

# coop deals

DEC 3 - DEC 16, 2025

*brunch time favorite*

## LET IT SIZZLE

Complete your brunch spread with Applegate Naturals' Sunday Bacon — a perfectly crisp and savory choice on a winter morning. The co-op has plenty of food, coffee and tea to choose from to create a cozy weekend brunch vibe. Stop in to find bacon and more on sale!



**5.79**

Applegate  
Pork Bacon  
8 oz., selected varieties



**2/\$6**

Nature's Path  
Organic  
Frozen Waffles  
7.4 oz., selected varieties



**3.99**

R.W. Knudsen  
Juice Blend  
32 fl. oz., selected  
varieties



**4.69**

Wholesome  
Organic Sugar  
24-26 oz., selected  
varieties



Complete your brunch menu and save at the co-op.  
**Delicious ingredients you love.**



**3.79**  
Kite Hill  
Plant-based Dip  
or Sour Cream  
8 oz., selected varieties



**5.99**  
Kite Hill  
Plant-based  
Cream Cheese  
8 oz., selected varieties



**4.79**  
Kite Hill  
Plant-based Yogurt  
16 oz., selected varieties



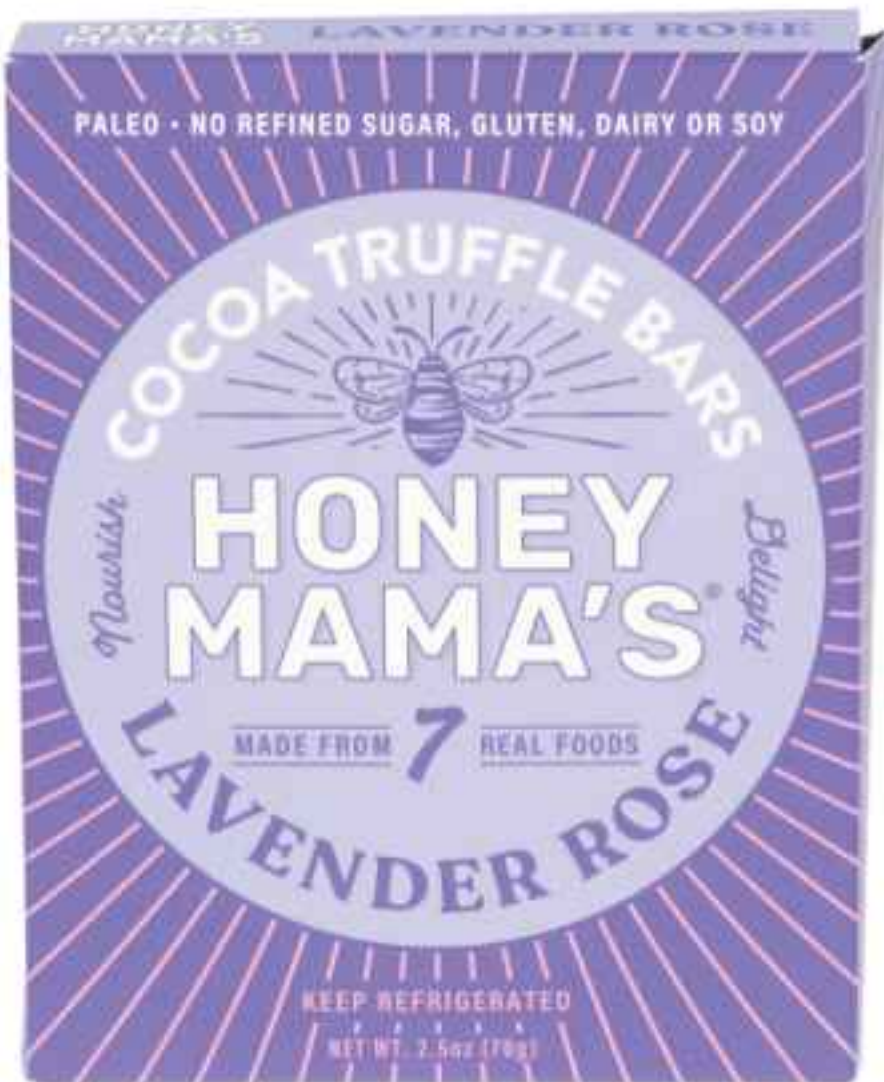
**6.49**  
Kite Hill  
Dairy-free Filled  
Pasta  
9 oz., selected varieties

*dairy-free  
holiday hacks*

Need a dairy-free meal everyone will enjoy? **Kite Hill** has got you covered. From dips and spreads for apps to stuffed pastas for main courses to all the ingredients you need for delicious desserts, our dairy-free favorites are a guaranteed crowd pleaser.



**3/\$4**  
Fage  
Greek Yogurts  
5.3 oz., selected varieties



**3.99**  
Honey Mama's  
Truffle Bar  
2.5 oz., selected varieties



**9.99**  
Evolution Fresh  
Juice  
59 fl. oz., selected varieties



**2/\$7**  
Koia  
Plant-based Protein  
Drinks  
12 fl. oz., selected varieties



**4.49**  
Miyoko's Creamery  
Organic Plant Milk  
Cream Cheese  
8 oz., selected varieties

**The co-op has your favorite breakfast items.**

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

pasture-raised,  
always

Eggs and butter by farmers who care, who share our commitment to animal welfare. Whether scrambled or baked - crack 'em open. Our eggs are delicious, responsibly raised and made to make a difference.



2/\$7

Vital Farms  
Butter  
8 oz., selected varieties



5.49

Vital Farms  
Pasture-raised Liquid  
Whole Eggs  
16 oz.



9.49

Vital Farms  
Large Pasture-raised  
Grade A Eggs  
18 ct.



3.99

Nancy's  
Organic Cultured  
Cream Cheese  
8 oz., selected varieties



pasture makes perfect

COOPERATIVELY OWNED

What makes our sour cream so deliciously different? It's made from organic milk from cows grazing on nutritious grass. It's creamy, rich and filled with pasture-raised goodness.

3.99

Organic Valley  
Sour Cream  
16 oz.



COOPERATIVELY OWNED



3.99

Organic  
Valley  
Oat Creamer  
32 fl. oz., selected  
varieties

From breakfast to baking, find it at the co-op.

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

homemade  
in minutes



Amy's delicious meals, soups and burritos are made with organic ingredients and real care to satisfy every craving.

3.99

Amy's  
Soup  
13.65-14.7 oz.,  
selected varieties

2/\$6

Amy's  
Burritos  
5.5-6 oz.,  
selected varieties

3.99

Amy's  
Macaroni &  
Cheese  
9 oz.

5.99

Amy's  
Frozen Meal  
8.25-10.3 oz.,  
selected varieties



Delicious meals made in minutes.  
Fuel for busy evenings.

your plant-powered upgrade

Packed with plant-based protein. Delicious and endlessly versatile, our high-protein tofu is perfect for stir-fries, grilling or hearty meals anytime.

3.49

Wildwood Organic  
High Protein Tofu  
16 oz.



7.99

Cappello's  
Grain-free Pizza  
11-12 oz., selected  
varieties



Food everyone loves is at the co-op.

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



2/\$7

Equal Exchange  
Organic Teas  
20 ct., selected varieties



7.99

Equal Exchange  
Organic Chocolate Chips  
10 oz., selected varieties



10.99

Equal Exchange  
Organic Coffee  
10-12 oz., selected varieties

sustainably sourced,  
expertly roasted

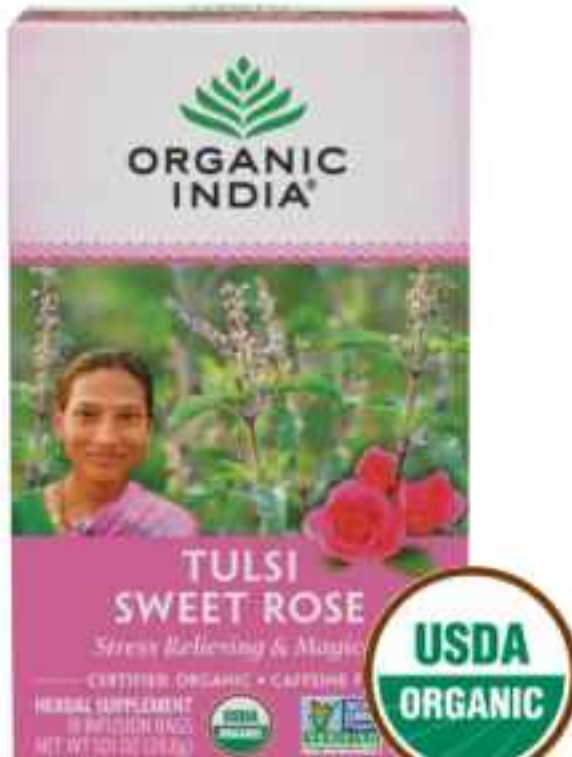
COOPERATIVELY OWNED

From farmer co-ops to **Equal Exchange's** worker-owned co-op to your community co-op. We are committed to sourcing from democratically organized cooperatives that grow coffee with care for surrounding ecosystems and to supporting long-term partnerships that keep small family farms thriving!



2/\$4

Rxbar  
Protein Bars  
1.83-1.9 oz., selected varieties



2/\$9

Organic India  
Tulsi Teas  
18 ct., selected varieties



4.99

Crofter's  
Organic Premium  
Fruit Spread  
16.5 oz., selected varieties



2/\$9

Mom's Best  
Cereals  
17.5-24 oz., selected varieties



5.99

Maranatha  
Organic Peanut  
Butter  
16 oz., selected varieties



7.69

Bob's Red Mill  
Organic Rolled  
Oats  
28-32 oz., selected varieties



9.99

Peace Coffee  
Organic Coffee  
12 oz., selected varieties

COOPERATIVELY OWNED



12.49

Equal Exchange  
Organic Mind,  
Body & Soul  
Coffee  
per pound in bulk

The co-op has something for everyone.

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



←  
pump up the jam

CHEESY COMBOS

Seasonal entertaining is easy — grab your favorite cheeses, crackers and jams and create a charcuterie platter your guests will remember. The co-op has a variety of these to choose from. Scan the QR code for some delicious ideas!



**2/\$4**  
Dr.  
McDougall's  
Soup Cups  
1.8-3.4 oz., selected  
varieties



**7.49**  
Rao's  
Pasta Sauce  
15-24 oz., selected  
varieties



**2/\$7**  
Montebello  
Organic Pastas  
16 oz., selected varieties



**3.79**  
Imagine  
Organic Broth  
32 fl. oz., selected  
varieties



**3.79**  
Woodstock  
Organic Olives  
8.4-8.5 oz., selected  
varieties



**4.49**  
Rao's  
Soup  
15.5-16 oz., selected  
varieties



**19.99**  
Napa Valley  
Naturals  
Organic Extra  
Virgin Olive Oil  
25.4 fl. oz.



**2.79**  
Jeff's Garden  
Pickled  
Peppers  
12 fl. oz, selected  
varieties



**2/\$4**  
Muir Glen  
Organic Tomatoes  
14.5-15 oz., selected  
varieties

Stock the pantry with help from the co-op.

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



everyday low price  
**2.69**  
Field Day  
Organic  
Coconut Milk  
13.5 fl. oz., selected  
varieties



COOPERATIVELY OWNED  
**4.89**  
Simply Organic  
Cinnamon  
2.45 oz.



**4.49**  
Lily's  
Chocolate Bar  
2.8-3 oz., selected varieties



everyday low price  
**6.99**  
Field Day  
Canola Oil  
32 fl. oz.



**21.99**  
California Olive Ranch  
Extra Virgin Olive Oil  
33.8 fl. oz.



**6.99**  
Bob's Red Mill  
Organic Flour  
5 lbs., selected varieties



**7.49**  
Lily's  
Baking Chips  
9 oz., selected varieties

scoop up the savings in bulk!



**1.69** Organic Rolled Oats  
per pound in bulk



**2.19** Organic Light  
Brown Sugar  
per pound in bulk



**7.99** Organic Walnut  
Halves & Pieces  
per pound in bulk

Find your baking ingredients at the co-op.

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



2/\$6

Barbara's  
Cheese Puffs  
7 oz., selected  
varieties



2/\$6

Surf Sweets  
Candies  
2.75 oz., selected  
varieties



*garden magic*

From organic blue kernels to the first blue corn tortilla chips, we've transformed simple ingredients with care and intuition to a spellbinding perfect crunch.

4.99

Garden of Eatin'  
Organic Tortilla Chips  
14 oz., selected varieties



3.29

Boulder Canyon  
Potato Chips  
5.25-6.5 oz., selected  
varieties



3.49

Siete  
Grain-free  
Cookies  
4.5 oz., selected  
varieties



2/\$7

Stacy's  
Pita Chips  
6.75-7.33 oz.,  
selected varieties



4.99

Unreal  
Candy  
3.2-5 oz., selected  
varieties



4.99

Tony's  
Choclonely  
Chocolate Bar  
6.35 oz., selected  
varieties

*seasonal  
snack platter*

GATHER AROUND

Stop by the co-op to find all your family's favorite snacks with ingredients you can feel good about.



All your party snacks are at the co-op.

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INCLUSIVE TRADE PARTNER

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



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

# Support Inclusive Trade

DIVERSITY IS STRENGTH

Co-ops around the country are committed to fostering diverse and inclusive communities. We're pleased to offer great deals on brands and products that are women-, Black-, Indigenous-, people of color- (POC), LGBTQIA+-, persons with disabilities- and veteran-owned.

inclusive  
trade



Find our full list of  
Inclusive Trade partners!

INCLUSIVE TRADE PARTNER

RADIUS is a woman-owned company. We use recycled materials and create sustainable toothpastes, flosses and other daily use objects.



**3.69** Radius  
Dental Floss  
55 yd., selected varieties

INCLUSIVE TRADE PARTNER

Miss Jones Baking Co. is a woman-owned company. We make baking mixes and frostings that are responsibly sourced and made without artificial flavors or hydrogenated oils.



**5.99** Miss Jones Baking Co.  
Organic Frosting  
11.29 oz., selected varieties

INCLUSIVE TRADE PARTNER

Fishwife is a woman-owned company. We aim to make ethically sourced and delicious tinned seafood a staple in every cupboard.



**6.49** Fishwife  
Tinned Fish  
3.7-4.2 oz., selected varieties

The co-op is committed to diverse communities.

comfort and joy  
holiday mist

COOPERATIVELY OWNED

Bring the festive aromas to your home with this comforting room spray recipe.

Combine the **Aura Cacia** items below with water in a bottle, shake well and spray.

- 16 drops Sweet Orange Essential Oil
- 10 drops Lavender Essential Oil
- 10 drops Clove Bud Essential Oil
- 2 fl. oz. water



**3.29**  
Aura Cacia  
Eucalyptus  
Essential Oil  
.5 fl. oz.



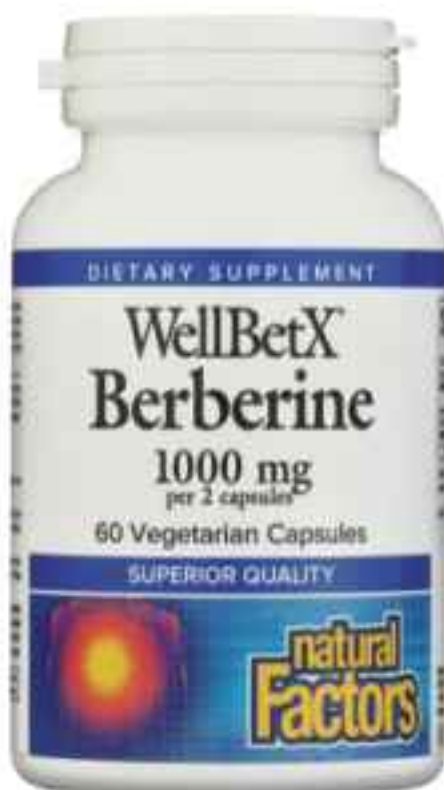
**6.79**  
Aura Cacia  
Lavender  
Essential Oil  
.5 fl. oz.



**3.29**  
Aura Cacia  
Organic  
Castor Oil  
4 fl. oz.



**2/\$5**  
Aura Cacia  
Foam or Mineral  
Bath Packets  
2.5 oz., selected varieties



**16.99**  
Natural Factors  
WellBetX  
Berberine  
60 ct.



**22.99**  
Nordic Naturals  
Omega-3 Fish Oil  
120 ct.

Never miss your favorite deals

**coop deals.**  
Download the App!

Find your closest food co-ops  
See what's on sale  
Never miss your favorite deals

Scan the QR codes to download the Co+op Deals app!



**23.99**  
Garden of Life  
Organic Elderberry  
Gummies  
120 ct.

Download the Co+op Deals app today!

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



**7.99**  
Avalon Organics  
Shampoo or Conditioner  
11 fl. oz., selected varieties



**2.69**  
Green Forest  
Facial Tissue  
175 ct.



**5.99**  
Davids  
Toothpaste  
5.25 oz., selected varieties



**7.49**  
Desert Essence  
Thoroughly Clean  
Face Wash  
8 fl. oz.



**10.99**  
Life-Flo  
Pure Magnesium Oil  
8 fl. oz.



**15.99**  
Derma E  
Vitamin C  
Concentrated  
Serum  
2 fl. oz.



**38.99**  
Evanhealy  
Face Moisturizer  
1.4 fl. oz., selected varieties

*rich lather,  
clean feel*

Our Pure-Castile Magic Bar Soap is made with a nourishing blend of Regenerative Organic Certified® oils to effectively clean body, face and hands! Real soap with genuine scents for mindful care.

**3.29**  
Dr. Bronner's  
Pure Castile Bar Soap  
5 oz., selected varieties



**9.49**  
Heritage Store  
Rosewater Facial Mist  
8 fl. oz.

The co-op has products you can trust.

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

## 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

*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.

*taste the magic*



Celebrate what's possible when pleasure meets purpose. Made with Regenerative Organic Certified© cocoa and sugar, Magic Chocolate is lovingly crafted using ingredients grown with respect for people and planet.

# 3.79

**Magic Chocolate**  
**Organic Chocolate Bar**  
2.93-3 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.

MWI225A

