

coop deals

OCT 18 - OCT 31, 2023

gather everyone

With cooler days ahead, heat the oven and bake a delicious Daiya pizza for the family. Daiya's gluten-free and dairy-free pizzas are delicious for everyone.



Buy One, Get One

FREE

Daiya
Pizza

12.7-19.4 oz., selected varieties



Buy One, Get One

FREE

Yachak Organic
Yerba Mate

16 fl. oz., selected varieties



Buy One, Get One

FREE

Bionaturae
Organic Tomato Paste

7 oz.



Buy One, Get One

FREE

Unreal
Chocolate Bars,
Cups or Gems

3.2-5 oz., selected varieties

**BO
GO**

Buy One, Get One

FREE

special offers inside!

**BO
GO**



**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**

Food For Life
Sprouted or Golden
Flax Cereal
16 oz., selected varieties



**Buy One, Get One
FREE**

Beyond Meat
Breakfast Sausage
7.4 oz., selected varieties



**Buy One, Get One
FREE**

Against the Grain
Bread & Rolls
12.5-15 oz., selected varieties



**Buy One, Get One
FREE**

Frontera
Cooking Sauce
6-8 oz., selected varieties



**Buy One, Get One
FREE**

Ancient Nutrition
Probiotics
30 ct., selected varieties

Spooktacular BOGO deals are at the co-op!



4.29

Woodstock
Organic Frozen Fruit
10 oz., selected varieties



4.99

Talenti
Gelato or Sorbetto
1 pt., selected varieties

INCLUSIVE TRADE PARTNER

Tucson Tamale started with a large Mexican-American family tradition that has turned into award-winning tamales.



5.49

Tucson Tamale
Tamales
10-11 oz., selected varieties



2/\$6

Cascadian Farm Organic
Frozen Vegetables
10 oz., selected varieties



4.99

Deep Indian Kitchen
Entree
7-12 oz., selected varieties



4.99

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



3.99

Deep Indian Kitchen
Naan
8 oz., selected varieties



3.99

Deep Indian Kitchen
Naan Pizza
7.4-9 oz., selected varieties

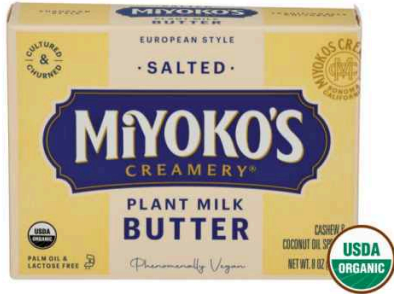
experience India

INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is an Indian-owned company. We want to share the best of Indian culture through great-tasting Indian food! All our items are family recipes, made from scratch. We grind our own spices and cook in small batches for authentic flavors that can't be beat!



The co-op has ingredients for the meals you love.



4.79

Miyoko's Creamery
Organic Plant Milk
Butter
8 oz., selected varieties



2.19

Redwood Hill Farm
Goat Milk Yogurt
6 oz., selected varieties



4.99

Field Roast
Plant-based Sausages
9.3-12.95 oz., selected varieties



2/\$5

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



3.49

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



2/\$7

Planet Oat
Oatmilk
52 fl. oz., selected
varieties

organic and delicious sour cream



3.99

COOPERATIVELY OWNED

Organic Valley is the largest farmer-owned organic cooperative in the U.S. We were founded in 1988 to sustain family farms through organic farming. Made with organic milk from cows pasture raised on our small organic family farms, our fresh and creamy sour cream has a tangy flavor to liven your next dish.

Organic Valley
Sour Cream
16 oz., selected varieties



4.49

Ripple
Plant-based Milk
48 fl. oz., selected varieties

The co-op has dairy and dairy-free options.

INCLUSIVE TRADE PARTNER

Three Trees is a diverse-owned company with a passion for creating nutritious, plant-based beverages using the wonders of the forest to provide clean ingredients.

5.99

Three Trees Organic Almond or Nutmilk
28 fl. oz., selected varieties



3.49

Kalona Supernatural Organic French Onion Dip
12 oz.



1.69

So Delicious Coconutmilk Yogurt
5.3 oz., selected varieties



2/\$4

Cocojune Organic Cultured Coconut
4 oz., selected varieties



2/\$5

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



2/\$7

Hope Foods Organic Hummus & Dips
8 oz., selected varieties



5.99

Fage Greek Yogurt
32 oz., selected varieties

crafted with less

Siggi's skyr is made with simple ingredients and not a lot of sugar. Deliciously satisfying, Siggi's makes the perfect breakfast or snack option.



4/\$5

Siggi's Skyr Yogurt
4.4-5.3 oz., selected varieties



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

3/\$10

Find the perfect smoothie ingredients at the co-op.

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



2.69
everyday low price
Field Day Organic Chicken Broth
 32 fl. oz., selected varieties



Mexican-American favorites

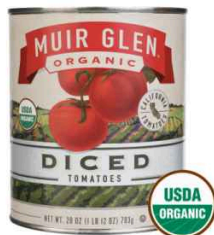


INCLUSIVE TRADE PARTNER

Siete is a Mexican-American brand, rooted in family, that creates delicious products made with better-for-you ingredients. Try Siete Vegan Refried Pinto Beans and Mild Taco Seasoning today!

2/\$5

Siete Taco Seasoning or Refried Beans
 1.29-1.38 oz. and 15.5-16 oz., selected varieties



2/\$6
Muir Glen Organic Tomatoes
 28 oz., selected varieties



2/\$7
Lotus Foods Organic Rice Noodles
 8 oz., selected varieties



5.99
Sir Kensington's Mayonnaise
 12 fl. oz., selected varieties



21.99
Lucini Italia Organic Premium Select Extra Virgin Olive Oil
 16.9 fl. oz.



great taste, gluten free

Udi's is committed to making delicious food that just happens to be gluten free. You shouldn't have to compromise on taste, so we offer full-flavor alternatives to support the lifestyle you choose!

4.79

Udi's Gluten Free Bread, Buns, and Bagels
 8.4-14.3 oz., selected varieties



2/\$7

Imagine Organic Broth
 32 fl. oz., selected varieties



Ingredients for easy meals are at the co-op.

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



2/\$3
Epic
Snack Strips
.8 oz.,
selected varieties



2/\$5
Epic
Bars
1.3-1.5 oz.,
selected varieties



2/\$6
Epic
Pork Rinds
2.5 oz.,
selected varieties



5.49
Epic
Bone Broth
14 fl. oz., selected varieties



live Epic, eat Epic

Epic makes flavor-forward meat snacks for the mindful consumer. We're everything to love about a savory snack with carb-conscious, grass-fed and keto-friendly options and a dedication to land and animal well-being.



2/\$5
So Delicious
Organic
Coconutmilk
32 fl. oz., selected
varieties



2.79
everyday low price
Field Day
Unsweetened
Coconut Milk
13.5 fl. oz., selected
varieties



2/\$5
Westbrae
Organic Beans
15 oz., selected varieties



2/\$7 Ancient Harvest
Organic Quinoa Pasta
8-9.6 oz., selected varieties



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



2/\$7
Tasty Bite
Indian Entrees
10 oz., selected varieties



13.99
Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 fl. oz.

The co-op has the brands you love.

*quality,
organic herbs*

Organic India herbs are sourced through fair and direct trade, benefiting both farmer and consumer. Every product is an extension of the meaningful work taking place on each farm, offering the consumer the opportunity to add purpose to their purchase.



2/\$7
Organic India
Tulsi Tea
18 ct., selected varieties



13.79
Organic India
Triphala
90 ct.



14.49
Organic India
Psyllium Pre &
Probiotic Fiber
10 oz., selected varieties

made with whole superfoods



Superfood Slam is a nutritional powerhouse that leaves you feeling energized by natural ingredients. It's the perfect meal replacement option for days on the go.

2.29
Probar
Meal Bars
3 oz., selected varieties



5.99
Vermont Village
Organic
Applesauce
24 oz., selected varieties



5.49
Numi
Organic Tea
18 ct., selected varieties

scoop up the savings in bulk!



1.79
Organic
Steel Cut Oats
per pound in bulk



5.49
Organic Pumpkin
Seeds
per pound in bulk



7.99
Organic
Almonds
per pound in bulk



Save by shopping in bulk at the co-op.

building a cooperative community



4.99

Equal Exchange Organic Chocolate Chips
10 oz., selected varieties

2/\$6

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

9.99

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

2/\$7

Equal Exchange Organic Tea
20 ct., selected varieties

COOPERATIVELY OWNED

Directly from farmer cooperatives, to the Equal Exchange worker-owned cooperative, to your local consumer cooperative! Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound. Support our beautiful cooperative supply chain this Co-op Month!



We support cooperatively owned businesses.

October is co-op month.

Co-ops Build Community

SUPPORT COOPERATIVELY OWNED BUSINESSES

Co-ops are a powerful way to build food security, community resilience and economic empowerment. As a co-op, we love supporting other cooperatively owned enterprises — it's one of our cooperative principles! Look for the Co-op Trade mark to find brands cooperatively owned by their workers, farmers or community.



Photo Credit: Equal Exchange

Look for cooperatively owned brands at the co-op.

fall comfort food



SWEET AND CRUNCHY

Fall is a fantastic time to try a new recipe with apples. Sure to delight people of all ages, these peanut butter candy apples are delicious and fun to make.

Peanut Butter Candy Apples

Makes 4. Prep time: 2 hours 30 minutes total; 30 minutes active

4 large Honeycrisp, Gala or other sweet apples
Popsicle sticks
14 ounces sweetened condensed milk
1 cup smooth peanut butter, unsweetened
1 teaspoon vanilla
1 cup chopped peanuts or mini chocolate chips

1. Wash and dry the apples and insert a stick into the core of each.
2. Line a plate with waxed paper and place the peanuts or chocolate chips on a plate.
3. In a small pot, combine the condensed milk, peanut butter and vanilla and mix with a wooden spoon. Place over medium heat and cook, stirring until the mixture is thick and pulling away from the sides of the pot, about 5 minutes.
4. Take off the heat and use a half cup measure to scoop up the peanut butter mixture. Let cool before handling. Place into your palm and press an apple into it. Mold the mixture around the apple, covering it evenly. Roll in the nuts or chips, then place on the waxed paper. Continue with remaining apples.
5. Refrigerate until the coating is cold and firm, about 2 hours.
6. Serve cold.

Find more delicious recipes at [grocery.coop](https://www.grocery.coop)

meals with more yum

Let **Annie's** bunnies help you make meals with more yum. With staples like mac & cheese and bunny-shaped snacks, Annie's turns mealtime into yumtime while appeasing everyone's taste buds.



2/\$7

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

4/\$6

Annie's Shells & White Cheddar Macaroni & Cheese
6 oz.

4.29

Annie's Organic Snacks
8-11.25 oz., selected varieties

2/\$9

Annie's Organic Fruit Snacks
7 oz., selected varieties



4/\$6

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



2.29

San Pellegrino Sparkling Mineral Water
25.3-33.8 fl. oz., selected varieties



2/\$5

Surf Sweets Gummy Bears
2.75 oz., selected varieties

regenerative organic certified® chocolate



Dr. Bronner's Salted Dark — the world's first Regenerative Organic Certified chocolate! Pairing world-class Swiss chocolatiers with fairy-treated cocoa farmers practicing regenerative organic agriculture. Vegan, 70% cocoa and perfectly balanced.

2/\$7

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

COOPERATIVELY OWNED



20.99

Maple Valley Organic Dark & Robust Maple Syrup
32 fl. oz., selected varieties



2/\$7

R.W. Knudsen Organic Apple Juice or Cider
32 fl. oz., selected varieties

Find the items you love at the co-op.



2/\$5
 Garden of Eatin'
 Tortilla Chips
 5.5 oz., selected varieties



2/\$4
 Endangered
 Species
 Chocolate Bars
 3 oz., selected varieties



2/\$6
 Lesser Evil
 Organic Popcorn
 2.5-6.4 oz., selected varieties



2/\$4
 Harvest Snaps
 Snapea Crisps
 2-4 oz., selected varieties



4.99
 Pamela's
 Graham Crackers
 6.25-7.5 oz., selected
 varieties



2/\$9
 Nixie
 Organic Sparkling
 Water
 8 pk.-12 fl. oz. cans,
 selected varieties



5.99
 Izze
 Sparkling Juice
 Drink
 4 pk.- 12 fl. oz. bottles,
 selected varieties

ingredients you can see and pronounce



Kind Healthy Grains Peanut Butter Dark Chocolate bars are gluten-free bars that combine 100% whole grains with peanut butter and delicious dark chocolate chunks. These snack bars combine five super grains: oats, millet, buckwheat, amaranth and quinoa.



2/\$8

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

The co-op has all your favorite snacks.

vitamin gummies for everyone



Garden of Life offers delicious gummy supplements with targeted ingredients for women, men and kids, as well as yummy elderberry gummies to support immune system health. Convenient, clean, delicious and oh, so good for overall health.

25.49

Garden of Life
Mykind Organics
Gummies
120 ct., selected varieties



4.99

Now
Vitamin D-3
120-180 ct., selected varieties



14.99

Wishgarden Herbs
Kick-Ass Immune
Activator
2 fl. oz., selected varieties



21.99

Jarrow Formulas
Jarro-Dophilus EPS
Probiotic
60 ct.



boost your immune health

QUALITY PRODUCTS FOR THE WHOLE FAMILY

Shop the co-op for food and supplements that boost your immune system. With more time spent inside this time of year, it's important to get plenty of rest, eat well and balance your family's busy lives. The co-op has plenty of options to support your wellness initiatives.

Find all your supplements at the co-op.



power your greatness

Eight essential B vitamins to support energy, nervous system and a healthy sugar metabolism. Certified gluten free and vegan.

18.99

Country Life
Coenzyme B-Complex
120 ct., selected varieties



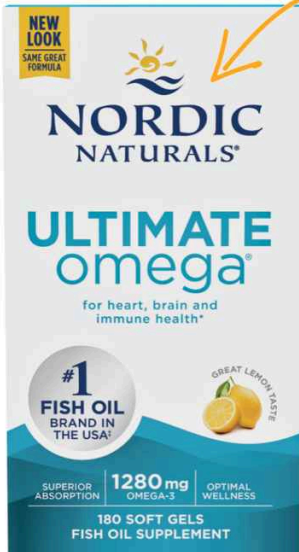
2.29 Quantum
Zinc Elderberry
Raspberry Lozenges
14 ct.



2.99
Orgain
Organic
Nutritional Shake
11 fl. oz., selected
varieties



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



America's #1 fish oil

Nordic Naturals Ultimate Omega provides 1280 mg omega-3s to support whole-body health and wellness. Fresh, pure and potent, this best-selling fish oil is recommended by doctors worldwide.

48.99

Nordic Naturals
Ultimate Omega
180 ct.



20.49
Floradix
Iron + Herbs
8.5 fl. oz.



3.99
Bio-K Plus
Drinkable
Probiotic
3.5 fl. oz., selected
varieties

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



4.79
Herban Cowboy
Dusk Milled Soap
5 oz.



plant power

Treat those pearly whites right with the potent power of plants. Non-GMO certified and free of fluoride.

4.29

Desert Essence
Tea Tree Oil Toothpaste
6.25 oz.

COOPERATIVELY OWNED



7.79
Aura Cacia
Essential Oil
.5 fl. oz., selected varieties



Clean ingredients for a healthy body and mind.

Feel your best.



9.99
Andalou Naturals
1000 Roses
Gentle Cleansing
Foam
5.5 fl. oz.



5.49
Tom's of Maine
Deodorant
2.25 oz., selected varieties

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 created products that protect the health and wellness of people, pets and the planet.

12.99
Ecos
Laundry Detergent
100 fl. oz., selected varieties



Your favorite body care brands are 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 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



taste the obsession

INCLUSIVE TRADE PARTNER

Purely Elizabeth is a woman-owned company that helps you thrive on your wellness journey by creating foods to obsess over.

Buy One, Get One

FREE

Purely Elizabeth Granola

8-12 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.

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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