

coop deals

OCT 4 - OCT 17, 2023

ecological cleaning

From household cleaning to body care — and even bathing your pets — it's easy with Dr. Bronner's Pure Castile Soaps. You'll find them on sale at the co-op!



10.99

Dr. Bronner's
Pure Castile Liquid Soap
32 fl. oz., selected varieties



2/\$5

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



2/\$6

Choice Organics
Tea
16 ct., selected varieties



3.29

Van's
Frozen Waffles or
Pancakes
8-12.4 oz., selected
varieties



2/\$7

Que Pasa
Organic Tortilla
Chips
10-11 oz., selected
varieties



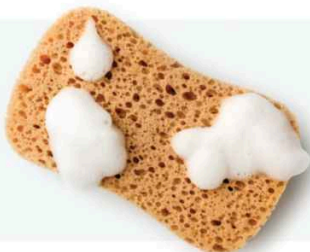
2/\$8

Maya Kaimal
Indian Simmer
Sauce
12.5 oz., selected
varieties



4.99

Nature's Bakery
Fig Bars
6pk-2 oz., selected
varieties



Fresh solutions for a clean home.

Welcome fall at the co-op.



4/\$5

Chobani
Greek Yogurt
5.3 oz., selected varieties



2/\$8

Rebbl
Organic Elixir
12 fl. oz., selected varieties



4.29

Kite Hill
Almondmilk Yogurt
16 oz., selected varieties



4.49

So Delicious
Organic Coconut
or Oatmilk
64 fl. oz., selected
varieties



2/\$4

Olipop
Prebiotic Soda
12 fl. oz., selected
varieties



6.49

Miyoko's Creamery
Organic Classic or
Smoked Plant Milk
Mozzarella
8 oz., selected varieties



choose organic ingredients

There's yogurt and then there's Stonyfield yogurt, packed with high-quality, organic ingredients and a taste you'll love... so there's no need to worry about sacrificing nutrition for taste.

4.49

Stonyfield Organic
Yogurt
32 oz., selected varieties



6.99

Uncle Matt's Organic
Orange or Grapefruit Juice
52 fl. oz., selected varieties

Great mornings begin with the co-op.



3.99
Oatly
Frozen Dessert
1 pt., selected
varieties



3.99
Oatly
Barista Edition
Oatmilk
32 fl. oz.



2/\$9
Oatly
Oatmilk
64 fl. oz.,
selected varieties



4.99
Oatly
Plain Oatgurt
24 oz.



check it out

Look! Innovative, plant-based products hanging out in this Co+op Deals flyer, trying to get the attention of forward-thinking shoppers who might be interested in delicious products made from...wait for it...oats. Find out more at oatly.com!



2/\$4
C2O
Coconut Water
17.5 fl. oz., selected
varieties



2.29
Noosa
Yoghurt
8 oz., selected varieties



COOPERATIVELY OWNED



4.49
Organic Valley
Large Free-range
Brown Eggs
1 doz.



3.99
Silk
Dairy-free
Creamer
32 fl. oz., selected
varieties



4.49
Silk
Plant-based Milk
64 fl. oz., selected
varieties



5.79
Bellwether Farms
Plain Sheep Milk
Yogurt
16 oz.

Find dairy and dairy-free options at the co-op.



4.49

Quorn Meat Alternatives
7.76-12 oz., selected varieties



INCLUSIVE TRADE PARTNER

Caulipower was founded by a mom of two children with celiac disease, and inspired by the desire for delicious, gluten-free options.



5.99

Caulipower Cauliflower Crust Pizza
11.6 oz., selected varieties



4.49

Applegate Sunday Bacon
8 oz.



4.49

Food For Life English Muffins
16 oz., selected varieties



4.49

Jonny Pops Frozen Novelties
8.25 fl. oz., selected varieties



4.99

Alexia Frozen Potatoes
15-19 oz., selected varieties



4.99

Ben & Jerry's Ice Cream
1 pt., selected varieties



5.49

Little Northern Bakehouse Bread
16-17.4 oz., selected varieties



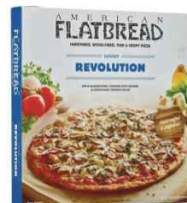
7.99

Cappello's Pizza
10.9-11.55 oz., selected varieties



8.99

Applegate Chicken Nuggets, Tenders or Bites
16 oz., selected varieties



8.99

American Flatbread Pizza
13.8-18.62 oz., selected varieties



10.99

Wyman's Frozen Wild Blueberries
3 lb.

The co-op has easy meal solutions.

INCLUSIVE TRADE PARTNER



Chickapea is a woman-owned company providing nutritious and convenient family meal options.

3.99

Chickapea Organic Chickpea Pasta
8 oz., selected varieties



6.99

Rao's Homemade Pasta Sauce
24 oz., selected varieties



12.99

Spectrum Organic Extra Virgin Olive Oil
25.4 fl. oz.



2/\$4

Near East Couscous Mix or Rice Pilaf
5.25-10 oz., selected varieties



4.49

Pacific Foods Organic Soup
32 fl. oz., selected varieties



8.49

Cobram Estate California Extra Virgin Olive Oil
12.7 fl. oz., selected varieties

we love to cook for you



At **Amy's**, we source the best ingredients and take the time to perfect our recipes to make sure each bite tastes delicious.

2/\$8

Amy's Soup
14-14.7 oz., selected varieties

2/\$6

Amy's Burritos
5.5-6 oz., selected varieties

5.99

Amy's Frozen Meals
9-14 oz., selected varieties

8.99

Amy's Pizza
12-14 oz., selected varieties

Find weeknight meal recipes at [grocery.coop](https://www.grocery.coop).

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



4/\$7
 Happy Family
 Organics
 Superfoods
 Pouches
 3.5-4.22 oz., selected
 varieties



2/\$5
 Blue Diamond
 Almondmilk
 32 fl. oz., selected
 varieties



3.79
 Nature's Path
 Organic
 Instant Oatmeal
 8pk.-1.75 oz., selected
 varieties



COOPERATIVELY OWNED



4.49
 Frontier Co-op
 Organic Ground
 Korintje
 Cinnamon
 1.9 oz.



4.79
 One Degree
 Organic Foods
 Sprouted Cereal
 8-10 oz., selected
 varieties



4.99
 Kettle & Fire
 Bone Broth
 16.9 oz., selected
 varieties



7.99
 Navitas Organics
 Cacao Powder or
 Nibs
 8 oz., selected varieties



8.99
 Nature's Path
 Organic
 Cereal
 26.4-32 oz., selected
 varieties



100% plant based, 100% delicious



Meet the bar that started it all! Our original Peanut Butter Chocolate Chip MacroBar® combines 11 grams of plant-based protein with organic, creamy peanut butter, roasted peanuts and our vegan chocolate chips!



4.49
 Crofter's
 Organic Premium
 Fruit Spread
 16.5 oz., selected varieties



2/\$5 Gomacro
 Organic Macrobar
 2-2.5 oz., selected varieties

Discover new brands at the co-op.



3.99
Simple Mills
Cookies
4.25-5.5 oz.,
selected varieties



3.99
Simple Mills
Crackers
4.25-5.5 oz.,
selected varieties



4.49
Simple Mills
Soft-Baked Bars
5 ct.,
selected varieties



6.49
Simple Mills
Baking Mixes
5.99-12.9 oz.,
selected varieties

food that goes further

Simple Mills is driven by our mission to make products that go beyond “free from” to “for more.” Our products include more of what we want: purposeful, nutrient-dense, delicious ingredients and nothing artificial — ever.



less sugar, sweet life

At LILY'S, we LOVE sweets. We reinvented how you can treat yourself by crafting delicious sweets without added sugar. Fair trade chocolate, non-GMO ingredients and certified gluten free.

2/\$7

Lily's
Chocolate Bars
2.8-3 oz., selected varieties



2/\$7

Quinn
Pretzel Nuggets
5-7 oz., selected varieties



2/\$4
Little Secrets
Chocolate Wafers
1.4 oz., selected varieties



3.99
Mi-Del
Snaps
8-10 oz., selected varieties



4.49
Justin's
Organic Almond
or Peanut Butter
Cups
4.2-4.7 oz., selected varieties

Shop for yummy snacks at the co-op.

2/\$3

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



5/\$5

**Justin's
Almond Butter**
1.15 oz., selected varieties



2/\$5

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



2/\$4

**alo
Aloe Vera Juice Drink**
16.9 fl. oz., selected varieties



2/\$6

**The Good Crisp
Company
Potato Crisps or
Cheese Balls**
2.75-5.6 oz., selected varieties



2/\$7

**Frontera
Salsa**
16 oz., selected varieties



4.99

**LaCroix
Sparkling Water**
12 fl. oz., selected varieties



*simplified snacking
the Swedish way*

Starting with a few simple ingredients, Wasa crispbreads are baked to perfection and deliver a hearty crunch. Available in 10 varieties, Wasa crispbreads are the perfect canvas for any toppings. Certified non-GMO and carbon neutral.

2/\$6

**Wasa
Crispbread**
4.9-9.7 oz., selected varieties



5.99

**Izze
Sparkling Juice Drink**
4 pk. - 12 fl. oz. bottles, selected varieties

The co-op has all your favorite snacks.



7.29

American Health Original Papaya Enzyme 250 ct.



2.79

Vive Organic Wellness Shots 2 fl. oz., selected varieties



5.49

Lily of the Desert Organic Aloe Vera Juice 32 fl. oz., selected varieties



7.49

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



10.49

Nutiva Organic Fair Trade Virgin Coconut Oil 23 fl. oz.



12.99

Ultima Replenisher Electrolyte Drink Mix 3.2-3.7 oz., selected varieties



28.99

Four Sigmatic Organic Protein Powder 16.9-21.16 oz., selected varieties

Don't Forget Your Coat™



Traditional Medicinals® brings you support from Mother Nature throughout the cold season. Medicinal grade and herbalist formulated.

4.49

Traditional Medicinals Organic Herbal Tea 16 ct., selected varieties



37.99

Vital Proteins Unflavored Collagen Peptides 20 oz.

Find your favorite warm beverage at the co-op.

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



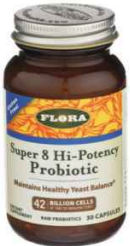
7.19

Bach
Rescue Remedy
Pastilles
35 ct., selected varieties



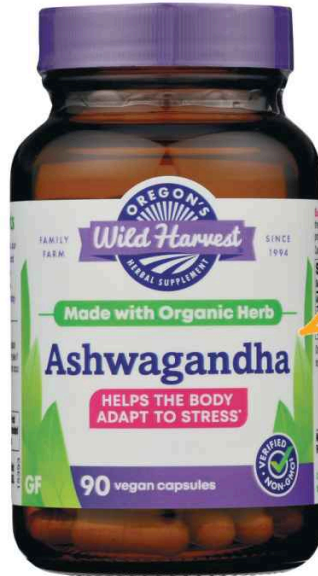
18.49

MegaFood
Blood Builder
60 ct.



18.49

Flora
Super 8 Hi-
Potency Probiotic
30 ct.



adapt to stress

Ashwagandha is an Ayurvedic herb that addresses long-term stress and can help you feel rested, energized and ready to take on the day.

15.79

Oregon's Wild Harvest
Ashwagandha
90 ct.



18.99

SmartyPants
Organic Kid's
Gummy
Multivitamin
120 ct.



29.99

Solaray
MycrobioMe
Women's
Probiotic
30 ct.



listen to your gut

REST AND DIGEST

Life can be stressful. Between work, family, school and other external factors we can't control, it's easy to feel overwhelmed. In addition to eating a variety of food rich in prebiotics and probiotics and getting plenty of rest, check out your co-op's supplement section to help support your gut health. A healthy gut means a healthier you!

Feel your best with brands from the co-op.

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inspired
by nature



4.79
Jason
Deodorant Stick
2.5 oz.,
selected varieties



4.99
Jason
Toothpaste
4.2 oz.,
selected varieties



4.99
Jason
Toothpaste
4.2 oz.,
selected varieties



8.59
Jason
Scalp Care Shampoo
or Shampoo +
Conditioner
12 fl. oz., selected varieties

Your partner in full-body wellness, certified cruelty free and vegan! JASÖN® celebrates the power of Earth's incredible botanicals and is made with no sulfates, parabens, phtalates or petrolatum.



Feel fresh this fall.

Body care items are at the co-op.

Smooth as Silk™ deep
moisture hair care

INCLUSIVE TRADE PARTNER

Giovanni is a proud Veteran-owned brand. Our top-selling shampoo and conditioner ensures your tresses remain silky and nourished. Lather, rinse and GLOW for nourished hair!

5.99

Giovanni

Shampoo or Conditioner
8.5 fl. oz., selected varieties



inclusive trade



2/\$7
Dr. Tung's
Smart Floss
30 yd.



The co-op has something for everyone.

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 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

Powered by Plants™

At **Seventh Generation**, we harness the power of plant science for products that work hard for your family. Our formulas are made without the use of dyes or artificial fragrances. A powerful clean, formulated with people and planet in mind.



2/\$7

Seventh Generation Liquid Dish Soap
19 fl. oz., selected varieties



12.99

Seventh Generation Liquid Laundry Detergent
87.5-90 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.

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