

coop deals

AUG 31 - SEP 13, 2022

lunch on the go

Pick up delicious deli meat at the co-op, along with other fixings for the busy back-to-school season. Applegate's deli meats are on sale, so hurry on in!



4.99

**Applegate
Deli Meat**

7 oz., selected varieties



2/\$5

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



2/\$5

**Theo
Organic
Chocolate Bars**
3 oz., selected varieties



2/\$6

**Blue Diamond
Nut Thins**
4.25 oz., selected varieties



2/\$7

**Nature's Path
Organic Cereal**
10-14 oz., selected
varieties



2/\$7

**Cascadian Farm
Organic Frozen
Potatoes**
12-16 oz., selected
varieties



3.99

**Tazo
Tea Bags**
20 ct., selected varieties



Buy One, Get One

FREE

special offers inside!





2/\$3

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



2/\$7

**Hope Foods
Organic Hummus**
8 oz., selected varieties



3.79

**Lightlife
Smart Dogs**
12-13.5 oz., selected varieties



4.99

**Miyoko's Creamery
Organic Roadhouse
Classic Sharp
Cheddar Cheese
Spread**
8 oz.



2/\$6

**Tofurky
Deli Slices**
5.5 oz., selected varieties



3.99

**Good Culture
Organic Cottage
Cheese**
16 oz., selected varieties



3/\$7

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

*spread good food
with Kite Hill*



3.79

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



3.79

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



5.99

**Kite Hill
Dairy-free
Cream Cheese**
8 oz., selected varieties



5.99

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

Great options for all meals are at the co-op.

taste the
pasture-raised
difference



Wholesome and delicious, **Organic Valley** cheese is made with real organic milk from pasture-raised cows. NO antibiotics, added hormones or harsh pesticides. Just honest goodness.



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

4.99
Organic Valley
Stringles
Mozzarella
Cheese Sticks
8 oz.

4.99
Organic Valley
Feta Cheese
8 oz.

4.99
Organic Valley
Block Cheese
8 oz.,
selected varieties



4.49
Violife
Just Like Cheese
Shreds
8 oz., selected varieties

4/\$5

Nancy's
Oatmilk Yogurt
5.3 oz., selected varieties

3.99

Chobani
Oatmilk
52 fl. oz., selected varieties



5.29
Hodo
Vegan All-Day Egg
Scramble
8 oz.



5.49
Miso Master
Organic Miso
8 oz., selected varieties



Find the brands you love at the co-op.



2/\$4

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

delicious, healthy breads



At Rudi's, we make breads the old-fashioned way — fermented for 24 hours for delicious taste and soft texture. Finally, an organic bread you'll love to eat and feel good about sharing with family.

4.49

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



2/\$5

**Nature's Path
Organic
Waffles**
7.4-7.5 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



2/\$7

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

The co-op has something for everyone.



3.69

**Pacific Foods
Organic Soup**
16.1-16.5 oz., selected
varieties



*delicious,
sustainable
nutrition*

Back to school is hard enough. Make lunch easier with Wild Planet's sustainably, 100% pole- and line-caught Skipjack Wild Tuna, cooked only once to retain its natural flavors and nutrients.

2.69

**Wild Planet
Skipjack Tuna**
5 oz., selected varieties



1.29

**Simply Organic
Seasoning or Dip
Mixes**
.7-1.5 oz., selected
varieties



3.99

**Plant Boss
Organic Meatless
Crumbles**
3.17-3.35 oz., selected
varieties



*real ingredients,
real flavor*

Primal Kitchen knows food has the power to uplift and empower us. That's why our delicious pantry staples are made with real, high-quality ingredients. Never settle — make every meal exciting!



4.49

**Primal Kitchen
Organic
Unsweetened
Ketchup**
11.3 oz.,
selected varieties



4.99

**Primal Kitchen
Dressing or
Marinade**
8 fl. oz.,
selected varieties



7.49

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



27.99

**Primal Kitchen
Collagen Fuel
Drink Mix**
13.05-14.3 oz.,
selected varieties

Find kitchen staples at the co-op.



2/\$4

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



1.79

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



2.49

**Native Forest
Organic Coconut
Milk**
13.5 fl. oz., selected
varieties



2/\$7

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



3.49

**Field Day
Organic Black
Beans**
16 oz.



4.49

**Field Day
Organic Brown
Rice**
32 oz.



*clean food,
extraordinary flavor*

Bring your taste buds to life with lemongrass and ginger flavor wrapped into our authentic, vegan ramen. Eat as a quick snack or create a meal by adding your favorite ingredients.

5/\$5

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



7.99

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

The brands you love are at the co-op.

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



Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.



Buy One, Get One
FREE

Cosmic Bliss
Organic Plant-based
Frozen Dessert
14 fl. oz., selected varieties



Buy One, Get One
FREE

Immaculate
Organic Cinnamon Rolls
17.5 oz.



Buy One, Get One
FREE

Vita Coco
Coconut Water
16.9 fl. oz., selected varieties
Limit 6 BOGO offers per customer



Buy One, Get One
FREE

Acure
Body Lotion or Body Wash
8 fl. oz., selected varieties

Buy one, get one FREE on these great products!



4/\$5

Larabar
Fruit & Nut Bars
1.6-1.7 oz., selected varieties



7.49
Sunbutter
Organic
Sunflower Butter
16 oz.



3.99
Pacific Foods
Organic Plant-based Beverage
32 fl. oz., selected varieties



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



2.19
Thunderbird
Food Bar
1.7 oz., selected varieties



2/\$7
Happy Family Organics
Happy Baby Yogis
1 oz., selected varieties



3.99
Pukka
Organic Herbal Tea
20 ct., selected varieties



2/\$3
Vermont Smoke & Cure
Meat Sticks
1 oz., selected varieties



3.99
Nature's Path
Organic Love Crunch Granola
11.5 oz., selected varieties



2/\$7
R.W. Knudsen
Organic Very Veggie Juice
32 fl. oz., selected varieties



1.79
Organic Rolled Oats
per pound in bulk, selected varieties



2.99
Organic Thompson Raisins
per pound in bulk, selected varieties



6.99
Organic Walnut Halves & Pieces
per pound in bulk, selected varieties



The co-op has a great selection of bulk items.



2/\$7

Terra
Vegetable Chips
5-6 oz., selected varieties



grab a boost

160mg of organic caffeine from Yerba Mate will help you do the most while doing good. We donate 50% of our net profits to support recovery from alcohol and drug addiction.

1.79

Clean Cause
Organic Sparkling
Yerba Mate
16 fl. oz., selected varieties



2/\$8

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



2/\$7

Annie's
Homegrown
Organic Cheddar
Puffs
4-4.3 oz., selected varieties

what's new for taco night?

Garden of Eatin' Tortilla Chips, Taco Shells, Seasonings and Refried Beans bring exceptional flavor and quality ingredients to your favorite Mexican-inspired dishes! Bring excitement to taco night with Garden of Eatin' products!



2/\$5

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



2/\$7

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



5.29

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

The co-op has tasty beverages and snacks.



2.29

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



3.49

**From The Ground Up
Cauliflower Snacks**
3.5- 4.5 oz., selected varieties



4.49

**Zevia
Zero Calorie Soda**
6 pk.-12 fl. oz. cans, selected varieties



2/\$7

**Taza
Organic
Chocolate Bars**
2.5 oz., selected varieties



2/\$7

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



4.99

**Tate's Bake Shop
Cookies**
7 oz., selected varieties



2/\$7

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



4.49

**Siete
Taco Shells**
5.5 oz.



4.99

**Siete
Dairy-free Queso**
10.8 oz.,
selected varieties



7.99

**Siete
Grain-free
Tortillas**
7 oz., selected varieties

heritage-
inspired

Siete is a Mexican-American brand rooted in family that makes delicious heritage-inspired products. They're on a mission to bring families together around the table with gluten-free foods made from simple, clean ingredients that everyone can enjoy.

Satisfy your snack cravings at the co-op.



5.99

**Dr. Bronner's
Organic Shaving Soap**
7 fl. oz., selected varieties



6.99

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



16.99

**Om
Organic Mushroom Powder**
3.5 oz., selected varieties



Quality ingredients are at the co-op.

**Body care and supplements
you trust.**



2/\$10

**Andalou Naturals
Shampoo or
Conditioner**
11.5 fl. oz., selected
varieties



6.49

**Kiss My Face
Shampoo or
Conditioner**
16 fl. oz., selected
varieties



29.99

**Garden of Life
Raw Organic Protein &
Greens Powder**
19.3-23 oz., selected varieties



15.99

**Kal
Magnesium
Glycinate 350**
160 ct.



16.49

**Mychelle
Sun Shield Clear
Spray SPF 30**
6 fl. oz.

The co-op helps you get clean head to toe.

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

ARKANSAS

Ozark Natural Foods
1554 N. College Avenue, Fayetteville

COLORADO

Durango Natural Foods Co-op
575 East Eighth Avenue, Durango

NEW MEXICO

La Montañita Co-op
3500 Central Avenue S.E., Albuquerque
2400 Rio Grande Boulevard, Albuquerque
105 East Coal Avenue, Gallup
913 West Alameda, Santa Fe

Los Alamos Cooperative Market
95 Entrada Drive, Los Alamos

Silver City Food Co-op
520 North Bullard Street, Silver City

SOUTH DAKOTA

Breadroot Natural Foods Co-op
100 East Blvd. N, Rapid City

TEXAS

Wheatsville Co-op
3101 Guadalupe Street, Austin
4001 South Lamar, Austin

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



4.29
World Centric
Compostable 9" Plates
20 ct.



3.99
Better Life
All-purpose Cleaner
32 fl. oz., selected varieties



3.49
Mrs. Meyer's
Dish Soap
16 fl. 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.

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

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