

coop deals

SEP 13 - OCT 3, 2023

for those busy mornings

AN EASY CHOICE

A simple, tasty breakfast is easy with Nature's Path Organic cereal. They're organic and loaded with flavor — perfect for busy mornings. Go ahead and have a bowl and make your day a little brighter. The co-op has them on sale, so stock up now!



3.79

Nature's Path Organic Cereal

9-14 oz., selected varieties



2/\$6

Muir Glen Organic Pasta Sauce

23.5 oz., selected varieties



4.49

Nancy's Organic Yogurt

24-32 oz., selected varieties



2/\$9

Nixie Organic Sparkling Water

8 pk.-12 fl. oz. cans, selected varieties



Start the season with food you love.

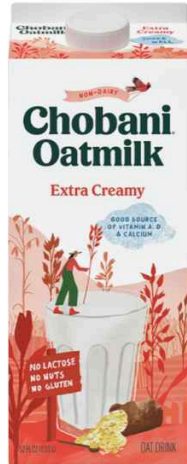
Welcome fall at the co-op.

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 Organic Kombucha
16 fl. oz., selected varieties



4.49

Chobani Oatmilk
52 fl. oz., selected varieties



4.49

Organic Valley Half & Half
32 fl. oz.



2/\$4

Icelandic Provisions Yogurt
4.4-5.3 oz., selected varieties



2/\$5

Petit Pot Organic French Dessert
3.5 oz., selected varieties

love your guts →

Rich, creamy and oh, so dreamy! Lifeway Organic Whole Milk Plain Kefir is a protein powerhouse with no added sugar and plenty of probiotics to support your microbiome.

4.79

Lifeway Organic Kefir
32 fl. oz., selected varieties



2/\$5

Kevita Organic Sparkling Probiotic Drink
15.2 fl. oz., selected varieties

The co-op has dairy and nondairy options.

*game-changing,
plant-based foods*

Stock up on your essentials with **Kite Hill**. From our versatile ricotta and sour cream to our delicious cream cheese pastas, dips and yogurt — we start with California-grown almonds, and they are sure to please everyone at your table.



3.79
Kite Hill
Dairy-free Dips
or Sour Cream
8 oz., selected varieties



4.29
Kite Hill
Almondmilk
Yogurt
16 oz., selected
varieties



5.99
Kite Hill
Plant-based
Filled Pasta
9 oz., selected
varieties



5.99
Kite Hill
Dairy-free
Cream Cheese
8 oz., selected
varieties



3.99
Daiya
Cheeze
7.1 oz., selected varieties



4.29
The Greek Gods
Greek Yogurt
24 oz., selected varieties



4.29
Harmless Harvest
Organic Coconut Water
16 fl. oz., selected varieties



3/\$9
Health-Ade
Organic
Kombucha
16 fl. oz., selected
varieties



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



3.99
Hodo
Organic Firm Tofu
10 oz.

Make meal prep easy by shopping at the co-op.

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

organic and delicious



From sandwiches to snacking to your favorite meal, **Organic Valley's** carefully crafted cheeses help you add delicious pasture-raised goodness to any dish.



4.99

Organic Valley Cheese
8 oz., selected varieties

4.99

Organic Valley Cheese Slices
6-8 oz., selected varieties

5.79

Organic Valley Stringles Mozzarella Cheese Sticks
8 oz.

6.79

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



2/\$6

Nature's Path Organic Waffles
7.4 oz., selected varieties



2/\$8

Cascadian Farm Organic Frozen Fruit
8-10 oz., selected varieties



4.29

Sweet Earth Seitan Strips or Bacon
5.5-8 oz., selected varieties



America's favorite organic ice cream

Alden's is committed to making products irresistible for all, offering a wide variety of dairy and dairy-free frozen desserts.

5.49

Alden's Organic Frozen Novelties
12-14 fl. oz., selected varieties



4.99

So Delicious Dairy-free Frozen Dessert
1 pt., selected varieties



4.99

Miso Master Organic Miso
8 oz., selected varieties

Find your favorite foods at the co-op.



2/\$6

Cascadian Farm Organic Frozen Vegetables
10 oz., selected varieties



4.49

Dr. Praeger's Veggie Burgers
8-10 oz., selected varieties



4.99

Gardein Plant-based Proteins
9-13.7 oz., selected varieties

INCLUSIVE TRADE PARTNER

Starlite Cuisine is a multi-generational, diverse-owned company that makes great-tasting and convenient vegan products.



7.49

Starlite Cuisine Plant-based Taquitos or Rolled Tacos
12-14 oz., selected varieties



4.99

Food For Life Ezekiel Bread
24 oz., selected varieties



7.49

Daya Pizza
13.47-19.4 oz., selected varieties



7.49

Woodstock Organic Filled Pasta
20 oz., selected varieties



3.79

Siete Tortilla Chips
5 oz., selected varieties



2/\$4

Siete Organic Refried Beans
15.5-16 oz., selected varieties



3.99

Siete Grain Free Taco Shells
5.5 oz.



7.49

Siete Grain-free Tortillas
7 oz., selected varieties



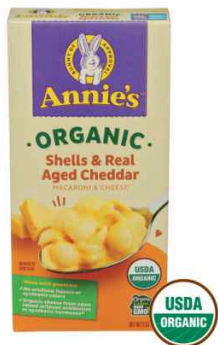
heritage inspired

INCLUSIVE TRADE PARTNER

Siete is a Mexican American food brand, rooted in family, that makes delicious heritage-inspired products. We're on a mission to inspire inclusivity around the table by sharing delicious foods for a variety of dietary offerings.



Find Inclusive Trade brands throughout the co-op.



2/\$6

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



5.49

Woodstock Organic Pickles or Relish
16-24 oz., selected varieties



13.99

Spectrum Organic Extra Virgin Mediterranean Olive Oil
33.8 fl. oz.



2/\$3

Lotus Foods Rice Ramen
2.8 oz., selected varieties



2/\$4

Mike's Mighty Good Ramen Soup Cups
1.6-2.4 oz., selected varieties



2.69

Native Forest Organic Coconut Milk
13.5 fl. oz., selected varieties



2.99

Natural Sea Yellowfin Tuna
5 oz., selected varieties



3.49

San-J Gluten-free Cooking Sauce
10 fl. oz., selected varieties



5.99

Bragg Organic Apple Cider Vinegar or Coconut Aminos
10-32 fl. oz., selected varieties



5.99

Sky Valley Hot Sriracha Sauce
18.5 oz.



4.99

Bonne Maman Jelly, Preserves or Marmalade
13 oz., selected varieties

Try something new at the co-op today.



4/\$5
 Earth's Best
 Organic Baby Food
 4 oz., selected varieties



3.79
 Nature's Path
 Organic
 Toaster Pastries
 11 oz., selected varieties



2/\$7
 Celestial Seasonings
 Herbal Tea
 18-20 ct., selected varieties



3.79
 Pacific Foods
 Organic Original
 Oat Beverage
 32 fl. oz.



6.79
 Grandyoats
 Organic Granola
 9 oz., selected varieties



6.99
 Rishi
 Organic Tea
 15 ct., selected varieties



6.99
 Lakewood
 Organic Pineapple
 Juice
 32 fl. oz., selected
 varieties



2/\$7
 Yogi
 Herbal Tea
 16 ct., selected varieties



6.99
 Sweetleaf
 Stevia Sweetener
 Drops
 2 fl. oz., selected
 varieties



17.99
 Pamela's
 Gluten-free
 Pancake & Baking
 Mix
 4 lb.

The co-op has warm beverages for cool evenings.

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



2/\$4

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



3.99

**Mi Nina
Tortilla Chips**
12 oz., selected varieties



4.49

**Kettle Brand
Potato Chips**
13 oz., selected varieties



2.79

**SmartSweets
Candy**
1.8 oz., selected varieties



2/\$6

**Good Health
Avocado Oil
Potato Chips**
5 oz., selected varieties



5.49

**Zevia
Zero Calorie Soda**
6 pk.-12 fl. oz. cans, selected varieties



2/\$6

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



2/\$6

**Goldthread
Plant-based
Tonics**
12 fl. oz., selected varieties



2/\$6

**Angie's
Boomchickapop
Popcorn**
4.4-7 oz., selected varieties



3.29

**From The Ground Up
Cauliflower Crackers**
3.5-4 oz., selected varieties

scoop up the savings in bulk!



2.49

**Organic
Red Lentils**
per pound in bulk



5.99

**Organic
Turkish Apricots**
per pound in bulk



8.49

**Organic
Roasted & Salted
Pistachios**
per pound in bulk

Find something for everyone at the co-op.



2/\$5

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



2/\$7
C2O
Coconut Water
33.8 fl. oz., selected varieties



4.49

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



Enjoy those sweet moments of life.

Delicious snacks begin here.



1.79
Gimme
Organic Seaweed
Snacks
.35 oz., selected varieties



2/\$7
Tony's
Chocolonely
Chocolate Bars
6.35 oz., selected varieties



1.69 Ocho Candy
Organic Candy Bars
1.45-1.5 oz., selected varieties



2/\$3

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

Shop the co-op for sweet and savory snacks.



16.49

Source Naturals
Wellness Formula
90 ct.



10.99

Gaia Herbs
Organic Black
Elderberry, Relax
or Sleep Gummies
40-45 ct., selected
varieties



25.49

Jarrow Formulas
Saccharomyces Boulardii
Plus MOS
90 ct.



13.49

Nordic Naturals
Complete Omega
60 ct.



18.99

Enzymedica
Digest Gold
45 ct.



20.49

Natural Vitality
Calm Gummies
120 ct., selected
varieties



transform your health

Want real results you can see and feel? Multi Collagen Protein supports healthy skin, hair, nails, joints and gut, while our signature (and delicious) Bone Broth Protein promotes gut health and joint health.

39.99

Ancient Nutrition
Bone Broth or Multi
Collagen Protein Powder
15.7-17.8 oz., selected varieties

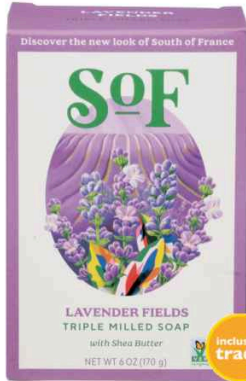
**make a peach and
mint smoothie**

follow the recipe here



Find more great recipe ideas at grocery.coop!

INCLUSIVE TRADE PARTNER



South of France is a woman-owned company. We still kettle cook small batches of our soap using a traditional Marseille recipe.



2/\$6

South of France Bar Soap
6 oz., selected varieties



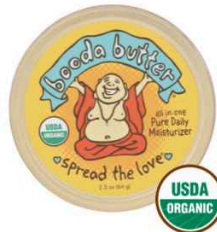
5.49

Acure
Brightening Facial Scrub
4 fl. oz.



5.99

Shikai
Shower Gel or Hand & Body Lotion
8-12 fl. oz., selected varieties



8.49

Booda Butter
Organic All-In-One Daily Moisturizer
2.3 oz.



2/\$12

Andalou Naturals
Shampoo or Conditioner
11.5 fl. oz., selected varieties

Discover your Host Defense Formula



Founded by renowned mycologist Paul Stamets, Fungi Perfecti® —makers of **Host Defense® Mushrooms™** — is a leader in formulating products that support brain health, the immune system, energy and digestion. All Host Defense products are on sale!



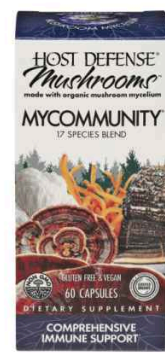
22.49

Host Defense
Organic Mushroom Mycelium Powder
3.5 oz., selected varieties



23.99

Host Defense
Organic Mushroom Supplement
60 ct., selected varieties



29.99

Host Defense
Organic MyCommunity Comprehensive Immune Support
60 ct.

The co-op helps support your health and wellness.

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

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
Everman Cooperative Grocery & Cafe

GEORGIA

Sevananda Natural Foods Market

MAINE

Belfast Community Co-op
Blue Hill 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
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

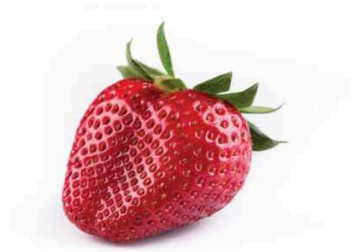
Three Rivers Market

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
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



to find a food co-op near you, visit us online at: grocery.coop

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



2/\$6

The Grandpa Soap Co.
Pine Tar Bar Soap
3.25 oz.

The Grandpa Soap Company is woman-owned and among the oldest continuously operating soap manufacturers in the U.S. We are dedicated to making simple and effective products.



4.79

Better Life
Tub or Tile Cleaners
24-32 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.

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