



OUR BIGGEST SALE OF THE MONTH!

FIRST FRIDAY SALE!

MAY 3RD - 4TH



ALL FLAVORS
SIE TE COOKIES
2/\$6
REG. \$5.49

siete family foods
grain free tortillas

\$6.99

8 pk
reg. \$10.99



siete family foods
corn chips

2/\$7

7.5 oz
reg. \$6.29



siete family foods
select beans

\$1.79

15.5-16 oz
reg. \$3.49





rishi tea
sparkling
teas

2/\$5

12 oz
reg.
\$3.79



craize
corn crackers

2/\$6

4 oz
reg.
\$4.79



housemade
guacamole

\$7.99/lb

reg.
\$9.99/lb



try original
or spicy!



cucina antica
pasta
sauces

\$5.49

16.9-25 oz
reg.
\$9.29



kettle brand
potato
chips

2/\$8

13 oz
reg.
\$7.29



simple mills
gluten free
crackers

2/\$7

4-4.25 oz
reg.
\$5.99



siete family foods
tortilla
chips

2/\$7

5 oz
reg.
\$6.29



siete family foods
corn chips

2/\$7

7.5 oz
reg.
\$6.29



siete family foods
select beans

\$1.79

15.5-16 oz
reg.
\$3.49



siete family foods
cookies

2/\$6

4.5 oz
reg.
\$5.49



suckerpunch
pickles

\$5.49

24 oz
reg.
\$8.49



unique
puffzels

2/\$7

4.8 oz
reg.
\$5.49



unique
pretzels

\$3.29

11 oz
reg.
\$5.29



housemade
select burger
patties

\$7.49/lb

reg.
\$10.49/lb



try blue cheese or
bacon cheddar!



bulk
organic
flaxseed

\$2.29/lb

reg.
\$3.49/lb



bulk
organic
mung beans

\$2.99/lb

reg.
\$4.29/lb



famiglia castellani
pinot grigio

**20%
OFF!**

750 ml
reg.
\$14.99



famiglia castellani
sangiovese

**20%
OFF!**

750 ml
reg.
\$18.99



adami
prosecco
garbel

**20%
OFF!**

750 ml
reg.
\$16.99



pine ridge
chenin blanc
+ viognier

**20%
OFF!**

750 ml
reg.
\$13.99



WE SOURCE FROM OVER
270 LOCAL VENDORS





organic roma tomatoes

\$1.79/lb

reg. \$1.99/lb



organic avocados

2/\$4

reg. \$2.50



organic yellow onions

\$1.29/lb

reg. \$1.99/lb



organic green bell peppers

\$3.49/lb

reg. \$4.49/lb



organic limes

\$1.99/lb

reg. \$2.99/lb



organic ataulfo mangoes

2/\$3

reg. \$3.49



organic pineapples

\$3.99

each reg. \$6.99



riot energy drinks

2/\$4

16 oz reg. \$3.29



miyokos vegan cream cheese

2/\$8

8 oz reg. \$6.49



wild caught, fresh true cod fillets

\$8.99/lb

reg. \$12.99/lb



salmon creek farms local boneless pork sirloin chops

\$2.49/lb

reg. \$4.49/lb



olipop sodas & tonics

\$1.79

12 oz reg. \$2.49

or save \$2.50 on select 4 pks, or \$7 on select 12pks!



vital farm alfresco butter

\$3.29

8 oz reg. \$5.79



once upon a farm smoothie pouches

\$2.29

3.2-4 oz reg. \$3.79



malk almond milk

2/\$9

28 oz reg. \$7.79



forager cashew yogurt drinks

2/\$9

28 oz reg. \$7.79



forager cashew yogurts

2/\$9

24 oz reg. \$7.79



green valley organics lactose free sour cream

\$3.29

12 oz reg. \$5.49



housemade medium or mild salsa

\$4.99

16 oz reg. \$5.99



beyond beef plant based ground

\$6.99

16 oz reg. \$11.99



honey mama's snack bars

2/\$7

2.5 oz reg. \$5.99



siete family foods grain free tortillas

\$6.99

8 pk reg. \$10.99 or save \$5 on burrito-sized tortillas!



nature's path frozen waffles

2/\$6

7.4 oz reg. \$4.79



FREE BIRTHDAY COOKIE!

Co-op Members get a free cookie on their birthday! Scan below to learn more about Member Rewards.



LOCAL MEANS FROM IDAHO OR WITHIN 150 MILES FROM OUR STORES





badger
select
lip balms
2/\$6
0.25 oz
reg-
\$4.99



badger
select zinc
sunscreens
\$10.99
2.9 oz
reg-
\$17.99



badger
select zinc
sunscreens
\$9.49
2.4-2.5 oz
reg-
\$13.99-
15.99



badger
select stick
sunscreens
\$6.99
0.65 oz
reg-
\$11.99



life-flo
magnesium
flakes
\$13.99
44 oz
reg-
\$19.99



life-flo
magnesium
oil spray
\$10.99
8 oz
reg-
\$16.49-
16.99
night or sport!



life-flo
pure magnesium
oil spray
\$7.99
8 oz
reg-
\$11.29



life-flo
magnesium
lotion
\$7.49
8 oz
reg-
\$10.99



life-flo
magnesium
roll-on
\$7.49
3 oz
reg-
\$10.79



plantfusion
inspire protein
powders
30% off!
15.87-16.4 oz
reg-
\$43.99



plantfusion
complete proteins
25% off!
1 lb
reg-
\$37.99



plantfusion
organic fermented
greens or beet powders
\$25.99-27.99
6.34-8.64 oz
reg-
\$36.99



plantfusion
vanilla mushrooms
+ protein
\$27.99
15.87 oz
reg-
\$39.99



plantfusion
vanilla collagen
builder
\$29.99
11.42 oz
reg-
\$44.99



pet supply
ALL pet treats
20% OFF!



**BOISE CO-OP
MARKET**

north end • the village
pet supply • wine shop • uncorked!

restrictions may apply • cannot be used or
combined with other offers or discounts limited to
stock on hand • we reserve right to correct
printing errors • pictures are for illustration
purposes only, and may not reflect actual product