

# Co+op deals

MAR 15 - APR 4, 2023

choose your toppings

### DELICIOUS, EASY BREAKFAST

Shop the co-op for all your favorite yogurt bowl toppings like nuts, granola and fruit. With Siggi's Vanilla yogurt cups, it's easy to make a nutritious and delicious breakfast.



**4/\$5**

Siggi's  
Skyr Yogurt  
4-5.3 oz., selected varieties



**4/\$5**

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



**2/\$6**

Nature's Path  
Organic Waffles  
7.4 oz., selected varieties



**4/\$5**

Larabar  
Fruit & Nut Bars  
1.6-1.7 oz., selected varieties



From breakfast to dinner, save with Co+op Deals.  
**Make your favorite meals.**



**5.49**

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



**3.19**

**Tofurky Deli Slices**  
5.5 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Nuts for Cheese is a woman-owned company. We are inspired to create 100% dairy-free cheese and believe in the ability to spread positive, sustainable change through food.



**6.49**

**Nuts For Cheese Organic & Dairy-free Fermented Cashew Product**  
4.2 oz., selected varieties



**4.79**

**Lifeway Organic Kefir**  
32 fl. oz., selected varieties



**2/\$5**

**KeVita Organic Probiotic Drink**  
15.2 fl. oz., selected varieties



**2/\$7**

**Hope Foods Organic Hummus**  
8 oz., selected varieties



**6.99**

**Bubbies Kosher Dill Pickles**  
33 fl. oz., selected varieties



*lovingly handcrafted*

Our mission is to deliver a distinct, high-quality brew, lovingly handcrafted coffee with organic beans for a smooth, bold taste.

**8.49**

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



**3/\$4**

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

**Jump start your day with deals from the co-op.**

bringing ethical food to the table



**5.49**

Vital Farms Pasture-raised Liquid Whole Eggs  
16 oz.



**6.99**

Vital Farms Organic Pasture-raised Large Grade A Eggs  
12 ct.



**7.99**

Vital Farms Pasture-raised Large Grade A Eggs  
18 ct.

**Vital Farms'** mission is to bring ethical food to the table. We do everything we can to improve the lives of people, animals and the planet through food. Our eggs and butter from American family farms are delicious, ethical food you don't have to question.



Have an egg-cellent and protein-rich breakfast.  
**Start your day off right.**



**3.99**

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



**2/\$3**

Forager Project Organic Cashewmilk Yogurt  
5.3 oz., selected varieties



**5.49**

Green Mountain Creamery Greek Yogurt  
32 oz., selected varieties



**3.99**

Harmless Harvest Organic Coconut Water  
16 fl. oz., selected varieties



**4.29**

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



**4.49**

Honest To Goodness Dairy or Dairy-free Creamer  
25.4 fl. oz., selected varieties

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



*awesome Coolhaus ice cream*



There's now even more ways to adventure into Coolhaus awesome ice cream. Ice cream pints, sandwiches or cones — Coolhaus has you covered!

**2/\$6**

**Coolhaus**  
Ice Cream Sandwiches  
5.8 fl. oz., selected varieties



**3.79**

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



**2/\$8**

**Annie's**  
Pizza Poppers  
6.8 oz., selected varieties



**5.99**

**Little Northern**  
Bakehouse  
Gluten-free Bread  
16-17.4 oz., selected varieties



**7.99**

**Applegate**  
Organics  
Chicken Strips  
8 oz.



*gourmet meals in minutes*

Dish on Woodstock's tasty frozen pastas! Our organic spinach and cheese ravioli and garlic and roasted veggie ravioli varieties have pockets of hearty flavor with every bite.

**6.99**

**Woodstock**  
Organic Filled Pasta  
20 oz., selected varieties



**INCLUSIVE TRADE PARTNER**

Caulipower is a woman-owned business started by a mom of children with celiac disease, inspired by the desire for gluten-free options.



**6.99**

**Caulipower**  
Cauliflower Crust Pizza  
10.9-12 oz., selected varieties

**The co-op has frozen favorites for the whole family.**

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



**10.99**

**Spectrum**  
Organic Extra Virgin  
Olive Oil  
25.4 fl. oz.



*100% organic,  
Italian made*

Lucini® Organic Pasta Sauces are 100% Italian made in small batches with 100% organic ingredients and no sugar added for fresh, authentic flavor.

**6.99**

**Lucini Italia**  
Organic Pasta Sauce  
24-25.5 oz., selected varieties



**3.79**

**Maille**  
Dijon Mustard  
7.3 oz., selected varieties



**4.49**

**Nocciolata**  
Organic Hazelnut  
Spread  
9.52 oz., selected varieties



**11.99**

**Truff**  
Black Truffle  
Infused Hot Sauce  
6 oz., selected varieties



*we spread integrity*

We're 100% employee-owned, and we take pride in producing superior products for our customers. Since 1976, we've been dedicated to quality and sustainability for a better future.

**7.99**

**Once Again**  
Organic Sesame Tahini  
16 oz., selected varieties



**3.19**

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

**Flavorful ingredients are at the co-op.**



## Maya makes it easy

Create authentic Indian dishes whenever you wish. With Maya's "speed-scratch" sauces, dals, chanas, soup and rice you can enjoy her family's time-honored recipes. No roasting, toasting, grinding or measuring required.

# 2/\$6

**Maya Kaimal**  
**Organic Everyday Dal**  
**Entrees**  
 10 oz., selected varieties



## 2/\$7

**Muir Glen**  
**Organic Pasta**  
**Sauce**  
 23.5-25.5 oz., selected varieties



## 2/\$8

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



## 2/\$6

**San-J**  
**Cooking Sauce**  
 10 fl. oz., selected varieties

## small treasures

Sardines. Tasty. Nutritious. Versatile. Rich in omega-3. Sustainably harvested in Moroccan and Scottish waters. A wild-caught treasure for you.

# 2.79

**Crown Prince**  
**Skinless & Boneless**  
**Sardines in Olive Oil**  
 3.75 oz.



## 3.49

**Field Day**  
**Organic Pasta**  
**Sauce**  
 24 oz., selected varieties

scoop up the savings in bulk!



## 1.79

**Organic**  
**Regular Rolled**  
**Oats**  
 per pound in bulk



## 2.29

**Organic**  
**Split Red Lentils**  
 per pound in bulk



## 3.29

**Organic**  
**Thompson Raisins**  
 per pound in bulk



**Stock the pantry with help from the co-op.**



**4.49**

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



**2/\$8**

**Santa Cruz**  
Organic  
Apple Sauce  
23 oz., selected varieties



**7.49**

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



**9.99**

**Equal Exchange**  
Organic  
Breakfast Blend  
Coffee  
per pound in bulk



**11.99**

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



**3.79**

**Birch Benders**  
Pancake & Waffle  
Mix  
14-16 oz., selected varieties



**6.49**

**King Arthur**  
Baking Company  
Flour  
5 lbs.



**15.99**

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



*our path, our future*

Nature's Path envisions a more sustainable future for all. We all rely on clean air and water, healthy soil and good food. So, we thank you for eating like our Earth depends on it.

**3.79**

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



**5.99**

**Rishi**  
Organic Tea  
15 ct., selected varieties

**The co-op wishes you a healthy spring.**



**2/\$6**

**From The Ground Up  
Cauliflower Snacks**  
3.5-4.5 oz., selected varieties



**2/\$5**

**Food Should  
Taste Good  
Tortilla Chips**  
5.5 oz., selected varieties



**2/\$9**

**Nixie  
Organic Sparkling  
Water**  
8 pk.-12 fl. oz. cans,  
selected varieties



**2/\$4**

**Yachak Organic  
Energy Tea**  
16 fl. oz., selected  
varieties



**2.79**

**Good Health  
Avocado Oil  
Potato Chips**  
5 oz., selected varieties



**4.49**

**Green Mountain  
Gringo  
Salsa**  
16 oz., selected varieties



**9.99**

**Justin's  
Almond Butter**  
16 oz., selected varieties



*your spring snack fling*

Fall in love with Late July® Organic Tortilla Chips. They're made with quality ingredients for a fresh flavor that pairs perfectly with the season.

**2/\$6**

**Late July  
Organic Tortilla Chips**  
7.4-10.1 oz., selected varieties



**4.49**

**Justin's  
Organic Almond or  
Peanut Butter Cups**  
4.2-4.7 oz., selected varieties

**Snacks for every day are at the co-op.**





crowd-pleasing snacks

GAME DAY FESTIVITIES

Cheer on your favorite team and shop the co-op for delicious snacks and beverages for your next gathering. March Madness is here, so check out the game day snack and appetizer solutions on grocery.coop for what's sure to be a win with fans of all ages.



**2/\$4**  
 Little Secrets  
 Chocolate Crispy  
 Wafers  
 1.4 oz., selected varieties



**2/\$5**  
 Smartsweets  
 Candy  
 1.8 oz., selected varieties



**3.99**  
 Simple Mills  
 Almond Flour  
 Cookies  
 5.5-6.2 oz., selected varieties

Real. Delicious. Chocolate.



Indulge in the good stuff paired with a good cause. You're helping us make a true impact for wildlife and habitats around the globe. Ten percent of our annual net profits are donated to organizations that support our mission.

**2.79**  
 Endangered Species  
 Chocolate Bars  
 3 oz., selected varieties



**5.49**  
 Maxine's  
 Heavenly  
 Cookies  
 6.3-7.2 oz., selected varieties



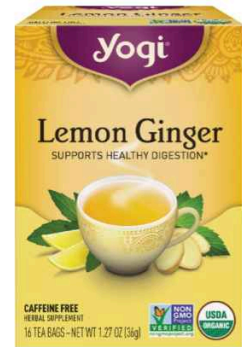
Find yummy treats on sale at the co-op.



**5.59**  
 Source Naturals  
 Melatonin  
 60 ct., selected varieties



**2.19**  
 Quantum  
 Zinc Elderberry  
 Raspberry Lozenges  
 1.2 oz.



**2/\$6**  
 Yogi  
 Herbal Tea  
 16 ct., selected varieties



**9.99**  
 Yerba Prima  
 Psyllium Husks  
 12 oz., selected varieties



**14.99**  
 Nature's Way  
 Sambucus  
 Elderberry  
 Gummies  
 60 ct., selected varieties



**28.49**  
 Four Sigmatic  
 Organic Plant-based  
 Protein  
 Powder  
 16.7-21.16 oz., selected  
 varieties



**9.49**  
 Herb Pharm  
 Soothing Throat  
 Spray  
 1 fl. oz.



**9.49**  
 Herb Pharm  
 Milk Thistle  
 Cleanse & Detoxify  
 1 fl. oz.



**9.49**  
 Herb Pharm  
 Ashwagandha  
 Energy & Vitality  
 1 fl. oz.



**10.79**  
 Herb Pharm  
 Kava Nervous System  
 1 fl. oz.



*live your  
 best spring*

Refresh your wellness routine with savings on all top-selling **Herb Pharm** liquid herbal extracts. Whether your concerns are stress, immune, energy or liver support, these herbal allies can help.

**The co-op helps support your wellness needs.**



**2/\$5**  
 Desert Essence  
 Tea Tree Oil Dental  
 Floss or Tape  
 30-50 yd., selected  
 varieties



**3.79** Tea Tree Therapy  
 Baking Soda Toothpaste  
 5 oz.



**5.69**  
 Herban Cowboy  
 Deodorant  
 2.8 oz., selected varieties



**2/\$12**  
 Giovanni  
 Shampoo or  
 Conditioner  
 5.1-8.5 fl. oz., selected  
 varieties



**11.69**  
 Naturtint  
 Hair Color  
 5.75 fl. oz., selected  
 varieties



Fresh and clean ingredients are at the co-op.  
**It's spring cleaning time.**



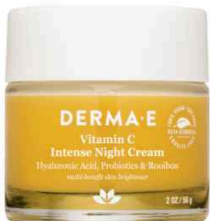
**9.79**  
 Now  
 Sweet Almond Oil  
 16 fl. oz.



**3.49**  
 Ecover  
 Liquid Dish Soap  
 25 fl. oz., selected  
 varieties



**4.79**  
 Better Life  
 Toilet Bowl Cleaner  
 24 fl. oz.



**14.99**  
 Derma E  
 Vitamin C Intense  
 Night Cream  
 2 oz.



**20.99**  
 Mad Hippie  
 Vitamin C Serum  
 1.02 fl. oz.

**The co-op has products for you and your home.**

## 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

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](http://grocery.coop)*



**3.99**

Mrs. Meyer's Dish Soap  
16 fl. oz., selected varieties



**3.99**

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



**2/\$8**

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

*rooted in goodness*

Mrs. Meyer's smells like a garden and cleans like the dickens. All products are cruelty free, formulated without artificial colors, ammonia, chlorine bleach or parabens, and are beautifully packaged in bottles that are at least 30% PCR (Post-Consumer Recycled) and 100% recyclable.

Co-ops support products and services that ensure personal and planetary health; a legacy we can be proud to leave generations to come.



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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