

# coop deals

MAY 4 - MAY 17, 2022

*irresistible combination*

### DON'T MESS WITH PERFECTION

Chocolate plus peanut butter... two flavors that when put together equal an unmatched combo and a delicious treat for any time. Justin's uses high-quality organic chocolate — and their products are gluten free. On sale now at the co-op!



**2/\$3**

Justin's  
Organic Nut Butter  
Cups  
2 ct., selected varieties



**2/\$5**

Health-Ade  
Organic  
Kombucha  
16 fl. oz., selected  
varieties



**3.99**

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



**2/\$5**

Aura Cacia  
Mineral Bath  
2.5 oz., selected varieties



Seasonal savings are at the co-op.

**Great summer deals!**

award-winning  
sour cream  
and cheese



**3.49**

Organic Valley  
Sour Cream  
16 oz.



**3.99**

Organic Valley  
Thick Cut Shredded Cheese  
6 oz., selected varieties



**3.99**

Organic Valley  
Finely Shredded Cheese  
6 oz., selected varieties



**2/\$3**

Liberte  
Organic Yogurt  
5.5 oz., selected varieties



**5/\$5**

Chobani  
Greek Yogurt  
5.3 oz., selected varieties



**2.99**

Fage  
Greek Yogurt  
16 oz., selected varieties



**2/\$6**

Planet Oat  
Oatmilk  
52 fl. oz., selected  
varieties



**3.99**

Stonyfield  
Organic Kids  
Yogurt Tubes  
8 ct., selected varieties



**3.99**

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



**Dairy and nondairy options are at the co-op.**



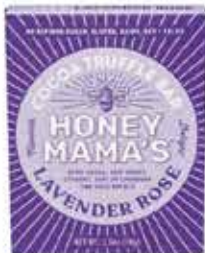
**7.99**

**Chameleon Cold Brew  
Organic Cold Brew  
Coffee**  
32 fl. oz., selected varieties



**2.99**

**Wildwood  
Organic Super  
Firm Sprouted  
Tofu**  
20 oz.



**3.99**

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



**4.49**

**Califia Farms  
Oat Creamer**  
25.4 fl. oz., selected varieties



**2/\$6**

**Hope Foods  
Organic Hummus**  
8 oz., selected varieties



**3.99**

**Upton's Naturals  
Seitan**  
8 oz., selected varieties



**2/\$7**

**Siete  
Tortilla Chips**  
5 oz., selected varieties



**4.99**

**Siete  
Cashew  
Queso**  
10.8 oz., selected varieties



**3.99**

**Siete  
Taco Shells**  
5.5 oz.



**7.99**

**Siete  
Tortillas**  
7 oz., selected varieties



*Cinco con Siete*

We are a Mexican-American brand rooted in family that makes delicious grain-free products. We wish to bring families together around the table with heritage-inspired foods made from simple, clean ingredients that everyone can enjoy.

**The co-op has snacks for all occasions.**



**2/\$5**

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



**7.49**  
Caulipower  
Chicken Tenders  
14 oz., selected varieties



**2/\$4**  
Cascadian Farm  
Organic Frozen  
Vegetables  
10 oz., selected varieties



**2/\$7**  
Food For Life  
Tortillas  
10-12 oz., selected  
varieties



**2.79**  
Van's  
Waffles  
8-9 oz., selected  
varieties



**3.99**  
Oatly  
Non-dairy Frozen  
Dessert  
1 pint, selected varieties



**4.99**  
So Delicious  
Dairy-free Frozen  
Dessert  
1 pint, selected varieties

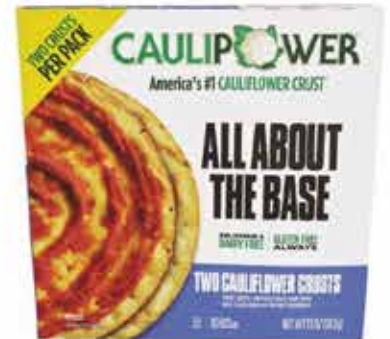


*boundless euphoria*

Perfectly euphoric for dessert lovers looking for the classic Ben & Jerry's Chunks & Swirls. Dig into peace, love and ice cream.

**4.99**

Ben & Jerry's  
Ice Cream  
1 pint, selected varieties



**6.49**  
Caulipower  
Pizza or Pizza Crusts  
11-11.6 oz., selected varieties

**Fill up the freezer with deals from the co-op.**



**3.29**  
**Celestial Seasonings**  
**Herbal Tea**  
 18-20 ct., selected varieties



**3.99**  
**Dream**  
**Organic Rice Drink**  
 32 fl. oz., selected varieties



**4/\$5**  
**Larabar**  
**Fruit & Nut Bars**  
 1.6-1.7 oz., selected varieties



**2/\$7**  
**Happy Family**  
**Organics**  
**Happy Baby Yogis**  
 1 oz., selected varieties



**5.99**  
**R.W. Knudsen**  
**Just Juice**  
 32 fl. oz., selected varieties



**2/\$6**  
**Nature's Path**  
**Organic Instant Oatmeal**  
 8-1.76 oz., selected varieties



*making eating well easy*

Kashi® cereals have a little something for everyone, like protein, organic whole grains, fair trade chocolate and family favorites like Hearts and O's. Kashi® makes eating well easy.

**2/\$6**

**Kashi**  
**Cereal**  
 12-14 oz., selected varieties



**4.99**  
**Crofter's**  
**Organic Premium Fruit Spread**  
 16.5 oz., selected varieties

**Find your breakfast favorites at the co-op.**

# support farmers worldwide



## SHOP FAIR TRADE

Shopping for fair trade products supports good working conditions and fair wages for producers. When you choose fair trade, you are helping to improve the lives of farmers and conserve the environment, making the world more equitable. Learn more about fair trade at [grocery.coop/fair-trade](https://grocery.coop/fair-trade)

Photo courtesy of Equal Exchange, Fair Trade Worker-Owned Co-op  
Left: Catalina Rodriguez, COMSA Co-op, Honduras  
Right: Don Andres Ruiz, Manos Campesinas Co-op, Guatemala



**9.99**

Equal Exchange  
Organic French Roast  
Coffee  
per pound in bulk



**The co-op supports fair trade.**



2/\$6

Theo  
Organic Chocolate Bars  
3 oz., selected varieties



11.99

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



6.99

Navitas  
Organic Cacao  
Powder  
8 oz.



**Find great fair trade brands at the co-op.**

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



**2/\$6**

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



**4/\$5**

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



**14.99**

**California Olive  
Ranch  
Extra Virgin Olive  
Oil**  
33.8 fl. oz.



**4/\$5**

**Annie's  
Homegrown  
Mac & Cheese**  
5.25-6 oz., selected  
varieties



**2.79**

**Annie's  
Organic Ketchup**  
20-24 oz., selected  
varieties



**2.99**

**Bionaturae  
Organic  
Tomatoes**  
24-28.2 oz., selected  
varieties



**2/\$6**

**San-J  
Cooking Sauce**  
10 oz., selected varieties



**2/\$6**

**Annie's  
Organic Dressing**  
8 fl. oz., selected  
varieties



**2/\$4**

**Frontera  
Cooking Sauce**  
8 oz., selected varieties



**2/\$6**

**Tinkyada  
Organic Brown  
Rice Pasta**  
10-12 oz., selected  
varieties



**6.49**

**Carbone  
Pasta Sauce**  
24 oz., selected varieties



**6.49**

**Sweetleaf  
Stevia Sweetener**  
2 fl. oz., selected  
varieties



**The co-op has everything to stock the pantry.**

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



# regenerate!

Mitigate climate change on Spaceship Earth! Regenerative organic agriculture builds rich soil, sequesters carbon, retains and stores water, provides healthy food and fosters biodiversity. **Dr. Bronner's** Virgin Coconut Oils are now Regenerative Organic Certified™ (ROC™) — and Magic All-One Chocolate is on the path! Regenerate soil, farms, communities, climate, planet and life!



**2/\$6**

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

**11.99**

Dr. Bronner's ROC Virgin Coconut Oil  
30 oz.

# DIY granola

## GET OUT THE MIXING BOWL

Homemade granola can be delicious and easy to make. Just gather your favorite ingredients like oats, nuts and peanut butter, and whisk together in a mixing bowl with an oil and sweetener of your choice (coconut oil and maple syrup are excellent options!). All the tasty granola ingredients you need are available at the co-op! Find delicious recipes on [grocery.coop](http://grocery.coop).



**8.99**

Justin's Almond Butter  
16 oz., selected varieties



**1.69**

Organic Quick Oats  
per pound in bulk



**2.29**

Organic Black Beans  
per pound in bulk



**6.99**

Almonds  
per pound in bulk

**It's easy to shop in bulk at the co-op.**



**4.99**  
**Waterloo**  
**Sparkling Water**  
 12 pk-12 fl. oz. cans,  
 selected varieties



**5.49**  
**San Pellegrino**  
**Italian Sparkling Drink**  
 6-pk-11.15 fl. oz. cans, selected  
 varieties



**2/\$5**  
**Vita Coco**  
**Organic Coconut**  
**Non-dairy**  
**Beverage**  
 33.8 fl. oz., selected  
 varieties



**4.49**  
**Doctor In The**  
**Kitchen**  
**Organic Flackers**  
 4.5-5 oz., selected  
 varieties



**3.99**  
**Green Mountain**  
**Gringo**  
**Salsa**  
 16 oz., selected varieties



**2.79**  
**The Good Crisp**  
**Company**  
**Potato Crisps**  
 5.6 oz., selected varieties



**2/\$6**  
**Taza**  
**Organic**  
**Chocolate Bars**  
 2.5-2.7 oz., selected  
 varieties

*chocolate on a mission*



Tony's Chocolonely is B Corp. Fair Trade certified and on a mission to change the cocoa industry. Indulge with creamy, milk chocolate caramel sea salt or try our vegan 70% dark chocolate bar!



**2/\$7**

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



**2/\$5**  
**Boulder Canyon**  
**Potato Chips**  
 5.25-6.5 oz., selected varieties

**Save on summer deals at the co-op.**



**9.99**

**Andalou Naturals  
1000 Roses Cleansing Foam**  
5.5 fl. oz.



**3.79**

**Kiss My Face  
Liquid Rock  
Deodorant**  
3 fl. oz., selected  
varieties



**7.99**

**Thayers  
Witch Hazel  
Toner**  
12 fl. oz., selected  
varieties



**9.99**

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



**23.99**

**Host Defense  
Mushrooms Reishi  
Longevity Support**  
60 ct.



**14.99**

**Nordic Naturals  
Complete Omega**  
60 ct.



**18.99**

**Enzymedica  
Digest Gold**  
45 ct.



*raw, organic  
vanilla protein*

Raw Organic Protein — an excellent source of Non-GMO Project-verified, Informed Choice Clean for Sport, Certified Vegan, complete protein powder from 22 sprouted sources.

**29.99**

**Garden Of Life  
Raw Organic Protein Powder**  
20-23.4 oz., selected varieties



**5.49**

**Jason  
Deodorant Stick**  
2.5 oz., selected varieties

**Thank you for shopping 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 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)*



## *mouth-watering plant-based burgers*

Dr. Praeger's has been making great-tasting plant-based products full of wholesome, recognizable ingredients for over 25 years. Find us in the freezer aisle.

**Dr. Praeger's Veggie Burgers**  
8-10 oz., selected varieties

# 3.99



# 7.99

**Woodstock Lump Hardwood Charcoal**  
8.8 lb.

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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