

coop deals

NOV 30 - DEC 13, 2022

gather
in the
kitchen



GRAB THE WHISK

Create some of your favorite recipes for the season. The co-op makes baking together for the holidays easy. Find everything you need — including Earth Balance Vegan Buttery Sticks, a great option for making yummy treats and desserts.



5.49

Earth Balance
Buttery Spread or Sticks
13-16 oz., selected varieties



4.49

Organic Valley
Whipping Cream
16 fl. oz.



5.99

King Arthur
Baking Company
Flour
5 lbs., selected varieties



5.99

Enjoy Life
Chocolate
Baking Chips or
Morsels
9-10 oz., selected
varieties



Shop the co-op for holiday baking ingredients.
Get creative in the kitchen.



taste the pasture-raised difference

Wholesome and delicious, **Organic Valley Cheese** is made with real organic milk from pasture-raised cows. NO antibiotics, added hormones or harsh pesticides. Just honest goodness.

3.79

Organic Valley Cream Cheese
8 oz., selected varieties

3.99

Organic Valley Shredded Cheese
6 oz., selected varieties

4.99

Organic Valley Raw Cheese
8 oz., selected varieties



2/\$4

Noosa Yoghurt
8 oz., selected varieties



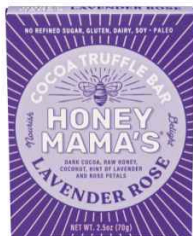
2/\$6

Kerrygold Butter
8 oz., selected varieties



7.99

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



3.99

Honey Mama's Cocoa Truffle Bar
2.5 oz., selected varieties



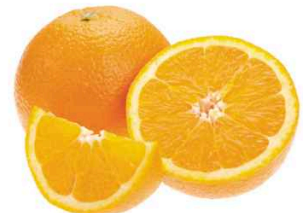
4.99

Bitchin' Sauce Almond Dip
8 oz., selected varieties



7.29

Organic Valley Butter
16 oz., selected varieties



Start the day with great food from the co-op.



4.29

**The Greek Gods
Greek Yogurt**
24 oz., selected varieties

*always organic,
never ordinary*

Crisp, bright and wholesome,
these beautiful veggies make a
flavorful addition to any meal.



3.19

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



4.99

**Applegate
Sunday Bacon**
8 oz.



6.49

**Field Roast
Miniature Corn
Dogs and Buffalo
Wings**
10 oz., selected varieties



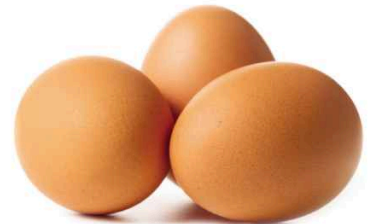
5.49

**Brazy Bites
Cheddar and
Parmesan Brazilian
Cheesebread**
11.5 oz.

honest food, ethically produced



Our 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."



6.49

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



5.99

**Against The Grain
Baguettes**
15 oz., selected varieties

Seasonal savings are at the co-op.



13.99

Spectrum
Organic Extra Virgin
Mediterranean Olive Oil
33.8 fl. oz.



4.99

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



13.99

Dr. Bronner's
Organic Whole Kernel
Virgin Coconut Oil
30 fl. oz.



2/\$3

Muir Glen
Organic
Diced Tomatoes
14.5 oz., selected varieties



2/\$3

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



5.99

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



6.99

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



10.99

Lucini Italia
Aged Balsamic
Vinegar of
Modena
8.5 fl. oz.



10.99

Riojana
Organic Fair
Trade Extra Virgin
Olive Oil
25.5 fl. oz., selected varieties



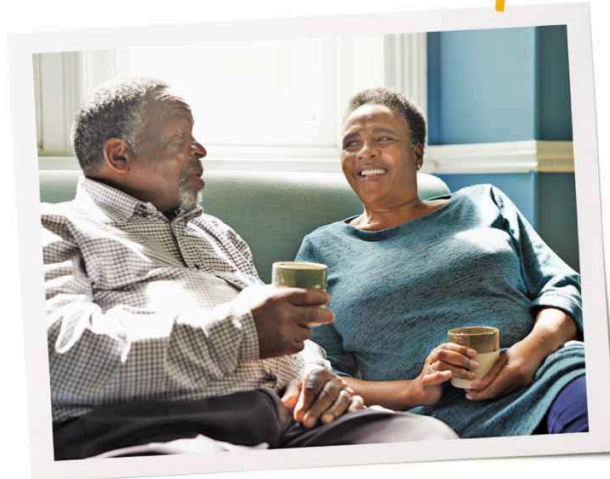
The co-op has ingredients for great meals.



4.49

Traditional Medicinals
Organic Herbal Tea
16 tea bags, selected varieties

winter warm-up



**CREATE
COZY VIBES**

Don't let the cold temperatures bring you down. Instead, warm up with a cup of tea. Your co-op has a great selection of beverages for the winter months ahead, including tea for any time of the day.



2/\$7
Choice Organics
Tea
16 tea bags, selected varieties



5.99
Lakewood
Organic Juice
32 fl. oz., selected varieties



*support your body
and mind*

Yogi Egyptian Licorice and Lemon Ginger tea are two delicious ways to take some time for yourself and also support your digestive health.

2/\$7

Yogi
Organic Tea
16 tea bags, selected varieties



2/\$8
Pacific Foods
Organic Plant-based Beverage
32 fl. oz., selected varieties



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

Unwind with soothing beverages from the co-op.



5.99

**Sweetleaf
Stevia Sweetener**
2 fl. oz., selected
varieties



6.49

**Simple Mills
Baking Mixes**
9-12.9 oz., selected
varieties



SIZZLE, SIZZLE

Get the family out of bed with the scent of pancakes or waffles cooking in the kitchen. Create a delicious breakfast spread with ingredients found at the co-op. Shop the bulk section for the amount you need, and don't forget toppings like chocolate chips and maple syrup!

*heat up
the griddle*



15.99

**Frontier Co-op
Organic Vanilla
Extract**
4 fl. oz.



5.49

**Navitas Organics
Organic Cacao
Powder or Nibs**
8 oz., selected varieties



19.99

**Field Day
Organic Dark,
Robust Maple Syrup**
32 fl. oz., selected varieties



5.99

**Lily's
Baking Chips**
9 oz., selected varieties



scoop up the savings in bulk!

1.79

**Organic
Rolled Oats**
per pound in bulk



3.29

**Organic
Thompson Raisins**
per pound in bulk



6.99

**Organic
Walnut Halves &
Pieces**
per pound in bulk



The co-op has great deals on baking ingredients.

INCLUSIVE TRADE PARTNER



Purely Elizabeth is a woman-owned company that wants people to thrive on their wellness journey.

5.99

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

GoMacro — bigger than a bar



Meet the bar that started it all! Our original Peanut Butter Chocolate Chip MacroBar combines 11 grams of plant-based protein with organic and oh-so-creamy peanut butter, roasted peanuts and — let's not forget the best part — our vegan chocolate chips!

2/\$5

Gomacro Organic Macrobar
2-2.5 oz., selected varieties



3.99

Field Day Organic Cereal
14 oz., selected varieties



3.99

Hu Kitchen Chocolate Bar
2.1 oz., selected varieties



maximum crunch factor



We obsessively vet every ingredient to unite unbeatable taste with unmatched simplicity. Aromatic crackers with amazing flavor that match their namesake. Made with real, UltraSimple® ingredients.

4.99

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



4.49

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

Snacks everyone loves are at the co-op.



2/\$8

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



2.79

Boulder Canyon
Potato Chips
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 can enhance any moment.

2/\$4

San Pellegrino
Sparkling Mineral Water
25.3 fl. oz.



Pour a refreshing beverage for yourself.

Find fizzy drinks at the co-op.



90% certified recycled steel

Klean Kanteen was America's first BPA-free stainless steel water bottle and launched in 2004 specifically to reduce single-use plastics. Certified B-Corp, family/employee owned, climate neutral, 1% for the Planet member and offering cool innovations like our new twist cap!

22.99

Klean Kanteen
TK Wide 20 oz. with a twist cap
each, selected varieties



2/\$6

Late July
Classic or Chia & Quinoa Crackers
6 oz., selected varieties

The co-op has tasty snacks and beverages.



2/\$7

**Blue Diamond
Nut Thins**
4.25 oz., selected
varieties



2/\$7

**Carr's
Crackers**
4.25-7.1 oz., selected
varieties



perfect busy-day snack

The holiday season can be super busy. Keep Late July® Jalapeño Lime and Nacho Cheese Tortilla Chips handy for an amazingly delicious way to fuel your marathon wrapping or baking sessions!

2/\$7

**Late July
Tortilla Chips**
7.5-7.8 oz., selected varieties



Your favorite snacks are on sale at the co-op!

Crunch away!

nothing but the good stuff



Thank you for your support of Endangered Species Chocolate. You are helping to save our wildlife, environment and our global communities firsthand.

2/\$4

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



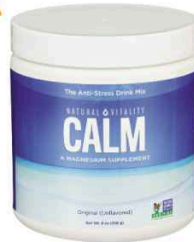
2/\$7

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

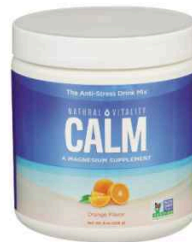
Celebrate the season with help from the co-op!

keep calm this
holiday season

Natural Vitality® Calm provides magnesium to support stress management for a healthy body. Natural Vitality® Gummies are delicious, fruit-flavored chews with the essential nutrients needed for stress relief, better sleep and more relaxed muscles. Perfect for the whole family, at home or on the go, this holiday season.



12.99
Natural Vitality
Unflavored Calm
Magnesium Drink
8 oz.



13.49
Natural Vitality
Orange Calm
Magnesium
Drink
8 oz.



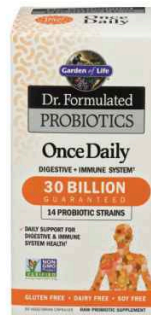
13.49
Natural Vitality
Raspberry Lemon
Calm Magnesium
Drink
8 oz.



16.99
Natural Vitality
Calm Gummies
120 ct., selected
varieties



12.99
Seventh Generation
4X Concentrated
Laundry Detergent
50 fl. oz., selected varieties



22.99
Garden Of Life
Dr. Formulated Probiotics
Once Daily
30 ct.



INCLUSIVE TRADE PARTNER

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

9.99
Alaffia
Everyday Shea Body Lotion
32 fl. oz., selected varieties



2.99
Ecover
Liquid Dish
Soap
25 fl. oz., selected
varieties



10.99
Seventh
Generation
100% Recycled
Bath Tissue
12 pk.



28.49
Host Defense
Stamets 7 Daily
Immune Support
60 ct.

Stay healthy this winter with help from the co-op.



6.99

**Schmidt's
Natural
Deodorant**
2.65 oz., selected
varieties



7.99

**Aura Cacia
Lavender
Essential Oil**
.5 fl. oz.

pure-castile bar soap

Soft, smooth lather moisturizes face, body, hands and hair. Organic, nutrient-rich, U.S.-grown hemp seed oil nourishes skin. Plant-based and biodegradable, made with certified organic oils, wrapped in post-consumer recycled paper, cleans body, mind and soul!



2/\$6

**Dr. Bronner's
Pure Castile Bar Soap**
5 oz., selected varieties



Body care items make great gifts!

Shop and save this season.



2.29

**Preserve
Adult Toothbrush**
each, selected varieties



6.99

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



11.99

**Weleda
Skin Food**
2.5 fl. oz.



Find safe body care products 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*

authentic Italian flavor



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

4.99

**Organic Valley
Cottage or
Ricotta Cheese**
15-16 oz., selected varieties



1.99

**Bionaturae
Organic Tomato
Paste**
7 oz.



18.99

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

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.

MW1222A

