

# coop deals®

FEB 1 - FEB 14, 2023

## extra crunch

With Valentine's Day around the corner, find Chocolove bars on sale at the co-op! Chocolove's almonds & sea salt flavor is sweet and crunchy – perfect for sharing with your loved ones.



**2/\$4**

**Chocolove  
Chocolate Bars**

2.9-3.2 oz., selected varieties



**2/\$7**

**C2O  
Coconut Water**  
33.8 fl. oz., selected  
varieties



**3.99**

**Quinn  
Pretzel Nuggets**  
5-7 oz., selected  
varieties



**2/\$8**

**Pacific Foods  
Organic Broth**  
32 fl. oz., selected  
varieties



**2/\$7**

**Chickapea  
Organic  
Chickpea Pasta**  
8 oz., selected  
varieties



**3.99**

**Tazo  
Tea**  
20 ct., selected varieties



**5.79**

**Eo  
Hand Soap**  
12 fl. oz., selected  
varieties



Buy One, Get One

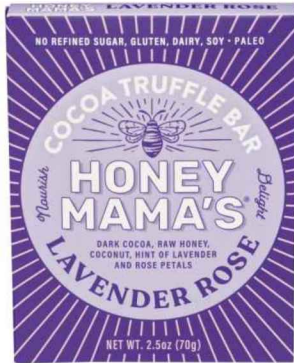
**FREE**

*special offers inside!*

**BO  
GO**



**3.79**  
Organic Valley  
Sour Cream  
16 oz., selected varieties



**3.99**  
Honey Mama's  
Cocoa Truffle Bar  
2.5 oz., selected varieties



**2/\$6**  
Koia  
Plant-based Protein Drink  
12 fl. oz., selected varieties



**4.49**  
Organic Valley  
Shredded  
Parmesan Cheese  
4 oz., selected varieties



**2/\$9**  
Silk  
Plant-based  
Milk  
64 fl. oz., selected  
varieties



**5.49**  
Treeline  
Plant-based  
Cheese  
6 oz., selected varieties



**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

inclusive  
trade

*fermented food  
for everyone*

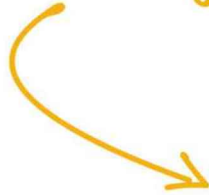
**INCLUSIVE TRADE PARTNER**

**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.

**The co-op has great refrigerated selections.**



# game-changing, plant-based foods



Stock up on all your essentials with **Kite Hill**. From our versatile ricotta to our artisan pasta and varieties of dips and spreads — we are sure to have all your dairy-free needs covered to please everyone at your table.

**3.79**

**Kite Hill**  
Dairy-free Dips  
or Sour Cream  
8 oz., selected varieties

**5.99**

**Kite Hill**  
Dairy-free  
Cream Cheese  
8 oz.

**4.39**

**Kite Hill**  
Almondmilk  
Yogurt  
16 oz., selected varieties

**5.99**

**Kite Hill**  
Plant-based  
Filled Pasta  
9 oz., selected varieties



**1.69**

**Stonyfield**  
Organic Yogurt  
Pouch  
3.5 oz., selected varieties



**3/\$7**

**Petit Pot**  
Organic Pudding  
3.5 oz., selected varieties



**5.49**

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

## farmers market fresh



We don't compromise on fresh ingredients. Ever. When we say lemons, we mean real lemons. We bring a passion for fresh, mind-blowing flavor into everything we make.

**3.99**

**Ithaca**  
Hummus  
10 oz., selected varieties



**4/\$5**

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

**Delicious favorites are at the co-op.**



# 3.79

**Good Karma  
Flaxmilk**

64 fl. oz., selected varieties

## INCLUSIVE TRADE PARTNER

Starlite Cuisine is a multi-generational, diverse-owned company that makes great-tasting, convenient vegan products.

# 6.99

**Starlite Cuisine  
Plant-based  
Taquitos**  
14 oz.,  
selected varieties



# 1.79

**Alo**

**Aloe Vera Juice Drink**

16.9 fl. oz., selected varieties



# 4.99

**Udi's Gluten Free  
Bread**  
12-14.3 oz., selected  
varieties



# 5.49

**Hodo  
Vegan All-Day Egg  
Scramble**  
8 oz.



# 5.49

**Applegate  
Sunday Bacon**  
8 oz.



# 4.99

**Rudi's  
Organic Bread**

22-24 oz., selected varieties



# 7.99

**Cascadian Farm  
Organic Powered  
by Plants Entrees**  
24 oz., selected varieties



# 2/\$8

**Annie's  
Organic Pizza  
Poppers**  
6.8 oz., selected  
varieties



# 4.49

**Quorn  
Meatless Nuggets  
or Patties**  
10.6 oz., selected  
varieties



# 2/\$10

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

## Find Inclusive Trade brands throughout the co-op.





Buy One, Get One  
**FREE**

Califia Farms  
Oatmilk  
48 fl. oz., selected varieties



Buy One, Get One  
**FREE**

Against The Grain  
Pizza  
14.3-24.4 oz., selected varieties  
Limit 1 BOGO offer per customer



Buy One, Get One  
**FREE**

Hiball Energy  
Seltzer  
16 fl. oz., selected varieties  
Limit 4 BOGO offers per customer



Buy One, Get One  
**FREE**

Aura Cacia  
Mineral Bath  
2.5 oz., selected varieties



Buy One, Get One  
**FREE**

Tasty Bite  
Indian Entrees  
10 oz., selected varieties



Buy One, Get One  
**FREE**

Nixie  
Organic Sparkling Water  
8 pk.-12 fl. oz. cans, selected varieties

**The co-op has amazing buy one, get one free deals!**



**1.99**

**Bionaturae  
Organic Tomato  
Paste**  
7 oz., selected varieties



**2.29**

**Bionaturae  
Organic Pasta**  
16 oz., selected  
varieties



**2.79**

**Bionaturae  
Organic Strained  
Tomatoes**  
24 oz.



**3.79**

**Bionaturae  
Organic Fruit  
Nectar**  
25.4 fl. oz.,  
selected varieties



*Bionaturae =  
quality + integrity*

Pioneering organic products from Italy to the U.S.A. since 1995. **Bionaturae** works directly with a small network of farmers who practice fair, sustainable agricultural management. Bionaturae is one of the first pasta and tomato brands to be Glyphosate Residue Free Certified.



**2/\$8**

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



**5.79**

**Sky Valley  
Sriracha Sauce**  
18.5 fl. oz.



**4.99**

**Plant Boss  
Organic Meatless  
Crumbles**  
3.17-3.35 oz., selected  
varieties



*original clean ramen*

Expertly crafted from freshly milled, organically grown heirloom wheat. Koyo ramen noodles are baked, not fried, and they include a savory vegan broth.

**5/\$5**

**Koyo  
Ramen**  
2-2.1 oz., selected varieties



**3.49**

**Woodstock  
Organic Ketchup**  
19.5-20 oz., selected varieties

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





**2/\$6**

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



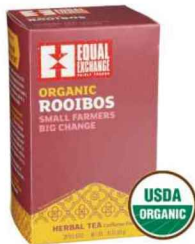
**4.29**

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



**7.99**

**Dr. Bronner's  
Organic Whole Kernel  
Virgin Coconut Oil**  
14 fl. oz., selected varieties



**2/\$7**

**Equal Exchange  
Organic Tea**  
20 ct., selected varieties



**2.29**

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



**2/\$8**

**Pacific Foods  
Plant-based  
Beverage**  
32 fl. oz., selected varieties

*sustainably sourced,  
expertly roasted*

Equal Exchange is committed to sourcing from democratically organized small farmer cooperatives. Our coffee is thoughtfully sourced and organically grown with care for the surrounding ecosystem, supporting long-term partnerships that help keep small farming families thriving!



**8.99**

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



**2/\$4**

**Earth's Best  
Organic Baby Food or  
Yogurt Smoothie Pouch**  
3.5-4.2 oz., selected varieties

**Find great deals throughout the co-op!**



*KIND snacks*

**2/\$3**

Kind  
Bars  
1.4 oz., selected  
varieties

**2/\$8**

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

**2/\$10**

Kind  
Healthy Grains  
Granola & Clusters  
11 oz., selected varieties

**5.99**

Kind  
Breakfast Bars  
6-1.76 oz., selected  
varieties

Kind® offers the perfect tasty snacks for every occasion. Made with nutrient-dense ingredients like nuts and whole grains, with flavors that satisfy from the first bite to the last. Perfect for enjoying while on the go, at work or at home.



**1.79**

Essentia  
Ionized Water  
50.7 fl. oz.



**2/\$5**

Lesser Evil  
Organic Popcorn  
4.6 oz., selected varieties



**7.99**

Once Again  
Organic Sesame  
Tahini  
16 oz., selected varieties



*taste the magic*

Dr. Bronner's Magic All-One Chocolate: Pairing world-class Swiss chocolatiers with fairly treated cocoa farmers practicing regenerative organic agriculture. All vegan, 70% cocoa, sweetened with coconut sugar and perfectly balanced!

**2/\$7**

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



**2/\$7**

Tony's Chocolonely  
Chocolate Bars  
6.35 oz., selected varieties

**The co-op has the brands you love.**





**3/\$5**

Justin's  
Organic Nut Butter Cups  
1.4 oz., selected varieties



**2/\$5**

Alter Eco  
Organic Chocolate Bars  
2.82 oz., selected varieties



**4.29**

Kettle Brand  
Potato Chips  
13 oz., selected varieties



**2.79**

Sesmark  
Rice Crackers  
3.2-7 oz., selected varieties



**3.79**

Hu Kitchen  
Organic Chocolate Bar  
2.1 oz., selected varieties



**3.99**

Simple Mills  
Almond Flour Crackers  
4.25 oz., selected varieties

enhance  
any moment



**2/\$4**

San Pellegrino  
Sparkling Mineral Water  
25.3 fl. oz.

**5.99**

San Pellegrino  
Sparkling Fruit Beverage  
6-11.15 fl. oz. cans, selected varieties

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 enhances any moment.

**Game-day goodies for everyone are at the co-op.**



**6.99**

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



*support digestion and throat health*



Take charge of your unique needs with Traditional Medicinals herbalist-created teas. Our medicinal-grade herbs can help you take care of your digestion and throat health this tea season.

**4.49**

**Traditional Medicinals**  
**Organic Herbal Tea**  
16 ct., selected varieties



**13.49**

**Weleda**  
**Skin Food**  
2.5-6.8 fl. oz., selected varieties



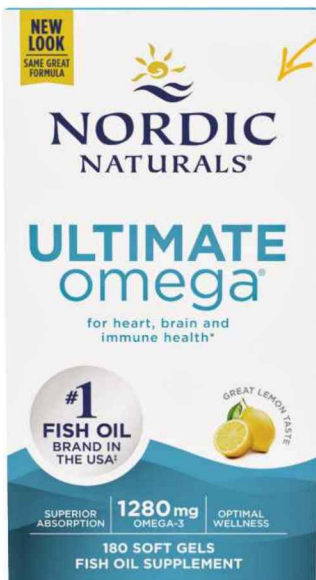
**15.49**

**Kal**  
**Magnesium Glycinate 350**  
160 ct.



**2/\$6**

**Badger**  
**Lip Balm**  
.25 oz., selected varieties



*the ultimate*

As the #1 omega-3 fish oil brand in the U.S., Nordic Naturals sets the highest standards for fish oil manufacturing. The ultimate in omega-3 fish oil to support heart, brain and immune health.

**48.99**

**Nordic Naturals**  
**Ultimate Omega**  
180 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.

**9.49**

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



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





**3.89**

**Tom's Of Maine  
Children's Toothpaste**  
5.1 oz., selected varieties



**5.49**

**Tom's Of Maine  
Toothpaste**  
4-5.5 oz., selected varieties



*choose us, give back*

**Tom's of Maine** donates 10% of our profits each year to national and local charitable organizations promoting health, education and the environment. A portion of our giving is also made through limited product donations.



**9.49**

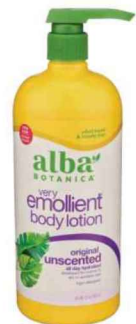
**Alaffia  
Everyday Shea  
Shampoo or  
Conditioner**  
32 fl. oz., selected varieties



**2/\$7**

**Ecos  
Liquid Dish Soap**  
25 fl. oz., selected varieties

*let Alba be  
your Valentine*



Show yourself and the planet some love with **Alba Botanica**. Our plant-based products align with our love of the natural world, which is why our products are 100% vegetarian, contain botanical ingredients and are cruelty free!

**6.79**

**Alba Botanica  
Acnedote Face  
& Body Scrub**  
8 oz.

**6.79**

**Alba Botanica  
Acnedote Pimple  
Patch**  
40 ct.

**7.29**

**Alba Botanica  
Hawaiian  
Shampoo or  
Conditioner**  
12 fl. oz., selected varieties

**11.99**

**Alba Botanica  
Very Emollient  
Body Lotion**  
32 fl. oz., selected varieties

**Find all your bath and body items 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](https://grocery.coop)*



**2.79**

Garden Of Eatin'  
Organic Refried  
Beans  
16 oz., selected varieties



**3.79**

Garden Of Eatin'  
Taco Shells  
5.5 oz., selected varieties



**4.79**

Garden Of Eatin'  
Tortilla Chips  
16 oz., selected varieties



*touchdown with  
Garden of Eatin'*

Bring delicious crunch and color to your gameday celebration with Garden of Eatin' one-stop snack solutions.

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.

MW0223A

