



Co+op™ basics

More ways to save with Co+op Basics!

Looking to stretch your grocery budget?

Our Co+op Basics program will help you do just that! 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/.

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 Cereals
 FIELD DAY
 Organic Peanut Butters
 FIELD DAY
 Organic Fruit Spreads
 FIELD DAY
 Organic Ketchup & Mustard
 FIELD DAY Organic Crackers
 FIELD DAY Organic Cookies
 FIELD DAY
 Organic Macaroni & Cheese
 FIELD DAY
 Organic Pasta Sauces
 FIELD DAY Organic Pastas
 FIELD DAY
 Organic Gluten-Free Pastas
 FIELD DAY Organic Broths
 FIELD DAY Organic Snack Bars
 CLIF & LUNA Snack Bars
 FIELD DAY
 Organic Fruit Snacks
 FIELD DAY Organic Salsas
 GARDEN OF EATIN'
 Tortilla Chips
 FIELD DAY
 Organic Diced Fruit Cups
 FIELD DAY Canned Tuna
 FIELD DAY
 Organic Canned Tomatoes

FIELD DAY

Organic Apple Sauce
 FIELD DAY Juice
 SANTA CRUZ Lemonade
 FIELD DAY
 Organic Canned Vegetables
 FIELD DAY
 Organic Baked & Refried Beans
 FIELD DAY
 Organic Maple Syrup
 FIELD DAY Olives
 FIELD DAY Sparkling Water
 FIELD DAY
 Organic Coconut milk
 FIELD DAY
 Organic Instant Oatmeal
 FIELD DAY
 Organic Apple Cider Vinegar
 FIELD DAY
 Organic Extra Virgin Olive Oil
 FIELD DAY Canola Oil
 FIELD DAY
 Organic Salad Dressings

REFRIGERATED

SILK Almond Milk
 GREEK GOD'S Yogurt,
Select varieties
 FLORIDA'S NATURAL
 Orange Juice

FROZEN

CASCADIAN FARMS
 Frozen Fruit, 32 oz
 UDI'S Gluten-Free Bread,
Select Varieties

MEAT

THOUSAND HILLS Ground Beef,
 80/20

HOUSEHOLD

FIELD DAY Bath Tissue
 FIELD DAY Paper Towel
 FIELD DAY Paper Napkins
 FIELD DAY Trash Bags
 BON AMI Cleaning Powder
 FIELD DAY Dish Liquid
 FIELD DAY
 Automatic Dish Detergent
 FIELD DAY Laundry Detergent
 FIELD DAY All-Purpose Cleaner

WELLNESS

KIRK'S Castile Bar Soap
 NATURE'S GATE
 Herbal Shampoo & Conditioner
 TOM'S OF MAINE
 Toothpaste, *Select varieties*
 TOM'S OF MAINE
 Unscented Deodorant
 WHOLE FOODS CO-OP
 Basic Multivitamin, 90 ct

SEVENTH GENERATION
 Diapers

SEVENTH GENERATION
 Pads & Tampons

EVERYDAY SHEA
 Shampoo & Conditioner

DELI

Bean, Rice and Cheese Burrito
 Side Salad

BREAD + CHEESE

ELLSWORTH Cheeses
 THIRD STREET BAKERY
 100% Whole Wheat Bread
 NEW FRENCH BAKERY
 Baguette
 RUDI'S Bread, *Select Varieties*

PRODUCE

Organic Romaine Hearts
 Organic Baby Carrots
 Organic Garnet & Jewel Yams
 Avocados

BULK

Save everyday by buying just
 the amount you need!
 EQUAL EXCHANGE
 Coffee, *Select varieties*



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**

