

coop deals

MAR 5 - MAR 18, 2025

creamy and fruity

PARFAIT LIKE IT'S 1999

Say hello to a smooth morning with Siggis' delicious skyr yogurt. Round up your favorite toppings to make a delicious yogurt parfait to unlock a great start to your day. Don't be late to the party — head over to the co-op and find these on sale now!



4/\$5

Siggis
Skyr Yogurts
4-5.3 oz., selected varieties



2/\$6

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



3.79

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



2/\$8

Zack's Mighty
Organic Tortilla Chips
9 oz., selected varieties



Find your favorite deals at the co-op.

Delicious spring meals await.



4/\$5

**Fage
Greek Yogurts**
5.3 oz., selected varieties



2.69

**KeVita
Organic Kombucha**
15.2 fl. oz., selected varieties



2/\$7

**Blue Diamond
Almondmilks**
59-64 fl. oz., selected varieties



4.29

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



4.49

**Nancy's
Organic Cottage
Cheese**
16 oz., selected varieties



4.99

**Forager Project
Organic Cashewmilk
Yogurt**
24 oz., selected varieties



5.99

**Bizzy
Organic Cold Brew
Coffee**
48 fl. oz., selected varieties

choose organic ingredients today



Stonyfield Organic Yogurt is made without toxic persistent pesticides, antibiotics, artificial growth hormones or genetically modified organisms (GMOs), protecting you and contributing to a healthy and sustainable world.

3.99

**Stonyfield Organic
Yogurt**
32 oz., selected varieties



2/\$8

**Evolution Fresh
Organic Juices
or Smoothies**
15.2 fl. oz., selected varieties

Refreshing selections are at the co-op.



2.29
 Brew Dr.
 Organic Kombucha
 14 fl. oz., selected varieties



4.49
 Nancy's
 Organic Yogurt
 24-32 oz., selected varieties



2/\$5
 Perfect Bar
 Protein Bars
 1.94-2.5 oz., selected varieties



3.79
 Rebbl
 Organic Beverage
 12 fl. oz., selected varieties



4.79
 Good Culture
 Organic Cottage
 Cheese
 15-16 oz., selected varieties



5.49
 Tofurky
 Plant-based
 Sausages
 12-14 oz., selected varieties



*irresistibly rich
 and creamy*

Enjoy Vital Farms 90% grass-fed and pasture-raised butter that is made with fresh air and sunshine.

2/\$7

Vital Farms
 Butters
 8 oz., selected varieties



6.99
 Wildbrine
 Organic Sauerkraut
 18 oz., selected varieties



6.99
 Applegate
 Organic Sliced
 Deli Meat
 6 oz., selected varieties

Find delicious ingredients at the co-op.

*spring forward
with Woodstock*



Healthy living can be made easier with **Woodstock's** wide range of frozen fruits and vegetables! Our products are quick and easy meal solutions you'll love to reach for without sacrificing flavor or nutrition.

2/\$4

Woodstock
Frozen Vegetables
10 oz., selected varieties

2.69

Woodstock
Organic Frozen Vegetables
10 oz., selected varieties

4.69

Woodstock
Organic Frozen Fruit
8-10 oz., selected varieties



3/\$10

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



2/\$10

Blake's
Organic Pot Pies
8 oz., selected varieties



7.99

Siete
Grain-free Tortillas
7 oz., selected varieties

filled with flavor

Woodstock Organic Filled Pastas are free from artificial ingredients and conveniently ready when you are. Perfect for a quick dinner or an easy way to impress guests!

7.49

Woodstock
Organic Filled Pasta
20 oz., selected varieties



INCLUSIVE TRADE PARTNER

Caulipower is a woman-owned company started by a mom of two children with celiac disease. We offer delicious, gluten-free options.



6.99

Caulipower
Cauliflower Crust Pizza
10.9-11.85 oz., selected varieties

The co-op has your frozen favorites.



2/\$7

Que Pasa Organic Tortilla Chips
10-11 oz., selected varieties



2/\$7

Hippeas Chickpea Puffs
4 oz., selected varieties



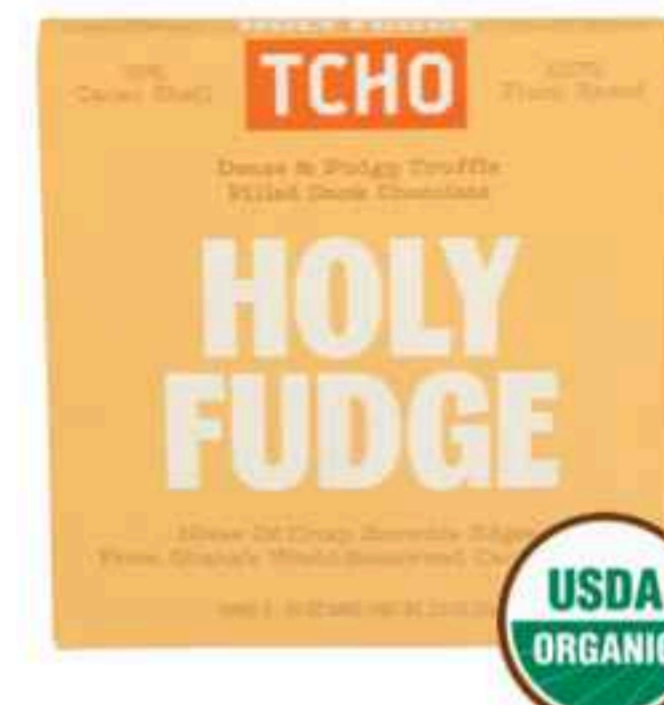
2/\$6

Kettle Brand Potato Chips
4.25-5 oz., selected varieties



2/\$7

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



2/\$7

Tcho Organic Chocolate Bars
3 pack - 0.83 oz., selected varieties



3.99

Taza Organic Chocolate Bar
2.5-2.7 oz., selected varieties



4.99

Newman's Own Sandwich Cookies
13 oz., selected varieties



4.99

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

chef created, delightfully delicious

TERRA® real vegetable chips are culinary inspired and artfully crafted. These non-GMO, gluten-free chips are thoughtfully paired and creatively seasoned for an elevated snack worth savoring.

2/\$6

Terra Vegetable Chips
5 oz., selected varieties



2/\$8

Simple Mills Cookies
4.25-5.5 oz., selected varieties

The co-op has snacks for your next adventure.

INCLUSIVE TRADE PARTNER

Wildwonder is an Asian- and woman-owned company. We reimagine beverages using gut-healing superfoods, and 5% of our profits go toward empowering women and marginalized communities.

2/\$5

Wildwonder
Pre & Probiotic
Sparkling Drinks
12 fl. oz., selected varieties



50 years in bloom

Traditional Medicinals is honoring 50 years of herbal science, purpose and right livelihood. Join us in celebrating yesterday, today and the possibilities of tomorrow.

4.29

Traditional Medicinals
Organic Herbal Tea
16 ct., selected varieties



5.49

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



*100% real,
100% delicious*

We believe that real life calls for real ingredients. That's why LÄRABAR delivers crave-worthy flavors, made with 100% real ingredients, and inspired by a broad spectrum of your favorite treats.



4.49

Nature's Bakery
Fig Bars
6pk.-2 oz., selected varieties

4/\$5

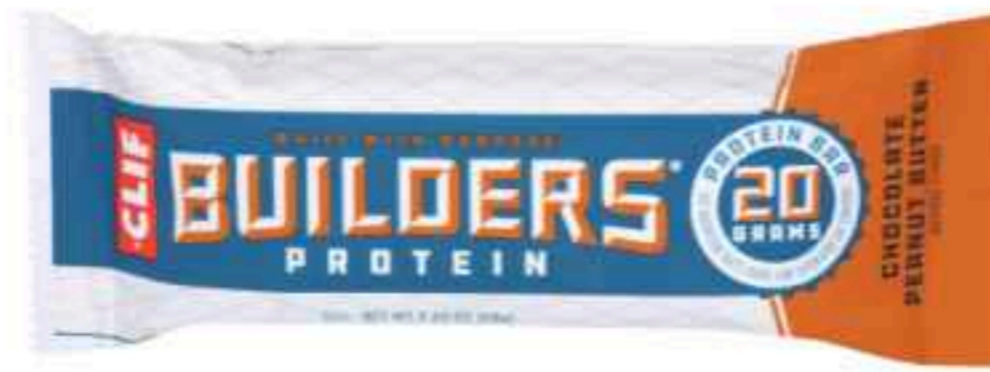
Larabar
Fruit & Nut Bars
1.06-1.7 oz., selected varieties

Try something new at the co-op.



4.39

Tazo Tea
15-20 ct., selected varieties



2/\$4 Clif Builders Protein Bars
2.4 oz., selected varieties



2/\$7
Pacific Foods Organic Oat Beverages
32 fl. oz.

COOPERATIVELY OWNED



10.99
Equal Exchange Organic Breakfast Blend
per pound in bulk



eat organic, feel good

When organic meets breakfast, delicious things happen. Find cereal for the whole family together and experience the Earth-first, feel-good benefits today!

3.79

Nature's Path Organic Cereal
9.5-14 oz., selected varieties



6.99

Rishi Organic Tea
15 ct., selected varieties

scoop up the savings in bulk!



1.69
Organic Rolled Oats
per pound in bulk



3.29
Organic Thompson Raisins
per pound in bulk



4.49
Organic Pitted Deglet Dates
per pound in bulk

Shop the bulk section at the co-op.



2/\$4
 Mike's Mighty Good
 Ramen Soup Packs
 or Cups
 1.6-2.4 oz., selected
 varieties

your partner in cooking

Spectrum has been a trusted partner in
 kitchens for over 30 years. Founded with a
 mission to provide reliable, high-quality,
 wholesome oils, you can count on Spectrum
 to provide a cooking oil for every occasion!



16.99

Spectrum
 Organic Extra Virgin Olive Oil
 25.4 fl. oz.



2.79
 San-J
 Gluten-free
 Tamari Soy Sauce
 10 fl. oz.

Spectrum
 Organic Extra Virgin Olive Oil
 25.4 fl. oz.



2/\$6
 Tasty Bite
 Indian Entrees
 10 oz., selected varieties



2/\$8
 Amy's
 Soups
 13.65-14.7 oz., selected
 varieties



everyday low price
4.99
 Field Day
 Organic Distilled
 White Vinegar
 64 fl. oz.

Never miss your
favorite deals



Co+op 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.



7.99
 Lucini Italia
 Organic Pasta Sauce
 24 oz., selected varieties



14.99
 Zoe
 Extra Virgin Olive
 Oil
 33.8 fl. oz.

Download the Co+op Deals app today!



2/\$6

**Ancient Harvest
Organic Polentas**
18 oz., selected varieties



2/\$7

**Imagine
Organic Broths**
32 fl. oz., selected varieties



5.49

**Maranatha
Organic Peanut Butter**
16 oz., selected varieties



Find your favorite ingredients at the co-op.
Make lunchtime a breeze.



2/\$5

**Wild Planet
Skipjack Tuna**
5 oz., selected varieties



2.69

**The Ginger People
Ginger Soother**
12 fl. oz., selected varieties



5.49

**Zevia
Zero Sugar Soda**
6 pk.-12 fl. oz. cans, selected varieties



2/\$3

**Liquid Death
Sparkling Waters**
19.2 fl. oz., selected varieties

Find something for everyone at the co-op.

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



4.99

**Seventh Generation
Free & Clear Automatic
Dishwashing Powder**
45 oz.



6.99

**Lakewood
Organic Pure Aloe
Juice or Gel**
32 fl. oz., selected
varieties



14.99

**Nature's Way
Sambucus Immune
Gummies**
60 ct.



36.99

**Ancient Nutrition
Bone Broth
Protein Powder**
15.7-17.8 oz., selected
varieties



18.99

**Natural Factors
Tranquil Sleep
Chews**
60 ct.



19.99

**Kal
Magnesium
Glycinate 350**
160 ct.



3X concentrated formula

Biokleen uses plant-derived cleaning agents to eliminate tough stains and odors. Our ultra-concentrated formula has no artificial fragrances, dyes, phosphates, chlorine, ammonia or brighteners. Never tested on animals and made in the USA.

12.99

**Biokleen
Liquid Laundry Detergent**
64 fl. oz., selected varieties



6.99

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

Find safe cleaning products at the co-op.

INCLUSIVE TRADE PARTNER

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



4.79 Kirk's Castile Bar Soap
3 pk.-4 oz., selected varieties

COOPERATIVELY OWNED



5.69
Aura Cacia Aromatherapy Mist
4 fl. oz., selected varieties



5.99
Auromere Toothpaste
3.57-4.16 oz., selected varieties



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



8.39
Humble Plastic-free Deodorant
2.65 oz., selected varieties



21.99
Mad Hippie Vitamin C Serum
1.02 fl. oz.



pure-castile bar soap

True soap with a rich lather and fresh, clean rinse. Effectively cleanses body-hands-face with a nourishing blend of organic oils. EWG Verified® for your peace of mind. Renew body and soul!

2/\$7

Dr. Bronner's Baby Unscented Pure-Castile Bar Soap
5 oz.



17.99
Andalou Naturals Resveratrol Q10 Night Repair Cream
1.7 oz.

The co-op has great body care products.

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

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

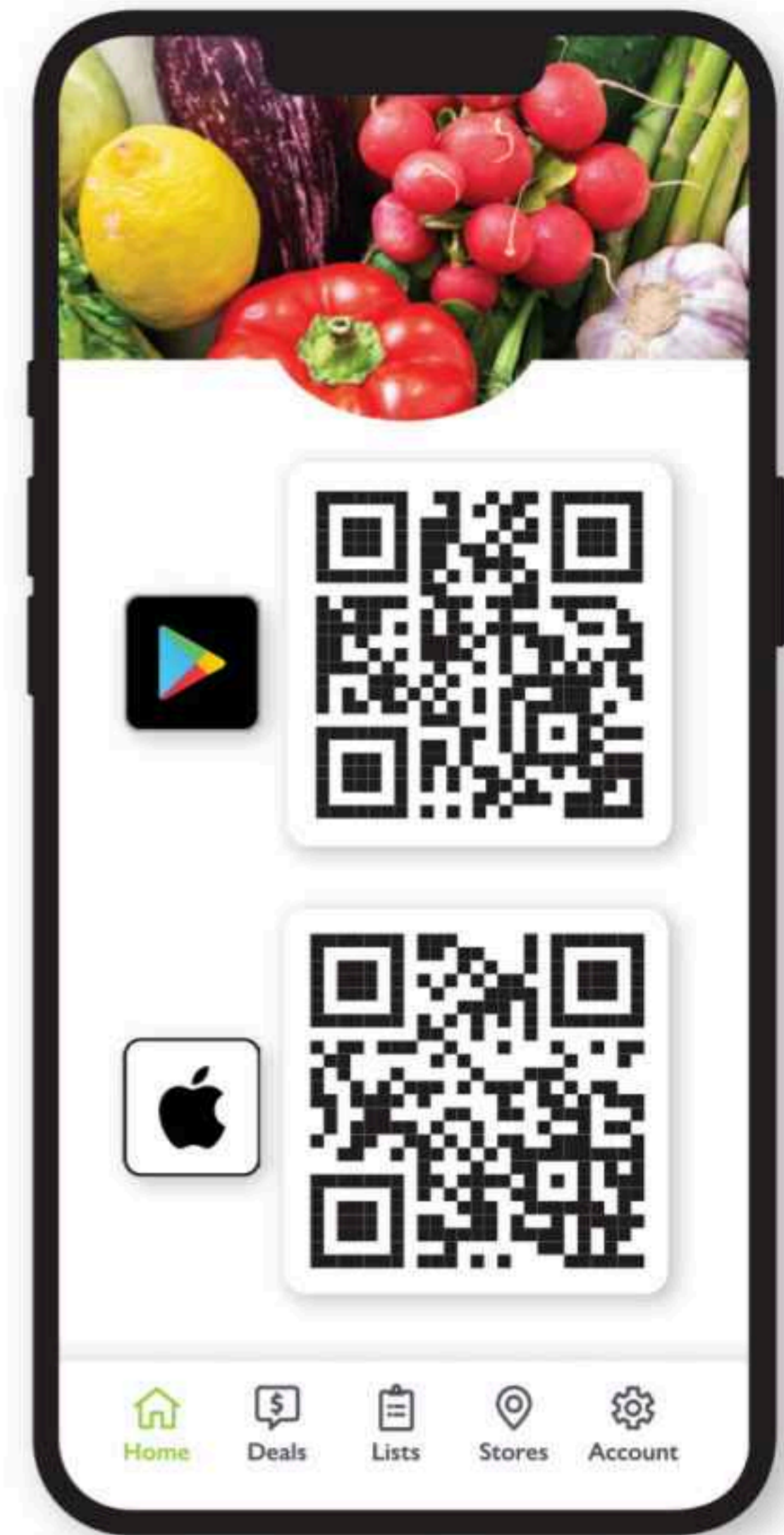
WISCONSIN

- 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.

breakfast, perfected by nature



Good mornings start with good ingredients and Bob's Red Mill 100% Whole Grain Oats! Naturally delicious hot cereal and baked goods for whole grain goodness you can feel great about sharing.

7.69
Bob's Red Mill Organic Oats
 28-32 oz., selected varieties



5.39
Little Northern Bakehouse Gluten-free Bread
 16-17 oz., selected varieties



9.99
Woodstock Organic Peanut Butter
 35 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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