



# Co+op™ basics

## More ways to save with Co+op Basics!

Looking to stretch your grocery budget?

We're pleased to introduce our new Co+op Basics program. Co+op Basics offers everyday low prices on many popular grocery and household items. You'll find new low prices EVERYDAY in every aisle.

We're committed to helping you fill your pantry affordably without skimping on quality. Just look for the Co+op Basics signs throughout the store.



Our Co-op Basics prices are as LOW as we can go so Owner appreciation discounts, special order discounts, access discounts and staff discounts do not apply to these items. For more information about the Co-op Basics program visit our website at [www.wholefoods.coop/deals/](http://www.wholefoods.coop/deals/).



Look for products like these and more!

Flip for more EVERYDAY Co+op™ basics

WHOLE FOODS  
CO-OP



# Co-op™ basics

## GROCERY

FIELD DAY Organic Apple Cider Vinegar

FIELD DAY Organic Extra Virgin Olive Oil

FIELD DAY Canola Oil

FIELD DAY Organic Salad Dressings

WOODSTOCK Organic Ketchup

FIELD DAY Organic Pasta Sauces

FIELD DAY Organic Pastas

FIELD DAY Organic Gluten Free Pastas

FIELD DAY Organic Macaroni & Cheese

FIELD DAY Organic Broths

FIELD DAY Organic Peanut Butters

SMUCKERS Natural Peanut Butter

FIELD DAY Organic Fruit Spreads

FIELD DAY Organic Cereals

MOM'S BEST Cereals

MOM'S BEST Quick Oats

FIELD DAY Organic Crackers

FIELD DAY Organic Cookies

FIELD DAY Organic Snack Bars

FIELD DAY Organic Tortilla Chips

FIELD DAY Organic Salsas

FIELD DAY Organic Diced Fruit Cups

FIELD DAY Organic Canned Beans

FIELD DAY Organic Canned Vegetables

HAIN Sea Salt

## REFRIGERATED

ARROWHEAD Milk

WILDWOOD Soy Beverage, 64 oz

BROWN COW Yogurt, 32 oz

WESTSOY Firm Tofu

## HOUSEHOLD

FIELD DAY Bath Tissue

FIELD DAY Paper Towel

FIELD DAY Paper Napkins

BON AMI Cleaning Powder

## WELLNESS

KIRK'S Castile Bar Soap

NATURE'S GATE Toothpaste

NATURE'S GATE Herbal Shampoo & Conditioner

TOM'S OF MAINE Unscented Deodorant

WHOLE FOODS CO-OP Basic Multivitamin, 90 ct

## FOG CITY DELI

Bean, Rice and Cheese Burrito

Side Salad

## BREAD + CHEESE

ELLSWORTH Cheeses

THIRD STREET BAKERY 100% Whole Wheat Bread

NEW FRENCH BAKERY Baguette

## PRODUCE

Organic Romaine Hearts

Organic Baby Carrots

Organic Garnet and Jewel Yams

Avocados

## BULK

Save everyday by buying just the amount you need!



## Don't forget to take advantage of these other great ways to save when shopping the Co-op:

- ▶ **Co+op Deals** — Our biweekly flyer focused on packaged grocery.
- ▶ **Fresh Deals** — Our weekly flyer focused on fresh produce, meat/seafood and deli.
- ▶ **Owner Deals** — Ownership has its perks; enquire about Owner benefits today!
- ▶ **Shopping in Bulk** — Save when buying just what you need; buy a pinch or a pound.

EVERYDAY Low Prices = **Co-op™ basics**

WHOLE FOODS  
**CO-OP**