

# coop deals

AUG 2 - AUG 15, 2023



*mouthwatering flavor*

Perfect for grilling, Thousand Hills Ground Beef makes for delicious homemade burgers. Grass-fed beef and no antibiotics makes this a healthy option for the family. Find it on sale at the co-op!

**6.99**

Thousand Hills  
100% Grass Fed  
Ground Beef 80% Lean  
20% Fat  
16 oz.



Buy One, Get One

**FREE**

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



**2/\$8**

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



**10.99**

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



Buy One, Get One

**FREE**

*special offers inside!*

BOGO

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

Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.



**Buy One, Get One  
FREE**  
Solely  
Organic Whole Fruit  
Gummies  
3.5 oz., selected varieties



**Buy One, Get One  
FREE**

Organic Valley  
Stringles Mozzarella Cheese  
Sticks  
8 oz.

*full of the good stuff*



**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  
Organic Granola  
8-12 oz., selected varieties

**Incredible BOGO deals are at the co-op.**



# plant based, beyond delicious

The positive choices we make every day — no matter how small — can have a great impact on ourselves and the planet. At Beyond, we've taken the animal off the table, while still delivering the meaty, plant-based, better-for-you meals you crave.



Buy One, Get One  
**FREE**

Beyond Meat  
Beyond Sausage Brat  
14 oz., selected varieties



Buy One, Get One

**FREE**

Coolhaus  
Ice Cream Sandwiches  
4.75-5.8 fl. oz., selected varieties



stock up & save  
on BOGO items!

# hand tossed and wood fired



Buy One, Get One

**FREE**

American Flatbread  
Pizza  
13.8-18.62 oz., selected varieties

Fresh, organic and all-natural ingredients, thoughtfully sourced and prepared. Real food made by real people.

**The co-op has BOGO deals for the whole family.**

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



*Vital Farms*

**2/\$7**

Vital Farms  
Unsalted or  
Salted Butter  
8 oz., selected varieties

**5.49**

Vital Farms  
Pasture-raised Liquid  
Whole Eggs  
16 oz.

**7.99**

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

Our mission is to bring ethical food to the table. We aim to improve the lives of people, animals and the planet through food. Our eggs and butter from American family farms are delicious, ethical foods you don't have to question.



**4/\$7**

Silk  
Plant-based  
Yogurt  
5.3 oz., selected varieties



**5.29**

Straus Family  
Creamery  
Organic Yogurt  
32 oz., selected varieties



**2/\$7**

GoodBelly  
Organic Probiotic  
Drinks  
32 fl. oz., selected  
varieties



*choose organic ingredients*

**4.29**

Stonyfield Organic  
Organic Kids Yogurt Tubes  
8 ct., selected varieties

Stonyfield Organic Yogurt Tubes are the perfect portable snack for hungry kids. With a variety of delicious flavors and high-quality ingredients, our #1 kids' organic yogurt is #GoodOnPurpose!



**Start the day with delicious food from the co-op.**



*check it oat*

Look! Innovative plant-based products hanging out in this Co+op Deals flyer trying to get the attention of forward-thinking shoppers who might be interested in delicious drinks, frozen desserts and oatgurt made from — wait for it — oats. Find out more at [oatly.com](http://oatly.com)!



**2/\$3**

Oatly Oatgurt  
5.3 oz., selected varieties



**4.99**

Oatly Plain Oatgurt  
24 oz.



**3.99**

Oatly Frozen Dessert  
1 pt., selected varieties



**2/\$8**

Oatly Oatmilk  
64 fl. oz., selected varieties



**2.19**

Noosa Yoghurt  
8 oz., selected varieties



**5.49**

Organic Valley Raw Cheese  
8 oz., selected varieties



*bean there, done that*

Organic, sustainably sourced beans allow us to bring you a delicious cold-brew that is better for you, better for our farmers and better for the planet.

**8.49**

Chameleon Cold Brew Organic Coffee Concentrate  
32 fl. oz., selected varieties



**4.99**

Nancy's Oatmilk Yogurt  
24 oz., selected varieties

**Delicious breakfast options are at the co-op.**

# changing the meat we eat

For over 30 years, **Applegate** has been producing high-quality natural and organic meat products, without GMO ingredients. We source our meat from farms where animals are treated with care and respect, all part of our mission — Changing The Meat We Eat®.



**4.99**  
Applegate Sliced Deli Meat  
7 oz., selected varieties

**5.49**  
Applegate Bacon  
8 oz., selected varieties



**9.99**  
Applegate Chicken Nuggets, Tenders or Breakfast Patties  
16 oz., selected varieties



# deliciously dairy free

Ripple Plant-Based Unsweetened Original is 100% dairy free, vegan and nut, lactose and gluten free. Best of all, it's packed with nutrition — each serving has 8 grams of protein, 50% more calcium than 2% dairy milk, more vitamin D and is naturally sugar free.

**4.49**

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



**4/\$5**

Chobani Greek Yogurt  
5.3 oz., selected varieties



**3.19**  
Tofurky Deli Slices  
5.5 oz., selected varieties



**3.29**  
Stumptown Coffee Roasters Cold Brew Concentrate  
10.3-11 fl. oz., selected varieties



**6.49**  
Miyoko's Creamery Organic Fresh or Smoked Cashewmilk Mozzarella  
8 oz., selected varieties

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



**inclusive trade**

*Shop inclusive trade!*

We're pleased to offer great deals on brands and products that are women-, Black-, Indigenous-, people of color- (POC), LGBTQIA+-, persons with disabilities- and veteran-owned.

**INCLUSIVE TRADE PARTNER**

Deep Indian Kitchen is an Indian-owned company that makes frozen entrees from scratch with a wide range of Indian flavors.



**4.99**  
 Deep Indian Kitchen  
 Samosas or Entrees  
 7.5-12 oz., selected varieties



**4.49**  
 Jack & Annie's  
 Jackfruit Meat Alternatives  
 7.8-10.6 oz., selected varieties



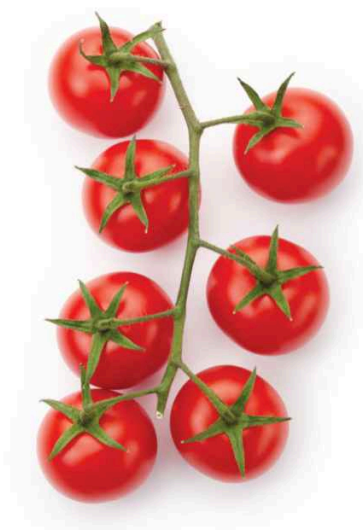
**2.29**  
 Stahlbush Island  
 Farms  
 Frozen Vegetables  
 10 oz., selected varieties



**2.99**  
 Amy's  
 Burritos  
 5.5-6 oz., selected  
 varieties



**3.49**  
 Van's  
 Frozen Waffles or  
 Pancakes  
 8-12.4 oz., selected  
 varieties



**5.49**  
 Sambazon  
 Organic Frozen  
 Acai  
 7.6-14.1 oz., selected  
 varieties



**5.99**  
 Canyon Bakehouse  
 Gluten-free Bread,  
 Bagels or Rolls  
 10.8-18 oz., selected  
 varieties



**7.99**  
 Cappello's  
 Pizza  
 10.82-12 oz.,  
 selected varieties

**The co-op has delicious meal solutions and more.**

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



**1.99**

**Alo**  
Aloe Vera Juice  
Drink  
16.9 fl. oz., selected  
varieties

*soft-baked snack break*

Enjoy the goodness of Nature's Bakery Fig Bars made with whole grains and real fruit for snacks that taste as good as they make you feel.



**4.49**

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



**3/\$7**

**Bobo's**  
Oat Bar  
3 oz., selected varieties



**2/\$6**

**Nutpods**  
Dairy-free  
Creamer  
11.2 fl. oz., selected  
varieties

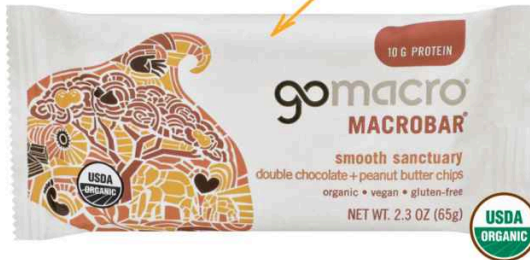


**3.79**

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

*100% plant based, 100% delicious*

Our Smooth Sanctuary MacroBar® is a delicious blend of protein-rich peanuts, vegan chocolate, organic peanut butter and house-made peanut butter chips. To top it off, a portion of net proceeds from August sales benefits the Sheldrick Wildlife Trust.



**2/\$5**

**Gomacro**  
**Organic Macrobar**  
2.3-2.5 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Catalina Crunch is a diverse-owned maker of healthy snacks. Our products satisfy your sweet tooth but aren't loaded with sugar and empty carbs.



**6.99**

**Catalina Crunch**  
Cereal  
9 oz., selected varieties

**Find snacks perfect for any outing at the co-op.**

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





5.49

Maranatha  
Organic Peanut Butter  
16 oz., selected varieties



simple good with  
12 g protein

RXBAR Protein Bars are made with a few simple ingredients that are perfect for breakfast on the go, as protein-packed snack bars or as pre- or post-workout fuel.

2/\$4

Rxbar  
Protein Bars  
1.83-1.9 oz., selected varieties



2/\$4

Noka  
Organic Superfood Smoothie  
4.22 oz., selected varieties



2.29

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



3.99

Rise Brewing Co.  
Organic Oatmilk  
32 fl. oz., selected varieties

always leave Earth better

Our vision: a sustainable future for all. For life, we ALL rely on clean air, water and healthy soil for good food. So, we thank you for eating like our Earth depends on it, because it does!

3.99

Nature's Path or  
Envirokidz Organic  
Cereal or Granola  
9.5-14 oz., selected varieties



3.99

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



The co-op has all your breakfast favorites.



**2/\$4**

Near East  
Couscous Mix or  
Rice Pilaf  
5.25-10 oz., selected  
varieties



**3.29**

Briannas  
Dressing or  
Vinaigrette  
12 fl. oz., selected  
varieties



**3.49**

Jovial  
Organic Brown  
Rice Pasta  
12 oz., selected varieties



**2/\$7**

Maya Kaimal  
Organic Everyday  
Dal Entrees  
10 oz., selected varieties



**5.99**

Emerald Cove  
Organic Nori  
.9 oz., selected varieties



**6.49**

Once Again  
Organic Peanut  
Butter  
16 oz., selected varieties



**2.99**

Safe Catch  
Elite Wild Tuna  
5 oz.



**11.49**

Nutiva  
Organic Virgin Coconut Oil  
23 fl. oz.



scoop up the savings in bulk!



**2.99**

Organic  
Green Lentils  
per pound in bulk



**2.99**

Organic  
Black Beans  
per pound in bulk



**4.49**

Walnut Halves  
& Pieces  
per pound in bulk

**Find pantry staples at the co-op.**





**2.29**

The Ginger People  
Soother Lemon &  
Honey Gingerade  
12 fl. oz.

our best-selling sparkling water



Stock up this summer on Nixie Sparkling Water, an award-winning line of delicious, certified-organic sparkling waters with the mission to eliminate sugar, single-use plastic bottles and toxic persistent pesticides from the beverage aisle.



**3.79**

Cocomels  
Organic  
Coconutmilk  
Caramels  
3.5 oz., selected varieties

**2/\$8**

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



The co-op has everything for your next road trip.

**Snacks to share.**



**3.99**

Simple Mills  
Organic Crackers  
4.25-6.2 oz., selected varieties



**2/\$6**

LesserEvil  
Organic Popcorn  
4.6-6.4 oz., selected varieties



**3.99**

Paqui  
Tortilla Chips  
7 oz., selected varieties



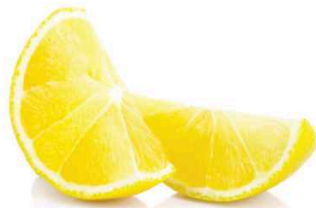
**4.99**

Newman's Own  
Cookies  
13 oz., selected varieties

**The co-op has snacks for all occasions.**



**2.29**  
Proud Source  
Alkaline or  
Sparkling  
Spring Water  
25.3 fl.oz., selected  
varieties



**2/\$4**  
Steaz  
Organic Yerba  
Mate  
16 fl. oz., selected  
varieties



**2/\$6**  
Equal Exchange  
Organic  
Chocolate Bars  
2.8-3.5 oz., selected  
varieties



**3.99**  
Frontera  
Salsa  
16 oz., selected varieties



**3.99**  
Simple Mills  
Organic Cookies  
4.25-5.5 oz., selected  
varieties



**5.99**  
San Pellegrino  
Sparkling Fruit  
Drink  
6 pk.-11.15 fl. oz.  
selected varieties

*delicious is only the beginning*



Lundberg Family Farms uses organic and regenerative rice farming practices to prioritize soil health, support biodiversity and increase carbon capture to nourish people AND the planet for generations to come.

**3.79**

Lundberg Family Farms  
Organic Rice Cakes or Stackers  
5-11 oz., selected varieties



**The co-op has refreshments for summer days.**





**10.29**  
Childlife Essentials  
Multi-Vitamin &  
Mineral  
8 fl. oz.



**10.49**  
Barlean's  
Organic Lignan  
Flax Oil  
8 fl. oz.



*that all-in-one  
feeling*

Maximize on-the-go nutrition with tasty organic, plant-based protein packed with vitamins and minerals.

**2/\$6**

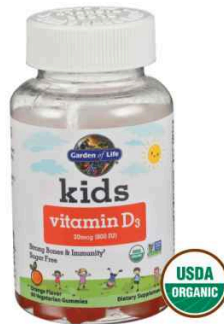
Orgain  
Organic Nutritional  
Shake  
11 fl. oz., selected varieties



Supplement your active lifestyle.  
**Feel your best every day.**



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



**12.39**  
Garden of Life  
Organic Vitamin D3  
Gummies  
60 ct.



**19.39**  
Country Life  
Coenzyme  
B-Complex  
60-120 ct., selected  
varieties

**The co-op has supplements for all lifestyles.**



**6.79**  
Alba Botanica  
Acnedote Deep  
Pore Wash or Face  
& Body Scrub  
6 / 8 fl. oz.



**6.79**  
Alba Botanica  
Acnedote Pimple  
Patch or Invisible  
Treatment  
40 ct. / .5 oz.



**8.69**  
Alba Botanica  
Hawaiian Facial  
Cleanser  
8 fl. oz., selected  
varieties



**12.99**  
Alba Botanica  
Hawaiian  
Moisturizer  
3 oz.,  
selected varieties

*back to  
clear skin*

**Alba Botanica** wants you to get back-to-school ready with clear skin. Alba skincare is non-comedogenic, with no animal testing, no sulfates, no artificial colors or synthetic fragrances, no parabens or phthalates, and 100% vegetarian.



**4.69**  
Auracacia  
Eucalyptus  
Essential Oil  
.5 fl. oz.



**6.99**  
Everyone  
3-in-1 Soap  
32 fl. oz., selected  
varieties

*made with love and respect*

**INCLUSIVE TRADE PARTNER**

Alaffia is a Black-owned company and social enterprise on a mission to create a more sustainable and equitable future. When you choose our products, you join us in empowering women and families.

**9.49**

**Alaffia**  
Everyday Shampoo, Conditioner,  
Bubble Bath or Body Wash  
32 fl. oz., selected varieties



**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, we engineered a toothbrush that cleans and feels better, with a focus on sustainability.

**2/\$6**

**Radius**  
Dental Floss  
33-55 yd., selected varieties



**Amazing body care options are at the co-op.**



*clean with purpose*

**Seventh Generation** Laundry Detergent is everything a detergent should be. Concentrated so that you get more washes in a smaller bottle, our formula is biodegradable and Powered by Plants™. It's USDA-Certified, 96% biobased product, so you know it's formulated with people and planet in mind.



**3.79**  
Seventh Generation  
Liquid Dish Soap  
19 fl. oz., selected varieties



**13.99**  
Seventh Generation  
Liquid Laundry Detergent  
87.5-90 fl. oz., selected varieties



Clean your home with brands you trust.

**Make it sparkle.**

*the original magic soap*

The beloved 18-in-1 soap, originally distributed by Dr. Bronner himself at street-corner sermons urging love and unity. Plant-based, biodegradable, concentrated and effective — one soap for body, home and Earth! All-One!

**7.69**

**Dr. Bronner's  
Pure Castile Soap**  
16 fl. oz., selected varieties



**2/\$9**  
Desert Essence  
Tea Tree Oil  
Toothpaste  
6.25 oz., selected varieties



**Find Earth-friendly 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](http://grocery.coop)*



*fresh from the fridge*

Our refrigerated protein snacks are made with freshly ground nut butter, organic honey and 20+ superfoods — plus they have a cookie dough texture you'll love.

**2/\$5**

**Perfect Bar  
Organic Protein Bars**  
2.2-2.5 oz., selected varieties



**2.29**

**Good Health  
Peanut Butter Filled  
Pretzels**  
5 oz.



**3/\$5**

**C2O  
Coconut Water**  
17.5 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.



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.

PWNW0823A

