

coop deals

JAN 4 - JAN 17, 2023

new year, more sparkles

The new year is here! Ring in 2023 with a stop at the co-op for exceptional deals, including Kevita's sparkling probiotic drinks that are on sale now. Cheers to a healthy and happy year ahead!



2/\$5

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



1.49

Field Day
Organic Black Beans
15 oz.



2/\$3

Siggis
Skyr Yogurt
4.4-5.3 oz., selected varieties



2/\$5

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



2/\$6

Muir Glen
Organic Pasta Sauce
25.5 oz., selected varieties



2/\$7

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



2/\$8

Hilary's
Veggie Burgers
10-11 oz., selected varieties



Start the new year with savings at the co-op.

Cheers to a healthy 2023!

bringing ethical food to the table



4.99

Vital Farms
Pasture-raised
Liquid Whole Eggs
16 oz., selected varieties



5.29

Vital Farms
Pasture-raised
Large Grade A Eggs
1 doz.



5.99

Vital Farms
Organic Large
Pasture-raised Eggs
1 doz.



6.99

Vital Farms
Pasture-raised Eggs
18 ct.

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 that **Vital Farms** is bringing ethical food to the table.



5.49

Forager Project
Organic
Cashewmilk
Yogurt
24 oz., selected varieties



1.29

Fage
Greek Yogurt
5.3 oz., selected varieties



4.29

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



2/\$6

Rebbl
Organic Elixir
12 fl. oz., selected
varieties



6.49

Wallaby
Organic Greek
Yogurt
32 oz., selected varieties



The co-op has delicious options for breakfast.



8.99

Chameleon Cold Brew Organic Coffee Concentrate
32 fl. oz., selected varieties

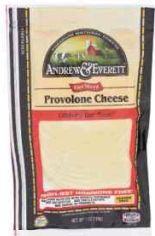


taste the cold-pressed difference

Put your best fruit forward with this delicious, vitamin-C-rich blend of berries, mango, apple and orange, sure to make a great day taste even better.

3/\$10

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



4.49

Andrew & Everett Sliced or Shredded Cheese
7-8 oz., selected varieties



4.99

Silk Soy Milk Yogurt
24 oz., selected varieties



4.49

Kalona Supernatural Organic Cottage Cheese
16 oz., selected varieties



deliciously, delightfully, dairy free

Deliciously unsweetened: almond milk that's creamy and delightfully drinkable, just without the sugar. Zero grams of sugar per serving to be exact. It's plant based, dairy free and totally delicious. Pure and simple.

3.99

Califia Farms Almondmilk
48 fl. oz., selected varieties



4.99

Organic Valley Cottage Cheese
16 oz., selected varieties

Start the year with great deals from the co-op.

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



plant based,
beyond delicious

3.99
Beyond Meat
Breakfast
Sausage
7.4 oz., selected
varieties

4.99
Beyond Meat
Beyond Burger
Patties
8 oz.

6.99
Beyond Meat
Beyond Sausage
14 oz., selected varieties

7.99
Beyond Meat
Beyond Beef
Plant-based Ground
16 oz.

Beyond plant-based burgers have all the juicy, meaty deliciousness of a traditional burger but come with the upsides of a plant-based protein. They also contain no hormones, nitrites, nitrates, GMOs, soy or gluten.



What's sizzling?
It's bacon time!



INCLUSIVE TRADE PARTNER
Mother-in-Law's is an Asian-owned company. We are inspired by the beauty of Korea's tradition of handcrafted fermented foods.

7.49

Mother-In-Law's
Gochujang Fermented
Chile Paste
10 oz.



2/\$4
Evol
Burrito
5-6 oz., selected
varieties



3.99
Sweet Earth
Benevolent
Bacon
5.5 oz.



4.99
Applegate
Sliced Deli Meat
7 oz., selected varieties



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

Shop the co-op for meal solutions.



easy options for resolutions

Eating right should never be a chore! Woodstock's frozen fruits and vegetables are an easy addition to breakfast, lunch or dinner, bringing delicious nutrients to your home to prepare on your own schedule.

2.79

Woodstock
Organic Frozen Vegetables
 10 oz., selected varieties



2/\$8
Cascadian Farm
Organic Frozen
Fruit
 8-10 oz., selected varieties



4.99
Pitaya
Organic Smoothie
Packs
 14 oz., selected varieties



2/\$8
Jonny Pops
Frozen Pops
 8.25 fl. oz., selected varieties

*ingredient obsessed,
 pizza obsessed*

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



7.99

Cappellos'
Pizza
 10.82-12 oz., selected varieties



4.99
Food For Life
Ezekiel Bread
 24 oz., selected varieties



2/\$5
Stahlbush Island
Farms
Frozen Vegetables
 10 oz., selected varieties

Find what's delicious and nutritious at the co-op.

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

*uncompromisingly
delicious*

Mark Sisson launched the **Primal Kitchen®** brand on his mission to change the way the world eats. Primal Kitchen pantry staples and collagen are uncompromisingly delicious and made with high-quality ingredients, and contain no artificial sweeteners, gluten or soy.



4.99

Primal Kitchen
Organic Unsweetened
Ketchup
11.3 oz., selected varieties

5.99

Primal Kitchen
Dressing or Marinade
8 fl. oz., selected varieties

8.49

Primal Kitchen
Avocado Oil Mayo
12 fl. oz., selected varieties

25.99

Primal Kitchen
Collagen Fuel Drink Mix
8.55-14.3 oz., selected varieties



4/\$5

Muir Glen
Organic Tomatoes
14.5-15 oz., selected varieties



2/\$5

Westbrae
Organic Beans
15 oz., selected varieties



2/\$4

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



4.49

Amy's
Soup
14-14.7 oz., selected
varieties



13.99

California Olive
Ranch
Medium Extra
Virgin Olive Oil
25.4 fl. oz.

Plan the week's meals with help from the co-op.



2/\$5
 Good Health
 Peanut Butter
 Filled Pretzels
 5 oz.



dark and rich

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

2/\$7

Lily's
 Chocolate Bar
 2.8-3 oz., selected varieties



Something sweet or something savory.
Shop the co-op and save.



2/\$7
 Barnana
 Organic Plantain
 Chips
 5 oz., selected varieties



2/\$7
 Blue Diamond
 Nut Thins
 4.25 oz., selected varieties



2/\$5
 Kettle Brand
 Potato Chips
 5 oz., selected varieties



3.79
 Hu Kitchen
 Chocolate Bar
 2.1 oz., selected
 varieties

Save on shopping with deals from the co-op.



wellness
made easy

Vital Proteins® helps people feel better and live fuller lives through high-quality nutrition products that they can trust. Each formulation is consciously developed to be easy to use and enjoyable to consume.

17.99

Vital Proteins Collagen Peptides
10-13.5 oz.,
selected varieties

19.99

Vital Proteins Collagen Peptides Creamer
10-10.3 oz.,
selected varieties

24.99

Vital Proteins Marine Collagen
7.8 oz.

29.99

Vital Proteins Unflavored Collagen Peptides
20 oz.



9.99

Childlife Essentials Multi Vitamin & Mineral
8 fl. oz.



16.99

Flora Super 8 Hi-Potency Probiotic
30 ct.



28.99

Four Sigmatic Organic Plant-based Protein Powder
16.7-21.16 oz., selected varieties



15.49

Natural Factors Quercetin
60 ct.



19.99

Barlean's Organic Flax Oil
16 fl. oz., selected varieties



20.99

Megafood One Daily Multivitamins
60 ct., selected varieties



29.99

Ancient Nutrition Organic Supergreens
7.05-8.82 oz., selected varieties



29.99

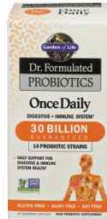
Gaia Herbs Turmeric Supreme Extra Strength
120 ct.



Get a healthy start to the year at the co-op.

protein + probiotics = optimal health

If you're looking for high-quality, clean ingredients in your nutritional supplements, look no further than **Garden of Life**. Offering clinically studied probiotics for immune and digestive health, along with Certified USDA Organic and Non-GMO Verified plant-based protein to fuel your body, Garden of Life has you covered.



23.49
Garden of Life
Dr. Formulated
Probiotics Once
Daily
30 ct.



30.99
Garden of Life
Dr. Formulated
Probiotics Once Daily
30 ct., selected varieties



29.99
Garden of Life
Organic Plant
Protein
30.1-32.2 oz., selected
varieties



33.99
Garden of Life
Raw Organic
Protein Powder
19.75-23.28 oz., selected
varieties



5.99
Solaray
Optizinc
60 ct.



16.99
Bach
Rescue Remedy
.7 fl. oz., selected
varieties



48.99
Nordic Naturals
Ultimate Omega
180 ct.



2/\$5
Orgain
Organic
Nutritional Shake
11 fl. oz., selected
varieties



8.99
Honey Gardens
Elderberry Syrup
4 fl. oz.

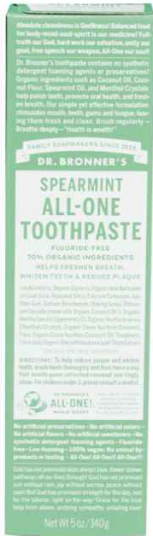


18.99
Source Naturals
Wellness Formula
90 ct.



21.99
Jarrow Formulas
Jarrow-Dophilus
EPS Probiotic
60 ct.

The co-op has what you need for winter wellness.



2/\$8

Dr. Bronner's All-One Toothpaste
5 oz., selected varieties



2/\$10

Acure Shampoo or Conditioner
8 fl. oz., selected varieties



17.99

Andalou Naturals Resveratrol Q10 Night Repair Cream
1.7 oz.



Body care options for the new year.
Stay in mint condition.



7.99
Aura Cacia Essential Oil
.5 fl. oz., selected varieties



7.99
Everyone 3-in-1 Soap
32 fl. oz., selected varieties



9.79
T-Relief Extra Strength Pain Relief Cream
3 oz.



2/\$5
The Humble Co. Floss Picks
50 ct., selected varieties



Honest ingredients are at the co-op.

INCLUSIVE TRADE PARTNER

Radius is a woman-owned company that looked at toothbrushes and knew there had to be a better way. Using recycled materials, we engineered a toothbrush that cleans and feels better, with a focus on sustainability.



6.49

Radius

Source Toothbrush
each, selected varieties



clean, personal care

INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company and a clean, plant-based, fair-trade beauty and personal care brand on a mission to help alleviate poverty and advance gender equality in West Africa. Our natural, award-winning collections deliver nourishing head-to-toe care for the whole family.

9.79

Alaffia

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



Mother-in-Laws



Maria and Ricardo's



Purely Elizabeth



Nutpods



strength in diversity

INCLUSIVE TRADE

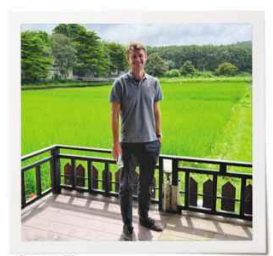
Co-ops are committed to creating a more just society by cultivating partnerships with businesses owned by people who identify as women, Black, Indigenous, people of color (POC), LGBTQIA+, persons with disabilities and veterans. Let's celebrate the strength that comes from diversity! Learn about some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



Radius



Alaffia



Grain Trust



Deep Indian Kitchen



Rip Van Wafels



Siete

Find diverse brands throughout 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

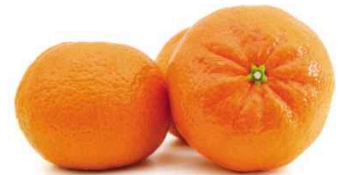
- Phoenix Earth Food Co-op

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



3.79

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

13.99

Seventh Generation
Easy Dose
Laundry Detergent
23.1 fl. oz., selected varieties

14.99

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

*we believe in a
seventh generation*

Using the power of plant science, **Seventh Generation** creates products that get the job done and are safer for your family. From renewable plant-based ingredients to more sustainable packaging, our products redefine what it means to clean with purpose.

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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