co+op deals®

NOV 5 - NOV 18, 2025

bake my day

Start new traditions or carry on old ones by baking in-season desserts. Preheat the oven, warm the home and bake it happen. The co-op has Bob's Red Mill All-Purpose Organic Flour on sale, making it easier than ever to make your favorite baked goods.

6.99

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

2/$3

Field Day Organic Macaroni & Cheese
6 oz., selected varieties

2/$3

Field Day Organic Cut Green Beans
15.25 oz., selected varieties

2/$3

Field Day Organic Whole Kernel Sweet Corn
15 oz., selected varieties

3/$5

Field Day Organic Broths
32 fl. oz., selected varieties

2/$6

Field Day Organic Savory Herb Stuffing
10 oz.

15.99

Field Day Organic Olive Oil
33.8 fl. oz.

co+op deals | field DAY

RAKE IN THE SAVINGS

Stock up and save even more on all Field Day products

2/$6

Field Day Coconut Waters
33.8 fl. oz.

2/$6

Field Day Organic Cereals
10-15 oz., selected varieties

4.49

Field Day Organic Granola
12 oz., selected varieties

5.99

Field Day Organic Apple Juice
64 fl. oz.

6.99

Field Day Organic Wood Fired Crust Pizza
12.2-13.8 oz., selected varieties

7.99

Field Day Organic Frozen Berries
32 oz., selected varieties

It's a Field Day sale at the co-op!

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

2/$4

Field Day Unsweetened Coconut Milks
13.5 fl. oz., selected varieties

2/$4

Field Day Organic Pretzels
8 oz., selected varieties

2/$5

Field Day Organic Tortilla Chips
9 oz., selected varieties

2/$5

Field Day Organic Gravy
12 oz., selected varieties

2/$5

Field Day Organic Canned Tomatoes
28 oz., selected varieties

NORTH AMERICAN TRADITIONAL INDIGENOUS FOOD SYSTEMS
NĀTIFS

For each Field Day product sold we'll donate 5¢ to NATIFS! **Now – Dec. 2**

Scan to learn more

2/$5

Field Day Albacore Tuna
5 oz., selected varieties

3.99

Field Day Organic Fruit Spread
14 oz., selected varieties

3.99

Field Day Organic Peanut Butter
18 oz., selected varieties

9.99

Field Day Refined Avocado Oil
16.9 fl. oz.

10.99

Field Day Liquid Laundry Detergent
100 fl. oz., selected varieties

17.99

Field Day Organic Grade A Maple Syrup
32 fl. oz.

Find everything for holiday meals at the co-op.

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

4.79

Violife
Just Like Cheese Slices or Shreds
7.05-8 oz., selected varieties

5.99

Grillo's Pickles
32 fl. oz., selected varieties

COOPERATIVELY OWNED

4.99

Kerrygold Pure Irish Butter
8 oz., selected varieties

5.99

Treeline Dairy-free French-style Cheese
6 oz., selected varieties

3.29

Califia Farms Better Half Unsweetened Coconut Cream & Almondmilk
16.9 fl. oz.

COOPERATIVELY OWNED

8.99

Organic Prairie Summer Sausage
12 oz., selected varieties

4.49

Petit Pot French Dessert
2 pk.-4 oz., selected varieties

5.49

Applegate Sliced Deli Meat
7 oz., selected varieties

4.39

Organic Valley Shredded Parmesan Cheese
4 oz.

5.39

Organic Valley Cheese Slices
6 oz., selected varieties

5.39

Organic Valley Block Cheese
8 oz. , selected varieties

5.69

Organic Valley Raw Block Cheese
8 oz. , selected varieties

organically delicious

COOPERATIVELY OWNED

We combine time-honored recipes with premium ingredients for irresistibly delicious cheese. All made with organic pasture-raised milk from small family farms that respect the land and all the plants and animals that live on it.

The co-op has the food you love.

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

4.49

Chobani Oatmilk

52 fl. oz., selected varieties

original cream-top yogurt

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

3.99

Brown Cow Cream Top Yogurt

32 oz., selected varieties

2/$4

Harmless Harvest Organic Cultured Coconut Yogurts

4.4 oz., selected varieties

4.99

Malk Organic Plant-based Milk

28 fl. oz., selected varieties

4.99

Malk Organic Creamer

16 fl. oz., selected varieties

crafted with less

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

4.99

Siggi's Skyr Yogurt

24 oz., selected varieties

6.99

Cocojune Organic Coconut Cultured Yogurt

16 oz., selected varieties

Creamy and delicious snacks are at the co-op.

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7.99

Uncle Matt's Organic Juice

52 fl. oz., selected varieties

awaken your mind and body

INCLUSIVE TRADE PARTNER

GT's Living Foods is a family- and LGBTQIA+-owned business. Our delicious, sparkling and adaptogenic ALIVE Root Beer combines 1,800 mg of reishi, chaga and turkey tail ancient mushrooms so you can feel clear minded and balanced.

2/$6

GT's Alive Ancient Mushroom Elixirs

16 fl. oz., selected varieties

2/$4

Mid-Day Squares Functional Chocolate Bars

1.16 oz., selected varieties

3.99

Ithaca Hummus

10 oz., selected varieties

4.99

Bitchin' Sauce Almond Dip

7-8 oz., selected varieties

bold, smooth, Chameleon

Organic, sustainably sourced and undeniably delicious — our specialty beans are serious business. Most things we take lightly, but our beans? Not so much.

8.49

Chameleon Coffee Organic Cold-Brew Concentrate

32 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Mother-in-Law's is an Asian-owned company. We are inspired by the beauty of Korea's tradition of handcrafted fermented foods.

7.99

Mother-in-Law's Kimchi

16 fl. oz., selected varieties

Shop the co-op for your favorite brands.

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2.29

Evol Burrito
5-6 oz., selected varieties

4.49

Rudi's Organic Bread
22 oz., selected varieties

2/$9

Gardein Plant-based Proteins
8-13.7 oz., selected varieties

5.99

Beyond Plant-based Burger Patties
8 oz.

Find something sweet at the co-op.

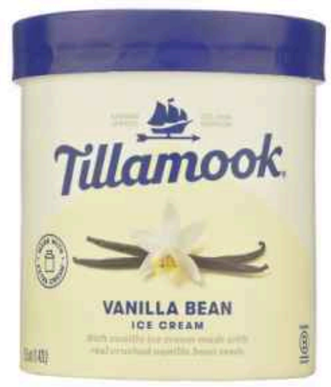
Fall for frozen treats.

pie's perfect match

Scoop up organic joy with every slice. Crafted with real, wholesome ingredients and a commitment to sustainability — celebrating dessert that's as thoughtful as it is delicious.

7.99

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



6.49

Tillamook Ice Cream
1.5 qts., selected varieties

10.99

Against the Grain Gluten & Grain-free Pizza
22.4-24 oz., selected varieties

Fill the freezer with favorites from the co-op.

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

2.99

Nutpods Dairy-free Creamer
11.2 fl. oz., selected varieties

4.49

Justin's Peanut Butter
16 oz., selected varieties

COOPERATIVELY OWNED

11.99

Equal Exchange Organic French Roast Coffee
per pound in bulk

COOPERATIVELY OWNED

11.99

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

Relax with a warm beverage.

Find refreshments at the co-op.

create consciously

It's more than creating deliciously purposeful tea. It's working to make things better. It's supporting quality, sustainability and social responsibility locally, nationally and globally.

2/$8

Yogi Tea Herbal Tea Blends
16 ct., selected varieties

COOPERATIVELY OWNED

16.99

Frontier Co-op Organic Vanilla Extract
4 fl.oz.

6.49

Grandy Organics Grain-free Coconola
9 oz., selected varieties

The co-op has the beverages you love.

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

6.49

Kashi Cereal
12.3-18 oz., selected varieties

deliciously bold blends

Organic Black Teas bursting with smooth, rich flavor and a unique TAZO twist.

4.49

Tazo Tea
16-20 ct., selected varieties

Something for everyone.

Find what you love at the co-op.

Supporting the ¡BioRevolution! Project

11.99

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

COOPERATIVELY OWNED

New recipe! Balanced and sweet, with hints of vanilla, milk chocolate, honey and brown sugar in a Full-City Roast! For every pound of ¡BioRevolution! Coffee purchased, 50 cents goes to supporting innovative farmer-led projects.

6.49

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

Relax with a beverage from the co-op.

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

2/$4

Mike's Mighty Good Ramen Soup Packs or Cups
1.6-2.4 oz., selected varieties

2/$7

Health Valley Organic Soups
14.5-15 oz., selected varieties

3.79

Newman's Own Pasta Sauce
24 fl. oz., selected varieties

bulk up

The holiday season is the perfect time of year to revisit the bulk section of your co-op. Here are some great reasons to shop in bulk. Scan the QR code to learn more.

stock up on staples – the bulk section is full of great buys for the pantry.

experiment with new foods and flavors – buy only the amount you need!

help the environment – cut down on unnecessary packaging.

scoop up the savings in bulk!

2.29

Organic Black Beans
per pound in bulk

2.99

Organic Tri-color Quinoa
per pound in bulk

6.99

Blanched Slivered Almonds
per pound in bulk

Shop in bulk at the co-op.

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

imagine the possibilities

At **Imagine**, we believe the best food starts with real ingredients. We offer a variety of organic, non-GMO and nutrient-packed soups, broths and bone broths that deliver a difference you can taste in every spoonful.

2/$5

Imagine Organic Gravy
13.5 oz., selected varieties

2/$7

Imagine Organic Broths
32 fl. oz., selected varieties

2/$8

Imagine Organic Soups
32 fl. oz., selected varieties

2.69

Farmer's Market Organic Pumpkin Puree
15 oz.

3.29

Wild Planet Skipjack Tuna
5 oz., selected varieties

4.99

Lotus Foods Organic Rice Ramen
10 oz., selected varieties

your favorite plant milks

You can enjoy your favorite organic, non-GMO, dairy-free, lactose-free, gluten-free, nondairy beverage with either our West Life 9 g of protein soymilk, or our creamy, smooth, versatile Dream ricemilk.

2/$7

West Life or Dream Organic Plant-based Milks
32 fl. oz., selected varieties

3/$5

Westbrae Organic Beans
15 oz., selected varieties

Stock the pantry with ingredients from the co-op.

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

2/$7

Muir Glen Organic Pasta Sauces
23.5 oz., selected varieties

2/$6

Muir Glen Organic Tomatoes
28 oz., selected varieties

2/$4

Muir Glen Organic Tomatoes
14.5 oz., selected varieties

2/$8

Muir Glen Organic Salsas
16 oz., selected varieties

our organic promise

Muir Glen: Always organic, always delicious. Our tomatoes are field grown in California and vine ripened under certified organic practices, ensuring the highest-quality tomatoes for all sauces, salsas and more. Taste the Muir Glen difference!

3.69

Jovial Organic Brown Rice Pasta
12 oz., selected varieties

pressed to impress

At Spectrum®, our oils are mindfully sourced and gently extracted without the use of chemical solvents, and our packaging is thoughtfully designed with the planet in mind. You can taste the differences in every drop.

8.99

Spectrum Organic Non-hydrogenated Shortening
24 oz.

11.99

Spectrum Organic Refined Sunflower Oil
32 fl. oz.

11.99

Spectrum Organic Canola Oil
32 fl. oz.

17.99

Spectrum Organic Extra Virgin Olive Oil
25.4 fl. oz.

Mouth watering meals begin at the co-op.

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

2/$7

Back to Nature Crackers

3.2-7 oz., selected varieties

2/$6

Good Health Potato Chips

5 oz., selected varieties

2/$7

From the Ground Up Cauliflower Crackers or Snacks

3.5-4.5 oz., selected varieties

4.69

Better with Buckwheat Crispbreads

3.7-4 oz., selected varieties

4.99

Newman's Own Sandwich Cookies

13 oz., selected varieties

4.99

Taza Organic Chocolate Bar

2.5-2.7 oz., selected varieties

4.99

Late July Snacks Salsa

15.5 oz., selected varieties

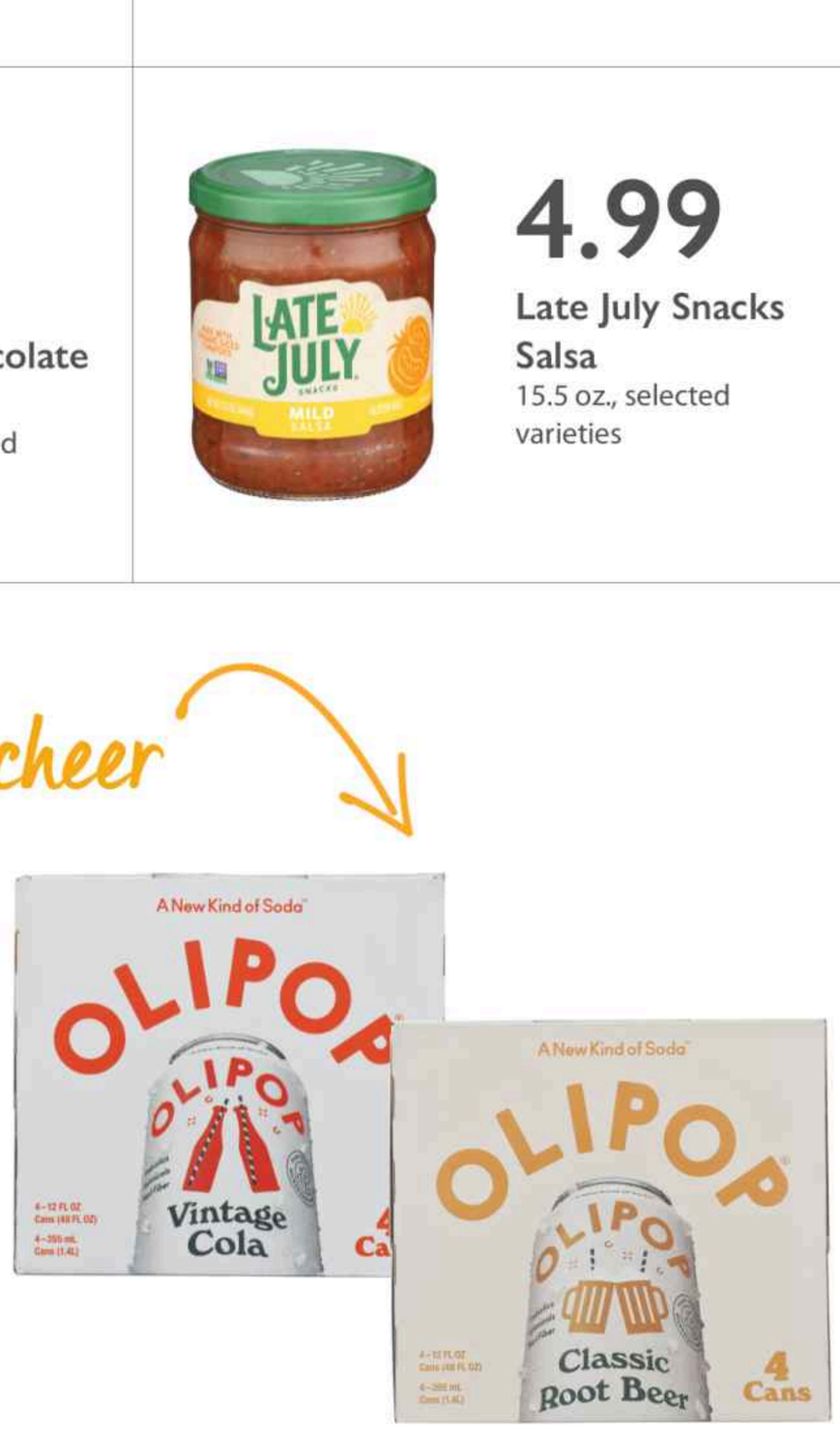
5.49

Tony's Chocolonely Chocolate Bar

6.35 oz., selected varieties

less sugar, more cheer

The least naughty soda on the list: OLIPOP combines the classic soda flavor you know and love with prebiotics, plant fiber and botanicals to support your microbiome and digestive health.



7.49

Olipop Prebiotic Soda

4 pk.-12 fl. oz., selected varieties

3.99

Late July Snacks Organic Tortilla Chips

7.4-10.1 oz., selected varieties

Stock up on snacks for game day at the co-op.

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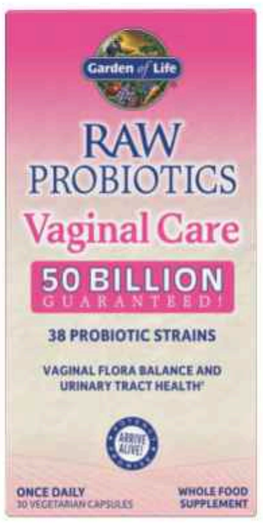
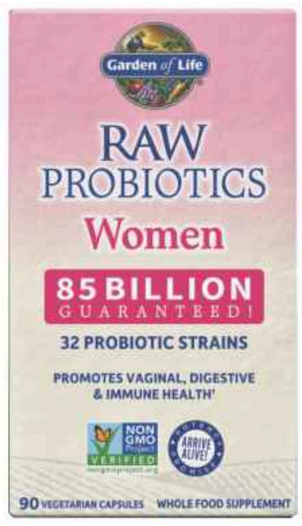
whole food probiotics

Raw Probiotics from **Garden of Life** offer all the benefits of a true food probiotic with a record-setting 30+ probiotic strains that are specially made for women to support digestive, immune and vaginal health through all stages of life.



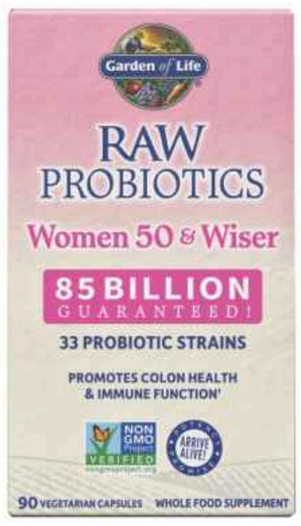
25.99

Garden of Life Raw Probiotics Vaginal Care
30 ct.



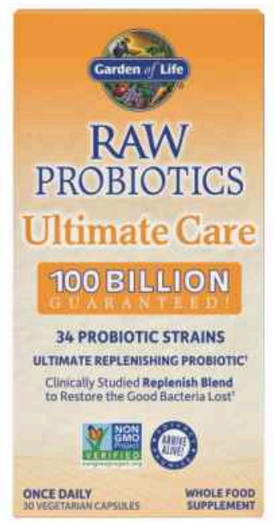
31.99

Garden of Life Raw Probiotics Women
90 ct.



31.99

Garden of Life Raw Probiotics Women's 50 & Wiser
90 ct.

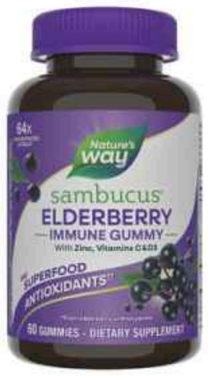


31.99

Garden of Life Raw Probiotics Ultimate Care
30 ct.

2/$6

Vive Organic Wellness Shots
2 fl. oz., selected varieties



14.99

Nature's Way Sambucus Elderberry Immune Gummies
60 ct.

39.99

Nordic Naturals Ultimate Omega-D3
120 ct.

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.

18.99

Gaia Herbs Oil of Oregano
60 ct.

Download the Co+op Deals app today.

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

INCLUSIVE TRADE PARTNER

Moon Valley Organics is a woman-owned company. We make body care products with a passion to live ethically and sustainably.

4.99

Moon Valley Organics Foaming Hand Soap
8.8 fl. oz., selected varieties

4.99

Dr. Bronner's All-One Toothpaste
5 oz., selected varieties

12.99

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

17.99

Andalou Naturals Resveratrol Q10 Night Repair Cream
1.7 oz.

8.99

Pranarom Organic Lavender Essential Oil
.17 fl. oz.

the natural holiday choice!

If You Care natural kitchen products are carefully and deliberately crafted to give you the highest quality for the holidays while providing the least environmental impact and the lightest carbon footprint possible.

3.49

If You Care Unbleached Coffee Filters
100 ct., selected varieties

3.79

If You Care Baking Paper Sheets
24 ct.

4.99

If You Care Parchment Baking Paper
70 sq. ft.

6.49

If You Care Recycled Aluminum Foil
50 sq. ft.

The brands you trust are at the co-op.

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

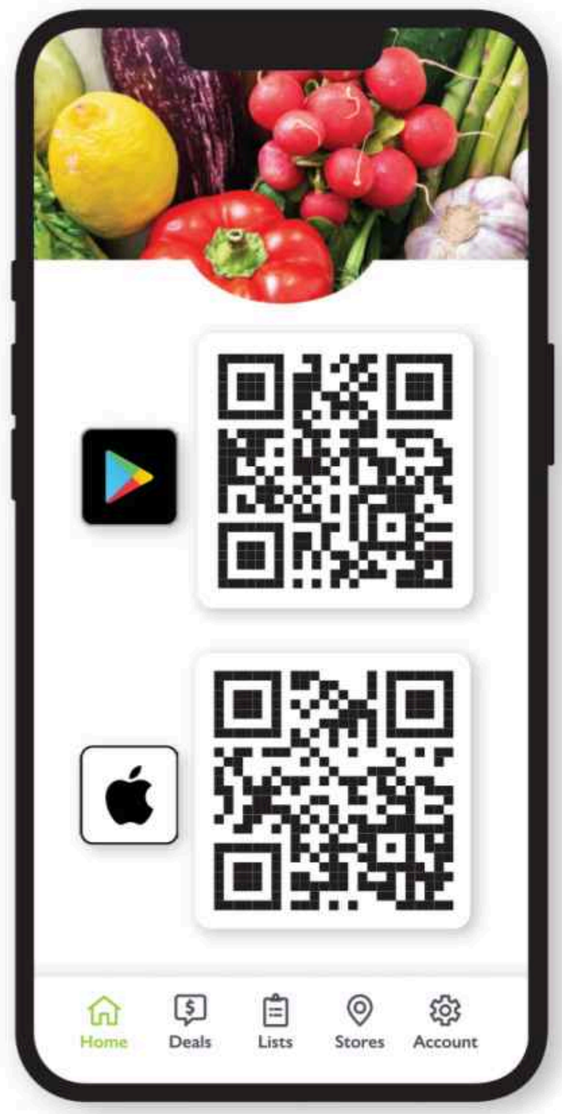
SOUTH DAKOTA
Natural Abundance Food Co-op
Sioux Falls Food Co+op

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!

Co+op deals®

Download the App!



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

2.19
Woodstock
Frozen Vegetables
10 oz., selected varieties

2.79
Woodstock
Organic Frozen Vegetables
10 oz., selected varieties

12.99
Woodstock
Organic Dark Sweet Cherries
32 oz.

fuel your body

Enjoy vibrant flavors year-round with **Woodstock**! Our frozen fruits and vegetables — available in organic and non-GMO options — are great on their own as a snack or make the perfect ingredient. Naturally nutritious and farm to frozen for your convenience!

Scan the QR code to learn more about the quality and values represented by these symbols.

USDA ORGANIC · BOGO · Co-op basics · inclusive trade · Co-op · new

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

MW1125A

Co+op®