

co-op deals

SEP 29 – OCT 12, 2021

game-day snacks

Head into the fall season with delicious snacks like Garden of Eatin' Sesame Blues. Add your favorite dips found at the co-op, and you'll be munching and cheering for your favorite team in no time.



2/\$4

Garden of Eatin'
Sesame Blues Tortilla Chips
5.5 oz., selected varieties



2/\$6

Frontera
Salsa
16 oz., selected varieties



2/\$4

Perfect Bar
Organic Protein
Bar
2.2-2.5 oz., selected
varieties



2.79

Van's
Waffles
8-9 oz., selected
varieties



2/\$7

Choice Organics
Teas
16 tea bags, selected
varieties



2/\$5

Tasty Bite
Indian Entrees
10 oz., selected varieties



2/\$6

Vita Coco
Coconut Water
33.8 oz., selected
varieties



Whip up fresh dip for game day.

Jump into fall with co-op savings.



3.49

Oatly
Oatmilk
64 oz., selected varieties



2.99
Califia Farms
Better Half
Creamer
16.9 oz., selected
varieties



6.99
Evolution Fresh
Organic Juices
59 oz., selected varieties



3.99
Silk
Dairy-free
Creamer
32 oz., selected
varieties



3.99
So Delicious
Organic
Coconutmilk
64 oz., selected varieties



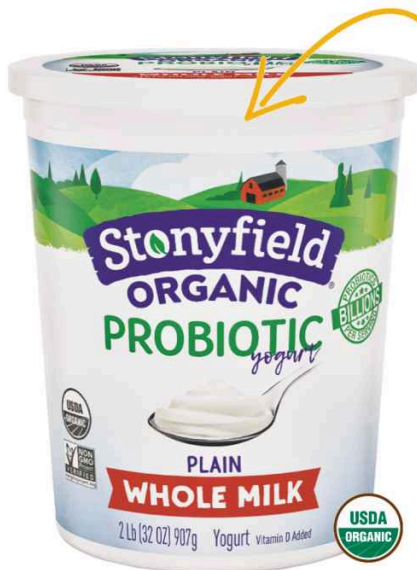
2/\$3
Silk
Soy Yogurt
5.3 oz., selected
varieties



3/\$5
Noosa
Yoghurt
8 oz., selected varieties



4.49
Forager Project
Organic
Cashewmilk
Yogurt
24 oz., selected varieties



good on purpose

Smooth, creamy and versatile, Stonyfield Organic Plain Whole Milk Probiotic Yogurt is a delicious way to support family farms and a healthier planet.

2/\$7

Stonyfield
Organic Yogurt
32 oz., selected varieties



5/\$5

Chobani
Greek Yogurt
5.3 oz., selected varieties

Fall mornings are better with co-op deals.



5/\$5

**Fage
Greek Yogurt**
5.3-7 oz., selected
varieties



3.99

**Lifeway
Organic Kefir**
32 oz., selected varieties



2/\$5

**Vive
Wellness Shots**
2 oz., selected varieties

Kite Hill Original – now creamier



Kite Hill has created a portfolio of game-changing plant-based foods, and the yogurt is no exception. With our Original line, now with an even creamier texture and less sugar, and our unsweetened Greek line, with high protein — Kite Hill has a yogurt for everyone!

4.49

**Kite Hill
Almond Milk Yogurt**
16 oz., selected varieties



2/\$4

**Woodstock
Organic Tofu**
14 oz., selected varieties



6.99

**Beyond Meat
Beyond Sausage**
14 oz., selected varieties

*hearty sandwiches,
zero compromises*

Craft a flavorful lunchtime sandwich featuring Canyon Bakehouse's Gluten-Free Everything or 7-Grain Bagel layered with Field Roast Mushroom & Balsamic Plant-based Deli and vegan Chao Cheese Slices. Find them now in the freezer and refrigerated sections!



2.79

**Field Roast
Deli Slices**
5.5 oz., selected varieties



4.49

**Field Roast
Chao Slices**
7 oz., selected varieties



4.49

**Canyon Bakehouse
Gluten-free Bagels**
14 oz., selected varieties



4.79

**Canyon Bakehouse
Gluten-free Bread**
18 oz., selected varieties

Something for everyone in the family at the co-op.

At **Amy's**, we love to cook for you. For us, that means carefully sourcing high-quality, organic ingredients and spending countless hours in our kitchens so you can enjoy authentic, great-tasting food in minutes.

hand crafted and crave worthy

2/\$5

Amy's
Organic Refried and
Baked Beans
15-15.4 oz., selected varieties

2/\$5

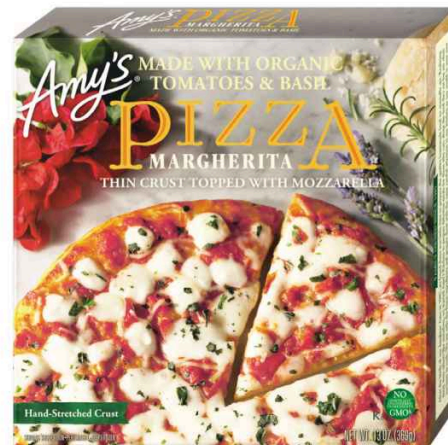
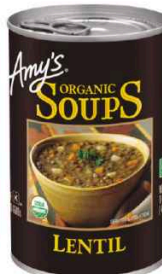
Amy's
Burritos
5.5-6 oz., selected varieties

2/\$6

Amy's
Soups
14-14.5 oz., selected varieties

6.99

Amy's
Pizzas
9.1-14 oz., selected varieties



2.79 Farmer's Hen House
Free-range Large Brown
Grade A Eggs
1 dozen



3.99
Organic Valley
Parmesan Cheese
4 oz., selected varieties



6.99
Caulipower
Chicken Tenders
14 oz., selected varieties

hand selected for you



Organic Valley's Raw Sharp Cheddar Cheese is aged for a minimum of six months for that sharp bite with a buttery finish. It's great on sandwiches and crackers or by itself.

4.99

Organic Valley
Raw Cheese
8 oz., selected varieties



2/\$6

Rebbl
Organic Elixir
12 oz., selected varieties

The co-op has great deals on quality ingredients.

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

a deep welcome to India

Bold. Complex. An experience. That's what friends call our **Deep Indian Kitchen**, thanks to our Indian family's recipes for entrees, samosas, naan and pizzas, which we always make from scratch and eat together to enjoy the full flavors of India!



2/\$7
Deep Indian Kitchen
Potato & Pea Samosas
12 oz.



2/\$7
Deep Indian Kitchen
Naan
9 oz., selected varieties



2/\$7
Deep Indian Kitchen
Naan Pizza
7.4-9 oz., selected varieties



3.99
Deep Indian Kitchen
Entrees
7.5-10 oz., selected varieties



2/\$4
Evol
Burrito
6 oz., selected varieties



4.49
Ben & Jerry's
Ice Cream
1 pint, selected varieties



5.99
Cascadian Farm
Organic Powered
by Plants Entrée
24 oz., selected varieties



gluten free without compromise



Udi's delivers the foods you love by swapping in ingredients that leave you feeling good afterwards! Enjoy our gluten-free breads and veggie crust pizzas — all of the flavor, none of the gluten!

8.99
Udi's
Gluten-free Pizza
17.4-19.12 oz., selected varieties



3.99
Gardein
Seven Grain Crispy Tenders
9 oz.

Crunched for time? The co-op's got you covered.



2/\$3

San Pellegrino
Sparkling Mineral
Water
750 ml.



3/\$5

Mike's Mighty
Good
Ramen Soup
Packs or Cups
1.6-2.4 oz., selected
varieties



9.99

Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 oz.



2.99

Ancient Harvest
Organic Polenta
18 oz., selected varieties



2/\$6

Annie's
Organic Dressing
8 oz., selected varieties



18.99

California Olive
Ranch
Extra Virgin Olive
Oil
33.8 oz.



2/\$5

So Delicious
Organic
Coconutmilk
32 oz., selected varieties



4.99

Field Day
Organic Peanut
Butter
18 oz., selected varieties



make every day delicious

To Rao's Homemade, delicious is slow-simmered Italian tomatoes. Delicious is spicy, it's sweet. Put real, delicious ingredients in, only delicious food comes out.

5.99

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



2/\$6

Imagine
Organic Broth
32 oz., selected varieties

Find ingredients to fill your pantry at the co-op.



2/\$5

Probar Meal Bar
3 oz., selected varieties



PB & yay!

With 33% less sugar than standard jams, feel good about your next PB&J without sacrificing delicious, fruity taste. Organic, non-GMO and vegan friendly!

4.49

Crofter's Organic Premium Fruit Spread

16.5 oz., selected varieties



2/\$6

Nature's Path Organic Instant Oatmeal
8-1.76 oz. packets, selected varieties

2/\$4

Gomacro Organic Macrobar
2-2.3 oz., selected varieties



3.99

Forager Project Organic Grain-free Cereal
7-8 oz., selected varieties



organic food, healthy Earth

Our mission: a more sustainable future for all. We all rely on clean air, water, healthy soil and good food. So we thank you for eating like our Earth depends on it.

6.99

Nature's Path Organic Cereal

23.8-32 oz., selected varieties



2/\$7

Envirokidz Organic Cereal

10-14 oz., selected varieties

The co-op has breakfast brands you love.



2/\$3

Earth's Best
Baby Food or Yogurt
Smoothie Pouch
3.5-4.2 oz., selected varieties

brownies made better



Organic Cascadian Farm plant-based brownies made with chickpea flour are the perfect dessert. Made with organic dark chocolate chunks, our Chocolate Chunk Brownie is delicious and gluten free.

2/\$6

Cascadian Farm
Organic Plant-based
Soft Baked Bars
5-pack, selected varieties



2/\$6

Celestial Seasonings
Herbal Tea
18-20 tea bags, selected varieties



5.49

R.W. Knudsen
Organic Just Tart
Cherry Juice
32 oz.

*immune boosting
mocktail fun!*

Try this deliciously fun recipe featuring immune-boosting **Organic India** tea blended with **WishGarden Herbs** herbal remedies:

- 8 oz. hot water
- 1 bag Organic India Tulsi Masala Chai
- 6 pumps WishGarden Herbs Kick-Ass Immune
- ¼ teaspoon honey
- 1 mint sprig
- 1 cinnamon stick



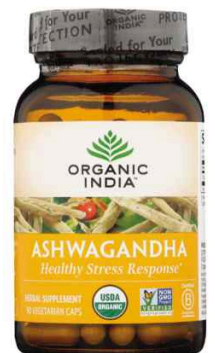
2/\$7

Organic India
Tulsi Tea
18 bags, selected varieties



14.99

WishGarden Herbs
Kick-Ass Immune
Activator
2 oz.



18.99

Organic India
Ashwagandha
90 capsules

Stay well this season with help from the co-op.



3/\$4

Honest Tea
Organic Tea
16 oz., selected varieties



2/\$5

Que Pasa
Organic Tortilla
Chips
11 oz., selected varieties



2/\$6

Lily's
Chocolate Bar
2.8-3 oz., selected
varieties



2/\$5

Mavuno Harvest
Organic Dried
Fruit
2 oz., selected varieties



2/\$7

Wholesome
Organic
DelishFish
6 oz., selected varieties



3.99

Glutino
Cookies
8.6-11.1 oz., selected
varieties

3/\$5

Alo
Aloe Drink
16.9 oz., selected
varieties



2/\$6

From The Ground Up
Cauliflower Snacks
3.5- 4 oz., selected varieties



5.99

Manitoba Harvest
Hemp Hearts
8 oz.



1.79

Organic Garbanzo
Beans
per pound in bulk



2.49

Organic Buckwheat
Groats
per pound in bulk



8.99

Organic Unroasted
Almonds
per pound in bulk



Explore all the snack options at the co-op.



19.99

Garden of Life
Organic Apple Cider
Vinegar Gummies
60-63 gummies, selected varieties



29.99

Garden of Life
mykind Organics
Turmeric Gummies
120 gummies



29.99

Garden of Life
mykind Organics
Elderberry Gummies
120 gummies



29.99

Garden of Life
mykind Organics
Multivitamin
120 gummies, selected varieties

*mykind Organics
Gummies –
traceable purity*



All mykind Organics Gummies from **Garden of Life** are Certified USDA Organic, Non-GMO Project Verified, certified vegan and gluten free, and made with real fruit — no added sugar, artificial sweeteners, flavors, colors or harsh chemicals. Just wholesome, organic plant goodness!



the highest standards

All Nordic Naturals' fish oil products are offered in the triglyceride molecular form — the form naturally found in fish and the form your body most easily absorbs.

21.99

Nordic Naturals
Ultimate Omega 1280 mg
60 ct.



19.99

Bulletproof
Brain Octane C8 MCT Oil
14 oz.



6.99

Spectrum
Essentials
Organic Flaxseed
14-15 oz., selected
varieties



39.99

Ancient Nutrition
Bone Broth
Protein Powder
13-17.8 oz., selected
varieties

Exceptional supplements at the co-op.



6.99
 Bach
 Rescue Pastilles
 50 g., selected varieties



5.99
 Giovanni
 Shampoo or
 Conditioner
 8.5 oz., selected
 varieties



2/\$5
 Desert Essence
 Tea Tree Oil Dental Floss
 50 yards, selected varieties



7.99
 Aura Cacia
 Lavender Essential
 Oil
 .5 oz.



17.99
 Oregon's Wild
 Harvest
 Ashwagandha
 Root
 90 ct.



34.99
 BioSil
 Hair, Skin, Nails
 60 ct.

clean, plant-based personal care

Alaffia is a clean, plant-based, fair-trade beauty and personal care brand on a mission to help alleviate poverty and advance gender equality in West Africa. Alaffia's natural, award-winning collections deliver nourishing head-to-toe care for the whole family.



9.99 **9.99** **9.99** **9.99**
 EveryDay Shea Shampoo EveryDay Shea Conditioner EveryDay Shea Body Wash and Bubble Bath EveryDay Shea Body Lotion
 32 oz., selected varieties 32 oz., selected varieties 32 oz., selected varieties 32 oz., selected varieties

The co-op has eco-friendly options.

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



the original magic soap

The beloved 18-in-1 soap, originally distributed by Dr. Bronner himself at street-corner sermons urging love and unity. Plant based, biodegradable, concentrated and effective — one soap for body, home and Earth! All-One!

10.99

**Dr. Bronner's
Castile Soap**
32 oz., selected varieties



11.99

**ECOS
Liquid Laundry
Detergent**
100 oz., selected varieties



3.99

**Seventh
Generation
Chlorine-free
Pads or Liners**
14-50 ct., 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.

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

MW1021A

