

# coop deals

NOV 29 - DEC 19, 2023

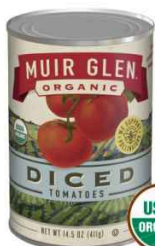
*more bacon, please* →

Hardwood smoked bacon is here to transform a sandwich, scramble or skillet for a delicious meal. Applegate Naturals® Sunday Bacon® is antibiotic-free and on sale, so visit the co-op for this sizzling deal today!



**4.69**

**Applegate Sunday Bacon**  
8 oz.



**2/\$3**

**Muir Glen Organic Tomatoes**  
14.5-15 oz., selected varieties



**2.99**

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



**2/\$6**

**Maya Kaimal Organic Everyday Dal Entrees**  
10 oz., selected varieties



**3.79**

**Nature's Path Organic Instant Oatmeal**  
8pk.-1.75 oz., selected varieties



**11.99**

**Weleda Original Skin Food Cream**  
2.5 fl. oz.



*Cooperatively Owned*

**4.99**

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



A delicious breakfast begins at the co-op.

**Make meals with great deals.**



**3.79**  
Organic Valley  
Cream Cheese  
8 oz.,  
selected varieties



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



**4.49**  
Organic Valley  
Shredded Cheese  
4-6 oz.,  
selected varieties

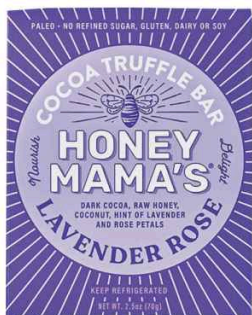


**5.49**  
Organic Valley  
Raw Cheese  
8 oz., selected varieties



*organic  
and delicious*

At **Organic Valley**, we produce nourishing food on small organic family farms where families manage the care of animals and the Earth. Our products are always organic and a delicious choice for your holiday dish.



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



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



**7.99**  
Evolution Fresh  
Fruit Juices  
59 fl. oz., selected varieties



**2/\$5**  
Kevita  
Organic Probiotic  
Drink  
15.2 fl. oz., selected  
varieties



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

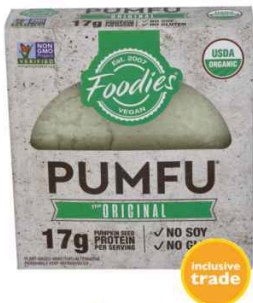


**3.49**  
Nancy's  
Organic Cultured  
Cream Cheese  
8 oz.



**Ingredients for delicious meals are at the co-op.**

**INCLUSIVE TRADE PARTNER**



Foodies Vegan is a woman-owned company that specializes in making Pumfu, a meat/tofu alternative made from organic pumpkin seeds.

**4.99**

Foodies Vegan  
Pumfu  
8 oz., selected varieties



**4.99**

Talenti  
Gelato  
1 pt., selected varieties

**INCLUSIVE TRADE PARTNER**



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

**6.49**

Starlite Cuisine  
Frozen Plant-based Appetizers  
12-14 oz., selected varieties



**5.49**

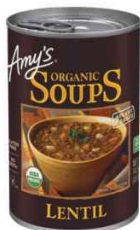
Natural Sea  
Premium Cod  
Sticks or Fillets  
8 oz.



**4.99**

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

*we love to cook for you*



**2/\$8**

Amy's  
Soup  
14-14.7 oz.,  
selected varieties



**2/\$6**

Amy's  
Burritos  
5.5-6 oz.,  
selected varieties



**5.99**

Amy's  
Frozen Meals  
8.25-10.3 oz.,  
selected varieties



**8.99**

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

**The co-op has something for the whole family.**



**2/\$6**

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



**6.49**

Equal Exchange Organic Hot Cocoa Mix  
12 oz., selected varieties



**2/\$7**

Equal Exchange Organic Tea  
20 ct., selected varieties



**9.99**

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

*sustainably sourced, expertly roasted*

COOPERATIVELY OWNED

Equal Exchange continues to build a more equitable and sustainable way of bringing delicious products to your table. Our coffee is thoughtfully sourced from innovative farmer cooperatives and organically grown with care for the surrounding ecosystem. Our worker-owned cooperative supports long-term partnerships that help keep small farming families thriving!



**2/\$7**

R.W. Knudsen Organic Very Veggie Juice  
32 fl. oz., selected varieties



**4.99**

Udi's Gluten-free Bread and Bagels  
12-14.3 oz., selected varieties



**6.49**

Pamela's Gluten-free Pancake & Baking Mix  
24 oz.

*100% plant based, 100% delicious*



**2/\$5**

Gomacro Organic Macrobar  
2-2.5 oz., selected varieties

Our nut-free Oatmeal Chocolate Chip MacroBar® combines gluten-free oats, a dash of vanilla and organic chocolate chips for a just-sweet-enough flavor that will leave you satisfied and energized!



**6.49**

Food For Life Organic Ezekiel 4:9 Original Cereal  
16 oz.



*everyday low price*  
**20.99**  
Field Day Organic Grade A Dark Color Maple Syrup  
32 fl. oz.



**Great morning meals start at the co-op.**

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

**INCLUSIVE TRADE PARTNER**

Miss Jones Baking Co. is a woman-owned company. We make baking mixes and frosting without artificial flavors or hydrogenated oils.



**5.49** Miss Jones Baking Co. Frosting  
11.29-11.98 oz., selected varieties



**4.49**  
Wholesome Organic Brown Sugar  
24 oz., selected varieties



**7.49**  
Bob's Red Mill Organic Flour  
5 lbs., selected varieties



*everyday low price*  
**6.99**  
Field Day Organic All-purpose Flour  
5 lbs.



**7.49**  
Navitas Organics Cacao Powder  
8 oz.



**7.99**  
Simply Organic Vanilla Extract  
2 fl. oz., selected varieties

*only the best*

Simple, natural ingredients you could find in your kitchen are brought together under the highest-quality standards.

**4.99**

Bonne Maman Preserves  
13 oz., selected varieties



**INCLUSIVE TRADE PARTNER**



Simple Mills is a woman-owned company. We make grain-free products that are nutrient-dense and delicious, with nothing artificial — ever.

**6.49**  
Simple Mills Baking Mixes  
9-12.9 oz., selected varieties

**The co-op has what you need for holiday baking.**

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



**2/\$6**  
Crunchmaster  
Crackers  
3.54-4 oz., selected  
varieties



**2/\$8**  
Santa Cruz  
Organic  
Apple Sauce  
23 oz., selected varieties



**6.99**  
Tonnino  
Tuna Fillets  
6.3-6.7 oz., selected  
varieties



**6.99**  
Lakewood  
Organic Pineapple  
Juice  
32 fl. oz., selected  
varieties



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



**11.99**  
Truff  
Black Truffle  
Infused Hot Sauce  
6 oz., selected varieties

*every kitchen's favorite staple*



From our California farmers and wonderful partner growers in Argentina, Chile and Portugal, this artfully balanced and blended extra virgin olive oil makes a perfect go-to for everyday cooking.

**9.99**  
California Olive Ranch  
Global Blend Extra Virgin  
Olive Oil  
16.9 fl. oz.



**2/\$6**  
Safe Catch  
Elite Wild Tuna  
5 oz.

*scoop up the savings in bulk!*



**1.69**  
Organic  
Yellow Popcorn  
per pound in bulk



**3.29**  
Bulk  
Organic  
Thompson Raisins  
per pound in bulk



**7.99**  
Organic  
Roasted &  
Salted Pistachios  
per pound in bulk

**Shop in bulk at the co-op.**



*a time to share*

**SCAN FOR HOLIDAY RECIPES**

Whether you're planning to entertain guests, mixing seasonally inspired cocktails or looking for something new to make for the holidays, go to [grocery.coop](https://grocery.coop) (or just scan the QR code) and find a host of ideas to get your mouth watering. From appetizers to comforting soups and stews to festive drinks, the co-op has all the ingredients you'll need.



**2.29**

**The Mountain Valley Water**  
33.8 fl. oz.,  
selected varieties



**2.79**

**Sesmark Rice Thins**  
3.2-4.25 oz.,  
selected varieties



**3.29**

**Pacific Foods Organic Almond Beverage**  
32 fl. oz.,  
selected varieties

*Regenerative Organic Certified®!*



The highest standard for farming! Our coconuts are grown in healthy, biodiverse, carbon-rich soil by well-treated, fairly paid farmers. A rich and nutty flavor, great for body care, too!

**14.99**

**Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil**  
30 fl. oz.



**3.49**

**Divina Stuffed Grape Leaves**  
7 oz.



**4.99**

**Maille Mustard**  
7.3-8.9 oz.,  
selected varieties

**Enjoy great food from the co-op together.**



**2/\$4**

**Little Secrets  
Crispy Wafers**  
1.4 oz., selected varieties

*real. delicious. chocolate.*

This year, ESC celebrates 30 years of giving forward. Our dedication has never wavered from creating delicious chocolate with responsibly sourced ingredients. We give 10% of profits forward to protecting species, habitats and humanity around the globe.



**2/\$5**

**Endangered Species  
Chocolate Bars**  
3 oz., selected varieties



**2.99**

**Good Health  
Avocado Oil  
Potato Chips**  
5 oz., selected varieties



**3.79**

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



**4.49**

**Sahale Snacks  
Glazed Nut Mix**  
4 oz., selected varieties

*simplified snacking the Swedish way*



Starting with a few simple ingredients, Wasa crispbreads are baked to perfection and deliver a hearty crunch. Available in 10 varieties, Wasa crispbreads are the perfect canvas for any toppings. Certified non-GMO and carbon neutral.

**2/\$6**

**Wasa  
Crispbread**  
4.9-9.7 oz., selected varieties



**5.99**

**Reed's  
Ginger Brew**  
4 pk.-12 fl. oz. bottles,  
selected varieties



**3.99**

**Newman's Own  
Fig Newmans**  
10 oz., selected varieties

**Grab your favorite snacks at the co-op.**





**3/\$5**

**Justin's  
Organic Nut Butter Cups**  
1.32-1.4 oz., selected varieties



*merry 'n' bold*

Make great memories around the bold taste of Kettle Brand.

**2/\$6**

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



**3.99**

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



**3.79**

**Hu  
Organic  
Chocolate Bars**  
2.1 oz., selected varieties

*so real, it's unreal*

Everything UNREAL makes is according to three standards: it has to taste UNREAL. It has to be made with simple ingredients and it has to have way less sugar!

**4.49**

**Unreal  
Chocolate Gems  
and Bars**  
3.4-5 oz., selected varieties



**2/\$7**

**Blue Diamond  
Nut Thins**  
4.25 oz., selected varieties

**Find a sweet or savory treat at the co-op.**



**2.49**  
Green Forest  
Facial Tissue  
175 ct.



**8.99**  
Green Forest  
100% Recycled  
Paper Bath Tissue  
12 ct.



**10.99**  
Biokleen  
Liquid Laundry  
Detergent  
64 fl. oz., selected  
varieties



**7.99**  
Hyland's Naturals  
Kids Cold &  
Cough  
4 fl. oz., selected  
varieties



**12.99**  
Nordic Naturals  
Lemon Omega-3  
Fish Oil  
60 ct.



**12.99**  
Zand  
Elderberry Zinc  
Gummies  
60 ct.



**19.99**  
Enzymedica  
Digest Gold  
45 ct.



**20.99**  
Gaia Herbs  
Organic Black  
Elderberry Syrup  
5.4 fl. oz.



**29.99**  
Host Defense  
Organic  
MyCommunity  
Comprehensive  
Immune Support  
60 ct.



## winter warm-up

scan for more recipes



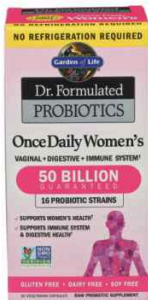
### SPICED HOT COCOA

Serves 2. Prep time: 5 minutes active; 7 minutes total.

- 2 tablespoons raw cocoa
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon ginseng powder (optional)
- 2 cups almond milk or other milk
- 2 tablespoons maple syrup

1. In a small pot, combine the cocoa, cinnamon, ginger, turmeric, black pepper, cardamom and ginseng (if desired). Whisk to mix well.
2. Whisk in the milk then the maple syrup.
3. Place over medium heat and stir until the cocoa is hot, but not boiling, about 2 minutes. Serve immediately.

**Find health and vitality support at the co-op.**



**31.99**

Garden of Life  
Dr. Formulated Probiotics  
Women's Once Daily  
30 ct., selected varieties

*Pure-Castile bar soap*

Soft, smooth lather moisturizes face-body-hands-hair! Made with certified organic oils to nourish skin. Plant-based and biodegradable bar soap, wrapped in post-consumer recycled (PCR) paper, cleans body-mind-soul!



**2/\$7**

Dr. Bronner's  
Pure Castile Bar Soap  
5 oz., selected varieties



**3.99**

Organic India  
Tulsi Tea  
18 ct., selected varieties



**2/\$13**

Bach  
Rescue Remedy  
Pastilles  
35 ct., selected varieties



**2/\$10**

Andalou Naturals  
Shampoo or  
Conditioner  
11.5 fl. oz., selected  
varieties

*pure plants, true benefits*



**COOPERATIVELY OWNED**

Make the holidays magical with Aura Cacia's Relaxing or Warming Mineral Bath packets — a serene gift made with pure, sustainably sourced essential oils of the highest quality and fine-textured salts and minerals.

**2/\$5**

Aura Cacia  
Mineral Bath  
2.5 oz., selected varieties



**2/\$6**

Choice Organics  
Tea  
16 ct., selected varieties

**Find sustainably sourced products 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  
 Wild Onion Market

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



**4.49**  
 Miyoko's Creamery  
 Organic Plant Milk  
 Cream Cheese  
 8 oz., selected varieties



**5.49**  
 Maranatha  
 Organic Peanut Butter  
 16 oz., selected varieties



**4.49**  
 Annie's  
 Organic Graham  
 Crackers  
 14.4 oz., selected varieties



**5.99**  
 Lily's  
 Baking Chips  
 9 oz., selected varieties



Scan the QR code to learn more about the quality and values represented by these symbols.



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

