

# coop deals

NOV 30 - DEC 13, 2022

gather  
in the  
kitchen



## GRAB THE WHISK

Create some of your favorite recipes for the season. The co-op makes baking together for the holidays easy. Find everything you need — including Earth Balance Vegan Buttery Sticks, a great option for making yummy treats and desserts.



5.49

Earth Balance  
Buttery Spread or Sticks  
13-16 oz., selected varieties



4.49

Organic Valley  
Whipping Cream  
16 fl. oz.



5.99

King Arthur  
Baking Company  
Flour  
5 lbs., selected varieties



5.99

Enjoy Life  
Chocolate  
Baking Chips or  
Morsels  
9-10 oz., selected  
varieties



Shop the co-op for holiday baking ingredients.  
**Get creative in the kitchen.**



*taste the pasture-raised difference*

Wholesome and delicious, **Organic Valley Cheese** is made with real organic milk from pasture-raised cows. NO antibiotics, added hormones or harsh pesticides. Just honest goodness.



**3.79**

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

**3.99**

**Organic Valley Shredded Cheese**  
6 oz., selected varieties

**4.99**

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



**2/\$4**

**Noosa Yoghurt**  
8 oz., selected varieties



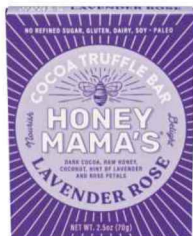
**2/\$6**

**Kerrygold Butter**  
8 oz., selected varieties



**7.99**

**Evolution Fresh Organic Juices**  
59 fl. oz., selected varieties



**3.99**

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



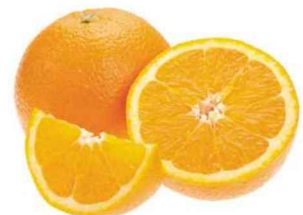
**4.99**

**Bitchin' Sauce Almond Dip**  
8 oz., selected varieties



**7.29**

**Organic Valley Butter**  
16 oz., selected varieties



**Start the day with great food from the co-op.**





**4.29**

**The Greek Gods  
Greek Yogurt**  
24 oz., selected varieties

*always organic,  
never ordinary*

Crisp, bright and wholesome,  
these beautiful veggies make a  
flavorful addition to any meal.



**3.19**

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



**4.99**

**Applegate  
Sunday Bacon**  
8 oz.



**6.49**

**Field Roast  
Miniature Corn  
Dogs and Buffalo  
Wings**  
10 oz., selected varieties



**5.49**

**Brazi Bites  
Cheddar and  
Parmesan Brazilian  
Cheesebread**  
11.5 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."



**6.49**

**Vital Farms  
Organic Large  
Pasture-raised Eggs**  
1 doz.



**5.99**

**Against The Grain  
Baguettes**  
15 oz., selected varieties

**Seasonal savings are at the co-op.**



**13.99**

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



**4.99**

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



**13.99**

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



**2/\$3**

**Muir Glen**  
**Organic**  
**Tomatoes**  
14.5 oz., selected varieties



**2/\$3**

**Annie's**  
**Homegrown**  
**Mac & Cheese**  
5.25-6 oz., selected varieties



**5.99**

**Kettle & Fire**  
**Bone Broth**  
16.9 fl. oz., selected varieties



**6.99**

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



**10.99**

**Lucini Italia**  
**Aged Balsamic**  
**Vinegar of**  
**Modena**  
8.5 fl. oz.



**10.99**

**Riojana**  
**Organic Fair**  
**Trade Extra Virgin**  
**Olive Oil**  
25.5 fl. oz., selected varieties



**The co-op has ingredients for great meals.**

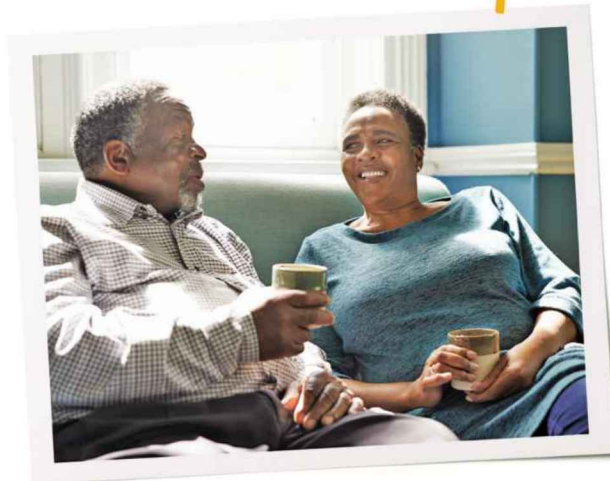




**4.49**

**Traditional Medicinals**  
**Organic Herbal Tea**  
16 tea bags, selected varieties

*winter warm-up*



**CREATE  
COZY VIBES**

Don't let the cold temperatures bring you down. Instead, warm up with a cup of tea. Your co-op has a great selection of beverages for the winter months ahead, including tea for any time of the day.



**2/\$7**  
**Choice Organics**  
**Tea**  
16 tea bags, selected varieties



**5.99**  
**Lakewood**  
**Organic Juice**  
32 fl. oz., selected varieties



*support your body  
and mind*

Yogi Egyptian Licorice and Lemon Ginger tea are two delicious ways to take some time for yourself and also support your digestive health.

**2/\$7**

**Yogi**  
**Organic Tea**  
16 tea bags, selected varieties



**2/\$8**  
**Pacific Foods**  
**Organic Plant-based Beverage**  
32 fl. oz., selected varieties



**2/\$7**  
**R.W. Knudsen**  
**Organic Very Veggie Juice**  
32 fl. oz., selected varieties

**Unwind with soothing beverages from the co-op.**



**5.99**

**Sweetleaf  
Stevia Sweetener**  
2 fl. oz., selected  
varieties



**6.49**

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



**SIZZLE, SIZZLE**

Get the family out of bed with the scent of pancakes or waffles cooking in the kitchen. Create a delicious breakfast spread with ingredients found at the co-op. Shop the bulk section for the amount you need, and don't forget toppings like chocolate chips and maple syrup!

*heat up  
the griddle*



**15.99**

**Frontier Co-op  
Organic Vanilla  
Extract**  
4 fl. oz.



**5.49**

**Navitas Organics  
Organic Cacao  
Powder or Nibs**  
8 oz., selected varieties



**19.99**

**Field Day  
Organic Dark,  
Robust Maple Syrup**  
32 fl. oz., selected varieties



**5.99**

**Lily's  
Baking Chips**  
9 oz., selected varieties



*scoop up the savings in bulk!*

**1.79**

**Organic  
Rolled Oats**  
per pound in bulk



**3.29**

**Organic  
Thompson Raisins**  
per pound in bulk



**6.99**

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



**The co-op has great deals on baking ingredients.**



INCLUSIVE TRADE PARTNER



Purely Elizabeth is a woman-owned company that wants people to thrive on their wellness journey.

**5.99**

**Purely Elizabeth Organic Granola**  
8-12 oz., selected varieties

*GoMacro — bigger than a bar*



Meet the bar that started it all! Our original Peanut Butter Chocolate Chip MacroBar combines 11 grams of plant-based protein with organic and oh-so-creamy peanut butter, roasted peanuts and — let's not forget the best part — our vegan chocolate chips!

**2/\$5**

**Gomacro Organic Macrobar**  
2-2.5 oz., selected varieties



**3.99**

**Field Day Organic Cereal**  
14 oz., selected varieties



**3.99**

**Hu Kitchen Chocolate Bar**  
2.1 oz., selected varieties



*maximum crunch factor*



We obsessively vet every ingredient to unite unbeatable taste with unmatched simplicity. Aromatic crackers with amazing flavor that match their namesake. Made with real, UltraSimple® ingredients.

**4.99**

**Hu Kitchen Grain-free Crackers**  
4.25 oz., selected varieties



**4.49**

**Annie's Homegrown Organic Graham Crackers**  
14.4 oz., selected varieties

**Snacks everyone loves are at the co-op.**



**2/\$8**

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



**2.79**

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



*enhance any moment*

San Pellegrino guides you to unique taste experiences. Experiences that begin with fine food and venture far beyond. With its incomparable sense of taste and Italianity, San Pellegrino can enhance any moment.

**2/\$4**

**San Pellegrino**  
**Sparkling Mineral Water**  
25.3 fl. oz.



Pour a refreshing beverage for yourself.

**Find fizzy drinks at the co-op.**



*90% certified recycled steel*

Klean Kanteen was America's first BPA-free stainless steel water bottle and launched in 2004 specifically to reduce single-use plastics. Certified B-Corp, family/employee owned, climate neutral, 1% for the Planet member and offering cool innovations like our new twist cap!

**22.99**

**Klean Kanteen**  
**TK Wide 20 oz. with a twist cap**  
each, selected varieties



**2/\$6**

**Late July**  
**Classic or Chia & Quinoa Crackers**  
6 oz., selected varieties

**The co-op has tasty snacks and beverages.**





**2/\$7**

**Blue Diamond  
Nut Thins**  
4.25 oz., selected  
varieties



**2/\$7**

**Carr's  
Crackers**  
4.25-7.1 oz., selected  
varieties



*perfect busy-day snack*

The holiday season can be super busy. Keep Late July® Jalapeño Lime and Nacho Cheese Tortilla Chips handy for an amazingly delicious way to fuel your marathon wrapping or baking sessions!

**2/\$7**

**Late July  
Tortilla Chips**  
7.5-7.8 oz., selected varieties



Your favorite snacks are on sale at the co-op!

**Crunch away!**

*nothing but the good stuff*



Thank you for your support of Endangered Species Chocolate. You are helping to save our wildlife, environment and our global communities firsthand.

**2/\$4**

**Endangered Species  
Chocolate Bars**  
3 oz., selected varieties



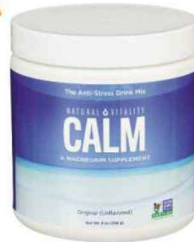
**2/\$7**

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

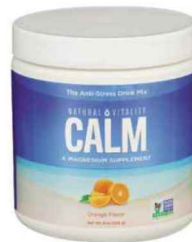
**Celebrate the season with help from the co-op!**

keep calm this  
holiday season

Natural Vitality® Calm provides magnesium to support stress management for a healthy body. Natural Vitality® Gummies are delicious, fruit-flavored chews with the essential nutrients needed for stress relief, better sleep and more relaxed muscles. Perfect for the whole family, at home or on the go, this holiday season.



**12.99**  
Natural Vitality  
Unflavored Calm  
Magnesium Drink  
8 oz.



**13.49**  
Natural Vitality  
Orange Calm  
Magnesium  
Drink  
8 oz.



**13.49**  
Natural Vitality  
Raspberry Lemon  
Calm Magnesium  
Drink  
8 oz.



**16.99**  
Natural Vitality  
Calm Gummies  
120 ct., selected  
varieties



**12.99**  
Seventh Generation  
4X Concentrated  
Laundry Detergent  
50 fl. oz., selected varieties



**22.99**  
Garden Of Life  
Dr. Formulated Probiotics  
Once Daily  
30 ct.



**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 share their skills and knowledge with the rest of the world.

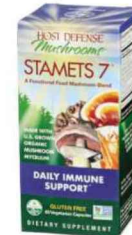
**9.99**  
Alaffia  
Everyday Shea Body Lotion  
32 fl. oz., selected varieties



**2.99**  
Ecover  
Liquid Dish  
Soap  
25 fl. oz., selected  
varieties



**10.99**  
Seventh  
Generation  
100% Recycled  
Bath Tissue  
12 pk.



**28.49**  
Host Defense  
Stamets 7 Daily  
Immune Support  
60 ct.

**Stay healthy this winter with help from the co-op.**





**6.99**

**Schmidt's  
Natural  
Deodorant**  
2.65 oz., selected  
varieties



**7.99**

**Aura Cacia  
Lavender  
Essential Oil**  
.5 fl. oz.

## pure-castile bar soap

Soft, smooth lather moisturizes face, body, hands and hair. Organic, nutrient-rich, U.S.-grown hemp seed oil nourishes skin. Plant-based and biodegradable, made with certified organic oils, wrapped in post-consumer recycled paper, cleans body, mind and soul!



**2/\$6**

**Dr. Bronner's  
Pure Castile Bar Soap**  
5 oz., selected varieties



Body care items make great gifts!

**Shop and save this season.**



**2.29**

**Preserve  
Adult Toothbrush**  
each, selected varieties



**6.99**

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



**11.99**

**Weleda  
Skin Food**  
2.5 fl. oz.



**Find safe body care products at the co-op.**

## Shop for fresh, delicious, local food at a co-op near you.

### ILLINOIS

Common Ground Food Co-op  
Dill Pickle Food Co-op  
Green Top Grocery  
Neighborhood Co-op Grocery  
Sugar Beet Food Co-op

### INDIANA

3 Rivers Natural Grocery  
Bloomingfoods Market and Deli  
Maple City Market

### IOWA

New Pioneer Co-op  
Oneota Community Co-op  
Wheatsfield Cooperative

### KANSAS

The Merc Co+op

### KENTUCKY

Good Foods Co-op

### MICHIGAN

Grain Train Natural Foods Market  
GreenTree Co-op Market  
Keweenaw Co-op Market & Deli

Marquette Food Co-op  
Oryana Community Co-op  
People's Food Co-op – Ann Arbor  
PFC Natural Grocery & Deli  
Ypsilanti Food Co-op

### MINNESOTA

Bluff Country Co-op  
City Center Market  
Cook County Whole Foods Co-op  
Eastside Food Cooperative  
Good Earth Food Co-op  
Hampden Park Co-op  
Harmony Natural Foods Co-op  
Just Food Co-op  
Lakewinds Food Co-op  
Linden Hills Co-op  
Mississippi Market  
Natural Harvest Food Co-op  
People's Food Co-op – Rochester  
River Market Community Co-op  
Seward Community Co-op  
Spiral Food Co-op  
St. Peter Food Co-op & Deli

Valley Natural Foods  
Wedge Community Co-op  
Whole Foods Co-op

### NEBRASKA

Open Harvest Cooperative Grocery

### OHIO

Phoenix Earth Food Co-op

### SOUTH DAKOTA

Natural Abundance Food Co-op  
Sioux Falls Food Co+op

### WISCONSIN

Basics Cooperative Natural Foods  
Chequamegon Food Co-op  
Menomonie Market Food Co-op  
Oshkosh Food Co-op  
Outpost Natural Foods Co-op  
People's Food Co-op – La Crosse  
Viroqua Food Co+op  
Whole Earth Market Co-op  
Willy Street Co-op



*to find a food co-op near  
you, visit us online at:  
grocery.coop*



Made with organic milk from cows pasture raised on our family farms, Organic Valley Ricotta is perfectly rich and creamy.

# 4.99

**Organic Valley  
Cottage or  
Ricotta Cheese**  
15-16 oz., selected varieties



**1.99**  
**Bionaturae  
Organic Tomato  
Paste**  
7 oz.



**18.99**  
**California Olive  
Ranch  
100% California Extra  
Virgin Olive Oil**  
25.4 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.

MW1222A

