

coop deals

OCT 13 – NOV 2, 2021

Heat up the oven!

Weeknight meals are easy with Against the Grain pizzas. Customize a delicious cheese pizza with fresh toppings from the co-op. Savor a warm pizza on a cool fall day.



7.99

Against the Grain Gourmet Pizza

24 oz., selected varieties



3/\$5

**C20
Coconut Water**
17.5 oz., selected
varieties



2/\$5

**Barbara's
Cheese Puffs**
5.5-7 oz., selected
varieties



2/\$5

**Alter Eco
Organic
Chocolate Bar**
2.65-2.82 oz., selected
varieties



2/\$4

**Near East
Couscous Mix or
Rice Pilaf**
4.7-10 oz., selected
varieties



2/\$5

**Muir Glen
Organic Pasta
Sauce**
25.5 oz., selected
varieties



3.79

**Talenti
Gelato or
Sorbetto**
16 oz., selected varieties



Find fresh pizza toppings at the co-op.
**Delicious options for
homemade meals.**



2/\$7

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



4/\$5

**Liberté
Organic Yogurt**
5.5 oz., selected varieties



2/\$3

**Wallaby
Organic Greek
Yogurt**
5.3 oz., selected varieties



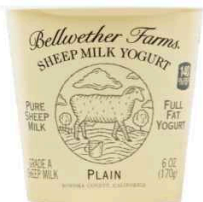
3/\$5

**So Delicious
Coconutmilk
Yogurt**
5.3 oz., selected varieties



2/\$4

**So Delicious
Organic Coconut
Milk Creamer**
16 oz., selected varieties



2.29

**Bellwether Farms
Sheep Milk Yogurt**
6 oz., selected varieties



2/\$6

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



2/\$7

**Silk
Soymilk**
64 oz., selected varieties

more protein than sugar

Simple ingredients. Not a lot of sugar. Siggi's Vanilla Skyr Yogurt is based on Scandinavian dairy traditions.

4/\$5

**Siggi's
Skyr Yogurt**
4.4-5.3 oz., selected varieties



4.99

**Chobani
Greek Yogurt**
32 oz., selected varieties

Great dairy and dairy-free choices at the co-op.



3/\$5
Redwood Hill
Farm
Goat Milk Yogurt
6 oz., selected varieties



2/\$6
Goodbelly
Organic Probiotic
Drink
32 oz., selected varieties



*exceptional ingredients,
extraordinary taste*

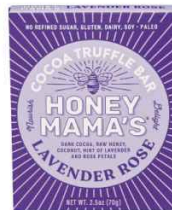
Hail Merry snacks are made entirely of plants! Never baked (to maintain nutritional integrity of their pure ingredients), these refrigerated treats are always dairy free, gluten free and non-GMO.

2/\$4

Hail Merry
Dessert Cups or Bites
1.34-1.76 oz., selected varieties



3.49
Ripple
Plant-based Milk
48 oz., selected
varieties



3.99
Honey Mama's
Cocoa Truffle Bar
2.5 oz., selected varieties



2/\$9
Bitchin' Sauce
Almond Dip
8 oz., selected varieties

*melty. gooey.
organic.*

Organic Valley's new thick-cut shredded cheese has a bold, cheesy flavor in every bite. Crafted in small batches for exceptional flavor in a resealable stand-up pouch. Our thick-cut cheeses never have any antibiotics, synthetic hormones, pesticides or GMOs.



2/\$7
Organic Valley
Thick Shredded Cheese
6 oz., selected varieties

2/\$7
Organic Valley
Finely Shredded Cheese
6 oz., selected varieties



2.99
Organic Valley
Sour Cream
16 oz.

Save on favorite brands every day at the co-op.



4.49

**LaCroix
Sparkling Water**
12-12 oz. cans, selected varieties

family-owned, organic cheese

Rumiano cheese is the oldest family-owned cheese company in California, crafting the highest-quality organic, non-GMO cheese from the unique Northern California milkshed!



3.99

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



3.49

**Organic Valley
Egg Bites**
2 ct., selected varieties



4.49

**Miyoko's
Creamery
Vegan Cheese
Shreds**
8 oz., selected varieties



5.49

**Vital Farms
Organic Large
Pasture-raised
Eggs**
1 dozen



quinoa believe it?

Path of Life's Frozen Quinoa & Kale is a simple, delicious blend that is plant based, Non-GMO Project Verified, Certified Gluten-free and ready in minutes! Go on... applaud! It's that good.

2/\$7

**Path of Life
Frozen Quinoa Blends**
10 oz., selected varieties



3.49

**Tofurky
Plant-based
Chick'n**
8 oz., selected varieties



3.49

**Upton's
Naturals
Seitan**
8 oz., selected varieties

The co-op has options for everyone.



4.49

**Woodstock
Organic Blueberries**
10 oz.



2/\$5

**Nature's Path
Organic
Waffles**
6 ct., selected
varieties



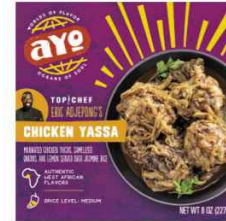
19.99

**Field Day
Organic Grade A
Dark Color
Maple Syrup**
32 ounces



2/\$5

**Annie's
Homegrown
Frozen Mac &
Cheese**
7.5 oz., selected
varieties



4.99

**AYO Foods
Frozen Entree**
8 oz., selected varieties



2/\$7

**Jonny Pops
Frozen Bars**
8.25 oz., selected
varieties



3.99

**Oatly
Non-dairy
Frozen
Dessert**
16 oz., selected
varieties

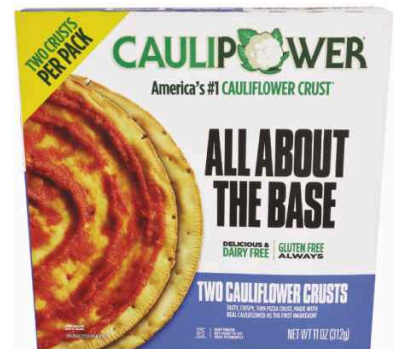


real food, nothing weird

Uncompromisingly delicious food (don't ask it to compromise, because it's never gonna happen). Cappello's is setting a new standard for frozen foods using only meticulously sourced, simple, real-food ingredients and the inability to compromise on taste or nutrition.

6.99

**Cappello's
Gluten-free Pasta**
9-12 oz., selected varieties



5.99

**Caulipower
Cauliflower Pizza Crust**
11 oz.

Stock the freezer with great deals from the co-op.

it starts with...

...a single grain of truth. The truth that rice is goodness. And the way you plant, grow, harvest and share it can make a true difference. The grain that welcomes families to the table and a heritage that preserves the planet we call home. Visit lundberg.com.



2/\$6

Lundberg Family Farms
Organic Rice Pilaf or Mix
5.5–6 oz., selected varieties



2/\$6

Lundberg Family Farms
Organic Rice Cakes
8.5 oz., selected varieties



4.49

Lundberg Family Farms
Organic Wild Blend
Rice
per pound in bulk



5.99

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



clean energy, same product – new look!

Yachak Organic is yerba mate derived from the South American rainforest holly tree. Naturally caffeinated, Yachak Organic is also certified fair trade, non-GMO, USDA Certified Organic and gluten free.

1.79

Yachak
Organic Yerba Mate
15.5 oz., selected varieties



8.99

Spectrum
Naturals
Organic
Refined
Sunflower Oil
32 oz.



scoop up the savings in bulk!

2.29

Organic White
Quinoa
per pound in bulk



2.99

Organic Raw
Pumpkin Seeds
per pound in bulk



9.99

Organic Dried
Mango
per pound in bulk



The co-op has great savings on bulk products.



2/\$5

Westbrae
Organic Beans
25 oz., selected varieties



2/\$7

Pacific Foods
Organic Soup
32 oz., selected varieties



9.99

Four Sigmatic
Organic Mushroom Coffee
10-.09 oz., selected varieties



2/\$6

Chickapea
Organic Chickpea & Lentil Pasta
8 oz., selected varieties



5.49

Kettle & Fire
Bone Broth
16.9 oz., selected varieties



9.99

Lucini Italia
Aged Balsamic Vinegar of Modena
8.5 oz.

meals with more yum

Let **Annie's** help you make meals with more yum. With staples like mac & cheese and Bunny Grahams, Annie's turns mealtime into yumtime, while appeasing everyone's taste buds.



10/\$10

Annie's Homegrown
Mac & Cheese
5.5–6 oz., selected varieties



2/\$5

Annie's Homegrown
Organic Bunny Crackers and Grahams
7.5 oz., selected varieties



2/\$5

Annie's Homegrown
Organic Fruit Snacks
5–8 oz. pouches, selected varieties



2/\$6

Annie's Homegrown
Deluxe Mac & Cheese and Cheesy Rice
6.6–11.3 oz., selected varieties

Quality ingredients and meals at the co-op.

producer co-ops and community resiliency



As our producer partners continue to face the pandemic, farmer co-ops play a crucial role in community resiliency by distributing food and basic goods, supporting local health centers and distributing fair-trade premiums and cash prepayments to farmers. This Co-op Month, we thank you for standing with us and smallholder farmer co-ops!

2/\$5

Equal Exchange
Organic
Chocolate Bars
2.8 oz., selected varieties

2/\$6

Equal Exchange
Organic Tea
20 tea bags, selected varieties

4.49

Equal Exchange
Organic
Chocolate Chips
10 oz., selected varieties

6.99

Equal Exchange
Organic Coffee
10–12 oz., selected varieties



15.99

Frontier
Organic Vanilla
Extract
4 oz.



12.99

Frontier
Organic Garlic
Granules
per pound in bulk



2/\$4

Blue Diamond
Almondmilk
32 oz., selected varieties



yum-o!

Our organic whole-grain cereals and granolas are an easy and tasty way to make a smart choice. Perfect for breakfast or snacking!

2/\$6

Cascadian Farm
Organic Cereal and
Granola
8.6–16 oz., selected varieties



8.99

Justin's
Almond Butter
16 oz., selected varieties

The co-op has great deals to start the morning.

snack like
you care

Snack with intention. **EPIC Provisions** makes it easy to choose carb-conscious meat snacks with ingredients you can feel good about. Our Venison Sea Salt + Pepper Bar is made with 100% grass-fed venison and a custom spice blend — featuring 12 grams of protein and one gram of total carbs.



2/\$3

Epic
Meat Strips
.8 oz., selected varieties



3/\$5

Epic
Bars
1.3 oz., selected varieties



2/\$5

Epic
Pork Rinds
2.5 oz., selected varieties



4.49

Epic
Bites and Bone Broth
2.5 oz. bites, selected varieties
14 oz. bone broth, selected varieties



2/\$6

R.W. Knudsen
Organic Apple
Juice
32 oz.



3.49

Nature's Bakery
Organic Baked-
Ins Oat Bars
6 pack, selected
varieties



4.99

Food For Life
Sprouted Cereal
16 oz., selected varieties



support your throat
with Throat Coat

The throat-supporting herbs in this organic tea are great for when you need plant allies as the season changes or to prepare for a big presentation.

3.99

Traditional Medicinals
Organic Herbal Tea
16 tea bags, selected varieties



5/\$5

Larabar
Fruit & Nut Bars
1.6-1.7 oz., selected varieties

Find great snacks and value at the co-op.

real ingredients taste better



Here at **Quinn**, we are on a mission to revolutionize food. We use simple, delicious, real ingredients that can be traced back to the source, because we believe transparency is the most important force for good in food.

2/\$6

Quinn
Pretzel Snacks
7 oz., selected varieties

2/\$7

Quinn
Pretzel Nuggets
5-7 oz., selected varieties

a perfect anytime snack!



A balanced mix of plant-based ingredients and key nutrients, for a satisfying snack that's perfectly portioned to help curb your hunger and your cravings.

4/\$5

Clif Bar
Builders or Organic
Nut Butter Filled Bar
1.76 oz., selected varieties



3/\$4

Little Secrets
Chocolate
Crispy Wafers
1.4 oz., selected varieties



2/\$4

Late July
Tortilla Chips
5.5 oz., selected varieties



2/\$4

Food Should
Taste Good
Tortilla Chips
5.5 oz., selected varieties



2/\$5

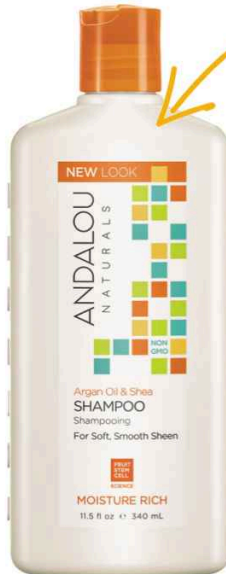
Endangered
Species
Chocolate Bars
3 oz., selected varieties

The co-op snack aisle has all your favorites.



7.99

Evanhealy
Organic Whipped
Shea Butter for
Lips
7 g.



revive dull, dry hair

Fruit stem cell complex and omega-rich argan oil deeply nourish and condition as moisturizing shea butter supports elasticity, strength and manageability to minimize split ends and frizz.

2/\$10

Andalou Naturals
Shampoo or Conditioner
11.5 oz., selected varieties



6.99

Country Life
Chelated Zinc
50mg
100 ct.



8.99

Planetary Herbals
Triphala 1000mg
90 ct.



17.99

Jarrow Formulas
Jarro-Dophilus EPS
60 ct.



#1 selling organic black elderberry syrup

Our Certified USDA Organic syrup concentrates the juice from 14.5 grams of elderberries into a single, tasty teaspoon. Immune support never tasted so good.

14.99

Gaia Herbs
Organic Black Elderberry Syrup
3 oz., selected varieties



22.99

Vital Proteins
Collagen Peptides
10 oz.

The supplements you trust 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
Wheatfield 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*



6.99

Seventh Generation
Bath Tissue
12 rolls



10.99

Seventh Generation
Laundry Detergent
100 oz., selected varieties

*believe in a
seventh generation*

We're on a mission to transform the world into a healthy, sustainable and equitable place for the next seven generations. For the past 30 years, we've been a company with strong beliefs about the rights of people and planet.

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

MW1021B

