

# coop deals®

SEPT 3 - SEPT 16, 2025

*tasty tuna*

Tuna is a versatile protein option that's perfect for quick meals on the go. It's great in sandwiches, wraps, salads, pasta or just spread on crackers. Wild Planet Tuna is on sale at the co-op, so stop in and stock up for the busy days ahead.



**3/\$8**

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



**2/\$6**

**Maya Kaimal  
Organic Everyday  
Entrees**  
10 oz., selected varieties



**2/\$6**

**Kettle  
Potato Chips**  
4.25-5 oz., selected  
varieties



**3.79**

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



**3.99**

**Califia Farms  
Barista Blend  
Plantmilk**  
32 fl. oz., selected  
varieties



**2/\$8**

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



**18.99**

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



Delicious food for back-to-school season.

**Nutritious meals begin here.**





4.49

Chobani  
Oatmilk  
52 fl. oz., selected varieties



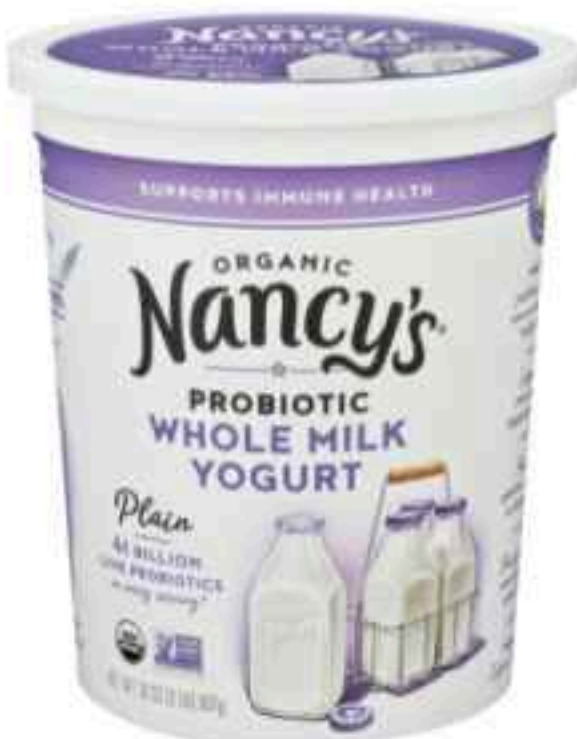
2/\$4

Icelandic  
Provisions  
Skyr Yogurts  
4.4-5.3 oz., selected  
varieties



4.99

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



4.99

Nancy's  
Yogurt  
24-32 oz., selected  
varieties



5.49

Malk  
Organic  
Creamer  
16 fl. oz., selected  
varieties



5.99

Forager Project  
Organic  
Cashewmilk  
Yogurt  
24 oz., selected varieties

*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.

5/\$5

Brown Cow  
Whole Milk Yogurts  
5.3 oz., selected varieties



6.49

Cocojune  
Organic Coconut  
Cultured Yogurt  
16 oz., selected varieties

Find delicious ingredients at the co-op.

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





3.99

Ithaca  
Hummus  
10 oz., selected varieties



2/\$6  
Vive Organic  
Wellness Shots  
2 fl. oz., selected varieties



4.49

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



3.99  
Green Valley  
Organics  
Organic Lactose-free Cream Cheese  
8 oz.



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



5.99  
Grillo's  
Pickles  
32 fl. oz., selected varieties



4.99  
Wellshire  
Sugar-free Uncured  
Turkey Bacon  
8 oz., selected varieties



4.79  
Violife  
Just Like Cheese Slices  
or Shreds  
7.1-8 oz., selected varieties



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



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

The co-op has great lunchbox options.

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





4.99

Vital Farms  
Pasture-raised  
Hard-boiled Eggs  
6 ct.



5.49

Vital Farms  
Pasture-raised  
Liquid Whole Eggs  
16 oz.



5.99

Vital Farms  
Pasture-raised Large Eggs  
1 doz.

pasture-raised,  
many ways

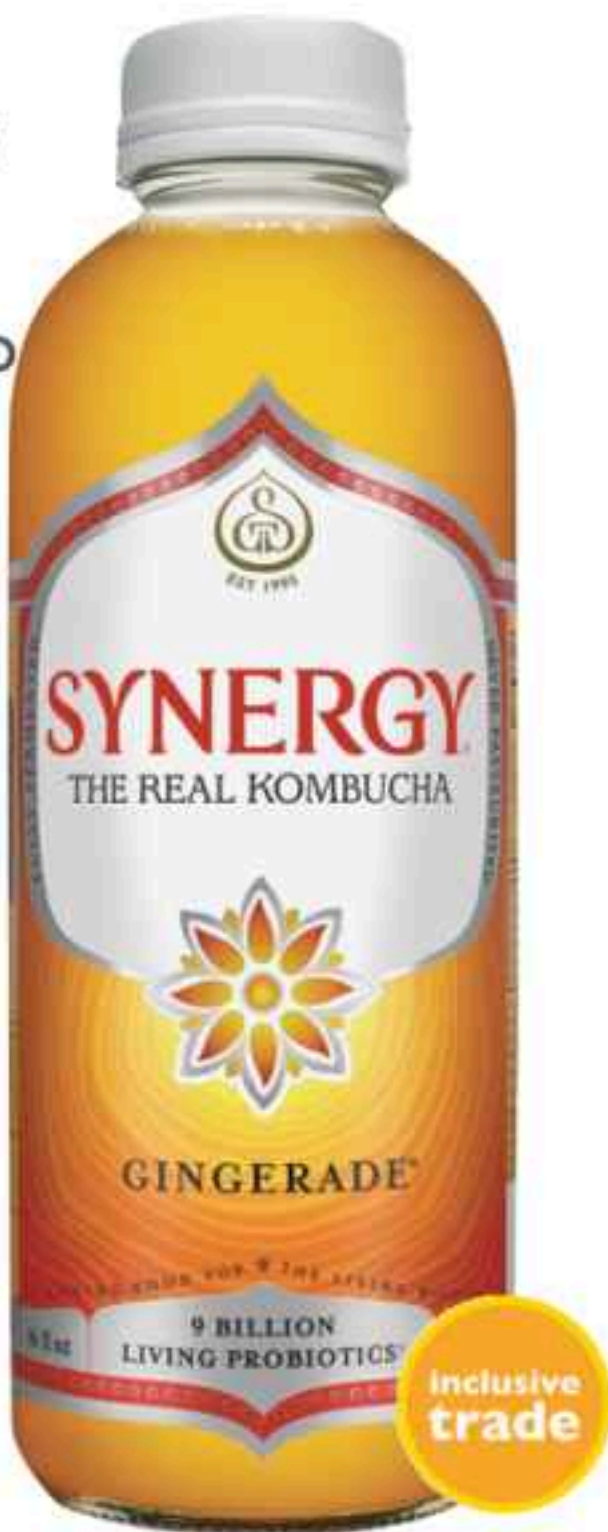
What are pasture-raised eggs, you ask? They're eggs from hens raised with respect by family farmers. Crack 'em open, enjoy on-the-go, or pour right into a pan for a simple morning scramble.

INCLUSIVE TRADE PARTNER

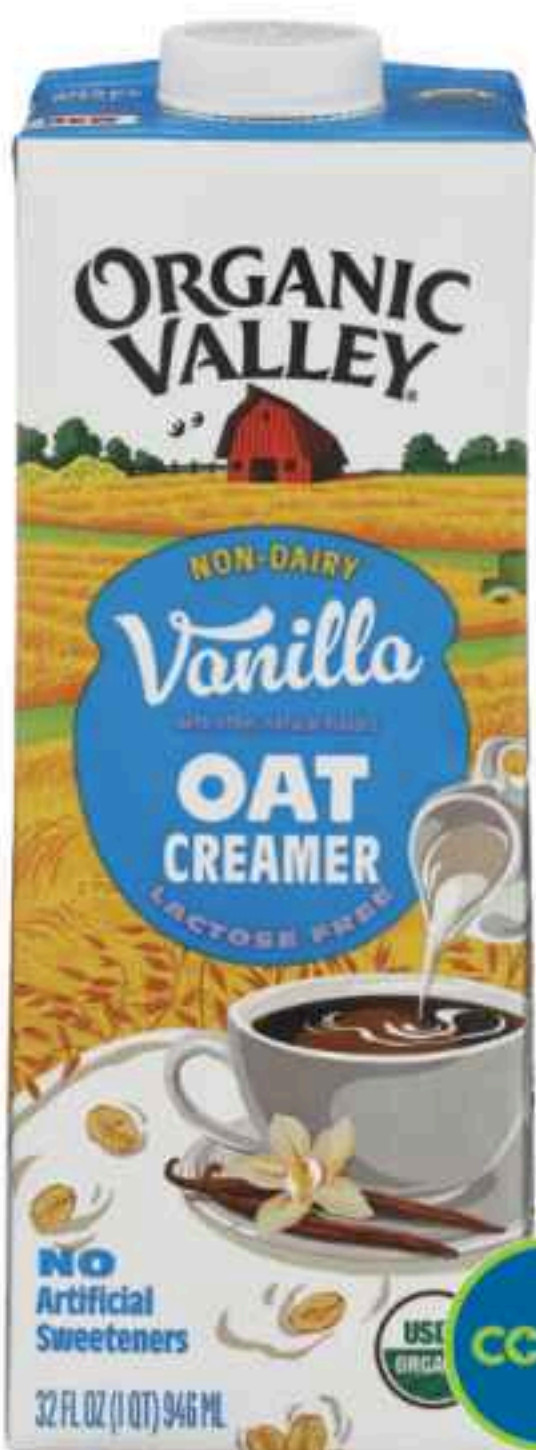
GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.

2/\$6

GT's  
Kombuchas  
16 fl. oz., selected varieties



COOPERATIVELY OWNED



4.99

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



7.99

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



3.79

Stumptown  
Coffee Roasters  
Cold Brew Coffee  
10.5-11 fl. oz., selected  
varieties



5.49

Rumiano  
Organic Block  
Cheese  
8 oz., selected varieties



2/\$10

Bizzy  
Organic Cold Brew  
Coffees  
48 fl. oz., selected varieties

The co-op has breakfast options to fuel your day.

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



let us cook  
for you

Family-owned since the launch of our first pot pie in 1987, **Amy's** products include comforting and globally inspired meals, burritos, soups and more. Our recipes are crafted using the highest-quality ingredients so you can enjoy them in minutes.



3.99

Amy's  
Soup  
13.65-14.7 oz.,  
selected varieties



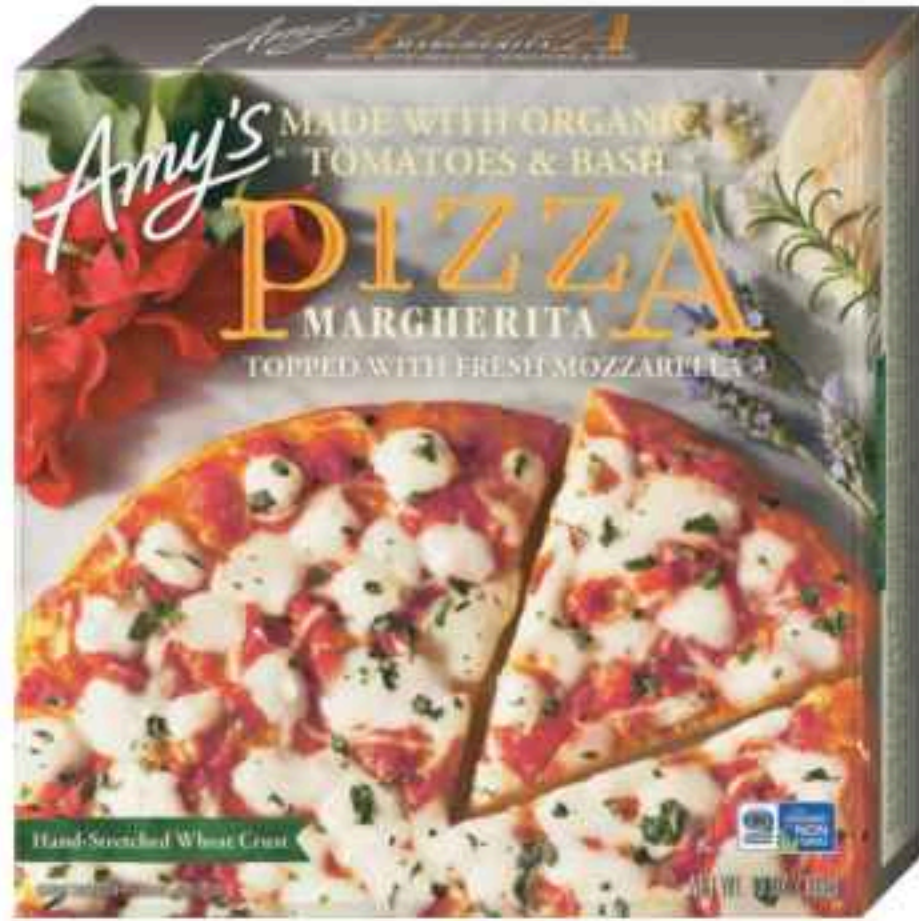
3/\$10

Amy's  
Burritos  
5-6 oz., selected varieties



5.99

Amy's  
Frozen Meal  
8.25-10.3 oz.,  
selected varieties



8.99

Amy's  
Frozen Pizza  
9.1-14 oz.,  
selected varieties



4.99

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



10.99

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



12.99

Cascadian Farm  
Organic Frozen  
Fruit  
28-32 oz., selected  
varieties

family night  
favorite

Bring everyone together for a scoop (or two). These classic flavors make any night feel a little more special.

8.99

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



3.99

Rudi's  
Organic Bread  
18-22 oz., selected varieties

Easy meals and desserts are at the co-op.

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





say hi to wholesome

Kashi has ingredients to give your morning a delicious surprise. Start your day with cereal that is packed with fiber and over 100% of your recommended daily amount of whole grains to satisfy hunger and leave a smile on your face.

5.69 Kashi Cereal 12.3-18 oz., selected varieties



4/\$5 Bob's Red Mill Oat Bars 1.76 oz., selected varieties



3.29 Pacific Foods Plant-based Beverage 32 fl. oz., selected varieties



3.99 Bear Fruit Snacks 3.5 oz., selected varieties



4.79 Nature's Path Organic Love Crunch Granola 11.5 oz., selected varieties



6.49 Once Again Organic Peanut Butter 16 oz., selected varieties



COOPERATIVELY OWNED



11.99 Equal Exchange Organic Love Buzz Coffee per pound in bulk

Find the brands you love at the co-op.

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



set the bar higher



Tasty bars for everyone with plant-based goodness you'll love. Our bars are purposefully crafted to meet your needs.

3/\$5

Clif Nutrition Bars  
2.4 oz., selected varieties

2/\$3

Clif Luna Nutrition Bars  
1.69 oz., selected varieties

2/\$4

Clif Builders Protein or Nut Butter Bars  
1.76-2.4 oz., selected varieties

5.99

Clif Organic Zbar  
6.35-7.62 oz., selected varieties



2.69

Rishi Sparkling Botanicals Beverage  
12 fl. oz., selected varieties



7.49

Rishi Organic Tea  
15 ct., selected varieties



move beyond expectation

When you enjoy a cup of Yogi Tea, you commit to your well-being and to that of our planet.

2/\$8

Yogi Tea  
16 ct., selected varieties



2/\$4

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

Find snacks and teas at the co-op.

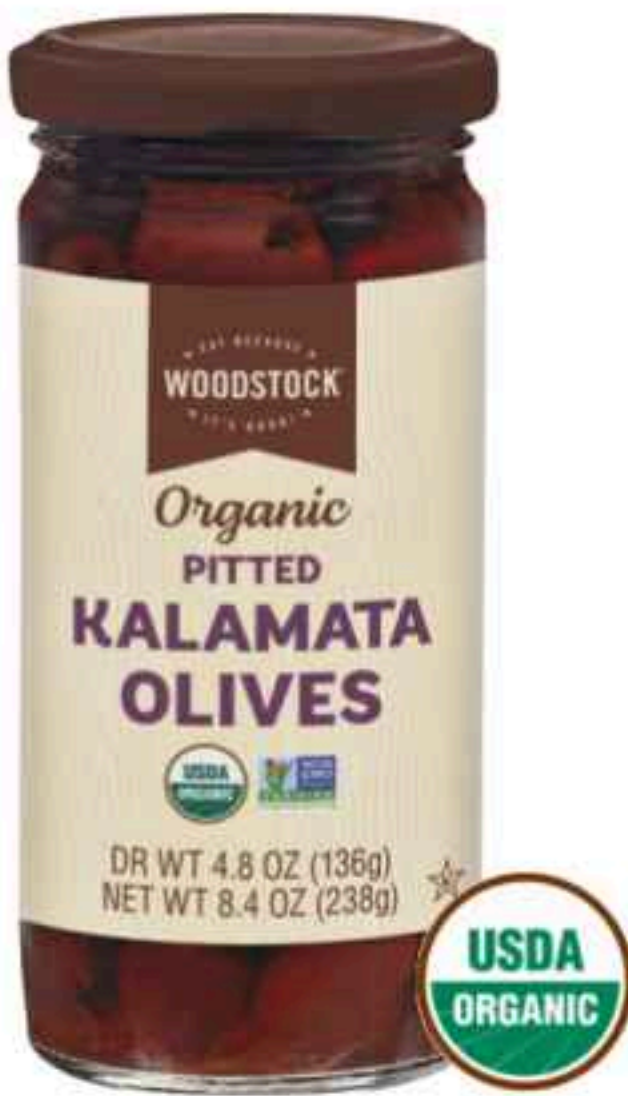
Some items may not be available at all stores or on the same days





2/\$5

Westbrae  
Organic Beans  
15 oz., selected varieties



2/\$7

Woodstock  
Organic Olives  
8.4-8.5 oz., selected varieties



5.49

Maranatha  
Organic Peanut Butter  
16 oz., selected varieties



2/\$4

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



3.99

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



3.79

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



*crafted for heat*

Versatile and neutral, this expeller-pressed oil is refined for high-heat cooking — up to 450° F. Non-GMO Project verified and ready to sizzle.

11.99

Spectrum  
Organic Canola Oil  
32 fl. oz.



All your pantry staples are at the co-op.

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





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

COOPERATIVELY OWNED



**2/\$7**  
Blue Diamond  
Nut Thins  
4.25 oz., selected varieties



**3.99**  
Vita Coco  
Coconut Water  
33.8 fl. oz., selected  
varieties



**3.49**  
Bob's Red Mill  
Gluten-free  
Cornbread Mix  
20 oz.



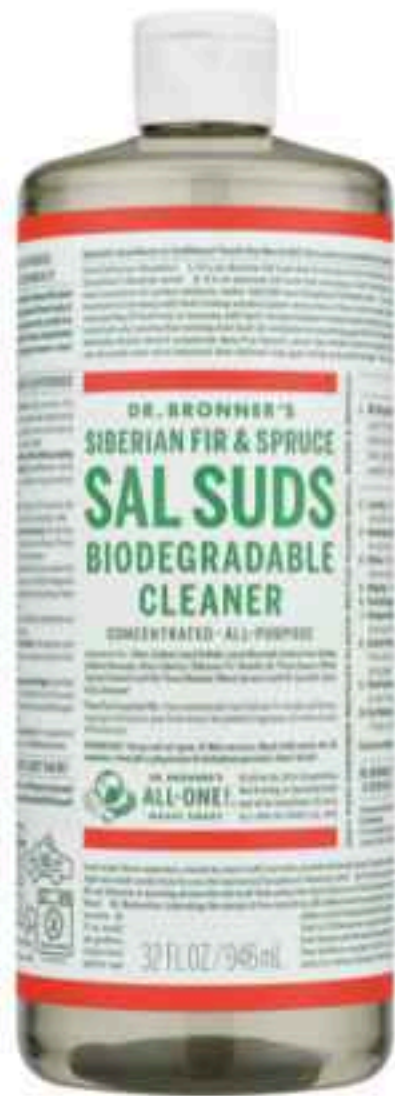
**6.49**  
Bragg  
Liquid Aminos  
32 oz.

get your slurp on



Koyo Ramen Noodles are certified non-GMO, made with organic ingredients and free from artificial colors, flavors and preservatives. Explore our ramen's delicious taste one satisfying noodle bowl at a time!

**5/\$5**  
KOYO  
Ramen Soup Packs  
or Cups  
2-2.1 oz., selected varieties



**10.99**  
Dr. Bronner's  
Sal-Suds  
32 fl. oz.

**Brands your whole family loves are at the co-op.**

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





2/\$3

Culture Pop  
Probiotic Sodas  
12 fl. oz. can, selected  
varieties



2/\$6

Good Health  
Potato Chips  
5 oz., selected varieties



2/\$7

Hippeas  
Chickpea Snacks  
3.75-4 oz., selected  
varieties



2/\$7

Food Should Taste  
Good  
Tortilla Chips  
5.5 oz., selected varieties



3.79

Endangered Species  
Chocolate Bar  
3 oz., selected varieties

everyday low price



3.99

Field Day  
Organic Golden  
Round Crackers  
8 oz.



3.99

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



4.99

Green Mountain  
Gringo  
Salsa  
16 oz., selected varieties



*made with meaning*

Welcome to the Garden of Eatin'®, where we've been crafting our signature organic corn chip for decades. Enjoy the quality ingredients and fresh taste from our garden.

4.99

Garden of Eatin'  
Organic Tortilla Chips  
14 oz., selected varieties



2/\$10

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

Snack time selections are at the co-op.

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





18.99

Smartypants  
Organic Kids Multi &  
Omega Gummies  
120 ct.



8.39

Humble  
Deodorant  
2.65 oz., selected  
varieties



8.99

Pranarom  
Organic  
Frankincense  
.068 fl. oz.



11.99

Derma E  
Anti-wrinkle  
Renewal Cream  
4 oz.



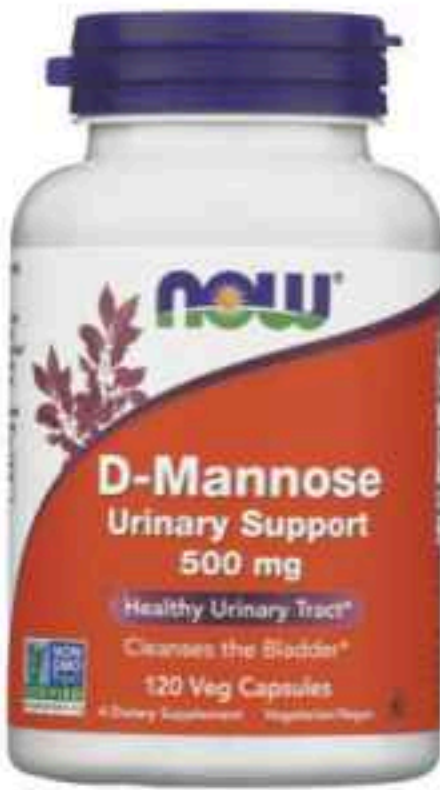
14.99

Ultima Replenisher  
Electrolyte Powder  
3.4-3.9 oz., selected  
varieties



16.99

Om  
Organic Mushroom  
Powder  
3.17-3.5 oz., selected  
varieties



17.99

Now  
D-Mannose  
500mg  
120 ct.



18.99

Kal  
Magnesium  
Glycinate 350  
160 ct.

get back  
to glowing



21.99

Garden of Life  
Organics  
Prenatal Multi  
Gummies  
120 ct.



21.99

Garden of Life  
Organics  
Men's Multi  
Gummies  
120 ct.



21.99

Garden of Life  
Organics  
Women's Multi  
Gummies  
120 ct.



21.99

Garden of Life  
Organics  
Women's 40+  
Multi Gummies  
120 ct.

There's no doubt that **Garden of Life Organics** Multis will have you glowing by putting good-for-you ingredients into your body for optimal wellness. Delicious organic fruit and vitamin gummies for all stages of life.

The co-op has the supplements you trust.

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

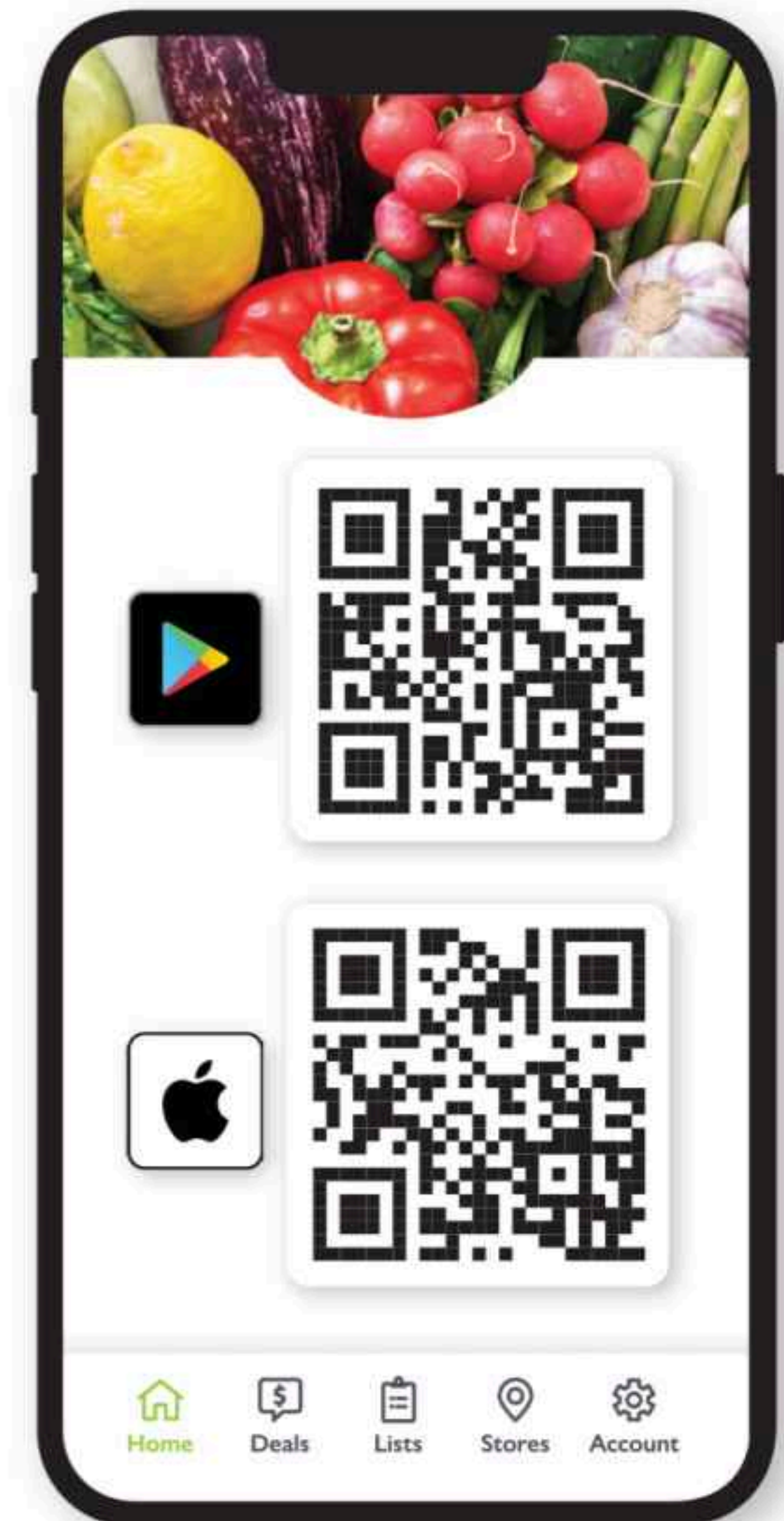
WISCONSIN

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.

INCLUSIVE TRADE PARTNER

Kirk's is a woman-owned company. We believe everyone deserves access to natural cleansers, and our products are safe for the whole family.



4.69

Kirk's  
Castile Bar Soap  
3 pk.-4 oz., selected varieties

INCLUSIVE TRADE PARTNER

The Grandpa Soap Company is woman-owned and among the oldest soap manufacturers in the USA. We are dedicated to making simple and effective products.

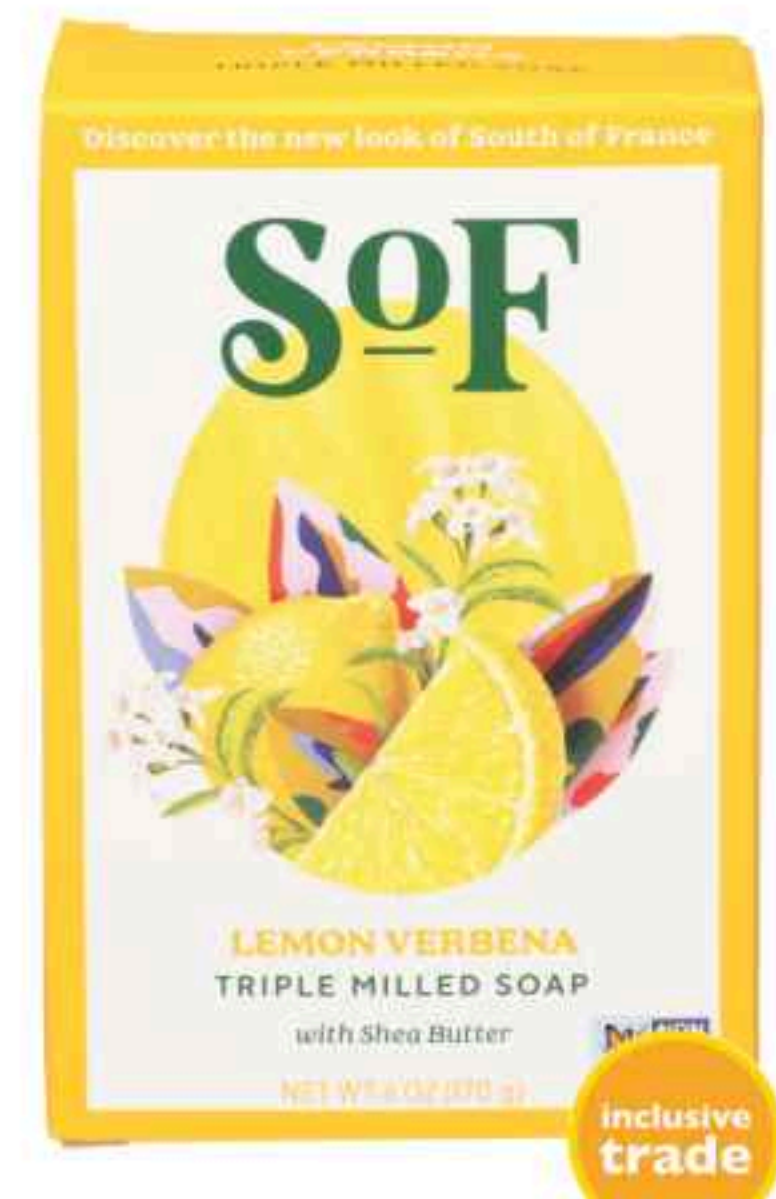


2/\$6

The Grandpa Soap Co.  
Pine Tar Bar Soap  
3.25 oz.

INCLUSIVE TRADE PARTNER

South of France is a women-owned company. We still kettle cook small batches of our soap using a traditional Marseille recipe.



3.29

South of France  
Bar Soap  
6 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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