

# coop deals

JUL 13 - AUG 2, 2022



*frozen treats for all*

The hot days of summer call for cold, sweet treats. Cosmic Bliss organic pints are so good you won't have any problem finishing your treat before it melts. Stop by while they're on sale at the co-op!

**4.99**

**Cosmic Bliss  
Organic Dairy-free  
Frozen Dessert**  
14 fl. oz., selected varieties



**2/\$3**

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



**3/\$5**

**Santa Cruz  
Organic  
Lemonade**  
32 fl. oz., selected varieties



**3.99**

**Mary's Gone  
Crackers  
Organic Crackers**  
5-6 oz.



**3.99**

**Siete  
Tortilla Chips**  
5 oz., selected varieties



**4.49**

**Gardein  
Plant-based  
Burgers**  
12 oz., selected varieties



**7.49**

**Field Day  
Almond Butter**  
16 oz., selected varieties



Shop the co-op for your next picnic.

**Cool treats for hot days.**



**2/\$6**

**Rebbl**  
Organic Elixir  
12 fl. oz., selected varieties



**1.29**

Forager Project  
Organic  
Cashewmilk  
Yogurt  
5.3 oz., selected varieties



**2/\$5**

Health-Ade  
Organic  
Kombucha  
16 fl. oz., selected varieties



**2.49**

Bellwether Farms  
Sheep Milk Yogurt  
6 oz., selected varieties



**3.49**

Lightlife  
Smart Dogs  
12-13.5 oz., selected varieties



**2/\$4**

Noosa  
Yoghurt  
8 oz., selected varieties



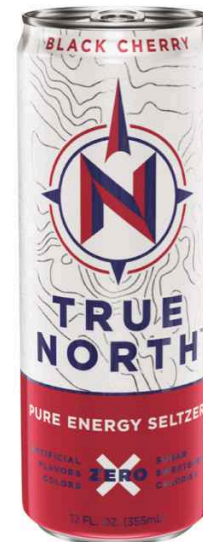
**2/\$4**

Mountain Valley  
Spring Water  
33.8 fl. oz., selected varieties

*honest food, ethically produced*



Our mission is to bring ethical food to the table. All our eggs are pasture-raised, meaning the hens that produce them are free to roam in healthy pastures year-round.



**1.79**

True North  
Energy Seltzer  
12 fl. oz., selected varieties

**4.79**

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

**Start the day with favorites from the co-op.**





**5.49**  
Silk  
Soy Milk Yogurt  
24 oz., selected varieties



**5.49**  
Miyokos  
Creamery  
Organic Liquid  
Vegan Pizza  
Mozzarella  
16 oz.



**2/\$5**  
Brew Dr.  
Organic  
Kombucha  
14 fl. oz., selected  
varieties



**4.49**  
Hodo  
Organic Tofu  
Nuggets, Cubes  
or Burgers  
8 oz., selected varieties



**2/\$7**  
Ithaca  
Hummus  
10 oz., selected  
varieties



**4.49**  
Harmless Harvest  
Organic Coconut  
Water  
16 fl. oz.



*cream of the crop*

Made with milk and cream from our pasture-raised cows, Organic Valley Half and Half and flavored creamers are the perfect complement to your mornings.

**3.99**

Organic Valley  
Creamer or Half & Half  
25.4-32 fl. oz., selected varieties



**2/\$7**

Blue Diamond  
Almondmilk  
64 fl. oz., selected varieties

**Try something new from the co-op.**

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



**2/\$7**  
Ecos  
Liquid Dish Soap  
25 fl. oz., selected  
varieties



**2/\$4**  
Green Forest  
Bath Tissue  
4 pack



**3.99**  
Talenti  
Gelato or  
Sorbetto  
1 pint, selected varieties



**3.99**  
Oatly  
Non-dairy Frozen  
Dessert  
1 pint, selected varieties



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



**5.49**  
Food For Life  
Organic Ezekiel  
4:9 Bread  
24 oz., selected varieties



*sweet snacks for all*

From America's best-selling organic brand, these treats are a perfect grab-and-go option. Make snack time anytime!

**2/\$9**

Alden's Organic  
Frozen Novelties  
3-4 ct., selected varieties



**2/\$6**  
Cascadian Farm  
Organic Frozen Fruit  
8-10 oz., selected varieties

**There's something for everyone at the co-op.**





**4.99**  
**Spectrum**  
**Organic Mayonnaise**  
 16 fl. oz.



**3.29**  
**Bragg**  
**Organic Apple**  
**Cider Vinegar**  
 16 fl. oz.



**2/\$7**  
**Vita Coco**  
**Coconut**  
**Water**  
 33.8 fl. oz.,  
 selected varieties



**8.99**  
**Napa Valley**  
**Naturals**  
**Organic Extra**  
**Virgin Olive Oil**  
 25.4 fl. oz.



**5.49**  
**Sir Kensington's**  
**Classic Mayonnaise**  
 12 fl. oz., selected  
 varieties



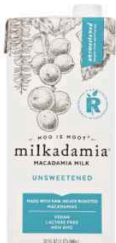
**2/\$5**  
**Tasty Bite**  
**Indian Entrees**  
 10 oz., selected varieties



**2.29**  
**Blue Diamond**  
**Shelf Stable Almondmilk**  
 32 fl. oz., selected varieties



**6.99**  
**Rao's Homemade**  
**Pasta Sauce**  
 24 oz., selected varieties



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



**3.69**  
**Rise Brewing Co.**  
**Organic Oatmilk**  
 32 fl. oz., selected  
 varieties

**The co-op has ingredients to stock your pantry.**



**1.89**  
 Earth's Best  
 Organic  
 Yogurt  
 Smoothie  
 Pouch  
 4.2 oz., selected  
 varieties



**2/\$6**  
 Kashi  
 Cereal  
 12-16.3 oz., selected  
 varieties



**2/\$7**  
 Annie's Homegrown  
 Organic Bunny Crackers  
 or Grahams  
 7-7.5 oz., selected varieties



**2/\$3**  
 Clif Builders  
 Protein Bars  
 2.4 oz., selected varieties



**2/\$3**  
 Epic  
 Jerky Strips  
 .8 oz., selected varieties



**6.49**  
 Reed's  
 Ginger Brew  
 4 pk.-12 fl. oz. bottles,  
 selected varieties



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

*100% real, 100% delicious*



We believe that real life calls for real ingredients. That's why at LARABAR every delicious bar is made with 100% real ingredients. Indulge in something real!

**4/\$5**  
 Larabar  
 Fruit & Nut Bars  
 1.6-1.7 oz., selected varieties



**2/\$7**  
 Quinn  
 Pretzel Nuggets  
 5-7 oz., selected varieties

**The brands you love are at the co-op.**



# summer picnic snacks

Made with the finest ingredients and packed with flavor, our Late July® Tortilla Chips are perfect for your summer picnic. Make sure you have plenty in your basket!

**2.79**

Late July  
Tortilla Chips  
7.4-10.1 oz., selected varieties



**4.49**

Nixie  
Organic Sparkling  
Water  
8 pk.-12 fl. oz. cans, selected varieties



**2/\$7**

Terra  
Vegetable Chips  
5-6 oz., selected varieties



**2/\$6**

Equal Exchange  
Organic  
Chocolate Bars  
2.8-3.5 oz., selected  
varieties



**2/\$5**

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



**3.29**

Field Day  
Organic Golden  
Round Crackers  
8 oz.



**2/\$7**

Tony's  
Chocolonely  
Chocolate Bars  
6.35 oz., selected  
varieties



**2/\$6**

Frontera  
Salsa  
16 oz., selected varieties

**Find delicious options throughout 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  
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  
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)*



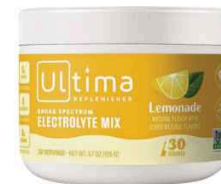
**35.99**

Vital Proteins  
Unflavored Collagen  
Peptides  
20 oz.



**6.99**

Bach  
Rescue Remedy  
Pastilles  
35 ct., selected varieties



**13.99**

Ultima  
Replenisher  
Electrolyte  
Powder  
3.2-3.7 oz., selected varieties



**18.99**

Enzymedica  
Digest Gold  
45 ct.



**52.99**

Nordic Naturals  
Ultimate Omega  
180 ct.

Co-ops support products and services that ensure personal and planetary health; a legacy we can be proud to leave generations to come.

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