

coop deals

SEPT 4 - SEPT 17, 2024

deliciously crunchy!

It's back-to-school time, and you can find all your breakfast options at the co-op! Just add your milk of choice to Nature's Path organic cereal and have a great morning for the whole family.



3.79

Nature's Path Organic Cereal

9.5-14 oz., selected varieties



2.29

Just Ice Tea Organic Tea
16 fl. oz., selected varieties



2.69

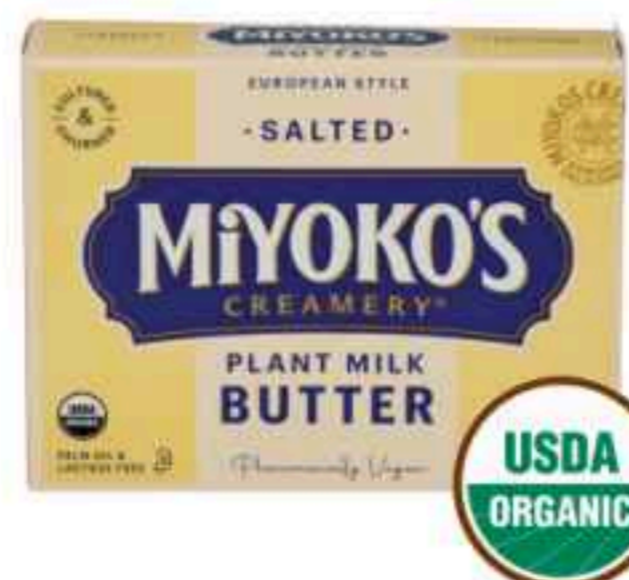
Native Forest Organic Unsweetened Coconut Milk
13.5 fl. oz., selected varieties

COOPERATIVELY OWNED



3.99

Equal Exchange Organic Chocolate Bars
2.8-3.5 oz., selected varieties



4.79

Miyoko's Creamery Organic Plant Milk Butter
8 oz., selected varieties



4.29

Kettle Brand Potato Chips
11.25-13 oz., selected varieties



Great mornings begin with your favorite breakfast.
Back-to-school made easy.



4.29

Kite Hill
Almondmilk Yogurt
16 oz., selected varieties



2/\$4

Icelandic Provisions
Traditional or Extra Creamy Skyr Yogurt
4.4-5.3 oz., selected varieties



4.49

Chobani
Oatmilk
52 fl. oz., selected varieties



4.29

Califia Farms
Barista Blend Oatmilk
32 fl. oz., selected varieties

COOPERATIVELY OWNED



4.99 **Organic Valley**
Large Free-range Brown Eggs
1 doz.

COOPERATIVELY OWNED



4.99 **Organic Valley**
Family First Milk
64 fl. oz., selected varieties



6.49 **Wallaby Organic**
Greek Yogurt
32 oz., selected varieties



live probiotics

Refreshingly healthy with a flavor for every tastebud! Try all three in the KeVita family: Master Brew Kombucha, Prebiotic Lemonades and Sparkling Probiotic Refreshers made from a dairy-free kefir culture.

2.79

Kevita
Organic Kombucha
15.2 fl. oz., selected varieties



4.99

Malk
Organic Plant-based Milk
28 fl. oz., selected varieties

Wake up to favorites from the co-op.



4.49

Violife
Just Like Cheese Shreds
8 oz., selected varieties



4.99

Field Roast
Plant-based Sausages
9.3-12.95 oz., selected varieties



4.99

Field Roast
Chao Plant-based Cheese
7-8 oz., selected varieties



4/\$7

Stonyfield Organic
Yogurt Pouch
3.5 oz., selected varieties

COOPERATIVELY OWNED



3.99

Kerrygold
Pure Irish Butter
8 oz., selected varieties



3.99

Ithaca
Hummus
10 oz., selected varieties



3.99

Silk
Almondmilk
64 fl. oz., selected varieties



4.49

Andrew & Everett
Sliced Cheese
7 oz., selected varieties



4.99

Follow Your Heart
Veganaise
14 fl. oz., selected varieties



4.99

Forager Project
Organic
Cashewmilk
Yogurt
24 oz., selected varieties

There's something for everyone at the co-op.



5.99

Canyon Bakehouse
Gluten-free Bread or
Bagels
14-18 oz., selected varieties



2/\$6

Cascadian Farm
Organic Frozen
Vegetables
10 oz., selected
varieties



4.99

So Delicious
Dairy-free Frozen
Dessert
1 pt., selected varieties



4.99

Alexia
Frozen Potatoes
15-19 oz., selected
varieties



2/\$10

Bubbies
Mochi Ice Cream
7.5 oz., selected varieties



5.69

Cosmic Bliss
Organic Frozen
Dessert
14 fl. oz., selected
varieties



10.99

Against the Grain
Pizza
22.4-24 oz, selected
varieties



12.99

Cascadian Farm
Organic Frozen Fruit
28-32 oz., selected varieties

plant based, beyond delicious

Our plant-based meats are made with simple, non-GMO ingredients to deliver the meaty experience you crave without the compromise. Better for you, better for the planet.



5.49

Beyond Meat
Plant-based Burger Patties
8 oz.



4.99

Rudi's
Organic Bread or Buns
18-22 oz., selected varieties

Find fixings for tasty meals at the co-op.



2.29

Woodstock
Organic Non-pareil
Capers
3.5 oz.



2/\$7

Montebello
Organic Pasta
16 oz., selected varieties



21.99

Spectrum
Organic Extra Virgin
Mediterranean Olive Oil
33.8 fl. oz.



everyday low price



3.49

Field Day
Organic Diced
Tomatoes
28 oz.



7.99

Lucini Italia
Organic Pasta
Sauce
24 oz., selected varieties

sustainability
never tasted
so good



2/\$4

Wild Planet
Sardines
4.4 oz., selected varieties



2/\$4

Wild Planet
Anchovies In
Olive Oil
4.4 oz., selected varieties



3/\$7

Wild Planet
Wild Mackerel
in Extra Virgin
Olive Oil
4.4 oz.












2/\$5

Wild Planet
Skipjack Tuna
5 oz., selected varieties

Wild Planet elevates canned seafood with delicious, sustainable options. Each bite bursts with pure flavor thanks to minimal processing. Packed with protein and omega-3s, it's a nutritious and convenient way to enjoy what the ocean provides.

Find the food you love at the co-op.

 <p>2/\$4 Mike's Mighty Good Ramen Soup Cups 1.6-2.4 oz., selected varieties</p>	 <p>2.29 Frontera Cooking Sauce 8 oz., selected varieties</p>	 <p>2/\$6 Seeds of Change Organic Ready to Heat Rice 8.5 oz., selected varieties</p>
 <p>2/\$7 Lundberg Family Farms Organic Rice Side Dishes 6 oz., selected varieties</p>	 <p>2/\$7 Briannas Dressing 12 fl. oz., selected varieties</p>	 <p>4.39 Milkadamia Macadamia Milk 32 fl. oz., selected varieties</p>
 <p>2/\$9 Nature's Path Organic Love Crunch Granola 11.5 oz., selected varieties</p>	 <p>2/\$10 LaCroix Sparkling Water 12 pk.-12 fl. oz. cans, selected varieties</p>	 <p>5.49 Bragg Organic Apple Cider Vinegar 32 fl. oz.</p>



4.49
Garden of Eatin'
Tortilla Chips
16 oz., selected varieties



2.29
Garden of Eatin'
Taco Seasoning
1.4 oz.



3.79
Garden of Eatin'
Taco Shells
5.5 oz., selected varieties

dinner made delicious

Enjoy **Garden of Eatin's** versatile line of tortilla chips, taco shells and refried beans as a part of your next meal. Gluten-free and non-GMO Project Verified.

All your meal essentials are at the co-op.

Some items may not be available at all stores or on the same days

INCLUSIVE TRADE PARTNER



Partake Foods is a Black-owned company. We offer delicious foods that those with and without food allergies can enjoy and share. All our foods are free of the top allergens.

4.69

Partake Foods
Cookies
5.5 oz., selected varieties



2/\$4
De La Calle!
Organic Modern
Mexican Soda
12 fl. oz., selected
varieties



3.29
Spudsy
Sweet Potato Fries
4 oz., selected varieties



2/\$6
Theo
Organic
Chocolate Bars
3 oz., selected varieties



3.69
C2O
Coconut Water
33.8 fl. oz., selected
varieties



4.49
Green Mountain
Gringo
Salsa
16 oz., selected varieties



5.99
Kalahari Biltong
Air Dried Beef
Jerky
2 oz., selected varieties

doing good, better

Our commitment to doing good, better, remains at the heart of who we are. We are proud to announce that through our partnership with 4ocean, we are now ocean plastic neutral!

2/\$5

Endangered Species
Chocolate Bars
3 oz., selected varieties



COOPERATIVELY OWNED



2/\$7
Blue Diamond
Nut Thins
4.25 oz., selected varieties

The co-op has great deals on tasty snacks.

set the bar higher



Tasty bars for everyone with plant-based goodness you'll love. Our bars are purposefully crafted to meet your needs.

3/\$5

Clif Energy Bars
2.4 oz., selected varieties

2/\$3

Clif Luna Nutrition Bars
1.69 oz., selected varieties

2/\$4

Clif Builders Protein Bars
2.4 oz., selected varieties

5.99

Clif Organic Zbar
6 pk.-1.27 oz. bars, selected varieties



5.99

Culture Pop Probiotic Soda
4 pk.-12 fl. oz., selected varieties

COOPERATIVELY OWNED



10.99

Equal Exchange Organic Love Buzz Coffee
per pound in bulk



16.99

Om Organic Lion's Mane Mushroom Powder
3.5 oz.



tastes right, made right

It's the Vermont way: we are a proud, rural smokehouse. Our dedicated team makes delicious meat sticks by slow cooking only premium cuts and handcrafting them in small batches.

3/\$5

Vermont Smoke & Cure Uncured Meat Sticks
1 oz., selected varieties



2/\$4

Clean Cause Organic Sparkling Yerba Mate
16 fl. oz., selected varieties

Fuel your day with items you love from the co-op.

Some items may not be available at all stores or on the same days

good ingredients for all



4/\$5

Bob's Red Mill
Oats Bars
1.76 oz.,
selected varieties



4/\$7

Bob's Red Mill
Gluten-free
Oatmeal Cup
1.76-2.5 oz.,
selected varieties



5.49

Bob's Red Mill
Gluten-free
Muesli
16 oz.



4.99

Bob's Red Mill
Gluten-free
Pancake Mix
24 oz.

Share special moments with everyone you love! Our commitment to safe, delicious foods starts in our 100% gluten-free facility, where we batch test using an ELISA Gluten Assay test. Select items certified gluten-free by the Gluten-Free Certification Organization.



2.29

Bobo's
Oat Bars
3 oz., selected varieties



2/\$7

Lily's
Chocolate Bars
2.8-3 oz., selected varieties



4.49

Tazo
Tea
15-20 ct., selected varieties



4.99

Bonne Maman
Jelly or Preserves
13 oz., selected varieties



6.49

Once Again
Organic Sunflower
Seed Butter
16 oz., selected varieties



6.99

R.W. Knudsen
Organic Just Juice
32 fl. oz., selected varieties

The co-op has something for everyone.



7.99
Dr. Bronner's
Organic Shaving Soap
 7 oz., selected varieties

organic herbal gummies

Find the gummy that's right for you. Gaia Herbs makes fruit-based, USDA Organic gummies for all your needs — immune support, sleep, stress, nausea, joint support and liver health!

10.99

Gaia Herbs
Organic Black Elderberry
Gummies
 40 ct.



2/\$6
Vive Organic
Wellness Shots
 2 fl. oz., selected varieties



5.99
Auromere
Toothpaste
 3.57-4.16 oz., selected varieties



8.99
Pranarom
Organic Lavender
Essential Oil
 .17 fl. oz.

where wisdom meets wellness



Whether it's a cup for conversation, finding your Zen, or settling digestive discomfort, Traditional Medicinals has a tea for that.

4.49

Traditional Medicinals
Organic Herbal Tea
 16 ct., selected varieties



16.99

Garden of Life
Vitamin Code Raw D3
2,000IU
 60 ct.

Find your favorite wellness items at the co-op.

Some items may not be available at all stores or on the same days



6.99

**Better Life
Toilet Bowl Cleaner**
24 fl. oz.



7.99

**Avalon Organics
Shampoo or Conditioner**
11 fl. oz., selected varieties



8.99

**Heritage Store
Rosewater Facial Mist**
8 fl. oz.



11.99

**Derma E
Anti-wrinkle
Renewal Cream**
4 oz., selected varieties



11.99

**Naturtint
Hair Color**
5.75 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

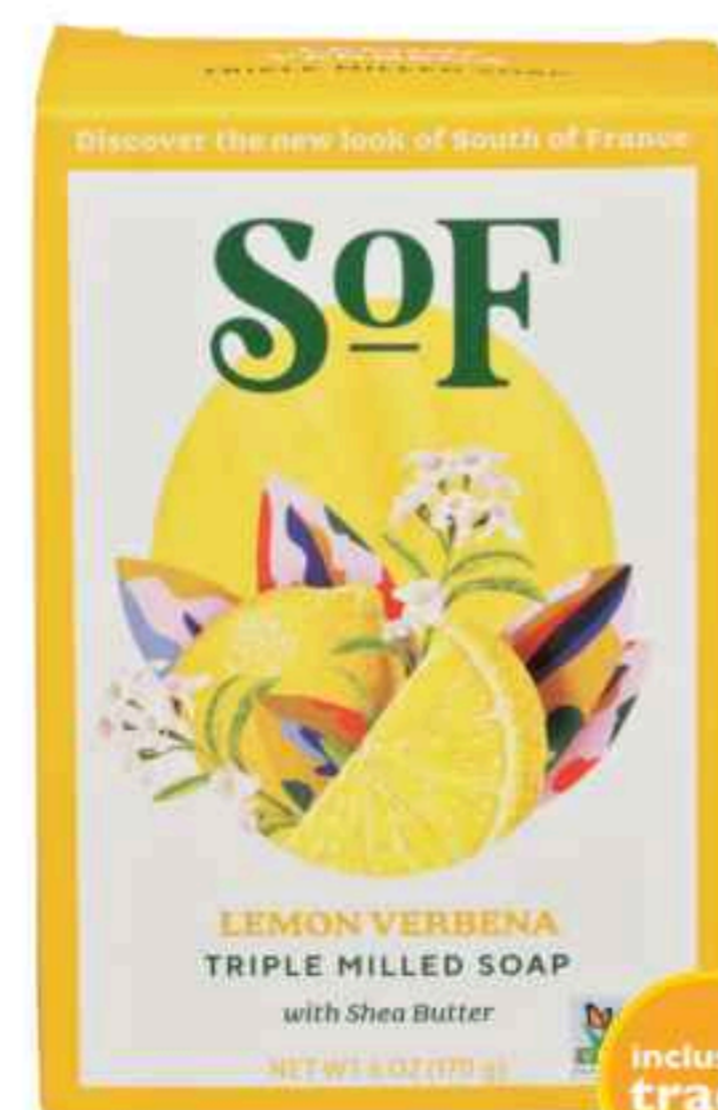
The Grandpa Soap Company is woman-owned and among the oldest soap manufacturers in the USA. We are dedicated to making simple and effective products.



2/\$6

**The Grandpa Soap Co.
Pine Tar Bar Soap**
3.25 oz.

INCLUSIVE TRADE PARTNER



3.29

**South of France
Bar Soap**
6 oz., selected varieties

South of France is a woman-owned company. We still kettle cook small batches of our soap using a traditional Marseille recipe.

INCLUSIVE TRADE PARTNER



4.49

**Kirk's
Castille Bar Soap**
3 pk., selected varieties

Kirk's is a woman-owned company. We believe everyone deserves access to natural cleansers, and our products are safe for the whole family.

The co-op has great deals on wellness products.

Shop for fresh, delicious, local food at a co-op near you.

ILLINOIS

- Common Ground Food Co-op
- Dill Pickle Food Co-op
- Food Shed Co-op
- Green Top Grocery
- Neighborhood Co-op Grocery
- Sugar Beet Food Co-op
- Wild Onion Market

INDIANA

- 3 Rivers Natural Grocery
- Bloomingfoods Market and Deli
- Maple City Market
- Purple Porch Food Co-op

IOWA

- New Pioneer Co-op
- Oneota Community Co-op
- Wheatsfield Cooperative

KANSAS

- The Merc Co+op

KENTUCKY

- Good Foods Co-op

MICHIGAN

- Detroit People's Food Co-op
- Grain Train Natural Foods Market
- GreenTree Co-op Market

- Keweenaw Co-op Market & Deli
- Marquette Food Co-op
- Oryana Community Co-op
- People's Food Co-op – Ann Arbor
- PFC Natural Grocery & Deli
- Ypsilanti Food Co-op

MINNESOTA

- Bluff Country Co-op
- City Center Market
- Cook County Co-op
- Eastside Food Cooperative
- Good Earth Food Co-op
- Hampden Park Co-op
- Harmony Natural Foods Co-op
- Just Food Co-op
- Lakewinds Food Co-op
- Mississippi Market
- Natural Harvest Food Co-op
- People's Food Co-op – Rochester
- River Market Community Co-op
- Seward Community Co-op
- Spiral Food Co-op
- St. Peter Food Co-op & Deli
- Valley Natural Foods
- Wedge Community Co-ops
- Whole Foods Co-op

NEBRASKA

- Open Harvest Cooperative Grocery

OHIO

- Phoenix Earth Food Co-op

SOUTH DAKOTA

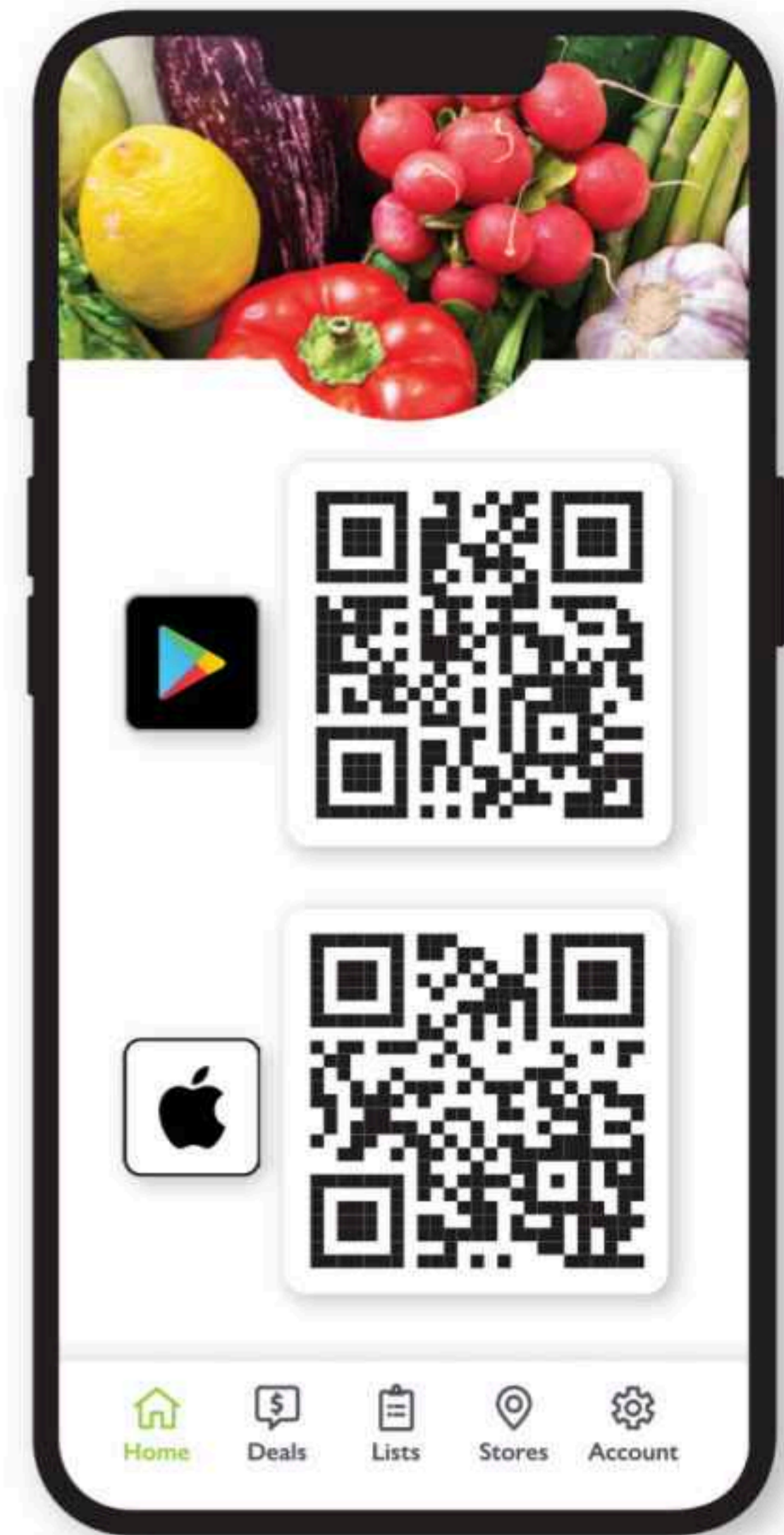
- Natural Abundance Food Co-op
- Sioux Falls Food Co+op

WISCONSIN

- Basics Cooperative Natural Foods
- Chequamegon Food Co-op
- Hudson Grocery Cooperative
- Menomonie Market Food Co-op
- Oshkosh Food Co-op
- Outpost Natural Foods Co-op
- People's Food Co-op – La Crosse
- Viroqua Food Co+op
- Whole Earth Market Co-op
- Willy Street Co-op

coop deals.

Download the App!



See what's on sale with the Co+op Deals app!

Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.



our purposeful mission

2/\$6

GT's
Kombucha
16 fl. oz., selected varieties

2/\$6

GT's
Alive Ancient
Mushroom Elixir
16 fl. oz., selected varieties

5.49

GT's
Organic Cocoyo
8 oz., selected varieties

INCLUSIVE TRADE PARTNER

GT's Living Foods is an LGBTQIA +-owned company. We believe Mother Nature is our world's greatest healer. Our living foods are authentically fueled by plants, raw fermentation, naturally occurring probiotics and ancient wisdom. Join the millions of purity seekers who already belong to the GT's family.



Scan the QR code to learn more about the quality and values represented by these symbols.



Some items may not be available at all stores or on the same days.



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