

coop deals

AUG 17 - AUG 30, 2022

naturally fizzy

Keep your fridge full of refreshing kombucha for a nice, cool beverage anytime of day. GT's Gingerade is made from fresh-pressed ginger and is on sale at the co-op!



2/\$5

GT's
Organic Kombucha
16 fl. oz., selected varieties



2/\$5

Back To Nature
Crackers
4-8.5 oz., selected
varieties



2/\$6

Annie's
Pizza Poppers
6.8 oz., selected
varieties



2/\$6

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



2/\$6

Que Pasa
Organic Tortilla
Chips
11 oz., selected varieties



2/\$6

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



6.49

Nature's Path
Organic Cereal
22.9-25.6 oz., selected
varieties



End-of-summer savings are at the co-op.

Stay refreshed on hot days.



all natural,
no dairy

Made with simple ingredients and more protein than sugar, **Siggis** plant-based line of yogurts is thick, creamy and delicious.

1.79

Siggis
Plant-based Yogurt
5.3 oz., selected varieties

5.99

Siggis
Plant-based Yogurt
24 oz., selected varieties



4.99

Malk
Organic
Almondmilk
28 fl. oz., selected
varieties



4.49

Miyoko's
Creamery
Organic Cultured
Vegan Butter
8 oz., selected varieties



high-quality,
kid favorite

On-the-go yogurt made with organic ingredients. Good for kids and good for the planet!

4.29

Stonyfield
Organic Kids Yogurt Tubes
16 oz., selected varieties



2/\$6

Rebbl
Organic Elixir
12 fl. oz., selected
varieties

Healthy, refreshing snacks are at the co-op.



4/\$5

Chobani
Greek Yogurt
5.3 oz., selected varieties



3.99

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



2/\$7

Good Karma
Flaxmilk
64 fl. oz., selected varieties



4.99

Organic Valley
Lactose Free Milk
64 fl. oz., selected varieties



5.49

Vital Farms
Large Grade A
Pasture-raised Eggs
1 doz.



3.99

Califia Farms
Barista Blend
Plant-based Milk
32 fl. oz., selected varieties



4.29

Califia Farms
Oatmilk
48 fl. oz., selected varieties



4.29

Califia Farms
Almondmilk
48 fl. oz., selected varieties



4.99

Califia Farms
Cold Brew Coffee
48 fl. oz., selected varieties



*brewed
to blend*

Pure, unsweetened cold brew coffee that's brewed to blend and ready when you are. Customize with **Califia's** plant-based milks and creamers, or pour over ice and enjoy straight up. Made with 100% arabica beans with notes of apple, caramel and cocoa.

The co-op helps you start the day right.



4.49

Deep Indian Kitchen
Appetizers and Entrees
7.5-12 oz., selected varieties

organic cheesy goodness



Organic Valley has the perfect shredded cheese for your favorite recipes. Try our thick-cut three cheese Italian blend on pizza, pastas or risotto or our finely shredded Mexican blend with chili, quesadillas and nachos.

3.99
Organic Valley
Shredded Cheese
6 oz., selected varieties



3.99

Mt Vikos
Feta Cheese
6 oz.



4.99

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



4.99

Field Roast
Chao Slices
7 oz., selected varieties

serious sizzle, serious flavor



Beyond plant-based burgers have all the juicy, meaty deliciousness of a traditional burger, but come with the upsides of a plant-based protein. They also have no hormones, nitrites, GMOs, soy or gluten.

3.99

Beyond Meat
Beyond Burger Patties
8 oz.



4.49

Little Northern
Bakehouse
Gluten-free Bread
16-17.4 oz., selected varieties

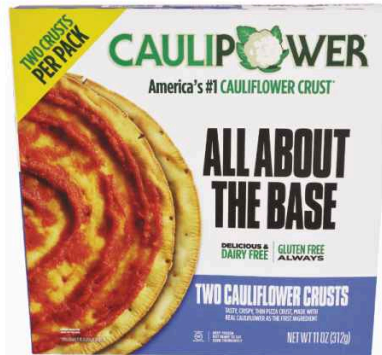


Great lunch options are at the co-op.



2.29

**Stahlbush Island Farms
Frozen Vegetables**
10 oz., selected varieties



6.49

**Caulipower
Pizza or Pizza Crusts**
11-11.6 oz., selected varieties



7.49

**Caulipower
Chicken Tenders**
14 oz., selected varieties



2/\$6

**Silver Hills
Bread**
15-22 oz., selected varieties



2/\$6

**Amy's
Burritos**
5.5-6 oz., selected varieties



*perfect for
snacking*

America's best-selling organic frozen dessert brand, these sandwiches are a classic treat that are always organic, always irresistible and always shareable.

5.99

**Alden's Organic
Frozen Novelties**
4-8 ct., selected varieties



3.99

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

The co-op makes dinner and dessert easy.

simple ingredients,
satisfying flavor

Your shopping list just got an ingredient upgrade. From wild-caught seafood products to Thai-inspired organic ramen and non-GMO peanut butter, stock your pantry with products that are better for you and better for the planet.



2/\$6

Natural Sea
Albacore Tuna
5 oz., selected varieties



5/\$5

Koyo
Ramen
2-2.1 oz., selected
varieties



8.99

Woodstock
Organic Peanut
Butter
35 oz., selected varieties



4.49

Vermont Village
Organic
Applesauce
24 oz., selected varieties



2/\$5

Westbrae
Organic Beans
15 oz., selected varieties



2.99

Woodstock
Organic Ketchup
19.5-20 oz., selected varieties



2/\$4

Vita Coco
Coconut Water
16.9 fl. oz., selected
varieties



1.99

Bionaturae
Organic Tomato
Paste
7 oz.



5.49

Sir Kensington's
Classic Mayonnaise
12 fl. oz.



5.99

Once Again
Organic Sunflower
Seed Butter
16 oz., selected varieties

Pantry staples are on sale at the co-op.



2/\$3

Kind Bars
1.4-2.1 oz., selected varieties



2.99

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



3.79

Dream Organic Rice Drink
32 fl. oz., selected varieties



3.99

One Degree Organic Foods Sprouted Cereal
8-12 oz., selected varieties



2/\$7

Barbara's Cereal
10-15 oz., selected varieties



3.99

Blue Diamond Almondmilk
64 fl. oz., selected varieties



7.39

Nature's Path Organic Cereal
23.8-32 oz., selected varieties

easy, tasty goodness

Santa Cruz Organic® and R.W. Knudsen Family® products are delicious and simple for the whole family. With high-quality ingredients, these Non-GMO Project® Verified products deliver flavors you can count on for the perfect lunch or snack for the entire family.



3/\$5

Santa Cruz Organic Lemonade
32 fl. oz., selected varieties



2/\$7

Santa Cruz Organic Applesauce
24 oz., selected varieties



2/\$6

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



4.99

Santa Cruz Organic Peanut Butter
16 oz., selected varieties

The co-op has your favorite breakfast items.



59¢

Nature's Bakery
Fig Bar
2 oz., selected varieties



2/\$3

Clif Builders
Protein Bars
2.4 oz., selected
varieties



2.99

Field Day
Organic Semi-
Sweet Chocolate
Chips
10 oz.



5.49

Field Day
Organic Whole
Wheat Flour
5 lbs., selected varieties



*classic, crunchy
granola clusters*

Made with a unique blend of five super grains: oats, millet, buckwheat, amaranth and quinoa. Real food from ingredients with integrity and a balance of health and taste. They're gluten free, non-GMO and a good source of fiber.

4.99

Kind
Healthy Grains Granola
11 oz., selected varieties



9.99

Justin's
Almond Butter
16 oz., selected varieties



1.79

Organic
Quick Rolled Oats
per pound in bulk, selected
varieties



2.79

Organic
Black Beans
per pound in bulk, selected
varieties



6.29

Walnut Halves &
Pieces
per pound in bulk, selected
varieties

Find great on-the-go snacks at the co-op.



*unbelievably smooth,
dark indulgence*

Alter Eco's organic dark chocolate is good for you, good for the planet and good for farmers. These gluten-free bars are also free of soy ingredients, additives and artificial sweeteners.

2/\$5

Alter Eco
Organic Chocolate Bars
2.65-2.82 oz., selected varieties



2.39

Field Day
Sparkling Water
6 pk-12 fl. oz., selected varieties



2/\$5

Gimme
Organic Seaweed Snacks
.32-.35 oz., selected varieties



3.99

Hu Kitchen
Grain-free Crackers
4.25 oz., selected varieties



2/\$7

Paqui
Tortilla Chips
7 oz., selected varieties



3.99

Simple Mills
Almond Flour Crackers
4.25 oz., selected varieties



2/\$5

Smartsweets
Candy
1.8 oz., selected varieties



3.99

Back To Nature
Cookies
6.4-8.5 oz., selected varieties



3.99

Hu Kitchen
Chocolate Bar
2.1 oz., selected varieties

The co-op has snacking options for everyone.

back-to-school essentials

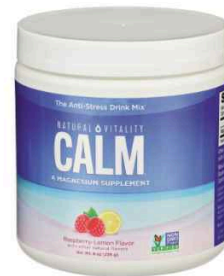
At Rainbow Light, Natural Vitality and Renew Life, we are committed to providing high-quality, clinically tested and proven ingredients. Our magnesium supplements, multivitamins and probiotics are designed to fill a need that has not been met. As summer comes to an end, remember these back-to-school essentials.



13.99
Rainbow Light Women's One Multivitamin
60 ct.



13.99
Rainbow Light Men's One Multivitamin
60 ct.



14.99
Natural Vitality Calm Magnesium Powder
8 oz., selected varieties



23.99
Renew Life Ultimate Flora Adult 50+ Probiotic
30 ct.



10.99
Childlife Essentials Liquid Multivitamin & Mineral
8 fl. oz.



11.99
Emergen-C Vitamin C Drink Mix
30 pk., selected varieties



brush with trust

Simple ingredients that work! Baking soda and minerals help whiten teeth and remove plaque. Organic menthol crystals naturally freshen breath. No fluoride, artificial sweeteners, flavors, colors, detergents or foaming agents.

2/\$9

Dr. Bronner's All-One Toothpaste
5 oz., selected varieties



6.49
Spectrum Essentials Organic Ground Flaxseed
14 oz.

The co-op has a great selection of wellness items.



8.99

**Alba Botanica
Sunscreen**
4 oz., selected varieties



5.99

**Shikai
Shampoo or
Conditioner**
12 fl. oz., selected
varieties



11.99

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



5.99

**Everyone
3-in-1 Soap**
32 fl. oz., selected
varieties



9.49

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

*heading back
to school?*

Start the school year right with **Jason** and **Avalon Organics** products. Jason offers high-performance and wholesome ingredients inspired by nature. Avalon Organics harnesses the pure benefits in botanicals to create products that contribute to a holistic lifestyle of health, wellness and sustainability.



3.99

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



5.49

**Jason
Deodorant Stick**
2.5 oz., selected varieties



9.99

**Jason
Anti-dandruff 2-in-1
Shampoo &
Conditioner**
12 fl. oz.



7.99

**Avalon Organics
Shampoo or
Conditioner**
11 fl. oz., selected varieties

Fresh and clean body care items are 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
Ever'man 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 Co-op

MARYLAND

Greenbelt Co-op Supermarket and Pharmacy
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
High Falls Food Co-op
Honest Weight Food Co-op
Hungry Hollow 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
Erie Food Co-op
Mariposa Food Co-op
Weavers Way Co-op

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

Fredericksburg Food Co-op
Friendly City Food Co-op
Roanoke Co-op



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

*powerful clean
with a purpose*

Seventh Generation has thoughtfully formulated safe and effective plant-based products that work with no synthetic fragrances. Just a powerful clean with a dedication to nurturing the health of the next seven generations.



2.79

Seventh Generation
Dish Liquid
19 fl. oz., selected varieties



3.99

Seventh Generation
100% Recycled
Bathroom Tissue
4 pk.



12.99

Seventh Generation
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.

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

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