

# coop deals

JAN 19 - FEB 1, 2022

feel the  
spark

## LONG-LASTING ENERGY

Stay energized during the darkest of winter days with Hiball energy beverages. The co-op has them on sale now, and with a grapefruit-flavored sparkling drink in hand, your daily routine will get an appreciated boost.



**2/\$4**

**Hiball Energy  
Energy Seltzer**  
16 fl. oz., selected varieties



**4/\$5**

**Liberté  
Organic Yogurt**  
5.5 oz., selected varieties



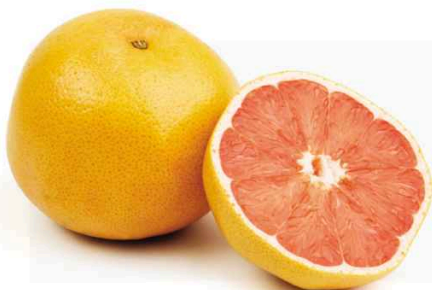
**3/\$5**

**Epic  
Meat Bars**  
1.3-1.5 oz., selected  
varieties



**2.79**

**Van's  
Waffles**  
8-9 oz., selected  
varieties



Find refreshing savings at the co-op.  
**Great deals for 2022!**



**3.79**

**Brown Cow**  
**Whole Milk Yogurt**  
32 oz., selected varieties



**3.99**

**Stonyfield**  
**Organic Yogurt**  
32 oz., selected varieties



**4.99**

**Siggi's**  
**Whole Milk Yogurt**  
24 oz., selected varieties

*a tradition  
of delicious*

Wholesome and crave-worthy, these brands have defined yogurt and delighted families for years. Welcome tradition and innovation home with flavors and textures you'll remember forever.



**2/\$5**

**Kevita**  
**Organic Kombucha**  
15.2 fl. oz., selected varieties



**3.99**

**So Delicious**  
**Organic Coconutmilk**  
64 fl. oz., selected varieties



**4.99**

**Silk**  
**Dairy-free Yogurt**  
24 oz., selected varieties

*discover Wallaby*

Wallaby is deliciously different — inspired by Australia and made with premium organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Greek Style Yogurt!

**2/\$3**

**Wallaby**  
**Organic Greek Yogurt**  
5.3 oz., selected varieties



**5.49**

**So Delicious**  
**Coconutmilk Yogurt**  
24 oz., selected varieties



**4.49**

**Kalona**  
**Supernatural Organic Cottage Cheese**  
16 oz., selected varieties

**Find all varieties of yogurt at the co-op.**





**2/\$6**

**Koia**  
**Protein Drink**  
12 fl. oz., selected varieties



**2/\$3**

**Forager Project**  
**Organic**  
**Cashewmilk**  
**Yogurt**  
5.3 oz., selected varieties



**3/\$5**

**Mori-Nu**  
**Silken Tofu**  
12-12.3 oz., selected varieties



**3/\$5**

**Noosa**  
**Yoghurt**  
8 oz., selected varieties



**2/\$5**

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



**2/\$6**

**Hope Foods**  
**Organic Hummus**  
8 oz., selected varieties



**4.49**

**Califia Farms**  
**Oat Creamer**  
25.4 fl. oz., selected varieties



**3.99**

**Nancy's**  
**Organic Cottage**  
**Cheese**  
16 oz., selected varieties



**5.99**

**Wildbrine**  
**Kimchi**  
18 oz., selected varieties



**4.49**

**Miyoko's Creamery**  
**Organic Cashewmilk**  
**Cream Cheese**  
8 oz., selected varieties



**2/\$5**

**Goodbelly**  
**Probiotic Drink**  
32 fl. oz., selected varieties

**The co-op has all your refrigerated favorites.**



2.29

**Wildwood  
Organic Tofu**  
14-20 oz., selected  
varieties



3.99

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



*fresh and tasty slices*

Provolone cheese slices with a mild, creamy flavor that complements sandwiches and recipes without overwhelming them. Protein-packed deli sliced cheese delivers five grams of protein per slice, plus nutritious calcium.

4.99

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



4.99

**Vital Farms  
Large Grade A  
Pasture-raised Eggs**  
1 doz.



12.99

**Organic Valley  
Ghee Clarified  
Butter**  
13 oz.



*plant-based new year*

**Lightlife** has something for everyone, with a variety of clean ingredient, plant-based protein products.

**Field Roast** takes an artisanal approach while using whole-food ingredients to craft plant-based meats and cheeses. Together, we are committed to shaping the future of plant-based foods.

2.79

**Lightlife  
Organic Tempeh**  
8 oz., selected varieties

3.29

**Lightlife  
Gimme Lean  
Plant-based Ground Sausage**  
14 oz.

4.49

**Field Roast  
Plant-based Sausages**  
12.95 oz., selected varieties

4.49

**Field Roast  
Chao Slices**  
7 oz., selected varieties



**Resolve to have a delicious new year at the co-op!**





**5.49**  
Applegate  
Organic Sliced  
Deli Meat  
6 oz., selected varieties



**4.49**  
Little Northern  
Bakehouse  
Bread  
16-17.4 oz., selected  
varieties



**6.99**  
Daiya  
Pizza  
13.47-19.1 oz., selected varieties



**2/\$5**  
Silver Hills  
Bread  
15-22 oz., selected  
varieties



**2/\$7**  
Andrew &  
Everett  
Sliced Cheese  
7 oz., selected  
varieties



**2/\$5**  
Stahlbush Island  
Farms  
Frozen Vegetables  
10 oz., selected varieties



**2/\$6**  
Cascadian Farm  
Organic Frozen  
Potatoes  
16 oz., selected varieties



**2/\$6**  
Hilary's  
Organic Veggie  
Burgers  
6.4 oz., selected varieties

*simple, real food ingredients*



Certified paleo and crafted from just a few familiar ingredients like almond flour, eggs and sea salt, our gluten- and grain-free naked crusts are a perfect canvas for any culinary creation you can dream up.

**4.99**  
Cappello's  
Naked Pizza Crust  
6 oz.



**2/\$7**  
Grain Trust  
Frozen Meals  
20-30 oz., selected  
varieties



**3.99**  
Jonny Pops  
Frozen Bars  
8.25 fl. oz., selected  
varieties

**Find dinner solutions throughout the co-op.**



**10.99**

**Spectrum**  
Organic Extra Virgin Olive  
Oil  
25.4 fl. oz.



**2/\$4**

**Muir Glen**  
Organic  
Tomatoes  
28 oz., selected varieties



**2/\$6**

**Muir Glen**  
Organic Pasta  
Sauce  
25.5 fl. oz., selected  
varieties



**2/\$3**

**Mike's Mighty**  
Good  
Ramen Soup  
Packs or Cups  
1.6-2.4 oz., selected  
varieties



**4.99**

**Sky Valley**  
Sriracha Sauce  
18.5 fl. oz.



**2.99**

**Ancient Harvest**  
Organic Polenta  
18 oz., selected varieties



**4.99**

**Sir Kensington's**  
Classic  
Mayonnaise  
12 fl. oz.



**5.49**

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

*a delicious  
new year!*

**Lundberg's** resolution? To continue  
working in partnership with nature so  
we can make better food for the table  
while leaving a better world for the  
next generation.



**1.99**

**Lundberg Family Farms**  
Organic Short Grain  
Brown Rice  
per pound in bulk; other Lundberg  
bulk rice varieties also on sale



**2/\$7**

**Lundberg Family Farms**  
Organic Rice Cakes  
8.5 oz., selected varieties



**6.99**

**Lundberg Family Farms**  
Organic Rice  
32 oz., selected varieties  
other Lundberg 2 lb. rice varieties  
also on sale

**Let the co-op warm your winter days.**





*food that fills you up*

Full of delicious ancient grains, superfoods and powerful, nourishing ingredients to fill you up and help you thrive. It's spoonable selfcare.

**4.49**

**Purely Elizabeth Organic Granola**  
8-12 oz., selected varieties



**5/\$5**

**Justin's Nut Butter Squeeze Packs**  
1.15 oz., selected varieties



**2/\$6**

**Cascadian Farm Organic Plant-based Soft Baked Squares**  
5-1.2 oz., selected varieties



**Kashi**



**Cinnamon Harvest Organic Whole Wheat Biscuits**

Baked with Sweet Cinnamon



*making eating well easy*

Kashi® cereals have a little something for everyone, like protein, organic whole grains, fair trade chocolate and family favorites, like hearts and Os. Kashi® makes eating well easy.

**2/\$6**

**Kashi Organic Cereal**  
10.3-16.3 oz., selected varieties

*scoop up the savings in bulk!*



**2.29**

**Organic Garbanzo Beans**  
per pound in bulk, selected varieties



**1.99**

**Organic Golden Flaxseed**  
per pound in bulk



**2.99**

**Organic Buckwheat Groats**  
per pound in bulk, selected varieties



**The co-op has convenient breakfast choices.**



**2/\$6**  
**Santa Cruz**  
**Organic**  
**Applesauce**  
 6-4 oz. cups, selected varieties



**4.49**  
**Wholesome**  
**Organic Stevia**  
**Blend Packets**  
 75 ct.



**8.99**  
**Equal Exchange**  
**Organic**  
**Biorevolution**  
**Dark Roast**  
 per pound in bulk, selected varieties



**2/\$6**  
**One Degree**  
**Organic**  
**Sprouted Cereal**  
 8-12 oz., selected varieties



**2/\$7**  
**Milkadamia**  
**Macadamia Milk**  
 32 fl. oz., selected varieties



**6.99**  
**Navitas**  
**Organic Cacao**  
**Powder**  
 8 oz.



It's easy to make healthy choices at the co-op.  
**Warm tea for cold days.**

*support your respiratory health*



**Yogi**  
**Lemon Ginger**  
 SUPPORTS HEALTHY DIGESTION\*

**Yogi**  
**Breathe Deep**  
 SUPPORTS RESPIRATORY HEALTH\*

CAFFEINE FREE  
 HERBAL SUPPLEMENT  
 16 TEA BAGS - NET WT 1.27 OZ (36g)

CAFFEINE FREE  
 HERBAL SUPPLEMENT  
 16 TEA BAGS - NET WT 1.12 OZ (32g)

Relax and unwind with a cup of Yogi's soothing and aromatic Breathe Deep Tea, made with eucalyptus, thyme and licorice, to support your respiratory health.

**2/\$7**

**Yogi**  
**Herbal Tea**  
 16 tea bags, selected varieties




**6.99**  
**Rishi Tea**  
**Organic Tea**  
 15 tea bags, selected varieties

**Relax with warm beverages from the co-op.**





**2/\$4**

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



**3.99**

**Kettle Brand Chips**  
13 oz., selected varieties



**2/\$5**

**Snack Factory Pretzel Crisps**  
7.2 oz.



**2/\$6**

**Snyder's Gluten-free Pretzel Sticks**  
8 oz.

*snacky new year*

Start your new year with tasty snacks! Our **Kettle Brand®** chips, **Snack Factory®** Pretzel Crisps® and **Snyder's of Hanover®** Gluten-free Pretzels are made with high-quality, non-GMO ingredients, for a fabulous flavor and satisfying crunch.



**4/\$5**

**Simply Organic Dip Mix**  
.8-1.5 oz., selected varieties



**2/\$6**

**Theo Organic Chocolate Bars**  
3 oz., selected varieties



**6.99**

**Alter Eco Organic Nut Butter Bombs**  
3.8 oz., selected varieties



**1.79**

**Yachak Organic Yerba Mate**  
16 fl. oz., selected varieties



**2/\$6**

**Goldthread Plant-based Tonics**  
12 fl. oz., selected varieties



**3.99**

**Green Mountain Gringo Salsa**  
16 oz., selected varieties



**5.99**

**R.W. Knudsen Organic Just Tart Cherry Juice**  
32 fl. oz.

**Thank you for shopping at the co-op!**



**5.99**

**Manitoba Harvest  
Hemp Hearts**  
8 oz.



**4/\$5**

**Amazing Grass  
Green Superfood  
Packets**  
.28 oz., selected varieties



**6.99**

**Spectrum Essentials  
Organic Flaxseed**  
14-15 oz., selected varieties



**2/\$6**

**Orgain  
Organic  
Nutritional Shake**  
11 fl. oz., selected  
varieties



**9.99**

**Organic India  
Psyllium Whole  
Husk Fiber**  
12 oz.



**11.99**

**ChildLife  
Multi-Vitamin &  
Mineral**  
8 fl. oz.



**11.99**

**Boiron  
Oscilloccinum**  
6 dose



**7.99**

**Jarrow Formulas  
Methyl B-12  
1,000 mcg.**  
100 ct.



**2/\$6**

**Vega  
One Organic Protein Shake  
Packets**  
1.3-1.5 oz., selected varieties



**16.99**

**Nutrition Now  
PB 8 Probiotic**  
120 ct., selected  
varieties



**17.99**

**Oregon's Wild  
Harvest  
Organic  
Ashwagandha**  
90 ct.



**19.99**

**Source Naturals  
Wellness Formula**  
90 ct.

**Support your health with help from the co-op.**





trust a powerful clean

2/\$6

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

3.99

**Seventh Generation Disinfecting Multi-surface Cleaner**  
26 fl. oz., selected varieties

6.99

**Seventh Generation Disinfecting Wipes**  
70 ct.

10.99

**Seventh Generation Liquid Laundry Detergent**  
100 fl. oz., selected varieties

**Seventh Generation** has thoughtfully formulated safe and effective plant-based products that work, with no synthetic fragrances. Just a powerful clean and a dedication to nurturing the health of the next seven generations.



2/\$5

**Desert Essence Dental Floss**  
50 yards, selected varieties



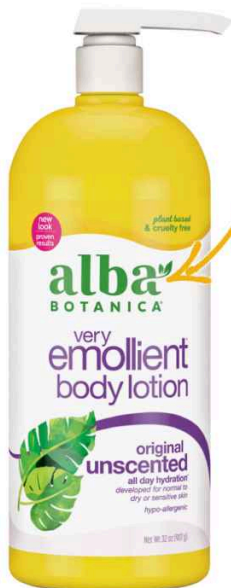
7.99

**Pranarom Organic Lavender Oil**  
5 ml



12.99

**Emergen-C Vitamin C Supplement**  
30 ct., selected varieties



bye bye dry, hello supple

Alba Botanica Emollient Body Lotion is hypo-allergenic, clinically tested and skin softening and will have your skin begging for more.

13.99

**Alba Botanica Very Emollient Body Lotion**

32 fl. oz., selected varieties



16.99

**Andalou Naturals Resveratrol Q10 Night Repair Cream**  
1.7 oz.

The co-op has safe products for home and family.

## 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 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](http://grocery.coop)*



**2/\$5**  
Garden Of Eatin'  
Tortilla Chips  
5.5 oz., selected varieties



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



**2/\$6**  
From The Ground Up  
Cauliflower Snacks  
3.5- 4 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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