

coop deals[®]

JAN 19 - FEB 1, 2022

feel the
spark

LONG-LASTING ENERGY

Stay energized during the darkest of winter days with Hiball energy beverages. The co-op has them on sale now, and with a grapefruit-flavored sparkling drink in hand, your daily routine will get an appreciated boost.



2/\$4

**Hiball Energy
Energy Seltzer**
16 fl. oz., selected varieties



4/\$5

**Liberte
Organic Yogurt**
5.5 oz., selected varieties



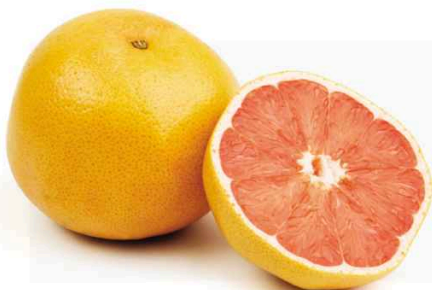
3/\$5

**Epic
Meat Bars**
1.3-1.5 oz., selected
varieties



2.79

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



Find refreshing savings at the co-op.
Great deals for 2022!



3.79

Brown Cow
Whole Milk Yogurt
32 oz., selected varieties



3.99

Stonyfield
Organic Yogurt
32 oz., selected varieties



4.99

Siggi's
Whole Milk Yogurt
24 oz., selected varieties

*a tradition
of delicious*

Wholesome and crave-worthy, these brands have defined yogurt and delighted families for years. Welcome tradition and innovation home with flavors and textures you'll remember forever.



2/\$5

Kevita
Organic Kombucha
15.2 fl. oz., selected varieties



3.99

So Delicious
Organic Coconutmilk
64 fl. oz., selected varieties



4.99

Silk
Dairy-free Yogurt
24 oz., selected varieties

discover Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Greek Style Yogurt!

2/\$3

Wallaby
Organic Greek Yogurt
5.3 oz., selected varieties



5.49

So Delicious
Coconutmilk Yogurt
24 oz., selected varieties



4/\$5

Green Mountain Creamery
Single Serve Greek Yogurt
5.3 oz., selected varieties

Find all varieties of yogurt at the co-op.



2/\$6

Koia
Protein Drink
12 fl. oz., selected varieties



2/\$3

Forager Project
Organic
Cashewmilk
Yogurt
5.3 oz., selected varieties



2/\$5

Goodbelly
Probiotic Drink
32 fl. oz., selected varieties



3/\$5

Mori-Nu
Silken Tofu
12-12.3 oz., selected varieties



2/\$5

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



2/\$6

Hope Foods
Organic Hummus
8 oz., selected varieties



4.49

Califia Farms
Oat Creamer
25.4 fl. oz., selected varieties



3.99

Nancy's
Organic Cottage
Cheese
16 oz., selected varieties



4.49

Miyoko's Creamery
Organic Cashewmilk
Cream Cheese
8 oz., selected varieties



3/\$5

Noosa
Yoghurt
8 oz., selected varieties

The co-op has all your refrigerated favorites.



2.29

Wildwood
Organic Tofu
14-20 oz., selected
varieties



3.99

Violife
Just Like Cheese
Shreds
8 oz., selected varieties



fresh and tasty slices

Provolone cheese slices with a mild, creamy flavor that complements sandwiches and recipes without overwhelming them. Protein-packed deli sliced cheese delivers five grams of protein per slice, plus nutritious calcium.

4.99

Organic Valley
Sliced Cheese
6-8 oz., selected varieties



4.99

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



12.99

Organic Valley
Ghee Clarified
Butter
13 oz.

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.

2.79

Lightlife
Organic Tempeh
8 oz., selected varieties

3.29

Lightlife
Gimme Lean
Plant-based Ground Sausage
14 oz.

4.49

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

4.49

Field Roast
Chao Slices
7 oz., selected varieties



Resolve to have a delicious new year at the co-op!



5.49
Applegate
Organic Sliced
Deli Meat
6 oz., selected varieties



4.49
Little Northern
Bakehouse
Bread
16-17.4 oz., selected
varieties



6.99
Daiya
Pizza
13.47-19.1 oz., selected varieties



2/\$5
Silver Hills
Bread
15-22 oz., selected
varieties



2/\$7
Andrew &
Everett
Sliced Cheese
7 oz., selected
varieties



2/\$5
Stahlbush Island
Farms
Frozen Vegetables
10 oz., selected varieties



2/\$6
Cascadian Farm
Organic Frozen
Potatoes
16 oz., selected varieties



2/\$6
Hilary's
Organic Veggie
Burgers
6.4 oz., selected varieties

simple, real food ingredients



Certified paleo and crafted from just a few familiar ingredients like almond flour, eggs and sea salt, our gluten- and grain-free naked crusts are a perfect canvas for any culinary creation you can dream up.

4.99
Cappello's
Naked Pizza Crust
6 oz.



2/\$7
Grain Trust
Frozen Meals
20-30 oz., selected
varieties



Find dinner solutions throughout the co-op.



10.99

Spectrum
Organic Extra Virgin
Olive Oil
25.4 fl. oz.



2/\$4

Muir Glen
Organic
Tomatoes
28 oz., selected varieties



2/\$6

Muir Glen
Organic Pasta
Sauce
25.5 fl. oz., selected varieties



2/\$3

Mike's Mighty
Good
Ramen Soup
Packs or Cups
1.6-2.4 oz., selected varieties



4.99

Sky Valley
Sriracha Sauce
18.5 fl. oz.



2.99

Ancient Harvest
Organic Polenta
18 oz., selected varieties



4.99

Sir Kensington's
Classic
Mayonnaise
12 fl. oz.



5.49

Kettle & Fire
Bone Broth
16.9 oz., selected varieties

*a delicious
new year!*

Lundberg's resolution? To continue working in partnership with nature so we can make better food for the table while leaving a better world for the next generation.



1.99

Lundberg Family Farms
Organic Short Grain
Brown Rice
per pound in bulk; other Lundberg bulk rice varieties also on sale



2/\$7

Lundberg Family Farms
Organic Rice Cakes
8.5 oz., selected varieties



6.99

Lundberg Family Farms
Organic Rice
32 oz., selected varieties
other Lundberg 2 lb. rice varieties also on sale

Let the co-op warm your winter days.



food that fills you up

Full of delicious ancient grains, superfoods and powerful, nourishing ingredients to fill you up and help you thrive. It's spoonable selfcare.

4.49

Purely Elizabeth Organic Granola
8-12 oz., selected varieties



5/\$5

Justin's Nut Butter Squeeze Packs
1.15 oz., selected varieties



2/\$6

Cascadian Farm Organic Plant-based Soft Baked Squares
5-1.2 oz., selected varieties



making eating well easy

Kashi® cereals have a little something for everyone, like protein, organic whole grains, fair trade chocolate and family favorites, like hearts and Os. Kashi® makes eating well easy.

2/\$6

Kashi Organic Cereal
10.3-16.3 oz., selected varieties



scoop up the savings in bulk!

2.29

Organic Garbanzo Beans
per pound in bulk, selected varieties



1.99

Organic Golden Flaxseed
per pound in bulk



2.99

Organic Buckwheat Groats
per pound in bulk, selected varieties



The co-op has convenient breakfast choices.



2/\$6
Santa Cruz
Organic
Applesauce
 6-4 oz. cups, selected varieties



4.49
Wholesome
Organic Stevia
Blend Packets
 75 ct.



8.99
Equal Exchange
Organic
Biorevolution
Dark Roast
 per pound in bulk, selected varieties



2/\$6
One Degree
Organic
Sprouted Cereal
 8-12 oz., selected varieties



2/\$7
Milkadamia
Macadamia Milk
 32 fl. oz., selected varieties



6.99
Navitas
Organic Cacao
Powder
 8 oz.



It's easy to make healthy choices at the co-op.
Warm tea for cold days.

support your respiratory health



Yogi
Lemon Ginger
 SUPPORTS HEALTHY DIGESTION*

Yogi
Breathe Deep
 SUPPORTS RESPIRATORY HEALTH*

CAFFEINE FREE
 HERBAL SUPPLEMENT
 16 TEA BAGS - NET WT 1.27 OZ (36g)

CAFFEINE FREE
 HERBAL SUPPLEMENT
 16 TEA BAGS - NET WT 1.12 OZ (32g)

Relax and unwind with a cup of Yogi's soothing and aromatic Breathe Deep Tea, made with eucalyptus, thyme and licorice, to support your respiratory health.

2/\$7

Yogi
Herbal Tea
 16 tea bags, selected varieties



4.49
Vermont Village
Organic
Unsweetened
Applesauce
 24 oz., selected varieties



6.99
Rishi Tea
Organic Tea
 15 tea bags, selected varieties

Relax with warm beverages from the co-op.



2/\$4

Kettle Brand
Chips
5 oz., selected varieties



3.99

Kettle Brand
Chips
13 oz., selected varieties



2/\$5

Snack Factory
Pretzel Crisps
7.2 oz.



2/\$6

Snyder's
Gluten-free
Pretzel Sticks
8 oz.

snacky
new year

Start your new year with tasty snacks! Our **Kettle Brand®** chips, **Snack Factory®** Pretzel Crisps® and **Snyder's of Hanover®** Gluten-free Pretzels are made with high-quality, non-GMO ingredients, for a fabulous flavor and satisfying crunch.



4/\$5

Simply Organic
Dip Mix
.8-1.5 oz., selected varieties



2/\$6

Theo
Organic Chocolate Bars
3 oz., selected varieties



6.99

Alter Eco
Organic Nut Butter Bombs
3.8 oz., selected varieties



1.79

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



2/\$6

Goldthread
Plant-based
Tonics
12 fl. oz., selected varieties



3.99

Green Mountain
Gringo
Salsa
16 oz., selected varieties



5.99

R.W. Knudsen
Organic Just Tart
Cherry Juice
32 fl. oz.

Thank you for shopping at the co-op!



5.99

**Manitoba Harvest
Hemp Hearts**
8 oz.



4/\$5

**Amazing Grass
Green Superfood
Packets**
.28 oz., selected varieties



6.99

**Spectrum Essentials
Organic Flaxseed**
14-15 oz., selected varieties



2/\$6

**Orgain
Organic
Nutritional Shake**
11 fl. oz., selected
varieties



9.99

**Organic India
Psyllium Whole
Husk Fiber**
12 oz.



11.99

**ChildLife
Multi-Vitamin &
Mineral**
8 fl. oz.



11.99

**Boiron
Oscilloccinum**
6 dose



7.99

**Jarrow Formulas
Methyl B-12
1,000 mcg.**
100 ct.



2/\$6

**Vega
One Organic Protein Shake
Packets**
1.3-1.5 oz., selected varieties



16.99

**Nutrition Now
PB 8 Probiotic**
120 ct., selected
varieties



17.99

**Oregon's Wild
Harvest
Organic
Ashwagandha**
90 ct.



19.99

**Source Naturals
Wellness Formula**
90 ct.

Support your health with help from the co-op.



trust a powerful clean

2/\$6

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

3.99

Seventh Generation Disinfecting Multi-surface Cleaner
26 fl. oz., selected varieties

6.99

Seventh Generation Disinfecting Wipes
70 ct.

10.99

Seventh Generation Liquid Laundry Detergent
100 fl. oz., selected varieties

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



2/\$5

Desert Essence Dental Floss
50 yards, selected varieties



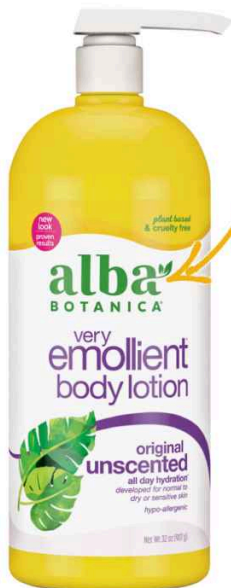
7.99

Pranarom Organic Lavender Oil
5 ml



12.99

Emergen-C Vitamin C Supplement
30 ct., selected varieties



bye bye dry, hello supple

Alba Botanica Emollient Body Lotion is hypo-allergenic, clinically tested and skin softening and will have your skin begging for more.

13.99

Alba Botanica Very Emollient Body Lotion

32 fl. oz., selected varieties



16.99

Andalou Naturals Resveratrol Q10 Night Repair Cream
1.7 oz.

The co-op has safe products for home and family.

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

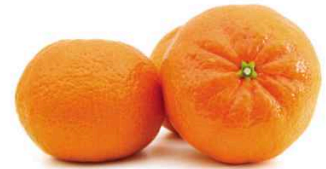
Three Rivers Market

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](https://www.grocery.coop)*



2/\$5
Garden Of Eatin'
Tortilla Chips
5.5 oz., selected varieties



2/\$7
Terra
Vegetable Chips
5-6 oz., selected varieties



2/\$6
From The Ground Up
Cauliflower Snacks
3.5- 4 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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