

coop deals®

FEB 1 - FEB 14, 2023

extra crunch

With Valentine's Day around the corner, find Chocolove bars on sale at the co-op! Chocolove's almonds & sea salt flavor is sweet and crunchy – perfect for sharing with your loved ones.



2/\$4

**Chocolove
Chocolate Bars**
2.9-3.2 oz., selected varieties



2/\$7

**C2O
Coconut Water**
33.8 fl. oz., selected varieties



3.99

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



2/\$8

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



2/\$7

**Chickapea
Organic
Chickpea Pasta**
8 oz., selected varieties



3.99

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



5.79

**Eo
Hand Soap**
12 fl. oz., selected varieties



Buy One, Get One

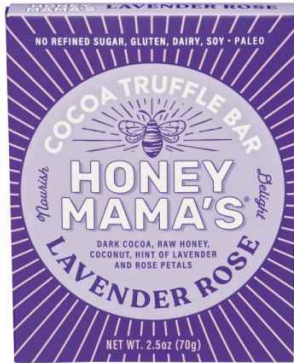
FREE

special offers inside!

**BO
GO**



3.79
Organic Valley
Sour Cream
16 oz., selected varieties



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



2/\$6
Koia
Plant-based Protein Drink
12 fl. oz., selected varieties



4.49
Organic Valley
Shredded
Parmesan Cheese
4 oz., selected varieties



5.49
Treeline
Plant-based
Cheese
6 oz., selected varieties



2/\$9
Silk
Plant-based Milk
64 fl. oz., selected varieties



2/\$6
GT's
Pure Love
Kombucha
16 fl. oz.,
selected varieties



2/\$6
GT's
Ancient
Mushroom Elixir
16 fl. oz.



2/\$6
GT's
Kombucha
16 fl. oz.,
selected varieties



5.49
GT's
Organic Coconut
Yogurt
8 oz., selected varieties

*fermented food
for everyone*

INCLUSIVE TRADE PARTNER

GT's Living Foods is a family-owned business, LGBTQIA+-owned and a leader in fermented foods with humble beginnings. GT Dave began from his home in 1995 at 15 years old. Our living foods are authentically fueled by organic plants, raw fermentation, naturally occurring probiotics and ancient wisdom.

The co-op has great refrigerated selections.

game-changing, plant-based foods



Stock up on all your essentials with **Kite Hill**. From our versatile ricotta to our artisan pasta and varieties of dips and spreads — we are sure to have all your dairy-free needs covered to please everyone at your table.

3.79

Kite Hill
Dairy-free Dips
or Sour Cream
8 oz., selected varieties

5.99

Kite Hill
Dairy-free
Cream Cheese
8 oz.

4.39

Kite Hill
Almondmilk
Yogurt
16 oz., selected varieties

5.99

Kite Hill
Plant-based
Filled Pasta
9 oz., selected varieties



1.69

Stonyfield
Organic Yogurt
Pouch
3.5 oz., selected varieties



3/\$7

Petit Pot
Organic Pudding
3.5 oz., selected varieties



farmers market fresh



We don't compromise on fresh ingredients. Ever. When we say lemons, we mean real lemons. We bring a passion for fresh, mind-blowing flavor into everything we make.

3.99

Ithaca
Hummus
10 oz., selected varieties



4/\$5

Chobani
Greek Yogurt
5.3 oz., selected varieties

Delicious favorites are at the co-op.



3.79

**Good Karma
Flaxmilk**

64 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

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

6.99

**Starlite Cuisine
Plant-based
Taquitos**
14 oz., selected
varieties



1.79

Alo

Aloe Vera Juice Drink
16.9 fl. oz., selected varieties



4.99

**Udi's Gluten Free
Bread**
12-14.3 oz., selected
varieties



5.49

**Hodo
Vegan All-Day Egg
Scramble**
8 oz.



5.49

**Applegate
Sunday Bacon**
8 oz.



4.99

**Rudi's
Organic Bread**
22-24 oz., selected varieties



7.99

**Cascadian Farm
Organic Powered
by Plants Entrees**
24 oz., selected varieties



2/\$8

**Annie's
Organic Pizza
Poppers**
6.8 oz., selected
varieties



4.49

**Quorn
Meatless Nuggets
or Patties**
10.6 oz., selected
varieties



2/\$10

**Talenti
Gelato or
Sorbetto**
1 pint, selected
varieties

Find Inclusive Trade brands throughout the co-op.



Buy One, Get One
FREE

Califia Farms
Oatmilk
48 fl. oz., selected varieties



Buy One, Get One
FREE

Against The Grain
Pizza
14.3-24.4 oz., selected varieties
Limit 1 BOGO offer per customer



Buy One, Get One
FREE

Hiball Energy
Seltzer
16 fl. oz., selected varieties
Limit 4 BOGO offers per customer



Buy One, Get One
FREE

Aura Cacia
Mineral Bath
2.5 oz., selected varieties



Buy One, Get One
FREE

Tasty Bite
Indian Entrees
10 oz., selected varieties



Buy One, Get One
FREE

Nixie
Organic Sparkling Water
8 pk.-12 fl. oz. cans, selected varieties

The co-op has amazing buy one, get one free deals!



1.99

**Bionaturae
Organic Tomato
Paste**
7 oz., selected varieties



2.29

**Bionaturae
Organic Pasta**
16 oz., selected
varieties



2.79

**Bionaturae
Organic Strained
Tomatoes**
24 oz.



3.79

**Bionaturae
Organic Fruit
Nectar**
25.4 fl. oz.,
selected varieties



*Bionaturae =
quality + integrity*

Pioneering organic products from Italy to the U.S.A. since 1995. **Bionaturae** works directly with a small network of farmers who practice fair, sustainable agricultural management. Bionaturae is one of the first pasta and tomato brands to be Glyphosate Residue Free Certified.



2/\$8

**R.W. Knudsen
Organic Juice**
32 oz., selected varieties



5.79

**Sky Valley
Sriracha Sauce**
18.5 fl. oz.



4.99

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



original clean ramen

Expertly crafted from freshly milled, organically grown heirloom wheat. Koyo ramen noodles are baked, not fried, and they include a savory vegan broth.

5/\$5

**Koyo
Ramen**
2-2.1 oz., selected varieties



3.49

**Woodstock
Organic Ketchup**
19.5-20 oz., selected varieties



Ingredients for great meals are at the co-op.



2/\$6

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



4.29

Crofter's
Organic Premium
Fruit Spread
16.5 oz., selected varieties



7.99

Dr. Bronner's
Organic Whole Kernel
Virgin Coconut Oil
14 fl. oz., selected varieties



2/\$7

Equal Exchange
Organic Tea
20 ct., selected varieties



2.29

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



2/\$8

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

*sustainably sourced,
expertly roasted*

Equal Exchange is committed to sourcing from democratically organized small farmer cooperatives. Our coffee is thoughtfully sourced and organically grown with care for the surrounding ecosystem, supporting long-term partnerships that help keep small farming families thriving!



8.99

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



2/\$4

Earth's Best
Organic Baby Food or
Yogurt Smoothie Pouch
3.5-4.2 oz., selected varieties

Find great deals throughout the co-op!



KIND snacks

2/\$3

Kind
Bars
1.4 oz., selected
varieties

2/\$8

Kind
Healthy Grains
Bars
5-1.2 oz., selected
varieties

2/\$10

Kind
Healthy Grains
Granola & Clusters
11 oz., selected varieties

5.99

Kind
Breakfast Bars
6-1.76 oz., selected
varieties

Kind® offers the perfect tasty snacks for every occasion. Made with nutrient-dense ingredients like nuts and whole grains, with flavors that satisfy from the first bite to the last. Perfect for enjoying while on the go, at work or at home.



1.79

Essentia
Ionized Water
50.7 fl. oz.



2/\$5

Lesser Evil
Organic Popcorn
4.6 oz., selected varieties



7.99

Once Again
Organic Sesame
Tahini
16 oz., selected varieties



taste the magic

Dr. Bronner's Magic All-One Chocolate: Pairing world-class Swiss chocolatiers with fairly treated cocoa farmers practicing regenerative organic agriculture. All vegan, 70% cocoa, sweetened with coconut sugar and perfectly balanced!

2/\$7

Dr. Bronner's
Organic Magic All-One
Chocolate Bars
2.93-3 oz., selected varieties



2/\$7

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

The co-op has the brands you love.



3/\$5

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



2/\$5

Alter Eco
Organic Chocolate Bars
2.82 oz., selected varieties



4.29

Kettle Brand
Potato Chips
13 oz. , selected varieties



2.79

Sesmark
Rice Crackers
3.2-7 oz., selected varieties



3.79

Hu Kitchen
Organic
Chocolate Bar
2.1 oz., selected varieties



3.99

Simple Mills
Almond Flour
Crackers
4.25 oz., selected varieties

*enhance
any moment*



2/\$4

San Pellegrino
Sparkling Mineral Water
25.3 fl. oz.



5.99

San Pellegrino
Sparkling Fruit Beverage
6-11.15 fl. oz. cans, selected varieties

Game-day goodies for everyone are at the co-op.



6.99

Schmidt's
Deodorant Stick
2.65 oz., selected varieties



support digestion and throat health

Take charge of your unique needs with Traditional Medicinals herbalist-created teas. Our medicinal-grade herbs can help you take care of your digestion and throat health this tea season.

4.49

Traditional Medicinals
Organic Herbal Tea
16 ct., selected varieties



13.49

Weleda
Skin Food
2.5-6.8 fl. oz., selected varieties



15.49

Kal
Magnesium
Glycinate 350
160 ct.



2/\$6

Badger
Lip Balm
.25 oz., selected varieties



the ultimate

As the #1 omega-3 fish oil brand in the U.S., Nordic Naturals sets the highest standards for fish oil manufacturing. The ultimate in omega-3 fish oil to support heart, brain and immune health.

48.99

Nordic Naturals
Ultimate Omega
180 ct.

INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company on a mission to invest in a more equitable future. Our projects enable Togolese communities to share their skills and knowledge with the rest of the world.

9.49

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

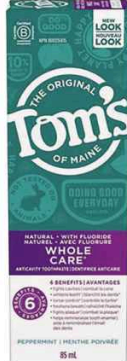


Stay well this winter with help from the co-op.



3.89

**Tom's Of Maine
Children's Toothpaste**
5.1 oz., selected varieties



5.49

**Tom's Of Maine
Toothpaste**
4-5.5 oz., selected varieties



choose us, give back

Tom's of Maine donates 10% of our profits each year to national and local charitable organizations promoting health, education and the environment. A portion of our giving is also made through limited product donations.



9.49

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



2/\$7

**Ecos
Liquid Dish Soap**
25 fl. oz., selected varieties

*let Alba be
your Valentine*



Show yourself and the planet some love with **Alba Botanica**. Our plant-based products align with our love of the natural world, which is why our products are 100% vegetarian, contain botanical ingredients and are cruelty free!

6.79

**Alba Botanica
Acnedote Face
& Body Scrub**
8 oz.

6.79

**Alba Botanica
Acnedote Pimple
Patch**
40 ct.

7.29

**Alba Botanica
Hawaiian
Shampoo or
Conditioner**
12 fl. oz., selected varieties

11.99

**Alba Botanica
Very Emollient
Body Lotion**
32 fl. oz., selected varieties

Find all your bath and body items at the co-op.

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

CONNECTICUT

Fiddleheads Co-op
Willimantic Food Co-op

DELAWARE

Newark Natural Foods Co-op

FLORIDA

Community Co-op Market
Ever'man Cooperative Grocery & Cafe

GEORGIA

Sevananda Natural Foods Market

MAINE

Belfast Community Co-op
Blue Hill Co-op
Portland Food Co-op
Rising Tide Co-op

MARYLAND

Greenbelt Co-op Supermarket and Pharmacy
The Common Market
TPSS Co-op

MASSACHUSETTS

Berkshire Food Co-op
Green Fields Market
McCusker's Market

River Valley Co-op

Wild Oats Market

NEW HAMPSHIRE

Concord Food Co-op
Hanover Co-op Food Stores
Littleton Food Co-op
Monadnock Food Co-op

NEW YORK

Abundance Food Co-op
East Aurora Co-op Market
Flatbush Food Cooperative
GreenStar Cooperative Market
High Falls Food Co-op
Honest Weight Food Co-op
Hungry Hollow Co-op
Lexington Cooperative Market
Syracuse Cooperative Market

NORTH CAROLINA

Chatham Marketplace
Deep Roots Market
Durham Co-op Market
French Broad Food Co-op
Hendersonville Community Co-op
Tidal Creek Cooperative Food Market
Weaver Street Market

PENNSYLVANIA

East End Food Co-op
Erie Food Co-op
Mariposa Food Co-op
Weavers Way Co-op

RHODE ISLAND

Urban Greens Co-op Market

TENNESSEE

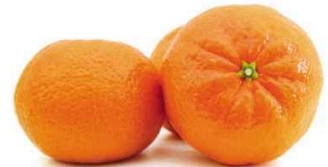
Three Rivers Market

VERMONT

Brattleboro Food Co-op
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Putney Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

VIRGINIA

Fredericksburg Food Co-op
Friendly City Food Co-op
Roanoke Co-op



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



2.79

Garden Of Eatin'
Organic Refried
Beans
16 oz., selected varieties



3.79

Garden Of Eatin'
Taco Shells
5.5 oz., selected varieties



4.79

Garden Of Eatin'
Tortilla Chips
16 oz., selected varieties



touchdown with
Garden of Eatin'

Bring delicious crunch and color to your gameday celebration with Garden of Eatin' one-stop snack solutions.

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



Co-ops are committed to fostering inclusive communities, promoting brands that are women-, BIPOC-, LGBTQ- and veteran-owned.

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

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