

coop deals

NOV 29 - DEC 19, 2023

more bacon, please

Hardwood smoked bacon is here to transform a sandwich, scramble or skillet for a delicious meal. Applegate Naturals® Sunday Bacon® is antibiotic-free and on sale, so visit the co-op for this sizzling deal today!



4.69

Applegate Sunday Bacon
8 oz.



2/\$3

Muir Glen Organic Tomatoes
14.5-15 oz., selected varieties



2.99

Fage Greek Yogurt
16 oz., selected varieties



2/\$6

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



3.79

Nature's Path Organic Instant Oatmeal
8pk.-1.75 oz., selected varieties



11.99

Weleda Original Skin Food Cream
2.5 fl. oz.



Cooperatively Owned

4.99

Equal Exchange Organic Chocolate Chips
10 oz., selected varieties



A delicious breakfast begins at the co-op.

Make meals with great deals.



3.79
Organic Valley
Cream Cheese
8 oz.,
selected varieties



4.49
Organic Valley
Parmesan
Cheese
4 oz.,
selected varieties



4.49
Organic Valley
Shredded Cheese
4-6 oz.,
selected varieties

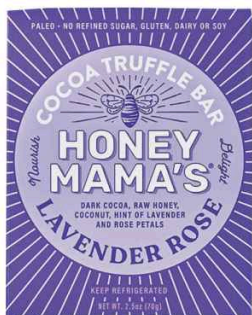


5.49
Organic Valley
Raw Cheese
8 oz., selected varieties

*organic
and delicious*



At **Organic Valley**, we produce nourishing food on small organic family farms where families manage the care of animals and the Earth. Our products are always organic and a delicious choice for your holiday dish.



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



7.49
Woodstock
Organic Filled Pasta
20 oz., selected varieties



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



2/\$5
Kevita
Organic Probiotic
Drink
15.2 fl. oz., selected
varieties



2.99
Wildwood
Organic Sprouted
Tofu
14 oz., selected varieties

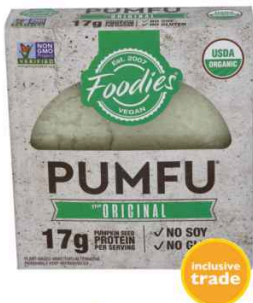


3.49
Nancy's
Organic Cultured
Cream Cheese
8 oz.

Ingredients for delicious meals are at the co-op.

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

INCLUSIVE TRADE PARTNER



Foodies Vegan is a woman-owned company that specializes in making Pumfu, a meat/tofu alternative made from organic pumpkin seeds.

4.99

Foodies Vegan Pumfu

8 oz., selected varieties



4.99

Talenti Gelato

1 pt., selected varieties

INCLUSIVE TRADE PARTNER



Starlite Cuisine is a multi-generational, diverse-owned company that makes great-tasting, convenient vegan products.

5.99

Starlite Cuisine Frozen Plant-based Appetizers

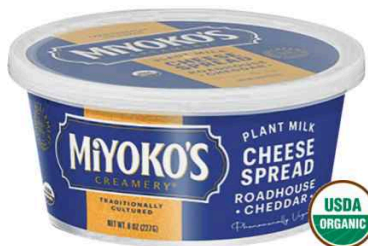
12-14 oz., selected varieties



5.49

Natural Sea Premium Cod Sticks or Fillets

8 oz.

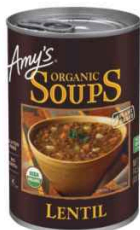


4.99

Miyoko's Creamery Organic Plant Milk Cheese Spread

8 oz., selected varieties

we love to cook for you



2/\$8

Amy's Soup
14-14.7 oz., selected varieties



2/\$6

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



5.99

Amy's Frozen Meals
8.25-10.3 oz., selected varieties



8.99

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

At **Amy's**, we source the best organic ingredients and take the time to perfect our recipes to make sure each bite tastes delicious.

The co-op has something for the whole family.

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



2/\$6

Equal Exchange Organic Chocolate Bars
2.8-3.5 oz., selected varieties



6.49

Equal Exchange Organic Hot Cocoa Mix
12 oz., selected varieties



2/\$7

Equal Exchange Organic Tea
20 ct., selected varieties



9.99

Equal Exchange Organic Coffee
10-12 oz., selected varieties



sustainably sourced, expertly roasted

COOPERATIVELY OWNED

Equal Exchange continues to build a more equitable and sustainable way of bringing delicious products to your table. Our coffee is thoughtfully sourced from innovative farmer cooperatives and organically grown with care for the surrounding ecosystem. Our worker-owned cooperative supports long-term partnerships that help keep small farming families thriving!



2/\$7

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



4.99

Udi's Gluten-free Bread and Bagels
12-14.3 oz., selected varieties



5.99

Pamela's Gluten-free Pancake & Baking Mix
24 oz.

100% plant based, 100% delicious



2/\$5

Gomacro Organic Macrobar
2-2.5 oz., selected varieties



Our nut-free Oatmeal Chocolate Chip MacroBar® combines gluten-free oats, a dash of vanilla and organic chocolate chips for a just-sweet-enough flavor that will leave you satisfied and energized!



6.49

Food For Life Organic Ezekiel 4:9 Original Cereal
16 oz.



everyday low price
20.99
Field Day Organic Grade A Dark Color Maple Syrup
32 fl. oz.



Great morning meals start at the co-op.

INCLUSIVE TRADE PARTNER

Miss Jones Baking Co. is a woman-owned company. We make baking mixes and frosting without artificial flavors or hydrogenated oils.



5.49 Miss Jones Baking Co. Frosting
11.29-11.98 oz., selected varieties



4.49
Wholesome Organic Brown Sugar
24 oz., selected varieties



6.49
Bob's Red Mill Organic Flour
5 lbs., selected varieties



5.49
Endangered Species Baking Chips
10 oz., selected varieties



everyday low price
6.99
Field Day Organic All-purpose Flour
5 lbs.



7.49
Navitas Organics Cacao Powder
8 oz.



7.99
Simply Organic Vanilla Extract
2 fl. oz., selected varieties

only the best

Simple, natural ingredients you could find in your kitchen are brought together under the highest-quality standards.

4.99

Bonne Maman Preserves
13 oz., selected varieties



INCLUSIVE TRADE PARTNER



Simple Mills is a woman-owned company. We make grain-free products that are nutrient-dense and delicious, with nothing artificial — ever.

7.49
Simple Mills Baking Mixes
9-12.9 oz., selected varieties

The co-op has what you need for holiday baking.

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



2/\$6
Crunchmaster
Crackers
3.54-4 oz., selected
varieties



2/\$8
Santa Cruz
Organic
Apple Sauce
23 oz., selected varieties



6.99
Tonnino
Tuna Fillets
6.3-6.7 oz., selected
varieties



6.99
Lakewood
Organic Pineapple
Juice
32 fl. oz., selected
varieties



6.99
Rao's Homemade
Pasta Sauce
24 oz., selected varieties



11.99
Truff
Black Truffle
Infused Hot Sauce
6 oz., selected varieties



every kitchen's favorite staple

From our California farmers and wonderful partner growers in Argentina, Chile and Portugal, this artfully balanced and blended extra virgin olive oil makes a perfect go-to for everyday cooking.

9.99
California Olive Ranch
Global Blend Extra Virgin
Olive Oil
16.9 fl. oz.



2/\$6
Safe Catch
Elite Wild Tuna
5 oz.

scoop up the savings in bulk!



2.29
Organic
Yellow Popcorn
per pound in bulk



6.49
Organic
Walnut Halves
& Pieces
per pound in bulk



7.99
Organic
Roasted &
Salted Pistachios
per pound in bulk

Shop in bulk at the co-op.



a time to share

SCAN FOR HOLIDAY RECIPES

Whether you're planning to entertain guests, mixing seasonally inspired cocktails or looking for something new to make for the holidays, go to grocery.coop (or just scan the QR code) and find a host of ideas to get your mouth watering. From appetizers to comforting soups and stews to festive drinks, the co-op has all the ingredients you'll need.



2.29
The Mountain Valley Water
 33.8 fl. oz.,
 selected varieties



2.79
Sesmark Rice Thins
 3.2-4.25 oz.,
 selected varieties



3.29
Pacific Foods Organic Almond Beverage
 32 fl. oz.,
 selected varieties

Regenerative Organic Certified®!



The highest standard for farming! Our coconuts are grown in healthy, biodiverse, carbon-rich soil by well-treated, fairly paid farmers. A rich and nutty flavor, great for body care, too!

14.99

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



3.49
Divina Dolmas Stuffed Grape Leaves
 7 oz.



4.99
Maille Mustard
 7.3-8.9 oz.,
 selected varieties

Enjoy great food from the co-op together.



2/\$4

**Little Secrets
Crispy Wafers**
1.4 oz., selected varieties

real. delicious. chocolate.

This year, ESC celebrates 30 years of giving forward. Our dedication has never wavered from creating delicious chocolate with responsibly sourced ingredients. We give 10% of profits forward to protecting species, habitats and humanity around the globe.



2.99

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

2/\$5

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



3.79

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



4.49

**Sahale Snacks
Glazed Nut Mix**
4 oz., selected varieties

simplified snacking the Swedish way



Starting with a few simple ingredients, Wasa crispbreads are baked to perfection and deliver a hearty crunch. Available in 10 varieties, Wasa crispbreads are the perfect canvas for any toppings. Certified non-GMO and carbon neutral.

2/\$6

**Wasa
Crispbread**
4.9-9.7 oz., selected varieties



5.99

**Reed's
Ginger Brew**
4 pk.-12 fl. oz. bottles,
selected varieties



3.99

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

Grab your favorite snacks at the co-op.



3/\$5

Justin's Organic Nut Butter Cups
1.32-1.4 oz., selected varieties



merry 'n' bold

Make great memories around the bold taste of Kettle Brand.

2/\$6

Kettle Brand Potato Chips
4.25-5 oz., selected varieties



3.99

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



3.79

Hu Organic Chocolate Bars
2.1 oz., selected varieties

so real, it's unreal

Everything UNREAL makes is according to three standards: it has to taste UNREAL. It has to be made with simple ingredients and it has to have way less sugar!

4.49

Unreal Chocolate Gems and Bars

3.4-5 oz., selected varieties



2/\$7

Blue Diamond Nut-Thins
4.25 oz., selected varieties

Find a sweet or savory treat at the co-op.



2.49 Green Forest Facial Tissue
175 ct.



8.99 Green Forest 100% Recycled Paper Bath Tissue
12 ct.



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



7.99 Hyland's Naturals Kids Cold & Cough
4 fl. oz., selected varieties



12.99 Nordic Naturals Lemon Omega-3 Fish Oil
60 ct.



12.99 Zand Elderberry Zinc Gummies
60 ct.



19.99 Enzymedica Digest Gold
45 ct.



20.99 Gaia Herbs Organic Black Elderberry Syrup
5.4 fl. oz.



29.99 Host Defense Organic MyCommunity Comprehensive Immune Support
60 ct.



winter warm-up

scan for more recipes



SPICED HOT COCOA

Serves 2. Prep time: 5 minutes active; 7 minutes total.

- 2 tablespoons raw cocoa
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon ginseng powder (optional)
- 2 cups almond milk or other milk
- 2 tablespoons maple syrup

1. In a small pot, combine the cocoa, cinnamon, ginger, turmeric, black pepper, cardamom and ginseng (if desired). Whisk to mix well.
2. Whisk in the milk then the maple syrup.
3. Place over medium heat and stir until the cocoa is hot, but not boiling, about 2 minutes. Serve immediately.

Find health and vitality support at the co-op.



31.99

Garden of Life
Dr. Formulated Probiotics
Women's Once Daily
30 ct., selected varieties

Pure-Castile bar soap

Soft, smooth lather moisturizes face-body-hands-hair! Made with certified organic oils to nourish skin. Plant-based and biodegradable bar soap, wrapped in post-consumer recycled (PCR) paper, cleans body-mind-soul!



2/\$7

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



3.99

Organic India
Tulsi Tea
18 ct., selected varieties



2/\$13

Bach
Rescue Remedy
Pastilles
35 ct., selected varieties



2/\$10

Andalou Naturals
Shampoo or
Conditioner
11.5 fl. oz., selected
varieties

pure plants, true benefits



COOPERATIVELY OWNED

Make the holidays magical with Aura Cacia's Relaxing or Warming Mineral Bath packets — a serene gift made with pure, sustainably sourced essential oils of the highest quality and fine-textured salts and minerals.

2/\$5

Aura Cacia
Mineral Bath
2.5 oz., selected varieties



2/\$6

Choice Organics
Tea
16 ct., selected varieties

Find sustainably sourced products at the co-op.

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

Shop for fresh, delicious, local food at a co-op near you.

ALASKA

Co-op Market Grocery & Deli

ARIZONA

Food Conspiracy Co-op

CALIFORNIA

- BriarPatch Food Co-op
- Chico Natural Foods Cooperative
- Co-opportunity Market
- Davis Food Co-op
- Feather River Food Co-op
- Isla Vista Food Co-op
- North Coast Co-op
- Ocean Beach People's Organic Food Co-op
- Placerville Food Co-op
- Sacramento Natural Foods Co-op
- SLO Food Co-op
- Ukiah Natural Foods Co-op

IDAHO

- Boise Co-op
- Moscow Food Co-op

MONTANA

Community Food Co-op

OREGON

- Alberta Cooperative Grocery
- Ashland Food Co-op
- Astoria Co+op
- First Alternative Co-op
- Medford Food Co-op
- People's Food Co-op

WASHINGTON

- Central Co-op
- Community Food Co-op
- Main Market Co-op
- Olympia Food Co-op
- Orcas Food Co-op
- Skagit Valley Food Co-op
- Sno-Isle Natural Foods Co-op
- The Food Co-op



to find a food co-op near you, visit us online at: grocery.coop



4.49
Miyoko's Creamery
Organic Plant Milk
Cream Cheese
 8 oz., selected varieties



5.49
Maranatha
Organic Peanut Butter
 16 oz., selected varieties



4.49
Annie's
Organic Graham
Crackers
 14.4 oz., selected varieties



5.99
Lily's
Baking Chips
 9 oz., selected varieties



Scan the QR code to learn more about the quality and values represented by these symbols.



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

