

# coop deals

OCT 16 - OCT 29, 2024



Buy One, Get One  
**FREE**  
Selected products



Buy One, Get One  
**FREE**  
Beyond Meat  
Plant-based  
Breakfast Sausage  
7.4 oz., selected varieties



Buy One, Get One  
**FREE**  
Little Northern Bakehouse  
Gluten-Free Bread  
16-20 oz., selected varieties



Buy One, Get One  
**FREE**  
Orgain  
Organic Plant-based  
Protein Powder  
2.03 lb.  
851770-003254



Buy One, Get One  
**FREE**

*special offers inside!*





**Buy One, Get One  
FREE  
Deals at the Co-op!**

Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.



Buy One, Get One



**FREE**

**Herban Cowboy  
Stick Deodorant**  
2.8 oz., selected varieties



Buy One, Get One

**FREE**

**Lotus Foods  
Rice Ramen**  
2.8 oz., selected varieties



Buy One, Get One

**FREE**

**Quantum  
Zinc Elderberry  
Raspberry Lozenges**  
14 ct.



Buy One, Get One

**FREE**

**Natural Factors  
Organic Oil of Oregano**  
1 fl. oz.

**Fantastic BOGO deals are at the co-op!**





1.75

Liquid Death  
Sparkling Water  
19.2 fl. oz., selected varieties

spread the light, share the flavor



**INCLUSIVE TRADE PARTNER**

This Diwali, enjoy Deep Indian Kitchen's made-from-scratch, restaurant-quality Indian meals and samosas. Our family's recipes have been passed down for generations so you can taste the tradition in just five minutes!

Inclusive trade

2/\$10

Deep Indian Kitchen  
Entrée  
9-12 oz., selected varieties



2/\$5

Red's All Natural  
Breakfast Sandwich  
4.3 oz., selected varieties



2/\$6

Cascadian Farm  
Organic Frozen  
Vegetables  
10 oz., selected varieties



2/\$10

Woodstock  
Organic Frozen Fruit  
10 oz.



11.99

Wyman's  
Wild Blueberries  
SPECIAL ORDERS ONLY  
3 lb. each, case of 6  
079900-001691



Find your favorite brands throughout the co-op.





**4.99**  
**Talenti**  
**Gelato or Sorbetto**  
 1 pt., selected varieties



**2.19** Red's  
**Burritos**  
 4.5-5 oz., selected varieties  
**SAVE 33%**

**INCLUSIVE TRADE PARTNER**

Tucson Tamale started with a large Mexican-American family tradition and has turned into award-winning tamales.



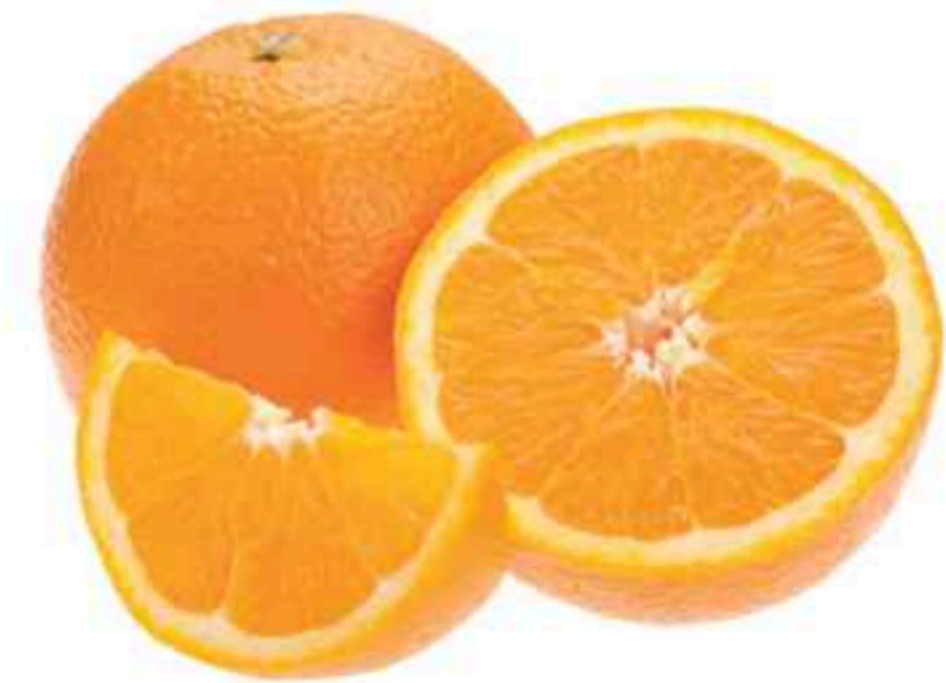
**5.49**  
**Tucson Tamale**  
**Tamales**  
 10-11 oz., selected varieties



**3.29**  
**Nature's Path**  
**Organic**  
**Frozen Waffles**  
 7.4 oz., selected varieties



**4.49**  
**Ripple**  
**Plant-based Milk**  
 48 fl. oz.



*irresistibly rich and creamy butter*



Vital Farms 90% grass-fed, pasture-raised, salted butter. Made with fresh air and sunshine.

**2/\$7** **Vital Farms**  
**Butter**  
 8 oz., selected varieties



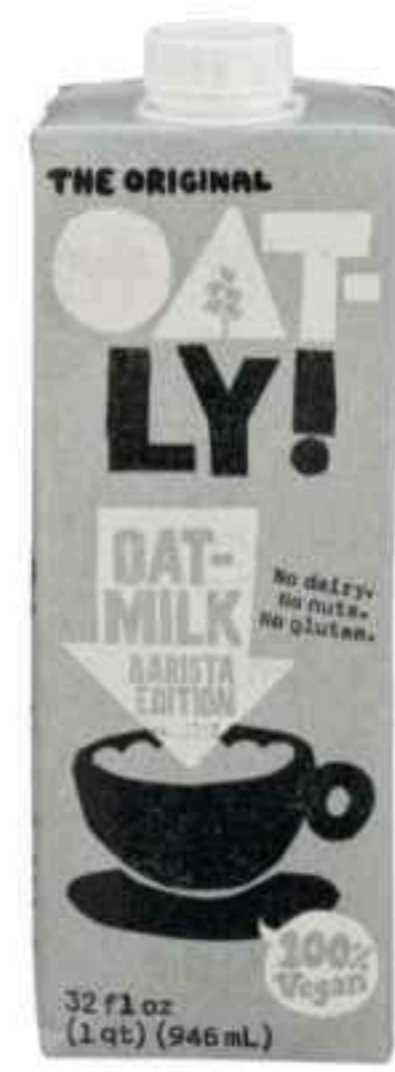
**3.99**  
**Evolution Fresh**  
**Organic Juice or**  
**Smoothie**  
 15.2 fl. oz., selected varieties  
**SAVE 31%**

**Wake up to what's delicious at the co-op.**



# all the Oatlys

**Oatly** is the original oatmilk! And now seems like a really good time to get some of our perfectly creamy and delicious oatmilks, oat creamers and nondairy frozen desserts into your fridge and/or freezer. Wow, no cow!



**3.29**

Oatly Barista Oatmilk  
32 oz.  
190646-640019

**SAVE 31%**



**4.49**

Oatly Oatmilk Creamer  
29.7 fl. oz., selected varieties



**4.49**

Oatly Oatmilk  
64 fl. oz., selected varieties



**4.49**

Oatly Non-dairy Frozen Dessert  
1 pt., selected varieties



**2/\$5**

Wildwonder Sparkling Prebiotic & Probiotic Drink  
12 fl. oz., selected varieties



**2/\$5**

Health-Ade Organic Kombucha  
16 fl. oz., selected varieties

**SAVE 37%**



## crafted with less

All our skyr and plant-based, dairy-free yogurts are made with simple ingredients and no artificial anything. Deliciously satisfying siggi's yogurts make the perfect breakfast or snack option.

**4/\$5**

Siggi's Skyr Yogurt  
4-5.3 oz., selected varieties

**SAVE 30%**



**3.99**

Laird Superfood Coconut Creamer  
16 fl. oz., selected varieties



**Stock the fridge with deals from the co-op.**





**6.99**

**Sir Kensington's  
Mayonnaise**  
12 fl. oz.  
048001-013605

*taco night made easy*

**INCLUSIVE TRADE PARTNER**

Siete is a Mexican American brand. Our food is made with thoughtfully selected ingredients like avocado oil and organic beans. Siete's Refried Beans are vegan, gluten-free and delicious, too! Enjoy with friends and family because Juntos es Mejor.

**2/\$5**

**Siete  
Refried Beans**  
16 oz., selected varieties



**6.99**

**Rao's Homemade  
Pasta Sauce**  
24 oz., selected varieties  
**SAVE 36%**

*imagine the possibilities*

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



**2.49**

**Imagine  
Organic Gravy**  
13.5 oz.,  
selected varieties

**SAVE 34%**



**3.99**

**Imagine  
Organic Soup**  
32 fl. oz.,  
selected varieties

**SAVE 37%**



**2/\$7**

**Imagine  
Organic Broth**  
32 fl. oz.,  
selected varieties

**Stock up on staples from the co-op.**



meals with more yum

Let **Annie's** Bunnies help you make meals with more yum. With staples like mac & cheese and bunny-shaped snacks, Annie's turns mealtime into yumtime while appeasing everyone's taste buds.



**2/\$3**

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

**SAVE 54%**



**3.99**

Annie's Organic Bunny  
Grahams or Crackers  
7-7.5 oz., selected varieties



**4.99**

Annie's Organic Snack Mix  
*SPECIAL ORDERS ONLY*  
9 oz. each, case of 12  
013562-300570



**4.49**

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

**SAVE 49%**



**2/\$7**

Pacific Foods Organic Soup  
16.1-16.5 oz., selected varieties



**17.99**

Spectrum Organic Extra Virgin  
Olive Oil  
25.4 fl. oz.  
022506-421752



**2/\$6**

Tasty Bite Indian Entrees  
10 oz., selected varieties  
**SAVE 33%**



**4.99**

Woodstock Organic Fire-roasted Red Peppers  
16 oz.



**7.99**

Lucini Italia Organic Pasta Sauce  
*SPECIAL ORDERS ONLY*  
24 oz. each, case of 6  
648505-507206



**Ingredients for easy meals are at the co-op.**





*where wisdom meets wellness*



Whether it's a cup for conversation, finding your Zen or settling digestive discomfort, Traditional Medicinals has a tea for that.

**4.99**

**Traditional Medicinals Organic Herbal Tea**  
16 ct., selected varieties



**3.79**

**Nature's Path Organic Blueberry Cinnamon Flax Oatmeal**  
11.2 oz



**4.49**

**Mom's Best Cereals**  
17.5-24 oz., selected varieties



**4.99**

**Elmhurst Plant-based Milk**  
*SPECIAL ORDERS ONLY*  
32 oz. each, case of 6  
018944-001021



**8.99**

**Nature's Path Organic Cereal**  
26.4-32 oz., selected varieties



*food with purpose*

This MEAL bar provides a quick meal that not only keeps hunger at bay but also delivers an irresistible taste with swirls of peanut butter and dark chocolate chips.

**3 / \$7**

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

**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 on your wellness journey.



**5.99**

**Purely Elizabeth Granola**  
11-12 oz., selected varieties

**Find breakfast favorites at the co-op.**



# supporting a cooperative economy

## COOPERATIVELY OWNED

Directly from farmer cooperatives to the Equal Exchange worker-owned cooperative to your local consumer cooperative! Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound. Support our beautiful cooperative supply chain this Co-op Month!



**3.99**  
Equal Exchange Organic Chocolate Bar  
2.8-3.2 oz., selected varieties



**7.99**  
Equal Exchange Organic Baking Cocoa  
8 oz.



**2/\$7**  
Equal Exchange Organic Tea  
20 ct., selected varieties  
**SAVE 36%**



**9.99**  
Equal Exchange Organic Coffee  
10-12 oz., selected varieties



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



**2/\$3**  
Larabar Fruit & Nut Bar  
1.6-1.7 oz., selected varieties  
**SAVE 35%**



**6.99**  
Lily's Baking Chips  
9 oz., selected varieties

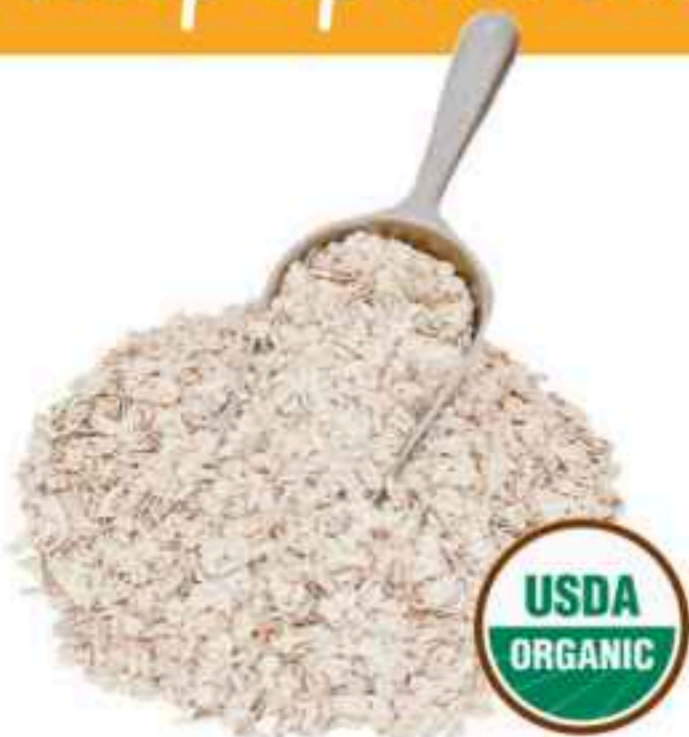


**2.79**  
So Delicious Organic Coconutmilk  
32 fl. oz., selected varieties



**6.99**  
R.W. Knudsen Organic Just Tart Cherry Juice  
32 fl. oz.  
074682-107821

## scoop up the savings in bulk!



**1.69**  
Organic Steel Cut Oats  
per pound in bulk



**7.79**  
Organic Almonds  
per pound in bulk



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

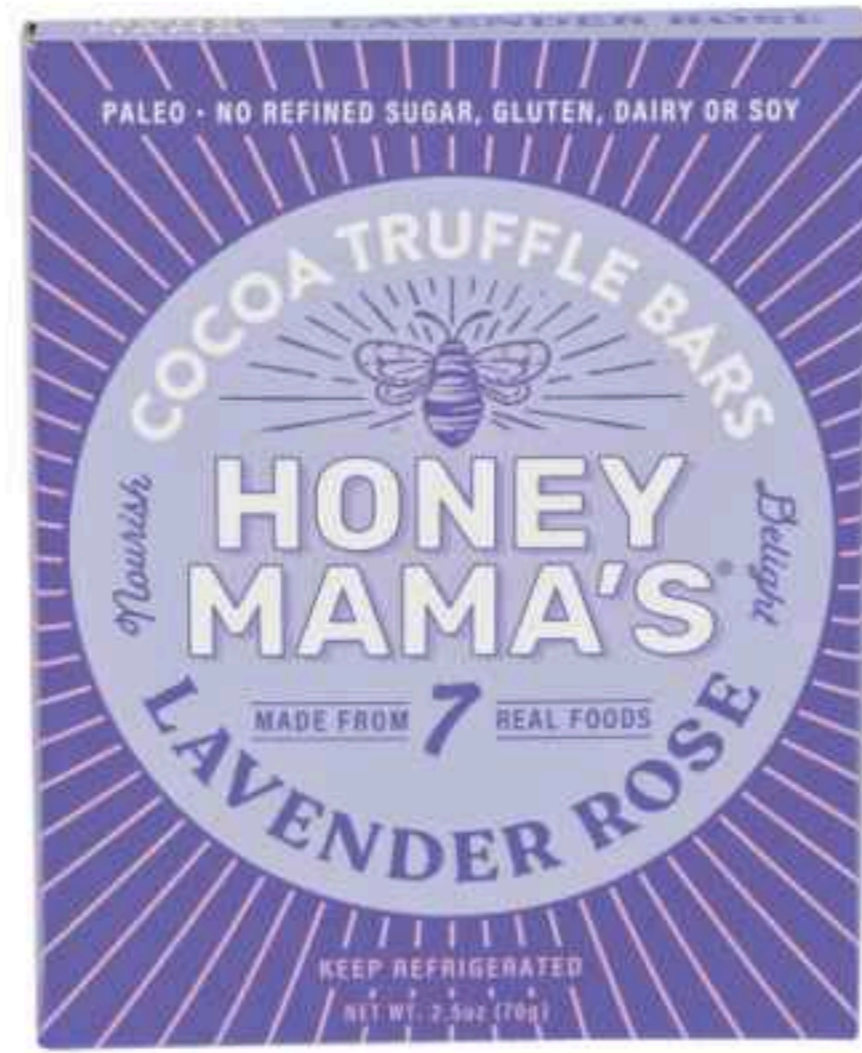
**Never miss a deal with the Co+op Deals app.**





**2/\$6**

**Boulder Canyon  
Potato Chips**  
5-6 oz., selected varieties



**2/\$8**

**Honey Mama's  
Truffle Bars**  
2.5 oz., selected varieties

**SAVE 33%**



**5.99**

**Izze  
Sparkling Juice Drink**  
6 pk.-8.4 fl. oz. cans, selected  
varieties



**2/\$3**

**Epic  
Snack Strips**  
.8 oz.,  
selected varieties

**SAVE 35%**



**2/\$5**

**Epic  
Meat Bars**  
1.3-1.5 oz.,  
selected varieties



**2/\$6**

**Epic  
Pork Rinds**  
2.5 oz.,  
selected varieties

**SAVE 33%**



**5.99**

**Epic  
Bites**  
2.5 oz., selected  
varieties

*live EPIC,  
eat EPIC*

**Epic** makes flavor-forward meat snacks for the mindful consumer. We're everything to love about a savory snack with carb-conscious, grass-fed and keto-friendly options and a dedication to land and animal well-being.

**Shop the co-op for snacks for all occasions.**





**2/\$5**

Garden of Eatin'  
Tortilla Chips  
5.5 oz., selected varieties  
**SAVE 34%**



**2.29**

Inka Crops  
Plantain Chips  
4 oz., selected varieties



**2/\$4**

Little Secrets  
Crispy Wafers  
1.4 oz., selected varieties



**2/\$6**

LesserEvil  
Organic Popcorn  
4.6 oz., selected varieties  
**SAVE 30%**



**4.29**

R.W. Knudsen  
Sparkling Juice  
Drink  
25.4 fl. oz., selected  
varieties



**4.49**

Quinn  
Pretzel Nuggets  
5-7 oz., selected varieties



**3.66**

LaCroix  
Sparkling Water  
8 pk.-12 fl. oz. cans,  
selected varieties



*sweeten your expectations*

Here at Lily's, we reinvented how you treat yourself by crafting delicious, drool-worthy sweets that don't need any added sugar. Is it magic? Nope, that's LILY'S.

**3.79**

Lily's  
Chocolate Bar  
2.8-3 oz., selected varieties



**4.99**

Justin's  
Organic Mini Dark Chocolate  
Peanut Butter Cups  
4.7 oz.  
855188-003974

**The co-op has delicious snacks and beverages.**



*fair trade,  
cruelty free*

**INCLUSIVE TRADE PARTNER**

**Alaffia** is a Black-owned company. Our certified cruelty-free products are made with deeply moisturizing and nutrient-rich Certified Fair Trade unrefined shea butter and coconut oil ethically sourced from women-led cooperatives in West Africa.



**9.99**

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



**9.99**

Alaffia  
Everyday Shea Shampoo  
or Conditioner  
32 fl. oz., selected varieties  
**SAVE 31%**



**9.99**

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



**9.99**

Alaffia  
Everyday Shea  
Body Lotion  
32 fl. oz.,  
selected varieties  
**SAVE 31%**



The co-op has cleaning solutions you'll love.  
**Feel cozy and clean.**



**3.69**

Seventh Generation  
Liquid Dish Soap  
19 fl. oz., selected varieties



**4.99**

Seventh Generation  
Free & Clear Automatic  
Dishwashing Powder  
45 oz.  
732913-221509



**5.99**

Seventh Generation  
Fabric Softener  
Sheets  
80 ct., selected varieties



**13.99**

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

*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 & Clear formulas are made without fragrances or dyes, so they're gentle on your sensitive skin.

**Find all your cleaning products at the co-op.**





**6.99**

**Spry**  
Chewing Gum  
100 ct., selected varieties

*you deserve to feel wonder-full™*



Brush away impurities and keep breath fresh with the potent power of plants. Our toothpastes are Non-GMO Project Verified and free of fluoride for your peace of mind.

**4.69**

**Desert Essence**  
**Toothpaste**  
6.25 oz., selected varieties



Visit the co-op for a variety of body care products.

**Pamper yourself.**

*glow with nature's intelligence*

Fruit stem cell complex, resveratrol CoQ10, super antioxidants, and hyaluronic acid join forces to boost dermal vitality, supporting essential building blocks, collagen and elastin, for a more lifted, firmer, youthful appearance and rejuvenated complexion.

**17.99**

**Andalou Naturals**  
**Lift & Firm or Night Repair Cream**

1.7 oz., selected varieties

**SAVE 32%**



COOPERATIVELY OWNED



**7.99**

**Aura Cacia**  
**Lavender**  
**Essential Oil**  
.5 fl. oz.  
051381-911232



**3.49**

**Aura Cacia**  
**Organic Castor Oil**  
4 oz.  
051381-914035

**SAVE 30%**

**The co-op has all your body care items.**



live brighter

Since 1973, we've scoured the globe for the highest-quality ingredients, connecting you with the most efficacious supplements to help you live brighter and embrace the moments that matter most. Our mission statement is printed on our bottles; it's also our way of life.



**9.99**  
Solaray  
Calcium Citrate  
120 ct.  
076280-045857  
**SAVE 33%**



**15.99**  
Solaray  
Magnesium  
Glycinate 350 mg.  
120 ct.  
076280-549010  
**SAVE 30%**



**21.99**  
Solaray  
D-Mannose with  
CranActin  
60 ct.  
076280-117776  
**SAVE 31%**



**33.99**  
Solaray  
Mycrobioome  
Women's Probiotic  
30 ct.  
076280-737202



Find supplements for your wellness journey.  
**Enjoy the fall season.**

**INCLUSIVE TRADE PARTNER**

Wishgarden Herbs is a woman-owned company. We source organic and sustainable herbs from fair trade and family-owned farms.

**15.99**

Wishgarden Herbs  
Kick-Ass Immune  
Activator  
2 fl. oz.  
656490-190723

**SAVE 36%**



**19.99**

Country Life  
Coenzyme B-Complex  
120 ct.  
015794-064190

**SAVE 32%**

**The co-op has great deals on wellness items.**



*clean, delicious,  
nutritious gummies*

Whatever your health interests may be, **Garden of Life** offers a wide array of beneficial products in the format we all love — yummy gummies! Our gummies are made from real whole foods and contain no synthetic ingredients or added sugar.



**13.99**

Garden of Life  
Magnesium  
Gummies  
60 ct.

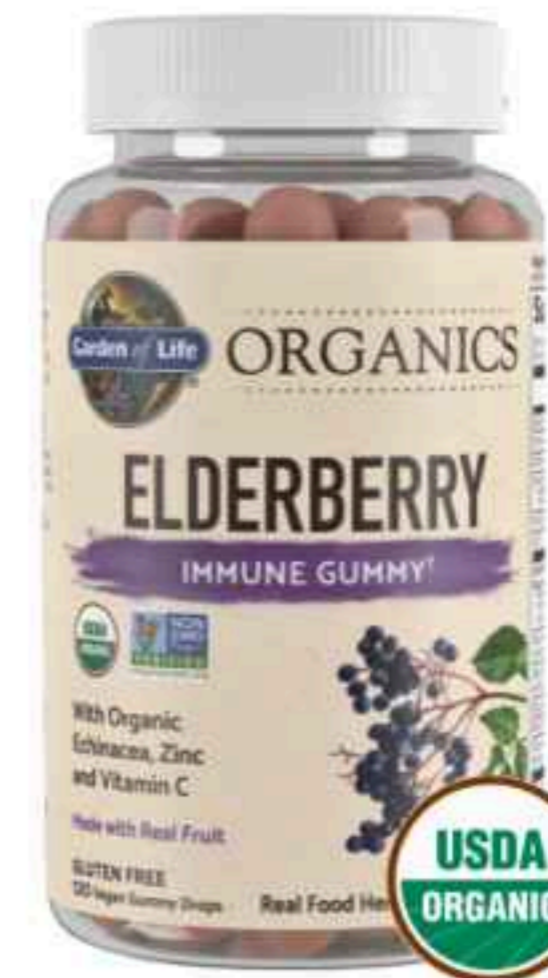
**SAVE 33%**



**25.99**

Garden of Life  
Organic Turmeric  
Gummies  
120 ct.

658010-121781  
**SAVE 32%**



**25.99**

Garden of Life  
Organic  
Elderberry  
Gummies  
120 ct.

658010-121774  
**SAVE 32%**



**25.99**

Garden of Life  
Organic Multivitamin  
Gummies  
120 ct.,  
selected varieties

**SAVE 32%**



The co-op is a great resource for supplements.

**Be well this fall.**

*a superior gut feeling*

Formulated with saccharomyces boulardii, a clinically studied probiotic yeast, and MOS, a prebiotic. Jarrow Formulas® uses superior science and quality ingredients to make smarter formulas.

**25.99**

Jarrow Formulas  
Saccharomyces  
Boulardii + MOS

90 ct.  
790011-030041



**15.99**

Wiley's Finest  
Easy Swallow  
Omega-3 Fish Oil  
Minis 630mg

60 ct.  
793573-167972



**The co-op has products to support wellness.**



# 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



remarkably thick, deliciously simple



Deliciously rich and creamy, made with only milk and live-active yogurt cultures. The possibilities are as endless as your imagination. Good things start here.

**2/\$6**

**Fage Greek Yogurt**  
SPECIAL ORDERS ONLY  
16 oz. each, case of 6  
689544-082002

### INCLUSIVE TRADE PARTNER

Painterland Sisters is a woman-owned company. We make delicious yogurt and work with our partner farms to care for their land, animals and workers.



**2.29** Painterland Sisters Organic Icelandic-style Skyr Yogurt  
5.3 oz., selected varieties  
**SAVE 30%**



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.



PWNWI024B