

coop deals

APR 20 - MAY 3, 2022

less work, more flavor

Flavorful Indian entrees are delicious, and plant-based Maya Kaimal's Organic Everyday Dal products make meal times simple with their straight-forward ingredients and easy prep. The co-op has them on sale right now, so make your next dinner savory and stress free.



2/\$7
Maya Kaimal
Organic Everyday Dal
10 oz., selected varieties



2/\$5
Nature's Path
Organic Waffles
7.4-7.5 oz., selected varieties



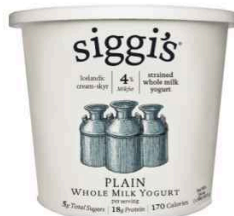
2/\$6
Rebbl
Organic Elixir
12 fl. oz., selected varieties



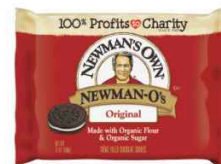
2/\$6
Cascadian Farm
Organic Frozen Potatoes
12-16 oz., selected varieties



2/\$7
Mary's Gone
Crackers
Organic Real Thin Crackers
5 oz., selected varieties



4.99
Siggis
Skyr Yogurt
24 oz., selected varieties



4.49
Newman's Own
Newman-O's
Sandwich Cookies
13 oz., selected varieties



Your favorite brands are on sale now!
Spring ahead and shop the co-op.



award-winning organic cheese

4.99

Organic Valley
Sliced Cheese
6 oz., selected varieties

4.49

Organic Valley
Shredded
Parmesan
4 oz.

4.99

Organic Valley
Feta
8 oz.

4.99

Organic Valley
Mozzarella
8 oz.

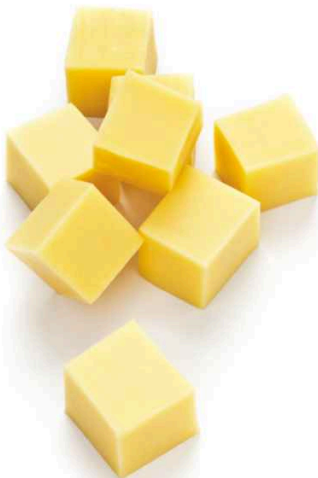


Organic Valley's line of award-winning organic products makes everyone say cheese! Organic Valley has a broad range of delicious recipes at organicvalley.coop/recipes featuring the products our farmer-owners work so hard to produce.



The co-op has great dairy selections.

Just say cheese.



2/\$4

C2O
Coconut Water
17.5 fl. oz., selected varieties



2.49

So Delicious
Organic
Coconutmilk
Creamer
16 fl. oz., selected varieties



4.49

Rumiano
Organic Cheese
8 oz., selected varieties



5.49

So Delicious
Organic
Coconutmilk
Yogurt
24 oz., selected varieties

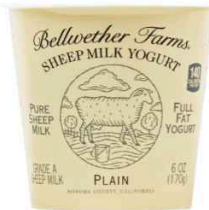


Dairy and nondairy options are at the co-op.



2/\$7

**Chobani
Oatmilk**
52 fl. oz., selected varieties



2.29

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



5/\$5

**Fage
Greek Yogurt**
5.3 oz., selected varieties



2/\$5

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



2/\$7

**Good Karma
Flaxmilk**
64 fl. oz., selected
varieties



2/\$3

**Honest Tea
Organic Tea**
16 fl. oz., selected
varieties



3/\$5

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



2.49

**Nancy's
Organic Cultured
Cream Cheese**
8 oz.



3/\$5

**Oatly
Oatgurt**
5.3 oz., selected varieties



5.99

**Uncle Matt's
Organic Juice**
52 fl. oz., selected
varieties



2/\$7

**Daiya
Cutting Board Shreds**
7.1 oz., selected varieties



2.79

**R.W. Knudsen
Simply Nutritious
Juice**
32 fl. oz., selected
varieties



6.49

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

Stock up with great deals from the co-op.

love the farmland

At **Cascadian Farm**, our continuing mission is to help protect our planet. As one of the earliest pioneers of organic agriculture, we have spent more than 40 years planting pollinator habitats, helping farmers build healthy soil, and integrating climate-smart crops into our products. Join us in cascading change for a better future.



2/\$5

Cascadian Farm Organic Frozen Vegetables
12-16 oz., selected varieties



2/\$6

Cascadian Farm Organic Frozen Fruit
8 oz., selected varieties



2/\$7

Cascadian Farm Organic Bars
5 to 6-1.2 oz., selected varieties



2/\$7

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



2/\$5

Hilary's Organic Veggie Burgers
6.4 oz., selected varieties



2/\$6

Sweet Earth Hickory & Sage Benevolent Bacon
5.5 oz.



3.99

Talenti Gelato or Sorbetto
1 pt., selected varieties



scoop up the savings in bulk!

2.49

Organic White Quinoa
per pound in bulk



9.99

Organic Dried Mango
per pound in bulk



9.99

Organic Unroasted Almonds
per pound in bulk



Your favorite brands are at the co-op.



4.49

**Plant Boss
Organic Meatless
Crumbles**

3.17-3.35 oz., selected varieties



1.79

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



3.99

**Maya Kaimal
Indian Simmer
Sauce**
12.5 oz., selected
varieties



2/\$7

**Pacific Foods
Organic Plant-
based Beverage**
32 fl. oz., selected
varieties



4/\$5

**Kind
Bars**
1.4 oz., selected
varieties



3.99

**Tazo
Organic Tea**
20 ct., selected varieties



5.49

**Enjoy Life
Chocolate Baking
Chips or Morsels**
9-10 oz., selected
varieties



6.49

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



organic and flavor packed

This real cheese and organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all. Enjoy our organic mac as is or add yummy toppings (like sausage and peas!) for a delicious mix-in masterpiece.

2/\$5

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



2/\$6

**Health Valley
Organic Soup**
14.25-15 oz., selected varieties

The co-op makes weeknight meals easy.



4.99

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



2/\$5

Garden of Eatin'
Tortilla Chips
5.5 oz., selected varieties



2/\$5

Angie's
Boomchickapop
Popcorn
4.4-7 oz., selected
varieties



2/\$4

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



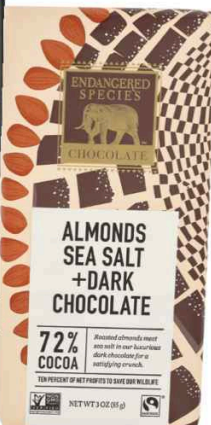
1.79

Surf Sweets
Candy
2.75 oz., selected
varieties



2/\$6

Hippeas
Organic Chickpea
Puffs
4 oz., selected varieties



real, delicious chocolate

Endangered Species Chocolate is all about authenticity. Each bar has just a handful of real, responsibly sourced, health-conscious ingredients, and it's making a true impact for wildlife habitats.

2/\$5

Endangered Species
Chocolate Bar
3 oz., selected varieties



2/\$6

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

Find the snacks you crave at the co-op.



8.99
Alba Botanica
Sunscreen
4 oz., selected varieties



6.49
Acure
Shampoo or
Conditioner
8 fl. oz., selected
varieties



16.99
Smarty Pants
Kids Complete
Multi + Omega 3 +
Vitamin D
Gummies
120 ct., selected varieties



3.99
Pukka
Organic Herbal
Tea
20 ct., selected varieties



29.99
Primal Kitchen
Collagen Fuel
Drink Mix
13.05-13.3 oz., selected
varieties



7.99
Jarrow Formulas
Methyl B-12 1000
mcg.
100 ct.



15.99
Flora
Super 8 Hi-
Potency Probiotic
30 ct.



29.99
Whole Earth &
Sea
Multivitamins
60 ct., selected varieties



*nourishment from the
ground up*

Made with what matters. Key nutrients and real food from farmers committed to improving soil health through regenerative agriculture — for people and the planet.

19.99
MegaFood
Turmeric Strength
60 ct.



34.99
Orgain
Organic Plant-based
Protein Powder
25.3-32.4 oz., selected varieties

The co-op has your wellness needs covered.

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 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*



garden-inspired goodness

Mrs. Meyer's® Clean Day is a collection of home and personal care products that are made with essential oils and other thoughtfully chosen ingredients. All products are cruelty-free and free of artificial colors, ammonia, chlorine bleach and parabens, and beautifully packaged in bottles that are made with at least 30% recycled plastic and 100% recyclable.

3.49

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

3.99

Mrs. Meyer's
Hand Soap
12.5 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.

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

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