

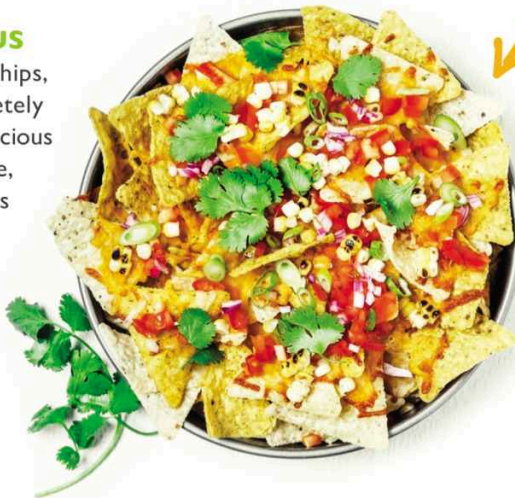
coop deals®

SEP 14 - OCT 4, 2022

ultimate loaded nachos

GRAIN FREE & DELICIOUS

With Siete's grain-free tortilla chips, it's easy to enjoy nachos completely grain free. Visit the co-op for delicious ingredients like shredded cheese, sliced avocados, olives, jalapeños or any other favorite toppings and welcome fall with a warm tray of nachos.



INCLUSIVE TRADE PARTNER

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



2/\$7

Siete

Grain-free Tortilla Chips
5 oz., selected varieties



2/\$5

Chocolove
Chocolate Bars
2.9-3.2 oz., selected
varieties



3.49

Sweet Earth
Benevolent
Bacon
5.5 oz.



2/\$7

Yogi
Herbal Tea
16 ct., selected varieties

**inclusive
trade**

Look inside for Inclusive Trade brands at the co-op!
Co-ops support diverse trade.

honest food, ethically produced



Vital Farms' mission is to bring ethical food to the table. Whether it's supporting family farmers, enabling you to trace your eggs back to the farm, or debunking misleading animal welfare claims, you can always trust Vital Farms to be Where Honest Food is Raised.

3.39

Vital Farms
Butter
8 oz., selected varieties

5.19

Vital Farms
Large Grade A
Pasture-raised Eggs
1 doz.

3.99

Vital Farms
Butter with
Sea Salt & Avocado Oil
7 oz.

6.99

Vital Farms
Large Grade A
Pasture-raised Eggs
18 ct.



2/\$7

The Greek Gods
Greek Yogurt
24 oz., selected varieties



3.99

Organic
Valley
Creamer
25.4 fl. oz.,
selected varieties

INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. After more than 25 years, they are proud to remain a family-owned and operated company.

4.99

GT's
Organic
Coconut
Yogurt
8 oz., selected
varieties



2/\$5

KeVita
Organic Sparkling
Probiotic Drink
15.2 fl. oz., selected
varieties



5.49

Miyoko's
Creamery
Organic Liquid
Vegan Pizza
Mozzarella
16 oz.

Great mornings start with help from the co-op.



2/\$3

Oatly
Oatgurt Non-dairy
Yogurt
5.3 oz., selected varieties

2/\$8

Oatly
Non-dairy Frozen
Dessert
1 pint, selected varieties

*Oatly frozen
pints & yogurt*

Look! Innovative, plant-based products hanging out in the co-op trying to get the attention of shoppers who might be interested to know that all nine **Oatly** frozen pints are fan faves! And if you've never even heard of Oatgurt before, that's okay — now you have. Find out more at oatly.com!



3.99

Harmless Harvest
Organic Coconut
Water
16 fl. oz.



4.49

Lifeway
Organic Kefir
32 fl. oz., selected
varieties



discover Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium, organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Greek Style Yogurt!

2/\$3

Wallaby
Organic Greek Yogurt
5.3 oz., selected varieties

Everyone is welcome at the co-op.



2/\$7

**Daiya
Slices**
7.8 oz., selected varieties



4.49

**Gardein
Tenders, Strips or Wings**
8.1-10.5 oz., selected varieties



2/\$6

**Sweet Earth
Burritos**
5.5-7 oz., selected varieties



2.99

**Wildwood
Organic Super
Firm Sprouted
Tofu**
20 oz.



4.79

**Field Roast
Plant-based
Sausages**
12.95 oz., selected
varieties

INCLUSIVE TRADE PARTNER

Maria & Ricardo's is Hispanic-owned and have brought to market the first all-natural and organic tortillas on the East Coast.



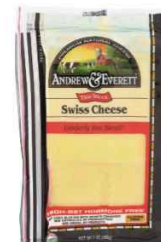
2/\$7

**Maria & Ricardo's
Original Tortillas**
8 ct., selected varieties



2/\$5

**Cascadian Farm
Organic Frozen
Vegetables**
10 oz., selected varieties



3.99

**Andrew &
Everett
Sliced Cheese**
7 oz., selected varieties



4.99

**So Delicious
Dairy-free Frozen
Dessert**
1 pint, selected varieties



2/\$7

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

Family mealtime favorites are at the co-op.



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/\$5

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



5.49
**Bragg
Organic Apple
Cider Vinegar**
32 fl. oz.



5.79
**Sky Valley
Sriracha Sauce**
18.5 oz.



Shop and save at the co-op.

Easy lunch solutions!



5.49
**Maranatha
Organic Peanut
Butter**
16 oz., selected varieties



2/\$4
**Mike's Mighty
Good
Ramen Soup Cups**
1.6-2.4 oz., selected
varieties



2/\$6
**San-J
Gluten-free
Cooking Sauce**
10 fl. oz., selected
varieties



scoop up the savings in bulk!

1.99
**Organic
Green Split Peas**
per pound in bulk, selected
varieties



5.49
**Organic
Turkish Apricots**
per pound in bulk, selected
varieties



8.99
**Organic
Roasted & Salted
Pistachios**
per pound in bulk,
selected varieties



The co-op has options for every meal.



1.99

Field Day
Organic Spaghetti
16 oz.

here's the deal

NEW ROUTINE? NO WORRIES.

Ready-to-go products are all throughout the co-op, with deals for you to save money and eat well while staying busy. Don't stress over dinner every night — find meal solutions at the co-op!



2.99

Field Day
Organic Pasta
Sauce
24 oz., selected varieties



2.79

Bela
Sardines
4.25 oz., selected varieties



2/\$6

Seeds Of Change
Organic Ready to
Heat Rice
8.5 oz., selected varieties



nonna approved

Imported from Italy, our organic pastas boast authenticity in every bite. Bronze die-extruded and slow dried, they have a wonderfully porous texture that's designed to better soak up sauce.

3.79

Montebello
Organic Pasta
12-16 oz., selected varieties



4.99

Woodstock
Organic Pickles
24 oz., selected varieties

The co-op has what you need for busy days.



6.99

Pamela's
Gluten-free
Pancake & Baking
Mix
24 oz.

delicious and nutritious



LUNA® bars are a must-have on a perfect fall day. With 8 grams of gluten-free protein, you'll have all the energy you need!



6.99

Navitas Organics
Cacao Powder
8 oz.

4/\$5

Luna
Nutrition Bars
1.69 oz., selected varieties



2/\$6

Celestial Seasonings
Herbal Tea
18-20 ct., selected varieties



*making eating
well easy*

Kashi® cereals have a little something for everyone, like protein, organic whole grains, fair trade chocolate and family favorites, like hearts and Os. Kashi® makes eating well easy.

2/\$8

Kashi
Cereal
12-16.3 oz., selected varieties



5.99

Lakewood
Organic Juice
32 fl. oz., selected varieties,



2/\$7

Mom's Best
Cereals
14-24 oz., selected varieties

The co-op helps you start the morning right.



4.49

**Unreal
Chocolate Nut Butter
Cups or Gems**
3.2-5 oz., selected varieties



2/\$6

**Angie's
Boomchickapop
Popcorn**
4.4-7 oz., selected varieties



2/\$7

**Carr's
Crackers**
4.25-7.1 oz., selected varieties



3.99

**C2O
Coconut Water**
33.8 fl. oz., selected varieties



2/\$5

**Vita Coco
Organic Coconut
Non-dairy
Beverage**
33.8 fl. oz., selected varieties



4.99

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



2/\$4

**Mountain Valley
Spring Water**
33.8 fl. oz., selected varieties



2/\$7

**Goldthread
Plant-based
Tonics**
12 fl. oz., selected varieties



scoop up something tasty

Pair thick and chunky Late July Medium Salsa with your favorite crunchy snack. It's just the right amount of heat to warm up a crisp, fall day.



2/\$6

**Late July
Organic Salsa or
Tortilla Chips**
10.1-15.5 oz., selected varieties



2/\$6

**Divine Chocolate
Chocolate Bars**
3 oz., selected varieties

Discover delicious snacks at the co-op.



5.49

**Waterloo
Sparkling Water**
12 pk.-12 fl. oz. cans,
selected varieties



3/\$5

**Justin's
Organic Nut Butter Cups**
2 ct., selected varieties



4.49

**Newman's Own
Fig Crackers**
10 oz., selected varieties



2/\$7

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



3.99

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



enhance any moment

San Pellegrino guides you to unique taste experiences. Experiences that begin with fine food and venture far beyond. With its incomparable sense of taste and Italianity, San Pellegrino is able to enhance any moment.

2/\$4

**San Pellegrino
Sparkling Mineral Water**
25.3 fl. oz.



6.49

**Reed's
Ginger Brew**
4 pk.-12 fl. oz. bottles,
selected varieties



Refreshment for the whole family is at the co-op.



make time
for yourself

HEALTHY DAILY HABITS

Take a break from stress and shop the co-op's wellness aisle for products to help you take care of you. Find essential oils, vitamins and immune system-supporting natural remedies to provide relief from your daily routine.



let Gaia guide you

For 35 years, Gaia Herbs has been a leader in quality, transparency and sustainability, nurturing the connection between people and plants to deliver nature's vitality.

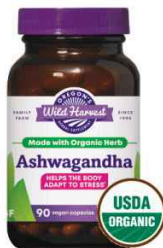
18.99

Gaia Herbs
Adrenal Health
60 ct.



2/\$5

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



16.49

Oregon's Wild
Harvest
Organic
Ashwagandha
90 ct.



29.99

Host Defense
Mushrooms
MyCommunity
Comprehensive
Immune Support
60 ct.

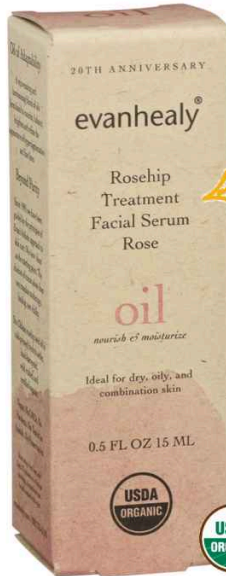
Find health-supporting products at the co-op.



5.99
Nubian Heritage
Deodorant
2.25 oz., selected
varieties



8.49
Pranarom
Organic Lavender
Oil
5 ml.



*holistic esthetician-
designed skincare*

Certified-organic skincare formulated to support long-term skin health using whole-plant oils, waters, butters and clays sourced from family farms, women's cooperatives and cooperative villages around the world.

25.99
Evanhealy
Organic Rosehip
Treatment Facial Serum
.5 fl. oz., selected varieties

Stay refreshed all season long.
Find the brands you love.



INCLUSIVE TRADE PARTNER

Radius is a woman-owned company that looked at toothbrushes and knew there had to be a better way. Using recycled materials, they engineered a toothbrush that cleans and feels better, with a focus on sustainability.

inclusive
trade

6.99
Radius
Source Toothbrush
each, selected varieties



4.49
Seventh
Generation
Lemongrass Citrus
Disinfecting Multi-
Surface Cleaner
26 fl. oz.



6.79
Spry
Chewing Gum
100 ct., selected
varieties



3.99
Seventh
Generation
Chlorine-free
Pads or Liners
14-50 ct., selected
varieties



8.99
Seventh
Generation
100% Recycled
Bath Tissue
12 pk.

Save on home and body care at the co-op.

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)*

Support Inclusive Trade

DIVERSITY IS STRENGTH

Co-ops around the country are committed to fostering diverse and inclusive communities. We're pleased to offer great deals on brands and products that are owned and operated by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.

**inclusive
trade**

INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company on a mission to invest in a more equitable future. Alaffia's projects enable Togolese communities to provide their skills and knowledge to the rest of the world.

8.99

Alaffia
Everyday Shea Body Lotion
32 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.

**inclusive
trade**

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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