

# coop™ basics

## Looking to stretch your grocery budget? So are we!

Co-op basics offers over 100 high-quality products at everyday low prices for all!

### PRODUCE

Look for the Co+op Basics signs in the produce department for best value selections.

### GROCERY

FIELD DAY Organic Instant Oatmeals  
FIELD DAY Organic Cooking Sprays & Oils  
FIELD DAY Organic Dressings & Sauces  
FIELD DAY Organic Cookies  
FIELD DAY Organic Fruit Snacks  
FIELD DAY Organic Pastas  
FIELD DAY Organic Brown Rice Pastas  
FIELD DAY Organic Canned Tuna  
FIELD DAY Organic Sea Salt  
FIELD DAY Organic Canned Beans & Vegetables

FIELD DAY Organic Fruit Cups  
FIELD DAY Organic Maple Syrup  
FIELD DAY Organic Applesauce  
FIELD DAY Organic Chicken Broth  
FIELD DAY Organic Salsa  
FIELD DAY Organic Coconut Milk  
FIELD DAY Organic Cereals  
FIELD DAY Organic Sparkling Water  
FIELD DAY Organic Cereal Bars  
FIELD DAY Organic Popcorn  
FIELD DAY Organic Honey  
FIELD DAY Organic Condiments  
FIELD DAY Organic Juices  
FIELD DAY Organic Peanut Butter

### FROZEN

CASCADIAN FARM Fruit  
RUDI'S Breads  
SILVER HILLS BAKERY Breads  
UDI'S Breads  
UDI'S Bagels  
UDI'S 9-inch 2 Pack Pizza Crust  
UDI'S Hot Dog Buns  
UDI'S Burger Buns

### MEAT

APPLEGATE FARMS Chicken Tenders  
THOUSAND HILLS CATTLE COMPANY Grass-Fed Ground Beef

### REFRIGERATED

GREEK GODS Yogurts  
ORGANIC VALLEY Milks  
SILK Almond Milk  
SILK Soy Milk  
SILK Cashew Milk

### WELLNESS

ALAFFIA Black Soaps, Body Washes, Shampoos, & Conditioners  
CLIF Bars  
LUNA Bars  
EO Hand Sanitizer  
SEVENTH GENERATION Liners, Pads, & Tampons

### BABY

EARTH'S BEST Baby Foods  
EARTH'S BEST Smoothies  
FIELD DAY Unscented Baby Wipes  
SEVENTH GENERATION Diapers

### HOUSEHOLD

FIELD DAY Trash Bags  
FIELD DAY Bath Tissue  
FIELD DAY Paper Towels  
FIELD DAY dish detergent



### Don't miss out on these other great ways to save on your shopping trip at the Co-op:

- ▶ **Co+op Deals** - Our biweekly flyer focused on packaged grocery.
- ▶ **Fresh Deals** - Our weekly flyer focused on fresh produce, meat, & seafood.
- ▶ **Shopping our Bulk Department** - Save by buying just what you need, a pinch or a pound.

Everyday Low Prices

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COMMON  
MARKET  
CO+OP