

coop deals

FEB 15 - FEB 28, 2023

create delicious meals

Diced tomatoes are a key ingredient for pasta dishes, shakshuka eggs, homemade pizza and, of course, chili. As winter carries on, keep your home warm and cozy with delicious meals using Muir Glen diced tomatoes.



2/\$5

**Muir Glen
Organic Diced
Tomatoes**

28 oz., selected varieties



2/\$6

**R.W. Knudsen
Juice**
32 fl. oz., selected
varieties



2/\$7

**Mary's Gone
Crackers**
Organic Crackers
5.5-6.5 oz., selected
varieties



2/\$7

**Barbara's
Cereal**
10-15 oz., selected
varieties



2/\$7

**Rebbl
Organic Protein
Beverage**
12 fl. oz., selected
varieties



2/\$10

**Ben & Jerry's
Ice Cream**
1 pint, selected varieties



11.99

**California Olive
Ranch
Medium Extra
Virgin Olive Oil**
25.4 fl. oz.



Share delicious food this winter.

Warm up at the co-op.



2/\$6

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



2/\$6

GT's
Ancient
Mushroom
Elixir
16 fl. oz.



2/\$6

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



5.49

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

Inclusive
trade

*fermented food
for everyone*

INCLUSIVE TRADE PARTNER

GT's Living Foods is a family-owned business, LGBTQIA+-owned and a leader in fermented foods with humble beginnings. GT Dave began from his home in 1995 at 15 years old. Our living foods are authentically fueled by organic plants, raw fermentation, naturally occurring probiotics and ancient wisdom.



enjoy the unexpected!

Daiya is the perfect alternative for any comfort meals that just aren't the same without melted cheese. Explore Daiya cheezes for the delicious taste, texture and melt.

2/\$8

Daiya
Cutting Board Shreds
7.1 oz., selected varieties



4.49

Chobani
Oatmilk
52 fl. oz., selected varieties



1.79

Silk
Plant-based
Yogurt
5.3 oz., selected varieties



2/\$6

Health-Ade
Organic
Kombucha
16 fl. oz., selected
varieties



2.99

Fage
Greek Strained
Yogurt
16 oz.

Start your day with great deals from the co-op.



5.49
Organic Valley
Raw Cheese
8 oz., selected varieties

organic, free-range eggs



Organic Valley eggs come from chickens that are free to roam in sunny pastures where they forage for nutritious treats, which results in really tasty eggs.

3.99 Organic Valley
Large Free-range
Brown Eggs
1 doz.



4.49
Miyoko's Creamery
Organic Cultured
Vegan Butter
8 oz., selected varieties



3/\$5
So Delicious
Coconutmilk
Yogurt
5.3 oz., selected varieties



butter from family farms

Made from slow-churned cream from our cows raised on American family farms. With 85% butterfat, we believe our rich and creamy butter can't be beat.

2/\$7 Vital Farms
Butter
8 oz., selected varieties



2/\$8
The Greek Gods
Greek Yogurt
24 oz., selected varieties

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



4.79

Gardein
Tenders, Strips or Sliders
8.1-11.3 oz., selected varieties

family-owned, organic cheese

Rumiano cheese is the oldest family-owned cheese company in California, crafting the highest-quality organic, non-GMO cheese from our unique Northern California milkshed!



3.99

Rumiano
Organic Block Cheese
8 oz., selected varieties



2/\$6

Cascadian Farm
Organic Frozen
Vegetables
10 oz., selected varieties



4.49

Good Culture
Organic Whole
Milk Cottage
Cheese
16 oz.



10.99

Organic Prairie
Original Beef
Summer Sausage
12 oz.



all natural, no dairy

Made with simple ingredients and more protein than sugar, Siggi's plant-based line of yogurts is thick, creamy and delicious.

2/\$4

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



6.49

Uncle Matt's
Organic Orange Juice
52 fl. oz., selected varieties

Products the whole family loves are at the co-op.



2/\$4

Rxbar Protein Bars
1.83 oz., selected varieties



3.29

Planet Oat Oatmilk
52 fl. oz., selected varieties



5.99

Flax4life Muffins
14 oz., selected varieties



5.49

Canyon Bakehouse Gluten-free Bread or Bagels
15-18 oz., selected varieties



2/\$8

Nature's Bakery Fig Bars
6-2 oz., selected varieties



3/\$5

Happy Family Organics Superfoods
3.5-4.22 oz., selected varieties



2/\$6

Good Karma Unsweetened Flaxmilk or Plantmilk
32 fl. oz., selected varieties



5.49

Organic Valley Stringles Mozzarella Cheese Sticks
8 oz.



8 grams of plant-based protein

A plant-based milk that's unbelievably creamy and satisfying.

4.49

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



5.49

Numi Organic Tea
18 ct., selected varieties

The co-op gives you a nutritious start to the day.

organic food tastes better, naturally

At **Amy's**, each of our meals is made with love, care and craft in every step. That means always sourcing the best organic ingredients, making our meals from scratch and taking time to perfect our recipes to make sure each bite tastes just right for you.



2/\$8

Amy's
Organic Soup or
Refried Beans
13.8-15.4 oz., selected
varieties

2/\$6

Amy's
Burritos
5.5-6 oz.,
selected varieties

5.99

Amy's
Enchiladas
9-10 oz., selected
varieties

8.99

Amy's
Pizza
9.1-14 oz., selected
varieties



2/\$7

Health Valley
Organic Soup
14.5-15 oz., selected varieties



3.79

Montebello
Organic Pasta
16 oz., selected varieties



2/\$8

Annie's
Organic Dressing
8 fl. oz., selected varieties



scoop up the savings in bulk!

2.99

Organic
Green Lentils
per pound in bulk



3.49

Organic
Tri-Color Quinoa
per pound in bulk



6.49

Almonds
per pound in bulk

The co-op makes weeknight dinners easy.



2/\$7

Imagine
Organic Broth
32 fl. oz., selected varieties



6.99

Rao's Homemade
Pasta Sauce
24 oz., selected varieties



11.99

Spectrum
Organic Canola Oil
32 fl. oz.



3.79

Dream
Organic Enriched
Rice Drink
32 fl. oz., selected varieties



7.99

Artisana
Organic
Raw Tahini
14 oz.



3.99

Pamela's
Cornbread &
Muffin Mix
12 oz.



6.49

Simple Mills
Baking Mixes
9-12.9 oz., selected varieties



6.49

Field Day
Organic Whole
Wheat Flour
5 lbs.



2/\$5

Lotus Foods
Organic Noodles
8 oz., selected varieties



2.79

Field Day
Unsweetened
Coconut Milk
13.5 fl. oz., selected varieties



5.49

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

Ingredients for great meals are at the co-op.

simply
delicious snacks



Late July® Tortilla Chips can be a smart and flavorful snack-time choice! Made with high-quality, organic and non-GMO ingredients, they're delicious alone and even better dipped in one of our organic salsas.



2/\$7

Late July Organic Salsa
15.5 oz., selected varieties

2/\$6

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



2.79

The Good Crisp Company
Potato Crisps
5.6 oz., selected varieties



2.79

Vegan Rob's
Plant-based Puffs
3.5 oz., selected varieties



5.49

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



food with purpose

PROBAR® creates delicious, convenient, healthy, plant-based food products. We strive to become the leading provider of REAL FOOD choices, always maintaining our commitment to quality, sustainability and fantastic taste.

2.29

Probar
Meal Bars
3 oz., selected varieties

INCLUSIVE TRADE PARTNER

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

2/\$7

Siete
Mexican
Grain-free
Cookies
4.5 oz.,
selected varieties



Find your favorite snacks at the co-op.



2/\$6

**Barbara's
Cheese Puffs**
5.5-7 oz., selected varieties



2/\$6

**Terra
Vegetable Chips**
5-6 oz., selected varieties



5.49

**Lily's
Chocolate Peanut
Butter Cups**
3.2 oz., selected varieties



2/\$4

**The Ginger
People
Soother Herbal
Drink**
12 fl. oz., selected
varieties



2/\$7

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



6.29

**Spry
Xylitol Gum**
100 ct., 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/\$3

**Epic
Meat 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



4.99

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

The co-op has something for everyone.



10.49
MegaFood
Vitamin Gummies
54-70 ct., selected varieties



upgrade your immunity

Our most comprehensive immune support formula, Host Defense® MyCommunity® encourages a healthy and balanced immune response and supports the body's innate defense and repair systems.

29.99

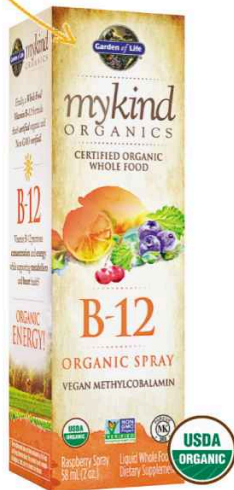
Host Defense Mushrooms
MyCommunity Comprehensive
Immune Support
60 ct.



Find supplements for winter wellness at the co-op.

Take care of yourself.

energize with organic B-12



mykind Organics B-12 Organic Spray in delicious raspberry flavor is Certified USDA Organic and Non-GMO Project Verified. One spray daily delivers 500 mcg vegan vitamin B-12 as methylcobalamin to support energy and metabolism.

13.49

Garden Of Life
Mykind Organics B-12 Spray
2 fl. oz.



2/\$7

Choice Organics
Tea
16 ct., selected varieties

Recharge with wellness products from the co-op.



2.99

**Jason
Toothpaste**
4.2-6 oz., selected
varieties



4.29

**Jason
Deodorant Stick**
2.5 oz., selected
varieties



7.49

**Jason
Scalp Care Shampoo
or Shampoo +
Conditioner**
12 fl. oz., selected varieties



7.99

**Jason
Body Wash**
30 fl. oz., selected
varieties

*made with just
the good stuff*

Jason products are high performance and made with wholesome ingredients inspired by nature. No parabens, sulfates, phthalates or petrolatum. Vegan and certified cruelty free. Celebrate the power of the Earth's incredible botanicals.



4.19

**Nubian Heritage
Bar Soap**
5 oz., selected varieties



4.79

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



11.99

**Bass
Hairbrush**
1 ct., selected varieties



say hello to fresh™

INCLUSIVE TRADE PARTNER

The Honey Pot is a Black-owned company, and we've created the first complete personal care system powered by herbs®. Our products are dermatologist tested, kind to skin and plant-derived. Welcome to the new normal.

7.99

**The Honey Pot
Normal or Sensitive Wipes**
30 ct., selected varieties



8.99

**Heritage Store
Rosewater
Facial Mist**
8 fl. oz.



9.79

**Shikai
Borage Therapy
Original Lotion**
8 fl. oz.

Find all your body care products 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

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

Food Front Cooperative Grocery

Medford Food Co-op

People's Food Co-op

WASHINGTON

Central Co-op

Community Food Co-op

Main Market Co-op

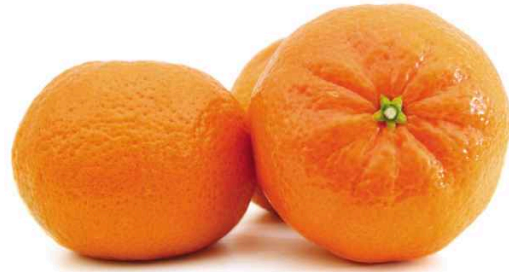
Olympia Food Co-op

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



bio-enzymatic cleaning power

Actively breaks down and absorbs organic material to eliminate stains and odors and ensure they don't return. Great on pet accidents, wine, diapers, laundry and much more!

7.49

**Biokleen
Bac-Out Stain & Odor
Remover**
32 fl. oz.



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.

PWNW0223B

