



Affordable Staples for Everyone. Every Day.

At Co-op Market Grocery & Deli, we believe everyone should be able to afford good, healthy food. That's why we've cut prices on more than 100 high quality organic and natural products across the store. Look for the **purple tags** to get everyday low prices on the things you buy most often.

ITEM	CO+OP BASICS PRICE
FRESH FOODS	
Organic Bananas (per pound)	99¢
Organic or Local Potatoes (per pound)	\$1.99
Organic Yellow Onions (per pound)	\$1.69
Shelton's Free Range Ground Turkey, 1 lb. chub	\$3.99
GROCERY	
Cascadian Farms Organic Frozen Blueberries, 28 oz.	\$9.99
Cascadian Farms Organic Frozen Strawberries, 32 oz.	\$9.99
Earth's Best Organic Dinner, Sweet Potato & Chicken, 4 oz.	\$1.19
Earth's Best Organic First Bananas, 2.5 oz.	\$0.89
Earth's Best Organic First Carrots, 2.5 oz.	\$0.89
Earth's Best Organic First Peas, 2.5 oz.	\$0.89
Earth's Best Organic First Sweet Potatoes, 2.5 oz.	\$0.89
Earth's Best Organic Puree Pouch, Apple Peach Oatmeal, 4.2 oz.	\$1.49
Earth's Best Organic Puree Pouch, Banana Raspberry Rice, 4.2 oz.	\$1.49
Earth's Best Organic Puree Pouch, Pumpkin Spinach Veggie, 4.2 oz.	\$1.49
Equal Exchange Organic Coffee Beans, French Roast Decaf, per pound	\$11.99
Equal Exchange Organic Coffee Beans, Midnight Sun, per pound	\$8.99
Equal Exchange Organic Coffee Beans, Mind Body and Soul, per pound	\$8.99
Field Day Multigrain Snack Bar, Blueberry, 6/pk.	\$2.99
Field Day Non-GMO Canola Oil, 32 fl. oz.	\$3.99
Field Day Non-GMO Coconut Oil Cooking Spray, 5 oz.	\$4.99
Field Day Olives, Medium Ripe Black Pitted, 6 oz.	\$2.19
Field Day Olives, Medium Ripe Green Pitted, 6 oz.	\$2.39
Field Day Olives, Ripe Black Sliced, 3.8 oz.	\$1.79

ITEM	CO+OP BASICS PRICE
Field Day Organic Apple Cider Vinegar, 32 fl. oz.	\$4.49
Field Day Organic Apple Juice, 128 fl. oz.	\$9.99
Field Day Organic Applesauce Cups, Cinnamon, 4/4 oz.	\$2.99
Field Day Organic Applesauce Cups, Original, 4/4 oz.	\$2.99
Field Day Organic Applesauce, Original, 24 oz.	\$2.99
Field Day Organic Black Beans, 15 oz.	\$1.49
Field Day Organic Broth, 32 fl. oz.	\$2.29
Field Day Organic Brown Rice Pasta, Elbow, GF, 12 oz.	\$1.99
Field Day Organic Brown Rice Pasta, Kids Mix, GF, 12 oz.	\$1.99
Field Day Organic Brown Rice Pasta, Spaghetti, GF, 12 oz.	\$1.99
Field Day Organic Canola Oil Cooking Spray, 5 oz.	\$4.99
Field Day Organic Chicken Broth, 32 fl. oz.	\$2.29
Field Day Organic Chicken Broth, Low Sodium, 32 fl. oz.	\$2.29
Field Day Organic Coconut Bar, Chocolate Cherry, GF, 1.41 oz.	\$1.49
Field Day Organic Coconut Bar, Original, GF, 1.41 oz.	\$1.49
Field Day Organic Coconut Milk, Classic Unsweetened, 13.5 fl. oz.	\$2.29
Field Day Organic Coconut Milk, Light Unsweetened, 13.5 fl. oz.	\$2.29
Field Day Organic Cookies, Chocolate Cream, 12 oz.	\$2.99
Field Day Organic Cookies, Cocoa Chip Wildlife Friends, 8 oz.	\$2.49
Field Day Organic Cookies, Vanilla Cream, 12 oz.	\$2.99
Field Day Organic Crackers, Stoneground Wheat, 8 oz.	\$2.69
Field Day Organic Crackers, Water, 4.4 oz.	\$2.69
Field Day Organic Cut Green Beans, 14.5 oz.	\$1.69
Field Day Organic Diced Peaches & Pears, 4/pk.	\$3.69
Field Day Organic Diced Peaches, 4/pk.	\$3.69
Field Day Organic Dressing, Lemon Tahini, 8 fl. oz.	\$2.99
Field Day Organic Dressing, Poppy Seed, 8 fl. oz.	\$2.99
Field Day Organic Dressing, Ranch, 8 fl. oz.	\$2.99
Field Day Organic Expeller Pressed Coconut Oil, 14 oz.	\$5.99
Field Day Organic Fruit & Nut Bar, Cashew Chia, GF, 1.41 oz.	\$1.49
Field Day Organic Fruit Punch, 32 fl. oz.	\$3.99
Field Day Organic Fruit Spread, Blueberry, 14 oz.	\$3.49
Field Day Organic Fruit Spread, Raspberry, 14 oz.	\$3.49
Field Day Organic Fruit Spread, Strawberry, 14 oz.	\$3.49
Field Day Organic Garbanzo Beans, 15 oz.	\$1.49

ITEM	CO+OP BASICS PRICE
Field Day Organic Instant Oatmeal Variety Pack, 11.29 oz.	\$3.69
Field Day Organic Instant Oatmeal, Apple Cinnamon, 11.29 oz.	\$3.69
Field Day Organic Instant Oatmeal, Maple Brown Sugar, 11.29 oz.	\$3.69
Field Day Organic Juice, Apple Cranberry, 32 fl. oz.	\$3.99
Field Day Organic Juice, Concord Grape, 32 fl. oz.	\$3.69
Field Day Organic Juice, Tart Cherry, 32 fl. oz.	\$4.99
Field Day Organic Macaroni & Cheese, Mild Cheddar Deluxe, 6 oz.	\$1.99
Field Day Organic Macaroni & Cheese, White Cheddar Deluxe, 6 oz.	\$1.99
Field Day Organic Maple Syrup, Grade B, 8 fl. oz.	\$5.99
Field Day Organic Multigrain Snack Bar, Apple, 6/pk	\$2.99
Field Day Organic Olive Oil, Imported Extra Virgin, 500 ml.	\$6.99
Field Day Organic Pasta Sauce, Garden Vegetable, 26 oz.	\$2.99
Field Day Organic Pasta Sauce, Italian Herb, 26 fl. oz.	\$2.99
Field Day Organic Pasta Sauce, Portobello Mushroom, 26 oz.	\$2.99
Field Day Organic Pasta Sauce, Roasted Garlic, 26 fl. oz.	\$2.99
Field Day Organic Peanut Butter, Crunchy Salted, 18 oz.	\$4.99
Field Day Organic Peanut Butter, Smooth Salted, 18 oz.	\$4.99
Field Day Organic Pinto Beans, 15 oz.	\$1.49
Field Day Organic Pizza Sauce, 15.5 oz.	\$1.99
Field Day Organic Raw Wildflower Honey, 12 oz.	\$4.99
Field Day Organic Red Kidney Beans, 15 oz.	\$1.49
Field Day Organic Refried Black Beans, Vegetarian, 15 oz.	\$1.49
Field Day Organic Shells & Cheese, Mild Cheddar Deluxe, 12 oz.	\$3.99
Field Day Organic Snack Bar, Crispy Rice Chocolate, GF, 3.9 oz.	\$2.99
Field Day Organic Sweet Peas, 15.25 oz.	\$1.69
Field Day Organic Traditional Pasta, Fusilli, 16 oz.	\$1.99
Field Day Organic Traditional Pasta, Linguine, 16 oz.	\$1.99
Field Day Organic Vegetarian Baked Beans, 15 oz.	\$1.49
Field Day Organic Whole Grain Cereal, Honey Nut O's, 14 oz.	\$2.99
Field Day Organic Whole Grain Cereal, Raisin Bran, 14 oz.	\$2.99
Field Day Organic Whole Kernel Sweet Corn, 15.25 oz.	\$1.69
Field Day Traditional Pasta, Capellini Angel Hair, 16 oz.	\$1.99
Natural Sea Skipjack Chunk Tuna in Water, Salted, 5 oz.	\$1.99
Natural Sea Solid White Albacore Tuna, No Salt Added, 5 oz.	\$2.39
Natural Sea Solid White Albacore Tuna, Salted, 5 oz.	\$2.39

ITEM	CO+OP BASICS PRICE
Organic Valley 2% Milk, 1/2 Gallon	\$4.39
Organic Valley Whole Milk, 1/2 Gallon	\$4.39
Woodstock Organic Diced Tomatoes, No Salt, 14.5 oz.	\$1.69
Woodstock Organic Diced Tomatoes, Original, 14.5 oz.	\$2.39
Woodstock Organic Tomato Ketchup, 20 oz.	\$2.39
Woodstock Organic Tomato Paste, 6 oz.	\$0.99
Woodstock Organic Tomato Sauce, Original, 15 oz.	\$1.69
Woodstock Organic Yellow Mustard, 8 oz.	\$1.99
PAPER & HOUSEHOLD GOODS	
Field Day 100% Recycled Bath Tissue, 2-Ply, 12/300 ct.	\$6.99
Field Day 100% Recycled Facial Tissue, 2-Ply, 1/85 ct.	\$1.19
Field Day 100% Recycled Paper Napkins, White, 1/250 ct.	\$2.69
Field Day 100% Recycled Paper Towels, Custom Size Jumbo, 6/120 ct.	\$8.99
Field Day All-Purpose Cleaner, Free & Clear, 32 fl. oz.	\$3.69
Field Day Baby Wipes, 72 ct. Refill	\$2.99
Field Day Dishwashing Detergent Powder, 45 oz.	\$4.69
Field Day Dishwashing Detergent Single Packs, 12.7 oz.	\$3.99
Field Day Drawstring Tall Kitchen Trash Bags (13 Gallon), 20 ct.	\$3.49
Field Day Liquid Dish Detergent, Free & Clear, 25 fl. oz.	\$2.99
Field Day Liquid Dish Detergent, Lavender, 25 fl. oz.	\$2.99
Field Day Liquid Laundry Detergent, Free & Clear, 100 fl. oz.	\$9.99
Field Day Liquid Laundry Detergent, Lavender, 100 fl. oz.	\$9.99
WELLNESS	
Aloftia Everyday Coconut Hydrating Body Lotion, Original, 32 oz.	\$9.99
Aloftia Everyday Coconut Hydrating Shampoo, Original, 32 oz.	\$9.99
Aloftia Everyday Coconut Hydrating Conditioner, Original, 32 oz.	\$9.99
Aloftia Everyday Shea Body Lotion, Unscented, 32 oz.	\$9.99
Aloftia Everyday Shea Body Lotion, Lavender, 32 oz.	\$9.99
Aloftia Everyday Shea Body Wash, Unscented, 32 oz.	\$9.99
Aloftia Everyday Shea Conditioner, Lavender, 32 oz.	\$9.99
Aloftia Everyday Shea Shampoo, Vanilla-Mint, 32 oz.	\$9.99
Aloftia Everyday Shea Conditioner, Vanilla-Mint, 32 oz.	\$9.99