

# coop deals®

APR 17 - APR 30, 2024

## shine more

### INCLUSIVE TRADE PARTNER

Treat your hair with Giovanni's shampoo and conditioner. Giovanni is a veteran-owned brand that uses high-quality ingredients like avocado and olive oil. Buy one, get one free at the co-op!



Buy One, Get One

# FREE

Giovanni

Shampoo or Conditioner

8.5-13.5 fl. oz., selected varieties



## 2/\$3

Epic  
Snack Strips  
.8 oz., selected varieties

**SAVE 35%**



## 2/\$4

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

**SAVE 28%**



## 3.99

Quinn  
Pretzel Nuggets  
5-7 oz., selected varieties

**SAVE 37%**



## 4.49

So Delicious  
Organic  
Coconutmilk  
Creamer  
32 fl. oz.

**SAVE 18%**



## 2/\$4

Fillo's  
Walking Tamales  
4 ounce, selected  
varieties

**SAVE 20%**



## 9.99

American  
Flatbread  
Pizza  
16.8-18.62 oz., selected  
varieties

**SAVE 23%**



BUY ONE, GET ONE FREE  
**wellness deals**





Buy One, Get One  
**FREE**

Sukin  
Shampoo or Conditioner  
16.9 fl. oz., selected varieties  
(pictured variety not available in stores)

love  
your  
body!



BUY ONE, GET ONE FREE **Wellness deals**



Buy One, Get One  
**FREE**

Sappo Hill  
Glycerine Creme Soap  
3.5 oz., selected varieties



Buy One, Get One  
**FREE**

Ultima Replenisher  
Electrolyte Drink Mix  
3.4-3.7 oz., selected varieties



Buy One, Get One  
**FREE**

Ancient Nutrition  
Multi Collagen  
Protein Powder  
16 oz.

**Spring into these buy one, get one free deals!**



Buy One, Get One  
**FREE**

Liquid I.V.  
Hydration Drink Mix  
*SPECIAL ORDER ONLY*  
10 ct. each  
851741-008455



Buy One, Get One  
**FREE**

Bach  
Rescue Remedy  
Pastilles  
35 ct., selected varieties



Buy One, Get One  
**FREE**

Orgain  
Nutritional or Protein Shake  
11 fl. oz., selected varieties



Buy One, Get One  
**FREE**

Whole Earth & Sea  
Multivitamin & Mineral  
60 ct., selected varieties



Buy One, Get One  
**FREE**

Garden of Life  
Vitamin Code  
Multi Gummies  
90 ct., selected varieties



Buy One, Get One  
**FREE**

The Humble Co.  
Mint Floss Picks  
50 ct.

Find great **BOGO** wellness deals at the co-op.



inclusive trade

**9.49**

Alaffia  
Everyday Shea  
Bubble Bath  
32 fl. oz., selected varieties

**SAVE 32%**



inclusive trade

**9.49**

Alaffia  
Everyday Shea  
Body Wash  
32 fl. oz., selected varieties

**SAVE 32%**



inclusive trade

**9.49**

Alaffia  
Everyday Shea  
Shampoo or Conditioner  
32 fl. oz., selected varieties

**SAVE 35%**



inclusive trade

**9.49**

Alaffia  
Everyday Shea  
Body Lotion  
32 fl. oz., selected varieties

**SAVE 35%**

*fair trade,  
cruelty free*

**INCLUSIVE TRADE PARTNER**

**Alaffia** is a Black-owned company on a mission to invest in a more equitable future. Your purchase of any Alaffia naturally luxurious skin, body and hair care product helps improve living conditions and supports an end to poverty.



**10.49**

Nutrition Now  
PB 8 Vegetarian  
Probiotic  
60 ct.

**SAVE 32%**



**19.99**

Barlean's  
Organic Flax Oil  
16 fl. oz., selected varieties

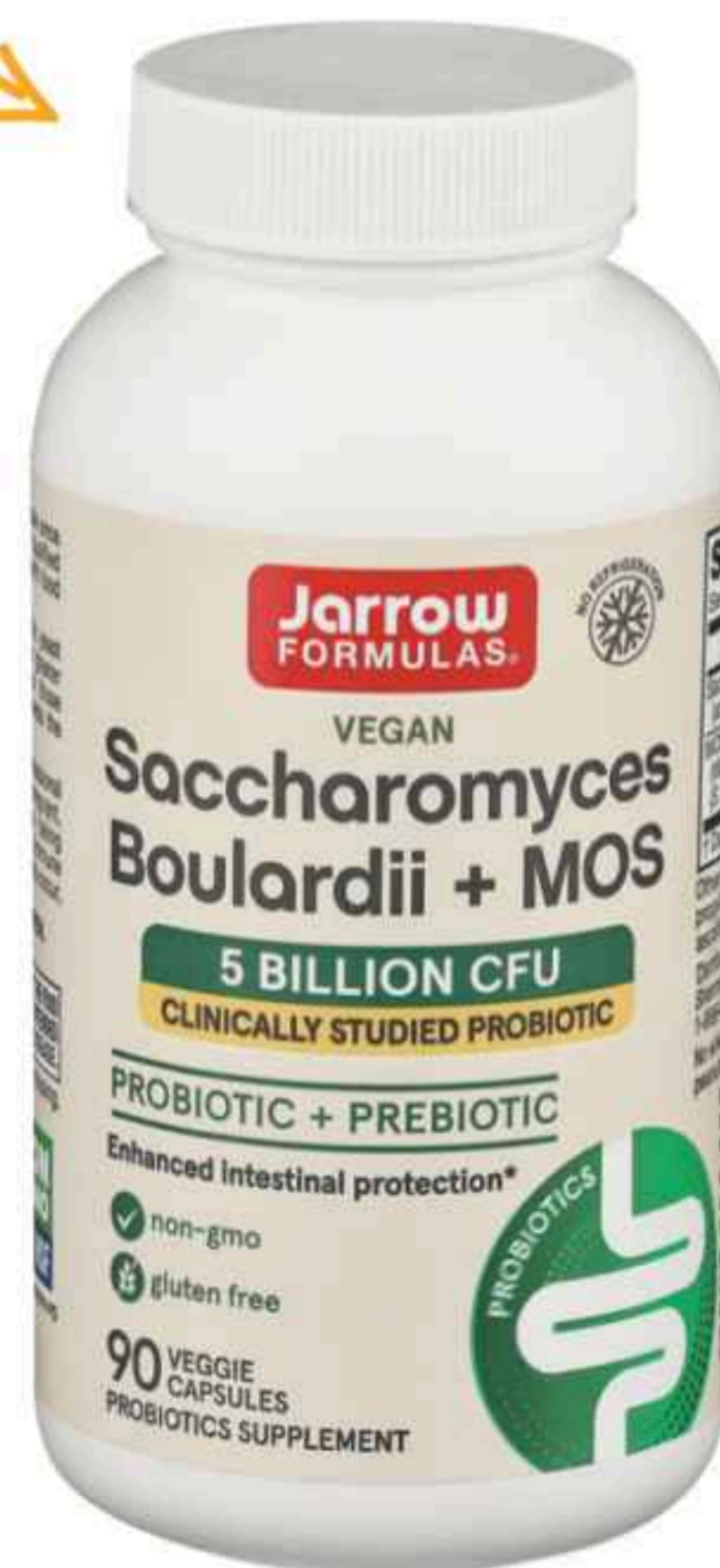


*go with your gut*

Your gut health plays a key role in many of your body's systems — including your immune system. Experience the benefits of adding Jarrow Formulas® clinically studied probiotic to your routine.

**25.99**

Jarrow Formulas  
Saccharomyces Boulardii  
+ MOS  
90 ct.



**INCLUSIVE TRADE PARTNER**

Wild Carrot Herbals is a woman-owned company. We handcraft more than 50 different botanical skincare products that support sustainability initiatives.



inclusive trade

**23.99** Wild Carrot Herbals  
Neroli Night Cream  
1 oz.

**The co-op has wellness deals for spring.**

*strength  
in diversity*

**inclusive  
trade**

**ON-THE-GO GOODNESS**

Co-ops are committed to creating a more just society by cultivating partnerships with businesses owned by people who identify as women, Black, Indigenous, people of color (POC), LGBTQIA+, persons with disabilities and veterans. Let's celebrate the strength that comes from diversity! Learn about some of our Inclusive Trade brand partners, and find Inclusive Trade products throughout the co-op.



**Fillos**



**Wild Carrot Herbals**



**Deep Indian Kitchen**



**Giovanni**



**Three Trees**



**Alaffia**



**Purely Elizabeth**

**Co-ops are committed to inclusive communities.**

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



**5.49**

Vital Farms  
Pasture-raised  
Liquid Whole Eggs  
16 oz.



**5.99**

Vital Farms  
Pasture-raised  
Large Grade A Eggs  
1 doz.



**7.99**

Vital Farms  
Pasture-raised  
Large Grade A Eggs  
*SPECIAL ORDER ONLY*  
18 ct. each, case of 10  
862315-000249

*honest,  
ethical food*

We're committed to improving the lives of people, animals and the planet through food — working with small family farms to bring you delicious eggs and butter you can trust.

*crafted with less*

No artificial anything.  
Less sets you free.™

**4.79**

Siggi's  
Skyr Yogurt  
24 oz., selected varieties  
**SAVE 32%**



**INCLUSIVE TRADE PARTNER**

Three Trees is a woman-owned company with a passion for creating nutritious, plant-based beverages using the wonders of the forest to provide clean ingredients.

**5.49**

Three Trees  
Organic Plant-based Milk  
28 fl. oz., selected varieties



**2.79**

Hail Merry  
Snack Cups  
1.5 oz., selected varieties



**3.79**

Good Karma  
Unsweetened  
Flaxmilk  
64 fl. oz.

**Great breakfasts start at the co-op.**



**3.29**

Lightlife  
Organic Tempeh  
8 oz., selected varieties



**2/\$8**

Rebbl  
Organic Elixir  
12 fl. oz., selected varieties



**4.49**

Chobani  
Extra Creamy Oatmilk  
52 fl. oz.



**2.79**

Pop & Bottle  
Cold Brew Oatmilk  
Latte  
8 oz, selected varieties



**6.49**

Wallaby Organic  
Greek Yogurt  
*SPECIAL ORDER ONLY*  
32 oz. each, case of 6  
795709-085112

*dairy-free organic yogurt*

Come spoon organic cocojune! Dreamily delicious plant-based yogurt that's certified plastic neutral and full of science-backed probiotics.

**6.49**

Cocojune  
Organic Coconut  
Cultured Yogurt  
16 oz., selected varieties



**6.49**

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

**The co-op helps you fuel up for active days.**



**3.99**

Ithaca  
Hummus  
10 oz., selected  
varieties



**4.79**

Violife  
Just Like Cheese  
Shreds  
8 oz., selected varieties  
**SAVE 32%**

## experience India

INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is owned by a third-generation Indian American family. We pride ourselves on being an authentic, restaurant-quality brand. Everything we make is from family recipes made from scratch.

**2/\$10**

Deep Indian Kitchen  
Entrées & Samosas  
9-12 oz., selected varieties



inclusive trade



**4.79**

Califia Farms  
Zero Sugar  
Oatmilk  
48 oz



**4.49**

Organic Valley  
Parmesan  
Cheese  
4 oz.



**4.99**

Organic Valley  
Cheese Slices  
6 oz., selected varieties  
**SAVE 32%**



**5.49**

Organic Valley  
Feta Cheese  
8 oz.



**6.99**

Organic Valley  
Grassmilk Raw  
Cheddar Cheese  
8 oz., selected varieties

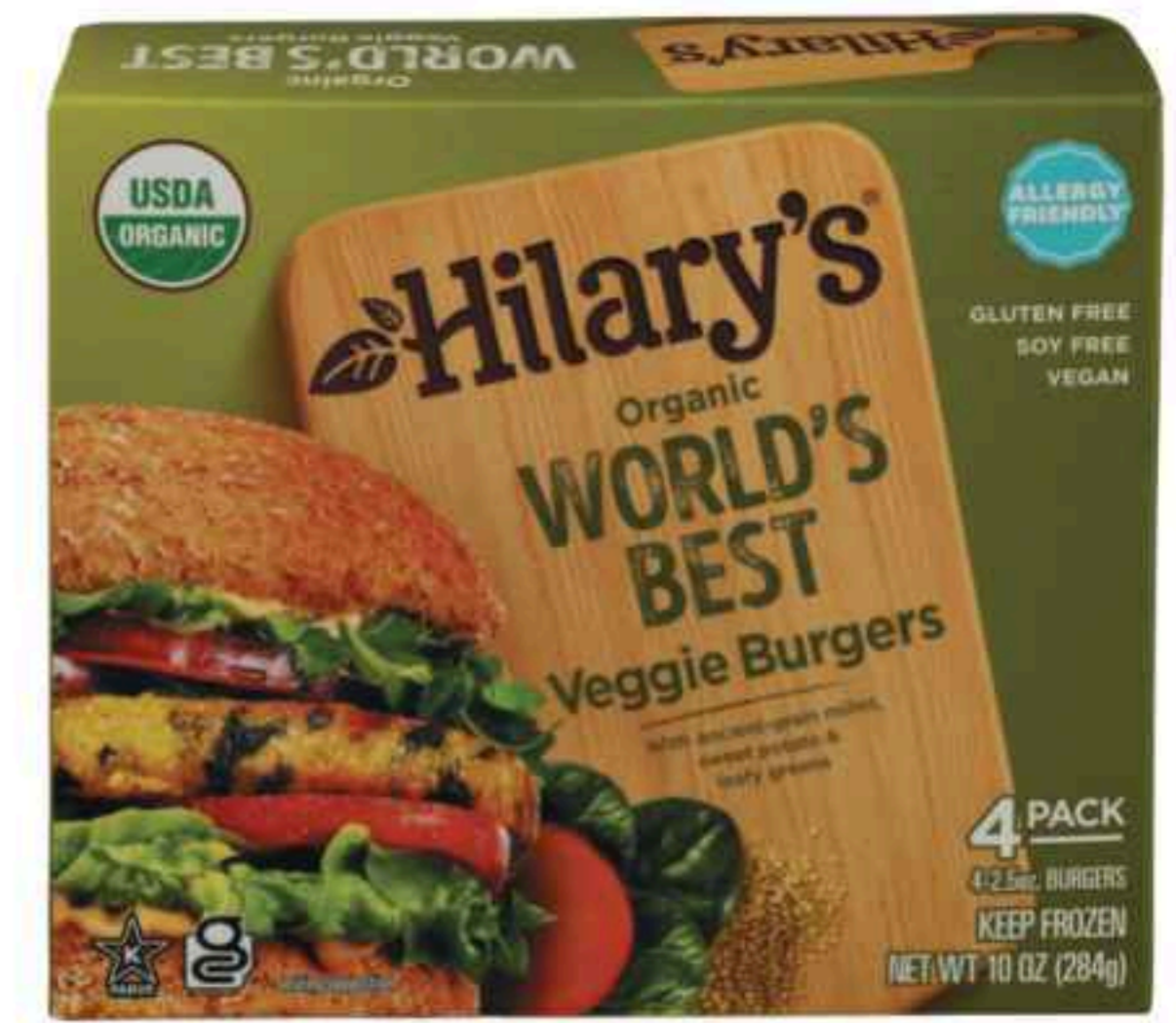
*pasture raised.  
organic. delicious.*

COOPERATIVELY OWNED

From cheddar to Greek feta, we combine time-honored recipes with premium ingredients for irresistibly delicious cheese. All made with pasture-raised milk from small family farms that respect the land and all the plants and animals that live on it.

**Check out grocery.coop for new recipes.**





**2.29** Red's Burritos  
4.5-5 oz., selected varieties  
**SAVE 30%**



**4.29**  
Goodpop Frozen Novelties  
4 pk of 2.25-2.75oz, selected varieties  
**SAVE 32%**

**2/\$8**

Hilary's Veggie Burgers  
10-11 oz., selected varieties



**5.49**  
Sambazon Organic Acai Superfruit Packs  
14.1 oz.



**2.69**  
Woodstock Organic Frozen Vegetables  
10 oz., selected varieties



*premium organic frozen pastas*

Woodstock Organic Ravioli brings garden-fresh taste with freezer-ready convenience. Serve your ravioli with a sprinkling of olive oil, sea salt and Parmesan cheese, or experiment with your favorite sauces!

**7.99**

Woodstock Organic Filled Pasta  
20 oz., selected varieties



**5.99**

Field Roast Plant-based Appetizers  
10 oz.

**Find convenient meal options at the co-op.**

**INCLUSIVE TRADE PARTNER**

Fillo's is a Hispanic-owned company. We offer a range of reimagined Latin staples that are packed with flavor and nutrients.



**2.79**

**Fillo's Beans**  
SPECIAL ORDER ONLY  
10 oz. each, case of 6  
869707-000207



**3/\$5**  
**Steaz Organic Iced Tea**  
16 fl. oz., selected varieties



**2/\$4**  
**C2O Coconut Water**  
17.5 fl. oz., selected varieties



**2/\$6**  
**Annie's Macaroni & Cheese**  
6 oz., selected varieties  
**SAVE 30%**



**2/\$7**  
**Jovial Organic Brown Rice Pasta**  
12 oz., selected varieties  
**SAVE 30%**



**4.99**  
**Big Tree Farms Organic Coconut Aminos**  
10 fl. oz.



**5.99**  
**Sky Valley Sriracha Sauce**  
18.5 oz.



**3.79**  
**Sky Valley Organic Sambal Oelek**  
7 oz  
**SAVE 31%**



**6.99**  
**Tonnino Tuna Fillets**  
SPECIAL ORDER ONLY  
6.7 oz. each, case of 6  
813958-010157



**4.99**  
**Patagonia Provisions Tinned Seafood**  
4.2 oz., selected varieties



**6.99**  
**Sir Kensington's Mayonnaise**  
12 fl. oz., selected varieties



**10.99**  
**Nutiva Organic Virgin Coconut Oil**  
SPECIAL ORDER ONLY  
23 fl. oz. each, case of 6  
692752-103520

**There's something for everyone at the co-op.**

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



**2.39**

**Ardor Organic Sparkling Water**  
12 oz, selected varieties

*the cleanest, greenest chocolate*

Alter Eco makes organic, fair trade, gluten-free chocolate that restores forests rather than depletes them.



**2.79**

**Alter Eco Organic Chocolate Bars**  
2.65-2.96 oz., selected varieties  
**SAVE 35%**



**2/\$6**

**Kettle Brand Potato Chips**  
4.25-5 oz., selected varieties  
**SAVE 30%**



**2/\$7**

**Pipcorn Cheese Balls**  
*SPECIAL ORDER ONLY*  
4.5 oz., each case of 12  
854934-004852



**2/\$7**

**Barnana Organic Plantain Chips**  
*SPECIAL ORDER ONLY*  
5 oz. each, case of 6  
857682-003863



*temptingly delicious crunch*

Garden of Eatin' uses organic corn to craft their signature tortilla chips. The result is an unforgettable flavor and satisfying crunch... a deliciously strong chip that stands up to dip!



**4.49**

**Annie's Organic Graham Crackers**  
14.4 oz., selected varieties  
**SAVE 36%**



**2.79**

**Garden of Eatin' Tortilla Chips**  
5.5 oz., selected varieties  
**SAVE 35%**

**The co-op has snacks for any party.**

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

# changing the chocolate industry

**COOPERATIVELY OWNED**

**Equal Exchange** commits to sourcing from small farmer, fair trade co-ops, offering an ethical alternative to mainstream chocolate business models that rely on low wages and child labor. Our high-quality chocolates have the cleanest ingredients, with no additives or lecithins!



**2/\$6**

Equal Exchange Organic Chocolate Bars  
2.8-3.5 oz., selected varieties



**5.79**

Equal Exchange Organic Chocolate Chips  
10 oz., selected varieties



**2/\$7**

Equal Exchange Organic Tea  
20 ct., selected varieties  
**SAVE 36%**



**9.99**

Equal Exchange Organic Coffee  
10-12 oz., selected varieties



## taste the obsession

**INCLUSIVE TRADE PARTNER**

Purely Elizabeth is a woman-owned company. Elizabeth started Purely Elizabeth to make delicious food with nourishing ingredients to help you thrive. When you eat better, you feel better.

**5.49**

Purely Elizabeth Granola  
8-12 oz., selected varieties  
**SAVE 31%**



**2/\$4**

Rxbar Protein Bars  
*SPECIAL ORDER ONLY*  
1.83 each, case of 12  
857777-004232



**4.49**  
Milkadamia Macadamia Milk  
32 fl. oz.



**6.99**  
Sweetleaf Stevia Sweet Drops  
2 fl. oz., selected varieties



**8.99**  
Mount Hagen Organic Instant Coffee  
3.53 oz., selected varieties

**Find your favorite brands at the co-op.**

*Probar meal*

When you need a quick, nutritious meal replacement, try PROBAR Meal Bars! With whole foods and natural ingredients, and blended for maximum nutrient density, they leave you feeling satisfied all day.



**2.29**

**Probar Meal Bars**  
3 oz., selected varieties



**2/\$7**  
R.W. Knudsen Organic Very Veggie Juice  
32 fl. oz.



**2/\$8**  
Cascadian Farm Organic Cereal  
8.6-14.6 oz., selected varieties  
**SAVE 31%**



*water done different*

Discover a water brand you can finally be proud of. Sustainably sourced from pristine springs in the USA and always packaged in infinitely recyclable aluminum.

**2/\$4**  
**Proud Source Natural Spring Water**  
25.3 fl.oz.



**4.49**  
Annie's Organic Fruit Snacks  
7 oz., selected varieties

*scoop up the savings in bulk!*



**2.79**  
Organic White Quinoa  
per pound in bulk



**4.79**  
Organic Pumpkin Seeds  
per pound in bulk



**7.79**  
Organic Almonds  
per pound in bulk

**On-the-go snack options are at the co-op.**

# Never miss your **favorite deals**



**coop deals**<sup>®</sup>

**Download the App!**



Find your closest food co-ops

See what's on sale

Never miss your favorite deals

Scan the QR codes to  
download the Co+op  
Deals app!



**Download the Co+op Deals app today!**

made for  
sensitive skin

**Seventh Generation**  
Free & Clear formulas leverage the power of bio enzymes to deliver a powerful clean without unnecessary ingredients. Plus, our Free and Clear formulas are made without fragrances or dyes, so it's gentle on your sensitive skin.



**2/\$7**  
Seventh Generation  
Liquid Dish Soap  
19 fl. oz., selected varieties



**5.99**  
Seventh Generation  
Fabric Softener Sheets  
80 ct., selected varieties



**12.99**  
Seventh Generation  
Liquid Laundry  
Detergent  
23.1-90 fl. oz.,  
selected varieties



**12.99**  
Seventh Generation  
4X Liquid Laundry  
Detergent  
50 fl. oz., selected varieties



Find all your supplies at the co-op.  
**It's spring cleaning time.**



**4.99**  
If You Care  
Parchment Baking Paper  
70 sq. ft.



**2/\$5**  
Green Forest  
Facial Tissue  
175 ct.



**9.99**  
Green Forest  
100% Recycled  
Paper Bath Tissue  
*SPECIAL ORDER ONLY*  
12 ct., case of 4  
063668-352041



**11.99**  
Tru Earth  
Laundry  
Detergent Strips  
32 ct., selected varieties



**Celebrate Earth Day with products from the co-op.**

# Community FOOD CO'OP

## Downtown

1220 N. Forest Street  
7 am to 9 pm

## Cordata

315 Westerly Road  
7 am to 9 pm

## Shop Online

communityfood.coop

360-734-8158

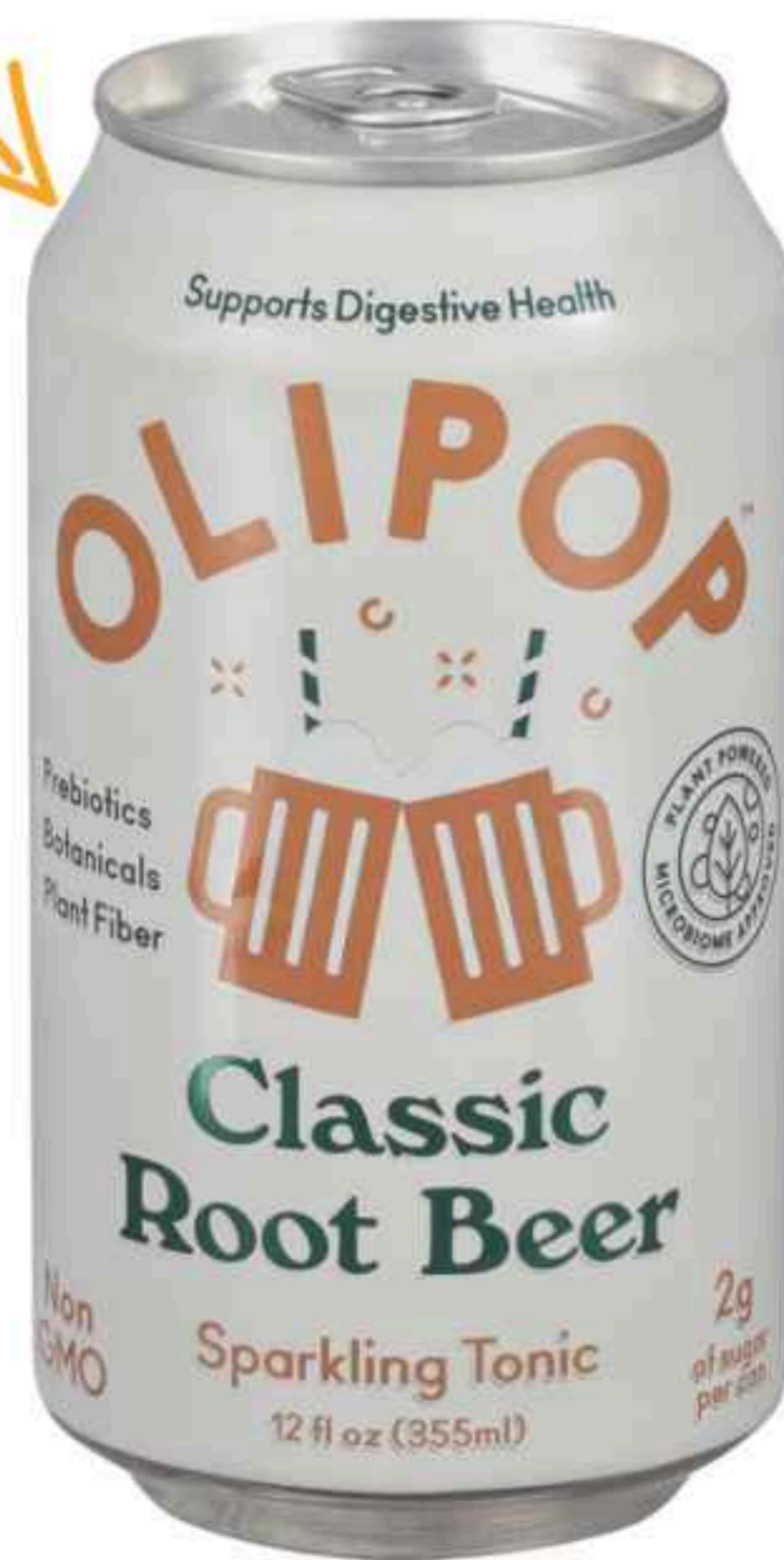


*a new kind of soda*

OLIPOP tastes like the soda you grew up sipping, but with the added benefit of digestive health support. With plant fiber, prebiotics and botanicals, we made soda healthier AND more delicious!

# 2/\$4

**Olipop**  
**Prebiotic Soda**  
12 fl. oz., selected varieties



# 3/\$5

**Kind**  
**Bars**  
1.4 oz., selected varieties



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.

PWNW0424B

