

coop deals

MAR 1 - MAR 14, 2023

protein on-the-go

It's easy to pack Wild Planet's tuna to take with you for a quick and convenient meal that's rich in protein. Enjoy delicious tuna salad wraps on a busy spring day.



2/\$7

Wild Planet Tuna
5 oz., selected varieties



4/\$5

Muir Glen Organic Tomatoes
14.5-15 oz., selected varieties



3.19

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



2/\$7

Blue Diamond Nut Thins
4.25 oz., selected varieties



2/\$8

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



4.29

Kite Hill Almondmilk Yogurt
16 oz., selected varieties



11.99

Napa Valley Naturals Organic Extra Virgin Olive Oil
25.4 fl. oz.



Dip into great savings at the co-op.

Spring forward with delicious deals.



2/\$5

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



4.99

Organic Valley Cottage Cheese
16 oz., selected varieties



4.49

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



3.79

Green Valley Creamery Organic Lactose-free Cream Cheese
8 oz.



5.49

Miyoko's Creamery Organic Liquid Vegan Pizza Mozzarella
16 oz.



2/\$6

Rebbl Organic Stacked Coffee
12 fl. oz., selected varieties



2.79

Hail Merry Dessert Cups
1.5 oz., selected varieties



2/\$5

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



plant-based and Beyond delicious

Beyond has all the juicy, meaty deliciousness of a traditional sausage but comes with the upsides of plant-based protein. Our products also contain no hormones, nitrates, GMOs, soy or gluten.

6.99

Beyond Meat Beyond Sausage
14 oz., selected varieties



3/\$4

Fage Greek Yogurt
5.3 oz., selected varieties

Fill your cart with favorites from the co-op.



2/\$4
Woodstock
Frozen
Vegetables
10 oz.,
selected varieties

2.69
Woodstock
Organic Frozen
Vegetables
10 oz.,
selected varieties



4.99
Woodstock
Organic Frozen
Fruit
10 oz.,
selected varieties



5.49
Natural Sea
Cod Sticks
or Fillets
8 oz., selected varieties

←
*simple meal
solutions*

It's easy to make a complete and balanced meal with **Woodstock** and **Natural Sea** products. Breakfast, lunch or dinner are ready in minutes with delicious, high-quality ingredients.



2/\$8
Kerrygold
Butter
8 oz., selected varieties



5.49
Forager Project
Organic
Cashewmilk
Yogurt
24 oz., selected varieties



*choose high-quality,
organic ingredients*

We believe that organic matters. Stonyfield Organic Yogurt is made with milk from organic farms and pasture-raised cows that make it better for people and the planet.

4.49
Stonyfield Organic
Organic Yogurt
32 oz., selected varieties



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

The co-op has what you need for easy meals.

INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is an Indian-owned company that makes frozen entrees from scratch with a wide range of Indian flavors.



2/\$10

Deep Indian Kitchen Entrees
7.5-12 oz., selected varieties



2/\$10

Blake's Organic Chicken Pot Pie
8 oz.



2/\$6 Sweet Earth Burritos
5.5 oz., selected varieties



7.99
Cappello's Pizza
10.82-12 oz., selected varieties



2/\$6
Miracle Noodle Ready-to-Eat Noodles
7 oz., selected varieties



3.29 Ancient Harvest Organic Quinoa Pasta
8 oz., selected varieties



6.99
Tonnino Tuna Fillets
6.3-6.7 oz., selected varieties



3/\$4
Lotus Foods Rice Ramen
2.8 oz., selected varieties



5.99
Kettle & Fire Bone Broth
16.9 oz., selected varieties



2.79
Safe Catch Elite Wild Tuna
5 oz.



3.99
Mediterranean Organic Olives
8.1-8.5 oz., selected varieties



4.99
Patagonia Provisions Smoked Mussels, Mackerel or White Anchovies
4.2 oz., selected varieties

Find weeknight meal options at the co-op.



2/\$7

Celestial Seasonings
Herbal Tea
18-20 ct., selected varieties



2/\$7

Back To Nature
Crackers
6 oz., selected varieties



9.99

Peace Coffee
Organic Ground
Coffee
12 oz., selected varieties



8.99

Nature's Path
Organic Cereal
26.4-32 oz., selected
varieties



2/\$8

Mom's Best
Cereals
16-24 oz., selected
varieties



37.99

Vital Proteins
Unflavored
Collagen Peptides
20 oz.



2/\$5

Blue Diamond
Almondmilk
32 fl. oz., selected varieties



2/\$7

Equal Exchange
Organic Tea
20 ct., selected varieties



2/\$7

Nature's Path
Organic Instant
Oatmeal
8 pk.-1.75 oz., selected
varieties



3.99

Organic India
Tulsi Tea
18 ct., selected varieties

Brighten your mornings with help from the co-op.



1.79

Gimme Organic Seaweed Snacks
 .35 oz., selected varieties



satisfies your hunger

Fuel for what's next. Whether you are working out or working hard, our Nut Butter and Builders bars provide the energy you need to get through your day. Made with organic and non-GMO ingredients.



2/\$6

Equal Exchange Organic Chocolate Bars
 2.8 oz., selected varieties



2/\$4

Clif Bar Builders Protein Bars or Organic Nut Butter Bars
 1.76 oz. - 2.4 oz., selected varieties



3.99

Unreal Chocolate Cups, Bars or Gems
 3.2-5 oz., selected varieties



2/\$10

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



flavors worth sharing

Gathering with friends? Invite Kettle Brand® chips! With flavors for everyone, they're a delightfully crunchy and tasty snack for holidays, game days or backyard hangouts.

2/\$6

Kettle Brand Potato Chips
 5 oz., selected varieties



4.79

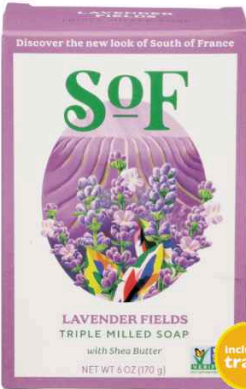
Tate's Bake Shop Cookies
 7 oz., selected varieties



The co-op has the snacks you crave.

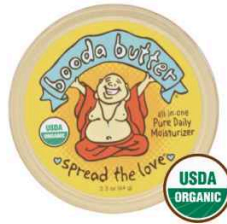
INCLUSIVE TRADE PARTNER

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



8.69

Booda Organics All-In-One Daily Moisturizer
2.3 oz.



11.49

Weleda Skin Food
2.5-6.8 fl. oz., selected varieties



12.29

Aura Cacia Essential Oil Kits
.25 fl. oz., selected varieties



16.29

Andalou Naturals 1000 Roses Face Cream
1.7 fl. oz., selected varieties



12.99

Nordic Naturals Lemon Omega-3 Fish Oil
60 ct.



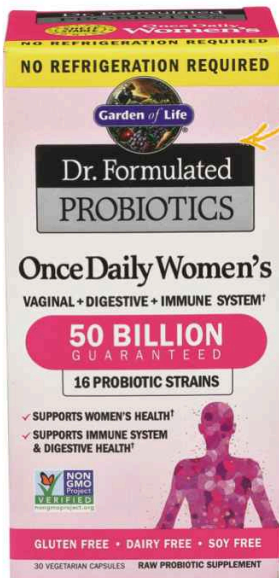
12.99

Country Life Vitamin D3 5000IU
200 ct.



15.79

Oregon's Wild Harvest Organic Ashwagandha
90 ct.



digestive and immune system health

Women have unique needs, and we've got a specialized formula just for you. Try Dr. Formulated Probiotics Once Daily Women's for optimal digestive, immune system and vaginal health.

31.49

Garden of Life Dr. Formulated Probiotics Once Daily
30 ct., selected varieties



9.99

Dr. Bronner's Sal Suds
32 fl. oz.

The co-op has products for home and body.

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

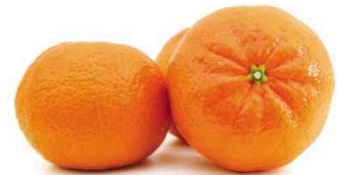
Phoenix Earth Food Co-op

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

pure-castile bar soap



Soft, smooth lather moisturizes face, body, hands and hair! Organic, nutrient-rich, U.S.-grown hemp seed oil nourishes skin. Plant-based and biodegradable, made with certified-organic oils, wrapped in post-consumer recycled paper — cleans body, mind, soul!

2/\$6

**Dr. Bronner's
Baby Pure Castile Bar Soap**
5 oz.



7.49

**Avalon Organics
Shampoo or Conditioner**
11 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.



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.

MW0323A

