

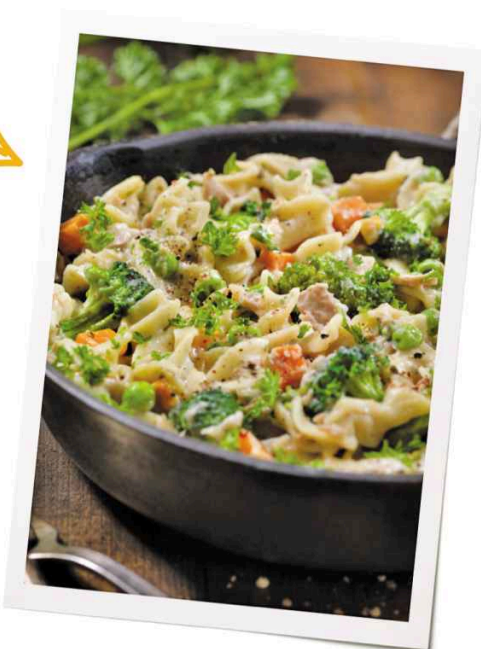
coop deals

MAR 2 - MAR 15, 2022

quick and easy

PROTEIN-RICH MEALS

Heat up the stove and make a delicious tuna hot dish (or is it a casserole?). Add your favorite pasta and veggies, plus Wild Planet's sustainably caught tuna. Shop the co-op for all your dinner inspiration, and save on high-quality ingredients.



2/\$5

Wild Planet
Skipjack Tuna
5 oz., selected varieties



2/\$6

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



2/\$6

Kashi
Organic Cereal
9.5-16.3 oz., selected
varieties



4.49

Lifeway
Organic Kefir
32 fl. oz., selected
varieties



Fresh produce is at the co-op.

The co-op supports local farmers.

spring for a smoothie

Move over winter, and welcome spring with delicious green smoothies! Check out grocery.coop for more tasty and healthy smoothie ideas!

INGREDIENTS

- 1/2 cup milk
- 1/2 cup plain Greek yogurt
- 4 cups spinach leaves, washed
- 1 cup pineapple chunks, drained
- 1 medium frozen banana, sliced

PREPARATION

Place ingredients in a blender in the following order: milk, yogurt, spinach, pineapple and banana, and secure the lid. Blend on high until smooth. Pour into glasses and serve immediately.



2/\$4

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



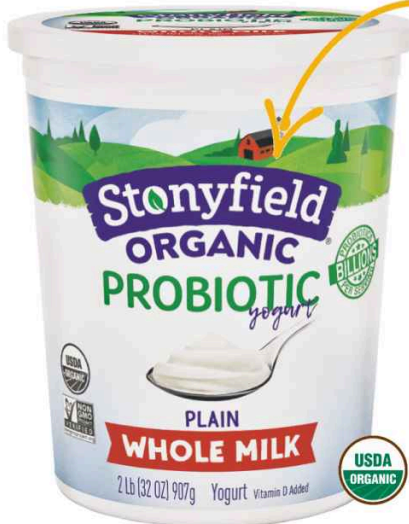
5.49

Maple Hill
100% Grassfed
Organic Milk
64 fl. oz., selected varieties



7.99

Organic Valley
Ghee
7.5 oz.



simple, organic and probiotic packed

We believe organic is better for people and the planet. So, we make this probiotic yogurt with organic milk and not much else — just like we've done for 35 years.

3.79

Stonyfield
Organic Yogurt
32 oz., selected varieties



2/\$7

Blue Diamond
Almondmilk
64 fl. oz., selected varieties

Spring forward with savings at the co-op!



4.49
 Vital Farms
 Large Grade A
 Pasture-raised Eggs
 1 doz., selected varieties



5/\$5
 Chobani
 Greek Yogurt
 5.3 oz., selected varieties



2/\$5
 Hail Merry
 Dessert Cups
 1.5-1.76 oz., selected varieties



7.99
 Beyond Meat
 Beyond Beef
 16 oz., selected varieties



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



3.99
 Kite Hill
 Almond Milk
 Yogurt
 16 fl. oz., selected varieties



4.49
 Forager Project
 Organic
 Cashewmilk
 Yogurt
 24 oz., selected varieties



totally delicious

All the creamy taste you crave. The possibilities are endless with FAGE Total Plain or Velvety Vanilla Yogurt.

4.99

Fage
 Greek Yogurt
 35.3 oz., selected varieties



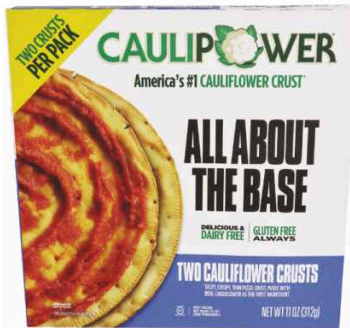
4.49
 Follow Your Heart
 Original
 Vegemise
 16 fl. oz., selected varieties

Protein-rich options are at the co-op.



3.99

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



6.49

Caulipower Pizza and Pizza Crusts
11-11.6 oz., selected varieties



6.99

Caulipower Chicken Tenders
14 oz., selected varieties



2/\$4

Evol Burritos
6 oz., selected varieties



2/\$5

Nature's Path Organic Waffles
7.4-7.5 oz., selected varieties



6.99

Applegate Organics Chicken Strips
8 oz.

stock up on frozen favorites

Treat yourself and your family to **Natural Sea** Premium Cod Sticks and **Woodstock** Fruits and Vegetables. Make your meals fresh, crisp and deliciously convenient with these frozen favorites all year long!



4.49

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



1.79

Woodstock Frozen Vegetables
10 oz., selected varieties



2.29

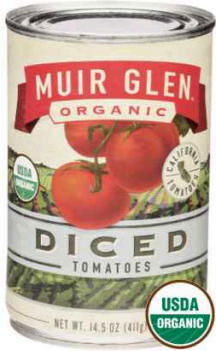
Woodstock Organic Frozen Vegetables
10 oz., selected varieties



4.49

Woodstock Organic Frozen Fruit
8-10 oz., selected varieties

Find frozen favorites from the co-op.



4/\$5

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



2/\$7

**Montebello
Organic Pasta**
16 oz., selected varieties



5.99

**Once Again
Organic Sunflower Butter**
16 oz., selected varieties



Find all your favorite ingredients at the co-op.
Weeknight meals made easy.



2/\$7

**Pacific Foods
Organic Soup**
17-17.6 oz., selected varieties



2/\$4

**Annie's
Organic Mac & Cheese**
6 oz., selected varieties



4.79

**Canyon
Bakehouse
Bread**
18 oz., selected varieties



8.99

**Nutiva
Organic Coconut
Manna**
15 oz.



13.99

**California Olive
Ranch
Everyday Extra
Virgin Olive Oil**
33.8 fl. oz.

Delicious meals begin at the co-op.



2/\$7
 Equal Exchange
 Organic Tea
 20 ct., selected varieties



2/\$7
 Yogi
 Herbal Tea
 16 ct., selected varieties



2/\$5
 Vita Coco
 Organic Coconut
 Non-dairy Beverage
 33.8 fl. oz., selected
 varieties



3.29
 Westsoy
 Organic Soymilk
 32 fl. oz., selected
 varieties



7.99
 Equal Exchange
 Organic Coffee
 10-12 oz., selected
 varieties



*thrive on your
 wellness journey*

When you eat better, you feel better. It's that simple. That's why we use superfoods with vibrant flavors and rich textures to create delicious foods that help you thrive on your wellness journey.

4.49

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



2/\$6
 Mom's Best
 Cereals
 14-24 oz., selected
 varieties



6.99
 Nature's Path
 Organic Cereal
 23.8-32 oz., selected
 varieties



scoop up the savings in bulk!

1.69
 Organic Rolled Oats
 per pound in bulk



3.39
 Organic Thompson
 Raisins
 per pound in bulk



2.79
 Organic Sunflower
 Seeds
 per pound in bulk



The co-op has everything for busy families.



3.49
Goldthread
Plant-based
Tonics
12 fl. oz., selected
varieties

2/\$4
Vita Coco
Coconut Water
16.9 fl. oz., selected varieties



2/\$4
Mountain Valley
Spring Water
33.8 fl. oz., selected
varieties



4.49
Zevia
Zero Calorie Soda
6 pk.-12 fl. oz. cans,
selected varieties

snacks for everyone



Be the host with the most this season! These snack favorites have a delicious crunch everyone in the family can enjoy. Each one is made from quality ingredients and tastes amazing.

2.79
Late July
Organic Tortilla Chips
10.1 oz., selected varieties

2/\$6
Late July
Organic Salsa
15.5 oz., selected varieties

4.49
Kettle Brand
Potato Chips
13 oz.

The co-op has great refreshments for every day.

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



involve the whole family

TOGETHER IN THE KITCHEN

Whether you're looking for premade mixes or ingredients to start from scratch, the co-op has what you need to bake together. Baking is a great activity for kids to learn a little math, science and reading, and it has a delicious end result!



2/\$6

Equal Exchange Organic Chocolate Bars
2.8 oz., selected varieties



3.99

Unreal Chocolate Nut Butter Cups or Gems
3.2-6 oz., selected varieties



4.49

Equal Exchange Organic Chocolate Chips
10 oz., selected varieties



up your snack game

Real-food From The Ground Up Cauliflower Cheddar Crackers up your snack game with cheesy goodness! Certified vegan, gluten-free and non-GMO. How's that for a crave-worthy snack with a plant-based twist?

2.79

From The Ground Up Cauliflower Snacks
3.5- 4.5 oz., selected varieties



4.99

Yumearth Organic Pops
8.5 ounces, selected varieties

Enjoy your favorite treats from the co-op.



6.99
Source Naturals
Melatonin 2.5 mg.
60 ct.



*turmeric supreme
extra strength*

Our best-selling, go-to formula for maintaining your active lifestyle. Helps reduce occasional inflammation due to normal wear and tear.

29.99

Gaia Herbs
Turmeric Supreme Extra
Strength
120 ct.



29.99
Vega
One Organic
Protein Shake
12.1-13.5 oz., selected
varieties



Stay well this spring with help from the co-op.

Support your wellness needs.



*organic plant-based
protein*

Organic Plant-Based Protein offers a blend of certified-organic proteins from multiple sources, featuring U.S.-grown organic peas, to give it a great, smooth and creamy texture.

44.99

Garden Of Life
Sport Organic Plant-based
Protein
28.4-29.6 oz., selected varieties



19.99

MegaFood
Blood Builder
60 ct.

Find an extra nutritional boost at the co-op.



be gentle

Formulated for babies' soft skin! Fragrance free with simple ingredients. Organic oils keep skin moisturized, smooth and supple. No synthetic preservatives, detergents or foaming agents. Be gentle with babies, pets and people — All-One!

2/\$6

**Dr. Bronner's
Castile Bar Soap**
5 oz., selected varieties



13.99

**Weleda
Skin Food**
2.5 fl. oz.



Find eco-friendly products at the co-op.

Clean and safe.



16.99

**Derma E
Vitamin C
Concentrated
Serum**
2 fl. oz.



6.99

**Schmidt's
Deodorant Stick**
2.65 oz., selected varieties



7.99

**Avalon Organics
Shampoo or Conditioner**
11 fl. oz., selected varieties



The co-op has products for you and the Earth.

bring on the suds

CLEAN HANDS AND PLANET

Clean hands and a clean home begin with frothy soap bubbles. The co-op has eco-friendly cleaning solutions that are gentle on your hands and the planet. Encourage everyone in the family to have a hand in cleaning up.



cleaner by nature

Better Life's products challenge the way people think about natural cleaning, with more plant power, fewer warning labels and formulas that are a natural fit for mess makers.

3.99

Better Life
Toilet Bowl Cleaner

24 fl. oz., selected varieties



1.99

Green Forest
Facial Tissue
175 ct.



3.79

Mrs. Meyer's
Dish Soap
16 fl. oz., selected varieties



2.79

Ecover
Dish Soap
25 fl. oz., selected varieties

Find eco-friendly products 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 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
 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

easy to save

GREAT DEALS

Twice a month, Co+op Deals delivers impressive value on the brands you love. Throughout your co-op you can find savings for easy meal prep, snacks, home and body care, and more. Be sure to check out what's on sale and enjoy delicious and healthy options for everyone in your family.



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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