

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



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 Organic Bath Tissue
12 ct.

Scan the QR code above for more about NATIFS!



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.

*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.



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.



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



3.79
 Hodo
 Organic
 Firm Tofu
 10 oz.



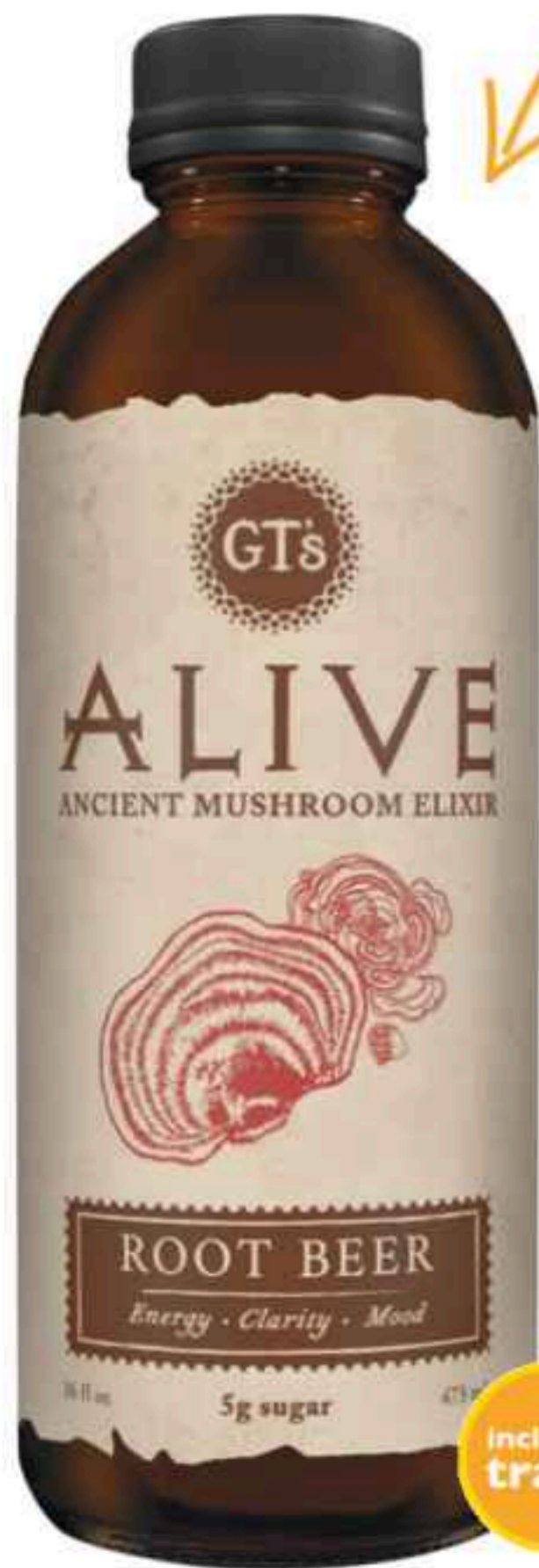
3.99
 Ithaca
 Hummus
 10 oz., selected
 varieties



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.

5.49

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



3.39
Lightlife
Organic Tempeh
8 oz., selected varieties



4.49
Field Roast
Plant-based
Pepperoni
5 oz.

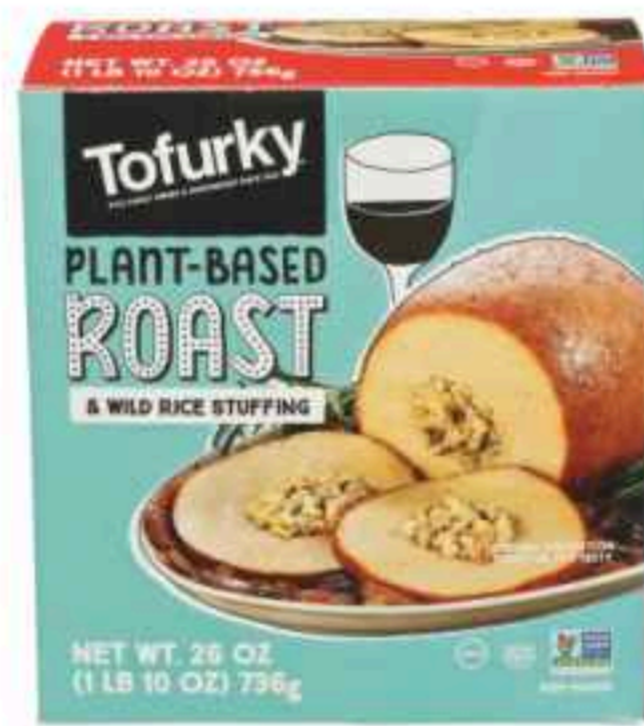


4.99
Field Roast
Chao Plant-based
Cheese
7-8 oz., selected varieties



5.99
Field Roast
Plant-based
Appetizers
10 oz., selected varieties

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



13.99
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



3.79
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.



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.

*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



4.79
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



11.99
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.



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



8.49
**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.

4.99

**Wholesome
Organic Sugar**
24 oz., selected varieties



inclusive trade

12.99

**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.

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

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



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.



4.79
 Sahale Snacks
 Nut Mix
 4 oz., selected varieties

2/\$3

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



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

Stock the pantry with deals from the co-op.



2/\$5
 Pirate's Booty
 Aged White
 Cheddar Puffs
 4 oz.

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

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



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

Find an array of flavorful snacks at the co-op.



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.

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

ARKANSAS

Ozark Natural Foods
1554 N. College Avenue, Fayetteville

COLORADO

Durango Natural Foods Co-op
575 East Eighth Avenue, Durango

LOUISIANA

New Orleans Food Co-op
2372 St. Claude Avenue, New Orleans

NEW MEXICO

La Montañita Co-op
3500 Central Avenue S.E., Albuquerque
2400 Rio Grande Boulevard, Albuquerque
105 East Coal Avenue, Gallup
913 West Alameda, Santa Fe

Los Alamos Cooperative Market
95 Entrada Drive, Los Alamos

Silver City Food Co-op
520 North Bullard Street, Silver City

SOUTH DAKOTA

Breadroot Natural Foods Co-op
100 East Blvd. N, Rapid City

TEXAS

Wheatsville Co-op
3101 Guadalupe Street, Austin
4001 South Lamar, Austin

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.



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



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