

coopTM basics

Co+op Basics is our basic goods at basic prices program. We offer lower prices on a select list of staple items in order to save you money every day. These are low prices, all the time; not temporary price reductions. You can expect to pay 5%-25% under our regular prices on basics like milk, eggs, butter, beans, bread, and more; with an emphasis on organic, you'll find only GMO-free products on our list. As you shop the Co-op, look for the Co+op Basics signs in the aisles. When you see one, you can be sure you're getting a better value!

Bakery

North Coast Co-op

Sliced Sourdough Bread
w/Organic Flour

Frozen

Cascadian Farms

* Strawberries
* Blueberries
* Harvest Berry Blend

Silver Hills

* Squirrely Bread
* Mack's Flax Bread
* The Big 16 Bread

* Bulk Blueberries

* Bulk Peas

Produce

* Fair Trade Bananas

* Indicates product is Certified Organic

Some items may not be available in both the Arcata and Eureka stores.

Bulk

Equal Exchange

Humjoldt Coffee
40th Anniversary Coffee
Bird of Paradise Coffee
Mellow Buzz Decaf Coffee

* Black Beans
* Cornmeal
* Whole Wheat Elbow Macaroni
* Golden Flax Seeds
* Short Grain Brown Rice
* Whole Wheat Pastry Flour

Meat & Cheese

Rocky

Junior Free Range Chicken

Rumiano

Mild Cheddar 1 lb
Monterey Jack 1 lb

Refrigerated

Humboldt Creamery

* Milk: 1 Gallon, 1/2 Gallon, 1%,
2%, FF, and Whole

* Butter: salted and unsalted

Florida's Natural

Home Squeezed Orange Juice
Original Orange Juice
Orange Juice w/Calcium
Home Squeezed Original Juice
w/Calcium

Silk

Soy Milk, Vanilla
Soy Milk, Plain
Soy Milk, Unsweetened, Organic
Soy Milk, Chocolate
Soy Milk, Plus Omega 3
Almond Milk, Unsweetened
Almond Milk, Unsweetened Vanilla
Almond Milk, Original
Almond Milk, Vanilla



Almond Milk, Dark Chocolate
Almond Milk, Coconut Blend
Cashew Milk, Chocolate
Cashew Milk, Vanilla

Tofu Shop

*Water Packed Tofu: Regular and Firm traditional Nigari
*Vacuum Packed Tofu: Regular and Firm traditional Nigari

California Premium

Monterey Jack Cheese
Mild Cheddar Cheese

Grocery

Water, Bulk (H2O machine)

Choice

*Earl Grey

Co-op

*Apple Juice

Dr. Bronner's

*Coconut Oil

Mary's Gone Crackers

*Original Crackers, Gluten Free

Mi Rancho

*Corn Tortillas, Gluten Free

Wild Planet

Albacore Tuna

Clif Bars

Assorted Flavors

Earth's Best

Assorted Baby Foods

Luna Bars

Assorted Flavors

So Delicious

*Unsweetened Gluten Free Coconut Milk (shelf stable)
*Original Gluten Free Coconut Milk

(shelf stable)

*Vanilla Gluten Free Coconut Milk (shelf stable)

Nature's One Formula

*Dairy

*Soy

Field Day

*Apple Juice
*Apple Juice
*Apple Sauce
*Cinnamon Apple Sauce
*Baked Beans
*Baked Maple Onion Beans
*Black Beans
*Cannellini Beans
*Garbanzo Beans
*Great Northern Beans
*Cut Green Beans
*Kidney Beans
*Pinto Beans
*Ranchero Beans
*Refried Black Beans
*Refried Beans
*Beef Broth
*Chicken Broth
*Chicken Broth, Low Sodium
*Vegetable Broth, Low Sodium
Canola Oil
*Bran Plus Cereal
*Cinnamon Crunch Cereal
*Golden Rice Crunch Cereal
*Honey Nut Cereal
*Raisin Bran Cereal
*Toasted O's Cereal
*Wheat Squares Cereal
*Organic Chocolate Cream Cookies
*Chocolate Chip Cookies
*Wildlife Vanilla Cookies
*Vanilla Cream Cookies
*Classic Coconut Milk
*Light Coconut Milk
*Coconut Oil
*Coconut Oil Cooking Spray,
*Whole Kernel Corn
Baked House Crackers
Bite Size Cracked Wheat Crackers
*Water Crackers

*Golden Round Crackers
*Toasted Wheat Crackers
*Balsamic Dressing
*Goddess Dressing
*Green Goddess Dressing
*Italian Dressing
*Ranch Dressing
*Sesame Ginger Dressing
*Strawberry Fruit Twists
*Mixed Berry Fruit Twists
*Creamed Raw Wildflower Honey
*Instant Apple Cinnamon Oatmeal
*Instant Maple Brown Sugar Oatmeal
*Instant Original Oatmeal
*Instant Oatmeal Variety Pack
Olive Oil
*Extra Virgin Olive Oil
Olives, Green
Olives, Black
*Cheddar Mac & Cheese
*White Cheddar Mac & Cheese
*Maple Syrup 8oz
*Maple Syrup 12oz
*Maple Syrup 16oz
*Maple Syrup 32oz
*Angel Hair Pasta
*Brown Rice & Quinoa Fusilli Pasta
*Brown Rice & Quinoa Spaghetti Pasta
*Elbow Macaroni Pasta
*Brown Rice Fusilli Pasta
*Brown Rice Kids Mix Pasta
*Brown Rice Penne Pasta
*Brown Rice Spaghetti Pasta
*Fusilli Pasta
*Linguine Pasta
*Spaghetti Pasta
*Penne Pasta
*Peaches & Pears, Diced Cup
*Peaches, Diced Cup
*Pears, Diced Cup
*Peas, Sweet
*Crunchy Peanut Butter NS
*Crunchy Peanut Butter
*Smooth Peanut Butter NS
*Smooth Peanut Butter
*Black Bean & Corn Salsa
*Double Fire Roasted Salsa
*Garlic Cilantro Salsa

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- *Tomato Cilantro Salsa
- * Italian Herb Sauce
- * Marinara Sauce
- * Pizza Sauce
- * Portobello Mushroom Sauce
- * Roasted Garlic Sauce
- * Spicy Arrabiata Sauce
- * Tomato Basil Sauce
- * Garden Vegetable Sauce
- Sea Salt, Fine
- Sparkling Water
- Sparkling Water, Berry
- Sparkling Water, Lemon
- Sparkling Water, Lime
- Sparkling Water, Orange
- *Tomato Paste
- *Tomato Sauce
- *Tomatoes Crushed w/ Basil
- * Diced Tomatoes
- * Diced Tomatoes, No salt
- * Apple Cider Vinegar
- Paper Towels, Recycled
- Paper Towels, Custom Size
- Facial Tissue
- Bath Tissue, Double Roll, Recycled
- Paper Napkins, White
- Baby Wipes, Refill
- Dish Soap, Lavender
- Dish Soap, Free & Clear
- Laundry Detergent, Lavender
- Laundry Detergent, Free & Clear
- Dishwashing Detergent, Powder
- Dishwashing Detergent, Single Packs
- All-Purpose Cleaner, Free & Clear
- Trash Bags, Tall Drawstring

Natures Path Brand

- *Flax Plus Raisin Bran, Non GMO Project Verified
- *Heritage Eco Pac, Non GMO Project Verified

Woodstock

- * Ketchup
- * Yellow Mustard
- * Stoneground Mustard

Seventh Generation

- Baby Diaper, Newborn
- Baby Diaper, Stage 1
- Baby Diaper, Stage 2
- Baby Diaper, Stage 3
- Baby Diaper, Stage 4
- Baby Diaper, Stage 5
- Baby Diaper, Stage 6
- Training Pants, 2T-3T
- Training Pants, 3T-4T
- Training Pants, 4T-5T

Wellness

Dr. Bronner's

- * Lip Balm: Orange, Ginger, Peppermint, Lemon Lime, and Unscented

Alaffia

- Authentic Black Soap 32oz: Peppermint, Tangerine Citrus, Unscented
- Authentic Black Soap 16oz: Peppermint, Tangerine Citrus, Unscented, Vanilla Almond

Tom's of Maine

- Propolis & Myrrh with Cinnamint Toothpaste
- Propolis & Myrrh with Fennel Toothpaste
- Propolis & Myrrh with Peppermint Toothpaste
- Propolis & Myrrh with Spearmint Toothpaste
- Lavender Deodorant

Country Life

- Men's Daily Nutrition (30 day supply)
- Prenatal Daily Nutrition (30 day supply)
- Women's Daily Nutrition (30 day supply)
- Men's Daily Nutrition (60 day supply)
- Prenatal Daily Nutrition (50 day supply)
- Women's Daily Nutrition (60 day supply)

EveryDay Coconut

- Hydrating Body Lotion, Coconut
- Hydrating Body Wash, Coconut
- Hydrating Shampoo, Coconut
- Hydrating Conditioner, Coconut
- Ultra Hydrating Shampoo, Coconut-Lime
- Ultra Hydrating Conditioner, Coconut-Lime

EveryDay Shea

- Body Lotion 32oz: Unscented, Lavender, Vanilla
- Body Wash 32oz: Unscented, Lavender
- Shampoo 32oz: Unscented, Lavender Passion Fruit
- Conditioner 32oz: Unscented, Lavender Passion Fruit

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