

coop deals

NOV 3 - NOV 16, 2021

endless possibilities

Pre-heat the oven, and create scrumptious baked goods with Bob's Red Mill All-Purpose Organic Flour. Pumpkin pastries? Check. Satisfied roommates, friends and family? Done.



6.49

Bob's Red Mill
Organic All-Purpose Flour
5 lbs., selected varieties



2/\$4

Farmer's Market
Organic Pumpkin
15 oz.



4.99

Wholesome
Organic Cane
Sugar
2 lbs.



4.49

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



5.49

Lily's
Chocolate Baking
Chips
9 oz., selected varieties



2/\$6

Santa Cruz
Organic
Apple Sauce
23 oz., selected varieties



4.99

Siggis
Whole Milk
Yogurt
24 oz., selected varieties



Shop the co-op for your seasonal baking items.

Warm your home with baked goods.



2.99

Fage
Greek Yogurt
17.6 oz., selected
varieties



2/\$6

Hope Foods
Organic Hummus
8 oz., selected varieties



a ghee-licious surprise

Organic Valley's Ghee is 100% organic and made with milk from our pasture-raised cows. It's shelf stable — no refrigeration needed. It's also kosher and halal certified.

12.99

Organic Valley
Ghee Clarified Butter
13 oz.



3.99

Lightlife
Organic Smoky
Tempeh Strips
6 oz.



4.49

Hodo
Organic Tofu
Nuggets
8 oz., selected varieties



8.99

Applegate Naturals
Family Size Chicken
Nuggets or
Tenders
14-16 oz., selected
varieties



2/\$5

Health-Ade
Organic
Kombucha
16 oz., selected varieties



2/\$7

Good Karma
Flaxmilk
64 oz., selected varieties



3.99

Lifeway
Organic Kefir
32 oz., selected varieties



2/\$7

Daiya
Dairy-free Shreds
7.1-8 oz., selected
varieties



3.99

Melt
Organic Plant-
based Butter
Spread
13 oz.



7.99

Miso Master
Organic Miso
16 oz., selected varieties

Save on family favorites at the co-op.

goodness in every glass

At **Organic Valley**, we like to keep things honest and simple. Like 100% grass-fed dairy and 100% grass-fed cheese produced with no added hormones, antibiotics or toxic pesticides. Made by farmers and artisans who care about the environment, the animals and you — our customers.



2.79
Organic Valley
Grassmilk Half & Half
1 pint

4.99
Organic Valley
Grassmilk
64 oz., selected varieties

5.99
Organic Valley
Grassmilk Raw
Cheddar Cheese
8 oz., selected varieties



2/\$4
Cascadian Farm
Organic Frozen
Vegetables
10 oz., selected varieties



2/\$5
Sweet Earth
Burritos
6-7 oz., selected
varieties



cheese it up

Organic Valley's Mozzarella Cheese has a mild, creamy flavor the whole family will love. This pasture-raised cheese is packaged in a block for easy shredding, slicing or cubing for organic snacks.

Organic Valley
Block Cheese
8 oz., selected varieties

4.49



2/\$6
Cascadian Farm
Organic Frozen Fruit
8-10 oz., selected varieties

The co-op has great deals for flavorful meals.

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



12.99

**Spectrum Naturals
Organic Extra Virgin
Olive Oil**
33.8 oz.



give us three minutes

Grain Trust believes fresh is best. We harvest our rice, cook it to perfection and flash freeze it, locking in the flavor. The microwaveable pouch steams the rice to perfection in just three minutes.

3.49

**Grain Trust
Organic Steamed Rice**
30 oz., selected varieties



3/\$5

**Dr. McDougall's
Soup Cups**
1.3-3.4 oz., selected
varieties



4/\$5

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



2/\$6

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



holiday meals start here

Pacific Foods Organic Free Range Chicken Broth is rich, flavorful and the perfect pantry partner to create a table full of palate-pleasing holiday favorites, like mashed potatoes, stuffing, gravy and more!

2/\$7

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



3.99

**Maya Kaimal
Indian Simmer
Sauce**
12.5 oz., selected
varieties



10.99

**California Olive
Ranch
100% California
Grown Extra Virgin
Olive Oil**
16.9 oz.

Stock the pantry for meals from the co-op.



6.99

Navitas Organic Cacao Powder
8 oz.



2/\$6

Kashi Organic Cereal
9.5-16.3 oz., selected varieties



2/\$4

Thunderbird Food Bars
1.7 oz., selected varieties



6.99

Once Again Organic Tahini
16 oz., selected varieties



2.79

R.W. Knudsen Simply Nutritious Juice
32 oz., selected varieties



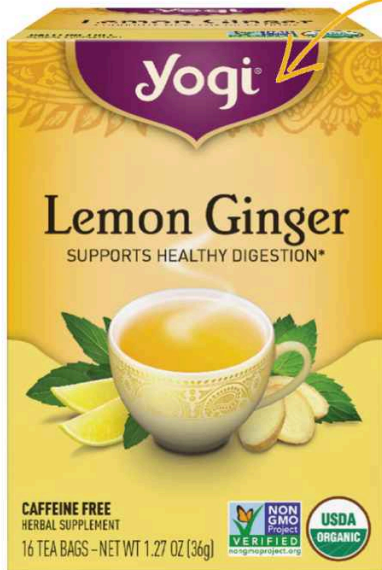
3.49

Nature's Path Organic Cereal
10-14 oz., selected varieties



8.99

Equal Exchange Organic Coffee
per pound in bulk, selected varieties



support your digestive health

Yogi Lemon Ginger Tea will brighten up your day with a warming and delicious herbal tea blend that supports healthy digestion.

2/\$7

Yogi Tea Herbal Tea Bags
16 ct., selected varieties



14.99

Neocell Super Collagen Peptides Powder
7 oz.

Support your health with help from the co-op.



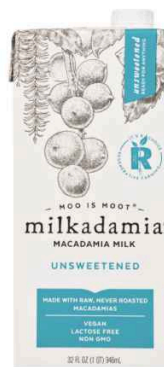
2/\$4

Mountain Valley
Spring Water
1 liter, selected varieties



2/\$4

Essentia
Ionized Water
1.5 liters



2/\$7

Milkadamia
Macadamia Milk
32 oz., selected varieties



2.99

Lakewood
Organic
Pure Juice
12.5 oz., lemon or lime



2/\$6

Taza Chocolate
Organic
Chocolate Bar
2.5 oz., selected varieties



2/\$7

Simple Mills
Almond Flour Crackers
4.25 oz., selected varieties



2/\$5

Late July
Organic
Restaurant Style
Tortilla Chips
11 oz., selected varieties



4.49

Zevia
Zero Calorie Soda
6 pk.-12 oz. cans,
selected varieties



2/\$5

Hippeas
Organic Chickpea
Puffs
4 oz., selected varieties



6.49

Reed's
Ginger Brew
4 pk.-12 oz. bottles,
selected varieties



scoop up the savings in bulk!

1.29

Organic Quick
Rolled Oats
per pound in bulk



3.39

Organic Shredded
Coconut
per pound in bulk



5.49

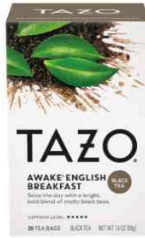
Raw Walnut Halves
& Pieces
per pound in bulk

The co-op has you covered for snacks.



12.99

Alba Botanica Very Emollient Body Lotion
32 oz., selected varieties



2/\$6

Tazo Tea Bags
20 ct., selected varieties



10.99

Nordic Naturals Vitamin D3 Gummies
60 ct.



9.99

Dr. Bronner's Sal Suds
32 oz.



16.99

Maggie's Organics Wool Hiker Socks
1 pair, selected varieties



2/\$4

Seventh Generation Unbleached Paper Towels
120 ct.



2/\$5

Seventh Generation Dish Soap
19 oz., selected varieties



certified-organic essential oils

From the fields of Provence to your home, our Lavender Essential Oil is Ecocert-certified organic to ensure purity and potency in every drop. Breathe in the power of nature!

7.99

Pranarom Organic Lavender Oil
5 ml, selected varieties



11.99

Garden Of Life Kids Organic Vitamin D3 Gummies
60 ct.

Freshen up your home with deals from 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
Wheatsfield 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

share plant-based goodness

This holiday season, create delicious, dairy-free recipes without sacrificing taste using **Kite Hill's** game-changing plant-based ingredients. From cultured yogurt and tangy dips and spreads to ricotta-filled pastas, Kite Hill has something for everyone at your table.



3.49

Kite Hill
Dip or Sour Cream
8 oz., selected varieties



3.99

Kite Hill
Almond Milk Yogurt
16 oz., selected varieties



5.49

Kite Hill
Tortellini or Ravioli
9 oz., selected varieties



5.99

Kite Hill
Cream Cheese
8 oz.

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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