

# coop deals

FEB 1 - FEB 14, 2023

## extra crunch

With Valentine's Day around the corner, find Chocolove bars on sale at the co-op! Chocolove's almonds & sea salt flavor is sweet and crunchy – perfect for sharing with your loved ones.



**2/\$4**

Chocolove  
Chocolate Bars  
2.9-3.2 oz., selected varieties



**2/\$7**

C2O  
Coconut Water  
33.8 fl. oz., selected varieties



**3.99**

Quinn  
Pretzel Nuggets  
5-7 oz., selected varieties



**2/\$7**

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



**2/\$7**

Chickapea  
Organic  
Chickpea Pasta  
8 oz., selected varieties



**3.99**

Tazo  
Tea  
20 ct., selected varieties



**5.79**

Eo  
Hand Soap  
12 fl. oz., selected varieties



Buy One, Get One

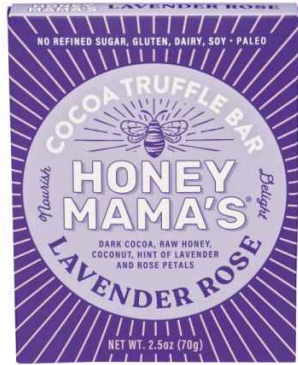
**FREE**

*special offers inside!*

**BO  
GO**



**3.79**  
Organic Valley  
Sour Cream  
16 oz., selected varieties



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



**2/\$7**  
Koia  
Plant-based Protein Drink  
12 fl. oz., selected varieties



**4.49**  
Organic Valley  
Shredded  
Parmesan Cheese  
4 oz., selected varieties



**2/\$9**  
Silk  
Plant-based Milk  
64 fl. oz., selected varieties



**5.49**  
Treeline  
Plant-based  
Cheese  
6 oz., selected varieties



**5.49**  
Toby's  
Dressing or Dip  
12 oz., selected varieties



**2/\$6**  
GT's  
Pure Love  
Kombucha  
16 fl. oz.,  
selected varieties



**2/\$6**  
GT's  
Ancient  
Mushroom Elixir  
16 fl. oz.



**2/\$6**  
GT's  
Kombucha  
16 fl. oz.,  
selected varieties



**5.49**  
GT's  
Organic Coconut  
Yogurt  
8 oz., selected varieties



*fermented food  
for everyone*

**INCLUSIVE TRADE PARTNER**

**GT's Living Foods** is a family-owned business, LGBTQIA+-owned and a leader in fermented foods with humble beginnings. GT Dave began from his home in 1995 at 15 years old. Our living foods are authentically fueled by organic plants, raw fermentation, naturally occurring probiotics and ancient wisdom.

**The co-op has great refrigerated selections.**

# game-changing, plant-based foods



Stock up on all your essentials with **Kite Hill**. From our versatile ricotta to our artisan pasta and varieties of dips and spreads — we are sure to have all your dairy-free needs covered to please everyone at your table.

**3.79**

**Kite Hill Dairy-free Dips or Sour Cream**  
8 oz., selected varieties

**5.99**

**Kite Hill Dairy-free Cream Cheese**  
8 oz.

**4.39**

**Kite Hill Almondmilk Yogurt**  
16 oz., selected varieties

**5.99**

**Kite Hill Plant-based Filled Pasta**  
9 oz., selected varieties



**1.69**

**Stonyfield Organic Yogurt Pouch**  
3.5 oz., selected varieties



**3/\$7**

**Petit Pot Organic Pudding**  
3.5 oz., selected varieties



**5.49**

**Grillo's Pickles**  
32 fl. oz., selected varieties

## farmers market fresh



We don't compromise on fresh ingredients. Ever. When we say lemons, we mean real lemons. We bring a passion for fresh, mind-blowing flavor into everything we make.

**3.99**

**Ithaca Hummus**  
10 oz., selected varieties



**4/\$5**

**Chobani Greek Yogurt**  
5.3 oz., selected varieties

**Delicious favorites are at the co-op.**



**3.79**

**Good Karma Flaxmilk**  
64 fl. oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Starlite Cuisine is a multi-generational, diverse-owned company that makes great-tasting, convenient vegan products.

**6.49**

**Starlite Cuisine Plant-based Taquitos**  
14 oz., selected varieties



**1.79**

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



**4.99**

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



**5.29**

**Hodo Vegan All-Day Egg Scramble**  
8 oz.



**5.49**

**Applegate Uncured Sunday Bacon**  
8 oz.



**4.99**

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



**7.99**

**Cascadian Farm Organic Powered by Plants Entrees**  
24 oz., selected varieties



**2/\$8**

**Annie's Organic Pizza Poppers**  
6.8 oz., selected varieties



**4.49**

**Quorn Meatless Nuggets or Patties**  
10.6 oz., selected varieties



**2/\$10**

**Talenti Gelato or Sorbetto**  
1 pint, selected varieties

**Find Inclusive Trade brands throughout the co-op.**



Buy One, Get One  
**FREE**

Califia Farms  
Oatmilk  
48 fl. oz., selected varieties



Buy One, Get One  
**FREE**

Against The Grain  
Pizza  
14.3-24.4 oz., selected varieties  
Limit 1 BOGO offer per customer



Buy One, Get One  
**FREE**

Hiball Energy  
Seltzer  
16 fl. oz., selected varieties  
Limit 4 BOGO offers per customer



Buy One, Get One  
**FREE**

Aura Cacia  
Mineral Bath  
2.5 oz., selected varieties



Buy One, Get One  
**FREE**

Tasty Bite  
Indian Entrees  
10 oz., selected varieties



Buy One, Get One  
**FREE**

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

**The co-op has amazing buy one, get one free deals!**

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



**1.99**

**Bionaturae Organic Tomato Paste**

7 oz., selected varieties



**2.29**

**Bionaturae Organic Pasta**

16 oz., selected varieties



**2.79**

**Bionaturae Organic Strained Tomatoes**

24 oz.



**3.79**

**Bionaturae Organic Fruit Nectar**

25.4 fl. oz., selected varieties



*Bionaturae = quality + integrity*

Pioneering organic products from Italy to the U.S.A. since 1995. **Bionaturae** works directly with a small network of farmers who practice fair, sustainable agricultural management. Bionaturae is one of the first pasta and tomato brands to be Glyphosate Residue Free Certified.



**2/\$8**

**R.W. Knudsen Organic Juice**

32 oz., selected varieties



**5.79**

**Sky Valley Sriracha Sauce**

18.5 fl. oz.



**4.99**

**Plant Boss Organic Meatless Crumbles**

3.17-3.35 oz., selected varieties



*original clean ramen*

Expertly crafted from freshly milled, organically grown heirloom wheat. Koyo ramen noodles are baked, not fried, and they include a savory vegan broth.

**5/\$5**

**Koyo Ramen**

2-2.1 oz., selected varieties



**3.49**

**Woodstock Organic Ketchup**

19.5-20 oz., selected varieties

**Ingredients for great meals are at the co-op.**



**2/\$6**

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



**4.29**

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



**7.99**

Dr. Bronner's  
Organic Whole Kernel  
Virgin Coconut Oil  
14 fl. oz., selected varieties



**2/\$7**

Equal Exchange  
Organic Tea  
20 ct., selected varieties



**2.29**

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



**2/\$7**

Pacific Foods  
Plant-based  
Beverage  
32 fl. oz., selected  
varieties

*sustainably sourced,  
expertly roasted*

Equal Exchange is committed to sourcing from democratically organized small farmer cooperatives. Our coffee is thoughtfully sourced and organically grown with care for the surrounding ecosystem, supporting long-term partnerships that help keep small farming families thriving!



**8.99**

Equal Exchange  
Organic Coffee  
10-12 oz., selected varieties



**2/\$4**

Earth's Best  
Organic Baby Food or  
Yogurt Smoothie Pouch  
3.5-4.2 oz., selected varieties

**Find great deals throughout the co-op!**



*KIND* snacks

**2/\$3**  
Kind Bars  
1.4 oz., selected varieties

**2/\$8**  
Kind Healthy Grains Bars  
5-1.2 oz., selected varieties

**2/\$10**  
Kind Healthy Grains Granola & Clusters  
11 oz., selected varieties

**5.99**  
Kind Breakfast Bars  
6-1.76 oz., selected varieties

Kind® offers the perfect tasty snacks for every occasion. Made with nutrient-dense ingredients like nuts and whole grains, with flavors that satisfy from the first bite to the last. Perfect for enjoying while on the go, at work or at home.



**1.79**  
Essentia Ionized Water  
50.7 fl. oz.



**2.79**  
Lesser Evil Organic Popcorn  
4.6 oz., selected varieties



**7.99**  
Once Again Organic Sesame Tahini  
16 oz., selected varieties



*taste the magic*

Dr. Bronner's Magic All-One Chocolate: Pairing world-class Swiss chocolatiers with fairly treated cocoa farmers practicing regenerative organic agriculture. All vegan, 70% cocoa, sweetened with coconut sugar and perfectly balanced!

**2/\$7**

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



**2/\$7**

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

**The co-op has the brands you love.**





**3/\$5**

Justin's  
Organic Nut Butter Cups  
1.4 oz., selected varieties



**2/\$5**

Alter Eco  
Organic Chocolate Bars  
2.82 oz., selected varieties



**4.29**

Kettle Brand  
Potato Chips  
13 oz., selected varieties



**2.79**

Sesmark  
Rice Crackers  
3.2-7 oz., selected varieties



**3.79**

Hu Kitchen  
Organic  
Chocolate Bar  
2.1 oz., selected varieties



**3.99**

Simple Mills  
Almond Flour  
Crackers  
4.25 oz., selected varieties

*enhance  
any moment*



**2/\$4**

San Pellegrino  
Sparkling Mineral Water  
25.3 fl. oz.

**5.99**

San Pellegrino  
Sparkling Fruit Beverage  
6-11.15 fl. oz. cans, selected varieties

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 enhances any moment.

**Game-day goodies for everyone are at the co-op.**



**6.99**

**Schmidt's**  
Deodorant Stick  
2.65 oz., selected varieties



*support digestion and throat health*

Take charge of your unique needs with Traditional Medicinals herbalist-created teas. Our medicinal-grade herbs can help you take care of your digestion and throat health this tea season.

**4.49**

**Traditional Medicinals**  
Organic Herbal Tea  
16 ct., selected varieties



**13.49**

**Weleda**  
Skin Food  
2.5-6.8 fl. oz., selected varieties



**15.49**

**Kal**  
Magnesium  
Glycinate 350  
160 ct.



**2/\$6**

**Badger**  
Lip Balm  
.25 oz., selected varieties



*the ultimate*

As the #1 omega-3 fish oil brand in the U.S., Nordic Naturals sets the highest standards for fish oil manufacturing. The ultimate in omega-3 fish oil to support heart, brain and immune health.

**48.99**

**Nordic Naturals**  
Ultimate Omega  
180 ct.

**INCLUSIVE TRADE PARTNER**

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



**9.49**

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

**Stay well this winter with help from the co-op.**



**3.89**

**Tom's Of Maine Children's Toothpaste**  
5.1 oz., selected varieties



**5.49**

**Tom's Of Maine Toothpaste**  
4-5.5 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.



**9.49**

**Alaffia Everyday Shea Shampoo or Conditioner**  
32 fl. oz., selected varieties



**14.99**

**Wild Carrot Herbs Face or Eczema Cream**  
2 oz., selected varieties



**2/\$7**

**Ecos Liquid Dish Soap**  
25 fl. oz., selected varieties

*let Alba be your Valentine*



**6.79**

**Alba Botanica Acnedote Face & Body Scrub**  
8 oz.



**6.79**

**Alba Botanica Acnedote Pimple Patch**  
40 ct.



**7.29**

**Alba Botanica Hawaiian Shampoo or Conditioner**  
12 fl. oz., selected varieties



**11.99**

**Alba Botanica Very Emollient Body Lotion**  
32 fl. oz., selected varieties

Show yourself and the planet some love with **Alba Botanica**. Our plant-based products align with our love of the natural world, which is why our products are 100% vegetarian, contain botanical ingredients and are cruelty free!

**Find all your bath and body items at the co-op.**

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

**Shop for fresh, delicious, local food at a co-op near you.**

**ALASKA**

Co-op Market Grocery & Deli

**ARIZONA**

Food Conspiracy Co-op

**CALIFORNIA**

BriarPatch Food Co-op

Chico Natural Foods Cooperative

Co-opportunity Market

Davis Food Co-op

Feather River Food Co-op

Isla Vista Food Co-op

North Coast Co-op

Ocean Beach People's Organic Food Co-op

Sacramento Natural Foods Co-op

SLO Food Co-op

Ukiah Natural Foods Co-op

**IDAHO**

Boise Co-op

Moscow Food Co-op

**MONTANA**

Community Food Co-op

**OREGON**

Alberta Cooperative Grocery

Ashland Food Co-op

Astoria Co+op

First Alternative Co-op

Food Front Cooperative Grocery

Medford Food Co-op

People's Food Co-op

**WASHINGTON**

Central Co-op

Community Food Co-op

Main Market Co-op

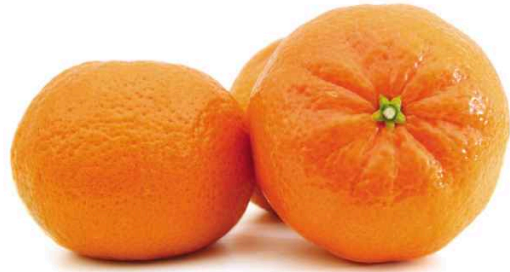
Olympia Food Co-op

Orcas Food Co-op

Skagit Valley Food Co-op

Sno-Isle Natural Foods Co-op

The Food Co-op



*to find a food co-op near you, visit us online at: [grocery.coop](http://grocery.coop)*



*touchdown with Garden of Eatin'*

Bring delicious crunch and color to your gameday celebration with Garden of Eatin' one-stop snack solutions.

**2.79**

**Garden Of Eatin' Organic Refried Beans**  
16 oz., selected varieties

**3.79**

**Garden Of Eatin' Taco Shells**  
5.5 oz., selected varieties

**4.99**

**Garden Of Eatin' Tortilla Chips**  
16 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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