

CO-OP DEALS & SAVINGS

OFFERS GOOD THROUGH DECEMBER 3, 2024

WELLNESS



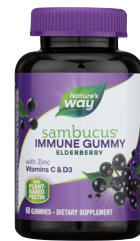
**Aura Cacia
Lavender
Mineral Bath**

2.5 oz.
Reg. \$3.99
\$2.79



**Uncle Harry's
Peppermint
Mineral Toothpaste**

3 oz.
Reg. \$7.99
\$5.49



**Nature's Way
Sambucus Elderberry
Gummies**

60 ct.
Reg. \$24.99
\$15.99

MEATS & CHEESE



**Mt. Vikos
Feta Cheese**

6 oz.
Reg. \$7.69
\$4.79



**Organic Valley
Sliced Baby
Swiss Cheese**

6 oz.
Reg. \$7.49
\$4.99



**Organic Valley
Grassfed Uncured
Beef Hotdogs**

10 oz.
Reg. \$10.99
\$7.99



REFRIGERATED



**Earth Balance
Whipped Buttery
Spread**

13 oz.
Reg. \$6.99
\$5.49



**Good Culture
Classic Cottage
Cheese**

16 oz.
Reg. \$6.69
\$4.79



**Vital Farms
Pasture Raised
Grade A Large Eggs**

1 dozen
Reg. \$7.99
\$5.99

Celebrating 50 years of cooperation since 1973!

811 I Street Arcata, CA (707) 822-5947 | 25 4th Street Eureka, CA (707) 443-6027
Open daily 7am-9pm | www.northcoast.coop

NORTH COAST
CO-OP

FROZEN



Stahlbush Green Peas

10 oz.
Reg. \$3.49
2/\$5



Wholly Wholesome Traditional Pie Shells 2pk

14 oz.
Reg. \$7.99
\$4.99



Tofurky Stuffed Vegetarian Roast

26 oz.
Reg. \$18.99
\$12.99

GROCERY



Blue Diamond Sea Salt Nut Thins

4.25 oz.
Reg. \$4.99
2/\$7



Brianna's Buttermilk Ranch Dressing

12 oz.
Reg. \$4.69
2/\$7



Cobram 100% California Extra Virgin Olive Oil

25.4 oz.
Reg. \$21.99
\$14.99



Edward & Sons Panko Breadcrumbs

10.5 oz.
Reg. \$6.99
\$4.99



Equal Exchange Earl Grey Tea

20 bags
Reg. \$6.49
2/\$7



inclusive trade



Farmer's Market Pumpkin Puree

15 oz.
Reg. \$3.99
\$2.39



NEW AT THE CO-OP



Dandies Vegan Marshmallow Cream

This delicious spreadable cream is great for PB & marshmallow sandwiches, fresh fruit, ice cream, or straight out of the jar. Made with no artificial flavors or colors, corn syrup, or egg. This plant based treat is a top notch addition to the Dandies line.



Take Roots Organics Fire Roasted Crushed Tomatoes

Take Roots Organics is a new line of tomatoes for our Coop. Certified organic and Non-GMO, the company works closely with their farmer partners to strive for best practices in land use and growing. These crushed tomatoes are vine ripened romas straight from California farmers.



Kodiak Cakes Kernza Cakes Flapjack & Waffle Mix

Kernza is a nutty, sweet, robust, perennial grain that supports regenerative agriculture, decreases carbon, retains clean water, and is a great source of fiber and nutrients. With 14 grams of protein these hearty, tasty flapjacks will keep you fueled all morning long.





**Barbara's
Morning Oat
Crunch**
14 oz.
Reg. \$6.69
2/\$9



**Manischewitz
Extra Wide Egg
Noodles**
12 oz.
Reg. \$4.29
\$2.79



**Olivia's
Traditional
Stuffing Mix**
12 oz.
Reg. \$11.49
\$5.99



**Pacific
Organic
Vegetable
Broth**
32 oz.
Reg. \$5.99
2/\$7



**Q Drinks
Spectacular Tonic
Water**
4 pk.
Reg. \$5.69
\$3.99



**Bob's Red Mill
All Purpose
Unbleached Flour**
5 lb.
Reg. \$9.99
\$5.49



MEMBER ONLY DEALS



**Spectrum
Shortening**
24 oz.
Reg. \$14.49
\$8.99



**Frontier
Ground
Cinnamon**
1.9 oz.
Reg. \$6.69
\$4.49



**Local Hive
Raw Unfiltered
Honey**
16 oz.
Reg. \$12.49
\$9.49



**Wholesome
Dark Brown
Sugar**
24 oz.
Reg. \$6.99
\$4.69



**inclusive
trade**



**Madecasse
Madagascar Pure
Vanilla Extract**
2 oz.
Reg. \$11.49
\$8.49



**Suckerpunch
Classic Dill
Pickle Chips**
3.4 oz.
Reg. \$2.29
\$1.79



Seeds

FOR CHANGE
Round-up Program

Plant the seeds for a better community!
Round up your purchase to the nearest dollar at the register to benefit this month's featured community organization:



Humboldt Animal Rescue Team

VOTE FOR THE 2025 SEEDS FOR CHANGE RECIPIENTS!

43 organizations have qualified to participate in next year's Seeds for Change program.

Members can submit a ballot with up to NINE of their choices at the voting stations, or vote online at www.northcoast.coop/vote.

November 4 - November 17

Seeds

FOR CHANGE
Round-up Program



HOLIDAY PREORDERS
AVAILABLE NOW

Holiday pies, cakes and meals—from our kitchen to your oven.

Last day to preorder is November 24.

Order at the Deli or online at northcoast.coop/orders.

Vegan option available.



Stay Connected!

Join our email list to have local sales at North Coast Co-op delivered to your inbox!
www.northcoast.coop/connect

Look for these logos in store for more great deals!



We'd love for you to become a member! Visit Customer Service to join.