

# coop deals

NOV 4 - NOV 17, 2020

## kitchen creativity

This season, get creative with King Arthur's no-bleach, non-GMO flour. The baking possibilities are endless!



**4.49**

King Arthur Baking Company Flour

5 lbs., selected varieties



**2/\$4**

Farmer's Market Organic Pumpkin  
15 oz.



**3.99**

Wholesome Organic Brown Sugar  
24 oz., selected varieties



**2/\$6**

Lily's No Sugar Added Chocolate Bar  
3 oz., selected varieties



**9.99**

Spectrum Naturals Organic Unrefined Extra Virgin Olive Oil  
25.4 oz.



**4.49**

Vital Farms Pasture-raised Eggs  
1 doz., selected varieties

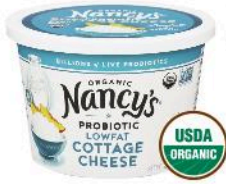


**12.99**

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



Warm your home with fall flavors.  
**Your favorite spices are  
at the co-op.**



**3.99**

**Nancy's  
Cottage Cheese**  
16 oz., selected varieties



**2/\$5**

**Nutpods  
Dairy-free  
Creamer**  
11.2 oz., selected varieties



**2/\$7**

**Evolution Fresh  
Organic Juices**  
15.2 oz., selected varieties



**4.99**

**Green Mountain  
Creamery  
Greek Yogurt**  
32 oz., selected varieties



**5.49**

**Organic Valley  
Grassmilk**  
64 oz., selected varieties



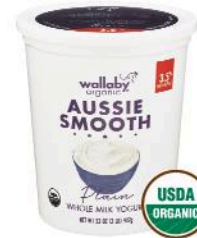
**3.99**

**Califia Farms  
Oat Milk Barista  
Blend**  
32 oz., selected varieties



**3.99**

**Califia Farms  
Almondmilk**  
48 oz., selected varieties



**4.49**

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



Noosa is premium yoghurt that provides epic taste using real fruit, whole milk, honey and nothing artificial — only the finest natural ingredients.

**2/\$3**

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



**7.99**

**Chameleon Cold  
Brew  
Organic Coffee  
Concentrate**  
32 oz., selected varieties



**3/\$5**

**Mountain Valley  
Spring Water**  
1 liter, selected varieties

**New and delicious options at the co-op.**



# plant-based ingredients for all your holiday favorites!

**Kite Hill** has revitalized traditional methods using cultured almond milk to create the best-tasting cheeses, yogurts, butter, sour cream and dips — made dairy free to satisfy anyone at your table. Like everything else from Kite Hill, all are made without artificial flavors, preservatives, or GMOs.



**3.99**

Kite Hill  
Sour Cream  
8 oz.

**4.49**

Kite Hill  
Plant-based Butter and  
Greek Style Yogurt  
8-16 oz., selected varieties

**5.99**

Kite Hill  
Cream Cheese  
Style Spread  
8 oz., selected varieties

**6.99**

Kite Hill  
Almond Milk  
Ricotta Cheese  
8 oz.



**4.99**

Organic Valley  
Raw Cheese  
8 oz., selected varieties



**2/\$6**

Cascadian Farm  
Organic Frozen Fruit  
8-10 oz., selected varieties



**3.99**

Amy's  
Bowls and Entrees  
8-10.3 oz., selected  
varieties



**5.99**

Applegate  
Organic Chicken  
Strips  
8 oz.



**2/\$4**

Cascadian Farm  
Organic Frozen  
Vegetables  
10 oz., selected varieties



**2/\$7**

Daiya  
Dairy-free Shreds  
8 oz., selected varieties



**10.99**

Zoe  
Extra Virgin Olive  
Oil  
1 liter

**Save on all your favorite brands at the co-op.**



*always organic,  
always delicious*

**10/\$10**

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

**2/\$4**

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

**2/\$5**

**Muir Glen  
Organic Pasta Sauce**  
25.5 oz., selected varieties

**2/\$6**

**Muir Glen  
Organic Salsa**  
16 oz., selected varieties



**Muir Glen** was founded on the belief that there must be a way to grow a better tasting tomato — it must be grown organically. That's why we grow our organic tomatoes in the rich organic soil of California's Sacramento Valley. It takes a lot of hard work, but it's worth it.



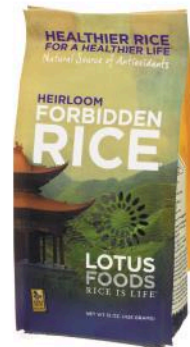
**5.99**

**A. Vogel  
Organic  
Herbamare  
Seasoning**  
8.8 oz., selected varieties



**2/\$7**

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



**2.79**

**Lotus Foods  
Rice**  
15 oz., selected varieties



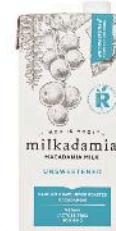
**5.99**

**Pascha  
Organic Zero  
Sugar Baking  
Chips**  
8 oz.



**4.49**

**Arrowhead Mills  
Pancake & Waffle  
Mix**  
26 oz., selected varieties



**2/\$7**

**Milkadamia  
Macadamia Milk**  
32 oz., selected varieties

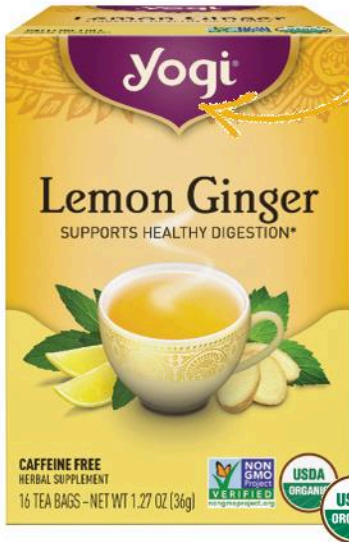


**3.99**

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

**Get cooking with ingredients from the co-op.**





*support healthy digestion*

Yogi Lemon Ginger Tea combines ginger — an ayurvedic herb used for centuries to support digestion — with tart lemon and refreshing peppermint.

**2/\$7**

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



**2.99**  
**Lakewood Organic  
Pure Lemon Juice**  
12.5 oz., selected varieties



**2/\$6**  
**Clif Kid  
Organic Zbar**  
6-1.27 oz. bars, selected varieties



**2/\$7**  
**Nature's Path  
Organic Cereal**  
10-14 oz., selected varieties



**8.99**  
**Equal Exchange  
Organic Bulk  
Coffee**  
per pound in bulk,  
selected varieties  
5 lb. packages also on  
sale for \$42.99



*we stand for organic*

We believe organic food and farming is the best way to care for our bodies and planet. We will use our voice to stand for what is right — organic for all!

**2.99**

**Nature's Path  
Organic Instant  
Oatmeal**  
14 oz., selected varieties



**1.29**  
**Organic Sugar**  
per pound in bulk



**2.49**  
**Organic Shredded  
Coconut**  
per pound in bulk



**5.99**  
**Raw Walnut  
Halves & Pieces**  
per pound in bulk

**Visit the co-op's budget-friendly bulk section.**



**2/\$5**

Theo  
Organic Chocolate Bar  
3 oz., selected varieties



*made with love*

Grain free, protein packed I and Love and You cat food is made with real meat, fruits and vegetables — guaranteed to make your cat unconditionally love you (or at least stop giving you looks of disdain).

**5/\$5**

I And Love And You  
Canned Cat Food  
3 oz., selected varieties



**2/\$5**

Sesmark  
Crackers  
3.2-7 oz., selected varieties



**2/\$5**

Beanitos  
Bean Chips  
4.5-5 oz., selected varieties



**3.49**

Seventh  
Generation  
Dish Liquid  
25 oz., selected varieties

*environmentally friendly household & kitchen products*



**3.99**

If You Care kitchen and household products are carefully and deliberately crafted to have the least environmental impact and the lightest carbon footprint possible, while at the same time delivering the highest-quality and most effective results.

If You Care  
Recycled  
Aluminum Foil or  
Parchment Paper  
50 or 70 sq. ft.

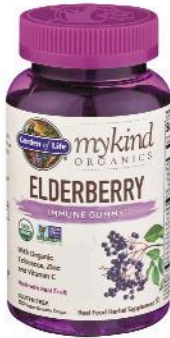


**2/\$6**

Back To Nature  
Organic Crackers  
3.5-8.5 oz., selected varieties

**Thank you for shopping at the co-op.**





**29.99**

**Garden Of Life  
Elderberry Gummies**  
120 ct., selected varieties



**3.49**

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



**12.99**

**Mineral Fusion  
Volumizing  
Mascara**  
.57 oz., selected  
varieties



**6.99**

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



**11.99**

**Herb Pharm  
Whole Root  
Ashwagandha**  
1 oz.



**9.99**

**Boiron  
Coldcalm**  
60 ct.



**12.99**

**Nature's Way  
Umcka Coldcare  
Syrup**  
4 oz., selected varieties



**18.99**

**Flora  
Probiotic**  
30 ct., selected varieties



*spirit of the  
season*

Give your guests a warm  
welcome with certified-  
organic essential oil  
aroma from Pranarom.  
Our essential oils also  
make a great gift or  
stocking stuffer.

**6.99**

**Pranarom  
Organic Lavender Essential Oil  
or Diffusion Blends**  
5 ml.



**19.99**

**MegaFood  
MegaFlora**  
30 ct.

**Wellness products for the whole family 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

Daily Groceries Co-op  
Sevananda Natural Foods Market

### MAINE

Belfast Co-op  
Blue Hill Co-op  
Portland Food Co-op  
Rising Tide Community Market

### MARYLAND

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  
Honest Weight Food 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  
Mariposa Food Co-op  
Weavers Way Co-op  
Whole Foods Cooperative

### RHODE ISLAND

Urban Greens Co-op Market

### TENNESSEE

Three Rivers Market

### VERMONT

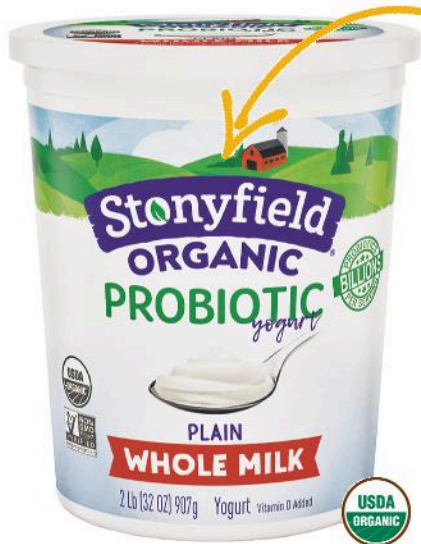
Brattleboro Food Co-op  
City Market/Onion River Co-op  
Co-op Food Store  
Hunger Mountain Co-op  
Middlebury Natural Foods Co-op  
Putney Food Co-op  
Springfield Food Co-op  
Upper Valley Food Co-op

### VIRGINIA

Friendly City Food Co-op  
Roanoke Co-op



*to find a food co-op near you, visit us online at: [welcometothetable.coop](http://welcometothetable.coop)*



*billions of probiotics  
per serving*

Say no to the use of toxic, persistent chemicals. Say yes to thriving farms and a healthier planet. It's not just good organic yogurt. It's good on purpose!

**2/\$7**

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



**2/\$5**

**Kevita  
Organic Sparkling  
Probiotic Drink**  
15.2 oz., selected varieties



**4.99**

**Maple Hill  
Creamery  
Grass-fed Organic  
Milk**  
64 oz., selected varieties

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