packed with protein

SIMPLE MEALS MADE EASY
Canned tuna is packed with protein, contains almost no fat, and is an excellent source of heart-healthy omega-3 fatty acids. It’s perfect for an easy-to-make sandwich, but also goes great in salads, pastas and even tacos!

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

5/$5
Honest
Organic Tea
16 oz., selected varieties

2/$6
Yogi
Herbal Tea
16 ct., selected varieties

2/$6
Kashi
Organic Cereal
6.5-20 oz., selected varieties

The co-op supports your local community.
Everyone can shop at the co-op!
2/$5
Kevita
Organic Probiotic Drink
15.2 oz., selected varieties

Kite Hill Blissful Yogurt
5.3 oz., selected varieties

2.79
Green Valley Creamery
Organic Lactose-Free Cream Cheese
8 oz.

4/$5
Liberté
Organic Yogurt
5.5 oz., selected varieties

5/$5
Wallaby
Organic Whole Milk Yogurt
5.3 oz., selected varieties

4.49
Organic Valley Sliced Cheese
6 oz., selected varieties

always organic!
Smooth and creamy delicious yogurt always made with organic ingredients and without any toxic persistent pesticides or GMOs. Good for you and your family, and good for our planet too.

3.49
Stonyfield Organic Yogurt
32 oz., selected varieties

2.99
Chameleon Cold Brew
Organic Ready-to-Drink Coffee
10 oz., selected varieties

The co-op has great deals to start your day.
5.99
Rebbl
Organic Multi-Serve Elixir
32 oz., selected varieties

2/$4
Kor Shots
Wellness Shot
1.7 oz., selected varieties

Health-ade kombucha
When you can’t get away from your busy life, treat your taste buds to a tropical vacation in a bottle!

2/$5
Health Ade
Organic Kombucha
16 oz., selected varieties

2/$5
Brew Dr.
Organic Kombucha
14 oz., selected varieties

2/$7
Blue Diamond
Almond Milk
64 oz., selected varieties

2/$7
Evolution Fresh
Organic Juice
15.2 oz., selected varieties

Everything is fresh at the co-op.
Spring is in the air!

The co-op has all your favorite beverages.

Some items may not be available at all stores or on the same days
Caulipower is revolutionizing our favorite foods, making them better and better-for-you. We believe that you should never have to choose between taste, nutrition and convenience. Everyone at the table can love what they eat... and finally be able to share from the same plate.

Wondering what’s for dinner? 

The co-op has meal solutions!

this is really creamy

The creamiest ice cream, thoughtfully made by a women-founded and led premium ice cream company.

2/$8

Coolhaus Dairy Free Ice Cream
1 pint, selected varieties

4.49

Canyon Bakehouse Gluten-Free Bread
14-18 oz., selected varieties

2/$6

Sweet Earth Burrito
7 oz., selected varieties

Find something your family will love at the co-op.

Some items may not be available at all stores or on the same days
2/$4 Annie’s Homegrown Organic Mac & Cheese 6 oz., selected varieties

2/$6 Annie’s Homegrown One-Pot Pasta 6.8-7.2 oz., selected varieties

2/$5 Maya Kaimal Surekha Rice 8.5 oz., selected varieties Maya Kaimal simmer sauces also on sale

4/$5 Lotus Foods Rice Ramen 2.8 oz., selected varieties

2/$7 Equal Exchange Organic Tea 20 ct., selected varieties

10/$10 Muir Glen Organic Tomatoes 14.5 oz., selected varieties

2/$4 Koyo Organic Soba or Udon Noodles 8 oz., selected varieties

2/$6 Pacific Organic Soup 17-17.6 oz., selected varieties

Scoop up the savings in bulk!

1.29 Organic Yellow Split Peas
2.99 Organic White Quinoa
5.99 Organic Mission Figs

Stock the pantry with essentials.

Some items may not be available at all stores or on the same days.
food for every cooking style and budget!

CO-OPS HAVE SOMETHING FOR EVERYONE
Shopping for family or friends with a variety of dietary needs? The co-op offers products to accommodate a variety of cooking styles and budget needs, every day!

#1 natural ancient grain granola

We are the only granola brand that exclusively bakes with the raw virgin coconut oil and sweetens with coconut sugar. We mix in ancient grains and superfood seeds for superior nutritional value.

4.49
Purely Elizabeth
Organic Granola
12 oz., selected varieties

2/$5
Mom's Best Cereal
15-24 oz., selected varieties

4/$5
Clif Bar
Organic Nut Butter Filled Bar
1.76 oz., selected varieties

2.99
Nature's Path
Organic Instant Oatmeal
14 oz., selected varieties

19.99
Happy Baby
Organic Infant Formula
12 oz., selected varieties

Everyone is welcome every day at the co-op!
add a little green to your spring!

GREEN INGREDIENTS FOR FLAVOR AND WELLNESS

Mint, basil and green onions look fantastic in everyday recipes, while also adding flavor and health benefits.

**Mint**

Add to: your daily cup of tea, sprinkle over desserts or salads, or enjoy it with a bowl of soup like Vietnamese pho.

**Bonus:** Mint can improve digestion and freshen breath. Just smelling it can also help alleviate stress.

**Basil**

Add to: pesto, bruschetta, pizza, salads, soups and many Thai, Mediterranean and Vietnamese dishes.

**Bonus:** Did you know basil is a good source of calcium and magnesium? And it can act as a natural mood enhancer.

**Green Onions**

Add to: nearly anything savory! Green onions go particularly well with eggs, fried rice and, like mint and basil, go great in soups and salads. Grab a pair of kitchen scissors and cut them onto countless dishes.

**Bonus:** Green onions contain a lot of vitamin A, which helps fight inflammation.

---

The co-op has your favorite spring ingredients.

Some items may not be available at all stores or on the same days.
choices for any occasion

Sanpellegrino offers a full range of premium Italian sparkling beverages that are perfect for any and every occasion. Elevate your next dinner party with the iconic Sanpellegrino® Sparkling Mineral Water found in the best restaurants around the world. If you’re looking for a more indulgent treat to get you through the day, the Sanpellegrino® Traditional Range offers the full flavor and classic taste of Mediterranean fruit juices. Or, discover the low-calorie Sanpellegrino® Momenti™: an intriguing blend of real fruit juices and refreshing bubbles with no artificial sweeteners.

Ready for entertaining?

Find delicious drinks at the co-op.

Food Should Taste Good… and can do good too! We’re committed to advancing farming practices that positively impact the seeds in our chips and the health of the soil.

The co-op has beverages for last-minute parties.

Some items may not be available at all stores or on the same days.
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equal Exchange Organic Chocolate Bar</td>
<td>2/$5</td>
<td>2.8 oz, selected varieties</td>
</tr>
<tr>
<td>Quinn Snacks Peanut Butter Filled Pretzels</td>
<td>2/$7</td>
<td>6.5-7 oz, selected varieties</td>
</tr>
<tr>
<td>Good Health Avocado Oil Potato Chips</td>
<td>2/$5</td>
<td>5 oz, selected varieties</td>
</tr>
<tr>
<td>Garden Of Eatin' Tortilla Chips</td>
<td>2/$7</td>
<td>16 oz, selected varieties</td>
</tr>
<tr>
<td>From The Ground Up Cauliflower Snacks</td>
<td>2/$6</td>
<td>4-4.5 oz, selected varieties</td>
</tr>
</tbody>
</table>

Looking for something new or something tried and true? The co-op offers a variety of snacks to choose from!

Your starting line-up

Don’t leave this dynamic duo on the bench this tourney season! Kettle Brand® Chips and Late July® Snacks have teamed up to make sure you cover the spread. With bold flavors and a satisfying crunch, this perfect pair will leave you wishing for overtime!

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Late July Organic Thin &amp; Crispy Tortilla Chips</td>
<td>2/$5</td>
<td>11 oz, selected varieties</td>
</tr>
<tr>
<td>Late July Organic Thin &amp; Crispy Cantina Dippers</td>
<td>2/$5</td>
<td>8 oz, selected varieties</td>
</tr>
<tr>
<td>Late July Organic Salsa</td>
<td>2/$6</td>
<td>15.5 oz, selected varieties</td>
</tr>
<tr>
<td>Kettle Brand Krinkle Cut Chips</td>
<td>3.99</td>
<td>13 oz, selected varieties</td>
</tr>
</tbody>
</table>

Keep your kitchen stocked for friendly gatherings.

Some items may not be available at all stores or on the same days.
<table>
<thead>
<tr>
<th>Price</th>
<th>Product</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.99</td>
<td>Genexa Organic Medicine</td>
<td>60-100 ct., selected varieties</td>
</tr>
<tr>
<td>32.99</td>
<td>New Chapter Zyflamend Whole Body</td>
<td>60 ct.</td>
</tr>
<tr>
<td>5.99</td>
<td>Spry Chewing Gum</td>
<td>100 ct., selected varieties</td>
</tr>
<tr>
<td>16.99</td>
<td>Nutrition Now PB 8 Probiotic</td>
<td>120 ct., selected varieties</td>
</tr>
<tr>
<td>18.99</td>
<td>Organic India Ashwagandha Formula</td>
<td>90 ct.</td>
</tr>
</tbody>
</table>

Wellness products, multivitamins and supplements.

Savings for the whole family.

trusted since 1973

Solaray, Zhou and Kal offer you a broad spectrum of all-natural dietary supplements that promote optimal overall health and wellness. Solaray has a reputation as one of the best nutritional supplement brands available, known for innovation, quality and consistency.

<table>
<thead>
<tr>
<th>Price</th>
<th>Product</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>19.99</td>
<td>Solaray D-Mannose with CranActin</td>
<td>60 ct.</td>
</tr>
<tr>
<td>29.99</td>
<td>Solaray MycoBiotic Probiotic</td>
<td>30 ct.</td>
</tr>
<tr>
<td>39.99</td>
<td>Zhou Keto Drive</td>
<td>8.29 oz.</td>
</tr>
</tbody>
</table>

Stay well this spring with deals from the co-op.

Some items may not be available at all stores or on the same days.
5.99
Thayers
Witch Hazel
Deodorant
4 oz., selected varieties

14.99
Derma E
Vitamin C Intense
Night Cream
2 oz.

5.99
Giovanni
Shampoo or
Conditioner
8.5 oz., selected varieties

2/$6
South Of France
Bar Soap
6 oz., selected varieties

3/$10
Nubian Heritage
Bar Soap
5 oz., selected varieties

---

Natural products for your home.

Find them at the co-op.

2/$6
Dr. Bronner's
Castile Bar Soap
5 oz., selected varieties

7.99
Seventh Generation
Unbleached Bath Tissue
12 ct.

3.99
Citra-Solv
Dish Liquid
25 oz., selected varieties

8.99
Biokleen
Liquid Laundry
Detergent
64 oz., selected varieties

---

Earth-friendly products for your family.

Some items may not be available at all stores or on the same days.
Shop for fresh, delicious, local food at a co-op near you.

ALASKA
Co-op Market Grocery & Deli

ARIZONA
Food Conspiracy Co-op

CALIFORNIA
BriarPatch Food Co-op
Chico Natural Foods Cooperative
Co-opportunity Market & Deli
Davis Food Co-op
Feather River Food Co-op
Isla Vista Food Co-op
North Coast Co-op
Ocean Beach People’s Organic Food Co-op
Quincy Natural Foods Co-op
Sacramento Natural Foods Co-op
SLO Natural Foods Co-op
Ukiah Natural Foods Co-op

OREGON
Alberta Cooperative Grocery
Ashland Food Co-op
Astoria Co-op
First Alternative Co-op
Food From Cooperative Grocery
Medford Food Co-op
People’s Food Co-op

WASHINGTON
Central Co-op
Community Food Co-op
Main Market Co-op
Olympia Food Co-op
Orcas Food Co-op
Slaght Valley Food Co-op
Sno-Isle Natural Foods Co-op
The Food Co-op

to find a food co-op near you, visit us online at: welcometothetable.coop

toast worthy

Justin’s® naturally delicious almond butter provides convenient, on-the-go nutrition, with about 6 grams of protein per serving! Spread on toast, pair with fruit or eat it straight out of the jar! Justin’s® nut butters are Non-GMO Project Verified and gluten free.

8.99
Justin’s Almond Butter
16 oz., selected varieties

2/$4
Perfect Bar
Organic Protein Bar
2.5 oz., selected varieties

Co-ops support products and services that benefit personal and planetary health; a legacy we can be proud to leave generations to come.

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