

coop deals

SEP 18 - OCT 1, 2024

a pantry staple

Perfect for so many recipes, Bionaturae's Strained Tomatoes are an ingredient you'll want to keep stocked in the pantry. Make homemade pizza, soup or sauces with these organic tomatoes grown on small Italian family farms.



3.29

Bionaturae
Organic Strained Tomatoes
8.8-24 oz., selected varieties



2/\$7

Blue Diamond
Almondmilk
59-64 fl. oz., selected varieties



3.99

Harmless Harvest
Organic Coconut Water
16 fl. oz., selected varieties



2/\$8

Cascadian Farm
Organic Frozen Potatoes
12-16 oz., selected varieties



2/\$8

Mary's Gone
Crackers
Organic Crackers
4.25-6.5 oz., selected varieties



4/\$6

Larabar
Fruit & Nut Bars
1.6-1.7 oz., selected varieties



Gather the ingredients for home-cooked meals.

Delicious deals for the fall season.



*remarkably thick,
deliciously simple*

Deliciously rich and creamy, made with only milk and live active yogurt cultures. The possibilities are as endless as your imagination. Good things start here.



4.49

Nancy's Organic Yogurt
24-32 oz., selected varieties

4/\$5

Fage Greek Yogurt
5.3 oz., selected varieties



5.49

Bitchin' Sauce Almond Dip
7-8 oz., selected varieties



5.49

Miso Master Organic White Miso
8 oz., selected varieties



6.99

Miyoko's Creamery Organic Plant Milk Mozzarella
8 oz.

made with sunshine

What are pasture-raised eggs, you ask? They're eggs from hens raised with respect by family farmers. Proudly crack them open for breakfast or bake into your favorite fall recipe.



5.99

Vital Farms Large Pasture-raised Grade A Eggs
1 doz.

INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.

2/\$6

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



inclusive trade

Find all your breakfast fixings at the co-op.



3.99

Hodo
Organic Firm
Tofu
10 oz.



2/\$5

Woodstock
Organic Frozen Vegetables
10 oz., selected varieties



4.79

Lifeway
Organic Kefir
32 fl. oz., selected varieties



4.79

Rumiano
Organic Block
Cheese
8 oz., selected varieties



5.29

Food for Life
Organic Bread
24 oz., selected varieties



7.49

Woodstock
Organic Filled
Pasta
20 oz., selected varieties



all the Oatlys!

Oatly is the original oatmilk! And now seems like a really good time to get some of our perfectly creamy and delicious oatmilks, oat creamers and non-dairy frozen desserts into your fridge and/or freezer. Wow, no cow!



3.99

Oatly
Barista Edition
Oatmilk
32 fl. oz.



4.49

Oatly
Oatmilk
64 fl. oz., selected
varieties



4.49

Oatly
Oatmilk Creamer
29.7 fl. oz., selected
varieties



4.49

Oatly
Non-dairy
Frozen Dessert
1 pt., selected
varieties

The co-op has dairy and dairy-free favorites.

cheese that makes a difference

COOPERATIVELY OWNED

Organic Valley cheeses are made with quality milk from small family farms that protect over 400,000 acres of organic farmland. So, you can feel good about indulging in every delicious variety, from Raw Sharp Cheddar to sliced Provolone.



4.99

Organic Valley Feta Cheese
8 oz.



4.99

Organic Valley Cheese Slices
6 oz., selected varieties



5.99

Organic Valley Stringles Mozzarella Cheese Sticks
8 oz.



6.99

Organic Valley Grassmilk Raw Cheddar Cheese
8 oz., selected varieties



3.49

Tofurky Plant-based Deli Slices
5.5 oz., selected varieties



3.99

Daiya Dairy-free Shreds
7.1 oz., selected varieties



4.49

So Delicious Organic Coconutmilk Creamer
32 fl. oz., selected varieties



1.89

crafted with less

All our skyr and plant-based, dairy-free products are made with simple ingredients and no artificial anything. Deliciously satisfying, Siggi's makes the perfect breakfast or snack option.

Siggi's
Plant-based Yogurt
5.3 oz., selected varieties



3.99

Petit Pot
Organic French Dessert
2 pk.-4 oz., selected varieties

Discover something delicious at the co-op.



4.49

Pacific Foods Organic Soup
32 fl. oz., selected varieties



8.99

taste the difference

Experience the rich, creamy goodness of Alden's Organic ice cream. Made with premium organic ingredients, every bite offers flavor you can feel good about. Treat yourself today!

Alden's Organic Ice Cream
48 fl. oz., selected varieties



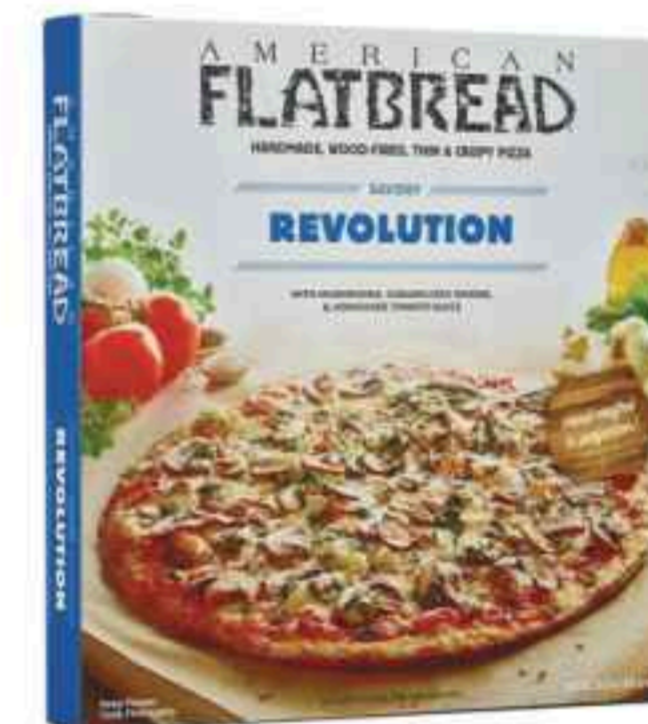
2/\$4

Dr. McDougall's Soup or Noodle Cups
1.3-3.4 oz., selected varieties



4.39

Beyond Meat Plant-Based Breaded Chicken Tenders
8 oz.



9.99

American Flatbread Pizza
16.61-18.62 oz., selected varieties

plant-based, great taste

Gardein offers a wide variety of plant-based proteins with great taste and texture. Non-GMO project verified and always vegan.

4.49

Gardein Plant-based Meat Substitutes
8-13.7 oz., selected varieties



9.99

Justin's Almond Butter
16 oz., selected varieties

Find yummy frozen favorites at the co-op.



inclusive trade

3.79

Siete
Tortilla Chips
5-7.5 oz., selected varieties



inclusive trade

2/\$4

Siete
Refried Beans
16 oz., selected varieties



inclusive trade

3.99

Siete
Enchilada Sauce
15 oz., selected varieties



inclusive trade

7.99

Siete
Grain-free
Tortillas
7 oz., selected varieties

celebrate heritage with Siete

INCLUSIVE TRADE PARTNER

Siete is a Mexican American food brand, rooted in family, that creates heritage-inspired products using thoughtfully selected ingredients — like organic beans, avocado oil and almond flour!



2/\$6

Annie's
Macaroni & Cheese
5.5-6 oz., selected varieties



USDA ORGANIC

2/\$6

Maya Kaimal
Organic Everyday
Entrees
10 oz., selected varieties



5.99

Izze
Sparkling Juice
Drink
6 pk.-8.4 fl. oz. cans,
selected varieties

*sustainably sourced,
expertly roasted*

COOPERATIVELY OWNED

Equal Exchange is committed to sourcing from democratically organized small farmer cooperatives. Our coffee is sourced with care for surrounding ecosystems and supports long-term partnerships that keep small family farms thriving!



coop USDA ORGANIC

9.99

Equal Exchange
Organic Coffee
12 oz., selected varieties



USDA ORGANIC

5.49

Woodstock
Organic Pickles
24 fl. oz., selected varieties

The co-op has the brands you love.



5.49

Primal Kitchen Dip
10-11.5 oz., selected varieties



5.49

Primal Kitchen Dressing or Marinade
8 fl. oz., selected varieties



7.99

Primal Kitchen Avocado Oil Mayo
12 fl. oz., selected varieties



9.99

Primal Kitchen Pure Avocado Oil
16.9 fl. oz.

made for real food

Primal Kitchen dressings, condiments and dips are crafted with premium, real ingredients and delicious flavor that elevates the real foods you love. Dress salads, marinate meats, spread on sandwiches and dip fresh veggies!



3.79

Pacific Foods Organic Oat Beverage
32 fl. oz., selected varieties



5.69

Madhava Organic Unrefined Coconut Sugar
16 oz.



6.99

Lakewood Organic Pineapple Juice
32 fl. oz., selected varieties

savory flavors with clean ingredients



Kickstart your umami adventure with KOYO's Ramen packets. Our organic noodles are baked, not fried, with a savory broth free from preservatives.

5 / \$5

KOYO Ramen
2-2.1 oz., selected varieties



2 / \$6

Celestial Seasonings Herbal Tea
20 ct., selected varieties

Stock up on pantry essentials at the co-op.



6.99

Rishi Organic Tea
15 ct., selected varieties



drink Yachak = plant trees

We're committed to providing a purely natural and organic source of energy that helps protect the trees, communities and species of the Amazon rainforest. Each can sold supports Amazon reforestation with the help of OneTreePlanted.

2/\$4

Yachak Organic Yerba Mate
16 fl. oz., selected varieties



2/\$9

Barbara's Cereal
10-14 oz., selected varieties



6.49

Grandy Organics Coconola
9 oz., selected varieties



10.99

La Tourangelle Avocado Oil
16.9 oz.



whole wheat biscuits

Simple goodness for your day. Crafted from just three ingredients, Kashi® Autumn Wheat is packed with fiber and whole grains to satisfy hunger and make you smile.

2/\$9

Kashi Organic Cereal
9.5-14 oz., selected varieties

INCLUSIVE TRADE PARTNER

Chomps is a diverse-owned company. We make on-the-go protein snacks from sustainably sourced proteins.

2/\$4

Chomps Meat Sticks
1.15 oz., selected varieties



Satisfy your snack cravings at the co-op.

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



2/\$5

Chocolove
Chocolate Bars
 2.9-3.2 oz., selected varieties



3/\$5

Steaz
Organic Green
Tea
 16 fl. oz., selected varieties



2/\$7

Terra
Vegetable Chips
 5-5.5 oz., selected varieties



3.99

Tony's Chocolonely
Chocolate Bars
 6.35 oz., selected varieties



3.99

Taza
Organic
Chocolate Bars
 2.5 oz., selected varieties



4.99

Late July
Salsa
 15.5 oz., selected varieties



5.49

Tate's Bake Shop
Cookies
 7 oz., selected varieties



3.79

Late July
Organic Tortilla Chips
 7.4-10.1 oz., selected varieties



4.49

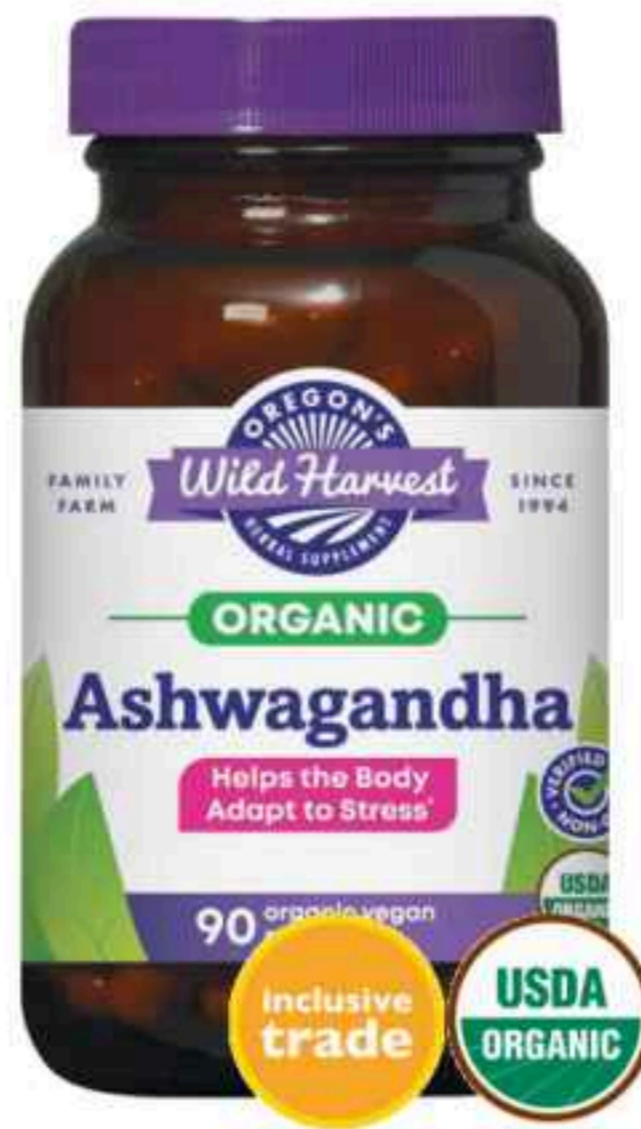
Unreal
Chocolate Cups, Bars
or Gems
 3.2-5 oz., selected varieties

The co-op has snacks for any occasion.

rooted in Oregon

INCLUSIVE TRADE PARTNER

As a family farm and herbal supplement manufacturer since 1994, **Oregon's Wild Harvest** is a woman-owned company that supports regenerative practices that heal the land and water and sequester carbon to ensure pure, potent herbal medicine is available today and for future generations.



15.99
Oregon's Wild Harvest Organic Ashwagandha 90 ct.



16.99
Oregon's Wild Harvest Organic Saw Palmetto 90 ct.



19.99
Oregon's Wild Harvest Turmeric 60 ct.



19.99
Oregon's Wild Harvest Organic Milk Thistle 90 ct.



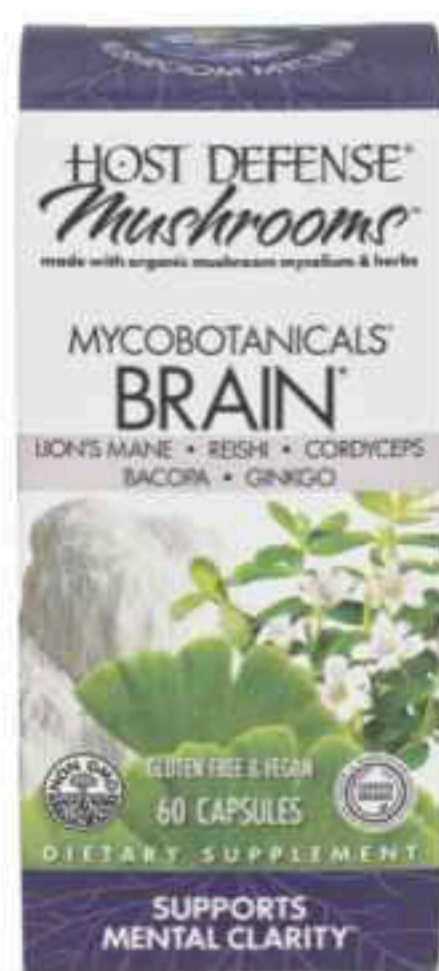
2/\$7
DrTung's Smart Floss 30 yd., selected varieties



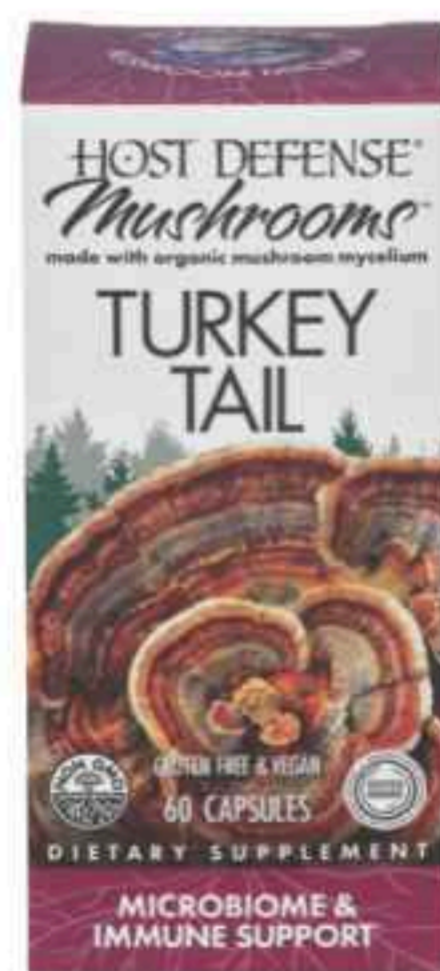
4.49
Mrs. Meyer's Hand Soap 10-12.5 fl. oz., selected varieties



9.99
Life-Flo Pure Magnesium Oil 8 fl. oz.



23.99
Host Defense MycoBotanicals Brain Supplement 60 ct.



25.99
Host Defense Turkey Tail Mushroom Supplement 60 ct.



25.99
Host Defense Lion's Mane Mushroom Supplement 60 ct.



30.99
Host Defense MyCommunity Mushroom Supplement 60 ct.

powered by mushroom mycelium

Founded by renowned mycologist Paul Stamets, **Host Defense** specializes in products powered by organic mushroom mycelium responsibly grown on their farm in the USA. They use eco-conscious packaging and are 110% climate positive, offsetting 10% MORE carbon than they produce.

Find all your wellness products at the co-op.



2/\$6

**Goldthread
Plant-based Tonic**
10.5 fl. oz., selected
varieties



*prioritize your
well-being*

Yogi wellness teas are formulated with delicious taste and helpful benefit in mind. From soothing and floral to fruity and invigorating, all Yogi teas are organic and blended with intention.

3.99

**Yogi
Organic Herbal Tea**
16 ct., selected varieties



4.29

**Happy Family
Organics
Yogis**
1 oz., selected varieties



7.99

**Xlear
Nasal Spray**
1.5 fl. oz.



8.99

**Booda Organics
All-in-One Daily
Moisturizer**
2.3 oz.



11.99

**Natural Factors
DGL Licorice
Chews**
90 ct.

soothes dry skin fast

Borage Therapy helps in reversing a deficiency of gamma linolenic acid (GLA), a critical omega-6 that helps soothe dry skin. Awarded the National Eczema Association Seal of Approval.

8.99

**Shikai
Borage Therapy Lotion**
8 fl. oz., selected varieties



10.99

**Dr. Bronner's
Sal Suds**
32 fl. oz.

All your wellness supplements are at the co-op.

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

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

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

coop deals.

Download the App!



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

nutritious and delicious

Snacking is made easy with KIND. These gluten-free bars are nutritious, delicious and perfect for guilt-free snacking at any time of the day!



3 / \$5 Kind Bars
1.4 oz., selected varieties



2.29
Vita Coco Coconut Water
16.9 fl. oz., selected varieties



2.29
Essentia Ionized Water
50.7 fl. oz.



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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