

# coop deals

MAR 1 - MAR 14, 2023

## protein on-the-go

It's easy to pack Wild Planet's tuna to take with you for a quick and convenient meal that's rich in protein. Enjoy delicious tuna salad wraps on a busy spring day.



**2/\$7**

**Wild Planet  
Tuna**

5 oz., selected varieties



**4/\$5**

**Muir Glen  
Organic  
Tomatoes**  
14.5-15 oz., selected  
varieties



**3.19**

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



**2/\$7**

**Blue Diamond  
Nut Thins**  
4.25 oz., selected  
varieties



**2/\$8**

**Vita Coco  
Coconut Water**  
33.8 fl. oz., selected  
varieties



**4.29**

**Kite Hill  
Almondmilk  
Yogurt**  
16 oz., selected varieties



**11.99**

**Napa Valley  
Naturals  
Organic Extra  
Virgin Olive Oil**  
25.4 fl. oz.



Dip into great savings at the co-op.

**Spring forward with delicious deals.**



**2/\$5**

**Perfect Bar  
Protein Bars**  
2.2-2.5 oz., selected  
varieties



**4.99**

**Organic Valley  
Cottage Cheese**  
16 oz., selected varieties



**4.49**

**Andrew & Everett  
Shredded Cheese**  
7-8 oz., selected varieties



**3.79**

**Green Valley  
Creamery  
Organic Lactose-  
free Cream  
Cheese**  
8 oz.



**5.49**

**Miyoko's  
Creamery  
Organic Liquid  
Vegan Pizza  
Mozzarella**  
16 oz.



**2/\$6**

**Rebbl  
Organic Stacked  
Coffee**  
12 fl. oz., selected  
varieties



**2.79**

**Hail Merry  
Dessert Cups**  
1.5 oz., selected varieties



*plant-based and  
Beyond delicious*

Beyond has all the juicy, meaty deliciousness of a traditional sausage but comes with the upsides of plant-based protein. Our products also contain no hormones, nitrites, nitrates, GMOs, soy or gluten.

**6.99**

**Beyond Meat  
Beyond Sausage**  
14 oz., selected varieties



**3/\$4**

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

**Fill your cart with favorites from the co-op.**





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

**2.69**  
Woodstock  
Organic Frozen  
Vegetables  
10 oz.,  
selected varieties



**4.99**  
Woodstock  
Organic Frozen  
Fruit  
10 oz.,  
selected varieties

**5.49**  
Natural Sea  
Cod Sticks  
or Fillets  
8 oz., selected varieties

simple meal  
solutions

It's easy to make a complete and balanced meal with **Woodstock** and **Natural Sea** products. Breakfast, lunch or dinner are ready in minutes with delicious, high-quality ingredients.



**2/\$8**  
Kerrygold  
Butter  
8 oz., selected varieties



**5.49**  
Forager Project  
Organic  
Cashewmilk  
Yogurt  
24 oz., selected varieties



choose high-quality,  
organic ingredients

We believe that organic matters. Stonyfield Organic Yogurt is made with milk from organic farms and pasture-raised cows that make it better for people and the planet.

**4.49**  
Stonyfield Organic  
Organic Yogurt  
32 oz., selected varieties



**2/\$7**  
Blue Diamond  
Almondmilk  
64 fl. oz., selected varieties

**The co-op has what you need for easy meals.**

### INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is an Indian-owned company that makes frozen entrees from scratch with a wide range of Indian flavors.



**2/\$10**

Deep Indian Kitchen  
Entrees  
7.5-12 oz., selected varieties



**2/\$6** Sweet Earth  
Burritos  
5.5 oz., selected varieties



**2/\$10**  
Blake's  
Organic Chicken  
Pot Pie  
8 oz.



**7.99**  
Cappello's  
Pizza  
10.82-12 oz., selected  
varieties



**2/\$6**  
Miracle Noodle  
Ready-to-Eat  
Noodles  
7 oz., selected varieties



**3.29** Ancient Harvest  
Organic Quinoa Pasta  
8 oz., selected varieties



**6.99**  
Tonnino  
Tuna Fillets  
6.3-6.7 oz., selected  
varieties



**3/\$4**  
Lotus Foods  
Rice Ramen  
2.8 oz., selected  
varieties



**5.99**  
Kettle & Fire  
Bone Broth  
16.9 oz., selected  
varieties



**2.79**  
Safe Catch  
Elite Wild Tuna  
5 oz.



**3.99**  
Mediterranean  
Organic  
Olives  
8.1-8.5 oz., selected  
varieties



**4.99**  
Patagonia Provisions  
Smoked Mussels,  
Mackerel or White  
Anchovies  
4.2 oz., selected varieties

**Find weeknight meal options at the co-op.**





**2/\$7**

Celestial Seasonings  
Herbal Tea  
18-20 ct., selected varieties



**2/\$7**

Back To Nature  
Crackers  
6 oz., selected varieties



**8.99**

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



**2/\$8**

Mom's Best  
Cereals  
16-24 oz., selected  
varieties



**2/\$5**

Blue Diamond  
Almondmilk  
32 fl. oz., selected varieties



**2/\$7**

Equal Exchange  
Organic Tea  
20 ct., selected varieties



**2/\$7**

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



**3.99**

Organic India  
Tulsi Tea  
18 ct., selected varieties

**Brighten your mornings with help from the co-op.**



**1.79**

**Gimme**  
Organic Seaweed  
Snacks  
.35 oz., selected varieties

*satisfies your hunger*

Fuel for what's next. Whether you are working out or working hard, our Nut Butter and Builders bars provide the energy you need to get through your day. Made with organic and non-GMO ingredients.

**2/\$4**

**Clif Bar**  
**Builders Protein Bars or**  
**Organic Nut Butter Bars**  
1.76 oz. - 2.4 oz., selected varieties



**2/\$6**

**Equal Exchange**  
Organic  
Chocolate Bars  
2.8 oz., selected varieties

**2/\$10**

**Zevia**  
Zero Calorie Soda  
6 pk.-12 fl. oz., selected varieties



**3.99**

**Unreal**  
Chocolate Cups,  
Bars or Gems  
3.2-5 oz., selected varieties

*flavors worth sharing*



Gathering with friends? Invite Kettle Brand® chips! With flavors for everyone, they're a delightfully crunchy and tasty snack for holidays, game days or backyard hangouts.

**2/\$6**

**Kettle Brand**  
**Potato Chips**  
5 oz., selected varieties



**4.79**

**Tate's Bake Shop**  
Cookies  
7 oz., selected varieties

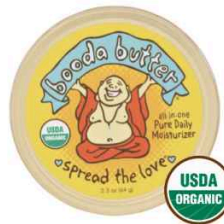


**The co-op has the snacks you crave.**



**INCLUSIVE TRADE PARTNER**

South of France is a woman-owned company. We still kettle cook small batches of our soap using a traditional Marseille recipe.



**8.69**  
Booda Organics  
All-In-One Daily  
Moisturizer  
2.3 oz.



**11.49**  
Weleda  
Skin Food  
2.5-6.8 fl. oz., selected  
varieties



**12.29**  
Aura Cacia  
Essential Oil Kits  
.25 fl. oz., selected  
varieties



**16.29**  
Andalou Naturals  
1000 Roses Face  
Cream  
1.7 fl. oz., selected  
varieties



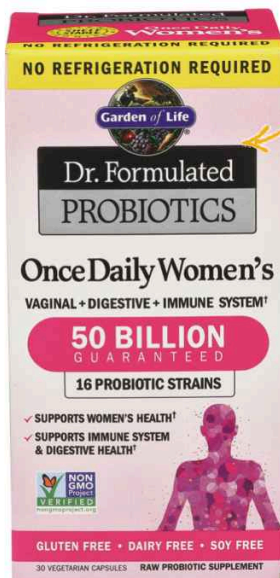
**12.99**  
Nordic Naturals  
Lemon Omega-3  
Fish Oil  
60 ct.



**12.99**  
Country Life  
Vitamin D3  
5000IU  
200 ct.



**15.79**  
Oregon's Wild  
Harvest  
Organic  
Ashwagandha  
90 ct.



*digestive and immune  
system health*

Women have unique needs, and we've got a specialized formula just for you. Try Dr. Formulated Probiotics Once Daily Women's for optimal digestive, immune system and vaginal health.

**31.49**

Garden of Life  
Dr. Formulated Probiotics  
Once Daily  
30 ct., selected varieties



**9.99**  
Dr. Bronner's  
Sal Suds  
32 fl. oz.

**The co-op has products for home and body.**

## 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  
Everman 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

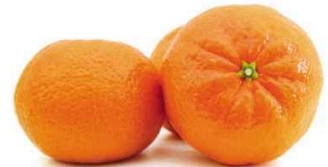
Three Rivers Market

### 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](https://grocery.coop)*



# 2/\$6

**Dr. Bronner's  
Baby Pure Castile Bar Soap**  
5 oz.

Soft, smooth lather moisturizes face, body, hands and hair! Organic, nutrient-rich, U.S.-grown hemp seed oil nourishes skin. Plant-based and biodegradable, made with certified-organic oils, wrapped in post-consumer recycled paper — cleans body, mind, soul!



# 7.49

**Avalon Organics  
Shampoo or Conditioner**  
11 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.



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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