

coop deals

OCT 13 – NOV 2, 2021

Heat up the oven!

Weeknight meals are easy with Against the Grain pizzas. Customize a delicious cheese pizza with fresh toppings from the co-op. Savor a warm pizza on a cool fall day.



7.99

Against the Grain Gourmet Pizza

24 oz., selected varieties



3/\$5

C20 Coconut Water
17.5 oz., selected varieties



2/\$5

Barbara's Cheese Puffs
5.5-7 oz., selected varieties



2/\$5

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



2/\$4

Near East Couscous Mix or Rice Pilaf
4.7-10 oz., selected varieties



2/\$5

Muir Glen Organic Pasta Sauce
25.5 oz., selected varieties



3.79

Talenti Gelato or Sorbetto
16 oz., selected varieties



Find fresh pizza toppings at the co-op.

Delicious options for homemade meals.



2/\$7

The Greek Gods
Greek Yogurt
24 oz., selected varieties



4/\$5

Liberté
Organic Yogurt
5.5 oz., selected varieties



2/\$3

Wallaby
Organic Greek
Yogurt
5.3 oz., selected varieties



3/\$5

So Delicious
Coconutmilk
Yogurt
5.3 oz., selected varieties



2/\$4

So Delicious
Organic Coconut
Milk Creamer
16 oz., selected varieties



2.29

Bellwether Farms
Sheep Milk Yogurt
6 oz., selected varieties



2/\$6

Chobani
Oatmilk
52 oz., selected varieties



2/\$7

Silk
Soymilk
64 oz., selected varieties

more protein than sugar

Simple ingredients. Not a lot of sugar. Siggi's Vanilla Skyr Yogurt is based on Scandinavian dairy traditions.

4/\$5

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



4.99

Chobani
Greek Yogurt
32 oz., selected varieties

Great dairy and dairy-free choices at the co-op.



3/\$5
 Redwood Hill Farm
 Goat Milk Yogurt
 6 oz., selected varieties



2/\$6
 Goodbelly
 Organic Probiotic
 Drink
 32 oz., selected varieties



*exceptional ingredients,
 extraordinary taste*

Hail Merry snacks are made entirely of plants! Never baked (to maintain nutritional integrity of their pure ingredients), these refrigerated treats are always dairy free, gluten free and non-GMO.

2/\$4

Hail Merry
 Dessert Cups or Bites
 1.34-1.76 oz., selected varieties



3.49
 Ripple
 Plant-based Milk
 48 oz., selected varieties



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



2/\$9
 Bitchin' Sauce
 Almond Dip
 8 oz., selected varieties

*melty. gooey.
 organic.*

Organic Valley's new thick-cut shredded cheese has a bold, cheesy flavor in every bite. Crafted in small batches for exceptional flavor in a resealable stand-up pouch. Our thick-cut cheeses never have any antibiotics, synthetic hormones, pesticides or GMOs.



2/\$7
 Organic Valley
 Thick Shredded Cheese
 6 oz., selected varieties



2/\$7
 Organic Valley
 Finely Shredded Cheese
 6 oz., selected varieties



2.99
 Organic Valley
 Sour Cream
 16 oz.

Save on favorite brands every day at the co-op.

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



4.49

LaCroix Sparkling Water
12-12 oz. cans, selected varieties

family-owned, organic cheese

Rumiano cheese is the oldest family-owned cheese company in California, crafting the highest-quality organic, non-GMO cheese from the unique Northern California milkshed!



3.99

Rumiano Organic Cheese
8 oz., selected varieties



3.49

Organic Valley Egg Bites
2 ct., selected varieties



4.49

Miyoko's Creamery Vegan Cheese Shreds
8 oz., selected varieties



5.49

Vital Farms Organic Large Pasture-raised Eggs
1 dozen



quinoa believe it?

Path of Life's Frozen Quinoa & Kale is a simple, delicious blend that is plant based, Non-GMO Project Verified, Certified Gluten-free and ready in minutes! Go on... applaud! It's that good.

2/\$7

Path of Life Frozen Quinoa Blends
10 oz., selected varieties



3.49

Tofurky Plant-based Chick'N
8 oz., selected varieties



3.49

Upton's Naturals Seitan
8 oz., selected varieties

The co-op has options for everyone.



4.49
Woodstock
Organic Blueberries
10 oz.



2/\$5
Nature's Path
Organic
Waffles
6 ct., selected
varieties



19.99
Field Day
Organic Grade A
Dark Color
Maple Syrup
32 ounces



2/\$5
Annie's
Homegrown
Frozen Mac &
Cheese
7.5 oz., selected
varieties



4.99
AYO Foods
Frozen Entree
8 oz., selected varieties



2/\$7
Jonny Pops
Frozen Bars
8.25 oz., selected
varieties



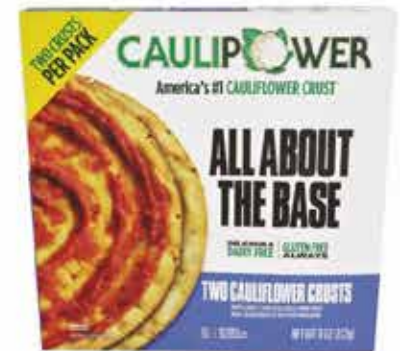
3.99
Oatly
Non-dairy
Frozen
Dessert
16 oz., selected
varieties



real food, nothing weird

Uncompromisingly delicious food (don't ask it to compromise, because it's never gonna happen). Cappello's is setting a new standard for frozen foods using only meticulously sourced, simple, real-food ingredients and the inability to compromise on taste or nutrition.

6.99
Cappello's
Gluten-free Pasta
9-12 oz., selected varieties



5.99
Caulipower
Cauliflower Pizza Crust
11 oz.

Stock the freezer with great deals from the co-op.

it starts with...

...a single grain of truth. The truth that rice is goodness. And the way you plant, grow, harvest and share it can make a true difference. The grain that welcomes families to the table and a heritage that preserves the planet we call home. Visit lundberg.com.



2/\$6

Lundberg Family Farms
Organic Rice Pilaf or Mix
5.5–6 oz., selected varieties



2/\$6

Lundberg Family Farms
Organic Rice Cakes
8.5 oz., selected varieties



4.49

Lundberg Family Farms
Organic Wild Blend
Rice
per pound in bulk



5.99

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



clean energy, same product – new look!

Yachak Organic is yerba mate derived from the South American rainforest holly tree. Naturally caffeinated, Yachak Organic is also certified fair trade, non-GMO, USDA Certified Organic and gluten free.

1.79

Yachak
Organic Yerba Mate
15.5 oz., selected varieties



8.99

Spectrum
Naturals
Organic
Refined
Sunflower Oil
32 oz.



scoop up the savings in bulk!

2.29

Organic White
Quinoa
per pound in bulk



2.99

Organic Raw
Pumpkin Seeds
per pound in bulk



9.99

Organic Dried
Mango
per pound in bulk



The co-op has great savings on bulk products.



2/\$5

Westbrae
Organic Beans
25 oz., selected varieties



2/\$7

Pacific Foods
Organic Soup
32 oz., selected varieties



9.99

Four Sigmatic
Organic Mushroom Coffee
10-.09 oz., selected varieties



2/\$6

Chickapea
Organic Chickpea
& Lentil Pasta
8 oz., selected varieties



5.49

Kettle & Fire
Bone Broth
16.9 oz., selected varieties



9.99

Lucini Italia
Aged Balsamic
Vinegar of
Modena
8.5 oz.

*meals with
more yum*

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



10/\$10

Annie's Homegrown
Mac & Cheese
5.5-6 oz., selected varieties



2/\$5

Annie's Homegrown
Organic Bunny
Crackers and Grahams
7.5 oz., selected varieties



2/\$5

Annie's Homegrown
Organic Fruit Snacks
5-.8 oz. pouches, selected varieties



2/\$6

Annie's Homegrown
Deluxe Mac & Cheese
and Cheesy Rice
6.6-11.3 oz., selected varieties

Quality ingredients and meals at the co-op.

producer co-ops and community resiliency



As our producer partners continue to face the pandemic, farmer co-ops play a crucial role in community resiliency by distributing food and basic goods, supporting local health centers and distributing fair-trade premiums and cash prepayments to farmers. This Co-op Month, we thank you for standing with us and smallholder farmer co-ops!

- 2/\$5**
Equal Exchange
Organic
Chocolate Bars
2.8 oz., selected varieties
- 2/\$6**
Equal Exchange
Organic Tea
20 tea bags, selected varieties
- 4.49**
Equal Exchange
Organic
Chocolate Chips
10 oz., selected varieties
- 6.99**
Equal Exchange
Organic Coffee
10-12 oz., selected varieties



15.99
Frontier
Organic Vanilla
Extract
4 oz.



12.99
Frontier
Organic Garlic
Granules
per pound in bulk



2/\$4
Blue Diamond
Almondmilk
32 oz., selected varieties



yum-o!

Our organic whole-grain cereals and granolas are an easy and tasty way to make a smart choice. Perfect for breakfast or snacking!

2/\$6
Cascadian Farm
Organic Cereal and
Granola
8.6-16 oz., selected varieties



8.99
Justin's
Almond Butter
16 oz., selected varieties

The co-op has great deals to start the morning.

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

snack like you care

Snack with intention. **EPIC Provisions** makes it easy to choose carb-conscious meat snacks with ingredients you can feel good about. Our Venison Sea Salt + Pepper Bar is made with 100% grass-fed venison and a custom spice blend — featuring 12 grams of protein and one gram of total carbs.



2/\$3

Epic Meat Strips
.8 oz., selected varieties

3/\$5

Epic Bars
1.3 oz., selected varieties

2/\$5

Epic Pork Rinds
2.5 oz., selected varieties

4.49

Epic Bites and Bone Broth
2.5 oz. bites, selected varieties
14 oz. bone broth, selected varieties



2/\$6

R.W. Knudsen Organic Apple Juice
32 oz.



3.49

Nature's Bakery Organic Baked-Ins Oat Bars
6 pack, selected varieties



4.99

Food For Life Sprouted Cereal
16 oz., selected varieties



support your throat with Throat Coat

The throat-supporting herbs in this organic tea are great for when you need plant allies as the season changes or to prepare for a big presentation.

3.99

Traditional Medicinals Organic Herbal Tea
16 tea bags, selected varieties



5/\$5

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

Find great snacks and value at the co-op.

real ingredients taste better



Here at **Quinn**, we are on a mission to revolutionize food. We use simple, delicious, real ingredients that can be traced back to the source, because we believe transparency is the most important force for good in food.

2/\$6

Quinn
Pretzel Snacks
7 oz., selected varieties

2/\$7

Quinn
Pretzel Nuggets
5-7 oz., selected varieties

a perfect anytime snack!



A balanced mix of plant-based ingredients and key nutrients, for a satisfying snack that's perfectly portioned to help curb your hunger and your cravings.

4/\$5

Clif Bar
Builders or Organic
Nut Butter Filled Bar
1.76 oz., selected varieties



3/\$4

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



2/\$4

Late July
Tortilla Chips
5.5 oz., selected varieties



2/\$4

Food Should
Taste Good
Tortilla Chips
5.5 oz., selected varieties



2/\$5

Endangered
Species
Chocolate Bars
3 oz., selected varieties

The co-op snack aisle has all your favorites.

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



7.99

Evanhealy
Organic Whipped
Shea Butter for
Lips
7 g.



revive dull, dry hair

Fruit stem cell complex and omega-rich argan oil deeply nourish and condition as moisturizing shea butter supports elasticity, strength and manageability to minimize split ends and frizz.

2/\$10

Andalou Naturals
Shampoo or Conditioner
11.5 oz., selected varieties



6.99

Country Life
Chelated Zinc
50mg
100 ct.



8.99

Planetary Herbals
Triphala 1000mg
90 ct.



17.99

Jarrow Formulas
Jarro-Dophilus EPS
60 ct.



#1 selling organic black elderberry syrup

Our Certified USDA Organic syrup concentrates the juice from 14.5 grams of elderberries into a single, tasty teaspoon. Immune support never tasted so good.

14.99

Gaia Herbs
Organic Black Elderberry Syrup
3 oz., selected varieties



22.99

Vital Proteins
Collagen Peptides
10 oz.

The supplements you trust 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
- Wheatfield Cooperative

KANSAS

- The Merc Co+op

KENTUCKY

- Good Foods Co-op

MICHIGAN

- Grain Train Natural Foods Market
- GreenTree Cooperative Grocery
- 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
- Harvest Moon Natural Foods
- 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
- Just Local Food Cooperative
- 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
- WE Market Co-op
- Willy Street Co-op



to find a food co-op near you, visit us online at grocery.coop



6.99

Seventh Generation Bath Tissue
12 rolls

10.99

Seventh Generation Laundry Detergent
100 oz., selected varieties

believe in a seventh generation

We're on a mission to transform the world into a healthy, sustainable and equitable place for the next seven generations. For the past 30 years, we've been a company with strong beliefs about the rights of people and planet.

Co-ops support products and services that ensure personal and planetary health; a legacy we can be proud to leave generations to come.

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

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