

Co+op deals[®]

NOV 13 - DEC 3, 2024

complement your meal

Creating a delicious feast for family or friends is made easier with Cascadian Farm Organic's green beans. Side dishes or casseroles are a fantastic addition to any meal. Find these on sale at the co-op!



2/\$7

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



2/\$3

**Field Day
Organic Macaroni
& Cheese**
6 oz., selected varieties



2/\$3

**Field Day
Organic
Sweet Corn**
15 oz.



2/\$5

**Field Day
Organic Gravy**
12 oz., selected varieties



2/\$6

**Field Day
Organic Stuffing**
10 oz.



3.99

**Field Day
Organic Rosemary**
.7 oz.



16.99

**Field Day
Organic Olive Oil**
33.8 fl. oz.



Shop Co+op Deals on Field Day products —
for each product sold we'll donate 5¢ to NāTIFS!
Oct. 30 – Dec. 3



STRENGTHEN NATIVE FOODWAYS

Shop Co+op Deals on Field Day products —
for each product sold we'll donate 5¢ to NATIFS!
Oct. 30 – Dec. 3



Scan the code
to learn more



2/\$5
Field Day
Organic Pretzels
8 oz., selected varieties



3.99
Field Day
Organic Semi-sweet
Chocolate Chips
10 oz.



4.99
Field Day
Organic
Raw Honey
12 oz.



4.99
Field Day
Organic Raisins
15 oz.



5.99
Field Day
Organic
All-purpose Flour
5 lbs.



6.99
Field Day
Bath Tissue
12 ct.

Scan the QR code above for more about NATIFS!

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



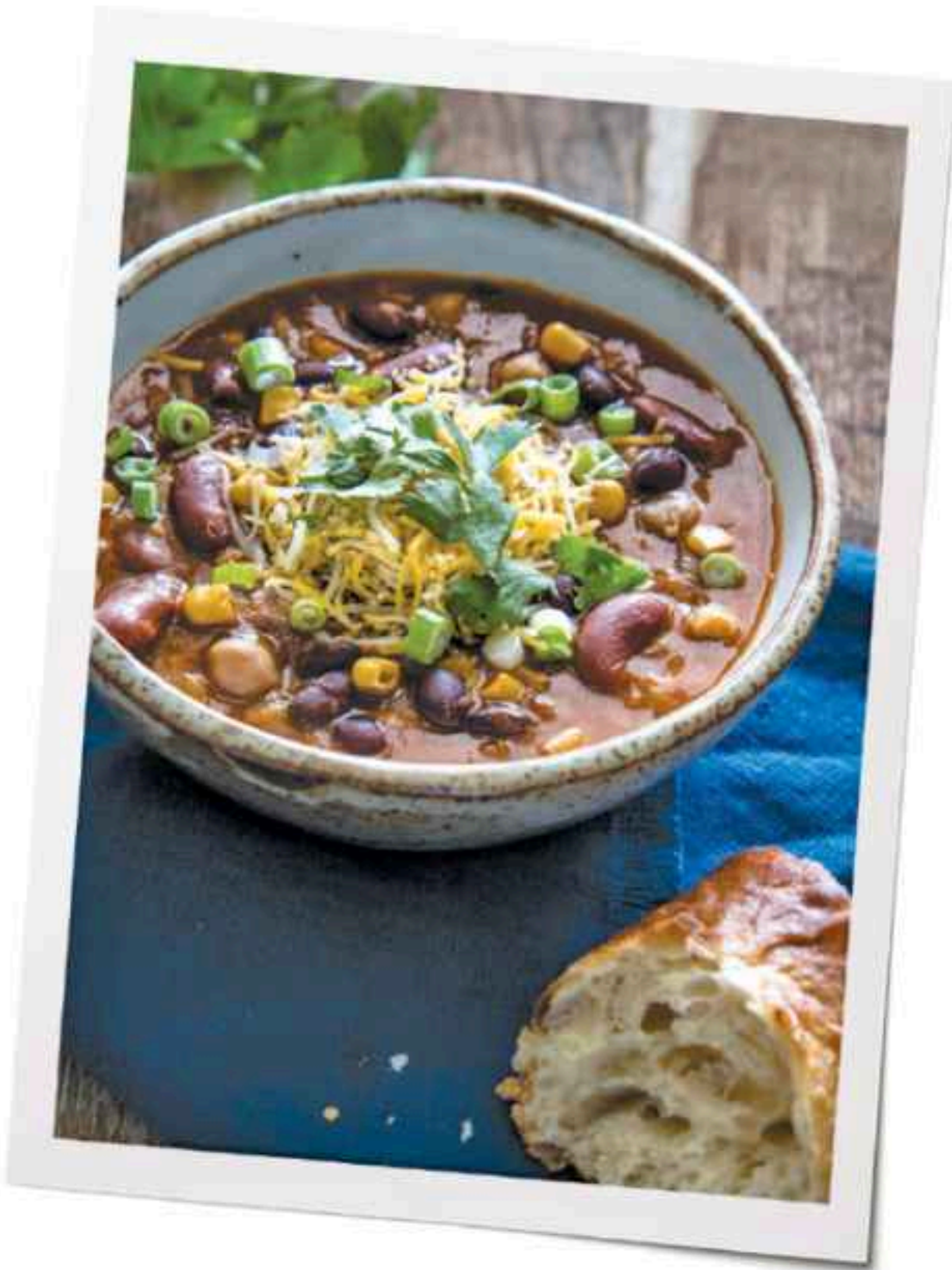
4/\$5

Field Day
Organic Black
Beans
15 oz.



2/\$4

Field Day
Coconut Water
16.6 fl. oz.



2/\$4

Field Day
Black Olives
6 oz.



2.29

Field Day
Sparkling
Water
6 pk.-12 fl. oz.,
selected varieties



2/\$6

Field Day
Snack Bars
7.9 oz., selected
varieties



2/\$6

Field Day
Organic Salsa
16 oz., selected
varieties



3/\$10

Field Day
Wild Pink Salmon
7.5 oz., selected
varieties



3.99

Field Day
Organic White or
Brown Rice
32 oz., selected varieties



2/\$8

Field Day
Organic Golden
Round Crackers
8 oz.



4.29

Field Day
Organic Frozen
Potatoes
23-24 oz., selected
varieties



4.99

Field Day
Wild Caught
Cod Fish Sticks
8 oz., selected
varieties



4.99

Field Day
Organic Apple
Cider Vinegar
32 fl. oz.



5.99

Field Day
Organic Frozen
Pizza
12.2-13.8 oz., selected
varieties

Incredible seasonal savings are at the co-op.

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

unwrap
pasture-raised
perfection

COOPERATIVELY OWNED

Organic Valley knows that not just any cheese can be trusted in your holiday recipes. Ours are the perfect option for all of your family's needs. From provolone to cheddar, feta to mozzarella, we've got you covered with award-winning taste.



4.99
Organic Valley
Block Cheese
8 oz., selected
varieties



4.99
Organic Valley
Feta Cheese
8 oz.



5.49
Organic Valley
Raw Block Cheese
8 oz., selected varieties



4.99
Organic Valley
Cheese Slices
6 oz., selected varieties



3.49
Califia Farms
Better Half
Unsweetened Coconut
Cream & Almondmilk
16.9 fl. oz.



6.49
Just
Plant-based Egg
16 oz.



4.99
Miyoko's Creamery
Organic Plant Milk
Butter
8 oz., selected varieties



5.49
Miyoko's Creamery
Organic Plant Milk
Cheese Spread
8 oz., selected varieties



6.99
Miyoko's Creamery
Organic Plant Milk
Mozzarella
8 oz.

dabble in
dairy free

For plant-curious foodies seeking delicious and kinder food choices, **Miyoko's Creamery** is an organic plant milk creamery that crafts the world's finest vegan cheese and butter, empowering people to choose good food that nurtures good in our world.

Dairy and dairy-free options are at the co-op.

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2/\$4
Yachak Organic
Yerba Mate
16 fl. oz., selected
varieties

the obsession is real™

Good Culture is a B-corp and 1% For The Planet organization that makes USDA Organic Cottage Cheese that is deliciously thick and creamy and contains live and active cultures.



3.79
Hodo
Organic
Firm Tofu
10 oz.

4.79
Good Culture
Organic Cottage Cheese
15-16 oz., selected varieties



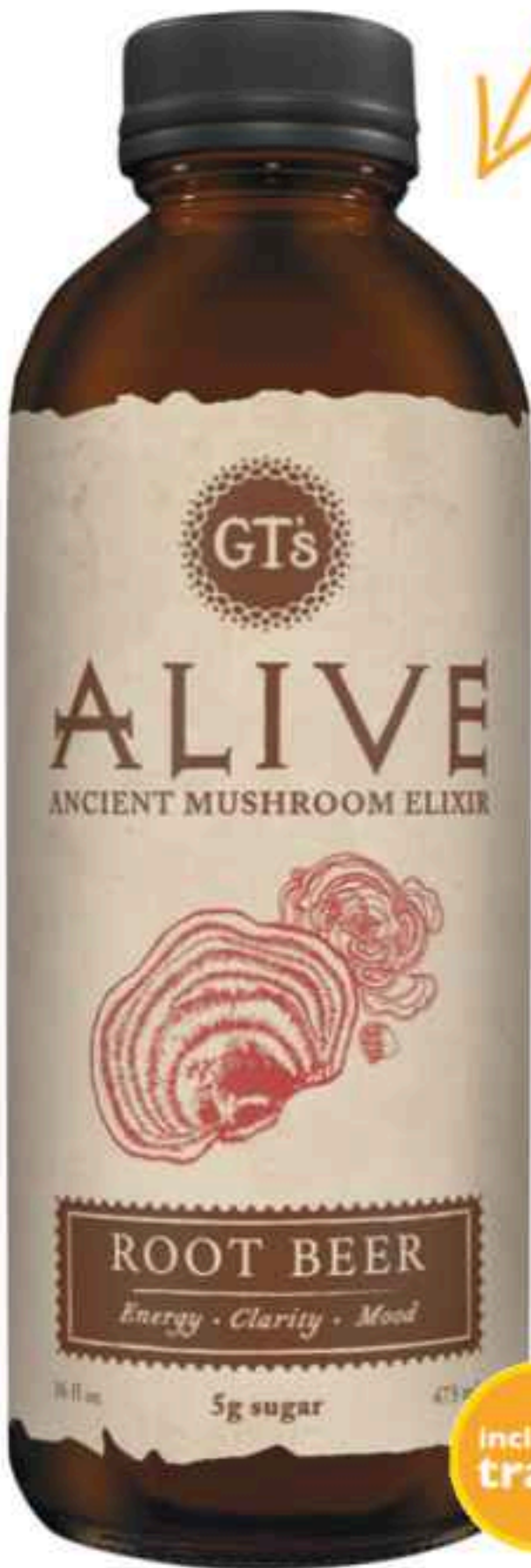
3.99
Ithaca
Hummus
10 oz., selected
varieties



5.49
Immaculate
Organic
Cinnamon Rolls
17.5 oz.



6.49
Health-Ade
Organic Kombucha
48 fl. oz., selected
varieties



clean energy

INCLUSIVE TRADE PARTNER

GT's Living Foods is an LGBTQIA+-owned company. ALIVE is a sparkling adaptogenic beverage designed to naturally energize your body and mind. Made with three powerful medicinal mushrooms, each sip provides a rejuvenating boost so you can feel alert.

2/\$6

GT's
Alive Ancient Mushroom Elixir
16 fl. oz., selected varieties



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

Never miss a deal with the Co+op Deals App.



5.49

Vital Farms
Pasture-raised
Liquid Whole Eggs
16 oz.



5.99

Vital Farms
Large Pasture-raised
Grade A Eggs
1 doz.



7.99

Vital Farms
Large Pasture-raised
Grade A Eggs
18 ct.

*made with
sunshine*

What are Vital Farms
pasture-raised eggs, you ask?
They're eggs from hens
raised with respect by family
farmers. Proudly crack them
open for breakfast or bake
into your favorite holiday
recipe.



4.79

Mt Vikos
Feta Cheese
6 oz.



6.49

Wallaby Organic
Greek Yogurt
32 oz., selected varieties

power of plant-based

Califia Farms is on a mission to create a
future where plants replace dairy, without
compromise. Califia produces innovative,
healthy and great-tasting plant-based
alternatives to dairy.

5.29

Califia Farms
Plant-based Creamer
25.4 fl. oz., selected varieties



3.79

The Greek Gods
Greek Yogurt
24 oz., selected varieties

The food you love is at the co-op.

vegan holiday favorites



Lightlife and Field Roast make the holidays merrier with flavor-packed, plant-based foods. Grab these vegan favorites today!

3.39

Lightlife Organic Tempeh
8 oz., selected varieties



4.49

Field Roast Plant-based Pepperoni
5 oz.



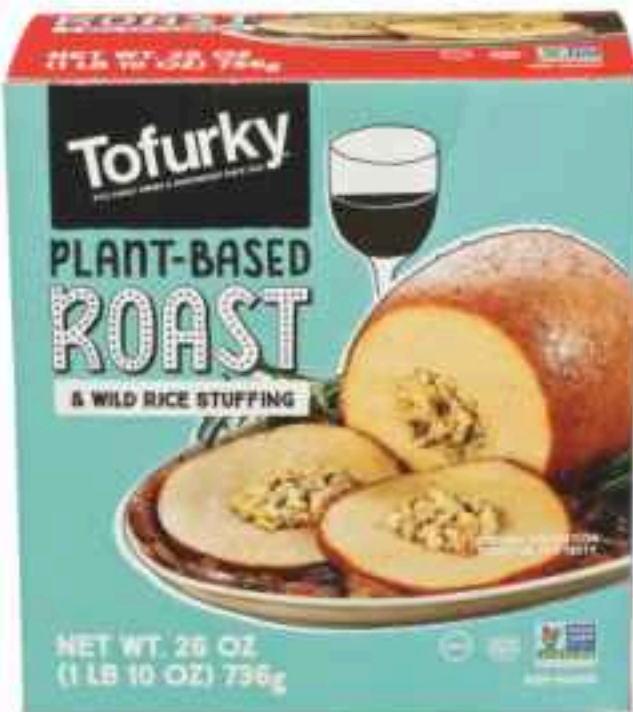
4.99

Field Roast Chao Plant-based Cheese
7-8 oz., selected varieties



5.99

Field Roast Plant-based Appetizers
10 oz., selected varieties



12.99

Tofurky Plant-based Roast
19-26 oz., selected varieties



great buttery taste

Earth Balance Vegan Buttery Sticks has made its name as the ultimate toast topper and a crucial part of non-dairy baking. It's creamy, rich and buttery.

4.99

Earth Balance Buttery Spread or Sticks
13-16 oz., selected varieties



3.59

Green Valley Organic Lactose-free Sour Cream
12 oz.

Find delicious food for entertaining at the co-op.

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

joy to
dairy-free
deliciousness

It's no coincidence that delicious is in our name. Make your dairy-free holiday brighter with tasty **So Delicious** Coconutmilk Yogurt Alternative, CocoWhip, Holiday Nog and Coconutmilk Creamer! Together, they make everything better. Now that's a reason to celebrate.



3.49

So Delicious
Coconutmilk
Holiday Nog
32 fl. oz.



3.99

So Delicious
CocoWhip
Topping
9 oz., selected varieties



4.69

So Delicious
Organic French
Vanilla Coconutmilk
Creamer
32 fl. oz.



5.39

So Delicious
Coconutmilk
Yogurt
24 oz., selected varieties



4.99

Wholly
Wholesome
Organic Pie Shells
14 oz., selected varieties



5.39

Kodiak Cakes
Frozen Waffles or Flapjacks
9.88-15.38 oz., selected varieties



5.39

Little Northern
Bakehouse
Gluten-free Bread
16-17 oz., selected
varieties



8.49

Alden's Organic
Ice Cream
1.5 qts., selected varieties

taste the
difference

Experience the rich, creamy goodness of Alden's Organic ice cream. Made with premium organic ingredients, every bite offers flavor you can feel good about. Treat yourself today!

INCLUSIVE TRADE PARTNER

Grain Trust is a Hispanic-owned company that creates three-minute dishes with ethically sourced grains from farmers who earn living wages.



2/\$8

Grain Trust
Frozen Rice Sides
20-30 oz., selected varieties

Find something for everyone at the co-op.

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



3.99

Daiya
Dairy-free Shreds
7.1 oz., selected varieties



2/\$8

Daiya
Deluxe Mac & Cheese
10.6 oz., selected varieties



6.99

Daiya
Frozen Pizza
15.3-19.4 oz., selected varieties

celebrate cheesy,
deliciously easy

At **Daiya**, we're about creating comforting, delicious moments everyone can enjoy. Our Daiya Oat Cream™ blend ensures that choosing Daiya means indulging in creamy, melty and rich flavors crafted from plants. Every bite is a celebration of taste and choice.



Find delicious food at the co-op.
Warm meals for cool evenings.

frozen is fresh

You can taste the difference! Enjoy our sustainable veggies that are firmer, sweeter and crunchier because we pick them at the peak of ripeness and process them right on our family farm.

2/\$5

Stahlbush Island Farms
Frozen Vegetables
10 oz., selected varieties



3.99
Silver Hills
Sprouted Bread
15-22 oz., selected varieties



Easy meal ingredients are at the co-op.

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

your partner
in cooking

Enhance your culinary journey with **Spectrum®** Culinary Oil, boasting a diverse oil portfolio to cater to all your cooking needs. With every sizzle and drizzle, Spectrum® unlocks the true essence of your ingredients, transforming every dish into a mouthwatering masterpiece!



8.99

Spectrum
Organic Non-hydrogenated
Shortening
24 oz.



6.99

Spectrum
Organic Distilled
White Vinegar
32 fl. oz.



11.99

Spectrum
Organic Canola
Oil
32 fl. oz.



17.99

Spectrum
Organic Extra
Virgin Olive Oil
25.4 fl. oz.



3.49

Woodstock
Organic
Cranberry Sauce
14 oz., selected varieties



2/\$7

Health Valley
Organic Soup
14.5-15 oz., selected varieties



4.69

Maille
Mustard
7-8.9 oz., selected varieties



3.39

Native Forest
Artichoke Hearts
14 oz., selected varieties



8.99




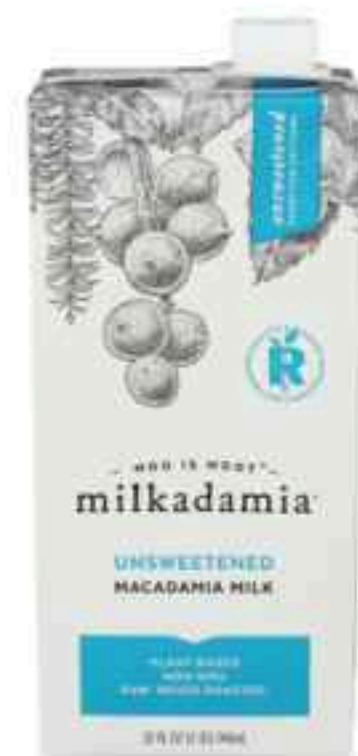





4th & Heart
Grass-fed Ghee
9 oz., selected varieties



14.99

Cobram Estate
100% California
Extra Virgin Olive
Oil
25.4 fl. oz.

Find easy recipe ideas at [grocery.coop](https://www.grocery.coop).

	2/\$4 Dr. McDougall's Soup Cups 1.3-3.4 oz., selected varieties		2.29 San Pellegrino Sparkling Mineral Water 25.3 fl. oz.		2/\$6 Wild Planet Skipjack Tuna 5 oz., selected varieties
	4.29 Milkadamia Macadamia Milk 32 fl. oz., selected varieties		5.49 Divina Organic Pitted Castelvetrano Olives 4.9 oz.		5.49 Bragg Organic Apple Cider Vinegar 32 fl. oz.
	5.99 Better than Bouillon Organic Broth Base 8 oz., selected varieties		8.99 Primal Kitchen Avocado Oil Mayo 12 fl. oz., selected varieties		10.99 Nutiva Organic Fair Trade Virgin Coconut Oil 23 fl. oz.

holiday meals start here

Pacific Foods Organic Broth is rich, flavorful and the perfect pantry partner to create a table full of palate-pleasing holiday favorites like mashed potatoes, stuffing, gravy and more!

2/\$7

Pacific Foods
Organic Broth
32 fl. oz., selected varieties



4.79

Lundberg Family Farms
Wild Rice Blend
16 oz.

Find the brands you love at the co-op.

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



6.99

Sweetleaf
SteviaClear Sweetener
2 fl. oz.



2/\$5
Endangered
Species
Chocolate Bars
3 oz., selected varieties



2/\$7
Dandies
Vegan Mini
Marshmallows
10 oz., selected varieties



5.49
Bob's Red Mill
Organic Flour
5 lbs., selected varieties



7.99
Bob's Red Mill
Super-fine Almond
Flour
16 oz., selected varieties



*sweet holidays
for all*

Bake your holiday best with help from Wholesome high-quality Organic Sugars, while our farmers benefit from fair trade and the sustainable farming practices we use to support our planet.

4.69

Wholesome
Organic Sugar
24 oz., selected varieties



11.99
Otto's Naturals
Cassava Flour
32 oz., selected varieties

scoop up the savings in bulk!



5.49
Organic Dried
Cranberries
per pound in bulk



7.49
Organic Medjool
Dates
per pound in bulk



6.49
Sliced Raw
Almonds
per pound in bulk

The co-op has all your baking ingredients.

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COOPERATIVELY OWNED



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



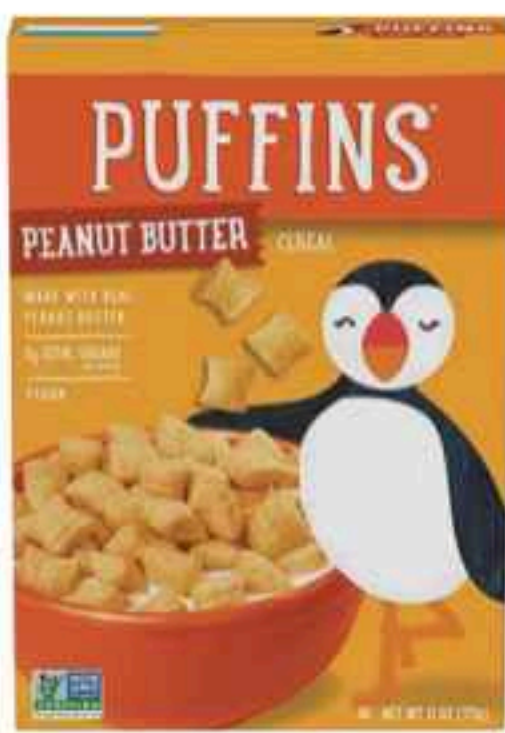
4.29
St. Dalfour
Fruit Spread
10 oz., selected varieties



4.39
R.W. Knudsen
Sparkling Juice
Drink
25.4 fl. oz., selected
varieties



4.49
Tazo
Tea
15-20 ct., selected
varieties



2/\$9
Barbara's
Cereal
10-14 oz., selected
varieties



*energize, sustain
and nourish*

Baked with delicious, wholesome
ingredients and purposefully crafted
with a blend of protein, fat and
carbs to keep you moving.

2/\$3

Clif or Luna
Nutrition Bars
1.69-2.4 oz., selected varieties



4.79
Sahale Snacks
Nut Mix
4 oz., selected varieties



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

magic in your mug



Teas that are bursting with benefits,
flavor and a passion for inspiring a
happier and healthier life.

2/\$7
Celestial Seasonings
Herbal Tea
18-20 ct., selected varieties

Stock the pantry with deals from the co-op.

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



2/\$5

Pirate's Booty
Aged White Cheddar Puffs
4 oz.

COOPERATIVELY OWNED



2/\$7

Blue Diamond
Nut Thins
4.25 oz., selected varieties



2/\$7

From the Ground Up
Cauliflower Crackers
3.5-4 oz., selected varieties


Crazy Delicious Vegetables™



TERRA® chips aren't just chips. They're the only vegan, non-GMO and gluten-free chef-made chips created by slicing, seasoning and crisping already tasty vegetables into an even tastier snack.

2/\$7

Terra
Vegetable Chips
5-6 oz., selected varieties



4.49

Back to Nature
Cookies
8-12 oz., selected varieties



4.79

Late July
Salsa
15.5 oz., selected varieties

surprise & delight in every bite

Surprise and delight await you in every delicious bite of Chocolove premium chocolate. Experience the exquisite flavors, consciously crafted with natural ingredients, and enjoy a true chocolate indulgence.

2/\$5

Chocolove
Chocolate Bars
2.9-3.2 oz., selected varieties





3.99

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



4.99

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



12.99

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



8.99
Hyland's Naturals
Calms Forte Sleep
Aid
100 ct.



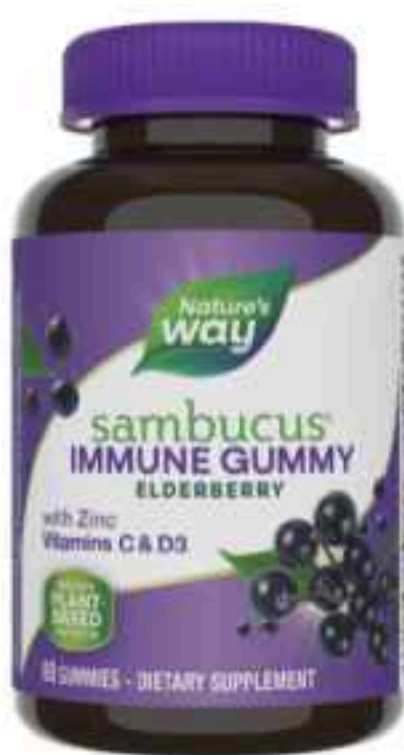
2/\$6
The Humble Co.
Floss Picks
50 ct., selected varieties



10.99
Honey Gardens
Elderberry &
Honey Immune
Syrup
4 fl. oz.



11.99
Childlife Essentials
Multi Vitamin
& Mineral
8 fl. oz.



15.99
Nature's Way
Sambucus
Immune Gummies
60 ct.



17.99
Om
Organic Mushroom
Powder
3.17-3.5 oz., selected
varieties



feel your best

WINTER WELLNESS

This winter, take extra care of yourself and find great supplements on sale at the co-op. There are many options to explore in the wellness aisle, so stop in and check it out.

The co-op has all your winter wellness items.

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

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.

make delicious organic food

COOPERATIVELY OWNED

Simply Organic offers everything from savory gravies to dip mixes to aromatic bottled spices to help you prepare flavorful, organic meals. And we're proud to help fight food insecurity across North America with the Simply Organic Giving Fund.



2/\$3

Simply Organic Dip Mix
.7-2 oz., selected varieties



2/\$3

Simply Organic Gravy Mix
.85 oz., selected varieties



7.49

Simply Organic Ceylon Ground Cinnamon
2.08 oz.



15.49

Simply Organic Vanilla Extract
4 fl. oz.



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



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