

# 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!**

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





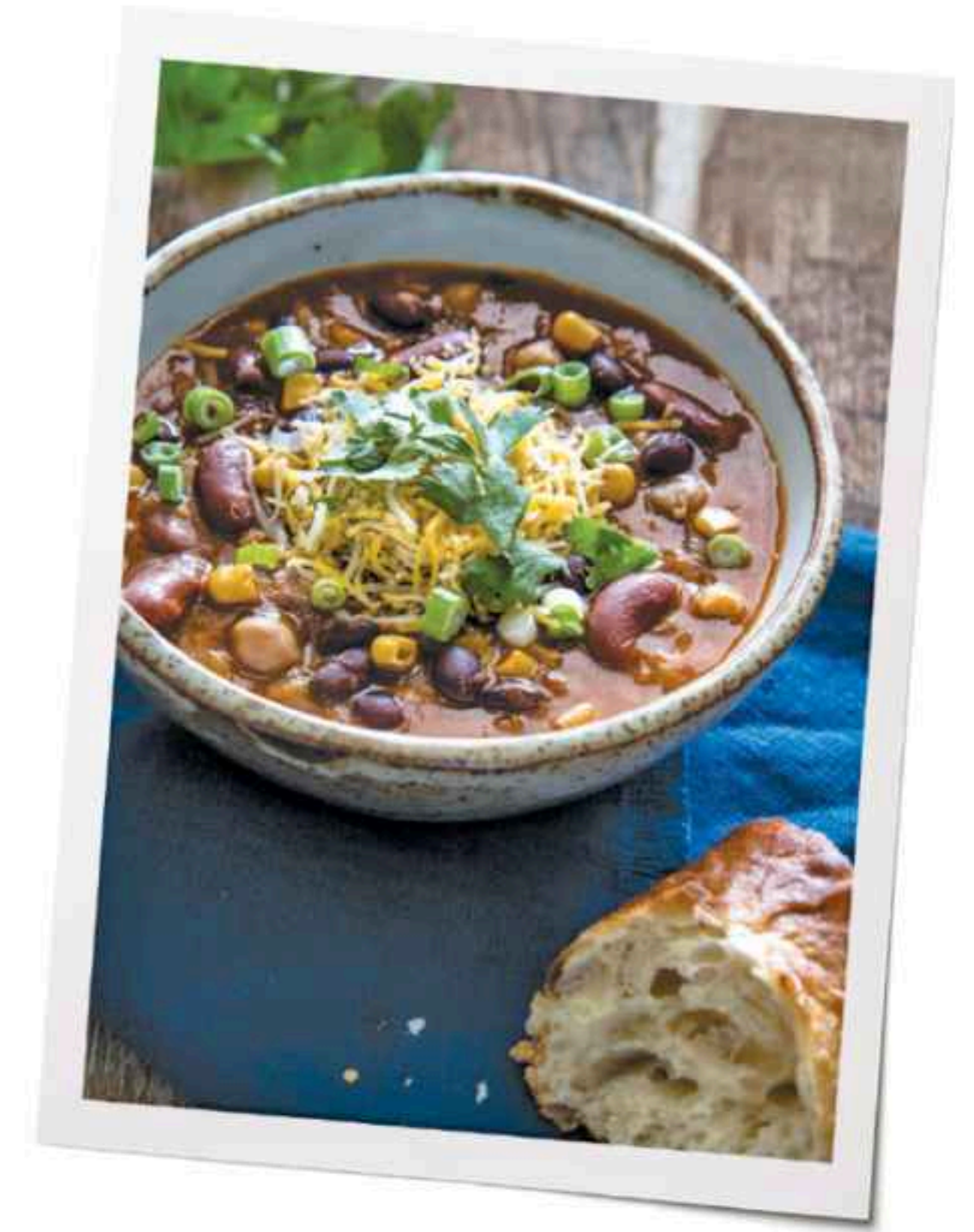
**4/\$5**

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.**

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





**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.



**3.99**

**Hodo Organic Firm Tofu**  
10 oz.



**4.79**

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



**3.99**

**Ithaca Hummus**  
10 oz., selected varieties



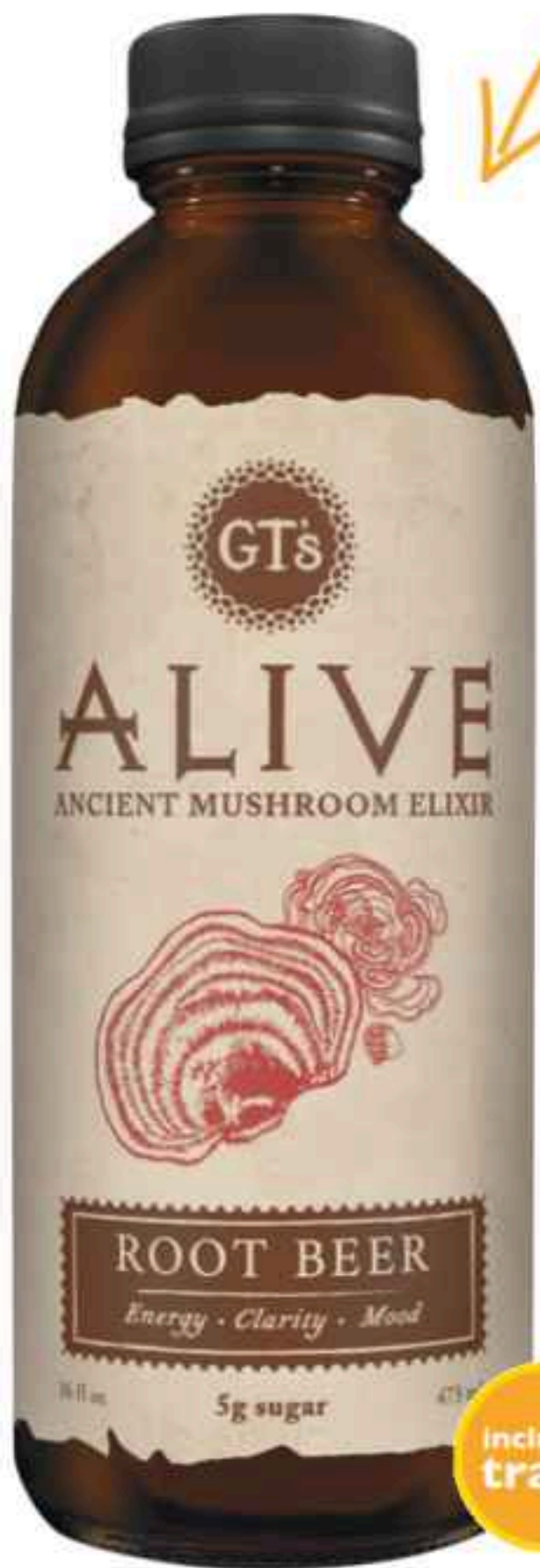
**5.49**

**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.



**4.49**

Andrew & Everett  
Sliced Cheese  
7 oz., selected varieties



**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.

**5.29**

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.



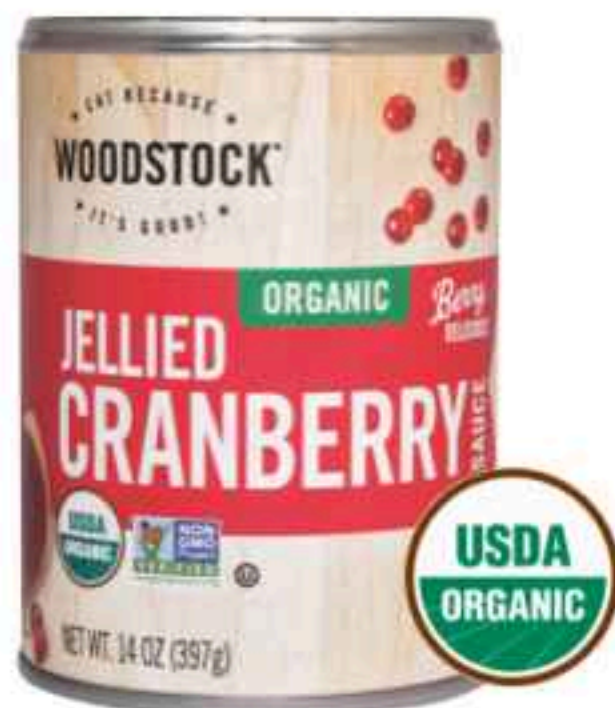
**11.99**

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



**3.49**

Native Forest  
Artichoke Hearts  
14 oz., selected varieties



**9.49**

4th & Heart  
Grass-fed Ghee  
9 oz., selected varieties

**Find easy recipe ideas at [grocery.coop](https://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



**4.39**  
 Milkadamia  
 Macadamia Milk  
 32 fl. oz., selected  
 varieties



**5.29**  
 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



**4.99**

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



**6.49**  
**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.

**4.69**

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



**12.99**  
**Otto's Naturals  
Cassava Flour**  
32 oz., selected varieties

inclusive trade

*scoop up the savings in bulk!*



**5.39**  
**Organic Dried  
Cranberries**  
per pound in bulk



**7.49**  
**Organic Medjool  
Dates**  
per pound in bulk



**6.29**  
**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

*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



**4.29**  
 St. Dalfour  
 Fruit Spread  
 10 oz., selected varieties



**4.39**  
 R.W. Knudsen  
 Sparkling Juice  
 Drink  
 25.4 fl. oz., 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.**

**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
- Good Tern Co-op
- Portland Food Co-op
- Rising Tide Co-op

**MARYLAND**

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

**MASSACHUSETTS**

- Assabet Co-op Market
- 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
- Potsdam Food Co-op
- 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

- South Philly 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
- Rutland Area Food Co-op
- Springfield Food Co-op
- Upper Valley Food Co-op

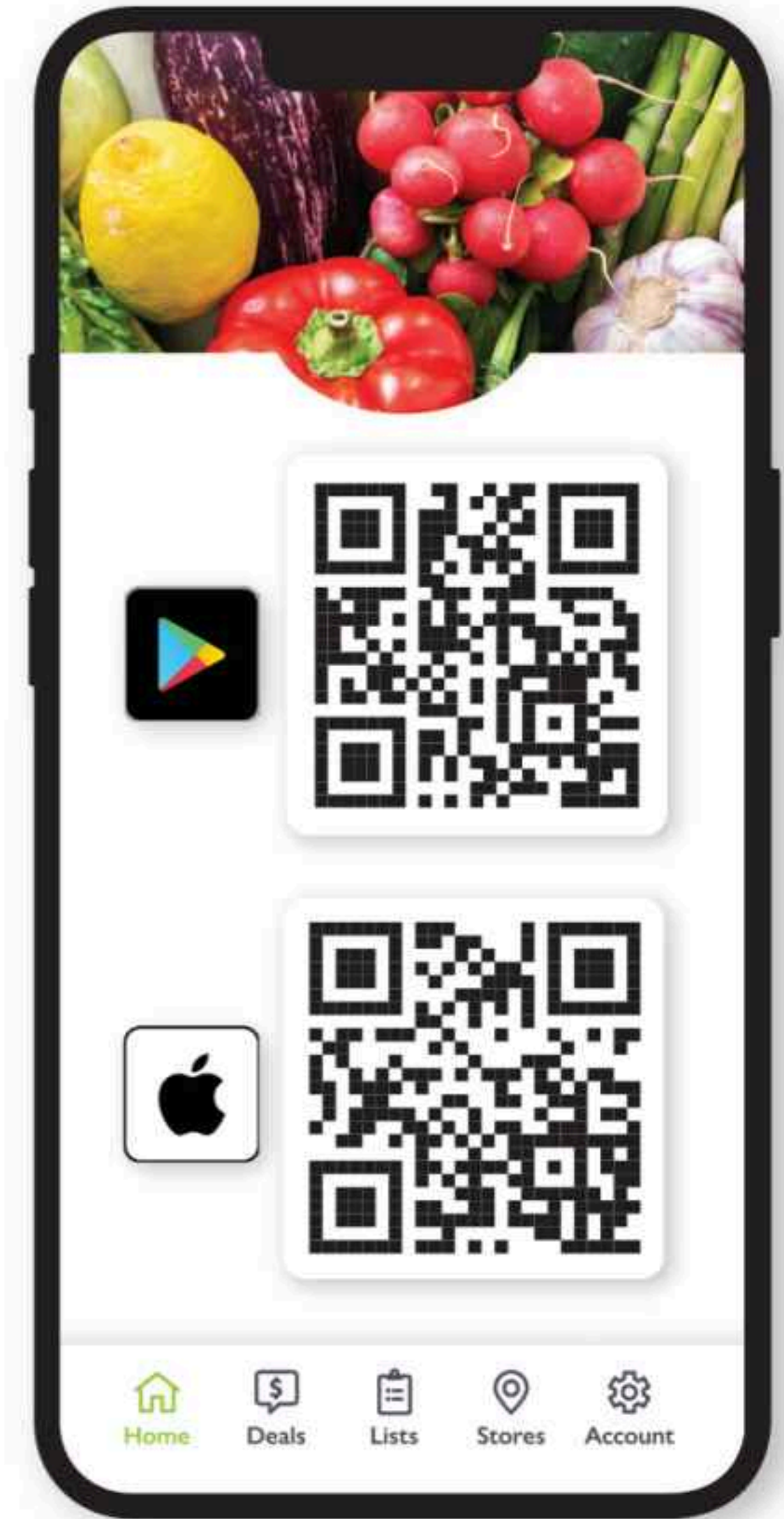
**VIRGINIA**

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

*See what's on sale with the Co+op Deals app!*

**coop deals.**

**Download the 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.



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