

# coop deals

OCT 5 - OCT 18, 2022

*a little goes a long way*

## ECOFRIENDLY SOAP

What can clean your home, your laundry, your pets and your body from head to toe? Dr. Bronner's Castile Soap! With no synthetic preservatives, detergents or foaming agents, this is a great option for the whole family. Find it on sale at the co-op now!



**11.99**

Dr. Bronner's  
Pure Castile Liquid Soap  
32 fl. oz., selected varieties



**2/\$6**

Tasty Bite  
Organic Entrees  
10 oz., selected varieties



**2/\$6**

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



**2/\$7**

Choice Organics  
Tea  
16 ct., selected varieties



**inclusive  
trade**

Find Inclusive Trade products at the co-op.

**Celebrate diversity!**



**5.99**

**Vital Farms  
Organic Large  
Pasture-raised Eggs**  
1 doz.



*ricotta and cottage cheese*

Made with organic milk from cows pasture raised on our family farms, Organic Valley Ricotta and Cottage Cheese are perfectly rich and creamy.

**4.99**

**Organic Valley  
Cottage and Ricotta  
Cheese**

15-16 oz., selected varieties



**2/\$5**

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



**4.49**

**Rumiano  
Organic Cheese**  
8 oz., selected varieties



**6.99**

**Beyond Meat  
Beyond Sausage**  
14 oz., selected varieties

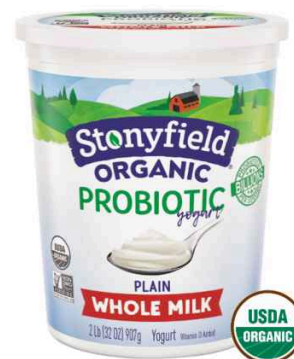
*now creamier than ever*



**3.99**

**Kite Hill  
Almondmilk Yogurt**  
16 oz., selected varieties

We start with creamy almond milk and add in live, active cultures for superior taste. Kite Hill Original and Greek Yogurts are perfect for smoothies, dips or wherever your taste takes you!

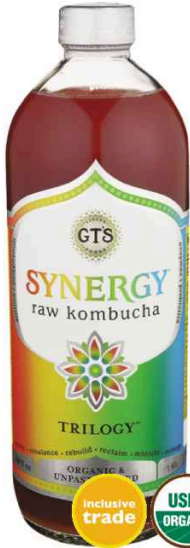


**4.49**

**Stonyfield  
Organic Yogurt**  
32 oz., selected varieties

**Great dairy and nondairy options are at the co-op.**

**INCLUSIVE TRADE PARTNER**



GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.

**6.99**

**GT's Organic Kombucha**  
48 fl. oz., selected varieties



**2/\$4**

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



**4.29**

**Silk Plant-based Milk**  
64 fl. oz., selected varieties



**2/\$7**

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



**4.29**

**Silk Dairy-free Creamer**  
32 fl. oz., selected varieties



**1.79**

**Silk Plant-based Yogurt**  
5.3 oz., selected varieties



**2/\$5**

**Vive Organic Wellness Shots**  
2 fl. oz., selected varieties



*crafted with less*

Try a thick, protein-packed yogurt made with simple ingredients, no added colors and no artificial anything.

**3/\$4**

**Siggis Skyr Yogurt**  
4.4-5.3 oz., selected varieties



**3.99**

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

**Brighten your morning with deals from the co-op.**

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



**5.49**  
 Little Northern  
 Bakehouse  
 Gluten-free Bread  
 16-17.4 oz., selected  
 varieties



**9.99**  
 Applegate  
 Frozen Breaded  
 Chicken  
 16 oz., selected varieties



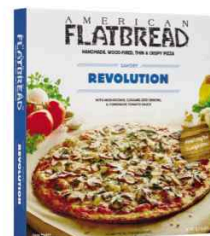
**10.99**  
 Wyman's  
 Frozen Fruit  
 3 lb., selected varieties



**2/\$7**  
 Dr. Praeger's  
 Veggie Burgers  
 8-10 oz., selected  
 varieties



**6.99**  
 Cascadian Farm  
 Organic Powered  
 by Plants Entrees  
 24 oz., selected varieties



**8.99**  
 American  
 Flatbread  
 Pizza  
 14-18.62 oz., selected  
 varieties



Meals for busy families are at the co-op.  
**Pizza is perfect anytime.**

*ingredient obsessed, pizza progressed*



Almond flour pasta  
 and pizza made with  
 simple, real-food  
 ingredients. Now  
 available in 10 mind-  
 melting varieties.

**7.99** Cappello's  
 Grain Free Pasta and Pizza  
 10.82-12 oz., selected varieties



**2/\$8**  
 Jonnypops  
 Frozen Bars  
 8.25 fl. oz., selected  
 varieties



**5.49**  
 Ben & Jerry's  
 Ice Cream  
 1 pint, selected varieties

**The co-op is full of frozen options.**



a Deep welcome to India



INCLUSIVE TRADE PARTNER

2/\$8

Deep Indian Kitchen Naan 8 oz., selected varieties

2/\$9

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

2/\$9

Deep Indian Kitchen Samosas 7.5-12 oz., selected varieties

2/\$8

Deep Indian Kitchen Naan Pizza 7.4-9 oz., selected varieties

Bold. Complex. An experience. That's what friends call our Deep Indian Kitchen, thanks to our Indian family's recipes for entrees, samosas and naan pizzas, which we always make from scratch and eat together to enjoy the full flavors of India!



supporting diverse brands

INCLUSIVE TRADE

Co-ops are committed to creating a more just society by cultivating partnerships with businesses owned by people who identify as women, Black, Indigenous, people of color (POC), LGBTQIA+, persons with disabilities and veterans. Our vendors reflect our community, and we celebrate the strength that comes from diversity! Learn a little about some of our Inclusive Trade brand partners, and find Inclusive Trade products throughout the co-op.



Inclusive Trade Partners shown top left to right: GT Kombucha, Purely Elizabeth, Deep Indian Kitchen, Alo

Discover new brands throughout the co-op!



**11.99**

**Spectrum**  
Organic Extra Virgin  
Olive Oil  
25.4 fl. oz.



**7.99**

**Artisana**  
Organic Raw  
Tahini  
14 oz.



**2/\$4**

**Near East**  
Couscous Mix or  
Rice Pilaf  
5.2-10 oz., selected  
varieties



**8.99**

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



**2/\$6**

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



**2/\$7**

**Annie's**  
Organic Dressing  
8 fl. oz., selected  
varieties



**4.29**

**Pacific Foods**  
Organic Soup  
32 fl. oz., selected  
varieties



**2/\$5**

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



**6.99**

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



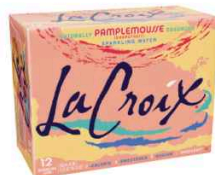
**2.99**

**Crazy Richard's**  
100% Natural Peanut Butter  
16 oz., selected varieties



**3.79**

**Frontier Co-Op**  
Organic  
Oregano Leaf  
.36 oz.



**5.49**

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

**The co-op helps you keep the pantry stocked.**



**2/\$6**

**Muir Glen Organic Pasta Sauce**  
25.5 oz., selected varieties



*make every day delicious*

Rao's Homemade® Marinara Sauce is slowly cooked in small batches with quality ingredients like whole-leaf basil, sweet Italian tomatoes and fresh garlic.

**6.99**

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



**13.99**

**California Olive Ranch 100% California Extra Virgin Olive Oil**  
25.4 fl. oz.



**2.99**

**Woodstock Hot Sauce**  
5 fl. oz., selected varieties



**2/\$6**

**Tinkyada Organic Brown Rice Pasta**  
10-12 oz., selected varieties



**5.99**

**Kettle & Fire Bone Broth**  
16.9 oz., selected varieties

*stock up and save!*



**5.99**

**Field Day Organic Expeller Pressed Coconut Oil**  
14 fl. oz.



**IT'S A DEAL**

Whether you need a quick meal for dinner, a packed lunch for school or work, or a lazy Sunday afternoon snack, the co-op has plenty of items to keep your pantry stocked. Twice a month, the co-op offers new deals on your favorite pantry staples!

**Find comfort food favorites at the co-op.**

# changing the chocolate industry

Equal Exchange is committed to sourcing from small farmer, fair-trade co-ops. We proudly offer an ethical alternative to the standard chocolate business model that relies on poor wages and child labor. Our high-quality chocolates have the cleanest ingredient list, with no additives, such as lecithins! With your support we can make the world just a little bit sweeter!



**2/\$6**

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



**4.99**

Equal Exchange Organic Chocolate Chips  
10 oz., selected varieties



**2/\$7**

Equal Exchange Organic Tea  
20 ct., selected varieties



**8.99**

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



**3.79**

Envirokidz Organic Cereal  
9.5-11.5 oz., selected varieties



**5.99**

Food For Life Sprouted Cereal  
16 oz., selected varieties



**7.99**

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



## irresistible taste

### INCLUSIVE TRADE PARTNER

Purely Elizabeth is a woman-owned company that wants people to thrive on their wellness journey. Try our salty-sweet, crunchy granola clusters with organic oats, chia and sustainably sourced coconut sugar.

**5.49**

Purely Elizabeth Organic Granola  
8-12 oz., selected varieties



**3.79**

Simple Mills Organic Frosting  
10 oz., selected varieties



**3/\$5**

Rxbar Protein Bars  
1.83 oz., selected varieties

**Convenient and delicious anytime of the day.**





**2/\$6**  
Late July  
Tortilla Chips  
7.5-7.8 oz., selected  
varieties



**2/\$6**  
Que Pasa  
Organic Tortilla  
Chips  
10-11 oz., selected  
varieties



**2/\$4**  
Alter Eco  
Organic  
Chocolate Bars  
2.65-2.82 oz., selected  
varieties



**3.99**  
Frontera  
Salsa  
16 oz., selected varieties



**79¢**  
Nature's Bakery  
Fig Bar  
2 oz., selected varieties



**2/\$5**  
Endangered  
Species  
Chocolate Bars  
3 oz., selected varieties



**4.49**  
Flackers  
Organic Crackers  
4.5-5 oz., selected  
varieties

*GoMacro – bigger than a bar*



Certified Organic, vegan, gluten free, kosher, non-GMO, C.L.E.A.N., FODMAP friendly and soy free — and if there was a certification for delicious, we'd have that too!

**2/\$5** Gomacro  
Organic Macrobar  
2-2.4 oz., selected varieties

INCLUSIVE TRADE PARTNER



ALO Drink is an Asian-owned company that sources non-GMO aloe vera plants from sustainable, tropical farms in the heart of Thailand.

**2/\$4**  
Alo  
Aloe Vera  
Juice Drink  
16.9 fl. oz., selected  
varieties

**When you crave snacks, shop the co-op.**

# fresh fruit gummies



Containing nine whole fruits in every bottle, **mykind Organics** gummies are Certified USDA Organic and Non-GMO Project Verified fruit vitamin chews and contain no synthetic ingredients, no animal gelatin, artificial flavors or colors.

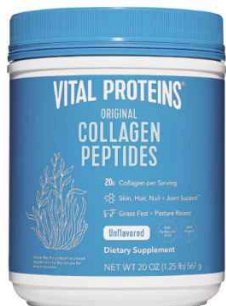
**23.99**

MyKind Organics Gummies  
120 ct., selected varieties



Feel better, live better.

## Supplements you trust.



**37.99**

Vital Proteins  
Unflavored Collagen Peptides  
20 oz.



**7.99**

Hyland's Restful Legs  
50 ct.



**15.49**

Flora Super 8 Hi-Potency Probiotic  
30 ct.



**17.99**

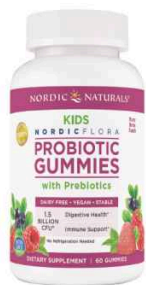
Solaray D-Mannose with CranActin  
60 ct.



**27.99**

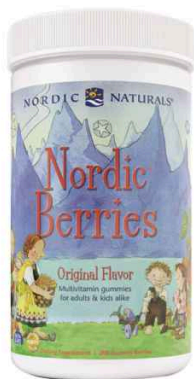
Four Sigmatic Organic Plant-based Protein Powder  
16.9-21.16 oz., selected varieties

**The co-op has essential supplements.**



**13.49**

Nordic Naturals Kids Nordic Flora Probiotic Gummies  
60 ct.



**26.99**

Nordic Naturals Nordic Berries Multivitamin Gummies  
200 ct.



**35.99**

Nordic Naturals Algae Omega  
120 ct.



**47.99**

Nordic Naturals Ultimate Omega  
180 ct.

*better for you*

At **Nordic Naturals**, we're committed to delivering the world's safest, most effective nutrients essential to health. It's what motivates us to ensure that all our products are research supported, expertly formulated, rigorously tested, proven effective and, best of all, great tasting.



**7.99**

Aura Cacia Lavender Essential Oil  
.5 fl. oz.



**8.99**

Green Forest 100% Recycled Paper Bath Tissue  
12 ct., selected varieties



**12.99**

Ecos Liquid Laundry Detergent  
100 fl. oz., selected varieties

*tame frizz and hydrate tresses*



Castor oil to the rescue! Giovanni's Smoothing Castor Oil Shampoo & Conditioner harnesses the reparative and humectant nature of this hero ingredient to ensure hydration and effortless shine.

**7.49**

Giovanni Smoothing Castor Oil Shampoo or Conditioner  
13.5 fl. oz.



**5.69**

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

**Feel refreshed with great body care items.**

## 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)*

# KIND snacks



Kind® offers the perfect tasty snacks for every occasion. Made with nutrient-dense ingredients like nuts and whole grains, with flavors that satisfy from the first bite to the last. Perfect for enjoying while on the go, at work or at home.

**3/\$5**

Kind Bars  
1.4-2.1 oz., selected varieties

**3.99**

Kind Healthy Grains Bars  
5.8-7.04 oz., selected varieties

**4.79**

Kind Oatmeal  
6-1.5 oz., selected varieties

**4.99**

Kind Healthy Grains Granola  
11 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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