

# coop deals

APR 19 - MAY 2, 2023

## shine more

Made with high-quality ingredients like avocado and olive oil. Treat your hair with Giovanni's shampoo and conditioner — buy one, get one free at the co-op!



Buy One, Get One

# FREE

Giovanni  
2chic Shampoo or  
Conditioner

8.5 fl. oz., selected varieties



## 2.29

C2O  
Coconut Water  
17.5 fl. oz., selected  
varieties



## 3/\$5

Kind  
Bars  
1.4 oz., selected varieties



## 2/\$6

Tasty Bite  
Organic Entrees  
8.8-10 oz., selected  
varieties



## 2.99

Fage  
Greek Strained  
Yogurt  
16 oz., selected varieties



## 3.79

Good Karma  
Flaxmilk  
64 fl. oz., selected  
varieties



## 12.99

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



Buy One, Get One

# FREE

more offers inside!





**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**

The Humble Co.  
Floss Picks  
50 ct.



**Buy One, Get One  
FREE**

Om  
Organic Mushroom Powder  
3.17-3.5 oz., selected varieties



**Buy One, Get One  
FREE**

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



**Buy One, Get One  
FREE**

Bach  
Rescue Remedy Pastilles  
35 ct., selected varieties



**Buy One, Get One  
FREE**

Ancient Nutrition  
Collagen Protein Powder  
16 oz.

**Buy one, get one FREE items on sale at the co-op.**

*love our mother*



EARTH DAY, EVERY DAY! The main ingredients in our soaps are grown in the earth and tended by farmers practicing regenerative organic agriculture. This builds rich soil, sequesters carbon, retains water and protects biodiversity — helping to mitigate catastrophic climate change on Spaceship Earth. All-One!

**10.99**

Dr. Bronner's  
Pure Castile Liquid Soap  
32 fl. oz., selected varieties



**29.99**

Gaia Herbs  
Turmeric  
Supreme Extra  
Strength  
120 ct.



**16.79**

Smarty pants  
Organic Kid's  
Complete  
Multivitamin  
120 ct.



**10.49**

Sukin  
Rosehip  
Hydrating Day  
Cream  
4.06 fl. oz.



*superior science,  
smarter formulas*

Saccharomyces Boulardii: one of the best substantiated probiotics, from the probiotic pioneer you can trust. Science first, so you can feel good in your own body.

**25.49**

Jarrow Formulas  
Saccharomyces Boulardii  
Plus MOS  
90 ct.



**18.49**

Megafood  
Turmeric Strength  
60 ct.

**Celebrate Earth Day every day at the co-op.**



**4.49**  
Organic Valley  
Shredded  
Parmesan  
Cheese  
4 oz.



**4.99**  
Organic Valley  
Cheese  
8 oz., selected varieties



**4.99**  
Organic Valley  
Sliced Cheese  
6-8 oz.,  
selected varieties



**5.79**  
Organic Valley  
Stringles  
Mozzarella  
Cheese Sticks  
8 oz.

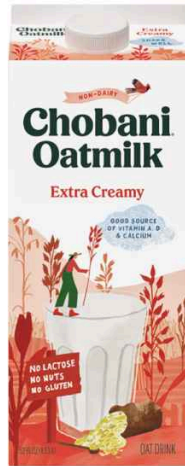


←  
*pasture-raised  
perfection*

From Italian provolone to Greek feta and everything else between, we combine time-honored recipes with pasture-raised milk to make what we believe is the tastiest cheese in the country.



**2/\$7**  
Siggis  
Drinkable Yogurt  
32 fl. oz., selected  
varieties



**2/\$9**  
Chobani  
Oatmilk  
52 fl. oz., selected  
varieties

**INCLUSIVE TRADE PARTNER**

GT's is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.



**7.49**  
GT's  
Organic Kombucha  
48 fl. oz., selected varieties



**3.79**  
Silk  
Almondmilk  
64 fl. oz., selected  
varieties



**5.39**  
Bellwether Farms  
Plain Sheep Milk  
Yogurt  
16 oz.



**2/\$4**  
Forage Kombucha  
Organic  
Kombucha  
12 fl. oz., selected  
varieties



**5.99**  
Organic Valley  
Uncured  
Pepperoni Slices  
5 oz.



**Visit [grocery.coop](https://grocery.coop) for healthy breakfast recipes.**



**3.99**

**Daiya**  
Slices & Blocks  
7.1-7.8 oz., selected varieties



**4.49**

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



**1.79**

**Olipop**  
Sparkling Tonic  
12 fl. oz., selected varieties



**2/\$5**

**Petit Pot**  
Organic Pudding  
3.5 oz., selected varieties



**3.29**

**Goodbelly**  
Organic Probiotic  
Drinks  
32 fl. oz., selected varieties



**2/\$8**

**Rebbl**  
Organic Elixir  
12 fl. oz., selected varieties



**2.79**

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



**3.79**

**Freshe**  
Salmon or Tuna  
Entree  
4.25 oz., selected varieties



**4.29**

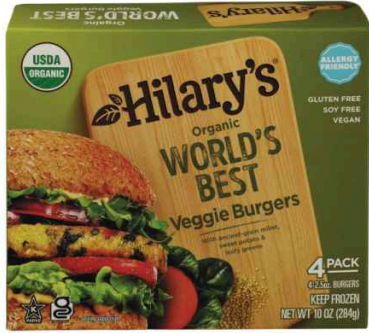
**Stonyfield Organic**  
Kids Yogurt Tubes  
16 oz., selected varieties



**5.29**

**So Delicious**  
Organic  
Coconutmilk  
Yogurt  
24 oz., selected varieties

**Breakfast staples are on sale at the co-op.**



**3.99**

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



**2/\$8**

**Cascadian Farm Organic  
Frozen Fruit**  
8-10 oz., selected varieties



**5.49**

**Cosmic Bliss  
Organic Frozen Dessert**  
14 fl. oz., selected varieties



**2/\$6**

**Nature's Path  
Organic  
Waffles**  
7.4 oz., selected varieties



**5.49**

**Sambazon  
Organic Frozen  
Acai**  
7.6-15.5 oz., selected varieties



**8.99**

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

*fresh taste, freezer convenience*

Serve up easy, gourmet meals in minutes. Woodstock's organic dinners begin with robust recipes for the perfect harmony of flavor, aroma and texture in every bite.

**7.49**

**Woodstock  
Organic Filled Pasta**  
20 oz., selected varieties



**4.99**

**Talenti  
Gelato**  
16 oz., selected varieties

**Delicious food for indoor or outdoor meals.**



**2/\$4**  
 Mike's Mighty Good  
 Ramen Soup  
 Cups  
 1.6-2.4 oz., selected  
 varieties



**2/\$4**  
 Dr. McDougall's  
 Soup or Noodle  
 Cups  
 1.3-3.4 oz., selected  
 varieties



**2/\$6**  
 Rummo  
 Pasta  
 16 oz., selected varieties



**3.49**  
 Jovial  
 Organic Brown  
 Rice Pasta  
 12 oz., selected varieties



**3.99**  
 Pacific Foods  
 Organic Soup  
 32 fl. oz., selected  
 varieties



**3.99**  
 Daiya  
 Deluxe Mac &  
 Cheese  
 10.6-10.9 oz., selected  
 varieties



**2/\$5**  
 Natural Sea  
 Yellowfin Tuna  
 5 oz., selected varieties



**5.99**  
 Emerald Cove  
 Organic Nori  
 .9 oz., selected varieties



**6.99**  
 Primal Kitchen  
 Pasta Sauce  
 15-24 oz., selected  
 varieties



*organic and flavor packed*

This real cheese and organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all. Enjoy our organic mac as is or add yummy toppings (like sausage and peas!) for a delicious mix-in masterpiece.

**2/\$6**

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



**2/\$5**

Westbrae  
 Organic Beans  
 15 oz., selected varieties

**Find your favorite products at the co-op.**



*breakfast is better with Bob's*

Old Country Style Muesli is made from simple ingredients, including whole grains, nutritious nuts and seeds, and delicious dried fruit. Enjoy hot or cold!



**4.29**

**Bob's Red Mill**  
**Old Country Style Muesli**  
18 oz.



**2.29**

**Mori-Nu**  
**Silken Tofu**  
12-12.3 oz., selected varieties



**2/\$7**

**Nature's Path**  
**Organic Toaster Pastries**  
11 oz., selected varieties



**4.99**

**Sky Valley**  
**Sriracha Sauce**  
18.5 oz.



**2/\$7**

**R.W. Knudsen**  
**Organic Very Veggie Juice**  
32 fl. 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 immunity and throat health this tea season.

**4.49**

**Traditional Medicinals**  
**Organic Herbal Tea**  
16 ct., selected varieties



**7.49**

**Navitas Organics**  
**Cacao Powder or Nibs**  
8 oz., selected varieties



**23.99**

**Amazing Grass**  
**Greens Blend**  
7.4-8.5 oz., selected varieties

**The co-op has healthy options for everyone.**





**3.29**

**Kettle Brand  
Potato Chips**  
4.25-5 oz., selected varieties



**2/\$5**

**Epic  
Bars**  
1.3-1.5 oz., selected varieties



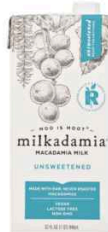
**2/\$3**

**Epic  
Meat Strips**  
.8 oz., selected varieties



**2/\$7**

**Barnana  
Organic Plantain  
Chips**  
5 oz., selected varieties



**2/\$8**

**Milkadamia  
Macadamia Milk**  
32 fl. oz., selected  
varieties



**4.29**

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



*food with purpose*

PROBAR® creates delicious, convenient, healthy, plant-based food products. We strive to become the leading provider of REAL FOOD choices, always maintaining our commitment to quality, sustainability and fantastic taste.

**2/\$4**

**Probar  
Meal Bar**  
3 oz., selected varieties



**5.49**

**MaraNatha  
Organic Peanut Butter**  
16 oz., selected varieties

**Fuel up for active spring days at the co-op.**



**2/\$7**

Annie's Homegrown Organic Fruit Snacks  
4 oz., selected varieties



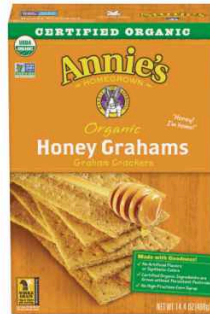
**2/\$7**

Annie's Homegrown Organic Cheddar Cheesy Puffs  
4 oz.



**2/\$7**

Annie's Homegrown Organic Bunny Grahams or Crackers  
7-7.5 oz., selected varieties



**4.49**

Annie's Homegrown Organic Graham Crackers  
14.4 oz., selected varieties



*organic snacks for everybunny*

Let our bunny-shaped treats make snack time extra fun (and our organic ingredients make your day a little more joyful, too!)



**2/\$7**

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



**4.79**

Newman's Own Cookies  
13 oz., selected varieties



**2/\$10**

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



**4.49**

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

*scoop up the savings in bulk!*



**2.39**

Organic White Quinoa  
per pound in bulk



**9.49**

Organic Almonds  
per pound in bulk



**9.99**

Organic Dried Mangos  
per pound in bulk, selected varieties

**The co-op has on-the-go snack options.**

*clean with purpose*

At **Seventh Generation**, we're on a mission to make the world a healthier, more equitable place for future generations, which is why we constantly innovate to make our products and packaging better for people and planet.



**2/\$7**

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



**6.49**

**Seventh Generation Fabric Softener Sheets**  
80 ct., selected varieties

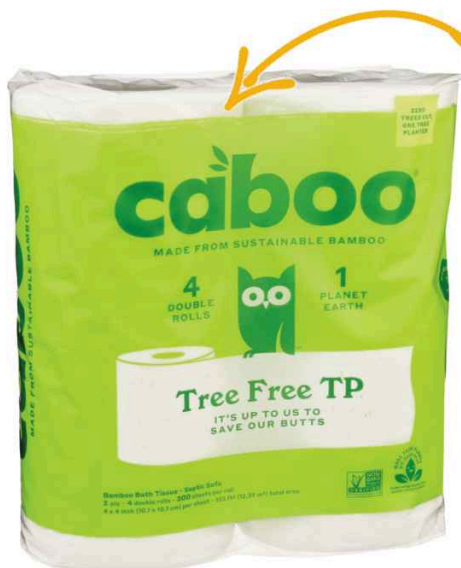


**12.99**

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



Make your home look and feel fresh.  
**The co-op has the supplies you need.**



*free the trees*

Caboo is committed to saving America's National Forests, not chopping them down to make toilet paper. Our tree-free products are made from bamboo, not trees. Free the trees with Caboo.

**3.99**

**Caboo Bamboo Toilet Paper**  
4 pk.



**7.49**

**Biokleen Bac-Out Stain & Odor Remover**  
32 fl. oz.



**Swing into spring cleaning 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

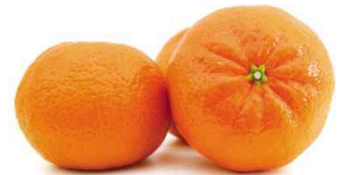
Phoenix Earth Food Co-op

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

## make mornings easy

### FUEL UP

Your days may be busy, but your breakfast choices can be easy. Stay on top of your schedule while choosing nutritious meal options from the co-op, for sustained energy throughout the day. Find great recipe ideas at [grocery.coop](http://grocery.coop).



**2.89**  
Orgain  
Organic  
Nutritional Shake  
11 fl. oz., selected varieties



**4.99**  
Kind  
Healthy Grain  
Clusters  
11 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.

MW0423B

