

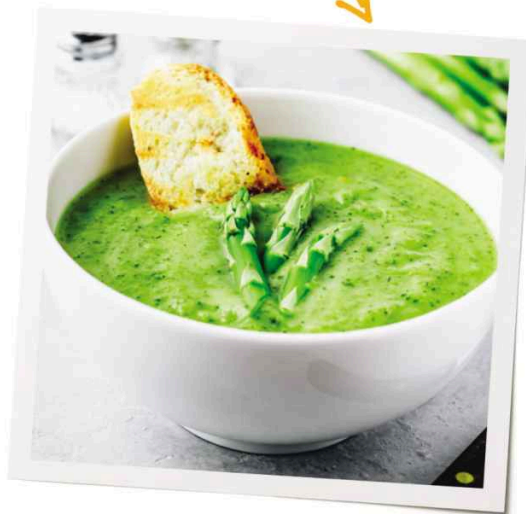
coop deals

APR 5 - APR 18, 2023

make it simmer

SOUP-ER DELICIOUS

Warm up with healthy soup and enjoy seasonal veggies like asparagus, a spring time favorite. Pacific Foods' organic and free-range chicken broth makes it easy to put together a scrumptious soup for a great meal.



2/\$8

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



2/\$5
Surf Sweets
Gummy Bears
2.75 oz.



3.99
Kerrygold
Irish Butter
8 oz., selected varieties



4.99
Applegate Naturals
Sunday Bacon
8 oz.



Find all your favorite ingredients.

Spring is here at the co-op.



4.49

Lightlife Organic Tempeh
6-7 oz., selected varieties



Earth Balance is for everyone

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



5.49

Earth Balance Buttery Spread or Sticks
13-16 oz., selected varieties



3.99

Califia Farms Almondmilk
48 fl. oz., selected varieties



4.79

Violife Cheese
7.05-8 oz., selected varieties



6.49

Wallaby Organic Greek Yogurt
32 oz., selected varieties



5.49

Bizzy Organic Cold Brew Coffee
48 fl. oz., selected varieties



build a better breakfast

At **Organic Valley**, our farmers hold themselves to a high standard of animal care. We give our animals lots of time outside on pasture to roam and graze because happy cows make better milk, and better milk makes for better breakfasts.



2.79

Organic Valley Milk
32 fl. oz., selected varieties



3.99

Organic Valley Large Free-range Brown Eggs
1 doz.



3.99

Organic Valley Sweet Cream or French Vanilla Creamer
25.4 fl. oz., selected varieties



4.49

Organic Valley Half & Half
32 fl. oz.

Delicious breakfast ingredients are at the co-op.

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



4.49

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

taste the cold-pressed difference



Experience the taste of real oranges from this cold-pressed, organic orange juice. Made with oranges that are picked and squeezed at their peak of sweet flavor. Packed with vitamin C.

7.99

**Evolution Fresh
Organic Fruit Juices**
59 fl. oz., selected varieties



2.19

**Noosa
Yoghurt**
8 oz., selected varieties



3.99

**Just
Egg Scramble**
12 fl. oz.



4.79

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



crafted with less

Siggi's plant-based coconut blend is dairy free with 10g of protein and a thick, creamy texture.

1.89

**Siggi's
Plant-based Yogurt**
5.3 oz., selected varieties



5.49 **Immaculate
Organic Cinnamon Rolls**
17.5 oz.



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

The co-op helps you start your day off right.



Vital Farms

Our mission is to bring ethical food to the table. We aim to improve the lives of people and animals and help the planet through food. Our eggs and butter from American family farms are delicious, ethical food you don't have to question.

2/\$7
 Vital Farms
 Unsalted or Salted
 Butter
 8 oz., selected varieties

5.99
 Vital Farms
 Pasture-raised Large
 Grade A Eggs
 1 doz.



3.99
 Sweet Earth
 Hickory & Sage
 Benevolent Bacon
 5.5 oz.



5.49
 Hodo
 All-Day Egg
 Scramble
 8 oz.



5.49
 Bitchin' Sauce
 Almond Dip
 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 recipes, from creamy dips and sauces to mouth-watering baked goods.

3.99

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



6.99

**Uncle Matt's Organics
 Organic Orange or Grapefruit Juice**
 52 fl. oz., selected varieties

Find the brands you trust at the co-op.



4.99

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



from our table to yours

At Amy's, each of our meals is made with love, care and craft in every step. That means always sourcing the best organic ingredients, making our meals from scratch and taking time to perfect our recipes to make sure each bite tastes delicious.

5.99

Amy's Frozen Meals
8.25-10 oz., selected varieties



2.49

Stahlbush Island Farms Frozen Vegetables
10 oz., selected varieties



2/\$5

Woodstock Organic Frozen Vegetables
10 oz., selected varieties



2/\$8

Cascadian Farm Organic Frozen Potatoes
12-16 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.



8.99

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



2/\$8

Oatly Frozen Dessert
1 pint, selected varieties



Great deals are at the co-op!

INCLUSIVE TRADE PARTNER

Otto's Naturals is a woman-owned company providing gluten- and grain-free alternatives for traditional foods. We've developed a superior cassava flour by working directly with a producer group in Brazil.



12.99 Otto's Naturals Cassava Flour
32 oz.



2/\$5 Muir Glen Organic Tomatoes
28 oz., selected varieties



3.49 Lakewood Organic Lemon or Lime Juice
12.5 fl. oz., selected varieties



2.29 Field Day Skipjack Tuna
5 oz., selected varieties



4.99 Pamela's Cornbread & Muffin Mix
12 oz.



5.79 Bragg Organic Apple Cider Vinegar
32 fl. oz.



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



7.99 Lucini Italia Organic Pasta Sauce
24-25.5 oz., selected varieties



freshness you can taste

Made from real, fresh ingredients that are locally sourced and easy to pronounce that deliver an unbeatable taste!

2/\$7

Imagine Organic Broth
32 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Bela Seafood is a veteran-owned company that has been sourcing tinned fish from Portugal for generations. Our products are packed by hand using traditional methods.



2.79 Bela Canned Sardines or Mackerel
4.25 oz., selected varieties

The co-op has brands the whole family loves.



4.29
Montebello
Organic Pasta
 16 oz., selected varieties

organic and delicious



At Amy's, each of our soups is made with love, care and craft in every step. That means always sourcing the best organic ingredients, making our soups from scratch and taking time to perfect our recipes to make sure each bite tastes delicious.

3.79
Amy's
Soup
 13.8-14.7 oz., selected varieties



2/\$5
Sustainable Seas
Tuna
 5 oz., selected varieties



6.99
Rao's Homemade
Pasta Sauce
 24 oz., selected varieties



10.99
Riojana
Organic Fair
Trade Extra Virgin
Olive Oil
 25.5 fl. oz.



an umami adventure

Savory broth paired with freshly milled, organically grown, heirloom-wheat, baked noodles — crafted with clean ingredients and ready in six minutes!

5/\$6

Koyo
Ramen
 2-2.1 oz., selected varieties



3.99
Mediterranean Organic
Olives
 8.1-8.5 oz., selected varieties

The co-op has easy family meal solutions.



4.79

**Bonne Maman
Jelly, Preserves or
Marmalade**
13 oz., selected varieties



4.99

**Santa Cruz
Organic
Peanut Butter**
16 oz., selected varieties



partners in cooking

Spectrum Culinary™ is crafted to have exceptional taste and incomparable quality that will enhance your dishes by using the finest ingredients sourced from all over the world.

11.99

**Spectrum
Organic Canola or Sunflower Oil**
32 fl. oz., selected varieties



Can't decide what to make?

Visit grocery.coop for recipe ideas.

perfect sugar replacement



Zero-sugar, zero-calorie, all-natural sweetener. The perfect sugar replacement to sweeten your favorite beverage or baking needs! Keto and diabetic friendly, non-GMO and gluten free!

5.99

**Sweetleaf
Stevia Sweetener Shaker
or Drops**
2-4 oz., selected varieties



5.39

**Earth Balance
Peanut Butter
Spread**
16 oz., selected varieties



23.99

**Coombs Family
Farms
Organic Grade A
Dark Maple Syrup**
32 fl. oz.

Find great recipe ingredients at the co-op.

Supporting the iBioRevolution! Project

For every pound of iBioRevolution! Organic Coffee you purchase, 50 cents goes to innovative agriculture projects. Our goal is to raise up to \$25,000 annually. The first funded project will be scholarships to La Fortaleza, a farmer-led, grassroots biodynamic teaching farm in Honduras.



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



4.49
Equal Exchange Organic Chocolate Chips
10 oz., selected varieties



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



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



baking is better with Bob's

Bob's Red Mill Almond Flour is ideal for gluten-free and grain-free baking or as a breading for vegetables and proteins. Paleo friendly and Non-GMO Project verified.

8.49

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



2.79
Let's Do Organic Shredded Coconut or Coconut Flakes
7-8.8 oz., selected varieties



14.99
Simply Organic Vanilla Extract
4 fl. oz.

scoop up the savings in bulk!



1.59
Organic Sugar
per pound in bulk



6.49
Organic Walnut Halves & Pieces
per pound in bulk



10.99
Organic Pecan Halves
per pound in bulk

The co-op has organic, fair trade bulk items.



4.49

Field Day
Organic Golden Round
Crackers
8 oz.



2/\$4

Essentia
Ionized Water
50.7 fl. oz.



2/\$6

Terra
Vegetable Chips
5-6 oz., selected varieties



2/\$6

Que Pasa
Organic Tortilla
Chips
10-11 oz., selected
varieties



3.79

Late July
Organic Tortilla
Chips
7.5-7.8 oz., selected
varieties



3.99

Quinn
Pretzel Nuggets
5-7 oz., selected varieties



4.29

Vita Coco
Coconut Water
33.8 fl. oz., selected
varieties



*the cleanest,
greenest chocolate*

This Earth Month, indulge in better-for-you, better-for-the-planet chocolate. Alter Eco makes organic, fair trade, gluten-free chocolate that restores forests rather than depletes.

2/\$5

Alter Eco
Organic Chocolate Bars
2.65-2.82 oz., selected varieties



Hit the trails with snacks from the co-op.

*deliciously crafted,
regeneratively grown*

Delicious is only the beginning. We use organic and regenerative farming practices to build soil health, support biodiversity and increase carbon capture so we can nourish people AND the planet for generations to come.



2/\$7
Lundberg Family Farms
Organic Rice Chips
6 oz., selected varieties



3.79
Lundberg Family Farms
Organic Rice Cakes
5-11 oz., selected varieties



8.49
Lundberg Family Farms
Organic Rice
32 oz., selected varieties



2.29
The Ginger People
Ginger Chews
3 oz., selected varieties



2/\$6
Angie's
Boomchickapop
Popcorn
4.4-7 oz., selected
varieties



2/\$6
Boulder Canyon
Potato Chips
5-6.5 oz., selected
varieties



get back to human

We obsessively vet every ingredient to unite unbeatable taste with unmatched simplicity. We go beyond what is easy and expected to ensure that our products and practices are ethical and put both humanity and the human body first.

2/\$7

Hu
Organic Chocolate Bars
2.1 oz., selected varieties



2/\$4
Proud Source
Natural or Sparkling
Spring Water
25.3 fl.oz., selected
varieties

Delicious snacks are on sale at the co-op.



4.79

Kashi Cereal
9.5-16.3 oz., selected varieties

thrive on your wellness journey



INCLUSIVE TRADE PARTNER

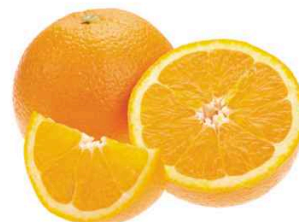
Purely Elizabeth is a woman-owned company that wants people to thrive on their wellness journey by creating foods to obsess over. We create gluten-free granola in ancient grain and grain-free varieties to make eating well effortless.

5.49

Purely Elizabeth Granola
8-12 oz., selected varieties



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



the ultimate energy bar

Baked with delicious, wholesome ingredients and purposefully crafted with a blend of protein, fat and carbs to keep you moving.

2/\$3

Clif or Luna Bars
1.69-2.4 oz., selected varieties



2/\$4

Rxbar Protein Bars
1.83-1.9 oz., selected varieties

Fuel up with on-the-go snacks from the co-op.



38.49
 Vital Proteins
 Unflavored Collagen
 Peptides
 20 oz.



7.29
 Xlear
 Nasal Spray
 1.5 fl. oz.



8.99
 Similasan
 Allergy Eye Relief Drops
 .33 fl. oz., selected
 varieties



17.99
 Flora
 Super 8 Hi-Potency
 Probiotic
 30 ct.



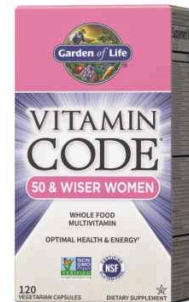
Spring into health and wellness.
Stay well this season.



19.99
 Barlean's
 Organic Flax Oil
 16 fl. oz., selected
 varieties



23.49
 Whole Earth & Sea
 Men or Women's
 Multivitamin &
 Mineral
 60 ct., selected varieties



28.99
 Four Sigmatic
 Organic Protein
 Powder
 16.9-21.16 oz., selected
 varieties



48.99
 Nordic Naturals
 Lemon Ultimate
 Omega
 180 ct.

33.99
 Garden of Life
 Vitamin Code Whole Food
 Multivitamin
 120 ct., selected varieties

The co-op has supplements for home or travel.

9.49

Alba Botanica Mineral Sunscreen
3 fl. oz., selected varieties



1.69

Sappo Hill Glycerine Creme Soap
1 each, selected varieties

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 provide their skills and knowledge to the rest of the world.



9.49

Alaffia Everyday Shea & Coconut Body Lotion
32 fl. oz., selected varieties



2.29

Preserve Kids Toothbrush
1 each



3.19

Dr. Tung's Smart Floss
30 yd.



7.49

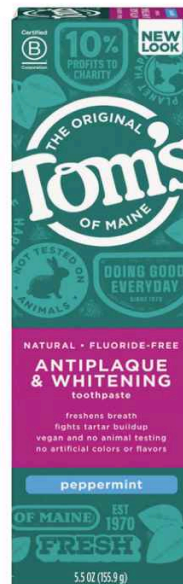
Hibar Shampoo or Conditioner Bar
3.2 oz., selected varieties

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.

5.99

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



2/\$13

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

Earth-friendly products are at the co-op.

safer and sustainable

INCLUSIVE TRADE PARTNER

ECOS is a Black and woman-owned company that believes everyone has a right to a healthy home. For more than 50 years, we've innovated new ways to live cleaner, creating cleaning products for all that protect the health and wellness of people, pets and the planet.



3.29

Ecos Dishmate
25 fl. oz., selected varieties



3.49

Ecos Jet Rinse Aid
8 fl. oz.



13.99

Ecos Free & Clear Laundry Detergent
100 fl. oz.



Co-ops are committed to diverse and inclusive communities.
Shop for Inclusive Trade brands.

100% recycled

Bath tissue is one of life's little necessities. Ours helps you consider your impact on the environment. Whitened without chemicals containing chlorine, and made from 100% recycled paper.

3.79

Seventh Generation
100% Recycled Bathroom Tissue
4 pk.



The co-op has safe, sustainable brands.

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
- Wheatfield 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

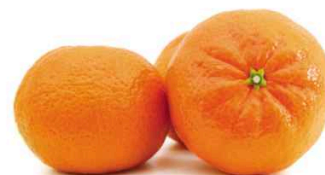
- Phoenix Earth Food Co-op

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

bake cookies, not the planet

Sustainable, nonstick If You Care Parchment Paper protects your home AND the planet. Natural, non-toxic, certified compostable and value priced in economical rolls.



4.79

**If You Care
Parchment Baking Paper**
70 sq. ft.



3.99

**Wholesome
Organic Powdered
Sugar**
16 oz.



6.79

**Lily's
Baking Chips**
9 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.

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