



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 178 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, Stage 3, 31 ct.	\$12.99
7th Generation Diapers, Stage 4, 27 ct.	\$12.99
7th Generation Diapers, Training Pants 3T/4T, 22 ct.	\$12.99
Earth's Best Organic Baby Food, First Carrots, 2.5 oz.	99¢
Earth's Best Organic Baby Food, First Peas, 2.5 oz.	99¢
Earth's Best Organic Baby Food, Pumpkin Spinach, 4.2 oz.	\$1.66
Earth's Best Organic Baby Food, Yogurt Smoothie, 4.2 oz.	\$1.66
BEAUTY & WELLNESS	
7th Generation Pads, Ultra Thin, 18 ct.	\$4.99
7th Generation Pantliners, 50 ct.	\$4.99
7th Generation Tampons, Regular, No Applicator, 20 ct.	\$5.99
7th Generation Tampons, Regular, with Applicator, 18 ct.	\$6.99
7th Generation Tampons, Super, No Applicator, 20 ct.	\$5.99
Aloffia Black Soap, Authentic Unscented, 16 oz.	\$7.99
Aloffia Black Soap, Tangerine Citrus, 32 oz.	\$12.99
Aloffia Black Soap, Unscented, 32 oz.	\$12.99
Aloffia Body Wash, Coconut Coffee Berry, 32 oz.	\$10.99
Aloffia Body Wash, Shea Lavender, 32 oz.	\$10.99
Aloffia Body Wash, Shea Vanilla Mint, 32 oz.	\$10.99
Aloffia Conditioner, Shea Lavender, 32 oz.	\$10.99
Aloffia Conditioner, Shea Vanilla Mint, 32 oz.	\$10.99
Aloffia Lotion, Shea Lavender, 32 oz.	\$10.99
Aloffia Lotion, Shea Unscented, 32 oz.	\$10.99
Aloffia Shampoo, Shea Lavender, 32 oz.	\$10.99
Aloffia Shampoo, Shea Vanilla Mint, 32 oz.	\$10.99
BREAD & BAKERY	
Silver Hills Bakery Bread, Hemptation, 20 oz.	\$3.99
Silver Hills Bakery Bread, Little Big, 15 oz.	\$3.99

Silver Hills Bakery Bread, Mack's Flax, 22 oz.	\$3.99
Silver Hills Bakery Bread, Squirrely, 21 oz.	\$3.99
Silver Hills Bakery Bread, The Big 16, 22 oz.	\$3.99
Silver Hills Bakery Organic Bread, Sprouted Power, 24 oz.	\$4.99
Udi's Gluten Free Bread, Millet Chia, 14.2 oz.	\$4.99
Udi's Gluten Free Bread, Whole Grain, 24 oz.	\$8.99
Udi's Gluten Free Buns, Hamburger, Classic, 10.8 oz.	\$4.99
Udi's Gluten Free Buns, Hot Dog Classic, 14.3 oz.	\$4.99
Udi's Gluten Free Pizza Crust, 8 oz.	\$4.99
Udi's Gluten Free Tortillas, Plain, 6 ct.	\$4.99

GROCERY

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, 2.4 oz.	\$1.25
Clifbar Energy Bar, Pumpkin Pie Spiced, 2.4 oz.	\$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 Crisp, 2.4 oz.	\$1.25
Clifbar Organic Energy Bar, Crunchy Peanut Butter, 2.4 oz.	\$1.25
Equal Exchange Organic Coffee, Love Buzz, per lb.	\$9.99
Equal Exchange Organic Coffee, Midnight Sun, per lb.	\$9.99
Equal Exchange Organic Coffee, Mind Body & Soul, per lb.	\$9.99
Field Day Canned Beans, Refried Vegan Black, 15 oz.	\$1.49
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 Broth, Beef, 32 oz.	\$2.29
Field Day Organic Broth, Chicken, 32 oz.	\$2.29
Field Day Organic Broth, Chicken, Low Sodium, 32 oz.	\$2.29
Field Day Organic Broth, Vegetable, Low Sodium, 32 oz.	\$2.29
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, Cannellini, 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 Beans, Refried Vegan, 15 oz.	\$1.49
Field Day Organic Canola Oil, NonGMO, 32 oz.	\$3.99
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 Coconut Milk, Classic Unsweetened, 13.5 oz.	\$2.39
Field Day Organic Coconut Milk, Light Unsweetened, 13.5 oz.	\$2.39
Field Day Organic Coconut Oil Spray, 5 oz.	\$5.99

Field Day Organic Coconut Oil, 14 oz.	\$5.99
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, Ranch, 8 oz.	\$3.39
Field Day Organic Honey, Wildflower Raw, 12 oz.	\$4.99
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 Jam, Blueberry, 14 oz.	\$3.99
Field Day Organic Jam, Raspberry, 14 oz.	\$3.99
Field Day Organic Jam, Strawberry, 14 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 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 Olive Oil, Extra Virgin Cold Press, 1 liter	\$12.99
Field Day Organic Olive Oil, 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 Pasta, Penne Rigate, 16 oz.	\$1.99
Field Day Organic Pasta, Spaghetti, Traditional	\$1.99
Field Day Organic Peaches, Diced, 4 oz.	\$3.69
Field Day Organic Peanut Butter, Crunchy, 18 oz.	\$4.99
Field Day Organic Peanut Butter, Smooth, 18 oz.	\$4.99
Field Day Organic Pears, Diced, 4 oz.	\$3.69
Field Day Organic Pizza Sauce, 15.5 oz.	\$1.99
Field Day Organic Popcorn, Butter, 3.5 oz.	\$2.99
Field Day Organic Popcorn, Salted Mini, 1.1 oz.	\$3.79
Field Day Organic Pretzel Sticks, 8 oz.	\$2.49
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 Tomato Sauce, 15 oz.	\$1.69
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 Organic Vinegar, Balsamic, 500 ml.	\$4.99
Field Day Organic Vinegar, Cider, Unfiltered, 32 oz.	\$4.99
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 Wild-Caught Tuna, Albacore, Salted, 5 oz.	\$2.39
Field Day Wild-Caught Tuna, Skipjack, 5 oz.	\$1.99
Field Day Wild-Caught Tuna, Skipjack, Unsalted, 5 oz.	\$1.99
Florida's Natural Juice, Orange, No Pulp, 52 oz.	\$3.99
Florida's Natural Juice, Ruby Red Grapefruit, 52 oz.	\$3.99
Garden of Eatin' Corn Chips, Blue GF, 16 oz.	\$4.99
Garden of Eatin' Corn Chips, Tortilla Lime GF, 16 oz.	\$4.99
Greek Gods Greek Yogurt, Honey, 24 oz.	\$3.99
Greek Gods Greek Yogurt, Plain Nonfat, 24 oz.	\$3.99
Greek Gods Greek Yogurt, Plain, 24 oz.	\$3.99
Luna Energy Bar, Blueberry Bliss, 1.7 oz.	\$1.25
Luna Energy Bar, White Chocolate Macadamia, 1.7 oz.	\$1.25
Luna Energy Bar, Chocolate Peppermint, 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
Organic Valley Milk, 2% HTST, 64 oz.	\$4.39
Organic Valley Milk, Skim, Ultra Pasteurized, 64 oz.	\$4.39
Organic Valley Milk, Whole HTST, 64 oz.	\$4.39
Silk Almond Milk, Unsweetened, 64 oz.	\$3.99
Silk Cashew Milk, Unsweetened, 64 oz.	\$3.99
Silk Oat Milk, Plain, 64 oz.	\$3.99
Silk Organic Soy milk, Unsweetened, 64 oz.	\$3.99

MEATS & CHEESE

Applegate Farms Bacon, Sunday, Uncured, 8 oz.	\$5.99
Applegate Farms Bacon, Turkey, Natural, 8 oz.	\$4.49
Applegate Farms Breakfast Sausage, Chicken Maple, 7 oz.	\$4.99
Applegate Farms Breakfast Sausage, Chicken Sage, 7 oz.	\$4.99
Applegate Farms Cheese, Sliced Provolone, 8 ct.	\$4.99
Applegate Farms Chicken Nuggets, Family Size, 16 oz.	\$9.99
Applegate Farms Farms Genoa Salami, Sliced, 4 oz.	\$4.49
Applegate Farms Ham, Black Forest, Sliced, 7 oz.	\$4.99
Applegate Farms Ham, Slow Cooked, Sliced, 7 oz.	\$4.99
Applegate Farms Hot Dogs, Beef, Uncured Natural NonGMO, 10 ct.	\$5.49
Applegate Farms Hot Dogs, Turkey, Natural Uncured, 10 oz.	\$4.49
Applegate Farms Organic Chicken Strips, 8 oz.	\$7.49
Applegate Farms Organic Sausage, Chicken & Apple	\$7.99
Applegate Farms Organic Turkey Breast, Smoked Sliced, 6 oz.	\$6.49

Applegate Farms Pepperoni, Pork & Beef, Natural, 4oz.	\$4.49
Applegate Farms Pepperoni, Sliced, Natural, 5 oz.	\$4.49
Applegate Farms Pepperoni, Turkey, Uncured Natural, 4 oz.	\$4.49
Applegate Farms Turkey Breast, Smoked Sliced, 7 oz.	\$4.99
Ferndale Turkey, Ground, 1 lb.	\$3.99
Thousand Hills Beef Steak, New York, 100% Grassfed, 8 oz.	\$10.99
Thousand Hills Beef Steak, Ribeye, Grassfed, 8 oz.	\$11.99
Thousand Hills Beef, Ground, 100% Grassfed 80/20, 1 lb.	\$5.99

PAPER & HOUSEHOLD GOODS

Field Day Bath Tissue, 100% Recycled, 4 pk.	\$2.99
Field Day Bath Tissue, Recycled, 12 pk.	\$6.99
Field Day 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

PRODUCE

Local Potatoes (per pound)	\$1.99
Organic Bananas (per pound)	99¢
Organic Yellow Onions (per pound)	\$1.69

UPDATED 12/3/2019