

coop deals

MAY 3 - MAY 16, 2023

enjoy the sunshine

EXPLORE THE OUTDOORS

Heading outdoors and enjoying the warm weather is a must at this time of year, but remember to protect your skin against sunburn with Alba's Sheer Mineral sunscreen. You'll love that this sunscreen has no parabens, phthalates or sulfates, and is on sale at the co-op.



7.99

Alba Botanica
Mineral Sunscreen
3 fl oz., selected varieties



2.29

Vita Coco
Coconut Water
16.9 fl. oz., selected
varieties



2.79

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



3.99

Tony's Chocolonely
Chocolate Bars
6.35 oz., selected varieties



Enjoy refreshing beverages from the co-op.

The warm season is here!



organic, cheesy goodness

Organic Valley has the perfect shredded cheese for your favorite recipes. Try our thick-cut, three-cheese Italian blend on pizza, pastas or risotto or our finely shredded Mexican blend with chili, quesadillas and nachos.



3.79

Organic Valley Sour Cream
16 oz., selected varieties

3.99

Organic Valley Shredded Cheese
6 oz., selected varieties



3.19

Planet Oat Oatmilk
52 fl. oz., selected varieties



5.49

Bizzy Organic Cold Brew Coffee
48 fl. oz., selected varieties



6.99

Miyoko's Creamery Organic Cashewmilk Cheese
6.5 oz., selected varieties

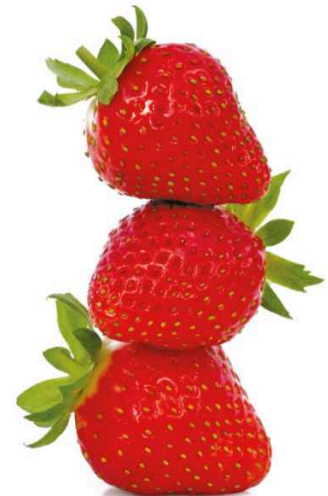


rich, creamy and delicious

Take some me time with the original cream-top yogurt.

3.99

Brown Cow Cream Top Yogurt
32 oz., selected varieties



The co-op has dairy and nondairy options.



3/\$4

Siggis
Yogurt
4-5.3 oz., selected
varieties



1.79

So Delicious
Coconutmilk
Yogurt
5.3 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 the unique Northern California milkshed!

2/\$9

Rumiano
Organic Block Cheese
8 oz., selected varieties



Find great toppings for your yogurt bowl at the co-op.

Breakfast made easy.



8.49

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



2.49

Ellenos
Greek Yogurt
5.3 oz., selected varieties



4.49

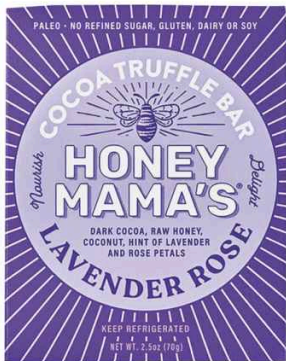
So Delicious
Organic
Coconutmilk
64 fl. oz., selected
varieties



5.99

Fage
Greek Yogurt
35.3 oz., selected
varieties

The co-op helps you eat well each morning.



3.99

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

DIY cold treats

GREAT DEALS

With the temps increasing this time of year, you may be craving a sweet, cold treat. Did you know that grocery.coop has recipes for anytime of the year? Try the berry yogurt ice pops recipe to make at home and cool off with a tasty, healthy treat.



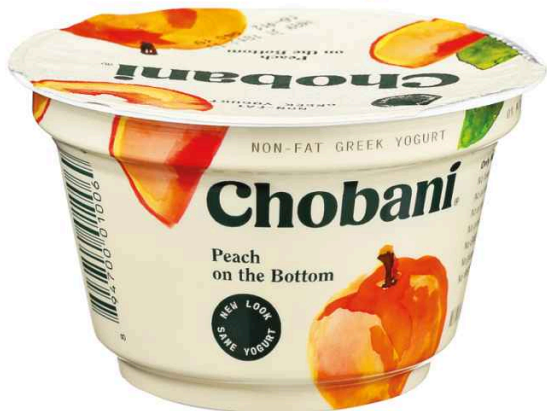
2/\$5

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



5.29

**Califia Farms
Almondmilk or
Oat Creamer**
25.4 fl. oz., selected varieties



real everything

Real flavor made with only natural ingredients and nothing artificial.

4/\$5

**Chobani
Greek Yogurt**
5.3 oz., selected varieties



5.39

**Organic Valley
Lactose-free Milk**
64 fl. oz., selected varieties



Find tasty and cool treat recipes at [grocery.coop](https://www.grocery.coop)!



2/\$6 Amy's
Burritos
5.5-6 oz., selected varieties



2/\$7 Van's
Frozen Waffles
or Pancakes
8-12.4 oz., selected varieties



4.99 Food For Life
Ezekiel Bread
24 oz., selected varieties



2/\$10
So Delicious
Dairy-free Frozen
Dessert
1 pint, selected varieties



5.99
Flax4Life
Muffins or
Brownies
14 oz., selected varieties

freezer pleaser

Share the love.

5.49

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



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



12.99
Cascadian Farm
Organic
Frozen Fruit
28-32 oz., selected
varieties

support Celiac Awareness Month



Udi's is committed to making delicious food that just happens to be gluten free. You shouldn't have to compromise on taste, so we offer full-flavor alternatives to support your lifestyle.

4.39

Udi's Gluten Free
Hamburger or Hot Dog
Buns

10.4-12.9 oz., selected varieties

Your favorite frozen items are at the co-op.

cinco con Siete

INCLUSIVE TRADE PARTNER

We are a Mexican-American food brand, rooted in family, that makes delicious, better-for-you products. It's our mission to inspire inclusivity around the table by creating heritage-inspired foods made with real ingredients.



2/\$6
Siete Mexican Grain-free Cookies
4.5 oz., selected varieties



3.79
Siete Grain-free Tortilla Chips
5 oz., selected varieties



3.79
Siete Grain-free Taco Shells
5.5 oz., selected varieties



7.49
Siete Grain-free Tortillas
7 oz., selected varieties



Find tasty ingredients at the co-op.
Make meals delicious.

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

Tucson Tamale started with a large Mexican-American family tradition that has turned into award-winning tamales.

5.49

Tucson Tamale Tamales
10-11 oz., selected varieties



INCLUSIVE TRADE PARTNER

Maria and Ricardo's is Hispanic-owned and by following their passion for sharing tortillas with everyone has expanded their natural and organic tortilla products to meet a variety of dietary needs.

2/\$7

Maria & Ricardo's Tortillas
8 ct., selected varieties



Inclusive Trade brands are on sale at the co-op.

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

INCLUSIVE TRADE PARTNER

A Dozen Cousins is a diverse-owned company inspired by traditional Caribbean, Creole and Latin American cuisine. We want our dishes to be more convenient for the everyday kitchen.

2/\$6

A Dozen Cousins Ready-To-Eat Beans
10 oz., selected varieties



2/\$8

Plant Boss Organic Meatless Crumbles
3.17-3.35 oz., selected varieties

INCLUSIVE TRADE PARTNER

Chickpea is a woman-owned company. We want to provide nutritious and convenient family meal options.

2/\$7

Chickpea Organic Chickpea & Lentil Pasta
5.7-8 oz., selected varieties



2/\$4

Near East Couscous Mix or Rice Pilaf
5.2-10 oz., selected varieties



2.29

Bionaturae Organic Tomato Paste
7 oz.



4/\$5

Simply Organic Seasoning or Dip Mixes
.7-1.5 oz., selected varieties



2/\$6

Muir Glen Organic Pasta Sauce
23.5 fl. oz., selected varieties



3.29

San-J Gluten-free Cooking Sauce
10 fl. oz.



3.49

Annie's Organic Ketchup
24 oz.



2/\$7

Tinkyada Organic Brown Rice Pasta
10-12 oz., selected varieties



2/\$8

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



2/\$7

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



Plenty of flavorful options are at the co-op.



the ultimate cookout

MEMORABLE AND DELICIOUS

Backyard grill outs are made even better with **Waterloo** Sparkling Water and **Woodstock** Charcoal. The co-op has what you need for a mouth-watering spread to kick off the warm season and enjoy the company of friends and family.



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



3.99
 Simple Mills
 Almond Flour Crackers
 4.25 oz., selected varieties



4.99
 Applegate
 Natural Uncured
 Beef Hot Dog
 10 oz.



7.99
 Beyond Meat
 Beyond Beef Plant-based
 Ground or Patties
 16 oz., selected varieties



2/\$9
 Waterloo
 Sparkling Water
 12pk- 12 fl. oz. cans, selected
 varieties



9.99
 Woodstock
 Lump Hardwood
 Charcoal
 8.8 lb.

The co-op has food for every dietary lifestyle.

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

The perfect snacks are on sale at the co-op now!

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



2.79

Garden Of Eatin'
Organic Refried Beans
16 oz., selected varieties

2/\$5

Garden Of Eatin'
Tortilla Chips
5.5 oz., selected varieties

3.79

Garden Of Eatin'
Taco Shells
5.5 oz., selected varieties

crunch into goodness

Bring delicious crunch and color to any occasion with Garden of Eatin'.



3.99

Lotus Foods
Organic Rice Ramen
10 oz., selected varieties



4.49

Blue Diamond
Almond Milk
64 fl. oz., selected varieties

2/\$3

Vermont
Smoke & Cure
Meat Sticks
1 oz., selected varieties



9.49

Field Day
Almond Flour
16 oz.



11.99

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

scoop up the savings in bulk!



1.79

Organic Quick
Rolled Oats
per pound in bulk



2.49

Organic Black
Beans
per pound in bulk



6.49

Almonds
per pound in bulk

Shop in bulk at the co-op.



1.79

Earth's Best Organic Baby Food Purree
3.5-4.2 oz., selected varieties



4/\$5 Larabar Fruit & Nut Bars
1.6-1.7 oz., selected varieties



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



3.49 Nature's Path Organic Instant Oatmeal
8pk.-1.75 oz., selected varieties



2/\$8 Barbara's Cereal
10-15 oz., selected varieties



2/\$8 Kind Healthy Grains Bars
5pk.-1.2 oz., selected varieties



3.99 Tazo Tea
20 ct., selected varieties

Gomacro — bigger than a bar



The Protein Replenishment MacroBar is every peanut butter lover's dream! During the month of May, 10% of proceeds from this salty and sweet Give Back Bar goes to Farm Sanctuary.

2.79 Gomacro Organic Macrobar
2.3 oz., selected varieties



5.29 Kashi Cereal
9.5-16.3 oz., selected varieties

The co-op has the brands you trust.



2/\$7

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



12.99

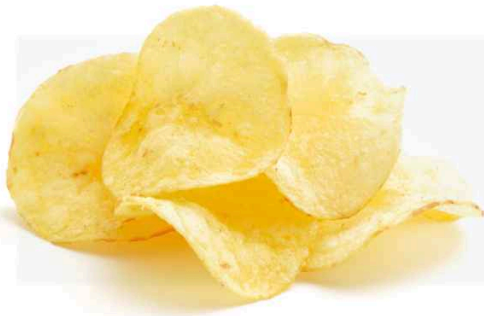
Dr. Bronner's
Organic Whole Kernel Virgin
Coconut Oil
30 fl. oz.



Earth's magic!



The highest standard for farming on Spaceship Earth! Dr. Bronner's Virgin Coconut Oils are Regenerative Organic Certified® and Magic All-One Chocolate is on the path! Regenerative, organic agriculture builds rich soil, sequesters carbon, provides healthy food and fosters biodiversity. All One!



Satisfying snacks for your backyard party.
Try something new.

simple snacking

Stop by the co-op to find all of your family's favorite snacks with ingredients you can feel good about.



4.99

Kettle Brand
Potato Chips
13 oz., selected varieties

An assortment of snacks is at the co-op.



4.49

Unreal
Chocolate Bars, Cups
or Gems
3.2-5 oz., selected varieties



3/\$5

Justin's
Organic Nut
Butter Cups
1.32-1.4 oz., selected
varieties



2/\$5

Good Health
Peanut Butter
Filled Pretzels
5 oz.



2/\$6

Theo
Organic
Chocolate Bar
3 oz., selected varieties



2/\$6

Unique Snacks
Pretzel Splits
11 oz., selected varieties



2/\$7

From The Ground
Up
Cauliflower
Snacks
3.5-4.5 oz., selected
varieties



2.79

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

Chocolove Premium Belgian Chocolate

Chocolove 3.2 oz. bars, made with premium Belgian chocolate and high-quality ingredients, include a love poem inside every wrapper. Enjoy yourself or share it with someone you love.

2/\$5

Chocolove
Chocolate Bars
2.9-3.2 oz., selected varieties



2/\$10

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

Stock the pantry with snacks from the co-op.

inspired by nature

Jason®, derived from the Greek word for "healer," celebrates the power of Earth's incredible botanicals.

4.99

Jason
Deodorant
Stick
2.5 oz.,
selected varieties

4.99

Jason
Toothpaste
4.2 ounces,
selected varieties

8.49

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



10.79

Nordic Naturals
Vitamin D3
Gummies
60 ct.



13.49

Solaray
Magnesium
Glycinate 350mg
120 ct.



20.99

Megafood
Advanced
Multivitamins
60 ct., selected varieties

new taste and texture

With a delicious new taste and texture, Raw Organic Protein Chocolate is a plant-based protein that offers 22 g. of complete protein, fat soluble vitamins, live probiotics and enzymes — and 0 g. of sugar!

35.49

Garden of Life
Organic Raw Plant
Formula Protein
19.75-24.69 oz., selected varieties



23.99

Host Defense
Mushrooms
Organic
Mushroom General
Wellness Support
60 ct., selected varieties



25.99

Evanhealy
Organic Rosehip
Treatment Facial
Serum
.5 fl. oz., selected
varieties

The co-op has supplements for a healthier you.

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.

3.19

South of France Bar Soap
6 oz., selected varieties



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 provide their skills and knowledge to the rest of the world.

8.49

Alaffia Beautiful Curls Shampoo or Conditioner
12 fl. oz., selected varieties



17.49

Andalou Naturals Face Cream
1.7 oz., selected varieties



2/\$8

Zum Bar Soap
3 oz., selected varieties



5.99

EO Hand Soap
12 fl. oz., selected varieties



13.49

Weleda Skin Food Body Butter
5 fl. oz.

pure plants, true benefits →

With Aura Cacia, you truly can make a positive impact on your wellness and on the world. Made from sustainably sourced, pure botanicals.

7.79

Aura Cacia Essential Oil
.5 fl. oz., selected varieties



7.49

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

Find quality 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 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
Roanoke Co-op



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

try a new smoothie

Enjoy the warmer weather and try this delicious green smoothie recipe. Check out [grocery.coop](https://www.grocery.coop) for more tasty and healthy smoothie ideas!

INGREDIENTS

½ cup milk
½ cup plain Greek yogurt
4 cups spinach leaves, washed
1 cup pineapple chunks, drained
1 medium frozen banana, sliced

PREPARATION

Place ingredients in a blender in the following order: milk, yogurt, spinach, pineapple and banana, and secure the lid. Blend on high until smooth. Pour into glasses and serve immediately.



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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