co-op deals®

NOV 30 - DEC 13, 2022

gather in the kitchen

GRAB THE WHISK

Create some of your favorite recipes for the season. The co-op makes baking together for the holidays easy. Find everything you need — including Earth Balance Vegan Buttery Sticks, a great option for making yummy treats and desserts.

5.49

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

4.49

Organic Valley Whipping Cream
16 fl. oz.

5.99

King Arthur Baking Company Flour
5 lbs., selected varieties

5.99

Enjoy Life Chocolate Baking Chips or Morsels
9-10 oz., selected varieties

Shop the co-op for holiday baking ingredients.

Get creative in the kitchen.

taste the pasture-raised difference

Wholesome and delicious, **Organic Valley** Cheese is made with real organic milk from pasture-raised cows. NO antibiotics, added hormones or harsh pesticides. Just honest goodness.

USDA ORGANIC

3.79
Organic Valley
Cream Cheese
8 oz., selected varieties

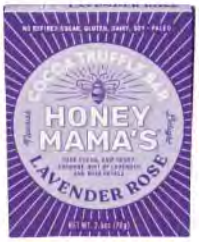
3.99
Organic Valley
Shredded Cheese
6 oz., selected varieties

4.99
Organic Valley
Raw Cheese
8 oz., selected varieties

2/$4
Noosa
Yoghurt
8 oz., selected varieties

2/$6
Kerrygold
Butter
8 oz., selected varieties

7.99
Evolution Fresh
Organic Juices
59 fl. oz., selected varieties



3.99
Honey Mama's
Cocoa Truffle Bar
2.5 oz., selected varieties

4.99
Bitchin' Sauce
Almond Dip
8 oz., selected varieties

7.29
Organic Valley
Butter
16 oz., selected varieties

Start the day with great food from the co-op.

Some items may not be available at all stores or on the same days

4.29

The Greek Gods Greek Yogurt
24 oz., selected varieties

always organic, never ordinary

Crisp, bright and wholesome, these beautiful veggies make a flavorful addition to any meal.

3.19

Cascadian Farm Organic Frozen Vegetables
10 oz., selected varieties

4.99

Applegate Sunday Bacon
8 oz.

6.49

Field Roast Miniature Corn Dogs and Buffalo Wings
10 oz., selected varieties

5.49

Brazi Bites Cheddar and Parmesan Brazilian Cheesebread
11.5 oz.

honest food, ethically produced

Our mission is to bring ethical food to the table. Whether it's supporting family farmers, enabling you to trace your eggs back to the farm, or debunking misleading animal welfare claims, you can always trust Vital Farms to be "Where Honest Food is Raised."

6.49

Vital Farms Organic Large Pasture-raised Eggs
1 doz.

5.99

Against The Grain Baguettes
15 oz., selected varieties

Seasonal savings are at the co-op.

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13.99

Spectrum Organic Extra Virgin Mediterranean Olive Oil
33.8 fl. oz.

4.99

Crofter's Organic Premium Fruit Spread
16.5 oz., selected varieties

13.99

Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil
30 fl. oz.

2/$3

Muir Glen Organic Tomatoes
14.5 oz., selected varieties

2/$3

Annie's Homegrown Mac & Cheese
5.25-6 oz., selected varieties

5.99

Kettle & Fire Bone Broth
16.9 fl. oz., selected varieties

6.99

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

10.99

Lucini Italia Aged Balsamic Vinegar of Modena
8.5 fl. oz.

10.99

Riojana Organic Fair Trade Extra Virgin Olive Oil
25.5 fl. oz. , selected varieties

The co-op has ingredients for great meals.

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4.49

Traditional Medicinals Organic Herbal Tea
16 tea bags, selected varieties

winter warm-up

CREATE COZY VIBES

Don't let the cold temperatures bring you down. Instead, warm up with a cup of tea. Your co-op has a great selection of beverages for the winter months ahead, including tea for any time of the day.

2/$7

Choice Organics Tea
16 tea bags, selected varieties

5.99

Lakewood Organic Juice
32 fl. oz., selected varieties

support your body and mind

Yogi Egyptian Licorice and Lemon Ginger tea are two delicious ways to take some time for yourself and also support your digestive health.

2/$7

Yogi Organic Tea
16 tea bags, selected varieties

2/$8

Pacific Foods Organic Plant-based Beverage
32 fl. oz., selected varieties

2/$7

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

Unwind with soothing beverages from the co-op.

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5.99

Sweetleaf Stevia Sweetener
2 fl. oz., selected varieties

6.49

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

SIZZLE, SIZZLE

Get the family out of bed with the scent of pancakes or waffles cooking in the kitchen. Create a delicious breakfast spread with ingredients found at the co-op. Shop the bulk section for the amount you need, and don't forget toppings like chocolate chips and maple syrup!

heat up the griddle

15.99

Frontier Co-op Organic Vanilla Extract
4 fl. oz.

5.49

Navitas Organics Organic Cacao Powder or Nibs
8 oz., selected varieties

19.99

Field Day Organic Dark, Robust Maple Syrup
32 fl. oz., selected varieties

5.99

Lily's Baking Chips
9 oz., selected varieties

1.79

Organic Rolled Oats
per pound in bulk

USDA ORGANIC

3.29

Organic Thompson Raisins
per pound in bulk

USDA ORGANIC

6.99

Organic Walnut Halves & Pieces
per pound in bulk

USDA ORGANIC

The co-op has great deals on baking ingredients.

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INCLUSIVE TRADE PARTNER

Purely Elizabeth is a woman-owned company that wants people to thrive on their wellness journey.

5.99

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

GoMacro – bigger than a bar

Meet the bar that started it all! Our original Peanut Butter Chocolate Chip MacroBar combines 11 grams of plant-based protein with organic and oh-so-creamy peanut butter, roasted peanuts and — let's not forget the best part — our vegan chocolate chips!

2/$5

Gomacro Organic Macrobar
2-2.5 oz., selected varieties

3.99

Field Day Organic Cereal
14 oz., selected varieties

3.99

Hu Kitchen Chocolate Bar
2.1 oz., selected varieties

maximum crunch factor

We obsessively vet every ingredient to unite unbeatable taste with unmatched simplicity. Aromatic crackers with amazing flavor that match their namesake. Made with real, UltraSimple® ingredients.

4.99

Hu Kitchen Grain-free Crackers
4.25 oz., selected varieties

4.49

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

Snacks everyone loves are at the co-op.

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2/$8

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

2.79

Boulder Canyon Potato Chips
5-6.5 oz., selected varieties

enhance any moment

San Pellegrino guides you to unique taste experiences. Experiences that begin with fine food and venture far beyond. With its incomparable sense of taste and Italianity, San Pellegrino can enhance any moment.

2/$4

San Pellegrino Sparkling Mineral Water
25.3 fl. oz.

Pour a refreshing beverage for yourself.

Find fizzy drinks at the co-op.

90% certified recycled steel

Klean Kanteen was America's first BPA-free stainless steel water bottle and launched in 2004 specifically to reduce single-use plastics. Certified B-Corp, family/employee owned, climate neutral, 1% for the Planet member and offering cool innovations like our new twist cap!

22.99

Klean Kanteen TK Wide 20 oz. with a twist cap
each, selected varieties

2/$6

Late July Classic or Chia & Quinoa Crackers
6 oz., selected varieties

The co-op has tasty snacks and beverages.

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2/$7

Blue Diamond Nut Thins
4.25 oz., selected varieties

2/$7

Carr's Crackers
4.25-7.1 oz., selected varieties

perfect busy-day snack

The holiday season can be super busy. Keep Late July® Jalapeño Lime and Nacho Cheese Tortilla Chips handy for an amazingly delicious way to fuel your marathon wrapping or baking sessions!

2/$7

Late July Tortilla Chips
7.5-7.8 oz., selected varieties

Your favorite snacks are on sale at the co-op!

Crunch away!

nothing but the good stuff

Thank you for your support of Endangered Species Chocolate. You are helping to save our wildlife, environment and our global communities firsthand.

2/$4

Endangered Species Chocolate Bars
3 oz., selected varieties

2/$7

Dr. Bronner's Organic Magic All-One Chocolate Bars
2.93-3 oz., selected varieties

Celebrate the season with help from the co-op!

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keep calm this holiday season

Natural Vitality® Calm provides magnesium to support stress management for a healthy body. Natural Vitality® Gummies are delicious, fruit-flavored chews with the essential nutrients needed for stress relief, better sleep and more relaxed muscles. Perfect for the whole family, at home or on the go, this holiday season.

12.99
Natural Vitality Unflavored Calm Magnesium Drink
8 oz.

13.49
Natural Vitality Orange Calm Magnesium Drink
8 oz.

13.49
Natural Vitality Raspberry Lemon Calm Magnesium Drink
8 oz.

16.99
Natural Vitality Calm Gummies
120 ct., selected varieties

12.99
Seventh Generation 4X Concentrated Laundry Detergent
50 fl. oz., selected varieties

22.99
Garden Of Life Dr. Formulated Probiotics Once Daily
30 ct.

INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company on a mission to invest in a more equitable future. Our projects enable Togolese communities to share their skills and knowledge with the rest of the world.

9.99
Alaffia Everyday Shea Body Lotion
32 fl. oz., selected varieties

2.99
Ecover Liquid Dish Soap
25 fl. oz., selected varieties

10.99
Seventh Generation 100% Recycled Bath Tissue
12 pk.

28.49
Host Defense Stamets 7 Daily Immune Support
60 ct.

Stay healthy this winter with help from the co-op.

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6.99

Schmidt's Natural Deodorant
2.65 oz., selected varieties

7.99

Aura Cacia Lavender Essential Oil
.5 fl. oz.

pure-castile bar soap

Soft, smooth lather moisturizes face, body, hands and hair. Organic, nutrient-rich, U.S.-grown hemp seed oil nourishes skin. Plant-based and biodegradable, made with certified organic oils, wrapped in post-consumer recycled paper, cleans body, mind and soul!

2/$6

Dr. Bronner's Pure Castile Bar Soap
5 oz., selected varieties

Body care items make great gifts!

Shop and save this season.

2.29

Preserve Adult Toothbrush
each, selected varieties

6.99

Avalon Organics Shampoo or Conditioner
11 fl. oz., selected varieties

11.99

Weleda Skin Food
2.5 fl. oz.

Find safe body care products at the co-op.

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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

authentic Italian flavor

Made with organic milk from cows pasture raised on our family farms, Organic Valley Ricotta is perfectly rich and creamy.

4.99

Organic Valley Cottage or Ricotta Cheese
15-16 oz., selected varieties

1.99

Bionaturae Organic Tomato Paste
7 oz.

18.99

California Olive Ranch 100% California Extra Virgin Olive Oil
25.4 fl. oz.

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.

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co+op