

coop deals

FEB 1 - FEB 14, 2023

extra crunch

With Valentine's Day around the corner, find Chocolove bars on sale at the co-op! Chocolove's almonds & sea salt flavor is sweet and crunchy – perfect for sharing with your loved ones.



2/\$4

Chocolove
Chocolate Bars

2.9-3.2 oz., selected varieties



2/\$7

C2O
Coconut Water
33.8 fl. oz., selected varieties



3.99

Quinn
Pretzel Nuggets
5-7 oz., selected varieties



2/\$8

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



2/\$7

Chickapea
Organic
Chickpea Pasta
8 oz., selected varieties



3.99

Tazo
Tea
20 ct., selected varieties



5.79

Eo
Hand Soap
12 fl. oz., selected varieties



Buy One, Get One

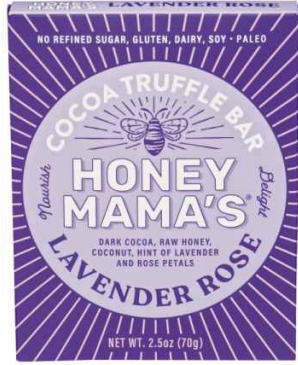
FREE

special offers inside!

BOGO



3.79
Organic Valley
Sour Cream
16 oz., selected varieties



3.99
Honey Mama's
Cocoa Truffle Bar
2.5 oz., selected varieties



2/\$6
Koia
Plant-based Protein Drink
12 fl. oz., selected varieties



4.49
Organic Valley
Shredded
Parmesan Cheese
4 oz., selected varieties



2/\$9
Silk
Plant-based
Milk
64 fl. oz., selected varieties



5.49
Treeline
Plant-based
Cheese
6 oz., selected varieties



2/\$6
GT's
Pure Love
Kombucha
16 fl. oz.,
selected varieties



2/\$6
GT's
Ancient
Mushroom Elixir
16 fl. oz.



2/\$6
GT's
Kombucha
16 fl. oz.,
selected varieties



5.49
GT's
Organic Coconut
Yogurt
8 oz., selected varieties



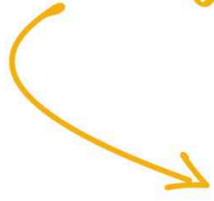
*fermented food
for everyone*

INCLUSIVE TRADE PARTNER

GT's Living Foods is a family-owned business, LGBTQIA+-owned and a leader in fermented foods with humble beginnings. GT Dave began from his home in 1995 at 15 years old. Our living foods are authentically fueled by organic plants, raw fermentation, naturally occurring probiotics and ancient wisdom.

The co-op has great refrigerated selections.

game-changing, plant-based foods



Stock up on all your essentials with **Kite Hill**. From our versatile ricotta to our artisan pasta and varieties of dips and spreads — we are sure to have all your dairy-free needs covered to please everyone at your table.

3.79

Kite Hill Dairy-free Dips or Sour Cream
8 oz., selected varieties

5.99

Kite Hill Dairy-free Cream Cheese
8 oz.

4.39

Kite Hill Almondmilk Yogurt
16 oz., selected varieties

5.99

Kite Hill Plant-based Filled Pasta
9 oz., selected varieties



1.69

Stonyfield Organic Yogurt Pouch
3.5 oz., selected varieties



3/\$7

Petit Pot Organic Pudding
3.5 oz., selected varieties



5.49

Grillo's Pickles
32 fl. oz., selected varieties

farmers market fresh



We don't compromise on fresh ingredients. Ever. When we say lemons, we mean real lemons. We bring a passion for fresh, mind-blowing flavor into everything we make.

3.99

Ithaca Hummus
10 oz., selected varieties



4/\$5

Chobani Greek Yogurt
5.3 oz., selected varieties

Delicious favorites are at the co-op.



3.79

Good Karma Flaxmilk
64 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

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

6.99

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



1.79

Alo Aloe Vera Juice Drink
16.9 fl. oz., selected varieties



4.99

Udi's Gluten Free Bread
12-14.3 oz., selected varieties



5.49

Hodo Vegan All-Day Egg Scramble
8 oz.



5.49

Applegate Uncured Sunday Bacon
8 oz.



4.99

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



7.99

Cascadian Farm Organic Powered by Plants Entrees
24 oz., selected varieties



2/\$8

Annie's Organic Pizza Poppers
6.8 oz., selected varieties



4.49

Quorn Meatless Nuggets or Patties
10.6 oz., selected varieties



2/\$10

Talenti Gelato or Sorbetto
1 pint, selected varieties

Find Inclusive Trade brands throughout the co-op.



Buy One, Get One
FREE

Califia Farms
Oatmilk
48 fl. oz., selected varieties



Buy One, Get One
FREE

Against The Grain
Pizza
14.3-24.4 oz., selected varieties
Limit 1 BOGO offer per customer



Buy One, Get One
FREE

Hiball Energy
Seltzer
16 fl. oz., selected varieties
Limit 4 BOGO offers per customer



Buy One, Get One
FREE

Aura Cacia
Mineral Bath
2.5 oz., selected varieties



Buy One, Get One
FREE

Tasty Bite
Indian Entrees
10 oz., selected varieties



Buy One, Get One
FREE

Nixie
Organic Sparkling Water
8 pk.-12 fl. oz. cans, selected varieties

The co-op has amazing buy one, get one free deals!

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



1.99

Bionaturae Organic Tomato Paste
7 oz., selected varieties



2.29

Bionaturae Organic Pasta
16 oz., selected varieties



2.79

Bionaturae Organic Strained Tomatoes
24 oz.



3.79

Bionaturae Organic Fruit Nectar
25.4 fl. oz., selected varieties



Bionaturae = quality + integrity



Pioneering organic products from Italy to the U.S.A. since 1995. **Bionaturae** works directly with a small network of farmers who practice fair, sustainable agricultural management. Bionaturae is one of the first pasta and tomato brands to be Glyphosate Residue Free Certified.



2/\$8

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



5.79

Sky Valley Sriracha Sauce
18.5 fl. oz.



4.99

Plant Boss Organic Meatless Crumbles
3.17-3.35 oz., selected varieties



original clean ramen

Expertly crafted from freshly milled, organically grown heirloom wheat. Koyo ramen noodles are baked, not fried, and they include a savory vegan broth.

5/\$5

Koyo Ramen
2-2.1 oz., selected varieties



3.49

Woodstock Organic Ketchup
19.5-20 oz., selected varieties



Ingredients for great meals are at the co-op.



2/\$6

Annie's
Organic Mac & Cheese
6 oz., selected varieties



4.29

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



7.99

Dr. Bronner's
Organic Whole Kernel
Virgin Coconut Oil
14 fl. oz., selected varieties



2/\$7

Equal Exchange
Organic Tea
20 ct., selected varieties



2.29

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



2/\$8

Pacific Foods
Plant-based
Beverage
32 fl. oz., selected
varieties

*sustainably sourced,
expertly roasted*

Equal Exchange is committed to sourcing from democratically organized small farmer cooperatives. Our coffee is thoughtfully sourced and organically grown with care for the surrounding ecosystem, supporting long-term partnerships that help keep small farming families thriving!



8.99

Equal Exchange
Organic Coffee
10-12 oz., selected varieties



2/\$4

Earth's Best
Organic Baby Food or
Yogurt Smoothie Pouch
3.5-4.2 oz., selected varieties

Find great deals throughout the co-op!



KIND snacks

2/\$3

Kind Bars
1.4 oz., selected varieties

2/\$8

Kind Healthy Grains Bars
5-1.2 oz., selected varieties

2/\$10

Kind Healthy Grains Granola & Clusters
11 oz., selected varieties

5.99

Kind Breakfast Bars
6-1.76 oz., selected varieties

Kind® offers the perfect tasty snacks for every occasion. Made with nutrient-dense ingredients like nuts and whole grains, with flavors that satisfy from the first bite to the last. Perfect for enjoying while on the go, at work or at home.



1.79

Essentia Ionized Water
50.7 fl. oz.



2/\$5

Lesser Evil Organic Popcorn
4.6 oz., selected varieties



7.99

Once Again Organic Sesame Tahini
16 oz., selected varieties



taste the magic

Dr. Bronner's Magic All-One Chocolate: Pairing world-class Swiss chocolatiers with fairly treated cocoa farmers practicing regenerative organic agriculture. All vegan, 70% cocoa, sweetened with coconut sugar and perfectly balanced!

2/\$7

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



2/\$7

Tony's Chocolonely Chocolate Bars
6.35 oz., selected varieties

The co-op has the brands you love.



3/\$5

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



2/\$5

Alter Eco
Organic Chocolate Bars
2.82 oz., selected varieties



4.29

Kettle Brand
Potato Chips
13 oz., selected varieties



2.79

Sesmark
Rice Crackers
3.2-7 oz., selected varieties



3.79

Hu Kitchen
Organic
Chocolate Bar
2.1 oz., selected varieties



3.99

Simple Mills
Almond Flour
Crackers
4.25 oz., selected varieties

*enhance
any moment*



2/\$4

San Pellegrino
Sparkling Mineral Water
25.3 fl. oz.

5.99

San Pellegrino
Sparkling Fruit Beverage
6-11.15 fl. oz. cans, selected varieties

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 enhances any moment.

Game-day goodies for everyone are at the co-op.



6.99

Schmidt's
Deodorant Stick
2.65 oz., selected varieties



support digestion and throat health

Take charge of your unique needs with Traditional Medicinals herbalist-created teas. Our medicinal-grade herbs can help you take care of your digestion and throat health this tea season.

4.49

Traditional Medicinals
Organic Herbal Tea
16 ct., selected varieties



13.49

Weleda
Skin Food
2.5-6.8 fl. oz., selected varieties



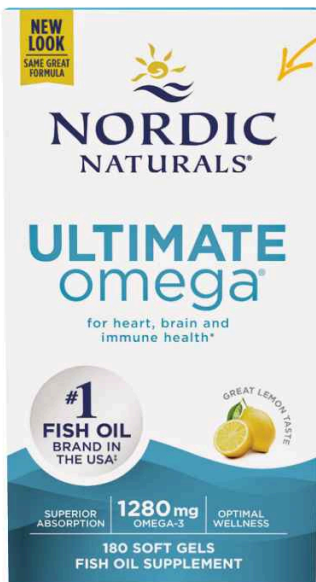
15.49

Kal
Magnesium
Glycinate 350
160 ct.



2/\$6

Badger
Lip Balm
.25 oz., selected varieties



the ultimate

As the #1 omega-3 fish oil brand in the U.S., Nordic Naturals sets the highest standards for fish oil manufacturing. The ultimate in omega-3 fish oil to support heart, brain and immune health.

48.99

Nordic Naturals
Ultimate Omega
180 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.



9.49

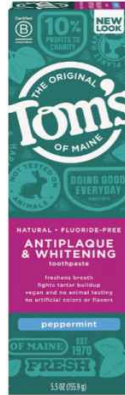
Alaffia
Everyday Shea Body Wash
32 fl. oz., selected varieties

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



3.89

Tom's Of Maine Children's Toothpaste
5.1 oz., selected varieties



5.49

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



choose us, give back

Tom's of Maine donates 10% of our profits each year to national and local charitable organizations promoting health, education and the environment. A portion of our giving is also made through limited product donations.



9.49

Alaffia Everyday Shea Shampoo or Conditioner
32 fl. oz., selected varieties



2/\$7

Ecos Liquid Dish Soap
25 fl. oz., selected varieties

let Alba be your Valentine



Show yourself and the planet some love with **Alba Botanica**. Our plant-based products align with our love of the natural world, which is why our products are 100% vegetarian, contain botanical ingredients and are cruelty free!

6.79

Alba Botanica Acnedote Face & Body Scrub
8 oz.

6.79

Alba Botanica Acnedote Pimple Patch
40 ct.

7.29

Alba Botanica Hawaiian Shampoo or Conditioner
12 fl. oz., selected varieties

11.99

Alba Botanica Very Emollient Body Lotion
32 fl. oz., selected varieties

Find all your bath and body items 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

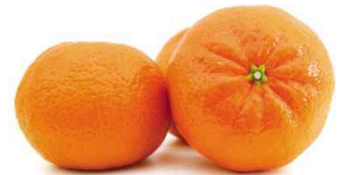
Phoenix Earth Food Co-op

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



2.79

Garden Of Eatin' Organic Refried Beans
16 oz., selected varieties



3.79

Garden Of Eatin' Taco Shells
5.5 oz., selected varieties



4.79

Garden Of Eatin' Tortilla Chips
16 oz., selected varieties



touchdown with Garden of Eatin'

Bring delicious crunch and color to your gameday celebration with Garden of Eatin' one-stop snack solutions.

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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