

CO-OP MARKET GROCERY & DELI

SEPTEMBER 2022 OWNER DEALS

OWNER DEALS IN GROCERY & GENERAL MERCHANDISE	NOW	REG.	SAVE
BRAD CHIPS KALE	\$ 5.49	\$ 6.99	\$ 1.50
BRAD CHIPS KALE VAMPIRE VEGAN GF OG	\$ 5.49	\$ 6.29	\$ 0.80
PAMELA'S BLUEBERRY FIG BAR GF	\$ 5.49	\$ 6.49	\$ 1.00
BRAD KALE CRUNCHY ORIGINAL OG	\$ 5.40	\$ 5.99	\$ 0.59
NATURES PATH FRSTD APPLE PASTRIES	\$ 4.49	\$ 5.49	\$ 1.00
NATURES PATH FRSTD BLUEBERRY PASTRIES	\$ 4.49	\$ 5.49	\$ 1.00
NATURES PATH PASTRY TOASTER CHERRY POMEGRANATE OG	\$ 4.49	\$ 5.49	\$ 1.00
NATURES PATH PASTRY TOASTER STRAWBERRY OG	\$ 4.49	\$ 5.49	\$ 1.00
LUCINI ITALIA GOLDEN TOMATO SAUCE	\$ 7.99	\$ 9.99	\$ 2.00
LICINI ITALIA RUSTIC TOMATO BASIL SAUCE OG	\$ 7.99	\$ 9.99	\$ 2.00
LUCINI ITALIA TOMATO SPICY TUSCAN SAUCE OG	\$ 9.99	\$ 11.79	\$ 1.80
LUCINI ITALIA TUSCAN MARINARA SAUCE OG	\$ 7.99	\$ 9.99	\$ 2.00
LUCINI ITALIA TUSCAN ROASTED GARLIC MARINARA SAUCE OG	\$ 9.99	\$ 11.79	\$ 1.80
MALDON SEA SALT FLAKES	\$ 6.49	\$ 7.99	\$ 1.50

OWNER DEALS IN CHEESE, DAIRY, CHILL & FREEZE	NOW	REG.	SAVE
ALDENS VANILLA ICE CREAM BAR OG	\$ 5.99	\$ 7.49	\$ 1.50
ORGANIC VALLEY LOWFAT BUTTERMILK OK	\$ 2.99	\$ 4.19	\$ 1.20
SIERRA NEVADA BELLA CAPRA TRADITIONAL GOAT CHEESE	\$ 5.49	\$ 6.99	\$ 1.50
SIERRA NEVADA SMOKED SEMI SOFT GOAT CHEESE	\$ 6.49	\$ 7.99	\$ 1.50
BELLWETHER CRÈME FRAICHE	\$ 3.99	\$ 5.49	\$ 1.50
FILLO DOUGH OG	\$ 5.49	\$ 6.79	\$ 1.30
SIERRA NEVADA GARLIC HERBS GOAT CHEESE	\$ 5.49	\$ 6.99	\$ 1.50
ALDENS FUDGE ICE CREAM BAR OG	\$ 5.99	\$ 7.49	\$ 1.50
ALDENS ORANGE CREAM ICE CREAM BAR OG	\$ 5.99	\$ 7.49	\$ 1.50
ALDENS VANILLA ALMOND ICE CREAM BAR OG	\$ 5.99	\$ 7.49	\$ 1.50
WOODSTOCK FROZEN PEAS OG 10oz	\$ 2.99	\$ 3.99	\$ 1.00
BLAKES CHICKEN POT PIE	\$ 5.49	\$ 6.99	\$ 1.50
BLAKES CHICKEN POT PIE GF	\$ 3.99	\$ 4.99	\$ 1.00

OWNER DEALS IN MEAT	NOW	REG.	SAVE
ORGANIC PRAIRIE SUMMER JALAPEÑO BEEF SAUSAGE OG	\$ 11.99	\$ 13.99	\$ 2.00
ORGANIC PRAIRIE SUMMER UNCURED BEEF SAUSAGE OG	\$ 11.99	\$ 13.99	\$ 2.00

OWNER DEALS IN WELLNESS	NOW	REG.	SAVE
OWYN PROTEIN DRINK COLD BREW	\$ 3.49	\$ 4.69	\$ 1.20
OWYN PROTEIN DRINK DARK CHOCOLATE	\$ 3.49	\$ 4.69	\$ 1.20
OWYN PROTEIN DRINK VANILLA	\$ 3.49	\$ 4.69	\$ 1.20