

coop deals

JAN 5 - JAN 18, 2022

Calm winter evenings

Caffeine-free tea at the end of a long day is a great way to relieve stress and unwind. Celestial Seasonings has options for everyone, and they're on sale at the co-op – warm up with a cup tonight!



2/\$6
Celestial Seasonings
Herbal Tea
20 bags, selected varieties



4/\$5

Siggis
Skyr Yogurt
4.4-5.3 oz., selected varieties



2/\$4

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



2/\$6

Rebbi
Organic Elixir
12 fl. oz., selected varieties



2/\$4

Food Should
Taste Good
Tortilla Chips
5.5 oz., selected varieties



2/\$5

Angie's
Boomchickapop
Popcorn
4.2-6 oz., selected varieties



2/\$7

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



Stay warm and well in the new year.

Happy 2022 from the co-op!



2/\$5

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

crafted from only natural ingredients



Chobani® Plain Greek Yogurt is made from fresh, locally sourced milk, making it an excellent source of protein. With its creamy texture and old-world tart taste, it's an ideal better-for-you substitute and a convenient grab-and-go treat.

4.99

Chobani
Greek Yogurt
32 oz., selected varieties



3.99

Lifeway
Organic Kefir
32 fl. oz., selected
varieties



2/\$6

Sweet Earth
Benevolent
Bacon
5.5 oz.



3.99

Forager Project
Organic Dairy-free
Cashewmilk
Yogurt
Unsweetened Plain
24 oz., selected varieties



4.99

Malk
Organic
Almondmilk
28 fl. oz., selected
varieties



taste the cold-pressed difference

Experience the taste of real fruits and veggies from this cold-pressed smoothie. A tasty union of leafy greens, tangy citrus and sweet tropical fruits rich with vitamin C.

2/\$7

Evolution Fresh
Organic Juices
15.2 fl. oz., selected varieties



5/\$5

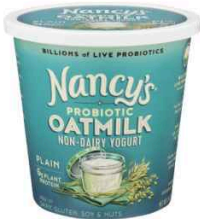
Fage
Greek Yogurt
5.3-7 oz., selected varieties

Let the co-op help with the morning rush.



2.29

**Bellwether Farms
Sheep Milk Yogurt**
6 oz., selected varieties



3.49

**Nancy's
Oatmilk
Non-dairy Yogurt**
24 oz., selected varieties



*smooth and
creamy goodness*

Almond Breeze® is a great product that comes to you with care and attention to goodness, Unsweetened Original provides a touch of the almonds' natural sweetness but eliminates the added sugar.

2/\$7

**Blue Diamond
Almondmilk**

64 fl. oz., selected varieties



3.99

**Just Egg
Plant-based
Scramble**
12 fl. oz.



3.99

**Harmless Harvest
Organic Coconut
Water**
16 fl. oz.



4.49

**Bitchin' Sauce
Almond Dip**
8 oz., selected varieties

creamy and dreamy

This creamy, dreamy oatmilk has a naturally sweet taste and velvety texture similar to dairy milk, minus the moo. Made from gluten-free oats grown in North America and fortified with calcium, Califia Farms Oatmilk is the plant milk you've been waiting for.



3.99

**Califia Farms
Oatmilk**

48 fl. oz., selected varieties



5.99

**Miyoko's
Creamery
Organic
Cashewmilk
Mozzarella**

8 oz., selected varieties



6.49

**Wallaby
Organic Greek
Yogurt**

32 oz., selected varieties

Find chilled and refreshing offerings at the co-op.



4.49

**Deep Indian Kitchen
Frozen Appetizers and
Entrees**
7.5-12 oz., selected varieties



6.49

**Caulipower
Cauliflower Pizza Crusts**
11 oz.



6.99

**Caulipower
Chicken Tenders**
14 oz., selected varieties



3.99

**Wyman's Of
Maine
Frozen Wild
Blueberries**
15 oz.



real ingredients, real flavor



Eat like your life depends on it! **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
Dressing & Marinade
and Organic
Unsweetened Ketchup**
8-11.3 fl. oz., selected varieties

5.99

**Primal Kitchen
Frozen Meals**
10-11 oz., selected varieties

6.99

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

29.99

**Primal Kitchen
Collagen Fuel Drink Mix**
13.05 - 14.30 oz., selected varieties

Incredible deals are at the co-op.

*salud y sabor,
"health and flavor"*



Siete is a Mexican-American food brand, rooted in family, that makes delicious, heritage-inspired products. We use clean and simple ingredients to inspire inclusivity and gathering around the table, because *juntos es mejor*: together is better!

2/\$7

Siete
Hot Sauce
5 fl. oz., selected varieties

3.99

Siete
Tortilla Chips
5 oz., selected varieties

4.49

Siete
Taco Shells
5.5 oz.

7.99

Siete
Tortillas
7 oz., selected varieties



2/\$5

Annie's
Homegrown
Frozen Mac &
Cheese
7.5 oz., selected varieties



2/\$7

Food For Life
Tortillas
10-12 oz., selected
varieties



2/\$7

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



farm to freezer

Woodstock has perfectly petite Brussels sprouts picked at the peak of ripeness and quick frozen to maintain their nutrition and goodness. Add them to your meal for a deliciously simple side!

3/\$5

Woodstock
Frozen Vegetables
10 oz., selected varieties



2/\$6

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

Fantastic flavors are in the co-op frozen section.



5/\$5
Muir Glen
Organic Tomatoes
 14.5 oz., selected varieties



1.79
Dr. McDougall's
Soup Cups
 1.3-3.4 oz., selected varieties



2/\$4
Blue Diamond
Almondmilk
 32 fl. oz., selected varieties



2/\$6
Safe Catch
Elite Wild Tuna
 5 oz., selected varieties



3.49
Annie's
Organic Dressing
 8 fl. oz., selected varieties



4.99
Bragg
Organic Apple
Cider Vinegar
 32 fl. oz.



9.99
Riojana
Organic Fair
Trade Extra Virgin
Olive Oil
 25.5 fl. oz.



10.99
Nutiva
Organic Virgin
Coconut Oil
 23 oz.



spoon up some magic

There's a little bit of magic in every bite of Annie's Mac and Cheese. This real-cheese, organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all.

5/\$5

Annie's Homegrown
Mac & Cheese
 5.25-6 oz., selected varieties



1.99
Westbrae
Organic Beans
 15 oz., selected varieties

The co-op helps keep your pantry stocked.

good food with great heart



4.49

Bob's Red Mill Organic Old Fashioned Whole Grain Rolled Oats
32 oz.



5.99

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



6.99

Bob's Red Mill Organic Unbleached All-purpose Flour
5 lbs.



7.99

Bob's Red Mill Super-fine Almond Flour
16 oz.

Time for a fresh start? Whether you're looking to brush up on your baking skills or enjoy delicious whole-grain oats for breakfast, you can depend on **Bob's Red Mill** for wholesome, minimally processed foods that you'll feel good eating.



10/\$10

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



2.49

Native Forest Organic Coconutmilk
13.5 fl. oz., selected varieties



2/\$7

Organic India Tulsi Tea
18 tea bags, selected varieties



7.99

Once Again Organic Tahini
16 oz., selected varieties



8.99

Equal Exchange Organic Biorevolution Dark Roast
per pound in bulk, selected varieties



1.39

Organic Steel Cut Oats
per pound in bulk



2.49

Organic White Quinoa
per pound in bulk, selected varieties



9.99

Organic Dried Mango
per pound in bulk, selected varieties



Healthy options for 2022 are at the co-op!



2/\$3
C2O
Coconut Water
17.5 fl. oz., selected varieties



2/\$5
GT's
Organic Kombucha
16 fl. oz., selected varieties



*breakfast
made
better*

Cascadian Farm organic whole grain cereals and granolas are an easy and tasty way to make a smart choice.

2/\$6

**Cascadian Farm
Organic Cereal or Granola**
8.6-16 oz., selected varieties



2.29
Boulder Canyon
Potato Chips
5.25-6.5 oz., selected varieties



2/\$5
Nutpods
Dairy-free Creamer
11.2 fl. oz., selected varieties



2/\$5
Blue Diamond
Nut Thins
4.25 oz., selected varieties

100% plant based, 100% delicious



Organic, vegan, gluten free, kosher, non-GMO, C.L.E.A.N. and R.A.W. And if there was a certification for delicious, we'd have that, too.

2/\$4

**Gomacro
Organic Macrobar**
2-2.5 oz., selected varieties



5.49
Lakewood
Organic Pure Pineapple Juice
32 fl. oz., selected varieties



Satisfy your cravings with favorites from the co-op.



4.49

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



snack goals

Late July® Restaurant Style Tortilla Chips are thin, crispy, and perfectly salted chips. They're organic, non-GMO and gluten free, making them the perfect snack. Bring out the good chips this new year.

2/\$5

Late July
Organic Restaurant Style
Tortilla Chips
11 oz., selected varieties



2/\$5

Beanitos
Bean Chips
4.5-5 oz., selected varieties



2/\$6

Good Health
Veggie Snacks
6.75 oz., selected varieties



2/\$6

Barnana
Organic Plantain
Chips
5 oz., selected varieties



creamy and delicious

At Lily's, we reinvented how you treat yourself by crafting delicious, drool-worthy sweets that don't need any added sugar. We use fair trade chocolate and vanilla and are non-GMO too!

4.99

Lily's
Chocolate Peanut Butter
Cups
3.2 oz., selected varieties



4.99

LaCroix
Sparkling Water
12-12 fl. oz. cans,
selected varieties



2/\$7

Simple Mills
Almond Flour
Crackers
4.25 oz., selected varieties

The co-op has everything you need for snack time.



6.99

Bach
Rescue Remedy Pastilles
35 ct., selected varieties



19.99

Bulletproof
Brain Octane C8 MCT Oil
14 fl. oz.



37.99

Vital Proteins
Collagen Peptides
20 oz.



Stay healthy this winter.

Shop the wellness department.



8.99

Aura Cacia
Lavender Essential Oil
.5 fl. oz.



11.99

Ecos
Liquid Laundry Detergent
100 fl. oz., selected varieties



5.99

Acure
Shampoo or Conditioner
8 fl. oz., selected varieties



14.99

Wishgarden Herbs
Kick-Ass Immune Activator
2 fl. oz.



Everyone is welcome at the co-op.



24.99

**MegaFood
Multivitamin for Women
55+
60 ct.**



sit back and relax

Gentle but powerful magnesium glycinate may help support a calm mindset, muscle and heart function, strong bones and more.

12.99

**Kal
Magnesium Glycinate 400
90 ct.**



4.49

**Dr. Bronner's
All-One Toothpaste
5 oz., selected varieties**



7.99

**Now
Vitamin D-3
5,000 IU
120 ct.**



delicious daily immune tonic

A medicine cabinet staple, especially during the colder months. Made with organic elderberries, fresh pressed shortly after harvest. Each tasty teaspoon serving contains 14.5 grams of fresh black elderberries.

14.99

**Gaia Herbs
Organic Black Elderberry
Syrup
3 fl. oz., selected varieties**



56.99

**Nordic Naturals
Ultimate Omega
180 ct.**

Find health-supporting supplements at the co-op.

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 Cooperative Grocery
 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
 Harvest Moon Natural Foods
 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

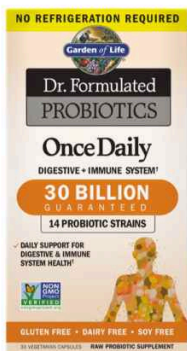
Natural Abundance Food Co-op
 Sioux Falls Food Co+op

WISCONSIN

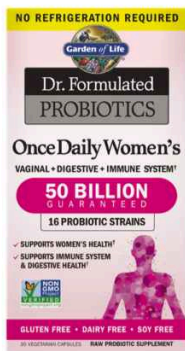
Basics Cooperative Natural Foods
 Chequamegon Food Co-op
 Menomonie Market Food Co-op
 Oshkosh Food Co-op
 Outpost Natural Foods Co-op
 People's Food Co-op – La Crosse
 Viroqua Food Co+op
 Whole Earth Market Co-op
 Willy Street Co-op



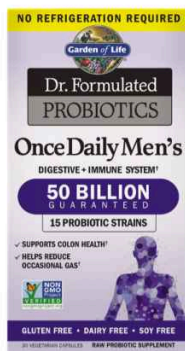
to find a food co-op near you, visit us online at: grocery.coop



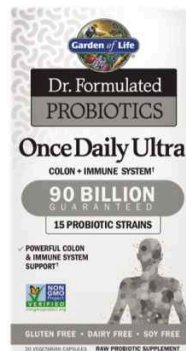
26.99
 Garden of Life
 Dr. Formulated Probiotics Once Daily
 30 capsules



34.99
 Garden of Life
 Dr. Formulated Probiotics Once Daily Women's
 30 capsules



34.99
 Garden of Life
 Dr. Formulated Probiotics Once Daily Men's
 30 capsules



42.99
 Garden of Life
 Dr. Formulated Probiotics Once Daily Ultra
 30 capsules



Dr. Formulated probiotics

Dr. Formulated Probiotics Once Daily, Once Daily Women's, Once Daily Men's, and Once Daily Ultra 30 count vegetarian caps are unique, "just one capsule a day," powerful probiotics tailored to your specific needs to support immune system and digestive health.

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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