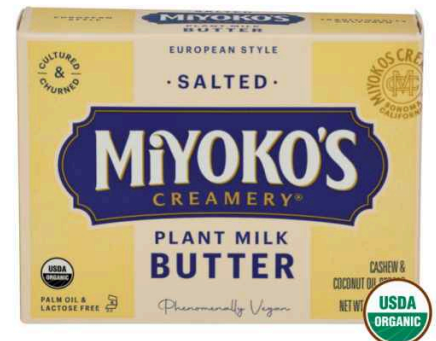


*honest, ethical food*

We're committed to improving the lives of people, animals and the planet through food — working with small family farms to bring you delicious eggs and butter you can trust.

**3.49**

**Vital Farms  
Butter**  
8 oz., selected varieties



**4.79**

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

**The co-op has dairy and dairy-free options.**



**2/\$8**

**Mom's Best Cereals**  
17.5-24 oz., selected varieties



**4.49**

**R.W. Knudsen Organic Cranberry Pomegranate Juice**  
32 fl. oz.

*where wisdom meets wellness*

Whether it's a cup for conversation, finding your Zen, or settling digestive discomfort, Traditional Medicinals has a tea for that.

**4.49**

**Traditional Medicinals Organic Herbal Tea**  
16 ct., selected varieties



**5.49**

**Numi Organic Tea**  
12-18 ct., selected varieties



**5.99**

**Enjoy Life Baking Chocolate**  
9-10 oz., selected varieties

*flavorful, responsibly sourced seasonings*



**COOPERATIVELY OWNED**

Add a dash of holiday cheer to your favorite dish with your purchase of Fair-Trade Ceylon Cinnamon that empowers farming communities at the source.

**5.49**

**Frontier Co-op Organic Ground Ceylon Cinnamon**  
1.76 oz.



**6.49**

**King Arthur Baking Company Flour**  
5 lbs., selected varieties

**Stay cozy all winter when you shop the co-op.**



**3.99**

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



*taste the magic*

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

**3.79**

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



**2/\$7**

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



**3.99**

**Explore Cuisine  
Organic Pasta**  
8 oz., selected varieties

*sun kissed in the Mediterranean*



Mediterranean Organic Olives are organically grown and tree ripened in rich mineral soil on family farms in Greece. This ancient fruit has a variety of flavors that are perfect for a delicious light snack or to complement your favorite dish.

**3.99**

**Mediterranean Organic  
Olives**

8.1-8.5 oz., selected varieties



**10.99**

**Spectrum  
Organic Extra  
Virgin Olive Oil**  
25.4 fl. oz.

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



**4.49**

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

*dark chocolate joy and delight*

Chocolove is the epitome of premium chocolate craftsmanship. Ethically sourced and made with the finest ingredients, each bite delivers a rich, velvety experience perfect for holiday indulgence. Share the love.

**2/\$5**

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



**2/\$6**

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



**2/\$6**

**Divine Chocolate  
Chocolate Bars**  
3 oz., selected varieties



**4.49**

**Carr's  
Crackers**  
4.25-7.1 oz., selected varieties

*crunchy and gluten free*



A combination of organic whole brown rice, quinoa, flax seeds and sesame seeds are the base of Mary's Gone Crackers wildly delicious snacks.

**3.99**

**Mary's Gone Crackers  
Organic Crackers**  
5-6.5 oz., selected varieties



**5.99**

**San Pellegrino  
Italian Sparkling Drink**  
6 pk.-11.15 fl. oz. cans, selected varieties

**The co-op has great options for holiday parties.**



**7.49**  
Avalon Organics  
Shampoo or Conditioner  
11 fl. oz., selected varieties



**2.49**  
Preserve  
Adult Toothbrush  
each, selected varieties



**2/\$5**  
Booda Organics  
Original Lip Balm  
.15 oz.



**6.99**  
Shikai  
Shampoo or  
Conditioner  
12 fl. oz., selected  
varieties



**2/\$7**  
One With Nature  
Dead Sea Mineral  
Bar Soap  
7 oz., selected varieties



**3.49**  
Ecover  
Liquid Dish Soap  
25 fl. oz., selected  
varieties



*everyday low price*  
**8.99**  
Field Day  
100% Recycled  
Bath Tissue  
12 ct.



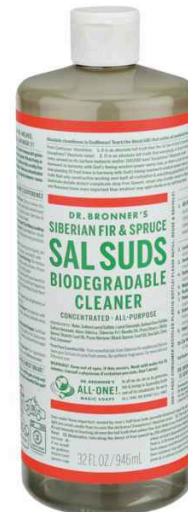
**9.49**  
Now  
Lavender Oil  
1 fl. oz.



**15.49**  
Derma E  
Vitamin C  
Concentrated  
Serum  
2 fl. oz.



**17.99**  
Natural Factors  
Stress Relax  
Tranquil Sleep  
60 ct.



**9.99**  
Dr. Bronner's  
Sal Suds  
32 fl. oz.



**29.99**  
Solaray  
Mycrobiotic  
Women's Probiotic  
30 ct.



**39.99**  
Ancient Nutrition  
Bone Broth  
Protein Powder  
15.7-17.9 oz., selected  
varieties

**Jump into the new year feeling your best.**

## 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  
Wild Onion Market

### 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 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*



*America's  
favorite organic  
ice cream*

Alden's is committed to making products irresistible for all, offering a wide variety of dairy and dairy-free frozen desserts.

**8.99**

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



**3.49**

**Quinn  
Pretzel Nuggets**  
5-7 oz., selected varieties



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.

