

coop™ basics

Looking to stretch your grocery budget? So are we! That's why we're pleased about our Co+op Basics program. **Co+op Basics offers everyday low prices** on many popular grocery and household items. This is just a small sampling of the many affordable products we carry. Look for these signs throughout the Co-op.



All of our Field Day products are Co+op Basics!

Find them throughout the store:

- Field Day, Sparkling Water
Six pack \$1.99
- Field Day, Organic Canned Beans
All varieties..... \$1.49
- Field Day, Organic Toasted O's
All varieties..... \$2.99
- Field Day, Organic Mac & Cheese
..... \$1.99
- Field Day, Organic Pastas and Pastas Sauces
All varieties..... \$1.99 and \$2.99
- Field Day, Organic Toasted Os
All varieties..... \$2.99
- Field Day, Organic Broth
All varieties..... \$2.29
- Field Day, Organic Salsas
All varieties..... \$2.99
- Field Day, Organic Peanut Butter
All varieties..... \$4.99

FREEZER:

- Snow Pac
Organic Frozen Corn..... \$2.19
- Snow Pac
Organic Frozen Peas \$2.19

CHEESE:

- Ellsworth, Cheddar Cheese
8 ounces..... \$2.99
- Organic Valley
8 ounces..... \$3.39

BULK:

- Equal Exchange, Organic Fair Trade Coffee Beans
Select varieties..... \$8.99/lb.
- Heartland Mills, Organic All-Purpose Flour \$1.39/lb.
- Heartland Mills, Organic Cornmeal \$.99/lb.
- Organic Green Lentils \$1.99/lb.
- Organic Quick Oats..... \$1.19/lb.
- Lundberg, Organic Short Grain Brown Rice..... \$1.69/lb.
- Everyday Shea, Unscented Body Care
All varieties..... \$4.39

MEAT:

- Applegate, Uncured Natural Beef Hot Dogs
12 ounces..... \$6.69
- Kadejan, All Natural Whole Chicken \$2.99/lb.
- 1000 Hills, 80/20 100% Grassfed Ground Beef
1 pound \$6.69

SEE MORE AFFORDABLE PRODUCTS
ON THE BACK!

COOLER:

- All Brands of MilkPrices vary
- All Brands of EggsPrices vary
- Westby, Sweet Cream Salted Butter
1 pound..... \$4.69
- La Perla, Corn Tortillas
12 count..... \$0.99
- Seven Stars, Organic Plain Yogurt
32 ounces..... \$3.99
- Wildwood, Unsweetened Organic Soymilk
64 ounces..... \$3.39
- Silk, Almond Milk
All varieties, 64 ounces \$3.99
- House Foods, Organic Extra-Firm Tofu
14 ounces..... \$2.19

PACKAGED:

- All Baby Food.....Prices vary
- Seventh Generation,
Stage 1 Baby Diapers, 80 ct..... \$21.99
- Annie's, Classic Mac & Cheese
12 ounces..... \$1.99
- Clif Bars
Select varieties..... \$1.19
- Silver Hills, Bread
Select varieties..... \$3.99
- Udi's, Gluten-Free Whole Grain Bread
12 ounces..... \$4.69
- Natural Value Bathroom Tissue
12 pack \$6.69

PRODUCE:

- Organic Fair Trade Bananas\$.99/lb.
- Organic Baby Carrots
Select varieties..... \$1.99
- Organic Bagged Salads
Select varieties..... \$3.99

WELLNESS:

- Every Day, Coconut ShampooPrices vary
- Every Day, Coconut ConditionerPrices vary
- Chandrita Bar SoapPrices vary
- Vitamer Basic Multivitamin, 30 count.....Prices vary
- Vitamer, Vitamin D3, 1000 IU, 30 count..Prices vary
- Seventh Generation, Tampons and Pads..... Prices vary
- Tom's of Maine, Deodorants (select varieties)
- Tom's of Maine, Toothpastes (selected varieties)

THERE'S NO REASON HEALTHY,
ORGANIC FOOD SHOULDN'T HAVE
A PLACE IN YOUR SHOPPING CART.

TONS OF SAVINGS
ARE AVAILABLE RIGHT HERE!



This is just a sampling of the many affordable products we carry. Look for these signs throughout the Co-op.



Prices listed are to convey price ranges: actual prices may be slightly lower or higher.
Co-op Basics prices are as low as we can go, so Owner Appreciation, case discounts, and staff discounts do not apply.
Availability and selection of Basics items may vary.