

coop deals

JUN 21 - JUL 4, 2023

sweet and refreshing

The sweet days of summer are here, but they sure are hot. As the temps keep climbing, you can stay cool with Santa Cruz's organic lemonade, on sale at the co-op.



2/\$4

Santa Cruz Organic Lemonade

32 fl. oz., selected varieties



1.89

Siggis Plant-based Yogurt

5.3 oz., selected varieties



2/\$5

Koyo Organic Udon

8 oz., selected varieties



2/\$5

Epic Bars

1.3-1.5 oz., selected varieties



2.69

Hail Merry Snack Cups

1.5 oz., selected varieties



2/\$6

Back To Nature Crackers

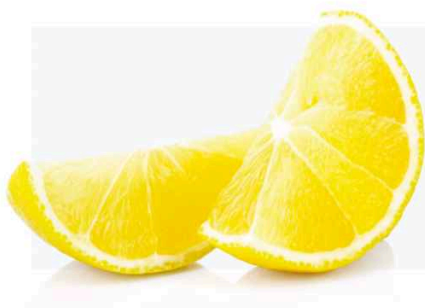
6 oz., selected varieties



2/\$7

Que Pasa Organic Tortilla Chips

10-11 oz., selected varieties



Summer is for turning lemons into lemonade.
Make the days sweeter.

fermented food
for everyone



INCLUSIVE TRADE PARTNER

GT's Living Foods is a family- and LGBTQIA+-owned business. Since our humble beginnings in 1995, GT Dave has created living foods with organic plants, raw fermentations, naturally occurring probiotics, peace, love and pride.



2/\$6

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

2/\$6

GT's
Ancient Mushroom
Elixir
16 fl. oz., selected varieties

5.49

GT's
Organic Cocoyo
8 oz., selected varieties



4.49

Good Culture
Organic Cottage
Cheese
15-16 oz., selected
varieties



5.99

Maple Hill
100% Grassfed
Organic Milk
64 fl. oz., selected
varieties



lovingly handcrafted
cold brew

We deliver completely organic, exceptionally smooth, low-acidity cold brew ready to be enjoyed in your favorite recipe or by the glass!

8.99

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



6.99

Redwood Hill Farm
Goat Milk Kefir
32 fl. oz., selected varieties

Refreshing selections are at the co-op.



2.99
Fage
Greek Yogurt
16 oz., selected varieties



2/\$7
Koia
Plant-based
Protein Drink
12 fl. oz., selected varieties



3.29
Organic Valley
Grassmilk Half & Half
1 pt.



5.49
Califia Farms
Cold Brew Coffee
48 fl. oz., selected varieties



4.79
Violife
Just Like Cheese
5.29-8 oz., selected varieties

from free-to-forage hens



Organic Valley eggs have rich colored yolks and incredible flavor. Just what you'd expect from organic hens that are free to roam outside in the fresh air and sunshine.

3.99 Organic Valley
Large Free-range Brown Eggs
1 doz.



5.99
Earth Balance
Organic Whipped
Buttery Spread
13 oz.

The co-op makes breakfast easy.



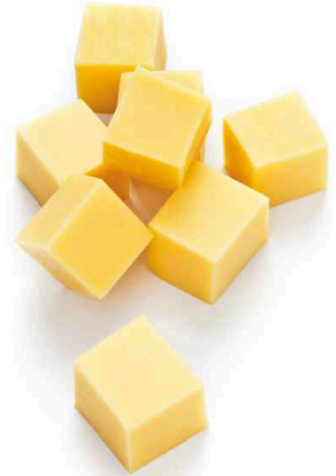
4.99

**Field Roast
Plant-based Sausages**
12.95 oz., selected varieties



5.29

**Organic Valley
Raw Cheese**
8 oz., selected varieties



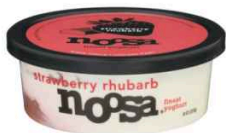
2/\$5

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



4.49

**Upton's Naturals
Seitan**
8 oz., selected varieties



2.29

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



4.49

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



4.49

**Andrew & Everett
Sliced & Shredded
Cheese**
7 oz., selected varieties



4.79

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

Ingredients for delicious meals are at the co-op.



2/\$10
So Delicious
Dairy-free Frozen
Novelties
9.2-18.4 fl. oz., selected
varieties



5.99
Amy's
Frozen Meals
8.25-10.3 oz., selected
varieties

Coolhaus awesome ice cream

We started churning out ice cream in 2008 when we towed a broken down truck to a music festival. All our flavors are just as adventurous, and we love 'em for it. Like the Chocolate Chip with Tahitian Vanilla Bean Sammie — yup, sweet dreams are made of these, and who are we to disagree?

2/\$7
Coolhaus
Ice Cream Sandwiches
4.75-5.8 fl. oz., selected varieties



Find your favorite frozen treats at the co-op.
Summer evening made better.

America's favorite organic ice cream

Alden's is committed to making products irresistible for all, offering a wide variety of dairy and dairy-free frozen desserts.

5.49
Alden's Organic
Novelties
12-14 fl. oz., selected varieties



9.49
American
Flatbread
Pizza
13.8-18.62 oz., selected
varieties



10.49
Against the Grain
Pizza
22.4-24 oz, selected
varieties

Find amazing desserts at the co-op.



2/\$8

**Nature's Path
Organic Cereal**
10-14 oz., selected varieties

for feeling good →

Vita Coco is the world's best-selling coconut water, loved for bringing coconuts to the world. From our supply chain and the ingredients we start with, to our approach to health and wellness, we exist to keep it real.

2/\$8

**Vita Coco
Coconut Water**
33.8 fl. oz., selected varieties



2/\$8

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



2/\$7

**Nature's Path
Organic
Toaster Pastries**
11 oz., selected varieties



7.99

**Artisana
Organic Raw
Tahini or Coconut
Butter**
14 oz., selected varieties

100% plant-based energy →



Organic, plant-based Yerba Mate energy tea partners with One Tree Planted, a nonprofit that helps in reforestation and restoration of the Amazon Basin in Peru. Committed to planting over 500,000 seedlings by 2024.

2/\$4

**Yachak Organic
Yerba Mate**
16 fl. oz., selected varieties



9.99

**Equal Exchange
Organic Midnight
Sun Coffee**
per pound in bulk



11.99

**Nutiva
Organic Virgin
Coconut Oil**
23 fl. oz.

Everyone is welcome at the co-op.

mayo dreams come true

Made with real ingredients like avocado oil and cage-free, organic, Certified Humane eggs, Primal Kitchen Mayo and zingy Chipotle Lime Mayo have the creamy, dreamy texture and classic mayonnaise flavor you crave.

7.49

Primal Kitchen
Avocado Oil Mayo
12 fl. oz., selected varieties



2/\$7

Pacific Foods
Organic Soup
16.1-16.6 oz., selected varieties



3.99

Maille
Mustard
7-8.9 oz., selected varieties

summer meals star seafood



Perfect for sandwiches, spreads, dips, salads and casseroles, our kippers, clams and smoked oysters are your must-have stars for summer dining.

2/\$6

Crown Prince Natural
Smoked Oysters in Olive Oil
3 oz.

scoop up the savings in bulk!



2.19

Organic
Millet
per pound in bulk



2.19

Organic
Split Red Lentils
per pound in bulk



3.19

Organic
Thompson Raisins
per pound in bulk

Stock the pantry with deals from the co-op.



2/\$9

Waterloo
Sparkling Water
12 pk.-12 fl. oz. cans,
selected varieties



4.79

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



3.99

Daiya
Deluxe Mac & Cheese
10.6-10.9 oz., selected
varieties



3.99

Q Mixers
Drink Mixers
4 pk.-7.5 fl. oz. cans,
selected varieties



5.49

Earth Balance
Peanut Butter
Spread
16 oz., selected varieties



5.99

IZZE
Sparkling Juice
Drink
4 pk.-12 fl. oz. bottles,
selected varieties

Father's Day-approved snacks



Dads deserve the extra-delicious, bold crunch of Kettle Brand® Sea Salt or Honey Dijon chips. They're the perfect sides for any Father's Day barbecue.

2/\$6

Kettle Brand
Potato Chips
4.25-5 oz., selected varieties



4.29

Back To Nature
Cookies
6-12 oz., selected
varieties



2/\$7

Blue Diamond
Nut Thins
4.25 oz., selected
varieties

The co-op has snacks for the 4th of July.



2/\$5

Hiball Energy Seltzer
16 fl. oz., selected varieties



2/\$7

Terra Vegetable Chips
5-6 oz., selected varieties



2.29

Alter Eco Organic Chocolate Bars
2.65-3.8 oz., selected varieties



2.49

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



3.99

Barnana Organic Plantain Chips
5 oz., selected varieties



3.29

Dandies Vegan Vanilla Marshmallows
10 oz., selected varieties



3.99

Annie's Homegrown Organic Graham Crackers
14.4 oz., selected varieties



2/\$5

Endangered Species Chocolate Bars
3 oz., selected varieties

make S'more memories this summer

Everything you need for a classic campfire treat, on sale now at the co-op!

Picnic and BBQ essentials are at the co-op.

wellness built to
power your day

Our suite of supplement brands covers it all for the whole family. Count on us for science-based gut wellness solution items from **Renew Life**, high-potency multivitamins and supplements from **Rainbow Light** and mood, mind and sleep supplements to help ease stress from **Natural Vitality**.



14.49
Rainbow Light
Men's One
Multivitamin
60 ct.



14.49
Rainbow Light
Women's One
Multivitamin
60 ct.



16.49
Natural Vitality
Raspberry-Lemon
Calm Gummies
120 ct.



36.49
Renew Life
Women's Probiotic
90 Billion Cultures
30 ct.



29.49
Vital Proteins
Marine Collagen
7.8 oz.



8.79
Nature's Way
High Potency
Activated
Charcoal
100 ct.



15.69
Kal
Magnesium
Glycinate 350
160 ct.



for extraordinary support

mykind Organics Extra Strength Turmeric contains 100 mg. of curcumin to support the body's antioxidant response, which in turn helps support healthy inflammatory function.

19.49

Garden of Life
Mykind Organics Extra or
Maximum Strength Turmeric
30-60 ct., selected varieties



Stay active with supplements from the co-op.

INCLUSIVE TRADE PARTNER

Kirk's is a woman-owned brand, operating since 1839, with the belief that everyone deserves access to natural cleansers. Our products continue to use our family's soap-making traditions and are safe for the whole family.

4.29

**Kirk's
Castille Bar Soap**
3 pk., selected varieties



3.49

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



5.79

**Herban Cowboy
Stick Deodorant**
2.8 oz., selected varieties



8.69

**Life-Flo
Pure Magnesium
Oil**
8 fl. oz.



11.79

**Naturtint
Hair Color**
5.75 fl. oz., selected
varieties

**inclusive
trade**

Great deals on Inclusive Trade brands.

The co-op celebrates diversity.

outdoor adventures

PREPARE FOR FUN

Heading out for that road trip, camping or just adventures in the backyard? The co-op has everything you need for supporting an active outdoor lifestyle. Find delicious food and beverages, cleaning supplies and body care, too.



Shop the co-op for your next outdoor adventure.

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

Sevananda Natural Foods Market

MAINE

Belfast Community 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

Assabet Co-op Market
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
South Philly 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

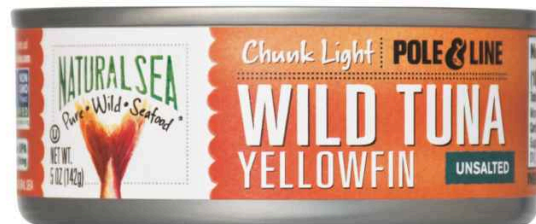
Fredericksburg Food Co-op
Friendly City Food Co-op
Roanoke Co-op



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

pure. wild. seafood.

Natural Sea's Unsalted Yellowfin Tuna is responsibly pole and line caught, with a mild taste and firm texture. Add it to a sandwich or salad for a delicious meal!



2/\$6

**Natural Sea
Yellowfin Tuna**
5 oz., selected varieties



2/\$5

**Westbrae
Organic Beans**
15 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.

**inclusive
trade**

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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