

# coop deals

NOV 18 - DEC 1, 2020

make  
life easier

## FAVORITE FROZEN SIDES

Don't let the holidays stress you out. Cascadian Farm has organic frozen options, like their green beans, that make cooking a breeze.



**2/\$5**

Cascadian Farm  
Organic Frozen  
Vegetables

16 oz., selected varieties



**2/\$5**

Imagine  
Organic Broth  
32 oz., selected varieties



**9.99**

Napa Valley  
Naturals  
Organic Extra  
Virgin Olive Oil  
25.4 oz.



**2/\$5**

Blue Diamond  
Nut Thins  
4.25 oz., selected  
varieties



All your ingredients are at the co-op!  
**Enjoy the bounty of the  
fall season.**



*deliciously sugar free*

Can healthy choices taste amazing? We think so. That's why we created an unsweetened dairy alternative that's simply satisfying. Ripple Unsweetened Original has a super clean taste and smooth texture.

**3.99**

**Ripple**  
**Plant-based Milk**  
48 oz., selected varieties



**2/\$7**

**Silk**  
**Organic Soymilk**  
64 oz., selected varieties



**4.99**

**Lifeway**  
**Organic Whole Milk Kefir**  
32 oz., selected varieties



**2/\$5**

**KeVita**  
**Organic Kombucha**  
15.2 oz., selected varieties



**6.99**

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

*joy to deliciousness*

It's no coincidence that delicious is our name. Make your dairy-free holiday brighter with tasty **So Delicious** Holiday Nog, Coconutmilk Yogurt Alternative, Coconutmilk Creamer and CocoWhip! Together, they make everything better. Now that's a reason to celebrate.



**2/\$5**

**So Delicious**  
**Organic Coconutmilk Creamer**  
16 oz., selected varieties



**2.79**

**So Delicious**  
**Coconutmilk Holiday Nog**  
32 oz.



**2/\$7**

**So Delicious**  
**CocoWhip Topping**  
9 oz.



**4.99**

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

**The co-op has great deals for healthy mornings.**





**3.49**

**Applegate  
Salami**  
4 oz., selected varieties



**4.99**

**Organic Valley  
Ultra-filtered  
Milk**  
56 oz., selected  
varieties



*plant-based holiday favorite*

Crafted with sage, lemon juice, fresh garlic, sausage-style stuffing, Granny Smith apples, fresh butternut squash and mushrooms, the Celebration Roast is plant-based sophistication for your special occasions and everyday meals.

**5.49**

**Field Roast  
Celebration Roast**  
16 oz.



**2.99**

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



**2/\$7**

**Mt. Vikos  
Organic Feta  
Cheese**  
6 oz., selected varieties



**2/\$7**

**Sweet Earth  
Seitan Bacon**  
5.5 oz.

*what we bring  
to the table*

At **Organic Valley**, we like to keep things honest and simple. Our products contain no added hormones, antibiotics or toxic pesticides. Our eggs are fresh from our family farms that are committed to the highest organic standards. Our cheese is made by farmers and artisans who care about the environment, the animals and you — our customers.



**2.99**

**Organic Valley  
Cream Cheese**  
8 oz.



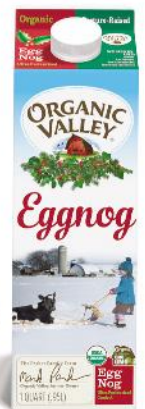
**2.49**

**Organic Valley  
Grassmilk Half & Half**  
16 oz.



**4.49**

**Organic Valley  
Brown Eggs**  
12 ct.



**4.49**

**Organic Valley  
Egg Nog**  
32 oz.

**Fresh food and seasonal flavors at the co-op.**

# Woodstock fall favorites!

Bring something good to the table this holiday season! Whether you want something sweet or something savory, **Woodstock** has you covered with the simply delicious freezer and pantry staples you need for everyone's favorite recipes.

**2/\$3**

Woodstock  
Frozen Petite  
Brussels Sprouts  
10 oz.

**2.79**

Woodstock  
Organic Brown  
Sugar  
16 oz.

**2.99**

Woodstock  
Organic  
Cranberry Sauce  
14 oz., selected varieties

**2/\$6**

Woodstock  
Frozen Dark  
Sweet Cherries  
10 oz.



*always irresistible. always organic.*



Sharing what's real is important to us. That's why we've used organic ingredients since we began making crave-worthy ice cream and frozen desserts in Eugene, Oregon, in 2004.

**5.99**

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



**9.99**

Tofurky  
Plant-based Roast  
26 oz.



**4.49**

Canyon  
Bakehouse  
Gluten-free Bread  
14-18 oz., selected  
varieties



**Save on the food you love from the co-op.**





**3.99**

Bob's Red Mill  
Gluten-free 1 to 1  
Baking Flour  
22 oz.



**4.49**

Bob's Red Mill  
Gluten-free Steel  
Cut Oats  
24 oz.



**5.99**

Bob's Red Mill  
Organic Gluten-free Old  
Fashioned Rolled Oats  
32 oz.



**7.99**

Bob's Red Mill  
Super-fine Almond  
Flour  
16 oz.

*Celebrate the  
Holidays with  
Bob's*

**Bob's Red Mill** has been a leader in whole grain, organic, non-GMO and gluten free goods. Explore the expansive product line — including baking essentials, whole grains, hot cereal and more — now in convenient resealable packaging! Find holiday recipes at [bobsredmill.com](http://bobsredmill.com).



**2.39**

Let's Do Organic  
Shredded  
Coconut and  
Coconut Flakes  
7-8 oz., selected  
varieties



**2/\$6**

Mi-De!  
Pie Crust  
7.1 oz., selected varieties



**4.49**

Enjoy Life  
Semi-sweet  
Chocolate Chips  
and Chunks  
10 oz., selected varieties



**2/\$6**

Santa Cruz  
Organic Apple  
Sauce  
23 oz., selected varieties



**15.99**

Simply Organic  
Vanilla Extract  
4 oz.



**99¢**

Organic Quick  
Rolled Oats  
per pound in bulk



**4.49**

Organic Dried  
Cranberries  
per pound in bulk



**11.99**

Organic Pecan  
Halves  
per pound in bulk



**The co-op has all your delicious baking ingredients.**





# create delicious holiday meals

Busy holiday season ahead? No problem. At the co-op, you can get everything you need. Stock up now for your holiday meals!



**2.99**

Woodstock Organic Cranberry Sauce

14 oz., selected varieties





**2/\$4**

Stahlbush Island Farms Frozen Vegetables

8-10 oz., selected varieties



**2/\$6**

Immaculate Pie Crusts

15 oz.





**6.99**

Bonafide Provisions Organic Bone Broth

24 oz., selected varieties





**3.99**

Miyoko's Organic Cultured Vegan Butter

8 oz.



A Thanksgiving meal with fresh ingredients.

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

Incredible savings at the co-op this season!

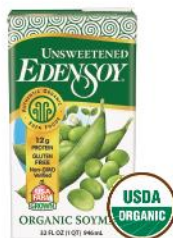
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**3/\$5**

**Happy Baby  
Organic Baby  
Food**  
4 oz., selected varieties



**2.79**

**Eden Foods  
Organic Original  
Soymilk**  
32 oz., selected varieties



**2/\$6**

**R.W. Knudsen  
Organic Sparkling  
Apple**  
750 ml., selected varieties



**2/\$5**

**R.W. Knudsen  
Simply Nutritious  
Juice**  
32 oz., selected varieties



**5.99**

**Once Again  
Organic Peanut  
Butter**  
16 oz., selected varieties



**2/\$6**

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



**3.79**

**Forager Project  
Organic Grain-free  
Cereal**  
7-8 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



**3.99**

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



*delicious  
caffeine-free  
chai*

Brimming with cinnamon, ginger, cardamom and cloves, this adventurous blend is our caffeine-free interpretation of chai, the piquant Indian brew traditionally made with black tea.

**2/\$5**

**Celestial Seasonings  
Herbal Tea**  
20 tea bags, selected varieties



**2/\$6**

**Maya Kaimal  
Organic Everyday  
Chana or Dal  
Entrée**  
10 oz., selected varieties



**2/\$6**

**Mediterranean  
Organic  
Olives**  
4.8-5 oz., selected varieties

**Try something new from the co-op!**



*made from plantains*

Barnana uses organic plantains grown by indigenous farmers from the Amazon rainforest. Our chips offer a satisfying crunch while also being non-GMO verified, gluten free, vegan, paleo-friendly and grain free.

**2/\$7**

**Barnana**  
**Organic Plantain Chips**  
5 oz., selected varieties



**5.99**

**Reed's**  
**Ginger Brew**  
4-12 oz. bottles,  
selected varieties



**3.99**

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



**2/\$4**

**Kettle Brand**  
**Potato Chips**  
5 oz., selected  
varieties



**2/\$6**

**Late July**  
**Organic Restaurant**  
**Style Tortilla Chips**  
11 oz., selected varieties



**3.99**

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



**2/\$6**

**Taza Organic**  
**Chocolate**  
**Bar**  
2.5 oz., selected  
varieties



**2/\$5**

**Vegan Rob's**  
**Cauliflower Puffs**  
3.5 oz.



**2/\$6**

**From The**  
**Ground Up**  
**Cauliflower**  
**Snacks**  
4-4.5 oz., selected  
varieties



**2/\$1**

**Alter Eco**  
**Organic Truffles**  
.42 oz., selected  
varieties



**3/\$4**

**Topo Chico**  
**Mineral Water**  
25.4 oz.

**Snacks for any occasion at the co-op.**





**9.99**

**Similasan  
Eye Drops**  
.33 oz., selected varieties



**6.99**

**Bach  
Rescue Remedy  
Pastilles**  
35 ct., selected varieties



**19.99**

**Enzymedica  
Digest Gold**  
45 ct.



**6.99**

**Natrol  
Melatonin 3 mg.**  
100 ct.



**7.99**

**Hyland's  
Calms Forte Sleep  
Aid**  
100 ct.



**14.99**

**Nutrigo  
Magnesium Gold**  
120 ct.



**17.99**

**OM  
Organic  
Mushroom  
Powder**  
3.5 oz., selected varieties



**7.99**

**Source Naturals  
Essential Enzymes 500  
mg.**  
60 ct.



**9.99**

**Planetary Herbals  
Triphala 1000 mg.**  
90 ct.

**Find savings on items for self-care at the co-op.**





**7.99**

**Seventh Generation  
Unbleached Bath Tissue**  
12 ct.

*cleanup  
made easy*

**ECO-FRIENDLY OPTIONS**

Cooking at home? When it's time to clean-up, look for eco-friendly products at the co-op. With natural-scented products, your home will look and feel clean in no time!



**2.49**

**Ecover  
Dishwashing Liquid**  
25 oz., selected varieties



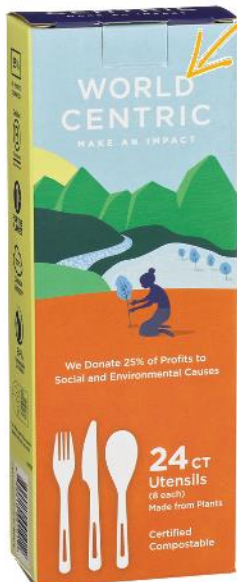
**3.99**

**Better Life  
All-purpose  
Cleaner**  
32 oz., selected varieties



**4.49**

**Ecover  
Non-chlorine  
Bleach**  
64 oz.



*for a better world*

World Centric helps reduce the environmental impact of single-use servingware. We also donate 25% of net profits to social and environmental causes.

**1.99**

**World Centric  
Compostable Flatware**  
24 ct., selected varieties



**11.99**

**Garden Of Life  
Organic Lavender  
Essential Oil**  
.5 oz., selected varieties



**The co-op has safe products for family and home.**



## 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)*

*great buttery taste*

Earth Balance Vegan Buttery Sticks has made its name as the ultimate toast topper and a crucial part of your dairy-free baking. It's creamy, rich and buttery.



**3.99**

**Earth Balance  
Buttery Sticks**  
16 oz.



**3.99**  
**Miyoko's  
Organic Vegan  
Cream Cheese**  
8 oz.



**2.99**  
**Green Valley  
Creamery  
Organic Lactose  
Free Sour Cream**  
12 oz.

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

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