

coop deals

OCT 22 - NOV 4, 2025

quick and crisp

Settle into fall with plenty of frozen pizzas on hand. Caulipower is a delicious option with a stone-fired, crispy crust, making pizza night a hit. They're buy one, get one free at the co-op, so grab them while they're on sale!



Buy One, Get One

FREE

Caulipower
Frozen Pizzas and
Pizza Crusts
10.9-14.8 oz., selected varieties



Buy One, Get One

FREE

Bionaturae
Organic Tomatoes
28.2 oz., selected varieties



Buy One, Get One

FREE

Orgain
Organic Plant-based
Protein Powders
32.4 oz., selected varieties



Buy One, Get One

FREE

Unreal
Candy
3.2-5 oz., selected varieties



Buy One, Get One

FREE

special offers inside!





Buy One, Get One
FREE

Beyond
Plant-based
Breakfast Sausages
7.4 oz., selected varieties



Buy One, Get One
FREE

Frontera
Cooking Sauces
8 oz., selected varieties



stock up & save
on BOGO items!



Buy One, Get One
FREE

Manitoba Harvest
Hemp Hearts
7-8 oz., selected varieties



Buy One, Get One
FREE

Natural Factors
Organic Oil of Oregano
1 fl. oz.



Buy One, Get One
FREE

Quantum Health
Zinc Lozenges
12-18 ct., selected varieties

The co-op has great BOGO deals!

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



changing the
sweets game

Here at LILY'S, we LOVE sweets. We reinvented how you treat yourself by crafting delicious, drool-worthy sweets that don't need any added sugar. Is it magic? Nope, that's LILY'S.

Buy One, Get One
FREE

Lily's
Chocolate Bars
2.8-3 oz., selected varieties



Buy One, Get One
FREE
Deals at the Co-op!

Save on products you love from brands you trust! Look for the BOGO (buy one, get one FREE) deals signs throughout the store.



Buy One, Get One
FREE

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

elevate your evening



Unwind and rejuvenate after a long day with Maison Perrier Chic mocktail inspired beverages. Elevate your evening with French elegance.

Buy One, Get One
FREE

Maison Perrier
Sparkling Beverages
4 pk.-8.5 fl. oz., selected varieties

Boo-licious BOGOs are at the co-op.



8.99

Evolution Fresh
Juice
59 fl. oz., selected varieties



crafted with less

Thick, creamy and deliciously dairy-free. siggi's skyr is made with simple ingredients and not a lot of sugar.

4/\$5

Siggi's
Skyr Yogurts
4.4-5.3 oz., selected varieties



2/\$7

Planet Oat
Oatmilks
52 fl. oz., selected
varieties



4.49

Silk
Plant-based Milk
64 oz., selected varieties



4.99

Laird Superfood
Superfood
Creamer
25.4 fl. oz., selected
varieties

from pasture-raised hens

Vital Farms Pasture-raised Eggs are made with fresh air and sunshine. These eggs are USDA organic and come from hens with the freedom to forage, enjoying 108 square feet each of year-round roaming room.



8.99

Vital Farms
Organic Pasture-raised
Large Grade A Eggs
1 doz.



5.49

Maple Hill
Organic Grass-fed
Kefir
32 oz., selected varieties



3.99

Kalona
Supernatural
Organic Sour
Cream
16 oz., selected varieties

Find delicious breakfast options at the co-op.

dairy-free favorites

At **Kite Hill** we love cheese, and we love plant-based foods. So, we made all our favorite cheeses from almond milk! We made cheese for dipping, cheese for spreading, cheese stuffed into pasta, and more! Enjoy your favorite cheeses, dairy-free.



2/\$3
Kite Hill
Plant-based Yogurts
5.3 oz., selected varieties



3.79
Kite Hill
Plant-based Dip or Sour Cream
8 oz., selected varieties



5.99
Kite Hill
Plant-based Cream Cheese
8 oz., selected varieties



6.49
Kite Hill
Plant-based Filled Pasta
9 oz., selected varieties



2.79
Hail Merry
Snack Cups
1.5 oz., selected varieties

COOPERATIVELY OWNED



4.39
Organic Valley
Shredded Cheese
6 oz., selected varieties



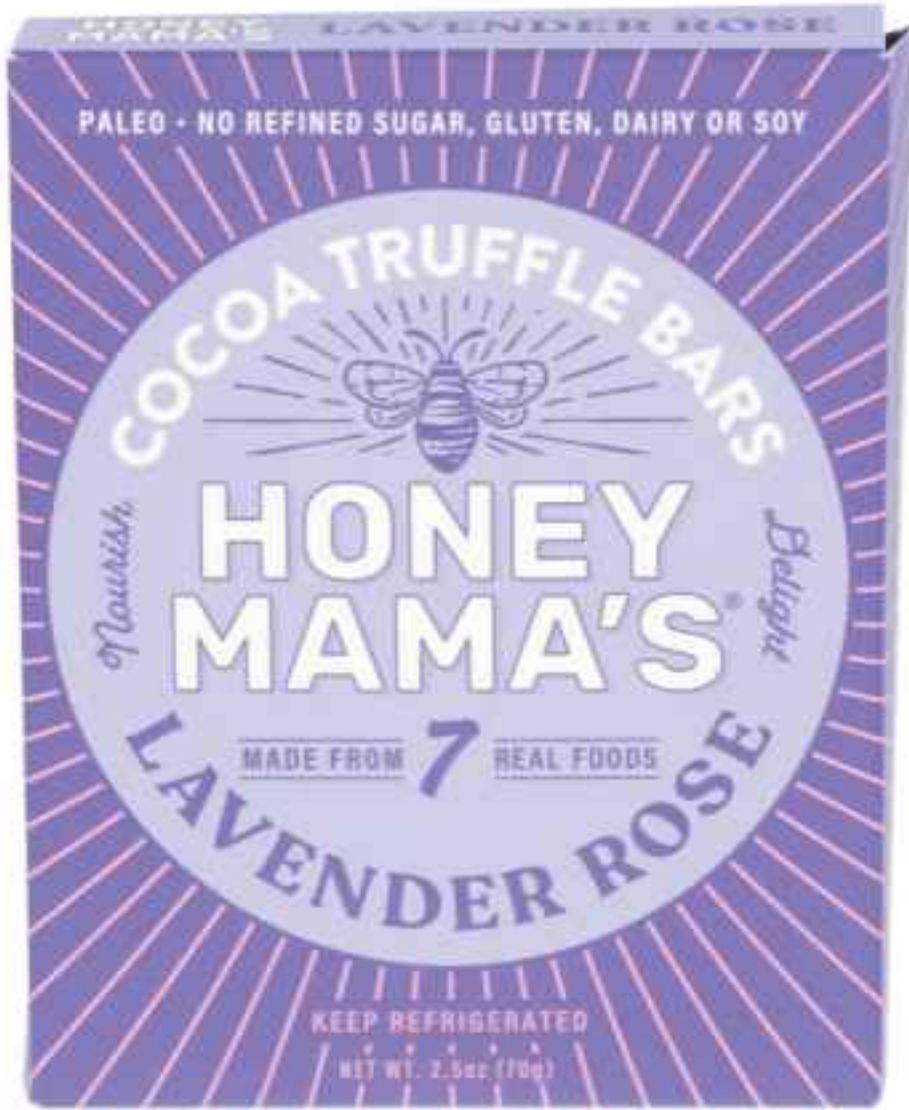
7.99
Uncle Matt's Organic
Juice
52 fl. oz., selected varieties

even better beyond burger



At Beyond we believe there is a better way to feed our future and that the positive choices we all make, no matter how small, can have a great impact on our personal health and the health of our planet.

5.99
Beyond
Plant-based Burger Patties
8 oz., selected varieties



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

The co-op has something for everyone.

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



2/\$6

**Cascadian Farm
Organic Frozen
Vegetables**

10 oz., selected varieties

bold bites, bright lights

INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is owned by a third-generation Indian American family. Light up your Diwali table with real Indian flavors. Our chicken tikka masala and handmade samosas bring the joy and flavor of tradition to every celebration.



5.49

**Deep Indian Kitchen
Entrée or Samosas**

7.5-12 oz., selected varieties



2/\$8

**Cascadian Farm
Organic Frozen
Fruits**

8-10 oz., selected varieties



6.49

**Feel Good Foods
Appetizers**

6-10 oz., selected varieties



11.99

**Wyman's
Wild Blueberries**

3 lb.



*baked goods
baked better*

Udi's Bakery —
surprisingly gluten-free!

4.99

**Udi's Gluten Free
Bread or Bagels**

8.5-14.3 oz., selected varieties

INCLUSIVE TRADE PARTNER

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



5.49

**Tucson Tamale
Tamales**

10-11 oz., selected varieties

From freezer to pantry, find it at the co-op.



5.49

Elmhurst
Plant-based Milk
32 fl. oz., selected varieties



blended never baked

When you need a quick, nutritious meal replacement try our Meal-on-the-Go Bars with 100% plant-based whole foods and natural ingredients. They leave you feeling satisfied all day.

2/\$5

Probar
Meal Bars
3 oz., selected varieties



2/\$7

Van's
Frozen Pancakes
or Waffles
8-12.4 oz., selected varieties



3.69

Nature's Path
Organic
Instant Oatmeal
11.3-14 oz., selected varieties

everyday low price



4.99

Field Day
Organic
Potatoes
23-24 oz., selected varieties

purposeful ingredients for you

RXBAR Protein Bars — 12 g protein.
Simple ingredients that serve a purpose.
Intentional nutrition. No B.S.

2/\$4

Rxbar
Protein Bars
1.83-1.9 oz., selected varieties



8.99

Nature's Path
Organic
Cereal
23-32 oz., selected varieties



12.99

Peace Coffee
Organic Coffee
12 oz., selected varieties

The co-op has solutions for busy days.

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



2/\$5

Epic
Meat Bars
1.3-1.5 oz., selected
varieties



2/\$3

Epic
Meat or Seafood
Strips
.8 oz., selected varieties



2/\$6

Epic
Pork Rinds
2.5 oz., selected varieties



4.99

Epic
Bone Broth
14 fl. oz., selected varieties

live Epic,
eat EPIC

EPIC makes flavor-forward
meat snacks and bone broth
for people like you, the kind
who are mindful of what they
eat and expect nothing short
of EPIC. Grass-fed and keto-
friendly, it's all EPIC.



2/\$3

Nixie
Organic Zero
Sugar Sodas
12 fl. oz. can, selected
varieties



3.99

Frontera
Salsa
16 oz., selected varieties



4.49

Matt's Cookies
Soft Baked
Cookies
10.5 oz., selected
varieties



spooktacular savings

The Good Crisp Company Crisps,
Crinkle Cut and Cheese Balls. Classic
favorites with minimal ingredients. Snacks
for all occasions! All Taste, No Guilt.

2/\$6

The Good Crisp
Potato Crisps
5.6 oz., selected varieties



2/\$6

LesserEvil
Organic Snacks
3-6.4 oz., selected varieties

Snacks for all occasions are at the co-op.



2/\$6
Garden of Eatin'
Sesame Blue Corn
Tortilla Chips
5.5 oz.

get your fill

Quinn stops at nothing (except for snacks) to challenge food industry norms. Made with fanatical food ethics and purposeful, never-anything-artificial ingredients, Quinn snacks are crazy delicious and decidedly not empty.

4.49
Quinn
Filled Pretzel Nuggets
5-7 oz., selected varieties



2/\$4
Harvest Snaps
Snacks
2.5-3.3 oz., selected varieties



2/\$6
Chocolove
Chocolate Bars
2.9-3.2 oz., selected varieties



4.49
SkinnyDipped
Dipped Nuts
3.5-4 oz., selected varieties

uniquely delicious snacking experience

Discover the TERRA® difference: each chip delights your eyes and taste buds with vibrant colors, unique crunch and delicious flavors. Created by slicing, seasoning and crisping to golden perfection.

2/\$6
Terra
Vegetable Chips
5 oz., selected varieties



4.49
Hu
Organic Chocolate Bar
2.1 oz., selected varieties

Find your favorite snacks at the co-op.

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



2/\$4
Lotus Foods
Rice Ramen
2.8 oz., selected varieties



3/\$7
Near East
Couscous Mixes
or Rice Pilafs
5.2-10 oz., selected varieties



3/\$8
Tasty Bite
Indian Entrees
10 oz., selected varieties



2/\$8
Sfoglini
Organic Pastas
12-16 oz., selected varieties



4.49
Rao's
Soup
15.5-16 oz., selected varieties



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

crafted for life's little wins



We krush only the very best ingredients so you can krush everything you do! Enjoy your favorite RW Knudsen product and juice up your morning, noon and night!

4.29
R.W. Knudsen
Organic Juice Blends
32 fl. oz., selected varieties



4.99
Kettle Brand
Potato Chips
13 oz., selected varieties

scoop up the savings in bulk!



1.99
Organic Yellow
Popcorn
per pound in bulk



2.69
Organic French
Lentils
per pound in bulk



4.99
Organic Pumpkin
Seeds
per pound in bulk

Great deals are at the co-op.

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2/\$3

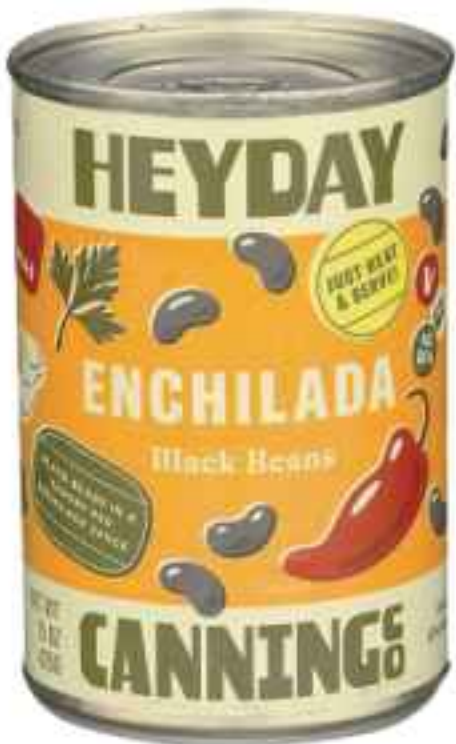
Take Root Organics
Tomato Paste
6 oz.

soda's back, but better

Founded by Allison and Stephen Ellsworth, poppi combines fruit juice, prebiotics and 5 g sugar to create a delicious soda.

2/\$4

Poppi
Prebiotic Sodas
12 oz., selected varieties



2/\$7

Heyday Canning Co.
Beans
15 oz., selected varieties



2/\$8

Choice Organics
Teas
16 ct., selected varieties



17.99

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



there's a tea for that

Need a mindful moment or a soothing sip? Our ethically sourced teas support people and planet with every cup — because wellness should feel good and do good.

4.99

Traditional Medicinals
Herbal Tea
16 ct., selected varieties



2/\$9

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

Find fall savings at the co-op.

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



3.99

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





3/\$5

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



3.79

Magic Chocolate
Organic Chocolate Bar
2.93-3 oz., selected varieties





2/\$4

Yachak Organic
Yerba Mates
16 fl. oz., selected varieties





6.99

Simple Mills
Baking Mix
9-12.9 oz., selected varieties



7.49

Lily's
Baking Chips
9 oz., selected varieties



9.49

Navitas Organics
Unsweetened Cacao Powder
8 oz.



COOPERATIVELY OWNED



16.99

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





2/\$4

Olipop
Prebiotic Sodas
12 fl. oz., selected varieties

a new kind of soda

OLIPOP Old-fashioned Root Beer melds just the right mix of classic bite and creamy sweetness with extracts of sweet birch, smooth vanilla bean and real burdock root — just 2 g of sugar per can!



4.49

Simple Mills
Cookies
4.25-5.5 oz., selected varieties

Shop the co-op for a great variety.

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pure ingredients,
true impact

INCLUSIVE TRADE PARTNER

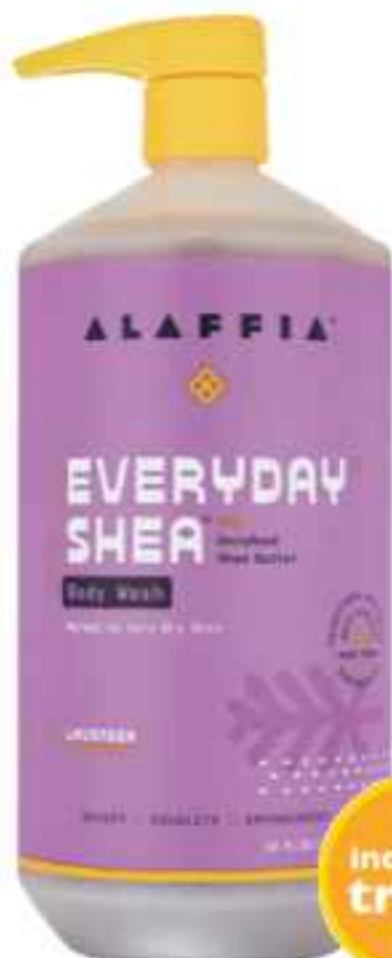
Award-winning and Black-owned, **Alaffia's** Lavender Everyday Shea collection features fair trade shea butter, virgin coconut oil and calming botanicals. No sulfates or synthetics. Always cruelty-free. Empowering women-led cooperatives and driving social impact across West Africa.



10.99
Alaffia
Bubble Bath
32 fl. oz., selected
varieties



10.99
Alaffia
Everyday Shea
Shampoo or
Conditioner
32 fl. oz., selected varieties



10.99
Alaffia
Everyday Shea
Body Wash
32 fl. oz., selected
varieties



10.99
Alaffia
Everyday Shea
Body Lotion
32 fl. oz., selected
varieties



2.79
The Ginger People
Chewy Ginger
Candy
3-3.5 oz., selected
varieties



14.99
Nutiva
Organic Fair Trade
Virgin Coconut Oil
23 fl. oz.



34.99
Dr. Hauschka
Rose Day Cream
1 fl. oz.



more reasons to smile

Brush away impurities and keep breath fresh with the potent power of botanicals. Our toothpastes are Non-GMO Project Verified and free of fluoride for your peace of mind.

4.79
Desert Essence
Toothpaste
6.25 oz., selected varieties



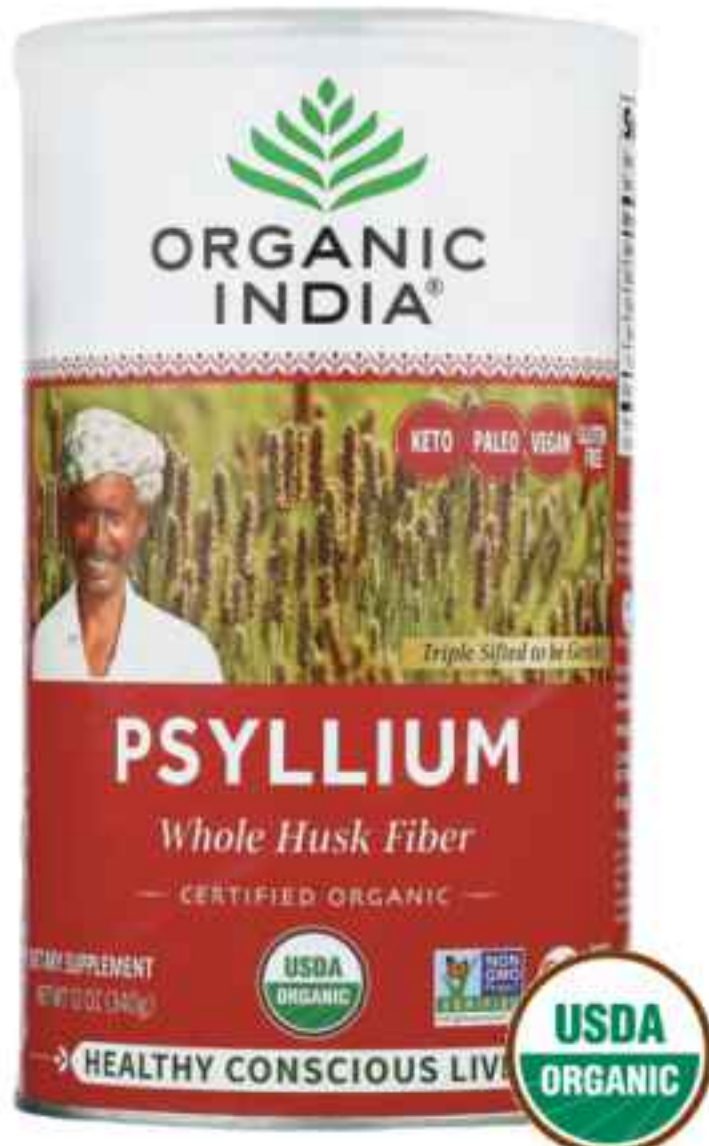
9.99
Jason
Body Wash
30 fl. oz., selected varieties

Freshen up with fall deals at the co-op.

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



9.49
Organic India
Whole Husk
Psyllium Fiber
180 ct.



9.99
Organic India
Whole Husk
Psyllium Fiber
12 oz.



13.99
Organic India
Ashwagandha
90 ct.



15.99
Organic India
Turmeric Formula
90 ct.

*company born
of purpose*

Holistic vitality: Our herbs are masterfully formulated to restore mental, physical and spiritual balance.

Regenerative agriculture: Organic, regenerative farming practices that work in perfect harmony with nature to conserve water, protect biodiversity and improve soil health.



2/\$4
Sappo Hill
Glycerine
Creme Soaps
3.5 oz., selected
varieties



8.49
Hibar
Deodorant
2.25 oz., selected
varieties



18.99
Weleda
Skin Food
Nourishing Day
or Night Cream
1.3 fl. oz., selected
varieties

100% recycled paper

Seventh Generation's 2-ply paper towels are absorbent, strong & ready to tackle any mess. Made without dyes, inks, or fragrances.

2.99
Seventh Generation
Unbleached Paper Towels
120 ct.



8.99
Heritage Store
Rosewater Facial Mist
8 fl. oz.

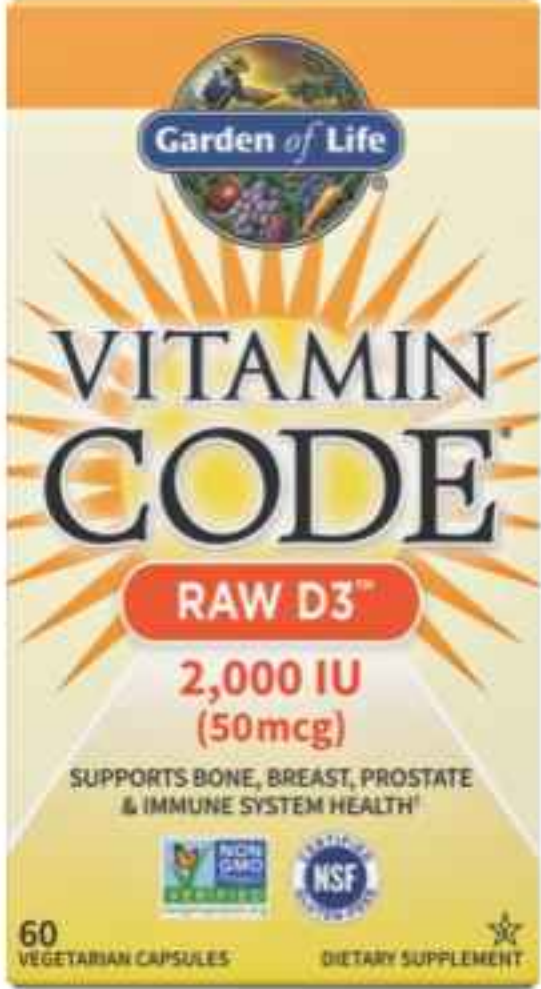
The co-op has all your home and body care items.

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



6.69

Nubian Heritage
Deodorant
2.25 oz., selected varieties



14.99

Garden of Life
Vitamin Code
Raw D3 2,000IU
60 ct.



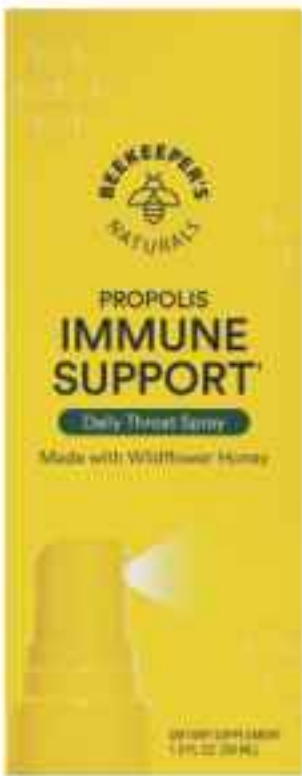
18.99

Natural Vitality
Calm Gummies
120 ct., selected varieties



3.69

Traditional Medicinals
Throat Coat Lozenges
16 ct., selected varieties



9.69

Beekeeper's Naturals
Propolis Throat Spray
1.06 fl. oz., selected varieties



21.99

Flora
Adult's Probiotic
60 ct.

supplements to
help you shine



11.99

Solaray
Super Bio
Vitamin C
1000mg
100 ct.



13.99

Solaray
Vitamin D3 + K2
60 ct.



15.99

Solaray
Magnesium
Glycinate
350mg
120 ct.



21.99

Solaray
D-Mannose
with CranActin
60 ct.

For 50 years, **Solaray** has crafted supplements rooted in nature and backed by science. As a top vitamin and mineral brand, we offer 700+ expert-formulated products — each triple-tested in our state-of-the-art lab and delivered in 100% post-consumer resin bottles.

Support your health with help from 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!

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.

clusters worth craving

Thoughtfully baked with a blend of wholesome grains, these clusters add texture to your favorite breakfast or serve as a convenient snack when you are on the go.

5.39

Kind

Healthy Grains Clusters Granola

11 oz., selected varieties



INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.

2/\$6

GT's
Kombuchas
16 fl. 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.



MWI025B