

coop deals®

NOV 19 - DEC 2, 2025

seasonal favorites

Create a feast for gatherings and include your favorite recipes. Ingredients like Cascadian Farm's Frozen Organic Green Beans come together in a casserole or side dish, making your meal complete. The co-op has these green beans on sale, so grab some for your holiday meals today!



2/\$7

**Cascadian Farm
Frozen Vegetables**
16 oz., selected varieties



2/\$3

**Field Day
Sparkling Waters**
6 pk.-12 fl. oz. cans,
selected varieties



2/\$4

**Field Day
Organic 100%
Pure Pumpkin**
15 oz.



2/\$6

**Field Day
Filled Pretzels**
12-16 oz., selected varieties



2/\$7

**Field Day
Organic Golden
Round Crackers**
8 oz.



4.99

**Field Day
Organic
All-purpose
Flour**
5 lbs.



4.99

**Field Day
Canola Oil**
32 fl. oz.

**RAKE IN THE
SAVINGS**

Now – Dec. 2

Check out more savings
on all Field Day products

	2/\$6 Field Day Organic Sugar 16-24 oz., selected varieties		2/\$7 Field Day Free & Clear Liquid Dish Soap 25 fl. oz., selected varieties		2/\$7 Field Day Sodas 4 pk.-12 fl. oz., selected varieties
	3.99 Field Day Organic Frozen Potatoes 26-24 oz., selected varieties		4.99 Field Day Organic Semi- sweet Chocolate Chips 10 oz.		5.49 Field Day Organic Apple Cider Vinegar 32 fl. oz.





RAKE IN THE SAVINGS

Stock up and save even more on all Field Day products



Save on Field Day products at the co-op.

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

	2/\$3 Field Day Organic Pastas 16 oz., selected varieties		2/\$5 Field Day Medium Pitted Green Olives 6 oz.		2/\$5 Field Day Organic Pasta Sauces 24 oz., selected varieties
	2/\$5 Field Day Organic Dried Sweetened Cranberries 4 oz.		2/\$6 Field Day Sea Salt Pita Chips 7.33 oz., selected varieties		2/\$6 Field Day Cookies 8-10.5 oz., selected varieties



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



Scan to learn more

	2/\$6 Field Day Sea Salt Veggie Straws 7 oz., selected varieties		2/\$6 Field Day Non-GMO Vegetable Oil 32 fl. oz.		3.99 Field Day Organic Rice 32 oz., selected varieties
	3.99 Field Day Organic Walnuts Halves & Pieces 7 oz.		6.99 Field Day Organic Almonds 10 oz.		8.99 Field Day Organic Pecan Halves 8 oz.

Incredible savings are at the co-op.

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



4.29
Goodbelly
Probiotic Drink
32 fl. oz., selected
varieties



4.49
Oatly
Oatmilk Creamer
32 fl. oz., selected
varieties



4.49
Oatly
Oatmilk
64 fl. oz., selected
varieties

great buttery taste

Rich, buttery flavor perfect for
spreading on toast, bagels and more.

5.99

Earth Balance
Organic Whipped
Buttery Spread
13 oz.



4.99
Follow Your Heart
Vegenaise
14 fl. oz., selected varieties

*make
holidays so
delicious*

Indulge in dairy-free holiday
goodness with **So Delicious**
CocoWhip, Coconutmilk Creamer,
Coconut Yogurt alternative and
Coconut Milk! Together, you can
have a deliciously dairy-free holiday
worth celebrating with the peace of
mind that all So Delicious products
are certified vegan.



3.99
So Delicious
CocoWhip
Topping
9 oz., selected
varieties



4.49
So Delicious
Organic
Coconutmilk
64 fl. oz., selected
varieties



4.69
So Delicious
Organic French
Vanilla Coconutmilk
Creamer
32 fl. oz.



5.49
So Delicious
Coconutmilk
Yogurt
24 oz., selected
varieties

Make weekend brunch with help from the co-op.

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

plant-based
entertaining
essentials



Lightlife and **Field Roast** are the perfect holiday companions! Try some of our favorites at your holiday party for a flavorful addition to any dish.

4.49
Lightlife
Organic Tempeh
6-7 oz., selected
varieties

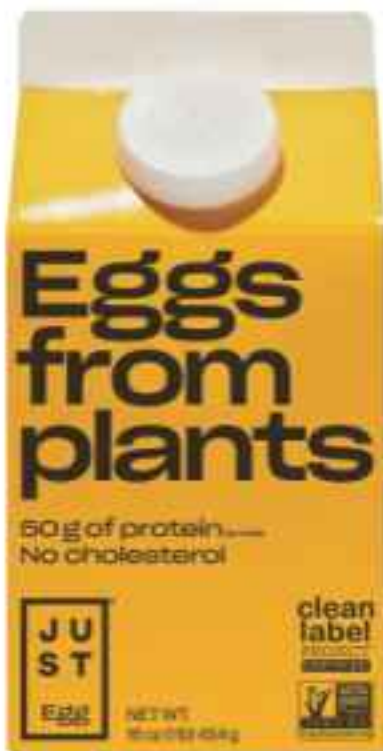
4.99
Field Roast
Chao Plant-based
Cheese
7-8 oz., selected varieties

4.99
Field Roast
Plant-based Sausages
9.3-12.95 oz., selected
varieties

5.99
Field Roast
Plant-based
Appetizers or Entrees
10-11 oz., selected varieties



3.99
Hodo
Organic Firm Tofu
10 oz.



6.99
Just
Plant-based Eggs
16 oz.



4.99
Miyoko's Creamery
Organic Plant Milk Butter
8-12 oz., selected varieties



5.49
Miyoko's Creamery
Organic Plant Milk
Cheese Spread
8 oz., selected varieties



6.49
Miyoko's Creamery
Organic Fresh Plant
Milk Mozzarella
8 oz.

dairy
doppelgänger

Looks like dairy. Tastes like dairy. Isn't dairy. From melty cheese to creamy, craveable butter, **Miyoko's** delivers the richness you love — organic, dairy-free and chef trusted.

The co-op has plenty of plant-based options.

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

FoMoo

FoMoo — fear of missing out on dairy. Can you imagine a life without cheese? Picture a dairy-free cheese that's irresistibly rich and satisfyingly creamy. With **Daiya**, it's possible. You'll never have to live without the joy of cheese again.



3.99

Daiya
Dairy-free Shreds
7.1 oz., selected varieties



3.99

Daiya
Dairy-free Cheese Slices
7.8 oz., selected varieties



2/\$8

Daiya
Deluxe Mac & Cheese
10.6 oz., selected varieties



6.99

Daiya
Frozen Pizza
12.8-19.4 oz., selected varieties



5.49

Mt Vikos
Feta Cheese
6 oz., selected varieties



5.49

Immaculate
Organic Cinnamon Rolls
17.5 oz.



8.99

Wellshire
Dry Rub Uncured Pork Bacon
12 oz.



4.99

Rumiano
Organic Block Cheese
8 oz., selected varieties

pasture-raised and grazed

We work with family-owned organic farms on the Redwood Coast of California where the herds are on pasture year-round. BUT WE'RE NOT ONLY ORGANIC — **Rumiano** also pioneered the non-GMO and American Humane certifications for cheese!

The co-op has cheesy and delicious options.

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



3.79
The Greek Gods
Greek Yogurt
24 oz., selected varieties

bubbly probiotics

Whatever your Kevita choice, we've got you covered! Bold kombucha, refreshing kefir probiotics bubbles or zesty sweet lemonades — all full of live probiotics.

2/\$4
KeVita
Organic Sparkling Drinks
12 fl. oz. can, selected varieties



6.49
Health-Ade
Organic Kombucha
48 fl. oz., selected varieties

*pasture-raised
eggs & butter*

We're committed to improving the lives of people, animals and the planet through food. And the farmers who produce our eggs from pasture-raised hens and butter from grass-fed cows share our passion for animal welfare, bringing you products you can trust.



6.99
Vital Farms
Pasture-raised Butter
16 oz., selected varieties



6.99
Vital Farms
Pasture-raised Large Eggs
1 doz.

Find all your baking necessities at the co-op.

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



4.49
Alexia
Frozen Potatoes
15-19 oz., selected
varieties



farm to freezer
Farming sustainably since 1985, our USA-grown fruits and veggies are picked at peak ripeness and frozen fast to lock in quality and flavor, making meal prep fun and easy!

2.69
Stahlbush Island Farms
Frozen Vegetables
10 oz., selected varieties



Meal solutions for nutritious meals.
A refreshing variety.

INCLUSIVE TRADE PARTNER
Grain Trust is a Hispanic-owned company that creates three-minute dishes with ethically sourced grains from farmers who earn living wages.



3.99 Grain Trust
Frozen Rice Sides
20-30 oz., selected varieties



4.99
Little Northern
Bakehouse
Gluten-free Bread
17 oz., selected varieties



6.99
Bonafide Provisions
Organic Bone Broth
24 fl. oz., selected varieties



8.99
Rao's
Brick Oven Pizza
18.3-21.6 oz., selected
varieties

The co-op has easy meal solutions.

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

INCLUSIVE TRADE PARTNER

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



5.99 Purely Elizabeth Cereal
11 oz., selected varieties



COOPERATIVELY OWNED

2/\$7
Equal Exchange Organic Teas
20 ct., selected varieties



4.39
Milkadamia Macadamia Milk
32 fl. oz., selected varieties



7.49
Rishi Organic Tea
15 ct., selected varieties



4.49
Puffins Cereals
10-14 oz., selected varieties



4.49
St. Dalfour Fruit Spread
10 oz., selected varieties



7.49
Lakewood Organic Juice
32 fl. oz., selected varieties



sip something wonderful

Brew a comforting cup. Our teas blend the world's finest botanicals into moments of joy — non-GMO verified, caffeine optional, always delicious hot or iced.

2/\$7
Celestial Seasonings Herbal Teas
12-20 ct., selected varieties



The co-op has brands you love.



4.99

Maille
Mustard
7.3-8.9 oz, selected
varieties



5.49

Bragg
Organic Apple
Cider Vinegar
32 fl. oz.



elevate your
holiday cooking

Pacific Foods organic broths are the secret ingredient for delicious holiday dishes. Perfect for traditional sides, sauces and gravies. Experience nourishing, rich flavor when you cook with Pacific's chef-ready products.

2/\$7

Pacific Foods
Organic Broths
32 fl. oz., selected varieties



Comforting soup for those cooler days.

The aroma of simmering broth.



6.99

Sir Kensington's
Mayonnaise
12 fl. oz., selected varieties



5.49

Patagonia
Provisions
Tinned Seafood
4.2 oz., selected varieties



5.99

Kettle & Fire
Bone Broth
16.9 oz., selected varieties



9.99

4th & Heart
Grass-fed Ghee
9 oz., selected varieties



17.99

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

Pantry staples are at the co-op.

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



incredible texture

SCAN CODE FOR RECIPE

Fall is the perfect season to enjoy squash. This recipe calls for wild rice and a blend of spices and cheese, making it a hearty side dish to complement any meal. Visit grocery.coop for more recipe ideas!



2/\$6 Crown Prince
Kipper Snacks
3.25 oz., selected varieties



3.99
Kitchen Basics
Organic Stock
32 fl. oz., selected
varieties



2/\$9
Fever Tree
Cocktail Mixers
4 pk.-6.8 fl. oz., selected
varieties



6.49 Spindrift
Sparkling Water
8 pk.-12 fl. oz., selected varieties

go wild

From our family fields to your festive fork, Lundberg Family Farms Wild Blend turns any side dish into the life of the holiday party.



12.99
Primal Kitchen
Pure Avocado Oil
16.9 fl. oz.

4.99

Lundberg Family Farms
Wild Rice Blend
16 oz.



Visit grocery.coop for new recipes.

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pure organic
goodness

COOPERATIVELY OWNED

From savory gravy to bold spices and pure Madagascar vanilla, **Simply Organic®** brings real flavor to holiday moments — with pure organic ingredients you can trust. And through the Simply Organic Giving Fund, we help fight food insecurity across North America.



1.59

Simply Organic
Gravy or Dip Mix
.7-1.41 oz., selected varieties



4.89

Simply Organic
Cinnamon
2.45 oz.



6.49

Simply Organic
Garlic Powder
3.64 oz.



15.99

Simply Organic
Vanilla Extract
4 fl. oz.



4.69

Wholesome
Organic Sugar
24-26 oz., selected
varieties



6.99

Once Again
Organic Peanut Butter
16 oz., selected varieties



6.49

King Arthur
Baking Company
Unbleached All-
purpose Flour
5 lbs.



scoop up the savings in bulk!



2.79

Organic Raw
Sugar
per pound in bulk



6.79

Organic Dried
Cranberries
per pound in bulk



11.99

Organic Pecan
Halves
per pound in bulk

All your baking ingredients are at the co-op.

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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

inclusive trade



2/\$7

Hippeas
Chickpea Snacks
3.75-5 oz., selected varieties



3.99

Theo
Organic Chocolate Bar
2.8-3 oz., selected varieties



2/\$6

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



3.99

Late July Snacks
Tortilla Chips
7.5-7.8 oz., selected varieties



2/\$9

Back to Nature
Cookies
7.5-9 oz., selected varieties



4.99

Tate's Bake Shop
Cookies
5.5-8 oz., selected varieties

COOPERATIVELY OWNED



3.99

Blue Diamond
Nut Thins
4.25 oz., selected varieties



2/\$8

Simple Mills
Crackers
4-4.25 oz., selected varieties



4.99

Justin's
Organic Peanut Butter Cups
4.2-4.7 oz., selected varieties



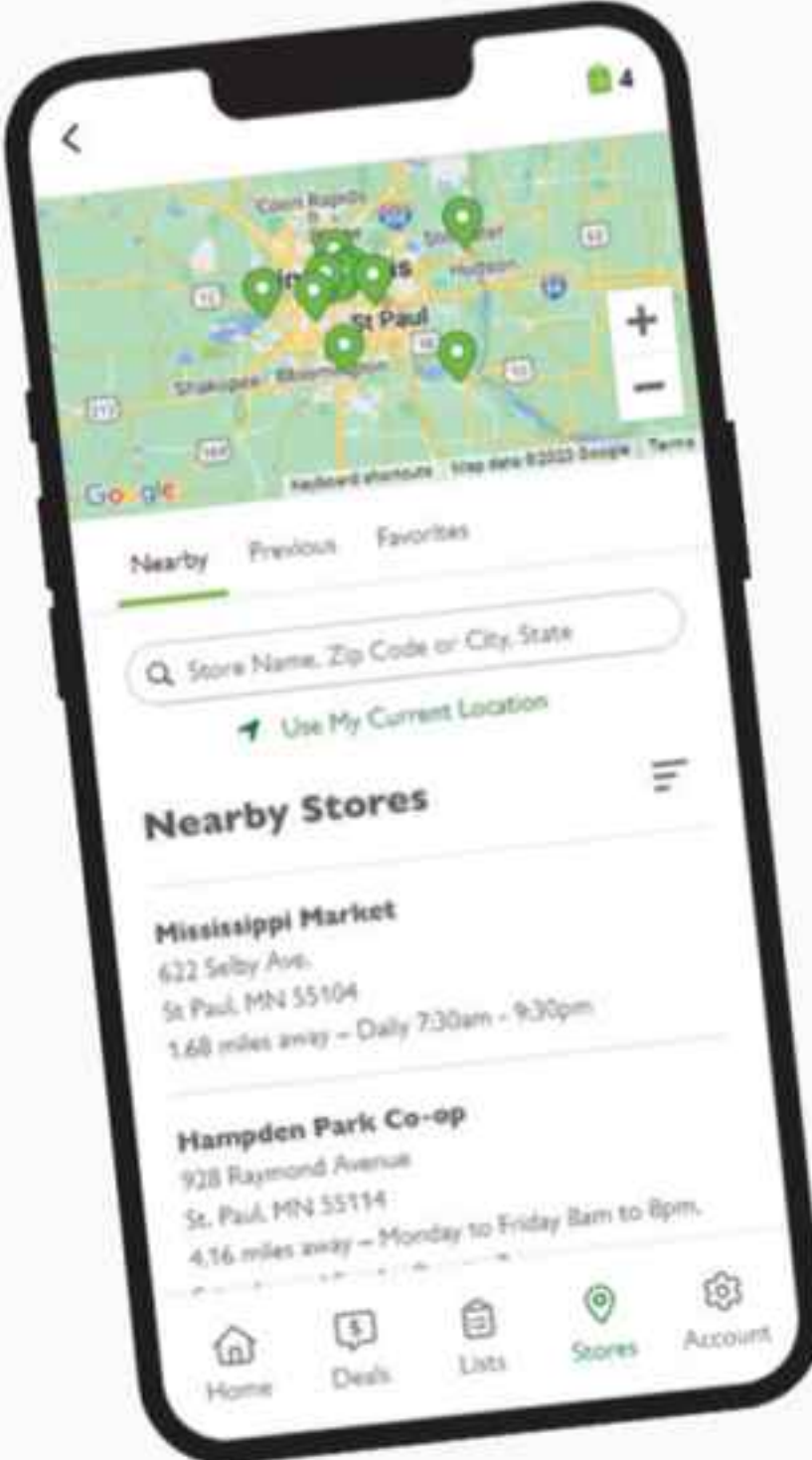
The co-op has snacks for holiday parties.

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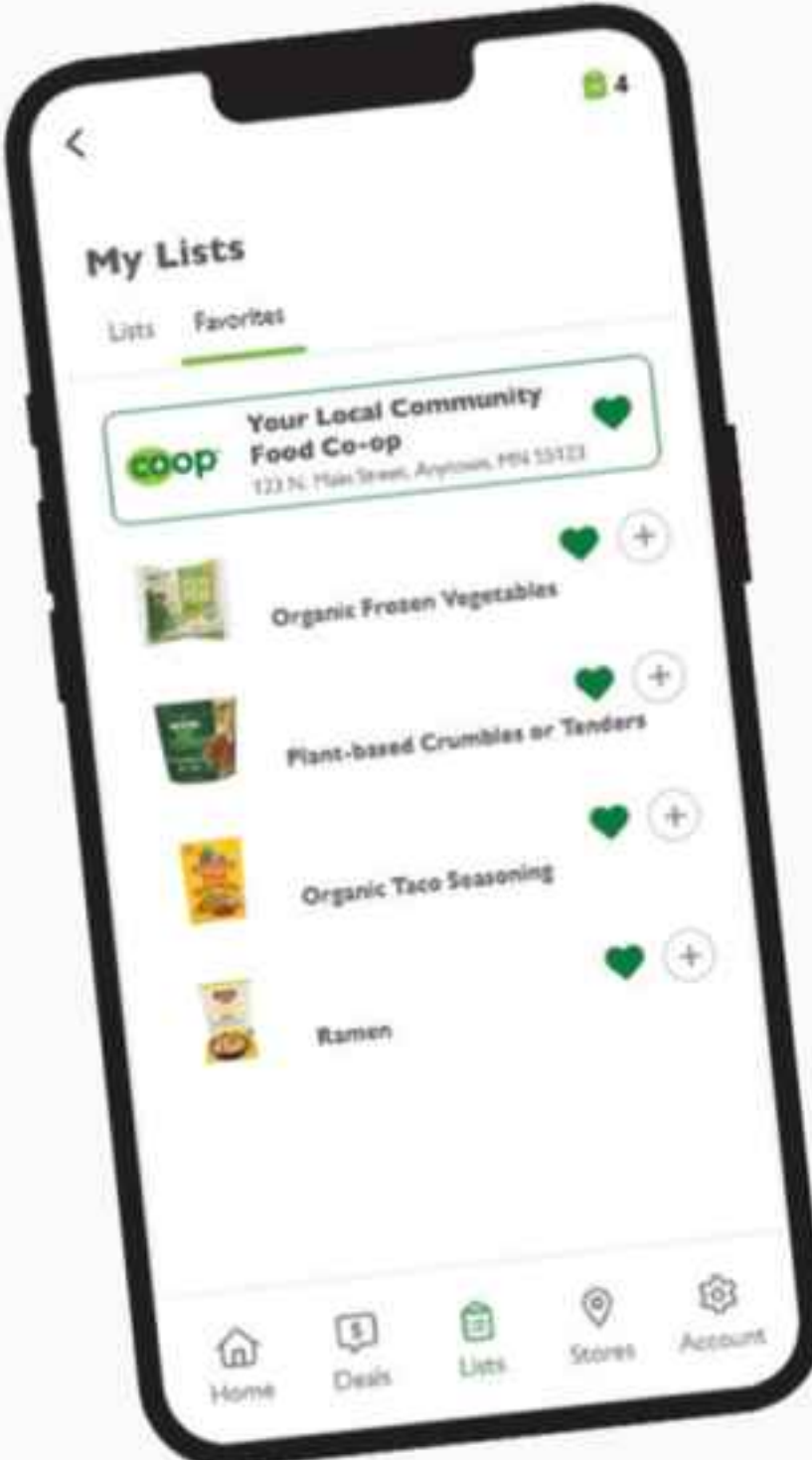
Download the app today



Find your nearest local food co-op



Never miss your favorite deals



See what's on sale at your food co-op



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

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



	 8.49 Hyland's Naturals Restful Legs 50 ct.	 10.99 ChildLife Essentials Multi Vitamin & Mineral 8 fl. oz.
 15.99 Rainbow Light Women's One Multivitamin 60 ct.	 17.99 Nutrition Now PB 8 Probiotic 120 ct., selected varieties	 18.99 Natural Factors Tranquil Sleep Chews 60 ct.

Download the Co+op Deals app today.

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



3.79

Everyone
Hand Soap
12.75 fl. oz., selected varieties



combat dry skin season

Alba Botanica Daily Moisturizing Lotion delivers all-day hydration without a heavy, greasy feel. Enjoy dermatologist-tested, fragrance-free hydration with vitamin E and shea butter.

12.99

Alba Botanica
Daily Moisturizing Lotion
32 fl. oz., selected varieties



Gentle products from brands you trust.
Clean with confidence.



5.99

Seventh Generation
Free & Clear Automatic
Dishwashing Powder
45 oz.



2/\$6

The Humble Co.
Floss Picks
50 ct., selected varieties



3.49

Biobag
Food Scrap Bags
25 ct., selected varieties



8.99

Schmidt's
Deodorant
2.65 oz., selected varieties

Find home and body care products at the 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

- 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

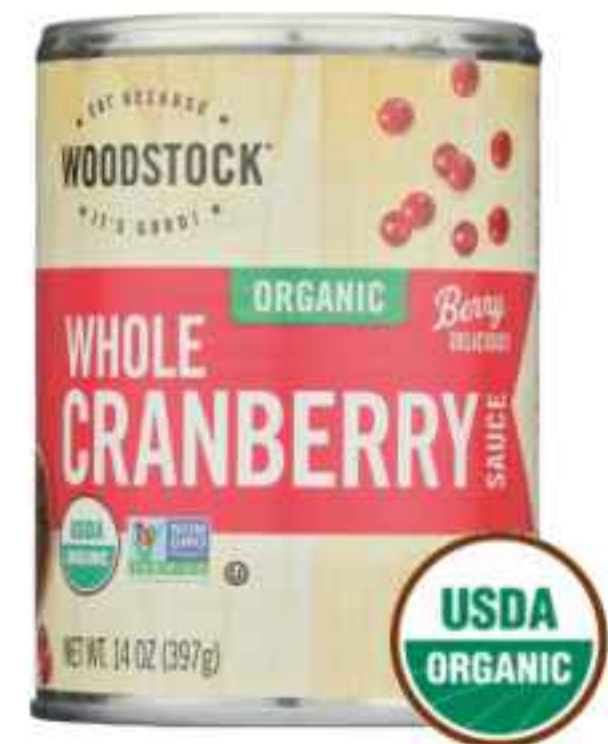
See what's on sale with the Co+op Deals app!

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.



2/\$7
Woodstock
Organic
Cranberry Sauce
14 oz.



3.99
Green Valley
Organic Lactose-free
Sour Cream
12 oz.



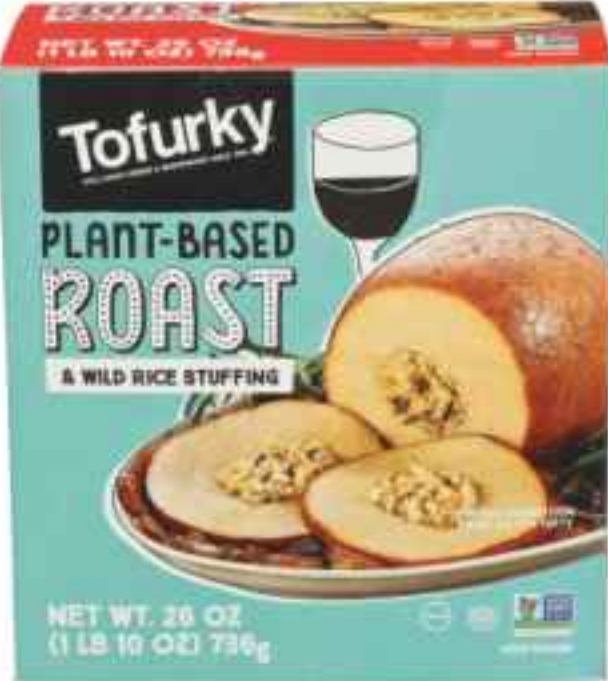
4.99
Talenti
Gelato or
Sorbetto
1 pt., selected varieties



5.49
Wholly
Wholesome
Organic Pie Shells
14 oz., selected varieties



5.99
Better than
Bouillon
Organic Broth
Base
8 oz., selected varieties



14.99
Tofurky
Plant-based Roast
19-26 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.



MW1125B