

# coop deals

OCT 19 - NOV 1, 2022

*immune-boosting comfort*

## WARM & SOOTHING

The cooler temperatures outside mean it's a good time to warm up with a cup of tea. There are many herbs and spices that work well together to promote better health. Traditional Medicinals has organic teas, like their Herbal Cold Care, that are helpful for relieving cold symptoms and offering support all day long. Find it on sale at the co-op!



**4.49**

Traditional Medicinals  
Organic Herbal Tea  
16 ct., selected varieties



**4/\$5**

Larabar  
Fruit & Nut Bars  
1.6-1.7 oz., selected  
varieties



**2/\$5**

Muir Glen  
Organic  
Tomatoes  
28 oz., selected varieties



**2/\$5**

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



Buy One, Get One

**FREE**

*special offers inside!*

**BO  
GO**

# delicious organic fiesta



Everything you need for taco night, including our rich sour cream and melty shredded cheese, plus easy and delicious pre-seasoned ground beef.

**3.79**

**Organic Valley Sour Cream**  
16 oz., selected varieties

**3.99**

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

**7.49**

**Organic Prairie Seasoned Ground Beef**  
1 lb., selected varieties



Find meal solutions at the co-op.  
**Savory and delicious.**



**4.29**

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



**1.89**

**Redwood Hill Farm Goat Milk Yogurt**  
6 oz., selected varieties



**2.99**

**Lightlife Organic Tempeh**  
8 oz., selected varieties



**4.99**

**Bitchin' Sauce Almond Dip**  
8 oz., selected varieties



**2/\$5**

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

**Great meals begin at the co-op.**



**2/\$6**

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



**4/\$5**

**Chobani  
Greek Yogurt**  
5.3 oz., selected varieties



**3.19**

**Planet Oat  
Oatmilk**  
52 fl. oz., selected varieties



**3/\$5**

**So Delicious  
Coconutmilk  
Yogurt**  
5.3 oz., selected varieties



**3.99**

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



**4.79**

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



**5.49**

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



**2/\$7**

**Good Karma  
Flaxmilk**  
64 fl. oz., selected varieties



**3.99**

**Quorn  
Meatless Nuggets,  
Patties or Cutlets**  
7.05-12 oz., selected varieties

**Delicious plant-based options are at the co-op.**

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

**INCLUSIVE TRADE PARTNER**



Tucson Tamale started with a large Mexican-American family tradition and has turned into award-winning tamales.

**inclusive trade**

**5.49**

**Tucson Tamale Tamales**  
10-11 oz., selected varieties

**INCLUSIVE TRADE PARTNER**



Caulipower was started by a mom of two children with celiac disease, inspired by the desire for delicious and gluten-free options.

**inclusive trade**

**8.99**

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



**USDA ORGANIC**

**4.99**

**Woodstock Organic Frozen Fruit**  
10 oz., selected varieties



**2/\$4**

**Evol Burritos**  
6 oz., selected varieties



**2/\$7**

**Annie's Pizza Poppers**  
6.8 oz., selected varieties



**4.99**

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

*you deserve delicious*



At Amy's, we cook meals with love, care and craft put into every ingredient. That means carefully sourcing high-quality, organic ingredients and spending countless hours in our kitchens so that you can enjoy authentic, great-tasting food in minutes.

**3.29**

**Amy's Soup**  
13.8-14.7 oz., selected varieties

**2.79**

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

**2/\$10**

**Amy's Frozen Meals**  
8.25-10 oz., selected varieties

**7.99**

**Amy's Pizza**  
9.1-14 oz., selected varieties

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



**4.99**  
**Food For Life**  
**Ezekiel 4:9**  
**English Muffins**  
 16 oz., selected varieties



**2.99**  
**Crown Prince**  
**Natural**  
**Smoked Oysters**  
 3 oz., selected varieties



**3.29**  
**Ancient Harvest**  
**Organic Pasta**  
 8-9.6 oz., selected varieties



**2.29**  
**Field Day**  
**Organic 100% Pure Pumpkin**  
 15 oz.



**3.79**  
**Explore Cuisine**  
**Organic Pasta**  
 8 oz., selected varieties



**INCLUSIVE TRADE PARTNER**



Chickapea is a woman-owned company providing nutritious, convenient family meal options.

**2/\$7**  
**Chickapea**  
**Organic Chickpea & Lentil Pasta**  
 8 oz., selected varieties



**2/\$7**  
**Westbrae**  
**Organic Beans**  
 25 oz., selected varieties



**6.49**  
**Carbone**  
**Pasta Sauce**  
 24 oz., selected varieties



**1.79**  
**Organic Steel Cut Oats**  
 per pound in bulk

**5.79**  
**Organic Pumpkin Seeds**  
 per pound in bulk

**9.99**  
**Organic Almonds**  
 per pound in bulk

**Ingredients for your favorite meals are at the co-op.**

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



**3.49**  
Nature's Path  
Organic Instant  
Oatmeal  
11.2-14 oz., selected  
varieties



*100% plant-based  
energy*

Organic, plant-based energy tea partners with One Tree Planted, a nonprofit that helps in reforestation and restoration of the Amazon Basin in Peru. Committed to planting over 500,000 seedlings by 2024.

**3 / \$5**

**Yachak**  
Organic Energy Tea  
16 fl. oz., selected varieties



**24.99**  
Maple Valley  
Organic Dark &  
Robust Maple Syrup  
32 fl. oz., selected varieties



**4.49**  
Field Day  
Organic Saigon  
Cinnamon  
1.5 oz.



**9.99**  
Lakewood  
Organic Pure  
Cranberry Juice  
32 fl. oz.



**2 / \$6**  
R.W. Knudsen  
Organic Apple  
Juice  
32 fl. oz.



**2 / \$8**  
Organic India  
Tulsi Tea  
18 ct., selected varieties



**15.99**  
Organic India  
Ashwagandha  
90 ct.



**18.99**  
Organic India  
Turmeric Formula  
90 ct.

*sustainable,  
herbal wellness*



Environmental and social responsibility are at the heart of Organic India, with an unwavering commitment to ethical and sustainable practices. Every herb and spice are cultivated by way of organic, regenerative methods for mind, body, spirit and whole earth wellness.

**Find organic products you love at the co-op.**



Buy One, Get One

**FREE**

Imagine  
Organic Broth  
32 oz., selected varieties



*taste the magic*

Pairing world-class Swiss chocolatiers with fairly treated cocoa farmers practicing regenerative organic agriculture. Six flavors — all vegan, 70% cocoa, sweetened with coconut sugar and perfectly balanced.

Buy One, Get One

**FREE**

Dr. Bronner's  
Organic Magic All-One  
Chocolate Bars  
2.93-3 oz., selected varieties



Buy One, Get One

**FREE**

Orgain  
Organic Plant-based  
Protein Powder  
32.4 oz., selected varieties



Buy One, Get One

**FREE**

Maya Kaimal  
Indian Simmer Sauce  
9.5-12.5 oz., selected varieties



Buy One, Get One

**FREE**

Caulipower  
Cauliflower Crust Pizza  
11.6 oz., selected varieties

**Delicious buy one, get one deals at the co-op!**

live Epic,  
eat Epic

Epic makes flavor-forward meat snacks for the mindful consumer. We're everything to love about a savory snack with carb conscious, grass-fed and keto-friendly options and a dedication to land and animal well-being.



2/\$3

Epic Jerky Strips  
.8 oz., selected varieties



2/\$5

Epic Bars  
1.3-1.5 oz., selected varieties



2/\$6

Epic Pork Rinds  
2.5 oz., selected varieties



5.49

Epic Bites  
2.5 oz., selected varieties



2/\$5

Food Should Taste Good  
Tortilla Chips  
5.5 oz., selected varieties



2/\$5

Surf Sweets Candy  
2.75 oz., selected varieties



2/\$4

Mountain Valley Spring Water  
25.36-33.8 fl. oz., selected varieties

classic snacks reimaged



Whole grain and gluten-free sorghum and root veggie pretzels with protein-packed peanut butter and chocolate.

2/\$7

Quinn Pretzel Nuggets  
5-7 oz., selected varieties



2.79

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

The co-op has snacks for the busy days ahead.



*meals with more yum*



**2/\$3**  
Annie's Homegrown Mac & Cheese  
5.25-6 oz., selected varieties



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



**2/\$8**  
Annie's Homegrown Deluxe Mac & Cheese  
10.8-11.3 oz., selected varieties



**4.29**  
Annie's Homegrown Organic Graham Crackers  
14.4 oz., selected varieties



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



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



*creamy and delicious*

At Lily's, we reinvented how you treat yourself by crafting delicious, drool-worthy sweets that don't need any added sugar. We use fair-trade chocolate and vanilla, and we're non-GMO, too!

**4.99**

Lily's Chocolate Peanut Butter Cups  
3.2 oz., selected varieties



**7.99**  
Spectrum Essentials Organic Ground Flaxseed  
14 oz.

**Energizing snacks are at the co-op.**



**15.99**

**Bach  
Rescue Remedy**  
20 ml.



**25.49**

**Jarrow Formulas  
Saccharomyces  
Boulardii Plus MOS**  
90 ct.



**39.99**

**Ancient Nutrition  
Collagen Protein  
Powder**  
16-18.1 oz., selected  
varieties



**14.49**

**Wishgarden Herbs  
Kick-Ass Immune  
Activator**  
2 fl. oz.



**18.99**

**Country Life  
Coenzyme B-  
Complex**  
120 ct.



**23.99**

**Amazing Grass  
Organic Plant  
Protein Blend  
Powder**  
14.3-14.8 oz., selected  
varieties



**2.39**

**Preserve  
Adult Toothbrush**  
each, selected varieties



**3.49**

**Dr. Tung's  
Smart Floss  
Dental Floss**  
30 yards



*spicy and sweet flavor*

The family farmers of La Riojana cooperative, the first producer of Fair Trade organic olive oil in Latin America, are proud to offer this fine product exclusively to co-op shoppers.

**10.99**

**Riojana  
Organic Fair Trade Extra  
Virgin Olive Oil**  
25.5 fl. oz.



**19.49**

**Megafood  
Turmeric Curcumin  
Extra Strength**  
60 ct.

**The co-op has deals on wellness products.**

# high performance and wholesome ingredients

The Jason brand believes in the power of nature's ingredients to improve everyday wellness. We continue to harness earth's bounty of botanicals and essentials for blends that refresh and restore. No parabens, sulfates, phthalates or petrolatum. Vegan and certified cruelty free.



**4.49**  
Jason  
Toothpaste  
4.2-6 oz.,  
selected  
varieties

**6.79**  
Jason  
Mouthwash  
16 fl. oz.,  
selected  
varieties

**4.99**  
Jason  
Deodorant  
Stick  
2.5 oz., selected  
varieties

**8.99**  
Jason  
Scalp Care  
Shampoo  
12 fl. oz., selected  
varieties



**5.99**

Andalou Naturals  
Shampoo or Conditioner  
11.5 fl. oz., selected varieties



**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 Body Wash  
32 fl. oz., selected varieties



**2/\$7**

Kiss My Face  
Toothpaste  
4.1-4.5 oz., selected  
varieties



**4.69**

Sunleaf  
Shampoo & Body  
Bar Soap  
5 oz., selected varieties



**9.99**

Seventh  
Generation  
100% Recycled  
Bath Tissue  
12 pk., selected varieties

**Home and body care essentials 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](http://grocery.coop)*

*clean with purpose*

Our products work hard in your home and are made with your safety in mind. Join us on our mission to transform the world into a healthy, sustainable and equitable place for the next seven generations.



**2/\$7**

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

**11.99**

**Seventh Generation  
Liquid Laundry  
Detergent**  
87.5-90 fl. oz., selected varieties

**12.99**

**Seventh Generation  
Easy Dose Laundry  
Detergent**  
23.1 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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