

coop deals®

SEPT 17 - SEPT 30, 2025

so crunchy

Nature's Path Organic has cereal options made with organic and non-GMO ingredients, ensuring your family's breakfast options are both flavorful and wholesome. Feel free to add milk for a bowlful of irresistible crunch, or simply eat them as a snack — they're delicious either way, and they're on sale at the co-op.



3.79

Nature's Path Organic Cereal

9.5-14 oz., selected varieties



2/\$5

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



2/\$6

Boulder Canyon Potato Chips
6 oz., selected varieties



5.49

Cosmic Bliss Organic Frozen Dessert
14 fl. oz., selected varieties



5.49

Food for Life Organic Bread
24 oz., selected varieties

INCLUSIVE TRADE PARTNER



Fillo's is a Hispanic-owned company. We offer a range of reimagined Latin staples that are packed with flavor and nutrients.

3/\$7

Fillo's Walking Tamales
4 oz., selected varieties



Fall for great savings at the co-op!

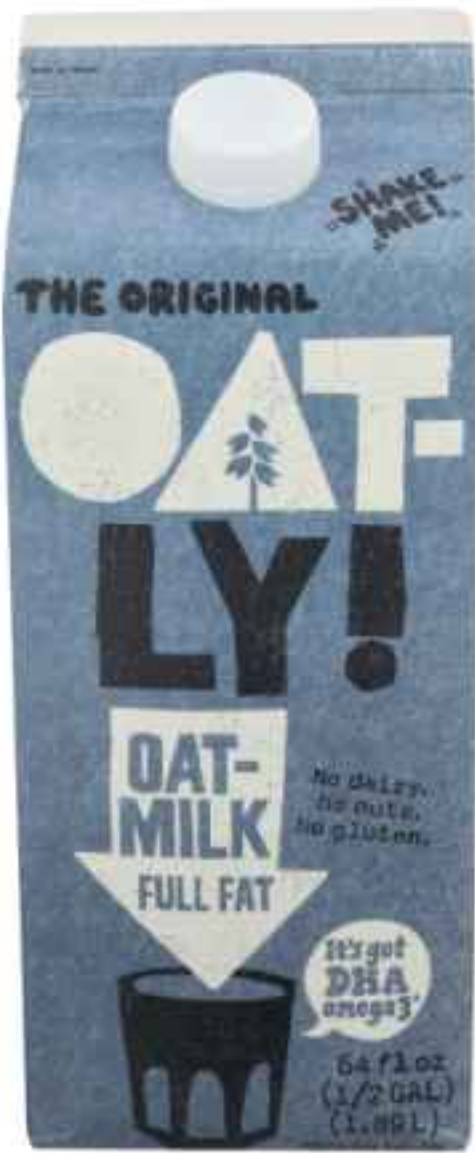
Discover what's new at the co-op.



3.79
Oatly
Barista Edition
Oatmilk
32 fl. oz., selected varieties



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



4.49
Oatly
Oatmilk
64 fl. oz., selected varieties



3.99
Oatly
Non-dairy
Frozen Dessert
1 pt., selected varieties

*the tastiest
oatmilk sale!*

Stock up on planet-friendly **Oatly** oatmilk, Barista edition, creamers and frozen desserts! Oatly has been named a Climate Solutions company, so you can feel extra good while enjoying all the deliciously creamy coffees and treats in your future.



4.29
Lifeway
Lowfat Kefir
32 fl. oz., selected varieties



4.29
Kite Hill
Almondmilk Yogurt
16 oz., selected varieties



4.79
Califia Farms
Organic Unsweetened
Almondmilk
48 fl. oz., selected varieties



2/\$7
Blue Diamond
Almondmilks
59-64 fl. oz., selected varieties



3.99
Hodo
Organic Firm Tofu
10 oz.

Fresh options to start your day at the co-op.

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



1.79

Stonyfield Organic
Yogurt Pouch
3.5 oz., selected varieties



2/\$4

Harmless Harvest
Organic Cultured Coconut Yogurts
4.4 oz., selected varieties

defiantly rich and creamy



3/\$4

Fage
Greek Yogurts
5.3 oz., selected varieties

FAGE is a delicious all-natural Greek strained yogurt. This is Greek yogurt that doesn't compromise on taste or texture. Good things start *here*.



Find yogurt parfait toppings at the co-op.

Creamy and delicious.



crafted with less

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

3/\$5

Siggi's
Plant-based Yogurts
5.3 oz., selected varieties



2.19

Good Culture
Organic Cottage Cheese
5 oz., selected varieties



4.79

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

The co-op has dairy and nondairy options.

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

egg-stra delicious

EGG-CITING RECIPES

Warm and savory, these breakfast quesadillas are a great option for keeping you energized. Visit grocery.coop for more egg-inspired meal solutions. Scan the QR code to find this recipe and more!



COOPERATIVELY OWNED



5.49
Organic Valley
Large Free-range
Brown Eggs
1 doz.



8.99
Miso Master
Miso
16 oz., selected varieties

pasture-raised perfection

COOPERATIVELY OWNED

Experience cheese made with organic milk from pasture-raised cows. From bold and flavorful sandwich toppers to on-the-go snacks, there's a perfect **Organic Valley** cheese for everyone.



4.99
Organic Valley
Cheese Slices
6 oz., selected varieties



4.99
Organic Valley
Block Cheese
8 oz., selected varieties



5.99
Organic Valley
Stringles
8 oz.



6.99
Organic Valley
Raw Block
Cheese
8 oz., selected varieties

Find all your brunch fixings at the co-op.

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

plant-based, great taste



Gardein offers a wide variety of plant-based proteins with a great taste and texture. Non-GMO Project verified and always vegan.

4.69
Gardein
Plant-based Protein
8.1-13.7 oz., selected varieties



4.99
Blake's
Pot Pie or
Shepherd's Pie
8 oz., selected varieties



4.99
Alexia
Frozen Potatoes
15-19 oz., selected varieties



7.49
Woodstock
Frozen Pasta
20 oz., selected varieties

get into the groove

OPTIMIZE WITH QUICK MEALS
Busy school schedules should be met with nutritious and easy meals. The co-op has plenty of meal solutions to assist you as you manage your routine. So, get into the school year groove, and shop the co-op for plenty of meal options.



7.99
Cappello's
Grain-free Pizza
11-12 oz., selected varieties



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

The co-op has everything for weeknight meals.

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



4.99
So Delicious
Dairy-free Frozen
Novelties
9.2-18.4 fl. oz., selected
varieties



4.99
Bubbies
Mochi Ice Cream
7.5 oz., selected varieties

Never miss your
favorite deals

coop deals.
Download the App!

Find your closest
food co-ops
See what's on sale
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.



Savor the warm season while it's here.
Chill out with yummy desserts.



snack time hero

Celebrate the school day's end
with a nostalgic frozen treat. A
fun, refreshing way to chill out
at home this fall.

5.49
Alden's Organic
Frozen Novelties
9-14 fl. oz., selected varieties



Download the Co+op Deals app today!

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



6.49
Grandy Organics
Grain-free
Granola
9 oz., selected varieties



3/\$5
Kind
Bars
1.4 oz., selected varieties



2/\$4
Bobo's
Oat Bars
3 oz., selected varieties



7.49
Bob's Red Mill
Organic Gluten-free
Rolled Oats
28-32 oz., selected varieties



16.99
Pamela's
Gluten-free
Pancake &
Baking Mix
4 lbs.



steeped in magic

Experience wonder in every sip. Our teas transform the finest botanicals into moments of comfort and joy. Non-GMO verified and delightful hot or iced.

2/\$6
Celestial Seasonings
Herbal Teas
16-20 ct., selected varieties



4.29
Tazo
Tea
15-20 ct., selected varieties

Find an assortment of beverages at the co-op.

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

INCLUSIVE TRADE PARTNER



POP & BOTTLE
MATCHA GREEN TEA
ALMOND LATTE
PLANT-POWERED | NO REFINED SUGAR
80 MG CAFFEINE - 8%
11 FL. OZ (325 ML)

Pop & Bottle is a woman-owned company. We make pure, delicious coffee and tea lattes. Our lattes are plant-based, free of refined sugar and thoughtfully crafted to nourish and delight.



2/\$7 Pop & Bottle
Organic Almond Lattes
11 fl. oz., selected varieties

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.



hibachi
fried
rice
perfect in just 3 minutes
vegan • gluten-free
NET WT. 20 OZ (567 g)



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

INCLUSIVE TRADE PARTNER

Nuts for Cheese is a LGBTQIA+ and woman-owned company. Our cheese is crafted from 100% organic cashews, fermented and rich in probiotics with billions of CFUs per serving.



NUTS
for
CHEESE
Super Blue
ORGANIC & DAIRY-FREE
FERMENTED CASHEW PRODUCT
NET WT. 4.2 OZ (120 g)



6.49 Nuts for Cheese
Organic & Dairy-free
Fermented Cashew Product
4.2 oz., selected varieties

fostering diversity

SHOP THESE INCLUSIVE TRADE PARTNERS
Learn about these inspirational brands and their stories by scanning the QR code to the right. Co-ops around the country are committed to working with Inclusive Trade partners.



Chomps



Grain Trust



Fishwife



Nuts for Cheese



Pop and Bottle



Teeccino

The co-op supports Inclusive Trade.

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

INCLUSIVE TRADE PARTNER

Fishwife is a woman-owned company. We aim to make ethically sourced and delicious tinned seafood a staple in every cupboard.



5.99 Fishwife
Tinned Fish
1.73-4.2 oz., selected varieties

Support Inclusive Trade

DIVERSITY IS STRENGTH

Co-ops around the country are committed to fostering diverse and inclusive communities. We're pleased to offer great deals on brands and products that are women-, Black-, Indigenous-, people of color- (POC), LGBTQIA+-, persons with disabilities- and veteran-owned.

**inclusive
trade**



Learn more about our
Inclusive Trade Partners!

protein snacks perfected

INCLUSIVE TRADE PARTNER

Chomps is a diverse-owned company and proudly B-Corp certified. Our meat sticks offer 10g of protein, 0g of sugar and real ingredients — perfect to keep you fueled.

2/\$4

Chomps
Meat Sticks
1.15 oz., selected varieties



INCLUSIVE TRADE PARTNER



Teeccino is a woman-owned company. Teeccino satisfies both coffee and tea drinkers alike and is an excellent coffee alternative.

10.99

Teeccino
Chicory Herbal
Coffee
11 oz., selected varieties

Brands you trust are at the co-op.



2/\$7

Terra
Vegetable Chips
5 oz., selected varieties



3.99

Late July Snacks
Organic Tortilla Chips
7.4-10.1 oz., selected varieties



2/\$7

From the Ground Up
Cauliflower Crackers
or Snacks
3.5-4.5 oz., selected varieties



2/\$7

Siete
Sea Salt Potato
Chips
5.5 oz., selected varieties



4.99

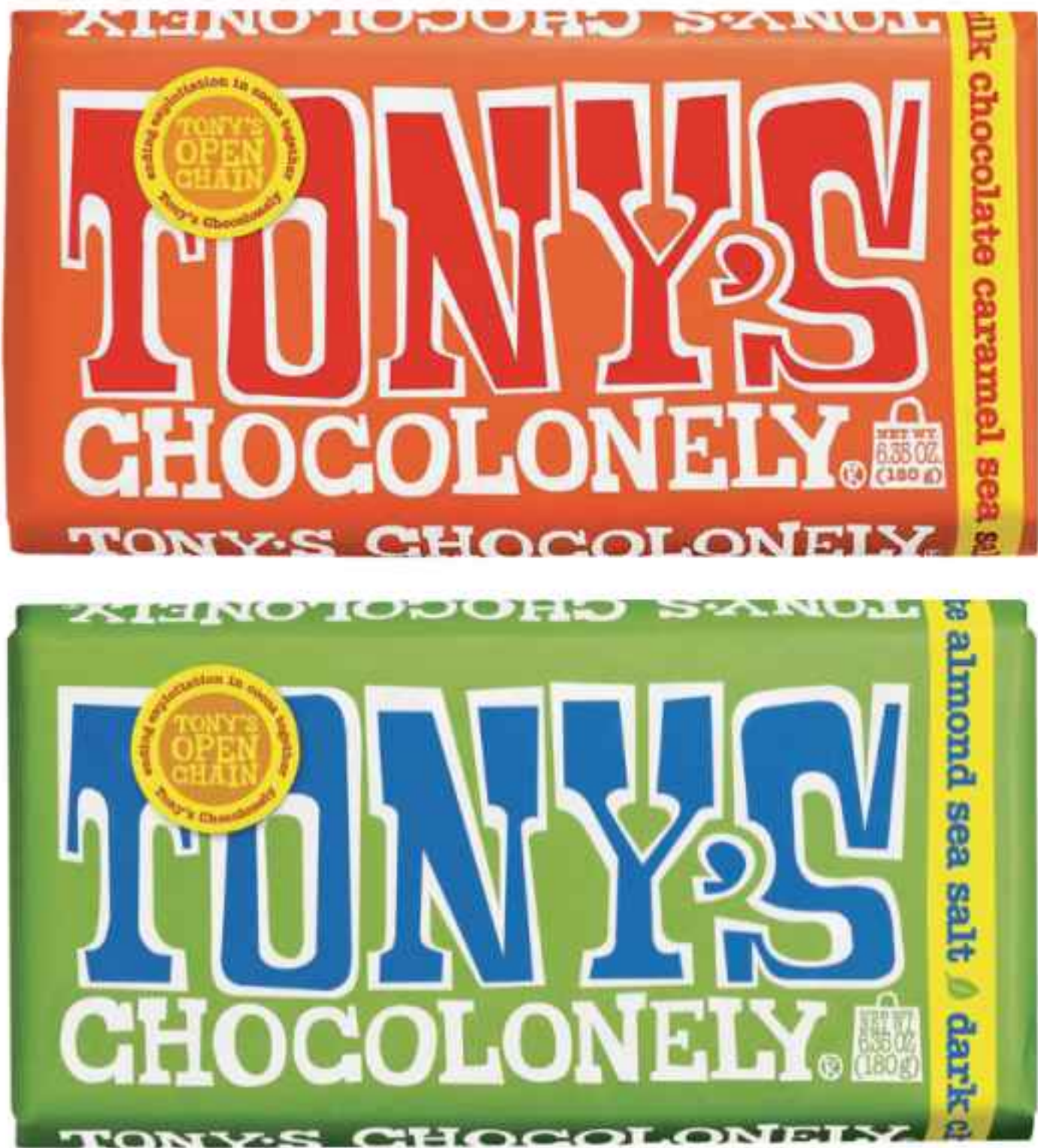
Late July Snacks
Salsa
15.5 oz., selected varieties

unwrap the goods

Try Tony's Chocolonely — where irresistible chocolate meets unstoppable impact.

4.99

Tony's Chocolonely
Chocolate Bar
6.35 oz., selected varieties



5.49

Unreal
Candy
3.2-5 oz., selected varieties

The co-op has perfect snacks for movie night.

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



3/\$5

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

sip and unwind

REFRESHING MOMENTS

Enjoy the start of fall with your favorite beverage in hand. Savor the season with some extra patio or park time and relax during the busy back-to-school schedule. The co-op has plenty of beverages to select from — find your favorite brands on sale now!



2/\$3

Steaz
Organic Green Teas
16 fl. oz., selected varieties



2/\$4

Just Ice Tea
Organic Teas
16 fl. oz., selected varieties



3.99

C2O
Coconut Water
33.8 fl. oz., selected varieties

a new kind of soda

OLIPOP combines the classic soda flavor you know and love with prebiotics, plant fiber and botanicals to support your microbiome and digestive health. Delicious, refreshing and actually good for you.



7.49

Olipop
Prebiotic Soda
4 pk.-12 fl. oz., selected varieties



2/\$11

LaCroix
Sparkling Waters
12 pk.-12 fl. oz. cans, selected varieties



6.49

Lakewood
Organic Juice
32 fl. oz., selected varieties

Find beverages for all occasions at the co-op.

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

pure organic
Italian
ingredients



Taste Italy's best: smooth extra virgin olive oil, vibrant strained tomatoes and hearty pasta made from 100% durum wheat semolina. Organic, traditional and rooted in real Italian flavor.

2/\$5
Bionaturae
Organic Pastas
16 oz., selected varieties

2/\$7
Bionaturae
Organic Tomatoes
24-28.2 oz., selected varieties

15.99
Bionaturae
Organic Extra Virgin
Olive Oil
25.4 fl. oz.



2.69
Native Forest
Organic Unsweetened
Coconut Milk
13.5 fl. oz., selected varieties



2/\$7
Briannas
Salad Dressings
12 fl. oz., selected
varieties

5.49
Woodstock
Organic Pickles
24 oz., selected varieties



9.99
Fly by Jing
Chili Crisp
6 oz., selected varieties



10.99
Woodstock
Organic Peanut
Butter
35 oz., selected varieties



16.99
Zoe
Extra Virgin Olive
Oil
33.8 fl. oz.

Ingredients you love are at the co-op.

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

heritage-inspired

Siete creates delicious products inspired by Mexican-American heritage and made with thoughtfully selected ingredients. Celebrate culture gathered at the table and enjoy their foods with friends and familia — because Juntos es Mejor (together is better).



2/\$8

Siete
Tortilla Chips
5-7.5 oz., selected varieties



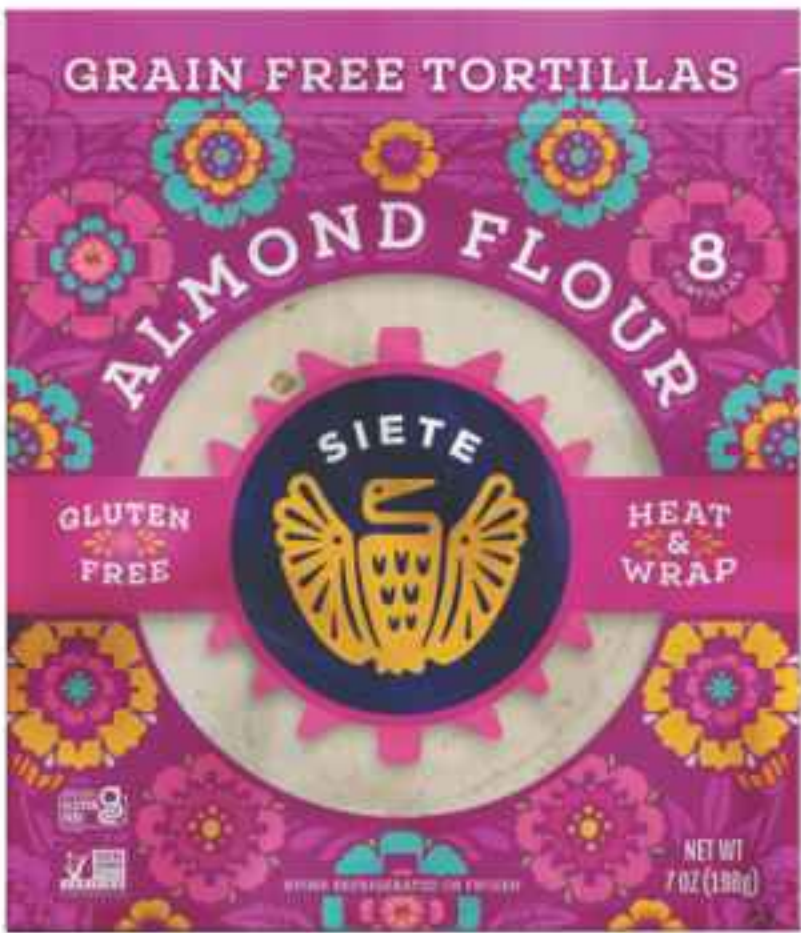
2/\$4

Siete
Beans
15.5-16 oz., selected varieties



3.99

Siete
Enchilada Sauce
15 oz., selected varieties



7.99

Siete
Tortillas
7 oz., selected varieties



2/\$4

Dr. McDougall's
Soup Cups
1.8-3.4 oz., selected varieties



3.99

Pacific Foods
Organic Soup
16.1-16.5 oz., selected varieties



2/\$6

Annie's
Organic Mac & Cheese
6 oz., selected varieties



2/\$7

Lundberg Family Farms
Organic Rice Sides
5.5-6 oz., selected varieties



2/\$7

Mary's Gone
Crackers
Organic Crackers
4 oz., selected varieties



7.99

Lucini Italia
Organic Pasta Sauce
24 oz., selected varieties

There's something for everyone at the co-op.

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



7.49
Dr. Bronner's
Organic Shaving Soap
7 oz., selected varieties



7.99
Avalon Organics
Shampoo or Conditioner
11 fl. oz., selected varieties



8.49
Schmidt's
Deodorant
2.65 oz., selected varieties



Freshen up with products from the co-op.
Feel your best.



3.99
Mrs. Meyer's
Dish Soap
16 fl. oz., selected varieties



4.49
If You Care
Paper Snack &
Sandwich Bags
48 ct.



4.99
Booda Organics
Suds of Love Bar
Soap
3.8 oz.

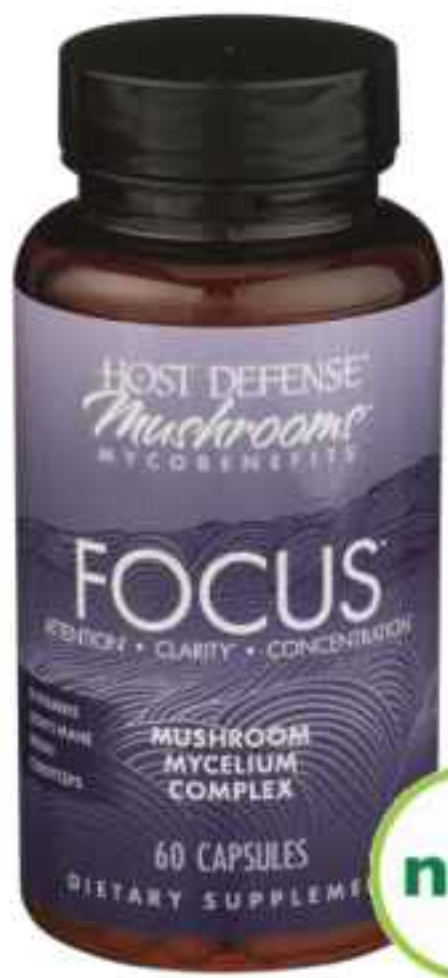


7.49
Xlear
Nasal Spray
1.5 fl. oz.



Body and home care products are at the co-op.

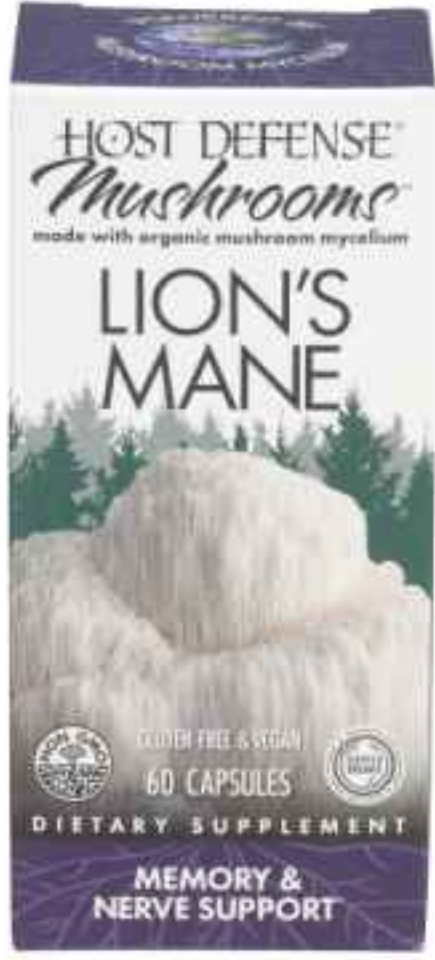
Some items may not be available at all stores or on the same days



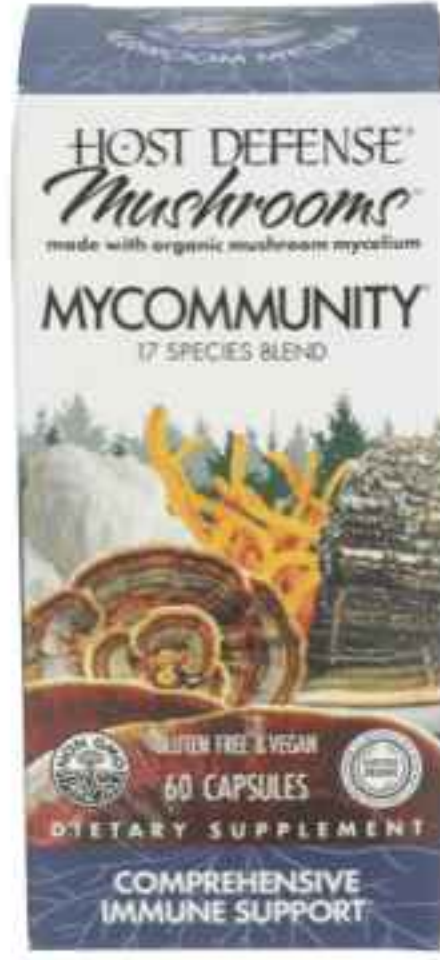
22.99
Host Defense
MycoBenefits Focus
Mushroom Complex
60 ct.



23.99
Host Defense
Organic Lion's
Mane Mushroom
Powder
3.5 oz.



25.99
Host Defense
Lion's Mane
Mushroom
Supplement
60 ct.



30.99
Host Defense
MyCommunity
Mushroom
Supplement
60 ct.

←
*trusted by
wellness
seekers*

Backed by 40 years of research, **Host Defense®** supplements are made with U.S.-grown mushroom mycelium. Our commitment to science, sustainability and transparent practices ensures the quality and care behind every supplement.



Supplements are at the co-op.
Trustworthy brands.



4.29
Happy Family Brands
Organic Yogis
1 oz., selected varieties



12.99
Enzymedica
Digest Basic
90 ct.



9.99
Hyland's Naturals
Calms Forte
Sleep Aid
100 ct.



14.99
Liquid I.V.
Hydration Multiplier
Drink Mix
4.48-5.6 oz., selected
varieties

Find all your supplements 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!*

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.

30 years of healing

INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. Since 1995, GT's Living Foods has crafted living foods, rooted in ancient wisdom and fueled by nature. SYNERGY The Real Kombucha provides superior gut and immune health and ALIVE Mushroom Elixir awakens your mind, focus and balances your mood.



2/\$6

GT's
Alive Ancient Mushroom Elixirs
16 fl. oz., selected varieties



6.99

GT's
Kombucha
48 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.



MW0925B