

coop deals®

DEC 31, 2025 - JAN 20, 2026



2.79^{lb}

Reg. \$4.99

**Organic
Chia Seeds**

PLU #2263

BULK

Seeds, Beans, & Grains, Oh My!

Kick off January with whole-food staples that make eating well easy and affordable. Stock up on nourishing basics like chia seeds, quinoa, chickpeas, and rolled oats — simple ingredients that make a healthy reset feel doable and delicious.



2.49^{lb}

Reg. \$2.99

**Organic
Garbanzo Beans**

PLU #38



1.99^{lb}

Reg. \$2.79

**Organic
Gluten Free
Rolled Oats**

PLU #965



3.19^{lb}

Reg. \$3.69

**Organic
White Quinoa**

PLU #97



MIDDLEBURY
NATURAL
FOODS
CO-OP

LOCALLY GROWN,
COMMUNITY OWNED
SINCE 1976

OPEN DAILY 8AM-7PM

9 Washington St.
(802) 388-7276
Middlebury.coop

BULK



8.99^{lb} Organic Hemp Hearts
Reg. \$12.99
PLU #832



6.99^{lb} Organic Prunes
Reg. \$9.99
PLU #989



15.99^{lb} Organic Goji Berries
Reg. \$17.99
PLU #866



9.99^{lb} Equal Exchange Organic Dried Mango
Reg. \$12.99
PLU #18



4.99^{lb} Our Daily Eats Raspberry Nut Meusli
Reg. \$6.99
PLU #1023



4.99^{lb} Organic Quinoa Flakes
Reg. \$6.99
PLU #218



9.99^{lb} Equal Exchange Organic Walnut Halves & Pieces
Reg. \$11.99
PLU #919

SAVE EVEN MORE with BULK CASE ORDERS!

To place an order, scan the QR code or visit www.middlebury.coop/bulk



DINNER



2/\$4

Reg. \$3.99

**Muir Glen
Organic Tomatoes**

14.5 oz.
select varieties



2/\$7

**Muir Glen
Organic Pasta Sauce**

23.5 fl. oz.
select varieties

Reg. \$5.49



2/\$5

**Near East
Mixes**

6.75 oz.
select varieties

Reg. \$3.49



4/\$6

**Annie's Homegrown
Mac & Cheese**

6 oz.
select varieties

Reg. \$3.49



3.99

**Jovial
Organic
Gluten Free Pasta**

12 oz.
select varieties

Reg. \$5.49



4/\$7

**Mike's Mighty
Good Ramen**

1.6 oz.
select varieties

Reg. \$2.99



4.49

**Pacific Foods
Organic Soups**

32 fl. oz.
select varieties

Reg. \$5.99

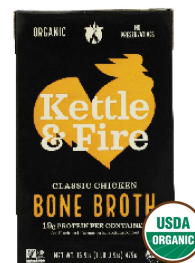


4.99

**Epic
Bone Broths**

14 fl. oz.
select varieties

Reg. \$6.99



5.99

**Kettle & Fire
Organic
Bone Broths**

16.9 fl. oz.
select varieties

Reg. \$7.99

DINNER



3.79

Reg. \$3.99

**Maria & Ricardo's
Organic Tortillas**

8 count
select varieties



17.49

**Spectrum Naturals
Organic Olive Oil**

25.4 fl. oz.

Reg. \$23.99



2.29

**Siete
Refried Beans**

16 oz.
select varieties



2/\$4

**Siete
Seasoning Packets**

1.3 oz.
select varieties



7.49

**Woodstock
Organic Frozen Pasta**

20 oz.
select varieties



2.29

**Red's
Organic Burritos**

5 oz.
select varieties



4.49

**Wild Planet
Canned Tuna**

5 oz.
select varieties



2.79

**Stahlbush Island Farms
Broccoli Florets**

10 oz.

SNACK



2/\$8 Evolution Fresh
Organic
Soothies & Juices
Reg. \$5.99
15.2 oz.
select varieties



2/\$7 Goldthread
Roseglow
Reg. \$4.49
10.5 fl. oz.
select varieties



2/\$5 Epic
Meat
Bars
Reg. \$3.49
1.3 oz.
select varieties



2/\$3 Epic
Meat
Snack Strips
Reg. \$2.49
.8 oz.
select varieties



2/\$5 Gomacro
Organic Bars
Reg. \$3.49
2.5 oz.
select varieties



4.99 Green Mountain
Gringo Salsa
Reg. \$6.99
16oz.
select varieties



2/\$7 Green Mountain
Gringo Tortilla Strips
Reg. \$4.49
8 oz.
select varieties



2/\$7
Reg. \$4.99 & \$4.49
Back to Nature &
Blue Diamond
Crackers
5/4.25 oz.
select varieties



4.99 Nixie
Organic
Sparkling
Water
Reg. \$6.99
8/12 fl. oz.
select varieties



3.29 Boulder Canyon
Potato Chips
Reg. \$4.49
5.25 oz.
select varieties

BREAKFAST



2/\$7

Reg. \$5.99

Equal Exchange Organic Teas

20 count, select varieties



11.99

Reg. \$12.99

Equal Exchange Organic Coffee

12 oz.
select varieties

12.99

Reg. \$14.99

Cascadian Farm Organic Frozen Fruit

32 oz.
select varieties

2/\$8

Reg. \$5.79

Cascadian Farm Organic Cereal

92 oz.
select varieties

2/\$8

Reg. \$5.99

Cascadian Farm Organic Granola

11 oz.
select varieties

2/\$5

Reg. \$3.49

Almond Breeze Almond Milks

32 fl. oz.
select varieties

3.99

Reg. \$5.39

Silver Hills Bakery Sliced Bread

22 oz.
select varieties

6.99

Reg. \$8.49

Once Again Organic Peanut Butter

16 oz.
select varieties

7.69

Reg. \$9.99

Bob's Red Mill Organic Rolled oats

32 oz.

REFRIGERATOR



4.19 Stonyfield Organic Yogurts
Reg. \$4.99
32 oz.
select varieties



4.29 Lifeway Kefir
Reg. \$4.99
32 fl. oz.
select varieties



4/\$5 Siggis Skyr Yogurts
Reg. \$1.79
5.3 oz.
select varieties



4.99 Califia Farms Organic Almond Milks
Reg. \$6.49
48 fl. oz.
select varieties



5.79 Forager Project Organic Cashew Milk Yogurt
Reg. \$6.99
24 oz.
select varieties



8.99 Kevin's Natural Foods Chicken Entrees
Reg. \$9.99
16 oz.
select varieties



4.49 Upton's Naturals Seitan
Reg. \$4.99
8 oz.



4.79

Reg. \$5.49

Violife Nondairy Sliced & Shredded Cheese

5.29-8 oz.
select varieties

Everyone Deserves a Place at the Table.

To make that a reality, we created **FOOD FOR ALL.**

If you're eligible for SNAP, WIC, or other income-based programs, you likely qualify for *Food for All.*

PARTICIPANTS RECEIVE:

- 10% off every shopping trip
- Membership is paid for by the Co-op
- Patronage dividends (when available)
- Member-only deals
- A vote in Co-op elections
- Full access to everything membership offers



There's no cost to join and no strings attached.

Learn more and apply at:

middlebury.coop/Food-For-All



GAME DAY ESSENTIALS



3.99

Reg. \$5.49

Ithaca Hummus

10 oz.
select varieties



3.99
Reg. \$4.99

Late July Organic Tortilla Chips
10.1 oz.
select varieties



5.99
Reg. \$6.99

Organic Valley Mozzarella
8 oz.
select varieties



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