

coopTM 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.

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%, FF 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, refried vegetarian

*Indicates product is certified Organic

*Beef Broth, 32 Oz
original and low sodium
*Brown Rice Penne, 12 Oz
*Brown Rice Fusilli, 12 Oz
*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, peach, and pear
*Brown Rice Fusilli, 12 Oz
*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

Jasön 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