

# coop deals

FEB 16 - MAR 1, 2022

*diced and delicious*

Stock up on Muir Glen Organic Diced Tomatoes for preparing all your winter favorites. Hearty soups, stews and chili all start with shopping at the co-op.



**2/\$4**

Muir Glen  
Organic Diced Tomatoes  
28 oz., selected varieties



**2/\$6**

Lotus Foods  
Organic Pad Thai  
Rice Noodles  
8 oz., selected varieties



**2/\$6**

Tasty Bite  
Organic Entrees  
10 oz., selected varieties



**3.49**

Good Culture  
Organic Cottage  
Cheese  
16 oz., selected varieties



**2/\$7**

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



**2/\$7**

Rebbl  
Organic Protein  
Beverage  
12 fl. oz., selected  
varieties



**7.99**

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



Shop the co-op for hearty and healthy meals.

**Warm up with homemade soup.**



**3.99**

**Chobani Oatmilk**  
52 fl. oz., selected varieties



**2/\$6**

**Planet Oat Oatmilk**  
52 fl. oz., selected varieties



**4.49**

**Miyoko's Creamery Organic Cultured Vegan Butter**  
8 oz., selected varieties



**3/\$5**

**Siggis Plant-based Yogurt**  
5.3 oz., selected varieties



**3.99**

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



**7.99**

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

*living food for the living body*

Founder GT Dave was raised vegetarian and taught that food can be medicine. We continue to uphold that philosophy with always pure, potent, plant-based fermented offerings. **GT's** is fiercely independent and family owned and operated.



**2/\$5**

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



**4.99**

**GT's Organic Coconut Yogurt**  
8 oz., selected varieties



**6.99**

**GT's Organic Synergy Raw Kombucha**  
48 fl. oz., selected varieties

**The co-op has great options to start the morning.**

*delight in every bite*

At **Daiya**, we believe that delicious, plant-based eating will change the world and lead the way forward in crafting unexpectedly satisfying food made with mindful ingredients — always considering how we will feed generations to come. Free from the top eight allergens.



**2/\$7**

Daiya Slices  
7.8 oz., selected varieties



**2/\$7**

Daiya Blocks  
7.1 oz., selected varieties



**2/\$7**

Daiya Cream Cheese Spread  
8 oz., selected varieties

**2/\$7**

Daiya Cutting Board Shreds  
7.1 oz., selected varieties



**2/\$3**

So Delicious Coconutmilk Yogurt  
5.3 oz., selected varieties



**2/\$4**

Essentia Ionized Water  
1.5 liters



**2/\$7**

The Greek Gods Greek Yogurt  
24 oz., selected varieties



**2/\$7**

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



**5.99**

Uncle Matt's Organic Juice  
52 fl. oz., selected varieties



**4.49**

Hodo Organic Tofu Nuggets  
8 oz., selected varieties



**4.99**

Natural Sea Fish Sticks or Fillets  
8 oz., selected varieties



**8.99**

Organic Prairie Seasoned Ground Beef  
1 lb., selected varieties

**Ingredients for the whole family are at the co-op.**



**2/\$4**

Cascadian Farm Organic Frozen Vegetables  
10 oz., selected varieties

**2/\$6**

Cascadian Farm Organic Granola Bars  
6-1.2 oz. bars, selected varieties

**2/\$6**

Cascadian Farm Organic Cereal or Granola  
8.6-16 oz., selected varieties

**5.99**

Cascadian Farm Organic Powered by Plants Entrees  
24 oz., selected varieties

*always organic,  
never ordinary*

Our love of delicious, uncomplicated food comes from what Mother Nature has already perfected: wholesome, organic ingredients. Ban boring, eat vibrantly.



**2/\$7**

Alexia Frozen Potatoes  
15-19 oz., selected varieties



**4.49**

Ben & Jerry's Ice Cream  
1 pt., selected varieties

*raw organic sharp cheddar*



This raw milk, pasture-raised cheese is aged a minimum of six months and tastes great on a sandwich, in hot dishes or all by itself. Certified USDA organic.

**4.99**

Organic Valley Raw Cheese  
8 oz., selected varieties



**4.49**

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

**Save on your favorites with deals at the co-op.**



**2/\$7**  
**Choice Organics**  
 Tea  
 16 tea bags, selected varieties



**3.99**  
**Bragg**  
 Liquid Aminos  
 16 fl. oz.



**2/\$6**  
**Natural Sea**  
 Yellowfin Tuna  
 5 oz., selected varieties



**2/\$5**  
**R.W. Knudsen**  
 Simply Nutritious  
 Juice  
 32 fl. oz., selected varieties



**13.99**  
**Bionaturae**  
 Organic Extra  
 Virgin Olive Oil  
 25.4 fl. oz.



**2/\$5**  
**Sesmark**  
 Crackers  
 3.2-7 oz., selected varieties



**2/\$6**  
**Dream**  
 Organic Rice  
 Drink  
 32 fl. oz., selected varieties



**3.99**  
**Pacific Foods**  
 Organic Soup  
 17 oz., selected varieties

*family owned and always organic*



Authentic Italian cooking is about using simple, delicious, real ingredients. Bionaturae has partnered with co-ops for over 20 years. All products are 100% plastic free and BPA free.



**3/\$5**  
**Bionaturae**  
 Organic Pasta  
 16 oz., selected varieties



**4.99**  
**Numi**  
 Organic Tea  
 18 tea bags, selected varieties

**Find sustainable and organic options at the co-op.**



**2/\$5**

Lesser Evil Organic Popcorn  
5-7 oz., selected varieties



*real. delicious. chocolate.*

Endangered Species Chocolate is all about authenticity. Each bar has only a handful of real, responsibly sourced, health-conscious ingredients, and it's making a true positive impact for wildlife habitats.

**2/\$5**

Endangered Species Chocolate Bars  
3 oz., selected varieties



**2/\$7**

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



**2/\$4**

Thunderbird Bars  
1.7 oz., selected varieties



**2/\$5**

Smart Sweets Candy  
1.8 oz., selected varieties



**4.49**

Santa Cruz Organic Peanut Butter  
16 oz., selected varieties



# KIND snacks

**KIND** offers the perfect tasty snacks for every occasion. Made with nutrient-dense ingredients like nuts and whole grains, with flavors that satisfy from the first bite to the last. Perfect for enjoying while on the go, at work or at home.

**4/\$5**

Kind Bars  
1.4 oz., selected varieties

**2/\$7**

Kind Healthy Grains Drizzled Granola Bars  
5-1.16 oz. bars, selected varieties

**3.99**

Kind Healthy Grains Clusters  
11 oz., selected varieties



**Sweeten your day with deals from the co-op.**

# whole body health



**8.99**  
Heritage Store  
Rosewater  
Facial Mist  
8 fl. oz.



**8.99**  
Honey Gardens  
Elderberry Syrup  
4 fl. oz.

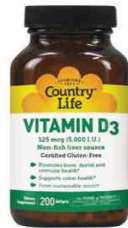


**8.99**  
Life Flo  
Pure Magnesium  
Oil Spray  
8 fl. oz.



**19.99**  
Solaray  
D-Mannose  
60 vegetarian capsules

We refuse to compromise on quality, vetting every product from sourcing to shelf. Pure ingredients, thoughtful formulation and careful production mean people can trust that our products will work in the ways they need them to.



**13.99**  
Country Life  
Vitamin D3 5,000  
IU  
200 ct.



**5.99**  
Giovanni  
Shampoo or  
Conditioner  
8.5 fl. oz., selected  
varieties



**2/\$7**  
Tazo  
Tea Bags  
20 tea bags, selected  
varieties



**7.49**  
Seventh  
Generation  
Bath Tissue  
12 pk.



**5.99**  
Castor & Pollux  
Organic Dog  
Cookies  
12 oz., selected varieties



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



**The co-op has healthy options for your family.**

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

## 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  
 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 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](http://grocery.coop)*

*snack like you care*

Carb-conscious snacks inspired by nature. **EPIC** Provisions makes it easy to choose carb-conscious meat snacks with ingredients you can feel good about, from our savory bars to our crunchy pork rinds. Snack with intention.



**3/\$5**

Epic Bars  
 1.3–1.5 oz., selected varieties



**2/\$3**

Epic Jerky Strips  
 .8 oz., selected varieties



**2/\$5**

Epic Pork Rinds  
 2.5 oz., selected varieties



**4.49**

Epic Bone Broth and Bites  
 14 fl. oz. and 2.5 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.

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