

# 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



**5.49**

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



**1.39**

**Forager Project**  
Organic  
Cashewmilk  
Yogurt  
5.3 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.

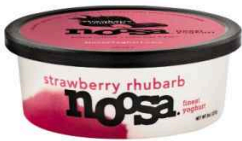


**4.79**

**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.



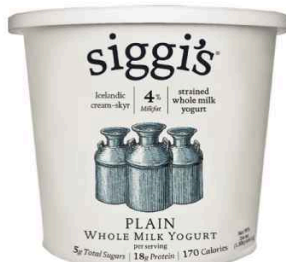
**3.79**

**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.



*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



*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.



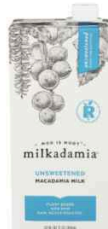
**2.79**

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.



**4.99**

**Vermont Village  
Organic  
Applesauce**  
24 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.

### 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

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

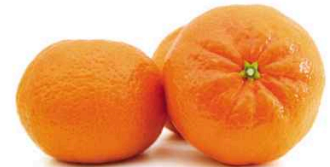
Three Rivers Market

### 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](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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