

coop deals

NOV 16 - NOV 29, 2022

holiday traditions

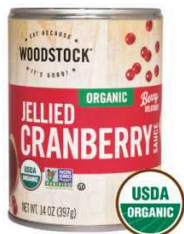
GRATITUDE AND TOGETHERNESS

This year, bring together old recipes and new to create a feast for your family. With Cascadian Farm's Organic Green Beans, you can put forward the best casseroles or side dishes to complement your Thanksgiving meal.



2/\$7

Cascadian Farm
Organic Frozen Vegetables
16 oz., selected varieties



2/\$6

Woodstock
Organic
Cranberry Sauce
14 oz., selected varieties



2/\$6

Back To Nature
Crackers
6 oz., selected varieties



10.99

California Olive
Ranch
Extra Virgin Olive Oil
25.4 fl. oz., selected varieties



Amazing deals for the season.

Thank you for shopping at the co-op!



4.79

Lifeway
Organic Kefir
32 fl. oz., selected
varieties

Earth Balance is for everyone



Use our tasty vegan, plant-based
buttery spread in your cooking or
as a rich, creamy topping.

5.99

Earth Balance
Buttery Spread &
Sticks

13 oz., selected varieties



4.99

Oatly
Oatgurt
24 oz., selected varieties



3.99

Califia Farms
Coffee Creamer
32 fl. oz., selected
varieties



1.79

Nancy's
Sour Cream
8 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."



2/\$7

Vital Farms
Butter
8 oz., selected varieties



4.29

Vital Farms
Spreadable Butter
with Avocado Oil
7 oz.



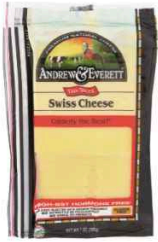
5.49

Vital Farms
Pasture-raised
Eggs
12 ct., selected varieties

6.99

Vital Farms
Pasture-raised
Eggs
18 ct., selected varieties

Your favorite breakfast items are at the co-op.



3.99
 Andrew & Everett
 Sliced & Shredded
 Cheese
 7 oz., selected varieties



3.99
 Organic
 Valley
 Creamer
 25.4 fl. oz.,
 selected varieties



4.49
 Miyoko's Creamery
 Organic Cultured Vegan
 Butter
 8 oz., selected varieties



4.49
 Meyenberg
 Goat Milk
 32 fl. oz., selected
 varieties



4.29
 Mt Vikos
 Feta Cheese
 6 oz., selected varieties



4.29
 Immaculate
 Organic Crescent Rolls
 8 oz.

joy to deliciousness

It's no coincidence that delicious is our name. Make your dairy-free holiday brighter with tasty So Delicious Holiday Nog, Coconutmilk Yogurt Alternative, Coconutmilk Creamer and CocoWhip Topping! Together, they make everything better. Now that's a reason to celebrate.



3.79
 So Delicious
 CocoWhip
 Topping
 9 oz., selected
 varieties



3/\$5
 So Delicious
 Coconutmilk
 Yogurt
 5.3 oz., selected
 varieties



2.99
 So Delicious
 Coconut Milk
 Nog
 32 fl. oz.



3.99
 So Delicious
 Coconut
 Creamer
 32 fl. oz., selected
 varieties

The co-op has quality ingredients for gatherings.

delight in every bite



From dinner to dessert, we've got plant-based covered. Explore **Daiya's** dairy-free, allergen-free foods and ingredients that keep you coming back for more.

2/\$7

Daiya Deluxe Mac & Cheese
10.6-10.9 oz., selected varieties

3.99

Daiya Cutting Board Shreds
7.1 oz., selected varieties

3.99

Daiya Dairy-free Slices & Blocks
7.1-7.8 oz., selected varieties

6.99

Daiya Pizza
13.47-19.4 oz. selected varieties



3.29

Divina Stuffed Grape Leaves
7 oz. /, selected varieties



7.49

Bonafide Provisions Organic Bone Broth
24 fl. oz., selected varieties



12.99

Tofurky Plant-based Roast
26 oz., selected varieties



America's favorite organic ice cream

Alden's is committed to making products irresistible for all, offering a wide variety of dairy and dairy-free frozen desserts.

7.99

Alden's Organic Ice Cream
48 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Grain Trust is a Hispanic-owned company that creates three-minute dishes from ethically sourced grains.



2/\$8

Grain Trust Frozen Rice Sides
20-30 oz., selected varieties

Holiday season savings are at the co-op.



3.29

**Health Valley
Organic Soup**
14.25-15 oz., selected varieties



vegan holiday classic

Our meatless vegan roast is an ideal plant-based protein alternative for your holiday social and family get-togethers.

5.99

**Field Roast
Plant-based Meat**
16 oz., selected varieties



thank you for shopping at the co-op

When you shop at the co-op, it means more money stayed in our local economy in 2022, and business practices that are good for people and the planet remained a priority. With much gratitude, thank you!

The co-op has great deals for the holidays.

find it all!

The co-op has everything you need to make a delicious holiday meal. Stock up now and get ahead of this busy season with fantastic deals on products you love.



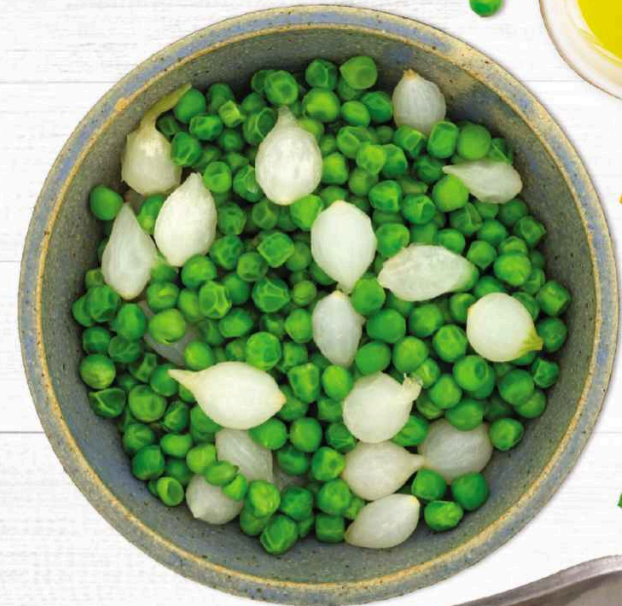
11.99

Napa Valley Naturals
Organic Extra Virgin
Olive Oil
25.4 fl. oz., selected varieties



3.29

Dandies
Vegan Vanilla Marshmallows
10 oz., selected varieties



2.29

Stahlbush Island Farms
Frozen Vegetables
10 oz., selected varieties



7.49

Bob's Red Mill
Organic Flour
5 lbs., selected varieties



5.99

Better Than Bouillon
Organic Broth Base
8 oz., selected varieties

2/\$7

Q Mixers
Drink Mixers
4 pk.-7.5 fl. oz. cans,
selected varieties



Everything for your holiday meal is at the co-op.

The co-op has ingredients for your entertaining.



2/\$5

Westbrae Organic Beans
15 oz., selected varieties



rice to the occasion

Lundberg believes in the people-bonding power of food to gather families around tables. "Rice" to the occasion this holiday season with the secret ingredient in so many festive and family-favorite recipes.

7.99

Lundberg Family Farms Organic Rice
32 oz., selected varieties



2/\$4

Edward & Sons Organic Homestyle Mashed Potatoes
3.5 oz., selected varieties



2/\$4

Dr. McDougall's Soup Cups
1.3-3.4 oz., selected varieties



3.99

Mediterranean Organic Pitted Kalamata Olives
8.1-8.5 oz., selected varieties



holiday meals start here

Pacific Foods Organic Free Range Chicken Broth is rich, flavorful and the perfect pantry partner to create a table full of palate-pleasing holiday favorites like mashed potatoes, stuffing, gravy and more!

2/\$7

Pacific Foods Organic Chicken Broth
32 fl. oz., selected varieties



5.49

Rudi's Organic Bread
22-24 oz., selected varieties

The co-op has options for all of your guests.



6.49

Field Day Organic All Purpose Flour
5 lbs., selected varieties



holiday baking made better

Sweeten your favorite holiday treats with delicious, sustainably sourced Wholesome® Fair Trade and Organic sugars. Wholesome® sweeteners and scratch-quality bake mixes are on sale at the co-op now.

4.49

Wholesome Organic Dark Brown Sugar
24 oz., selected varieties



9.99

Primal Kitchen Avocado Oil
16.9 fl. oz.



4.79

Equal Exchange Organic Chocolate Chips
10 oz., selected varieties



3.69

Field Day Organic Light Brown Sugar
24 oz., selected varieties



3.99

Field Day Non-GMO Canola Oil
32 fl. oz., selected varieties



homemade made easy

Always-organic, always-delicious shortcuts like Simply Organic Turkey Gravy help you spend more time at the table. Because when you go all out for family and friends, you deserve to celebrate with them.

1.29

Simply Organic Roasted Turkey Gravy Mix
0.85 oz., selected varieties



4.99

Arrowhead Mills Pancake & Waffle Mix
26 oz., selected varieties



Find more family favorites at the co-op.



2/\$7
 Celestial Seasonings
 Herbal Tea
 18-20 ct., selected varieties



5.49
 Rishi Tea
 Organic Tea
 32 fl. oz., selected varieties



9.99
 Peace Coffee
 Organic Coffee
 12 oz., selected varieties



9.99
 Equal Exchange
 Organic
 Biorevolution Dark
 Roast
 per pound in bulk, selected varieties



2/\$7
 Dream
 Organic Rice
 Drink
 32 fl. oz., selected varieties



Tea, juice or coffee to start your day.
Your favorite beverages are at the co-op.



9.99
 Lakewood
 Organic Pure
 Cranberry Juice
 32 fl. oz.



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



5.49
 Chobani
 Oatmilk
 32 fl. oz., selected varieties



scoop up the savings in bulk!

1.79
 Organic Quick
 Rolled Oats
 per pound in bulk



4.49
 Organic Dried
 Cranberries
 per pound in bulk



12.99
 Organic Pecan
 Halves
 per pound in bulk



The co-op has everything for a great breakfast.



2/\$6
 From The Ground Up
 Cauliflower Snacks
 4 oz., selected varieties



2.29
 Barbara's
 Cheese Puffs
 7 oz., selected varieties



2/\$7
 Terra
 Vegetable Chips
 5 oz., selected varieties



2/\$6
 Late July
 Organic Tortilla Chips
 10.1 oz., selected varieties



6.29
 Spry
 Xylitol Gum
 100 ct., selected varieties



2/\$6
 R.W. Knudsen
 Sparkling Juice
 25.4 fl. oz., selected varieties



2/\$10
 Izze
 Sparkling Juice Drink
 4 pk.-12 fl. oz. bottles, selected varieties



2/\$8
 Nixie
 Organic Sparkling Water
 8 pk.-12 fl. oz. cans, selected varieties

a mocktail for everyone

SPARKLE AND FIZZ

Celebrate the holiday season with mocktails, adding your favorite juices, fizzy beverages and ingredients that accentuate the flavors of the season. Grab some cinnamon sticks, nutmeg, cranberries and star anise to get into the spirit.



6.49
 Reed's
 Ginger Brew
 4 pk.-12 fl. oz. bottles, selected varieties



2/\$7
 Tony's
 Chocolonely
 Chocolate Bars
 6.35 oz., selected varieties

Find plenty of snacks and beverages 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



3.99
Better Life
Toilet Bowl Cleaner
 24 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER



4.49
World Centric
Compostable 9" Plates
 20 ct., selected varieties

World Centric is an Asian-owned company whose business operations address sustainability in our products, philanthropy and practices.



Shop inclusive trade!

We're pleased to offer great deals on brands from businesses owned by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.

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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