

coop deals

APR 19 - MAY 2, 2023

shine more

Made with high-quality ingredients like avocado and olive oil. Treat your hair with Giovanni's shampoo and conditioner — buy one, get one free at the co-op!



Buy One, Get One

FREE

Giovanni
2chic Shampoo or
Conditioner

8.5 fl. oz., selected varieties



2.29

C2O
Coconut Water
17.5 fl. oz., selected
varieties



3/\$5

Kind
Bars
1.4 oz., selected varieties



2/\$6

Tasty Bite
Organic Entrees
8.8-10 oz., selected
varieties



2.99

Fage
Greek Strained
Yogurt
16 oz., selected varieties



3.79

Good Karma
Flaxmilk
64 fl. oz., selected
varieties



12.99

California Olive
Ranch
Extra Virgin Olive
Oil
25.4 fl. oz.



Buy One, Get One

FREE

more offers inside!





**Buy One, Get One
FREE**
Deals at the Co-op!

Save on products you love from brands you trust! Look for the BOGO (buy one, get one FREE) deals signs throughout the store.



**Buy One, Get One
FREE**

The Humble Co.
Floss Picks
50 ct.



**Buy One, Get One
FREE**

Om
Organic Mushroom Powder
3.17-3.5 oz., selected varieties



**Buy One, Get One
FREE**

Vive Organic
Wellness Shots
2 fl. oz., selected varieties



**Buy One, Get One
FREE**

Bach
Rescue Remedy Pastilles
35 ct., selected varieties



**Buy One, Get One
FREE**

Ancient Nutrition
Collagen Protein Powder
16 oz.

Buy one, get one FREE items on sale at the co-op.

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

love our mother



EARTH DAY, EVERY DAY! The main ingredients in our soaps are grown in the earth and tended by farmers practicing regenerative organic agriculture. This builds rich soil, sequesters carbon, retains water and protects biodiversity — helping to mitigate catastrophic climate change on Spaceship Earth. All-One!

10.99

Dr. Bronner's
Pure Castile Liquid Soap
32 fl. oz., selected varieties



29.99

Gaia Herbs
Turmeric
Supreme Extra
Strength
120 ct.



16.79

Smarty pants
Organic Kid's
Complete
Multivitamin
120 ct.



10.49

Sukin
Rosehip
Hydrating Day
Cream
4.06 fl. oz.



*superior science,
smarter formulas*

Saccharomyces Boulardii: one of the best substantiated probiotics, from the probiotic pioneer you can trust. Science first, so you can feel good in your own body.

25.49

Jarrow Formulas
Saccharomyces Boulardii
Plus MOS
90 ct.



18.49

Megafood
Turmeric Strength
60 ct.

Celebrate Earth Day every day at the co-op.



4.49
Organic Valley
Shredded
Parmesan
Cheese
4 oz.



4.99
Organic Valley
Cheese
8 oz., selected varieties



4.99
Organic Valley
Sliced Cheese
6-8 oz.,
selected varieties



5.79
Organic Valley
Stringles
Mozzarella
Cheese Sticks
8 oz.

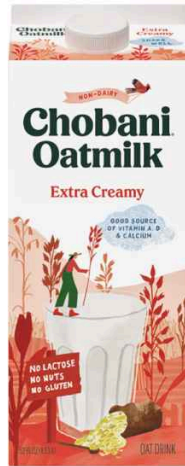


←
*pasture-raised
perfection*

From Italian provolone to Greek feta and everything else between, we combine time-honored recipes with pasture-raised milk to make what we believe is the tastiest cheese in the country.



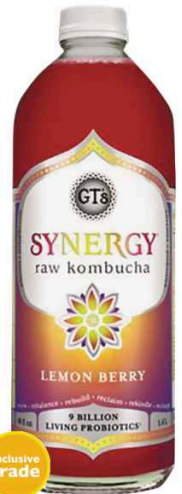
2/\$7
Siggis
Drinkable Yogurt
32 fl. oz., selected
varieties



2/\$9
Chobani
Oatmilk
52 fl. oz., selected
varieties

INCLUSIVE TRADE PARTNER

GT's is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.



7.49
GT's
Organic Kombucha
48 fl. oz., selected varieties



3.79
Silk
Almondmilk
64 fl. oz., selected
varieties



4.99
Bellwether Farms
Plain Sheep Milk
Yogurt
16 oz.



10.99
Organic Prairie
Beef Summer
Sausage
12 oz., selected varieties



Visit grocery.coop for healthy breakfast recipes.

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



3.99

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



4.79

Mt Vikos
Organic Feta Cheese
6 oz.

INCLUSIVE TRADE PARTNER



Three Trees is a woman-owned company with a passion for creating nutritious, plant-based beverages using the wonders of the forest to provide clean ingredients.

5.49

Three Trees
Plant-based Milk
28 fl. oz., selected varieties



1.79

Olipop
Sparkling Tonic
12 fl. oz., selected varieties



2/\$5

Petit Pot
Organic Pudding
3.5 oz., selected varieties



3.29

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



2/\$8

Rebbl
Organic Elixir
12 fl. oz., selected varieties



2.99

Wildwood
Organic Sprouted Tofu
14 oz., selected varieties



3.79

Freshe
Salmon or Tuna Entree
4.25 oz., selected varieties



4.29

Stonyfield Organic
Kids Yogurt Tubes
16 oz., selected varieties

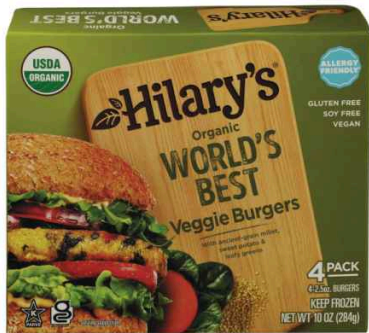


5.29

So Delicious
Organic Coconutmilk Yogurt
24 oz., selected varieties

Breakfast staples are on sale at the co-op.

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



3.99

**Hilary's
Veggie Burgers**
10-11 oz., selected varieties



2/\$8

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



4.99

**Cosmic Bliss
Organic Frozen Dessert**
14 fl. oz., selected varieties



2/\$6

**Nature's Path
Organic
Waffles**
7.4 oz., selected varieties



5.49

**Sambazon
Organic Frozen
Acai**
7.6-15.5 oz., selected varieties



8.99

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

fresh taste, freezer convenience

Serve up easy, gourmet meals in minutes. Woodstock's organic dinners begin with robust recipes for the perfect harmony of flavor, aroma and texture in every bite.

7.99

**Woodstock
Organic Filled Pasta**
20 oz., selected varieties



4.99

**Talenti
Gelato**
16 oz., selected varieties

Delicious food for indoor or outdoor meals.



2/\$4

Mike's Mighty Good Ramen Soup Cups
1.6-2.4 oz., selected varieties



2/\$4

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



2/\$7

Rummo Pasta
16 oz., selected varieties



3.49

Jovial Organic Brown Rice Pasta
12 oz., selected varieties



3.99

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



3.99

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



2/\$5

Natural Sea Yellowfin Tuna
5 oz., selected varieties



5.99

Emerald Cove Organic Nori
.9 oz., selected varieties



6.99

Primal Kitchen Pasta Sauce
15-24 oz., selected varieties



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/\$6

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



2/\$5

Westbrae Organic Beans
15 oz., selected varieties

Find your favorite products at the co-op.



breakfast is better with Bob's

Old Country Style Muesli is made from simple ingredients, including whole grains, nutritious nuts and seeds, and delicious dried fruit. Enjoy hot or cold!



3.99

Bob's Red Mill
Old Country Style Muesli
18 oz.



1.99

Mori-Nu
Silken Tofu
12-12.3 oz., selected varieties



2/\$7

Nature's Path
Organic Toaster Pastries
11 oz., selected varieties



4.99

Sky Valley
Sriracha Sauce
18.5 oz.



2/\$7

R.W. Knudsen
Organic Very Veggie Juice
32 fl. 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 immunity and throat health this tea season.

4.49

Traditional Medicinals
Organic Herbal Tea
16 ct., selected varieties



7.49

Navitas Organics
Cacao Powder or Nibs
8 oz., selected varieties



23.99

Amazing Grass
Greens Blend
7.4-8.5 oz., selected varieties

The co-op has healthy options for everyone.



3.29

**Kettle Brand
Potato Chips**
4.25-5 oz., selected varieties



2/\$5

**Epic
Bars**
1.3-1.5 oz., selected varieties



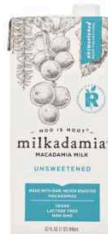
2/\$3

**Epic
Meat Strips**
.8 oz., selected varieties



2/\$7

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



2/\$7

**Milkadamia
Macadamia Milk**
32 fl. oz., selected
varieties



3.79

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



food with purpose

PROBAR® creates delicious, convenient, healthy, plant-based food products. We strive to become the leading provider of REAL FOOD choices, always maintaining our commitment to quality, sustainability and fantastic taste.

2/\$4

**Probar
Meal Bar**
3 oz., selected varieties



5.49

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

Fuel up for active spring days at the co-op.



2/\$7

Annie's Homegrown Organic Fruit Snacks
4 oz., selected varieties



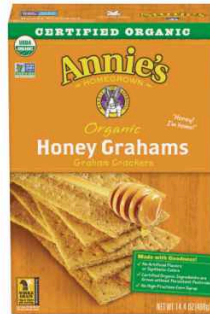
2/\$7

Annie's Homegrown Organic Cheddar Cheesy Puffs
4 oz.



2/\$7

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



4.49

Annie's Homegrown Organic Graham Crackers
14.4 oz., selected varieties



organic snacks for everybunny

Let our bunny-shaped treats make snack time extra fun (and our organic ingredients make your day a little more joyful, too!)



2/\$7

Lily's Chocolate Bar
2.8-3 oz., selected varieties



4.79

Newman's Own Cookies
13 oz., selected varieties



4.99

Garden Of Eatin' Tortilla Chips
16 oz., selected varieties

scoop up the savings in bulk!



2.69

Organic White Quinoa
per pound in bulk



9.49

Organic Almonds
per pound in bulk



9.99

Organic Dried Mangos
per pound in bulk, selected varieties

The co-op has on-the-go snack options.

clean with purpose

At **Seventh Generation**, we're on a mission to make the world a healthier, more equitable place for future generations, which is why we constantly innovate to make our products and packaging better for people and planet.



2/\$7

**Seventh Generation
Liquid Dish Soap**
19 fl. oz., selected varieties



6.49

**Seventh Generation
Fabric Softener
Sheets**
80 ct., selected varieties



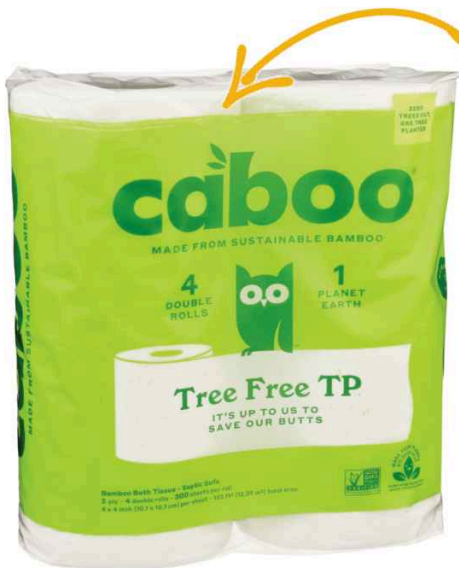
12.99

**Seventh Generation
Easy Dose Laundry
Detergent**
23.1 fl. oz.,
selected varieties



Make your home look and feel fresh.

**The co-op has the
supplies you need.**



free the trees

Caboo is committed to saving America's National Forests, not chopping them down to make toilet paper. Our tree-free products are made from bamboo, not trees. Free the trees with Caboo.

3.99

**Caboo
Bamboo Toilet Paper**
4 pk.



7.49

**Biokleen
Bac-Out Stain &
Odor Remover**
32 fl. oz.



Swing into spring cleaning at the co-op.

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

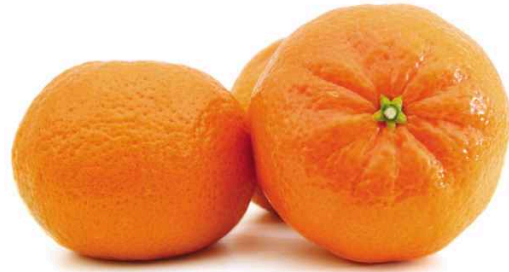
Olympia Food Co-op

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

make mornings easy

FUEL UP

Your days may be busy, but your breakfast choices can be easy. Stay on top of your schedule while choosing nutritious meal options from the co-op, for sustained energy throughout the day. Find great recipe ideas at grocery.coop.



2.89
 Orgain
 Organic
 Nutritional Shake
 11 fl. oz., selected varieties



4.99
 Kind
 Healthy Grain
 Clusters
 11 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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