

coop deals

MAY 4 - MAY 17, 2022

irresistible combination

DON'T MESS WITH PERFECTION

Chocolate plus peanut butter... two flavors that when put together equal an unmatched combo and a delicious treat for any time. Justin's uses high-quality organic chocolate — and their products are gluten free. On sale now at the co-op!



2/\$3

Justin's
Organic Nut Butter
Cups
2 ct., selected varieties



2/\$5

Health-Ade
Organic
Kombucha
16 fl. oz., selected
varieties



3.99

Newman's Own
Fig Newmans
10 oz., selected varieties



2/\$5

Aura Cacia
Mineral Bath
2.5 oz., selected varieties



Seasonal savings are at the co-op.

Great summer deals!

award-winning
sour cream
and cheese



Organic Valley Shredded Cheese and Sour Cream are easy ways to add delicious, pasture-raised flavor to your favorite dishes.



3.49

Organic Valley
Sour Cream
16 oz.

3.99

Organic Valley
Thick Cut Shredded Cheese
6 oz., selected varieties

3.99

Organic Valley
Finely Shredded Cheese
6 oz., selected varieties



2/\$3

Liberte
Organic Yogurt
5.5 oz., selected varieties



5/\$5

Chobani
Greek Yogurt
5.3 oz., selected varieties



2.99

Fage
Greek Yogurt
16 oz., selected varieties



2/\$6

Planet Oat
Oatmilk
52 fl. oz., selected varieties



3.99

Ripple
Plant-based Milk
48 fl. oz., selected varieties



3.99

Stonyfield
Organic Kids
Yogurt Tubes
8 ct., selected varieties

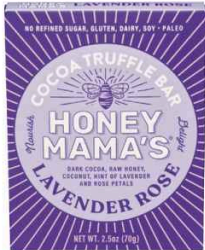


Dairy and nondairy options are at the co-op.



7.99

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



3.99

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



2.99

Wildwood Organic Super Firm Sprouted Tofu
20 oz.



4.49

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



2/\$6

Hope Foods Organic Hummus
8 oz., selected varieties



3.99

Upton's Naturals Seitan
8 oz., selected varieties



2/\$7

Siete Tortilla Chips
5 oz., selected varieties



4.99

Siete Cashew Queso
10.8 oz., selected varieties

3.99

Siete Taco Shells
5.5 oz.

7.99

Siete Tortillas
7 oz., selected varieties



Cinco con Siete

We are a Mexican-American brand rooted in family that makes delicious grain-free products. We wish to bring families together around the table with heritage-inspired foods made from simple, clean ingredients that everyone can enjoy.

The co-op has snacks for all occasions.



2/\$5

Amy's Burritos
5.5-6 oz., selected varieties



7.49
Caulipower Chicken Tenders
14 oz., selected varieties



2/\$4
Cascadian Farm Organic Frozen Vegetables
10 oz., selected varieties



2/\$7
Food For Life Tortillas
10-12 oz., selected varieties



2.79
Van's Waffles
8-9 oz., selected varieties



3.99
Oatly Non-dairy Frozen Dessert
1 pint, selected varieties



4.99
So Delicious Dairy-free Frozen Dessert
1 pint, selected varieties

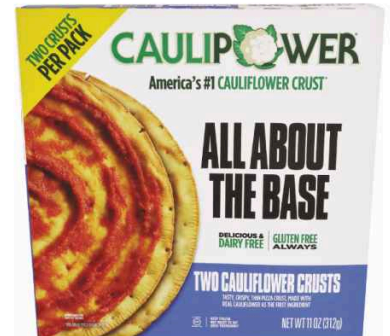


boundless euphoria

Perfectly euphoric for dessert lovers looking for the classic Ben & Jerry's Chunks & Swirls. Dig into peace, love and ice cream.

4.99

Ben & Jerry's Ice Cream
1 pint, selected varieties



6.49
Caulipower Pizza or Pizza Crusts
11-11.6 oz., selected varieties

Fill up the freezer with deals from the co-op.



3.29

Celestial Seasonings Herbal Tea
18-20 ct., selected varieties



3.99

Dream Organic Rice Drink
32 fl. oz., selected varieties



4/\$5

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



2/\$7

Happy Family Organics Happy Baby Yogis
1 oz., selected varieties



5.99

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



2/\$6

Nature's Path Organic Instant Oatmeal
8-1.76 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 O's. Kashi® makes eating well easy.

2/\$6

Kashi Cereal
12-14 oz., selected varieties



4.99

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

Find your breakfast favorites at the co-op.

support farmers worldwide



SHOP FAIR TRADE

Shopping for fair trade products supports good working conditions and fair wages for producers. When you choose fair trade, you are helping to improve the lives of farmers and conserve the environment, making the world more equitable. Learn more about fair trade at grocery.coop/fair-trade

Photo courtesy of Equal Exchange, Fair Trade Worker-Owned Co-op
Left: Catalina Rodriguez, COMSA Co-op, Honduras
Right: Don Andres Ruiz, Manos Campesinas Co-op, Guatemala



2/\$6

Theo
Organic Chocolate Bars
3 oz., selected varieties



11.99

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



6.99

Navitas
Organic Cacao
Powder
8 oz.



9.99

Equal Exchange
Organic French Roast
Coffee
per pound in bulk

The co-op supports fair trade.

Find great fair trade brands at the co-op.



2/\$6

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



4/\$5

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



14.99

**California Olive
Ranch
Extra Virgin Olive
Oil**
33.8 fl. oz.



4/\$5

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



2.79

**Annie's
Organic Ketchup**
20-24 oz., selected
varieties



2.99

**Bionaturae
Organic
Tomatoes**
24-28.2 oz., selected
varieties



2/\$6

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



2/\$6

**Annie's
Organic Dressing**
8 fl. oz., selected
varieties



2/\$4

**Frontera
Cooking Sauce**
8 oz., selected varieties



2/\$6

**Tinkyada
Organic Brown
Rice Pasta**
10-12 oz., selected
varieties



6.49

**Carbone
Pasta Sauce**
24 oz., selected varieties



6.49

**Sweetleaf
Stevia Sweetener**
2 fl. oz., selected
varieties



The co-op has everything to stock the pantry.

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

regenerate!

Mitigate climate change on Spaceship Earth! Regenerative organic agriculture builds rich soil, sequesters carbon, retains and stores water, provides healthy food and fosters biodiversity. **Dr. Bronner's** Virgin Coconut Oils are now Regenerative Organic Certified™ (ROC™) — and Magic All-One Chocolate is on the path! Regenerate soil, farms, communities, climate, planet and life!



2/\$6

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

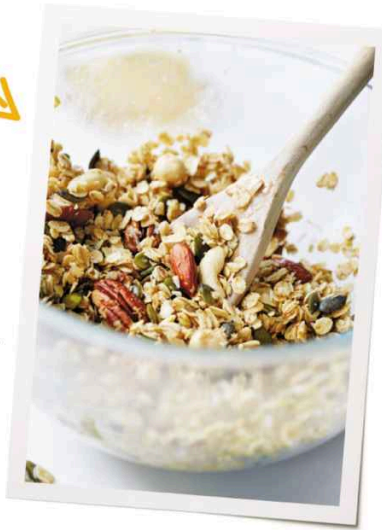
11.99

Dr. Bronner's ROC Virgin Coconut Oil
30 oz.

DIY granola

GET OUT THE MIXING BOWL

Homemade granola can be delicious and easy to make. Just gather your favorite ingredients like oats, nuts and peanut butter, and whisk together in a mixing bowl with an oil and sweetener of your choice (coconut oil and maple syrup are excellent options!). All the tasty granola ingredients you need are available at the co-op! Find delicious recipes on grocery.coop.



8.99

Justin's Almond Butter
16 oz., selected varieties



scoop up the savings in bulk!

1.69

Organic Quick Oats
per pound in bulk



2.29

Organic Black Beans
per pound in bulk



6.99

Almonds
per pound in bulk

It's easy to shop in bulk at the co-op.



4.99

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



5.49

San Pellegrino Italian Sparkling Drink
6-pk.-11.15 fl. oz. cans, selected varieties



2/\$5

Vita Coco Organic Coconut Non-dairy Beverage
33.8 fl. oz., selected varieties



3.99

Green Mountain Gringo Salsa
16 oz., selected varieties



2.79

The Good Crisp Company Potato Crisps
5.6 oz., selected varieties



2/\$6

Taza Organic Chocolate Bars
2.5-2.7 oz., selected varieties

chocolate on a mission



Tony's Chocolonely is B Corp, Fair Trade certified and on a mission to change the cocoa industry. Indulge with creamy, milk chocolate caramel sea salt or try our vegan 70% dark chocolate bar!

2/\$7

Tony's Chocolonely Chocolate Bars
6.35 oz., selected varieties



2/\$5

Boulder Canyon Potato Chips
5.25-6.5 oz., selected varieties

Save on summer deals at the co-op.



9.99

**Andalou Naturals
1000 Roses Cleansing Foam**
5.5 fl. oz.



3.79

**Kiss My Face
Liquid Rock
roll-on
deodorant**
3 fl. oz., selected
varieties



7.99

**Thayers
Witch Hazel
Toner**
12 fl. oz., selected
varieties



9.99

**Biokleen
Liquid Laundry
Detergent**
64 fl. oz., selected
varieties



23.99

**Host Defense
Mushrooms Reishi**
Longevity Support
60 ct.



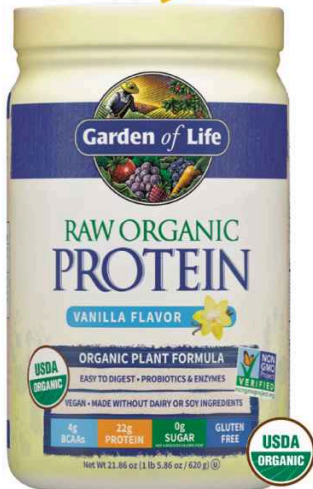
14.99

**Nordic Naturals
Complete Omega**
60 ct.



18.99

**Enzymedica
Digest Gold**
45 ct.



*raw, organic
vanilla protein*

Raw Organic Protein — an excellent source of Non-GMO Project-verified, Informed Choice Clean for Sport, Certified Vegan, complete protein powder from 22 sprouted sources.

29.99

**Garden Of Life
Raw Organic Protein Powder**
20-23.4 oz., selected varieties



5.49

**Jason
Deodorant Stick**
2.5 oz., selected varieties

Thank you for shopping 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
Everman 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
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



mouth-watering plant-based burgers

Dr. Praeger's has been making great-tasting plant-based products full of wholesome, recognizable ingredients for over 25 years. Find us in the freezer aisle.

Dr. Praeger's Veggie Burgers
8-10 oz., selected varieties

3.99



7.99

Woodstock Lump Hardwood Charcoal
8.8 lb.

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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