

# coop<sup>TM</sup> 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, 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! While the majority of items will always be available, a few items may be occasionally added or removed to either store.

February 2016

## Bakery

North Coast Co-op  
Sliced Sourdough Bread

## Frozen

\*Bulk Blueberries  
\*Bulk Peas

## Produce

\*Fair Trade, Bananas

## Bulk

\*Black Beans  
\*Co-op 40th Anniversary Coffee  
\*Co-op Humboldt Coffee  
\*Co-op Mellow Buzz Coffee  
\*Cornmeal  
\*Whole Wheat Elbow Macaroni  
\*Flax Seeds  
\*Short Grain Brown Rice  
\*Whole Wheat Pastry Flour

## Meat and Cheese

Rocky Junior Free Range Chicken  
Rumiano Mild Cheddar 1 lb  
Rumiano Monterey Jack 1 lb

## Refrigerated

### Humboldt Creamery Brand

\*Milk; 1 Gallon, 1/2 Gallon, 1%, 2%, Fat Free and Whole  
\*Butter; Salted and Unsalted

### Tofu Shop Brand

\*Water Packed Tofu;  
Regular and Firm Traditional Nigari  
\*Vacuum Packed Tofu;  
Regular and Firm Traditional Nigari

## Grocery

\*Baby's One Formula  
\*Choice Earl Grey  
\*Co-op Apple Juice  
\*Dr. Bronner's Coconut Oil  
Earth Friendly Ecos Laundry Detergent  
Lily, Lavender and Free and Clear  
\*Mi Rancho Corn Tortillas  
\*Organicville Ketchup  
\*So Delicious Coconut Milk,  
Original, Vanilla and Unsweetened  
\*Suzie's Saltines  
Tinkyada Kosher Brown Rice Spaghetti  
Water, Bulk (H2O machine)  
Wild Planet Albacore Tuna

## Natural Value Brand

\*Coconut Milk  
Kitchen Bags  
Paper Towels  
Toilet Paper

## Field Day Brand

\*Apple Cider Vinegar, 32 Oz  
\*Fancy Peas, 15 Oz  
Balsamic Vinaigrette, 8 Oz  
Bath Tissue Roll, 12 Ct  
\*Beans, 15 Oz  
Black, Garbanzo, Kidney,  
Maple Onion Baked, Pinto, and  
Refried Vegetarian  
\*Beef Broth, 32 Oz  
Original and Low Sodium  
\*Brown Rice Penne, 12 Oz  
\*Brown Rice Fusilli, 12 Oz

\*Indicates product is Certified Organic

\*Brown Rice Spaghetti, 12 Oz  
\*Chicken Broth, 32 Oz  
Original and Low Sodium  
\*Chlorine Free Baby Wipes Refill, 72 Ct  
\*Crunchy Peanut Butter, 18 Oz  
Original and Unsalted  
\*Diced Fruit Cups, 4 Oz (4pk)  
Peach, Pear, and Peach & Pear  
\*Kids Brown Rice Pasta Mix, 12 Oz  
Mediterranean Fine Sea Salt, 26.5 Oz  
Natural Extra Virgin Olive Oil, 16.9 Oz  
Olives Green Pitted, 6 Oz  
Olives Pitted, 6 Oz  
Paper Napkins, 250 Ct  
Paper Towels Custom Size Roll  
\*Pasta Sauce, 26 Oz  
Italian, Marinara, Roasted Garlic  
and Tomato Basil  
\*Ranch Dressing, 8 Oz  
\*Smooth Peanut Butter, 18 Oz  
\*Traditional Penne Rigate, 16 Oz  
\*Traditional Water Crackers, 4.4 Oz  
\*Vegetable Broth, 32 Oz  
Original and Low Sodium  
\*Whole Kernel Sweet Corn, 15.25 Oz  
100% recycled Facial Tissue, 85 Ct

## Natures Path Brand

\*Flax Plus Raisin Bran  
\*Heritage Flakes Eco Pac

## Wellness

Jasón Powersmile Toothpaste  
\*Dr. Bronner's Lip Balm  
Orange Ginger, Peppermint, Lemon  
Lime, and Unscented  
Country Life Daily Nutrition Multivitamin  
Men's, Women's and Prenatal  
Tom's of Maine Deodorant

