

# coop deals

SEP 18 - OCT 1, 2024

## a pantry staple

Perfect for so many recipes, Bionaturae's Strained Tomatoes are an ingredient you'll want to keep stocked in the pantry. Make homemade pizza, soup or sauces with these organic tomatoes grown on small Italian family farms.



**3.29**

**Bionaturae**  
Organic Strained Tomatoes  
8.8-24 oz., selected varieties



**2/\$7**

**Blue Diamond**  
Almondmilk  
59-64 fl. oz., selected varieties



**3.99**

**Harmless Harvest**  
Organic Coconut Water  
16 fl. oz., selected varieties



**2/\$8**

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



**2/\$8**

**Mary's Gone**  
Crackers  
Organic Crackers  
4.25-6.5 oz., selected varieties



**4/\$6**

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



Gather the ingredients for home-cooked meals.

**Delicious deals for the fall season.**



*remarkably thick,  
deliciously simple*

Deliciously rich and creamy, made with only milk and live active yogurt cultures. The possibilities are as endless as your imagination. Good things start here.



**4.49**

Nancy's  
Organic Yogurt  
24-32 oz., selected  
varieties

**4/\$5**

Fage  
Greek Yogurt  
5.3 oz., selected varieties



**5.49**

Bitchin' Sauce  
Almond Dip  
7-8 oz., selected  
varieties



**5.49**

Miso Master  
Organic White  
Miso  
8 oz., selected varieties



**6.99**

Miyoko's Creamery  
Organic Plant Milk  
Mozzarella  
8 oz.

*made with sunshine*

What are pasture-raised eggs, you ask? They're eggs from hens raised with respect by family farmers. Proudly crack them open for breakfast or bake into your favorite fall recipe.



**5.99**

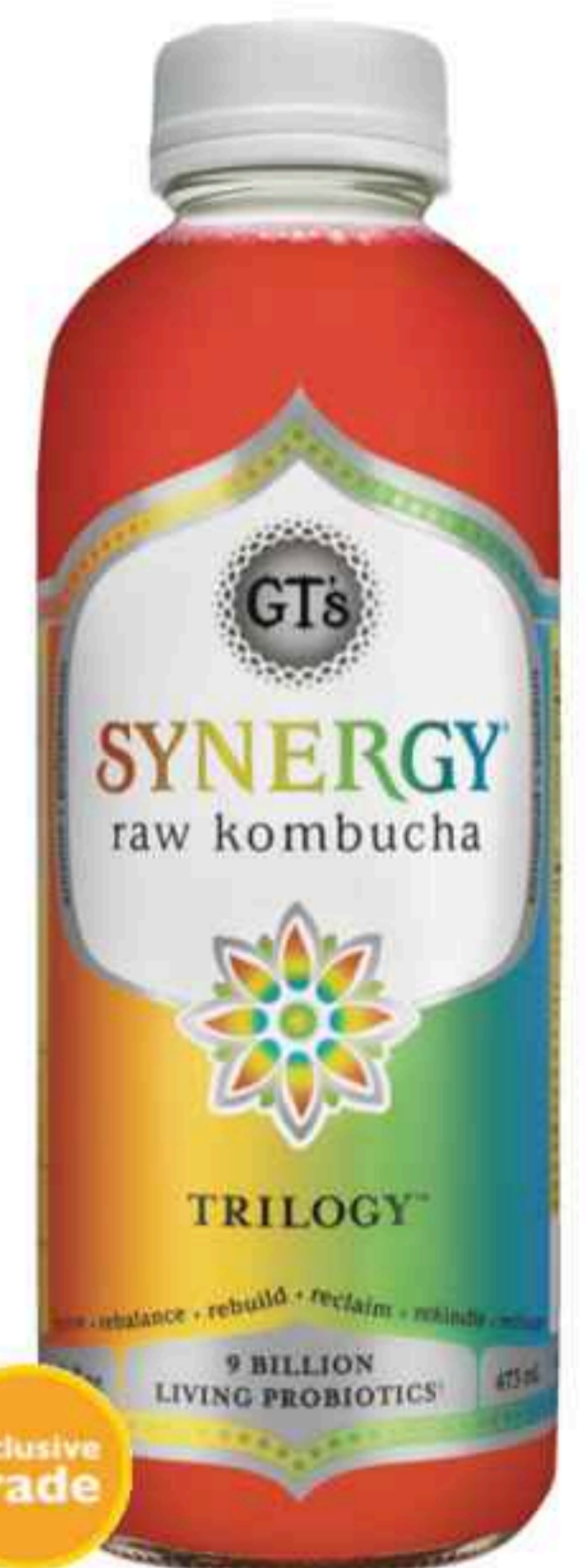
Vital Farms  
Large Pasture-raised  
Grade A Eggs  
1 doz.

**INCLUSIVE TRADE PARTNER**

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.

**2/\$6**

GT's  
Kombucha  
16 fl. oz., selected varieties



**inclusive trade**

**Find all your breakfast fixings at the co-op.**



**3.99**

Hodo  
Organic Firm  
Tofu  
10 oz.



**2/\$5**

Woodstock  
Organic Frozen Vegetables  
10 oz., selected varieties



**4.79**

Lifeway  
Organic Kefir  
32 fl. oz., selected varieties



**4.79**

Rumiano  
Organic Block  
Cheese  
8 oz., selected varieties



**5.29**

Food for Life  
Organic Bread  
24 oz., selected varieties



**7.49**

Woodstock  
Organic Filled  
Pasta  
20 oz., selected varieties



*all the Oatlys!*

Oatly is the original oatmilk! And now seems like a really good time to get some of our perfectly creamy and delicious oatmilks, oat creamers and non-dairy frozen desserts into your fridge and/or freezer. Wow, no cow!



**3.99**

Oatly  
Barista Edition  
Oatmilk  
32 fl. oz.



**4.49**

Oatly  
Oatmilk  
64 fl. oz., selected  
varieties



**4.49**

Oatly  
Oatmilk Creamer  
29.7 fl. oz., selected  
varieties



**4.49**

Oatly  
Non-dairy  
Frozen Dessert  
1 pt., selected  
varieties

**The co-op has dairy and dairy-free favorites.**

*cheese that makes a difference*

**COOPERATIVELY OWNED**

**Organic Valley** cheeses are made with quality milk from small family farms that protect over 400,000 acres of organic farmland. So, you can feel good about indulging in every delicious variety, from Raw Sharp Cheddar to sliced Provolone.



**4.99**

Organic Valley Feta Cheese  
8 oz.



**4.99**

Organic Valley Cheese Slices  
6 oz., selected varieties



**5.99**

Organic Valley Stringles Mozzarella Cheese Sticks  
8 oz.



**6.99**

Organic Valley Grassmilk Raw Cheddar Cheese  
8 oz., selected varieties



**3.49**

Tofurky Plant-based Deli Slices  
5.5 oz., selected varieties



**3.99**

Daiya Dairy-free Shreds  
7.1 oz., selected varieties



**4.49**

So Delicious Organic Coconutmilk Creamer  
32 fl. oz., selected varieties



**1.89**

*crafted with less*

All our skyr and plant-based, dairy-free products are made with simple ingredients and no artificial anything. Deliciously satisfying, Siggi's makes the perfect breakfast or snack option.

**Siggi's**  
Plant-based Yogurt  
5.3 oz., selected varieties



**3.99**

**Petit Pot**  
Organic French Dessert  
2 pk.-4 oz., selected varieties

**Discover something delicious at the co-op.**



4.49

Pacific Foods Organic Soup  
32 fl. oz., selected varieties



8.99

*taste the difference*

Experience the rich, creamy goodness of Alden's Organic ice cream. Made with premium organic ingredients, every bite offers flavor you can feel good about. Treat yourself today!

Alden's Organic Ice Cream  
48 fl. oz., selected varieties



2/\$4

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



4.39

Beyond Meat Plant-Based Breaded Chicken Tenders  
8 oz.



9.99

American Flatbread Pizza  
16.61-18.62 oz., selected varieties

*plant-based, great taste*

Gardein offers a wide variety of plant-based proteins with great taste and texture. Non-GMO project verified and always vegan.

4.49

Gardein Plant-based Meat Substitutes  
8-13.7 oz., selected varieties



9.99

Justin's Almond Butter  
16 oz., selected varieties

Find yummy frozen favorites at the co-op.



inclusive trade

**3.79**

Siete  
Tortilla Chips  
5-7.5 oz., selected varieties



inclusive trade

**2/\$4**

Siete  
Refried Beans  
16 oz., selected varieties



inclusive trade

**3.99**

Siete  
Enchilada Sauce  
15 oz., selected varieties



inclusive trade

**7.99**

Siete  
Grain-free  
Tortillas  
7 oz., selected varieties

*celebrate heritage with Siete*

**INCLUSIVE TRADE PARTNER**

**Siete** is a Mexican American food brand, rooted in family, that creates heritage-inspired products using thoughtfully selected ingredients — like organic beans, avocado oil and almond flour!



**2/\$6**

Annie's  
Macaroni & Cheese  
5.5-6 oz., selected varieties



**2/\$6**

Maya Kaimal  
Organic Everyday  
Entrees  
10 oz., selected varieties



**5.99**

Izze  
Sparkling Juice  
Drink  
6 pk.-8.4 fl. oz. cans,  
selected varieties

*sustainably sourced,  
expertly roasted*

**COOPERATIVELY OWNED**

Equal Exchange is committed to sourcing from democratically organized small farmer cooperatives. Our coffee is sourced with care for surrounding ecosystems and supports long-term partnerships that keep small family farms thriving!



coop USDA ORGANIC

**9.99**

Equal Exchange  
Organic Coffee  
12 oz., selected varieties



**5.49**

Woodstock  
Organic Pickles  
24 fl. oz., selected varieties

**The co-op has the brands you love.**



**5.49**

**Primal Kitchen Dip**  
10-11.5 oz., selected varieties



**5.49**

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



**7.99**

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



**9.99**

**Primal Kitchen Pure Avocado Oil**  
16.9 fl. oz.

*made for real food*

**Primal Kitchen** dressings, condiments and dips are crafted with premium, real ingredients and delicious flavor that elevates the real foods you love. Dress salads, marinate meats, spread on sandwiches and dip fresh veggies!



**3.79**

**Pacific Foods Organic Oat Beverage**  
32 fl. oz., selected varieties



**5.69**

**Madhava Organic Unrefined Coconut Sugar**  
16 oz.



**6.99**

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

*savory flavors with clean ingredients*



Kickstart your umami adventure with KOYO's Ramen packets. Our organic noodles are baked, not fried, with a savory broth free from preservatives.

**5 / \$5**

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



**2 / \$6**

**Celestial Seasonings Herbal Tea**  
20 ct., selected varieties

**Stock up on pantry essentials at the co-op.**



**6.99**

**Rishi Organic Tea**  
15 ct., selected varieties



*drink Yachak = plant trees*

We're committed to providing a purely natural and organic source of energy that helps protect the trees, communities and species of the Amazon rainforest. Each can sold supports Amazon reforestation with the help of OneTreePlanted.

**2/\$4**

**Yachak Organic Yerba Mate**  
16 fl. oz., selected varieties



**2/\$9**

**Barbara's Cereal**  
10-14 oz., selected varieties



**6.49**

**Grandy Organics Coconola**  
9 oz., selected varieties



**10.99**

**La Tourangelle Avocado Oil**  
16.9 oz.



*whole wheat biscuits*

Simple goodness for your day. Crafted from just three ingredients, Kashi® Autumn Wheat is packed with fiber and whole grains to satisfy hunger and make you smile.

**2/\$9**

**Kashi Organic Cereal**  
9.5-14 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Chomps is a diverse-owned company. We make on-the-go protein snacks from sustainably sourced proteins.

**2/\$4**

**Chomps Meat Sticks**  
1.15 oz., selected varieties



**Satisfy your snack cravings at the co-op.**

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





**2/\$5**

**Chocolove**  
**Chocolate Bars**  
 2.9-3.2 oz., selected varieties



**3/\$5**

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



**2/\$7**

**Terra**  
**Vegetable Chips**  
 5-5.5 oz., selected varieties



**3.99**

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



**3.99**

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



**4.99**

**Late July**  
**Salsa**  
 15.5 oz., selected varieties



**5.49**

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



**3.79**

**Late July**  
**Organic Tortilla Chips**  
 7.4-10.1 oz., selected varieties



**4.49**

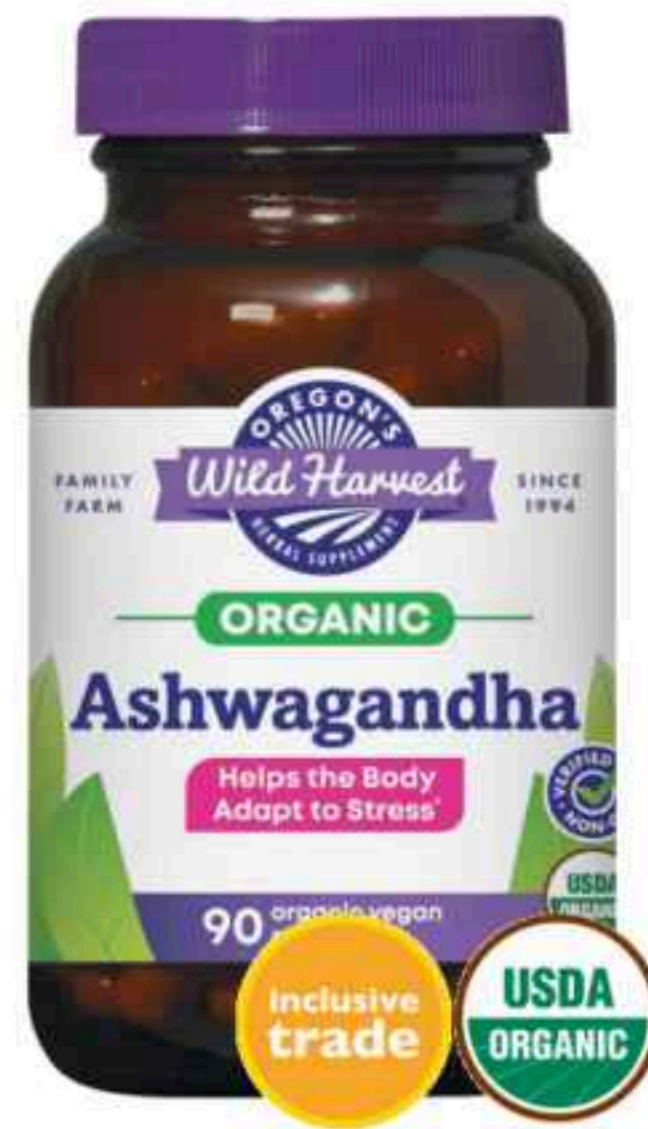
**Unreal**  
**Chocolate Cups, Bars**  
**or Gems**  
 3.2-5 oz., selected varieties

**The co-op has snacks for any occasion.**

*rooted in Oregon*

**INCLUSIVE TRADE PARTNER**

As a family farm and herbal supplement manufacturer since 1994, **Oregon's Wild Harvest** is a woman-owned company that supports regenerative practices that heal the land and water and sequester carbon to ensure pure, potent herbal medicine is available today and for future generations.



**15.99**  
Oregon's Wild Harvest Organic Ashwagandha 90 ct.



**16.99**  
Oregon's Wild Harvest Organic Saw Palmetto 90 ct.



**19.99**  
Oregon's Wild Harvest Turmeric 60 ct.



**19.99**  
Oregon's Wild Harvest Organic Milk Thistle 90 ct.



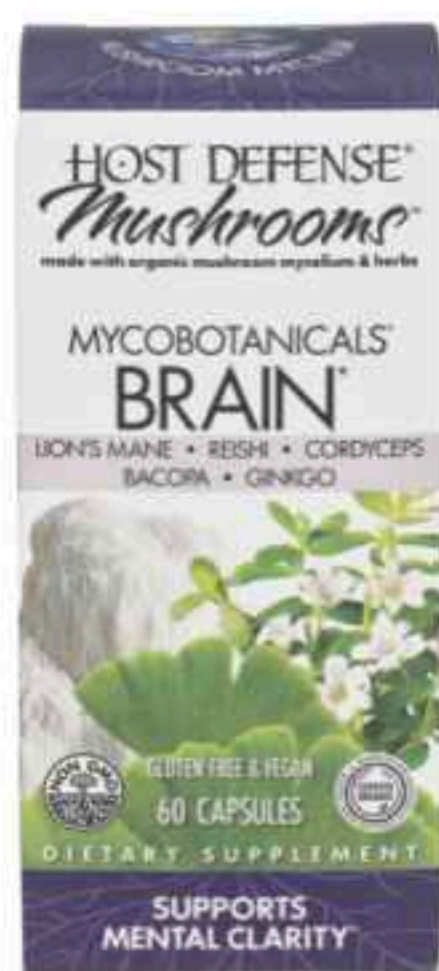
**2/\$7**  
DrTung's Smart Floss 30 yd., selected varieties



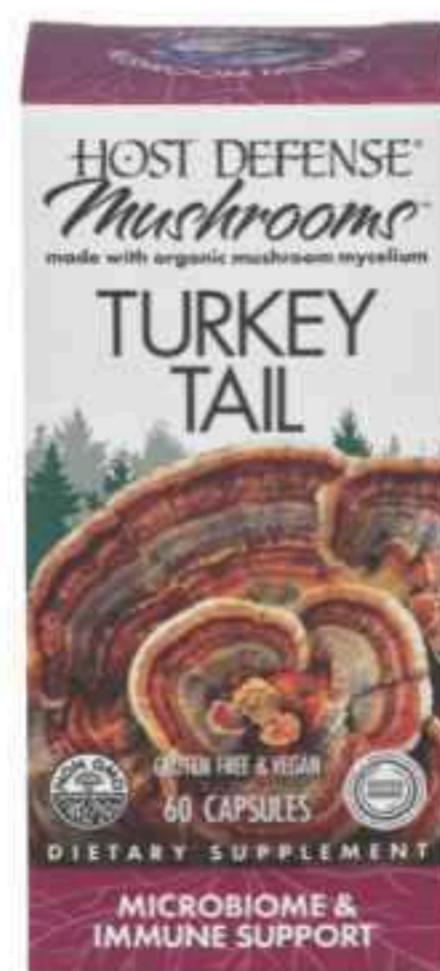
**4.49**  
Mrs. Meyer's Hand Soap 10-12.5 fl. oz., selected varieties



**9.99**  
Life-Flo Pure Magnesium Oil 8 fl. oz.



**23.99**  
Host Defense MycoBotanicals Brain Supplement 60 ct.



**25.99**  
Host Defense Turkey Tail Mushroom Supplement 60 ct.



**25.99**  
Host Defense Lion's Mane Mushroom Supplement 60 ct.



**30.99**  
Host Defense MyCommunity Mushroom Supplement 60 ct.

*powered by mushroom mycelium*

Founded by renowned mycologist Paul Stamets, **Host Defense** specializes in products powered by organic mushroom mycelium responsibly grown on their farm in the USA. They use eco-conscious packaging and are 110% climate positive, offsetting 10% MORE carbon than they produce.

**Find all your wellness products at the co-op.**



**2/\$6**

**Goldthread  
Plant-based Tonic**  
10.5 fl. oz., selected  
varieties



**4.29**

**Happy Family  
Organics  
Yogis**  
1 oz., selected varieties



*prioritize your  
well-being*

Yogi wellness teas are formulated with delicious taste and helpful benefit in mind. From soothing and floral to fruity and invigorating, all Yogi teas are organic and blended with intention.

**3.99**

**Yogi  
Organic Herbal Tea**  
16 ct., selected varieties



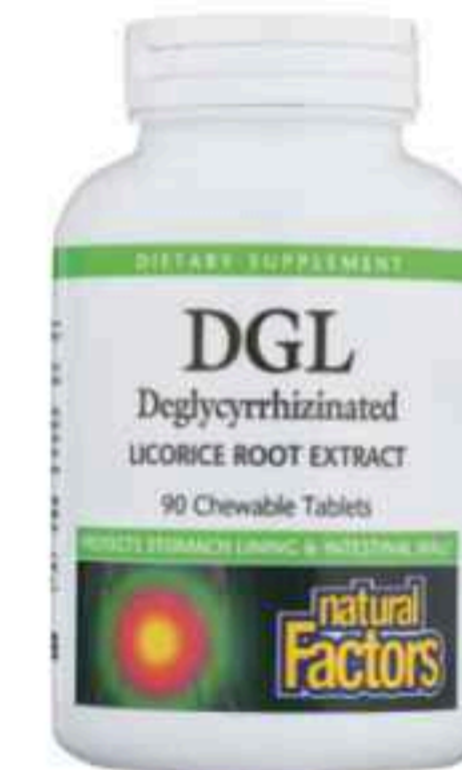
**7.99**

**Xlear  
Nasal Spray**  
1.5 fl. oz.



**8.99**

**Booda Organics  
All-in-One Daily  
Moisturizer**  
2.3 oz.



**11.99**

**Natural Factors  
DGL Licorice  
Chews**  
90 ct.

*soothes dry skin fast*

Borage Therapy helps in reversing a deficiency of gamma linolenic acid (GLA), a critical omega-6 that helps soothe dry skin. Awarded the National Eczema Association Seal of Approval.

**8.99**

**Shikai  
Borage Therapy Lotion**  
8 fl. oz., selected varieties



**10.99**

**Dr. Bronner's  
Sal Suds**  
32 fl. oz.

**All your wellness supplements are 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 Community Co-op  
Blue Hill Co-op  
Good Tern Co-op  
Portland Food Co-op  
Rising Tide Co-op

**MARYLAND**

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

**MASSACHUSETTS**

Assabet Co-op Market  
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  
Potsdam Food Co-op  
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

South Philly 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  
Rutland Area Food Co-op  
Springfield Food Co-op  
Upper Valley Food Co-op

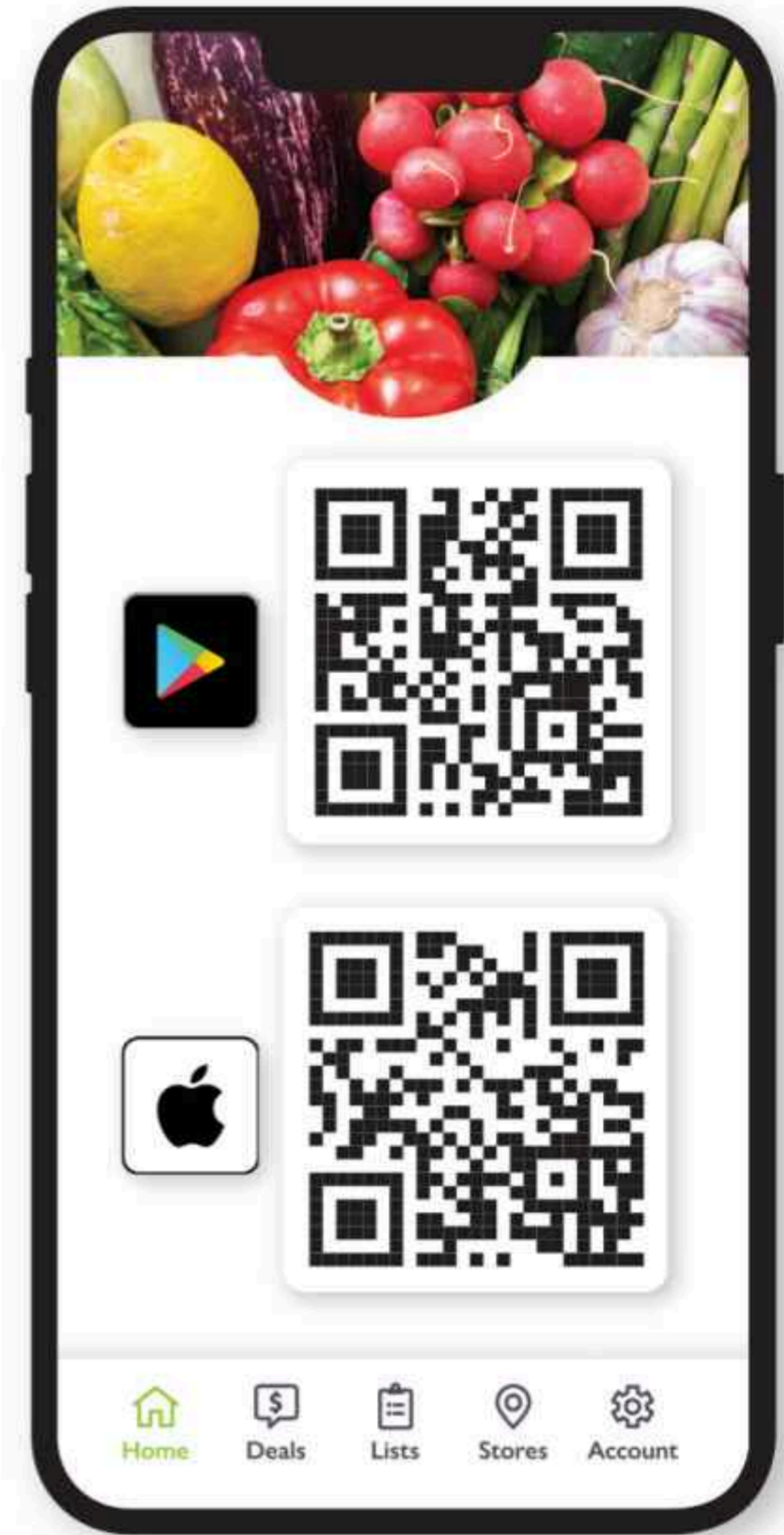
**VIRGINIA**

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

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

**coop deals.**

**Download the App!**



Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.

*nutritious and delicious*

Snacking is made easy with KIND. These gluten-free bars are nutritious, delicious and perfect for guilt-free snacking at any time of the day!



**3 / \$5** Kind Bars  
1.4 oz., selected varieties



**2.29**  
Vita Coco Coconut Water  
16.9 fl. oz., selected varieties



**2.29**  
Essentia Ionized Water  
50.7 fl. oz.



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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