CO+op Basics is our select list of staple iter the time; not te ou 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

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**

- \*Squirrelly Bread
- \*Mack's Flax Bread
- \*The Big 16 Bread
- \*Bulk Blueberries
- \*Bulk Peas

## **Produce**

\*Fair Trade Bananas

## 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

Basics signs in the aisles. When you see one, you can be sure

# **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

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



<sup>\*</sup>Indicates product is Certified Organic

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
- \*Linauine 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, Grapefruit

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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