

# 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



*spread good food  
with Kite Hill*



**2/\$7**

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



**2/\$7**

**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



**5.49**  
Hodo  
Vegan All-Day Egg  
Scramble  
8 oz.



**4.99**  
Miso Master  
Organic Miso  
8 oz., selected varieties



**4/\$5**  
Green Mountain  
Creamery  
Nonfat Greek  
Yogurt  
5.3 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.**





**2/\$6**

**Rummo**  
Classic Pasta  
16 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



**3.69**

**Pacific Foods**  
Organic Soup  
16.1-16.5 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



**2.69**

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



**2/\$7**

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



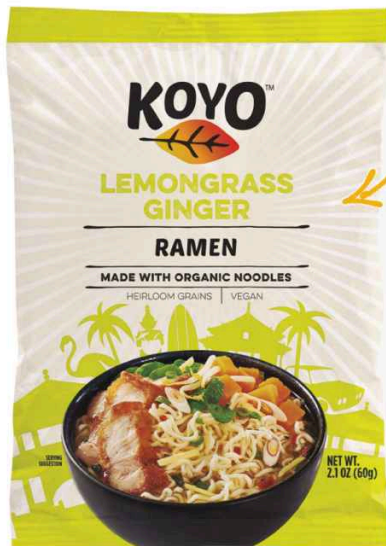
**3.49**

**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



**7.29**  
**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



**3.39**

**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



**4.99**

**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



**3.29**

**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**

**Andalous 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.



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

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

### CONNECTICUT

Fiddleheads Co-op  
Willimantic Food Co-op

### DELAWARE

Newark Natural Foods Co-op

### FLORIDA

Community Co-op Market  
Ever'man Cooperative Grocery & Cafe

### GEORGIA

Sevananda Natural Foods Market

### MAINE

Belfast Co-op  
Blue Hill Co-op  
Portland Food Co-op  
Rising Tide Co-op

### MARYLAND

Greenbelt Co-op Supermarket and Pharmacy  
The Common Market  
TPSS Co-op

### MASSACHUSETTS

Berkshire Food Co-op  
Green Fields Market  
McCusker's Market

River Valley Co-op

Wild Oats Market

### NEW HAMPSHIRE

Concord Food Co-op  
Hanover Co-op Food Stores  
Littleton Food Co-op  
Monadnock Food Co-op

### NEW YORK

Abundance Food Co-op  
East Aurora Co-op Market  
Flatbush Food Cooperative  
GreenStar Cooperative Market  
High Falls Food Co-op  
Honest Weight Food Co-op  
Hungry Hollow Co-op  
Lexington Cooperative Market  
Syracuse Cooperative Market

### NORTH CAROLINA

Chatham Marketplace  
Deep Roots Market  
Durham Co-op Market  
French Broad Food Co-op  
Hendersonville Community Co-op  
Tidal Creek Cooperative Food Market  
Weaver Street Market

### PENNSYLVANIA

East End Food Co-op  
Erie Food Co-op  
Mariposa Food Co-op  
Weavers Way Co-op

### RHODE ISLAND

Urban Greens Co-op Market

### TENNESSEE

Three Rivers Market

### VERMONT

Brattleboro Food Co-op  
City Market/Onion River Co-op  
Co-op Food Store  
Hunger Mountain Co-op  
Middlebury Natural Foods Co-op  
Putney Food Co-op  
Springfield Food Co-op  
Upper Valley Food Co-op

### VIRGINIA

Fredericksburg Food Co-op  
Friendly City Food Co-op  
Roanoke Co-op



*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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