

# coop deals

OCT 18 - OCT 31, 2023

*gather everyone*

With cooler days ahead, heat the oven and bake a delicious Daiya pizza for the family. Daiya's gluten-free and dairy-free pizzas are delicious for everyone.



Buy One, Get One

**FREE**

Daiya  
Pizza

12.7-19.4 oz., selected varieties



Buy One, Get One

**FREE**

Yachak Organic  
Yerba Mate

16 fl. oz., selected varieties



Buy One, Get One

**FREE**

Bionaturae  
Organic Tomato Paste

7 oz.



Buy One, Get One

**FREE**

Unreal  
Chocolate Bars,  
Cups or Gems

3.2-5 oz., selected varieties



Buy One, Get One

**FREE**

*special offers inside!*





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

Save on products you love from brands you trust! Look for the BOGO (buy one, get one FREE) deals signs throughout the store.



**Buy One, Get One  
FREE**

Food For Life  
Sprouted or Golden  
Flax Cereal  
16 oz., selected varieties



**Buy One, Get One  
FREE**

Beyond Meat  
Breakfast Sausage  
7.4 oz., selected varieties



**Buy One, Get One  
FREE**

Against the Grain  
Bread & Rolls  
12.5-15 oz., selected varieties



**Buy One, Get One  
FREE**

Frontera  
Cooking Sauce  
6-8 oz., selected varieties



**Buy One, Get One  
FREE**

Ancient Nutrition  
Probiotics  
30 ct., selected varieties

**Spooktacular BOGO deals are at the co-op!**



**2/\$9**

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



**4.99**

**Talenti**  
Gelato or Sorbetto  
1 pt., selected varieties

**INCLUSIVE TRADE PARTNER**

Tucson Tamale started with a large Mexican-American family tradition that has turned into award-winning tamales.



**5.49** Tucson Tamale  
Tamales  
10-11 oz., selected varieties



**2/\$6**  
Cascadian Farm Organic  
Frozen Vegetables  
10 oz., selected varieties

*experience India*



**4.99**

**Deep Indian Kitchen**  
Entree  
7-12 oz., selected varieties



**4.99**

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



**3.99**

**Deep Indian Kitchen**  
Naan  
8 oz., selected varieties



**3.99**

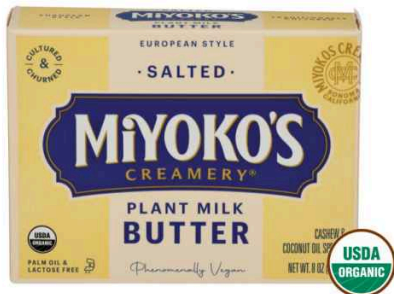
**Deep Indian Kitchen**  
Naan Pizza  
7.4-9 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Deep Indian Kitchen is an Indian-owned company. We want to share the best of Indian culture through great-tasting Indian food! All our items are family recipes, made from scratch. We grind our own spices and cook in small batches for authentic flavors that can't be beat!



**The co-op has ingredients for the meals you love.**



4.79

Miyoko's Creamery Organic Plant Milk Butter

8 oz., selected varieties



2/\$4

Redwood Hill Farm Goat Milk Yogurt 6 oz., selected varieties



4.99

Field Roast Plant-based Sausages 9.3-12.95 oz., selected varieties



2/\$5

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



2/\$7

Planet Oat Oatmilk 52 fl. oz., selected varieties

*organic and delicious sour cream*



COOPERATIVELY OWNED

Organic Valley is the largest farmer-owned organic cooperative in the U.S. We were founded in 1988 to sustain family farms through organic farming. Made with organic milk from cows pasture raised on our small organic family farms, our fresh and creamy sour cream has a tangy flavor to liven your next dish.

3.99

Organic Valley Sour Cream 16 oz., selected varieties



4.49

Ripple Plant-based Milk 48 fl. oz., selected varieties

The co-op has dairy and dairy-free options.

**INCLUSIVE TRADE PARTNER**

Three Trees is a diverse-owned company with a passion for creating nutritious, plant-based beverages using the wonders of the forest to provide clean ingredients.

**5.99**

Three Trees Organic Almond or Nutmilk  
28 fl. oz., selected varieties



**1.69**  
So Delicious Coconutmilk Yogurt  
5.3 oz., selected varieties



**2/\$4**  
Cocojune Organic Cultured Coconut  
4 oz., selected varieties



**2/\$5**  
Perfect Bar Protein Bars  
2.2-2.5 oz., selected varieties



**2/\$7**  
Hope Foods Organic Hummus & Dips  
8 oz., selected varieties



**5.99**  
Fage Greek Yogurt  
32 oz., selected varieties

*crafted with less*

Siggi's skyr is made with simple ingredients and not a lot of sugar. Deliciously satisfying, Siggi's makes the perfect breakfast or snack option.



**4/\$5**

Siggi's Skyr Yogurt  
4.4-5.3 oz., selected varieties



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

**3/\$10**

**Find the perfect smoothie ingredients at the co-op.**

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



**2.69**  
*everyday low price*  
Field Day  
Organic Chicken  
Broth  
32 fl. oz., selected  
varieties



## Mexican-American favorites

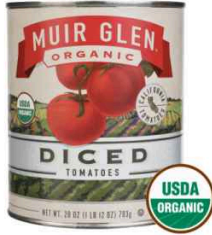


### INCLUSIVE TRADE PARTNER

Siete is a Mexican-American brand, rooted in family, that creates delicious products made with better-for-you ingredients. Try Siete Vegan Refried Pinto Beans and Mild Taco Seasoning today!

# 2/\$5

Siete  
Taco Seasoning  
or Refried Beans  
1.29-1.38 oz. and 15.5-16 oz., selected varieties



**2/\$6**  
Muir Glen  
Organic Tomatoes  
28 oz., selected varieties



**2/\$7**  
Lotus Foods  
Organic Rice  
Noodles  
8 oz., selected varieties



**5.99**  
Sir Kensington's  
Mayonnaise  
12 fl. oz., selected  
varieties



**21.99**  
Lucini Italia  
Organic Premium  
Select Extra Virgin  
Olive Oil  
16.9 fl. oz.



## great taste, gluten free

Udi's is committed to making delicious food that just happens to be gluten free. You shouldn't have to compromise on taste, so we offer full-flavor alternatives to support the lifestyle you choose!

# 4.79

Udi's Gluten Free  
Bread, Buns, and Bagels  
8.4-14.3 oz., selected varieties



# 2/\$7

Imagine  
Organic Broth  
32 fl. oz., selected varieties



**Ingredients for easy meals are at the co-op.**

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



**2/\$3**  
Epic  
Snack Strips  
.8 oz.,  
selected varieties



**2/\$5**  
Epic  
Bars  
1.3-1.5 oz.,  
selected varieties



**2/\$6**  
Epic  
Pork Rinds  
2.5 oz.,  
selected varieties



**5.49**  
Epic  
Bone Broth  
14 fl. oz., selected varieties



*live Epic, eat Epic*

**Epic** makes flavor-forward meat snacks for the mindful consumer. We're everything to love about a savory snack with carb-conscious, grass-fed and keto-friendly options and a dedication to land and animal well-being.



**2/\$5**  
So Delicious  
Organic  
Coconutmilk  
32 fl. oz., selected  
varieties



**2.79**  
*everyday low price*  
Field Day  
Unsweetened  
Coconut Milk  
13.5 fl. oz., selected  
varieties



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



**3.29**  
Ancient Harvest  
Organic Quinoa Pasta  
8-9.6 oz., selected varieties



**3.99**  
Mediterranean  
Organic  
Olives  
8.1-8.5 oz., selected  
varieties



**2/\$7**  
Tasty Bite  
Indian Entrees  
10 oz., selected varieties



**13.99**  
Napa Valley  
Naturals  
Organic Extra  
Virgin Olive Oil  
25.4 fl. oz.

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

*quality,  
organic herbs*

**Organic India** herbs are sourced through fair and direct trade, benefiting both farmer and consumer. Every product is an extension of the meaningful work taking place on each farm, offering the consumer the opportunity to add purpose to their purchase.



**2/\$7**  
Organic India  
Tulsi Tea  
18 ct., selected varieties



**13.79**  
Organic India  
Triphala  
90 ct.



**14.49**  
Organic India  
Psyllium Pre &  
Probiotic Fiber  
10 oz., selected varieties

*made with whole superfoods*



Superfood Slam is a nutritional powerhouse that leaves you feeling energized by natural ingredients. It's the perfect meal replacement option for days on the go.

**2.29**  
Probar  
Meal Bars  
3 oz., selected varieties



**5.49**  
Numi  
Organic Tea  
18 ct., selected varieties

*scoop up the savings in bulk!*



**1.79**  
Organic Steel  
Cut Oats  
per pound in bulk



**5.49**  
Organic Pumpkin  
Seeds  
per pound in bulk



**7.99**  
Organic  
Almonds  
per pound in bulk



**Save by shopping in bulk at the co-op.**



## building a cooperative community



**4.99**

Equal Exchange Organic Chocolate Chips  
10 oz., selected varieties

**2/\$6**

Equal Exchange Organic Chocolate Bars  
2.8-3.5 oz., selected varieties

**9.99**

Equal Exchange Organic Coffee  
10-12 oz., selected varieties

**2/\$7**

Equal Exchange Organic Tea  
20 ct., selected varieties

### COOPERATIVELY OWNED

Directly from farmer cooperatives, to the Equal Exchange worker-owned cooperative, to your local consumer cooperative! Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound. Support our beautiful cooperative supply chain this Co-op Month!



We support cooperatively owned businesses.

# October is co-op month.

## Co-ops Build Community

### SUPPORT COOPERATIVELY OWNED BUSINESSES

Co-ops are a powerful way to build food security, community resilience and economic empowerment. As a co-op, we love supporting other cooperatively owned enterprises — it's one of our cooperative principles! Look for the Co-op Trade mark to find brands cooperatively owned by their workers, farmers or community.



Photo Credit: Equal Exchange

**Look for cooperatively owned brands at the co-op.**

# fall comfort food



## SWEET AND CRUNCHY

Fall is a fantastic time to try a new recipe with apples. Sure to delight people of all ages, these peanut butter candy apples are delicious and fun to make.

### Peanut Butter Candy Apples

Makes 4. Prep time: 2 hours 30 minutes total; 30 minutes active

4 large Honeycrisp, Gala or other sweet apples  
Popsicle sticks  
14 ounces sweetened condensed milk  
1 cup smooth peanut butter, unsweetened  
1 teaspoon vanilla  
1 cup chopped peanuts or mini chocolate chips

1. Wash and dry the apples and insert a stick into the core of each.
2. Line a plate with waxed paper and place the peanuts or chocolate chips on a plate.
3. In a small pot, combine the condensed milk, peanut butter and vanilla and mix with a wooden spoon. Place over medium heat and cook, stirring until the mixture is thick and pulling away from the sides of the pot, about 5 minutes.
4. Take off the heat and use a half cup measure to scoop up the peanut butter mixture. Let cool before handling. Place into your palm and press an apple into it. Mold the mixture around the apple, covering it evenly. Roll in the nuts or chips, then place on the waxed paper. Continue with remaining apples.
5. Refrigerate until the coating is cold and firm, about 2 hours.
6. Serve cold.

Find more delicious recipes at [grocery.coop](https://www.grocery.coop)

# meals with more yum

Let **Annie's** bunnies help you make meals with more yum. With staples like mac & cheese and bunny-shaped snacks, Annie's turns mealtime into yumtime while appeasing everyone's taste buds.



**2/\$7**

Annie's Organic Bunny Grahams or Crackers  
7-7.5 oz., selected varieties



**4/\$6**

Annie's Shells & White Cheddar Macaroni & Cheese  
6 oz.



**4.29**

Annie's Organic Snacks  
8-11.25 oz., selected varieties



**2/\$9**

Annie's Organic Fruit Snacks  
7 oz., selected varieties



**4/\$6**

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



**2.29**

San Pellegrino Sparkling Mineral Water  
25.3-33.8 fl. oz., selected varieties



**2/\$5**

Surf Sweets Gummy Bears  
2.75 oz., selected varieties

# regenerative organic certified® chocolate



Dr. Bronner's Salted Dark — the world's first Regenerative Organic Certified chocolate! Pairing world-class Swiss chocolatiers with fairy-treated cocoa farmers practicing regenerative organic agriculture. Vegan, 70% cocoa and perfectly balanced.

**2/\$7**

Dr. Bronner's Organic Chocolate Bars  
2.93-3 oz., selected varieties

COOPERATIVELY OWNED



**21.99**

Maple Valley Organic Dark & Robust Maple Syrup  
32 fl. oz., selected varieties



**2/\$7**

R.W. Knudsen Organic Apple Juice or Cider  
32 fl. oz., selected varieties

**Find the items you love at the co-op.**



**2.79**

**Garden of Eatin'  
Tortilla Chips**  
5.5 oz., selected varieties



**2/\$4**

**Endangered  
Species  
Chocolate Bars**  
3 oz., selected varieties



**2/\$4**

**Harvest Snaps  
Snapea Crisps**  
2-4 oz., selected varieties



**2/\$6**

**Lesser Evil  
Organic Popcorn**  
2.5-6.4 oz., selected varieties



**4.49**

**Pamela's  
Graham Crackers**  
6.25-7.5 oz., selected  
varieties



**2/\$9**

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



**5.99**

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

*ingredients you can see and pronounce*



Kind Healthy Grains Peanut Butter Dark Chocolate bars are gluten-free bars that combine 100% whole grains with peanut butter and delicious dark chocolate chunks. These snack bars combine five super grains: oats, millet, buckwheat, amaranth and quinoa.



**2/\$8**

**Kind  
Healthy Grains Bars**  
5pk.-1.2 oz., selected varieties

**The co-op has all your favorite snacks.**

# vitamin gummies for everyone



**Garden of Life** offers delicious gummy supplements with targeted ingredients for women, men and kids, as well as yummy elderberry gummies to support immune system health. Convenient, clean, delicious and oh, so good for overall health.

**25.49**

Garden of Life  
Mykind Organics  
Gummies  
120 ct., selected varieties



**4.99**

Now  
Vitamin D-3  
120-180 ct., selected varieties



**14.99**

Wishgarden Herbs  
Kick-Ass Immune  
Activator  
2 fl. oz., selected varieties



**21.99**

Jarrow Formulas  
Jarro-Dophilus EPS  
Probiotic  
60 ct.



# boost your immune health

## QUALITY PRODUCTS FOR THE WHOLE FAMILY

Shop the co-op for food and supplements that boost your immune system. With more time spent inside this time of year, it's important to get plenty of rest, eat well and balance your family's busy lives. The co-op has plenty of options to support your wellness initiatives.

**Find all your supplements at the co-op.**



*power your greatness*

Eight essential B vitamins to support energy, nervous system and a healthy sugar metabolism. Certified gluten free and vegan.

**18.99**

**Country Life**  
**Coenzyme B-Complex**  
120 ct., selected varieties



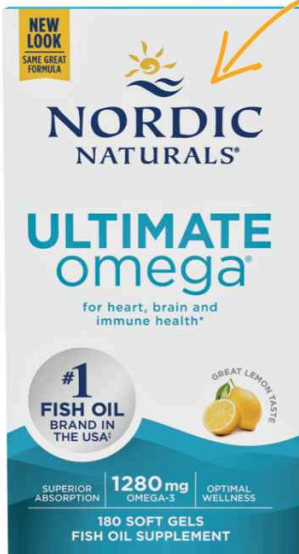
**2.29** Quantum Zinc Elderberry Raspberry Lozenges 14 ct.



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



**11.49** Ener-C Multivitamin Drink Mix 30 ct., selected varieties



*America's #1 fish oil*

Nordic Naturals Ultimate Omega provides 1280 mg omega-3s to support whole-body health and wellness. Fresh, pure and potent, this best-selling fish oil is recommended by doctors worldwide.

**48.99**

**Nordic Naturals**  
**Ultimate Omega**  
180 ct.



**20.49** Floradix Iron + Herbs 8.5 fl. oz.



**3.99** Bio-K Plus Drinkable Probiotic 3.5 fl. oz., selected varieties

**Stay well this fall with help from the co-op.**



**4.79**  
Herban Cowboy  
Dusk Milled Soap  
5 oz.



*plant power*

Treat those pearly whites right with the potent power of plants. Non-GMO certified and free of fluoride.

**4.29**

Desert Essence  
Tea Tree Oil Toothpaste  
6.25 oz.

COOPERATIVELY OWNED



**7.79**  
Aura Cacia  
Essential Oil  
.5 fl. oz., selected varieties



Clean ingredients for a healthy body and mind.

**Feel your best.**



**9.99**  
Andalou Naturals  
1000 Roses  
Gentle Cleansing  
Foam  
5.5 fl. oz.



**5.49**  
Tom's of Maine  
Deodorant  
2.25 oz., selected varieties

INCLUSIVE TRADE PARTNER



ECOS is a Black- and woman-owned company that believes everyone has a right to a healthy home. For more than 50 years we've created products that protect the health and wellness of people, pets and the planet.

**12.99**

Ecoc  
Laundry Detergent  
100 fl. oz., selected varieties



**Your favorite body care brands are at the co-op.**

## 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

### 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 Natural Foods Co-op

The Food Co-op



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



*taste the obsession*

#### INCLUSIVE TRADE PARTNER

Purely Elizabeth is a woman-owned company that helps you thrive on your wellness journey by creating foods to obsess over.

**Buy One, Get One**

**FREE**

**Purely Elizabeth Granola**

8-12 oz., selected varieties



*Shop inclusive trade!*

We're pleased to offer great deals on brands from businesses owned by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.

Co-ops support products and services that ensure personal and planetary health; a legacy we can be proud to leave generations to come.



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. PWNWI023B

