

# coop deals

AUG 3 - AUG 16, 2022

100% real cheese

### FOR KIDS AND GROWN-UPS

Mealtime is always delicious with Annie's White Cheddar Mac & Cheese, made with 100% real cheese and organic wheat. Try adding a favorite veggie and protein to this dish, too. Kids can help measure and stir in the ingredients for a simple, classic favorite — on sale now at the co-op!



4/\$5

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



2/\$5

Barbara's  
Cheese Puffs  
5.5-7 oz., selected  
varieties



2/\$7

Envirokidz  
Organic Cereal  
9.5-11.5 oz., selected  
varieties



2/\$9

Ben & Jerry's  
Ice Cream  
1 pint, selected varieties



Buy One, Get One

FREE

special offers inside!





**4.49**

Oatly  
Oatmilk  
64 fl. oz., selected varieties



*high-quality organic cold brew*

Our mission is to deliver a distinct, high-quality brew, intentionally crafted with organic beans for a smooth, bold taste.

**8.49**

Chameleon Cold Brew  
Organic Cold Brew Coffee  
Concentrate  
32 fl. oz., selected varieties



**3/\$5**

So Delicious  
Coconutmilk  
Yogurt  
5.3 oz., selected varieties



**2.29**

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



**2/\$6**

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

*organic free-range eggs*



Organic Valley eggs come from chickens that are free to roam in sunny pastures where they forage for nutritious treats, which results in really tasty eggs.

**3.99**

Organic Valley  
Large Free-range Brown Eggs  
1 doz.



**4.49**

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



**12.99**

Organic Valley  
Ghee Clarified  
Butter  
13 oz.

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



*ice cream for all*

The creamiest, most unique ice cream brought to you by the leading women-founded and -led ice cream brand.

**2/\$6**

**Coolhaus**  
Ice Cream Sandwiches  
5.8 fl. oz., selected varieties



**3.99**

**Ripple**  
Plant-based Milk  
48 fl. oz., selected varieties



**5.49**

**Sambazon**  
Organic Acai  
Superfruit Packs  
14.1 oz., selected varieties



**6.99**

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



**2.99**

**Farmers Hen House**  
Large Brown  
Grade A Free-range Eggs  
1 doz.



*thoughtfully crafted deliciousness*

We believe in nourishing people and the planet, and we are proud to use our brand as a force for good.

**4.99**

**So Delicious**  
Dairy-free  
Frozen Dessert  
1 pint, selected varieties



**4.99**

**Organic Valley**  
Raw Cheese  
8 oz., selected varieties

**The co-op has cool options for hot days.**

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



*clean eating starts with pizza*



Ingredient-obsessed pizza made from almond flour. Now available in nine mind-melting varieties with 4-22 grams of protein per serving. Certified gluten and grain free.



**4.49**

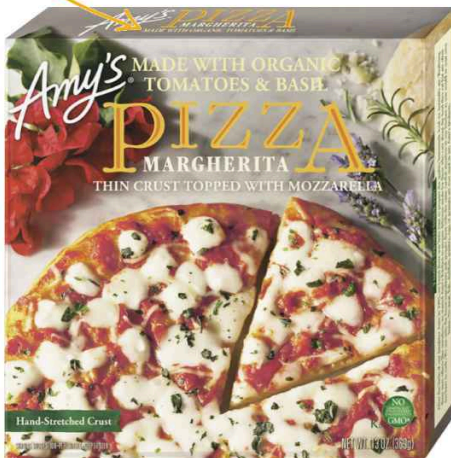
**Udi's Gluten Free Bread**  
12-14.3 oz., selected varieties

**7.99**

**Cappello's Pizza**

10.82-12 oz., selected varieties

*hand crafted and crave worthy*



At Amy's, we love to cook for you. For us, that means carefully sourcing high-quality, organic ingredients and spending countless hours in our kitchens so you can enjoy authentic, great-tasting food in minutes.



**7.99**

**Amy's Pizza**

9.1-14 oz., selected varieties



**3.19**

**Ozery Family Bakery Morning or Snacking Rounds**  
10.6-12.7 oz., selected varieties



*scoop up the savings in bulk!*

**2.99**

**Organic Natural Brown Sesame Seeds**  
per pound in bulk, selected varieties



**2.79**

**Organic Green Lentils**  
per pound in bulk, selected varieties



**6.49**

**Organic Medjool Dates**  
per pound in bulk, selected varieties



**Quick and easy options are at the co-op.**



**2/\$7**  
Annie's  
Organic Dressing  
8 fl. oz., selected  
varieties



*premium, organic  
fruit spread*

Made with premium organic fruit from the world's most renowned growing regions, Crofters Organic fruit spreads contain more fruit and less sugar than standard preserves and jams.

**4.99**

**Crofter's  
Organic Premium Fruit Spread**  
16.5 oz., selected varieties



**2/\$6**  
Jovial  
Organic Brown  
Rice Pasta  
12 oz., selected varieties



**2/\$5**  
Safe Catch  
Elite Wild Tuna  
5 oz.



**2/\$4**  
Near East  
Couscous Mix or  
Rice Pilaf  
5.2-10 oz., selected  
varieties



**3.39**  
Westsoy  
Organic Soymilk  
32 fl. oz., selected  
varieties



*essential  
seafood*

Crown Prince Natural is a family-owned importer of wild-caught, sustainably harvested seafood. Marine Stewardship Council certified and non-GMO verified. Delicious. Convenient. Essential.

**2.79**

**Crown Prince Natural  
Smoked Oysters**  
3 oz., selected varieties



**9.99**  
Woodstock  
Almond Butter  
16 oz., selected  
varieties



**11.99**  
Nutiva  
Organic Virgin  
Coconut Oil  
23 fl. oz.



**Shop the co-op to stock your pantry.**



*salty-sweet,  
crunchy granola*

Purely Elizabeth helps you thrive on your wellness journey by creating foods to obsess over, like our salty-sweet, crunchy granola clusters with organic oats, chia and sustainably sourced coconut sugar.

**Buy One, Get One  
FREE**

**Purely Elizabeth  
Granola**  
8-12 oz., selected varieties  
Limit 3 BOGO offers per customer



**Buy One, Get One  
FREE**

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



**Buy One, Get One  
FREE**

**Garden Of Eatin'  
Tortilla Chips**  
5.5 oz., selected varieties

*real delicious chocolate*



ESC was founded by an Oregon entrepreneur who had two passions: crafting premium chocolate and conservation. Nearly three decades later, ESC remains passionate about delicious chocolate with responsibly sourced ingredients. Ten percent of profits are given forward to protecting species, habitats and humanity across the globe.

**Buy One, Get One  
FREE**

**Endangered Species  
Chocolate Bars**  
3 oz., selected varieties

**Buy One, Get One FREE deals are at the co-op!**

# Co-op Savings 101

## SHOPPING MADE EASY

- The co-op has everyday low prices on the products you use the most. Check out all the smart ways you can save on your groceries when you shop at the co-op!



**coop basics.**

## CO+OP BASICS

Everyday low prices on select products and items.



**coop deals.**

## CO+OP DEALS

Save on your favorite foods, supplements and body care products at the co-op with Co+op Deals!



## BOGO

Look for BOGOs (buy one, get one free) to stock up and save!



## TEAR PAD COUPONS

Find coupon savings at the shelf next to items you love throughout the co-op!



## BULK

Go easy on your budget — and the environment. Buy just what you need at the best price and reduce waste!



**It's easy to shop and save at the co-op.**



**3.99**  
 Birch Benders  
 Pancake & Waffle  
 Mix  
 14-16 oz., selected  
 varieties



**3/\$5**  
 Rxbar  
 Protein Bars  
 1.83 oz., selected varieties



**1.79**  
 Alo  
 Aloe Vera Juice Drink  
 16.9 fl. oz., selected varieties



**2/\$7**  
 R.W. Knudsen  
 Organic Juice  
 32 fl. oz., selected  
 varieties



**2/\$5**  
 Probar  
 Meal Bars  
 3 oz., selected varieties



**2.79**  
 So Delicious  
 Organic  
 Coconutmilk  
 32 fl. oz., selected  
 varieties



**2/\$3**  
 Luna  
 Nutrition Bars  
 1.69 oz., selected  
 varieties



**3.49**  
 Cascadian Farm  
 Organic Bars  
 6.2-7.4 oz.,  
 selected varieties



**2/\$7**  
 Annie's Homegrown  
 Organic Fruit Snacks  
 4 oz., selected varieties



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



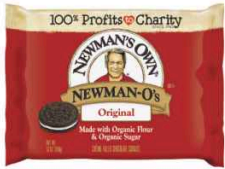
**3.99**  
 Cascadian Farm  
 Organic Cereal  
 or Granola  
 8.6-16 oz., selected varieties

hop back  
 to school

It's time to start filling backpacks with snacks because school is back in session. Help everyone crush the day with a kickstart from **Cascadian Farm** and **Annie's**. Plus, earn Box Tops for Education with every purchase to help give back to your school!

**The co-op has what you need for every outing.**





**4.79**  
 Newman's Own  
 Newman-O's  
 Sandwich Cookies  
 13 oz., selected varieties



*water done different*

The only 100% recyclable, domestically sourced spring water with naturally occurring minerals and electrolytes.

**2.29**

**Proud Source**  
**Sparkling Spring Water**  
 25.3 fl. oz., selected varieties



**4.99**  
 Izze  
 Sparkling Juice  
 Drink  
 4 pk.-12 fl. oz. bottles,  
 selected varieties



**1.79**  
 Yachak Organic  
 Yerba Mate  
 16 fl. oz., selected  
 varieties



**2/\$6**  
 Blue Diamond  
 Nut Thins  
 4.25 oz., selected varieties



**2/\$6**  
 Q Drink  
 Drink Mixers  
 4 pk.-7.5 fl. oz. cans,  
 selected varieties



*made with organic  
 caffeine*

Hiball Grapefruit is a light, refreshing energy seltzer with 160 mg of organic caffeine, zero calories and zero sugar.

**2/\$4**

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



**4.29**  
**Flackers**  
**Organic Crackers**  
 4.5-5 oz., selected varieties

**Find tasty drinks and snacks at the co-op.**



stay healthy with  
SmartyPants!

SmartyPants is on a mission to simplify health for the real world. Premium ingredients. All-in-one simplicity and value, that's also easy and joyful to take, day after day.

**16.99**

SmartyPants  
Kids Formula  
Multivitamin Gummies  
120 ct., selected varieties



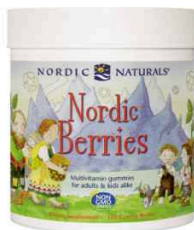
Find all of your vitamins and supplements at the co-op.

**Stay healthy this fall.**



**12.99**

Garden of Life  
Organic Vitamin D3  
Gummies  
60 ct.



**19.99**

Nordic Naturals  
Original Nordic  
Berries  
Multivitamin  
120 ct.



**19.99**

Megafood  
Multivitamin for  
Women 55+  
60 ct.

**The co-op has great deals on vitamins.**



**5.49**

**Sukin**  
Shampoo or Conditioner  
16.9 fl. oz., selected varieties



**11.99**

**Naturtint**  
Hair Color  
5.75 fl. oz., selected varieties



**9.49**

**Alaffia**  
Everyday Shea  
Body Wash  
32 fl. oz., selected varieties



**8.49**

**Thayers**  
Witch Hazel  
Facial Toner  
12 fl. oz., selected varieties



**10.99**

**Biokleen**  
Liquid Laundry  
Detergent  
64 fl. oz., selected varieties



**4.79**

**Himalaya**  
Toothpaste  
4-5.29 oz., selected varieties



**5.99**

**Giovanni**  
Shampoo or  
Conditioner  
8.5 fl. oz., selected varieties

*choose us,  
give back*

**Tom's of Maine** donates 10% of our profits each year to national and local charitable organizations promoting health, education and the environment. A portion of our giving is also made through limited product donations.



**4.49**

**Tom's of Maine**  
Children's Toothpaste  
4.2-5.1 oz., selected varieties



**4.49**

**Tom's of Maine**  
Wicked Fresh Cool  
Mountain Mint Mouthwash  
16 oz.



**5.99**

**Tom's of Maine**  
Toothpaste  
4-5.5 oz., selected varieties

**Body care items for everyone 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  
 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)*

*bigger than a bar*

GoMacro donates 10% of our net proceeds during the month of August. Try our Double Chocolate + Peanut Butter Chocolate Chips MacroBar, the proceeds of which are donated to Sheldrick Wildlife Trust. Bite into something positive.



**2/\$4**

**Gomacro Organic Macrobar**  
 2-2.4 oz., selected varieties



**2.19**  
**C2O Coconut Water**  
 17.5 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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