

coop deals

AUG 3 - AUG 16, 2022

100% real cheese

FOR KIDS AND GROWN-UPS

Mealtime is always delicious with Annie's White Cheddar Mac & Cheese, made with 100% real cheese and organic wheat. Try adding a favorite veggie and protein to this dish, too. Kids can help measure and stir in the ingredients for a simple, classic favorite — on sale now at the co-op!



4/\$5

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



2/\$5

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



2/\$7

Enviroidz
Organic Cereal
9.5-11.5 oz., selected
varieties



2/\$9

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



Buy One, Get One

FREE

special offers inside!

BO
GO



4.49

Oatly
Oatmilk
64 fl. oz., selected varieties



high-quality organic cold brew

Our mission is to deliver a distinct, high-quality brew, intentionally crafted with organic beans for a smooth, bold taste.

8.49

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



3/\$5

So Delicious
Coconutmilk
Yogurt
5.3 oz., selected varieties



2.29

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



2/\$6

Goodbelly
Organic Probiotic
Drink
32 fl. oz., selected varieties

organic free-range eggs



Organic Valley eggs come from chickens that are free to roam in sunny pastures where they forage for nutritious treats, which results in really tasty eggs.

3.99

Organic Valley
Large Free-range Brown Eggs
1 doz.



4.49

So Delicious
Organic
Coconutmilk
64 fl. oz., selected varieties



12.99

Organic Valley
Ghee Clarified
Butter
13 oz.

Start the day with deals from the co-op.



ice cream for all

The creamiest, most unique ice cream brought to you by the leading women-founded and -led ice cream brand.

2/\$6

Coolhaus
Ice Cream Sandwiches
5.8 fl. oz., selected varieties



3.99

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



5.49

Sambazon
Organic Acai Superfruit Packs
14.1 oz., selected varieties



6.99

Miyoko's Creamery
Organic Double Cream Cashewmilk Cheese
6.5 oz., selected varieties



2.99

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



thoughtfully crafted deliciousness

We believe in nourishing people and the planet, and we are proud to use our brand as a force for good.

4.99

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



4.99

Organic Valley
Raw Cheese
8 oz., selected varieties

The co-op has cool options for hot days.

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



4.49

Udi's Gluten Free Bread
12-14.3 oz., selected varieties

clean eating starts with pizza



Ingredient-obsessed pizza made from almond flour. Now available in nine mind-melting varieties with 4-22 grams of protein per serving. Certified gluten and grain free.

7.99

Cappello's Pizza
10.82-12 oz., selected varieties

hand crafted and crave worthy



At Amy's, we love to cook for you. For us, that means carefully sourcing high-quality, organic ingredients and spending countless hours in our kitchens so you can enjoy authentic, great-tasting food in minutes.

7.99

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



3.19
Ozery Family Bakery Morning or Snacking Rounds
10.6-12.7 oz., selected varieties



scoop up the savings in bulk!

2.99
Organic Natural Brown Sesame Seeds
per pound in bulk, selected varieties



2.79
Organic Green Lentils
per pound in bulk, selected varieties



6.49
Organic Medjool Dates
per pound in bulk, selected varieties



Quick and easy options are at the co-op.



2/\$7
Annie's
Organic Dressing
8 fl. oz., selected
varieties



*premium, organic
fruit spread*

Made with premium organic fruit from the world's most renowned growing regions, Crofters Organic fruit spreads contain more fruit and less sugar than standard preserves and jams.

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



2/\$6
Jovial
Organic Brown
Rice Pasta
12 oz., selected varieties



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



2/\$4
Near East
Couscous Mix or
Rice Pilaf
5.2-10 oz., selected
varieties



3.39
Westsoy
Organic Soymilk
32 fl. oz., selected
varieties



*essential
seafood*

Crown Prince Natural is a family-owned importer of wild-caught, sustainably harvested seafood. Marine Stewardship Council certified and non-GMO verified. Delicious. Convenient. Essential.

2.79 Crown Prince Natural
Smoked Oysters
3 oz., selected varieties



9.99
Woodstock
Almond Butter
16 oz., selected
varieties



11.99
Nutiva
Organic Virgin
Coconut Oil
23 fl. oz.

Shop the co-op to stock your pantry.



*salty-sweet,
crunchy granola*

Purely Elizabeth helps you thrive on your wellness journey by creating foods to obsess over, like our salty-sweet, crunchy granola clusters with organic oats, chia and sustainably sourced coconut sugar.

**Buy One, Get One
FREE**

**Purely Elizabeth
Granola**
8-12 oz., selected varieties
Limit 3 BOGO offers per customer



**Buy One, Get One
FREE**

**Nixie
Organic Sparkling Water**
8 pk.-12 fl. oz. cans, selected varieties



**Buy One, Get One
FREE**

**Garden Of Eatin'
Tortilla Chips**
5.5 oz., selected varieties



real delicious chocolate



ESC was founded by an Oregon entrepreneur who had two passions: crafting premium chocolate and conservation. Nearly three decades later, ESC remains passionate about delicious chocolate with responsibly sourced ingredients. Ten percent of profits are given forward to protecting species, habitats and humanity across the globe.

**Buy One, Get One
FREE**

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



Buy One, Get One FREE deals are at the co-op!

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

Co-op Savings 101

SHOPPING MADE EASY

The co-op has everyday low prices on the products you use the most. Check out all the smart ways you can save on your groceries when you shop at the co-op!



coop basics

CO+OP BASICS

Everyday low prices on select products and items.



coop deals

CO+OP DEALS

Save on your favorite foods, supplements and body care products at the co-op with Co+op Deals!



BOGO

Look for BOGOs (buy one, get one free) to stock up and save!



TEAR PAD COUPONS

Find coupon savings at the shelf next to items you love throughout the co-op!



BULK

Go easy on your budget — and the environment. Buy just what you need at the best price and reduce waste!



It's easy to shop and save at the co-op.



3.99
 Birch Benders
 Pancake & Waffle
 Mix
 14-16 oz., selected
 varieties



3/\$5
 Rxbar
 Protein Bars
 1.83 oz., selected varieties



1.79
 Alo
 Aloe Vera Juice Drink
 16.9 fl. oz., selected varieties



2/\$7
 R.W. Knudsen
 Organic Juice
 32 fl. oz., selected
 varieties



2/\$3
 Luna
 Nutrition Bars
 1.69 oz., selected
 varieties



2/\$5
 Probar
 Meal Bars
 3 oz., selected varieties



2.79
 So Delicious
 Organic
 Coconutmilk
 32 fl. oz., selected
 varieties



3.49
 Cascadian Farm
 Organic Bars
 6.2-7.4 oz.,
 selected varieties



2/\$7
 Annie's Homegrown
 Organic Fruit Snacks
 4 oz., selected varieties



2/\$7
 Annie's Homegrown
 Organic Bunny
 Grahams or Crackers
 7-7.5 oz., selected varieties



3.99
 Cascadian Farm
 Organic Cereal
 or Granola
 8.6-16 oz., selected varieties

hop back
 to school

It's time to start filling backpacks with snacks because school is back in session. Help everyone crush the day with a kickstart from **Cascadian Farm** and **Annie's**. Plus, earn Box Tops for Education with every purchase to help give back to your school!

The co-op has what you need for every outing.

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



4.79
 Newman's Own
 Newman-O's
 Sandwich Cookies
 13 oz., selected varieties



water done different

The only 100% recyclable, domestically sourced spring water with naturally occurring minerals and electrolytes.

2.29

**Proud Source
 Sparkling Spring Water**
 25.3 fl. oz., selected varieties



4.99
 Izze
 Sparkling Juice
 Drink
 4 pk.-12 fl. oz. bottles,
 selected varieties



1.79
 Yachak Organic
 Yerba Mate
 16 fl. oz., selected
 varieties



2/\$6
 Blue Diamond
 Nut Thins
 4.25 oz., selected varieties



2/\$6
 Q Drink
 Drink Mixers
 4 pk.-7.5 fl. oz. cans,
 selected varieties



*made with organic
 caffeine*

Hiball Grapefruit is a light, refreshing energy seltzer with 160 mg of organic caffeine, zero calories and zero sugar.

2/\$4

**Hiball
 Energy Seltzer**
 16 fl. oz., selected varieties



4.29

**Flackers
 Organic Crackers**
 4.5-5 oz., selected varieties

Find tasty drinks and snacks at the co-op.

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stay healthy with
SmartyPants!

SmartyPants is on a mission to simplify health for the real world. Premium ingredients. All-in-one simplicity and value. that's also easy and joyful to take, day after day.

16.99

SmartyPants
Kids Formula
Multivitamin Gummies
120 ct., selected varieties



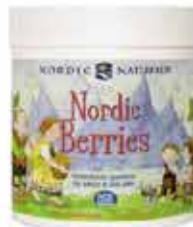
Find all of your vitamins and supplements at the co-op.

Stay healthy this fall.



12.99

Garden of Life
Organic Vitamin D3
Gummies
60 ct.



19.99

Nordic Naturals
Original Nordic
Berries
Multivitamin
120 ct.



19.99

Megafood
Multivitamin for
Women 55+
60 ct.

The co-op has great deals on vitamins.



5.49

Sukin Shampoo or Conditioner 16.9 fl. oz., selected varieties



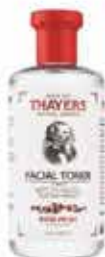
11.99

Naturtint Hair Color 5.75 fl. oz., selected varieties



9.49

Alaffia Everyday Shea Body Wash 32 fl. oz., selected varieties



8.49

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



10.99

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



4.79

Himalaya Toothpaste 4-5.29 oz., selected varieties



5.99

Giovanni Shampoo or Conditioner 8.5 fl. oz., selected varieties

choose us, give back

Tom's of Maine donates 10% of our profits each year to national and local charitable organizations promoting health, education and the environment. A portion of our giving is also made through limited product donations.



4.49

Tom's of Maine Children's Toothpaste 4.2-5.1 oz., selected varieties



4.49

Tom's of Maine Wicked Fresh Cool Mountain Mint Mouthwash 16 oz.



5.99

Tom's of Maine Toothpaste 4-5.5 oz., selected varieties

Body care items for everyone 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 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

bigger than a bar

GoMacro donates 10% of our net proceeds during the month of August. Try our Double Chocolate + Peanut Butter Chocolate Chips MacroBar, the proceeds of which are donated to Sheldrick Wildlife Trust. Bite into something positive.



2/\$4

Gomacro
Organic Macrobar
2-2.4 oz., selected varieties



2.19
C2O
Coconut Water
17.5 fl. 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.

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

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