

# coop deals

DEC 14, 2022 - JAN 3, 2023

## sweet perfection

Whether it's to top off a slice of pie after dinner, or because gelato tastes great 365 days a year, get to the co-op because Talenti's pints are on sale!



**4.99**

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



**3/\$2**

**Alter Eco**  
**Organic Truffles**  
.42 oz., selected varieties



**2.29**

**Kor Shots**  
**Organic Juice Shot**  
1.7 fl. oz., selected varieties



**2.29**

**Frontera**  
**Cooking Sauce**  
8 oz., selected varieties



**2/\$6**

**R.W. Knudsen**  
**Sparkling Juice**  
25.4 fl. oz., selected varieties



**2/\$6**

**Stacy's**  
**Pita Chips**  
7.33 oz., selected varieties



**2/\$7**

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



Buy One, Get One

**FREE**

*special offers inside!*



# Buy One, Get One FREE

## Deals at the Co-op!

Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.

# BOGO



Buy One, Get One  
**FREE**

**Field Day**  
**Grapefruit Flavored**  
**Sparkling Water**  
6 pk.-12 fl. oz. cans, selected varieties  
Limit 2 BOGO offers per customer



Buy One, Get One  
**FREE**

**Field Day**  
**100% Recycled**  
**Paper Towels**  
3 ct.  
Limit 2 BOGO offers per customer



Buy One, Get One  
**FREE**

**Field Day**  
**100% Recycled**  
**Bath Tissue**  
12 ct.  
Limit 2 BOGO offers per customer

**The co-op has BOGO deals you can't resist.**





Buy One, Get One  
**FREE**

Field Day  
Organic Spaghetti  
16 oz., selected varieties  
Limit 2 BOGO offers per customer



Buy One, Get One  
**FREE**

Field Day  
Organic Olive Oil  
1 liter  
Limit 2 BOGO offers per customer



Buy One, Get One  
**FREE**

Field Day  
Organic Crushed or Diced  
Tomatoes  
28 oz.



Buy One, Get One  
**FREE**

Field Day  
Organic Macaroni & Cheese  
6 oz., selected varieties



Buy One, Get One  
**FREE**

Field Day  
Organic Brown Rice  
32 oz., selected varieties



Buy One, Get One  
**FREE**

Field Day  
Organic Tomato  
Basil Pasta Sauce  
24 oz., selected varieties  
Limit 2 BOGO offers per customer

**Stock up on pantry favorites from the co-op.**



Buy One, Get One  
**FREE**  
Deals at the Co-op!

Save on products you love from brands you trust! Look for the BOGO (buy one, get one FREE) deals signs throughout the store.



Buy One, Get One  
**FREE**

Field Day  
Organic Classic  
Unsweetened Coconut Milk  
13.5 fl. oz., selected varieties



Buy One, Get One  
**FREE**

Field Day  
Organic Semi-Sweet  
Chocolate Chips  
10 oz.  
Limit 2 BOGO offers per customer



Buy One, Get One  
**FREE**

Field Day  
Organic Light Brown Sugar  
24 oz., selected varieties  
Limit 2 BOGO offers per customer



Buy One, Get One  
**FREE**

Field Day  
Organic Coconut Flour  
16 oz.  
Limit 2 BOGO offers per customer



Buy One, Get One  
**FREE**

Field Day  
Organic Cane Sugar  
24 oz., selected varieties  
Limit 2 BOGO offers per customer

**BOGO baking items 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.

**5.49**

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

*luscious and  
lactose free*

Real dairy sour cream, with all the richness and versatility but none of the lactose! Perfect for your favorite holiday recipes, from creamy dips and sauces to mouth-watering baked goods.



**2/\$7**

Green Valley Creamery  
Organic Lactose-free  
Sour Cream  
12 oz.



**5.49**

Immaculate  
Organic  
Cinnamon Rolls  
17.5 oz.



**2/\$6**

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

*nourishing from  
the outside in*

We hold ourselves to the highest standards and are proud to be one of the few always-organic brands. You can trust all **Organic Valley's** products are sustainably made without the use of toxic pesticides, synthetic hormones, antibiotics or GMOs.



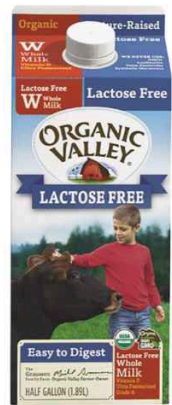
**3.99**

Organic Valley  
Large Free-range  
Brown Eggs  
1 doz.



**3.99**

Organic Valley  
Creamer  
25.4 fl. oz., selected  
varieties



**4.99**

Organic Valley  
Lactose Free Milk  
64 fl. oz., selected  
varieties

**The co-op has end-of-year savings for everyone.**

INCLUSIVE TRADE PARTNER



Starlite Cuisine is a multi-generational, minority-owned company that makes great-tasting and convenient vegan products.

**5.99**

**Starlite Cuisine**  
**Plant-based Taquitos**  
14 oz., selected varieties

*family-owned, organic cheese*



Rumiano cheese is the oldest family-owned cheese company in California, crafting the highest-quality organic, non-GMO cheese from the unique Northern California milkshed.

**4.49**

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



**4.49**

**Mt Vikos**  
**Feta Cheese**  
6 oz.



**5.99**

**Organic Valley**  
**Uncured**  
**Pepperoni Slices**  
5 oz., selected varieties



**10.99**

**Organic Prairie**  
**Summer Sausage**  
12 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



**6.49**

**Miyoko's Creamery**  
**Organic Fresh or**  
**Smoked Cashewmilk**  
**Mozzarella**  
8 oz., selected varieties

**Find great deals at the co-op.**





**3.99**

**Montebello  
Organic Pasta**  
16 oz., selected varieties



*sunkissed in the  
Mediterranean*

Mediterranean Organic Pitted Kalamata Olives come from centuries-old family farms in Greece. Perfect for salads, pastas, pizza or an antipasto platter. So good it's like having the olive tree in your own backyard!

**2/\$7**

**Mediterranean Organic  
Olives**  
8.1-8.5 oz., selected varieties



**5.49**

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



**5.49**

**Sir Kensington's  
Mayonnaise**  
12 fl. oz., selected  
varieties

*organic tastes better,  
naturally*

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.



**2.69**

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



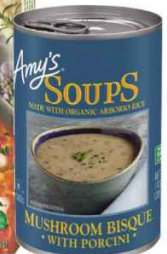
**2/\$10**

**Amy's  
Enchiladas**  
9-9.5 oz., selected  
varieties



**7.99**

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



**3.79**

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

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



**2/\$5**  
Guru  
Organic Energy Drink  
12 fl. oz., selected varieties



**2/\$8**  
Pacific Foods  
Organic Broth  
32 fl. oz., selected varieties



**39.99**  
Ancient Nutrition  
Collagen Protein Powder  
16 - 16.7 oz., selected varieties



**4.49**  
Bonne Maman  
Preserves  
13 oz., selected varieties



**5.49**  
Numi  
Organic Tea  
18 tea bags, selected varieties



**11.99**  
Truff  
Black Truffle  
Infused Hot Sauce  
6 fl. oz., selected varieties

*sustainably sourced, expertly roasted*



**4.79**  
Equal Exchange  
Organic  
Chocolate Chips  
10 oz., selected varieties



**2/\$6**  
Equal Exchange  
Organic  
Chocolate Bars  
2.8 oz., selected varieties



**2/\$7**  
Equal Exchange  
Organic Tea  
20 tea bags, selected varieties



**8.99**  
Equal Exchange  
Organic Coffee  
12 oz., selected varieties

Equal Exchange continues to build a more equitable and sustainable way of bringing delicious products to your table. Our coffee is thoughtfully sourced from innovative farmer cooperatives and organically grown with care for the surrounding ecosystem. Our worker-owned cooperative supports long-term partnerships that help keep small farming families thriving!



**Savor the season with savings from the co-op.**





*inspiring joy with  
wholesome foods*

**6.49**

Bob's Red Mill  
Gluten-free  
Quick Cook  
Rolled Oats  
28 oz.

**6.49**

Bob's Red Mill  
Gluten-free  
Old Fashioned  
Rolled Oats  
32 oz.

**8.49**

Bob's Red Mill  
Super-fine  
Almond Flour  
16 oz.

**7.49**

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

Eating may be one of life's simple pleasures, but it's one we can experience every day: the love we feel while making something special for a friend, the community we build around the table, the quiet contentment of taking care of oneself by preparing a nutritious meal.



*true to our name*

Pure, organic vanilla extract, responsibly sourced from farmer co-ops in Madagascar — now with a new design inspired by real bakers.

**14.99**

Simply Organic  
Vanilla Extract  
4 fl. oz.



**9.99**

Peace Coffee  
Organic Coffee  
12 oz., selected varieties



**2/\$6**

Vita Coco  
Organic Coconut  
Non-dairy  
Beverage  
33.8 fl. oz., selected  
varieties



*scoop up the savings in bulk!*

**4.99**

Organic  
Pitted Deglet Dates  
per pound in bulk



**8.49**

Organic  
Roasted & Salted  
Pistachios  
per pound in bulk



**9.99**

Fancy Raw Pecans  
per pound in bulk

**For a little or a lot, shop in bulk at the co-op.**



**4.49**

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



**2/\$7**

**Quinn**  
**Pretzel Nuggets**  
5-7 oz., selected varieties



**1.79**

**Justin's**  
**Organic Nut Butter Cups**  
1.4 oz., selected varieties



**2.79**

**Sesmark**  
**Brown Rice**  
**Crackers**  
3.5 oz., selected varieties



**4.99**

**Little Secrets**  
**Chocolate Pieces**  
3.9-5 oz., selected varieties



**4.49**

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



*start the season  
off right*

Bring delicious crunch and color to any festive occasion with Garden of Eatin' Blue Corn Tortilla Chips.

**4.99**

**Garden of Eatin'**  
**Tortilla Chips**  
16 oz., selected varieties

**INCLUSIVE TRADE PARTNER**



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

**2/\$6**

**Siete**  
**Mexican Grain-free Cookies**  
4.5 oz., selected varieties

**Find perfect party snacks at the co-op.**



INCLUSIVE TRADE PARTNER



South of France is a women-owned company. We still kettle cook small batches of our soap using a traditional Marseille recipe.

**2/\$6**  
South Of France  
Bar Soap  
6 oz., selected varieties



**11.49**  
Naturtint  
Hair Color  
5.75 fl. oz., selected  
varieties



**6.29**  
Nubian Heritage  
Deodorant  
2.25 oz., selected  
varieties



**14.99**  
Derma E  
Vitamin C  
Concentrated  
Serum  
2 fl. oz.



**2/\$5**  
Booda Butter  
Original Lip Balm  
.15 oz.



**2/\$4**  
Green Forest  
Bath Tissue  
4 pk., selected varieties



**8.99**  
Now  
Lavender Oil  
1 fl. oz.



**17.49**  
Natural Factors  
Tranquil Sleep  
60 ct.



*a multitasking essential*

KAL High Absorption Magnesium Glycinate is gentle on the stomach and suitable for vegan diets. Our fully chelated magnesium supports everything from relaxation and proper enzymatic function to healthy bones and muscles.

**15.49**

Kal  
Magnesium Glycinate 350  
160 ct.



**5.99**  
Tom's Of Maine  
Toothpaste  
4-5.5 oz., selected  
varieties

**The co-op will help you start the year off right.**

## 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](https://grocery.coop)*

## share the love with Chocolove



At the foothills of the Rocky Mountains, Chocolove produces premium Belgian chocolate that delivers on quality, taste and variety. Help make family moments and holidays sweeter with Chocolove.

# 2/\$5

**Chocolove Chocolate Bars**  
2.9-3.2 oz., selected varieties



**3.79**  
**Mary's Gone Crackers**  
**Organic Crackers**  
5-6.5 oz., selected varieties



**2/\$6**  
**Q Mixers Drinks**  
4 pk.-7.5 fl. oz. cans, 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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