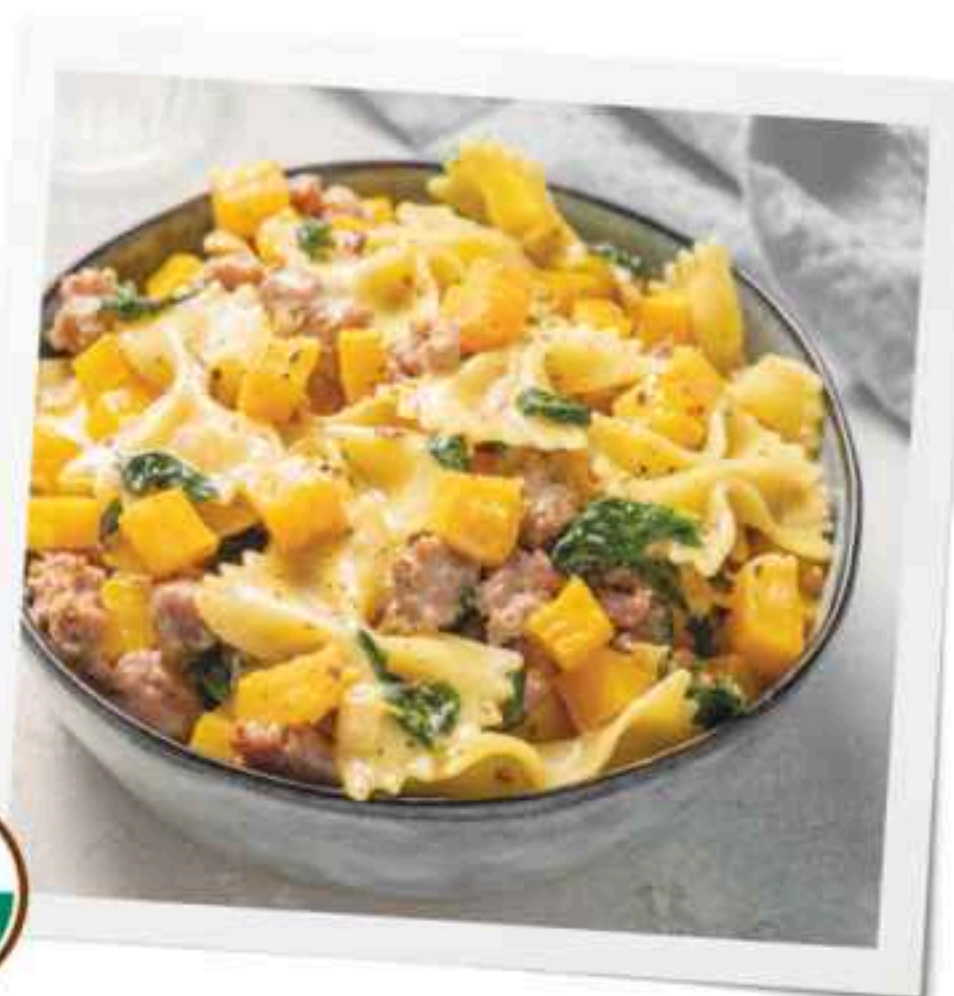


coop deals

OCT 1 - OCT 21, 2025

fall for pasta

Toss together a hearty meal or a pasta salad using Montebello's Farfalle Pasta. Organic and made from wheat grown on cooperative family farms, these delicious bow tie pastas are sure to warm your home this fall. On sale at the co-op now!



2/\$7

**Montebello
Organic Pastas**
16 oz., selected varieties



2.29

**Red's
Burrito**
4.5-5 oz., selected
varieties



2/\$6

**Angie's
Boomchickapop
Popcorn**
4.4-7 oz., selected
varieties



2/\$6

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



2/\$7

**Muir Glen
Organic Pasta
Sauces**
23.5 oz., selected
varieties



4.49

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



4.49

**Loacker
Wafer Cookies**
7.76-8.82 oz., selected
varieties



Cooperation is Radical

Learn how food co-ops are revolutionizing the grocery industry to make it work better for people and planet.





4/\$5

Chobani
Greek Yogurts
5.3 oz., selected varieties

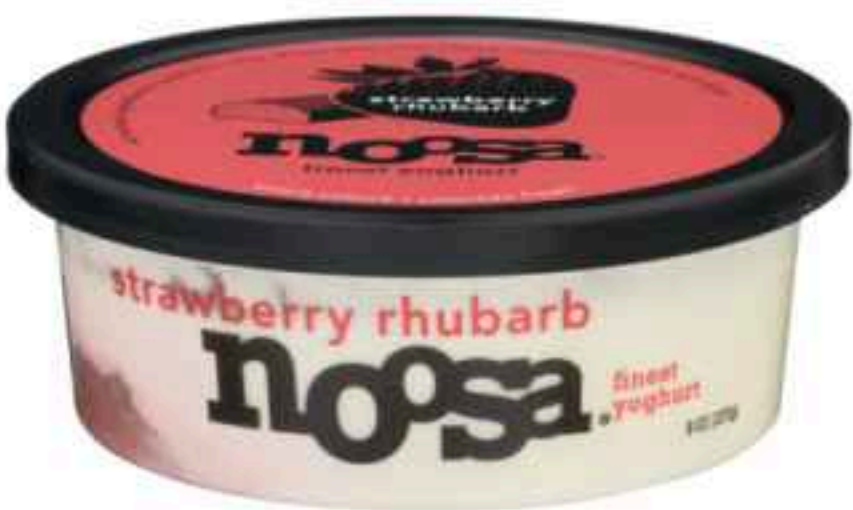


3.99

no GMOs, just OMGs

COOPERATIVELY OWNED
Organic milk. Live cultures. And pasture-raised goodness. There's lots to love about Organic Valley Sour Cream. Add it to baked potatoes, spreadable dips, chili, nachos and even frosting — it's creamy, dreamy and down for whatever!

Organic Valley
Sour Cream
16 oz.



3/\$7
Noosa
Yoghurts
8 oz., selected varieties



5.49
Bellwether Farms
Sheep's Milk
Yogurt
16 oz., selected varieties



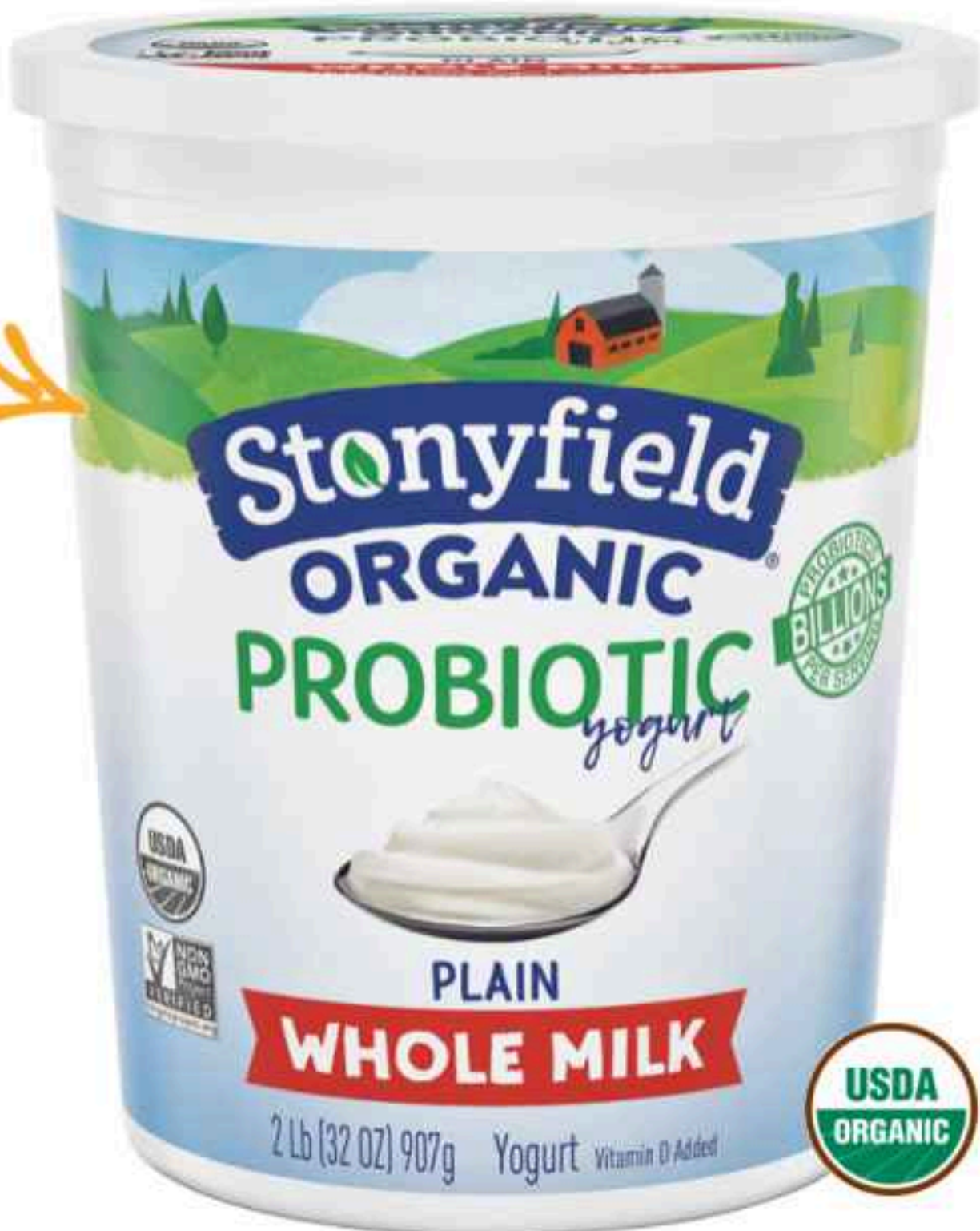
6.49
Wallaby Organic
Greek Yogurt
32 oz., selected varieties

organic goodness

Stonyfield Organic makes it easy and delicious to get billions of probiotics with each serving of this yogurt, which helps support immunity and digestive health.

4.19

Stonyfield Organic
Yogurt
32 oz., selected varieties



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
10.8 fl. oz., selected varieties

Fill the fridge with options from the co-op.

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

COOPERATIVELY OWNED



4.99

Organic Valley
Oat Creamer
32 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
Organic Pre &
Probiotic Sparkling
Drinks
12 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER



Three Trees is a woman-owned company with a passion for creating nutritious, plant-based beverages using the wonders of the forest to provide clean ingredients.

5.99

Three Trees
Organic Plant-based
Milk
28 fl. oz., selected
varieties



2/\$7

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



4.99

Nixie
Organic Sparkling Water
8 pk.-12 fl. oz. cans, selected varieties



2/\$4

KeVita
Organic Sparkling Prebiotic
Lemonades
12 fl. oz. can, selected varieties



2/\$6

KeVita
Organic Kombuchas
15.2 fl. 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.

Try something new from the co-op.

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



2/\$5

Woodstock
Organic Frozen Vegetables
10 oz., selected varieties



2/\$8

Woodstock
Organic Frozen Fruit
10 oz., selected varieties



5.99

Canyon Bakehouse
Gluten-free Bread or Bagels
14-18 oz., selected varieties



2/\$4

De La Calle!
Organic Mexican
Sodas
12 fl. oz., selected
varieties



2/\$5

Perfect Bar
Protein Bars
1.94-2.5 oz., selected
varieties



2/\$6

Health Ade
Organic
Kombuchas
16 fl. oz., selected
varieties



3.49

Food for Life
Tortillas
10-12 oz., selected
varieties



4.49

Quorn
Meat Alternatives
8.4-12 oz., selected
varieties



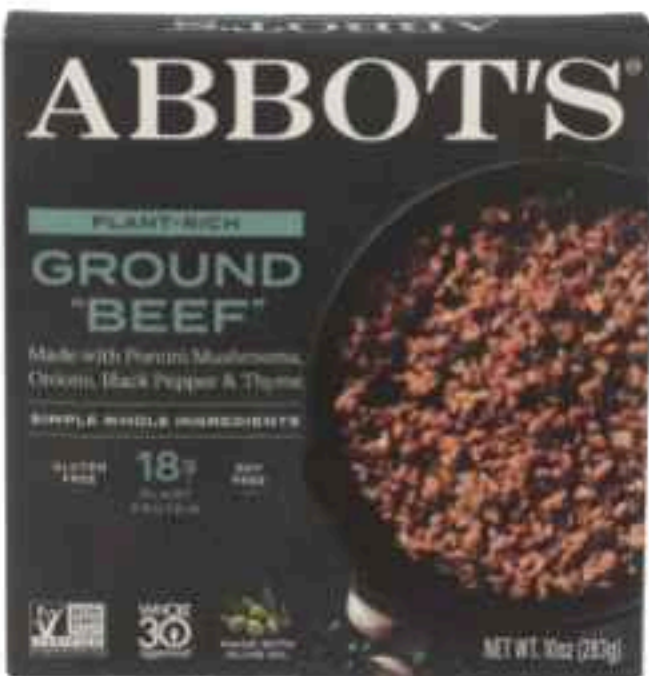
4.49

Upton's Naturals
Seitan
5-8 oz., selected varieties



5.99

Applegate
Pork Bacon
8 oz., selected varieties



6.49

Abbot's Butcher
Plant-based
Protein
10 oz., selected varieties



8.49

Thousand Hills
100% Grass-fed
Ground Beef 80%
Lean 20% Fat
16 oz.

The co-op has everything for cozy fall meals.

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



2.49
Blue Diamond
Almondmilk
32 fl. oz., selected varieties



2.69
Nick's Sticks
2 Pack Meat
Snack Sticks
1.7 oz., selected
varieties



4/\$6
Larabar
Fruit & Nut Bars
1.6-1.7 oz., selected varieties



3.99
Barnana
Organic Plantain
Chips
5 oz., selected varieties



2/\$9
Mom's Best
Cereals
17.5-24 oz., selected
varieties



6.99
R.W. Knudsen
Organic Juice
32 fl. oz., selected
varieties

100% organic, 100% delicious



INCLUSIVE TRADE PARTNER
GoMacro is a woman-owned company. Our MacroBars® are organic, plant-based nutrition bars made from simple, sustainably sourced ingredients. All MacroBars are certified organic, vegan, gluten-free, kosher, non-GMO, C.L.E.A.N. and soy-free.

2/\$5
GoMacro
Organic MacroBars
2-2.4 oz., selected varieties

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
Granola
8-12 oz., selected
varieties



Find the brands you love at the co-op.

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

supporting a
cooperative economy

COOPERATIVELY OWNED

Directly from farmer cooperatives to the **Equal Exchange** worker-owned cooperative to your local consumer cooperative! Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound. Support our beautiful cooperative supply chain this Co-op Month!



3.99
Equal Exchange
Organic
Chocolate Bar
2.8-3.5 oz., selected
varieties



7.99
Equal Exchange
Organic Baking or
Hot Cocoa
8-12 oz., selected varieties



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



10.99
Equal Exchange
Organic Coffee
10-12 oz., selected
varieties



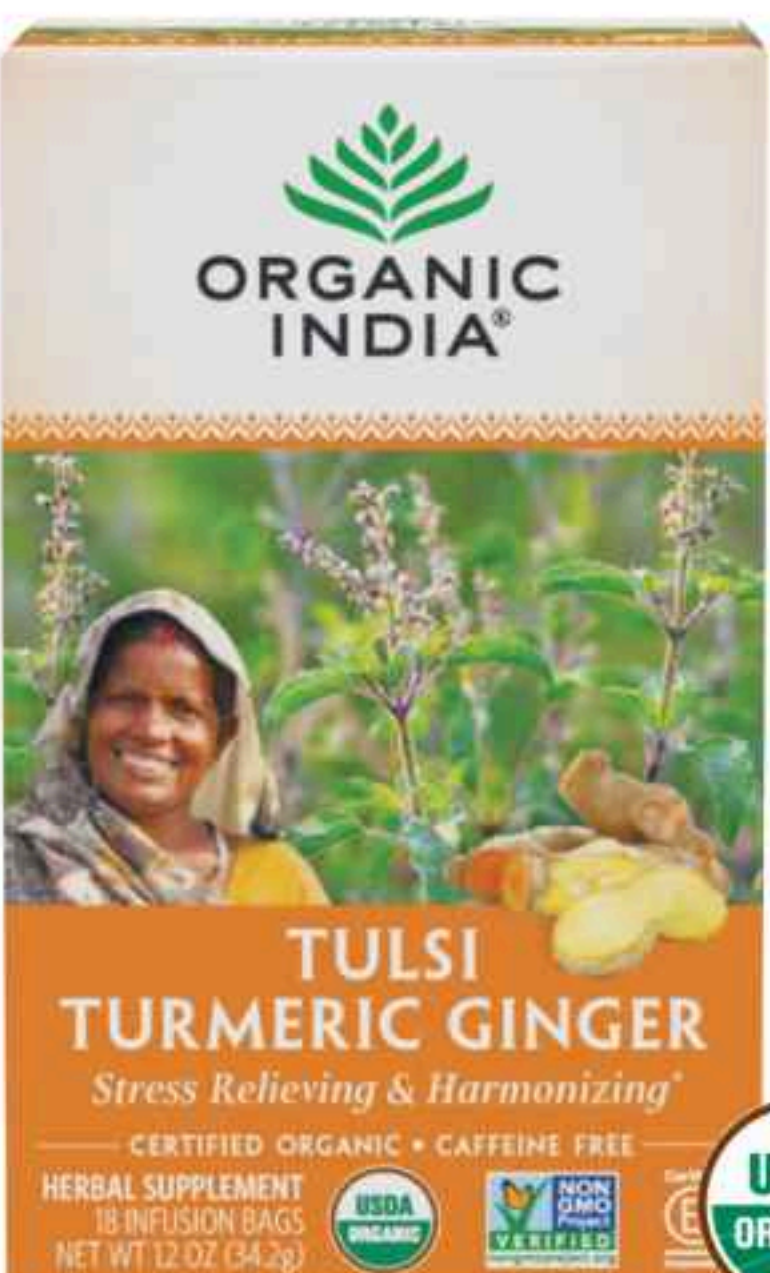
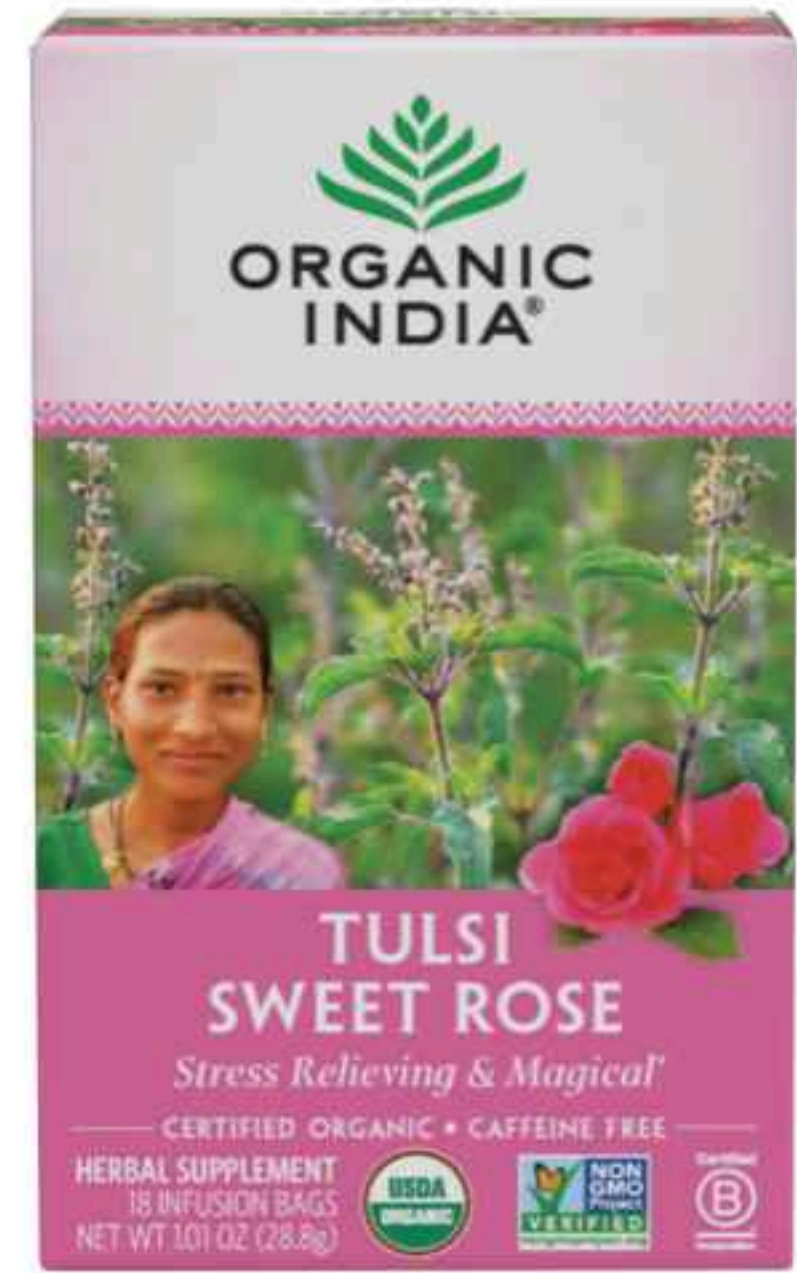
2/\$4
C2O
Coconut Waters
17.5 fl. oz., selected
varieties



14.99
Four Sigmatic
Organic Coffee
with Mushrooms
10-12 oz., selected
varieties



31.99
Four Sigmatic
Organic Plant-
based Protein
Powder
16.9-21.16 oz., selected
varieties



regenerative
organic certified

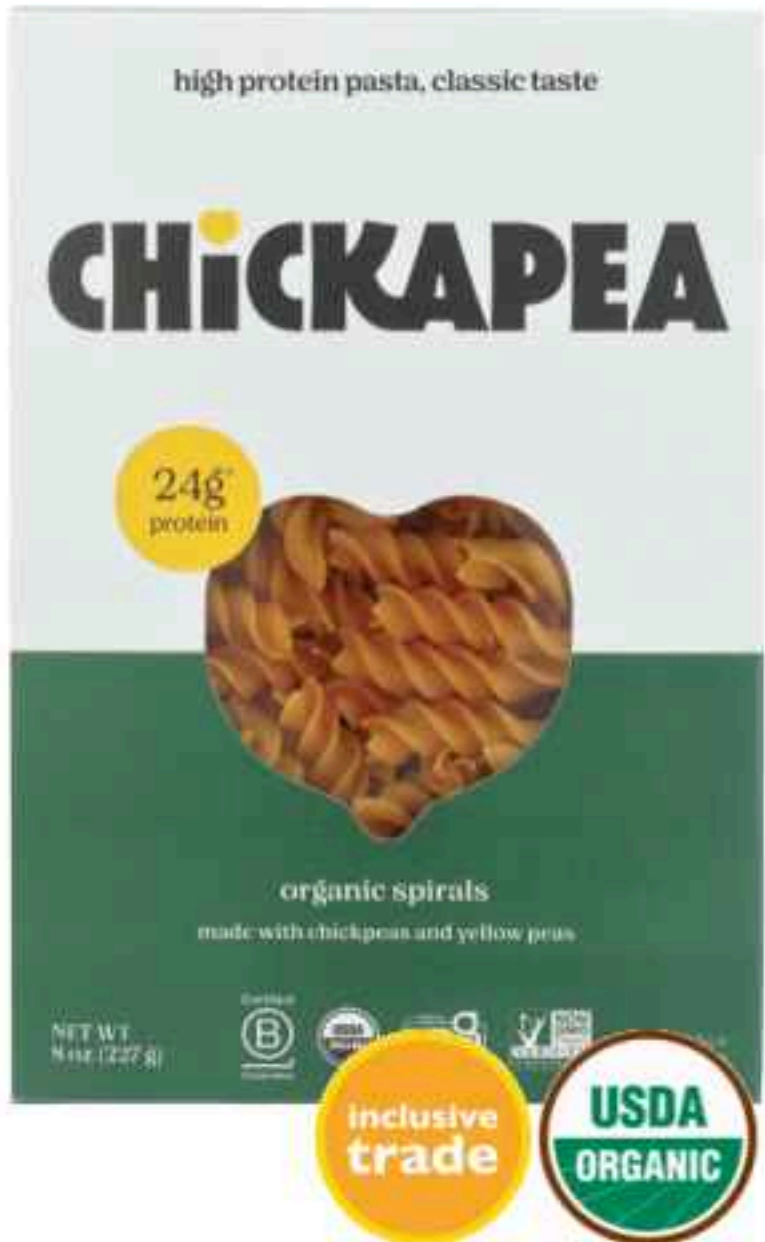
Our Organic Tulsi Teas are ethically grown and wildcrafted by small family farmers in India, using regenerative agriculture practices that provide meaningful livelihoods and restore vibrant health to the environment.

3.99 Organic India
Tulsi Teas
18 ct., selected varieties

INCLUSIVE TRADE PARTNER

Chickapea is a woman-owned company providing nutritious, convenient family meal options using organic chickpeas and lentils in our ingredients.

3.79
Chickapea
Organic
Chickpea Pasta
8 oz., selected
varieties



October is National Co-op Month!

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



2/\$7

Imagine
Organic Broths
32 fl. oz., selected varieties



2.69
Woodstock
Organic Non-
pareil Capers
3.5 oz.



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



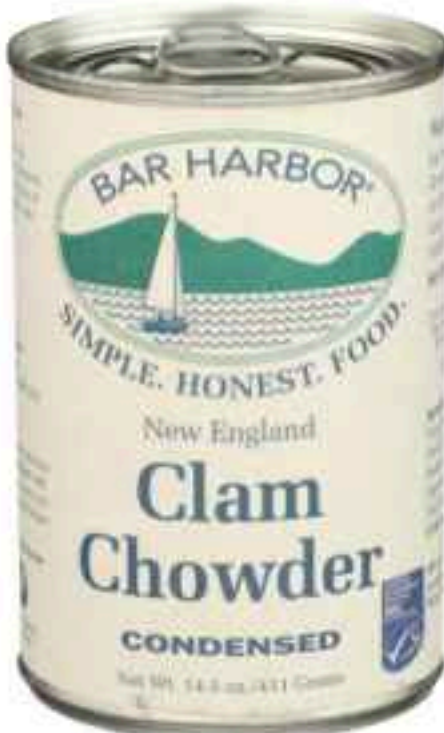
6.99
Primal Kitchen
Pasta Sauce
15-24 oz., selected
varieties



4.49
Siete
Taco Shells
5.5 oz., selected
varieties



4.99
Maya Kaimal
Indian Simmer
Sauce
12.5 oz., selected
varieties



4.49
Bar Harbor
Chowder or
Bisque
15 oz., selected varieties



5.79
Sky Valley
Sriracha Sauce
18.5 oz.



19.99
California Olive
Ranch
Global Blend Extra
Virgin Olive Oil
25.4 fl. oz.



2/\$6
Muir Glen
Organic
Tomatoes
28 oz., selected
varieties



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



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



5.99
Kettle & Fire
Bone Broth
16.9 oz., selected
varieties

Restock the pantry with deals from the co-op.

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



2/\$4
Gimme
Organic Seaweed
Snacks
.32-.35 oz., selected
varieties



2/\$7
Alter Eco
Organic
Chocolate Bars
2.65-2.96 oz.,
selected varieties



2.79
Kettle Brand
Potato Chips
4.25-5 oz., selected varieties



2/\$7
Que Pasa
Organic Tortilla Chips
10-11 oz., selected varieties



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



2/\$7
Uglies
Potato Chips
6 oz., selected varieties



3.79
Pipcorn
Heirloom Snacks
4.5-5 oz., selected
varieties

yum for
everybunny



4/\$6
Annie's
Mac & Cheese
5.25-6 oz., selected
varieties



2/\$8
Annie's
Organic Bunny
Grahams or Crackers
7.5 oz., selected varieties



4.99
Annie's
Organic Snack
Mix
9 oz., selected varieties



2/\$9
Annie's
Organic Fruit
Snacks
7 oz., selected varieties

The co-op has snacks for fall evenings.

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

INCLUSIVE TRADE PARTNER

Wishgarden Herbs is a woman-owned company. We source organic and sustainable herbs from fair trade and family-owned farms.

15.99

Wishgarden Herbs
Kick-Ass Immune
Activator
2 fl. oz.



unlock the power
of food

At MegaFood, we're dedicated to crafting supplements with real food and premium nutrients your body recognizes and absorbs like food to nurture the health of people and our planet.

17.99

Megafood
Turmeric Curcumin
60 ct.



20.99

Country Life
Coenzyme B-Complex
120 ct.



36.99

Ancient Nutrition
Multi Collagen
Protein Powder
14.6-18.7 oz., selected
varieties

formulated for the mind

Features clinically studied Magnesium L-threonate, produced with precision for exceptional purity, quality and traceability.

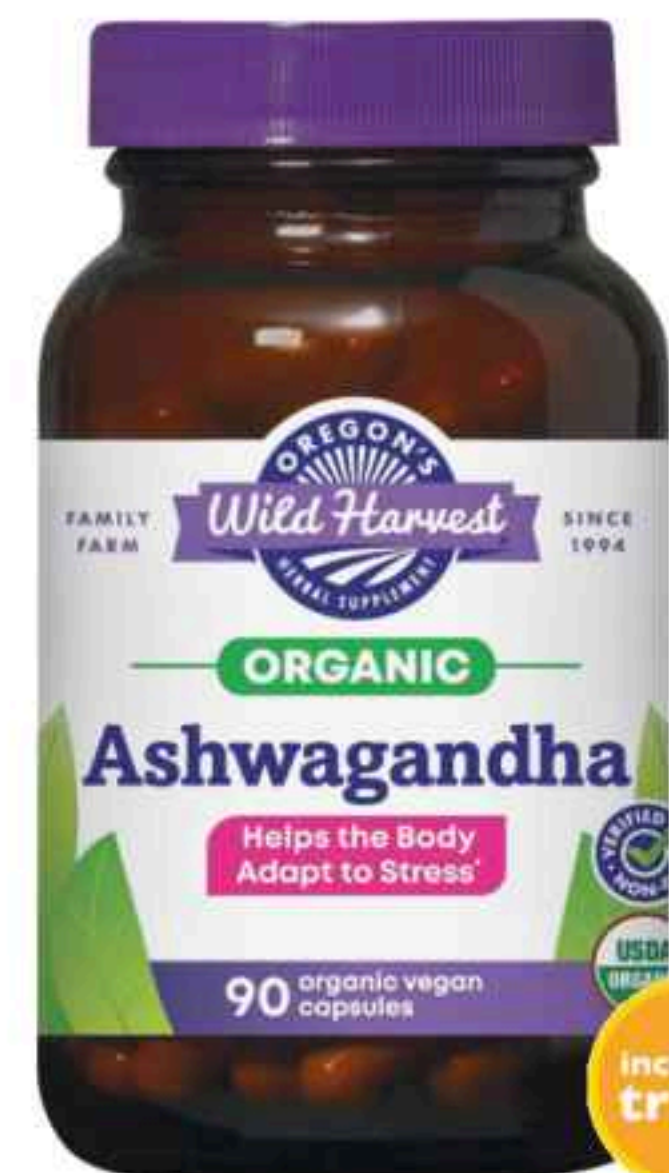
33.99

Jarrow Formulas
MagMind
90 ct.



INCLUSIVE TRADE PARTNER

Oregon's Wild Harvest is a woman-owned company. Our family-owned, certified organic and biodynamic farm makes organic herbal supplements.



17.99

Oregon's Wild
Harvest
Organic
Ashwagandha
90 ct.

The co-op has supplements for the fall season.



use less plastic

Dr. Bronner's Pure-Castile Soap Refill Carton is the same great Magic Soap® — with a smooth, rich lather and fresh, clean rinse. Made with a nourishing blend of organic oils. Uses 86% less plastic than one of our 32 oz. recycled bottles!

10.99 Dr. Bronner's Magic Soap Refill 32 fl. oz., selected varieties



2/\$8 DrTung's Smart Floss 30 yd., selected varieties

COOPERATIVELY OWNED



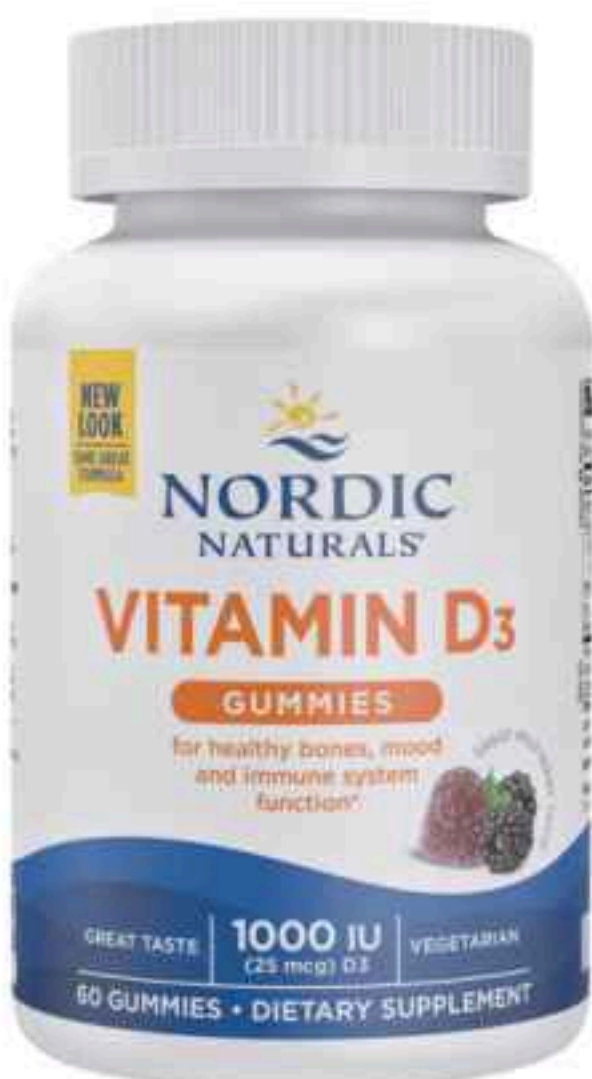
8.39 Aura Cacia Lavender Essential Oil .5 fl. oz.



24.99 Evanhealy Organic HydroSoul 4 fl. oz., selected varieties

better nutrients, better together

It can be challenging to get the right mix of daily nutrients from food alone. That's why **Nordic Naturals'** extensive assortment of expertly formulated supplements is made to work together to help fill everyday nutritional gaps.



10.99 Nordic Naturals Vitamin D3 Gummies 1000IU 60 ct.



13.49 Nordic Naturals Omega-3 60 ct.



15.99 Nordic Naturals Magnesium Complex 90 ct.



53.99 Nordic Naturals Ultimate Omega 180 ct.

The brands you trust are at the co-op.

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



3.69
Seventh Generation
Liquid Dish Soap
19 fl. oz., selected varieties



tingle, rinse, repeat

INCLUSIVE TRADE PARTNER

Giovanni is proudly veteran and family owned since 1979. Wake up your routine with a cool burst of botanical energy. Infused with peppermint and eucalyptus for a refreshing, clean feel like no other.

6.49
Giovanni
Shampoo or Conditioner
8.5 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Wild Carrot Herbals is a woman-owned company. We handcraft more than 50 different botanical skincare products that support sustainability initiatives.



16.99
Wild Carrot Herbals
Borage Butter Face Cream
2 fl. oz.



9.99
Green Forest
Bathroom Tissue
12 ct.

pioneers with purpose

Clean since 2010. Through ongoing product development and rigorous clinical trials, we've developed skincare, haircare and body care that's powerful for the skin yet gentle on the planet.

7.39
Acure
Brightening Facial Scrub
4 fl. oz.



INCLUSIVE TRADE PARTNER



ECOS is a Black- and woman-owned company that believes everyone has a right to a healthy home. We create cleaning products that protect the health and wellness of people, pets and the planet.

14.99
Ecos
Liquid Laundry Detergent
100 fl. oz., selected varieties

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

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

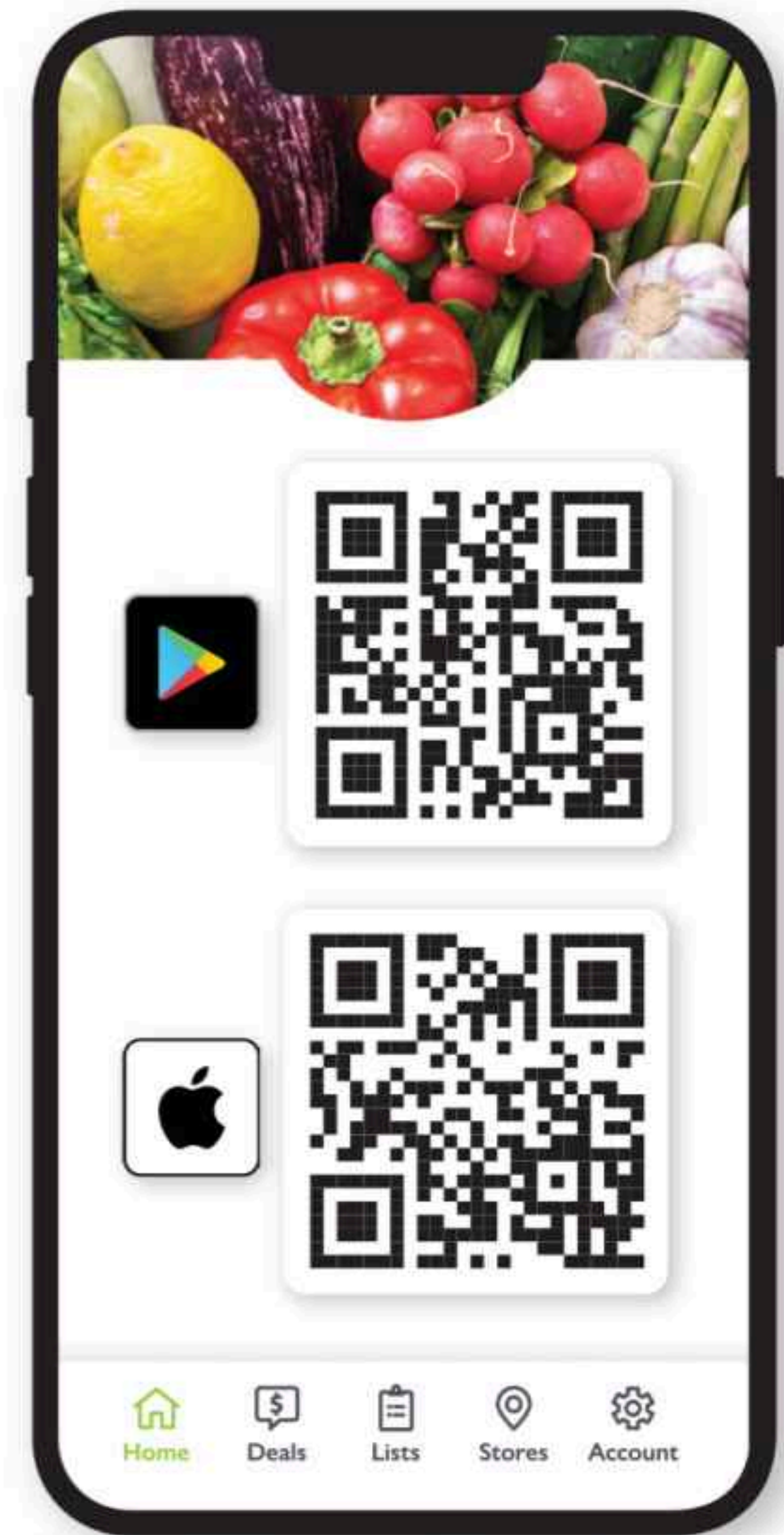
WISCONSIN

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.

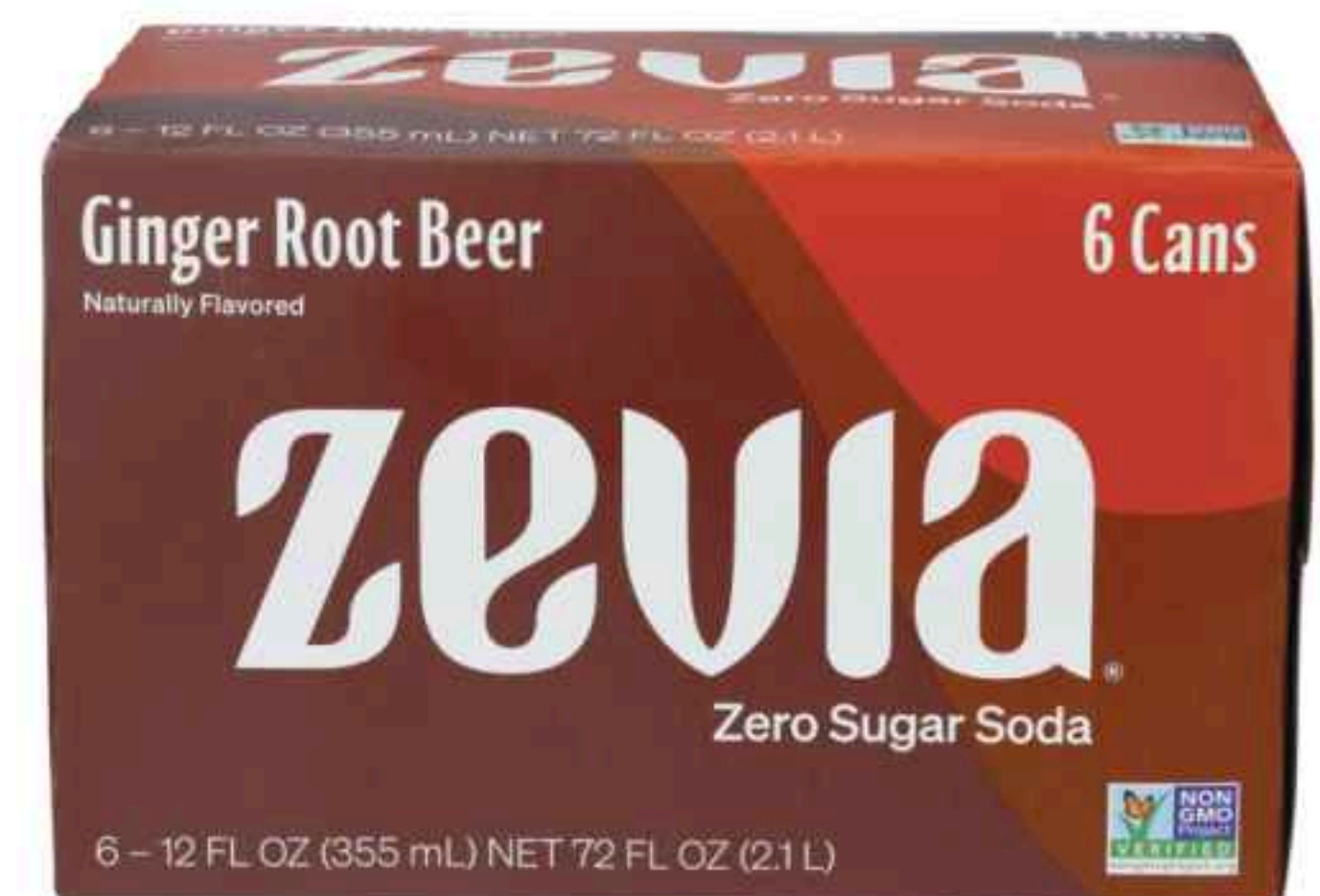
doing good, better

Inspire your taste buds with chocolate that's made the way it was truly meant to be. When any occasion calls for chocolate, we've got you covered.

3.79

Endangered Species
Chocolate Bar

3 oz., selected varieties



5.49

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



MW1025A