

co+op deals

DEC 30, 2020 - JAN 19, 2021

*new year,
more yogurt*

The co-op is stocked with nuts, seeds and berries to make a delicious parfait. Try it with Siggis's yogurt — on sale now at the co-op!



5/\$5

**Siggis's
Icelandic Style
Yogurt**

5.3 oz., selected varieties



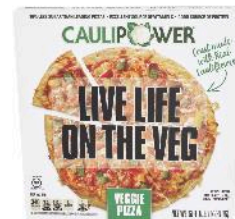
2/\$5

**Angie's
Boomchickapop
Popcorn**
4.4-8 oz., selected varieties



2/\$7

**Organic India
Tulsi Tea**
18 tea bags, selected varieties



5.99

**Caulipower
Cauliflower Crust
Pizza**
11.6 oz., selected varieties



3/\$5

**Westbrae
Organic Beans**
15 oz., selected varieties



2/\$4

**Perfect Bar
Organic Protein
Bar**
2.5 oz., selected varieties



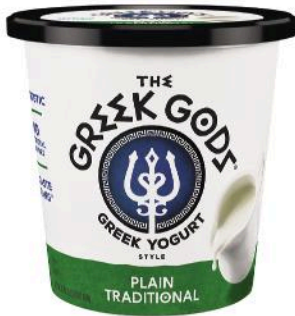
2/\$5

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



The co-op wishes you a healthy 2021!

Try something new at the co-op.



2/\$7
The Greek Gods
Greek Yogurt
24 oz., selected varieties



5/\$5
Fage
Greek Yogurt
5.3-7 oz., selected
varieties



3.99
Califia Farms
Almondmilk
48 oz., selected varieties



3.99
Lifeway
Organic Kefir
32 oz., selected varieties



4.49
Forager Project
Organic
Cashewmilk
Yogurt
24 oz., selected varieties



3.99
Nancy's
Organic Cottage
Cheese
16 oz., selected varieties



4.49
Vital Farms
Pasture-raised
Eggs
1 doz., selected
varieties



13.99
Organic Valley
Ghee Clarified
Butter
13 oz., selected varieties

*goodness in
every glass*

At **Organic Valley**, we like to keep things honest and simple. Like 100% grass-fed dairy and 100% grass-fed cheese produced with no added hormones, antibiotics or toxic pesticides. Made by farmers and artisans who care about the environment, the animals and you — our customers.



2.79
Organic Valley
Half & Half
11 oz., selected varieties



4.99
Organic Valley
Grassmilk
64 oz., selected varieties



6.49
Organic Valley
Grassmilk Raw Cheddar Cheese
8 oz., selected varieties



Wake up with delicious options from the co-op.

living food for the living body

Founder GT Dave was raised vegetarian and taught that food can be medicine. We continue to uphold that philosophy with always pure, potent and plant-derived fermented offerings produced in their most authentic form. **GT's** is fiercely independent, family-owned and operated.

2/\$5

GT's
Organic
Kombucha
16 oz., selected varieties

2/\$5

GT's
Alive
Adaptogenic Tea
16 oz., selected varieties

4.99

GT's
Organic Cocoyo
Pure Living
Coconut Yogurt
8 oz., selected varieties

6.99

GT's
Organic
Kombucha
48 oz., selected varieties



2/\$3

C2O
Coconut Water
17.5 oz., selected
varieties



3.99

Harmless Harvest
Organic Coconut
Water
16 oz., selected varieties



4.49

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



2/\$7

Rebbl
Organic Protein
Beverage
12 oz., selected varieties



unleash the vitamin C

Experience the taste of real fruit from this cold-pressed, organic smoothie. Made with oranges, pineapples and mangos that are picked and squeezed at their peak of sweet flavor. Packed with vitamin C.



2/\$5

Vive Organic
Wellness Shots
2 oz., selected varieties

2/\$7

Evolution Fresh
Organic Juices
15.2 oz., selected varieties

Stay refreshed throughout the winter.



2/\$6

Cascadian Farm Organic Frozen Fruit
8-10 oz., selected varieties



3/\$7
Nature's Path Organic Waffles
6 ct., selected varieties



2/\$5
Silver Hills Bread
14-22 oz., selected varieties



4.49
Canyon Bakehouse Gluten Free Bread
14-18 oz., selected varieties



5.49
So Delicious Coconutmilk Yogurt
24 oz., selected varieties



3.99
Organic Valley Stringles
6 oz., selected varieties



5.99
Miyoko's Organic Vegan Mozzarella
8 oz., selected varieties



*gut strong
all year long*

Drink Gut Shot to feel the natural probiotic benefits! A healthy gut helps support digestive health, immunity and mental health all year long!



2.79
Farmhouse Culture Organic Kraut Krisps Cabbage Chips
5 oz., selected varieties



4.99
Farmhouse Culture Organic Kraut
16 oz., selected varieties



4.99
Farmhouse Culture Organic Gut Shot
16 oz., selected varieties

Healthy options for everyone at the co-op.



2/\$7

**Deep Indian Kitchen
Naan or Pizzas**
7.8-9 oz., selected varieties

grain-free magic awaits you



Cappello's is setting a new standard for frozen foods using only meticulously sourced, simple, real-food ingredients.

6.99

**Cappello's
Gluten Free
Pizza or Pasta**
9-12 oz., selected varieties



2/\$5

**Hilary's
Organic Veggie
Burgers**
6.4 oz., selected varieties



2/\$7

**Quorn
Meatless Nuggets**
10.6 oz.



6.99

**Caulipower
Chicken Tenders**
14 oz., selected varieties



meals with more yum

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

10/\$10

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



6.99

**Spectrum Naturals
Organic Unrefined
Coconut Oil**
14 oz.

The co-op helps make meals easy.

bold, authentic flavors



Explore the bold and delicious taste of Mexico without leaving home. Bring home the flavors of your favorite authentic Mexican dishes with **Frontera**. Simple, savory and muy delicioso!

2/\$3

Frontera
Cooking Sauce
8 oz., selected varieties

2/\$5

Frontera
Salsas
16 oz., selected varieties

2/\$6

Frontera
Fajita Bowls
11-11.5 oz., selected varieties



2/\$6

Annie's
Organic Dressing
8 oz., selected varieties



3/\$5

Dr. McDougall's
Soup Cup
1.0-3.4 oz., selected varieties



2/\$4

Muir Glen
Organic
Tomatoes
28 oz., selected varieties



2/\$6

Safe Catch
Tuna or Pink
Salmon
5 oz., selected varieties



4.49

Bitchin' Sauce
Almond Dip
8 oz., selected varieties



scoop up the savings in bulk!

2.79

Organic White
Quinoa
per pound in bulk



2.99

Organic Black
Chia Seeds
per pound in bulk



9.99

Organic Dried
Mango
per pound in bulk



Shop the co-op for pantry favorites.


2/\$6

Cascadian Farm
Organic Granola
Bars
6.2-7.4 oz., selected
varieties


3.99

Birch Benders
Pancake & Waffle
Mix
16 oz., selected varieties


2/\$4

Blue Diamond
Almond Milk
32 oz., selected varieties


5.99

Bob's Red Mill
Organic Gluten
Free Rolled Oats
32 oz., selected
varieties


8.99

Equal Exchange
Organic Bulk Coffee
per pound in bulk, selected
varieties
5 lb. packages also on sale
for \$42.99


4.99

R.W. Knudsen
Organic Just Tart
Cherry Juice
32 oz.


6.99

Navitas
Organic Cacao
Powder
8 oz.



breakfast made better

Cascadian Farm organic whole grain cereals and granolas are an easy and tasty way to make a smart choice for your day.

2/\$6

Cascadian Farm
Organic Cereal or
Granola

8.6-14.6 oz., selected varieties


2/\$5

Celestial
Seasonings
Herbal Tea
20 tea bags, selected varieties

Thank you for choosing the co-op!

*happiness
starts here*

Let our bunny-shaped treats make snack time extra fun (and our organic ingredients make your day a little more joyful too!).



2/\$5

Annie's Homegrown Organic Bunny Crackers & Grahams
7.5 oz., selected varieties

2/\$5

Annie's Homegrown Organic Bunny Fruit Snacks
5 pack, selected varieties

2/\$6

Annie's Homegrown Organic Granola Bars
6 pack, selected varieties

2/\$7

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



4.49

Zevia
Zero Calorie Soda
6-12 oz. cans, selected varieties



6.99

Once Again
Organic Tahini
16 oz., selected varieties

*food for your
wellness journey*



Purely Elizabeth believes that food can heal. When you eat better, you feel better. It's that simple. That's why we use superfoods with vibrant flavors and rich textures to create foods you will obsess over.

**Purely Elizabeth
Organic Granola**
12 oz., selected varieties

3.99



3/\$5

Rxbar
Protein Bar
1.83 oz., selected varieties

Everyone is welcome at the co-op.



2/\$5
Blue Diamond
Nut Thins
4.25 oz., selected
varieties



2/\$4
Food Should Taste
Good
Tortilla Chips
5.5 oz., selected varieties



*food made
from real food*

At LÄRABAR®, we are passionate about creating delicious, convenient snacks made from just two to nine real ingredients, always gluten free and non-GMO. Find your flavor today!

10/\$10

Larabar
Fruit and Nut Bars
1.6-1.7 oz., selected varieties



2/\$5
From the
Ground Up
Cauliflower
Crackers
4 oz., selected varieties



2.99
Good Health
Veggie Snacks
6.75 oz., selected
varieties



4.99
Lily's
Chocolate Peanut
Butter Cups
3.2 oz., selected varieties

*New Year's
snacks!*



2/\$4
Kettle Brand
Potato Chips
5 oz.



2/\$5
Snack Factory
Pretzel Crisps
7.2 oz.



2/\$5
Late July
Organic Thin &
Crispy Potato Chips
5 oz.



2/\$6
Snyder's
Gluten-free
Pretzel Sticks
8 oz.

Start the year off with our tasty snacks. Our chips and pretzels are made with quality ingredients. You can enjoy delicious snacking and keep the crunch you crave. Grab a few bags today!

New snacks for the new year at the co-op!



6.99

Bach
Rescue Remedy
Pastilles
35 ct., selected varieties



discover a better fish oil

Since 1995, Nordic Naturals has led the fish oil industry by pioneering manufacturing methods to produce exceptionally fresh, pure and great-tasting omega oils. Discover the Nordic Naturals difference today.

22.99

Nordic Naturals
Ultimate Omega
60 ct.



4.99

Tom's of Maine
Toothpaste
4.7-5.5 oz., selected
varieties

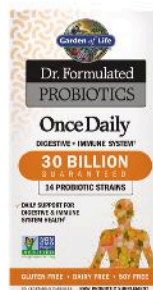


2.79

Desert Essence
Tea Tree Oil
Dental Floss
50 yards, selected
varieties

balance health
and beauty

Support your immune health with high-potency Dr. Formulated probiotics featuring 14 to 15 raw probiotic strains and up to 90 billion CFUs. Boost your beauty regimen by adding 20 grams of **Garden of Life** Grass-fed Collagen Peptides to shakes, smoothies or coffee to promote skin elasticity, strong nails and healthy hair.



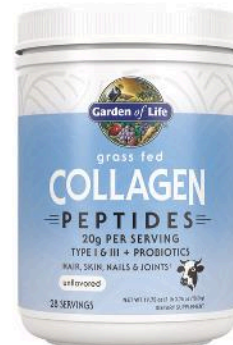
26.99

Garden of Life
Dr. Formulated
Probiotics
30 ct.



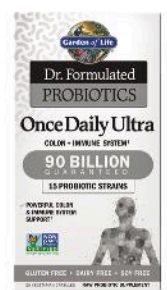
32.99

Garden of Life
Dr. Formulated
Once Daily Women's
30 ct.



34.99

Garden of Life
Collagen Peptides
19.75 oz., selected varieties



43.99

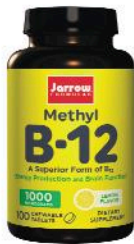
Garden of Life
Dr. Formulated
Once Daily Ultra
30 ct.

Healthy choices are at the co-op in 2021!



18.99

**Bulletproof
Brain Octane Oil**
16 oz.



5.99

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



17.99

**Nutrition Now
PB 8 Probiotic**
120 ct., selected
varieties



14.99

**Gaia Herbs
Organic Black
Elderberry Syrup**
3 oz., selected varieties



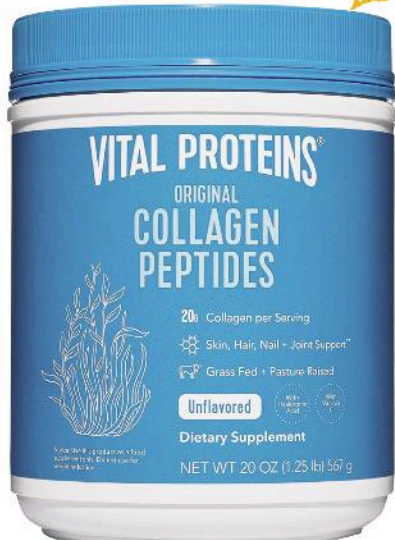
5/\$5

**Ultima
Replenisher
Electrolyte
Powder**
.12 oz. packet,
selected varieties



5.99

**Spectrum
Essentials
Organic Flaxseed**
14 oz., selected
varieties



*grass-fed and
pasture-raised*

As America's #1 collagen brand, Vital Proteins has helped people live fuller, more vibrant lives through premium collagen products that contain quality ingredients, with clean labels and transparent sourcing.

35.99

**Vital Proteins
Collagen Peptides**
20 oz.



10.99

**Herb Farm
Organic Super Echinacea
Immune Support**
1 oz.

The co-op has great wellness options.

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

Daily Groceries Co-op
Sevananda Natural Foods Market

MAINE

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

MARYLAND

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
Honest Weight Food 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
Mariposa Food Co-op
Weavers Way Co-op
Whole Foods Cooperative

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

Friendly City Food Co-op
Roanoke Co-op



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



5.99
Acure
The Essentials
Organic Argan
Oil
1 oz.



15.99
Andalou Naturals
Resveratrol Q10
Night Repair Cream
1.7 oz.



6.99
Avalon Organics
Shampoo or
Conditioner
11 oz., selected varieties



Co-ops support products and services that benefit 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

NESE0121A

coop
welcome to the table