

# CO-OP MARKET GROCERY & DELI

5th Annual Truckload Sale

May 18-19, 2019

Please note: All sales final. May not be combined with other discounts, coupons or promotions. No rainchecks.

BEANS & GRAINS						
Code	Description	Brand	Size	Reg. Price	Case Price	Savings
157C	Beans, Garbanzo OG	Bulk	25 lb.	\$74.75	\$47.99	36%
101C	Lentils, Green OG	Bulk	25 lb.	\$67.25	\$44.99	33%
161C	Oats, Rolled OG	Bulk	25 lb.	\$49.75	\$22.99	54%
184C	Oats, Rolled, Old-Fashioned	Grain Millers	5-lb.	\$6.99	\$4.99	29%
107C	Oats, Steel Cut OG	Bulk	25 lb.	\$49.75	\$21.99	56%
108C	Popcorn, Multicolored OG	Bulk	10 lb.	\$26.90	\$12.99	52%
160C	Popcorn, Yellow OG	Bulk	10 lb.	\$26.90	\$11.99	55%
110C	Rice, Basmati, Brown OG	Lotus	25 lb.	\$92.25	\$54.99	40%
196C	Rice, Basmati, White	Lundberg	25 lb.	\$62.25	\$42.99	31%
109C	Rice, Forbidden OG	Lotus	11 lb.	\$54.89	\$36.99	33%
195C	Rice, Jasmine, Brown OG	Lotus	25 lb.	\$74.75	\$49.99	33%
126C	Rice, Jasmine, White OG	Lotus	25 lb.	\$74.75	\$49.99	33%
197C	Rice, Long Grain White OG	Lundberg	25 lb.	\$74.75	\$53.99	28%
BULK FRUIT, NUTS & COFFEE						
Code	Description	Brand	Size	Reg. Price	Case Price	Savings
189C	Almonds, Spanish Raw	GloryBee	5-lb.	\$55.12	\$39.99	27%
183C	Bananas, Dried FT OG	Mavuno	5-lb.	\$42.58	\$25.99	39%
167C	Coffee, Congo Rising, FT OG	Equal Exchange	5 lb.	\$49.95	\$34.99	30%
153C	Mango Cheeks OG	GloryBee	5-lb.	\$79.95	\$54.99	31%
191C	Mango Pieces FT OG	Equal Exchange	5 lb.	\$73.33	\$44.99	39%
177C	Pecans, Georgia FT	Equal Exchange	5-lb.	\$79.95	\$49.99	37%
172C	Pineapple Rings, No Sugar Added OG	GloryBee	5 lb.	\$73.22	\$49.99	32%
176C	Pistachios, Unsalted OG	Bulk	5 lb.	\$59.95	\$41.99	30%
188C	Raisins, Jumbo Mix	GloryBee	5 lb.	\$23.45	\$16.99	28%
162C	Raisins, Thompson OG	Bulk	5 lb.	\$19.95	\$14.99	25%
113C	Sunflower Seeds, Raw OG	Bulk	5 lb.	\$22.45	\$13.99	38%
175C	Superfruit Mix OG	Aunt Patty's	5 lb.	\$89.95	\$56.99	37%
185C	Walnut Halves & Pieces	GloryBee	5-lb.	\$49.95	\$39.99	20%
187C	Walnuts OG (10 lb.)	Bulk	10 lb.	\$159.90	\$92.99	42%
186C	Walnuts OG (5 lb.)	Bulk	5 lb.	\$79.95	\$46.99	41%
CANDY, DRINKS & SNACKS						
Code	Description	Brand	Size	Reg. Price	Case Price	Savings
208C	Almond Butter Cups, Dark Chocolate	Unreal	12/1 oz.	\$28.68	\$12.99	55%
163C	Bar, Beef Habanero Cherry	Epic	12/1.5 oz.	\$35.88	\$23.99	33%
163C	Bar, Bison Cranberry	Epic	12/1.3 oz.	\$35.88	\$23.99	33%
209C	Bar, Protein, Assorted RXBAR	RXBAR	12/1.83 oz.	\$32.28	\$19.99	38%
125C	Bars, Assorted GoMacro OG	GoMacro	12/2.5 oz.	\$35.88	\$23.99	33%
135C	Bars, Assorted Larabar	Larabar	16/1.7 oz.	\$27.04	\$15.99	41%

214C	Energy Water, Sparkling, Assorted	Hiball	8/16 oz.	\$23.92	\$14.99	37%
138C	Iced Tea, Assorted, OG	Honest Tea	12/16 oz.	\$23.88	\$11.99	50%
213C	Peanut Butter Cups, Dark Chocolate	Unreal	12/1 oz.	\$28.68	\$12.99	55%
118C	Potato Crisps, Original	The Good Crisp Co.	12/1.6 oz.	\$20.28	\$12.99	36%
190C	Truffles, Assorted FT OG	Alter Eco	60/42 oz.	\$59.40	\$26.99	55%
CANNED GROCERY						
Code	Description	Brand	Size	Reg. Price	Case Price	Savings
217C	Bone Broth, Chicken	Kettle & Fire	6/16.9 oz.	\$47.94	\$28.99	40%
216C	Bone Broth, Grassfed Beef	Kettle & Fire	6/16.9 oz.	\$47.94	\$28.99	40%
130C	Tomato Paste OG	Bionaturae	12/7 oz.	\$35.88	\$22.99	36%
115C	Tomatoes, Diced OG	Jovial	6/18.3 oz.	\$28.14	\$19.99	29%
148C	Tomatoes, Strained OG	Bionaturae	6/24 oz.	\$23.94	\$14.99	37%
ENTRÉES						
Code	Description	Brand	Size	Reg. Price	Case Price	Savings
211C	Entrée, Assorted Flavors	Tasty Bite	6/10 oz.	\$22.14	\$12.99	41%
192C	Ramen, Assorted Flavors	Koyo	12 ct.	\$16.68	\$9.99	40%
210C	Soup Cup, Assorted Flavors	Dr. McDougall's	6/1.8 oz.	\$14.34	\$8.99	37%
FROZEN						
Code	Description	Brand	Size	Reg. Price	Case Price	Savings
143C	Berries, Assorted OG	Cascadian Farms	12/8 oz.	\$56.28	\$39.99	30%
146C	Burritos, Assorted	Amy's	12/6 oz.	\$40.68	\$24.99	39%
144C	Burritos, Assorted, GF	Amy's	12/5.5 oz.	\$44.28	\$27.99	37%
142C	Pizza, Cheese or Pepperoni	Table5	8/12/5 oz.	\$63.92	\$39.99	37%
HONEY & OILS						
Code	Description	Brand	Size	Reg. Price	Case Price	Savings
182C	Coconut Oil, OG	Aunt Patty's	1 gal.	\$39.99	\$26.99	33%
173C	Honey, Clover, Raw OG	Aunt Patty's	11.67 lb.	\$64.99	\$49.99	23%
181C	Honey, Clover, Save the Bee Blend	Aunt Patty's	5 lb.	\$25.72	\$19.99	22%
174C	Honey, Wildflower	Aunt Patty's	11.67 lb.	\$68.99	\$54.99	20%
HOUSEHOLD						
Code	Description	Brand	Size	Reg. Price	Case Price	Savings
133C	Bath Tissue, Recycled	Seventh Generation	4/12 ct.	\$47.96	\$24.99	48%
134C	Bath Tissue, Tree Free	Rebel Green	8/12 ct.	\$95.92	\$69.99	27%
170C	Liquid Castille Soap, Baby Mild	Dr. Bronner's	1 gal.	\$62.99	\$48.99	22%
171C	Liquid Castille Soap, Peppermint	Dr. Bronner's	1 gal.	\$62.99	\$48.99	22%
SEASONINGS						
Code	Description	Brand	Size	Reg. Price	Case Price	Savings
215C	Cinnamon, Korintje OG	Frontier	1 lb.	\$9.99	\$6.99	30%
123C	Cumin Seed, Ground OG	Frontier	1 lb.	\$16.99	\$11.99	29%
121C	Cumin Seed, Whole OG	Frontier	1 lb.	\$14.99	\$9.99	33%
152C	Garlic Granules OG	Frontier	1 lb.	\$17.99	\$12.99	28%
149C	Paprika, Spanish Smoked	Frontier	1 lb.	\$16.99	\$11.99	29%
150C	Pepper, Black Medium Grind OG	Frontier	1 lb.	\$20.99	\$15.99	24%
212C	Peppercorn, Black Whole OG	Frontier	1 lb.	\$21.99	\$15.99	27%
106C	Salt, Himalayan Pink Medium Grind	Frontier	1 lb.	\$11.69	\$7.99	32%
151C	Turmeric, Ground OG	Frontier	1 lb.	\$12.99	\$8.99	31%