

# coop deals

JAN 3 - JAN 16, 2024

## cheers to you

It's 2024, so raise a glass filled with your favorite Kevita sparkling probiotic drink — on sale at the co-op — and enjoy a fresh start as you head into the new year.



**2/\$5**

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



**2/\$5**

**Perfect Bar**  
Protein Bars  
1.94-2.5 oz., selected varieties



**2/\$9** **Nixie**  
Organic Sparkling Water  
8 pk.-12 fl. oz. cans, selected varieties



**5.99**

**Bach**  
Rescue Remedy  
Pastilles  
35 ct., selected varieties

### INCLUSIVE TRADE BRAND

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



**6.99**

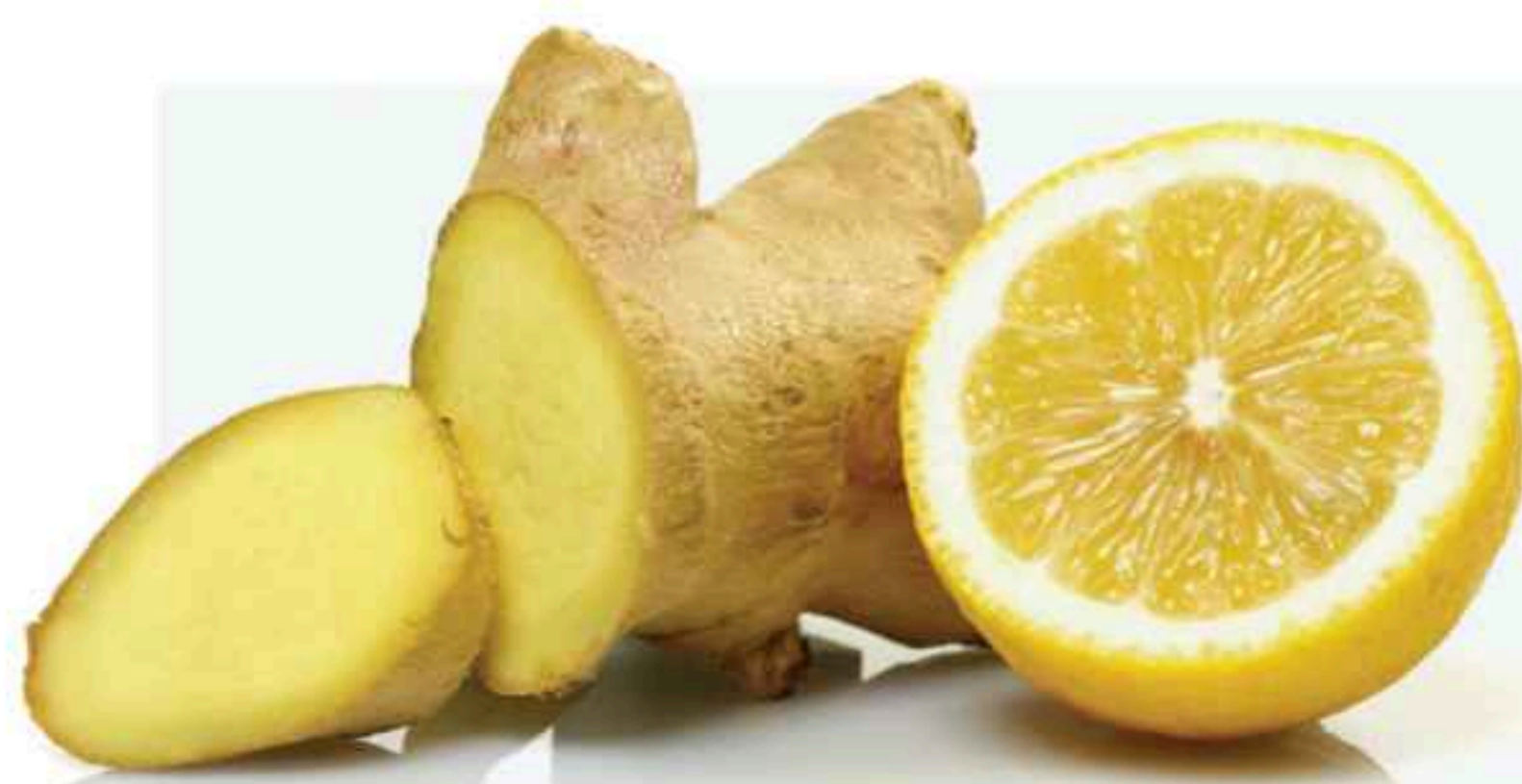
**Caulipower**  
Cauliflower Crust Pizza  
10.9-11.85 oz., selected varieties

### COOPERATIVELY OWNED



**7.49**

**Aura Cacia**  
Lavender  
Essential Oil  
.5 fl. oz.



Start your year with wellness essentials from the co-op.

**Happy New Year!**



**5.99**

**Fage  
Greek Yogurt**  
32 oz., selected varieties



*love your guts*

Rich, creamy and oh-so-dreamy! Lifeway Organic Whole Milk Plain Kefir is a protein powerhouse with no added sugar and plenty of probiotics to support your microbiome.

**4.79**

**Lifeway  
Organic Kefir**  
32 fl. oz., selected varieties



**3.99**

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



**4.99**

**Straus Family  
Creamery  
Organic Yogurt**  
32 oz., selected varieties

*juice to boost*

Come for the fresh flavor of bright citrus and tropical fruits, and get ready to take on the day with the vitamin C in this satisfying organic, cold-pressed juice.

**3/\$10**

**Evolution Fresh  
Organic Juices**  
15.2 fl. oz., selected varieties



**5.29**

**Siggis  
Skyr Yogurt**  
24 oz., selected varieties



**5.49**

**Treeline  
Dairy-free  
French-style  
Cheese**  
6 oz., selected varieties

**A great morning begins with food from the co-op.**



4.99

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

*smooth and creamy goodness*



Almond Breeze® is a great product that comes to you with care and attention to goodness. Unsweetened Original provides a touch of the almond's natural sweetness, but eliminates the added sugar.

3.79

Blue Diamond  
Almondmilk  
64 fl. oz., selected varieties



4/\$5

Chobani  
Greek Yogurt  
5.3 oz., selected varieties



6.49

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

*organic, plant-powered probiotics*

Creamy, delicate and deliciously dairy-free, Forager Project Cashewmilk Yogurts are traditionally cultured using organic cashews and live, active probiotics.

4.99

Forager Project  
Organic Cashewmilk Yogurt  
24 oz., selected varieties



**INCLUSIVE TRADE PARTNER**

Mother-in-Law's is an Asian-owned company. We are inspired by the beauty of Korea's tradition of handcrafted fermented foods.



7.49

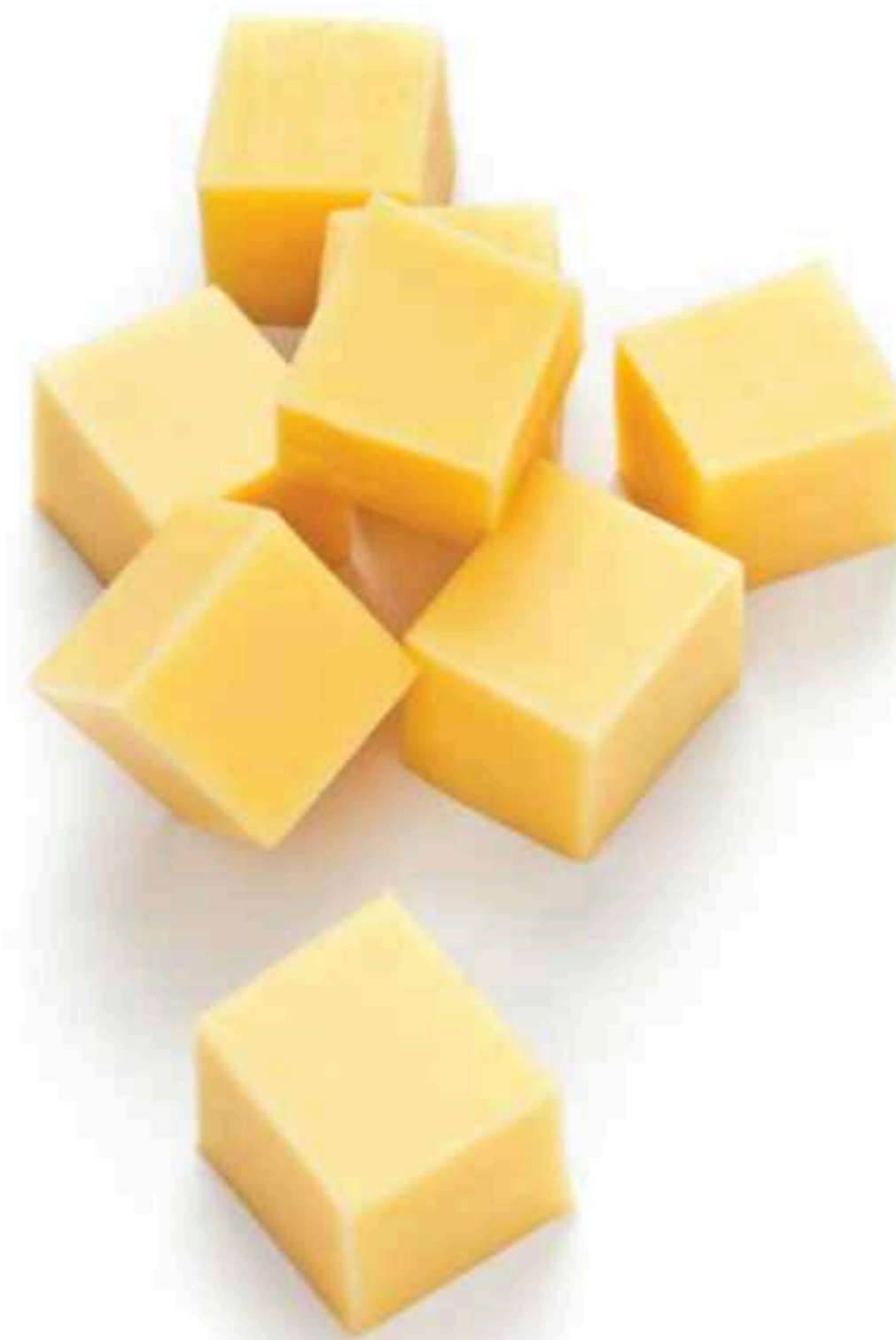
Mother-In-Law's  
Kimchi  
16 fl. oz.,  
selected varieties

**Try something new from the co-op.**

COOPERATIVELY OWNED



**4.99**  
Organic Valley  
Block Cheese  
8 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.

**5.79**  
Three Trees  
Organic  
Plant-based Milk  
28 fl. oz., selected varieties



**3/\$5**  
Good Culture  
Organic Cottage  
Cheese  
5 oz., selected varieties



**2.29**  
Bellwether Farms  
Sheep Milk  
Yogurt  
6 oz., selected varieties



**4.29**  
Upton's Naturals  
Seitan  
8 oz., selected varieties

*experience India*

INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is owned by a third-generation Indian American family. We pride ourselves on being an authentic, restaurant-quality brand. All items are family recipes made from scratch.

**2/\$10**

Deep Indian Kitchen  
Samosas or Entrées  
7.5-12 oz., selected varieties



**inclusive trade**

*Shop inclusive trade!*

We're pleased to offer great deals on brands and products that are women-, Black-, Indigenous-, people of color- (POC), LGBTQIA+-, persons with disabilities- and veteran-owned.

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

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



**7.99**

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

*farm to freezer*

Picked at the peak of ripeness, washed and quick frozen to lock in flavor and nutrition! Woodstock Frozen Vegetables are great for easy meal solutions and always free from artificial colors and flavors.



**2/\$6**

**Woodstock**  
Organic Frozen Vegetables  
10 oz., selected varieties



**3.29**

**Van's**  
Frozen Waffles or Pancakes  
8-12.4 oz., selected varieties



**3.49**

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



**3.99**

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

*dairy-free deliciousness*

Discover our wide range of award-winning, dairy-free alternatives to cheese that can help you dive effortlessly into a cheesy, plant-based diet.

**4.79**

**Violife**  
Just Like Cheese Shreds  
8 oz., selected varieties



**5.49**

**Little Northern Bakehouse**  
Bread  
16-17 oz., selected varieties



**11.99**

**Wyman's**  
Wild Blueberries  
3 lb.

**The co-op has ingredients for delicious meals.**



**5.99**

Primal Kitchen Dressing or Marinade  
8 oz., selected varieties



**5.99**

Primal Kitchen Dip  
10-11.5 oz., selected varieties



**8.49**

Primal Kitchen Avocado Oil Mayo  
12 fl. oz., selected varieties



**9.99**

Primal Kitchen Pure Avocado Oil  
16.9 fl. oz.



*honest ingredients.  
real flavor.*

Kickstart your 2024 goals with **Primal Kitchen**. Our condiments, dressings, oils and sauces are made using high-quality ingredients like avocado oil, and without high-fructose corn syrup, cane sugar or canola oil.



**2/\$6**

Sweet Earth Burritos  
5.5 oz., selected varieties



**5.49**

Food For Life Organic Bread  
24 oz., selected varieties



**12.99**

Napa Valley Naturals Organic Extra Virgin Olive Oil  
25.4 fl. oz.

*delicious, plant-powered meat*



The positive choices we make every day — no matter how small — can have a great impact on us and the planet. At **Beyond**, we've taken the meat-based meal off the table, while still delivering the meaty, plant-based, better-for-you meals you crave.



**3.99**

Beyond Meat Plant-based Breakfast Sausage Patties  
7.4 oz., selected varieties



**4.49**

Beyond Meat Plant-based Burger Patties  
8 oz.



**6.99**

Beyond Meat Plant-based Brats  
14 oz., selected varieties



**7.49**

Beyond Meat Plant-based Ground Beef  
16 oz.

**The brands you love are at the co-op.**



**2/\$3**  
Muir Glen  
Organic Tomatoes  
14.5-15 oz., selected varieties



**4/\$6**  
Annie's  
Mac & Cheese  
5.25-6 oz., selected varieties



**2/\$4**  
Dr. McDougall's  
Soup Cups  
1.8-3.4 oz., selected varieties



**2/\$6**  
Muir Glen  
Organic Pasta  
Sauce  
23.5 oz., selected varieties



**3.69** Jovial  
Organic Brown Rice Pasta  
12 oz., selected varieties



**2/\$8**  
Pacific Foods  
Organic Soup  
32 fl. oz., selected varieties



**2/\$8**  
Annie's  
Organic Dressing  
8 fl. oz., selected varieties



**4.99**  
Bragg  
Organic Apple  
Cider Vinegar  
32 fl. oz.



*made with care*

Globally sourced but locally produced. Over 30 years of expertly crafting oils without any chemical or solvent extractions. Elevate your cooking and sizzle and sauté your way to culinary perfection!

**6.49**

Spectrum  
Organic Oil  
5-14 fl. oz.



**2/\$5**  
Westbrae  
Organic Beans  
15 oz., selected varieties

**The co-op has everything to stock the pantry.**

*good ingredients  
make good times*



**6.49**  
Bob's Red Mill  
Gluten-free Old  
Fashioned Rolled  
Oats  
32 oz.



**6.99**  
Bob's Red Mill  
Organic  
Gluten-free Old  
Fashioned Rolled  
Oats  
32 oz.



**7.49**  
Bob's Red Mill  
Gluten-free  
1-to-1 Baking  
Flour  
44 oz.



**7.99**  
Bob's Red Mill  
Super-fine  
Almond Flour  
16 oz.

At **Bob's Red Mill**, simple, wholesome ingredients are our heritage. Established in 1978, we expertly blend better-for-you ingredients you can trust. We take the guesswork out of nourishing others, so you can spend more quality time making memories.



**2/\$8**  
Cascadian Farm  
Organic Cereal  
8.6-14.6 oz., selected  
varieties

COOPERATIVELY OWNED



**2/\$7**  
Blue Diamond  
Nut Thins  
4.25 oz., selected varieties

INCLUSIVE TRADE PARTNER

Catalina Crunch is a diverse-owned brand. Our products satisfy your sweet tooth but aren't loaded with sugar and empty carbs.



**6.99**  
Catalina Crunch  
Cereal  
8-9 oz., selected varieties



**4.69**  
Wholesome  
Organic Stevia  
Blend Packets  
75 ct.



**6.49**  
Sweetleaf  
Stevia Sweetener  
Drops  
2 fl. oz., selected  
varieties



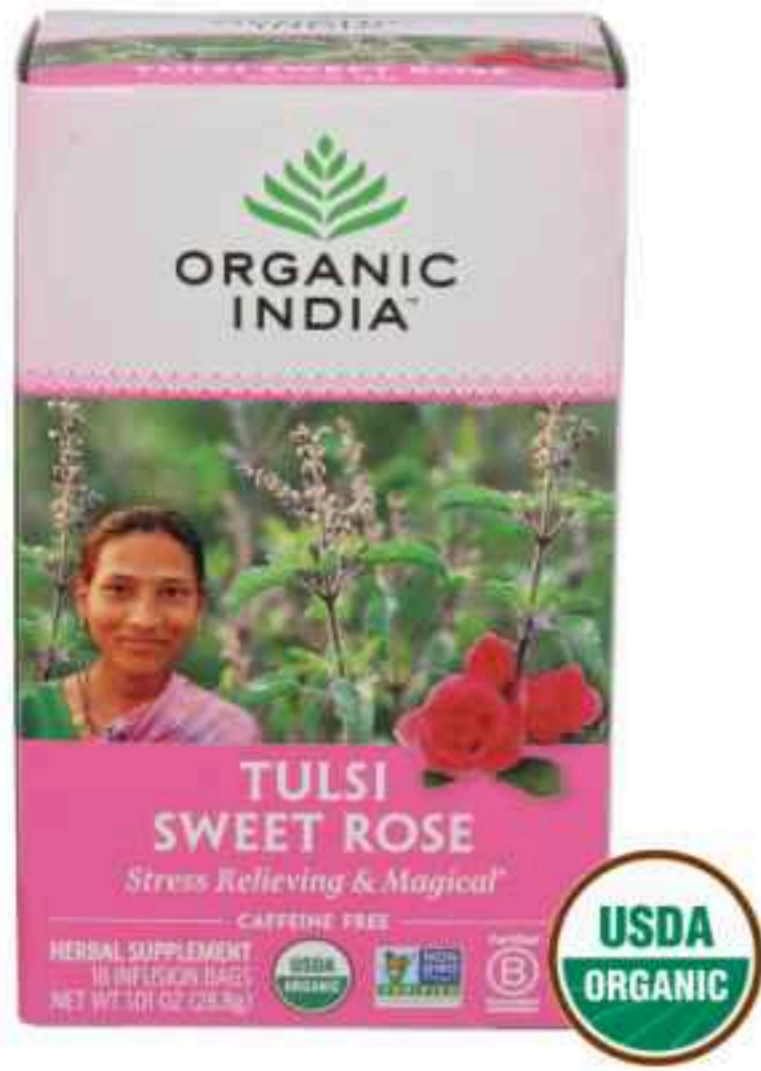
**7.49**  
Navitas Organics  
Cacao Powder  
8 oz.



**14.99**  
Artisana  
Organic Raw  
Almond Butter  
14 oz.

**Find all your baking ingredients at the co-op.**





**2/\$8**

**Organic India  
Tulsi Tea**  
18 ct., selected varieties



**6.99**  
**R.W. Knudsen  
Organic Juice**  
32 fl. oz., selected  
varieties



**9.99**  
**Once Again  
Almond Butter**  
16 oz., selected varieties

COOPERATIVELY OWNED



**10.99**  
**Equal Exchange  
Organic French  
Roast Coffee**  
per pound in bulk



**13.99**  
**Four Sigmatic  
Think Organic  
Coffee**  
12 oz.

*bold flavors, bolder standards*



At TAZO, using ingredients grown with regenerative and fair-trade practices, our blends help improve the lives of the people who make our tea, as well as the land where it's grown.

**3.99**

**Tazo  
Tea**  
6-20 ct., selected varieties



**7.29**  
**Spectrum Essentials  
Organic Flaxseed**  
14-15 oz., selected varieties

*scoop up the savings in bulk!*



**1.69**  
**Organic  
Steel Cut Oats**  
per pound in bulk



**2.19**  
**Organic  
Garbanzo Beans**  
per pound in bulk



**2.49**  
**Organic  
White Quinoa**  
per pound in bulk

**Find weeknight recipe ideas at [grocery.coop](https://grocery.coop).**



**5.49**  
Rishi  
Organic Tea Concentrate  
32 fl. oz., selected varieties



**4/\$5**  
Solely  
Organic Fruit  
Jerky  
.8 oz., selected varieties



**2/\$4**  
Essentia  
Ionized Water  
50.7 fl. oz.



**2.29**  
Just Ice Tea  
Organic Ready to  
Drink Tea  
16 fl. oz., selected  
varieties



**2/\$5**  
The Ginger People  
Ginger Chews  
3-3.5 oz., selected  
varieties



**2/\$6**  
Kettle Brand  
Potato Chips  
4.25-5 oz., selected  
varieties



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



*make life sweeter*

Chocolate is too good to let added sugar get in the way, so Lily's created a whole line of unbelievable treats botanically sweetened with stevia. And you know what happened? Life. Got. Sweeter.

**2/\$7**

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



**2/\$5**  
Garden of Eatin'  
Tortilla Chips  
5.5 oz., selected varieties

**The co-op has snacks for all occasions.**



**2/\$5**

**Blue Diamond Almondmilk**  
32 fl. oz., selected varieties

*100% organic, 100% delicious*



Our nut-free Sunflower Butter + Chocolate MacroBar® is made with creamy sunflower seed butter, rich cocoa powder, 10 grams of plant-based protein and crispy, puffed brown rice for a subtly sweet treat.

**2/\$5**

**Gomacro Organic Bars**  
2-2.5 oz., selected varieties



**3/\$5**

**Steaz Organic Iced Green Tea**  
16 fl. oz., selected varieties



**1.79**

**Gimme Organic Seaweed Snacks**  
.32-.35 oz., selected varieties



**3.99**

**Hu Organic Chocolates**  
2.1-3.5 oz., selected varieties

*delicious is only the beginning*

Lundberg Family Farms uses organic and regenerative organic farming practices to prioritize soil health, support biodiversity and increase carbon capture to nourish people AND the planet for generations to come.

**2/\$7**

**Lundberg Family Farms Organic Rice Cakes**  
5-11 oz., selected varieties



**2/\$7**

**Terra Vegetable Chips**  
5-6 oz., selected varieties

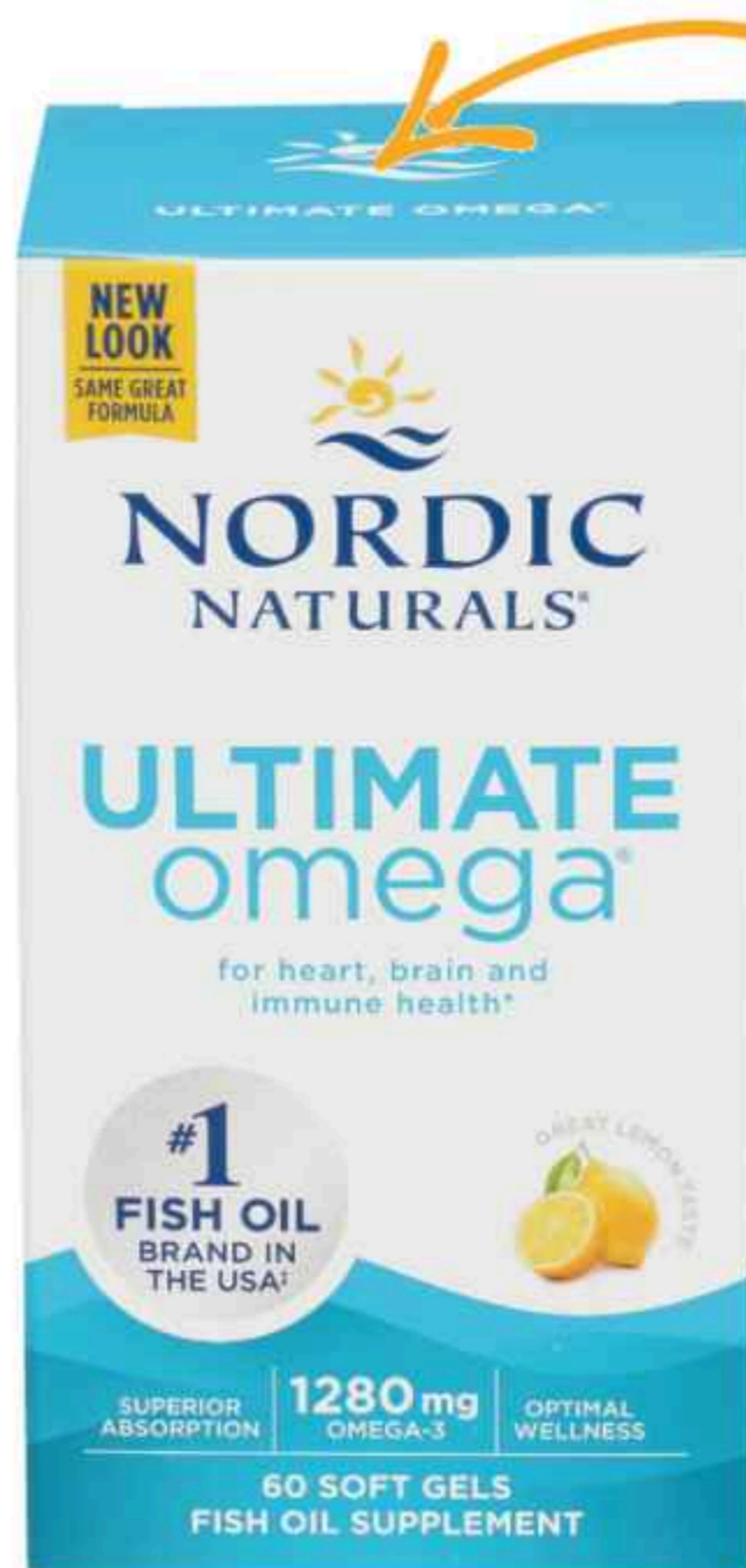
**Find delicious snacks at the co-op.**

**INCLUSIVE TRADE PARTNER**

Wishgarden Herbs is a woman-owned company. We source organic and sustainable herbs from fair trade and family-owned farms.

**14.99**

Wishgarden Herbs  
Kick-Ass Immune  
Activator  
2 fl. oz.



*the alpha of omegas*

Nordic Naturals' award-winning Ultimate Omega® Fish Oil is recommended by doctors worldwide for its purity and potency. Certified sustainable by Friend of the Sea and produced from 100% wild-caught fish.

**19.99**

Nordic Naturals  
Ultimate Omega  
60 ct.



**7.49**

American Health  
Original Papaya  
Enzyme  
250 ct.

*key nutrients + real food*

Elevate your health journey with MegaFood Multivitamins by harnessing the power of food-paired vitamins and fermented minerals for your well-being. Tested for 125+ pesticides and Non-GMO Project Verified for an unwavering quality standard you can trust.

**19.99**

Megafood  
Advanced Multivitamins  
60 ct., selected varieties



**39.99**

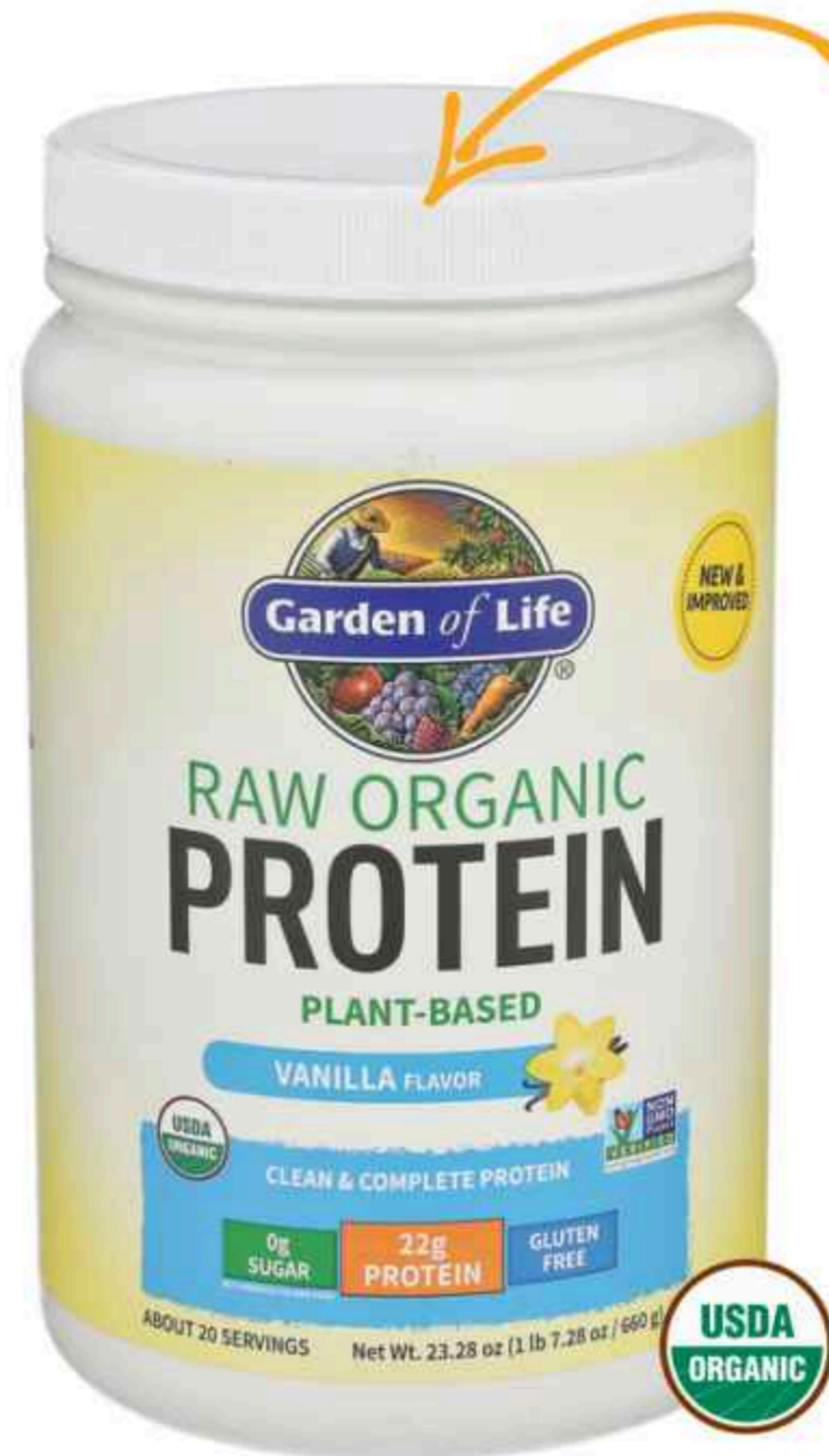
Ancient Nutrition  
Multi Collagen  
Protein Powder  
16-18.1 oz., selected varieties

**Shop for wellness products from the co-op.**



**12.99**

Nature's Way  
Umcka Coldcare Syrup  
4 fl. oz., selected varieties



*fuel for your lifestyle*

Raw Organic Protein is made with USDA-Certified-Organic peas, sprouted grains, seeds and legumes, delivering 22 grams of delicious clean protein with a complete profile of all the essential amino acids.

**34.99**

Garden of Life  
Raw Organic Protein Powder  
19.75-24.69 oz., selected varieties



**25.99**

Jarrow Formulas  
Saccharomyces Boulardii + MOS  
90 ct.



**12.49**

Organic India  
Triphala  
90 ct.

*because quality matters*



**12.99**

Solaray  
Magnesium  
Glycinate 350mg  
120 ct.



**17.99**

Solaray  
D-Mannose  
with CranActin  
60 ct.



**22.99**

Solaray  
Liposomal  
Vitamin C 500mg  
100 ct.



**28.99**

Solaray  
MycrobioMe  
Women's  
Probiotic  
30 ct.

Solaray has become the trusted name in vitamins because our passion has always been simple and singular: to support you with the most efficacious, clean ingredients under the sun to enhance your wellness journey.

**Wellness essentials are on sale at the co-op.**



*clean with purpose*

**3.79**

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

**13.99**

**Seventh Generation  
Liquid Laundry Detergent**  
23.1-90 fl. oz., selected varieties

Using the power of plant science, **Seventh Generation** creates products that get the job done and are safer for your family. From renewable plant-based ingredients to more sustainable packaging, our products redefine what it means to clean with purpose.



**4.49**

**Epsosak  
Epsom Salts**  
32 oz., selected varieties



**5.49**

**The Humble Co.  
Toothpaste  
Tablets**  
60 ct., selected varieties



**17.99**

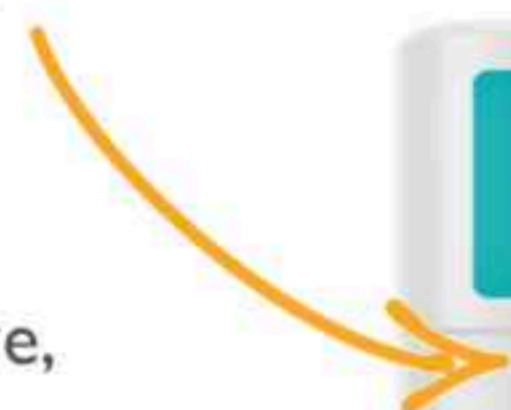
**Andalou Naturals  
Resveratrol Q10  
Night Repair  
Cream**  
1.7 oz.

*just the good stuff*

JASÖN®, celebrates the power of the Earth's incredible botanicals. It glides on smoothly while fighting odor with effective, nature-inspired formulas. Made without aluminum, baking soda, butane propylene glycol or animal testing.

**4.99**

**Jason  
Deodorant Stick**  
2.5 oz., selected varieties



**INCLUSIVE TRADE PARTNER**

Giovanni is a veteran-owned company. We make cutting-edge, fashion-forward natural hair care a reality.

**2/\$11**

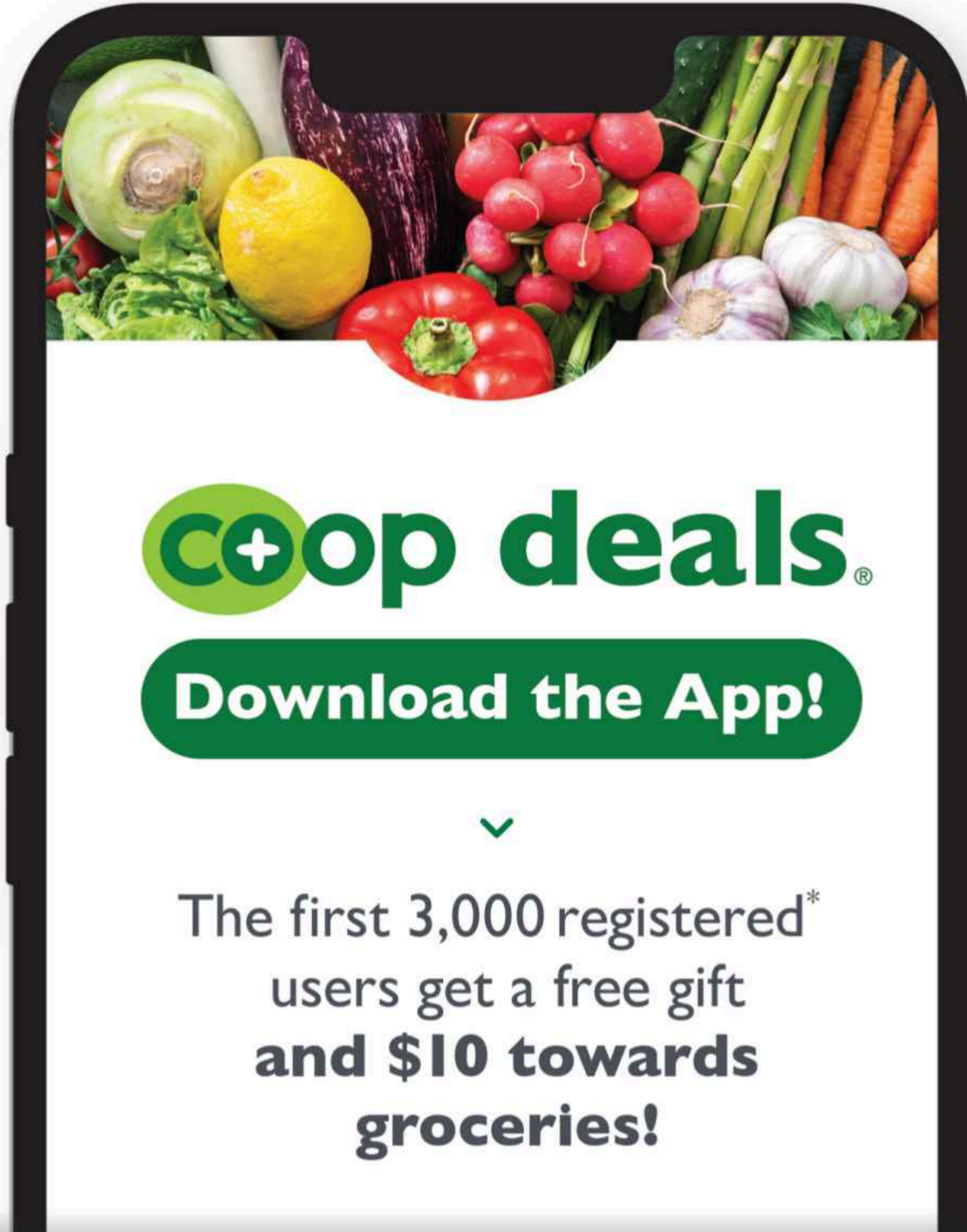
**Giovanni  
Shampoo or  
Conditioner**  
8.5 fl. oz., selected varieties



**inclusive trade**

**Better-for-you brands are at the co-op.**

# Never miss your **favorite deals**



Scan the QR codes to  
download the Co+op  
Deals app!



\*Must be within the first 3,000 users in January 2024 to download, create an account on the app and provide name and mailing address.

**Download the new Co+op Deals app today!**

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
- Placerville 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

NEVADA

Great Basin Community Co-op

OREGON

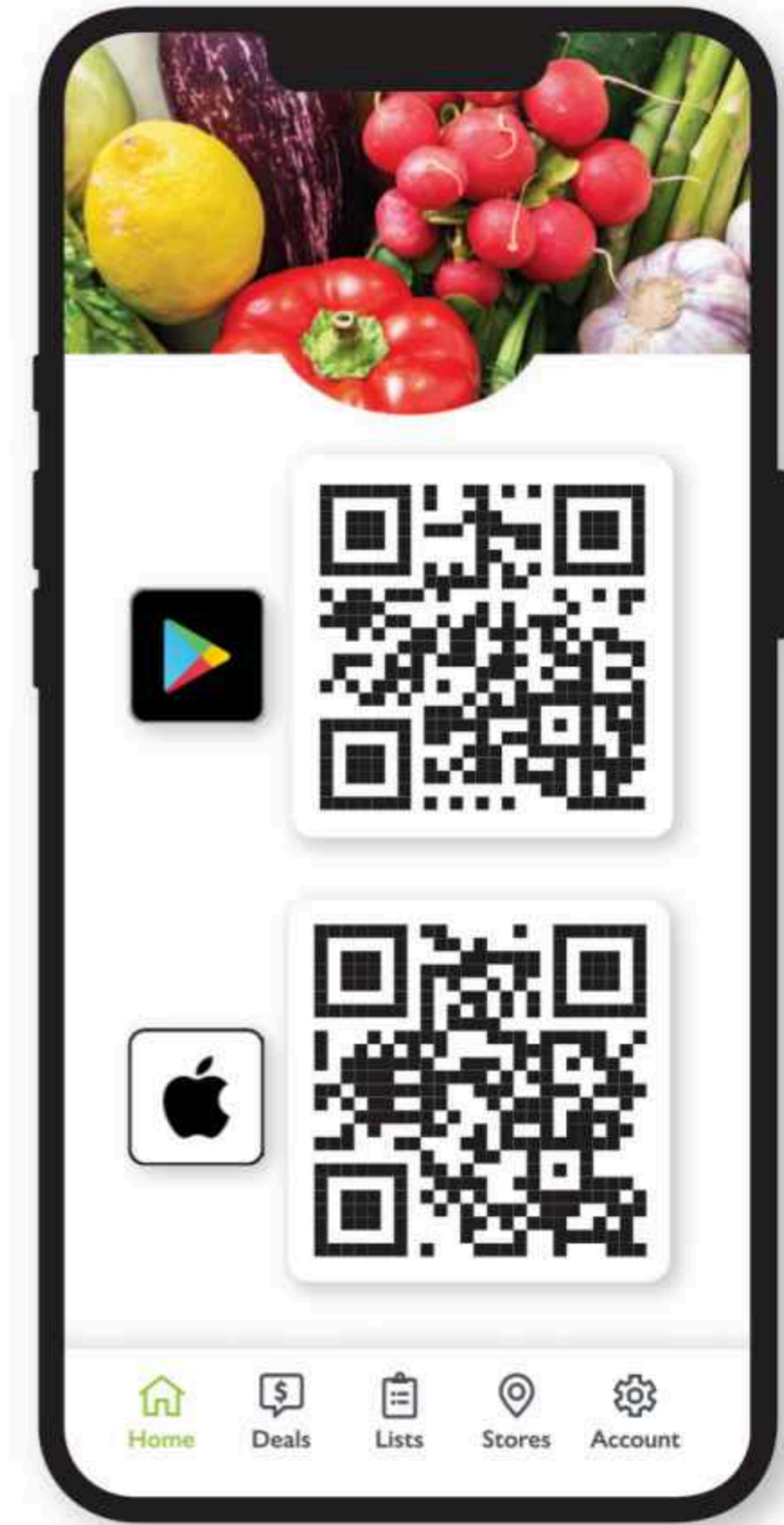
- Alberta Cooperative Grocery
- Ashland Food Co-op
- Astoria Co+op
- First Alternative Co-op
- Medford Food Co-op
- People's Food Co-op

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 Food Co-op
- The Food Co-op

coop deals

Download the App!



See what's on sale with the Co+op Deals app!



2/\$6

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



7.69

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



2.49  
everyday low price

Wild Harvest Dog Food  
13.2 oz., selected varieties



15.99

Solgar Women's Complete Probiotic  
30 ct.



Scan the QR code to learn more about the quality and values represented by these symbols.



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



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