

coop deals[®]

AUG 30 - SEP 12, 2023

sweeten the season

As the summer days begin to wind down, let that be your excuse to grab some delicious Cosmic Bliss pints from the co-op. They're on sale and out-of-this-world good. Ice cream on a warm evening is the perfect plan.



5.99

**Cosmic Bliss
Organic Frozen
Dessert**

14 fl. oz., selected varieties



Buy One, Get One

FREE

**Field Day
Organic Crackers**
4.4-8 oz., selected varieties



Buy One, Get One

FREE

**Field Day
Organic Peanut Butter**
18 oz., selected varieties



Buy One, Get One

FREE

**Field Day
Organic Macaroni & Cheese**
6 oz., selected varieties



Buy One, Get One

FREE

special offers inside!





Buy One, Get One
FREE

Field Day
Organic Cereal
13-14 oz.

BOGO *Back-to-School Fuel*
Buy One, Get One FREE



Buy One, Get One
FREE

Field Day
Organic Granola
12 oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Multigrain Bars
7.9 oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Original Applesauce
4 pk.-4 oz.

Head into fall with great BOGO offers!



Buy One, Get One
FREE

Field Day
Organic Pretzels
8 oz., selected varieties



Buy One, Get One
FREE

Field Day
Flavored Sparkling Water
6 pk.-12 fl. oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Instant Oatmeal
11.29 oz., selected varieties



Buy One, Get One
FREE

Field Day
Creamy or Crunchy
Almond Butter
16 oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Diced Peaches
4 pk.-4 oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Jumbo Red
Seedless Raisins
15 oz.

Back-to-school BOGO sales are at the co-op.



2/\$7
Blue Diamond
Almondmilk
64 fl. oz., selected
varieties



ridiculously good

Good Culture's thick and creamy cottage cheese is packed with protein and totally organic. Made with milk from family farms, our commitment to real, simple ingredients means milk, cream, sea salt, and live and active cultures — that's it. Now that's how Good makes Good!

1.59

Good Culture
Organic Cottage Cheese
5.3 oz., selected varieties



4.79
Rumiano
Organic Block
Cheese
8 oz., selected varieties



4.79
Andrew & Everett
Sliced & Shredded
Cheese
7-8 oz., selected
varieties



6.49
Wildbrine
Kimchi
18 oz., selected varieties



cheese freely

All Violife plant-based products are free from dairy, lactose, soy, nuts and preservatives and are 100% vegan. Mozzarella Shreds melt and taste just like dairy cheese. Perfect on pizza!

4.49

Violife
Cheese
5.29-8 oz., selected varieties



4.29

Stonyfield Organic
Kids Yogurt Tubes
16 oz., selected varieties

The co-op has great options for busy routines.



4/\$5

Fage
Greek Yogurt
5.3 oz., selected varieties



grass-fed goodness

Delicious milk from cows that eat organic grasses and plants, but no grain. This milk is unique and creamy with naturally occurring omega 3s. Enjoy the goodness of grass in every glass!

5.99

Organic Valley
Grassfed Milk
64 fl. oz., selected varieties



2/\$5

Brew Dr.
Organic Kombucha
14 fl. oz., selected varieties



3.99

Ithaca
Hummus
10 oz., selected varieties



4.79

Tofurky
Plant-based Sausages
14 oz., selected varieties

Vital Farms

Our mission is to bring ethical food to the table. We aim to improve the lives of people, animals and the planet through food.



5.99

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



4.99

Miyoko's Creamery
Organic Roadhouse Cheddar
Cashewmilk Cheese Spread
8 oz.



5.49

Bitchin' Sauce
Almond Dip
7-8 oz., selected varieties

Start your day with deals from the co-op.



2/\$5

Woodstock
Organic Frozen Vegetables
10 oz., selected varieties



3.99

Hilary's
Veggie Burgers
10-11 oz., selected varieties



2/\$6

Sweet Earth
Burritos
5.5-7 oz., selected varieties



3.99

Beyond Meat
Plant-based
Crumbles or
Tenders
10 oz., selected varieties



4.49

Goodpop
Frozen Novelties
9-13.2 fl. oz., selected varieties

delicious in every bite

From organic tomatoes in our slow-simmered sauce to organic wheat flour in our hand-stretched dough — taste the difference with Amy's pizzas.

8.49

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



4.99

Rudi's
Organic Bread,
Bagels, or Buns
15-22 oz., selected varieties

Delicious meal solutions are at the co-op.

simple ingredients,
simply delicious



Bringing wholesome foods to your table since 1978! Now you can enjoy Bob's Red Mill high-quality oats on the go — explore oatmeal cups and bars in addition to our classic whole-grain cereals, ancient grains and more.

4/\$5

Bob's Red Mill
Oats Bar
1.76 oz., selected
varieties

4/\$7

Bob's Red Mill
Gluten-free Oatmeal
1.76-2.5 oz., selected
varieties

4.49

Bob's Red Mill
Old Country
Style Muesli
18 oz.

5.29

Bob's Red Mill
Organic Farro
Grain
24 oz.



making eating
well easy

Kashi® cereals have a little something for everyone, like protein, organic whole grains, fair trade chocolate and family favorites, like hearts and Os. Kashi® makes eating well easy.

2/\$10

Kashi
Organic Cereal
9.5-16.3 oz., selected varieties



4.79

Pukka
Organic Herbal Tea
20 ct., selected varieties



2/\$8

Mom's Best
Cereals
Natural Cereals
17.5-24 oz., selected
varieties



11.99

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

The co-op has the brands you trust.

ingredients you can see and pronounce

KIND Dark Chocolate Nuts & Sea Salt bars are satisfying gluten-free bars packed with nuts and the taste of dark chocolate that you can take anywhere. These KIND nut bars lead with heart-healthy almonds as the #1 ingredient.

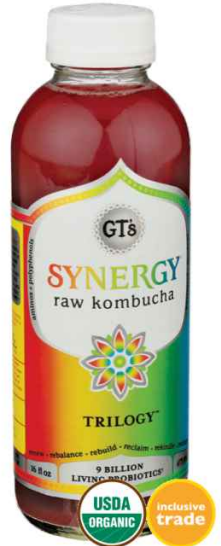


3/\$5

Kind Bars
1.4 oz., selected varieties

INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.



2/\$6

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



2.29

Vita Coco Coconut Water
16.9 fl. oz., selected varieties

nutrition on a mission

We use quality ingredients from trusted organic farms, because there's nothing more important to us than what we feed our children.

2/\$8

Happy Family Organics Happy Baby Yogis
1 oz., selected varieties



2/\$7

R.W. Knudsen Organic Very Veggie Juice
32 fl. oz., selected varieties

scoop up the savings in bulk!



1.79

Organic Rolled Oats
per pound in bulk



3.29

Organic Thompson Raisins
per pound in bulk



6.29

Organic Walnut Halves & Pieces
per pound in bulk

Visit the co-op's bulk section for great savings.

Zbar climate
neutral certified



Sustainability has always been at the core of **CLIF** Kid. In addition to using organic ingredients in our bars, we're now taking our commitment to climate action to the next level. Learn more at clifbar.com.

2/\$3

Clif
Organic Energy Bars
2.4 oz., selected varieties

2/\$3

Luna
Bars
1.69 oz.,
selected varieties

2/\$4

Clif
Builders Protein
Bars
2.4 oz., selected varieties

5.49

Clif
Organic Zbar
6-1.27 oz. bars,
selected varieties



2/\$11

Waterloo
Sparkling Water
12 pk.-12 fl. oz. cans, selected
varieties



5.99

Virgil's
Root Beer or
Cream Soda
4 pk.-12 fl. oz., selected
varieties

crunch into
goodness!



Celebrate this Labor Day with delicious crunch, color and the quality ingredients that **Garden of Eatin'** brings to your favorite Mexican-inspired dishes.

5.49

Garden of Eatin'
Tortilla Chips
16 oz., selected varieties

3.79

Garden of Eatin'
Taco Shells
5.5 oz., selected varieties

2.99

Garden of Eatin'
Organic Low-fat
Traditional
Refried Beans
16 oz.

2.49

Garden of Eatin'
Organic Taco
Seasoning
1.4 oz.

The co-op has tasty food for the whole family.

delicious, sustainable canned seafood



2/\$4

Wild Planet
Sardines
4.4 oz., selected
varieties

2/\$5

Wild Planet
Wild Mackerel in
Extra Virgin Olive Oil
4.4 oz.

2/\$5

Wild Planet
Skipjack Tuna
5 oz., selected varieties

5.49

Wild Planet
Wild Pink Salmon
6 oz., selected varieties

At **Wild Planet**, we believe in bringing you delicious, nutritious, sustainably caught seafood. The care that our fishermen use when catching wild seafood helps keep Wild Planet products pristine when taken from the ocean. Taste the Wild Planet difference today.



2/\$6

Rummo
Pasta
16 oz., selected varieties



2/\$8

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



7.99

Once Again
Organic Sesame
Tahini
16 oz., selected varieties

Italian authenticity in every bite

Our Organic Italian Pasta is made using durum wheat semolina organically grown on a small cooperative of family farms in the rolling hills overlooking the Adriatic Sea.

4.29

Montebello
Organic Pasta
16 oz., selected varieties



2.79

Boulder Canyon
Potato Chips
5-6.5 oz., selected varieties

Ingredients everyone will love are at the co-op.



2/\$4

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

clean, authentic ramen

Koyo Asian Vegetable Ramen is the classic flavor you've been searching for. Our organic noodles are baked, not fried, and are crafted in the traditional roll-and-cut method from freshly milled, organic heirloom grains.



5.99

**Sir Kensington's
Classic
Mayonnaise**
12 fl. oz.

5/\$5

**Koyo
Ramen**

2-2.1 oz., selected varieties



7.69

**Lucini Italia
Organic Pasta
Sauce**
14.5-25.5 oz., selected
varieties



feeling saucy?

Nothing is impasta-ble with Primal Kitchen's flavorful pasta sauces. These plant-based sauces are made with high-quality ingredients like California-grown organic tomatoes and avocado oil and without dairy, gluten or soy.

5.99

**Primal Kitchen
Organic Cooking or Dipping Sauce**
8.5-24 oz., selected varieties



3.79

**Mediterranean Organic
Olives**
8.1-8.5 oz., selected varieties

The co-op has fixings for weeknight meals.



2/\$7

Terra
Vegetable Chips
5-6 oz., selected varieties



a rural Vermont smokehouse

Vermont Smoke & Cure meat snacks are hand-crafted in small batches by our small team of dedicated employees. We slow cook our products using premium ingredients with no antibiotics, hormones, artificial colors or flavors.

3/\$4

Vermont Smoke & Cure
Meat Sticks
1 oz., selected varieties



2/\$6

Theo
Organic
Chocolate Bars
3 oz., selected varieties



2/\$6

Stacy's
Pita Chips
7-7.33 oz., selected varieties



3.79

Barnana
Organic Plantain
Chips
5 oz., selected varieties



drink YACHAK = plant trees

Inspired by the power found deep within the Amazon rainforest, we're committed to providing a purely natural and organic source of energy that helps protect the trees, communities and species of the Amazon rainforest. Each can sold supports Amazon reforestation with the help of One Tree Planted.

2/\$4

Yachak Organic
Yerba Mate
16 fl. oz., selected varieties



4.99

Tate's Bake Shop
Cookies
7 oz., selected varieties

Find great end-of-summer offerings at the co-op.



2/\$4

**Clean Cause
Organic
Sparkling
Yerba Mate**
16 fl. oz., selected
varieties

real. delicious. chocolate.™



This year, ESC celebrates 30 years of giving forward. Our dedication to creating delicious chocolate with responsibly sourced ingredients has never wavered. And 10% of profits are given forward to protecting species, habitats and humanity across the globe.

2.79

**Endangered Species
Chocolate Bars**

3 oz., selected varieties



2/\$7

**Taza
Organic Chocolate
Bars**
2.5 oz., selected varieties



*simply delicious
snacking*

Celebrate National Organic Month with the crispy chips you love. Late July® are gluten free, vegan and non-GMO and USDA certified organic.

2/\$7

**Late July
Organic Tortilla Chips**
7.4-10.1 oz., selected varieties



2/\$7

**Blue Diamond
Nut Thins**
4.25 oz., selected varieties

Your favorite snacks are at the co-op.



13.49

Solgar
Advanced Probiotic
Supplements
30 ct., selected varieties



1.99

Himalaya
PartySmart
1 ct.



11.49

Natural Factors
DGL Licorice Root
Extract
90 ct.



10.99

Garden of Life
Vitamin Code Raw Zinc
60 ct.



15.49

Kal
Magnesium
Glycinate 350
160 ct.



15.99

Om
Organic Mushroom
Powder
3.17-3.5 oz., selected varieties



28.49

Megafood
MegaFlora Probiotic
60 ct.

our cup of tea →

While we love our java, adding a cup of tea into your beverage rotation can yield a variety of benefits from increased focus to detoxification. Plus, there are so many delicious types of tea, from green to hibiscus to turmeric. Stop by the co-op and shop deals on tasty teas today.



3.99

Tazo
Tea
20 ct., selected varieties

Shop for supplements and more at the co-op.



2/\$9

**Nubian Heritage
Bar Soap**
5 oz., selected varieties



6.49

**Dr. Bronner's
Organic Shaving Soap**
7 oz., selected varieties



7.49

**Avalon Organics
Shampoo or Conditioner**
11 fl. oz., selected varieties



Find self-care recipes on [grocery.coop](https://www.grocery.coop).
DIY honey facial ideas.



2/\$6

**Kiss My Face
Olive Oil Bar Soap**
8 oz., selected varieties



4.49

**Tea Tree Therapy
Mouthwash with
Tea Tree Oil**
12 fl. oz.



8.49

**Schmidt's
Natural Deodorant**
2.65 oz., selected varieties



4.99

**Weleda
Everon Lip Balm**
.17 oz.



10.49

**Bass
Large Bamboo
Wood Bristle
Brush**
1 ct.

Body care items are on sale 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 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
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](https://www.grocery.coop)



beyond
burger

Everything you want in a
juicy, meaty burger but
better for you, your
planet and BBQ. A better
burger for a better you.

4.99

Beyond Meat
Beyond Burger Patties
8 oz.



2/\$8
Cascadian Farm
Organic
Frozen Potatoes
16 oz., selected varieties



10.49
Against the Grain
Pizza
22.4-24 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.

MW0923A

