

# coop deals

SEP 14 - OCT 4, 2022

## ultimate loaded nachos

### GRAIN FREE & DELICIOUS

With Siete's grain-free tortilla chips, it's easy to enjoy nachos completely grain free. Visit the co-op for delicious ingredients like shredded cheese, sliced avocados, olives, jalapeños or any other favorite toppings and welcome fall with a warm tray of nachos.



### INCLUSIVE TRADE PARTNER

Siete Family Foods is a Hispanic-owned and mission-based company passionate about making and sharing real food.



**2/\$7**

Siete

Grain-free Tortilla Chips

5 oz., selected varieties



**2/\$5**

Chocolove  
Chocolate Bars  
2.9-3.2 oz., selected  
varieties



**3.49**

Sweet Earth  
Benevolent  
Bacon  
5.5 oz.



**2/\$7**

Yogi  
Herbal Tea  
16 ct., selected varieties

**inclusive  
trade**

Look inside for Inclusive Trade brands at the co-op!

**Co-ops support diverse trade.**

# honest food, ethically produced



**Vital Farms'** mission is to bring ethical food to the table. Whether it's supporting family farmers, enabling you to trace your eggs back to the farm, or debunking misleading animal welfare claims, you can always trust Vital Farms to be Where Honest Food is Raised.

**3.39**

Vital Farms Butter  
8 oz., selected varieties

**5.19**

Vital Farms Large Grade A Pasture-raised Eggs  
1 doz.

**3.99**

Vital Farms Butter with Sea Salt & Avocado Oil  
7 oz.

**6.99**

Vital Farms Large Grade A Pasture-raised Eggs  
18 ct.



**2/\$7**

The Greek Gods Greek Yogurt  
24 oz., selected varieties



**3.99**

Organic Valley Creamer  
25.4 fl. oz., selected varieties

**INCLUSIVE TRADE PARTNER**

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. After more than 25 years, they are proud to remain a family-owned and operated company.

**4.99**

GT's Organic Coconut Yogurt  
8 oz., selected varieties



**2/\$5**

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



**5.49**

Miyoko's Creamery Organic Liquid Vegan Pizza Mozzarella  
16 oz.



**Great mornings start with help from the co-op.**



Oatly frozen pints & yogurt

2/\$3

Oatly Oatgurt Non-dairy Yogurt  
5.3 oz., selected varieties

2/\$8

Oatly Non-dairy Frozen Dessert  
1 pint, selected varieties

Look! Innovative, plant-based products hanging out in the co-op trying to get the attention of shoppers who might be interested to know that all nine **Oatly** frozen pints are fan faves! And if you've never even heard of Oatgurt before, that's okay — now you have. Find out more at [oatly.com](http://oatly.com)!



3.99

Harmless Harvest Organic Coconut Water  
16 fl. oz.



2/\$5

Brew Dr. Organic Kombucha  
14 fl. oz., selected varieties



discover Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium, organic ingredients. Refreshingly mild, yet wildy flavorful. Discover Wallaby for yourself with Aussie Greek Style Yogurt!



4.49

Lifeway Organic Kefir  
32 fl. oz., selected varieties

2/\$3

Wallaby Organic Greek Yogurt  
5.3 oz., selected varieties

Everyone is welcome at the co-op.



**2/\$7**

**Daiya Slices**  
7.8 oz., selected varieties



**4.49**

**Gardein Tenders, Strips or Wings**  
8.1-10.5 oz., selected varieties



**2/\$6**

**Sweet Earth Burritos**  
5.5-7 oz., selected varieties



**2.99**

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



**4.79**

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



**2/\$5**

**Cascadian Farm Organic Frozen Vegetables**  
10 oz., selected varieties



**3.99**

**Andrew & Everett Sliced Cheese**  
7 oz., selected varieties



**4.99**

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



**2/\$7**

**Cascadian Farm Organic Frozen Fruit**  
8-10 oz., selected varieties

**Family mealtime favorites are at the co-op.**

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



*organic and flavor packed*

This real-cheese and organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all. Enjoy our organic mac as is or add yummy toppings (like sausage and peas!) for a delicious mix-in masterpiece.

**2/\$5**

**Annie's Organic Macaroni & Cheese**  
6 oz., selected varieties



**5.49**  
**Bragg Organic Apple Cider Vinegar**  
32 fl. oz.



**5.79**  
**Sky Valley Sriracha Sauce**  
18.5 oz.



Shop and save at the co-op.

**Easy lunch solutions!**



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



**2/\$4**  
**Mike's Mighty Good Chicken Ramen Soup**  
1.6-2.4 oz., selected varieties



**2/\$6**  
**San-J Gluten-free Cooking Sauce**  
10 fl. oz., selected varieties



*scoop up the savings in bulk!*

**1.99**  
**Organic Green Split Peas**  
per pound in bulk, selected varieties



**5.49**  
**Organic Turkish Apricots**  
per pound in bulk, selected varieties



**8.99**  
**Organic Roasted & Salted Pistachios**  
per pound in bulk, selected varieties



**The co-op has options for every meal.**



**1.99**

Field Day Organic Spaghetti  
16 oz.



*here's the deal*

**NEW ROUTINE! NO WORRIES.**

Ready-to-go products are all throughout the co-op, with deals for you to save money and eat well while staying busy. Don't stress over dinner every night — find meal solutions at the co-op!



**2.99**

Field Day Organic Pasta Sauce  
24 oz., selected varieties



**2.79**

Bela Sardines  
4.25 oz., selected varieties



**2/\$6**

Seeds Of Change Organic Ready to Heat Rice  
8.5 oz., selected varieties



*nonna approved*

Imported from Italy, our organic pastas boast authenticity in every bite. Bronze die-extruded and slow dried, they have a wonderfully porous texture that's designed to better soak up sauce.

**3.79**

Montebello Organic Pasta  
12-16 oz., selected varieties



**4.99**

Woodstock Organic Pickles  
24 oz., selected varieties



**The co-op has what you need for busy days.**

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



**6.99**

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

*delicious and nutritious*



LUNA® bars are a must-have on a perfect fall day. With 8 grams of gluten-free protein, you'll have all the energy you need!



**6.99**

Navitas Organics  
Cacao Powder  
8 oz.

**4/\$5**

Luna  
Nutrition Bars  
1.69 oz., selected varieties



**9.99**

Peace Coffee  
Organic Coffee  
12 oz., selected varieties



**2/\$6**

Celestial Seasonings  
Herbal Tea  
18-20 ct., 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 Os. Kashi® makes eating well easy.

**2/\$8**

Kashi  
Cereal  
12-16.3 oz., selected varieties



**5.99**

Lakewood  
Organic Juice  
32 fl. oz., selected varieties



**2/\$7**

Mom's Best  
Cereals  
14-24 oz., selected varieties

**The co-op helps you start the morning right.**



**4.49**

Unreal  
Chocolate Nut Butter  
Cups or Gems  
3.2-5 oz., selected varieties



**2/\$6**

Angie's  
Boomchickapop  
Popcorn  
4.4-7 oz., selected  
varieties



**3.99**

C2O  
Coconut Water  
33.8 fl. oz., selected  
varieties



**2/\$5**

Vita Coco  
Organic Coconut  
Non-dairy Beverage  
33.8 fl. oz., selected  
varieties



**4.99**

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



**2/\$4**

Mountain Valley  
Spring Water  
33.8 fl. oz., selected  
varieties



**2/\$7**

Goldthread  
Plant-based  
Tonics  
12 fl. oz., selected  
varieties



*scoop up something tasty*

Pair thick and chunky Late July Medium Salsa with your favorite crunchy snack. It's just the right amount of heat to warm up a crisp, fall day.

**2/\$6**

Late July  
Organic Salsa or  
Tortilla Chips  
10.1-15.5 oz., selected varieties



**2/\$6**

Divine Chocolate  
Chocolate Bars  
3 oz., selected varieties

**Discover delicious snacks at the co-op.**





**5.49**

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



**3/\$5**

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



**4.49**

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



**2/\$7**

**Barnana Organic Plantain Chips**  
5 oz., selected varieties



**3.99**

**Mary's Gone Crackers Organic Crackers**  
5-6.5 oz., selected varieties



*enhance any moment*

San Pellegrino guides you to unique taste experiences. Experiences that begin with fine food and venture far beyond. With its incomparable sense of taste and Italianity, San Pellegrino is able to enhance any moment.

**2/\$4**

**San Pellegrino Sparkling Mineral Water**  
25.3 fl. oz.



**6.49**

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



**2/\$5**

**Guru Organic Energy Drink**  
12 fl. oz., selected varieties

**Refreshment for the whole family is at the co-op.**



*make time  
for yourself*

**HEALTHY DAILY HABITS**

Take a break from stress and shop the co-op's wellness aisle for products to help you take care of you. Find essential oils, vitamins and immune system-supporting natural remedies to provide relief from your daily routine.



*let Gaia guide you*

For 35 years, Gaia Herbs has been a leader in quality, transparency and sustainability, nurturing the connection between people and plants to deliver nature's vitality.

**18.99**

**Gaia Herbs  
Adrenal Health**  
60 ct.



**2/\$5**  
Orgain  
Organic  
Nutritional Shake  
11 fl. oz., selected  
varieties



**16.49**  
Oregon's Wild  
Harvest  
Organic  
Ashwagandha  
90 ct.



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

**Find health-supporting products at the co-op.**

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



**5.99**  
**Nubian Heritage Deodorant**  
 2.25 oz., selected varieties



**8.49**  
**Pranarom Organic Lavender Oil**  
 5 ml.



*holistic esthetician-designed skincare*

Certified-organic skincare formulated to support long-term skin health using whole-plant oils, waters, butters and clays sourced from family farms, women's cooperatives and cooperative villages around the world.

**25.99**  
**Evanhealy Organic Rosehip Treatment Facial Serum**  
 .5 fl. oz., selected varieties



Stay refreshed all season long.  
**Find the brands you love.**



**INCLUSIVE TRADE PARTNER**  
 Radius is a woman-owned company that looked at toothbrushes and knew there had to be a better way. Using recycled materials, they engineered a toothbrush that cleans and feels better, with a focus on sustainability.

**6.99**  
**Radius Source Toothbrush**  
 each, selected varieties



**4.49**  
**Seventh Generation Lemongrass Citrus Disinfecting Multi-Surface Cleaner**  
 26 fl. oz.



**6.79**  
**Spry Chewing Gum**  
 100 ct., selected varieties



**3.99**  
**Seventh Generation Chlorine-free Pads or Liners**  
 14-50 ct., selected varieties



**8.99**  
**Seventh Generation 100% Recycled Bath Tissue**  
 12 pk.

**Save on home and body care 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 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)*

# Support Inclusive Trade

### DIVERSITY IS STRENGTH

Co-ops around the country are committed to fostering diverse and inclusive communities. We're pleased to offer great deals on brands and products that are owned and operated by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.



### INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company on a mission to invest in a more equitable future. Alaffia's projects enable Togolese communities to provide their skills and knowledge to the rest of the world.



**8.99**

**Alaffia**  
**Everyday Shea Body Lotion**  
 32 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.



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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