

coop deals

NOV 16 - NOV 29, 2022

holiday traditions

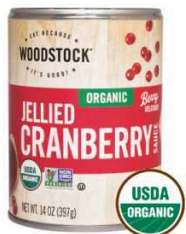
GRATITUDE AND TOGETHERNESS

This year, bring together old recipes and new to create a feast for your family. With Cascadian Farm's Organic Green Beans, you can put forward the best casseroles or side dishes to complement your Thanksgiving meal.



2/\$7

Cascadian Farm
Organic Frozen Vegetables
16 oz., selected varieties



2/\$6

Woodstock
Organic
Cranberry Sauce
14 oz., selected varieties



2/\$6

Back To Nature
Crackers
6 oz., selected varieties



10.99

California Olive
Ranch
Extra Virgin Olive Oil
25.4 fl. oz., selected varieties
Special Order Only



Amazing deals for the season.

**Thank you for shopping
at the co-op!**



4.79

**Lifeway
Organic Kefir**
32 fl. oz., selected
varieties

Earth Balance is for everyone



Use our tasty vegan, plant-based
buttery spread in your cooking or
as a rich, creamy topping.

5.99

**Earth Balance
Buttery Spread &
Sticks**

13 oz., selected varieties



4.99

**Oatly
Oatgurt**
24 oz., selected varieties
Special Order Only



3.99

**Califia Farms
Coffee Creamer**
32 fl. oz., selected
varieties



1.79

**Nancy's
Sour Cream**
8 oz.



5.99

**Health-Ade
Kombucha**
48 fl. oz., selected
varieties

honest food, ethically produced

Our mission is to bring ethical food
to the table. Whether it's supporting
family farmers, enabling you to trace
your eggs back to the farm, or
debunking misleading animal welfare
claims, you can always trust **Vital
Farms** to be "Where Honest Food
is Raised."



2/\$7

**Vital Farms
Butter**
8 oz., selected varieties



4.29

**Vital Farms
Spreadable Butter
with Avocado Oil**
7 oz.



5.49

**Vital Farms
Pasture-raised
Eggs**
12 ct., selected varieties

6.99

**Vital Farms
Pasture-raised
Eggs**
18 ct., selected varieties

Your favorite breakfast items are at the co-op.



4.49

Meyenberg
Goat Milk
32 fl. oz., selected
varieties



4.79

Mt Vikos
Feta Cheese
6 oz., selected varieties



3.99

Organic
Valley
Creamer
25.4 fl. oz.,
selected varieties



3.99

Miyoko's Creamery
Organic Cultured Vegan
Butter
8 oz., selected varieties



4.29

Immaculate
Organic Crescent Rolls
8 oz.

joy to deliciousness

It's no coincidence that delicious is our name. Make your dairy-free holiday brighter with tasty So Delicious Holiday Nog, Coconutmilk Yogurt Alternative, Coconutmilk Creamer and CocoWhip Topping! Together, they make everything better. Now that's a reason to celebrate.



3.79

So Delicious
CocoWhip
Topping
9 oz., selected
varieties



3/\$5

So Delicious
Coconutmilk
Yogurt
5.3 oz., selected
varieties



2.99

So Delicious
Coconut Milk
Nog
32 fl. oz.



3.99

So Delicious
Coconut
Creamer
32 fl. oz., selected
varieties

The co-op has quality ingredients for gatherings.

delight in
every bite



3.79

Daiya
Deluxe Mac & Cheese
10.6-10.9 oz.,
selected varieties



3.99

Daiya
Cutting Board
Shreds
7.1 oz., selected
varieties



3.99

Daiya
Dairy-free
Slices & Blocks
7.1-7.8 oz., selected
varieties



6.99

Daiya
Pizza
13.47-19.4 oz.
selected varieties



3.29

Divina
Stuffed Grape
Leaves
7 oz., selected varieties



6.99

Bonafide Provisions
Organic Bone Broth
24 fl. oz., selected varieties



11.99

Tofurky
Plant-based Roast
26 oz., selected varieties



America's
favorite organic
ice cream

Alden's is committed to making
products irresistible for all, offering a
wide variety of dairy and dairy-free
frozen desserts.

7.99

Alden's Organic
Ice Cream
48 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Grain Trust is a Hispanic-owned company
that creates three-minute dishes from
ethically sourced grains.



2/\$8

Grain Trust
Frozen Rice Sides
20-30 oz., selected varieties

Holiday season savings are at the co-op.



3.29

**Health Valley
Organic Soup**

14.25-15 oz., selected varieties



vegan holiday classic

Our meatless vegan roast is an ideal plant-based protein alternative for your holiday social and family get-togethers.

5.99

**Field Roast
Plant-based Meat**
16 oz., selected varieties



thank you for shopping at the co-op

When you shop at the co-op, it means more money stayed in our local economy in 2022, and business practices that are good for people and the planet remained a priority. With much gratitude, thank you!

The co-op has great deals for the holidays.

find it all!

The co-op has everything you need to make a delicious holiday meal. Stock up now and get ahead of this busy season with fantastic deals on products you love.



10.99
Napa Valley Naturals
Organic Extra Virgin
Olive Oil
25.4 fl. oz., selected varieties



3.29
Dandies
Vegan Vanilla Marshmallows
10 oz., selected varieties



2.29
Stahlbush Island Farms
Frozen Vegetables
10 oz., selected varieties



6.49
Bob's Red Mill
Organic Flour
5 lbs., selected varieties



5.99
Better Than Bouillon
Organic Broth Base
8 oz., selected varieties

2/\$7
Q Mixers
Drink Mixers
4 pk.-7.5 fl. oz. cans,
selected varieties



Everything for your holiday meal is at the co-op.

Some items may not be available at all stores or on the same days

The co-op has ingredients for your entertaining.

Some items may not be available at all stores or on the same days



2/\$5

**Westbrae
Organic Beans**
15 oz., selected varieties



rice to the occasion

Lundberg believes in the people-bonding power of food to gather families around tables. "Rice" to the occasion this holiday season with the secret ingredient in so many festive and family-favorite recipes.

6.99

**Lundberg Family Farms
Organic Rice**
32 oz., selected varieties



2/\$4

**Edward & Sons
Organic
Homestyle
Mashed Potatoes**
3.5 oz., selected varieties



2/\$4

**Dr. McDougall's
Soup Cups**
1.3-3.4 oz., selected varieties



3.99

**Mediterranean
Organic
Pitted Kalamata
Olives**
8.1-8.5 oz., selected varieties



holiday meals start here

Pacific Foods Organic Free Range Chicken Broth is rich, flavorful and the perfect pantry partner to create a table full of palate-pleasing holiday favorites like mashed potatoes, stuffing, gravy and more!

2/\$7

**Pacific Foods
Organic Chicken Broth**
32 fl. oz., selected varieties



5.49

**Rudi's
Organic Bread**
22-24 oz., selected varieties

The co-op has options for all of your guests.



6.49

**Field Day
Organic All
Purpose Flour**
5 lbs., selected varieties



*holiday baking
made better*

Sweeten your favorite holiday treats with delicious, sustainably sourced Wholesome® Fair Trade and Organic sugars. Wholesome® sweeteners and scratch-quality bake mixes are on sale at the co-op now.

4.49

**Wholesome
Organic Dark Brown Sugar**
24 oz., selected varieties



9.99

**Primal Kitchen
Avocado Oil**
16.9 fl. oz.
Special Order Only



4.79

**Equal Exchange
Organic
Chocolate Chips**
10 oz., selected varieties



3.69

**Field Day
Organic Light
Brown Sugar**
24 oz., selected varieties



3.99

**Field Day
Non-GMO Canola
Oil**
32 fl. oz., selected
varieties
Special Order Only



homemade made easy

Always-organic, always-delicious shortcuts like Simply Organic Turkey Gravy help you spend more time at the table. Because when you go all out for family and friends, you deserve to celebrate with them.

1.29

**Simply Organic
Roasted Turkey Gravy Mix**
0.85 oz., selected varieties



4.99

**Arrowhead Mills
Pancake & Waffle
Mix**
26 oz., selected varieties



Find more family favorites at the co-op.



2/\$7

Celestial Seasonings
Herbal Tea
18-20 ct., selected varieties



5.49

Rishi Tea
Organic Tea
32 fl. oz., selected
varieties
Special Order Only



9.99

Equal Exchange
Organic
Biorevolution Dark
Roast
per pound in bulk, selected
varieties,



2/\$8

Dream
Organic Rice
Drink
32 fl. oz., selected
varieties



Tea, juice or coffee to start your day.

**Your favorite beverages are
at the co-op.**



9.99

Lakewood
Organic Pure
Cranberry Juice
32 fl. oz.



2/\$7

Barbara's
Cereal
10-15 oz., selected
varieties



5.49

Chobani
Oatmilk
32 fl. oz., selected
varieties



1.79

Organic Quick
Rolled Oats
per pound in bulk



4.29

Organic Dried
Cranberries
per pound in bulk



12.99

Organic Pecan
Halves
per pound in bulk



The co-op has everything for a great breakfast.



2/\$6

**From The Ground Up
Cauliflower
Snacks**
4 oz., selected varieties



2.29

**Barbara's
Cheese Puffs**
7 oz., selected varieties



2/\$7

**Terra
Vegetable Chips**
5 oz., selected varieties



2/\$6

**Late July
Organic Tortilla
Chips**
10.1 oz., selected varieties



6.29

**Spry
Xylitol Gum**
100 ct., selected varieties



2/\$6

**R.W. Knudsen
Sparkling Juice**
25.4 fl. oz., selected varieties



2/\$10

**IZZE
Sparkling Juice
Drink**
4 pk.-12 fl. oz. bottles,
selected varieties



2/\$8

**Nixie
Organic Sparkling
Water**
8 pk.-12 fl. oz. cans,
selected varieties

a mocktail for everyone

SPARKLE AND FIZZ

Celebrate the holiday season with mocktails, adding your favorite juices, fizzy beverages and ingredients that accentuate the flavors of the season. Grab some cinnamon sticks, nutmeg, cranberries and star anise to get into the spirit.



5.49

**Reed's
Ginger Brew**
4 pk.-12 fl. oz. bottles,
selected varieties



2/\$7

**Tony's
Chocolonely
Chocolate Bars**
6.35 oz., selected varieties

Find plenty of snacks and beverages at the co-op.



UKIAH Natural Foods CO-OP

EAT DRINK AND BE *Thankful*



NOVEMBER 2022

721 South State St., Ukiah
ukiahcoop.com
FOLLOW US ON SOCIAL








3.99

**Better Life
Toilet Bowl Cleaner**
24 fl. oz., selected varieties
Special Order Only

INCLUSIVE TRADE PARTNER



World Centric is an Asian-owned company whose business operations address sustainability in our products, philanthropy and practices.

4.49

**World Centric
Compostable 9" Plates**
20 ct., selected varieties



Shop inclusive trade!

We're pleased to offer great deals on brands from businesses owned by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.

Co-ops support products and services that ensure personal and planetary health; a legacy we can be proud to leave generations to come.



Co-ops are committed to fostering inclusive communities, promoting brands that are women-, BIPOC-, LGBTQ- and veteran-owned.

Some items may not be available at all stores or on the same days.

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