

coop deals

JAN 18 - JAN 31, 2023

aromatic, soothing tea

Winter temps plus hot beverages like Yogi Tea equal a healthy way to start the year and endure the weather. With caffeine-free options like Yogi's Lemon Ginger, you can enjoy a cup anytime of the day. Shop the co-op while they're on sale!



2/\$6

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



2/\$5

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



2/\$6

**Van's
Waffles**
8-9 oz., selected
varieties



2/\$4

**Near East
Couscous Mix or
Rice Pilaf**
5.2-10 oz., selected
varieties



2/\$7

**Harmless Harvest
Organic Coconut
Water**
16 fl. oz.



2/\$9

**Maya Kaimal
Indian Simmer
Sauce**
12.5 oz., selected
varieties



6.99

**Caulipower
Cauliflower Crust
Pizza**
10.9-12 oz., selected
varieties



Warm up this winter season.
Sit back, sip, relax.



1.39

Chobani
Greek Yogurt
5.3 oz., selected varieties



2/\$7

Goodbelly
Probiotic Drink
32 fl. oz., selected varieties



4.49

Nancy's
Organic Grass Fed
Yogurt
24 oz., selected varieties



1.79

Good Culture
Organic Cottage
Cheese
5.3 oz., selected varieties



2/\$5

Bellwether Farms
Sheep Milk Yogurt
6 oz., selected varieties



1.39

Forager Project
Organic
Cashewmilk
Yogurt
5.3 oz., selected varieties



4.99

Straus Family
Creamery
Organic Yogurt
32 oz., selected varieties



5.99

Fage
Greek Yogurt
35.3 oz., selected varieties

*add what
you like*

NUTRIENT-RICH BREAKFAST

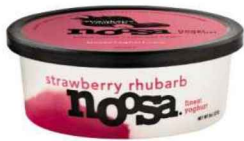
Breakfast is easy when you shop the co-op for your favorite yogurt! Add toppings like granola, toasted almonds, chia or flax seeds or sliced fruit and benefit from the probiotics and added fiber. A quick meal to prep, but one that's both filling and nutritious.



4.79

Violife
Just Like Cheese Shreds
8 oz., selected varieties

The co-op helps you start the day right.



2/\$4

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



2/\$5

**Perfect Bar
Protein Bars**
2.2-2.5 oz., selected varieties



a probiotic protein powerhouse

Lifeway Kefir is a cultured dairy drink packed with protein, 12 live and active probiotic cultures and vitamin D. Kefir provides gut-protecting nutrients to optimize the microbiome and strengthen the immune system.

4.79

**Lifeway
Organic Kefir**
32 fl. oz., selected varieties



4.99

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



4.99

**So Delicious
Organic
Coconutmilk**
64 fl. oz., selected varieties



5.49

**Miyoko's Creamery
Organic Liquid
Vegan Pizza
Mozzarella**
16 oz.



3.79

**Brown Cow
Cream Top Yogurt**
32 oz., selected varieties



3.99

**Stonyfield
Organic Yogurt**
32 oz., selected varieties



4.99

**Siggi's
Skyr Yogurt**
24 oz., selected varieties



a rich tradition

From plain organic to cream top and Icelandic skyr, each yogurt brings something different to the table. But they're always made without any artificial flavors, sweeteners or preservatives.

The co-op makes mornings delicious.



2/\$7

Just Plant-based Egg Scramble
12 fl. oz.



3.49

Farmers Hen House Large Brown Grade A Free-range Eggs
1 doz.



smooth and creamy goodness

Almond Breeze® is a great product that comes to you with care and attention to goodness. Unsweetened Original provides a touch of the almond's natural sweetness but eliminates the added sugar.

2/\$7

Blue Diamond Almondmilk

64 fl. oz., selected varieties



5.49

Bitchin' Sauce Almond Dip
8 oz., selected varieties



2/\$7

Hope Foods Organic Hummus
8 oz., selected varieties



6.49

Wildbrine Organic Sauerkraut
18 oz., selected varieties

plant-based new year

Lightlife has something for everyone, with a variety of clean-ingredient, plant-based protein products. **Field Roast** takes an artisanal approach while using whole-food ingredients to craft plant-based meats and cheeses. Together, we are committed to shaping the future of plant-based foods.



3.29

Lightlife Organic Tempeh
8 oz., selected varieties



3.79

Lightlife Smart Dogs
12-13.5 oz., selected varieties



4.99

Field Roast Chao Slices
7 oz., selected varieties



4.99

Field Roast Plant-based Sausages
12.95 oz., selected varieties

Try something new from co-op.

INCLUSIVE TRADE PARTNER



Grain Trust is a Hispanic-owned company that creates three-minute dishes from ethically sourced grains.

2/\$8

Grain Trust
Frozen Rice Sides
20-30 oz., selected varieties



5.49

Organic Valley
Cheese
8 oz., selected varieties

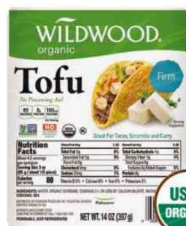
INCLUSIVE TRADE PARTNER



Deep Indian Kitchen is an Indian-owned company that makes frozen entrees from scratch with a wide range of Indian flavors.

2/\$10

Deep Indian Kitchen
Samosas
7.5-12 oz., selected varieties



2.99

Wildwood
Organic Tofu
14 oz., selected varieties



3.99

Cascadian Farm
Organic Frozen Potatoes
12-16 oz., selected varieties



7.49

Woodstock
Organic Frozen Pasta
20 oz., selected varieties



2/\$7

Silver Hills
Sprouted Wheat Bread
15-22 oz., selected varieties



3.49

Dr. Praeger's
Veggie Burgers
8-10 oz., selected varieties



6.99

Daiya
Pizza
13.8-19.1 oz., selected varieties



10.99

Wyman's
Wild Blueberries
3 lb.

The co-op has great deals on great products.



salud y sabor:
health and flavor

INCLUSIVE TRADE PARTNER

Siete is a Mexican-American food brand, rooted in family, that makes delicious, better-for-you products. We use simple and nourishing ingredients to inspire inclusivity around the table because together is better.



3.99

Siete
Grain-free
Tortilla Chips
5 oz., selected varieties

4.49

Siete
Enchilada Sauce
15 oz., selected
varieties

4.49

Siete
Grain Free
Taco Shells
5.5 oz., selected varieties

7.49

Siete
Grain-free
Tortillas
7 oz., selected varieties



simmer, sip, smile

Sip your way to wellness with our soothing and satisfying bone broths. Made with slow-simmered ingredients like grass-fed, grass-finished beef or free-range chicken, veggies and herbs.

5.49

**Kettle & Fire
Bone Broth**

16.9 oz., selected varieties

**inclusive
trade**

Shop inclusive trade!

We're pleased to offer great deals on brands from businesses owned by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.



2/\$4

Mike's Mighty
Good
Ramen Soup Cups
1.6-2.4 oz., selected
varieties



3.99

The Ginger
People
Organic Ginger
6.7 oz., selected varieties



6.99

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

Your pantry essentials are at the co-op.



2/\$7

Lundberg Family Farms
Organic Rice Side
Dishes
6 oz., selected varieties



3.99

Lundberg Family Farms
Organic Rice Cakes
8.5 oz., selected varieties



3.79

Lundberg Family Farms
Organic Thin Stackers
5.9-6 oz., selected varieties



8.49

Lundberg Family Farms
Organic Rice
32 oz., selected varieties

*wholesome
eating
made easy*



Sticking to your
resolutions has never
been simpler with a
bumper crop of delicious
options that are organic,
Non-GMO Project
Verified, certified gluten
free, vegan and more!



2/\$7

Santa Cruz
Organic
Applesauce
24 oz., selected varieties



5.99

Bragg
Organic Apple
Cider Vinegar
32 fl. oz., selected
varieties



2.79

Safe Catch
Elite Wild Tuna
5 oz.



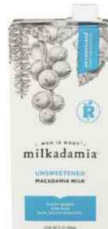
2.79

Native Forest
Organic
Unsweetened
Coconut Milk
13.5 fl. oz., selected
varieties



6.99

Carbone
Pasta Sauce
24 oz., selected varieties



3.79

Milkadamia
Macadamia Milk
32 fl. oz., selected
varieties



7.99

Lucini Italia
Organic Pasta
Sauce
25.5 oz., selected
varieties

Quality ingredients are at the co-op.



3.99

**Birch Benders
Pancake & Waffle
Mix**
14-16 oz., selected
varieties



4.49

**Pukka
Organic Herbal
Tea**
20 ct., selected varieties



10.99

**Coombs Family
Farms
Organic Maple
Syrup**
12 fl. oz., selected
varieties



irresistible taste

INCLUSIVE TRADE PARTNER

Purely Elizabeth is a woman-owned company that wants people to thrive on their wellness journey. Try our salty-sweet, crunchy granola clusters with organic oats, chia and sustainably sourced coconut sugar.

2/\$10

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



2/\$6

**Celestial Seasonings
Herbal Tea**
18-20 ct., selected varieties

pour a better-for-you bowl



With One Degree Organics Sprouted Brown Rice Cacao Crisps, you get the vitamins, minerals and health benefits of sprouted brown rice, delicately sweetened with low-glycemic coconut palm sugar from the Indonesian archipelago, subtly flavored with a touch of rich cacao.

2/\$9

**One Degree Organic Foods
Sprouted Cereal**
10 oz., selected varieties



14.99

**Simply Organic
Vanilla Extract**
4 fl. oz.



9.99

**Peace Coffee
Organic Ground
Coffee**
12 oz., selected varieties

The co-op has great deals all year long.



2/\$6

Theo
Organic Chocolate Bars
3 oz., selected varieties



2/\$10

Zevia
Zero Calorie Soda
6 pk.-12 fl. oz., selected varieties



5.49

Maranatha
Organic Peanut Butter
16 oz., selected varieties



2/\$4

Yachak
Organic Energy
Tea
16 fl. oz., selected
varieties



2/\$6

Equal Exchange
Organic
Chocolate Bars
2.8-3.5 oz., selected
varieties

up your snack game

Real food From The Ground Up
Cauliflower Cheddar Crackers and
Cauliflower Sea Salt Chips are the most
crave-worthy, plant-based snacks.
Certified vegan, gluten free and
non-GMO. How's that for tasty?

2/\$6

From The Ground Up
Cauliflower Snacks
3.5-4.5 oz., selected varieties



INCLUSIVE TRADE PARTNER



Rip Van
Wafels is
Hispanic- and
Asian-owned,
and we've set
out to create
a healthier
take on the
Dutch
stroopwafel.

4/\$5

Rip Van Wafels
European Snack Wafels
1.16 oz., selected varieties

The co-op has your favorite snacks and drinks.



4/\$5

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



2/\$6

Angie's Boomchickapop
Popcorn
4.4-7 oz., selected varieties



2/\$5

Bobo's
Oat Bar
3 oz., selected varieties



2/\$5

SmartSweets
Candy
1.8 oz., selected varieties



2/\$6

Stacy's
Pita Chips
7.33 oz., selected
varieties



3.99

Frontera
Salsa
16 oz., selected varieties

spicy, crunchy perfection

These chips combine Boulder Canyon's flagship kettle potato chips made with avocado oil with Yellowbird's best-selling habanero condiment to create a chip that delivers the heat in a uniquely delicious way.

2/\$6

Boulder Canyon
Potato Chips
5.25 oz., selected varieties



4.99

Lacroix
Sparkling Water
12 pk.-12 fl. oz., selected
varieties



Stock up on all your snacks at the co-op.



11.49

Ener-C
Multivitamin
Drink Mix
30 ct., selected varieties



18.99

Country Life
Coenzyme
B-Complex
120 ct.



6.99

Spectrum Essentials
Organic Flaxseed
14-15 oz., selected varieties



4.79

Now
Vitamin D-3
180 ct.



15.49

Om
Master Blend
Organic Mushroom
Powder
3.17 oz.



7.79

Hyland's 4 Kids
Cold 'n Cough
4 fl. oz., selected
varieties



7.29

Wedderspoon
Organic Manuka
Honey Drops
4 oz., selected varieties



13.99

Organic India
Ashwagandha
90 ct.



2/\$5

Ricola
Herbal Cough
Drops
19-24 ct., selected
varieties



9.99

Boiron
Oscillococcinum
Flu Relief
6 ct.



23.99

Amazing Grass
Green SuperFood
8.5 oz, selected varieties



2.69

Kiss My Face
Olive Oil Bar Soap
8 oz., selected varieties



5.49

Lily Of The Desert
Organic Aloe
Vera Juice
32 fl. oz., selected
varieties



16.49

Simply Tera's
Protein Powder
12 oz., selected varieties

Stay well this winter with help from 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
Wheatfield 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](https://www.grocery.coop)



10.99
Seventh Generation
100% Recycled Bath Tissue
12 pk.



2.29
Preserve
Toothbrush
each, selected varieties



2/\$6
Dr. Tung's
Smart Floss
30 yd.



4.49
Desert Essence
Toothpaste
6.25 oz., selected varieties



11.99
Ecos
Liquid Laundry
Detergent
100 fl. oz., selected varieties

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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