

# coop deals

NOV 16 - NOV 29, 2022

## holiday traditions

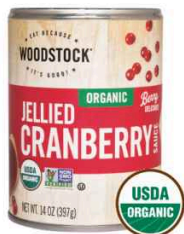
### GRATITUDE AND TOGETHERNESS

This year, bring together old recipes and new to create a feast for your family. With Cascadian Farm's Organic Green Beans, you can put forward the best casseroles or side dishes to complement your Thanksgiving meal.



## 2/\$7

Cascadian Farm  
Organic Frozen Vegetables  
16 oz., selected varieties



## 2/\$6

Woodstock  
Organic  
Cranberry Sauce  
14 oz., selected varieties



## 2/\$6

Back To Nature  
Crackers  
6 oz., selected varieties



## 10.99

California Olive  
Ranch  
Extra Virgin Olive Oil  
25.4 fl. oz., selected varieties



Amazing deals for the season.

## Thank you for shopping at the co-op!



**4.79**

**Lifeway Organic Kefir**  
32 fl. oz., selected varieties

*Earth Balance is for everyone*



Use our tasty vegan, plant-based buttery spread in your cooking or as a rich, creamy topping.

**5.99**

**Earth Balance Buttery Spread & Sticks**

13 oz., selected varieties



**4.99**

**Oatly Oatgurt**  
24 oz., selected varieties



**3.99**

**Califia Farms Coffee Creamer**  
32 fl. oz., selected varieties



**1.79**

**Nancy's Sour Cream**  
8 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."



**2/\$7**

**Vital Farms Butter**  
8 oz., selected varieties



**4.29**

**Vital Farms Spreadable Butter with Avocado Oil**  
7 oz.



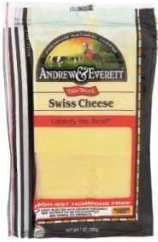
**5.49**

**Vital Farms Pasture-raised Eggs**  
12 ct., selected varieties

**6.99**

**Vital Farms Pasture-raised Eggs**  
18 ct., selected varieties

**Your favorite breakfast items are at the co-op.**



**3.99**  
 Andrew & Everett  
 Sliced & Shredded  
 Cheese  
 7 oz., selected varieties



**3.99**  
 Organic  
 Valley  
 Creamer  
 25.4 fl. oz.,  
 selected varieties



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



**4.49**  
 Meyenberg  
 Goat Milk  
 32 fl. oz., selected  
 varieties



**4.29**  
 Mt Vikos  
 Feta Cheese  
 6 oz., selected varieties



**4.29**  
 Immaculate  
 Organic Crescent Rolls  
 8 oz.

*joy to deliciousness*

It's no coincidence that delicious is our name. Make your dairy-free holiday brighter with tasty So Delicious Holiday Nog, Coconutmilk Yogurt Alternative, Coconutmilk Creamer and CocoWhip Topping! Together, they make everything better. Now that's a reason to celebrate.



**3.79**  
 So Delicious  
 CocoWhip  
 Topping  
 9 oz., selected  
 varieties



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



**2.99**  
 So Delicious  
 Coconut Milk  
 Nog  
 32 fl. oz.



**3.99**  
 So Delicious  
 Coconut  
 Creamer  
 32 fl. oz., selected  
 varieties

**The co-op has quality ingredients for gatherings.**

*delight in every bite*



From dinner to dessert, we've got plant-based covered. Explore **Daiya's** dairy-free, allergen-free foods and ingredients that keep you coming back for more.

**2/\$7**

Daiya  
Deluxe Mac & Cheese  
10.6-10.9 oz.,  
selected varieties

**3.99**

Daiya  
Cutting Board  
Shreds  
7.1 oz., selected  
varieties

**3.99**

Daiya  
Dairy-free  
Slices & Blocks  
7.1-7.8 oz., selected  
varieties

**6.99**

Daiya  
Pizza  
13.47-19.4 oz.  
selected varieties



**3.29**

Divina  
Stuffed Grape  
Leaves  
7 oz. /, selected varieties



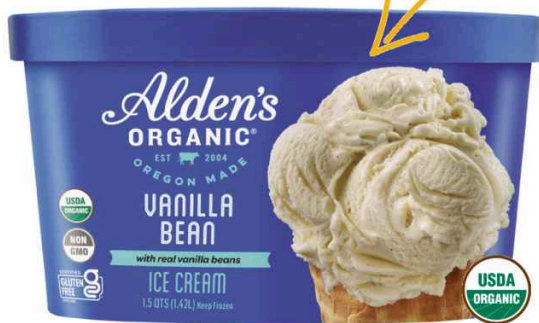
**7.49**

Bonafide  
Provisions  
Organic Bone  
Broth  
24 fl. oz., selected  
varieties



**12.99**

Tofurky  
Plant-based Roast  
26 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.

**7.99**

Alden's Organic  
Ice Cream  
48 fl. oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Grain Trust is a Hispanic-owned company that creates three-minute dishes from ethically sourced grains.



**2/\$8**

Grain Trust  
Frozen Rice Sides  
20-30 oz., selected varieties

**Holiday season savings are at the co-op.**



**3.29**

**Health Valley  
Organic Soup**  
14.25-15 oz., selected varieties



*vegan holiday classic*

Our meatless vegan roast is an ideal plant-based protein alternative for your holiday social and family get-togethers.

**5.99**

**Field Roast  
Plant-based Meat**  
16 oz., selected varieties



*thank you for shopping at the co-op*

When you shop at the co-op, it means more money stayed in our local economy in 2022, and business practices that are good for people and the planet remained a priority. With much gratitude, thank you!

**The co-op has great deals for the holidays.**

# find it all!

The co-op has everything you need to make a delicious holiday meal. Stock up now and get ahead of this busy season with fantastic deals on products you love.



## 11.99

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



## 3.29

Dandies Vegan Vanilla Marshmallows  
10 oz., selected varieties



## 2.29

Stahlbush Island Farms Frozen Vegetables  
10 oz., selected varieties



## 7.49

Bob's Red Mill Organic Flour  
5 lbs., selected varieties



## 5.99

Better Than Bouillon Organic Broth Base  
8 oz., selected varieties

## 2/\$7

Q Mixers Drink Mixers  
4 pk.-7.5 fl. oz. cans, selected varieties



Everything for your holiday meal is at the co-op.

The co-op has ingredients for your entertaining.



**2/\$5**

**Westbrae Organic Beans**  
15 oz., selected varieties



*rice to the occasion*

Lundberg believes in the people-bonding power of food to gather families around tables. "Rice" to the occasion this holiday season with the secret ingredient in so many festive and family-favorite recipes.

**7.99**

**Lundberg Family Farms Organic Rice**  
32 oz., selected varieties



**2/\$4**

**Edward & Sons Organic Homestyle Mashed Potatoes**  
3.5 oz., selected varieties



**2/\$4**

**Dr. McDougall's Soup Cups**  
1.3-3.4 oz., selected varieties



**3.99**

**Mediterranean Organic Pitted Kalamata Olives**  
8.1-8.5 oz., selected varieties



*holiday meals start here*

Pacific Foods Organic Free Range Chicken Broth is rich, flavorful and the perfect pantry partner to create a table full of palate-pleasing holiday favorites like mashed potatoes, stuffing, gravy and more!

**2/\$7**

**Pacific Foods Organic Chicken Broth**  
32 fl. oz., selected varieties



**4.99**

**Rudi's Organic Bread**  
22-24 oz., selected varieties

**The co-op has options for all of your guests.**



**6.49**

Field Day Organic All Purpose Flour  
5 lbs., selected varieties



*holiday baking made better*

Sweeten your favorite holiday treats with delicious, sustainably sourced Wholesome® Fair Trade and Organic sugars. Wholesome® sweeteners and scratch-quality bake mixes are on sale at the co-op now.

**4.49**

Wholesome Organic Dark Brown Sugar  
24 oz., selected varieties



**9.99**

Primal Kitchen Avocado Oil  
16.9 fl. oz.



**4.79**

Equal Exchange Organic Chocolate Chips  
10 oz., selected varieties



**3.69**

Field Day Organic Light Brown Sugar  
24 oz., selected varieties



**3.99**

Field Day Non-GMO Canola Oil  
32 fl. oz., selected varieties



*homemade made easy*

Always-organic, always-delicious shortcuts like Simply Organic Turkey Gravy help you spend more time at the table. Because when you go all out for family and friends, you deserve to celebrate with them.

**1.29**

Simply Organic Roasted Turkey Gravy Mix  
0.85 oz., selected varieties



**4.99**

Arrowhead Mills Pancake & Waffle Mix  
26 oz., selected varieties



**Find more family favorites at the co-op.**





**2/\$7**

Celestial Seasonings  
Herbal Tea  
18-20 ct., selected varieties



**5.49**

Rishi Tea  
Organic Tea  
32 fl. oz., selected varieties



**9.99**

Equal Exchange  
Organic  
Biorevolution Dark  
Roast  
per pound in bulk, selected varieties,



**2/\$7**

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



Tea, juice or coffee to start your day.

**Your favorite beverages are  
at the co-op.**



**9.99**

Lakewood  
Organic Pure  
Cranberry Juice  
32 fl. oz.



**2/\$7**

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



**5.49**

Chobani  
Oatmilk  
32 fl. oz., selected varieties



*scoop up the savings in bulk!*

**1.79**

Organic Quick  
Rolled Oats  
per pound in bulk



**4.49**

Organic Dried  
Cranberries  
per pound in bulk



**12.99**

Organic Pecan  
Halves  
per pound in bulk



**The co-op has everything for a great breakfast.**



**2/\$6**  
 From The Ground Up  
 Cauliflower Snacks  
 4 oz., selected varieties



**2.29**  
 Barbara's  
 Cheese Puffs  
 7 oz., selected varieties



**2/\$7**  
 Terra  
 Vegetable Chips  
 5 oz., selected varieties



**2/\$6**  
 Late July  
 Organic Tortilla Chips  
 10.1 oz., selected varieties



**6.29**  
 Spry  
 Xylitol Gum  
 100 ct., selected varieties



**2/\$6**  
 R.W. Knudsen  
 Sparkling Juice  
 25.4 fl. oz., selected varieties



**2/\$10**  
 Izze  
 Sparkling Juice Drink  
 4 pk.-12 fl. oz. bottles, selected varieties



**2/\$8**  
 Nixie  
 Organic Sparkling Water  
 8 pk.-12 fl. oz. cans, selected varieties

*a mocktail for everyone*

**SPARKLE AND FIZZ**

Celebrate the holiday season with mocktails, adding your favorite juices, fizzy beverages and ingredients that accentuate the flavors of the season. Grab some cinnamon sticks, nutmeg, cranberries and star anise to get into the spirit.



**6.49**  
 Reed's  
 Ginger Brew  
 4 pk.-12 fl. oz. bottles, selected varieties



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

**Find plenty of snacks and beverages 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)*



**3.99**

**Better Life  
Toilet Bowl Cleaner**  
24 fl. oz., selected varieties

### INCLUSIVE TRADE PARTNER



World Centric is an Asian-owned company whose business operations address sustainability in our products, philanthropy and practices.

**4.49**

**World Centric  
Compostable 9" Plates**  
20 ct., selected varieties



*Shop inclusive trade!*

We're pleased to offer great deals on brands from businesses owned by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.

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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