

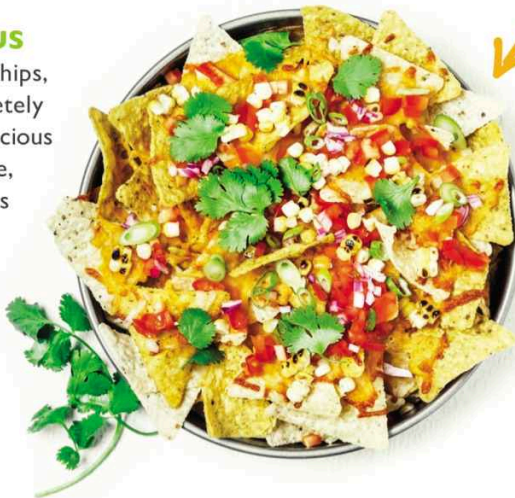
# coop deals

SEP 14 - OCT 4, 2022

## ultimate loaded nachos

### GRAIN FREE & DELICIOUS

With Siete's grain-free tortilla chips, it's easy to enjoy nachos completely grain free. Visit the co-op for delicious ingredients like shredded cheese, sliced avocados, olives, jalapeños or any other favorite toppings and welcome fall with a warm tray of nachos.



### INCLUSIVE TRADE PARTNER

Siete Family Foods is a Hispanic-owned and mission-based company passionate about making and sharing real food.



2/\$7

Siete

Grain-free Tortilla Chips  
5 oz., selected varieties



2/\$5

Chocolove  
Chocolate Bars  
2.9-3.2 oz., selected  
varieties



3.49

Sweet Earth  
Benevolent  
Bacon  
5.5 oz.



2/\$7

Yogi  
Herbal Tea  
16 ct., selected varieties

inclusive  
trade

Look inside for Inclusive Trade brands at the co-op!

Co-ops support diverse trade.

# honest food, ethically produced



**Vital Farms'** mission is to bring ethical food to the table. Whether it's supporting family farmers, enabling you to trace your eggs back to the farm, or debunking misleading animal welfare claims, you can always trust Vital Farms to be Where Honest Food is Raised.

**3.39**

Vital Farms  
Butter  
8 oz., selected varieties

**5.19**

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

**3.99**

Vital Farms  
Butter with  
Sea Salt & Avocado Oil  
7 oz.

**6.99**

Vital Farms  
Large Grade A  
Pasture-raised Eggs  
18 ct.



**2/\$7**

The Greek Gods  
Greek Yogurt  
24 oz., selected varieties



**3.99**

Organic  
Valley  
Creamer  
25.4 fl. oz.,  
selected varieties

**INCLUSIVE TRADE PARTNER**

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. After more than 25 years, they are proud to remain a family-owned and operated company.

**4.99**

GT's  
Organic  
Coconut  
Yogurt  
8 oz., selected  
varieties



**2/\$5**

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



**5.49**

Miyoko's Creamery  
Organic Liquid  
Vegan Pizza  
Mozzarella  
16 oz.



**Great mornings start with help from the co-op.**



**2/\$3**

Oatly Oatgurt Non-dairy Yogurt  
5.3 oz., selected varieties



**2/\$8**

Oatly Non-dairy Frozen Dessert  
1 pint, selected varieties

Oatly frozen pints & yogurt

Look! Innovative, plant-based products hanging out in the co-op trying to get the attention of shoppers who might be interested to know that all nine **Oatly** frozen pints are fan faves! And if you've never even heard of Oatgurt before, that's okay — now you have. Find out more at [oatly.com](http://oatly.com)!



**3.99**

Harmless Harvest Organic Coconut Water  
16 fl. oz.



**2/\$5**

Brew Dr. Organic Kombucha  
14 fl. oz., selected varieties



discover Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium, organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Greek Style Yogurt!



**4.49**

Lifeway Organic Kefir  
32 fl. oz., selected varieties

**2/\$3**

Wallaby Organic Greek Yogurt  
5.3 oz., selected varieties

Everyone is welcome at the co-op.



**2/\$7**

**Daiya Slices**  
7.8 oz., selected varieties



**4.49**

**Gardein Tenders, Strips or Wings**  
8.1-10.5 oz., selected varieties



**2/\$6**

**Sweet Earth Burritos**  
5.5-7 oz., selected varieties



**2.99**

**Wildwood Organic Super Firm Sprouted Tofu**  
20 oz.



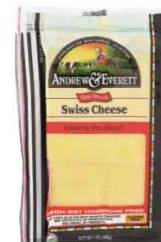
**4.79**

**Field Roast Plant-based Sausages**  
12.95 oz., selected varieties



**2/\$5**

**Cascadian Farm Organic Frozen Vegetables**  
10 oz., selected varieties



**3.99**

**Andrew & Everett Sliced Cheese**  
7 oz., selected varieties



**4.99**

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



**2/\$7**

**Cascadian Farm Organic Frozen Fruit**  
8-10 oz., selected varieties

**Family mealtime favorites are at the co-op.**



*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 Macaroni & Cheese**  
6 oz., selected varieties



**5.49**  
**Bragg Organic Apple Cider Vinegar**  
32 fl. oz.



**5.79**  
**Sky Valley Sriracha Sauce**  
18.5 oz.



Shop and save at the co-op.

**Easy lunch solutions!**



**5.49**  
**Maranatha Organic Peanut Butter**  
16 oz., selected varieties



**2/\$4**  
**Mike's Mighty Good Ramen Soup Cups**  
1.6-2.4 oz., selected varieties



**2/\$6**  
**San-J Gluten-free Cooking Sauce**  
10 fl. oz., selected varieties



*scoop up the savings in bulk!*

**1.99**  
**Organic Green Split Peas**  
per pound in bulk, selected varieties



**5.49**  
**Organic Turkish Apricots**  
per pound in bulk, selected varieties



**8.99**  
**Organic Roasted & Salted Pistachios**  
per pound in bulk, selected varieties



**The co-op has options for every meal.**



1.99

Field Day Organic Spaghetti  
16 oz.



here's the deal



**NEW ROUTINE? NO WORRIES.**

Ready-to-go products are all throughout the co-op, with deals for you to save money and eat well while staying busy. Don't stress over dinner every night — find meal solutions at the co-op!



2.99

Field Day Organic Pasta Sauce  
24 oz., selected varieties



2.79

Bela Sardines  
4.25 oz., selected varieties



2/\$6

Seeds Of Change Organic Ready to Heat Rice  
8.5 oz., selected varieties



nonna approved

Imported from Italy, our organic pastas boast authenticity in every bite. Bronze die-extruded and slow dried, they have a wonderfully porous texture that's designed to better soak up sauce.

3.79

Montebello Organic Pasta  
12-16 oz., selected varieties



4.99

Woodstock Organic Pickles  
24 oz., selected varieties

The co-op has what you need for busy days.



**6.99**

**Pamela's  
Gluten-free  
Pancake & Baking  
Mix**  
24 oz.

*delicious and nutritious*



LUNA® bars are a must-have on a perfect fall day. With 8 grams of gluten-free protein, you'll have all the energy you need!

**Luna  
Nutrition Bars**  
1.69 oz., selected varieties

**4/\$5**



**6.99**

**Navitas Organics  
Cacao Powder**  
8 oz.



**9.99**

**Peace Coffee  
Organic Coffee**  
12 oz., selected varieties



**2/\$6**

**Celestial Seasonings  
Herbal Tea**  
18-20 ct., selected varieties



*making eating  
well easy*

Kashi® cereals have a little something for everyone, like protein, organic whole grains, fair trade chocolate and family favorites, like hearts and Os. Kashi® makes eating well easy.

**2/\$8**

**Kashi  
Cereal**  
12-16.3 oz., selected varieties



**5.99**

**Lakewood  
Organic Juice**  
32 fl. oz., selected varieties,



**2/\$7**

**Mom's Best  
Cereals**  
14-24 oz., selected varieties

**The co-op helps you start the morning right.**



**4.49**  
 Unreal  
 Chocolate Nut Butter  
 Cups or Gems  
 3.2-5 oz., selected varieties



**2/\$6**  
 Angie's  
 Boomchickapop  
 Popcorn  
 4.4-7 oz., selected  
 varieties



**3.99**  
 C2O  
 Coconut Water  
 33.8 fl. oz., selected  
 varieties



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



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



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



**2/\$7**  
 Goldthread  
 Plant-based  
 Tonics  
 12 fl. oz., selected  
 varieties



*scoop up something tasty*

Pair thick and chunky Late July Medium Salsa with your favorite crunchy snack. It's just the right amount of heat to warm up a crisp, fall day.

**2/\$6**

Late July  
 Organic Salsa or  
 Tortilla Chips  
 10.1-15.5 oz., selected varieties



**2/\$6**  
 Divine Chocolate  
 Chocolate Bars  
 3 oz., selected varieties

**Discover delicious snacks at the co-op.**





**5.49**

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



**3/\$5**

**Justin's Organic Nut Butter Cups**  
2 ct., selected varieties



**4.49**

**Newman's Own Fig Crackers**  
10 oz., selected varieties



**2/\$7**

**Barnana Organic Plantain Chips**  
5 oz., selected varieties



**3.99**

**Mary's Gone Crackers Organic Crackers**  
5-6.5 oz., selected varieties



*enhance any moment*

San Pellegrino guides you to unique taste experiences. Experiences that begin with fine food and venture far beyond. With its incomparable sense of taste and Italianity, San Pellegrino is able to enhance any moment.

**2/\$4**

**San Pellegrino Sparkling Mineral Water**  
25.3 fl. oz.



**6.49**

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



**2/\$5**

**Guru Organic Energy Drink**  
12 fl. oz., selected varieties

**Refreshment for the whole family is at the co-op.**



# make time for yourself

## HEALTHY DAILY HABITS

Take a break from stress and shop the co-op's wellness aisle for products to help you take care of you. Find essential oils, vitamins and immune system-supporting natural remedies to provide relief from your daily routine.



## let Gaia guide you

For 35 years, Gaia Herbs has been a leader in quality, transparency and sustainability, nurturing the connection between people and plants to deliver nature's vitality.

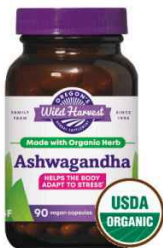
# 18.99

**Gaia Herbs**  
**Adrenal Health**  
60 ct.



## 2/\$5

**Orgain Organic**  
**Nutritional Shake**  
11 fl. oz., selected varieties



## 16.49

**Oregon's Wild Harvest**  
**Organic Ashwagandha**  
90 ct.



## 29.99

**Host Defense Mushrooms**  
**MyCommunity Comprehensive Immune Support**  
60 ct.

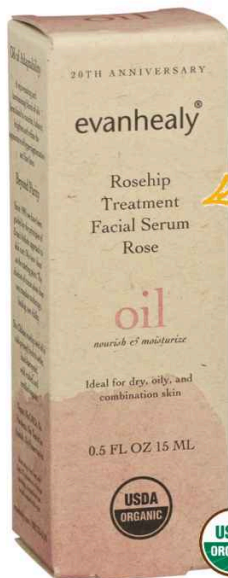
**Find health-supporting products at the co-op.**



**5.99**  
**Nubian Heritage Deodorant**  
 2.25 oz., selected varieties



**8.49**  
**Pranarom Organic Lavender Oil**  
 5 ml.



*holistic esthetician-designed skincare*

Certified-organic skincare formulated to support long-term skin health using whole-plant oils, waters, butters and clays sourced from family farms, women's cooperatives and cooperative villages around the world.

**25.99**  
**Evanhealy Organic Rosehip Treatment Facial Serum**  
 .5 fl. oz., selected varieties



Stay refreshed all season long.  
**Find the brands you love.**



**INCLUSIVE TRADE PARTNER**  
 Radius is a woman-owned company that looked at toothbrushes and knew there had to be a better way. Using recycled materials, they engineered a toothbrush that cleans and feels better, with a focus on sustainability.



**6.99**  
**Radius Source Toothbrush**  
 each, selected varieties



**4.49**  
**Seventh Generation Lemongrass Citrus Disinfecting Multi-Surface Cleaner**  
 26 fl. oz.



**6.79**  
**Spry Chewing Gum**  
 100 ct., selected varieties



**3.99**  
**Seventh Generation Chlorine-free Pads or Liners**  
 14-50 ct., selected varieties



**8.99**  
**Seventh Generation 100% Recycled Bath Tissue**  
 12 pk.

**Save on home and body care 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)*

# Support Inclusive Trade

## DIVERSITY IS STRENGTH

Co-ops around the country are committed to fostering diverse and inclusive communities. We're pleased to offer great deals on brands and products that are owned and operated by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.



## INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company on a mission to invest in a more equitable future. Alaffia's projects enable Togolese communities to provide their skills and knowledge to the rest of the world.



**8.99**

**Alaffia**  
**Everyday Shea Body Lotion**  
32 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.



Co-ops are committed to fostering inclusive communities, promoting brands that are women-, BIPOC-, LGBTQ- and veteran-owned.

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

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