

coop deals

DEC 15, 2021 - JAN 4, 2022

go for the dip!

Ring in the new year with your favorite snacks. Whip up delicious dips to complement the chips, like Garden of Eatin' Blue Chips — on sale now at the co-op!



4.49

Garden of Eatin'
Blue Chips
16 oz., selected varieties



2/\$6

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



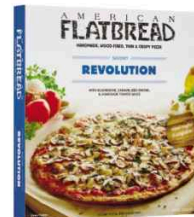
2/\$5

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



3.99

Pacific Foods
Organic Soup
32 oz., selected varieties



7.99

American
Flatbread
Pizza
14-17.1 oz., selected
varieties



3.39

Field Day
Organic Raisin
Bran Cereal
14 oz.



3.99

Field Day
100% Recycled
Paper Towels
3 ct.



Thank you for shopping at the co-op!

Wishing you a happy New Year!



3.99

**Applegate
Breakfast Sausage**
7 oz., selected varieties



3.99

**Mt. Vikos
Organic Feta
Cheese**
6-7 oz., selected
varieties



*mild and creamy
mozzarella*

Mozzarella cheese easily transformed into shredded cheese, sliced cheese or cubed cheese. It melts deliciously and tastes great on a pizza, in hot dishes or all by itself.

4.49

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



3.99

**Immaculate
Organic Cinnamon
Rolls**
17.5 oz.



3.49

**Organic Valley
Egg Bites**
2 ct., selected varieties



*taste the cold-pressed
difference*

Experience the taste of real oranges from this cold-pressed, organic orange juice. Made with oranges that are picked and squeezed at their peak of sweet flavor. Packed with vitamin C.

6.99

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



4.49

**Earth Balance
Buttery Sticks**
16 oz., selected varieties

The co-op has your breakfast favorites!



6.49

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



*always organic,
never ordinary*

Deep, emerald green and delicious, these beauties are packed with wonderful flavor and loads of essential nutrients.



3.99

Sol Cuisine Plant-based Appetizers or Entrees
10.6-11.7 oz., selected varieties

2/\$4

Cascadian Farm Organic Frozen Vegetables
10 oz., selected varieties



2/\$4

Muir Glen Organic Tomatoes
28 oz., selected varieties



4.99

Tucson Tamale Tamales
10-11 oz., selected varieties



6.49

Rao's Homemade Pasta Sauce
24 oz., selected varieties



*artisan organic
Italian pasta*

Extruded with bronze dyes, so sauce clings to the course surface. Slow, low-temperature drying to preserve flavor and 100% plastic-free packaging.

2/\$4

Bionaturae Organic Pasta
16 oz., selected varieties



5.99

Field Roast Plant-based Mini Corn Dogs or Wings
10 oz., selected varieties

Delicious dinner selections at the co-op.



2/\$4

GoMacro
Organic Macrobar
2-2.4 oz., selected varieties



2/\$5

Chocolove
Chocolate Bars
2.9-3.2 oz., selected varieties



5.99

Rishi Tea
Organic Tea
15 tea bags, selected varieties



2/\$5

Top Fox
Pop-roasted
Pumpkin Seeds
3.5 oz., selected varieties



2/\$7

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



3.99

Hu Kitchen
Chocolate Bar
2.1 oz., selected varieties



2/\$7

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



*support digestion
and immune health*

Traditional Medicinals' medicinal-grade, herbalist-formulated teas are a great way for you to take care of your digestion and immune health this holiday season.

3.99

Traditional Medicinals
Tea

16 tea bags, selected varieties



5.99

Simple Mills
Baking Mixes
9-12.9 oz., selected varieties

Find great deals at the co-op.

changing the chocolate industry

Equal Exchange is committed to sourcing from small farmer, fair-trade co-ops. We proudly offer an ethical alternative to the standard chocolate business model that relies on poor wages and child labor. Our high-quality chocolates have the cleanest ingredient list, with no additives, such as lecithins! With your support we can make the world just a little bit sweeter!



2/\$5

Equal Exchange
Organic Chocolate
Bars
2.8 oz., selected varieties



2/\$6

Equal Exchange
Organic Tea
20 tea bags, selected varieties



4.49

Equal Exchange
Organic Chocolate
Chips
10 oz., selected varieties



6.99

Equal Exchange
Organic Coffee
10-12 oz., selected varieties



3.99

Bonne Maman
Preserves
13 oz., selected varieties



5.99

Sweetleaf
Stevia Sweetener
2 oz., selected varieties



15.99

Frontier
Organic Vanilla
Extract
4 oz

holidays are better with Bob's

Founded in 1978, **Bob's Red Mill** is 100% employee owned and a leader in whole-grain, organic, non-GMO and gluten-free foods. Explore our 200+ products, including baking essentials, whole grains, hot cereal and more. Plus, find holiday recipes at bobsredmill.com!



5.49

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



5.99

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



6.99

Bob's Red Mill
Organic Unbleached
White All-purpose
Flour
80 oz.



7.99

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

Baking essentials are on sale now at the co-op!



*100% Portuguese
and organic*

This single-sourced country of origin (Portugal) product from the groves of Alentejo has transparent production and is sustainably farmed and 100% authentic. Unmatched value with award-winning flavor and BPA-free tin lining.

Zoe
Organic Extra Virgin
Olive Oil
88 oz.

26.99



2.79
Crown Prince
Smoked Oysters
3 oz., selected varieties



2/\$5
Blue Diamond
Nut Thins
4.25 oz., selected varieties



2/\$7
Quinn
Pretzel Nuggets
5-7 oz., selected varieties



2/\$6
Q Drink
Drink Mixers
4 pk.-7.5 oz. cans, selected varieties



*sunkissed in the
Mediterranean*

Bring the Mediterranean to your table with Mediterranean Organic Olives! Organically grown in Greece and full of flavor. Perfect for a delicious light snack or to complement your favorite dish!

2/\$7
Mediterranean Organic
Pitted or Stuffed Olives
8.1-8.5 oz., selected varieties



1.49
Organic Yellow
Popcorn
per pound in bulk



4.99
Organic Pitted
Deglet Dates
per pound in bulk



9.99
Organic Roasted &
Salted Pistachios
per pound in bulk



Delicious snack options are at the co-op!

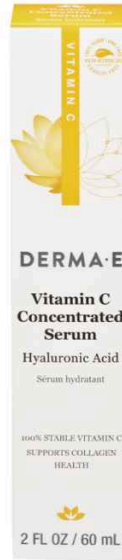


1.79

Himalaya
PartySmart
1 capsule

16.99

Derma E
Vitamin C
Concentrated
Serum
2 oz.



10.99

Herb Pharm
Rapid Immune
Boost
1 oz.



2.79

Booda Butter
Original Lip Balm
.15 oz.



4.49

Himalaya
Toothpaste
5.29 oz., selected varieties



4.99

Kiss My Face
4 in 1 Moisture
Shave
11 oz., selected varieties



19.99

Natural Factors
Tranquil Sleep
60 ct.



6.99

Andalou Naturals
1000 Roses
Body Lotion
8 oz.



2/\$10

Mineral Fusion
Nail Polish Remover
6 oz.



11.99

Sukin
Love Your Skin
3 Step Face Kit
1 kit

give the gift of
natural beauty

Indulge yourself and your loved ones in natural personal care this holiday season with clean, affordable gifts from **Andalou**, **Mineral Fusion** and **Sukin**.

The co-op has great wellness selections!

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
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*



a powerful clean

Our liquid laundry products harness the power of renewable, plant-based ingredients for a deep clean you can feel great about.

10.99

**Seventh Generation
Laundry Detergent**
100 oz., selected varieties



4.49 **If You Care
Parchment Baking Paper**
70 sq. ft., other If You Care
products also on sale

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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