

# coop deals

DEC 1 - DEC 14, 2021

just add  
butter

## CREAMY KITCHEN STAPLE

Tillamook butter, on sale now at the co-op, is perfect for all of your holiday baking. Add a little extra cheer to the season, and share your festive baked goods with friends and family.



4.49

Tillamook  
Butter

1 pound, selected varieties



3.99

Wholesome  
Organic Light or  
Dark Brown Sugar  
24 oz., selected varieties



4.99

King Arthur  
Baking Company  
Unbleached All-  
purpose Flour  
5 lbs.



5.49

Lily's  
Baking Chips  
9 oz., selected varieties



Cozy meals and desserts at the co-op.

**Sweeten the winter season.**



**3.99** Rumiano  
Organic Cheese  
8 oz., selected varieties



**9.99**  
Organic Prairie  
Seasoned Ground  
Beef  
1 lb, selected varieties



*rich and creamy  
cheddar*

This raw-milk cheese is aged a minimum of six months. The pasture-raised cheese melts great on a sandwich, in hot dishes or all by itself.

**4.99**  
Organic Valley  
Raw Cheese  
8 oz., selected varieties



**4.49**  
Amy's  
Enchiladas  
9.15-9.5 oz., selected varieties



**4.99**  
Fage  
Greek Yogurt  
35.3 oz., selected varieties



**6.99**  
Daiya  
Dairy-free Pizza  
13.47-19.1 oz., selected varieties



*enhance any moment*

San Pellegrino guides you to a unique taste experience. An experience that begins with fine food and ventures far beyond. With its incomparable sense of taste and Italianity, San Pellegrino is able to enhance any moment.

**4.99** San Pellegrino  
Sparkling Fruit Beverage  
6 pk.-11.15 oz. cans, selected varieties



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



**5.99**  
Uncle Matt's  
Organic Juice  
52 oz., selected varieties

**Find delicious variety at the co-op.**





**10/\$10**

**Muir Glen  
Organic  
Tomatoes**  
14.5 oz., selected  
varieties



**2/\$6**

**Muir Glen  
Organic Pasta  
Sauce**  
25.5 oz., selected  
varieties



**10/\$10**

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



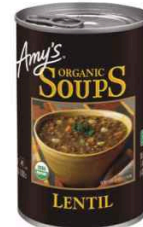
**2/\$4**

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



**2/\$6**

**Montebello  
Organic Pasta**  
12-16 oz., selected  
varieties



**2/\$6**

**Amy's  
Soups**  
14.1-14.7 oz., selected  
varieties



**2/\$6**

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



**3.99**

**Lakewood  
Organic  
Juice**  
32 oz., selected varieties



**6.99**

**Lucini Italia  
Organic Pasta  
Sauce**  
25.5 oz., selected  
varieties



*Regenerative Organic  
Certified™!*

The highest standard for farming! ROC™ means coconuts grown in healthy, biodiverse, carbon-rich soil by fairly-paid farmers who are treated well. A rich and nutty flavor — great for body care too!

**11.99**

**Dr. Bronner's  
Organic Whole Kernel  
Virgin Coconut Oil**

30 oz.



**9.99**

**Spectrum Naturals  
Organic Extra Virgin  
Olive Oil**  
25.4 oz.



**The co-op has pantry staples at great prices.**



**4.29**

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



**2/\$6**

**Mom's Best Cereals  
Cereal**  
14-24 oz., selected varieties



**5.49**

**Numi  
Organic Tea**  
12-18 tea bags, selected varieties



**2/\$6**

**Cascadian Farm  
Organic Cereal or  
Granola**  
8.6-14.6 oz., selected varieties



*delicious and nutritious!*

We believe that food can heal. When you eat better, you feel better. That's why we use superfoods with vibrant flavors to create food you will obsess over.

**4.49**

**Purely Elizabeth  
Organic Granola**  
8-12 oz., selected varieties



**3.99**

**Annie's Homegrown  
Organic Graham Crackers**  
14.4 oz., selected varieties



*scoop up the savings in bulk!*

**1.29**

**Organic Rolled  
Oats**  
per pound in bulk



**3.29**

**Organic  
Thompson Raisins**  
per pound in bulk



**6.99**

**Organic Walnut  
Halves & Pieces**  
per pound in bulk



**For a little or a lot, shop in bulk at the co-op.**





**2.99**

Nature's Path  
Organic Toaster  
Pastries  
11 oz., selected varieties



*taste the magic*

Dr. Bronner's Magic All-One Chocolate: pairing world-class Swiss chocolatiers with fairly-treated cocoa farmers practicing regenerative organic agriculture. Six flavors — 70% cocoa, all vegan, coconut sugar-sweetened and perfectly balanced!

**2/\$6**

Dr. Bronner's  
Organic Chocolate Bars  
2.93-3 oz., selected varieties



**2/\$6**

R.W. Knudsen  
Organic Very  
Veggie Juice  
32 oz., selected varieties



**2/\$5**

Late July  
Tortilla Chips  
5.5 oz., selected  
varieties



**2/\$5**

Barbara's  
Cheese Puffs  
5.5-7 oz., selected  
varieties



**2/\$7**

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



*true impact in every bite*

Endangered Species gives 10% of net profits to conservation around the globe, making the ESC GiveBack program the longest-standing cause-based mission in the chocolate category.

**2/\$5**

Endangered Species  
Chocolate Bars  
3 oz., selected varieties



**2/\$5**

Divine  
Chocolate Bars  
3 oz., selected varieties

**Great snack and chocolate selection at the co-op!**



**12.99**

**Weleda  
Skin Food**  
2.5 oz.



**2/\$7**

**Nubian Heritage  
Bar Soap**  
5 oz., selected varieties



**2.99**

**ECOS  
Dishmate**  
25 oz., selected varieties



**28.99**

**Host Defense Mushrooms  
Stamets 7 Daily Immune  
Support**  
60 capsules



**8.99**

**Aura Cacia  
Lavender Essential  
Oil**  
.5 oz.



**19.99**

**Enzymedica  
Digest Gold**  
45 ct.



*fair trade and  
ecological*

Soft, smooth lather moisturizes face, body and hands! Plant-based and biodegradable, made with certified fair-trade oils, wrapped in post-consumer recycled paper packaging, Dr. Bronner's Pure-Castile Bar Soap is good for the body, mind and soul!



**7.99**

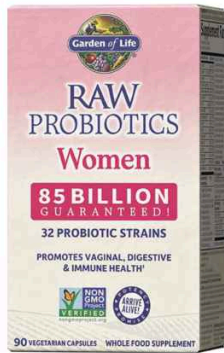
**Avalon Organics  
Shampoo or Conditioner**  
11-14 oz., selected varieties

**2/\$6**

**Dr. Bronner's  
Pure-Castile Bar Soap**  
5 oz., selected varieties

**The co-op helps you feel your best inside and out.**





**43.99**

**Garden Of Life  
Raw Probiotics**  
30 ct. and 90 ct., selected varieties



*the world of  
Celestial  
Seasonings*

Celestial Seasonings teas are an invitation to taste a world of flavor in every box. From relaxing herbal teas to energizing black and green, there's a blend that's perfect for any occasion.

**2/\$6**

**Celestial Seasonings  
Herbal Tea**  
18-20 tea bags, selected varieties



**8.99**

**Green Forest**  
100% Recycled Paper  
Bath Tissue  
12 ct.



**14.99**

**Nordic Naturals  
Omega-3 Fish Oil**  
60 ct.

*empowering  
your wellness*



**14.99**

**Neocell  
Super Collagen Powder**  
7 oz.



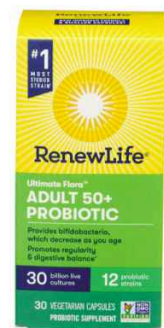
**15.99**

**Rainbow Light  
Women's One  
Multivitamin**  
60 tablets



**21.99**

**Natural Vitality Calm  
Raspberry-Lemon  
Gummies**  
120 gummies



**24.99**

**Renew Life  
Adult 50+ Probiotic**  
30 capsules

As trusted leaders in natural wellness, we understand everyone has unique needs. That's why we use quality ingredients, backed by science, in all our brands — to build a stronger foundation for health.

**Winter wellness at the co-op!**

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

### ILLINOIS

Common Ground Food Co-op  
Dill Pickle Food Co-op  
Green Top Grocery  
Neighborhood Co-op Grocery  
Sugar Beet Food Co-op

### INDIANA

3 Rivers Natural Grocery  
Bloomingfoods Market and Deli  
Maple City Market

### IOWA

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

### KANSAS

The Merc Co-op

### KENTUCKY

Good Foods Co-op

### MICHIGAN

Grain Train Natural Foods Market  
GreenTree Cooperative Grocery  
Keweenaw Co-op Market & Deli  
Marquette Food Co-op

Oryana Community Co-op  
People's Food Co-op – Ann Arbor  
PFC Natural Grocery & Deli  
Ypsilanti Food Co-op

### MINNESOTA

Bluff Country Co-op  
City Center Market  
Cook County Whole Foods Co-op  
Eastside Food Cooperative  
Good Earth Food Co-op  
Hampden Park Co-op  
Harmony Natural Foods Co-op  
Harvest Moon Natural Foods  
Just Food Co-op  
Lakewinds Food Co-op  
Linden Hills 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-op  
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  
Just Local Food 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  
WE Market Co-op  
Willy Street Co-op



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



*snack in TERRA color*

From the moment you open the distinctive shiny black bag, you'll understand the TERRA® difference. Every bag of our real vegetable chips is a feast for your eyes and a delight to taste — a snacking experience unlike any other.

# 2/\$6

**Terra**  
**Vegetable Chips**  
5-6 oz., selected varieties



# 2/\$3

**Justin's**  
**Organic Nut Butter Cups**  
2 ct., selected varieties

Co-ops support products and services that ensure 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

MW1221A

