co-op deals®

SEP 15 - SEP 28, 2021

cheesy comfort food

With a popular and easy-to-make meal like Annie's Organic Shells & Real Aged Cheddar, you can keep it simple or add fun ingredients. It's easy to slice in veggies or protein to top off a cheesy, delicious classic favorite.

3/$5

Annie's Organic Shells & Real Aged Cheddar
6 oz., selected varieties

5/$5

Clif Energy Bars
2.4 oz., selected varieties

2/$4

Kettle Brand Potato Chips
5 oz., selected varieties

2/$5

Health-Ade Organic Kombucha
16 oz., selected varieties

2/$5

Chocolove Chocolate Bars
2.9-3.2 oz., selected varieties

2/$4

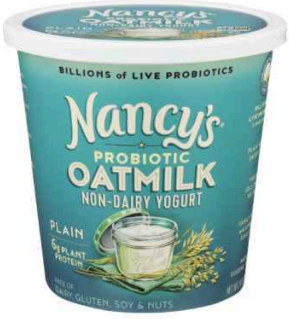
Food Should Taste Good Tortilla Chips
5.5 oz., selected varieties

2/$3

Happy Tot Organic Superfoods
3.5-4.22 oz., selected varieties

It's time for fall recipes!

Seasonal favorites at the co-op.



3.49

Nancy's Oatmilk Non-dairy Yogurt
24 oz., selected varieties

delight in every bite

Our promise is simple: to give you the delicious joy of dairy, without any compromise.

2/$7

Daiya Dairy-free Shreds
7.1-8 oz., selected varieties

5/$5

Green Mountain Creamery 0% Fat Yogurt
5.3 oz., selected varieties

2/$3

Forager Project Organic Cashewgurt
5.3 oz., selected varieties

3.49

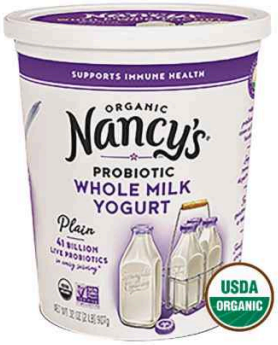
Good Culture Organic Cottage Cheese
16 oz., selected varieties

discover Wallaby

Wallaby is deliciously different — inspired by Australia and made with premium organic ingredients. Refreshingly mild, yet wildly flavorful. Discover Wallaby for yourself with Aussie Greek Style Yogurt!

2/$3

Wallaby Organic Greek Yogurt
5.3 oz., selected varieties



3.99

Nancy's Organic Yogurt
32 oz., selected varieties

Begin the day with breakfast from the co-op.

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

2/$6

Coolhaus Ice Cream Sandwiches
5.8 oz., selected varieties

3/$7

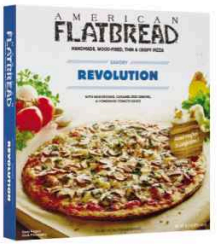
Petit Pot Pot de Crème
3.5 oz., selected varieties

2.99

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

6.99

Daiya Dairy-free Pizza
13.47-19.1 oz., selected varieties



8.99

American Flatbread Pizza
13.8-18.62 oz., selected varieties

2.29

Wildwood Organic Tofu
14-16 oz., selected varieties

4.49

Wholly Veggie Veggie-Full Meals
11.46-13.2 oz., selected varieties

4.49

Miso Master Organic Miso
8 oz., selected varieties

just say "Cheese!"

Organic Valley's Mozzarella is highly nutritious and a good source of calcium and protein. Always organic with no antibiotics, toxic pesticides, synthetic hormones or GMOs. Leaves you begging for more.

4.49

Organic Valley Cheese
8 oz., selected varieties

2/$4

Cascadian Farm Organic Frozen Vegetables
10 oz., selected varieties

The co-op supports community.

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

4.99

Maranatha Organic Peanut Butter
16 oz., selected varieties

5.99

Uncle Matt's Organic Juice
52 oz., selected varieties

3.99

Lifeway Organic Kefir
32 oz., selected varieties

3.99

Califia Farms Almondmilk
48 oz., selected varieties

2/$6

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

6.99

Navitas Organic Cacao Powder
8 oz.

5.49

Lakewood Organic Pure Pineapple Juice
32 oz.

7.99

Once Again Organic Tahini
16 oz., selected varieties

3.29

Nature's Path Organic Cereal
10-14 oz., selected varieties

2/$5

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

2/$7

Yogi Tea Herbal Tea Bags
16 ct., selected varieties

Great value and deals are at the co-op.

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2/$4

Koyo Organic Udon
8 oz., selected varieties

2/$5

Seeds Of Change Organic Ready to Heat Rice
8.5 oz., selected varieties

3/$5

Dr. McDougall's Soup Cups
1.3-3.4 oz., selected varieties

2.29

Native Forest Organic Coconut Milk
13.5 oz., selected varieties

4.49

Sky Valley Sriracha Sauce
18.5 oz.

29.99

Zoe Organic Extra Virgin Olive Oil
88 oz.

2/$7

Mediterranean Organic Olives
4.8-5 oz., selected varieties

2/$7

Pacific Foods Organic Broth
32 oz., selected varieties

2/$4

Westbrae Organic Beans
15 oz., selected varieties

1.99

Organic Pinto Beans
per pound in bulk

1.69

Organic Millet
per pound in bulk

9.99

Organic Roasted & Salted Pistachios
per pound in bulk

The co-op has bulk deals for cooking and snacking.

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5/$5

Steaz Organic Iced Green Tea
16 oz., selected varieties

2/$4

Proud Source Spring Water
25.3 oz., selected varieties

real chips made irresistible

TERRA Real Vegetable Chips are made from vegetables that are harvested, crisped and seasoned to perfection. Enjoy vegetables made irresistible!

2/$6

Terra Vegetable Chips
5-6 oz., selected varieties

3.99

Unreal Chocolate Nut Butter Cups or Gems
4-6 oz., selected varieties

4.49

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

4/$5

Vermont Smoke & Cure Meat Sticks
1 oz., selected varieties

2/$5

Hippeas Organic Chickpea Puffs
4 oz., selected varieties

2/$5

Beyond Good Chocolate Bars
2.64 oz., selected varieties

2.79

Made Good Organic Soft Baked Mini Cookies
5-0.85 oz. bags, selected varieties

3.99

Harmless Harvest Organic Coconut Water
16 oz.

3.99

Mary's Gone Crackers Organic Crackers
5-6.5 oz., selected varieties

Your favorite snacks and beverages at the co-op.

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31.99

Vega All-In-One Organic Protein Shake
12.1-13.5 oz., selected varieties

what's inside?

RXBARs are protein bars made with a few simple ingredients. We tell you what's on the inside on the outside.

3/$5

Rxbar Protein Bars
1.83 oz., selected varieties

19.99

Enzymedica Digest Gold
45 ct.

3.99

Better Life All-purpose Cleaner
32 oz., selected varieties

2/$5

Castor & Pollux Organic Dog Food
12.7 oz., selected varieties

believe in a seventh generation

Our bathroom tissue is made from 100% recycled paper (minimum 50% post-consumer recycled fiber), whitened without chlorine bleach and Rainforest Alliance Certified.

6.99

Seventh Generation Bath Tissue
12 ct.

22.99

Host Defense Mushrooms Lion's Mane
60 ct.

Visit your local co-op for great value every day.

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

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

RHODE ISLAND
Urban Greens Co-op Market

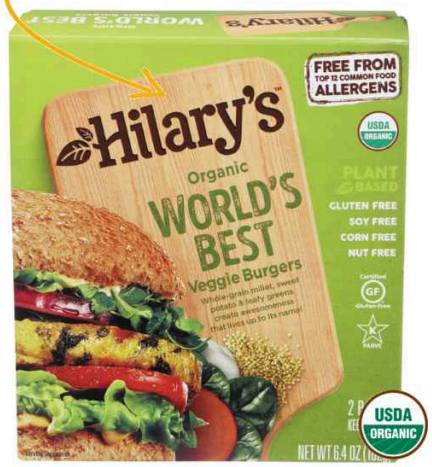
TENNESSEE
Three Rivers Market

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

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

world's best organic veggie burger



Hilary's cooks craveable 100% plant-based frozen foods packed with whole veggies, grains and beans that are always free from the 12 most common allergens.

2/$5

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

2/$6

Alexia Frozen Potatoes
15-19 oz., selected varieties

2/$6

Sweet Earth Benevolent Bacon
5.5 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.

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co+op™ welcome to the table