

co+op deals

AUG 16 - AUG 29, 2023

add to a mocktail

Bubbly kombucha has probiotics and is a refreshing beverage for warm summer days. Trust your gut and grab some Health-Ade Kombucha — on sale at the co-op!



2/\$5

Health-Ade
Organic Kombucha
16 fl. oz., selected varieties



1.39

Liquid Death
Natural or
Sparkling
Mountain Water
16.9 fl. oz., selected
varieties



3.99

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



4.49

Ben & Jerry's
Ice Cream
1 pt., selected varieties



8.99

Nature's Path
Organic
Cereal
26.4-32 oz., selected
varieties



9.99

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



15.49

Smarty pants
Organic Kid's
Formula Multi &
Omega 3s
120 ct.



Find end-of-summer deals at the co-op.
Savor the summer!



2/\$8
Evolution Fresh
Organic Juices
 15.2 fl. oz., selected varieties



3/\$5
So Delicious
Coconutmilk
Yogurt
 5.3 oz., selected varieties



3.29
Planet Oat
Oatmilk
 52 fl. oz., selected varieties



3.29
Organic Valley
Grassmilk Half
& Half
 1 pt.



3.99
Just
Plant-based
Egg Scramble
 12 fl. oz.



4.79
Mt Vikos
Feta Cheese
 6 oz., selected varieties



6.49
Fage
Greek Yogurt
 32 oz., selected varieties



7.49
Organic Valley
Butter
 16 oz., selected varieties

organic cheesy goodness

Organic Valley's Thick Cut 3 Cheese Italian Blend features Organic provolone, mozzarella and sharp cheddar for bold flavor on pizza and in pastas, soups, risottos and more.

4.49
Organic Valley
Shredded Cheese
 6 oz., selected varieties



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
Organic Plant-based Milk
 28 fl. oz., selected varieties

The co-op has dairy and nondairy options.

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

irresistibly good



Califia Farms makes a wide variety of dairy-free products that are oh-so easy to love, without sacrificing the flavor or versatility you deserve. Based in California and named after the legend of Queen Califia, Califia Farms is always plant based.

4.49
Califia Farms
Organic
Unsweetened
Almondmilk
48 fl. oz.

4.49
Califia Farms
Toasted
Coconut
Almondmilk
48 fl. oz.

4.79
Califia Farms
Organic Original
Oatmilk
48 fl. oz.

4.79
Califia Farms
Oatmilk or Oatmilk
& Almondmilk Blend
48 fl. oz., excludes Protein
Oat Milk, selected varieties



2/\$7
Rebbl
Organic Elixir
12 fl. oz., selected varieties



3.99
Miyoko's Creamery
Organic Cashewmilk
Cream Cheese
8 oz., selected varieties



3.99
Organic Valley
Large Free-range Brown
Eggs
1 doz.



5.49
Grillo's
Dill Pickles
32 fl. oz., selected
varieties



2.29
Evol
Burritos
6 oz., selected varieties



4.49
Just
Folded Plant-
based Eggs
8 oz.

The food you love is at the co-op.



4.69
Jonny Pops
Frozen Fruit or
Cream Bars
8.25 fl. oz., selected varieties



3.49
Pitaya
Frozen Dragon or
Passion Fruit
12 oz., selected varieties



4.99
Talent
Gelato or Sorbetto
1 pt., selected varieties



4.49
Quorn
Meat Alternatives
7.76-12 oz., selected varieties



4.49
So Delicious
Frozen Desserts
2.3-12 fl. oz., selected varieties



5.49
Natural Sea
Cod Sticks or
Fillets
8 oz., selected varieties



5.99
Amy's
Frozen Meals
8.25-10.3 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.

5.49
Alden's Organic
Ice Cream Novelties
12-14 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Caulipower was started by a mom of two children with celiac disease, inspired by the desire for delicious and gluten-free options.



6.99
Caulipower
Cauliflower Crust Pizza
11.6 oz., selected varieties

Find dinner and dessert options at the co-op.

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



5/\$6

**Koyo
Ramen**
2-2.1 oz., selected varieties



2/\$6 Ancient Harvest
Organic Quinoa Pasta
8-9.6 oz., selected varieties



3.39
Natural Sea
Albacore Tuna
5 oz., selected varieties



3.99
Silver Hills
Sprouted Wheat
Bread
15-21 oz., selected
varieties



3.79
Dream
Organic Ricemilk
32 fl. oz., selected
varieties



4.79
Blue Diamond
Almondmilk
64 fl. oz., selected
varieties



4.99
Little Northern
Bakehouse
Gluten-free Bread,
Buns or Bagels
16-17.4 oz., selected
varieties



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



4.99
Woodstock
Organic Pickles or Relish
16-24 fl. oz., selected varieties



9.49
Woodstock
Organic Peanut Butter
35 oz., selected varieties

The co-op has ingredients for easy meals.

organically
delicious



School is back in session and there's no better way to crush your day than with down-to-earth, wholesome goodness. Discover the latest snacks and meals from **Annie's** and **Cascadian Farm**.



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

2/\$8
Cascadian Farm
Organic Cereal,
Granola or
Granola Bars
6.2-16 oz., selected varieties

4.29
Annie's
Organic Snacks
8-11.25 oz.,
selected varieties

2/\$9
Annie's
Organic Fruit
Snacks
7 oz.,
selected varieties



1.99
Essentia
Ionized Water
50.7 fl. oz.



2/\$10
LaCroix
Sparkling Water
12 fl. oz., selected
varieties



hop to it

Stock up, save and help schools in need with Box Tops for Education and Annie's. Get more ooey-goey goodness for you and give more to schools. It's a win-win for everyone.

2/\$3

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



Delicious favorites are at the co-op.



2/\$8

Santa Cruz Organic Apple Sauce
6-4 oz., selected varieties

2/\$4

Santa Cruz Organic Lemonade or Limeade
32 fl. oz., selected varieties

4.49

Santa Cruz Organic Sensible Sipper or Fruit Juice
32 fl. oz., selected varieties

4.99

Santa Cruz Organic Dark Roast Creamy Peanut Butter
16 oz, selected varieties



Get ready for back-to-school season with 100% organic products from **Santa Cruz Organic!** Whether it's a glass of lemonade, Sensible Sippers Grape Juice, featuring zucchini juice for lower sugar content, a cup of applesauce, or a peanut butter sandwich, SCO will make your family happy!

food with purpose

When you are on the go and don't have time to stop, MEAL Superfood Slam is for you! Superfood Slam provides long-lasting energy and is filled with delicious, nutrient-dense calories.



3/\$7

Probar Meal Bars
2.46-3 oz., selected varieties



3.79

MadeGood Organic Granola Bars
6 pk.-.85 oz. bars, selected varieties



3/\$5

Kind Bars
1.4 oz., selected varieties



4.79

One Degree Organic Foods Sprouted Cereal
8-10 oz., selected varieties



9.99

Lakewood Organic Pure Cranberry Juice
32 fl. oz.



The co-op has tasty snacks for on the go.



1.79

Gimme Organic Seaweed Snacks
3.5 oz., selected varieties



hydration is only a sip away

Vita Coco is the world's best-selling coconut water, loved for bringing coconuts to the world (and tasting great, of course). Because coconut water is filled with real things that are good for you — like nutrients, electrolytes and vitamins that give you a boost.



2.79

Vegan Rob's Plant-based Puffs
3.5 oz., selected varieties

2/\$8

Vita Coco Coconut Water
33.8 fl. oz., selected varieties



Get your poolside snacks and beverages at the co-op.

Stay hydrated.



2/\$6

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



2/\$7

Que Pasa Organic Tortilla Chips
10-11 oz., selected varieties



2/\$7

RJ's Licorice Black, Raspberry or Mango Licorice
7.05 oz., selected varieties



2/\$7

Good Health Veggie Snacks
5.25-6.25 oz., selected varieties

Find great summer snacks at the co-op.



2/\$5

Alter Eco Organic Chocolate Bars
2.82-4.2 oz., selected varieties



2/\$5
Nick's Sticks Meat Stick
1.7 oz., selected varieties



2/\$6

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



3.99

Mi-Del Gluten-Free Cookies
8-10 oz., selected varieties



4.49

Back To Nature Cookies
6-12 oz., selected varieties



5.49

Bizzy Organic Cold Brew Coffee
48 fl. oz., selected varieties



5.99

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

Back to Nature® snack attack



This school year calls for the best snacks yet! Non-GMO Project Verified, kosher, plant based and delicious, Back to Nature is the perfect option for the lunch box or after school.

2/\$7

Back To Nature Crackers, Puffs, Flatbread or Crisps
3.2-8.5 oz., selected varieties

INCLUSIVE TRADE PARTNER

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



2/\$7

Siete Mexican Grain-free Cookies
4.5 oz., selected varieties

The co-op helps you satisfy your snack cravings.

spoon, please

ADD PROTEIN

Try something different — a smoothie bowl! Gather the ingredients, blend together and enjoy a cool and nutrient-rich meal. Add fresh fruit, granola or chia seeds as toppings. Find other delicious recipes like this one at grocery.coop!

Ingredients

- ½ cup milk
- ½ cup plain Greek yogurt
- 4 cups spinach leaves, washed
- 1 cup pineapple chunks, drained
- 1 medium frozen banana, sliced



8.99

**Similasan
Eye Relief
Drops or Gel**
.33 fl. oz., selected
varieties



16.79

**Simply Tera's
Whey Protein
Powder**
12 oz., selected varieties



28.99

**Four Sigmatic
Organic Protein
Powder**
16.9-21.16 oz., selected
varieties



better for you

Kids Nordic Probiotic Gummies provide a synergistic blend of probiotics and prebiotic fiber to help maintain healthy digestion with 1.5 billion CFU per serving. This yummy gummy is for ages 3 and up.

13.99

**Nordic Naturals
Kids Nordic
Probiotic Gummies**
60 ct.



Start the day with supplements from the co-op.



5.19

**Jason
Toothpaste**
4.2 oz., selected
varieties



2/\$4

**Green Forest
Bath Tissue**
4 pk., selected varieties



2.19

**Repurpose
Compostable
Assorted Cutlery**
24 ct., selected varieties



2.29

**Preserve
Kids Toothbrush**
each



5.69

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



6.19

**Sukin
Cleanse or
Moisturizing Facial
Products**
4.23 fl. oz., selected
varieties



8.49

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



8.79

**Heritage Store
Rosewater Facial
Mist**
8 fl. oz.

safer for you and the planet

Our products help address global issues such as air pollution, water health, plastic waste and consumer trust. We formulate using renewable, plant-based ingredients rigorously tested to be safe for your family.

4.49

**Seventh Generation
Disinfecting Cleaner, Wipes & Spray**
23-26 fl. oz., selected varieties



INCLUSIVE TRADE PARTNER

The Honey Pot is a Black-owned company, and we've created the first complete feminine care system powered by herbs®. Our products are dermatologist tested, kind to skin and plant derived. Welcome to the new normal.

8.29

**The Honey Pot
Normal or
Sensitive Wipes**
30 ct., selected varieties



The co-op has eco-friendly, sustainable products.

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



crafted with less

2/\$4

Siggis Plant-based Yogurt
5.3 oz., selected varieties

4/\$5

Siggis Skyr Yogurt
4.4-5.3 oz., selected varieties

4.99

Siggis Whole Milk Yogurt
24 oz., selected varieties

All of our skyr and plant-based, dairy-free yogurts are made with simple ingredients and no artificial anything. Deliciously satisfying **siggis** yogurts make the perfect breakfast or snack option.

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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