

# coop deals

APR 20 - MAY 3, 2022

## less work, more flavor

Flavorful Indian entrees are delicious, and plant-based Maya Kaimal's Organic Everyday Dal products make meal times simple with their straight-forward ingredients and easy prep. The co-op has them on sale right now, so make your next dinner savory and stress free.



**2/\$7**  
Maya Kaimal  
Organic Everyday Dal  
10 oz., selected varieties



**2/\$5**  
Nature's Path  
Organic Waffles  
7.4-7.5 oz., selected varieties



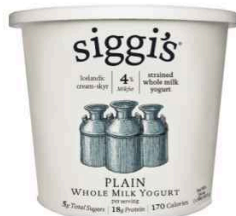
**2/\$6**  
Rebbl  
Organic Elixir  
12 fl. oz., selected varieties



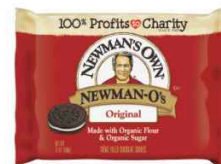
**2/\$6**  
Cascadian Farm  
Organic Frozen Potatoes  
12-16 oz., selected varieties



**2/\$6**  
Mary's Gone  
Crackers  
Organic Real Thin Crackers  
5 oz., selected varieties



**4.99**  
Siggis  
Skyr Yogurt  
24 oz., selected varieties



**4.49**  
Newman's Own  
Newman-O's  
Sandwich Cookies  
13 oz., selected varieties



Your favorite brands are on sale now!  
**Spring ahead and shop the co-op.**



award-winning organic cheese

**4.99**

Organic Valley  
Sliced Cheese  
6 oz., selected varieties

**4.49**

Organic Valley  
Shredded  
Parmesan  
4 oz.

**4.99**

Organic Valley  
Feta  
8 oz.

**4.99**

Organic Valley  
Mozzarella  
8 oz.

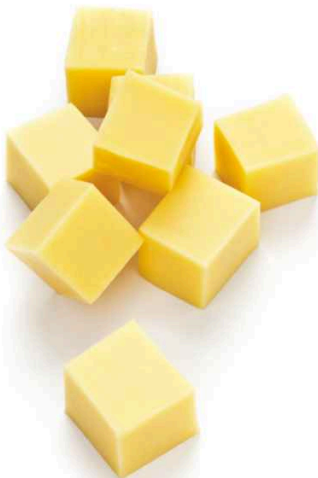


**Organic Valley's** line of award-winning organic products makes everyone say cheese! Organic Valley has a broad range of delicious recipes at [organicvalley.coop/recipes](https://organicvalley.coop/recipes) featuring the products our farmer-owners work so hard to produce.



The co-op has great dairy selections.

**Just say cheese.**



**2/\$4**

C2O  
Coconut Water  
17.5 fl. oz., selected varieties



**2.49**

So Delicious  
Organic  
Coconutmilk  
Creamer  
16 fl. oz., selected varieties



**3.99**

Rumiano  
Organic Cheese  
8 oz., selected varieties



**5.49**

So Delicious  
Organic  
Coconutmilk  
Yogurt  
24 oz., selected varieties



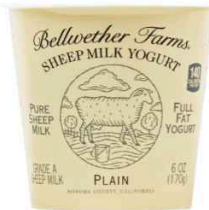
**Dairy and nondairy options are at the co-op.**





**2/\$7**

**Chobani  
Oatmilk**  
52 fl. oz., selected varieties



**2.29**

**Bellwether Farms  
Sheep Milk Yogurt**  
6 oz., selected varieties



**5/\$5**

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



**2/\$5**

**Kevita  
Organic Sparkling  
Probiotic Drink**  
15.2 fl. oz., selected  
varieties



**2/\$7**

**Good Karma  
Flaxmilk**  
64 fl. oz., selected  
varieties



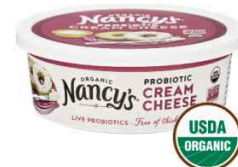
**2/\$3**

**Honest Tea  
Organic Tea**  
16 fl. oz., selected  
varieties



**3/\$5**

**Noosa  
Yoghurt**  
8 oz., selected varieties



**2.49**

**Nancy's  
Organic Cultured  
Cream Cheese**  
8 oz.



**3/\$5**

**Oatly  
Oatgurt**  
5.3 oz., selected varieties



**5.99**

**Uncle Matt's  
Organic Juice**  
52 fl. oz., selected  
varieties



**2/\$7**

**Daiya  
Cutting Board Shreds**  
7.1 oz., selected varieties



**2.79**

**R.W. Knudsen  
Simply Nutritious  
Juice**  
32 fl. oz., selected  
varieties



**6.49**

**Wallaby  
Organic Greek  
Yogurt**  
32 oz., selected varieties

**Stock up with great deals from the co-op.**

love the farmland

At **Cascadian Farm**, our continuing mission is to help protect our planet. As one of the earliest pioneers of organic agriculture, we have spent more than 40 years planting pollinator habitats, helping farmers build healthy soil, and integrating climate-smart crops into our products. Join us in cascading change for a better future.



**2/\$5**  
Cascadian Farm  
Organic Frozen  
Vegetables  
12-16 oz., selected varieties



**2/\$6**  
Cascadian Farm  
Organic Frozen Fruit  
8 oz., selected varieties



**2/\$7**  
Cascadian Farm  
Organic Bars  
5 to 6-1.2 oz., selected varieties



**2/\$7**  
Cascadian Farm  
Organic Cereal  
or Granola  
8.6-16 oz., selected varieties



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



**2/\$6**  
Sweet Earth  
Hickory & Sage  
Benevolent  
Bacon  
5.5 oz.



**6.99**  
Diestel Turkey  
Ranch  
Organic Fresh  
Roasted Turkey  
Breast  
6 oz.



**3.99**  
Talenti  
Gelato or Sorbetto  
1 pt., selected varieties



**2.99**  
Organic  
White Quinoa  
per pound in bulk



**9.99**  
Organic  
Dried Mango  
per pound in bulk



**9.99**  
Organic  
Unroasted Almonds  
per pound in bulk



Your favorite brands are at the co-op.





**4.49**

**Plant Boss  
Organic Meatless  
Crumbles**  
3.17-3.35 oz., selected varieties



**1.79**

**Dr. McDougall's  
Soup Cups**  
1.3-3.4 oz., selected  
varieties



**4.49**

**Maya Kaimal  
Indian Simmer  
Sauce**  
12.5 oz., selected  
varieties



**2/\$6**

**Pacific Foods  
Organic Plant-  
based Beverage**  
32 fl. oz., selected  
varieties



**4/\$5**

**Kind  
Bars**  
1.4 oz., selected  
varieties



**3.99**

**Tazo  
Organic Tea**  
20 ct., selected varieties



**5.49**

**Enjoy Life  
Chocolate Baking  
Chips or Morsels**  
9-10 oz., selected  
varieties



**6.49**

**Nature's Path  
Organic Cereal**  
23.8-32 oz., selected  
varieties



*organic and flavor packed*

This real cheese and organic pasta goodness transforms weeknight dinners into easy, cheesy wins for all. Enjoy our organic mac as is or add yummy toppings (like sausage and peas!) for a delicious mix-in masterpiece.

**2/\$5**

**Annie's  
Organic Mac & Cheese**  
6 oz., selected varieties



**2/\$6**

**Health Valley  
Organic Soup**  
14.25-15 oz., selected varieties

**The co-op makes weeknight meals easy.**



**4.99**

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



**2.79**

Garden of Eatin'  
Tortilla Chips  
5.5 oz., selected varieties



**2/\$5**

Angie's  
Boomchickapop  
Popcorn  
4.4-7 oz., selected  
varieties



**2/\$4**

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



**2/\$6**

Hippeas  
Organic Chickpea  
Puffs  
4 oz., selected varieties



**1.79**

Surf Sweets  
Candy  
2.75 oz., selected  
varieties



*real, delicious chocolate*

Endangered Species Chocolate is all about authenticity. Each bar has just a handful of real, responsibly sourced, health-conscious ingredients, and it's making a true impact for wildlife habitats.

**2/\$5**

Endangered Species  
Chocolate Bar  
3 oz., selected varieties



**2/\$6**

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

**Find the snacks you crave at the co-op.**





**8.99**

**Alba Botanica  
Sunscreen**  
4 oz., selected varieties



**6.49**

**Acure  
Shampoo or  
Conditioner**  
8 fl. oz., selected  
varieties



**16.99**

**Smarty Pants  
Kids Complete  
Multi + Omega 3 +  
Vitamin D  
Gummies**  
120 ct., selected varieties



**3.99**

**Pukka  
Organic Herbal  
Tea**  
20 ct., selected varieties



**29.99**

**Primal Kitchen  
Collagen Fuel  
Drink Mix**  
13.05-13.3 oz., selected  
varieties



**7.99**

**Jarrow Formulas  
Methyl B-12 1000  
mcg.**  
100 ct.



**15.99**

**Flora  
Super 8 Hi-  
Potency Probiotic**  
30 ct.



**29.99**

**Whole Earth &  
Sea  
Multivitamins**  
60 ct., selected varieties



*nourishment from the  
ground up*

Made with what matters. Key nutrients and real food from farmers committed to improving soil health through regenerative agriculture — for people and the planet.

**19.99**

**MegaFood  
Turmeric Strength**  
60 ct.



**34.99**

**Orgain  
Organic Plant-based  
Protein Powder**  
25.3-32.4 oz., selected varieties

**The co-op has your wellness needs covered.**

## 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

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

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:  
grocery.coop*



*garden-inspired goodness*

**Mrs. Meyer's®** Clean Day is a collection of home and personal care products that are made with essential oils and other thoughtfully chosen ingredients. All products are cruelty-free and free of artificial colors, ammonia, chlorine bleach and parabens, and beautifully packaged in bottles that are made with at least 30% recycled plastic and 100% recyclable.

**3.49**

Mrs. Meyer's  
Dish Soap  
16 fl. oz., selected varieties

**3.99**

Mrs. Meyer's  
Hand Soap  
12.5 fl. oz., selected varieties

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

PWNW0422B

