



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 150 high quality organic & 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
BABY FOOD & BABY CARE	
7th Generation Diapers, Newborn, 36 ct.	\$12.99
7th Generation Diapers, Stage 1, 40 ct.	\$12.99
7th Generation Diapers, Stage 2, 36 ct.	\$12.99
7th Generation Diapers, Stage 3, 31 ct.	\$12.99
7th Generation Diapers, Training Pants 3T/4T, 22 ct.	\$12.99
Earth's Best Organic Baby Food, Banana Blueberry, 4 oz.	\$1.49
Earth's Best Organic Baby Food, Carrot Broccoli, 3.5 oz.	\$1.49
Earth's Best Organic Baby Food, First Apples, 2.5 oz.	89¢
Earth's Best Organic Baby Food, First Carrots, 2.5 oz.	89¢
Earth's Best Organic Baby Food, First Peas, 2.5 oz.	89¢
Earth's Best Organic Baby Food, Pumpkin Spinach, 4.2 oz.	\$1.49
Earth's Best Organic Baby Food, Sweet Potatoes, 2.5 oz.	89¢
Earth's Best Organic Infant Formula, Soy with Iron, 23.2 oz.	\$31.99
BEAUTY & WELLNESS	
7th Generation Pads, Ultra Thin	\$4.99
7th Generation Pantliners, 50 ct.	\$4.99
7th Generation Tampons, Regular, 16 ct.	\$6.99
7th Generation Tampons, Super Plus, No Applicator, 20 ct.	\$5.99
7th Generation Tampons, Super, No Applicator, 20 ct.	\$5.99
Alaffia Black Soap, Authentic Unscented, 16 oz.	\$7.99
Alaffia Black Soap, Authentic Vanilla Almond, 16 oz.	\$7.99
Alaffia Black Soap, Tangerine Citrus, 32 oz.	\$12.99
Alaffia Black Soap, Unscented, 32 oz.	\$12.99
Alaffia Body Wash, Shea Lavender, 32 oz.	\$10.99
Alaffia Body Wash, Shea Vanilla Mint, 32 oz.	\$10.99
Alaffia Body Wash, Super Hydrating, 32 oz.	\$10.99

Alaffia Conditioner, Hydrating Coconut, 32 oz.	\$10.99
Alaffia Conditioner, Shea Lavender, 32 oz.	\$10.99
Alaffia Conditioner, Shea Vanilla, 32 oz.	\$10.99
Alaffia Lotion, Hydrating Coconut, 32 oz.	\$10.99
Alaffia Shampoo, Hydrating Coconut, 32 oz.	\$10.99
Alaffia Shampoo, Shea Lavender, 32 oz.	\$10.99
Alaffia Shampoo, Shea Vanilla Mint, 32 oz.	\$10.99
Tom's of Maine Deodorant, North Woods, 2.25 oz.	\$5.49
Tom's of Maine Deodorant, Tea Tree, 2.25 oz.	\$5.49
Tom's of Maine Deodorant, Unscented, 2.25 oz.	\$5.49
Tom's of Maine Toothpaste, Propolis Myrrh	\$4.99

FRESH FOODS

Local Potatoes (per pound)	\$1.99
Organic Bananas (per pound)	99¢
Organic Yellow Onions (per pound)	\$1.69
Shelton's Free Range Turkey, Ground, 1 lb.	\$4.99
Thousand Hills Ground Beef, Grassfed 80/20, 1 lb.	\$6.49

GROCERY

Applegate Chicken Nuggets, Family Size, 16 oz.	\$9.99
Applegate Organic Chicken Strips, 8 oz.	\$7.49
Cascadian Farm Organic Blackberries, Frozen, 32 oz.	\$9.99
Cascadian Farm Organic Blueberries, Frozen, 28 oz.	\$9.99
Cascadian Farm Organic Strawberries, Frozen, 32 oz.	\$9.99
Clifbar Energy Bar, Peanut Toffee Buzz	\$1.25
Clifbar Energy Bar, White Chocolate Macadamia, 2.4 oz.	\$1.25
Clifbar Organic Energy Bar, Blueberry Crisp, 2.4 oz.	\$1.25
Clifbar Organic Energy Bar, Chocolate Chip, 2.4 oz.	\$1.25
Clifbar Organic Energy Bar, Crunchy Peanut Butter, 2.4 oz.	\$1.25
Clifbar Organic Energy Bar, Oatmeal Raisin Walnut, 2.4 oz.	\$1.25
Equal Exchange Organic Coffee, Mind Body Soul (per pound)	\$8.99
Field Day Olives, Green Canned, 6 oz.	\$2.39
Field Day Organic Applesauce Cups, Original, 4/4 oz.	\$2.99
Field Day Organic Applesauce, Original, 24 oz.	\$2.99
Field Day Organic Canned Beans, Baked, 15 oz.	\$1.49
Field Day Organic Canned Beans, Black, 15 oz.	\$1.49
Field Day Organic Canned Beans, Garbanzo, 15 oz.	\$1.49
Field Day Organic Canned Beans, Kidney, 15 oz.	\$1.49
Field Day Organic Canned Beans, Pinto, 15 oz.	\$1.49
Field Day Organic Canned Corn, Whole Kernel, 15.25 oz.	\$1.69
Field Day Organic Canned Cut Green Beans, 14.5 oz.	\$1.69

Field Day Organic Cereal, Honey Nut Os, 14 oz.	\$3.39
Field Day Organic Cereal, Raisin Bran Whole Grain, 14 oz.	\$3.39
Field Day Organic Chicken Broth, 32 oz.	\$2.29
Field Day Organic Chicken Broth, Low Sodium, 32 oz.	\$2.29
Field Day Organic Coconut Milk, Classic Unsweetened, 13.5 oz.	\$2.39
Field Day Organic Coconut Milk, Light Unsweetened, 13.5 oz.	\$2.39
Field Day Organic Cookies, Chocolate Cream, 12 oz.	\$3.69
Field Day Organic Cookies, Vanilla Cream, 12 oz.	\$3.69
Field Day Organic Crackers, Golden Round, 8 oz.	\$2.99
Field Day Organic Crackers, Stoneground Wheat, 8 oz.	\$2.99
Field Day Organic Crackers, Toasted Wheat Square, 7 oz.	\$2.99
Field Day Organic Dressing, Goddess, 8 oz.	\$3.39
Field Day Organic Dressing, Ranch, 8 oz.	\$3.39
Field Day Organic Fruit Twists, Mixed Berry, 6 ct.	\$3.99
Field Day Organic Fruit Twists, Strawberry, 6 ct.	\$3.99
Field Day Organic Instant Oatmeal, Apple Cinnamon, 11.29 oz.	\$3.99
Field Day Organic Instant Oatmeal, Maple Brown Sugar, 11.29 oz.	\$3.99
Field Day Organic Instant Oatmeal, Variety Pack, 11.29 oz.	\$3.99
Field Day Organic Juice, Apple, Unfiltered, 128 oz.	\$9.99
Field Day Organic Juice, Concord Grape, 32 oz.	\$3.99
Field Day Organic Juice, Tart Cherry, 32 oz.	\$5.99
Field Day Organic Mac & Cheese, White Cheddar Deluxe, 6 oz.	\$1.99
Field Day Organic Maple Syrup, Grade B, 8 oz.	\$6.99
Field Day Organic Mustard, Stoneground, 8 oz.	\$1.99
Field Day Organic Mustard, Yellow, 8 oz.	\$1.99
Field Day Organic Oil Spray, Coconut, 5 oz.	\$5.99
Field Day Organic Oil, Canola, NonGMO, 32 oz.	\$3.99
Field Day Organic Oil, Coconut, 14 oz.	\$5.99
Field Day Organic Oil, Olive, 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 oz.	\$2.99
Field Day Organic Pasta Sauce, Portabello Mushroom, 26 oz.	\$2.99
Field Day Organic Pasta Sauce, Roasted Garlic, 26 oz.	\$2.99
Field Day Organic Pasta, Angel Hair, 16 oz.	\$1.99
Field Day Organic Pasta, Elbows, GF, 12 oz.	\$1.99
Field Day Organic Pasta, Fusilli, 16 oz.	\$1.99
Field Day Organic Pasta, Kids Mix, GF, 12 oz.	\$1.99
Field Day Organic Pasta, Linguini, 16 oz.	\$1.99
Field Day Organic Peaches, Diced, 4 oz.	\$3.69
Field Day Organic Peanut Butter, Smooth, 18 oz.	\$4.99
Field Day Organic Pears, Diced, 4 oz.	\$3.69
Field Day Organic Peas, Green Sweet, 15.25 oz.	\$1.69
Field Day Organic Pizza Sauce, 15.5 oz.	\$1.99
Field Day Organic Popcorn, Butter Mini, 1.1 oz.	\$3.79
Field Day Organic Popcorn, Butter, 3.5 oz.	\$2.99

Field Day Organic Raw Wildflower Honey, 12 oz.	\$4.99
Field Day Organic Shells & Cheese, Mild Cheddar Deluxe, 12 oz.	\$3.99
Field Day Organic Tomato Ketchup, 24 oz.	\$2.39
Field Day Organic Tomato Paste, 6 oz.	99¢
Field Day Organic Tomatoes, Crushed with Basil, 28 oz.	\$2.39
Field Day Organic Tomatoes, Diced, 28 oz.	\$2.39
Field Day Organic Tomatoes, Diced, No Salt Added, 14.5 oz.	\$1.69
Field Day Sea Salt, Mediterranean Coarse, 24.7 oz.	\$1.99
Field Day Sea Salt, Mediterranean Fine, 26.5 oz.	\$1.99
Field Day Snack Bar, Apple Crisp, 6/1.3 oz.	\$2.99
Field Day Snack Bar, Multigrain Blueberry, 6/1.3 oz.	\$2.99
Field Day Sparkling Water, Zero Calorie, 33.8 oz.	99¢
Field Day Vegan Canned Beans, Refried, 15 oz.	\$1.49
Field Day Vegan Organic Canned Beans, Refried, 15 oz.	\$1.49
Field Day Wild-Caught Tuna, Albacore, Salted, 5 oz.	\$2.39
Field Day Wild-Caught Tuna, Albacore, Unsalted, 5 oz.	\$2.39
Field Day Wild-Caught Tuna, Skipjack, 5 oz.	\$1.99
Greek Gods Greek Yogurt, Honey Salted Caramel, 24 oz.	\$3.99
Greek Gods Greek Yogurt, Maple, 24 oz.	\$3.99
Knudsen Organic Sports Drink, Recharge Lemon, 32 oz.	\$2.49
Luna Energy Bar, Blueberry Bliss, 1.7 oz.	\$1.25
Luna Energy Bar, Dark Chocolate Hazelnut, 1.48 oz.	\$1.25
Luna Energy Bar, White Chocolate Macadamia, 1.7 oz.	\$1.25
Luna Organic Energy Bar, Caramel Nut Brownie, 1.7 oz.	\$1.25
Luna Organic Energy Bar, Chocolate Coconut, 1.7 oz.	\$1.25
Luna Organic Energy Bar, Lemon Zest, 1.7 oz.	\$1.25
Numi Iced Tea, Black Lemon, 12 oz.	\$1.99
Numi Iced Tea, Earl Grey, 12 oz.	\$1.99
Numi Iced Tea, Hibiscus Red, 12 oz.	\$1.99
Organic Valley Milk, 1%, 1 gal.	\$6.39
Organic Valley Milk, 2% HTST, 1/2 gal.	\$4.39
Organic Valley Milk, Whole HTST, 1/2 gal.	\$4.39
Organic Valley Milk, Whole, 1 gal.	\$6.39
Rudi's Organic Bread, 100% Whole Wheat, 22 oz.	\$4.39
Rudi's Organic Bread, Country Morning White, 22 oz.	\$4.39
Rudi's Organic Bread, Multigrain Oat, 22 oz.	\$4.39
Rudi's Organic Bread, Rocky Mountain Sourdough, 22 oz.	\$4.39
Silk Cashew Milk, Unsweetened, 64 oz.	\$3.99
Silk Organic Soymilk, Unsweetened, 64 oz.	\$3.99
Silver Hills Bread, Max Flax, 22 oz.	\$3.99
Silver Hills Bread, Squirrely, 21 oz.	\$3.99
Silver Hills Bread, The Big 16, 22 oz.	\$3.99
Woodstock Cider Vinegar, Unfiltered, 32 oz.	\$4.99
Woodstock Wild-Caught Tuna, Skipjack Unsalted, 5 oz.	\$1.99

PAPER & HOUSEHOLD GOODS

Field Day Bath Tissue, 100% Recycled, 4 pk.	\$2.99
Field Day Bath Tissue, Recycled, 12 pk.	\$6.99
Field Day Cleaner, All Purpose Free & Clear, 32 oz.	\$3.69
Field Day Dishwashing Detergent Powder, 45 oz.	\$4.69
Field Day Dishwashing Detergent, Single Packs, 12.7 oz.	\$4.99
Field Day Facial Tissue, Recycled, 1 pk.	\$1.49
Field Day Liquid Dish Soap, Free & Clear, 25 oz.	\$3.39
Field Day Liquid Dish Soap, Lavender, 25 oz.	\$3.39
Field Day Liquid Laundry Detergent, Free & Clear, 100 oz.	\$11.99
Field Day Liquid Laundry Detergent, Lavendar, 100 oz.	\$11.99
Field Day Napkin, White Recycled, 250 ct.	\$2.69
Field Day Paper Towels, Custom Size, 1 pk.	\$1.99
Field Day Paper Towels, Recycled, 6/120 ct.	\$8.99
Field Day Trash Bags, 13-Gallon Tall Drawstring, 20 ct.	\$3.99