

Co+op deals

OCT 30 - NOV 12, 2024

gather and bake

Sourced from non-GMO ingredients, King Arthur's All-Purpose Flour is on sale at the co-op, and yields delicious results.



6.99

King Arthur
Unbleached All
Purpose Flour
5 lbs.
071012-010509
SAVE 18%



2.29

Field Day
Organic 100%
Pure Pumpkin
15 oz.
042563-605124
SAVE 23%



2.99

Field Day
Organic
Cane Sugar
24 oz., selected varieties
SAVE 25%



2.99

Field Day
Organic Light
Brown Sugar
24 oz., selected varieties
SAVE 25%



3.99

Field Day
Organic Saigon
Cinnamon
1.5 oz.
042563-604950
SAVE 20%



5.49

Field Day
Expeller Pressed
Canola Oil
32 fl. oz.
042563-603595
SAVE 22%



5.99

Field Day
Organic Grade A
Maple Syrup
8 fl. oz.
042563-602604
SAVE 20%



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
SAVE 35%



2/\$3

Field Day Organic Diced Tomatoes
14.5 oz.
042563-604004



2/\$3

Field Day Paper Towels each
042563-600426



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.
042563-606008



7.99

Field Day
Organic Frozen
Fruit
32 oz., selected varieties



8.99

Field Day
Refined
Avocado Oil
16.9 fl. oz.
042563-606091

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



3.79

Rumiano
Organic Sliced Cheddar
6 oz.

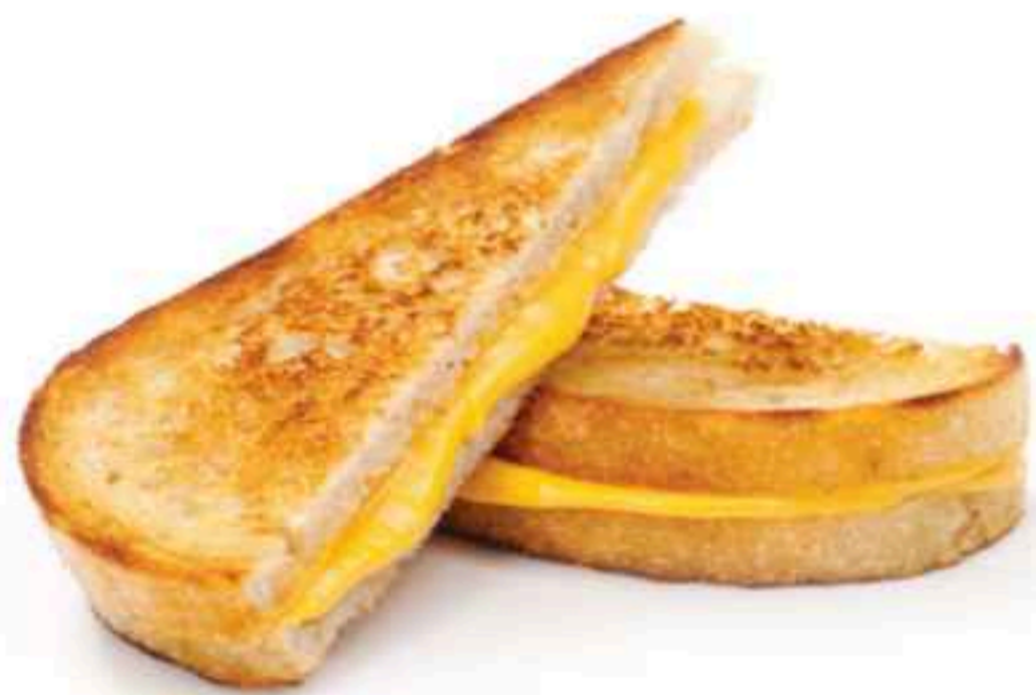


4.99

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
Provolone Slices
7 oz.
049568-210278

SAVE 40%



5.49

Applegate
Sliced Oven
Roasted Turkey
7 oz.
025317-586009



inclusive trade

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.



4.29

Chobani
Extra Creamy Oatmilk
 52 fl. oz.
 818290-017031

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.
 851220-003414



3.29

Tofutti
Plant-based Better than Sour Cream
 12 oz.
 020188-060139



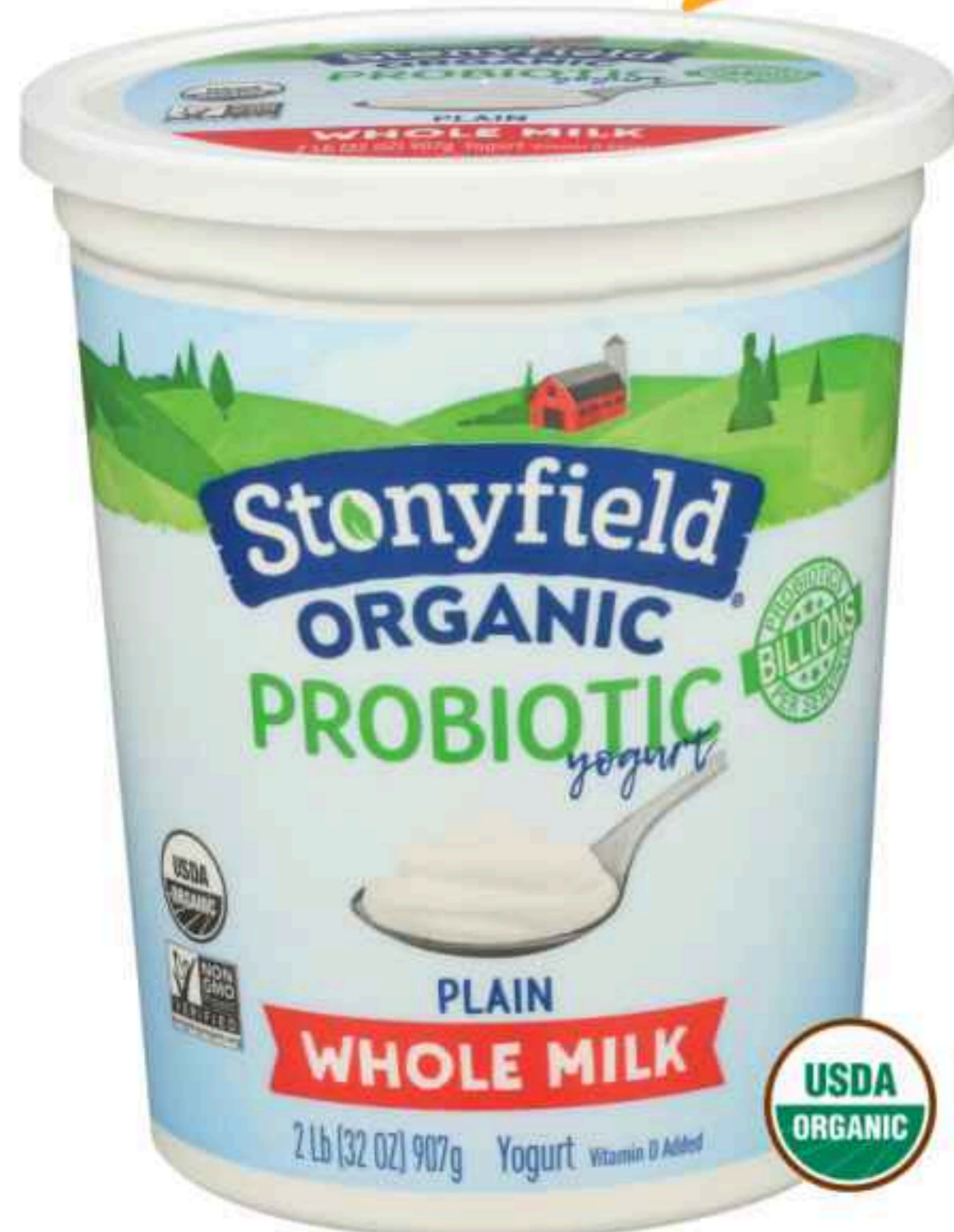
2/\$7

Goodbelly
Organic Probiotic Drink
 32 fl. oz., selected varieties



4.39

Upton's Naturals
Traditional Style Seitan
 8 oz.
 705105-357713



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
 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



4.79

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



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

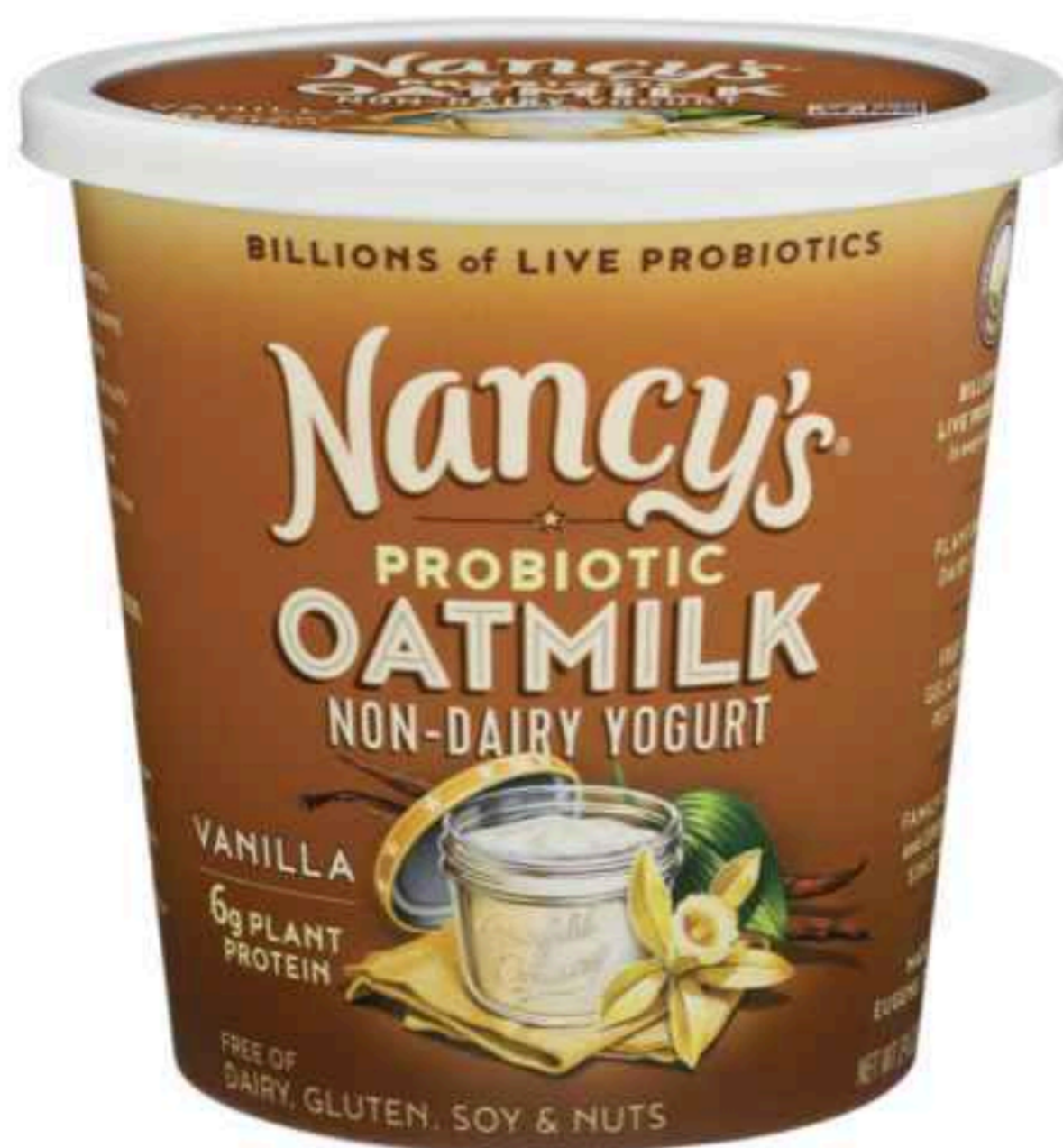
Kerrygold
Pure Irish Butter
 Sticks
 8 oz.



4.99

Violife
Just Like
Parmesan Wedge
 5.3 oz.
 810934-030116
SAVE 32%

thick and creamy



Free of gluten, soy, nuts & dairy. Creamy cultured and rich. As the first in the country to add live probiotics to yogurt back in 1970, our family is happy to share decades of trusted culturing to each delicious spoonful!

4.99

Nancy's
Oatmilk Non-Dairy
Yogurt
 24 oz.

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.
 855230-002009

inclusive trade

The co-op has ingredients for meals and treats.

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



2.19 Evol Burritos
6 oz., selected varieties
SAVE 33%



3.29 Van's Frozen Blueberry Waffles
SPECIAL ORDERS ONLY
9 oz. each, case of 12
089947-302200



7.39 Gardein Ultimate Chick'n Protein Pieces
14.7 - 15 oz., selected varieties



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



5.99 Glutino Gluten-free English Muffins
16.9 oz.
678523-375488



2/\$10 Blake's Chicken Pot Pie w/ Vegetables
8 oz.
017873-008064



9.99 Rao's Fire Roasted Vegetable Pizza
20.6 oz.

Udi's Certified Gluten Free!



Easy and delicious familiar favorites without compromising taste or nutrition.

4.99

Udi's Gluten Free Bread
12 oz., selected varieties



6.99 Bonafide Provisions Organic Chicken or Beef Bone Broth
24 fl. oz.



7.99 Beyond Meat Plant-based Ground Beef
16 oz.
850004-207093

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!

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

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
 1.6-2.4 oz., selected
 varieties



2.39
 Farmer's Market
 Organic Pumpkin
 Puree
 15 oz.
 638882-002005



3.99
 Santa Cruz
 Organic
 Apple Sauce
 23 oz.
 036192-122916



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.
 044082-045412

scoop up the savings in bulk!



2.19
 Organic Raw
 Sugar
 per pound in bulk



2.99
 Organic
 Shredded
 Coconut
 per pound in bulk



3.29
 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
SAVE 40%



2/\$6
Muir Glen Organic Tomatoes
28 oz., selected varieties
SAVE 40%



2/\$7
Muir Glen Organic Pasta Sauce
23.5 oz., selected varieties
SAVE 34%



2/\$8
Muir Glen Organic Salsa
16 oz. each, case of 12
725342-484904



2/\$6
Crown Prince Naturally Smoked Kipper Snacks
3.25 oz.
073230-008023



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



3.69
Montebello Organic Pasta
16 oz., selected varieties



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



3.79
West Life Organic Unsweetened Soymilk
32 fl. oz.



4.49
Frontier Co-op Hungarian Paprika
1.69 oz.



6.49
La Tourangelle Organic Garlic Infused Oil
8.45 oz.
854259-005626



19.99
Napa Valley Naturals Organic Extra Virgin Olive Oil
25.4 fl. oz.
786969-010051

Make great meals with deals from the co-op.



4.99

Kashi Cereal
9.5-14 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
SPECIAL ORDERS ONLY
15 ct. each, cases of 15
741391-973886, 741391-973909



2/\$3

Ito En Green Tea Sencha Shot
6.4 oz.
835143-002006



2/\$6

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



3.79

R.W. Knudsen Simply Nutritious 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 Mixed Berry Yogis
1 oz.
852697-001484

COOPERATIVELY OWNED



9.99

Equal Exchange Organic French Roast Coffee
per pound in bulk

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



4.49

Zack's Mighty
Organic Sea Salt Tortilla
Chips
9 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
White Cheddar
Chickpea Puffs
4 oz.
810122-080015



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
SAVE 32%



5.49

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

Delicious snack options are at the co-op.



1.69

If You Care
Large Baking
Cups
60 ct.
770009-010484

SAVE 32%



3.29

If You Care
Unbleached
Coffee Cone
Filters
100 ct.

SAVE 34%



4.49

If You Care
Recycled Aluminum
Foil
50 sq. ft.
770009-120114

SAVE 36%



4.79

If You Care
Parchment Baking
Paper
70 sq. ft.
770009-010200

SAVE 32%

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.



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.

751063-399500

SAVE 36%



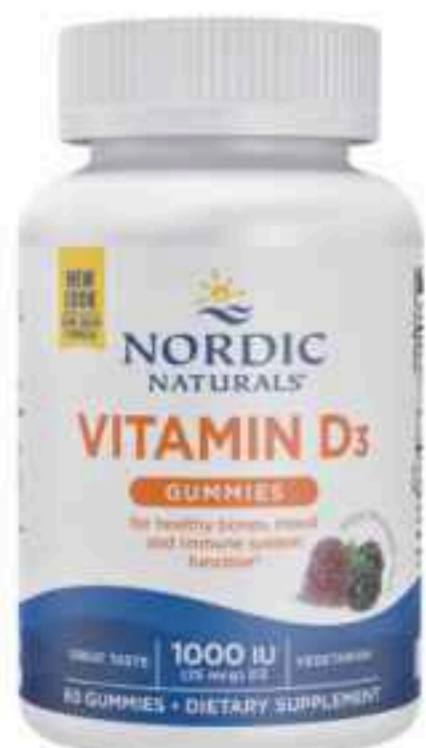
32.99

Garden of Life
Unflavored Collagen
Peptides

19.75 oz.

658010-124591

SAVE 30%



10.99

Nordic Naturals
1,000 IU Vitamin
D3 Gummies
60 ct.
768990-311406



12.99

Enzymedica
Digest Basic
90 ct.
670480-290101

SAVE 41%



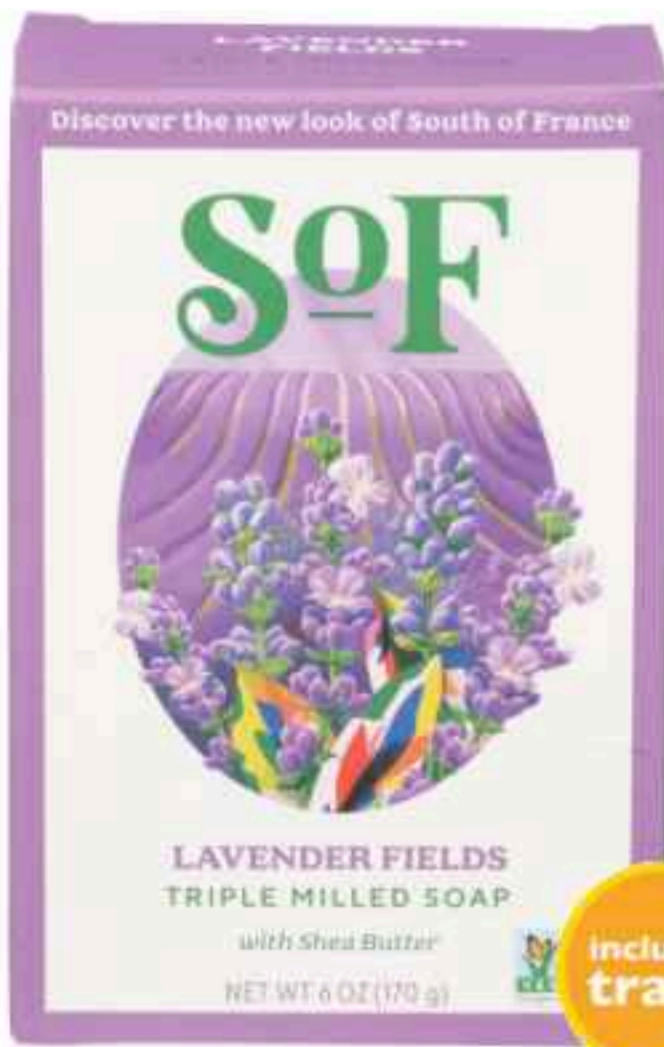
20.99

Gaia Herbs
Mighty Lungs
60 ct.
751063-151641

SAVE 34%

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.
895454-002645



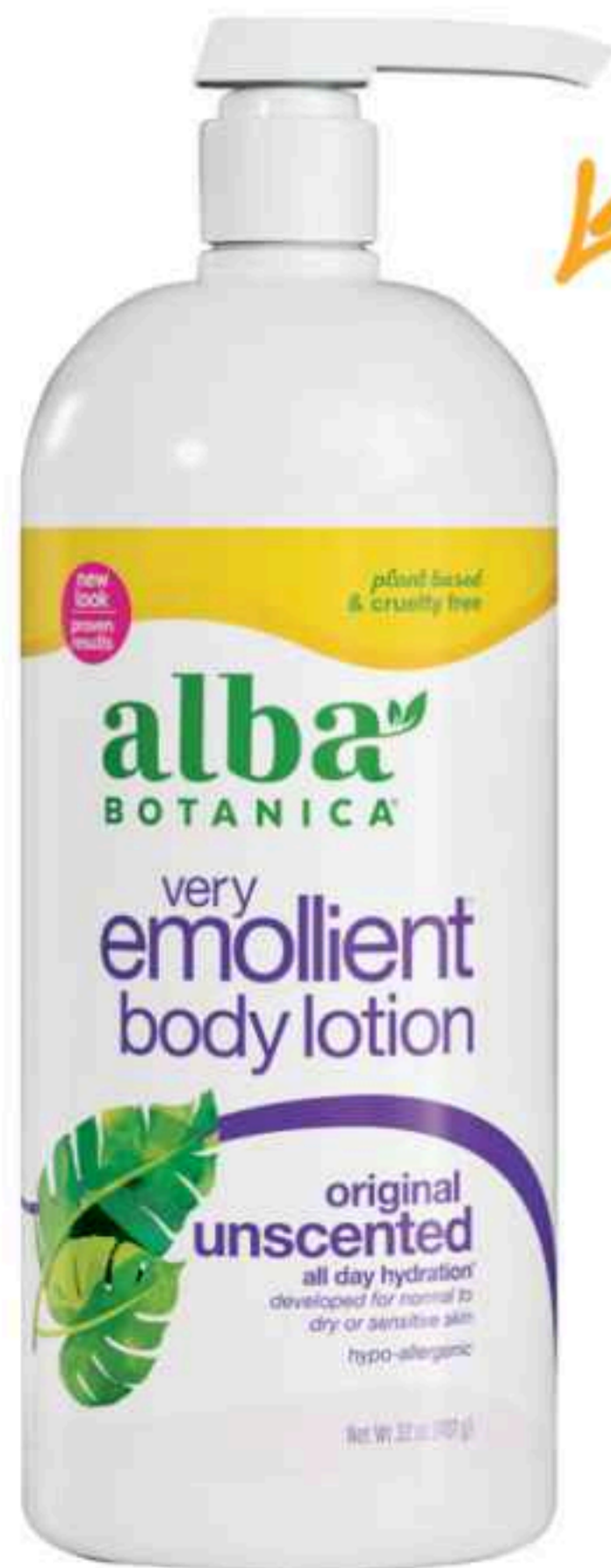
2/\$7

DrTung's Smart Floss
30 yd.
019373-711215
SAVE 34%



8.99

Pranarom Organic Lavender Essential Oil
.17 fl. oz.
859493-010221



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.

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



going green
this fall



2.19

Woodstock
Frozen Vegetables
10 oz., selected varieties



2.69

Woodstock
Organic Frozen Vegetables
10 oz., selected varieties



4.29

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.



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