

# coop deals

MAY 22 - JUN 4, 2024

## grilling essentials

### GREAT FOR GATHERINGS

What's better than firing up the grill and heading outside with delicious food from the co-op? Find Applegate Naturals' Grass-fed Beef Hot Dogs on sale at the co-op. They're the perfect addition to any outdoor gathering.



**4.99**

Applegate  
Natural Uncured  
Beef Hot Dogs  
10 oz.



**2/\$6**

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



**4.49**

Goodpop  
Frozen Novelties  
9-14 fl. oz., selected  
varieties



**2/\$10**

Waterloo  
Sparkling Water  
12-12 fl. oz. cans, selected  
varieties



Enjoy summer at the co-op.

**Time for outdoor gatherings!**



**3.99**

Silk  
Almondmilk  
64 fl. oz., selected varieties

*rich, creamy and undderly delicious*

Our Brown Cow Yogurt is Non-GMO Project Verified, with live and active cultures. Make today delicious with the original cream top yogurt.



**4.29**

Upton's Naturals  
Seitan  
8 oz., selected varieties

**3.79**

Brown Cow  
Cream Top Yogurt  
32 oz., selected varieties



**4.29**

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



*crafted with less*

All of our skyr and plant-based, dairy-free products are made with simple ingredients and no artificial anything. Deliciously satisfying, siggi's makes the perfect breakfast or snack option. Less sets you free.™

**1.89**

Siggi's  
Plant-based Yogurt  
5.3 oz., selected varieties



**5.99**

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



**6.49**

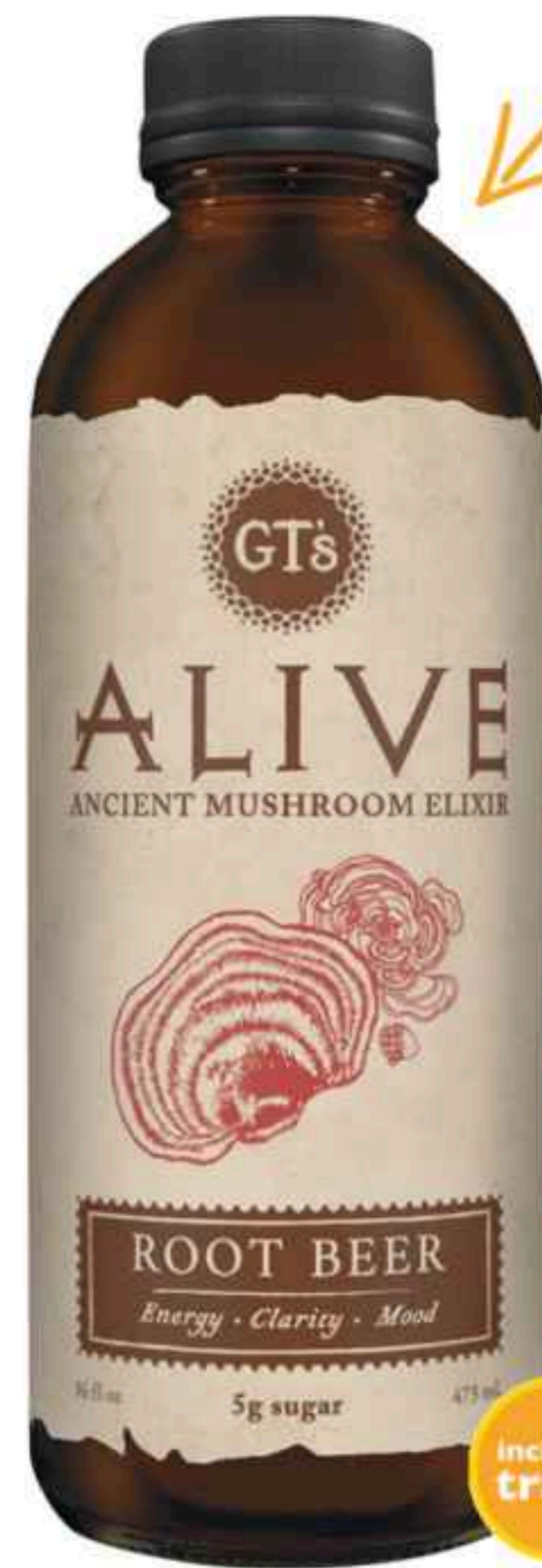
Miyoko's Creamery  
Organic Plant Milk Mozzarella  
8 oz.

**The co-op helps you eat well all day.**



**3/\$4**

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



*feel-good soda*

**INCLUSIVE TRADE PARTNER**

GT's Living Foods is a family- and LGBTQIA+-owned business. Crafted in nostalgic flavors, ALIVE revives your body and sharpens your mind with pure ingredients. Enjoy natural energy, mental clarity and a balanced mood.

**2.79**

**GT's**  
**Ancient Mushroom Elixir**  
16 fl. oz., selected varieties



**6.79**

**Wildbrine**  
**Organic Red Beet and Cabbage Kraut**  
18 oz., selected varieties



*grass-fed goodness*

**COOPERATIVELY OWNED**

Delicious milk from cows that eat organic grasses and plants, but no grain. This milk is unique and creamy with naturally occurring omega-3s. Enjoy the goodness of grass in every glass!

**5.49**

**Organic Valley**  
**Grassmilk**  
64 fl. oz., selected varieties



**COOPERATIVELY OWNED**



**4.99**

**Organic Valley**  
**Block Cheese**  
8 oz., selected varieties

**Find your favorite brands at the co-op.**



**5.49**

**Grillo's  
Dill Pickles**  
32 fl. oz., selected  
varieties

*pasture raised and grazed*

Organic, grass-fed cheese from small family farms in coastal Northern California. American Humane Certified means our cows are pasture raised and grazed!



**4.79**

**Rumiano  
Organic Block Cheese**  
8 oz., selected varieties



Enjoy delicious flavors from the co-op.  
**Yummy meals start here.**

*indulgence done right*

Delicious, coconut milk-based treats and grass-fed dairy ice cream for dessert fans committed to self-love and the planet. We believe that ingredients straight from Mother Earth help us appreciate the blissful pleasure our natural world brings us.



**5.49**

**Cosmic Bliss  
Organic Frozen  
Dessert**  
14 fl. oz., selected varieties



**6.99**

**Beyond Meat  
Plant-based  
Sausages**  
14 oz., selected  
varieties



**6.99**

**Bubbies  
Sauerkraut**  
25 fl. oz.

**There's something for everyone at the co-op.**



**4.49**

**Gardein**  
Plant-based Proteins  
8-13.7 oz., selected varieties

*invite all your friends*

Sharing what's real is important to us. Which is why we make something for everyone! Alden's Organic is true-to-flavor organic ice cream that everyone can enjoy.



**8.99**

**Alden's Organic**  
Ice Cream  
1.5 qts, selected varieties



**2/\$6**

**Amy's**  
Burritos  
5.5-6 oz., selected varieties



**3.99**

**Silver Hills**  
Sprouted Bread  
21 oz., selected varieties



**4.79**

**Alexia**  
Frozen Potatoes  
15-19 oz., selected varieties

*for real indulgent moments*

Real flavor from real ingredients. No artificial flavors, sweeteners or colors. Gelato and sorbetto made from scratch.



**4.99**

**Talenti**  
Gelato or Sorbetto  
1 pt, selected varieties



**4.99**

**Little Northern Bakehouse**  
Gluten-free Bread, Bagels, or Buns  
11.3-17 oz., selected varieties



**6.99**

**Daiya**  
Pizza  
13.47-19.4 oz., selected varieties

**The co-op makes dinner and dessert easy.**

*elevate your summer meals*

Take your barbeque to a new level with **Woodstock's** Organic Condiments and Pickles! Tangy ketchup, crunchy dill pickles, creamy mayo and zesty mustard all made with premium quality and taste!



**2.99**  
Woodstock  
Organic Mustard  
8 oz., selected varieties



**3.29**  
Woodstock  
Organic Ketchup  
20 oz.



**4.29**  
Woodstock  
Organic  
Mayonnaise  
16 fl. oz.



**5.49**  
Woodstock  
Organic Pickles  
24 oz.,  
selected varieties



**2/\$7**  
Maya Kaimal  
Organic Everyday  
Dal Entrees  
10 oz., selected varieties



**5.99**  
Sir Kensington's  
Mayonnaise  
12 fl. oz., selected varieties



**23.99**  
Spectrum  
Organic  
Extra Virgin  
Mediterranean  
Olive Oil  
33.8 fl. oz.



**2/\$7**  
Heyday Canning Co.  
Beans  
15 oz., selected varieties



**2/\$7**  
Tinkyada  
Gluten-free  
Brown Rice Pasta  
16 oz., selected varieties



**2/\$7**  
Briannas  
Dressing or  
Vinaigrette  
12 fl. oz., selected  
varieties

**All your picnic fixings are at the co-op.**

*nutritious and delicious*

Snacking is made easy with KIND. These gluten-free snacks are convenient for any occasion; made with ingredients you can see and pronounce.

**3.99**

**Kind**  
**Healthy Grains Bars**  
5pk.-1.2 oz., selected varieties



**INCLUSIVE TRADE PARTNER**

World Centric is a diverse-owned company. Our business operations address sustainability in our products, philanthropy and practices.



**2.79**

**World Centric**  
**Compostable 9" Plates**  
20 ct.



*always leave Earth better*



Our path: a sustainable future for all. For life, you rely on clean air, water and healthy soil for good food. So, we thank you for eating like our Earth depends on it, because it does!

**2/\$9**

**Nature's Path Organic**  
**Cereal**  
9-14 oz., selected varieties



**2/\$6**  
**Good Karma**  
**Unsweetened**  
**Flaxmilk**  
32 fl. oz., selected varieties

*scoop up the savings in bulk!*



**2.49**  
**Organic**  
**Tri-color Quinoa**  
per pound in bulk



**2.79**  
**Organic**  
**Green Lentils**  
per pound in bulk



**3.79**  
**Walnut Halves**  
**& Pieces**  
per pound in bulk

**The co-op has options for on-the-go activities.**



**4/\$5**

**Bob's Red Mill  
Oats Bars**  
1.76 oz., selected varieties



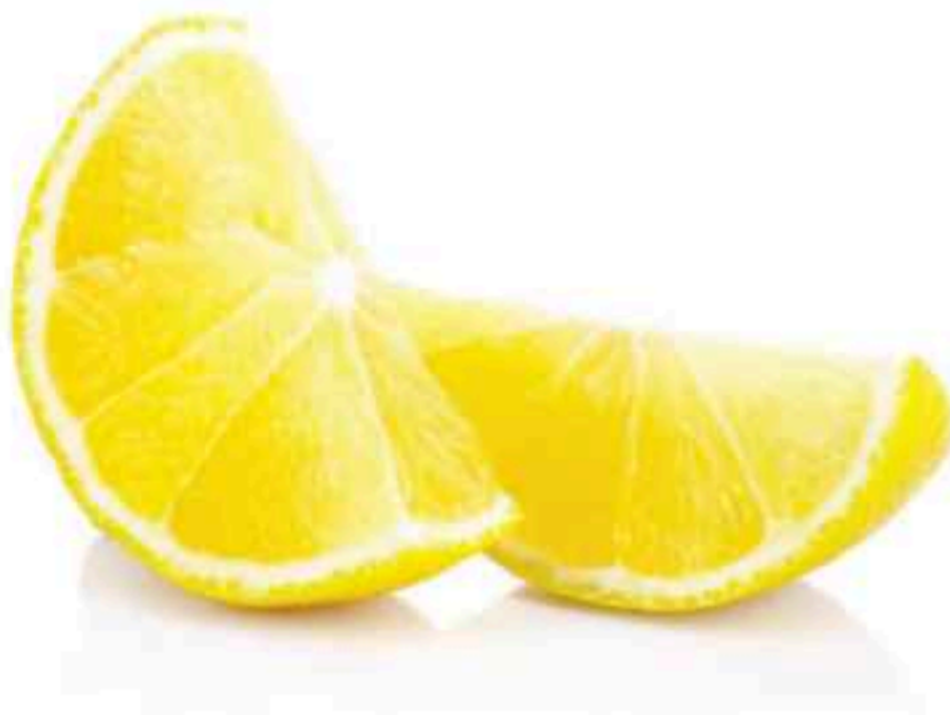
**3.99**

**Earth's Best  
PB&J Bites**  
3 oz., selected varieties



**4.99**

**Newman's Own  
Sandwich Cookies**  
13 oz., selected varieties



**2.29**

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



**4/\$6**

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



**2/\$5**

**R.W. Knudsen  
Recharge**  
32 fl. oz.,  
selected varieties



**2/\$5**

**R.W. Knudsen  
Organic Recharge**  
32 fl. oz.,  
selected varieties



**2/\$5**

**Santa Cruz Organic  
Lemonade or Limeade**  
32 fl. oz.,  
selected varieties

*refreshingly organic,  
naturally delicious*

Stock up on refreshingly delicious organic beverages from **Santa Cruz Organic** and **R.W. Knudsen**. From sweetly tart Santa Cruz Organic Lemonade to Recharge sports drink clean hydration, there's something for everyone!

**Delicious drinks and snacks are at the co-op.**





**2.79**

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



**2/\$6**

**LesserEvil  
Organic Popcorn**  
4.6-7 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Chomps is a diverse-owned company. We make on-the-go protein snacks from sustainably sourced proteins.

**2/\$4**

**Chomps  
Meat Sticks**  
1.15 oz., selected varieties



**2/\$6**

**Theo  
Organic  
Chocolate Bars**  
3 oz., selected varieties



**4.49**

**Green Mountain  
Gringo  
Salsa**  
16 oz., selected varieties



**2/\$9**

**Mary's Gone  
Crackers  
Organic Crackers**  
5-6.5 oz., selected varieties



**4.49**

**Garden of Eatin'  
Tortilla Chips**  
16 oz., selected varieties



**2/\$7**

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



**2/\$8**

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



**2/\$7**

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

**Discover something new at the co-op.**



**5.49**  
**Better Life**  
**Toilet Bowl Cleaner**  
 24 fl. oz.



**5.99**  
**Andalou Naturals**  
**Shampoo or Conditioner**  
 11.5 fl. oz., selected varieties



**16.99**  
**Simply Tera's**  
**Pure Whey Protein Powder**  
 12 oz., selected varieties



**8.99**  
**Pranarom**  
**Organic Lavender**  
**Essential Oil**  
 .17 fl. oz.



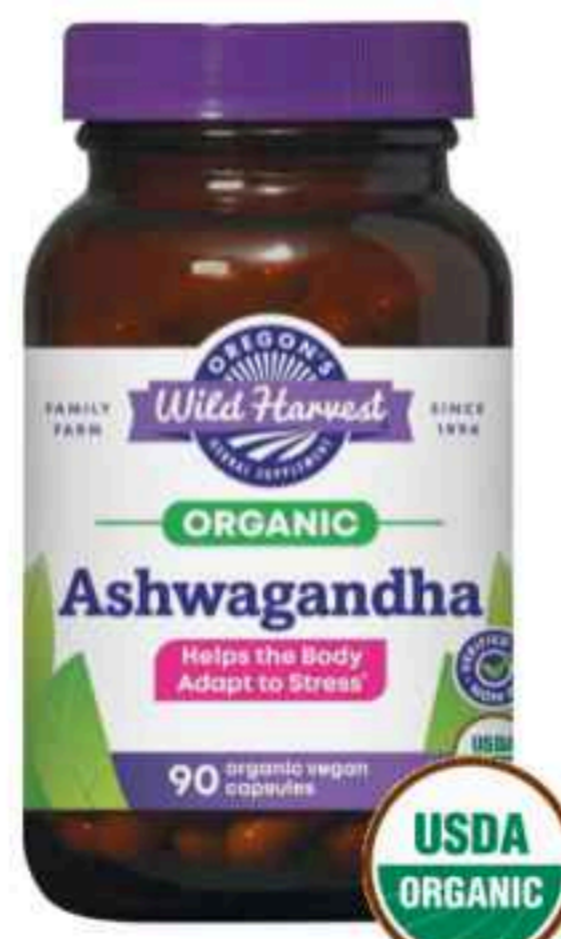
**9.49**  
**Bach**  
**Rescue Remedy**  
**Pastilles**  
 35 ct., selected varieties



**17.99**  
**Om**  
**Organic Mushroom**  
**Powder**  
 3.17-3.5 oz., selected varieties

*rooted in Oregon*

As a family farm and herbal supplement manufacturer since 1994, **Oregon's Wild Harvest** supports regenerative practices that heal the land and water and sequester carbon to ensure pure, potent herbal medicine is available today and for future generations.



**15.99**  
**Oregon's**  
**Wild Harvest**  
**Organic**  
**Ashwagandha**  
 90 ct.



**16.99**  
**Oregon's**  
**Wild Harvest**  
**Organic**  
**Saw Palmetto**  
 90 ct.



**19.99**  
**Oregon's**  
**Wild Harvest**  
**Organic**  
**Turmeric**  
 60 ct.



**19.99**  
**Oregon's**  
**Wild Harvest**  
**Organic**  
**Milk Thistle**  
 90 ct.

**Find your wellness supplements at the co-op.**



**7.49**

**Alba Botanica Sunscreen**  
3 fl. oz., selected varieties



**7.49**

**Alba Botanica Sunscreen**  
3 fl. oz., selected varieties



**7.99**

**Alba Botanica Fragrance-free Sheer Mineral Sunscreen SPF30**  
3 fl. oz.



**9.99**

**Alba Botanica Sunscreen Spray**  
5 fl. oz., selected varieties

*clean, natural sun care*

**Alba Botanica** provides broad spectrum sun protection while being cruelty-free, plant based, gluten free and biodegradable.



Find Inclusive Trade brands at the co-op.  
**Diversity is strength.**

**INCLUSIVE TRADE PARTNER**

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



**2/\$6**

**South of France Liquid Hand Wash**  
8 fl. oz., selected varieties

**INCLUSIVE TRADE PARTNER**

RADIUS is a woman-owned company. We use recycled materials, and we create sustainable toothpastes, flosses and more.



**3.29**

**Radius Sponge Floss**  
55 yd., selected varieties



**7.49**

**Heritage Store Rosewater Facial Mist**  
8 fl. oz.

**The co-op has your favorite body care brands.**

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  
Ever'man Cooperative Grocery & Cafe

**GEORGIA**

Sevananda Natural Foods Market

**MAINE**

Belfast Community Co-op  
Blue Hill Co-op  
Good Tern 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  
Potsdam Food Co-op  
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**

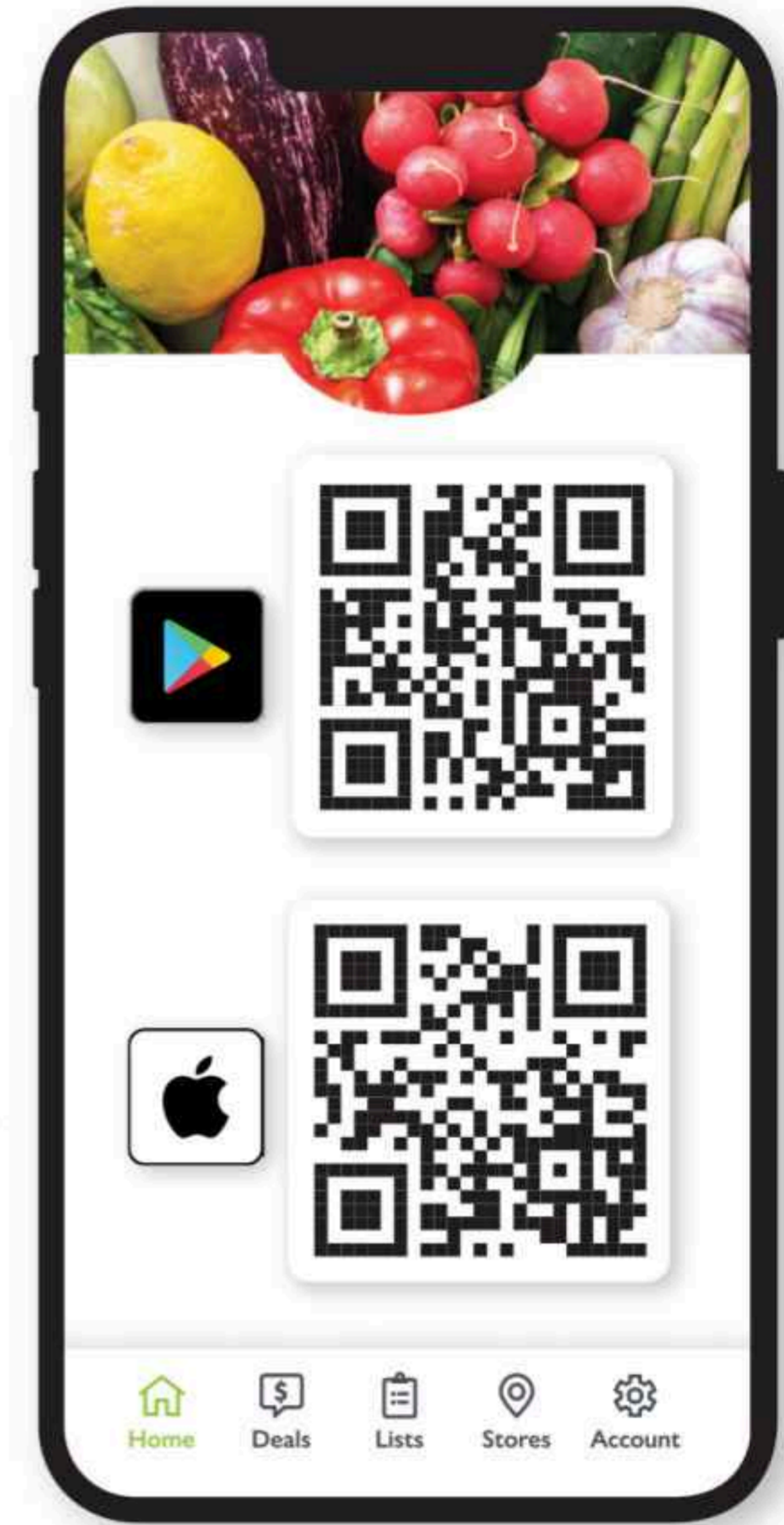
Brattleboro Food Co-op  
City Market/Onion River Co-op  
Co-op Food Store  
Hunger Mountain Co-op  
Middlebury Natural Foods Co-op  
Putney Food Co-op  
Rutland Area Food Co-op  
Springfield Food Co-op  
Upper Valley Food Co-op

**VIRGINIA**

Fredericksburg Food Co-op  
Friendly City Food Co-op  
Lovettsville Co-op Market  
Roanoke Co-op

**coop deals.**

**Download the App!**



*See what's on sale with the Co-op Deals app!*



**3.79**  
Late July  
Organic Tortilla Chips  
7.4-10.1 oz., selected varieties



**4/\$9**  
Wild Planet  
Sardines  
4.4 oz., selected varieties



**2.29**  
The Mountain Valley  
Spring Water  
33.8 fl. oz., selected varieties



**2/\$7**  
Stacy's  
Pita Chips  
6.75-7.33 oz., selected varieties



**4.49**  
Justin's  
Peanut Butter  
16 oz., selected varieties



Scan the QR code to learn more about the quality and values represented by these symbols.



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



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