

coop deals

AUG 31 - SEP 13, 2022

lunch on the go

Pick up delicious deli meat at the co-op, along with other fixings for the busy back-to-school season. Applegate's deli meats are on sale, so hurry on in!



4.99

Applegate Deli Meat
7 oz., selected varieties



2/\$5

Health-Ade Organic Kombucha
16 fl. oz., selected varieties



2/\$5

Theo Organic Chocolate Bars
3 oz., selected varieties



2/\$6

Blue Diamond Nut Thins
4.25 oz., selected varieties



2/\$7

Nature's Path Organic Cereal
10-14 oz., selected varieties



2/\$7

Cascadian Farm Organic Frozen Potatoes
12-16 oz., selected varieties



3.99

Tazo Tea Bags
20 ct., selected varieties



Buy One, Get One

FREE

special offers inside!





2/\$3

Stonyfield Organic Yogurt Pouch
3.5 oz., selected varieties



2/\$7

Hope Foods Organic Hummus
8 oz., selected varieties



3.79

Lightlife Smart Dogs
12-13.5 oz., selected varieties



4.99

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



2/\$6

Tofurky Deli Slices
5.5 oz., selected varieties

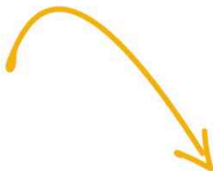


3.99

Good Culture Organic Cottage Cheese
16 oz., selected varieties



spread good food with Kite Hill



2/\$7

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



2/\$7

Kite Hill Dairy-free Sour Cream
8 oz.



5.99

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



5.99

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

Check out **Kite Hill's** portfolio of plant-based foods! In everything Kite Hill makes — from award-winning yogurts and cheeses to delicious pastas, dips and ricotta — we strive to create foods that are both irresistible and sustainable.

Great options for all meals are at the co-op.

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

taste the
pasture-raised
difference



Wholesome and delicious, **Organic Valley** cheese is made with real organic milk from pasture-raised cows. NO antibiotics, added hormones or harsh pesticides. Just honest goodness.



4.99
Organic Valley Sliced Cheese
6-8 oz., selected varieties

4.99
Organic Valley Stringles Mozzarella Cheese Sticks
8 oz.

4.99
Organic Valley Feta Cheese
8 oz.

4.99
Organic Valley Block Cheese
8 oz., selected varieties



4.49
Violife Just Like Cheese Shreds
8 oz., selected varieties



4/\$5
Nancy's Oatmilk Yogurt
5.3 oz., selected varieties



3.99
Chobani Oatmilk
52 fl. oz., selected varieties



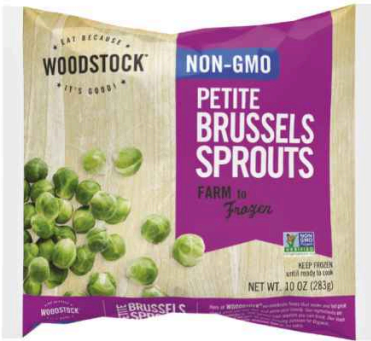
5.49
Hodo Vegan All-Day Egg Scramble
8 oz.



4.99
Miso Master Organic Miso
8 oz., selected varieties



Find the brands you love at the co-op.



2/\$4

**Woodstock
Frozen Vegetables**
10 oz., selected varieties

delicious, healthy breads



At Rudi's, we make breads the old-fashioned way — fermented for 24 hours for delicious taste and soft texture. Finally, an organic bread you'll love to eat and feel good about sharing with family.

4.49

**Rudi's
Organic Bread**
22-24 oz., selected varieties



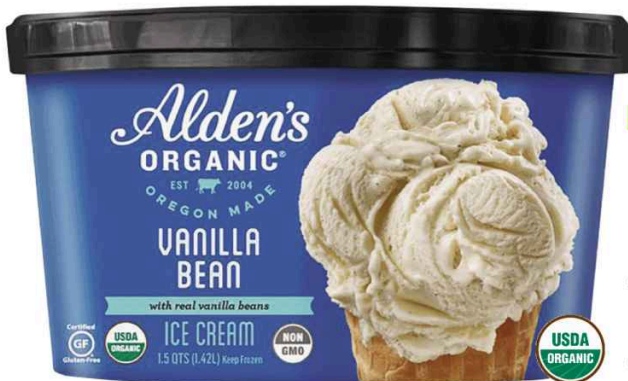
2/\$5

**Nature's Path
Organic
Waffles**
7.4-7.5 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.



7.99

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



2/\$7

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

The co-op has something for everyone.



2/\$6
Rummo
 Classic Pasta
 16 oz., selected varieties



*delicious,
 sustainable
 nutrition*

Back to school is hard enough. Make lunch easier with Wild Planet's sustainably, 100% pole- and line-caught Skipjack Wild Tuna, cooked only once to retain its natural flavors and nutrients.

2.69 Wild Planet
 Skipjack Tuna
 5 oz., selected varieties



1.29
Simply Organic
 Seasoning or Dip
 Mixes
 .7-1.5 oz., selected
 varieties



3.99
Plant Boss
 Organic Meatless
 Crumbles
 3.17-3.35 oz., selected
 varieties



3.69
Pacific Foods
 Organic Soup
 16.1-16.5 oz., selected
 varieties

*real ingredients,
 real flavor*

Primal Kitchen knows food has the power to uplift and empower us. That's why our delicious pantry staples are made with real, high-quality ingredients. Never settle — make every meal exciting!



4.49
Primal Kitchen
 Organic
 Unsweetened
 Ketchup
 11.3 oz.,
 selected varieties



4.99
Primal Kitchen
 Dressing or
 Marinade
 8 fl. oz.,
 selected varieties



7.49
Primal Kitchen
 Avocado Oil
 Mayo
 12 fl. oz.,
 selected varieties



27.99
Primal Kitchen
 Collagen Fuel
 Drink Mix
 13.05-14.3 oz.,
 selected varieties

Find kitchen staples at the co-op.



2/\$4

**Essentia
Ionized Water**
50.7 fl. oz.



1.79

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



2.69

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



2/\$7

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



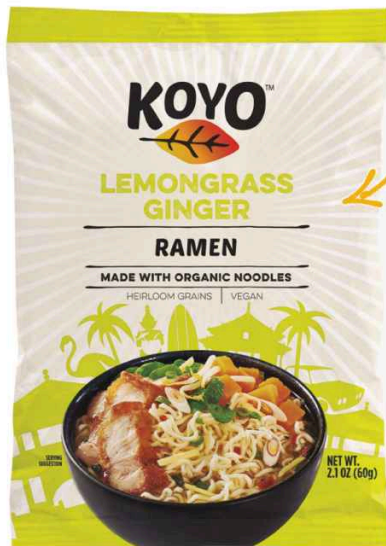
3.49

**Field Day
Organic Black
Beans**
16 oz.



4.49

**Field Day
Organic Brown
Rice**
32 oz.



*clean food,
extraordinary flavor*

Bring your taste buds to life with lemongrass and ginger flavor wrapped into our authentic, vegan ramen. Eat as a quick snack or create a meal by adding your favorite ingredients.

5/\$5


**Koyo
Ramen**
2-2.1 oz., selected varieties



7.99

**Once Again
Organic Tahini**
16 oz., selected varieties

The brands you love are at the co-op.



**Buy One, Get One
FREE
Deals at the Co-op!**

Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.



**Buy One, Get One
FREE**

**Cosmic Bliss
Organic Plant-based
Frozen Dessert**
14 fl. oz., selected varieties



**Buy One, Get One
FREE**

**Immaculate
Organic Cinnamon Rolls**
17.5 oz.



**Buy One, Get One
FREE**

**Vita Coco
Coconut Water**
16.9 fl. oz., selected varieties
Limit 6 BOGO offers per customer



**Buy One, Get One
FREE**

**Acure
Body Lotion or Body Wash**
8 fl. oz., selected varieties

Buy one, get one FREE on these great products!

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



4/\$5

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



7.49
Sunbutter
Organic
Sunflower Butter
16 oz.



3.99
Pacific Foods
Organic Plant-based Beverage
32 fl. oz., selected varieties



7.29
Bob's Red Mill
Organic Gluten-free Old Fashioned Rolled Oats
32 oz.



2.19
Thunderbird
Food Bar
1.7 oz., selected varieties



2/\$7
Happy Family
Organics
Happy Baby Yogis
1 oz., selected varieties



3.99
Pukka
Organic Herbal Tea
20 ct., selected varieties



2/\$3
Vermont Smoke & Cure
Meat Sticks
1 oz., selected varieties



3.99
Nature's Path
Organic Love Crunch Granola
11.5 oz., selected varieties



2/\$7
R.W. Knudsen
Organic Very Veggie Juice
32 fl. oz., selected varieties



1.79
Organic Rolled Oats
per pound in bulk, selected varieties



3.39
Organic Thompson Raisins
per pound in bulk, selected varieties



6.99
Organic Walnut Halves & Pieces
per pound in bulk, selected varieties



The co-op has a great selection of bulk items.



2/\$7
 Terra
 Vegetable Chips
 5-6 oz., selected varieties



grab a boost

160mg of organic caffeine from Yerba Mate will help you do the most while doing good. We donate 50% of our net profits to support recovery from alcohol and drug addiction.

1.79
 Clean Cause
 Organic Sparkling
 Yerba Mate
 16 fl. oz., selected varieties



2/\$8
 Nixie
 Organic Sparkling
 Water
 8 pk.-12 fl. oz. cans, selected varieties



2/\$7
 Annie's
 Homegrown
 Organic Cheddar
 Puffs
 4-4.3 oz., selected varieties

*what's new for
 taco night?*

Garden of Eatin' Tortilla Chips, Taco Shells, Seasonings and Refried Beans bring exceptional flavor and quality ingredients to your favorite Mexican-inspired dishes! Bring excitement to taco night with Garden of Eatin' products!



2/\$5
 Garden Of Eatin'
 Organic Refried Beans
 16 oz., selected varieties



2/\$7
 Garden Of Eatin'
 Taco Shells
 5.5 oz., selected varieties



4.99
 Garden Of Eatin'
 Tortilla Chips
 16 oz., selected varieties

The co-op has tasty beverages and snacks.



2.29

**Kettle Brand
Potato Chips**
5 oz., selected varieties



3.29

**From The Ground Up
Cauliflower Snacks**
3.5- 4.5 oz., selected varieties



4.49

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



2/\$7

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



2/\$7

**Tony's
Chocolonely
Chocolate Bars**
6.35 oz., selected
varieties



4.99

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



2/\$7

**Siete
Mexican
Grain-free
Cookies**
4.5 oz., selected varieties



4.49

**Siete
Taco Shells**
5.5 oz.



4.99

**Siete
Dairy-free Queso**
10.8 oz.,
selected varieties



7.99

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

←
*heritage-
inspired*

Siete is a Mexican-American brand rooted in family that makes delicious heritage-inspired products. They're on a mission to bring families together around the table with gluten-free foods made from simple, clean ingredients that everyone can enjoy.

Satisfy your snack cravings at the co-op.



5.99

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



6.99

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



16.99

**Om
Organic Mushroom Powder**
3.5 oz., selected varieties



Quality ingredients are at the co-op.

**Body care and supplements
you trust.**



2/\$10

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



6.49

**Kiss My Face
Shampoo or
Conditioner**
16 fl. oz., selected
varieties



29.99

**Garden of Life
Raw Organic Protein &
Greens Powder**
19.3-23 oz., selected varieties



15.99

**Kal
Magnesium
Glycinate 350**
160 ct.



The co-op helps you get clean head to toe.

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
 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



4.29
World Centric
Compostable 9" Plates
 20 ct.



3.99
Better Life
All-purpose Cleaner
 32 fl. oz., selected varieties



3.49
Mrs. Meyer's
Dish Soap
 16 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.

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

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