

# co+op deals

OCT 16 - OCT 29, 2024

*one more slice*

**INCLUSIVE TRADE PARTNER**

Fall schedules are busy, and frozen pizzas are a great option for families on the go. Caulipower is a woman-owned company offering gluten-free pizzas that are delicious and easy to bake. Buy one, get one free now at the co-op!



Buy One, Get One

**FREE**

Caulipower  
Cauliflower Crust  
Pizza

10-14.8 oz., selected varieties



Buy One, Get One

**FREE**

Beyond Meat  
Plant-based  
Breakfast Sausage  
7.4 oz., selected varieties



Buy One, Get One

**FREE**

Bionaturae  
Organic Tomatoes  
28.2 oz., selected varieties



Buy One, Get One

**FREE**

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



Buy One, Get One  
**FREE**  
*special offers inside!*

**Buy One, Get One  
FREE  
Deals at the Co-op!**

Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.



**Buy One, Get One  
FREE**

**Little Northern Bakehouse  
Gluten-Free Bread**  
16-20 oz., selected varieties



**Buy One, Get One  
FREE**

**Lotus Foods  
Rice Ramen**  
2.8 oz., selected varieties



**Buy One, Get One  
FREE**

**Quantum  
Zinc Elderberry  
Raspberry Lozenges**  
14 ct.



**Buy One, Get One  
FREE**

**Natural Factors  
Organic Oil of Oregano**  
1 fl. oz.

**Fantastic BOGO deals are at the co-op!**



Buy One, Get One

**FREE**

Yachak Organic  
Yerba Mate  
16 fl. oz., selected varieties

*spread the light, share the flavor*



**INCLUSIVE TRADE PARTNER**

This Diwali, enjoy Deep Indian Kitchen's made-from-scratch, restaurant-quality Indian meals and samosas. Our family's recipes have been passed down for generations so you can taste the tradition in just five minutes!

**2/\$10**

**Deep Indian Kitchen**  
**Entrée or Samosas**  
7.5-12 oz., selected varieties



Buy One, Get One

**FREE**

Herban Cowboy  
Stick Deodorant  
2.8 oz., selected varieties



**2/\$6**

**Cascadian Farm**  
**Organic Frozen Vegetables**  
10 oz., selected varieties



**2/\$10**

**Woodstock**  
**Organic Frozen Fruit**  
10 oz.



**11.99**

**Wyman's**  
**Wild Blueberries**  
3 lb.



**Find your favorite brands throughout the co-op.**



**4.99**  
**Talenti**  
**Gelato or Sorbetto**  
 1 pt., selected varieties



**2.19** **Red's**  
**Burritos**  
 4.5-5 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Tucson Tamale started with a large Mexican-American family tradition and has turned into award-winning tamales.



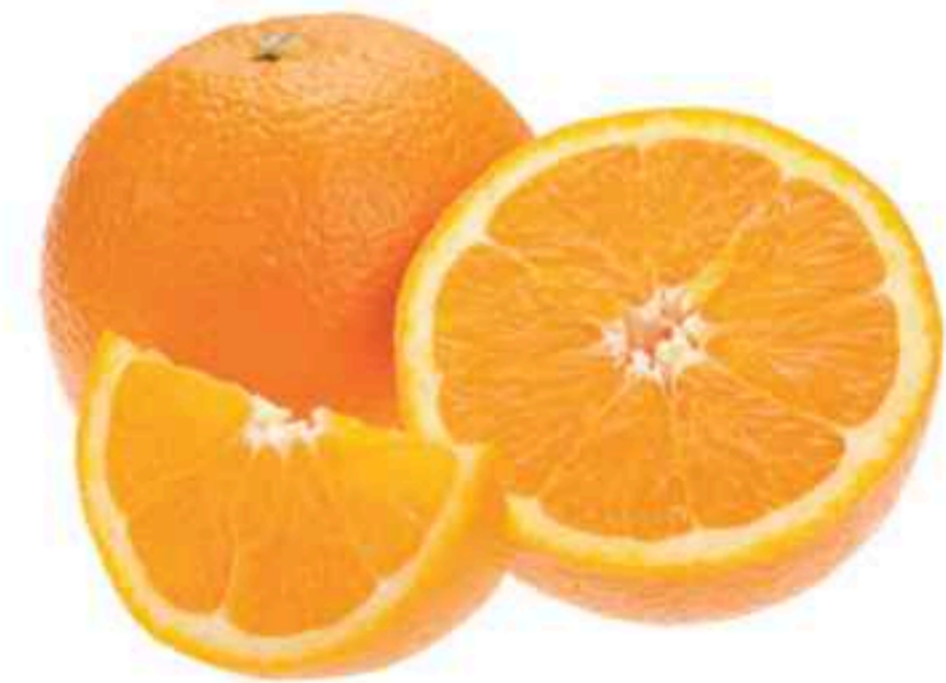
**5.49** **Tucson Tamale**  
**Tamales**  
 10-11 oz., selected varieties



**3.29**  
**Nature's Path**  
**Organic**  
**Frozen Waffles**  
 7.4 oz., selected varieties



**4.49**  
**Ripple**  
**Plant-based Milk**  
 48 fl. oz., selected varieties



*irresistibly rich and creamy butter*



Vital Farms 90% grass-fed, pasture-raised, salted butter. Made with fresh air and sunshine.

**2/\$7** **Vital Farms**  
**Butter**  
 8 oz., selected varieties



**3.99**  
**Evolution Fresh**  
**Organic Juice or**  
**Smoothie**  
 15.2 fl. oz., selected varieties

**Wake up to what's delicious at the co-op.**

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

*all the Oatlys*

**Oatly** is the original oatmilk! And now seems like a really good time to get some of our perfectly creamy and delicious oatmilks, oat creamers and nondairy frozen desserts into your fridge and/or freezer. Wow, no cow!



**3.79**

Oatly Barista Edition Oatmilk  
32 fl. oz.

**4.49**

Oatly Oatmilk Creamer  
29.7 fl. oz., selected varieties

**4.49**

Oatly Oatmilk  
64 fl. oz., selected varieties

**4.49**

Oatly Non-dairy Frozen Dessert  
1 pt., selected varieties



**2/\$5**

Wildwonder Sparkling Prebiotic & Probiotic Drink  
12 fl. oz., selected varieties



**2/\$5**

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



*crafted with less*

All our skyr and plant-based, dairy-free yogurts are made with simple ingredients and no artificial anything. Deliciously satisfying siggi's yogurts make the perfect breakfast or snack option.

**4/\$5**

Siggi's Skyr Yogurt  
4-5.3 oz., selected varieties



**3.99**

Laird Superfood Coconut Creamer  
16 fl. oz., selected varieties



**Stock the fridge with deals from the co-op.**



**6.99**

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

*taco night made easy*

**INCLUSIVE TRADE PARTNER**

Siete is a Mexican American brand. Our food is made with thoughtfully selected ingredients like avocado oil and organic beans. Siete's Refried Beans are vegan, gluten-free and delicious, too! Enjoy with friends and family because Juntos es Mejor.

**2/\$5**

**Siete  
Refried Beans**  
16 oz., selected varieties



**6.99**

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

*imagine the possibilities*

**Imagine®** starts with fresh ingredients. We're dedicated to helping you discover restaurant-quality meals at home, offering an abundance of delicious organic soups, broths and gravies. Start with the finest that nature has to offer, and let your imagination run wild!



**2.49**  
**Imagine  
Organic Gravy**  
13.5 oz.,  
selected varieties



**3.99**  
**Imagine  
Organic Soup**  
32 fl. oz.,  
selected varieties



**2/\$7**  
**Imagine  
Organic Broth**  
32 fl. oz.,  
selected varieties

**Stock up on staples from the co-op.**

*meals with more yum*

Let **Annie's** Bunnies help you make meals with more yum. With staples like mac & cheese and bunny-shaped snacks, Annie's turns mealtime into yumtime while appeasing everyone's taste buds.



**2/\$3**

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



**3.99**

Annie's Organic Bunny  
Grahams or Crackers  
7-7.5 oz., selected varieties



**4.99**

Annie's Organic Snack Mix  
9 oz., selected varieties



**2/\$9**

Annie's Organic Fruit  
Snacks  
7 oz.,  
selected varieties



**2/\$7**

Pacific Foods Organic Soup  
16.1-16.5 oz., selected varieties



**17.99**

Spectrum Organic Extra Virgin  
Olive Oil  
25.4 fl. oz.



**2/\$6**

Tasty Bite Indian Entrees  
10 oz., selected varieties



**4.99**

Woodstock Organic Fire-roasted Red Peppers  
16 oz.



**7.99**

Lucini Italia Organic Pasta Sauce  
24 oz., selected varieties



**Ingredients for easy meals are at the co-op.**



*where wisdom meets wellness*



Whether it's a cup for conversation, finding your Zen or settling digestive discomfort, Traditional Medicinals has a tea for that.

**4.99**

**Traditional Medicinals  
Organic Herbal Tea**  
16 ct., selected varieties



**3.79**

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



**2/\$9**

**Mom's Best  
Cereals**  
17.5-24 oz., selected varieties



**4.99**

**Elmhurst  
Plant-based Milk**  
32 fl. oz., selected varieties



**8.99**

**Nature's Path  
Organic  
Cereal**  
26.4-32 oz., selected varieties



*food with purpose*

This MEAL bar provides a quick meal that not only keeps hunger at bay but also delivers an irresistible taste with swirls of peanut butter and dark chocolate chips.

**3/\$7**

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

**INCLUSIVE TRADE PARTNER**

Purely Elizabeth is a woman-owned company. Elizabeth started Purely Elizabeth to make delicious food with nourishing ingredients to help you thrive on your wellness journey.



**5.99**

**Purely Elizabeth  
Granola**  
11-12 oz., selected varieties

**Find breakfast favorites at the co-op.**



# supporting a cooperative economy

## COOPERATIVELY OWNED

Directly from farmer cooperatives to the Equal Exchange worker-owned cooperative to your local consumer cooperative! Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound. Support our beautiful cooperative supply chain this Co-op Month!



**3.99**  
Equal Exchange Organic Chocolate Bar  
2.8-3.5 oz., selected varieties



**7.99**  
Equal Exchange Organic Baking Cocoa  
8 oz.



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



**9.99**  
Equal Exchange Organic Coffee  
10-12 oz., selected varieties



Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.



**4/\$6**  
Larabar Fruit & Nut Bar  
1.6-1.7 oz., selected varieties



**6.99**  
Lily's Baking Chips  
9 oz., selected varieties



**2.79**  
So Delicious Organic Coconutmilk  
32 fl. oz., selected varieties



**6.99**  
R.W. Knudsen Organic Just Tart Cherry Juice  
32 fl. oz.

## scoop up the savings in bulk!



**1.69**  
Organic Steel Cut Oats  
per pound in bulk



**2.39**  
Organic Yellow Popcorn  
per pound in bulk



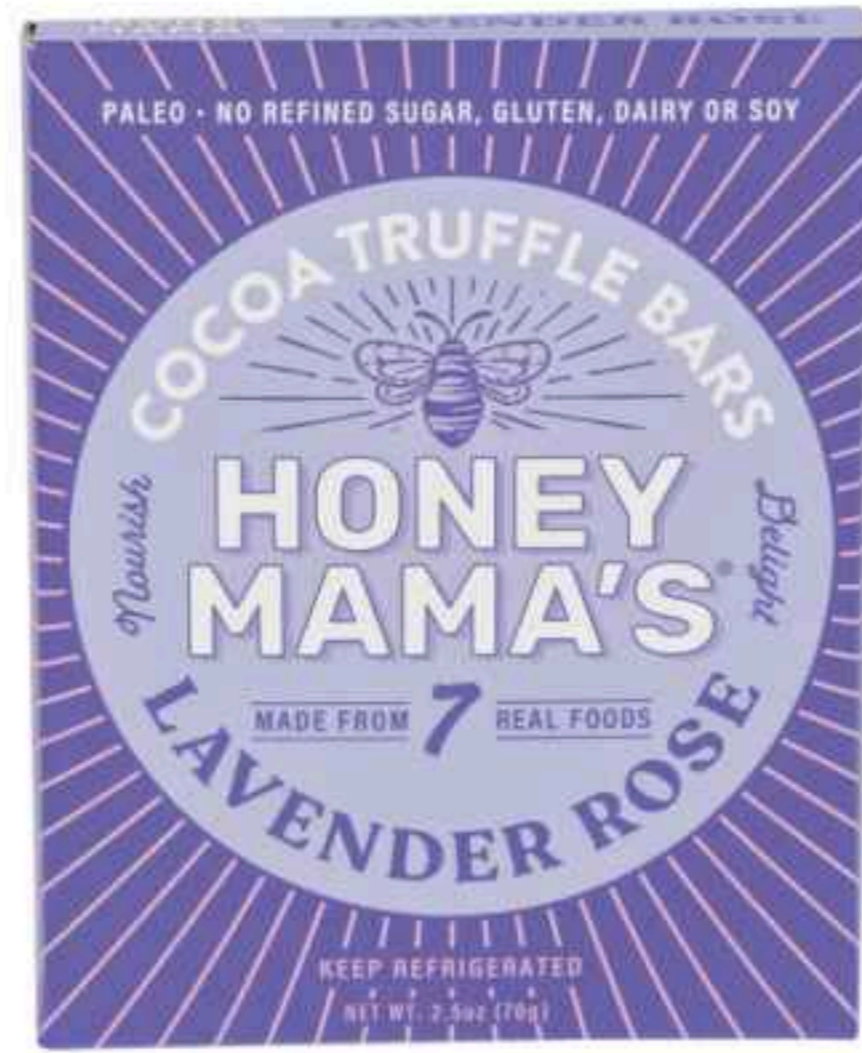
**4.79**  
Organic Pumpkin Seeds  
per pound in bulk

**Never miss a deal with the Co+op Deals app.**



**2/\$6**

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



**2/\$8**

**Honey Mama's  
Truffle Bars**  
2.5 oz., selected varieties



**5.99**

**Izze  
Sparkling Juice Drink**  
6 pk.-8.4 fl. oz. cans, selected varieties



**2/\$3**

**Epic  
Snack Strips**  
.8 oz.,  
selected varieties



**2/\$5**

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



**2/\$6**

**Epic  
Pork Rinds**  
2.5 oz.,  
selected varieties



**4.99**

**Epic  
Bone Broth**  
14 fl. oz.,  
selected varieties

*live EPIC,  
eat EPIC*

**Epic** makes flavor-forward meat snacks for the mindful consumer. We're everything to love about a savory snack with carb-conscious, grass-fed and keto-friendly options and a dedication to land and animal well-being.

**Shop the co-op for snacks for all occasions.**



**2/\$5**  
Garden of Eatin'  
Tortilla Chips  
5.5 oz., selected varieties



**2.29**  
Inka Crops  
Plantain Chips  
4 oz., selected varieties



**2/\$4**  
Little Secrets  
Crispy Wafers  
1.4 oz., selected varieties



**2/\$6**  
LesserEvil  
Organic Popcorn  
4.6-6.4 oz., selected varieties



**4.29**  
R.W. Knudsen  
Sparkling Juice  
Drink  
25.4 fl. oz., selected varieties



**4.49**  
Quinn  
Pretzel Nuggets  
5-7 oz., selected varieties



**5.39**  
LaCroix  
Sparkling Water  
12 pk.-12 fl. oz. cans,  
selected varieties



*sweeten your expectations*

Here at Lily's, we reinvented how you treat yourself by crafting delicious, drool-worthy sweets that don't need any added sugar. Is it magic? Nope, that's LILY'S.

**3.79**

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



**4.99**  
Justin's  
Organic Peanut Butter Cups  
4.7 oz., selected varieties

**The co-op has delicious snacks and beverages.**

*fair trade,  
cruelty free*

**INCLUSIVE TRADE PARTNER**

**Alaffia** is a Black-owned company. Our certified cruelty-free products are made with deeply moisturizing and nutrient-rich Certified Fair Trade unrefined shea butter and coconut oil ethically sourced from women-led cooperatives in West Africa.



inclusive trade

**9.99**  
Alaffia  
Everyday  
Bubble Bath  
32 fl. oz.,  
selected varieties



inclusive trade

**9.99**  
Alaffia  
Everyday Shea Shampoo  
or Conditioner  
32 fl. oz., selected varieties



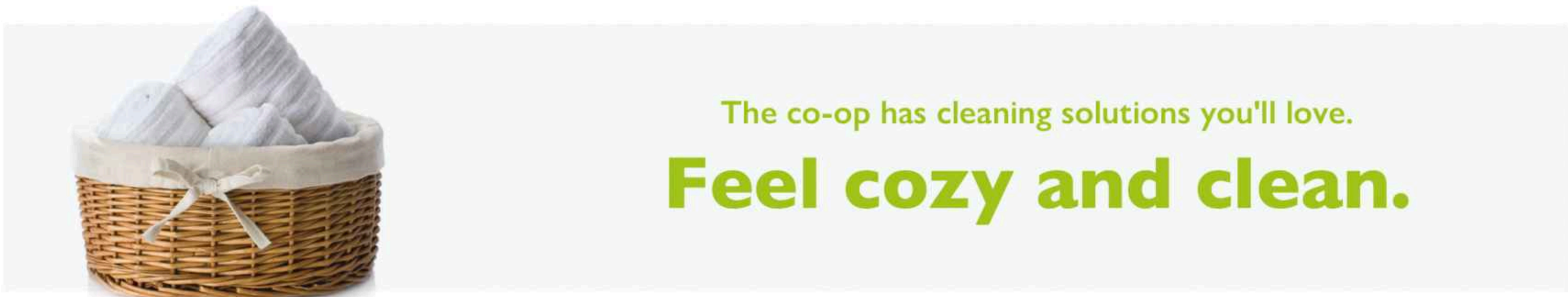
inclusive trade

**9.99**  
Alaffia  
Everyday Shea  
Body Wash  
32 fl. oz.,  
selected varieties



inclusive trade

**9.99**  
Alaffia  
Everyday Shea  
Body Lotion  
32 fl. oz.,  
selected varieties



The co-op has cleaning solutions you'll love.

**Feel cozy and clean.**



**3.69**  
Seventh Generation  
Liquid Dish Soap  
19 fl. oz., selected varieties



**4.99**  
Seventh Generation  
Free & Clear Automatic  
Dishwashing Powder  
45 oz.



**5.99**  
Seventh Generation  
Fabric Softener  
Sheets  
80 ct., selected varieties



**13.99**  
Seventh Generation  
Liquid Laundry  
Detergent  
23.1-90 fl. oz., selected varieties

*made for  
sensitive skin*

**Seventh Generation** Free & Clear formulas leverage the power of bio-enzymes to deliver a powerful clean without unnecessary ingredients. Plus, our Free & Clear formulas are made without fragrances or dyes, so they're gentle on your sensitive skin.

**Find all your cleaning products at the co-op.**

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



**6.99**  
 Spry  
 Chewing Gum  
 100 ct., selected  
 varieties

*you deserve to feel wonder-full™*



Brush away impurities and keep breath fresh with the potent power of plants. Our toothpastes are Non-GMO Project Verified and free of fluoride for your peace of mind.

**4.69**

**Desert Essence  
 Toothpaste**  
 6.25 oz., selected varieties



Visit the co-op for a variety of body care products.

**Pamper yourself.**

*glow with nature's intelligence*

Fruit stem cell complex, resveratrol CoQ10, super antioxidants, and hyaluronic acid join forces to boost dermal vitality, supporting essential building blocks, collagen and elastin, for a more lifted, firmer, youthful appearance and rejuvenated complexion.

**17.99**

**Andalou Naturals  
 Lift & Firm or Night  
 Repair Cream**  
 1.7 oz., selected varieties



COOPERATIVELY OWNED



**7.99**  
**Aura Cacia  
 Lavender  
 Essential Oil**  
 .5 fl. oz.



**29.99**  
**Evanhealy  
 Cleansing Milk**  
 4 fl. oz., selected  
 varieties

**The co-op has all your body care items.**

*live brighter*

Since 1973, we've scoured the globe for the highest-quality ingredients, connecting you with the most efficacious supplements to help you live brighter and embrace the moments that matter most. Our mission statement is printed on our bottles; it's also our way of life.



**9.99**  
Solaray  
Calcium Citrate  
120 ct.



**15.99**  
Solaray  
Magnesium  
Glycinate 350 mg.  
120 ct.



**21.99**  
Solaray  
D-Mannose with  
CranActin  
60 ct.



**33.99**  
Solaray  
MycrobioMe  
Women's Probiotic  
30 ct.



Find supplements for your wellness journey.  
**Enjoy the fall season.**

**INCLUSIVE TRADE PARTNER**

Wishgarden Herbs is a woman-owned company. We source organic and sustainable herbs from fair trade and family-owned farms.

**15.99**

Wishgarden Herbs  
Kick-Ass Immune  
Activator  
2 fl. oz.



**19.99**  
Country Life  
Coenzyme B-Complex  
120 ct.

**The co-op has great deals on wellness items.**

*clean, delicious,  
nutritious gummies*

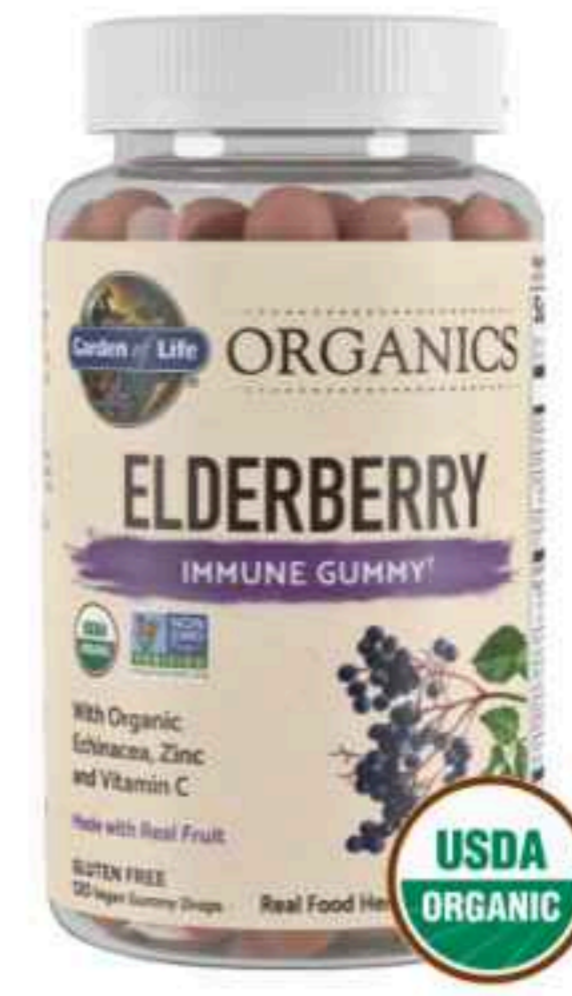
Whatever your health interests may be, **Garden of Life** offers a wide array of beneficial products in the format we all love — yummy gummies! Our gummies are made from real whole foods and contain no synthetic ingredients or added sugar.



**13.99**  
Garden of Life  
Magnesium  
Gummies  
60 ct.



**25.99**  
Garden of Life  
Organic Turmeric  
Gummies  
120 ct.



**25.99**  
Garden of Life  
Organic  
Elderberry  
Gummies  
120 ct.



**25.99**  
Garden of Life  
Organic  
Multivitamin  
Gummies  
120 ct.,  
selected varieties



The co-op is a great resource for supplements.

**Be well this fall.**

*a superior gut feeling*

Formulated with saccharomyces boulardii, a clinically studied probiotic yeast, and MOS, a prebiotic. Jarrow Formulas® uses superior science and quality ingredients to make smarter formulas.

**25.99**

Jarrow Formulas  
Saccharomyces  
Boulardii + MOS  
90 ct.



**15.99**  
Wiley's Finest  
Easy Swallow  
Omega-3 Fish Oil  
Minis 630mg  
60 ct.



**The co-op has products to support wellness.**

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

**NEVADA**

Great Basin Community Co-op

**OREGON**

- Alberta Cooperative Grocery
- Ashland Food Co-op
- Astoria Co+op
- Coos Head Food 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 Food Co-op
- The Food Co-op

**coop deals.**

Download the App!



See what's on sale with the Co+op Deals app!

Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.

remarkably thick, deliciously simple



Deliciously rich and creamy, made with only milk and live-active yogurt cultures. The possibilities are as endless as your imagination. Good things start here.

**2/\$6**

**Fage**  
**Greek Yogurt**  
16 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Painterland Sisters is a woman-owned company. We make delicious yogurt and work with our partner farms to care for their land, animals and workers.



**2.29** **Painterland Sisters**  
**Organic Icelandic-style**  
**Skyr Yogurt**  
5.3 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.



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