

co+op deals®

DEC 31, 2025 - JAN 20, 2026

support your health

INCLUSIVE TRADE PARTNER

Winter is here, and the co-op is bursting with BOGO wellness sales so you can stock up on amazing products! Oregon's Wild Harvest is a woman-owned company committed to nurturing nature and providing the best herbal supplements from seed to bottle. Find them on sale at the co-op!



Buy One, Get One
FREE

Oregon's Wild Harvest
Supplements
60 ct.



Buy One, Get One
FREE

Davids
Toothpastes
4-5.25 oz., selected varieties



Buy One, Get One
FREE

Liquid I.V.
Hydration Multiplier
Drink Mixes
4.5-5.6 oz., selected varieties



Buy One, Get One
FREE

Simply Tera's
Organic Vanilla Protein
Powders
12 oz. limit 1 BOGO per customer



rise AND shine
BUY ONE, GET ONE FREE wellness deals





Buy One, Get One

FREE

Preserve
Adult Toothbrushes
each, selected varieties



Buy One, Get One

FREE

Beekeeper's Naturals
Lozenges
14 ct., selected varieties



Buy One, Get One

FREE

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

INCLUSIVE TRADE PARTNER



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



Buy One, Get One

FREE

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



Buy One, Get One

FREE

Enzymedica
Digest Gold
45 ct.

Buy One, Get One

FREE

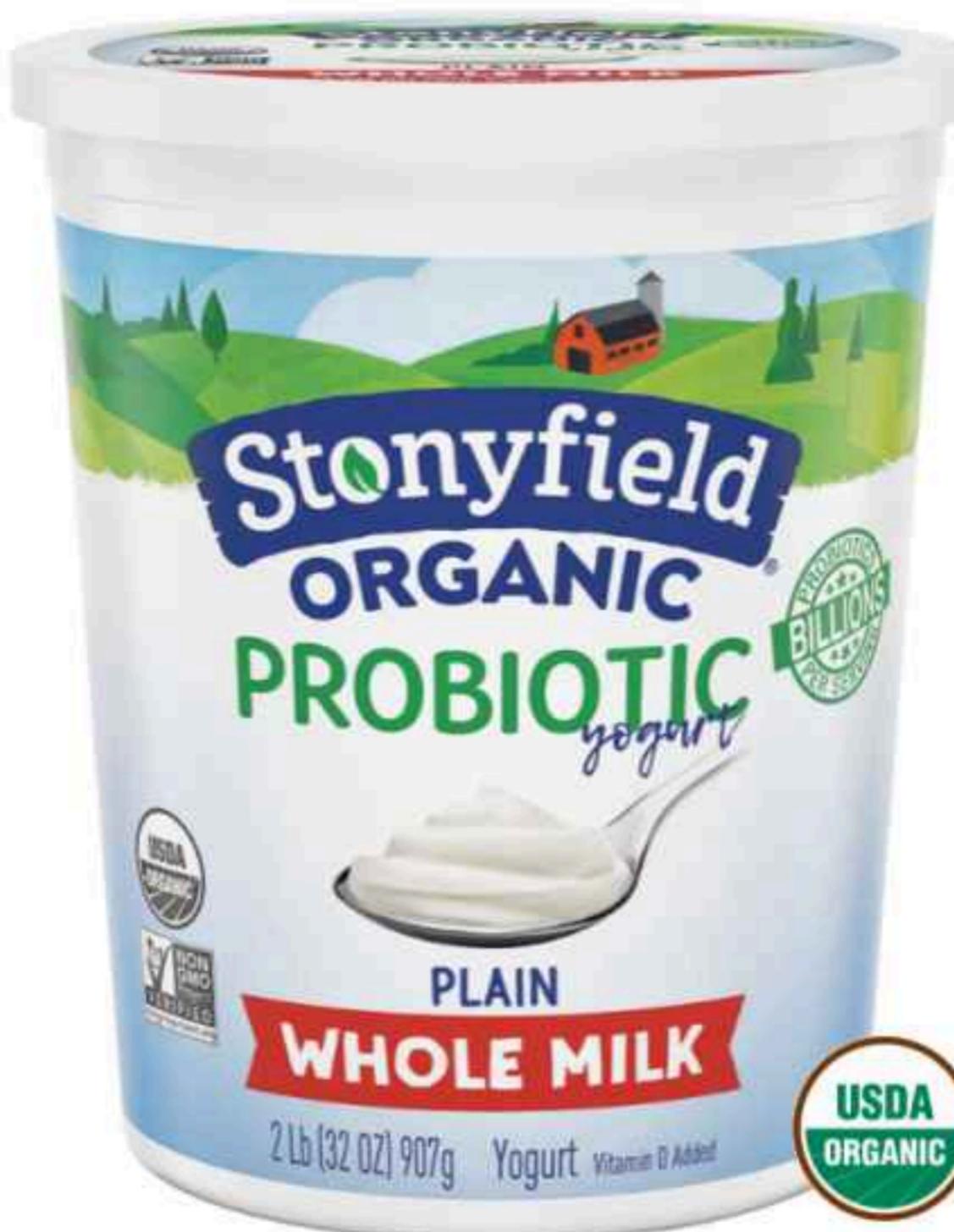
Country Life
Coenzyme B-Complex
120 ct.

BOGO wellness products are at the co-op.



4.49

Stonyfield Organic
Kids Yogurt Tubes
8 pk.-2 oz., selected varieties

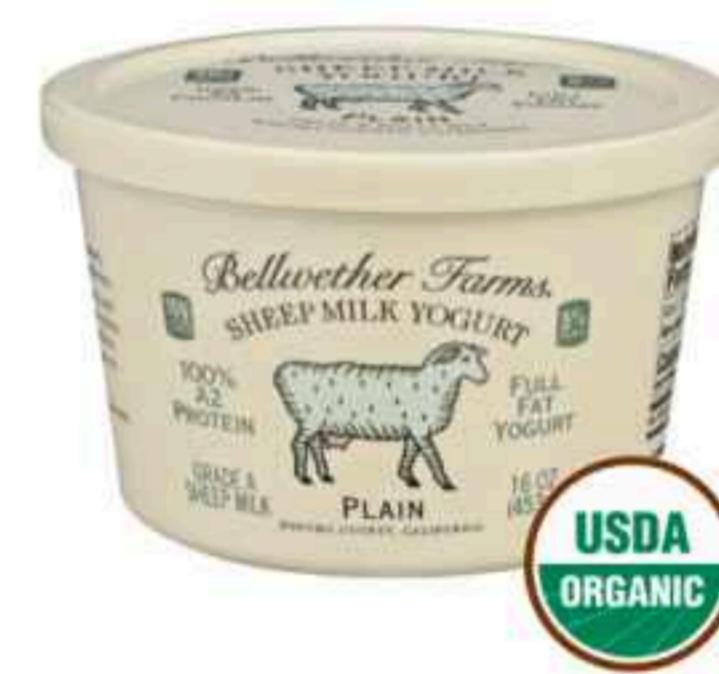


organic goodness

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



5.49

Bellwether Farms
Organic Whole
Milk Yogurt
16 oz., selected varieties

crafted with less

Thick, creamy and rich in protein,
skyr is the traditional yogurt of
Iceland. 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



5.79

Forager Project
Organic Cashewmilk Yogurt
24 oz., selected varieties



Brighten your mornings with food from the co-op.



3.79

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



less is more delicious™

MALK means fewer ingredients and higher standards — so you don't have to choose between what's clean and what's delicious. MALK is always organic, clean label, has no gums or oils, and is actually delicious.

4.99

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



Start the day with smoothies and yogurt parfaits.

Ingredients you trust.

prioritize gut health

Loaded with protein, gluten-free and up to 99% lactose-free, Lifeway Lowfat Kefir is packed with 12 live and active probiotic cultures to support digestive health, immunity and mental wellbeing.

4.29

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



4.29

**Kite Hill
Almondmilk Yogurt**
16 oz., selected varieties

Try new breakfast ideas from the co-op.



2/\$4

Poppi
Prebiotic Sodas
12 fl. oz., selected
varieties



2.29

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

kombucha that tastes great

Enjoy the benefits of both Pro- and Pre-biotics in a bottle of Master Brew Kombucha or a delicious-bubbly-on-the-go can of organic KeVita Sparkling Refreshers.



2/\$6

KeVita
Organic Kombuchas
15.2 fl. oz., selected varieties



3.79

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



3.99

C2O
Coconut Water
33.8 fl. oz., selected
varieties



5.99

HOP WTR
Sparkling Water
6 pk.-12 fl. oz. cans,
selected varieties

juice to boost

Come for the fresh flavor of bright citrus and tropical fruits, and get ready to take on the day with the vitamin C in this satisfying organic, cold-pressed juice.

2/\$8

Evolution Fresh
Organic Juices or Smoothies
15.2 fl. oz., selected varieties



2/\$7

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

The co-op has a great selection of beverages.



4.99

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



3.99

Ithaca
Hummus
10 oz., selected varieties

COOPERATIVELY OWNED



5.99

Organic Valley
Block Cheese
8 oz., selected varieties



4.49

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



4.79

Laird Superfood
Creamer
25.4 fl. oz., selected
varieties



5.49

Bitchin' Sauce
Almond Dip
7-8 oz., selected varieties



9.49

Miso Master
White Miso
16 oz., selected
varieties

break up with dairy



Commit to Violife.
Discover our wide range
of award-winning dairy-free
alternative to cheese that
can help you dive
effortlessly into a delicious,
cheesy plant-based diet.



4.99

Violife
Just Like Cheese
5.29-8.1 oz., selected varieties

7.49

Woodstock
Organic Frozen Pasta
20 oz., selected varieties

Stock up on great deals from the co-op.



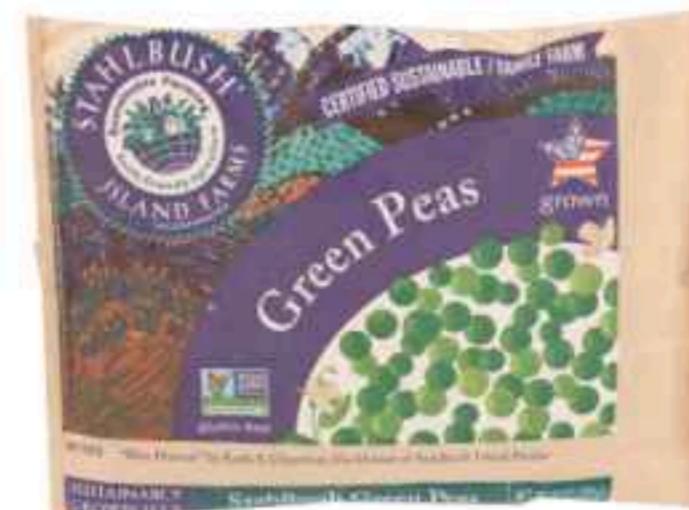
12.99

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



2.29

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



2.79

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



3.99

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



4.49

**Dr. Praeger's
Veggie Burgers**
10 oz., selected varieties



5.99

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



everyday low price

7.99

**Field Day
Organic Wood
Fired Crust Pizza**
12.2-13.8 oz., selected
varieties



*new year,
new taste*

**Lightlife and Field
Roast** offer nutritious,
flavorful options to support
your goals — packed with
protein, made with real
ingredients and perfect for
every plate.



4.49

**Lightlife
Organic Tempeh
Strips**
6-7 oz., selected varieties



4.99

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



4.99

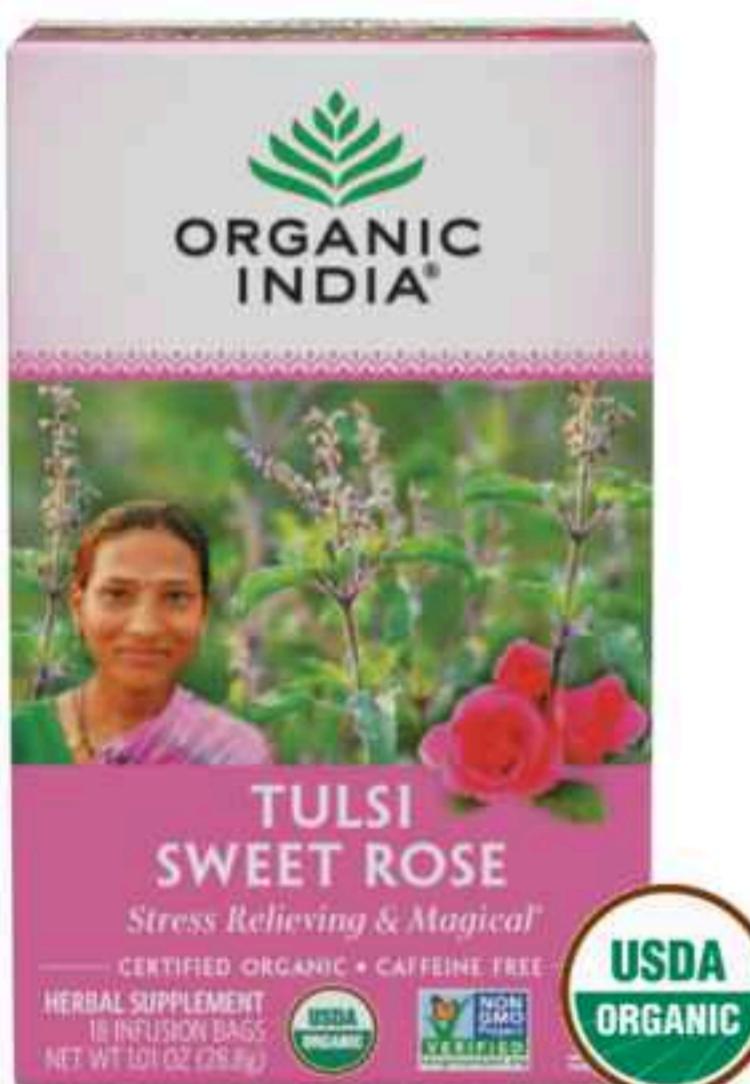
**Field Roast
Plant-based
Breakfast Sausage**
9.3 oz



5.99

**Field Roast
Plant-based
Appetizers**
10 oz., selected varieties

The co-op has easy meal options.



4.49

Organic India
Tulsi Tea
18 ct., selected varieties

always organic,
never ordinary

Cascadian Farm organic cereals and granolas are made with wholesome ingredients for a delicious and nourishing start to your day.

2/\$8

Cascadian Farm
Organic Cereals, Granolas or Granola Bars
7.2-14.6 oz., selected varieties



COOPERATIVELY OWNED



2/\$7

Equal Exchange
Organic Teas
20 ct., selected varieties

COOPERATIVELY OWNED



11.99

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

COOPERATIVELY OWNED



12.99

Equal Exchange
Organic Love
Buzz Coffee
per pound in bulk

love our
gluten-free
oats

Bob's Red Mill Gluten-free Old Fashioned Rolled Oats are a wholesome source of fiber and whole grain goodness. Perfect for a hearty breakfast, delicious baked goods or crunchy homemade granola.



7.69

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



6.99

Seven Sundays
Cereal or Muesli
8 oz., selected varieties



14.99

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

The co-op helps start your mornings off right!

live EPIC,
eat EPIC

EPIC brings bold flavor and premium sourcing standards to every strip, bar, pork rind and broth. Made with ingredients that fit your lifestyle, whether that is gluten-free, paleo-friendly or Whole 30 approved. Fuel your body the EPIC way!



2/\$3

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

2/\$5

Epic
Meat Bars
1.3-1.5 oz., selected varieties

2/\$6

Epic
Pork Rinds
2.5 oz., selected varieties

4.99

Epic
Bone Broth
14 fl. oz., selected
varieties



2/\$5

Blue Diamond
Almondmilks
32 fl. oz., selected
varieties



9.99

Lakewood
Organic Pure
Pomegranate Juice
32 oz.



organic snacks for everybunny



Start the year off right with Annie's! Fuel your little bunnies' fresh start with wholesome and yummy fruit snacks and grain bars. The perfect tasty school treat!

2/\$8

Annie's
Organic Fruit Snacks
7 oz., selected varieties



6.99

Sweetleaf
Stevia Sweetener
2 fl. oz., selected
varieties

Delicious snacks and beverages are at the co-op.

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

**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

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

4.39

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

shop
inclusive
trade

frozen meals, made right

INCLUSIVE TRADE PARTNER

Refresh your routine with vibrant Indian flavor! Deep Indian Kitchen is owned by a three-generation Indian American family, so all our products are made from scratch with family recipes and ready in minutes.

5.49

Deep Indian Kitchen
Entrée, Dumplings or Samosas
7.5-12 oz., selected varieties



INCLUSIVE TRADE PARTNER

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.

3/\$10

Pop & Bottle
Organic Almond
Lattes
11 fl. oz., selected varieties



Find Inclusive Trade brands at the co-op.



4/\$7

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



4/\$6

Annie's
Mac & Cheese
5.25-6 oz., selected varieties



2/\$4

Muir Glen
Organic Tomatoes
14.5-15 oz., selected varieties



2.29

Siete
Refried Beans
16 oz., selected varieties



17.49

Spectrum
Organic Extra
Virgin Olive Oil
25.4 fl. oz.



2/\$6

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



2/\$7

Muir Glen
Organic Pasta Sauces
23.5 oz., selected varieties



3.99

Jovial
Organic Brown Rice Pasta
10-12 oz., selected varieties

we spread integrity

We're 100% employee owned, and we take pride in producing superior products for our customers. Since 1976, we've been dedicated to quality and sustainability for a better future.

6.99

Once Again
Organic Peanut Butter
16 oz., selected varieties



2/\$8

Annie's
Organic Dressings
8 fl. oz., selected varieties



5.99

Kettle & Fire
Bone Broth
16.9 oz., selected varieties

Stock the pantry with help from the co-op.



2/\$6

LesserEvil
Organic Popcorn
4.6-6.4 oz., selected varieties



2/\$3

Steaz
Organic Teas
16 fl. oz., selected varieties



2/\$4

Gimme
Organic Seaweed
Snacks
.32-.35 oz., selected varieties



2.39

Frontera
Cooking Sauce
8 oz., selected varieties



2/\$5

Near East
Couscous Mixes
or Rice Pilafs
5.25-10 oz., selected varieties



3.29

Wild Planet
Skipjack Tuna
5 oz., selected varieties



4.39

Sfoglini
Organic Pasta
12-16 oz., selected varieties



4.99

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



go bananas for
better hydration

Crafted from organically grown heirloom bananas with five key vitamins and minerals and 0g of added sugar. Pure hydration. No monkey business.

2/\$5

Woodstock
Organic Banana Water
16.9 fl. oz.



4.49

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

The co-op has snacks for all occasions.



3.29

Boulder Canyon

Potato Chips

5.25-6.5 oz., selected varieties

COOPERATIVELY OWNED



2/\$7

Blue Diamond

Nut Thins

4.25 oz., selected varieties



2/\$7

Back to Nature

Crackers

3.2-7 oz., selected varieties



3.39

Hippeas

Chickpea Snacks

3.75-4 oz., selected

varieties



2/\$7

Annie's

Organic Cheddar

Cheesy Smiles

4 oz.



3.99

Lundberg Family Farms

Organic Rice Cakes

5-9.6 oz., selected varieties



3.69

Terra

Vegetable Chips

5 oz., selected varieties



3.99

Late July Snacks

Organic Tortilla

Chips

7.4-10.1 oz., selected

varieties



4.49

Lily's

Chocolate Bar

2.8-3 oz., selected

varieties



4.49

Que Pasa

Organic Tortilla

Chips

7.5 oz., selected

varieties



4.99

Green Mountain

Gringo

Salsa

16 oz., selected varieties

Find something for everyone at the co-op.



Buy One, Get One
FREE

Solaray
Magnesium
Glycinate 350mg
120 ct.

13.99

Solaray
Vitamin D3 + K2
60 ct.

21.99

Solaray
D-Mannose with
CranActin
60 ct.

22.99

Solaray
Liposomal
Vitamin C 500mg
100 ct.

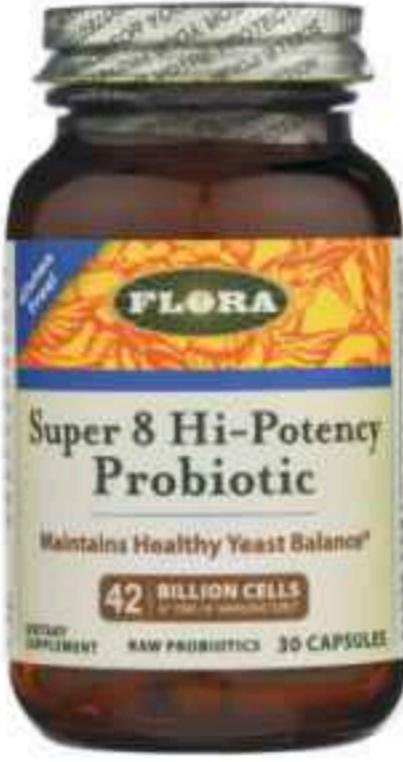
choose
excellence

Since 1973, **Solaray** has crafted premium supplements with uncompromising quality. Our commitment begins at the source: every ingredient is carefully selected from trusted suppliers who meet our rigorous standards. That's over 50 years of science and trust in every bottle.



17.99

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



19.99

Flora
Super 8 Hi-
Potency Probiotic
30 ct.



24.99

Whole Earth & Sea
Men's or Women's
Multivitamin &
Mineral
60 ct., selected varieties



Buy One, Get One
FREE

Garden of Life
Raw Organic Protein
Powders
19.75-24.69 oz., selected varieties



20.99

Garden of Life
Organic Elderberry
Gummies
120 ct.



20.99

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



24.99

Garden of Life
Women's Once
Daily Probiotics
30 ct.

wellness
starts with
clean

Commit to a healthier routine this new year with **Garden of Life**. With clean, whole food ingredients that are third-party certified to ensure purity and quality — with sustainability in mind — we offer supplements you can trust and believe in.

Year-round wellness offerings are at the co-op.



7.99

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



all-day hydration

Immediate hydration without the heavy, greasy feel — with vitamin E and shea butter. Dermatologist-tested, cruelty-free skincare without parabens, sulfates or petrolatum.

12.99

**Alba Botanica
Body Lotion**
32 fl. oz., selected varieties



Natural products are at the co-op.

Better for you and your family.



biobased stain fighters

Seventh Generation's powerful bio-enzymes lift away your toughest stains. Choose fragrance-free for sensitive skin or indulge in fragrances from 100% essential oils and botanical ingredients. Clean laundry starts here.

13.99

**Seventh Generation
Liquid Laundry Detergent**
23.1-90 fl. oz., selected varieties



The co-op has safe products for family and home.

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

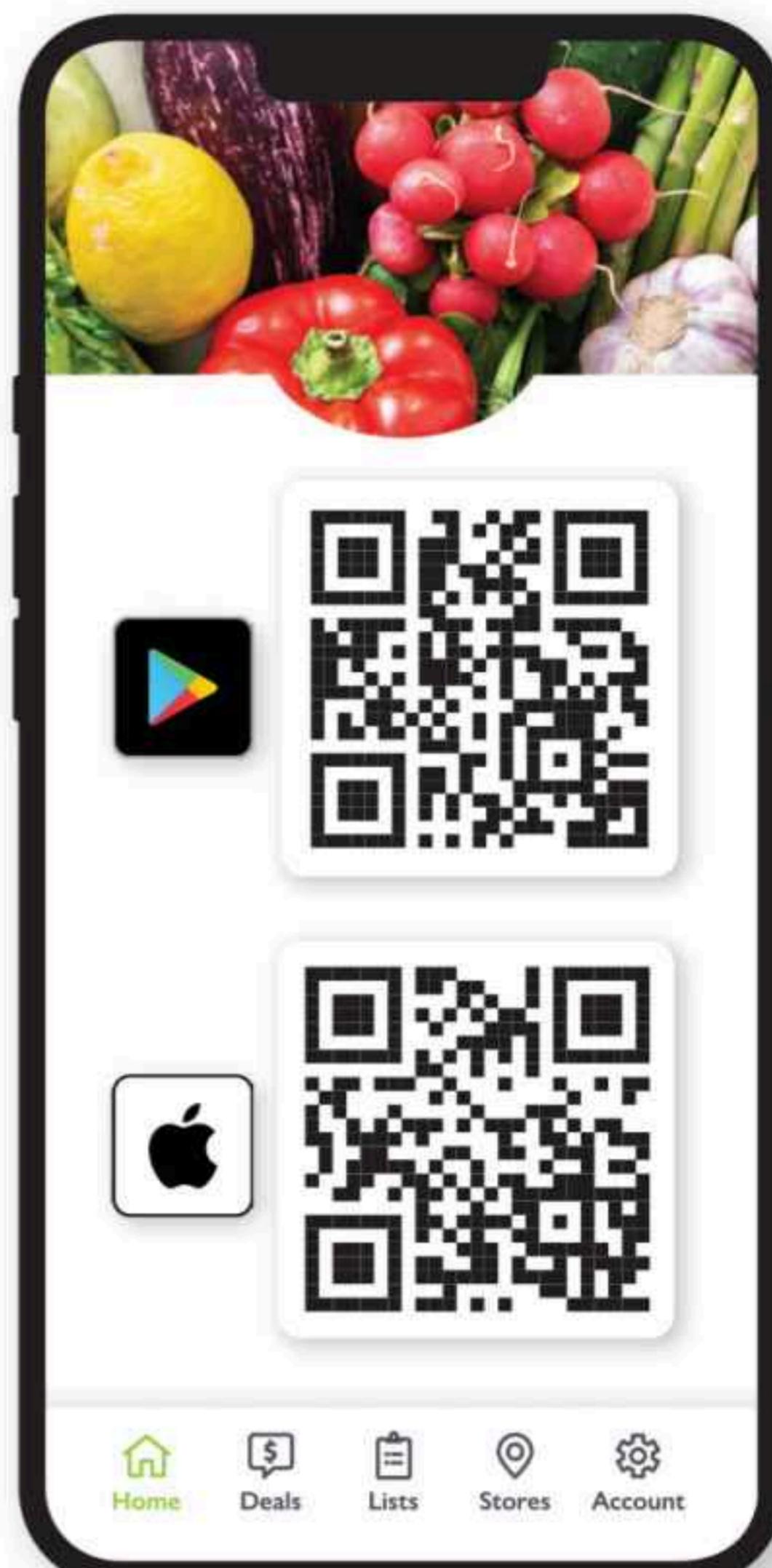
Natural Abundance Food Co-op
Sioux Falls Food Co-op

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

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.

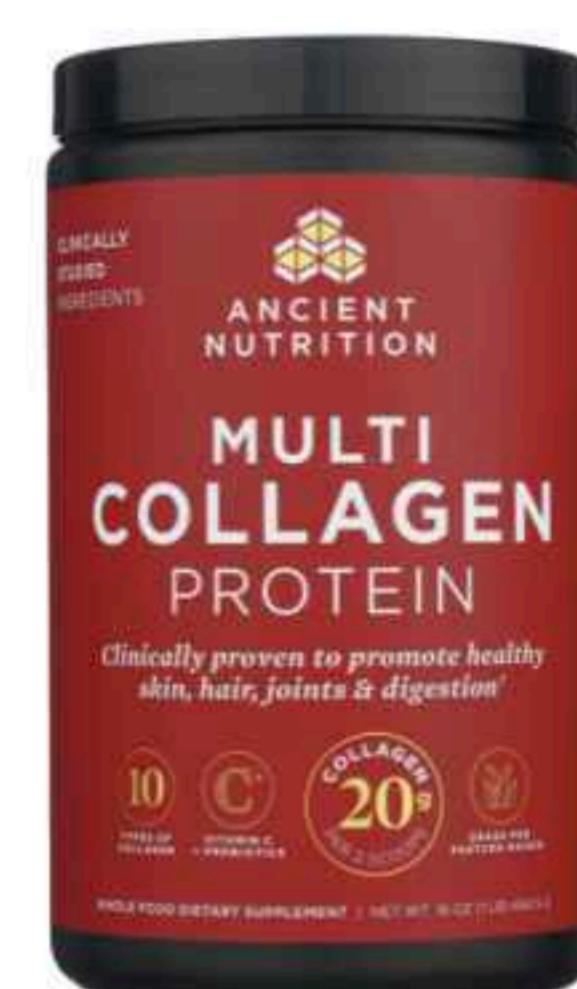
crafted for gentle nourishment



At MegaFood, we craft our supplements with care, using research-backed ingredients, testing for 150+ substances and purposefully creating formulas that nurture people and the planet.

15.99

**MegaFood
Blood Builder**
60 ct.



36.99

**Ancient Nutrition
Multi Collagen
Protein Powder**
15.9-16.7 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.

MW0126A

