

*everyday low prices!*

# co+op basics®

*stretch your budget!*



**3.79** /loaf

**Silver Hills Sliced Breads**  
Non-GMO – perfect for sandwiches!



**1.99**

**Field Day Organics Yellow Mustard**  
Great for picnics & BBQs  
8 oz.



**2.39**

**Field Day Organics Tomato Ketchup**  
Great for picnics & BBQs  
24 oz.



**1.29**

**Chobani Yogurt Singles**  
Healthy snacking  
5.3 oz.



**4.99**

**Applegate Naturals Sliced Deli Meats**  
No added nitrates/nitrites  
7 oz.

*save on essentials!*

## LOOK FOR THE CO+OP BASICS SIGNS

Find these and more low prices **every day** on the basic products you need. Co+op Basics pricing is available on canned goods, personal care items, household cleaners, and much more. Look for the Co+op Basics sign in every aisle and save money!



1007 SE Third St. Corvallis • 2855 NW Grant Ave. Corvallis  
Open Daily 8am–8pm • [www.firstalt.coop](http://www.firstalt.coop) • @firstaltcoop



## recipe essentials!

### GREAT MEALS WITH CO+OP BASICS

You'll have the beginnings of delicious dishes that stretch your grocery budget with low everyday prices on grocery staples.



# 1.49

**Field Day Organic Canned Beans**  
Many varieties available  
15 oz



# 3.39

**Field Day Organic Salsa**  
Hot, medium, or mild  
16 oz



# 4/\$5

**Clif Energy Bars**  
Many varieties available  
2.4 oz



# 3.69

**Field Day Organics Diced Pears**  
Other fruit cups available  
3 ct. 3 oz bags



# 3.99

**Field Day Organics Instant Oatmeal**  
Many varieties available  
11.29 oz



# 4.99

**Applegate Naturals Breakfast Sausage**  
No added nitrates/nitrites  
7 oz



# 7.99/lb

**Pacifica Coffee Labor of Love Whole Coffee Beans**  
Roasted in Corvallis!  
Sold in Bulk



# 6.99

**Field Day Organic Extra Virgin Olive Oil**  
Also available in 1L  
500 ml



# 1.49

**Field Day Facial Tissue**  
100% recycled  
80 ct



# 4.99

**Field Day Liquid Hand Soap**  
Various scents available  
12.5 oz