



# COOS HEAD FOOD CO-OP

Fresh Produce, Locally Sourced, & Community Owned Co-Op



## - MARCH MONTHLY SALE ITEMS -

**SELECT  
GLASSWARE  
10-15%  
OFF**



**FERMENTAHOLICS  
CLASSIC SCOBY**

**\$ 7.99**

REG. \$ 8.99



**FERMENTAHOLICS  
JUN SCOBY**

**\$ 12.99**

REG. \$ 13.99



**FERMENTAHOLICS  
EASIN' INTO CHEESIN'**

**\$ 19.99**

REG. \$ 22.99



**MINA PRESERVED  
LEMONS**

**\$ 4.99**

REG. \$ 5.69



**MINA PRESERVED  
HARISSA**

**\$ 6.69**

REG. \$ 7.39

**SHAKA  
TEAS**

**\$ 1.99**

REG. \$ 2.69



**YACHAK YERBA  
MATE**

**\$ 2.39**

REG. \$ 2.89



**CHAMELEON  
COLD BREW  
STARTING AT**

**\$ 2.99**

**COFFEE READY TO  
DRINK BREWS AND  
CONCENTRATES  
8-46 OZ!**



OPEN M-F 9AM-7PM SAT 9AM-6PM SUN 10AM-6PM

COOSHEADFOODCOOP1971 COOSHEAD FOOD CO-OP VISIT US ONLINE AT: COOSHEADFOOD.COOP

353 S. 2ND STREET, COOS BAY, OREGON 97420



STORE PHONE: (541) 756-7264





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## - MARCH MONTHLY SALE ITEMS -

**BIDIGO STEAMED DUMPLINGS  
PORK OR CHICKEN WITH  
VEGETABLE**

**\$ 3.99**

REG. \$ 4.89



**CAULIPOWER CHICKEN  
TENDERS ORIGINAL OR  
SPICY**

**\$ 6.99**

REG. \$ 12.29



**AMY'S SPINACH & FETA  
POCKETS**

**\$ 3.39**

REG. \$ 3.69



**GARDEIN MEATLESS  
PIZZA POCKET**

**\$ 5.69**

REG. \$ 5.99

**DIANA'S BANANAS  
MILK & DARK  
CHOCOLATE**

**\$ 4.99**

REG. \$ 5.39



**STOP BY THE GRAB & GO DELI  
AT YOUR LOCAL COOS HEAD  
FOOD CO-OP FOR OUR SOUPS  
OF THE DAY!**



**WE HAVE TROPICAL  
PRODUCE FOUND  
THROUGHOUT OUR  
PRODUCE DEPARTMENT!!**

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**NEW ON THE SHELF THIS MONTH!**

**FINN RIVER SOLSTICE SAFFRON BOTANICAL CIDER**

**\$9.69**  
REG. \$9.89



**WILDCRAFT WILD ROSE CIDER**

**\$6.99**

**INFUSED WITH ORGANIC ROSEBUDS FROM MOUNTAIN ROSE HERBS. FIND THEM IN OUR BULK DEPARTMENT!**



**LAMBERTI PROSECCO**  
**187 ML BOTTLES**  
**\$4.99**  
REG. \$6.79

**WILD WINES CLOSE OUT SALE**  
**\$17.99**  
REG. \$21.99



**SIERRA NEVADA TORPEDO EXTRA IPA**

**\$1.69**  
REG. \$1.99



**WE NOW FEATURE A MARKDOWN SECTION IN BOTH THE WINE SECTION AND BEER COOLER OF YOUR LOCAL COOS HEAD FOOD CO-OP!**

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## - MARCH MONTHLY SALE ITEMS -

### NEW HABA ITEMS

#### - VITAL PROTEINS -

NEWNEWNEW!!!

VITAL PROTEINS  
COLLAGEN  
PEPTIDES



#### NEW VITAL PROTEINS COLLAGEN WATER!!



PEACH - STRAWBERRY - BLACKBERRY

VITAL PROTEINS COLLAGEN BARS!



PEANUT BUTTER CHOCOLATE



MINT CHOCOLATE



LEMON VANILLA



GARDEN OF LIFE  
PROTEIN DRINKS

**\$3.29**

REG. \$4.89

LIFE FLO  
FRACTIONATED  
COCONUT OIL

**\$14.59**

REG. \$16.59



ZION HEALTH  
MINERAL LOTION

**\$9.99**

REG. \$12.99

ZION HEALTH  
SHAMPOO &  
CONDITIONER  
ALL \$1.00 OFF!!



TERRY NATURALLY  
EXTRA STRENGTH PAIN RELIEF

15% OFF  
PLUS  
\$5 COUPON



RED YEAST RICE  
COQ10

**\$17.99**

REG. \$29.79



DESERT ESSENCE  
COCONUT LOTION

**\$6.99**

REG. \$8.99

SMELLS LIKE  
PARADISE!!



ZION  
HEALTH  
SOAP CLAY  
BARS

**\$4.99**

REG. \$6.69

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# BULK DEPARTMENT SALE

**OG FRESH  
GROUND  
PEANUT  
BUTTER**

**\$ 4.69 LB**

REG. \$ 5.89 LB

**OG WHITE  
QUINOA**

**\$ 3.99 LB**

REG. \$ 4.99 LB

**OG MANGO**

**\$ 13.99 LB**

REG. \$ 14.99 LB

**OG SESAME  
SEED**

**\$ 3.29 LB**

REG. \$ 4.29 LB

**OG BROWN  
FLAX SEED**

**\$ 1.99 LB**

REG. \$ 2.69 LB

**OG COCONUT  
SHREDDED**

**\$ 2.49 LB**

REG. \$ 4.29 LB

**TOASTED  
TAHINI**

**\$ 7.49 LB**

REG. \$ 8.49 LB

**COCOA  
DUSTED  
CHOCOLATE  
GINGER**

**\$ 12.99 LB**

REG. \$ 13.99 LB

**SUNRIDGE FARMS!!**

**DARK  
CHOCOLATE  
ALMONDS**

**\$ 14.39 LB**

REG. \$ 17.99 LB

**WILD RICE**

**\$ 6.99 LB**

REG. \$ 7.49 LB

**OG HEMP  
SEED**

**\$ 14.99 LB**

REG. \$ 16.49 LB

**OG AMARANTH  
GRAIN**

**\$ 1.99 LB**

REG. \$ 2.99 LB

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