

# coop deals

JAN 18 - JAN 31, 2023

## aromatic, soothing tea

Winter temps plus hot beverages like Yogi Tea equal a healthy way to start the year and endure the weather. With caffeine-free options like Yogi's Lemon Ginger, you can enjoy a cup anytime of the day. Shop the co-op while they're on sale!



**2/\$6**

Yogi  
Organic Tea  
16 bags, selected varieties



**2/\$5**

Epic  
Bars  
1.3-1.5 oz., selected  
varieties



**2/\$6**

Van's  
Waffles  
8-9 oz., selected  
varieties



**2/\$4**

Near East  
Couscous Mix or  
Rice Pilaf  
5.2-10 oz., selected  
varieties



**2/\$7**

Harmless Harvest  
Organic Coconut  
Water  
16 fl. oz.



**2/\$9**

Maya Kaimal  
Indian Simmer  
Sauce  
12.5 oz., selected  
varieties



**6.99**

Caulipower  
Cauliflower Crust  
Pizza  
10.9-12 oz., selected  
varieties



Warm up this winter season.

**Sit back, sip, relax.**



**1.39**

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



**2/\$7**

**GoodBelly  
Probiotic Drink**  
32 fl. oz., selected varieties



**4.49**

**Nancy's  
Organic Grass Fed  
Yogurt**  
24 oz., selected varieties



**1.79**

**Good Culture  
Organic Cottage  
Cheese**  
5.3 oz., selected varieties



**2/\$5**

**Bellwether Farms  
Sheep Milk Yogurt**  
6 oz., selected varieties



**1.39**

**Forager Project  
Organic  
Cashewmilk  
Yogurt**  
5.3 oz., selected varieties



**4.99**

**Straus Family  
Creamery  
Organic Yogurt**  
32 oz., selected varieties



**5.99**

**Fage  
Greek Yogurt**  
35.3 oz., selected varieties

*add what  
you like*

**NUTRIENT-RICH BREAKFAST**

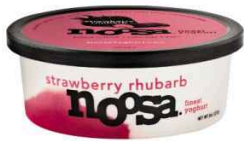
Breakfast is easy when you shop the co-op for your favorite yogurt! Add toppings like granola, toasted almonds, chia or flax seeds or sliced fruit and benefit from the probiotics and added fiber. A quick meal to prep, but one that's both filling and nutritious.



**4.79**

**Violife  
Just Like Cheese Shreds**  
8 oz., selected varieties

**The co-op helps you start the day right.**



**2/\$4**

Noosa  
Yoghurt  
8 oz., selected varieties



**2/\$5**

Perfect Bar  
Protein Bars  
2.2-2.5 oz., selected varieties



*a probiotic protein powerhouse*

Lifeway Kefir is a cultured dairy drink packed with protein, 12 live and active probiotic cultures and vitamin D. Kefir provides gut-protecting nutrients to optimize the microbiome and strengthen the immune system.

**4.79**

Lifeway  
Organic Kefir  
32 fl. oz., selected varieties



**4.99**

So Delicious  
Organic  
Coconutmilk  
Yogurt  
24 oz., selected varieties



**4.99**

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



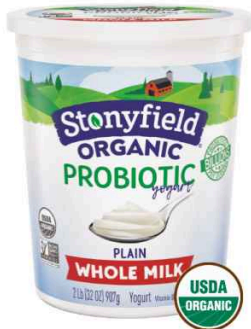
**5.49**

Miyoko's Creamery  
Organic Liquid  
Vegan Pizza  
Mozzarella  
16 oz.



**3.79**

Brown Cow  
Cream Top Yogurt  
32 oz., selected varieties



**3.99**

Stonyfield  
Organic Yogurt  
32 oz., selected varieties



**4.99**

Siggi's  
Skyr Yogurt  
24 oz., selected varieties



*a rich tradition*

From plain organic to cream top and Icelandic skyr, each yogurt brings something different to the table. But they're always made without any artificial flavors, sweeteners or preservatives.

**The co-op makes mornings delicious.**



**2/\$7**

**Just Plant-based Egg Scramble**  
12 fl. oz.



*smooth and creamy goodness*

Almond Breeze® is a great product that comes to you with care and attention to goodness. Unsweetened Original provides a touch of the almond's natural sweetness but eliminates the added sugar.

**2/\$7**

**Blue Diamond Almondmilk**  
64 fl. oz., selected varieties



**3.49**

**Farmers Hen House Large Brown Grade A Free-range Eggs**  
1 doz.



**5.49**

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



**2/\$7**

**Hope Foods Organic Hummus**  
8 oz., selected varieties



**6.49**

**Wildbrine Organic Sauerkraut**  
18 oz., selected varieties

*plant-based new year*

Lightlife has something for everyone, with a variety of clean-ingredient, plant-based protein products. Field Roast takes an artisanal approach while using whole-food ingredients to craft plant-based meats and cheeses. Together, we are committed to shaping the future of plant-based foods.



**3.29**

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



**3.79**

**Lightlife Smart Dogs**  
12-13.5 oz., selected varieties



**4.99**

**Field Roast Chao Slices**  
7 oz., selected varieties



**4.99**

**Field Roast Plant-based Sausages**  
12.95 oz., selected varieties

**Try something new from co-op.**

**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



**5.49**  
**Organic Valley  
Cheese**  
8 oz., selected varieties

**INCLUSIVE TRADE PARTNER**



Deep Indian Kitchen is an Indian-owned company that makes frozen entrees from scratch with a wide range of Indian flavors.

**2/\$10**

**Deep Indian Kitchen  
Samosas**  
7.5-12 oz., selected varieties



**2.99**  
**Wildwood  
Organic Tofu**  
14 oz., selected varieties



**3.99**  
**Cascadian Farm  
Organic Frozen  
Potatoes**  
12-16 oz., selected varieties



**7.49**  
**Woodstock  
Organic Frozen Pasta**  
20 oz., selected varieties



**2/\$7**  
**Silver Hills  
Sprouted Wheat  
Bread**  
15-22 oz., selected varieties



**3.49**  
**Dr. Praeger's  
Veggie Burgers**  
8-10 oz., selected varieties



**6.99**  
**Daiya  
Pizza**  
13.8-19.1 oz., selected varieties



**10.99**  
**Wyman's  
Wild Blueberries**  
3 lb.

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



salud y sabor:  
health and flavor

**INCLUSIVE TRADE PARTNER**

**Siete** is a Mexican-American food brand, rooted in family, that makes delicious, better-for-you products. We use simple and nourishing ingredients to inspire inclusivity around the table because together is better.



**3.99**

Siete  
Grain-free  
Tortilla Chips  
5 oz., selected varieties

**4.49**

Siete  
Enchilada Sauce  
15 oz., selected  
varieties

**4.49**

Siete  
Grain Free  
Taco Shells  
5.5 oz., selected varieties

**7.49**

Siete  
Grain-free  
Tortillas  
7 oz., selected varieties



simmer, sip, smile

Sip your way to wellness with our soothing and satisfying bone broths. Made with slow-simmered ingredients like grass-fed, grass-finished beef or free-range chicken, veggies and herbs.

**5.49**

**Kettle & Fire  
Bone Broth**

16.9 oz., selected varieties



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.



**2/\$4**

Mike's Mighty  
Good  
Ramen Soup Cups  
1.6-2.4 oz., selected  
varieties



**3.99**

The Ginger  
People  
Organic Ginger  
6.7 oz., selected varieties



**6.99**

R.W. Knudsen  
Just Juice  
32 fl. oz., selected  
varieties

**Your pantry essentials are at the co-op.**

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



**2/\$7**

Lundberg Family Farms Organic Rice Side Dishes  
6 oz., selected varieties



**3.99**

Lundberg Family Farms Organic Rice Cakes  
8.5 oz., selected varieties



**3.79**

Lundberg Family Farms Organic Thin Stackers  
5.9-6 oz., selected varieties



**8.49**

Lundberg Family Farms Organic Rice  
32 oz., selected varieties

*wholesome eating made easy*



Sticking to your resolutions has never been simpler with a bumper crop of delicious options that are organic, Non-GMO Project Verified, certified gluten free, vegan and more!



**2/\$7**

Santa Cruz Organic Applesauce  
24 oz., selected varieties



**5.99**

Bragg Organic Apple Cider Vinegar  
32 fl. oz., selected varieties



**2.79**

Safe Catch Elite Wild Tuna  
5 oz.



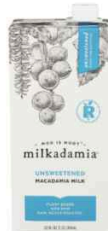
**2.79**

Native Forest Organic Unsweetened Coconut Milk  
13.5 fl. oz., selected varieties



**6.99**

Carbone Pasta Sauce  
24 oz., selected varieties



**3.79**

Milkadamia Macadamia Milk  
32 fl. oz., selected varieties



**7.99**

Lucini Italia Organic Pasta Sauce  
25.5 oz., selected varieties

**Quality ingredients are at the co-op.**



**3.99**

**Birch Benders  
Pancake & Waffle  
Mix**  
14-16 oz., selected  
varieties



**4.49**

**Pukka  
Organic Herbal  
Tea**  
20 ct., selected varieties



**10.99**

**Coombs Family  
Farms  
Organic Maple  
Syrup**  
12 fl. oz., selected  
varieties



*irresistible taste*

**INCLUSIVE TRADE PARTNER**

Purely Elizabeth is a woman-owned company that wants people to thrive on their wellness journey. Try our salty-sweet, crunchy granola clusters with organic oats, chia and sustainably sourced coconut sugar.

**2/\$10**

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



**2/\$6**

**Celestial Seasonings  
Herbal Tea**  
18-20 ct., selected varieties

*pour a better-for-you bowl*



With One Degree Organics Sprouted Brown Rice Cacao Crisps, you get the vitamins, minerals and health benefits of sprouted brown rice, delicately sweetened with low-glycemic coconut palm sugar from the Indonesian archipelago, subtly flavored with a touch of rich cacao.

**2/\$9**

**One Degree Organic Foods  
Sprouted Cereal**  
10 oz., selected varieties



**14.99**

**Simply Organic  
Vanilla Extract**  
4 fl. oz.



**9.99**

**Peace Coffee  
Organic Ground  
Coffee**  
12 oz., selected varieties

**The co-op has great deals all year long.**





**2/\$6**

Theo  
Organic Chocolate Bars  
3 oz., selected varieties



**2/\$10**

Zevia  
Zero Calorie Soda  
6 pk.-12 fl. oz., selected varieties



**5.49**

Maranatha  
Organic Peanut Butter  
16 oz., selected varieties



**2/\$4**

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



**2/\$6**

Equal Exchange  
Organic  
Chocolate Bars  
2.8-3.5 oz., selected  
varieties

*up your snack game*

Real food From The Ground Up Cauliflower Cheddar Crackers and Cauliflower Sea Salt Chips are the most crave-worthy, plant-based snacks. Certified vegan, gluten free and non-GMO. How's that for tasty?

**2/\$6**

From The Ground Up  
Cauliflower Snacks  
3.5-4.5 oz., selected varieties



INCLUSIVE TRADE PARTNER



Rip Van Wafels is Hispanic- and Asian-owned, and we've set out to create a healthier take on the Dutch stroopwafel.

**4/\$5**

Rip Van Wafels  
European Snack Wafels  
1.16 oz., selected varieties

**The co-op has your favorite snacks and drinks.**



**4/\$5**

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



**2/\$6**

Angie's Boomchickapop  
Popcorn  
4.4-7 oz., selected varieties



**2/\$5**

Bobo's  
Oat Bar  
3 oz., selected varieties



**2/\$5**

SmartSweets  
Candy  
1.8 oz., selected varieties



**2/\$6**

Stacy's  
Pita Chips  
7.33 oz., selected  
varieties



**3.99**

Frontera  
Salsa  
16 oz., selected varieties

*spicy, crunchy perfection*

These chips combine Boulder Canyon's flagship kettle potato chips made with avocado oil with Yellowbird's best-selling habanero condiment to create a chip that delivers the heat in a uniquely delicious way.

**2/\$6**

Boulder Canyon  
Potato Chips  
5.25 oz., selected varieties



**4.99**

LaCroix  
Sparkling Water  
12 pk.-12 fl. oz., selected  
varieties



**Stock up on all your snacks at the co-op.**

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



**11.49**  
**Ener-C**  
**Multivitamin**  
**Drink Mix**  
 30 ct., selected varieties



**18.99**  
**Country Life**  
**Coenzyme**  
**B-Complex**  
 120 ct.



**6.99**  
**Spectrum Essentials**  
**Organic Flaxseed**  
 14-15 oz., selected varieties



**4.79**  
**Now**  
**Vitamin D-3**  
 180 ct.



**15.49**  
**Om**  
**Master Blend**  
**Organic Mushroom**  
**Powder**  
 3.17 oz.



**7.79**  
**Hyland's 4 Kids**  
**Cold 'n Cough**  
 4 fl. oz., selected varieties



**7.29**  
**Wedderspoon**  
**Organic Manuka**  
**Honey Drops**  
 4 oz., selected varieties



**13.99**  
**Organic India**  
**Ashwagandha**  
 90 ct.



**2/\$5**  
**Ricola**  
**Herbal Cough**  
**Drops**  
 19-24 ct., selected varieties



**9.99**  
**Boiron**  
**Oscillococcinum**  
**Flu Relief**  
 6 ct.



**23.99**  
**Amazing Grass**  
**Green SuperFood**  
 8.5 oz, selected varieties



**2.69**  
**Kiss My Face**  
**Olive Oil Bar Soap**  
 8 oz., selected varieties



**5.49**  
**Lily Of The Desert**  
**Organic Aloe**  
**Vera Juice**  
 32 fl. oz., selected varieties



**16.49**  
**Simply Tera's**  
**Protein Powder**  
 12 oz., selected varieties

**Stay well this winter with help from 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

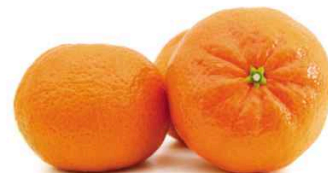
- Phoenix Earth Food Co-op

### 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)*



**10.99**  
Seventh Generation  
100% Recycled Bath Tissue  
12 pk.



**2.29**  
Preserve  
Toothbrush  
each, selected varieties



**4.49**  
Desert Essence  
Toothpaste  
6.25 oz., selected varieties



**2/\$6**  
Dr. Tung's  
Smart Floss  
30 yd.



**11.99**  
Ecos  
Liquid Laundry  
Detergent  
100 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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