

# coop deals

FEB 15 - FEB 28, 2023

*create delicious meals*

Diced tomatoes are a key ingredient for pasta dishes, shakshuka eggs, homemade pizza and, of course, chili. As winter carries on, keep your home warm and cozy with delicious meals using Muir Glen diced tomatoes.



**2/\$5**

**Muir Glen Organic Diced Tomatoes**

28 oz., selected varieties



**2/\$6**

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



**3.99**

**Mary's Gone Crackers**  
Organic Crackers  
5.5-6.5 oz., selected varieties



**2/\$7**

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



**2/\$7**

**Rebbl Organic Protein Beverage**  
12 fl. oz., selected varieties



**2/\$10**

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



**11.99**

**California Olive Ranch Medium Extra Virgin Olive Oil**  
25.4 fl. oz.



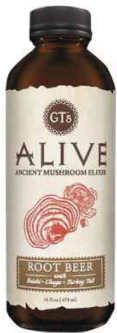
Share delicious food this winter.

**Warm up at the co-op.**



**2/\$6**

GT's  
Pure Love  
Kombucha  
16 fl. oz.,  
selected varieties



**2/\$6**

GT's  
Ancient  
Mushroom  
Elixir  
16 fl. oz.



**2/\$6**

GT's  
Kombucha  
16 fl. oz.,  
selected varieties



**5.49**

GT's  
Organic Coconut  
Yogurt  
8 oz., selected varieties



*fermented food  
for everyone*

**INCLUSIVE TRADE PARTNER**

GT's Living Foods is a family-owned business, LGBTQIA+-owned and a leader in fermented foods with humble beginnings. GT Dave began from his home in 1995 at 15 years old. Our living foods are authentically fueled by organic plants, raw fermentation, naturally occurring probiotics and ancient wisdom.



*enjoy the unexpected!*

Daiya is the perfect alternative for any comfort meals that just aren't the same without melted cheese. Explore Daiya cheezes for the delicious taste, texture and melt.

**2/\$8**

Daiya  
Cutting Board Shreds  
7.1 oz., selected varieties



**4.49**

Chobani  
Oatmilk  
52 fl. oz., selected varieties



**1.79**

Silk  
Plant-based  
Yogurt  
5.3 oz., selected varieties



**2/\$6**

Health-Ade  
Organic  
Kombucha  
16 fl. oz., selected  
varieties



**2.99**

Fage  
Greek Strained  
Yogurt  
16 oz.

**Start your day with great deals from the co-op.**



**5.49**  
Organic Valley  
Raw Cheese  
8 oz., selected varieties

*organic, free-range eggs*



Organic Valley eggs come from chickens that are free to roam in sunny pastures where they forage for nutritious treats, which results in really tasty eggs.

**3.99** Organic Valley  
Large Free-range  
Brown Eggs  
1 doz.



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



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



*butter from family farms*

Made from slow-churned cream from our cows raised on American family farms. With 85% butterfat, we believe our rich and creamy butter can't be beat.

**2/\$7** Vital Farms  
Butter  
8 oz., selected varieties



**2/\$8**  
The Greek Gods  
Greek Yogurt  
24 oz., selected varieties

**The co-op has dairy and dairy-free options.**



**4.79**

**Gardein**  
Tenders, Strips or Sliders  
8.1-11.3 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 our unique Northern California milkshed!



**4.49**

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



**2/\$6**

**Cascadian Farm**  
Organic Frozen Vegetables  
10 oz., selected varieties



**4.49**

**Good Culture**  
Organic Whole Milk Cottage Cheese  
16 oz.



**10.99**

**Organic Prairie**  
Original Beef Summer Sausage  
12 oz.



*all natural, no dairy*

Made with simple ingredients and more protein than sugar, Siggi's plant-based line of yogurts is thick, creamy and delicious.

**2/\$4**

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



**6.49**

**Uncle Matt's**  
Organic Orange Juice  
52 fl. oz., selected varieties

**Products the whole family loves are at the co-op.**



**2/\$4**

**Rxbar Protein Bars**  
1.83 oz., selected varieties



**3.29**

**Planet Oat Oatmilk**  
52 fl. oz., selected varieties



**5.49**

**Canyon Bakehouse Gluten-free Bread or Bagels**  
15-18 oz., selected varieties



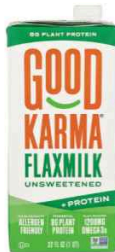
**2/\$8**

**Nature's Bakery Fig Bars**  
6-2 oz., selected varieties



**3/\$5**

**Happy Family Organics Superfoods**  
3.5-4.22 oz., selected varieties



**2/\$6**

**Good Karma Unsweetened Flaxmilk or Plantmilk**  
32 fl. oz., selected varieties



**5.49**

**Organic Valley Stringles Mozzarella Cheese Sticks**  
8 oz.



*8 grams of plant-based protein*

A plant-based milk that's unbelievably creamy and satisfying.

**4.49**

**Ripple Plant-based Milk**  
48 fl. oz., selected varieties



**5.49**

**Numi Organic Tea**  
18 ct., selected varieties

**The co-op gives you a nutritious start to the day.**

*organic food tastes better, naturally*

At **Amy's**, each of our meals is made with love, care and craft in every step. That means always sourcing the best organic ingredients, making our meals from scratch and taking time to perfect our recipes to make sure each bite tastes just right for you.



**2/\$8**  
 Amy's  
 Organic Soup or  
 Refried Beans  
 13.8-15.4 oz., selected  
 varieties

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

**5.99**  
 Amy's  
 Enchiladas  
 9-10 oz.,  
 selected varieties

**8.99**  
 Amy's  
 Pizza  
 9.1-14 oz.,  
 selected varieties



**2/\$7**  
 Health Valley  
 Organic Soup  
 14.5-15 oz., selected varieties



**3.79**  
 Montebello  
 Organic Pasta  
 16 oz., selected varieties



**2/\$8**  
 Annie's  
 Organic Dressing  
 8 fl. oz., selected varieties



*scoop up the savings in bulk!*

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



**3.29**  
 Organic  
 Tri-Color Quinoa  
 per pound in bulk



**6.49**  
 Almonds  
 per pound in bulk

**The co-op makes weeknight dinners easy.**



**2/\$7**

**Imagine**  
**Organic Broth**  
 32 fl. oz., selected varieties



**6.49**

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



**11.99**

**Spectrum**  
**Organic Canola Oil**  
 32 fl. oz.



**2/\$7**

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



**7.99**

**Artisana**  
**Organic**  
**Raw Tahini**  
 14 oz.



**3.29**

**Woodstock**  
**Oatmeal**  
 16-18.5 oz., selected varieties



**4.29**

**Pamela's**  
**Cornbread &**  
**Muffin Mix**  
 12 oz.



**6.49**

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



**6.49**

**Field Day**  
**Organic Whole**  
**Wheat Flour**  
 5 lbs.



**2.79**

**Lotus Foods**  
**Organic Noodles**  
 8 oz., selected varieties



**2.79**

**Field Day**  
**Unsweetened**  
**Coconut Milk**  
 13.5 fl. oz., selected varieties



**5.49**

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

**Ingredients for great meals are at the co-op.**

simply  
delicious snacks



Late July® Tortilla Chips can be a smart and flavorful snack-time choice! Made with high-quality, organic and non-GMO ingredients, they're delicious alone and even better dipped in one of our organic salsas.



2/\$7

Late July  
Organic Salsa  
15.5 oz., selected varieties

2/\$6

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



2.79

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



2.79

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



5.49

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



food with purpose

PROBAR® creates delicious, convenient, healthy, plant-based food products. We strive to become the leading provider of REAL FOOD choices, always maintaining our commitment to quality, sustainability and fantastic taste.

2.29

Probar  
Meal Bars  
3 oz., selected varieties

INCLUSIVE TRADE PARTNER

Siete Family Foods is a Hispanic-owned and mission-based company passionate about making and sharing real food.

2/\$7

Siete  
Mexican  
Grain-free  
Cookies  
4.5 oz.,  
selected varieties



Find your favorite snacks at the co-op.





**2/\$6**

**Barbara's  
Cheese Puffs**  
5.5-7 oz., selected varieties



**2/\$6**

**Terra  
Vegetable Chips**  
5-6 oz., selected varieties



**5.49**

**Lily's  
Chocolate Peanut  
Butter Cups**  
3.2 oz., selected varieties



**2/\$5**

**The Ginger  
People  
Soother Herbal  
Drink**  
12 fl. oz., selected  
varieties



**2/\$7**

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



**6.29**

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

*live Epic, eat Epic.*

**Epic** makes flavor-forward meat snacks for the mindful consumer. We're everything to love about a savory snack with carb-conscious, grass-fed and keto-friendly options and a dedication to land and animal well-being.



**2/\$3**

**Epic  
Meat Strips**  
.8 oz., selected varieties



**2/\$5**

**Epic  
Bars**  
1.3-1.5 oz.,  
selected varieties



**2/\$6**

**Epic  
Pork Rinds**  
2.5 oz., selected varieties



**4.99**

**Epic  
Bone Broth**  
14 fl. oz.,  
selected varieties

**The co-op has something for everyone.**



**10.49**  
MegaFood  
Vitamin Gummies  
54-70 ct., selected varieties



*upgrade your immunity*

Our most comprehensive immune support formula, Host Defense® MyCommunity® encourages a healthy and balanced immune response and supports the body's innate defense and repair systems.

**29.99**

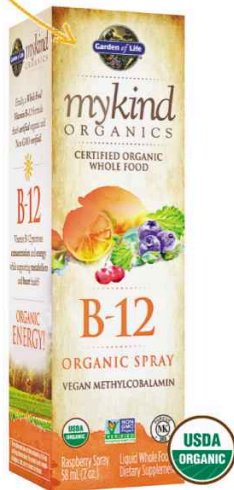
Host Defense Mushrooms  
MyCommunity Comprehensive  
Immune Support  
60 ct.



Find supplements for winter wellness at the co-op.

**Take care of yourself.**

*energize with organic B-12*



mykind Organics B-12 Organic Spray in delicious raspberry flavor is Certified USDA Organic and Non-GMO Project Verified. One spray daily delivers 500 mcg vegan vitamin B-12 as methylcobalamin to support energy and metabolism.

**13.49**

Garden Of Life  
Mykind Organics B-12 Spray  
2 fl. oz.



**2/\$7**

Choice Organics  
Tea  
16 ct., selected varieties

**Recharge with wellness products from the co-op.**



**2.99**  
Jason  
Toothpaste  
4.2-6 oz., selected  
varieties



**4.29**  
Jason  
Deodorant Stick  
2.5 oz., selected  
varieties



**7.49**  
Jason  
Scalp Care Shampoo  
or Shampoo +  
Conditioner  
12 fl. oz., selected varieties



**7.99**  
Jason  
Body Wash  
30 fl. oz., selected  
varieties

*made with just  
the good stuff*

Jason products are high performance and made with wholesome ingredients inspired by nature. No parabens, sulfates, phthalates or petrolatum. Vegan and certified cruelty free. Celebrate the power of the Earth's incredible botanicals.



**4.19**  
Nubian Heritage  
Bar Soap  
5 oz., selected varieties



**4.79**  
Himalaya  
Toothpaste  
5.29 oz., selected  
varieties



**11.99**  
Bass  
Hairbrush  
1 ct., selected varieties



*say hello to fresh™*

**INCLUSIVE TRADE PARTNER**

The Honey Pot is a Black-owned company, and we've created the first complete personal care system powered by herbs®. Our products are dermatologist tested, kind to skin and plant-derived. Welcome to the new normal.

**7.99**

**The Honey Pot  
Normal or Sensitive Wipes**  
30 ct., selected varieties



**8.99**  
Heritage Store  
Rosewater  
Facial Mist  
8 fl. oz.



**9.79**  
Shikai  
Borage Therapy  
Original Lotion  
8 fl. oz.

**Find all your 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

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

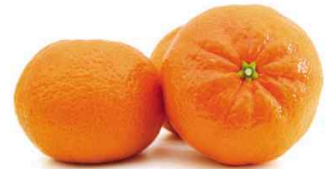
Three Rivers Market

### 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)*



*bio-enzymatic cleaning power*

Actively breaks down and absorbs organic material to eliminate stains and odors and ensure they don't return. Great on pet accidents, wine, diapers, laundry and much more!

**7.49**

**Biokleen  
Bac-Out Stain & Odor  
Remover**  
32 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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