

# coop deals

NOV 16 - NOV 29, 2022

## holiday traditions

### GRATITUDE AND TOGETHERNESS

This year, bring together old recipes and new to create a feast for your family. With Cascadian Farm's Organic Green Beans, you can put forward the best casseroles or side dishes to complement your Thanksgiving meal.



**2/\$7**

Cascadian Farm  
Organic Frozen Vegetables  
16 oz., selected varieties



**2/\$6**

Woodstock  
Organic  
Cranberry Sauce  
14 oz., selected varieties



**2/\$6**

Back To Nature  
Crackers  
6 oz., selected varieties



**10.99**

California Olive  
Ranch  
Extra Virgin Olive Oil  
25.4 fl. oz., selected varieties



Amazing deals for the season.

**Thank you for shopping  
at the co-op!**



**4.79**

Lifeway  
Organic Kefir  
32 fl. oz., selected  
varieties

*Earth Balance is for everyone*



Use our tasty vegan, plant-based  
buttery spread in your cooking or  
as a rich, creamy topping.

**5.99**

Earth Balance  
Buttery Spread &  
Sticks

13 oz., selected varieties



**4.99**

Oatly  
Oatgurt  
24 oz., selected varieties



**3.99**

Califia Farms  
Coffee Creamer  
32 fl. oz., selected  
varieties



**1.79**

Nancy's  
Sour Cream  
8 oz.



*honest food, ethically produced*

Our 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."



**2/\$7**

Vital Farms  
Butter  
8 oz., selected varieties



**4.29**

Vital Farms  
Spreadable Butter  
with Avocado Oil  
7 oz.



**5.49**

Vital Farms  
Pasture-raised  
Eggs  
12 ct., selected varieties

**6.99**

Vital Farms  
Pasture-raised  
Eggs  
18 ct., selected varieties

**Your favorite breakfast items are at the co-op.**



**3.99**

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



**3.99**

**Organic  
Valley  
Creamer**  
25.4 fl. oz.,  
selected varieties



**4.49**

**Miyoko's Creamery  
Organic Cultured Vegan  
Butter**  
8 oz., selected varieties



**4.49**

**Meyenberg  
Goat Milk**  
32 fl. oz., selected  
varieties



**4.29**

**Mt Vikos  
Feta Cheese**  
6 oz., selected varieties



**4.29**

**Immaculate  
Organic Crescent Rolls**  
8 oz.

*joy to deliciousness*

It's no coincidence that delicious is our name. Make your dairy-free holiday brighter with tasty So Delicious Holiday Nog, Coconutmilk Yogurt Alternative, Coconutmilk Creamer and CocoWhip Topping! Together, they make everything better. Now that's a reason to celebrate.



**3.79**

**So Delicious  
CocoWhip  
Topping**  
9 oz., selected  
varieties



**3/\$5**

**So Delicious  
Coconutmilk  
Yogurt**  
5.3 oz., selected  
varieties



**2.99**

**So Delicious  
Coconut Milk  
Nog**  
32 fl. oz.



**3.99**

**So Delicious  
Coconut  
Creamer**  
32 fl. oz., selected  
varieties

**The co-op has quality ingredients for gatherings.**

*delight in every bite*



From dinner to dessert, we've got plant-based covered. Explore **Daiya's** dairy-free, allergen-free foods and ingredients that keep you coming back for more.

**2/\$7**

Daiya  
Deluxe Mac & Cheese  
10.6-10.9 oz.,  
selected varieties

**3.99**

Daiya  
Cutting Board  
Shreds  
7.1 oz., selected  
varieties

**3.99**

Daiya  
Dairy-free  
Slices & Blocks  
7.1-7.8 oz., selected  
varieties

**6.99**

Daiya  
Pizza  
13.47-19.4 oz.  
selected varieties



**3.29**

Divina  
Stuffed Grape  
Leaves  
7 oz., selected varieties



**7.49**

Bonafide Provisions  
Organic Bone  
Broth  
24 fl. oz., selected  
varieties



**12.99**

Tofurky  
Plant-based Roast  
26 oz., selected varieties



*America's favorite organic ice cream*

Alden's is committed to making products irresistible for all, offering a wide variety of dairy and dairy-free frozen desserts.

**7.99**

Alden's Organic  
Ice Cream  
48 fl. oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Grain Trust is a Hispanic-owned company that creates three-minute dishes from ethically sourced grains.



**2/\$8**

Grain Trust  
Frozen Rice Sides  
20-30 oz., selected varieties

**Holiday season savings are at the co-op.**

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



**3.29**

**Health Valley  
Organic Soup**  
14.25-15 oz., selected varieties



*vegan holiday classic*

Our meatless vegan roast is an ideal plant-based protein alternative for your holiday social and family get-togethers.

**5.99**

**Field Roast  
Plant-based Meat**  
16 oz., selected varieties



*thank you for shopping at the co-op*

When you shop at the co-op, it means more money stayed in our local economy in 2022, and business practices that are good for people and the planet remained a priority. With much gratitude, thank you!

**The co-op has great deals for the holidays.**

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



# find it all!

The co-op has everything you need to make a delicious holiday meal. Stock up now and get ahead of this busy season with fantastic deals on products you love.



**11.99**

**Napa Valley Naturals  
Organic Extra Virgin  
Olive Oil**  
25.4 fl. oz., selected varieties



**2.29**

**Stahlbush Island Farms  
Frozen Vegetables**  
10 oz., selected varieties



**5.99**

**Better Than Bouillon  
Organic Broth Base**  
8 oz., selected varieties

**Everything for your holiday meal is at the co-op.**

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**3.29**

**Dandies**  
**Vegan Vanilla Marshmallows**  
10 oz., selected varieties



**7.49**

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



**2/\$7**

**Q Mixers**  
**Drink Mixers**  
4 pk.-7.5 fl. oz. cans,  
selected varieties



**The co-op has ingredients for your entertaining.**

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



**2/\$5**

**Westbrae Organic Beans**  
15 oz., selected varieties



*rice to the occasion*

Lundberg believes in the people-bonding power of food to gather families around tables. "Rice" to the occasion this holiday season with the secret ingredient in so many festive and family-favorite recipes.

**7.99**

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



**2/\$4**

**Edward & Sons Organic Homestyle Mashed Potatoes**  
3.5 oz., selected varieties



**2/\$4**

**Dr. McDougall's Soup Cups**  
1.3-3.4 oz., selected varieties



**3.99**

**Mediterranean Organic Pitted Kalamata Olives**  
8.1-8.5 oz., selected varieties



*holiday meals start here*

Pacific Foods Organic Free Range Chicken Broth is rich, flavorful and the perfect pantry partner to create a table full of palate-pleasing holiday favorites like mashed potatoes, stuffing, gravy and more!

**2/\$7**

**Pacific Foods Organic Chicken Broth**  
32 fl. oz., selected varieties



**5.49**

**Rudi's Organic Bread**  
22-24 oz., selected varieties

**The co-op has options for all of your guests.**





**6.49**

Field Day  
Organic All  
Purpose Flour  
5 lbs., selected varieties



*holiday baking  
made better*

Sweeten your favorite holiday treats with delicious, sustainably sourced Wholesome® Fair Trade and Organic sugars. Wholesome® sweeteners and scratch-quality bake mixes are on sale at the co-op now.

**4.49**

Wholesome  
Organic Dark Brown Sugar  
24 oz., selected varieties



**9.99**

Primal Kitchen  
Avocado Oil  
16.9 fl. oz.



**4.79**

Equal Exchange  
Organic  
Chocolate Chips  
10 oz., selected varieties



**3.69**

Field Day  
Organic Light  
Brown Sugar  
24 oz., selected varieties



**3.99**

Field Day  
Non-GMO Canola  
Oil  
32 fl. oz., selected  
varieties



*homemade made easy*

Always-organic, always-delicious shortcuts like Simply Organic Turkey Gravy help you spend more time at the table. Because when you go all out for family and friends, you deserve to celebrate with them.

**1.29**

Simply Organic  
Roasted Turkey Gravy Mix  
0.85 oz., selected varieties



**4.99**

Arrowhead Mills  
Pancake & Waffle  
Mix  
26 oz., selected varieties



**Find more family favorites at the co-op.**



**2/\$7**

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



**5.49**

Rishi Tea  
Organic Tea  
32 fl. oz., selected varieties



**9.99**

Peace Coffee  
Organic Coffee  
12 oz., selected varieties



**9.99**

Equal Exchange  
Organic  
Biorevolution Dark  
Roast  
per pound in bulk, selected varieties



**2/\$7**

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



Tea, juice or coffee to start your day.

**Your favorite beverages are  
at the co-op.**



**9.99**

Lakewood  
Organic Pure  
Cranberry Juice  
32 fl. oz.



**2/\$7**

Barbara's  
Cereal  
10-15 oz., selected varieties



**5.49**

Chobani  
Oatmilk  
32 fl. oz., selected varieties



*scoop up the savings in bulk!*

**1.79**

Organic Quick  
Rolled Oats  
per pound in bulk



**4.49**

Organic Dried  
Cranberries  
per pound in bulk



**12.99**

Organic Pecan  
Halves  
per pound in bulk



**The co-op has everything for a great breakfast.**

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



**2/\$6**  
From The Ground Up  
Cauliflower  
Snacks  
4 oz., selected varieties



**2.29**  
Barbara's  
Cheese Puffs  
7 oz., selected varieties



**2/\$7**  
Terra  
Vegetable Chips  
5 oz., selected varieties



**2/\$6**  
Late July  
Organic Tortilla  
Chips  
10.1 oz., selected  
varieties



**6.29**  
Spry  
Xylitol Gum  
100 ct., selected varieties



**2/\$6**  
R.W. Knudsen  
Sparkling Juice  
25.4 fl. oz., selected  
varieties



**2/\$10**  
Izze  
Sparkling Juice  
Drink  
4 pk.-12 fl. oz. bottles,  
selected varieties



**2/\$8**  
Nixie  
Organic Sparkling  
Water  
8 pk.-12 fl. oz. cans,  
selected varieties

*a mocktail for everyone*

**SPARKLE AND FIZZ**

Celebrate the holiday season with mocktails, adding your favorite juices, fizzy beverages and ingredients that accentuate the flavors of the season. Grab some cinnamon sticks, nutmeg, cranberries and star anise to get into the spirit.



**6.49**  
Reed's  
Ginger Brew  
4 pk.-12 fl. oz. bottles,  
selected varieties



**2/\$7**  
Tony's  
Chocolonely  
Chocolate Bars  
6.35 oz., selected  
varieties

**Find plenty of snacks and beverages at the co-op.**

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## 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)*



**3.99**

**Better Life  
Toilet Bowl Cleaner**  
24 fl. oz., selected varieties

### INCLUSIVE TRADE PARTNER



World Centric is an Asian-owned company whose business operations address sustainability in our products, philanthropy and practices.

**4.49**

**World Centric  
Compostable 9" Plates**  
20 ct., selected varieties



*Shop inclusive trade!*

We're pleased to offer great deals on brands from businesses owned by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.

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.

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