

coop deals

SEP 13 - OCT 3, 2023

for those busy mornings

AN EASY CHOICE

A simple, tasty breakfast is easy with Nature's Path Organic cereal. They're organic and loaded with flavor — perfect for busy mornings. Go ahead and have a bowl and make your day a little brighter. The co-op has them on sale, so stock up now!



3.79

Nature's Path Organic Cereal

9-14 oz., selected varieties



2/\$6

Muir Glen Organic Pasta Sauce

23.5 oz., selected varieties



4.49

Nancy's Organic Yogurt
24-32 oz., selected varieties



2/\$9

Nixie Organic Sparkling Water

8 pk.-12 fl. oz. cans, selected varieties



Start the season with food you love.

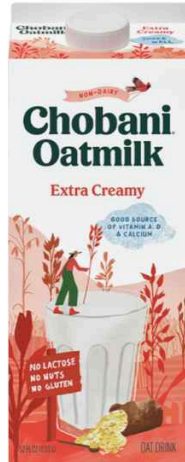
Welcome fall at the co-op.

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



4.49

Chobani
Oatmilk
52 fl. oz., selected
varieties



4.49

Organic Valley
Half & Half
32 fl. oz.



2/\$4

Icelandic
Provisions
Yogurt
4.4-5.3 oz., selected
varieties



2/\$5

Petit Pot
Organic French
Dessert
3.5 oz., selected varieties



4.99

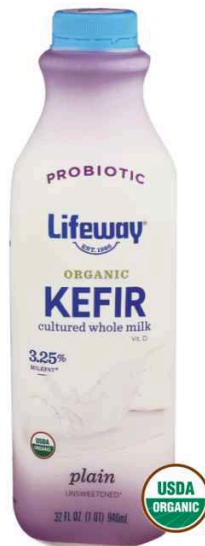
Kalona
Supernatural
Organic Milk
64 fl. oz., selected
varieties

love your guts

Rich, creamy and oh, so dreamy! Lifeway Organic Whole Milk Plain Kefir is a protein powerhouse with no added sugar and plenty of probiotics to support your microbiome.

4.79

Lifeway
Organic Kefir
32 fl. oz., selected varieties



2/\$5

Kevita
Organic
Sparkling
Probiotic Drink
15.2 fl. oz., selected
varieties

The co-op has dairy and nondairy options.

game-changing,
plant-based foods

Stock up on your essentials with **Kite Hill**. From our versatile ricotta and sour cream to our delicious cream cheese pastas, dips and yogurt — we start with California-grown almonds, and they are sure to please everyone at your table.



3.79
Kite Hill
Dairy-free Dips
or Sour Cream
8 oz., selected varieties



4.29
Kite Hill
Almondmilk
Yogurt
16 oz., selected
varieties



5.99
Kite Hill
Plant-based
Filled Pasta
9 oz., selected
varieties



5.99
Kite Hill
Dairy-free
Cream Cheese
8 oz., selected
varieties



3.99
Daiya
Cheeze
7.1 oz., selected varieties



4.29
The Greek Gods
Greek Yogurt
24 oz., selected varieties



4.29
Harmless Harvest
Organic Coconut Water
16 fl. oz., selected varieties



3/\$9
Health-Ade
Organic
Kombucha
16 fl. oz., selected
varieties



2/\$7
Hope Foods
Organic Hummus
8 oz., selected varieties



3.99
Hodo
Organic Firm Tofu
10 oz.

Make meal prep easy by shopping at the co-op.

organic and
delicious



From sandwiches to snacking to your favorite meal, **Organic Valley's** carefully crafted cheeses help you add delicious pasture-raised goodness to any dish.



4.99

Organic Valley Cheese
8 oz., selected varieties

4.99

Organic Valley Cheese Slices
6-8 oz., selected varieties

5.79

Organic Valley Stringles Mozzarella Cheese Sticks
8 oz.

6.79

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



2/\$6

Nature's Path Organic Waffles
7.4 oz., selected varieties



2/\$8

Cascadian Farm Organic Frozen Fruit
8-10 oz., selected varieties



4.29

Sweet Earth Seitan Strips or Bacon
5.5-8 oz., selected varieties



America's favorite
organic ice cream

Alden's is committed to making products irresistible for all, offering a wide variety of dairy and dairy-free frozen desserts.

5.49

Alden's Organic Frozen Novelties
12-14 fl. oz., selected varieties



4.99

So Delicious Dairy-free Frozen Dessert
1 pt., selected varieties



4.99

Miso Master Organic Miso
8 oz., selected varieties

Find your favorite foods at the co-op.



2/\$6

**Cascadian Farm
Organic
Frozen
Vegetables**
10 oz., selected varieties



4.49

**Dr. Praeger's
Veggie Burgers**
8-10 oz., selected
varieties



4.99

**Gardein
Plant-based Proteins**
9-13.7 oz., selected varieties

INCLUSIVE TRADE PARTNER

Starlite Cuisine is a multi-generational, diverse-owned company that makes great-tasting and convenient vegan products.



7.49

**Starlite Cuisine
Plant-based
Taquitos or
Rolled Tacos**
12-14 oz., selected
varieties



4.99

**Food For Life
Ezekiel Bread**
24 oz., selected varieties



7.49

**Daya
Pizza**
13.47-19.4 oz., selected
varieties



7.49

**Woodstock
Organic Filled
Pasta**
20 oz., selected varieties



3.79

**Siete
Tortilla Chips**
5 oz., selected varieties



2/\$4

**Siete
Organic
Refried Beans**
15.5-16 oz.,
selected varieties



3.99

**Siete
Grain Free
Taco Shells**
5.5 oz.



7.49

**Siete
Grain-free
Tortillas**
7 oz., selected varieties



heritage inspired

INCLUSIVE TRADE PARTNER

Siete is a Mexican American food brand, rooted in family, that makes delicious heritage-inspired products. We're on a mission to inspire inclusivity around the table by sharing delicious foods for a variety of dietary offerings.



Find Inclusive Trade brands throughout the co-op.



2/\$6
Annie's
Organic Mac & Cheese
5.5-6 oz., selected varieties



5.49
Woodstock
Organic Pickles or Relish
16-24 oz., selected varieties



13.99
Spectrum
Organic Extra Virgin
Mediterranean Olive Oil
33.8 fl. oz.



2/\$3
Lotus Foods
Rice Ramen
2.8 oz., selected varieties



2/\$4
Mike's Mighty
Good
Ramen Soup Cups
1.6-2.4 oz., selected varieties



2.69
Native Forest
Organic Coconut
Milk
13.5 fl. oz., selected varieties



2.99
Natural Sea
Yellowfin Tuna
5 oz., selected varieties



3.49
San-J
Gluten-free
Cooking Sauce
10 fl. oz., selected varieties



5.99
Bragg
Organic Apple
Cider Vinegar or
Coconut Aminos
10-32 fl. oz., selected varieties



5.99
Sky Valley
Hot Sriracha
Sauce
18.5 oz.



4.99
Bonne Maman
Jelly, Preserves or
Marmalade
13 oz., selected varieties

Try something new at the co-op today.



4/\$5
Earth's Best
Organic Baby Food
4 oz., selected varieties



3.79
Nature's Path
Organic
Toaster Pastries
11 oz., selected varieties



2/\$7
Celestial Seasonings
Herbal Tea
18-20 ct., selected varieties



3.79
Pacific Foods
Organic Original
Oat Beverage
32 fl. oz.



6.79
Grandy's
Organic Granola
9 oz., selected varieties



6.99
Rishi
Organic Tea
15 ct., selected varieties



6.99
Lakewood
Organic Pineapple
Juice
32 fl. oz., selected
varieties



2/\$7
Yogi
Herbal Tea
16 ct., selected varieties



6.99
Sweetleaf
Stevia Sweetener
Drops
2 fl. oz., selected
varieties



17.99
Pamela's
Gluten-free
Pancake & Baking
Mix
4 lb.

The co-op has warm beverages for cool evenings.



2/\$4

Essentia
Ionized Water
50.7 fl. oz.



4.49

Kettle Brand
Potato Chips
13 oz. , selected varieties



2.79

Smartsweets
Candy
1.8 oz., selected varieties



2/\$6

Good Health
Avocado Oil
Potato Chips
5 oz., selected varieties



5.49

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



2/\$6

Tcho
Organic
Chocolate Bars
2.5 oz., selected
varieties



2/\$6

Goldthread
Plant-based
Tonics
12 fl. oz., selected
varieties



2/\$6

Angie's
Boomchickapop
Popcorn
4.4-7 oz., selected
varieties



3.29

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

scoop up the savings in bulk!



2.49

Organic
Red Lentils
per pound in bulk



5.99

Organic
Turkish Apricots
per pound in bulk



8.49

Organic
Roasted & Salted
Pistachios
per pound in bulk

Find something for everyone at the co-op.



2/\$5

Chocolove
Chocolate Bars
2.9-3.2 oz., selected varieties



2/\$5

Guru
Organic Energy Drink
12 fl. oz., selected varieties



4.49

Mary's Gone Crackers
Organic Crackers
4.25-6.5 oz., selected varieties



2/\$7

C2O
Coconut Water
33.8 fl. oz., selected varieties



Enjoy those sweet moments of life.

Delicious snacks begin here.



1.79

Gimme
Organic Seaweed Snacks
.35 oz., selected varieties



2/\$7

Tony's
Choclonely Chocolate Bars
6.35 oz., selected varieties



1.69

Ocho Candy
Organic Candy Bars
1.45-1.5 oz., selected varieties



2/\$3

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

Shop the co-op for sweet and savory snacks.



16.49

Source Naturals
Wellness Formula
90 ct.



10.99

Gaia Herbs
Organic Black
Elderberry, Relax
or Sleep Gummies
40-45 ct., selected
varieties



25.49

Jarrow Formulas
Saccharomyces Boulardii
Plus MOS
90 ct.



13.49

Nordic Naturals
Complete Omega
60 ct.



18.99

Enzymedica
Digest Gold
45 ct.



20.49

Natural Vitality
Calm Gummies
120 ct., selected
varieties



transform your health

Want real results you can see and feel? Multi Collagen Protein supports healthy skin, hair, nails, joints and gut, while our signature (and delicious) Bone Broth Protein promotes gut health and joint health.

39.99

Ancient Nutrition
Bone Broth or Multi
Collagen Protein Powder
15.7-17.8 oz., selected varieties

**make a peach and
mint smoothie**

follow the recipe here



Find more great recipe ideas at grocery.coop!

INCLUSIVE TRADE PARTNER



South of France is a woman-owned company. We still kettle cook small batches of our soap using a traditional Marseille recipe.



2/\$6

South of France
Bar Soap
6 oz., selected varieties



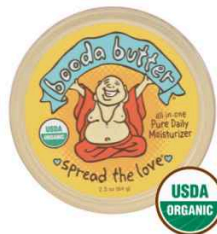
5.49

Acure
Brightening Facial Scrub
4 fl. oz.



5.99

Shikai
Shower Gel or Hand
& Body Lotion
8-12 fl. oz., selected
varieties



8.49

Booda Butter
Organic All-In-
One Daily
Moisturizer
2.3 oz.



2/\$12

Andalou Naturals
Shampoo or
Conditioner
11.5 fl. oz., selected
varieties

Discover your
Host Defense
Formula



Founded by renowned mycologist Paul Stamets, Fungi Perfecti® —makers of **Host Defense® Mushrooms™** — is a leader in formulating products that support brain health, the immune system, energy and digestion. All Host Defense products are on sale!



22.49

Host Defense
Organic Mushroom
Mycelium Powder
3.5 oz., selected varieties

23.99

Host Defense
Organic Mushroom
Supplement
60 ct., selected varieties

29.99

Host Defense
Organic MyCommunity
Comprehensive Immune
Support
60 ct.

The co-op helps support your health and wellness.

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 Whole Foods Co-op
Eastside Food Cooperative
Good Earth Food Co-op
Hampten 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)

inclusive trade

Shop inclusive trade!

We're pleased to offer great deals on brands and products that are women-, Black-, Indigenous-, people of color- (POC), LGBTQIA+-, persons with disabilities- and veteran-owned.

INCLUSIVE TRADE PARTNER



2/\$6

The Grandpa Soap Co.
Pine Tar Bar Soap
3.25 oz.

The Grandpa Soap Company is woman-owned and among the oldest continuously operating soap manufacturers in the U.S. We are dedicated to making simple and effective products.



4.79

Better Life
Tub or Tile Cleaners
24-32 fl. 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.

inclusive trade

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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