

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 Organic 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.



2.69

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

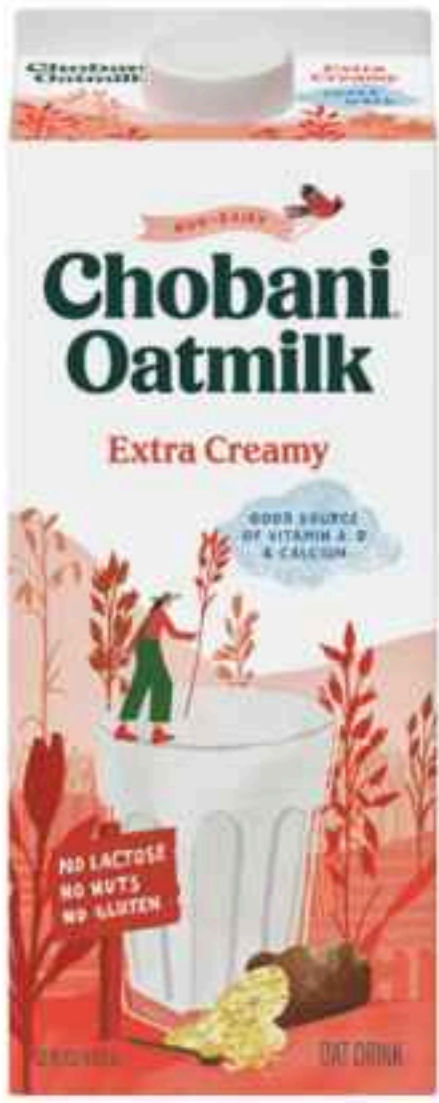


5.99

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



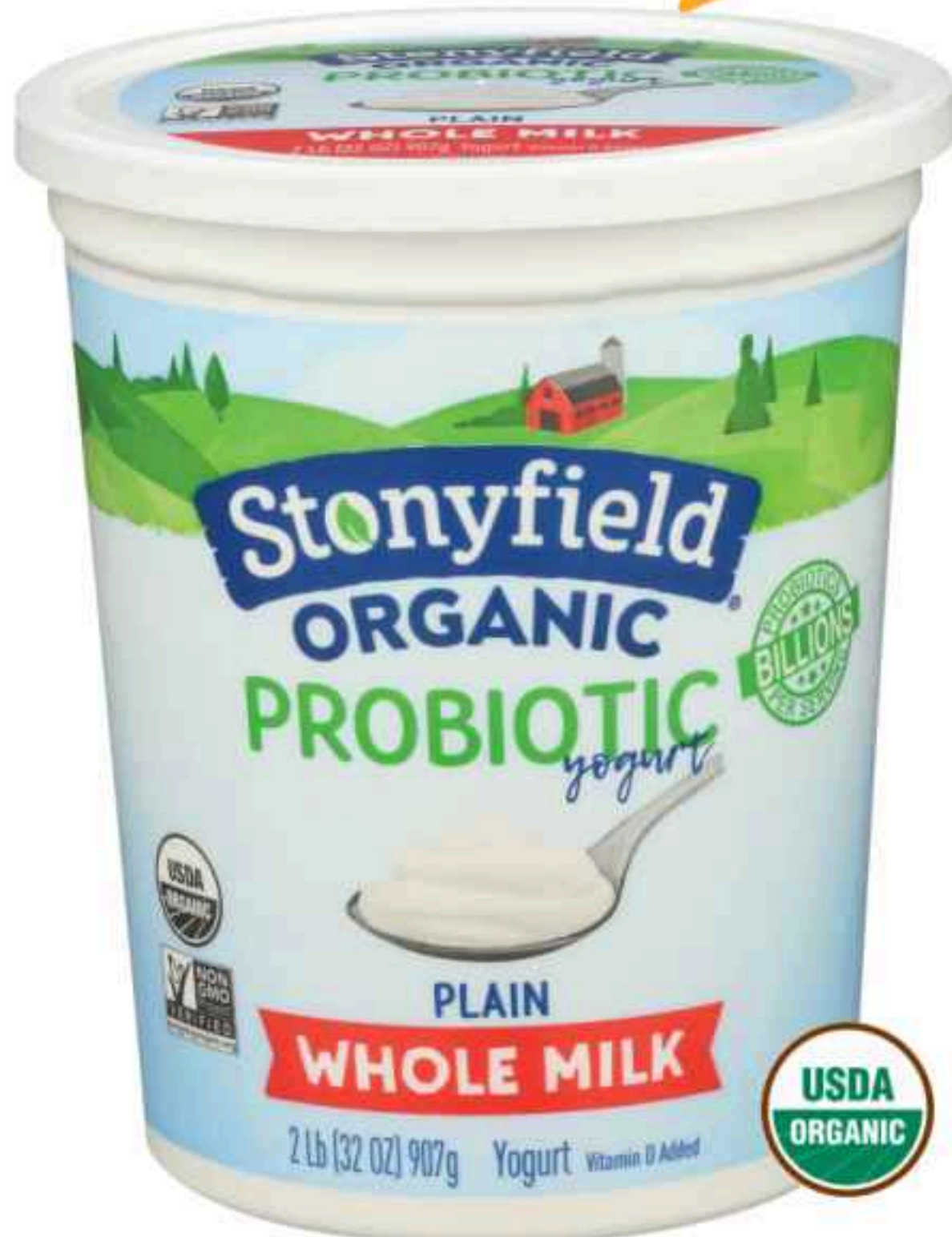
3.29 **Tofutti**
Plant-based Better than Sour Cream
12 oz.



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
Siggis 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.

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



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



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**
- | | | |
|-----------------------------|-----------------------|------------------|
| Rollled 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!

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Find more recipes on grocery.coop!

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



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

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.

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.

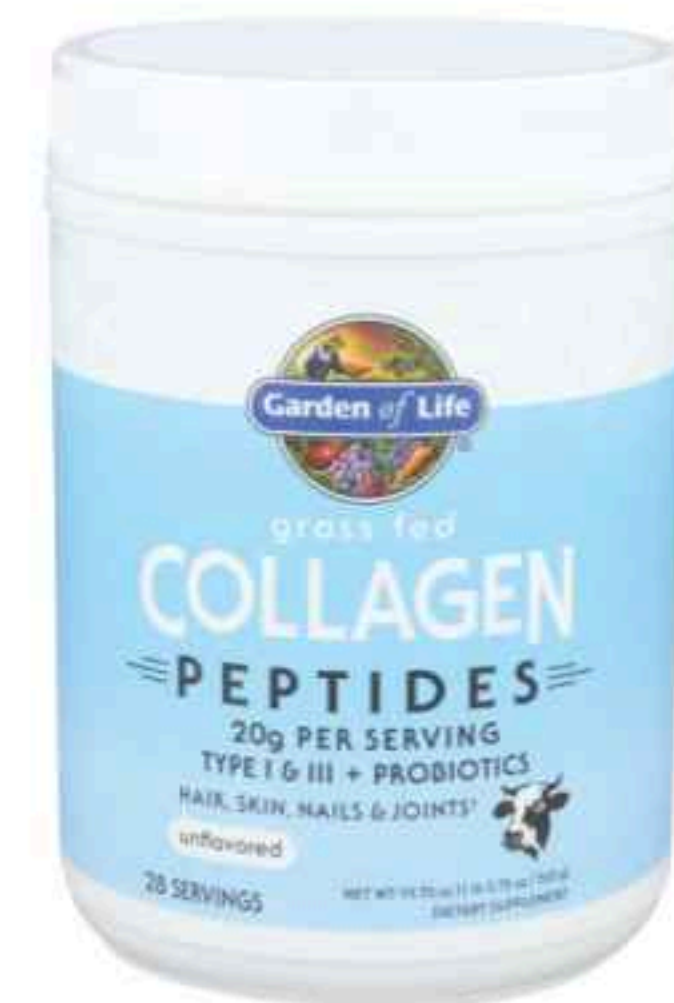


Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.



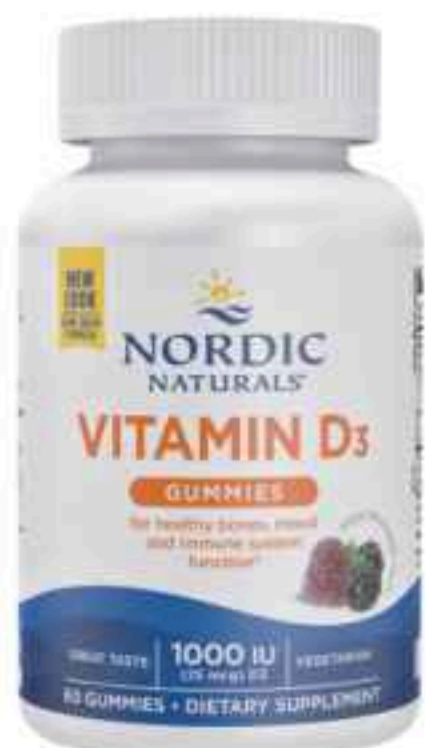
17.99

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.

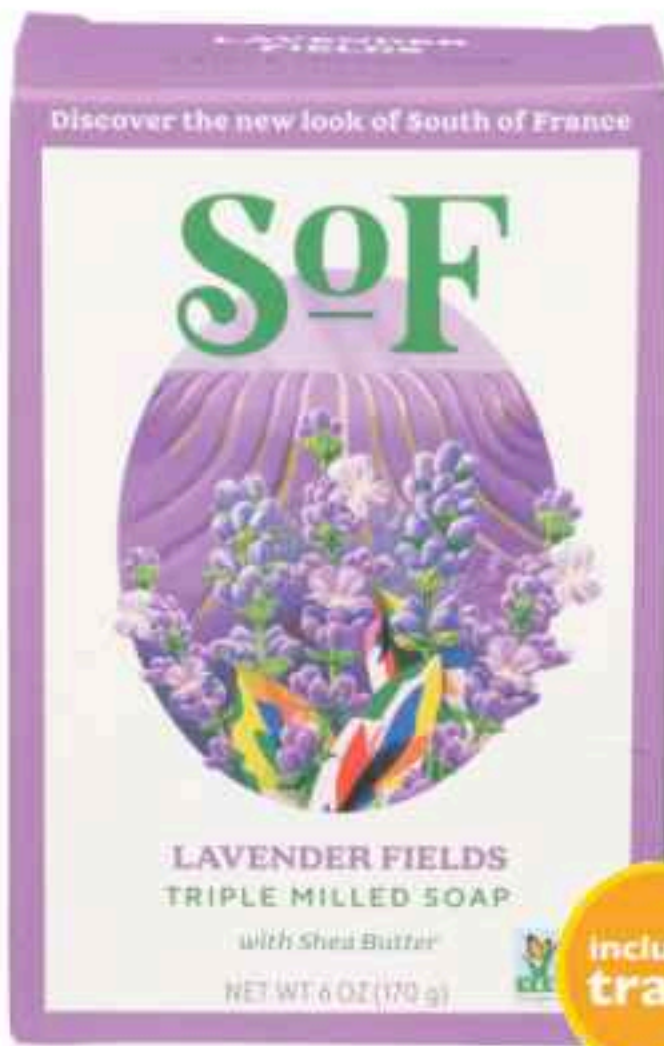


13.99

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

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

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.



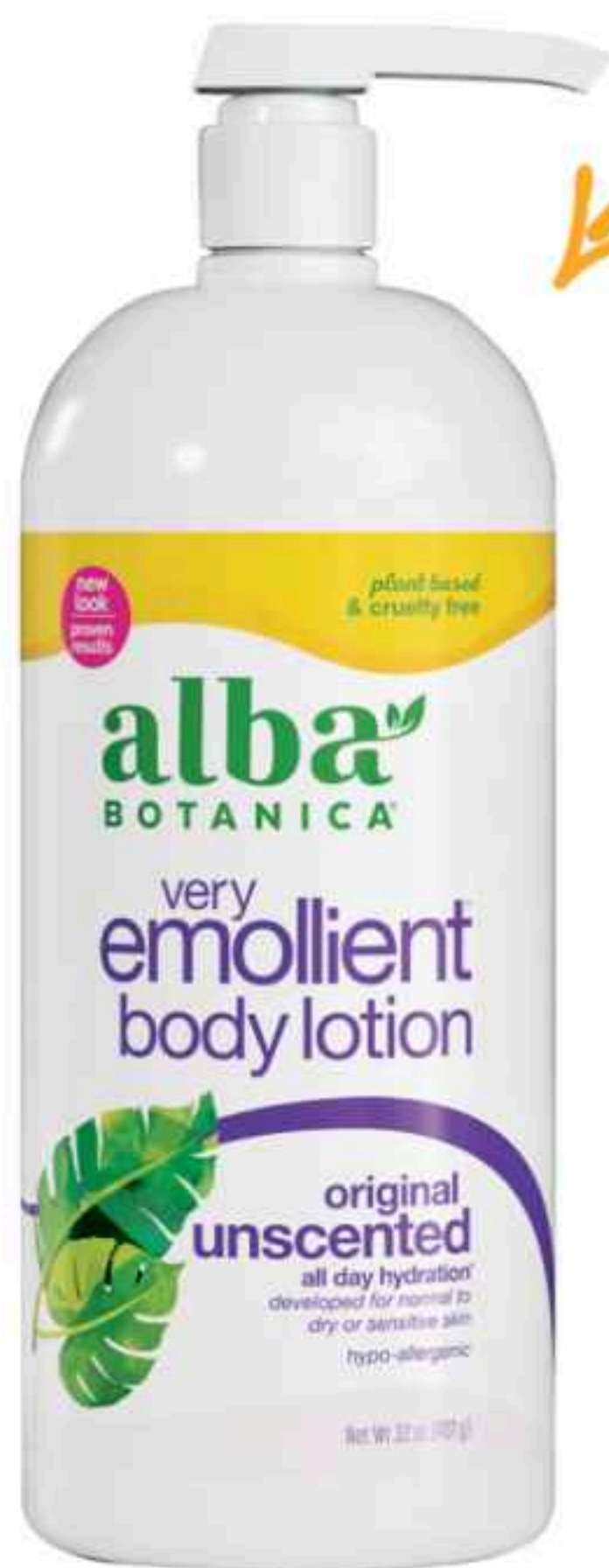
2/\$7

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.

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

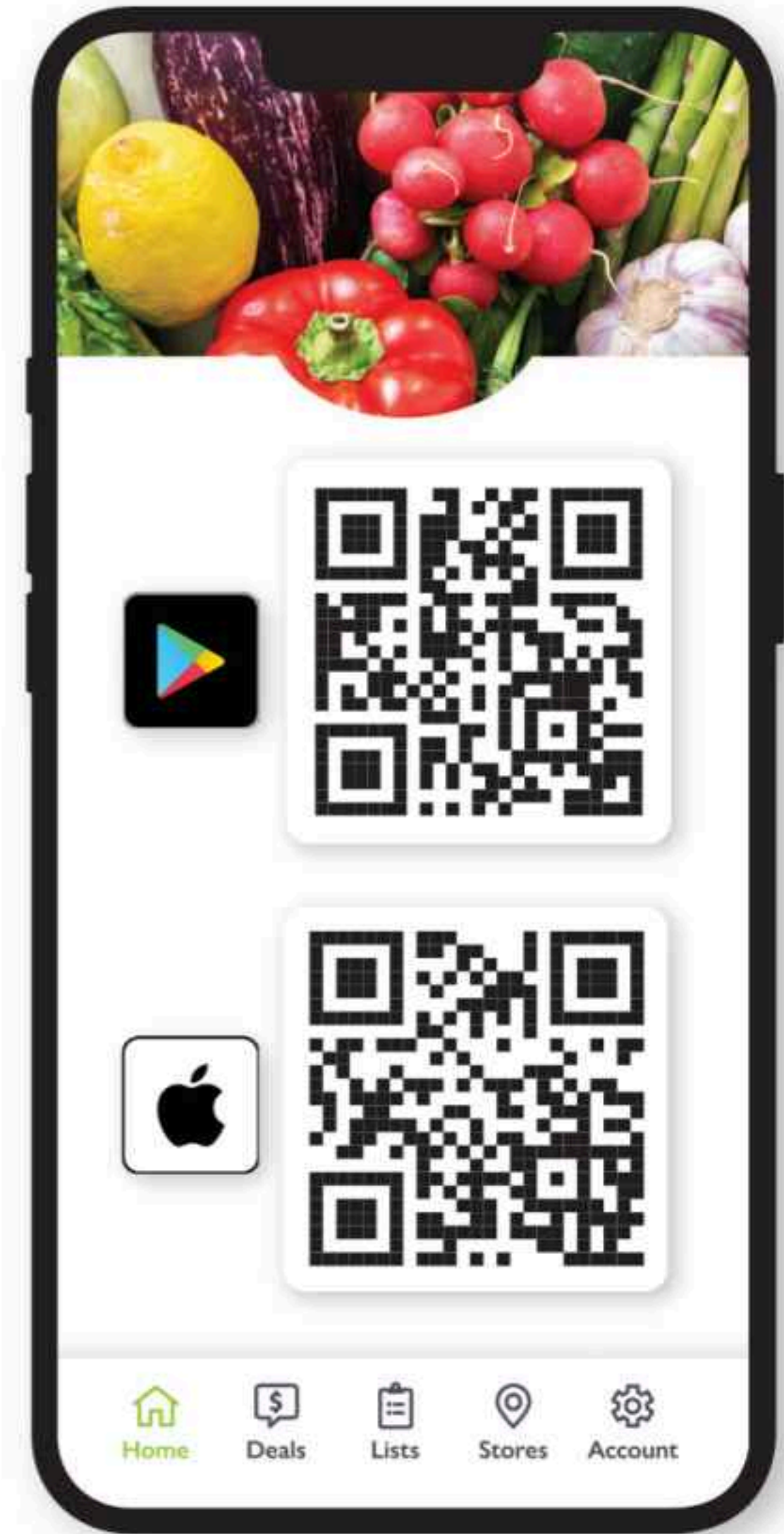
Brattleboro Food Co-op
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Putney Food Co-op
Rutland Area Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

VIRGINIA

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

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



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.

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.



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.

NESE | 124A

