

# Co+op deals

OCT 30 - NOV 12, 2024

## gather and bake

Time to gather the ingredients and create your favorite seasonal baked goods! Sourced from non-GMO ingredients, King Arthur's All-Purpose Flour is on sale at the co-op, and yields delicious results.



**6.49**

King Arthur  
Baking Company  
Flour  
5 lbs., selected varieties



**2.29**

Field Day  
Organic 100%  
Pure Pumpkin  
15 oz.



**2.99**

Field Day  
Organic  
Cane Sugar  
24 oz., selected varieties



**2.99**

Field Day  
Organic Light  
Brown Sugar  
24 oz., selected varieties



**3.99**

Field Day  
Organic Saigon  
Cinnamon  
1.5 oz.



**5.49**

Field Day  
Expeller Pressed  
Canola Oil  
32 fl. oz.



**5.99**

Field Day  
Organic Grade A  
Maple Syrup  
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



Scan the QR code to learn more



Shop Co+op Deals on Field Day products — for each product sold we'll donate 5¢ to NATIFS!  
**Oct. 30 – Dec. 3**



**2/\$3**

Field Day  
Organic Pasta  
16 oz., selected varieties



**2/\$3**

Field Day  
Organic Green Beans  
15.25 oz.



**2/\$3**

Field Day  
Organic Unsweetened  
Coconut Milk  
13.5 fl. oz., selected varieties



**2/\$3**

Field Day  
Organic Diced  
Tomatoes  
14.5 oz.



**2/\$3**

Field Day  
Paper Towels  
each



**2/\$6**

Field Day  
Organic Pasta  
Sauce  
24 oz., selected varieties

**Stock up on Field Day products at the co-op.**





**2/\$6**

Field Day  
Liquid Dish Detergent  
25 fl. oz., selected varieties



**3.99**

Field Day  
Organic Fruit Spread  
14 oz., selected varieties



**3.99**

Field Day  
Organic Peanut Butter  
18 oz., selected varieties



**3/\$5**

Field Day  
Skipjack Tuna  
5 oz., selected varieties



**2/\$5**

Field Day  
Organic Tortilla  
Chips  
9 oz., selected varieties



**2/\$6**

Field Day  
Organic Cereal  
10-14 oz., selected  
varieties



**2/\$6**

Field Day  
Organic Applesauce  
24 oz.



**2/\$7**

Field Day  
Sandwich Crème  
Cookies  
10.5 oz., selected varieties



**3.99**

Field Day  
Organic Granola  
12 oz., selected varieties



**5.99**

Field Day  
Organic Apple  
Juice  
64 fl. oz.



**7.99**

Field Day  
Organic Frozen  
Fruit  
32 oz., selected varieties



**8.99**

Field Day  
Refined Avocado  
Oil  
16.9 fl. oz.

**Field Day items are on sale throughout the co-op!**





**3.79**

Rumiano  
Organic Sliced Cheese  
6 oz., selected varieties



**4.99**

Rumiano  
Organic Block Cheese  
8 oz., selected varieties

*organic and grassfed*

**Rumiano Cheese** is dedicated to providing exceptional cheese. In addition to being organic, our cheeses are non-GMO and American Humane Certified. Our milk comes from family-owned farms with herds who spend more than 300 days a year on pasture.



**2/\$4**

Mid-Day Squares  
Functional Chocolate Bar  
1.16 oz., selected varieties



**2.69**

Hail Merry  
Snack Cups  
1.5 oz., selected varieties



**3.79**

Follow Your Heart  
Dairy-free Cheese Slices  
7 oz., selected varieties



**5.49**

Applegate  
Sliced Deli Meat  
7 oz., selected varieties



*good for the gut*

**INCLUSIVE TRADE PARTNER**

GT's Living Foods is an LGBTQIA+-owned company. In addition to our unique probiotic composition, SYNERGY Raw Kombucha contains 1500+ postbiotics to help maintain the integrity of the gut lining and support a normal microbiome.

**2/\$6**

GT's  
Kombucha  
16 fl. oz., selected varieties



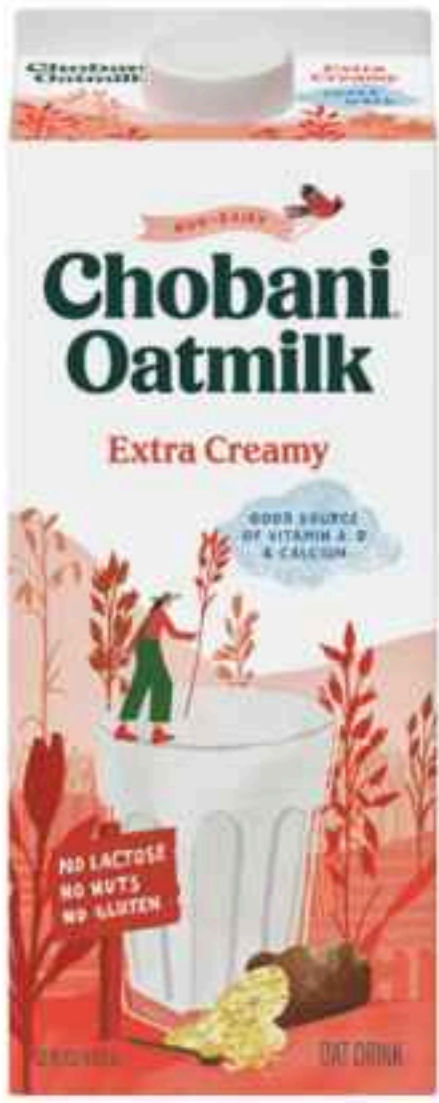
**5.99**

Grillo's  
Dill Pickles  
32 fl. oz., selected varieties

**Delicious meals begin at the co-op.**

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





**4.29**

**Chobani Oatmilk**  
52 fl. oz., selected varieties

*a better bean*

Our organic, sustainably sourced, specialty grade beans make the smoothest, boldest cold-brew.

**8.99**

**Chameleon Cold Brew Organic Coffee Concentrate**  
32 fl. oz., selected varieties



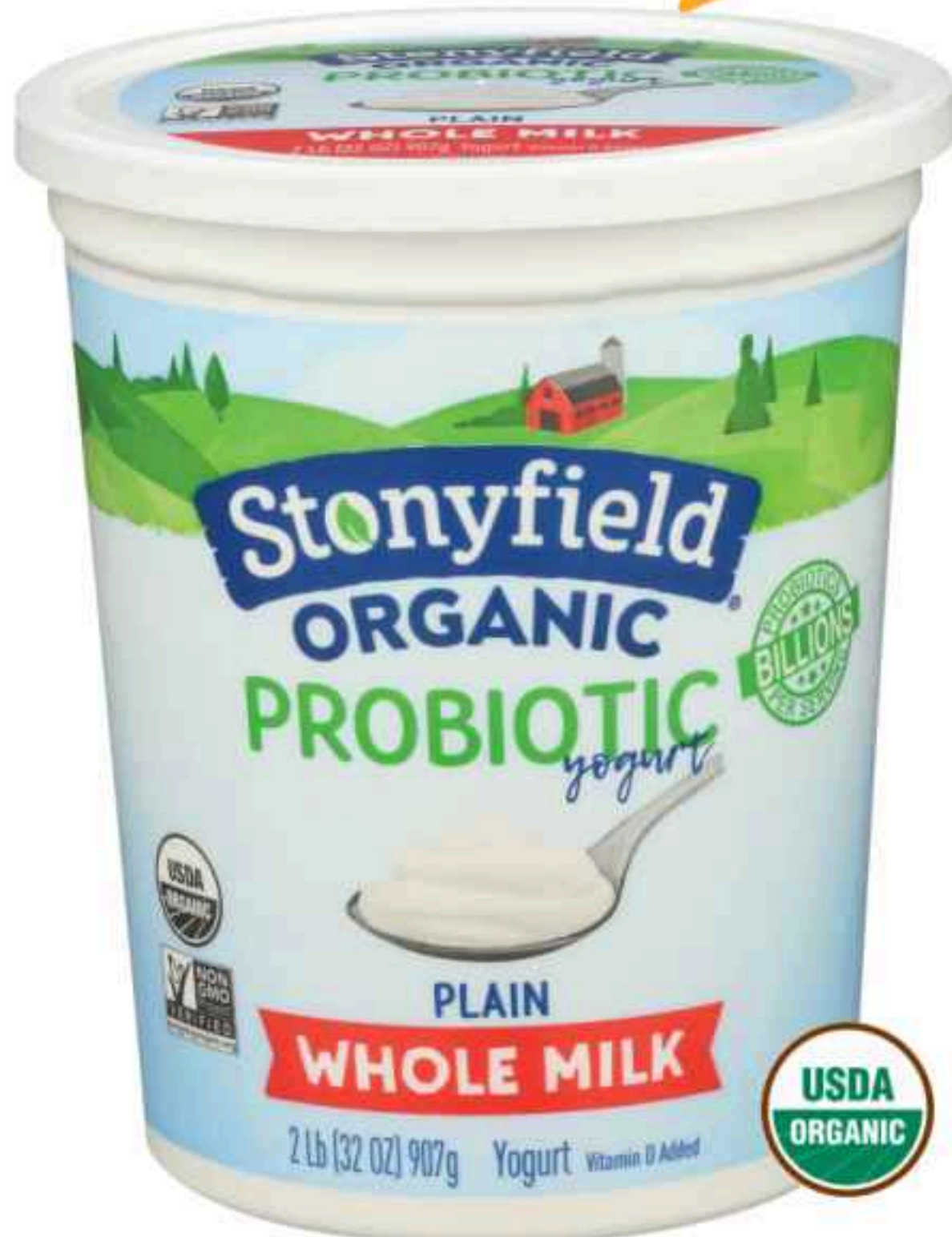
**3.29** **Tofutti**  
Plant-based Better than Sour Cream  
12 oz.



**2/\$7**  
**Goodbelly Organic Probiotic Drink**  
32 fl. oz., selected varieties



**4.39**  
**Upton's Naturals Seitan**  
5-8 oz., selected varieties



*choose organic ingredients*

There's yogurt and then there's Stonyfield. Our organic yogurt is packed with high-quality ingredients and a taste you'll love!

**3.99**

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



**4.99**  
**Siggi's Skyr Yogurt**  
24 oz., selected varieties



**5.49**  
**Bitchin' Sauce Almond Dip**  
7-8 oz., selected varieties

**The co-op has everything for a great morning.**





**4.49**

**Violife**  
Just Like Cheese Shreds  
8 oz., selected varieties



*rich, creamy and perfectly delicious*

Our Brown Cow Yogurt is Non-GMO Project Verified, with live and active cultures. Make today delicious with the original cream top yogurt.

**3.79**

**Brown Cow**  
Cream Top Yogurt  
32 oz., selected varieties



**2.79**

**Vive Organic**  
Wellness Shots  
2 fl. oz., selected varieties

COOPERATIVELY OWNED



**3.99**

**Kerrygold**  
Pure Irish Butter  
8 oz., selected varieties



**5.99**

**Treeline**  
Dairy-free  
French-style  
Cheese  
6 oz., selected varieties



*unbelievably thick and creamy*

Fage Total 5% Plain Greek Yogurt is deliciously rich and creamy, made with only milk and live active yogurt cultures. The possibilities are as endless as your imagination.

**5.99**

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

INCLUSIVE TRADE PARTNER

Mother-in-Law's is an Asian-owned company. We are inspired by the beauty of Korea's tradition of handcrafted fermented foods.



**7.49**

**Mother-in-Law's**  
Kimchi  
16 fl. oz., selected varieties

inclusive trade

**The co-op has ingredients for meals and treats.**





**2.19** Evol Burritos  
6 oz., selected varieties



**3.29** Van's Frozen Waffles or Pancakes  
8-12.4 oz., selected varieties



**2/\$7**  
Baba's Hummus  
10 oz., selected varieties



**4.49**  
Gardein Plant-based Proteins  
8.1-13.7 oz., selected varieties



**4.99**  
Rudi's Organic Bread  
22 oz., selected varieties



**4.39**  
Dr. Praeger's Veggie Burgers  
8-10 oz., selected varieties



**2/\$10**  
Blake's Organic Pot Pie  
8 oz., selected varieties



**5.49**  
Flax4Life Brownies or Muffins  
14 oz., selected varieties

*Udi's Certified Gluten Free!*



Easy and delicious familiar favorites without compromising taste or nutrition.

**4.99**

Udi's Gluten Free Bread or Bagels  
8.4-14.3 oz., selected varieties



**6.99**  
Bonafide Provisions Organic Bone Broth  
24 fl. oz., selected varieties



**7.99**  
Beyond Meat Plant-based Ground Beef  
16 oz.

**Find easy weeknight meal fixings at the co-op.**

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



# great ingredients, great value

This season, it's easy to create your favorite recipes with Field Day products. On sale now at the co-op, Field Day products are a budget-friendly way to bring quality, delicious flavors to the table. There are hundreds of recipes featured on grocery.coop. **Check out these favorites by scanning the QR code!**



## Cranberry Mandarin Sauce



- Ingredients**  
Mandarin oranges  
Cranberries  
Field Day maple syrup  
Field Day vanilla extract



## Maple-sage Roasted Vegetables

- Ingredients**  
Winter squash  
Parsnips  
Sweet potatoes  
Sage  
Field Day olive oil  
Field Day salt  
Field Day maple syrup  
Field Day apple cider vinegar



## Creamy Pumpkin Pasta with Seared Mushrooms

- Ingredients**
- |                     |                    |
|---------------------|--------------------|
| Field Day fusilli   | Field Day rosemary |
| Field Day olive oil | Parsley            |
| Button mushrooms    | White wine         |
| Onion               | Cream              |
| Garlic              | Field Day salt     |
| Field Day paprika   | Field Day pepper   |
| Field Day pumpkin   | Parmesan cheese    |



## Pumpkin Sheet Pie with Oat Crust

- Ingredients**
- |                             |                       |                  |
|-----------------------------|-----------------------|------------------|
| Rolled oats                 | Field Day cinnamon    | Field Day nutmeg |
| Field Day all-purpose flour | Field Day avocado oil | Cloves           |
| Field Day salt              | Eggs                  | Half and half    |
| Field Day brown sugar       | Field Day pumpkin     | Whipped cream    |
| Pecans                      |                       |                  |



**Shop Field Day deals in November — for each product sold, we'll donate 5¢ to NĀTIFS!**  
NĀTIFS (North American Traditional Indigenous Food Systems) is dedicated to addressing the economic and health crises affecting Native communities by re-establishing Native foodways.



**Try these recipes by scanning the QR codes!**

**Find more recipes on grocery.coop!**





**4.99**  
Crofter's  
Organic Premium  
Fruit Spread  
16.5 oz., selected varieties



**2/\$4**  
Mike's Mighty  
Good  
Ramen Soup Cups  
1.6-2.4 oz., selected  
varieties



**2.79**  
Farmer's Market  
Organic Pumpkin  
Puree  
15 oz.



**3.99**  
Santa Cruz  
Organic  
Apple Sauce  
23 oz., selected varieties



**5.49**  
Kettle & Fire  
Bone Broth  
16.9 oz., selected  
varieties

*imagine the possibilities*



Imagine® starts with fresh ingredients. We're dedicated to helping you discover restaurant-quality meals at home, offering over 20 delicious organic soups, broths and gravies. Start with the finest that nature has to offer, and let your imagination run wild!

**2/\$7**

Imagine  
Organic Broth  
32 fl. oz., selected varieties



**7.99**  
Once Again  
Organic Sesame Tahini  
16 oz.

*scoop up the savings in bulk!*



**1.89**  
Organic Raw  
Sugar  
per pound in bulk



**2.79**  
Organic  
Shredded  
Coconut  
per pound in bulk



**3.99**  
Raw Walnut  
Halves &  
Pieces  
per pound in bulk

**Stock up on bulk ingredients at the co-op.**



*your secret ingredient*

Unleash the flavor with Muir Glen Organic Tomatoes, your secret ingredient for mouth-watering dishes. Grown under the California sun, our tomatoes, pasta sauce and salsa bring organic goodness and rich, vibrant taste to your kitchen, adding a burst of flavor to every meal.



**2/\$4**  
Muir Glen Organic Tomatoes  
14.5-15 oz., selected varieties



**2/\$6**  
Muir Glen Organic Tomatoes  
28 oz., selected varieties



**2/\$7**  
Muir Glen Organic Pasta Sauce  
23.5 oz., selected varieties



**2/\$8**  
Muir Glen Organic Salsa  
16 oz., selected varieties



**2/\$6**  
Crown Prince Naturally Smoked Kipper Snacks  
3.25 oz.



**2/\$7**  
Maya Kaimal Organic Everyday Entrees  
10 oz., selected varieties



**3.79**  
Montebello Organic Pasta  
16 oz., selected varieties



**3.69**  
Jovial Organic Brown Rice Pasta  
12 oz., selected varieties



**2/\$7**  
West Life Organic Soymilk  
32 fl. oz., selected varieties

COOPERATIVELY OWNED



**4.49**  
Frontier Co-op Organic Onion Powder  
2.1 oz., selected varieties



**10.99**  
La Tourangelle Avocado Oil  
16.9 oz.



**19.99**  
Napa Valley Naturals Organic Extra Virgin Olive Oil  
25.4 fl. oz.

**Make great meals with deals from the co-op.**





**4.99**

**Kashi Cereal**  
9.5-16.3 oz., selected varieties

*selectors + importers + makers*

Rishi Tea's organic, biodegradable, plant-based sachets are the perfect way to enjoy our many rich varieties of tea, grown by the best growers and crafted into our finest tea blends.



**6.79**

**Rishi Organic Tea**  
15 ct., selected varieties



**2/\$5**

**Rise Brewing Co. Organic Nitro Cold Brew Coffee**  
7 fl. oz., selected varieties



**2/\$6**

**Nutpods Dairy-free Creamer**  
11.2 fl. oz., selected varieties



**3.79**

**R.W. Knudsen Juice Blends**  
32 fl. oz., selected varieties



*prioritize your well-being*

Yogi wellness teas are formulated with delicious taste and helpful benefits in mind. From soothing and floral to fruity and invigorating, all Yogi teas are organic and blended with intention.

**2/\$8**

**Yogi Organic Tea**  
16 ct., selected varieties



**2/\$8**

**Happy Family Organics Yogis**  
1 oz., selected varieties

COOPERATIVELY OWNED



**9.99**

**Equal Exchange Organic French Roast Coffee**  
per pound in bulk

**Find beverages you'll love at the co-op.**





**2/\$6**

**Good Health  
Potato Chips**  
5 oz., selected varieties



**3.29**

**Theo  
Organic Chocolate Bar**  
3 oz., selected varieties



**2/\$7**

**Back to Nature  
Crackers**  
3.2-8.5 oz., selected varieties



**2/\$3**

**Solely  
Organic Fruit  
Jerky**  
.8 oz., selected varieties



**3.29**

**Hippeas  
Chickpea Puffs**  
4 oz., selected varieties



**3.79**

**Late July  
Organic Tortilla Chips**  
7.4-10.1 oz., selected varieties



**2.79**

**Sesmark  
Rice Thins**  
3.2-4.25 oz., selected varieties



**2/\$8**

**Tony's Chocolonely  
Chocolate Bars**  
6.35 oz., selected varieties



**4.79**

**Reed's  
Ginger Ale**  
4 pk.-12 fl. oz. cans,  
selected varieties



**5.49**

**Tate's Bake Shop  
Cookies**  
6.5-7 oz., selected  
varieties

**Delicious snack options are at the co-op.**





*healthy planet, happy holidays*

**1.69**  
If You Care  
Large Baking  
Cups  
60 ct.

**2.99**  
If You Care  
Unbleached  
Coffee Filters  
100 ct.,  
selected varieties

**4.29**  
If You Care  
Recycled Aluminum  
Foil  
50 sq. ft.

**4.49**  
If You Care  
Parchment Baking  
Paper  
70 sq. ft.

If You Care products are carefully crafted to have the least environmental impact and lightest carbon footprint possible, while at the same time delivering the most effective results. Healthy Home. Healthy Planet. Healthy You.



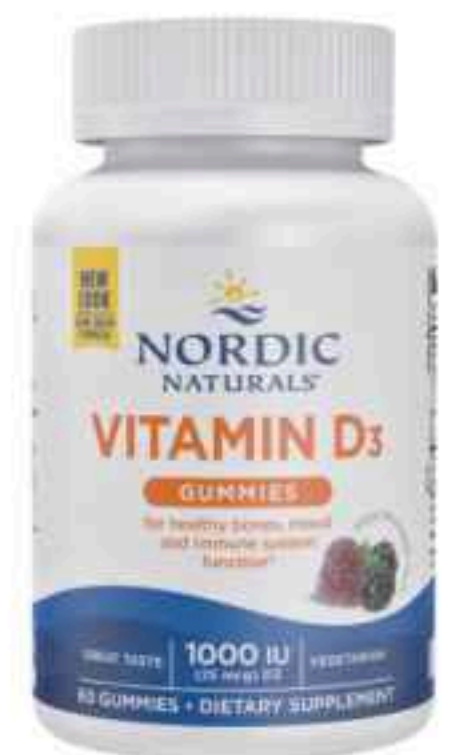
Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.



**17.99**  
Gaia Herbs  
Oil of Oregano  
60 ct.



**32.99**  
Garden of Life  
Unflavored  
Collagen Peptides  
19.75 oz.



**10.99**  
Nordic Naturals  
1,000 IU Vitamin  
D3 Gummies  
60 ct.



**12.99**  
Enzymedica  
Digest Basic  
90 ct.



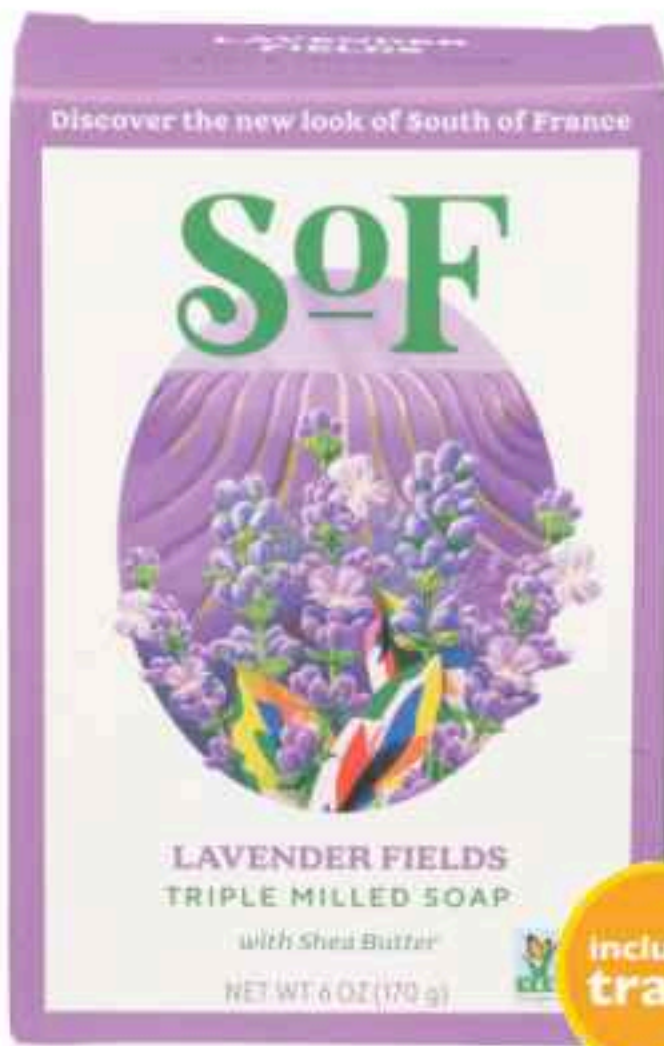
**13.99**  
Emergen-C  
Vitamin C  
Drink Mix  
30 ct., selected varieties

**Never miss a deal with the Co+op Deals App.**

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



**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.



**3.29**

South of France Bar Soap  
6 oz., selected varieties

**INCLUSIVE TRADE PARTNER**



Moon Valley Organics is a woman-owned company. We make body care products with a passion to live ethically and sustainably.



**4.99**

Moon Valley Organics Foaming Hand Soap  
8.8 fl. oz., selected varieties



**6.99**

Better Life Toilet Bowl Cleaner  
24 fl. oz.



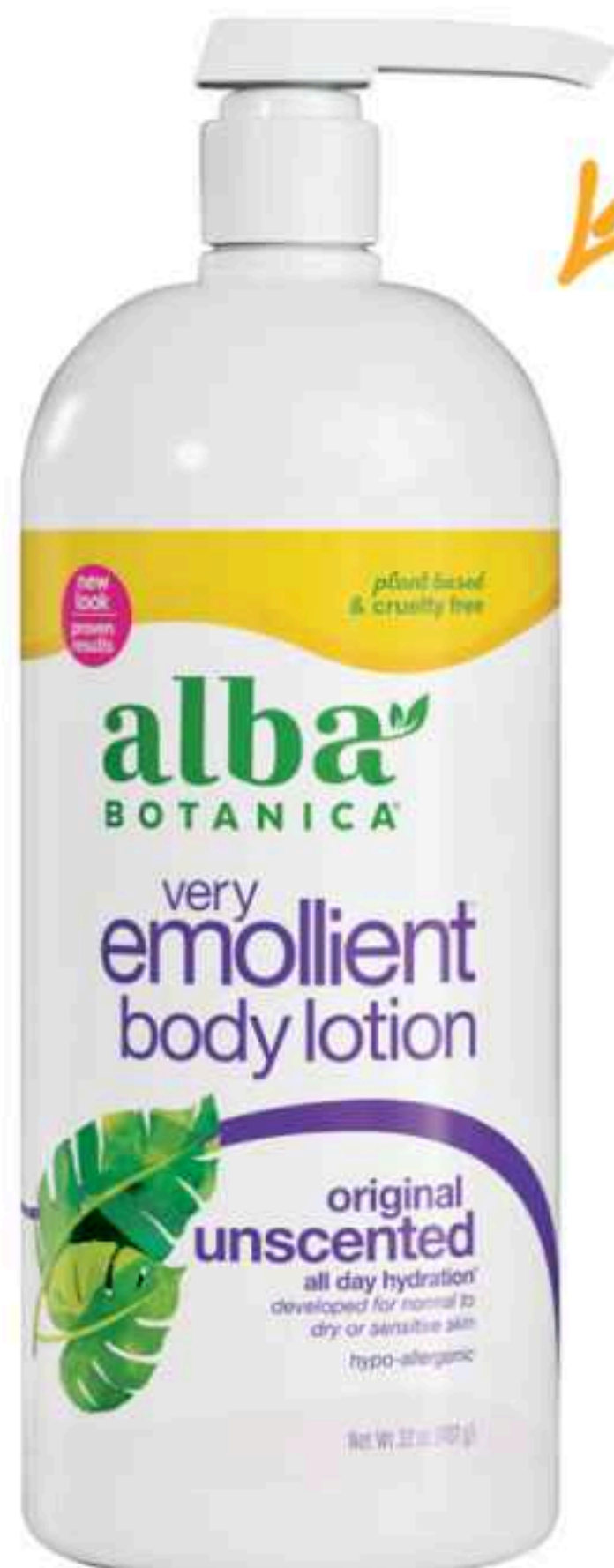
**2/\$7**

DrTung's Smart Floss  
30 yd.



**8.99**

Pranarom Organic Lavender Essential Oil  
.17 fl. oz.



*combat dry skin season*

Alba Botanica Daily Moisturizing Lotion delivers all-day hydration without a heavy, greasy feel. Enjoy dermatologist tested, fragrance-free hydration with vitamin E and shea butter.

**12.99**

Alba Botanica Very Emollient Body Lotion  
32 fl. oz., selected varieties



**4.99**

Dr. Bronner's All-One Toothpaste  
5 oz., selected varieties

**The co-op supports Inclusive Trade.**



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

**ILLINOIS**

- Common Ground Food Co-op
- Dill Pickle Food Co-op
- Food Shed Co-op
- Green Top Grocery
- Neighborhood Co-op Grocery
- Sugar Beet Food Co-op
- Wild Onion Market

**INDIANA**

- 3 Rivers Natural Grocery
- Bloomingfoods Market and Deli
- Maple City Market
- Purple Porch Food Co-op

**IOWA**

- New Pioneer Co-op
- Oneota Community Co-op
- Wheatsfield Cooperative

**KANSAS**

- The Merc Co+op

**KENTUCKY**

- Good Foods Co-op

**MICHIGAN**

- Detroit People's Food Co-op
- Grain Train Natural Foods Market
- GreenTree Co-op Market

**MINNESOTA**

- Bluff Country Co-op
- City Center Market
- Cook County Co-op
- Eastside Food Cooperative
- Good Earth Food Co-op
- Hampden Park Co-op
- Harmony Natural Foods Co-op
- Just Food Co-op
- Lakewinds Food Co-op
- Mississippi Market
- Natural Harvest Food Co-op
- People's Food Co-op – Rochester
- River Market Community Co-op
- Seward Community Co-op
- Spiral Food Co-op
- St. Peter Food Co-op & Deli
- Valley Natural Foods
- Wedge Community Co-ops
- Whole Foods Co-op

**NEBRASKA**

- Open Harvest Cooperative Grocery

**OHIO**

- Phoenix Earth Food Co-op

**SOUTH DAKOTA**

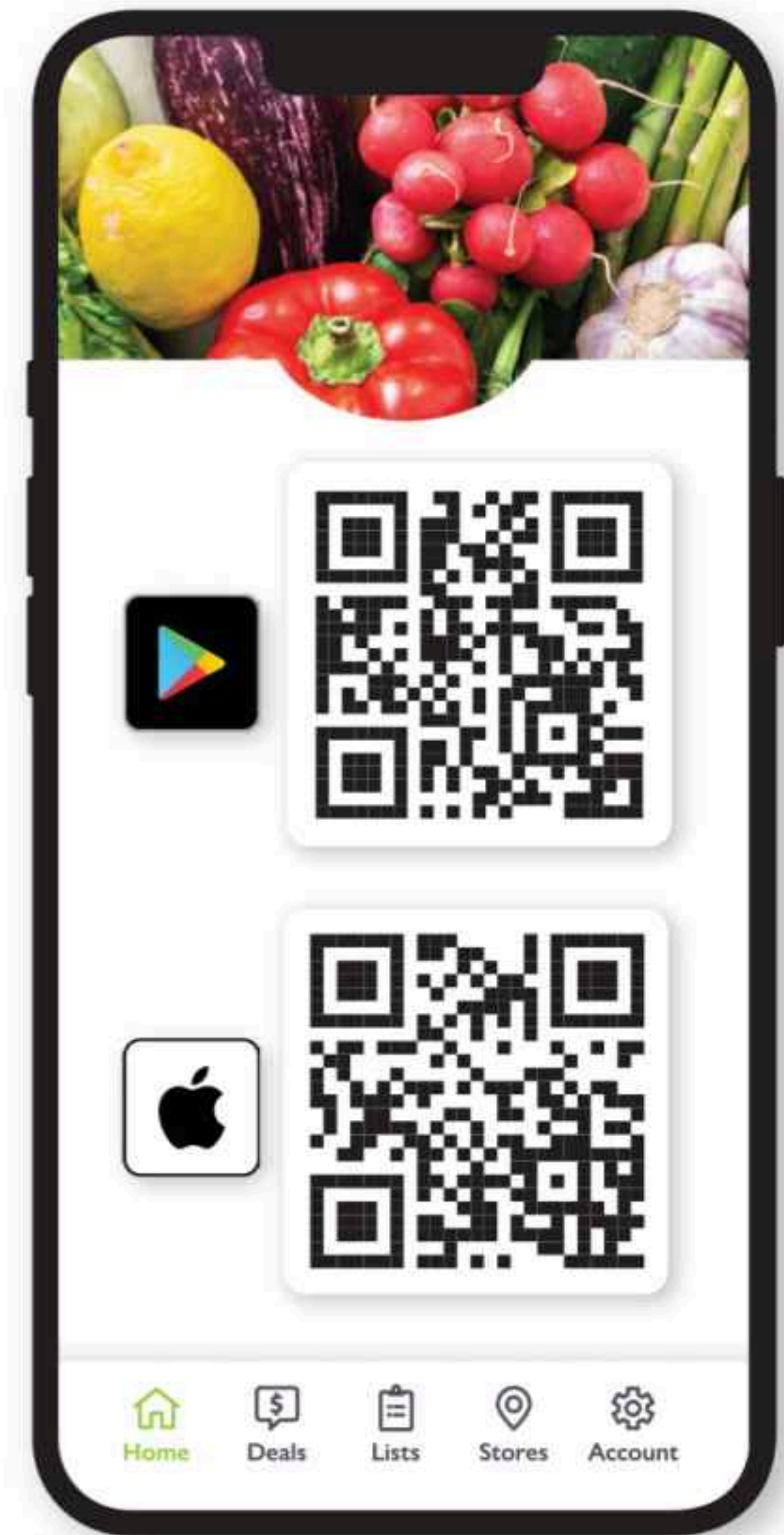
- Natural Abundance Food Co-op
- Sioux Falls Food Co+op

**WISCONSIN**

- Basics Cooperative Natural Foods
- Chequamegon Food Co-op
- Hudson Grocery Cooperative
- Menomonie Market Food Co-op
- Oshkosh Food Co-op
- Outpost Natural Foods Co-op
- People's Food Co-op – La Crosse
- Viroqua Food Co+op
- Whole Earth Market Co-op
- Willy Street Co-op

**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.

*going green this fall*

From farm to frozen, enjoy **Woodstock** frozen vegetables any time of the year. These nutritious and delicious staples are easy to cook, making them the perfect addition to enhance your next meal.



**2/\$4**

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



**2.69**

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



**4.39**

**Woodstock Organic Asparagus Spears**  
10 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.



MW1124A