

# coop deals

NOV 15 - NOV 28, 2023

*casserole ready*

Add a delicious green bean side dish to your holiday meal. Cascadian Farm's Organic Frozen Green Beans are on sale, so grab some at the co-op!



**2/\$7**

**Cascadian Farm  
Organic Frozen Vegetables**  
16 oz., selected varieties



**2/\$6**

**R.W. Knudsen  
Organic Sparkling  
Apple Juice**  
25.4 fl. oz.



**3.49**

**Woodstock  
Organic  
Cranberry Sauce**  
14 oz., selected varieties

COOPERATIVELY OWNED



**2/\$7**

**Blue Diamond  
Nut Thins**  
4.25 oz., selected  
varieties



**3.99**

**Just  
Plant-based Egg  
Scramble**  
12 fl. oz.



**2/\$8**

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



**11.99**

**Napa Valley  
Naturals  
Organic Extra  
Virgin Olive Oil**  
25.4 fl. oz.



Shop the co-op for holiday meal ingredients.

**Gather friends, family and food.**

find your  
happy plate

From shredded cheeze to cheesecake, **Daiya** has got plant-based covered. Explore dairy-free, allergen-free foods and ingredients that keep you coming back for more. Keep an eye out for our new look coming soon!



**3.99**

Daiya  
Slices or Block  
Cheeze  
6.5-7.8 oz.,  
selected varieties



**3.99**

Daiya  
Cutting Board  
Shreds  
7.1 oz.,  
selected varieties



**2/\$8**

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



**6.99**

Daiya  
Pizza  
13.47-19.4 oz.,  
selected varieties



**3.99**

Silk  
Dairy-free  
Creamer  
32 fl. oz., selected  
varieties



**4.79**

Califia Farms  
Plant-based  
Creamer  
25.4 fl. oz., selected  
varieties



**5.49**

Meyenberg  
Goat Milk Butter  
8 oz.

honest,  
ethical food

Our mission is to bring ethical food to the table. **Vital Farms** is committed to improving the lives of people, animals and the planet through food — working with small family farms to bring you delicious eggs and butter you can trust.



**3.49**

Vital Farms  
Butter  
8 oz., selected varieties



**5.49**

Vital Farms  
Pasture-raised Liquid  
Whole Eggs  
16 oz.



**5.99**

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

**Find delicious ingredients at the co-op.**



# craveable plant-based foods

Stock up and feed your cravings with **Kite Hill**. Our California-grown almonds are the base of our delicious ricotta, sour cream, yogurt, cream cheese, pasta and dips. Our products are sure to please everyone at your table.



**3.79**

Kite Hill  
Dairy-free Dips  
8 oz., selected varieties



**4.49**

Kite Hill  
Almondmilk  
Yogurt  
16 oz., selected varieties



**5.99**

Kite Hill  
Dairy-free Cream  
Cheese or Plant-based  
Filled Pasta  
8 oz., selected varieties



**7.49**

Kite Hill  
Dairy-free Ricotta  
8 oz.



**3.99**

Follow Your Heart  
Dairy-free  
Parmesan  
Shredded Cheese  
4 oz.



**6.79**

Wallaby Organic  
Greek Yogurt  
32 oz., selected varieties



**6.99**

Sweet Earth  
Mindful Chik'n  
Strips  
8 oz.

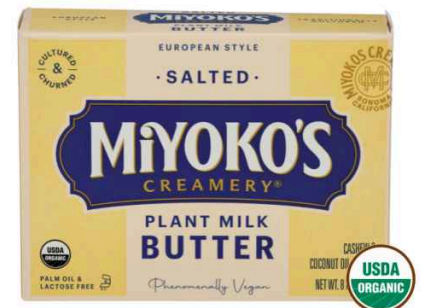
# great buttery taste

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



**5.49**

Earth Balance  
Buttery Spread or Sticks  
13-16 oz., selected varieties



**4.79**

Miyoko's Creamery  
Organic Plant Milk Butter  
8-12 oz., selected varieties

**Find dairy and nondairy options at the co-op.**



1.69

So Delicious  
Coconutmilk  
Yogurt  
5.3 oz., selected varieties



3.69

So Delicious  
CocoWhip Topping  
9 oz., selected varieties



3.49

So Delicious  
Holiday Nog  
Coconutmilk  
32 fl. oz.



4.79

So Delicious  
Organic Coconutmilk  
Creamer  
32 fl. 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** Coconutmilk Yogurt Alternative, CocoWhip, Holiday Nog and Coconutmilk Creamer! Together, they make everything better. Now that's a reason to celebrate.



1.59

Forager Project  
Organic  
Cashewmilk  
Yogurt  
5.3 oz., selected varieties



4.29

Mt Vikos  
Organic Feta  
Cheese  
6 oz.



4.79

Andrew & Everett  
Swiss Sliced  
Cheese  
7 oz.

pasture raised and grazed

Organic, grass-fed cheese from small family farms in coastal Northern California. American Humane Certified means our cows are pasture raised and grazed!



4.49

Rumiano  
Organic Block Cheese  
8 oz., selected varieties



2/\$8

Immaculate  
Organic Crescent Rolls  
8 oz., selected varieties

Find the brands you love at the co-op





**3.99**

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



**3.79**

**Flax4Life  
Cookies**  
5.6 oz., selected varieties

*sweet summer crunch*

Our veggies are firmer, sweeter and crunchier because we pick them at the peak of ripeness and process them right on our family farm. You can taste the difference!

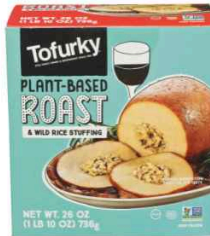
**2/\$5**

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



**7.49**

**Bonafide Provisions  
Organic Bone Broth**  
24 fl. oz., selected varieties



**13.99**

**Tofurky  
Plant-based Roast**  
19-26 oz., selected  
varieties



*keep it real*

Alden's Organic ice cream goes all in on quality. Made with real ingredients and fresh organic cream, you'll get that true-to-flavor taste in every irresistible bite.

**7.99**

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

**INCLUSIVE TRADE PARTNER**

Grain Trust is a Hispanic-owned company that creates three-minute dishes using ethically sourced grains from farmers who earn living wages.



**2/\$8**

**Grain Trust  
Frozen Rice Sides**  
20-30 oz., selected varieties

**The co-op makes meals easy.**



**2/\$7**

Dandies  
Vegan  
Marshmallows  
10 oz., selected varieties



**4.49**

Wholesome  
Organic Brown  
Sugar  
24 oz., selected varieties



*always organic,  
always delicious.*

COOPERATIVELY OWNED

Because one simple choice can make a big difference.  
Simply Organic Pure Madagascar Vanilla. No added  
sugars. No artificial anything. No exceptions.

**7.99**

Simply Organic  
Vanilla Extract  
2 fl. oz.



**6.49**

Sweetleaf  
Stevia Sweetener  
Drops  
2 fl. oz., selected  
varieties

*homemade for  
the holidays*

Nothing brings people together like  
fresh, homemade goodness. That's  
why **Bob's Red Mill** creates high-  
quality, versatile ingredients and  
simple, on-the-go snacks — so you  
can share something you love with  
the people who matter most.



**4/\$5**

Bob's Red Mill  
Oats Bars  
1.76 oz., selected  
varieties

**6.49**

Bob's Red Mill  
Gluten-free  
Rolled Oats  
28-32 oz., selected  
varieties



**7.49**

Bob's Red Mill  
Organic Flour  
5 lbs., selected varieties



**8.49**

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

**Find seasonal baking recipes at [grocery.coop](https://www.grocery.coop).**



COOPERATIVELY OWNED



**2/\$7**  
Equal  
Exchange  
Organic Tea  
20 ct., selected  
varieties



**2/\$7**  
West Life  
Organic  
Soymilk  
32 fl. oz., selected  
varieties



**2/\$9**  
Nature's Path  
Organic  
Cereal  
10-14 oz., selected  
varieties



COOPERATIVELY OWNED



**9.99**  
Equal Exchange  
Organic Coffee  
10-12 oz., selected  
varieties  
*Decaf on sale for 11.49*

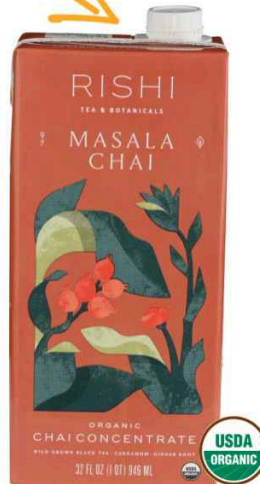


*fall for masala chai*

Rishi's organic masala chai is fragrant and full bodied, made with wild-grown black tea and the highest-quality organic spices — slow brewed to create the perfect balance.

**5.99**

**Rishi**  
**Organic Tea Concentrate**  
32 fl. oz., selected varieties



**4.49**

**Pukka**  
**Organic Herbal Tea**  
20 ct., selected varieties

*scoop up the savings in bulk!*



**1.89**  
Organic  
Raw Sugar  
per pound in bulk



**3.39**  
Organic  
Shredded Coconut  
per pound in bulk



**3.79**  
Walnut Halves &  
Pieces  
per pound in bulk

**Organic products are at the co-op.**



**1.99**

Edward & Sons  
Organic Mashed  
Potatoes  
3.5 oz., selected varieties



**2/\$5**

Westbrae  
Organic Beans  
15 oz., selected varieties



**2/\$7**

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



**2/\$4**

Dr. McDougall's  
Soup Cups  
1.3-3.4 oz., selected  
varieties



**3.49**

Divina  
Stuffed Grape  
Leaves  
7 oz.



**5.99**

Better Than  
Bouillon  
Organic Broth  
Base  
8 oz., selected varieties



**6.99**

Primal Kitchen  
Organic No Dairy  
Gravy  
12 oz., selected varieties

*rice to the  
occasion*

Elevate your holiday menu with premium Lundberg Family Farms rice that's grown in a way that nourishes people AND the planet.



**2/\$7**

Lundberg Family Farms  
Rice Chips  
6 oz., selected varieties



**5.49**

Lundberg Family Farms  
Wild Rice Blend  
16 oz.



**8.49**

Lundberg Family Farms  
Organic Rice  
32 oz., selected varieties

**Find ingredients for easy dinners at the co-op.**





**2.19**  
San Pellegrino  
Sparkling  
Mineral  
Water  
25.3 fl. oz.



**2/\$6**  
Vegan Rob's  
Plant-based Puffs  
3.5 oz., selected  
varieties



**2/\$7**  
Back to Nature  
Crackers  
4-8.5 oz., selected varieties



**2/\$7**  
Taza  
Organic  
Chocolate Bars  
2.5 oz., selected varieties



**3.79**  
Barnana  
Organic Plantain  
Chips  
5 oz., selected varieties



**4.29**  
Back to Nature  
Cookies  
6-12 oz., selected  
varieties



*snacks to gather around*

Our Late July® restaurant-style tortilla chips are carefully made using organic and non-GMO ingredients, so they're perfect to serve and share with friends and family this holiday.

**2/\$7**  
Late July  
Organic Tortilla Chips  
7.4-10.1 oz., selected varieties



**Find something for everyone at the co-op.**



**2/\$8**

Mrs. Meyer's  
Hand Soap  
10-12.5 fl. oz., selected varieties



**3.99**

Mrs. Meyer's  
Dish Soap or Multi-surface Cleaner  
16 fl. oz., selected varieties

←  
*rooted in goodness*

Mrs. Meyer's® Clean Day offers trusted solutions for a better clean — all products are free of artificial colors, ammonia, chlorine bleach and parabens, and they're beautifully packaged in bottles with at least 30% post-consumer recycled plastic that are 100% recyclable.



**2.69**

Vive Organic  
Wellness Shots  
2 fl. oz., selected varieties

**INCLUSIVE TRADE PARTNER**

ECOS is a Black- and woman-owned company that believes everyone has a right to a healthy home. For more than 50 years, we've been creating cleaning products that protect the health and wellness of people, pets and the planet.



**3.79**

Ecos  
Liquid Dish Soap  
25 fl. oz., selected varieties

**INCLUSIVE TRADE PARTNER**

World Centric is a diverse-owned company whose business operations address sustainability in our products, philanthropy and practices.



**3.99**

World Centric  
Compostable 9" Plates  
20 ct.



**8.99**

Hyland's  
Calms Forte  
Sleep Aid  
100 ct.



**10.79**

Nordic Naturals  
Vitamin D3  
Gummies  
60 ct.



**12.99**

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

**Stay well this fall with items from the co-op.**





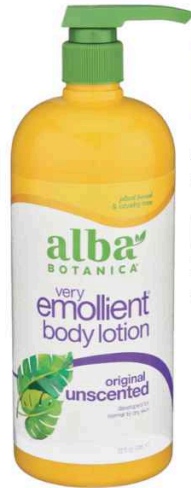
**2.79**

The Humble Co.  
Floss Picks  
50 ct., selected varieties



**5.29**

Himalaya  
Toothpaste  
4-5.29 oz., selected  
varieties



**12.49**

Alba Botanica  
Very Emollient  
Body Lotion  
32 fl. oz., selected  
varieties



**6.49**

Spry  
Oral Rinse  
16 fl. oz., selected  
varieties

COOPERATIVELY OWNED



**12.29**

Aura Cacia  
Essential Oils Kit  
4 pk.-.25 fl.oz., selected  
varieties

*made with love  
and respect*

**INCLUSIVE TRADE PARTNER**

**Alaffia** is a Black-owned company on a mission to invest in a more equitable future. Our projects enable West African communities to provide their skills and knowledge to the rest of the world. Join us in celebrating 20 YEARS of plant-derived, fair trade favorites — for all body, hair and skin types!

**inclusive  
trade**



**8.99**

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



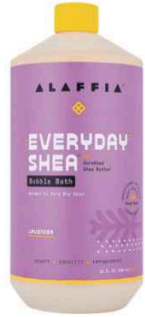
**8.99**

Alaffia  
Everyday Shea  
Body Lotion  
32 fl. oz.,  
selected varieties



**8.99**

Alaffia  
Everyday Shea  
Body Wash  
32 fl. oz.,  
selected varieties



**8.99**

Alaffia  
Everyday Shea  
Bubble Bath  
32 fl. oz.,  
selected varieties

**Quality body care products 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

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  
Potsdam Food Co-op  
Syracuse Cooperative Market

### NORTH CAROLINA

Chatham Marketplace  
Deep Roots Market  
Durham Co-op Market  
French Broad Food Co-op  
Hendersonville Community Co-op  
SHARE Co-op (Harvest Market)  
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  
Lovettsville Co-op Market  
Roanoke Co-op



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

*grown with  
gratitude*

### INCLUSIVE TRADE PARTNER

**GT's Living Foods** is a family- and LGBTQIA+-owned business. Rooted in ancient wisdom and sacred tradition, GT's Living Foods offer you the opportunity for a new, daily ritual to live a healthier, happier life. Every product honors Mother Nature's bountiful harvest through organic ingredients, raw fermentation and naturally occurring probiotics.

inclusive  
trade



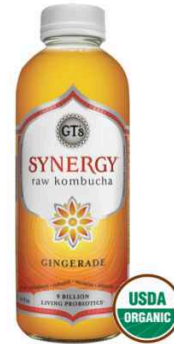
**2/\$6**

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



**2/\$6**

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



**2/\$6**

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



**5.49**

GT's  
Organic Cocoyo  
8 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.

NESE | 123B

