

# coop deals

MAR 30 - APR 19, 2022



*bacon for brunch*

Make your favorite brunch even more delicious with Applegate's Uncured Sunday Bacon, on sale at the co-op! In hash, quiche or a frittata, with pancakes or just on its own — bacon is the perfect addition to any brunch.

**4.99**  
**Applegate Farms Sunday Bacon**  
 8 oz., selected varieties



**3.99**  
**Stahlbush Island Farms Frozen Fruit**  
 10 oz., selected varieties



**3.99**  
**Wholesome Organic Powdered Sugar**  
 16 oz.



**4.49**  
**King Arthur Baking Company Unbleached All-purpose Flour**  
 5 lbs.



**3.99**  
**Bonne Maman Preserves**  
 13 oz., selected varieties



**4.49**  
**Immaculate Organic Cinnamon Rolls**  
 17.5 oz.



**4.99**  
**Sky Valley Sriracha Sauce**  
 18.5 fl. oz.



Start your days off right at the co-op.  
**Breakfast favorites every day.**



**79¢**

**Brown Cow Cream Top Yogurt**  
5.3 oz., selected varieties



**2/\$5**

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



**2/\$6**

**GoodBelly Organic Probiotic Drink**  
32 fl. oz., selected varieties



*great buttery taste*

Earth Balance® Vegan Buttery Spread has made a name as the ultimate toast topper and a crucial part of your dairy-free baking. It's creamy, rich and buttery.

**4.99**

**Earth Balance Buttery Spread or Sticks**

13-16 oz., selected varieties



**2/\$7**

**Silk Plant-based Milk**  
64 fl. oz., selected varieties



**3/\$7**

**Petit Pot Organic French Pudding**  
3.5 oz., selected varieties

*rich, creamy, nondairy*

Just like their traditional skyr, Sigg's plant-based coconut blend has a thick texture and no artificial flavors, sweeteners or preservatives.

**3/\$5**

**Sigg's Plant-based Yogurt**  
5.3 oz., selected varieties



**2/\$3**

**Wallaby Organic Greek Yogurt**  
5.3 oz., selected varieties



**3.99**

**Califia Farms Oatmilk**  
48 fl. oz., selected varieties

**Wake up and enjoy the savings at the co-op!**



**7.49**  
Evolution Fresh  
Organic Juices  
59 fl. oz., selected varieties



*luscious and  
lactose free*

Real dairy sour cream, with all the richness and versatility, but none of the lactose! Ideal for transforming dips, adding richness to baked goods, or swirling into sauces and soups.

**2.99**  
Green Valley Creamery  
Organic Lactose-free  
Sour Cream  
12 oz.



**2/\$5**  
Vive Organic  
Wellness Shots  
2 fl. oz., selected  
varieties



**3.99**  
Violife  
Just Like Cheese  
Shreds  
8 oz., selected varieties

*honest food, ethically produced*

Our grazing girls live a pasture-raised lifestyle with a minimum of 108 square feet of roaming room and the freedom to forage for local grasses, succulents and wildflowers while enjoying fresh air and sunshine.



**5.99**  
Vital Farms  
Organic Large  
Pasture-raised Eggs  
1 doz., selected varieties



**2/\$7**  
The Greek Gods  
Greek Yogurt  
24 oz., selected varieties

**The co-op has all your brunch favorites.**



**4.49**  
**Rudi's**  
**Organic Bread**  
 22-24 oz., selected varieties



**3/\$5**  
**Woodstock**  
**Frozen Vegetables**  
 10 oz., selected varieties



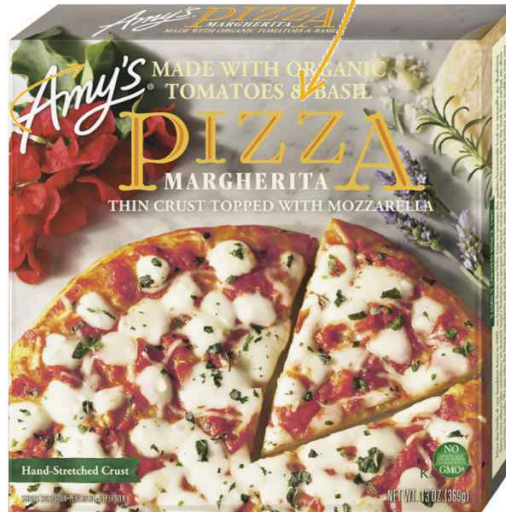
**6.99**  
**Alden's Organic**  
**Ice Cream**  
 48 oz., selected varieties

*hand crafted and crave worthy*

At Amy's, we love to cook for you. For us, that means carefully sourcing high-quality, organic ingredients and spending countless hours in our kitchens so you can enjoy authentic, great-tasting food in minutes.

**6.99**

**Amy's**  
**Pizza**  
 9.1-14 oz., selected varieties



**4.49**  
**Mt. Vikos**  
**Organic Feta Cheese**  
 6 oz.



**3.49**  
**Organic**  
**Shredded Coconut**  
 per pound in bulk



**6.99**  
**Organic**  
**Walnut Halves & Pieces**  
 per pound in bulk



**11.99**  
**Organic**  
**Pecan Halves**  
 per pound in bulk



**The co-op has great deals throughout the store.**

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



**2/\$6**  
 Santa Cruz  
 Organic  
 Apple Sauce  
 23 oz., selected varieties



**3.99**

Traditional Medicinals  
 Organic Herbal Tea  
 16 ct., selected varieties



**9.99**

Spectrum  
 Organic Extra Virgin  
 Olive Oil  
 25.4 fl. oz.



**3.99**  
 Birch Benders  
 Pancake & Waffle  
 Mix  
 14-16 oz., selected  
 varieties



**4.79**  
 Frontier Co-op  
 Organic Ground  
 Cinnamon  
 1.31-1.9 oz., selected  
 varieties



**5.49**  
 Swerve  
 Sweeteners  
 12 oz., selected varieties



**7.99**  
 Bob's Red Mill  
 Super-fine Almond  
 Flour  
 16 oz., selected varieties



**2/\$6**  
 Equal Exchange  
 Organic  
 Chocolate Bars  
 2.8 oz., selected varieties



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



**4.49**  
 Equal Exchange  
 Organic Semisweet  
 Chocolate Chips  
 10 oz., selected varieties



**7.99**  
 Equal Exchange  
 Organic ;BioRevolution!  
 Ground or Whole Bean  
 Coffee  
 12 oz.

supporting the  
*iBioRevolution!*  
 Project



For every pound of ;BioRevolution!  
 Organic Coffee you purchase, 50  
 cents goes to innovative agriculture  
 projects. Our goal is to raise \$25,000  
 for scholarships to La Fortaleza, a  
 farmer-led, grassroots, biodynamic  
 teaching farm in Honduras.

**The co-op has what you need for the week ahead.**



**2/\$7**

**Garden of Eatin'  
Taco Shells**  
5.5 oz., selected varieties



**2/\$6**

**Tasty Bite  
Organic Entrees**  
10 oz., selected varieties



**2/\$6**

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



**3.99**

**Milkadamia  
Macadamia Milk**  
32 fl. oz., selected varieties



**4.99**

**Bragg  
Organic Apple  
Cider Vinegar**  
32 fl. oz.



**5.99**

**Lakewood  
Organic Juice**  
32 fl. oz., selected varieties



**2/\$5**

**Muir Glen  
Organic  
Tomatoes**  
28 oz., selected varieties



**6.99**

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

*artisan-crafted in Italy*



Authentic Italian cooking is about using simple, delicious, real ingredients. Award-winning for taste and texture. All packaging for products is 100% plastic and BPA free and certified New Glyphosate Residue Free.

**2/\$6**

**Jovial  
Organic Brown Rice Pasta**  
12 oz., selected varieties



**2/\$7**

**Imagine  
Organic Broth**  
32 fl. oz., selected varieties

**Stock your kitchen with ingredients from the co-op.**



**2/\$6**

**Westbrae Organic Beans**  
25 oz., selected varieties



**3/\$5**

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



**2/\$7**

**Mediterranean Organic Pitted or Stuffed Olives**  
8.1-8.5 oz., selected varieties



**9.99**

**Riojana Organic Fair Trade Extra Virgin Olive Oil**  
25.5 fl. oz.



**2/\$7**

**Native Forest Organic Pineapple**  
14-15 oz., selected varieties



**4.49**

**Santa Cruz Organic Peanut Butter**  
16 oz., selected varieties



**5.49**

**Sir Kensington's Mayonnaise**  
12 fl. oz., selected varieties



*liberate your senses*

Kickstart your umami adventure with KOYO's Asian Vegetable Ramen. Our organic noodles are baked, not fried, with a savory broth free from preservatives.

**5/\$5**

**Koyo Ramen**  
2-2.1 oz., selected varieties



**8.99**

**Maranatha Almond Butter**  
12 oz., selected varieties

**Pantry staples are on sale at the co-op.**



**2/\$5**

**Probar Meal Bar**  
3 oz., selected varieties



**3.99**

**Quinn Pretzel Nuggets**  
5-7 oz., selected varieties



**4/\$5**

**Vermont Smoke & Cure Meat Sticks**  
1 oz., selected varieties



**2/\$4**

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



**3/\$5**

**Rxbar Protein Bars**  
1.83 oz., selected varieties



**2/\$6**

**Banana Organic Plantain Chips**  
5 oz., selected varieties



**6.99**

**Back Roads Granola Organic Granola**  
10 oz., selected varieties



*indulge for the planet*

These dark chocolate bars are organic and free of sugar alternatives and soy ingredients. They're also fair trade, carbon neutral and support regenerative agriculture.

**2/\$6**

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



**3.49**

**Nature's Path Organic Love Crunch Granola**  
11.5 oz., selected varieties

**Delicious options for your next hike at the co-op.**





**2/\$5**

Late July  
Organic Potato Chips  
5 oz., selected varieties



**2/\$5**

Stacy's  
Pita Chips  
7.33 oz., selected varieties



**2/\$6**

Blue Diamond  
Nut Thins  
4.25 oz., selected varieties



**2/\$6**

Kettle Brand  
Organic Potato  
Chips  
5 oz., selected varieties



**3.99**

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



**1.79**

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



**4.99**

Izze  
Sparkling Juice  
4 pk.-12 fl. oz. bottles,  
selected varieties



**3.99**

Hu Kitchen  
Organic  
Chocolate Bar  
2.1 oz., selected varieties

*heritage-inspired snacking*



Siete Mexican Cookies are perfect for having with your morning coffee, serving to little ones with hot chocolate, and inspiring bite-sized creations like mini S'mores, ice cream sandwiches and more!

**2/\$7**

Siete  
Mexican Grain-free  
Cookies  
4.5 oz., selected varieties



**3.99**

Justin's  
Organic Mini Peanut  
Butter Cups  
4.7 oz., selected varieties

**Satisfy sweet and savory cravings at the co-op.**



**5.99**  
 Lily Of The Desert  
 Organic Aloe Vera  
 Juice  
 32 fl. oz., selected  
 varieties



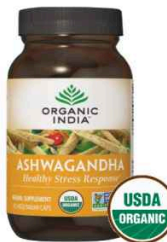
**39.99**  
 Vital Proteins  
 Collagen Peptides  
 20 oz.



**34.99**  
 Garden Of Life  
 Vitamin Code  
 Whole Food Multivitamin  
 120 ct., selected varieties



**10.99**  
 Similasan  
 Homeopathic Eye  
 Relief  
 .33 fl. oz., selected  
 varieties



**17.99**  
 Organic India  
 Ashwagandha  
 90 ct.



**21.99**  
 Nordic Naturals  
 Ultimate Omega  
 1280mg  
 60 ct.

*powerful with a clean purpose*



**Seventh Generation** formulates safe and effective plant-based homecare products that work. We believe our products are healthy solutions for your home and for the community and environment outside of it.

**2/\$5**  
 Seventh Generation  
 Dish Liquid  
 19 oz., selected varieties

**4.49**  
 Seventh Generation  
 Lemongrass Citrus  
 Disinfecting  
 Multi-Surface Cleaner  
 26 oz.

**11.99**  
 Seventh Generation  
 Laundry Detergent  
 100 oz., selected varieties

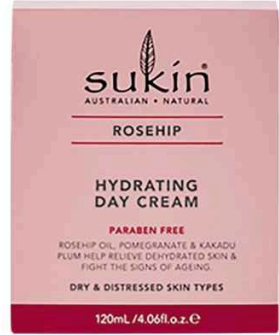
**The co-op has safe products for people and planet.**

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



**6.99**

**Bach  
Rescue Remedy  
Pastilles**  
35 ct., selected varieties



**11.99**

**Sukin  
Facial Cream**  
4.06 fl. oz., selected varieties



**3.29**

**ECOS  
Liquid Dish Soap**  
25 fl. oz., selected  
varieties



**4.49**

**If You Care  
Parchment Baking Paper**  
70 sq. ft.



*for an everyday clean*

ECOS® plant-powered products are non-toxic and safer for you, your home and our planet, because we believe clean shouldn't mean spreading toxins all over your home. It's been the ECOS® promise for over 50 years.

**11.99**

**Ecos  
Liquid Laundry Detergent**  
100 fl. oz., selected varieties



**8.99**

**Green Forest  
100% Recycled Paper  
Bath Tissue**  
12 ct., selected varieties

**Everyone is welcome to shop 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

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](http://grocery.coop)*

*love our mother*

Earth day, every day! Our main ingredients are grown in the earth and tended by farmers practicing regenerative organic agriculture — which builds rich soil, sequesters carbon, retains water and protects biodiversity — mitigating catastrophic climate change on Spaceship Earth. All-One!

**3.99**

Dr. Bronner's  
Pure Castile Liquid Soaps  
8 fl. oz., selected varieties

**10.99**

Dr. Bronner's  
Pure Castile Liquid Soaps  
32 fl. 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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