

# Ten Ways To Save on Your Groceries at the Co-op

## ✓ 1. Choose Co+op Basics

We love the Co+op Basics program: A selection of staple foods, including natural and organic, priced below the suggested retail. Just look for the purple shelf tag.

## ✓ 2. Flash Sales

Follow us on Facebook to see our Flash Sales first. Great deals for just a limited time.

## ✓ 3. Weekly Specials

Find over 1,000 specials online at [www.coopfoodstore.coop](http://www.coopfoodstore.coop) or pick up a flier in store.

## ✓ 4. Our Latest Big Deals

Co-op Members get extra discounts in addition to the regular sale price on Big Deal sale items.

## ✓ 5. Co+op Coupons

Pair Co+op Coupons with items already on sale for an even better price.

## ✓ 6. Member Discount Days

Stock up on the 15th and 16th of every month. Members receive 10% off their purchases.

## ✓ 7. Food for All Program

The Food for All program is intended to make healthy food more accessible to everyone in our community, regardless of income. Check in at Member Services for more information.

## ✓ 8. Case Discounts

Have a certain product you buy all the time? Consider ordering it by the case, and receive 5% off the case price.

## ✓ 9. Shop by Unit Price

Compare unit prices to get the best price per item. Packaging can be misleading, so purchase based on price per ounce, quart, or pound.

## ✓ 10. Shop Bulk Foods

Buying only what you need is better for your wallet. Whether small or large quantities, Bulk products are usually cheaper than pre-packaged.