co+op deals®

OCT 21 - NOV 3, 2020

calling chefs of all ages

KIDS IN THE KITCHEN

Kids love to help in the kitchen! Encourage following instructions and measuring ingredients by baking pumpkin muffins together! With Simple Mills almond flour products, it's easy to indulge with gluten-free cooking and baking.

5.99
Simple Mills Baking Mixes
9-12.9 oz., selected varieties

4/$5
Justin's Organic Nut Butter Cups
1.4 oz., selected varieties

2/$5
Angie's Boomchickapop Popcorn
4.4-6 oz., selected varieties

3.99
LaCroix Sparkling Water
12-12 oz. cans, selected varieties

From baking to bonfires, the co-op has you covered.

An assortment of snacks for everyone.

3.99
Organic Valley Shredded Cheese
6 oz., selected varieties

3.99
Organic Valley Stringles
6 oz., selected varieties

4.99
Organic Valley Ultra-filtered Milk
56 oz., selected varieties

13.99
Organic Valley Ghee Clarified Butter
13 oz.

5.49
Redwood Hill Farm Goat Milk Kefir
32 oz., selected varieties

4/$5
Siggi's Icelandic Style Yogurt
4.4-5.3 oz., selected varieties

5.49
Fage Yogurt
35.3 oz., selected varieties

2/$6
Goodbelly Probiotic Drink
32 oz., selected varieties

5.99
Wallaby Greek Whole Milk Yogurt
32 oz., selected varieties

4/$5
Liberté Organic Yogurt
5.5 oz., selected varieties

2.49
Lightlife Foods Organic Tempeh
8 oz., selected varieties

3.99
Vital Farms Pasture-Raised Eggs
1 doz., selected varieties

4.99
Lifeway Organic Kefir
32 oz., selected varieties

Make breakfast with help from the co-op.

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

Discover coupons to help you save!

CHECK THE SHELVES

Throughout the co-op, you'll find incredible savings in the form of coupons to help you save as you stock up on your favorite meals, supplements and ingredients. Keep your eye out as you shop for the tear-off coupons next to products you love.

2/$5
Humm
Organic
Kombucha
14 oz., selected varieties

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

2/$5
GT's
Organic Aqua Kefir
16 oz., selected varieties

2/$4
Hail Merry
Two-pack Cups
1.52-1.76 oz., selected varieties

3.49
Silk
Organic Soymilk
64 oz., selected varieties

2/$3
So Delicious
Coconut Milk
Yogurt
5.3 oz., selected varieties

2/$5
So Delicious
Organic Coconut
Milk Creamer
16 oz., selected varieties

Look for coupons throughout the co-op!

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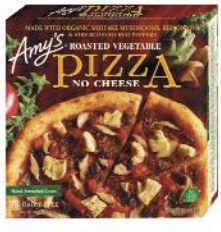
7.99
Caulipower Chicken Tenders
14 oz.

6.99
Beyond Meat Beyond Sausage
14 oz., selected varieties

2/$4
Deep Indian Kitchen Naan Pizza and Entrees
7.4-9.75 oz., selected varieties

3.99
Ben & Jerry's Ice Cream
1 pint, selected varieties

2/$4
Woodstock Frozen Vegetables
10 oz., selected varieties



5.99
Amy's Pizza
12-14 oz., selected varieties

gluten-free without compromise

Udi's delivers the foods you love by swapping in ingredients that leave you feeling good after eating! Enjoy our gluten-free breads and veggie crust pizzas — all of the flavor, none of the gluten!

3.99
Udi's Gluten-free Whole Grain Sandwich Bread
12 oz.

4.99
Udi's Gluten-free Pizza Crusts
8 oz.

9.99
Udi's Gluten-free Crispy Thin Crust Pizzas
17.53–18.39 oz.

Fill your freezer with great deals from the co-op.

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meals with more yum

Let Annie's bunnies help you make meals with more yum. With staples like mac & cheese and Bunny Grahams, Annie's turns mealtime into yumtime, while appeasing everyone's taste buds.

10/$10
Annie's Homegrown Mac & Cheese
5.5–6 oz., selected varieties

2/$5
Annie's Homegrown Deluxe Mac & Cheese
10.8–11.3 oz., selected varieties

2/$5
Annie's Homegrown Organic Bunny Crackers and Grahams
7.5 oz., selected varieties

2/$5
Annie's Homegrown Organic Fruit Snacks
5–.8 oz. pouches, selected varieties

always organic, never ordinary

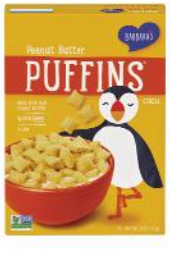
This organic twist on the classic cereal everyone loves is made with organic wheat bran flakes and plump organic raisins, and is packed with 7g of fiber and 21g of whole grain.

2/$6
Cascadian Farm Organic Cereal
8.6-14.6 oz., selected varieties

10/$10
Larabar Fruit and Nut Bars
1.6-1.7 oz., selected varieties

9.99
Once Again Almond Butter
16 oz., selected varieties

2/$6
Cascadian Farm Organic Granola Bars
6.2-7.4 oz., selected varieties



2/$7
Barbara's Cereal
8-14 oz., selected varieties

Brands you love everyday at the co-op.

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healthy and tasty snacks

Delicious snacks perfect for every occasion during the day and for the whole family. **KIND** products are made with nutritionally dense ingredients like whole nuts, real fruits and whole grains — no secret ingredients and no artificial flavors, preservatives or sweeteners.

4/$5
Kind Bars
1.4 oz.

2/$6
Kind Healthy Grains Granola Bars
5–1.2 oz bars.

3.99
Kind Healthy Grains Granola
11 oz.

4.99
Numi Organic Tea
18 tea bags, selected varieties

2.49
Sweetleaf Stevia Sweetener
1 oz.

5.99
Rishi Tea
15 tea bags, selected varieties

4/$5
Clif Builder's Protein Bar
2.4 oz., selected varieties

2.19
Organic French Lentils
per pound in bulk
USDA ORGANIC

2.99
Organic Buckwheat Groats
per pound in bulk
USDA ORGANIC

3.49
Organic Raw Pumpkin Seeds
per pound in bulk
USDA ORGANIC

Find ingredients in bulk at the co-op.

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2/$4

Near East Couscous Mix or Rice Pilaf
4.75-6.75 oz., selected varieties

2/$6

Ancient Harvest Organic Polenta
18 oz., selected varieties
pasta also on promotion

slowly crafted, slowly enjoyed

Rao's Homemade uses naturally sweet Italian tomatoes, then simmers their sauces in small batches using family recipes. Slowly enjoy the art of eating and connect with those around you!

5.99

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

Delicious, fresh and comforting foods.

Thank you for choosing the co-op.

2/$5

Wolfgang Puck Organic Soup
14.5 oz., selected varieties

2.49

San-J Gluten-Free Tamari
10 oz.

2.79

Farmer Direct Organic Beans & Lentils
16 oz., selected varieties

2/$7

Pacific Foods Organic Soup
32 oz., selected varieties

The co-op makes dinner easy.

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2/$5

From the Ground Up Cauliflower Crackers
4 oz., selected varieties

2/$5

Endangered Species Chocolate Bar
3 oz., selected varieties

All dietary lifestyles are welcome at the co-op.

Snacking options for everyone.

5/$5

Just Water 100% Spring Water
16.9 oz., selected varieties

2/$5

R.W. Knudsen Organic Apple Juice
32 oz.

2/$6

Pacific Foods Hemp Milk
32 oz., selected varieties

7.99

Lakewood Organic Pure Cranberry Juice
32 oz.

2/$4

Late July Clasico Tortilla Chips
5.5 oz., selected varieties

2/$4

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

Delicious snacks and beverages at the co-op.

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live epic. eat Epic.

EPIC Provisions crafts on-the-go snacks with ingredients like 100% grass-fed venison and custom spice blends. EPIC's Venison Sea Salt + Pepper Bar features 15 grams of protein and two grams of total carbs for a truly carb-conscious option.

2/$3
Epic
Meat Strips
.8 oz., selected varieties

3/$5
Epic
Bars
1.3 oz., selected varieties

2/$5
Epic
Pork Rinds
2.5 oz., selected varieties

4.49
Epic
Bites and Bone Broth
2.5 oz. bites, selected varieties
14 oz. bone broth, selected varieties

Looking for something to munch on?

Find great snacks throughout the co-op.

eat more greens!

Guilt-free snacking at its best! Delicious and nutritious roasted seaweed superfood snacks for lunches, desk drawers and pantries. Best of all, Gimme is the organic eco-conscious choice!

2/$3
Gimme
Organic Seaweed Snacks
.35 oz., selected varieties

4.49
Green Mountain Gringo Salsa
16 oz., selected varieties

4/$5
Wholesome Organic Delish Fish
2 oz.

On-the-go options for the whole family.

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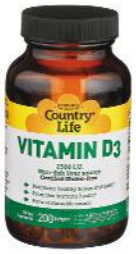
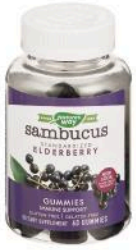


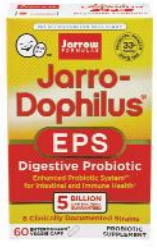
10.99
Country Life
Vitamin D3 2,500 IU
200 ct., selected varieties



15.99
Nature's Way
Black Elderberry Sambucus Gummies
60 ct.

29.99
Biosil
Hair, Skin, Nails Supplement
60 ct.

11.99
Genexa
Organic Flu Fix
60 ct.



17.99
Jarrow Formulas
Jarro-Dophilus EPS
60 ct.

Stay well as the seasons change.

Savings on supplements!

warm up to winter wellness

Turn to herbal allies for the support you need right now. **Traditional Medicinals**® and **Urban Moonshine**® bring you echinacea, elecampane, elderberry, reishi and other immune-stimulating herbs, blended for you by our team of herbalists. A soothing cup of tea or liquid extracts for a boost on the go. We've got you covered!

2/$7
Traditional Medicinals Tea
16 bags

12.99
Urban Moonshine Immune Zoom
2 oz.

12.99
Urban Moonshine Clear Chest
4.2 oz.

Great wellness options at the co-op.

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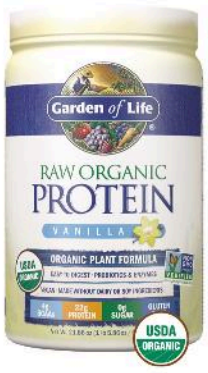
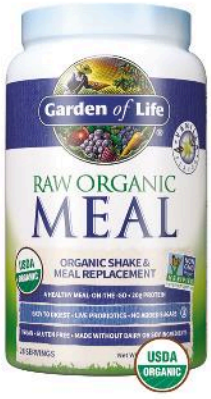
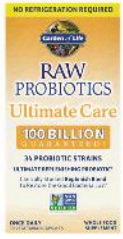


36.99
Garden of Life Raw Organic Protein
22 oz.



44.99
Garden of Life Raw Organic Meal
40 oz.



46.99
Garden of Life Raw Probiotics Ultimate Care
30 capsules

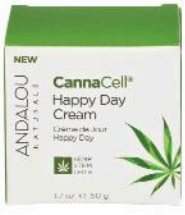
46.99
Garden of Life Raw Probiotics Women
90 capsules

whole food nutrition

Support digestive health with raw probiotics, delivering 30+ clinically studied probiotic strains. Raw Organic Protein and Raw Organic Meal deliver up to 22 grams of complete vegan protein and are packed with nutrition to help you build muscle and satisfy hunger.

2.79
Ecos Dishmate
25 oz., selected varieties

10.99
Seventh Generation Liquid Laundry Detergent
100 oz., selected varieties



12.99
Andalou Naturals CannaCell Facial Cream, Oil or Serum
.45-1.7 oz., selected varieties

natural deodorant that works

Schmidt's natural deodorant is never formulated with aluminum salts or artificial fragrance and is made with coconut oil and essential oils. Schmidt's keeps you fresh all day, naturally.

7.99
Schmidt's Deodorant
3.25 oz., selected varieties

Healthy options for a healthy lifestyle.

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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
Quincy Natural Foods Co-op
Sacramento Natural Foods Co-op
SLO Natural Foods Co-op
Ukiah Natural Foods Co-op

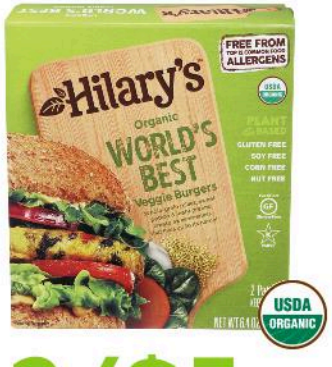
IDAHO
Boise Co-op
Moscow Food Co-op

MONTANA
Community Food Co-op

OREGON
Alberta Cooperative Grocery
Ashland Food Co-op
Astoria Co+op
First Alternative Co-op
Food Front Cooperative Grocery
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: welcometothetable.coop



2/$5
Hilary's Organic Veggie Burgers
6.4 oz., selected varieties

3.99
Talenti Gelato or Sorbetto
1 Pint, selected varieties

2/$3
C2O Coconut Water
17.5 oz., selected varieties

2.29
Boulder Canyon Potato Chips
5.25-6.5 oz., selected varieties

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

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PWNW1020B

co+op welcome to the table