

coop deals

NOV 15 - NOV 28, 2023

casserole ready

Add a delicious green bean side dish to your holiday meal. Cascadian Farm's Organic Frozen Green Beans are on sale, so grab some at the co-op!



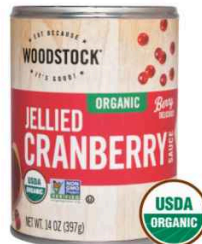
2/\$7

Cascadian Farm
Organic Frozen Vegetables
16 oz., selected varieties



2/\$6

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



3.49

Woodstock
Organic
Cranberry Sauce
14 oz., selected varieties



COOPERATIVELY OWNED



2/\$7

Blue Diamond
Nut Thins
4.25 oz., selected
varieties



3.99

Just
Plant-based Egg
Scramble
12 fl. oz.



2/\$8

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



11.99

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



Shop the co-op for holiday meal ingredients.

Gather friends, family and food.

find your happy plate



From shredded cheeze to cheesecake, **Daiya** has got plant-based covered. Explore dairy-free, allergen-free foods and ingredients that keep you coming back for more. Keep an eye out for our new look coming soon!

3.99

Daiya Slices or Block Cheeze
6.5-7.8 oz., selected varieties

3.99

Daiya Cutting Board Shreds
7.1 oz., selected varieties

2/\$8

Daiya Deluxe Mac & Cheeze
10.6-10.9 oz., selected varieties

6.99

Daiya Pizza
13.47-19.4 oz., selected varieties



3.99

Silk Dairy-free Creamer
32 fl. oz., selected varieties



4.79

Califia Farms Plant-based Creamer
25.4 fl. oz., selected varieties



5.49

Meyenberg Goat Milk Butter
8 oz.

honest, ethical food



Our mission is to bring ethical food to the table. **Vital Farms** is 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

5.49

Vital Farms Pasture-raised Liquid Whole Eggs
16 oz.

5.99

Vital Farms Pasture-raised Large Grade A Eggs
1 doz.

Find delicious ingredients at the co-op.

craveable
plant-based
foods

Stock up and feed your cravings with **Kite Hill**. Our California-grown almonds are the base of our delicious ricotta, sour cream, yogurt, cream cheese, pasta and dips. Our products are sure to please everyone at your table.



3.79

Kite Hill Dairy-free Dips
8 oz., selected varieties



4.49

Kite Hill Almondmilk Yogurt
16 oz., selected varieties



5.99

Kite Hill Dairy-free Cream Cheese or Plant-based Filled Pasta
8 oz., selected varieties



7.49

Kite Hill Dairy-free Ricotta
8 oz.



3.99

Follow Your Heart Dairy-free Parmesan Shredded Cheese
4 oz.



6.79

Wallaby Organic Greek Yogurt
32 oz., selected varieties



6.99

Sweet Earth Mindful Chik'n Strips
8 oz.

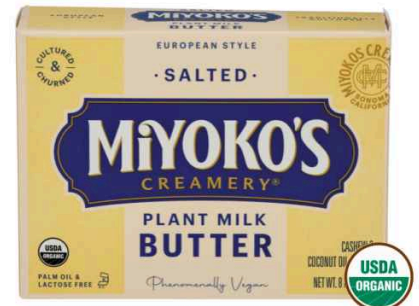
great buttery taste

Earth Balance Vegan Buttery Sticks has made its name as the ultimate toast topper and a crucial part of nondairy baking. It's creamy, rich and buttery.



5.49

Earth Balance Buttery Spread or Sticks
13-16 oz., selected varieties



4.79

Miyoko's Creamery Organic Plant Milk Butter
8-12 oz., selected varieties

Find dairy and nondairy options at the co-op.



1.69

So Delicious
Coconutmilk
Yogurt
5.3 oz., selected varieties



3.69

So Delicious
CocoWhip Topping
9 oz., selected varieties



3.49

So Delicious
Holiday Nog
Coconutmilk
32 fl. oz.



4.79

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



*joy to
deliciousness*

It's no coincidence that delicious is our name. Make your dairy-free holiday brighter with tasty **So Delicious** Coconutmilk Yogurt Alternative, CocoWhip, Holiday Nog and Coconutmilk Creamer! Together, they make everything better. Now that's a reason to celebrate.



1.59

Forager Project
Organic
Cashewmilk
Yogurt
5.3 oz., selected varieties



4.29

Mt Vikos
Organic Feta
Cheese
6 oz.



4.79

Andrew & Everett
Swiss Sliced
Cheese
7 oz.

pasture raised and grazed

Organic, grass-fed cheese from small family farms in coastal Northern California. American Humane Certified means our cows are pasture raised and grazed!



4.49

Rumiano
Organic Block Cheese
8 oz., selected varieties



2/\$8

Immaculate
Organic Crescent Rolls
8 oz., selected varieties

Find the brands you love at the co-op



3.99
Silver Hills
Sprouted Bread
15-22 oz., selected
varieties

sweet summer crunch

Our veggies are firmer, sweeter and crunchier because we pick them at the peak of ripeness and process them right on our family farm. You can taste the difference!



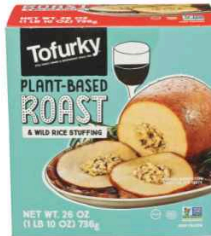
6.49
Flax4Life
Brownies
14 oz., selected varieties

2/\$5

Stahlbush Island Farms
Frozen Vegetables
10 oz., selected varieties



7.49
Bonafide Provisions
Organic Bone Broth
24 fl. oz., selected varieties



13.99
Tofurky
Plant-based Roast
19-26 oz., selected
varieties



keep it real

Alden's Organic ice cream goes all in on quality. Made with real ingredients and fresh organic cream, you'll get that true-to-flavor taste in every irresistible bite.

7.99
Alden's Organic
Ice Cream
48 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Grain Trust is a Hispanic-owned company that creates three-minute dishes using ethically sourced grains from farmers who earn living wages.



2/\$8
Grain Trust
Frozen Rice Sides
20-30 oz., selected varieties

The co-op makes meals easy.



2/\$7
 Dandies
 Vegan
 Marshmallows
 10 oz., selected varieties



4.49
 Wholesome
 Organic Brown
 Sugar
 24 oz., selected varieties



*always organic,
 always delicious.*

COOPERATIVELY OWNED

Because one simple choice can make a big difference. Simply Organic Pure Madagascar Vanilla. No added sugars. No artificial anything. No exceptions.

7.99
 Simply Organic
 Vanilla Extract
 2 fl. oz.



6.49
 Sweetleaf
 Stevia Sweetener
 Drops
 2 fl. oz., selected varieties

*homemade for
 the holidays*

Nothing brings people together like fresh, homemade goodness. That's why **Bob's Red Mill** creates high-quality, versatile ingredients and simple, on-the-go snacks — so you can share something you love with the people who matter most.



4/\$5
 Bob's Red Mill
 Oats Bars
 1.76 oz., selected varieties

6.49
 Bob's Red Mill
 Gluten-free
 Rolled Oats
 28-32 oz., selected varieties

7.49
 Bob's Red Mill
 Organic Flour
 5 lbs., selected varieties

8.49
 Bob's Red Mill
 Super-fine
 Almond Flour
 16 oz.

Find seasonal baking recipes at grocery.coop.

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

COOPERATIVELY OWNED



2/\$7
 Equal Exchange Organic Tea
 20 ct., selected varieties



2/\$7
 West Life Organic Soy Milk
 32 fl. oz., selected varieties



2/\$9
 Nature's Path Organic Cereal
 10-14 oz., selected varieties



COOPERATIVELY OWNED



9.99
 Equal Exchange Organic Coffee
 10-12 oz., selected varieties
 Decaf on sale for 11.49



9.99
 Peace Coffee Organic Coffee
 12 oz., selected varieties

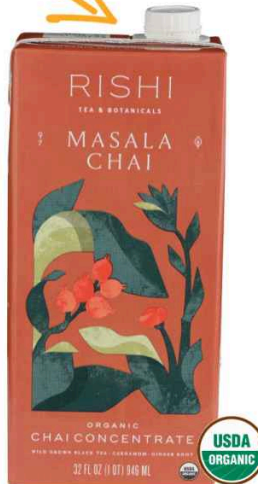


fall for masala chai

Rishi's organic masala chai is fragrant and full bodied, made with wild-grown black tea and the highest-quality organic spices — slow brewed to create the perfect balance.

5.99

Rishi Organic Tea Concentrate
 32 fl. oz., selected varieties



4.49

Pukka Organic Herbal Tea
 20 ct., selected varieties

scoop up the savings in bulk!



1.89
 Organic Raw Sugar
 per pound in bulk



3.39
 Organic Shredded Coconut
 per pound in bulk



3.79
 Walnut Halves & Pieces
 per pound in bulk

Organic products are at the co-op.



1.99
Edward & Sons
Organic Mashed
Potatoes
3.5 oz., selected varieties



2/\$5
Westbrae
Organic Beans
15 oz., selected varieties



2/\$7
Pacific Foods
Organic Broth
32 fl. oz., selected varieties



2/\$4
Dr. McDougall's
Soup Cups
1.3-3.4 oz., selected varieties



3.49
Divina
Stuffed Grape
Leaves
7 oz.



5.99
Better Than
Bouillon
Organic Broth
Base
8 oz., selected varieties



6.99
Primal Kitchen
Organic No Dairy
Gravy
12 oz., selected varieties



*rice to the
occasion*



2/\$7
Lundberg Family Farms
Rice Chips
6 oz., selected varieties



5.49
Lundberg Family Farms
Wild Rice Blend
16 oz.



8.49
Lundberg Family Farms
Organic Rice
32 oz., selected varieties



Find ingredients for easy dinners at the co-op.



2.19
San Pellegrino
Sparkling
Mineral
Water
 25.3 fl. oz.



2/\$6
Vegan Rob's
Plant-based Puffs
 3.5 oz., selected varieties



2/\$7
Back to Nature
Crackers
 4-8.5 oz., selected varieties



2/\$6
Angie's
Boomchickapop
Popcorn
 4.4-7 oz., selected varieties



2/\$7
Taza
Organic
Chocolate Bars
 2.5 oz., selected varieties



3.79
Barnana
Organic Plantain
Chips
 5 oz., selected varieties



4.29
Back to Nature
Cookies
 6-12 oz., selected varieties

snacks to gather around



Our Late July® restaurant-style tortilla chips are carefully made using organic and non-GMO ingredients, so they're perfect to serve and share with friends and family this holiday.

2/\$7
Late July
Organic Tortilla Chips
 7.4-10.1 oz., selected varieties



Find something for everyone at the co-op.



rooted in goodness

Mrs. Meyer's® Clean Day offers trusted solutions for a better clean — all products are free of artificial colors, ammonia, chlorine bleach and parabens, and they're beautifully packaged in bottles with at least 30% post-consumer recycled plastic that are 100% recyclable.

2/\$8

Mrs. Meyer's Hand Soap
10-12.5 fl. oz., selected varieties

3.99

Mrs. Meyer's Dish Soap or Multi-surface Cleaner
16 fl. oz., selected varieties



2.69

Vive Organic Wellness Shots
2 fl. oz., selected varieties



INCLUSIVE TRADE PARTNER

ECOS is a Black- and woman-owned company that believes everyone has a right to a healthy home. For more than 50 years, we've been creating cleaning products that protect the health and wellness of people, pets and the planet.

INCLUSIVE TRADE PARTNER

World Centric is a diverse-owned company whose business operations address sustainability in our products, philanthropy and practices.



8.99

Hyland's Calms Forte Sleep Aid
100 ct.

3.79

Ecos Liquid Dish Soap
25 fl. oz., selected varieties



3.99

World Centric Compostable 9" Plates
20 ct.



10.79

Nordic Naturals Vitamin D3 Gummies
60 ct.



12.99

Nature's Way Umcka Coldcare Syrup
4 fl. oz., selected varieties

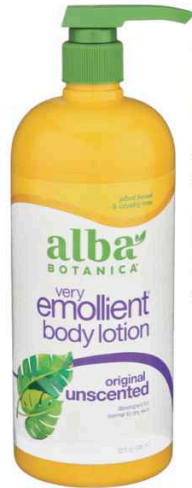
Stay well this fall with items from the co-op.



2.79
The Humble Co.
Floss Picks
50 ct., selected varieties



5.29
Himalaya
Toothpaste
4-5.29 oz., selected varieties



12.49
Alba Botanica
Very Emollient
Body Lotion
32 fl. oz., selected varieties



COOPERATIVELY OWNED



12.29
Aura Cacia
Essential Oils Kit
4 pk.-.25 fl.oz., selected varieties



6.49
Spry
Oral Rinse
16 fl. oz., selected varieties

*made with love
and respect*

INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company on a mission to invest in a more equitable future. Our projects enable West African communities to provide their skills and knowledge to the rest of the world. Join us in celebrating 20 YEARS of plant-derived, fair trade favorites — for all body, hair and skin types!



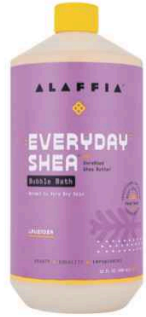
8.99
Alaffia
Everyday Shea
Shampoo or
Conditioner
32 fl. oz., selected varieties



8.99
Alaffia
Everyday Shea
Body Lotion
32 fl. oz., selected varieties



8.99
Alaffia
Everyday Shea
Body Wash
32 fl. oz., selected varieties



8.99
Alaffia
Everyday Shea
Bubble Bath
32 fl. oz., selected varieties

Quality body care products are 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
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

grown with gratitude

INCLUSIVE TRADE PARTNER

GT's Living Foods is a family- and LGBTQIA+-owned business. Rooted in ancient wisdom and sacred tradition, GT's Living Foods offer you the opportunity for a new, daily ritual to live a healthier, happier life. Every product honors Mother Nature's bountiful harvest through organic ingredients, raw fermentation and naturally occurring probiotics.



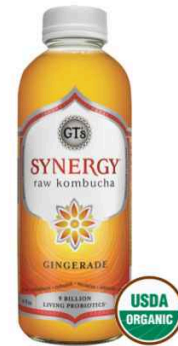
2/\$6

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



2/\$6

GT's Ancient Mushroom Elixir
16 fl. oz.,
selected varieties



2/\$6

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



5.49

GT's Organic Cocoyo
8 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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