

coop deals

APR 2 - APR 15, 2025

follow your gut

A REFRESHING MOMENT

Enjoy the spring weather and relax with an Olipop in hand. They're the perfect beverage for busy days of spring cleaning or enjoying outdoor activities. Olipop is full of prebiotics and comes in a variety of fun flavors. Grab some at the co-op while they're on sale!



3/\$6

Olipop
Prebiotic Sodas
12 fl. oz. can, selected varieties



2/\$6

Safe Catch
Elite Wild Tuna
5 oz.



5.99

Sir Kensington's
Mayonnaise
12 fl. oz., selected varieties



7.49

Woodstock
Organic Filled Pasta
20 oz., selected varieties



Savor the season with delicious food.
Spring is in the air.



3.79

Oatly
Barista Edition
Oatmilk
32 fl. oz., selected
varieties



4.49

Oatly
Oatmilk Creamer
32 fl. oz., selected
varieties



4.49

Oatly
Oatmilk
64 fl. oz., selected
varieties



4.49

Oatly
Non-dairy
Frozen Dessert
1 pt., 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 nondairy frozen desserts into your fridge and/or freezer. Wow, no cow!



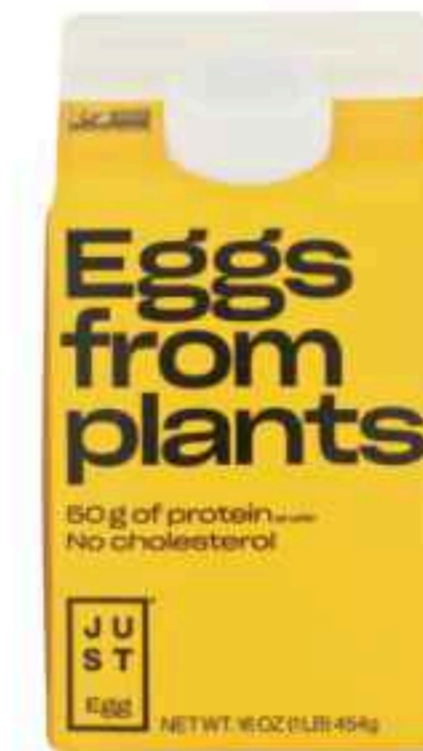
2/\$7

Koia
Plant-based
Protein Drinks
12 fl. oz., selected
varieties



5.99

Immaculate
Organic
Cinnamon Rolls
17.5 oz.



6.49

Just
Plant-based Egg
16 oz.



power of plant-based

Califia Farms is on a mission to create a future where plants replace dairy, without compromise. Califia produces innovative, healthy and great-tasting plant-based alternatives to dairy.

3.99

Califia Farms
Oatmilk
48 fl. oz., selected varieties



4.49

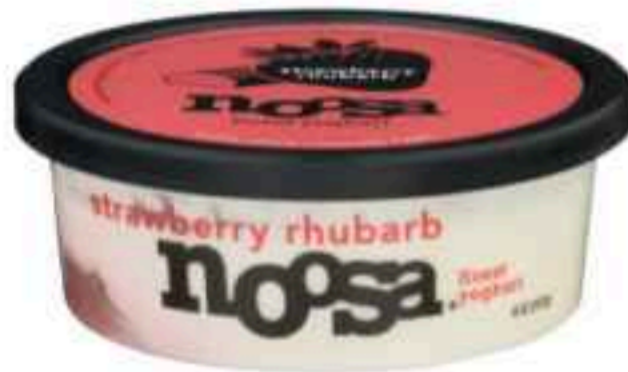
Chobani
Oatmilk
52 fl. oz., selected varieties

The co-op has delicious nondairy options.



2/\$4

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



3/\$7

Noosa
Yoghurts
8 oz., selected varieties

ridiculously creamy

Make everyday smoother with Wallaby organic slow-crafted whole milk yogurt! Each serving has 15 grams of protein.

6.49

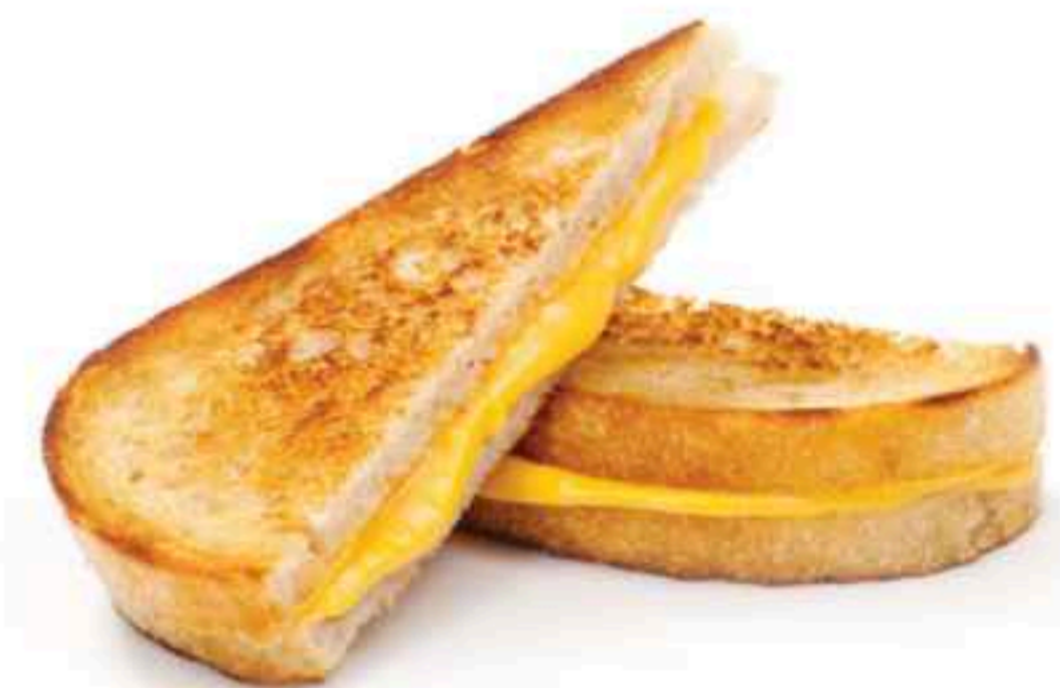
Wallaby Organic
Greek Yogurt
32 oz., selected varieties



3.79 Farmers Hen House
Free-range Large
Brown Eggs
1 doz.



4.79
Violife
Just Like Feta
8 oz.



cheese you'll melt over

COOPERATIVELY OWNED

Whether you're craving parmesan, feta, sliced provolone or raw sharp cheddar, there's a delicious, flavorful **Organic Valley** cheese for nearly every occasion. And they're all made with organic milk from pasture-raised cows. Enjoy!



4.49
Organic Valley
Shredded Parmesan
Cheese
4 oz.



4.99
Organic Valley
Cheese Slices
6 oz., selected varieties



4.99
Organic Valley
Feta Cheese
8 oz.



6.99
Organic Valley
Grassmilk Raw
Cheddar Cheese
8 oz., selected varieties

Fill the fridge with selections from the co-op.



2/\$5

Health-Ade
Organic Kombuchas
16 fl. oz., selected varieties

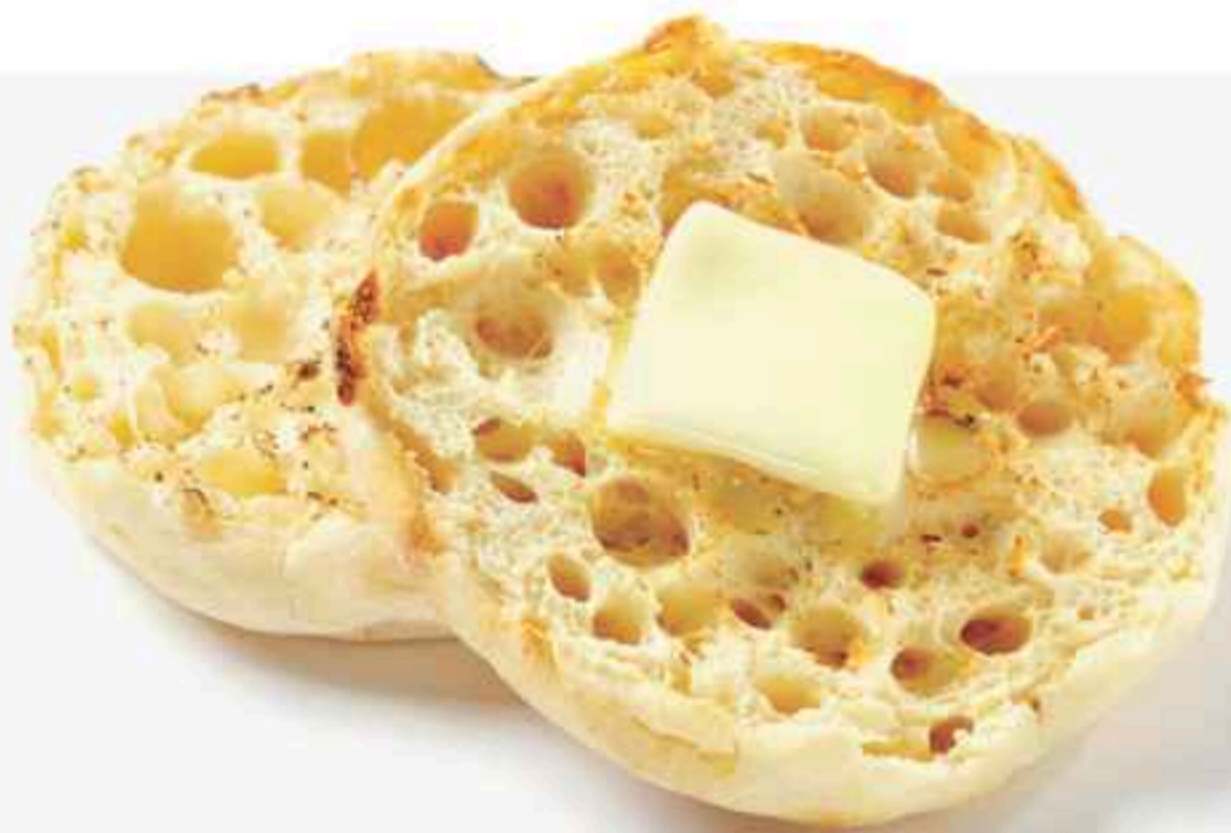


great buttery taste

Rich, buttery flavor perfect for spreading on toast, bagels and more.

5.99

Earth Balance
Organic Whipped
Buttery Spread
13 oz.



Put meals together you love.

Find what's delicious.

simple plant-based ingredients



By shifting from animal to plant-based meat, we can positively impact four growing global issues: human health, climate change, constraints on natural resources, and animal welfare. Go beyond the basic with Beyond Meat.

7.49

Beyond Meat
Plant-based Sausages
14 oz., selected varieties



4.99

Mt Vikos
Feta Cheese
6 oz.

All your breakfast staples are at the co-op.

INCLUSIVE TRADE PARTNER

Grain Trust is a Hispanic-owned company that creates three-minute dishes with ethically sourced grains from farmers who earn living wages.



2/\$8

**Grain Trust
Frozen Rice Sides**
20-30 oz., selected varieties



2/\$5

**Stahlbush Island
Farms
Frozen Vegetables**
10 oz., selected varieties



4.99

**Rudi's
Organic Bread**
22 oz., selected varieties



4.49

**Quorn
Meat Alternatives**
9.2-12 oz., selected varieties



4.49

**Goodpop
Frozen Novelties**
9-13.2 fl. oz., selected varieties



10.99

**Wyman's
Wild Blueberries**
3 lb.



keep it real

Made with organic goodness, our ice cream delivers bold flavor without compromise. No artificial flavors, just real ingredients you can trust.

8.99

**Alden's Organic
Ice Cream**
1.5 qts., selected varieties



4.99

**Ben & Jerry's
Ice Cream or Non-dairy
Frozen Dessert**
15.2-16 fl. oz., selected varieties

Find frozen treats at the co-op.



2/\$5

Westbrae Organic Beans
15 oz., selected varieties



2/\$7

Divina Stuffed Grape Leaves
7 oz.



5/\$6

KOYO Ramen
2-2.1 oz., selected varieties



7.69

Rao's Homemade Pasta Sauce
24 oz., selected varieties



2/\$6

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



Tasty meals begin at the co-op.

Cook it how you like it.



3.79

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



4.99

Bonne Maman Fruit Spread
13 oz., selected varieties



5.99

Better than Bouillon Organic Broth Base
8 oz., selected varieties



2/\$6

Muir Glen Organic Tomatoes
28 oz., selected varieties



7.49

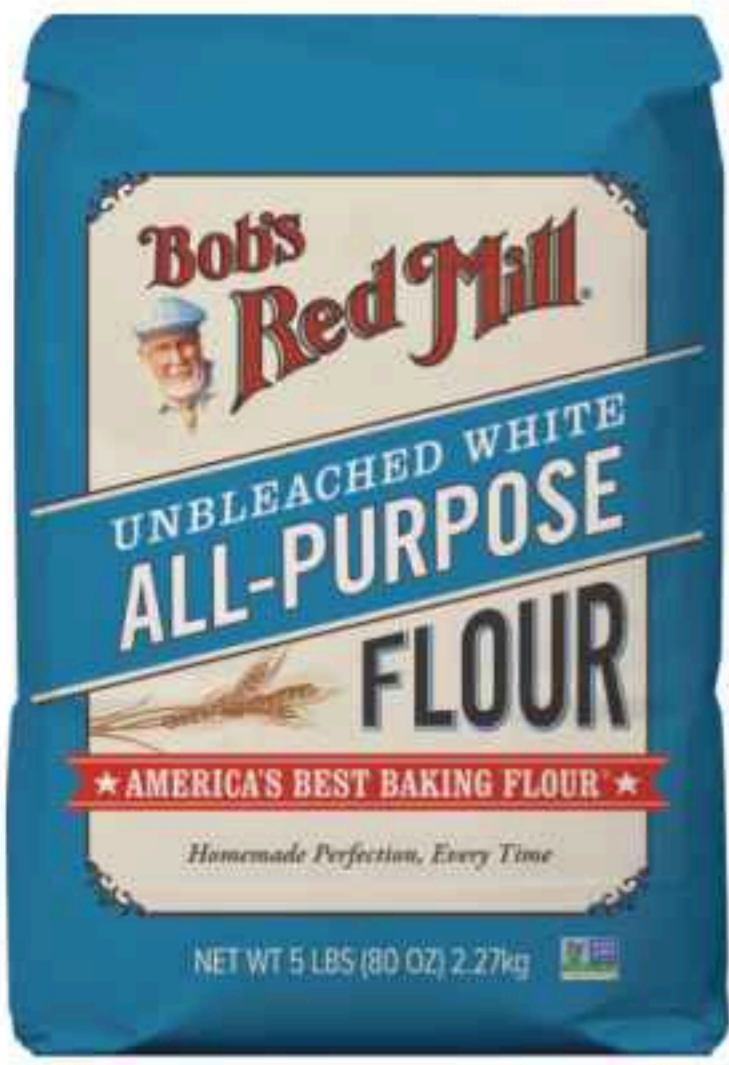
Carbone Pasta Sauce
24 oz., selected varieties



17.99

Napa Valley Naturals Organic Extra Virgin Olive Oil
25.4 fl. oz.

The co-op makes homemade meals easy.



4.79

Bob's Red Mill
Unbleached White
All-purpose Flour
5 lbs.



7.49

Bob's Red Mill
Organic Flour
5 lbs., selected
varieties



8.49

Bob's Red Mill
Gluten-free 1-to-1
Baking Flour
44 oz.



8.49

Bob's Red Mill
Super-fine
Almond Flour
16 oz., selected
varieties



*it starts
with good
ingredients*

At **Bob's Red Mill**, we know nothing tastes as delicious as homemade food made with good ingredients. That's why we take special care with our premium flours, your key to the best flavor and texture. Homemade perfection, every time.



6.49

Madhava
Organic Agave
Nectar
23.5 oz., selected
varieties



6.99

Lily's
Baking Chips
9 oz., selected varieties



6.99

Simple Mills
Baking Mixes
9-12.9 oz., selected
varieties

always organic, simply delicious



COOPERATIVELY OWNED

Simply Organic offers pure, organic cinnamon — an essential ingredient for your kitchen. We also proudly support the fight against food insecurity in North America through the Simply Organic Giving Fund.

4.99

Simply Organic
Cinnamon
2.45 oz.



6.99

Sweetleaf
Stevia
Sweetener
2 fl. oz., selected
varieties

The co-op has your baking needs covered.

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



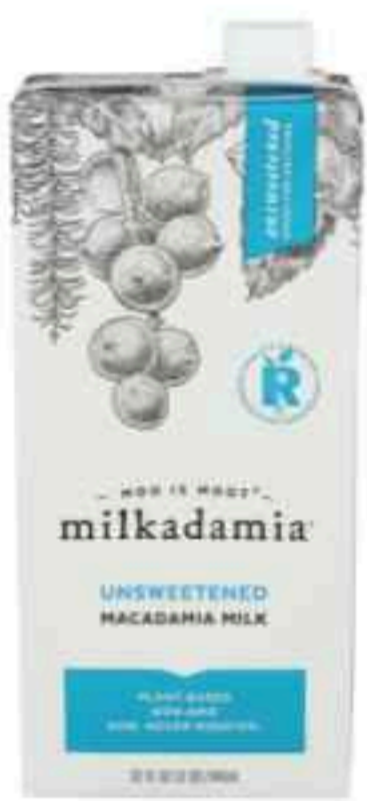
cereal you can love

Deliver the goodness moms and kids both love. Mom's Best provides healthy options with whole grains and no artificial flavors. Puffins are Non-GMO Project verified and a good source of fiber.

4.49

Barbara's or Mom's Best Cereals

10-14 oz., selected varieties



4.29

Milkadamia Macadamia Milk
32 fl. oz., selected varieties



5.99

Santa Cruz Organic Dark Roasted Peanut Butter
16 oz., selected varieties



10.99

Peace Coffee Organic Coffee
12 oz., selected varieties

taste the obsession

INCLUSIVE TRADE PARTNER

As a Certified B Corp and women-owned business, Purely Elizabeth is here to help you thrive on your wellness journey by creating foods to obsess over.

5.49

Purely Elizabeth Granola

8-12 oz., selected varieties



2/\$4

Rxbar Protein Bars

1.83-1.9 oz., selected varieties

The co-op has something for everyone.

food with purpose

Whether you're craving sweet flavors or a bar packed with greens, PROBAR Meal is the perfect on-the-go companion! Blended for maximum nutrient density, they'll make you feel satisfied all day.

2.29

Probar Meal Bar
3 oz., selected varieties



2/\$6
Boulder Canyon Potato Chips
5.25-6.5 oz., selected varieties



2/\$8
Barnana Organic Plantain Chips
5 oz., selected varieties



the bake shop way

Delight in Tate's Bake Shop's cookies, combining a homemade taste with uniquely crispy and deeply delicious flavor!

4.99

Tate's Bake Shop Cookies
5.5-7 oz., selected varieties

scoop up the savings in bulk!



2.49
Organic Garbanzo Beans
per pound in bulk



6.99
Organic Pitted Prunes
per pound in bulk



7.99
Organic Walnut Halves & Pieces
per pound in bulk

On-the-go snacks are at the co-op.



4.79

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



fuel your adventure

Vermont Smoke & Cure meat sticks are perfect for any on-the-go adventure. From beef and pork to turkey, enjoy premium, protein-packed, savory flavors in every bite. Convenient, delicious and satisfying!

3/\$5

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



3.79

**Pipcorn
Heirloom Snacks**
4.5-7 oz., selected varieties



3.99

**Lundberg Family Farms
Organic Rice Cakes**
5-10.5 oz., selected varieties



4.49

**Loacker
Wafer Cookies**
7.76-8.82 oz., selected varieties



less sugar, sweet life

LILY'S Sweets are so delicious you won't believe they have no sugar added. Did you know salt actually makes things taste sweeter? Look no further for a sweet surprise.

2/\$6

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



4.99

**Kettle Brand
Potato Chips**
13 oz., selected varieties

Bring home great snacks from the co-op.



2/\$6

**Siete
Potato Chips**
5.5 oz, selected varieties



a moment of joy in every bite

Inspire your taste buds with chocolate that's made the way it was truly meant to be. When any occasion calls for chocolate, we've got you covered.

2/\$6

**Endangered Species
Chocolate Bars**
3 oz., selected varieties



3.69

**Vita Coco
Coconut Water**
33.8 fl. oz., selected varieties



3.99

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



5.99

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

soda's back, but better

Founded by Allison and Stephen Ellsworth, poppi combines fruit juice, prebiotics and 5 grams of sugar to create a delicious soda.

2/\$4

**Poppi
Prebiotic Sodas**
12 fl. oz., selected varieties



5.49

**Waterloo
Sparkling Water**
12 pk.-12 fl. oz. cans, selected varieties



Fizzy and flavorful beverages are at the co-op.

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



6.29

**Manitoba Harvest
Hemp Hearts**
8 oz.



*better soil, better
supplements*

Gaia Herbs' Turmeric is grown in Nicaragua using regenerative agroforestry practices. Feel the difference of finely crafted herbs.

19.99

**Gaia Herbs
Turmeric Supreme**
60 ct. , selected varieties



Feel your best this spring.

Supplement the longer days.

INCLUSIVE TRADE PARTNER

Wishgarden Herbs is a woman-owned company. We source organic and sustainable herbs from fair trade and family-owned farms.



15.99

**Wishgarden Herbs
Kick-Ass Immune
Activator**
2 fl. oz.



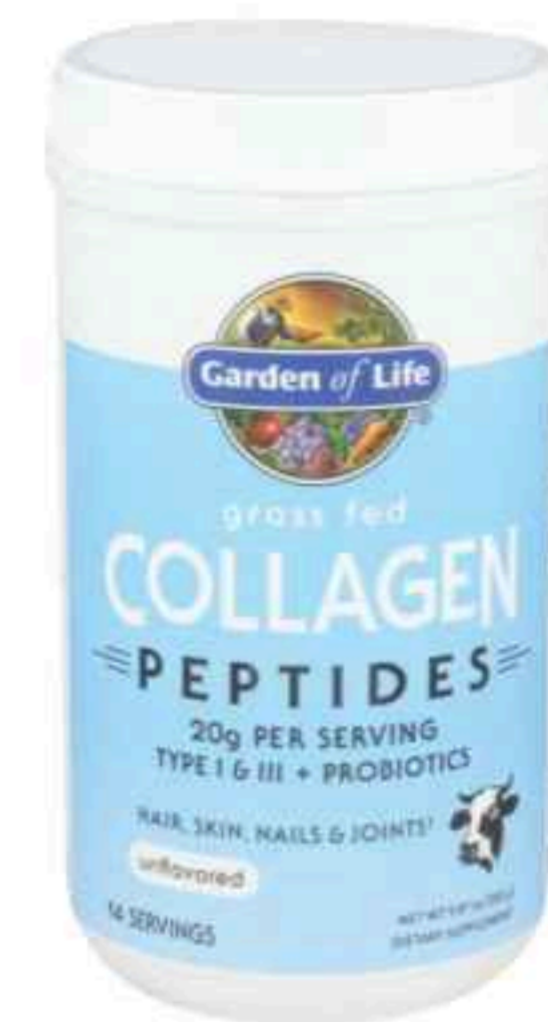
9.99

**Hyland's Naturals
Calms Forte
Sleep Aid**
100 ct.



20.99

**Smarty Pants
Organic Kids
Multi & Omegas
Gummies**
120 ct.



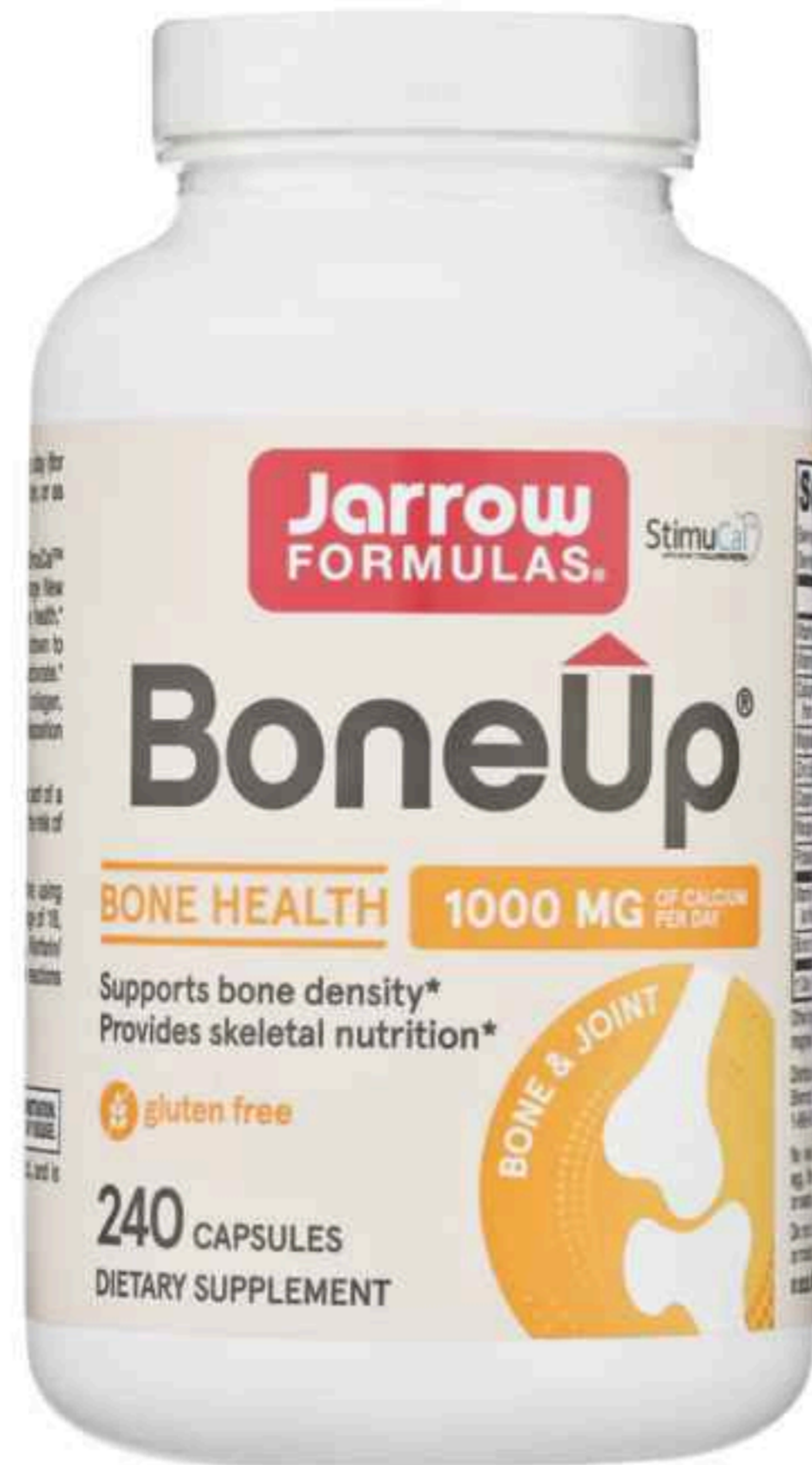
16.99

**Garden of Life
Unflavored Collagen
Peptides**
9.87 oz.

Find all your wellness items at the co-op.



20.99
 Nordic Naturals
 Ultimate Omega
 60 ct.



comprehensive bone health formula

Our BoneUp product uses clinically studied StimuCal™ which is a naturally derived source of calcium hydroxyapatite, shown to support bone mineral density.

24.99

Jarrow Formulas
 BoneUp
 240 ct.



31.99
 Four Sigmatic
 Organic Plant-based
 Protein Powder
 16.9-21.16 oz., selected
 varieties

enhance your supplement routine

Targeted formulas made with tested ingredients support healthy iron levels, whole-body wellness and age-specific needs providing trusted support. We have 50 years of expertise and are Certified B Corp.



11.99
 Megafood
 Magnesium 300
 60 ct.



17.99
 Megafood
 Turmeric Curcumin
 60 ct.



17.99
 Megafood
 Blood Builder
 60 ct.



19.99
 Megafood
 Women's 55+
 Advanced Multivitamin
 60 ct.

Trusted brands are at the co-op.

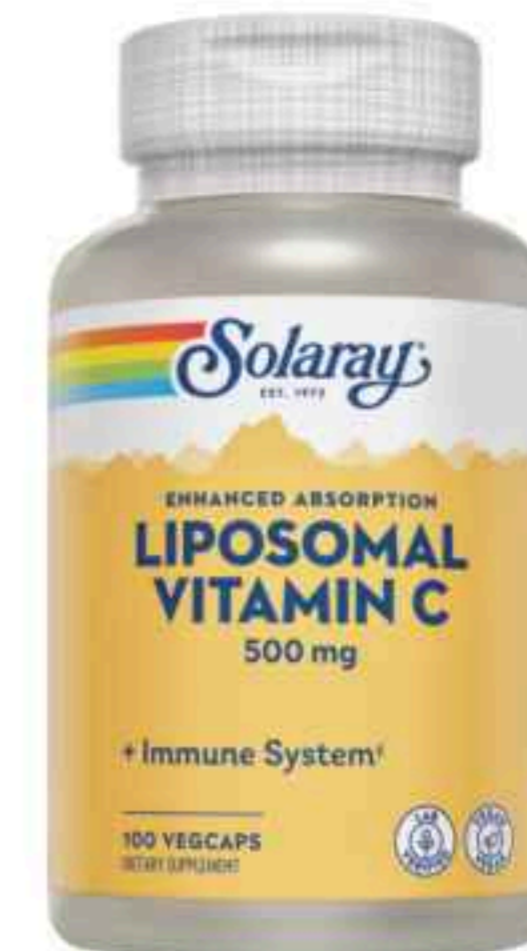
because quality matters



16.99
Solaray
Magnesium
Glycinate 350mg
120 ct.



22.99
Solaray
D-Mannose with
CranActin
60 ct.



23.99
Solaray
Liposomal
Vitamin C 500mg
100 ct.



35.99
Solaray
MycrobioMe
Women's Probiotic
30 ct.

Solaray has become the trusted name in vitamins because our passion has always been simple and singular: to support you with the most efficacious, clean ingredients under the sun to enhance your wellness journey.



3.79
DrTung's
Smart Floss
30 yd.



8.49
Hibar
Deodorant
2.25 oz., selected
varieties



34.99
Dr. Hauschka
Rose Day Cream
1 oz.



9.99
Green Forest
Bathroom Tissue
12 ct.

clean living starts here

INCLUSIVE TRADE PARTNER

ECOS is a Black- and woman-owned company. Our plant-powered, hypoallergenic laundry sheets don't just fight stains — they also help you care for your home and the planet. A better choice today for a brighter tomorrow.

11.99

Ecos
Laundry Detergent Sheets
50 ct.



3.99
Mrs. Meyer's
Dish Soap
16 fl. oz., selected
varieties

The co-op has all your home and body care items.

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



6.49

Acure Shampoo or Conditioner
8 fl. oz., selected varieties



TEA TREE OIL WHITENING PLUS TOOTHPASTE
COOL MINT
FLUORIDE FREE
SLS FREE
GLUTEN FREE
VEGAN
6.25 OZ NET WT. 176 G



TEA TREE OIL & NEEM TOOTHPASTE
WINTERGREEN
FLUORIDE FREE
SLS FREE
GLUTEN FREE
VEGAN
6.25 OZ NET WT. 176 G

fluoride-free toothpaste

Brush away impurities and keep breath fresh with the power of botanicals. Our toothpastes are Non-GMO Project verified and free of fluoride for your peace of mind.

4.79

Desert Essence Toothpaste
6.25 oz., selected varieties



4.49

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



10.99

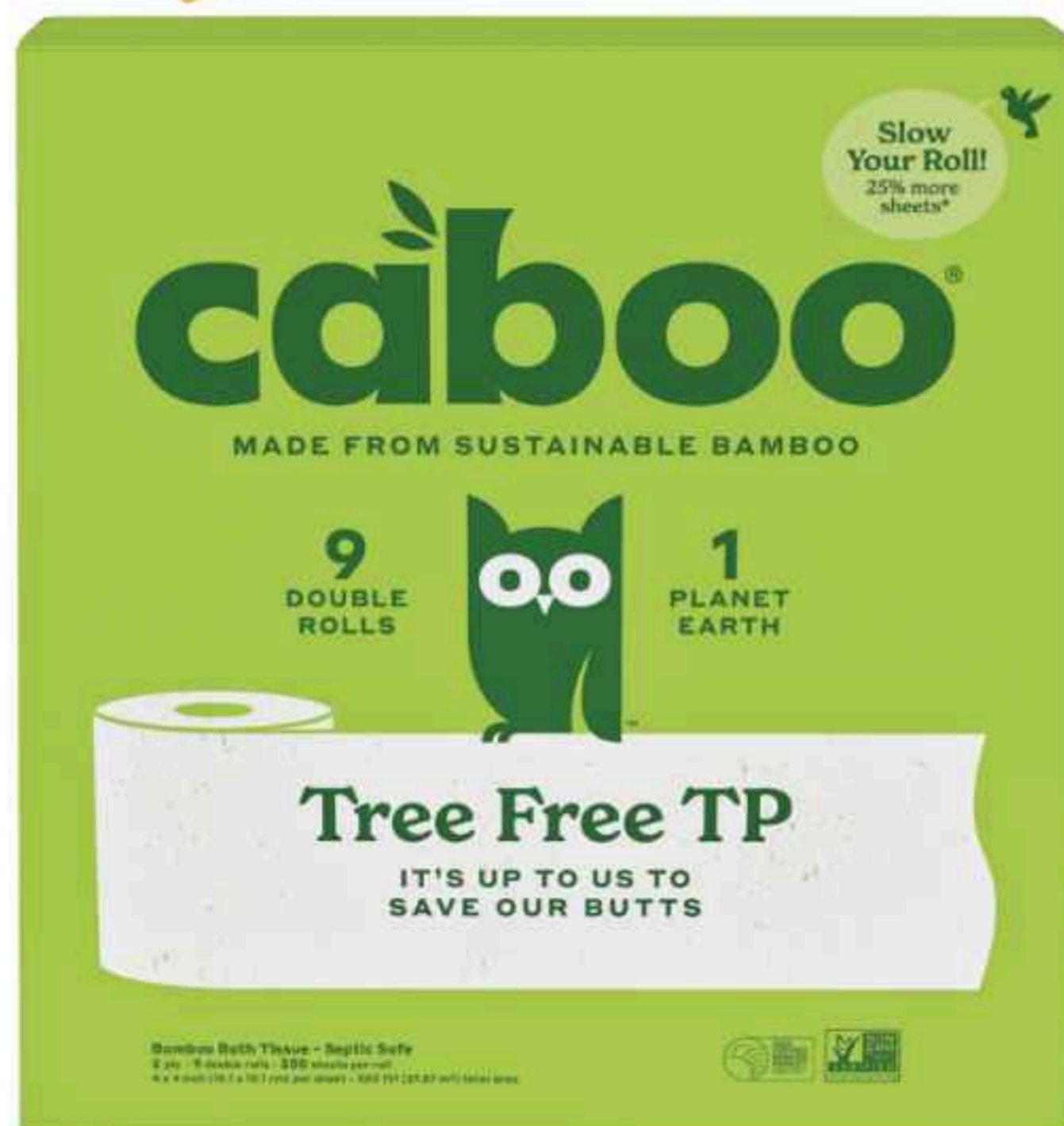
Life-Flo Pure Magnesium Oil
8 fl. oz.



13.99

Weleda Skin Food Cream
2.5 fl. oz.

tree-free bamboo bath tissue



Great TP without the tree! Caboo tree-free bath tissue is soft, strong and plastic-free, and way better for the earth. Made from sustainable bamboo, Caboo tree-free household products save trees.

7.99

Caboo 300-sheet Bamboo Bath Tissue Rolls
9 ct.



9.99

Jason Body Wash
30 fl. oz., selected varieties

Safe, sustainable products 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

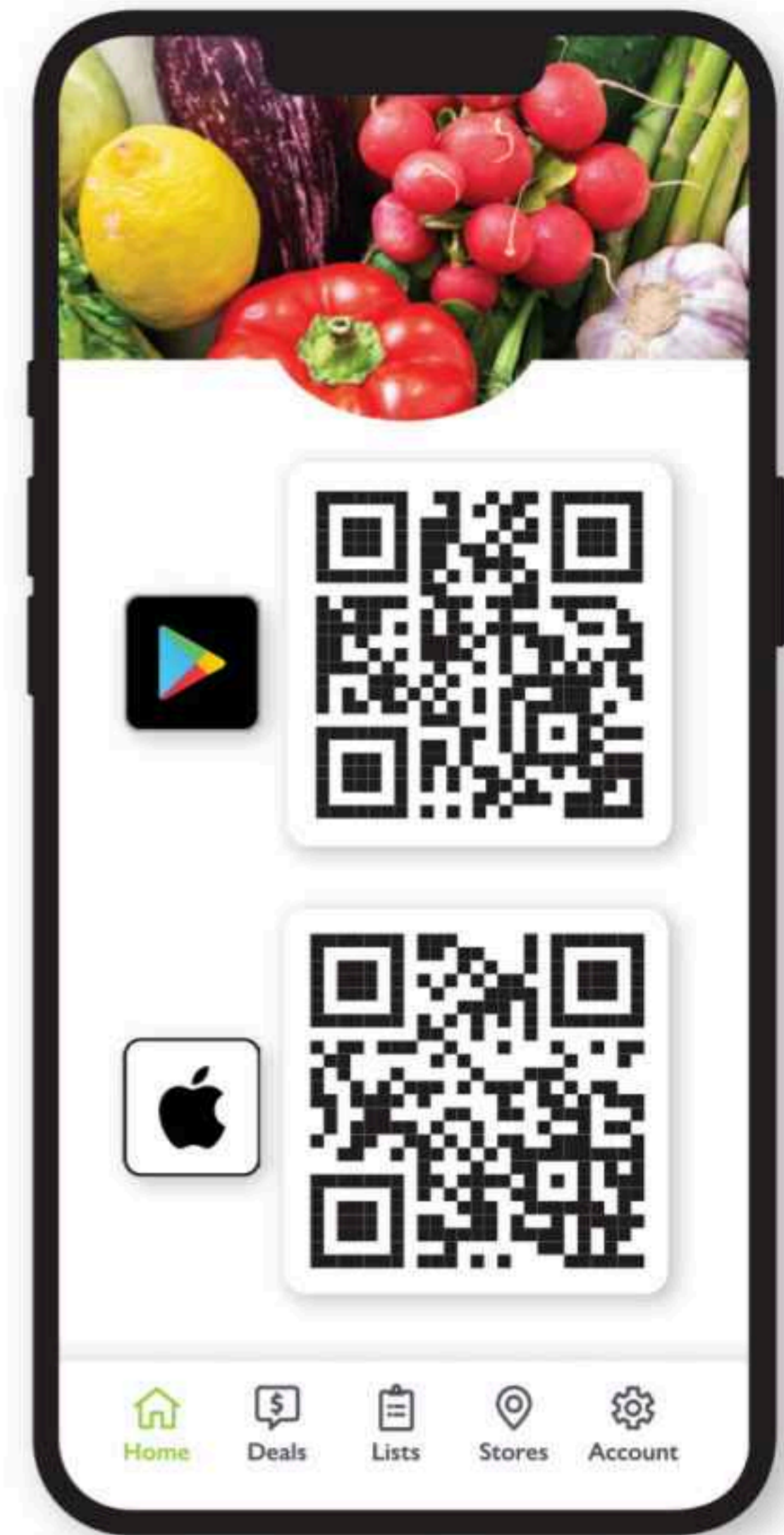
WISCONSIN

- 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.

use less plastic



Dr. Bronner's Pure-Castile Soap Refill Carton is the same, great Magic Soap — with a smooth, rich lather and fresh, clean rinse. Made with a nourishing blend of organic oils. Uses 82% less plastic than one of our 32 oz. recycled bottles!

10.99
Dr. Bronner's Soap Refill
32 fl. oz., selected varieties



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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