

# coop deals

NOV 30 - DEC 13, 2022

gather  
in the  
kitchen



5.49

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



4.49

Organic Valley  
Whipping Cream  
16 fl. oz.



5.99

King Arthur  
Baking Company  
Flour  
5 lbs., selected varieties



5.99

Enjoy Life  
Chocolate  
Baking Chips or  
Morsels  
9-10 oz., selected  
varieties



Shop the co-op for holiday baking ingredients.

Get creative in the kitchen.



*taste the pasture-raised difference*

Wholesome and delicious, Organic Valley Cheese is made with real organic milk from pasture-raised cows. NO antibiotics, added hormones or harsh pesticides. Just honest goodness.

**3.79**

Organic Valley Cream Cheese  
8 oz., selected varieties

**3.99**

Organic Valley Shredded Cheese  
6 oz., selected varieties

**4.99**

Organic Valley Raw Cheese  
8 oz., selected varieties



**2/\$4**

Noosa Yoghurt  
8 oz., selected varieties



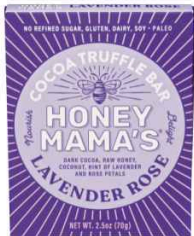
**2/\$6**

Kerrygold Butter  
8 oz., selected varieties



**7.99**

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



**3.99**

Honey Mama's Cocoa Truffle Bar  
2.5 oz., selected varieties



**4.99**

Bitchin' Sauce Almond Dip  
8 oz., selected varieties



**7.29**

Organic Valley Butter  
16 oz., selected varieties



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



4.29

The Greek Gods  
Greek Yogurt  
24 oz., selected varieties

*always organic,  
never ordinary*

Crisp, bright and wholesome,  
these beautiful veggies make a  
flavorful addition to any meal.



3.19

Cascadian Farm  
Organic Frozen Vegetables  
10 oz., selected varieties



4.99

Applegate  
Sunday Bacon  
8 oz.



6.49

Field Roast  
Miniature Corn  
Dogs and Buffalo  
Wings  
10 oz., selected varieties



5.49

Brazi Bites  
Cheddar and  
Parmesan Brazilian  
Cheesebread  
11.5 oz.

*honest food, ethically produced*



Our mission is to bring ethical food to the table. Whether it's supporting family farmers, enabling you to trace your eggs back to the farm, or debunking misleading animal welfare claims, you can always trust Vital Farms to be "Where Honest Food is Raised."

6.49

Vital Farms  
Organic Large  
Pasture-raised Eggs  
1 doz.



5.99

Against The Grain  
Baguettes  
15 oz., selected varieties

**Seasonal savings are at the co-op.**



**13.99**

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



**4.99**

**Crofter's  
Organic Premium Fruit  
Spread**  
16.5 oz., selected varieties



**13.99**

**Dr. Bronner's  
Organic Whole Kernel  
Virgin Coconut Oil**  
30 fl. oz.



**2/\$3**

**Muir Glen  
Organic  
Tomatoes**  
14.5 oz., selected varieties



**2/\$3**

**Annie's  
Homegrown  
Mac & Cheese**  
5.25-6 oz., selected varieties



**5.99**

**Kettle & Fire  
Bone Broth**  
16.9 fl. oz., selected varieties



**6.99**

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



**10.99**

**Lucini Italia  
Aged Balsamic  
Vinegar of  
Modena**  
8.5 fl. oz.



**10.99**

**Riojana  
Organic Fair  
Trade Extra Virgin  
Olive Oil**  
25.5 fl. oz., selected varieties



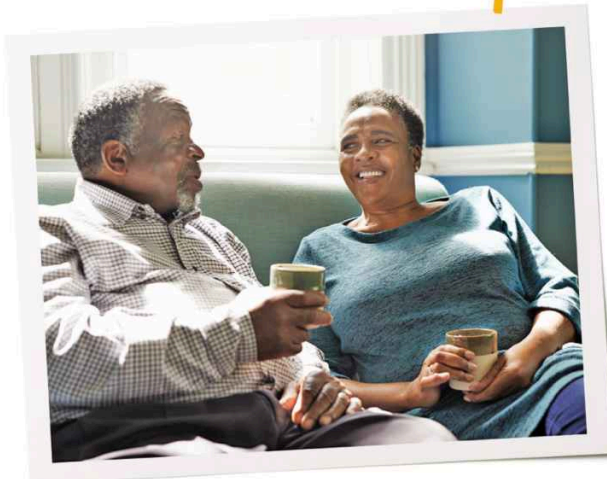
**The co-op has ingredients for great meals.**



4.49

Traditional Medicinals  
Organic Herbal Tea  
16 tea bags, selected varieties

# winter warm-up



## CREATE COZY VIBES

Don't let the cold temperatures bring you down. Instead, warm up with a cup of tea. Your co-op has a great selection of beverages for the winter months ahead, including tea for any time of the day.



2/\$7  
Choice Organics Tea  
16 tea bags, selected varieties



5.99  
Lakewood Organic Juice  
32 fl. oz., selected varieties



# support your body and mind

Yogi Egyptian Licorice and Lemon Ginger tea are two delicious ways to take some time for yourself and also support your digestive health.

2/\$7

Yogi Organic Tea  
16 tea bags, selected varieties



2/\$8  
Pacific Foods Organic Plant-based Beverage  
32 fl. oz., selected varieties



2/\$7  
R.W. Knudsen Organic Very Veggie Juice  
32 fl. oz., selected varieties

Unwind with soothing beverages from the co-op.



**5.99**

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



**SIZZLE, SIZZLE**

Get the family out of bed with the scent of pancakes or waffles cooking in the kitchen. Create a delicious breakfast spread with ingredients found at the co-op. Shop the bulk section for the amount you need, and don't forget toppings like chocolate chips and maple syrup!

*heat up the griddle*



**6.49**

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



**15.99**

**Frontier Co-op Organic Vanilla Extract**  
4 fl. oz.



**5.49**

**Navitas Organics Organic Cacao Powder or Nibs**  
8 oz., selected varieties



**19.99**

**Field Day Organic Dark, Robust Maple Syrup**  
32 fl. oz., selected varieties



**5.99**

**Lily's Baking Chips**  
9 oz., selected varieties



*scoop up the savings in bulk!*

**1.79**

**Organic Rolled Oats**  
per pound in bulk



**3.29**

**Organic Thompson Raisins**  
per pound in bulk



**6.99**

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



**The co-op has great deals on baking ingredients.**

**INCLUSIVE TRADE PARTNER**



Purely Elizabeth is a woman-owned company that wants people to thrive on their wellness journey.

**5.99**

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

*GoMacro – bigger than a bar*



Meet the bar that started it all! Our original Peanut Butter Chocolate Chip MacroBar combines 11 grams of plant-based protein with organic and oh-so-creamy peanut butter, roasted peanuts and — let's not forget the best part — our vegan chocolate chips!

**2/\$5**

**Gomacro Organic Macrobar**  
2-2.5 oz., selected varieties



**3.99**

**Field Day Organic Cereal**  
14 oz., selected varieties



**3.99**

**Hu Kitchen Chocolate Bar**  
2.1 oz., selected varieties



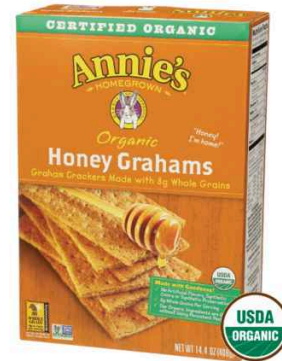
*maximum crunch factor*



We obsessively vet every ingredient to unite unbeatable taste with unmatched simplicity. Aromatic crackers with amazing flavor that match their namesake. Made with real, UltraSimple® ingredients.

**4.99**

**Hu Kitchen Grain-free Crackers**  
4.25 oz., selected varieties



**4.49**

**Annie's Homegrown Organic Graham Crackers**  
14.4 oz., selected varieties

**Snacks everyone loves are at the co-op.**

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



**2/\$8**

**Vita Coco  
Coconut Water**  
33.8 fl. oz., selected varieties



*enhance any moment*

San Pellegrino guides you to unique taste experiences. Experiences that begin with fine food and venture far beyond. With its incomparable sense of taste and Italianity, San Pellegrino can enhance any moment.

**2/\$4**

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



**2.79**

**Boulder Canyon  
Potato Chips**  
5-6.5 oz., selected varieties



Pour a refreshing beverage for yourself.

**Find fizzy drinks at the co-op.**



*90% certified recycled steel*

Klean Kanteen was America's first BPA-free stainless steel water bottle and launched in 2004 specifically to reduce single-use plastics. Certified B-Corp, family/employee owned, climate neutral, 1% for the Planet member and offering cool innovations like our new twist cap!

**22.99**

**Klean Kanteen  
TK Wide 20 oz. with a twist cap**  
each, selected varieties



**2/\$6**

**Late July  
Classic or Chia &  
Quinoa Crackers**  
6 oz., selected varieties

**The co-op has tasty snacks and beverages.**





2/\$7

Blue Diamond  
Nut Thins  
4.25 oz., selected  
varieties



*perfect busy-day snack*

The holiday season can be super busy. Keep Late July® Jalapeño Lime and Nacho Cheese Tortilla Chips handy for an amazingly delicious way to fuel your marathon wrapping or baking sessions!

2/\$7

Late July  
Tortilla Chips  
7.5-7.8 oz., selected varieties



2/\$7

Carr's  
Crackers  
4.25-7.1 oz., selected  
varieties



Your favorite snacks are on sale at the co-op!

**Crunch away!**

*nothing but the good stuff*



Thank you for your support of Endangered Species Chocolate. You are helping to save our wildlife, environment and our global communities firsthand.

2/\$4

Endangered Species  
Chocolate Bars  
3 oz., selected varieties



2/\$7

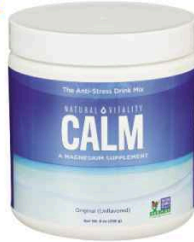
Dr. Bronner's  
Organic Magic All-One  
Chocolate Bars  
2.93-3 oz., selected varieties

**Celebrate the season with help from the co-op!**

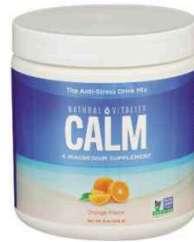
Some items may not be available at all stores or on the same days

keep calm this  
holiday season

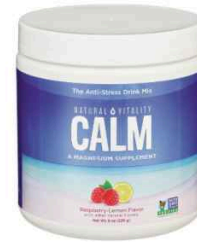
Natural Vitality® Calm provides magnesium to support stress management for a healthy body. Natural Vitality® Gummies are delicious, fruit-flavored chews with the essential nutrients needed for stress relief, better sleep and more relaxed muscles. Perfect for the whole family, at home or on the go, this holiday season.



**12.99**  
Natural Vitality  
Unflavored Calm  
Magnesium Drink  
8 oz.



**13.49**  
Natural Vitality  
Orange Calm  
Magnesium  
Drink  
8 oz.



**13.49**  
Natural Vitality  
Raspberry Lemon  
Calm Magnesium  
Drink  
8 oz.



**16.99**  
Natural Vitality  
Calm Gummies  
120 ct., selected  
varieties



**12.99**  
Seventh Generation  
4X Concentrated  
Laundry Detergent  
50 fl. oz., selected varieties



**22.99**  
Garden Of Life  
Dr. Formulated Probiotics  
Once Daily  
30 ct.



**INCLUSIVE TRADE PARTNER**

Alaffia is a Black-owned company on a mission to invest in a more equitable future. Our projects enable Togolese communities to share their skills and knowledge with the rest of the world.

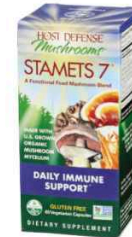
**9.99**  
Alaffia  
Everyday Shea Body Lotion  
32 fl. oz., selected varieties



**2.99**  
Ecover  
Liquid Dish  
Soap  
25 fl. oz., selected  
varieties



**10.99**  
Seventh  
Generation  
100% Recycled  
Bath Tissue  
12 pk.



**28.49**  
Host Defense  
Stamets 7 Daily  
Immune Support  
60 ct.

**Stay healthy this winter with help from the co-op.**



**6.99**

**Schmidt's Natural Deodorant**  
2.65 oz., selected varieties



**7.99**

**Aura Cacia Lavender Essential Oil**  
.5 fl. oz.

*pure-castile bar soap*

Soft, smooth lather moisturizes face, body, hands and hair. Organic, nutrient-rich, U.S.-grown hemp seed oil nourishes skin. Plant-based and biodegradable, made with certified organic oils, wrapped in post-consumer recycled paper, cleans body, mind and soul!



**2/\$6**

**Dr. Bronner's Pure Castile Bar Soap**  
5 oz., selected varieties



Body care items make great gifts!

**Shop and save this season.**



**2.29**

**Preserve Adult Toothbrush**  
each, selected varieties



**6.99**

**Avalon Organics Shampoo or Conditioner**  
11 fl. oz., selected varieties



**11.99**

**Weleda Skin Food**  
2.5 fl. oz.



**Find safe body care products at the co-op.**

## 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 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

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  
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  
Roanoke Co-op



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



Made with organic milk from cows pasture raised on our family farms, Organic Valley Ricotta is perfectly rich and creamy.

# 4.99

**Organic Valley Cottage or Ricotta Cheese**  
15-16 oz., selected varieties



**1.99**  
**Bionaturae Organic Tomato Paste**  
7 oz.



**18.99**  
**California Olive Ranch 100% California Extra Virgin Olive Oil**  
25.4 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.

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