

# coop deals

FEB 19 - MAR 4, 2025

*slow cooked  
and delicious*

#### PANTRY STAPLE

Winter is a wonderful time for creating hearty dishes. With Bionaturae's strained tomatoes, there are plenty of options for putting together tasty meals. Try making homemade pasta with ragu — so flavorful and satisfying. It's sure to warm up your kitchen and home.



**2/\$7**

**Bionaturae**  
**Organic Tomatoes**  
24-28.2 oz., selected varieties



**4/\$7**

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

COOPERATIVELY OWNED



**2/\$7**

**Equal Exchange**  
**Organic Teas**  
20 ct., selected varieties



**4.99**

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



Cook up some flavorful meals and have a cozy night in.  
**Warm up with delicious meals.**



**2/\$7**

**Harmless Harvest  
Organic Coconut Smoothies**  
10 fl. oz., selected varieties

*awaken your body and mind*



**INCLUSIVE TRADE PARTNER**

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. Feel balanced and centered with a macro-dose of mushroom magic. ALIVE combines 1,800 mg of chaga, reishi and turkey tail mushrooms with loose-leaf tea for an invigorating and clarifying boost.

**2/\$6**

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



**2/\$5**

**Goodbelly  
Probiotic Drinks**  
32 fl. oz., selected  
varieties



**3.79**

**Good Karma  
Flaxmilk**  
64 fl. oz., selected  
varieties

*crafted with less*



Made with a not-too-sweet coconut concoction, our plant-based line is rich and creamy, with a short ingredient list, and is satisfying and delicious.

**3/\$5**

**Siggis  
Plant-based Yogurts**  
5.3 oz., selected varieties



**3.99**

**Daiya  
Dairy-free Shreds**  
7.1 oz., selected  
varieties



**6.99**

**White Mountain  
Organic Bulgarian  
Yogurt**  
32 oz., selected varieties

**Find refreshing favorites at your co-op.**



**4.49**

**Chobani Oatmilk**  
52 fl. oz., selected varieties

*prebiotic soda* →

A new kind of soda that's delicious, refreshing and actually good for you. Combines classic soda flavors with prebiotics, plant fiber and botanicals to support your microbiome and digestive health.

**2/\$4**

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



**2/\$4**

**Mid-Day Squares Functional Chocolate Bars**  
1.16 oz., selected varieties



**2.79**

**Hail Merry Snack Cups**  
1.5 oz., selected varieties



**2/\$7**

**Planet Oat Oatmilks**  
52 fl. oz., selected varieties

*simple ingredients and protein rich* →



FAGE Total Plain 5% Yogurt — whole milk Greek yogurt that's unbelievably thick and creamy. Be amazed by the deliciously rich and creamy taste of Greek yogurt by FAGE.

**2.99**

**Fage Greek Yogurt**  
16 oz., selected varieties



**6.49**

**Malk Organic Creamer**  
16 fl. oz., selected varieties

**Fill your fridge with the best from your co-op.**

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

COOPERATIVELY OWNED



**4.99**

Organic Valley  
Large Free-range  
Brown Eggs  
1 doz.

COOPERATIVELY OWNED



**5.49**

Organic Valley  
Raw Block Cheese  
8 oz., selected varieties

COOPERATIVELY OWNED



**5.99**

Organic Valley  
Stringles Mozzarella  
Cheese Sticks  
8 oz.



**4/\$7**

So Delicious  
Coconutmilk  
Yogurts  
5.3 oz., selected  
varieties



**3.99**

Green Valley  
Organic Lactose-  
free Sour Cream  
12 oz.



**3.99**

Hodo  
Organic Firm Tofu  
10 oz.

*organic, grass-fed cheese* →

All Rumiano Organic Cheese is made with milk from pasture-raised and grazed cows on family farms where all cows are certified humanely raised and have year-round pasture access.

**4.99**

Rumiano  
Organic Block Cheese  
8 oz., selected varieties



INCLUSIVE TRADE PARTNER



Pop & Bottle is a woman-owned company. Our lattes are plant-based, free of refined sugar and thoughtfully crafted to nourish and delight.

**2/\$7**

Pop & Bottle  
Organic Almond  
Lattes  
11 fl. oz., selected varieties

**Cooperatively owned brands are at your co-op.**



**3/\$7** Evol  
Burritos  
6 oz., selected varieties



**2/\$6**  
Cascadian Farm  
Organic Frozen  
Vegetables  
10 oz., selected  
varieties



**4.49**  
Quorn  
Meat Alternatives  
9.2-12 oz., selected  
varieties



**4.99**  
Udi's Gluten Free  
Bread or Bagels  
8.5-14.3 oz., selected  
varieties



**7.99**  
Cappello's  
Grain-free Pizza  
11-12 oz., selected  
varieties



**8.99**  
Rao's Homemade  
Pizza  
18.3-21.6 oz., selected  
varieties



**10.99**  
Wyman's  
Wild Blueberries  
3 lb.



**4.69**  
Gardein  
Plant-based Proteins  
9-13.7 oz., selected varieties

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

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



**Find easy meal solutions at your co-op.**



**2.69**  
Native Forest  
Organic  
Unsweetened  
Coconut Milk  
13.5 fl. oz., selected  
varieties



**2/\$6**  
Safe Catch  
Elite Wild Tuna  
5 oz.



**6.49**  
Rao's Homemade  
Pasta Sauce  
24 oz., selected varieties



**10.99**  
Primal Kitchen  
Pure Avocado  
Oil  
16.9 fl. oz.

*goodbye, pantry paralysis* →

Hello, Maya! This Indian lentil dish hits the spot for a quick, protein-packed meal. One bite and you'll know it's the real dal.

**2/\$6**

**Maya Kaimal**  
**Organic Everyday Entrees**  
10 oz., selected varieties



**17.99**  
**Spectrum**  
**Organic Extra Virgin**  
**Olive Oil**  
25.4 fl. oz.

*scoop up the savings in bulk!*



**2.89**  
**Organic Green**  
**Lentils**  
per pound in bulk



**5.49**  
**Raw Walnuts**  
**Halves & Pieces**  
per pound in bulk



**5.99**  
**Organic Turkish**  
**Apricots**  
per pound in bulk

**Great meal ingredients are at your co-op.**

**INCLUSIVE TRADE PARTNER**

A Dozen Cousins is a diverse-owned company. We create authentic food from cultural recipes made with wholesome ingredients.



**2/\$6** A Dozen Cousins Ready-to-Eat Beans  
10 oz., selected varieties



**2/\$3** Take Root Organics Tomato Sauce  
8 oz.



**5.49** San Pellegrino Italian Sparkling Drink  
6 pk-11.15 fl. oz. cans, selected varieties



**2/\$8** Choice Organics Teas  
16 ct., selected varieties



**3.69** Traditional Medicinals Organic Throat Coat Lozenges  
16 ct., selected varieties

**COOPERATIVELY OWNED**



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



**16.99** California Olive Ranch Global Blend Extra Virgin Olive Oil  
25.4 fl. oz.



*made with care*

Stock your pantry with Pacific Foods to satisfy your craving for nourishment and fresh flavors any time. No GMOs, no fillers — just premium quality and taste to please every crowd.

**2/\$7**

Pacific Foods Organic Soups  
16.1-16.5 oz., selected varieties



**5.49** Numi Organic Tea  
12-18 ct., selected varieties

**Your co-op has the brands you love.**

**INCLUSIVE TRADE PARTNER**



ALO Drink is an Asian-owned company. We source non-GMO aloe vera plants from sustainable farms in Thailand and provide rural communities with economic value.

**2/\$4**

**Alo**  
Aloe Vera Juice Drinks  
16.9 fl. oz., selected varieties



*Shop inclusive trade!*

We're pleased to offer great deals on brands from businesses owned by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.

**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



**5.49**

**King Arthur Baking Company**  
Gluten-free Baking Mix  
16-22 oz., selected varieties



**5.99**

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



*tasty bars for everyone*



With no high-fructose corn syrup or artificial flavors, these bars deliver on-the-go nutrition to help nourish and fuel you through your busy day.

**2/\$3**

**Clif or Luna**  
Nutrition Bars  
1.69-2.4 oz., selected varieties

**INCLUSIVE TRADE PARTNER**



Purely Elizabeth is a woman-owned company. We make delicious food with nourishing ingredients to help you thrive on your wellness journey.

**5.99**

**Purely Elizabeth**  
Cereal  
11 oz., selected varieties



**Delicious snacks for on-the-go are at your co-op.**

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





**2/\$7**

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



**1.79**  
Gimme  
Organic Seaweed  
Snacks  
.32-.35 oz., selected  
varieties



**2/\$6**  
Good Health  
Potato Chips  
5 oz., selected varieties



**3.99**  
Late July  
Organic Tortilla Chips  
7.4-10.1 oz., selected varieties



**2/\$6**  
Food Should Taste  
Good  
Tortilla Chips  
5.5 oz., selected varieties



**2/\$6**  
Unique Snacks  
Pretzels  
10-11 oz., selected  
varieties



**4.99**  
Late July  
Salsa  
15.5 oz., selected varieties



**3.79**  
Mary's Gone  
Crackers  
Organic Crackers  
4.25-6.5 oz., selected  
varieties



**4.49**  
Quinn  
Filled Pretzel Nuggets  
5-7 oz., selected varieties



*everyday low price*  
**3.99**  
Field Day  
Cookies  
8-10.5 oz., selected  
varieties



**4.99**  
Tate's Bake Shop  
Cookies  
6.5-7 oz., selected  
varieties



**Your co-op has a snack for everyone.**

*ethically sourced,  
traditionally  
crafted*



**INCLUSIVE TRADE PARTNER**

Alaffia is a Black-owned company. Made with love and respect, our conscious approach to sourcing helps cultivate beauty, equality and empowerment in West Africa by supporting healthcare, education and sustainable sourcing projects with our mission partners.

**8.99**

Alaffia  
Everyday Shea  
Shampoo or  
Conditioner  
32 fl. oz., selected varieties

**8.99**

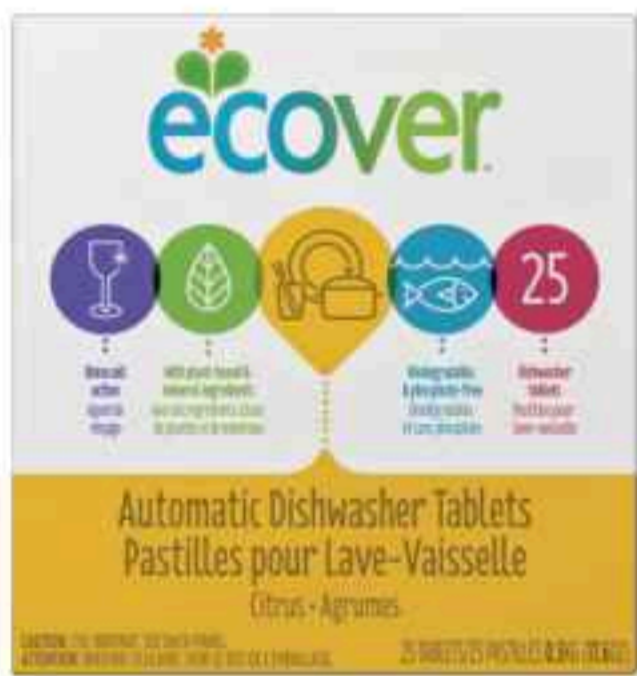
Alaffia  
Everyday Shea  
Body Wash  
32 fl. oz., selected  
varieties

**8.99**

Alaffia  
Everyday Shea  
Body Lotion  
32 fl. oz., selected  
varieties

**8.99**

Alaffia  
Bubble Bath  
32 fl. oz., selected  
varieties



**4.99**

Ecover  
Citrus Automatic  
Dishwasher Tablets  
25 ct.



**6.49**

Spry  
Oral Rinse  
16 fl. oz., selected  
varieties



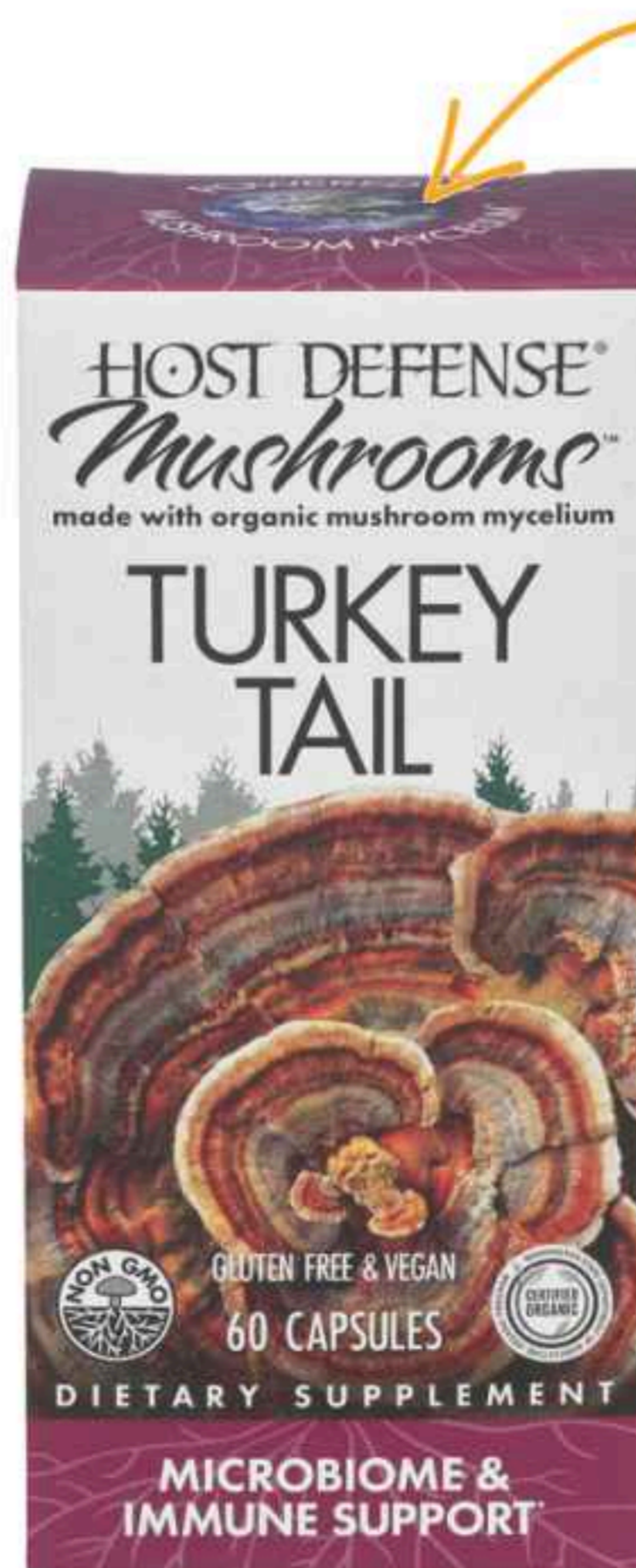
**8.99**

Hyland's Naturals  
Calms Forte  
Sleep Aid  
100 ct.



**11.99**

Natural Factors  
DGL Licorice Root  
Chews  
90 ct.

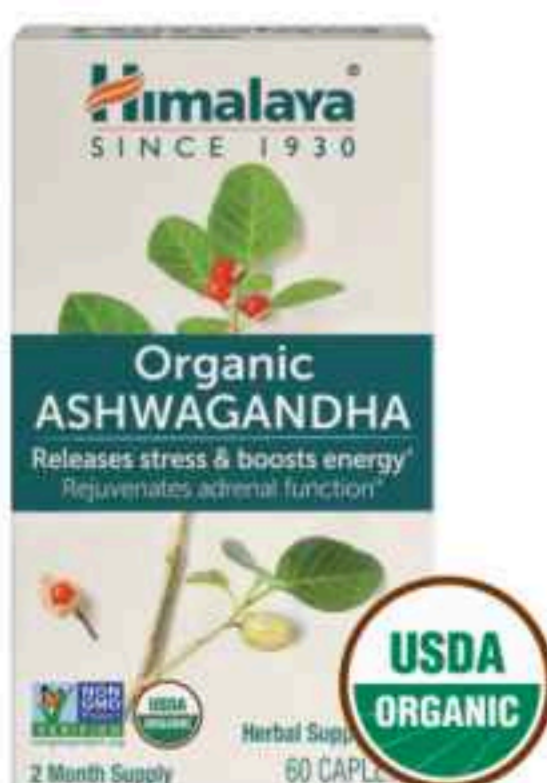


*researched and  
science-backed*

Science-backed turkey tail is the most studied of all the beneficial mushroom species. USA-grown and organic, Host Defense Turkey Tail is also backed by renowned mycologist Paul Stamets!

**25.99**

Host Defense  
Turkey Tail Mushroom Supplement  
60 ct.



**15.99**

Himalaya  
Organic  
Ashwagandha  
60 ct.

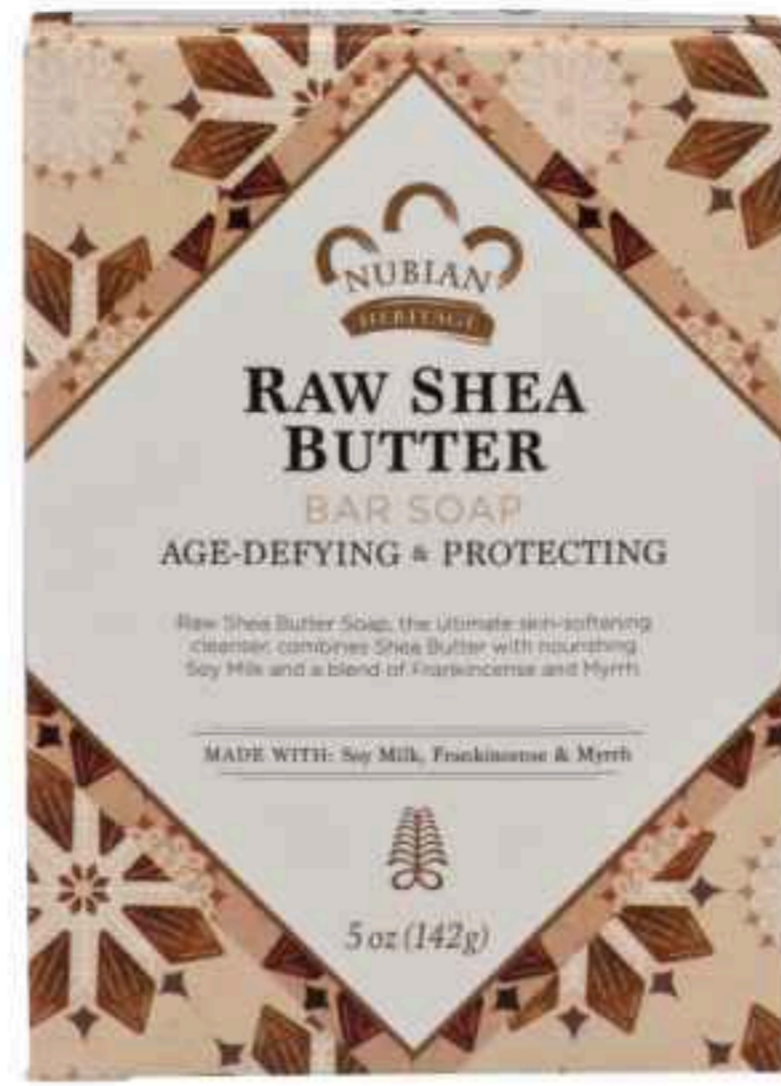
**Your co-op has options for home and body care.**

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



**2/\$7**

**DrTung's Smart Floss**  
30 yd., selected varieties



**2/\$9**

**Nubian Heritage Bar Soaps**  
5 oz., selected varieties



**9.99**

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



**8.49**

**Hibar Deodorant**  
2.25 oz., selected varieties



**8.99**

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



**10.99**

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



**11.99**

**Tru Earth Laundry Detergent Strips**  
32 ct., selected varieties



**4.79**

**Alba Botanica Shave Cream**  
8 oz., selected varieties



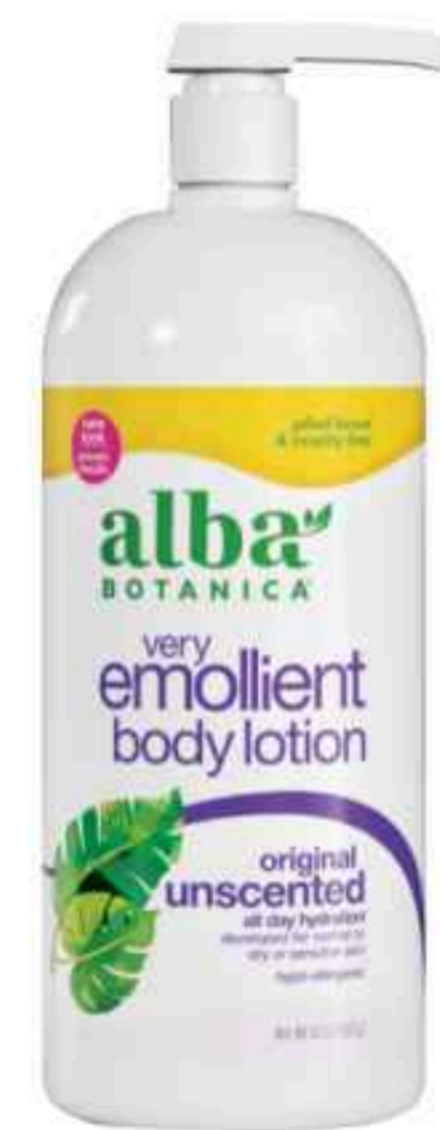
**5.49**

**Alba Botanica Multi-purpose Jelly**  
3.5 oz.



**6.99**

**Alba Botanica Acnedote Pimple Patch**  
40 ct.



**11.99**

**Alba Botanica Very Emollient Body Lotion**  
32 fl. oz., selected varieties

*cruelty-free skincare*

Beat dry skin season with dermatologist-tested, 100% vegetarian, cruelty-free skincare with no parabens, sulfates or animal testing.

**Find all your body care products at your 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

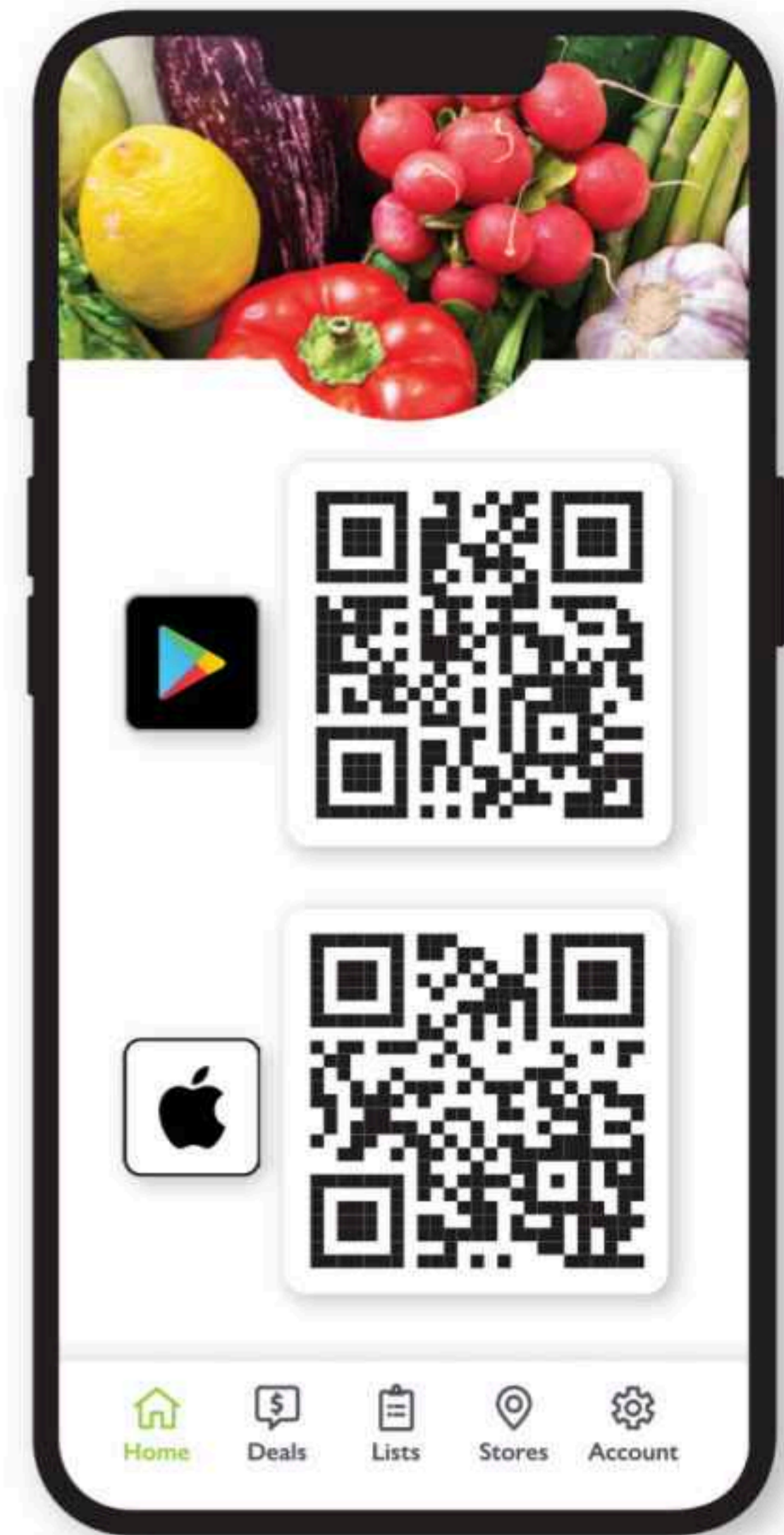
**WISCONSIN**

- 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.

*all KINDs of good*



**2/\$3**

Kind Bars  
1.4 oz., selected varieties



**3.99**

Kind Healthy Grains Bars  
5pk.-1.2 oz., selected varieties



**5.99**

Kind Breakfast Bars  
6 pk.-1.76 oz., selected varieties



**5.49**

Kind Healthy Grains Granola  
11 oz., selected varieties

At **KIND**, we believe you shouldn't have to choose between what tastes good and what's good for you. Now that's "All KINDs of Good."



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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