

# coop deals

NOV 15 - NOV 28, 2023

*casserole ready*

Add a delicious green bean side dish to your holiday meal. Cascadian Farm's Organic Frozen Green Beans are on sale, so grab some at the co-op!



**2/\$7**

Cascadian Farm  
Organic Frozen Vegetables  
16 oz., selected varieties



**2/\$6**

R.W. Knudsen  
Organic Sparkling  
Apple Juice  
25.4 fl. oz.



**3.49**

Woodstock  
Organic  
Cranberry Sauce  
14 oz., selected varieties



COOPERATIVELY OWNED



**2/\$7**

Blue Diamond  
Nut Thins  
4.25 oz., selected  
varieties



**3.99**

Just  
Plant-based Egg  
Scramble  
12 fl. oz.



**2/\$8**

Q Mixers  
Drink Mixers  
4 pk.-7.5 fl. oz. cans,  
selected varieties



**11.99**

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



Shop the co-op for holiday meal ingredients.

**Gather friends, family and food.**

find your happy plate



From shredded cheeze to cheesecake, **Daiya** has got plant-based covered. Explore dairy-free, allergen-free foods and ingredients that keep you coming back for more. Keep an eye out for our new look coming soon!

3.99

Daiya Slices or Block Cheeze  
6.5-7.8 oz., selected varieties

3.99

Daiya Cutting Board Shreds  
7.1 oz., selected varieties

2/\$8

Daiya Deluxe Mac & Cheeze  
10.6-10.9 oz., selected varieties

6.99

Daiya Pizza  
13.47-19.4 oz., selected varieties



3.99

Silk Dairy-free Creamer  
32 fl. oz., selected varieties



4.79

Califia Farms Plant-based Creamer  
25.4 fl. oz., selected varieties



5.49

Meyenberg Goat Milk Butter  
8 oz.

honest, ethical food



Our mission is to bring ethical food to the table. **Vital Farms** is committed to improving the lives of people, animals and the planet through food — working with small family farms to bring you delicious eggs and butter you can trust.

3.49

Vital Farms Butter  
8 oz., selected varieties

5.49

Vital Farms Pasture-raised Liquid Whole Eggs  
16 oz.

5.99

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

Find delicious ingredients at the co-op.

craveable  
plant-based  
foods

Stock up and feed your cravings with **Kite Hill**. Our California-grown almonds are the base of our delicious ricotta, sour cream, yogurt, cream cheese, pasta and dips. Our products are sure to please everyone at your table.



**3.79**

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



**4.49**

Kite Hill Almondmilk Yogurt  
16 oz., selected varieties



**5.99**

Kite Hill Dairy-free Cream Cheese or Plant-based Filled Pasta  
8 oz., selected varieties



**6.99**

Kite Hill Dairy-free Ricotta  
8 oz.



**3.99**

Follow Your Heart Dairy-free Parmesan Shredded Cheese  
4 oz.



**6.79**

Wallaby Organic Greek Yogurt  
32 oz., selected varieties



**6.99**

Sweet Earth Mindful Chik'n Strips  
8 oz.

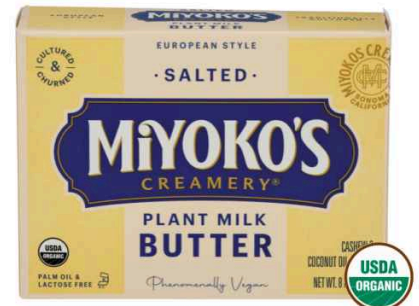
great buttery taste

Earth Balance Vegan Buttery Sticks has made its name as the ultimate toast topper and a crucial part of nondairy baking. It's creamy, rich and buttery.



**5.49**

Earth Balance Buttery Spread or Sticks  
13-16 oz., selected varieties



**4.79**

Miyoko's Creamery Organic Plant Milk Butter  
8-12 oz., selected varieties

Find dairy and nondairy options at the co-op.



1.69

So Delicious  
Coconutmilk  
Yogurt  
5.3 oz., selected varieties



3.69

So Delicious  
CocoWhip Topping  
9 oz., selected varieties



3.49

So Delicious  
Holiday Nog  
Coconutmilk  
32 fl. oz.



4.79

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

*joy to  
deliciousness*

It's no coincidence that delicious is our name. Make your dairy-free holiday brighter with tasty **So Delicious** Coconutmilk Yogurt Alternative, CocoWhip, Holiday Nog and Coconutmilk Creamer! Together, they make everything better. Now that's a reason to celebrate.



1.59

Forager Project  
Organic  
Cashewmilk  
Yogurt  
5.3 oz., selected varieties



4.79

Mt Vikos  
Organic Feta  
Cheese  
6 oz.



5.49

Toby's  
Dressing & Dip  
12 oz., selected varieties

*pasture raised and grazed*

Organic, grass-fed cheese from small family farms in coastal Northern California. American Humane Certified means our cows are pasture raised and grazed!



4.49

Rumiano  
Organic Block Cheese  
8 oz., selected varieties



2/\$8

Immaculate  
Organic Crescent Rolls  
8 oz., selected varieties

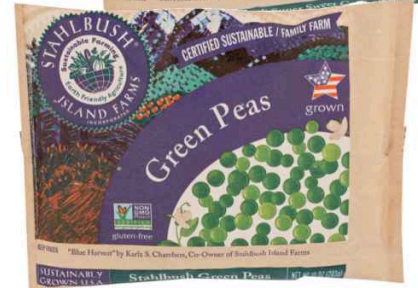
Find the brands you love at the co-op



**3.99**  
**Silver Hills**  
**Sprouted Bread**  
 15-22 oz., selected varieties

*sweet summer crunch*

Our veggies are firmer, sweeter and crunchier because we pick them at the peak of ripeness and process them right on our family farm. You can taste the difference!



**5.99**  
**Flax4Life**  
**Brownies**  
 14 oz., selected varieties

**2/\$5**

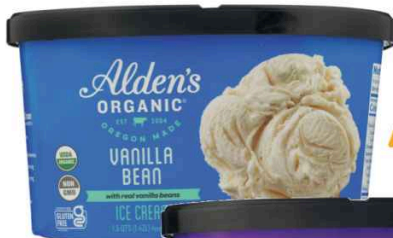
**Stahlbush Island Farms**  
**Frozen Vegetables**  
 10 oz., selected varieties



**7.49**  
**Bonafide Provisions**  
**Organic Bone Broth**  
 24 fl. oz., selected varieties



**12.99**  
**Tofurky**  
**Plant-based Roast**  
 19-26 oz., selected varieties



*keep it real*

Alden's Organic ice cream goes all in on quality. Made with real ingredients and fresh organic cream, you'll get that true-to-flavor taste in every irresistible bite.

**7.99**  
**Alden's Organic**  
**Ice Cream**  
 48 fl. oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Grain Trust is a Hispanic-owned company that creates three-minute dishes using ethically sourced grains from farmers who earn living wages.



**2/\$8**  
**Grain Trust**  
**Frozen Rice Sides**  
 20-30 oz., selected varieties

**The co-op makes meals easy.**



**2/\$7**  
Dandies  
Vegan  
Marshmallows  
10 oz., selected varieties



**4.49**  
Wholesome  
Organic Brown  
Sugar  
24 oz., selected varieties



*always organic,  
always delicious.*

COOPERATIVELY OWNED

Because one simple choice can make a big difference. Simply Organic Pure Madagascar Vanilla. No added sugars. No artificial anything. No exceptions.

**7.99**  
Simply Organic  
Vanilla Extract  
2 fl. oz.



**6.49**  
Sweetleaf  
Stevia Sweetener  
Drops  
2 fl. oz., selected varieties

*homemade for  
the holidays*

Nothing brings people together like fresh, homemade goodness. That's why **Bob's Red Mill** creates high-quality, versatile ingredients and simple, on-the-go snacks — so you can share something you love with the people who matter most.



**4/\$5**  
Bob's Red Mill  
Oats Bars  
1.76 oz., selected varieties



**6.49**  
Bob's Red Mill  
Gluten-free  
Rolled Oats  
28-32 oz., selected varieties



**6.49**  
Bob's Red Mill  
Organic Flour  
5 lbs., selected varieties



**7.99**  
Bob's Red Mill  
Super-fine  
Almond Flour  
16 oz.

**Find seasonal baking recipes at [grocery.coop](https://grocery.coop).**

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

COOPERATIVELY OWNED



**2/\$7**  
 Equal Exchange Organic Tea  
 20 ct., selected varieties



**3.79**  
 West Life Organic Soy Milk  
 32 fl. oz., selected varieties



**2/\$9**  
 Nature's Path Organic Cereal  
 10-14 oz., selected varieties



COOPERATIVELY OWNED



**9.99**  
 Equal Exchange Organic Coffee  
 10-12 oz., selected varieties  
 Decaf on sale for 11.49



*fall for masala chai*

Rishi's organic masala chai is fragrant and full bodied, made with wild-grown black tea and the highest-quality organic spices — slow brewed to create the perfect balance.

**5.99**

**Rishi Organic Tea Concentrate**  
 32 fl. oz., selected varieties



**4.49**

**Pukka Organic Herbal Tea**  
 20 ct., selected varieties

*scoop up the savings in bulk!*



**2.19**  
 Organic Raw Sugar  
 per pound in bulk



**3.59**  
 Organic Shredded Coconut  
 per pound in bulk



**4.29**  
 Walnut Halves & Pieces  
 per pound in bulk

**Organic products are at the co-op.**



**1.99**

Edward & Sons  
Organic Mashed  
Potatoes  
3.5 oz., selected varieties



**2/\$5**

Westbrae  
Organic Beans  
15 oz., selected varieties



**2/\$7**

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



**2/\$4**

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



**3.49**

Divina  
Stuffed Grape  
Leaves  
7 oz.



**5.99**

Better Than  
Bouillon  
Organic Broth  
Base  
8 oz., selected varieties



**6.99**

Primal Kitchen  
Organic No Dairy  
Gravy  
12 oz., selected varieties



*rice to the  
occasion*



**2/\$6**

Lundberg Family Farms  
Rice Chips  
6 oz., selected varieties



**4.99**

Lundberg Family Farms  
Wild Rice Blend  
16 oz.



**7.99**

Lundberg Family Farms  
Organic Rice  
32 oz., selected varieties



**Find ingredients for easy dinners at the co-op.**





**2.19**  
**San Pellegrino**  
**Sparkling**  
**Mineral**  
**Water**  
 25.3 fl. oz.



**2/\$6**  
**Vegan Rob's**  
**Plant-based Puffs**  
 3.5 oz., selected varieties



**2/\$7**  
**Back to Nature**  
**Crackers**  
 4-8.5 oz., selected varieties



**2/\$6**  
**Angie's**  
**Boomchickapop**  
**Popcorn**  
 4.4-7 oz., selected varieties



**2/\$7**  
**Taza**  
**Organic**  
**Chocolate Bars**  
 2.5 oz., selected varieties



**3.79**  
**Barnana**  
**Organic Plantain**  
**Chips**  
 5 oz., selected varieties



**4.29**  
**Back to Nature**  
**Cookies**  
 6-12 oz., selected varieties

*snacks to gather around*



Our Late July® restaurant-style tortilla chips are carefully made using organic and non-GMO ingredients, so they're perfect to serve and share with friends and family this holiday.

**2/\$7**  
**Late July**  
**Organic Tortilla Chips**  
 7.4-10.1 oz., selected varieties



**Find something for everyone at the co-op.**



rooted in goodness

Mrs. Meyer's® Clean Day offers trusted solutions for a better clean — all products are free of artificial colors, ammonia, chlorine bleach and parabens, and they're beautifully packaged in bottles with at least 30% post-consumer recycled plastic that are 100% recyclable.

2/\$8

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

3.99

Mrs. Meyer's Dish Soap or Multi-surface Cleaner  
16 fl. oz., selected varieties



2.69

Vive Organic Wellness Shots  
2 fl. 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 been creating cleaning products that protect the health and wellness of people, pets and the planet.

INCLUSIVE TRADE PARTNER

World Centric is a diverse-owned company whose business operations address sustainability in our products, philanthropy and practices.



8.99

Hyland's Calms Forte Sleep Aid  
100 ct.

3.79

Ecos Liquid Dish Soap  
25 fl. oz., selected varieties



3.99

World Centric Compostable 9" Plates  
20 ct.



10.79

Nordic Naturals Vitamin D3 Gummies  
60 ct.



12.99

Nature's Way Umcka Coldcare Syrup  
4 fl. oz., selected varieties

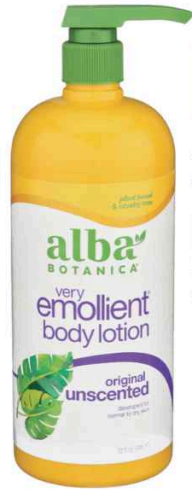
Stay well this fall with items from the co-op.



**2.79**  
The Humble Co.  
Floss Picks  
50 ct., selected varieties



**5.29**  
Himalaya  
Toothpaste  
4-5.29 oz., selected varieties



**12.49**  
Alba Botanica  
Very Emollient  
Body Lotion  
32 fl. oz., selected varieties



COOPERATIVELY OWNED



**12.29**  
Aura Cacia  
Essential Oils Kit  
4 pk.-.25 fl.oz., selected varieties



**6.49**  
Spry  
Oral Rinse  
16 fl. oz., selected varieties

*made with love  
and respect*

**INCLUSIVE TRADE PARTNER**

**Alaffia** is a Black-owned company on a mission to invest in a more equitable future. Our projects enable West African communities to provide their skills and knowledge to the rest of the world. Join us in celebrating 20 YEARS of plant-derived, fair trade favorites — for all body, hair and skin types!



**8.99**  
Alaffia  
Everyday Shea  
Shampoo or  
Conditioner  
32 fl. oz., selected varieties



**8.99**  
Alaffia  
Everyday Shea  
Body Lotion  
32 fl. oz., selected varieties



**8.99**  
Alaffia  
Everyday Shea  
Body Wash  
32 fl. oz., selected varieties



**8.99**  
Alaffia  
Everyday Shea  
Bubble Bath  
32 fl. oz., selected varieties



**Quality body care products 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)*

*grown with gratitude*

### INCLUSIVE TRADE PARTNER

GT's Living Foods is a family- and LGBTQIA+-owned business. Rooted in ancient wisdom and sacred tradition, GT's Living Foods offer you the opportunity for a new, daily ritual to live a healthier, happier life. Every product honors Mother Nature's bountiful harvest through organic ingredients, raw fermentation and naturally occurring probiotics.



**2/\$6**

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



**2/\$6**

GT's Ancient Mushroom Elixir  
16 fl. oz.,  
selected varieties



**2/\$6**

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



**5.49**

GT's Organic Cocoyo  
8 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.



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.

PWNW | 123B

