

# coop deals®

APR 30 - MAY 20, 2025

## INCLUSIVE TRADE PARTNER

South of France is a women-owned company. Our soap is kettle cooked in small batches and follows a traditional Marseille recipe.



**2/\$6**

South of France  
Bar Soap  
6 oz., selected varieties

*blend it up* →



Warm weather and smoothies go together perfectly. Throw your favorite ingredients into the blender and pour in some of Evolutions Fresh's Organic Pure Orange Juice. Cold-pressed and delicious — find it on sale at the co-op!



**7.99**

Evolution Fresh  
Juice  
59 fl. oz., selected varieties



**2/\$3**

Justin's  
Organic Nut  
Butter Cups  
1.32-1.4 oz., selected  
varieties



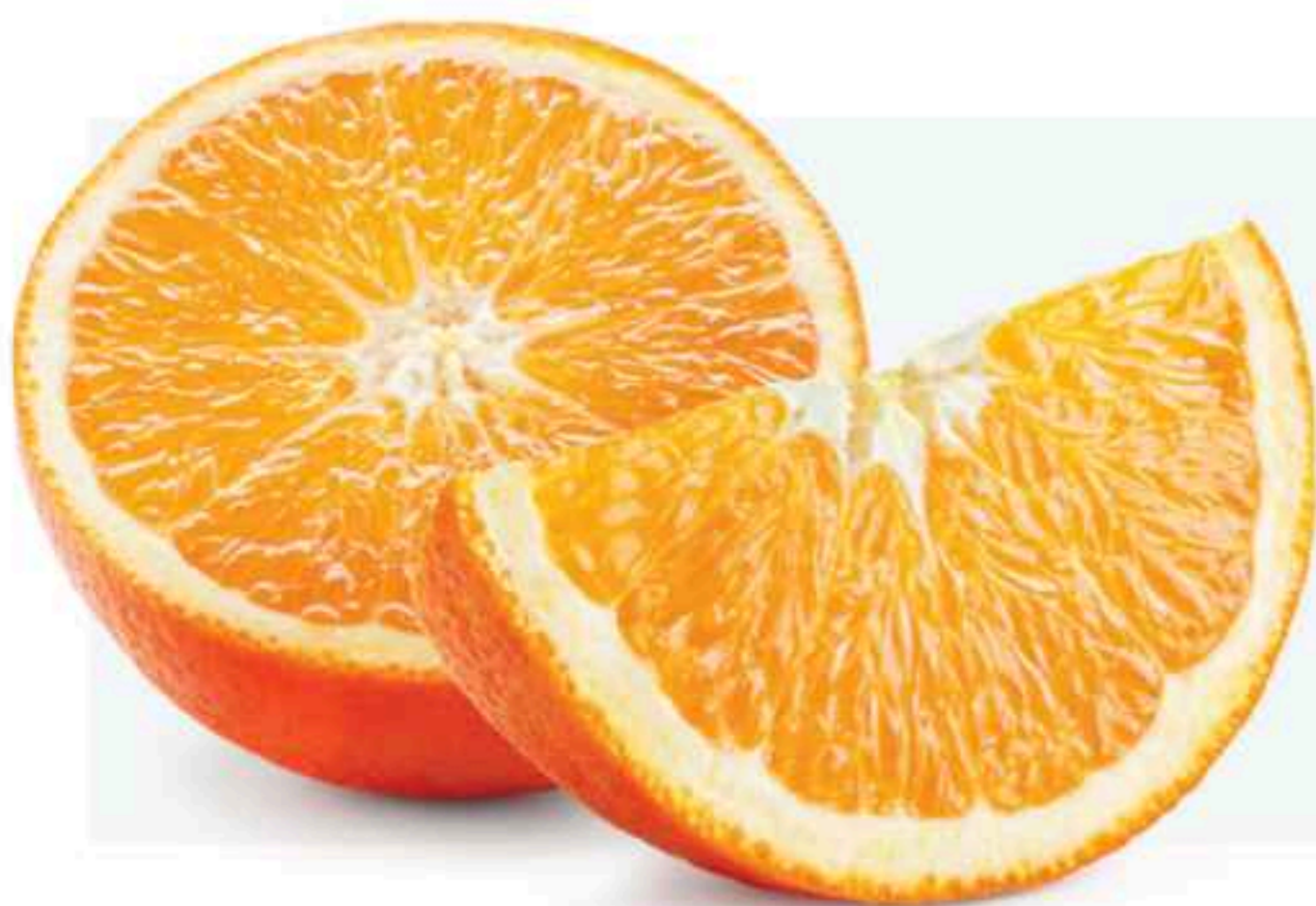
**2/\$7**

Annie's  
Organic Ketchup  
24 oz.



**2/\$8**

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



Try something refreshing.

**Amazing deals are at the co-op!**



**4/\$5**

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

*crafted with high-quality protein*

Thick, creamy and rich in protein, skyr is the traditional yogurt of Iceland. siggi's skyr is made with simple ingredients and not a lot of sugar.

**4/\$5**

**Siggi's**  
Skyr Yogurts  
4-5.3 oz., selected varieties



**6.99**  
Cocolune  
Organic Coconut  
Cultured Yogurt  
16 oz., selected varieties

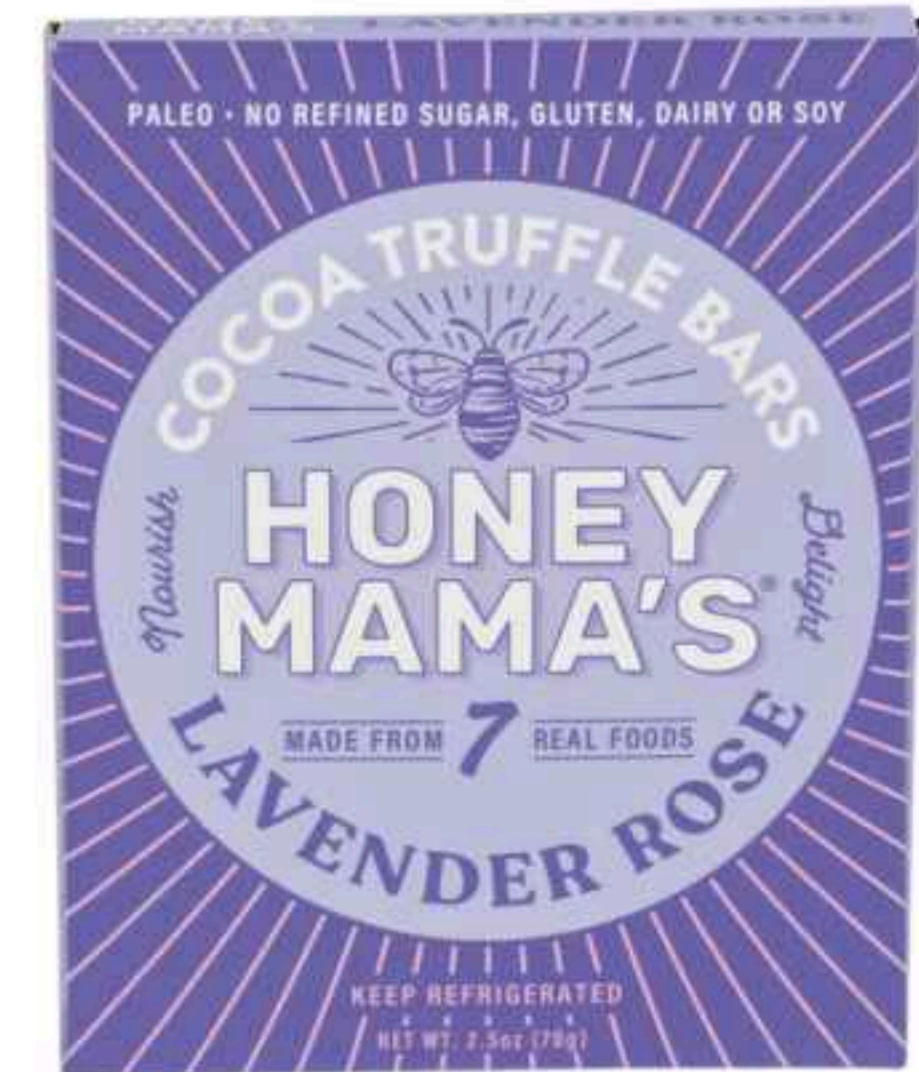


*the original  
cream-top yogurt*

Brown Cow yogurt is sweetened with cane sugar and maple syrup, and it's made without the use of artificial growth hormones, artificial flavors or artificial sweeteners.

**3.99**

**Brown Cow**  
Cream Top Yogurt  
32 oz., selected varieties



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

**Dairy and nondairy options are at the co-op.**



**4.69**  
 Califia Farms  
 Organic Unsweetened  
 Almondmilk  
 48 fl. oz., selected varieties

*dabble in dairy free*



For plant-curious foodies seeking delicious and kinder food choices, Miyoko's Creamery is an organic plant milk creamery that crafts the world's finest vegan cheese and butter, empowering people to choose good food that nurtures good in our world.



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

COOPERATIVELY OWNED



**4.69**  
 Organic Valley  
 Oat Creamer  
 32 fl. oz., selected  
 varieties



**4.99**  
 Malk  
 Organic Plant-  
 based Milk  
 28 fl. oz., selected  
 varieties



COOPERATIVELY OWNED



**5.99**  
 Organic Valley  
 Stringles Mozzarella  
 Cheese Sticks  
 8 oz.



*your brew-ed awakening*

Organic, sustainably sourced beans, expertly roasted and brewed for a smooth, irresistibly sippable coffee. It's the perfect kick in the glass to fuel your adventures.

**6.49**  
 Chameleon Cold Brew  
 Organic Coffee Concentrate  
 32 fl. oz., selected varieties

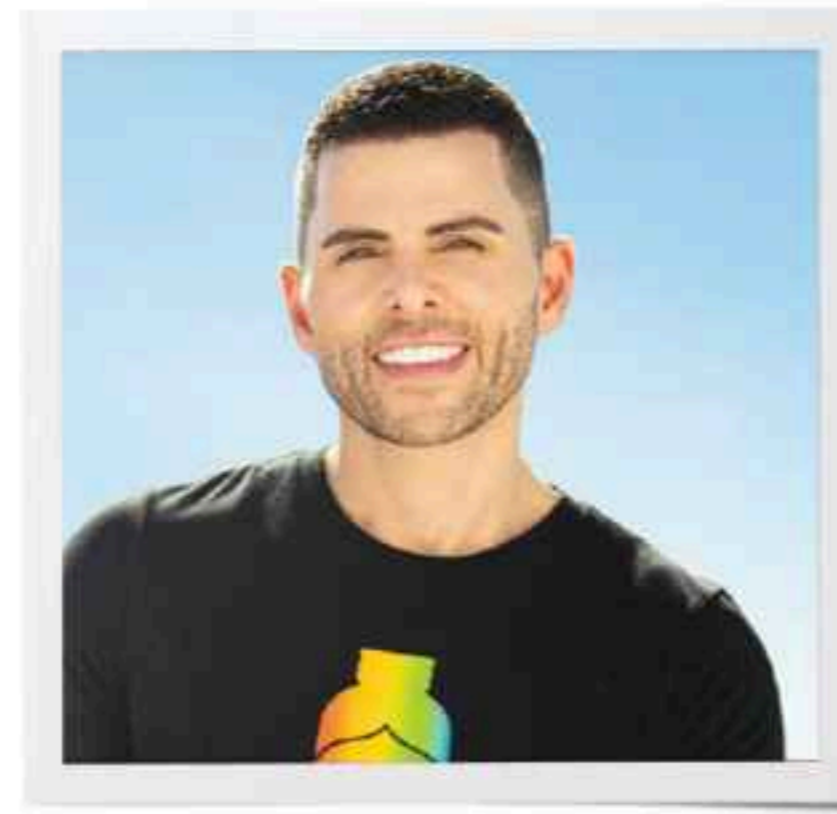
**The co-op has refreshing beverages.**



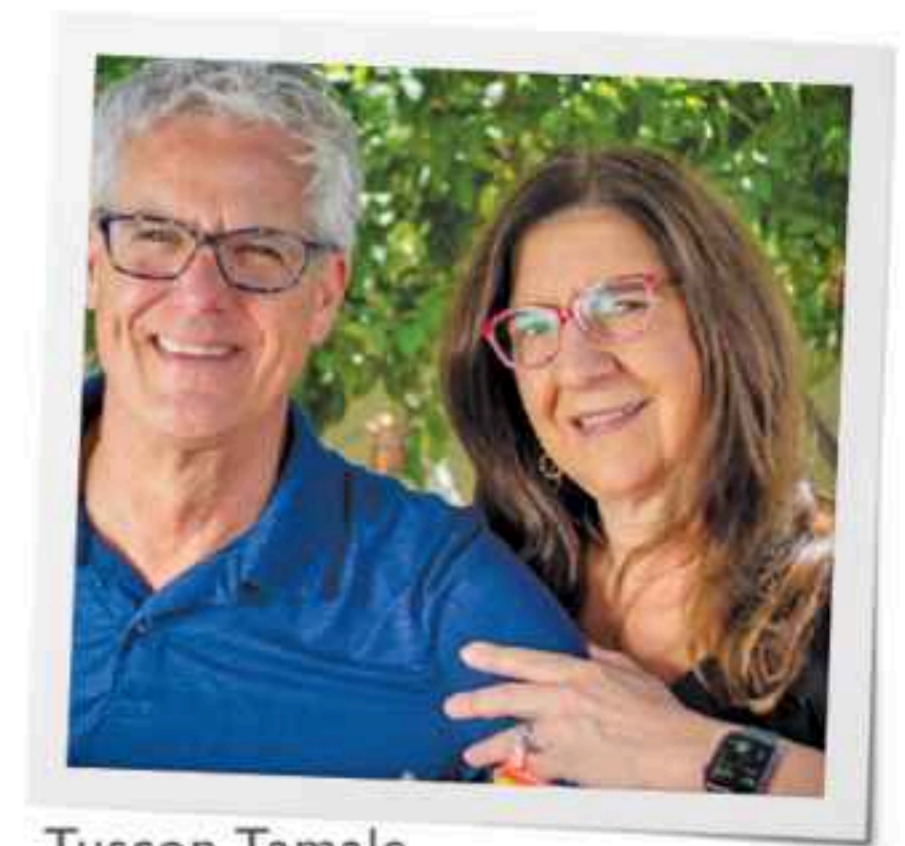
# strength in diversity

## INCLUSIVE TRADE

Co-ops are committed to creating a more just society by cultivating partnerships with businesses owned by people who identify as women, Black, Indigenous, people of color (POC), LGBTQIA+, persons with disabilities and veterans. Let's celebrate the strength that comes from diversity! Learn about some of our Inclusive Trade brand partners, and find Inclusive Trade products throughout the co-op.



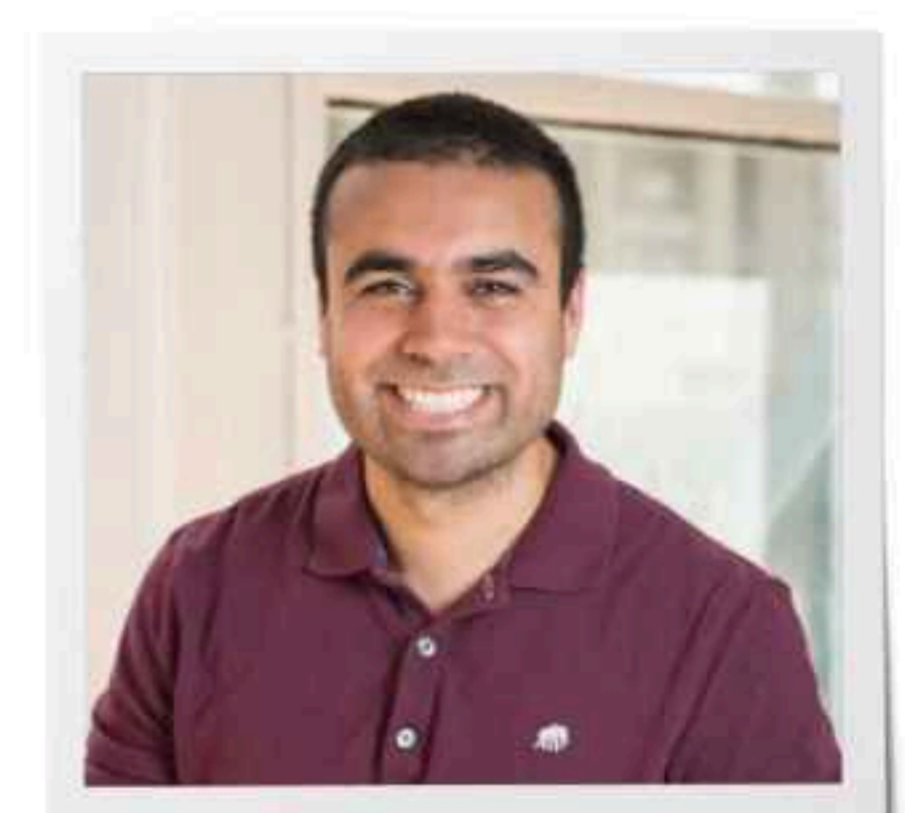
GT's Living Food



Tuscon Tamale



Wildwonder



Catalina Crunch



**2/\$6**

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



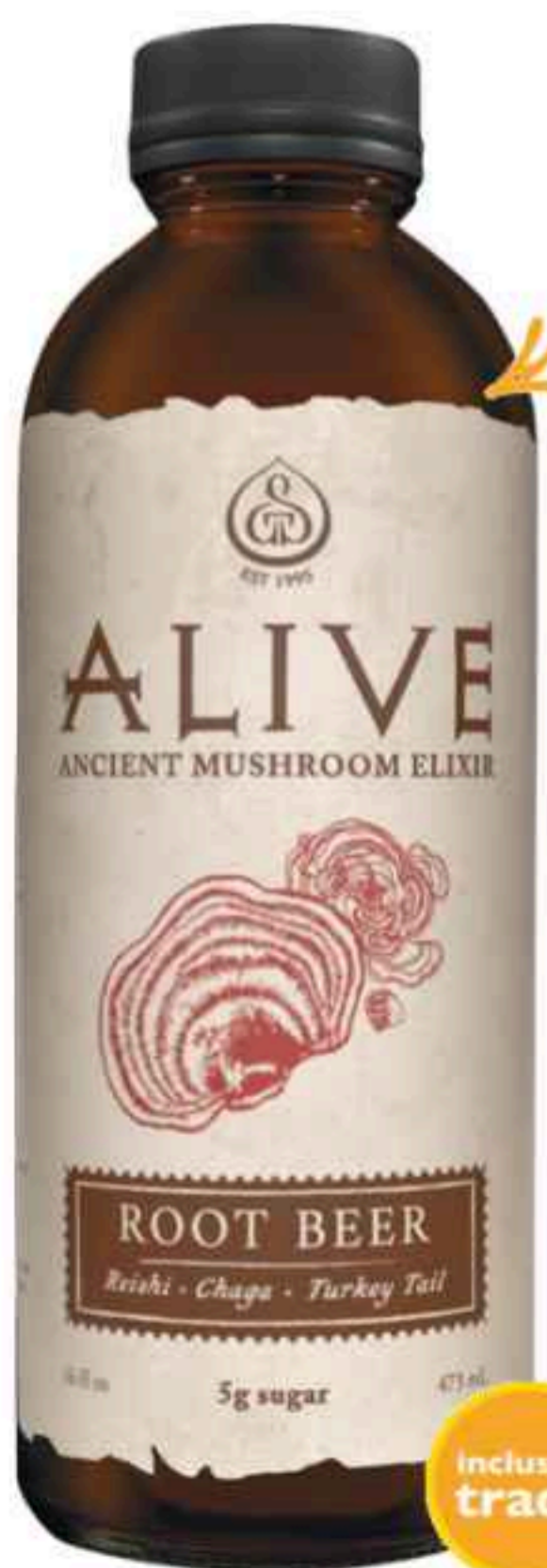
**4.49**

Harmless Harvest  
Organic Coconut  
Water  
16 fl. oz.



**6.49**

Health-Ade  
Organic Kombucha  
48 fl. oz., selected  
varieties



## experience a natural awakening

### INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. Feel clear minded, balanced, energized and, most importantly, ALIVE with the potent trio of chaga, reishi and turkey tail mushrooms.

**2/\$6**

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

### 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  
Sparkling Prebiotic &  
Probiotic Drinks  
12 fl. oz., selected varieties



**Find Inclusive Trade brands throughout the co-op.**

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

COOPERATIVELY OWNED



**4.29**  
Organic Valley  
Shredded Cheese  
6 oz., selected varieties



**3.99**  
Silver Hills  
Sprouted Bread  
15-22 oz., selected varieties



**2/\$8**  
Cascadian Farm  
Organic Fruits  
8-10 oz., selected varieties



**4.49**  
Oatly  
Non-dairy Frozen  
Dessert  
1 pt., selected varieties



Easy meals and desserts are at the co-op.  
**Have your favorites ready.**



**4.99**  
So Delicious  
Dairy-free  
Frozen Dessert  
1 pt., selected varieties



**5.99**  
Amy's  
Frozen Meals  
8.25-10.3 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Tucson Tamale started with a large Mexican-American family tradition that now makes award-winning tamales.



**5.49** Tucson Tamale  
Tamales  
10-11 oz., selected varieties



**6.99**  
Caulipower  
Cauliflower Crust  
Pizza  
10.9-11.85 oz., selected varieties



**6.99**  
Feel Good Foods  
Gluten-free  
Appetizers  
6-10 oz., selected varieties

**Fixings for family meals are at the co-op.**

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



*baked goods baked better*



Udi's Bakery —  
surprisingly gluten free!

**4.39**

**Udi's Gluten Free  
Hamburger or  
Hot Dog Buns**  
10.4-14.3 oz., selected varieties



Make backyard celebrations easy.

**Grilling season is here!**



**4.99**

**JonnyPops  
Frozen Novelties**  
6.72-14.8 fl. oz., selected varieties



**2/\$8**  
**Dr. Praeger's  
Veggie Burgers**  
10 oz., selected  
varieties



**7.99**  
**Beyond Meat  
Plant-based  
Ground Beef**  
16 oz.



**9.99**  
**Woodstock  
Lump Hardwood Charcoal**  
8.8 lbs.

**Shop the co-op for outdoor meal ideas.**



**14.99**

**Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil**  
30 fl. oz.

*a classic Italian staple*

Made with organic, non-GMO corn, Ancient Harvest's Traditional Polenta is the perfect addition to your dinner. Serve as a creamy side dish or slice and pan-fry for crispy polenta cakes.



**2.99**

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

COOPERATIVELY OWNED



**2/\$3**

**Simply Organic Seasonings**  
.7-1.3 oz., selected varieties



**3/\$7**

**Near East Couscous Mixes or Rice Pilafs**  
5.2-10 oz., selected varieties



**2/\$6**

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

*authentic Italian goodness*

Bionaturae Organic Diced and Crushed Tomatoes are harvested at peak ripeness from small family farms in Italy and packed the same day to preserve fresh, authentic flavor. They're 100% organic, with no additives or preservatives.

**2/\$7**

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



**2/\$7**

**Tasty Bite Organic Entrees**  
8.8-10 oz., selected varieties



**The co-op helps make dinner easy.**

## backyard asada season!

Celebrate togetherness, gathered around the grill, with **Siete's** heritage-inspired products. Made with thoughtfully selected ingredients like avocado oil and organic beans, Siete's products invite more people to the table because *Juntos es Mejor!*



**2/\$4**

Siete  
Beans  
15.5-16 oz.,  
selected varieties



**3.69**

Siete  
Tortilla Chips  
5-7.5 oz., selected  
varieties



**3.99**

Siete  
Salsa  
10.5 oz., selected  
varieties



**7.99**

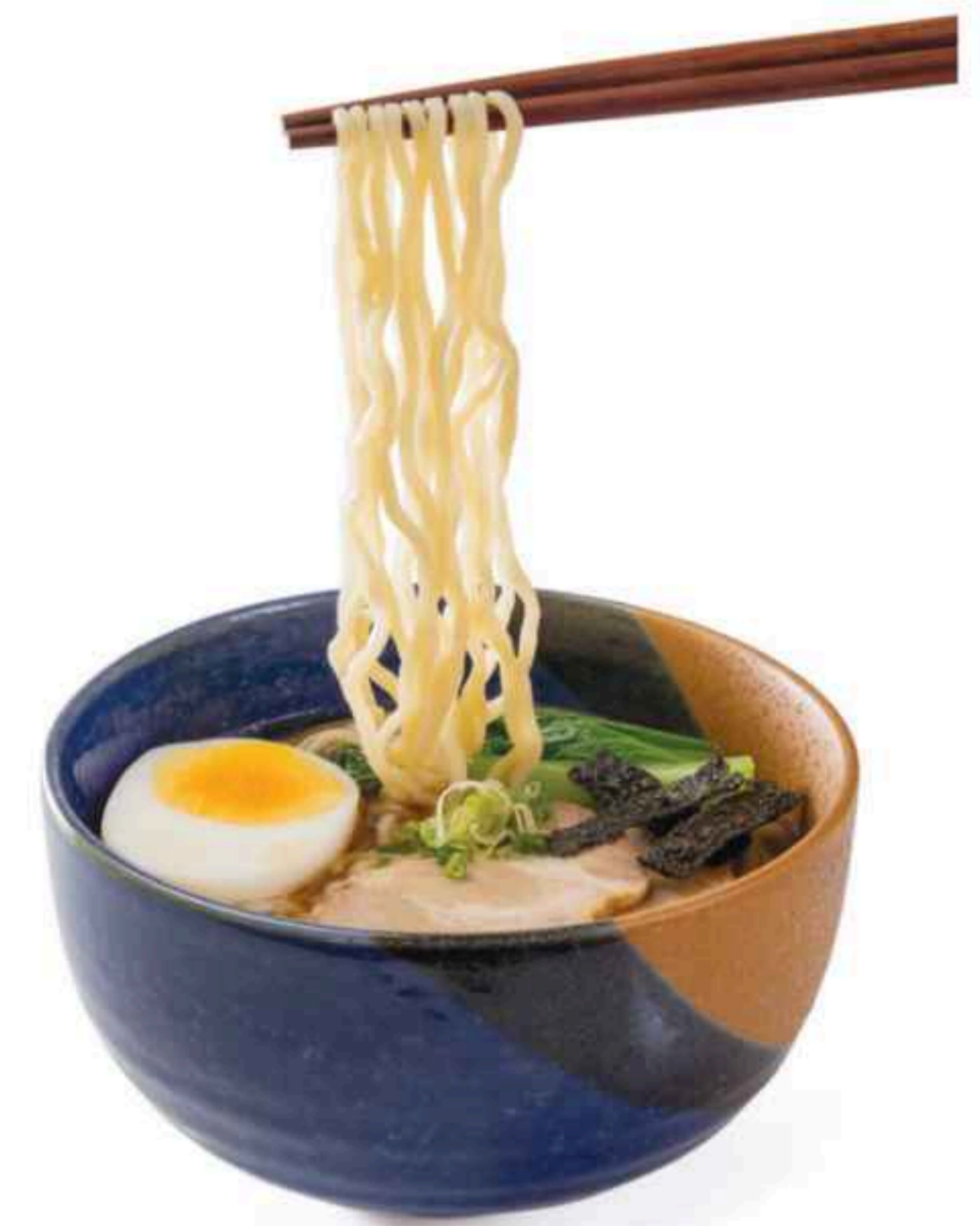
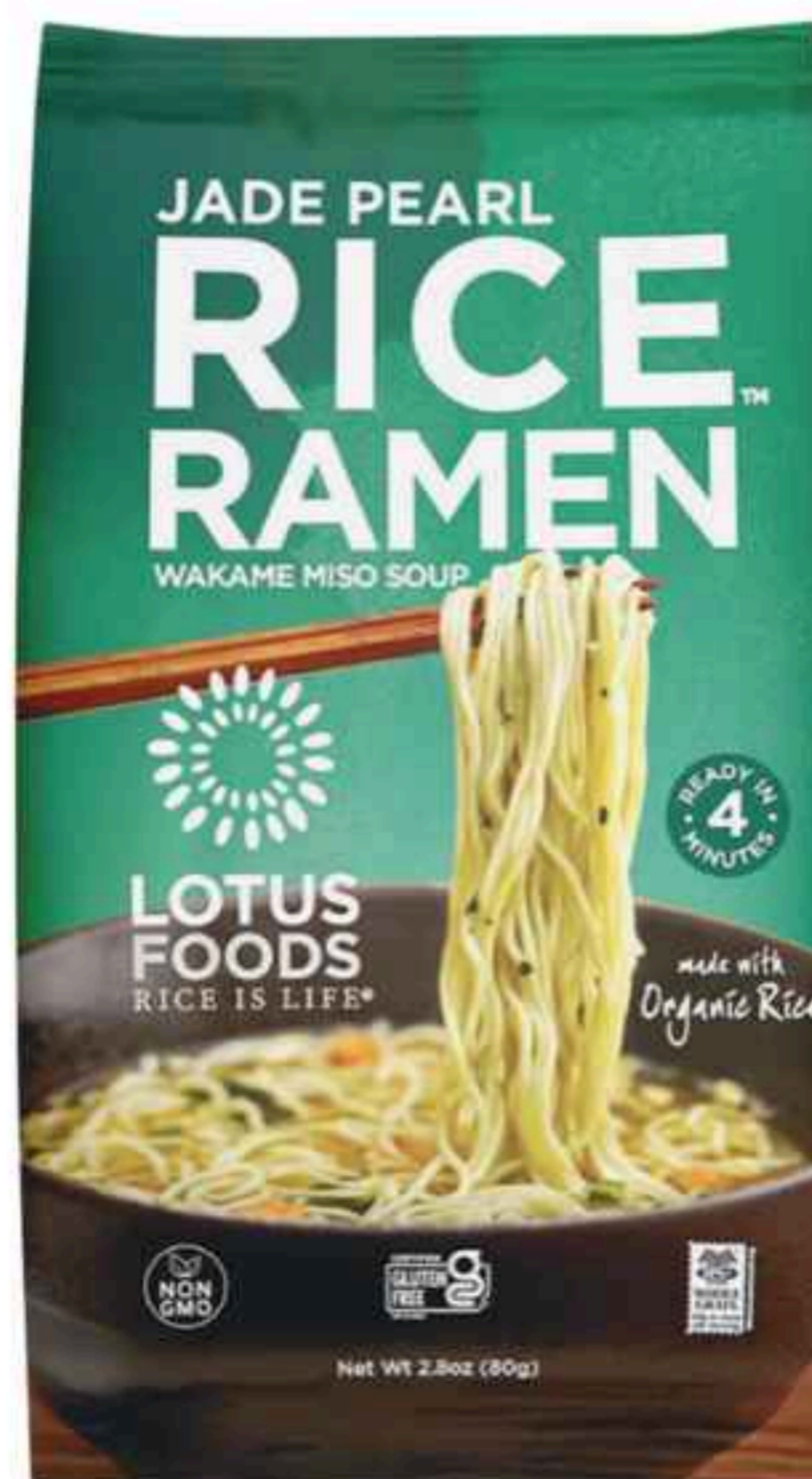
Siete  
Grain-free Tortillas  
7 oz., selected varieties

## better-for-you ramen

Lotus Foods Rice Ramen is a quick and delicious meal! Naturally gluten-free and made with never-fried organic noodles and a savory miso broth.

**3/\$5**

Lotus Foods  
Rice Ramens  
2.8 oz., selected varieties



**2/\$4**

Muir Glen  
Organic Tomatoes  
14.5-15 oz., selected  
varieties



**2/\$7**

Jeff's Garden  
Organic Non-  
pareil Capers  
6 oz.



**7.99**

Lucini Italia  
Organic Pasta Sauce  
24 oz., selected varieties



**Tasty recipe ingredients are at the co-op.**



**INCLUSIVE TRADE PARTNER**

Fillo's is a Hispanic-owned company. We offer a range of reimagined Latin staples that are packed with flavor and nutrients.

**2.19**

Fillo's Walking Tamales  
4 oz., selected varieties



**2/\$6**

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



**2/\$7**

Heyday Canning Co. Canned Beans  
15 oz., selected varieties



**2/\$7**

Muir Glen Organic Pasta Sauces  
23.5 oz., selected varieties



**3.99**

Garden of Eatin' Taco Shells  
5.5 oz., selected varieties



Stock the pantry with your favorites.  
**Eat well, live well.**



**3.99**

Tinkyada Organic Brown Rice Pasta  
10-12 oz., selected varieties



**8.39**

Artisana Organic Raw Tahini or Coconut Butter  
14 oz., selected varieties



**17.99**

Spectrum Organic Extra Virgin Olive Oil  
25.4 fl. oz.



**9.99**

Fly by Jing Sichuan Chili Crisp  
6 oz., selected varieties



**Find quick meal solutions at [grocery.coop](https://www.grocery.coop)**

*nutritious and delicious*

**KIND** has always been committed to bringing you snacks that harness the power of nutritious ingredients deliciously combined — something that your stomach and brain can agree on.



**2/\$3**

Kind Bars  
1.4 oz., selected varieties



**5.49**

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



**4.99**

Kind Healthy Grain Clusters  
11 oz., selected varieties



**2.49**

Blue Diamond Almondmilk  
32 fl. oz., selected varieties



**INCLUSIVE TRADE PARTNER**

Catalina Crunch is a diverse-owned brand. Our products satisfy your sweet tooth but aren't loaded with sugar and empty carbs.

**6.99**

Catalina Crunch Keto Cereal  
8-9 oz., selected varieties



*scoop up the savings in bulk!*



**2.29**

Organic Black Beans  
per pound in bulk



**3.29**

Organic Sunflower Seeds  
per pound in bulk



**7.99**

Organic Mission Figs  
per pound in bulk

**The co-op helps you start the day.**



**2/\$4**

**Earth's Best Organic Yogurt Smoothies**  
4.2 oz., selected varieties



**3.49**

**West Life Organic Soymilk**  
32 fl. oz., selected varieties



**2/\$7**

**Celestial Seasonings Herbal Teas**  
20 ct., selected varieties



**3.79**

**MadeGood Organic Granola Bars**  
6 pk.-.85 oz. bars, selected varieties



**5.99**

**Clif Organic Zbar**  
6 pk.-1.27 oz. bars, selected varieties



**6.99**

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

COOPERATIVELY OWNED



**11.99**

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

*hit the trail*

Spending time outside in the fresh air is a great way to enjoy time together. The co-op's got snacks for kids of all ages, so shop for an assortment of options and then lace up those hiking boots!



**4.99**

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

**Great options for outdoor snacks are at the co-op.**



**2/\$6**  
**The Good Crisp**  
**Potato Crisps**  
 5.6 oz., selected varieties



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



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



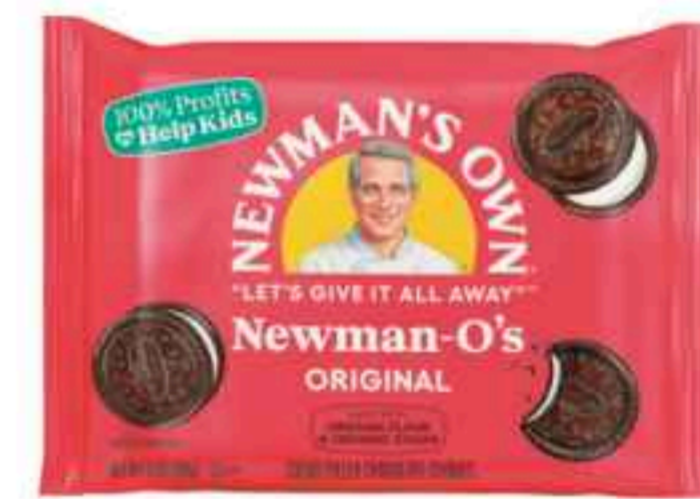
**2/\$7**  
**From the Ground Up**  
**Cauliflower Crackers**  
 3.5-4 oz., selected varieties



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



**4.29**  
**Mi-del**  
**Snaps**  
 8-10 oz., selected varieties



**4.99**  
**Newman's Own**  
**Sandwich Cookies**  
 13 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.



**5.49**

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

**Download the Co+op Deals app today.**



← sparkling mocktails

SCAN FOR RECIPE

Sweeten your summer days with this Pineapple-Lime Mocktail recipe. Find more summer mocktail ideas on grocery.coop.



**2.19**  
Essentia  
Ionized Water  
50.7 fl. oz.



**3.29**  
Theo  
Organic  
Chocolate Bar  
3 oz., selected varieties

**3/\$5**  
Vermont Smoke  
& Cure  
Meat Sticks  
1 oz., selected varieties



**3.79**  
Dr. Bronner's  
Organic Chocolate  
Bar  
2.93-3 oz., selected varieties



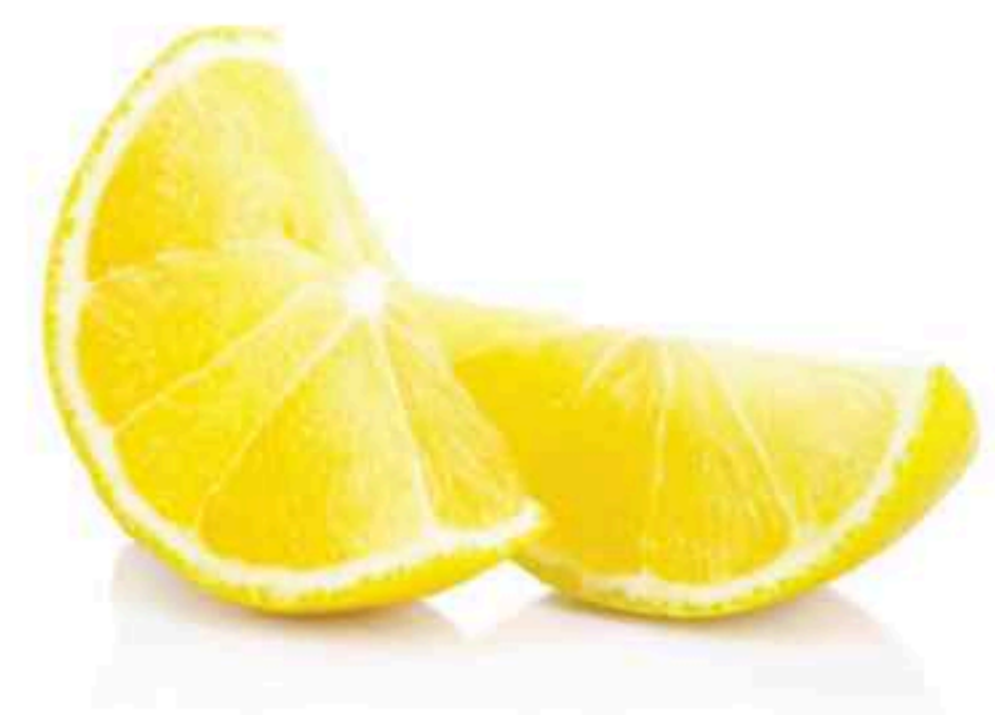
*everyday low price*  
**4.49**  
Field Day  
Coconut Water  
33.8 fluid ounces



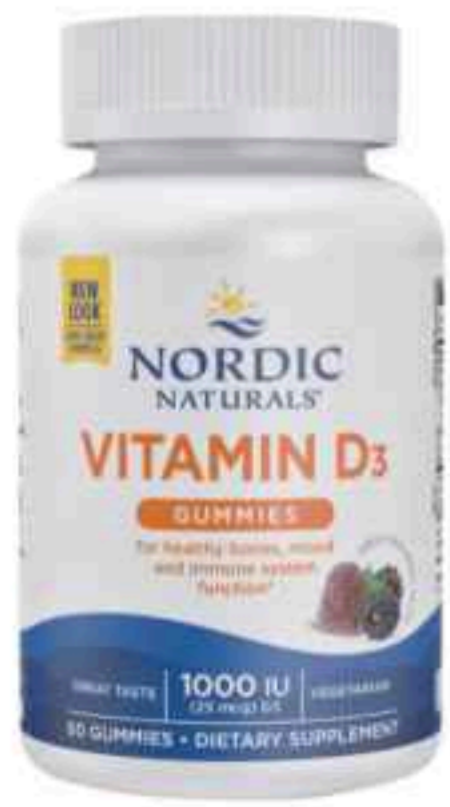
**2/\$9**  
Reed's  
Ginger Ales  
4 pk.-12 fl. oz. cans,  
selected varieties



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



**Find fun seasonal recipes at grocery.coop.**



**10.99**

**Nordic Naturals  
Vitamin D3 Gummies**  
60 ct.

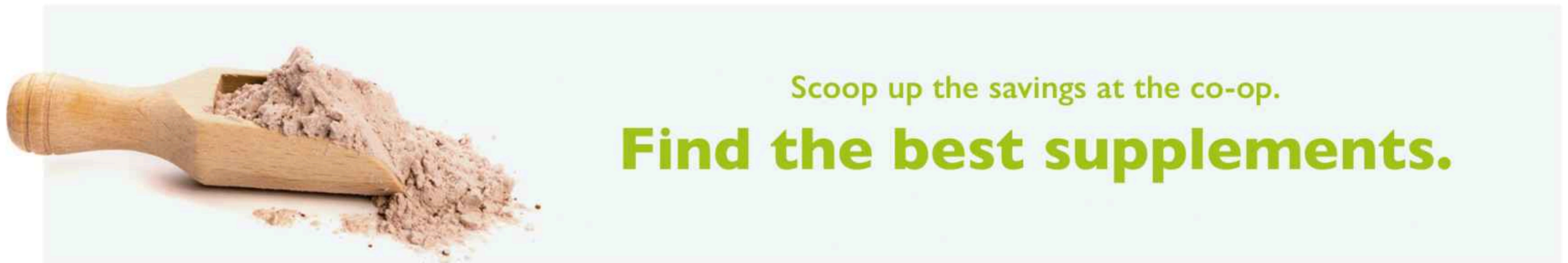


*ethical sourcing*

ORGANIC INDIA is unwaveringly committed to elevating environmental stewardship beyond “sustainable” — incorporating bio-regenerative farming practices that improve the environment with every crop cycle.

**11.99**

**Organic India  
Whole Husk Psyllium Fiber**  
12 oz.



Scoop up the savings at the co-op.

**Find the best supplements.**

*organic goodness for women*



Whatever stage of life you're in, Garden of Life has delicious organic gummies to meet your needs. Packed with whole food vitamins and minerals, the choice is simple.

**22.99**

**Garden of Life  
Organics Women's Multi  
Gummies**

120 ct., selected varieties

**INCLUSIVE TRADE PARTNER**

Oregon's Wild Harvest is a woman-owned company. We grow and manufacture organic herbal supplements using regenerative agricultural practices.



**17.99**

**Oregon's Wild  
Harvest  
Organic  
Ashwagandha**  
90 ct.

**Your trusted supplements are at the co-op.**

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

pure plants,  
true benefits

COOPERATIVELY OWNED

**Fresh Faced Toner**

- 1 oz. distilled water or hydrosol
- 1 oz. witch hazel
- 12 drops Lavender Oil
- 8 drops Frankincense Oil
- 1 tsp. Grapeseed Oil

Directions: In a mist bottle, combine ingredients. To use, shake and mist face, avoiding eyes.



**3.49**

Aura Cacia  
Grapeseed Oil  
4 fl. oz.



**7.99**

Aura Cacia  
Lavender  
Essential Oil  
.5 fl. oz.



**14.99**

Aura Cacia  
Frankincense  
Essential Oil  
.5 fl. oz.



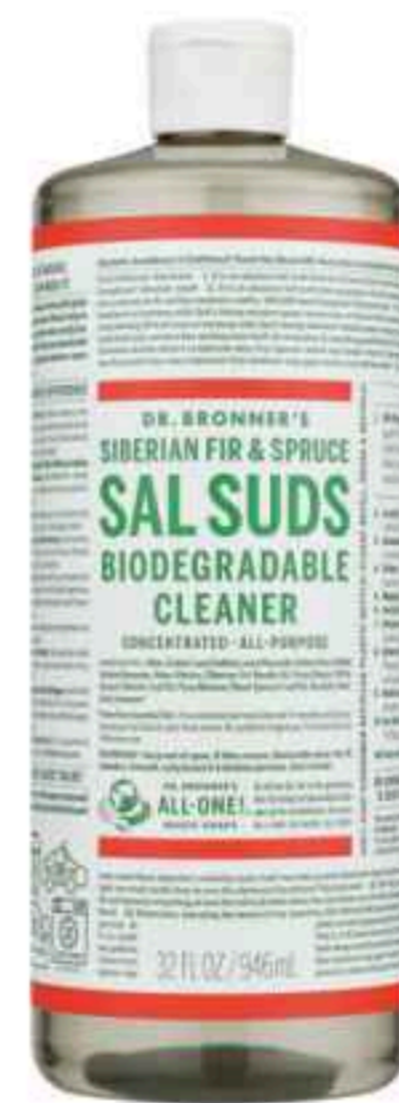
**2/\$5**

Aura Cacia  
Foam or Mineral Baths  
2.5 oz., selected varieties



**7.99**

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



**10.99**

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

**INCLUSIVE TRADE PARTNER**

Badger is a woman-owned company. We create organic body care products with nourishing nutrients.



**11.99**

Badger  
Mineral  
Sunscreen Cream  
2.9 fl. oz., selected varieties



**15.99**

Derma E  
Vitamin C  
Concentrated  
Serum  
2 fl. oz.



**27.99**

Evanhealy  
Organic Rosehip  
Treatment Facial  
Serum  
.5 fl. oz.



**The co-op has gentle products for home and self.**

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

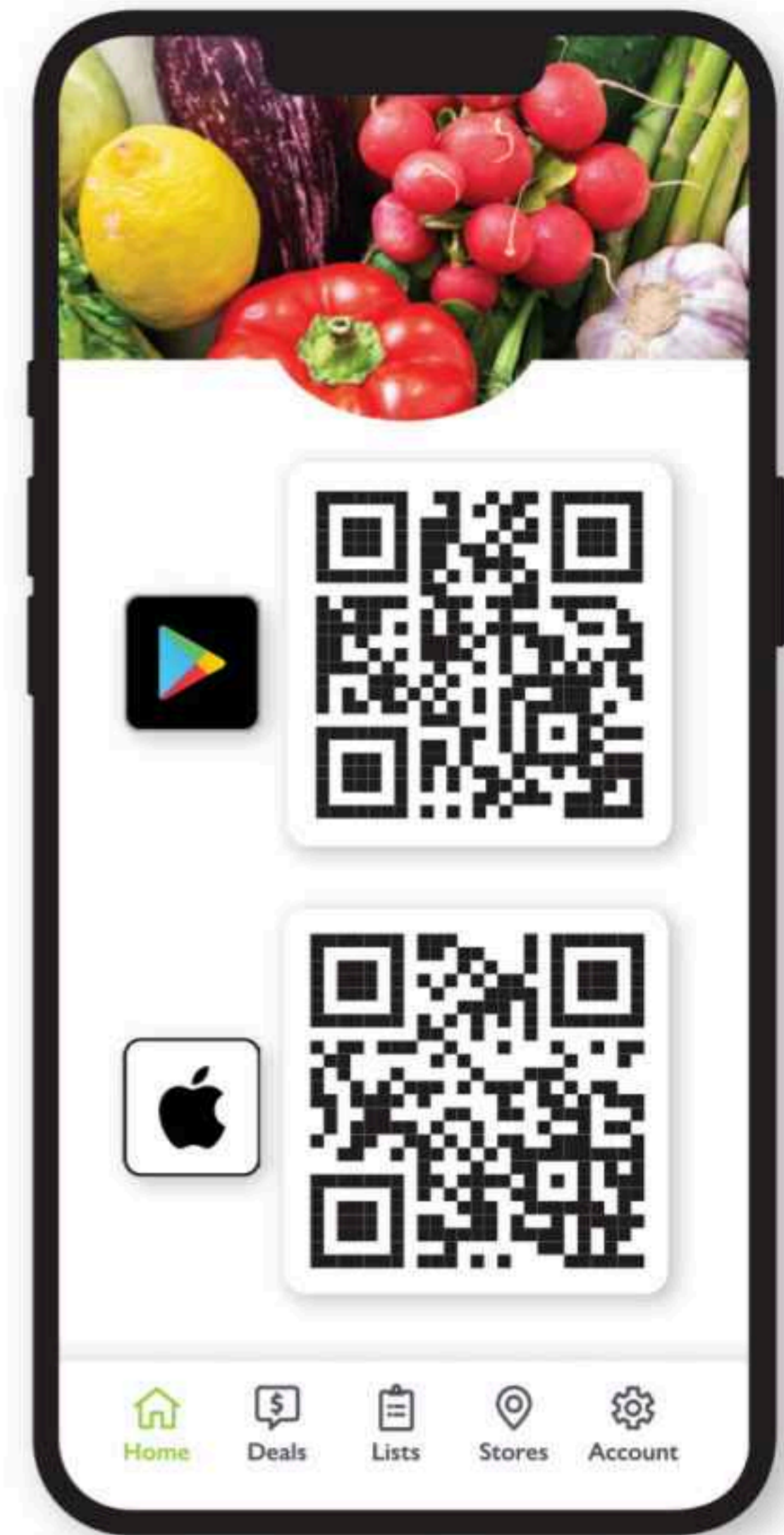
**WISCONSIN**

- 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.

*let the good times roll*

Late July's restaurant-style tortilla chips are made with whole ground corn and seasoned with sea salt. They're organic and Non-GMO Project Verified. Enjoy with salsa, dip them in queso or use them to make nachos.

**2/\$7**

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



**2/\$8**  
**C2O Coconut Waters**  
33.8 fl. oz., selected varieties



**4.49**  
**Green Mountain Gringo Salsa**  
16 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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