

What's New at People's Market?

More Ways to Save with Co+op Basics

Looking to stretch your grocery budget? So are we! That's why we're pleased to offer People's "Co+op Basics" program. Co+op Basics offers everyday low prices on many popular grocery and household items. From peanut butter to beans and tomato sauce to olive oil, you'll find value-priced brands as well as low prices on some of your everyday favorites. For savings on Co+op Basics products, look for the purple and white Co+op Basics sign!



Grocery

Living Intentions – Organic Activated Figs, Flax & Fiber Superfood Cereal: Every bite of this superfood cereal contains honey golden figs, the sweet spice of mesquite, and the superfood goodness of fiber-rich foods like hemp, flax and psyllium husk.

Made Good – Organic Chocolate Chip Soft Baked Mini Cookies: Soft, chewy and chocolatey, now baked into perfect mini cookies. Made with vegan dark chocolate chips for extra flavor! Gluten free. **Organic Red Velvet and Organic No Nut Butter Soft Baked Cookies new, too!**

Cadia – Organic Carrot Coconut Soup in a Pouch: Full of flavor, this dairy-free soup is sweet and creamy, rich and delicious. Packaged in a BPA free pouch! **Organic Creamy Mushroom, Organic Red Beet, and Organic Vegetable Minestrone Soup in a Pouch new, too!**

Maya Kaimal – Organic Chickpeas + Tomato + Onion Chana: This full flavor chana is built on onion, garlic and ginger, with the bright tomato notes and bursts of warm cumin seed. Enjoy eating as a stew or serve as a side dish. **Organic Coconut + Kale, Organic Coconut + Green Chili, and Organic Tamarind + Sweet Potato Chana new, too!**

Perishables

Babe – Organic Maui Wowie Kombucha: This handcrafted kombucha features the island flavors of strawberry, coconut and lime. Locally produced! **Organic Hawaiian Pog Kombucha featuring passion fruit, orange and guava, new, too!**

Crunch Foods – Organic Blueberry Toastables: Made with millet and quinoa, this new breakfast food is a delicious alternative to pancakes, waffles, and French toast. Lightly sweetened with organic cane sugar, Toastables can be topped with nut butter, jellies or jams, cream cheese, or anything you can imagine. Gluten free.

Amy's – Chinese Noodles and Veggies: Featuring organic ingredients, this plant-based meal combines noodles, baked tofu, shiitake mushrooms, broccoli, julienned carrots and other organic vegetables, immersed in a delectable, authentic Chinese-style cashew sauce. Free of gluten free, dairy, and corn.

Wildbrine – Organic Raw Jalapeno Lime and Organic Raw Caraway Apple Sauerkrauts: With unique and delicious flavor combinations that range from light and refreshing to rich and savory, these organic krauts will give your gut an enlivening boost. Traditionally fermented to provide you with the essential probiotics your tummy needs.

Wellness

Zion Health – Ancient Clay Thieves Essential Oil Bar Soap: This soap warms the senses with bright notes of lemon and eucalyptus followed by subtle rosemary with a strong spice finish of clove and cinnamon. Thieves essential oil is well known to reduce stress, neutralize bacterial and viral pathogens. **Available in new Liquid Soap formula, too!**

General Merchandise

Good Paper – Fair Trade Greeting Cards: Who doesn't enjoy getting something special in their mailbox? Each Good Paper greeting card is handcrafted and hand-signed by its maker, connecting you to the life your purchase transforms.

Body Care & Wellness

Mad Hippie – No Further Discount

All Mad Hippie Products 15% Off

Includes Cream Cleanser, Vitamin C Serum, Eye Cream, Facial SPF, Hydrating Nutrient Mist, Exfoliating Serum, and more!

Moon Valley Organics – No Further Discount

All Moon Valley Products 20% Off

Foaming Herbal Hand Soap, Shampoo Bars, Lip Balms, and more!

Wandering West

Palo Santo Cleaning & Protection Spray

4 oz. **\$16.29** reg. 18.99

Enzymedica

Purify 10 Day Intestinal Cleanse 60 capsules

A specialized targeted release capsule helps to deliver ingredients for optimal absorption. **\$23.49** reg. 28.99

Gaia Herbs

Astragalus Supreme 60 capsules **\$18.49** reg. 22.99

A popular choice for overcommitted adults struggling to balance obligations and anyone dealing with ongoing stress.

Terry Naturally - Extra Strength Formula

Andrographis EP80 60 capsules **\$19.99** reg. 24.99

Formulated to support immune function, upper respiratory tract health, joint health, and DNA protection from oxidative stress.

Bulk Herbs & Spices

Frontier Co-op - Organic & Fair Trade

Chai Tea **\$36.95 lb.** reg. 42.95 lb

A flavored tea beverage containing aromatic Indian spices, including black pepper, cardamom, and cinnamon. Chai tea is great by itself, but it's also a fantastic addition to lattes and spiced desserts. Brewing basics: Put 1 tsp. of tea in strainer, then place in cup. Add 8 oz. near boiling water and steep for 3-5 minutes. Feel free to adjust to your preference.

General Merchandise

Aloha Bay

Chakra Votives 2 oz. **\$1.75** reg. 2.25

Varieties include Healing, Love, Protection, Positive Energy, and more!

NOW - BPA Free

Portable USB Diffuser each **\$24.95** reg. 28.99

Automatically shuts off. Fits in car beverage holder. Extremely quiet.

Melitta

Pour Over Coffee Brewer each **\$4.95** reg. 5.95

BPA free coffee cone

Deli/Bakery

Sweet Potato Salad

\$7.49 per pound reg. 8.49

Deli items feature Organic ingredients

Apple Pie by the Slice

\$7.99 per pound reg. 8.49

Bulk

Mountain High - Organic!

Garbanzo Beans

\$1.99 per pound

reg. 2.79 **You Save .80**

Mountain High - Organic!

Pearled Barley

\$1.39 per pound

reg. 1.79 **You Save .40**

Yellow Popcorn

\$1.19 per pound **Organic!**

reg. 1.69 **You Save .50**

Organic Steel Cut Oats

99¢ per pound

reg. 1.39 **You Save .40**

Green Split Peas

\$1.49 per pound **Organic!**

reg. 1.85 **You Save .36**

Grocery & Household

Choice

Organic Tea

Assorted varieties

2 for \$7 16 tea bags

reg. 4.75 each **You Save \$1.25 each**



Chickpea - Organic!

Chickpea Pasta

Assorted varieties

2 for \$7 8 oz.

reg. 4.65 each **You Save \$1.15 each**



Yachak - Organic!

Yerba Mate Drink

Assorted varieties

\$1.79 15.5 oz.

reg. 2.55 **You Save .76**



Muir Glen

Organic Tomato Sauce

Assorted varieties

4 for \$5 15 oz.

reg. 1.79 each **You Save .54 each**



The Jackfruit Co.

Organic Jackfruit Meals

Assorted varieties - Ready to Eat!

\$2.79 10 oz.

reg. 3.55 **You Save .76**



ECOS

Laundry Liquid

Assorted varieties

\$9.99 100 oz.

reg. 13.89 **You Save \$3.90**



Perishables

Oatly

Oat Milk

Original, Chocolate

Barista quarts on Sale, too!

\$3.99 1/2 gallon

reg. 5.49 **You Save \$1.50**



Bitchin' - This Dip is Nuts!

Sauces & Dips

All varieties

\$3.99 7-8 oz.

reg. 6.49 - 6.69 **You Save \$2.50 - \$2.70**

This Dip is Nuts is Organic!



Rising Moon

Organic Ravioli

All varieties

2 for \$7 8 oz.

reg. 4.99 each **You Save \$1.49**



Wallaby - Organic!

Greek Yogurt

Whole Plain, Whole Vanilla, Nonfat Plain

\$5.99 32 oz.

reg. 6.99 **You Save \$1**



Field Roast - Vegan!

Chao Cheese Slices

Creamy Original, Tomato Cayenne, Garden Herb

\$3.99 7 oz.

reg. 4.99 **You Save \$1**



**Prices on Specials
While Supplies Last**

October 16 -31

coop™ deals

Deli/Bakery

Raw Cashew Dip

\$7.49 per pound reg. 8.49

Deli items feature Organic ingredients

Congo Bars

\$7.99 per pound reg. 8.79

Bulk

Mountain High

Organic Mung Beans

\$2.19 per pound

reg. 2.59 You Save .40

Multiple Organics

Organic Amaranth

\$1.69 per pound

reg. 1.99 You Save .30

Buckwheat Groats

\$2.99 per pound **Organic!**

reg. 3.25 You Save .26

Organic French Lentils

\$2.19 per pound

reg. 2.39 You Save .20

Organic Dried Mango

\$9.99 per pound

reg. 11.99 You Save \$2

Grocery & Household

Traditional Medicinals

Organic Tea

Assorted varieties

2 for \$7 16 tea bags

reg. 5.39 each You Save \$1.89 each

Ancient Harvest - Organic!

Quinoa Pasta

Assorted varieties

2 for \$5 8 oz.

reg. 3.25 each You Save .75 each



Lakewood

Organic Pure Juice

Assorted varieties

\$7.99 32 oz

reg. \$10.99 You Save \$3



Ancient Harvest

Organic Polenta

Assorted varieties

2 for \$6 18 oz.

reg. \$3.65 each You Save .65 each



Clean Cause - Organic!

Sparkling Yerba Mate Drink

Assorted varieties

2 for \$4 16 oz.

reg. 2.69 each You Save .69 each

Seventh Generation

Laundry Liquid

Assorted varieties

\$10.99 100 oz.

reg. 17.99 You Save \$7



Perishables

Luna & Larry's - Organic!

Coconut Bliss

Select varieties

\$4.99 pint

reg. 6.49 You Save \$1.50



Sambazon - Organic!

Frozen Acai

Select varieties

\$4.99 assorted sizes

reg. 6.99 - 7.49 You Save \$2 - \$2.50



Kevita

Organic Sparkling

Probiotic Drink

2 for \$5 15.2 oz

reg. 3.49 each You Save .99 each



Hilary's - Organic!

Veggie Burgers

All varieties

2 for \$5 6.4 oz.

reg. 3.89 each You Save \$1.39 each



Siete

Grain Free Tortillas

Almond, Cassava + Coconut, Cashew varieties

\$6.99 7 oz.

reg. 8.99 You Save \$2



Prices on Specials
While Supplies Last

