

# coop deals

JULY 1 - JULY 21, 2020

**5.99**

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



*summertime  
classic*

Vanilla is the perfect summertime flavor. Have a scoop (or two) of Alden's Vanilla Bean Ice Cream to cool down and enjoy the weather.



**5/\$5**

**Topo Chico  
Mineral Water**  
12 oz., selected varieties



**2/\$4**

**Boulder Canyon  
Potato Chips**  
5.25-6.5 oz., selected  
varieties



**2.99**

**Lightlife  
Smart Dogs**  
12 oz.



**5/\$5**

**Wallaby  
Organic Whole  
Milk Yogurt**  
5.3 oz., selected varieties



**2/\$6**

**Kashi  
Organic Cereal**  
6.5-20 oz., selected  
varieties



**5.99**

**Primal Kitchen  
Mayo with  
Avocado Oil**  
12 oz., selected varieties



The best of summer at the co-op.

**Hot deals on your favorite brands.**



**2/\$6**

**Rebbl**  
Organic Elixir  
12 oz., selected varieties



**2/\$4**

**Brew Dr.**  
Organic  
Kombucha  
14 oz., selected varieties



**2/\$7**

**Silk**  
Organic Dairy-free Beverage  
64 oz., selected varieties



**5.49**

**So Delicious**  
Coconutmilk  
Yogurt  
24 oz., selected varieties



**5.99**

**Bubbies**  
Sauerkraut  
25 oz.



**3.99**

**Miyoko's**  
Creamery  
Vegan Cheese  
Slices  
8 oz., selected varieties



**3.99**

**Miyoko's**  
Creamery  
Vegan Oatmilk  
Butter  
8-12 oz., selected varieties

*taste the difference*



**2/\$6**

**Hope**  
Cashew & Almond Dip  
8 oz.



**2/\$7**

**Hope**  
Organic Hummus  
8 oz.



**6.99**

**Hope**  
Organic Guacamole  
15 oz.

Dip into **HOPE's** new non-GMO cashew & almond dip, along with HOPE's organic hummus and guacamole for fresh taste and exceptionally delicious flavors!

**Escape the heat with these chilled favorites.**





**4/\$5**

Gojai  
Organic  
Caffeinated  
Sparkling Water  
12 oz., selected varieties



**3/\$4**

Hubert's  
Lemonade  
16 oz., selected varieties



**3/\$5**

Yachak  
Organic Yerba Mate  
15.5 oz., selected varieties



**3/\$5**

Acqua Panna  
Spring Water  
25.3 oz.



**3/\$5**

Tazo  
Tea  
13.8 oz., selected  
varieties



**3/\$7**

Nature's Path  
Organic  
Waffles  
7.4 oz., selected  
varieties



**3.99**

Little Northern  
Bakehouse  
Gluten-free Hot Dog  
Buns  
9.2 oz.



*the evolution of ice cream*



"All organic, all the time" is our commitment to people and the planet. Our entire line of divinely creamy dairy-free ice cream has been certified gluten free, vegan and non-GMO since 2005.

**2/\$10**

Luna & Larry's  
Coconut Bliss Frozen  
Dessert  
1 Pint, selected varieties



**3.99**

So Delicious  
Dairy-free Frozen  
Dessert

1 Pint, selected varieties



**Everyone can shop the co-op for great savings.**



*find your summertime favorites*

We've got you covered for all the summertime essentials you need to make your next cookout easier — and tastier — than ever.

**2.79**

Annie's  
Organic Ketchup  
24 oz.

**3.99**

Udi's  
Classic Hot  
Dog Buns  
14.3 oz.

**6.99**

Beyond Meat  
Beyond Sausage  
14 oz.



**2/\$4**

Westbrae  
Organic Beans  
15 oz., selected varieties



**2/\$6**

Mediterranean  
Organic  
Olives  
4.8-5 oz., selected  
varieties



**2.79**

San Francisco Salt  
Co.  
Organic Sea Salt  
Blends  
4 oz., selected varieties

*refreshing flavors, refreshingly organic.*



Nixie is a line of certified organic, non-GMO sparkling waters infused with fruit and botanical flavors — made without synthetic solvents, carriers or artificial preservatives. Always 0 calories, 0 sugar and 0 sodium!

**4.49**

Nixie  
Organic Sparkling Water  
8 pack, selected varieties



**2/\$4**

Annie's Homegrown  
Organic Mac & Cheese  
6 oz., selected varieties

**Cookout classics for the whole family.**





**2/\$5**

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



**4.99**

**Maxine's Heavenly  
Soft-baked  
Cookies**  
7.2 oz., selected varieties



**2/\$6**

**Equal Exchange  
Organic Chocolate  
Bar**  
2.8 oz., selected varieties



**2/\$5**

**Angie's  
Boomchickapop  
Popcorn**  
4.4-6 oz., selected  
varieties



**3.99**

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



**2/\$5**

**Beanfields  
Bean Chips**  
6 oz., selected varieties



**2/\$6**

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



## perfect for any occasion

The best times need a few simple things  
— family, conversation and delicious  
food! Come together around a big bowl  
of delicious **Late July®** chips and salsa.

**2/\$5**

**Late July  
Organic Chips and Salsa**  
5 oz. - 15.5 oz., selected varieties



**Great snacks for picnics and BBQs.**



**3.99**

**Zevia**  
**Zero Calorie Soda**  
6-12 oz. cans, selected varieties



*independently owned,  
co-founder led*

Vita Coco lets you enjoy the delicious, nutrient-rich taste of coconut water anywhere you are. Great for rehydrating post-workouts and for the general human tendency to get thirsty.

**2/\$6**

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



**6.99**

**Equal Exchange**  
**Organic Coffee**  
10-12 oz., selected varieties



**8.99**

**Equal Exchange**  
**Organic Bulk Coffee**  
per pound in bulk, selected varieties  
5 lb. packages also on promotion for \$42.99



**5.99**

**R.W. Knudsen**  
**Organic Just Tart Cherry Juice**  
32 oz.  
other organic juices also on sale

*plant-based protein*



With 11 grams of plant-based protein from peas and nuts, LÄRABAR protein is the perfect way to fuel up while satisfying your cravings. Every delicious flavor is gluten free, vegan and non-GMO.

**4/\$5**

**Larabar**  
**Protein Bar**  
1.84 oz., selected varieties



**4.99**

**Bragg**  
**Organic Apple Cider Vinegar**  
32 oz.



**3/\$5**

**Epic**  
**Performance Bar**  
1.87 oz., selected varieties

**Delicious snacks for active lifestyles.**





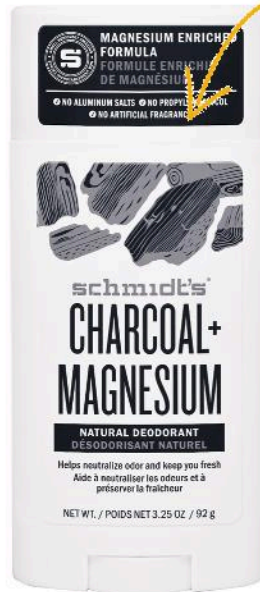
**2/\$4**

**Dr. Bronner's  
Organic Lip Balm**  
.15 oz., selected varieties



**3.49**

**Seventh  
Generation  
Dish Liquid**  
25 oz., selected varieties



*natural deodorant  
that works*

Schmidt's natural deodorant helps you stay fresh and clean — and smell amazing. Free from artificial fragrance, aluminum, SLS, parabens and propylene glycol.

**6.99**

**Schmidt's  
Deodorant**  
3.25 oz., selected varieties



**2/\$7**

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



**19.99**

**Enzymedica  
Digest Gold**  
45 ct.

*live well*

For over 30 years, **Gaia Herbs**, the leading herbal brand in America, has been creating plant-based supplements revered for their purity, potency, and integrity. Discover some of our formulas, which are all fully traceable at [meetyourherbs.com](http://meetyourherbs.com).



**19.99**

**Gaia Herbs  
Adrenal Health**  
60 vegan capsules



**21.99**

**Gaia Herbs  
Fertility Support**  
60 vegan capsules



**21.99**

**Gaia Herbs  
Microbiome Cleanse**  
60 vegan capsules



**26.99**

**Gaia Herbs  
Agile Mind**  
60 vegan capsules

**Better products for you and our planet.**

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

### ALASKA

Co-op Market Grocery & Deli

### ARIZONA

Food Conspiracy Co-op

### CALIFORNIA

BriarPatch Food Co-op

Chico Natural Foods Cooperative

Co+opportunity Market & Deli

Davis Food Co-op

Feather River Food Co-op

Isla Vista Food Co-op

North Coast Co-op

Ocean Beach People's Organic Food Co-op

Quincy Natural Foods Co-op

Sacramento Natural Foods Co-op

SLO Natural Foods Co-op

Ukiah Natural Foods Co-op

### IDAHO

Boise Co-op

Moscow Food Co-op

### MONTANA

Community Food Co-op

### OREGON

Alberta Cooperative Grocery

Ashland Food Co-op

Astoria Co+op

First Alternative Co-op

Food Front Cooperative Grocery

Medford Food Co-op

People's Food Co-op

### WASHINGTON

Central Co-op

Community Food Co-op

Main Market Co-op

Olympia Food Co-op

Orcas Food Co-op

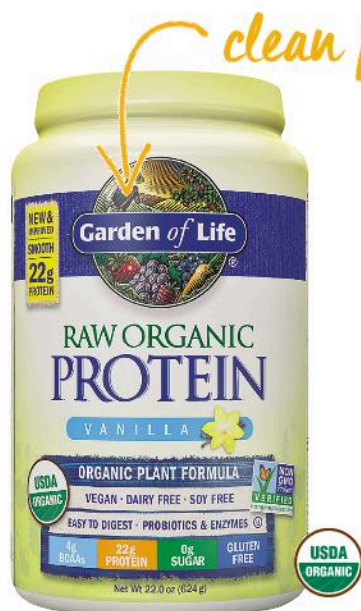
Skagit Valley Food Co-op

Sno-Isle Natural Foods Co-op

The Food Co-op



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



*clean protein for every lifestyle*

RAW organic protein is an excellent source of RAW vegan complete protein powder from 22 RAW and organic sprouts. It's USDA certified organic, non-GMO verified, and deemed "Clean for Sport" by Informed-Choice.

# 39.99

**Garden of Life**  
**RAW Organic Protein**  
560-660 g., selected varieties



# 8.99

**Navitas**  
**Organic Keto**  
**Cacao and**  
**Superfood Cacao**  
**Blends**  
8 oz., selected varieties



# 39.99

**Nordic Naturals**  
**Ultimate Omega**  
**2X**  
60 ct.

Co-ops support products and services that benefit personal and planetary health; a legacy we can be proud to leave generations to come.

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

MW0720A

**coop**  
welcome to the table