

coop deals

AUG 17 - AUG 30, 2022

naturally fizzy

Keep your fridge full of refreshing kombucha for a nice, cool beverage anytime of day. GT's Gingerade is made from fresh-pressed ginger and is on sale at the co-op!



2/\$5

GT's
Organic Kombucha
16 fl. oz., selected varieties



2/\$5

Back To Nature
Crackers
4-8.5 oz., selected
varieties



2/\$6

Annie's
Pizza Poppers
6.8 oz., selected
varieties



2/\$6

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



2/\$6

Que Pasa
Organic Tortilla
Chips
11 oz., selected varieties



2/\$6

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



6.49

Nature's Path
Organic Cereal
22.9-25.6 oz., selected
varieties



End-of-summer savings are at the co-op.

Stay refreshed on hot days.



all natural,
no dairy

Made with simple ingredients and more protein than sugar, **Siggis** plant-based line of yogurts is thick, creamy and delicious.

1.79

Siggis
Plant-based Yogurt
5.3 oz., selected varieties

5.99

Siggis
Plant-based Yogurt
24 oz., selected varieties



4.99

Malk
Organic
Almondmilk
28 fl. oz., selected
varieties



4.49

Miyoko's
Creamery
Organic Cultured
Vegan Butter
8 oz., selected varieties



high-quality,
kid favorite

On-the-go yogurt made with organic ingredients. Good for kids and good for the planet!

4.29

Stonyfield
Organic Kids Yogurt Tubes
16 oz., selected varieties



2/\$6

Rebbl
Organic Elixir
12 fl. oz., selected
varieties

Healthy, refreshing snacks are at the co-op.



4/\$5

Chobani
Greek Yogurt
Blueberry
on the Bottom
5.3 oz., selected varieties



3.99

Evolution Fresh
Organic Juices
15.2 fl. oz., selected varieties



2/\$7

Good Karma
Flaxmilk
64 fl. oz., selected varieties



4.99

Organic Valley
Lactose Free Milk
64 fl. oz., selected varieties



5.49

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



3.99

Califia Farms
Barista Blend
Plant-based Milk
32 fl. oz., selected varieties



4.29

Califia Farms
Oatmilk
48 fl. oz., selected varieties



4.29

Califia Farms
Almondmilk
48 fl. oz., selected varieties



4.99

Califia Farms
Cold Brew Coffee
48 fl. oz., selected varieties



←
brewed to blend

Pure, unsweetened cold brew coffee that's brewed to blend and ready when you are. Customize with **Califia's** plant-based milks and creamers, or pour over ice and enjoy straight up. Made with 100% arabica beans with notes of apple, caramel and cocoa.

The co-op helps you start the day right.



4.49

**Deep Indian Kitchen
Appetizers and Entrees**
7.5-12 oz., selected varieties

organic cheesy goodness



Organic Valley has the perfect shredded cheese for your favorite recipes. Try our thick-cut three cheese Italian blend on pizza, pastas or risotto or our finely shredded Mexican blend with chili, quesadillas and nachos.

3.99

**Organic Valley
Shredded Cheese**
6 oz., selected varieties



3.99

**Mt Vikos
Feta Cheese**
6 oz.



4.99

**Canyon
Bakehouse
Gluten-free Bread**
18 oz., selected varieties



4.99

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

serious sizzle, serious flavor



Beyond plant-based burgers have all the juicy, meaty deliciousness of a traditional burger, but come with the upsides of a plant-based protein. They also have no hormones, nitrites, GMOs, soy or gluten.

3.99

**Beyond Meat
Beyond Burger Patties**
8 oz.



4.49

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



2/\$8

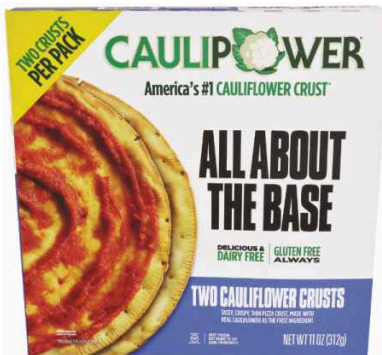
**Jolly Llama
Sorbet Pops**
12 fl. oz., selected varieties

Great lunch options are at the co-op.



3.99

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



6.49

**Caulipower
Pizza or Pizza Crusts**
11-11.6 oz., selected varieties



7.49

**Caulipower
Chicken Tenders**
14 oz., selected varieties



2.29

**Stahlbush Island
Farms
Frozen Vegetables**
10 oz., selected varieties



2/\$6

**Silver Hills
Bread**
15-22 oz., selected
varieties



2/\$6

**Amy's
Burritos**
5.5-6 oz., selected
varieties



*perfect for
snacking*

America's best-selling organic frozen dessert brand, these sandwiches are a classic treat that are always organic, always irresistible and always shareable.

5.99

**Alden's Organic
Frozen Novelties**
4-8 ct., selected varieties



3.99

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

The co-op makes dinner and dessert easy.

simple ingredients,
satisfying flavor



2/\$6

Natural Sea
Albacore Tuna
5 oz., selected varieties



5/\$5

Koyo
Ramen
2-2.1 oz., selected
varieties



8.99

Woodstock
Organic Peanut
Butter
35 oz., selected varieties

Your shopping list just got an ingredient upgrade. From wild-caught seafood products to Thai-inspired organic ramen and non-GMO peanut butter, stock your pantry with products that are better for you and better for the planet.



2/\$5

Westbrae
Organic Beans
15 oz., selected varieties



2.99

Woodstock
Organic Ketchup
19.5-20 oz., selected varieties



2/\$4

Vita Coco
Coconut Water
16.9 fl. oz., selected
varieties



1.99

Bionaturae
Organic Tomato
Paste
7 oz.



5.49

Sir Kensington's
Classic Mayonnaise
12 fl. oz.



5.99

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

Pantry staples are on sale at the co-op.



2/\$3
Kind Bars
 1.4-2.1 oz., selected varieties



2.99
Nutpods Dairy-free Creamer
 11.2 fl. oz., selected varieties



3.79
Dream Organic Rice Drink
 32 fl. oz., selected varieties



3.99
One Degree Organic Foods Sprouted Cereal
 8-12 oz., selected varieties



2/\$7
Barbara's Cereal
 10-15 oz., selected varieties



3.99
Blue Diamond Almondmilk
 64 fl. oz., selected varieties



7.39
Nature's Path Organic Cereal
 23.8-32 oz., selected varieties

easy, tasty goodness

Santa Cruz Organic® and R.W. Knudsen Family® products are delicious and simple for the whole family. With high-quality ingredients, these Non-GMO Project® Verified products deliver flavors you can count on for the perfect lunch or snack for the entire family.



3/\$5
Santa Cruz Organic Lemonade
 32 fl. oz., selected varieties



2/\$7
Santa Cruz Organic Applesauce
 24 oz., selected varieties



2/\$6
R.W. Knudsen Juice Blends
 32 fl. oz., selected varieties



4.99
Santa Cruz Organic Peanut Butter
 16 oz., selected varieties

The co-op has your favorite breakfast items.



59¢
 Nature's Bakery
 Fig Bar
 2 oz., selected varieties



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



2.99
 Field Day
 Organic Semi-Sweet
 Chocolate
 Chips
 10 oz.



4.99
 Field Day
 Organic Whole
 Wheat Flour
 5 lbs., selected varieties



*classic, crunchy
 granola clusters*

Made with a unique blend of five super grains: oats, millet, buckwheat, amaranth and quinoa. Real food from ingredients with integrity and a balance of health and taste. They're gluten free, non-GMO and a good source of fiber.

4.99
 Kind
 Healthy Grains Granola
 11 oz., selected varieties



9.99
 Justin's
 Almond Butter
 16 oz., selected varieties



1.79
 Organic
 Quick Rolled Oats
 per pound in bulk, selected
 varieties



2.79
 Organic
 Black Beans
 per pound in bulk, selected
 varieties



6.29
 Walnut Halves &
 Pieces
 per pound in bulk, selected
 varieties

Find great on-the-go snacks at the co-op.



*unbelievably smooth,
dark indulgence*

Alter Eco's organic dark chocolate is good for you, good for the planet and good for farmers. These gluten-free bars are also free of soy ingredients, additives and artificial sweeteners.

2/\$5

Alter Eco
Organic Chocolate Bars
2.65-2.82 oz., selected varieties



2.39

Field Day
Sparkling Water
6 pk-12 fl. oz., selected varieties



2/\$5

Gimme
Organic Seaweed Snacks
.32-.35 oz., selected varieties



3.99

Hu Kitchen
Grain-free Crackers
4.25 oz., selected varieties



2/\$7

Paqui
Tortilla Chips
7 oz., selected varieties



3.99

Simple Mills
Almond Flour Crackers
4.25 oz., selected varieties



2/\$5

Smartsweets
Candy
1.8 oz., selected varieties



3.99

Back To Nature
Cookies
6.4-8.5 oz., selected varieties



3.99

Hu Kitchen
Chocolate Bar
2.1 oz., selected varieties

The co-op has snacking options for everyone.

back-to-school essentials

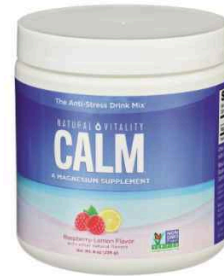
At Rainbow Light, Natural Vitality and Renew Life, we are committed to providing high-quality, clinically tested and proven ingredients. Our magnesium supplements, multivitamins and probiotics are designed to fill a need that has not been met. As summer comes to an end, remember these back-to-school essentials.



13.99
Rainbow Light Women's One Multivitamin
60 ct.



13.99
Rainbow Light Men's One Multivitamin
60 ct.



14.99
Natural Vitality Calm Magnesium Powder
8 oz., selected varieties



23.99
Renew Life Ultimate Flora Adult 50+ Probiotic
30 ct.



10.99
Childlife Essentials Liquid Multivitamin & Mineral
8 fl. oz.



11.99
Emergen-C Vitamin C Drink Mix
30 pk., selected varieties



brush with trust

Simple ingredients that work! Baking soda and minerals help whiten teeth and remove plaque. Organic menthol crystals naturally freshen breath. No fluoride, artificial sweeteners, flavors, colors, detergents or foaming agents.



2/\$9
Dr. Bronner's All-One Toothpaste
5 oz., selected varieties



6.49
Spectrum Essentials Organic Ground Flaxseed
14 oz.

The co-op has a great selection of wellness items.



8.99

Alba Botanica Sunscreen
4 oz., selected varieties



11.99

Mineral Fusion Volumizing Mascara
.57 fl. oz., selected varieties



5.99

Everyone 3-in-1 Soap
32 fl. oz., selected varieties



5.99

Shikai Shampoo or Conditioner
12 fl. oz., selected varieties



9.49

Alaffia Everyday Shampoo or Conditioner
32 fl. oz., selected varieties

heading back to school?

Start the school year right with **Jason** and **Avalon Organics** products. Jason offers high-performance and wholesome ingredients inspired by nature. Avalon Organics harnesses the pure benefits in botanicals to create products that contribute to a holistic lifestyle of health, wellness and sustainability.



3.99

Jason Toothpaste
4.2-6 oz., selected varieties



5.49

Jason Deodorant Stick
2.5 oz., selected varieties



9.99

Jason Anti-dandruff 2-in-1 Shampoo & Conditioner
12 fl. oz.



7.99

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

Fresh and clean body care items are 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

powerful clean with a purpose



2.79
Seventh Generation
Dish Liquid
19 fl. oz., selected varieties



3.99
Seventh Generation
100% Recycled
Bathroom Tissue
4 pk.



12.99
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 with a dedication to nurturing the health of the next seven generations.

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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