

coop deals®

NOV 13 - DEC 3, 2024

complement your meal

Creating a delicious feast for family or friends is made easier with Cascadian Farm Organic's green beans. Side dishes or casseroles are a fantastic addition to any meal. Find these on sale at the co-op!



2/\$7

**Cascadian Farm
Organic Frozen Vegetables**
16 oz., selected varieties

SAVE 34%



2/\$3

**Field Day
Organic Macaroni
& Cheese**
6 oz., selected varieties
SAVE 25%



2/\$3

**Field Day
Organic
Sweet Corn**
15 oz.
042563-605209
SAVE 25%



2/\$5

**Field Day
Organic Gravy**
12 oz., selected varieties
SAVE 16%



2/\$6

**Field Day
Organic Stuffing**
10 oz.
042563-605766
SAVE 25%



3.99

**Field Day
Organic Rosemary**
.7 oz.
042563-604967
SAVE 20%



16.99

**Field Day
Organic Olive Oil**
33.8 fl. oz.
042563-601904
SAVE 15%



Community
FOOD CO-OP
good local food

50
YEARS



STRENGTHEN NATIVE FOODWAYS

Shop Co+op Deals on Field Day products — for each product sold we'll donate 5¢ to NATIFS! Oct. 30 – Dec. 3



2/\$5
Field Day Organic Pretzels
8 oz., selected varieties



3.99
Field Day Organic Semi-sweet Chocolate Chips
10 oz.
042563-605032



4.99
Field Day Organic Raw Honey
12 oz.



4.99
Field Day Organic Raisins
15 oz.



5.99
Field Day Organic All-purpose Flour
5 lbs.



6.99
Field Day Organic Bath Tissue
12 ct.

Scan the QR code above for more about NATIFS!

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



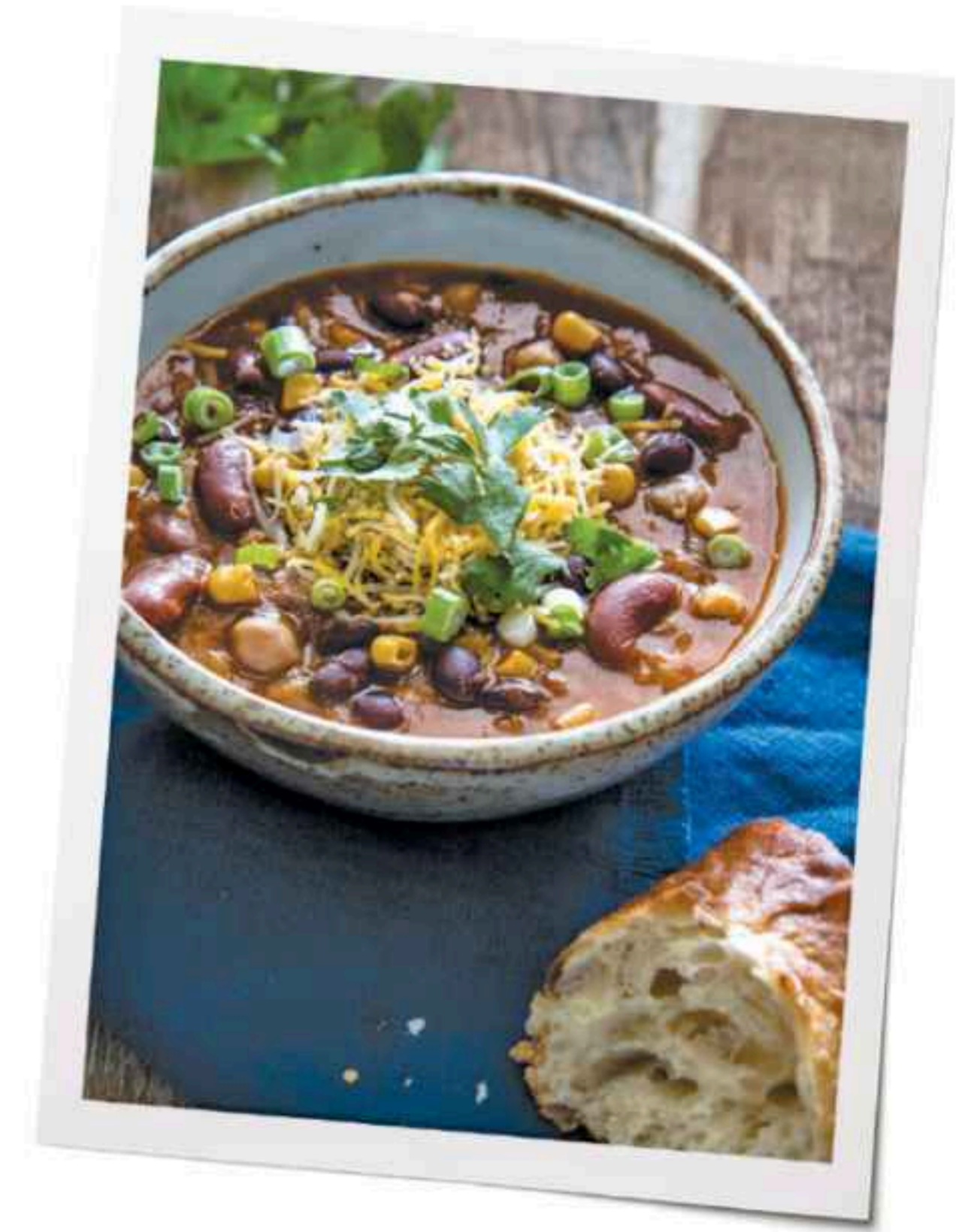
4/\$5

Field Day Organic Black Beans
15 oz.



2/\$4

Field Day Coconut Water
16.6 fl. oz.



2/\$4

Field Day Black Olives
6 oz.



2.29

Field Day Sparkling Water
6 pk.-12 fl. oz., selected varieties



2/\$6

Field Day Snack Bars
7.9 oz., selected varieties



2/\$6

Field Day Organic Salsa
16 oz., selected varieties



3/\$10

Field Day Wild Pink Salmon
7.5 oz., selected varieties



3.99

Field Day Organic White or Brown Rice
32 oz., selected varieties



2/\$8

Field Day Organic Golden Round Crackers
8 oz.



4.29

Field Day Organic Frozen Potatoes
23-24 oz., selected varieties



4.99

Field Day Wild Caught Cod Fish Sticks
8 oz.
042563-606329



4.99

Field Day Organic Apple Cider Vinegar
32 fl. oz.
042563-601096



5.99

Field Day Organic Frozen Pizza
12.2-13.8 oz., selected varieties

Incredible seasonal savings are at the co-op.

*unwrap
pasture-raised
perfection*

COOPERATIVELY OWNED

Organic Valley knows that not just any cheese can be trusted in your holiday recipes. Ours are the perfect option for all of your family's needs. From provolone to cheddar, feta to mozzarella, we've got you covered with award-winning taste.



4.99
Organic Valley
Block Cheese
8 oz., selected varieties
SAVE 32%



4.99
Organic Valley
Feta Cheese
8 oz.
093966-213010
SAVE 33%



5.49
Organic Valley
Raw Block Cheese
8 oz., selected varieties



4.99
Organic Valley
Cheese Slices
6 oz., selected varieties
SAVE 32%



3.49
Califia Farms
Better Half
Unsweetened Coconut
Cream & Almondmilk
16.9 fl. oz.



6.49
Just
Plant-based Egg
16 oz.



4.99
Miyoko's Creamery
Organic Plant Milk
Butter
8 oz., selected varieties



5.49
Miyoko's Creamery
Organic Plant Milk
Cheese Spread
8 oz., selected varieties



6.99
Miyoko's Creamery
Organic Plant Milk
Mozzarella
8 oz.

*dabble in
dairy free*

For plant-curious foodies seeking delicious and kinder food choices, **Miyoko's Creamery** is an organic plant milk creamery that crafts the world's finest vegan cheese and butter, empowering people to choose good food that nurtures good in our world.

Dairy and dairy-free options are at the co-op.

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



2/\$4

Yachak Organic Yerba Mate
16 fl. oz., selected varieties



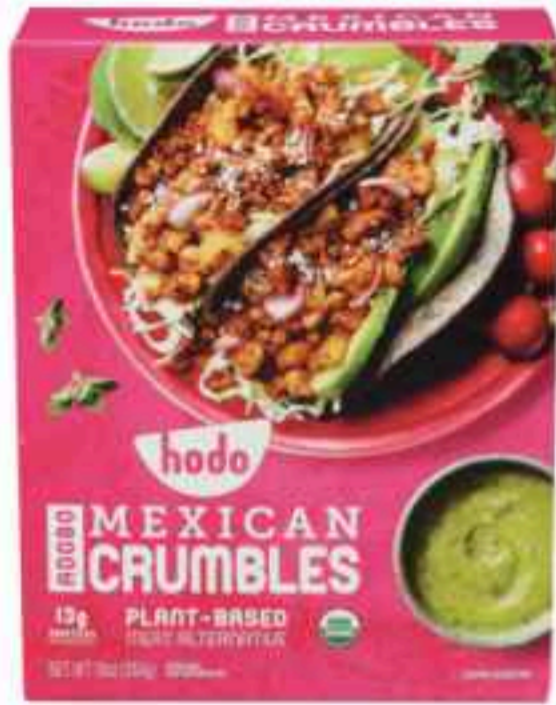
the obsession is real™

Good Culture is a B-corp and 1% For The Planet organization that makes USDA Organic Cottage Cheese that is deliciously thick and creamy and contains live and active cultures.



4.79

Good Culture Organic Cottage Cheese
15-16 oz., selected varieties



5.49

Hodo Tofu Mexican Crumbles 10oz
10 oz.
850565-007293



3.99

Ithaca Hummus
10 oz., selected varieties



5.49

Immaculate Organic Cinnamon Rolls
17.5 oz.
665596-013010

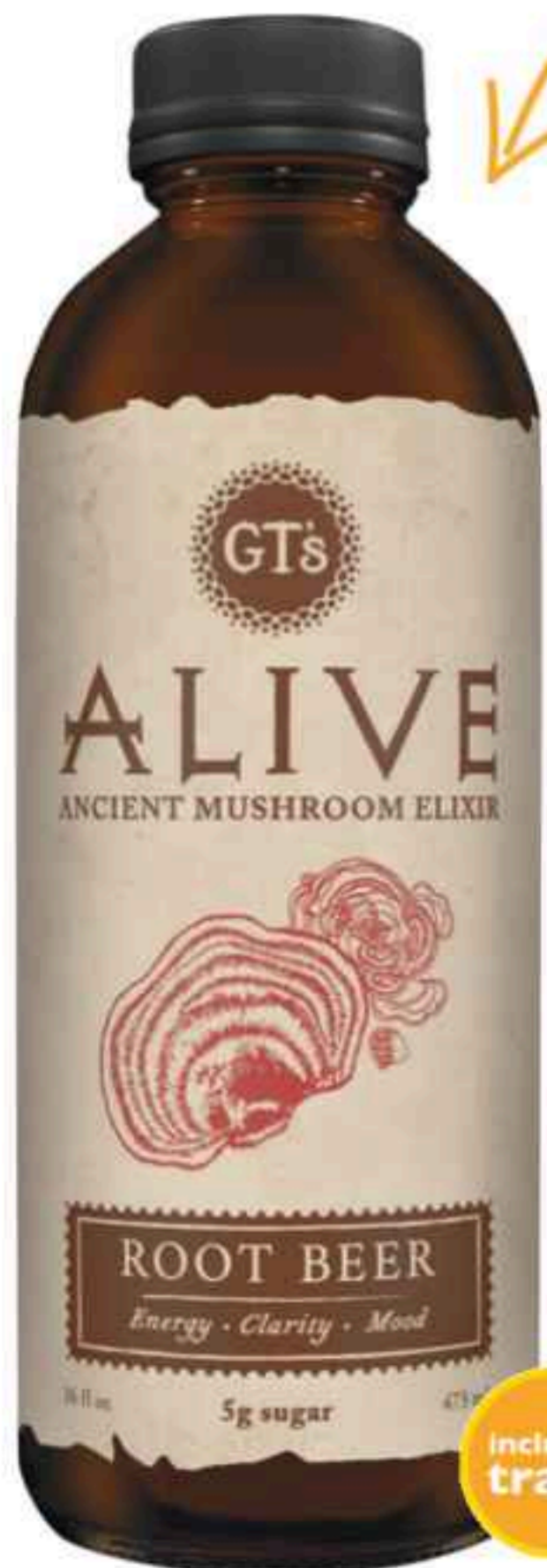


SAVE 45%



5.49

GT's Organic Cocoyo
8 oz., selected varieties



clean energy

INCLUSIVE TRADE PARTNER

GT's Living Foods is an LGBTQIA+-owned company. ALIVE is a sparkling adaptogenic beverage designed to naturally energize your body and mind. Made with three powerful medicinal mushrooms, each sip provides a rejuvenating boost so you can feel alert.

2/\$6

GT's Alive Ancient Mushroom Elixir
16 fl. oz., selected varieties



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

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



5.49

Vital Farms
Pasture-raised
Liquid Whole Eggs
16 oz.

SAVE 31%



5.99

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



7.99

Vital Farms
Large Pasture-raised
Grade A Eggs
18 ct.

*made with
sunshine*

What are Vital Farms pasture-raised eggs, you ask? They're eggs from hens raised with respect by family farmers. Proudly crack them open for breakfast or bake into your favorite holiday recipe.



4.79

Mt Vikos
Organic Feta
Cheese
6 oz.

SAVE 44%



6.49

Wallaby Organic
Greek Yogurt
32 oz., selected varieties

power of plant-based

Califia Farms is on a mission to create a future where plants replace dairy, without compromise. Califia produces innovative, healthy and great-tasting plant-based alternatives to dairy.

5.29

Califia Farms
Plant-based Creamer
25.4 fl. oz., selected varieties



3.79

The Greek Gods
Greek Yogurt
24 oz., selected varieties

The food you love is at the co-op.

vegan holiday favorites



3.39
Lightlife
Organic Tempeh
8 oz., selected varieties



4.49
Field Roast
Plant-based
Pepperoni
5 oz.
638031-612208



4.99
Field Roast
Chao Plant-based
Cheese
7oz., selected varieties
SAVE 32%



5.99
Field Roast
Plant-based
Appetizers
10 oz., selected varieties

Lightlife and Field Roast make the holidays merrier with flavor-packed, plant-based foods. Grab these vegan favorites today!



12.99
Tofurky
Plant-based
Roast
26 oz.
025583-074613



great buttery taste

Earth Balance Vegan Buttery Sticks has made its name as the ultimate toast topper and a crucial part of non-dairy baking. It's creamy, rich and buttery.

4.99
Earth Balance
Buttery Spread or Sticks
13-16 oz., selected varieties



3.59
Green Valley
Organic Lactose-free Sour Cream
12 oz.
081312-600003

Find delicious food for entertaining at the co-op.

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

joy to
dairy-free
deliciousness

It's no coincidence that delicious is in our name. Make your dairy-free holiday brighter with tasty **So Delicious** Coconutmilk Yogurt Alternative, CocoWhip, Holiday Nog and Coconutmilk Creamer! Together, they make everything better. Now that's a reason to celebrate.



3.49
So Delicious
Coconutmilk
Holiday Nog
32 fl. oz.
744473-913015



3.99
So Delicious
CocoWhip
Topping
9 oz.
744473-899975



4.69
So Delicious
Organic French
Vanilla Coconut
Milk Creamer
32 fl. oz.
744473-941247



5.39
So Delicious
Coconutmilk
Yogurt
24 oz., selected varieties



4.99
Wholly
Wholesome
Organic Pie Shells
14 oz.
074677-842119



5.39 Kodiak Cakes
Frozen Waffles
13.4 oz.
705599-012211



5.39
Little Northern
Bakehouse
Gluten-free Bread
16-17 oz., selected
varieties



8.49

Alden's Organic
Ice Cream
1.5 qts., selected varieties

taste the
difference

Experience the rich, creamy goodness of Alden's Organic ice cream. Made with premium organic ingredients, every bite offers flavor you can feel good about. Treat yourself today!

INCLUSIVE TRADE PARTNER

Grain Trust is a Hispanic-owned company that creates three-minute dishes with ethically sourced grains from farmers who earn living wages.



2/\$8 Grain Trust
Frozen Rice Sides
30 oz., selected varieties
SAVE 31%

Find something for everyone at the co-op.



3.99

Daiya Dairy-free Shreds
7.1 oz., selected varieties

SAVE 31%



2/\$8

Daiya Deluxe Mac & Cheese
10.6 oz.
871459-001333



6.99

Daiya Frozen Pizza
17.4-19.4 oz., selected varieties

*celebrate cheesy,
deliciously easy*

At **Daiya**, we're about creating comforting, delicious moments everyone can enjoy. Our Daiya Oat Cream™ blend ensures that choosing Daiya means indulging in creamy, melty and rich flavors crafted from plants. Every bite is a celebration of taste and choice.



Find delicious food at the co-op.

Warm meals for cool evenings.

frozen is fresh

You can taste the difference! Enjoy our sustainable veggies that are firmer, sweeter and crunchier because we pick them at the peak of ripeness and process them right on our family farm.

2/\$5

Stahlbush Island Farms Frozen Vegetables
10 oz., selected varieties



3.99

Silver Hills Sprouted Bread
15-22 oz., selected varieties



Easy meal ingredients are at the co-op.

*your partner
in cooking*

Enhance your culinary journey with **Spectrum®** Culinary Oil, boasting a diverse oil portfolio to cater to all your cooking needs. With every sizzle and drizzle, Spectrum® unlocks the true essence of your ingredients, transforming every dish into a mouthwatering masterpiece!



8.99

Spectrum
Organic Non-hydrogenated
Shortening
24 oz.
022506-102606

SAVE 31%



6.99

Spectrum
Organic Distilled
White Vinegar
32 fl. oz.
022506-002487



11.99

Spectrum
Organic Canola
Oil
32 fl. oz.
022506-137202



17.99

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



3.49

Woodstock
Organic
Cranberry Sauce
14 oz., selected varieties
SAVE 34%

2/\$5



Pacific Foods
Cream of
Mushroom
Soup
10.5 oz.



4.69

Maille
Dijon Mustard
7.5 oz.
043646-104824



3.39

Native Forest
Artichoke Hearts
14 oz., selected varieties



8.99

4th & Heart
Grass-fed Ghee
9 oz.
861555-000118
SAVE 33%



10.99

Cobram Estate
California Select
Extra Virgin Olive Oil
12.7 oz.
852696-002369

Find easy recipe ideas at [grocery.coop](https://www.grocery.coop).



2/\$4
 Dr. McDougall's
 Soup Cups
 1.3-3.4 oz., selected
 varieties



2.39
 San Pellegrino
 Sparkling Mineral
 Water
 33.8 fl. oz.
 041508-800006



2/\$6
 Wild Planet
 Skipjack Tuna
 5 oz., selected varieties



4.29
 Milkadamia
 Macadamia Milk
 32 fl. oz., selected
 varieties



3.99
 Divina
 Cocktail Onions
 10.6 oz.
 631723-209151



5.49
 Bragg
 Organic Apple
 Cider Vinegar
 32 fl. oz.
 074305-001321
SAVE 30%



5.99
 Better than
 Bouillon
 Organic Broth
 Base
 8 oz., selected varieties



8.99
 Primal Kitchen
 Avocado Oil Mayo
 12 fl. oz.
 863699-000108



5.49
 Field Day
 Organic Expeller
 Pressed Coconut
 Oil
 14 oz.
 042563-603861

holiday meals start here

Pacific Foods Organic Broth is rich, flavorful and the perfect pantry partner to create a table full of palate-pleasing holiday favorites like mashed potatoes, stuffing, gravy and more!

2/\$7

Pacific Foods
 Organic Broth
 32 fl. oz., selected varieties



4.79
 Lundberg Family Farms
 Wild Rice Blend
 16 oz.
 073416-004306

Find the brands you love at the co-op.



6.99

**Sweetleaf
SteviaClear Sweetener**
2 fl. oz.
716123-125611



2/\$5
**Endangered
Species
Chocolate Bars**
3 oz., selected varieties



2/\$7
**Dandies
Vegan Mini
Marshmallows**
10 oz., selected varieties



5.49
**Bob's Red Mill
Organic Flour**
5 lbs.
039978029911
SAVE 34%



7.99
**Bob's Red Mill
Super-fine Almond
Flour**
16 oz.
039978-053817



*sweet holidays
for all*

Bake your holiday best with help from Wholesome high-quality Organic Sugars, while our farmers benefit from fair trade and the sustainable farming practices we use to support our planet.

4.69 **Wholesome
Organic Sugar**
24 oz., selected varieties

INCLUSIVE TRADE PARTNER

Otto's Naturals is a woman-owned company providing gluten- and grain-free alternatives for traditional foods. We've developed a superior cassava flour by working directly with producer groups in Brazil.



**inclusive
trade**

5.99
**Otto's Naturals
Cassava Flour**
1 LB
866453-000062

scoop up the savings in bulk!



5.49
**Organic Dried
Cranberries**
per pound in bulk



10.99
**Organic Pecan
Halves**
per pound in bulk



6.49
**Sliced Raw
Almonds**
per pound in bulk

The co-op has all your baking ingredients.

COOPERATIVELY OWNED



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

magic in your mug



Teas that are bursting with benefits, flavor and a passion for inspiring a happier and healthier life.

2/\$7

**Celestial Seasonings
 Herbal Tea**
 18-20 ct., selected varieties



4.29
 St. Dalfour
 Fruit Spread
 10 oz., selected varieties



4.39
 R.W. Knudsen
 Sparkling Juice
 Drink
 25.4 fl. oz., selected
 varieties



4.49
 Tazo
 Organic Chai Black
 Tea
 16 ct.
 794522-003051



4.49
 Barbara's
 Cereal
 10-14 oz., selected
 varieties



*energize, sustain
 and nourish*

Baked with delicious, wholesome ingredients and purposefully crafted with a blend of protein, fat and carbs to keep you moving.

**Clif or Luna
 Nutrition Bars**
 1.69-2.4 oz., selected varieties



4.79
 Sahale Snacks
 Pomegranate
 Pistachio Glazed
 Mix
 4 oz., selected varieties
SAVE 30%



6.99
 Lakewood
 Organic Pineapple
 Juice
 32 fl. oz.
 042608-459057

2/\$3

Stock the pantry with deals from the co-op.



2/\$5

Pirate's Booty
Aged White
Cheddar Puffs
4 oz.
015665-602001

SAVE 37%

Crazy Delicious Vegetables™



TERRA® chips aren't just chips. They're the only vegan, non-GMO and gluten-free chef-made chips created by slicing, seasoning and crisping already tasty vegetables into an even tastier snack.

2/\$7

Terra
Vegetable Chips
5 oz., selected varieties

SAVE 30%

COOPERATIVELY OWNED



2/\$7

Blue Diamond
Nut Thins
4.25 oz., selected
varieties



2/\$7

From the Ground Up
Cauliflower Crackers
SPECIAL ORDERS ONLY
4.5 oz each, case of 6
810571-030050



4.49

Back to Nature
Cookies
8-12 oz., selected
varieties



4.79

Late July
Salsa
15.5 oz., selected
varieties

surprise & delight in every bite

Surprise and delight await you in every delicious bite of Chocolove premium chocolate. Experience the exquisite flavors, consciously crafted with natural ingredients, and enjoy a true chocolate indulgence.

2/\$5

Chocolove
Chocolate Bars
3-3.2 oz., selected varieties



3.99

Late July
Tortilla Chips
7.8 oz., selected varieties



4.99

Newman's Own
Sandwich
Cookies
13 oz., selected varieties

Find an array of flavorful snacks at the co-op.



12.99

Biokleen
Liquid Laundry Detergent
64 fl. oz., selected varieties



8.99

Hyland's Naturals
Calms Forte Sleep
Aid
100 ct.
354973-325777
SAVE 31%



2/\$6

The Humble Co.
Floss Picks
50 ct., selected varieties



10.99

Honey Gardens
Elderberry &
Honey Immune
Syrup
4 fl. oz.
022318-000084



11.99

Childlife Essentials
Multi Vitamin
& Mineral
8 fl. oz.
608274-103009



14.99

Childlife Essentials
First Defense
Immune Formula
4 oz.
608274-101500
SAVE 32%



17.99

Om
Organic Mushroom
Powder
3.17-3.5 oz., selected
varieties
SAVE 31%



feel your best

WINTER WELLNESS

This winter, take extra care of yourself and find great supplements on sale at the co-op. There are many options to explore in the wellness aisle, so stop in and check it out.

The co-op has all your winter wellness items.

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



make delicious organic food

COOPERATIVELY OWNED

Simply Organic offers everything from savory gravies to dip mixes to aromatic bottled spices to help you prepare flavorful, organic meals. And we're proud to help fight food insecurity across North America with the Simply Organic Giving Fund.



2/\$3

Simply Organic Seasoning or Dip Mixes
.53-1.48 oz., selected varieties



2/\$3

Simply Organic Gravy Mix
.85 oz., selected varieties



7.49

Simply Organic Ceylon Ground Cinnamon
2.08 oz.



4.99

Simply Organic Chili Powder
2.89 oz



Scan the QR code to learn more about the quality and values represented by these symbols.



PWNWI124B

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

