

coop deals

APR 20 - MAY 3, 2022

less work, more flavor

Flavorful Indian entrees are delicious, and plant-based Maya Kaimal's Organic Everyday Dal products make meal times simple with their straight-forward ingredients and easy prep. The co-op has them on sale right now, so make your next dinner savory and stress free.



2/\$7
 Maya Kaimal
 Organic Everyday Dal
 10 oz., selected varieties



2/\$5
 Nature's Path
 Organic Waffles
 7.4-7.5 oz., selected varieties



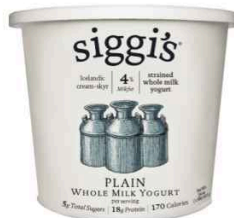
2/\$6
 Rebbi
 Organic Elixir
 12 fl. oz., selected varieties



2/\$6
 Cascadian Farm
 Organic Frozen Potatoes
 12-16 oz., selected varieties



2/\$7
 Mary's Gone
 Crackers
 Organic Real Thin Crackers
 5 oz., selected varieties



4.99
 Siggis
 Skyr Yogurt
 24 oz., selected varieties



4.49
 Newman's Own
 Newman-O's
 Sandwich Cookies
 13 oz., selected varieties



Your favorite brands are on sale now!

Spring ahead and shop the co-op.



award-winning organic cheese

4.99

Organic Valley Sliced Cheese
6 oz., selected varieties

4.49

Organic Valley Shredded Parmesan
4 oz.

4.99

Organic Valley Feta
8 oz.

4.99

Organic Valley Mozzarella
8 oz.



Organic Valley's line of award-winning organic products makes everyone say cheese! Organic Valley has a broad range of delicious recipes at organicvalley.coop/recipes featuring the products our farmer-owners work so hard to produce.



The co-op has great dairy selections.
Just say cheese.



2/\$4

C2O Coconut Water
17.5 fl. oz., selected varieties



2.49

So Delicious Organic Coconutmilk Creamer
16 fl. oz., selected varieties



4.49

Rumiano Organic Cheese
8 oz., selected varieties



5.49

So Delicious Organic Coconutmilk Yogurt
24 oz., selected varieties



Dairy and nondairy options are at the co-op.



2/\$7

Chobani Oatmilk
52 fl. oz., selected varieties



4/\$5

Green Mountain Creamery Nonfat Greek Yogurt
5.3 oz., selected varieties



5/\$5

Fage Greek Yogurt
5.3 oz., selected varieties



2/\$5

Kevita Organic Sparkling Probiotic Drink
15.2 fl. oz., selected varieties



2/\$7

Good Karma Flaxmilk
64 fl. oz., selected varieties



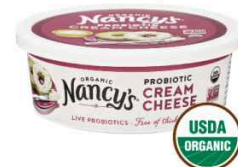
2/\$3

Honest Tea Organic Tea
16 fl. oz., selected varieties



3/\$5

Noosa Yoghurt
8 oz., selected varieties



2.49

Nancy's Organic Cultured Cream Cheese
8 oz.



3/\$5

Oatly Oatgurt
5.3 oz., selected varieties



5.99

Uncle Matt's Organic Juice
52 fl. oz., selected varieties



2/\$7

Daiya Cutting Board Shreds
7.1 oz., selected varieties



2.79

R.W. Knudsen Simply Nutritious Juice
32 fl. oz., selected varieties



6.49

Wallaby Organic Greek Yogurt
32 oz., selected varieties

Stock up with great deals from the co-op.

love the farmland

At **Cascadian Farm**, our continuing mission is to help protect our planet. As one of the earliest pioneers of organic agriculture, we have spent more than 40 years planting pollinator habitats, helping farmers build healthy soil, and integrating climate-smart crops into our products. Join us in cascading change for a better future.



2/\$5

Cascadian Farm Organic Frozen Vegetables
12-16 oz., selected varieties



2/\$6

Cascadian Farm Organic Frozen Fruit
8 oz., selected varieties



2/\$7

Cascadian Farm Organic Bars
5 to 6-1.2 oz., selected varieties



2/\$7

Cascadian Farm Organic Cereal or Granola
8.6-16 oz., selected varieties



2/\$5

Hilary's Organic Veggie Burgers
6.4 oz., selected varieties



2/\$6

Sweet Earth Hickory & Sage Benevolent Bacon
5.5 oz.



3.99

Talenti Gelato or Sorbetto
1 pt., selected varieties



scoop up the savings in bulk!

2.49

Organic White Quinoa
per pound in bulk



9.99

Organic Dried Mango
per pound in bulk



9.99

Organic Unroasted Almonds
per pound in bulk



Your favorite brands are at the co-op.



4.49

Plant Boss Organic Meatless Crumbles
3.17-3.35 oz., selected varieties



1.79

Dr. McDougall's Soup Cups
1.3-3.4 oz., selected varieties



3.99

Maya Kaimal Indian Simmer Sauce
12.5 oz., selected varieties



2/\$7

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



4/\$5

Kind Bars
1.4 oz., selected varieties



3.99

Tazo Organic Tea
20 ct., selected varieties



5.49

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



6.49

Nature's Path Organic Cereal
23.8-32 oz., selected varieties



organic and flavor packed

This real cheese and organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all. Enjoy our organic mac as is or add yummy toppings (like sausage and peas!) for a delicious mix-in masterpiece.

2/\$5

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

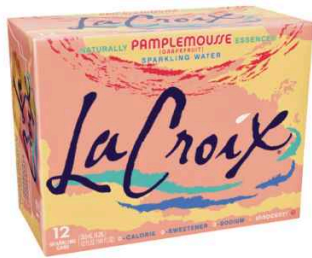


2/\$6

Health Valley Organic Soup
14.25-15 oz., selected varieties

The co-op makes weeknight meals easy.

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



4.99

LaCroix
Sparkling Water
12 pk.-12 fl. oz. cans, selected
varieties



2/\$5

Garden of Eatin'
Tortilla Chips
5.5 oz., selected varieties



2/\$5

Angie's
Boomchickapop
Popcorn
4.4-7 oz., selected
varieties



2/\$7

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



1.79

Surf Sweets
Candy
2.75 oz., selected
varieties



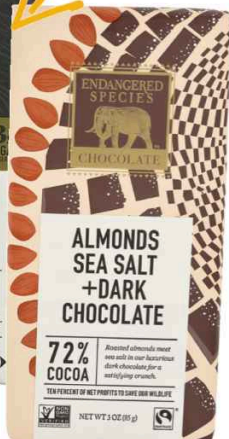
2/\$4

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



2/\$6

Hippeas
Organic Chickpea
Puffs
4 oz., selected varieties



real, delicious chocolate

Endangered Species Chocolate is all about authenticity. Each bar has just a handful of real, responsibly sourced, health-conscious ingredients, and it's making a true impact for wildlife habitats.

2/\$5

Endangered Species
Chocolate Bar
3 oz., selected varieties



2/\$6

Lily's
Chocolate Bar
2.8-3 oz., selected varieties

Find the snacks you crave at the co-op.



8.99

Alba Botanica Sunscreen
4 oz., selected varieties



6.49

Acure Shampoo or Conditioner
8 fl. oz., selected varieties



16.99

Smarty Pants Kids Complete Multi + Omega 3 + Vitamin D Gummies
120 ct., selected varieties



3.99

Pukka Organic Herbal Tea
20 ct., selected varieties



29.99

Primal Kitchen Collagen Fuel Drink Mix
13.05-13.3 oz., selected varieties



7.99

Jarrow Formulas Methyl B-12 1000 mcg.
100 ct.



15.99

Flora Super 8 Hi-Potency Probiotic
30 ct.



29.99

Whole Earth & Sea Multivitamins
60 ct., selected varieties



nourishment from the ground up

Made with what matters. Key nutrients and real food from farmers committed to improving soil health through regenerative agriculture — for people and the planet.

19.99

MegaFood Turmeric Strength
60 ct.



34.99

Orgain Organic Plant-based Protein Powder
25.3-32.4 oz., selected varieties

The co-op has your wellness needs covered.

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



garden-inspired goodness

Mrs. Meyer's® Clean Day is a collection of home and personal care products that are made with essential oils and other thoughtfully chosen ingredients. All products are cruelty-free and free of artificial colors, ammonia, chlorine bleach and parabens, and beautifully packaged in bottles that are made with at least 30% recycled plastic and 100% recyclable.

3.49
Mrs. Meyer's
Dish Soap
16 fl. oz., selected varieties

3.99
Mrs. Meyer's
Hand Soap
12.5 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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