

coop deals

MAR 18 - MAR 31, 2026

flavors you love

INCLUSIVE TRADE PARTNER

Prepare for spring with great snack options you can easily grab when exploring museums, taking a trip, working or studying. GoMacro is a woman-owned company and they're made with ingredients you'll love, helping to give you a boost during your busy days.



2.29

GoMacro
Organic Bars
2-2.4 oz., selected varieties



2/\$6

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



2.99

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



4.49

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



Delicious snacks are at the co-op.

Give yourself a flavor boost.

COOPERATIVELY OWNED



4.99
Organic Valley
Shredded Cheese
4-6 oz., selected varieties

good, honest, organic

We use 100% organic milk from pasture-raised cows, live and active cultures, and a variety of flavors to create an irresistible snack for kids on the go.

4.49

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



4/\$7
Forager Project
Organic
Cashewmilk
Yogurts
5.3 oz., selected varieties



2/\$5
Brew Dr.
Organic
Kombuchas
14 fl. oz., selected varieties

sip happens

Crafted from specialty-grade, sustainably sourced beans, Chameleon Cold Brew offers a rich, smooth taste while promoting fair and ethical farming. Every pour tells a story.

8.49

Chameleon Coffee
Organic Cold-brew
Concentrate
32 fl. oz., selected varieties



2/\$5
Odyssey
Energy Drinks
12 fl. oz., selected varieties



4.29
Silk
Plant-based Milk
64 oz., selected varieties

Brighten your mornings with deals from the co-op.



3.99
Ithaca
Hummus
10 oz., selected
varieties



feel good mood + mind

INCLUSIVE TRADE PARTNER

GT's Living Foods is family- and LGBTQIA+-owned. ALIVE helps soothe stress, clear your mind and uplift your mood with clinically studied adaptogens. It's a fizzy, flavorful, feel-good functional beverage that gently supports your nervous system.

2/\$6
GT's
Alive Elixirs
16 fl. oz., selected varieties



Find an assortment of seasonal ingredients at the co-op.
Make meals you love.



7.99
Bubbies
Pickles or Pickle Chips
33 fl. oz., selected varieties



4.99
Smart Chicken
Organic Whole
Bird
per pound



5.49
Tofurky
Plant-based
Sausages
13 oz., selected varieties



5.99
Applegate
Pork Bacon
8 oz., selected varieties



12.99
Thousand Hills
100% Grass-fed
Top Sirloin Steak
12 oz.

Find everything for easy meals 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



7.49
Caulipower
Frozen Pizza
10.9-11.85 oz.,
selected varieties



rich in protein

Triple-strained. Thick and creamy. Authentically crafted with locally sourced milk. An excellent source of protein for small-spoon eating.

4/\$5
Chobani
Greek Yogurts
5.3 oz., selected varieties



Snacks, meals and everything in between.

Comfort food at the co-op.

premade pasta favorites



7.99
Woodstock
Organic Frozen Pasta
20 oz., selected varieties

Woodstock Organic Frozen Pastas are rich, flavorful and conveniently packaged to make mealtimes a breeze. Our products cook up in five minutes or less and are available in four delicious varieties for everyone to enjoy!



12.99
Cascadian Farm
Organic Frozen
Fruit
28-32 oz., selected
varieties



Try something new from the co-op!

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

meals made simple

Family-owned since the launch of our first pot pie in 1987, our recipes are crafted using the highest quality, natural and organic ingredients so you can enjoy them in minutes.



3/\$10

Amy's
Burritos
5.5-6 oz., selected varieties



3.99

Amy's
Macaroni & Cheese
9 oz.



5.99

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



8.99

Amy's
Frozen Pizza
13-14 oz., selected varieties



3.99

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



5.49

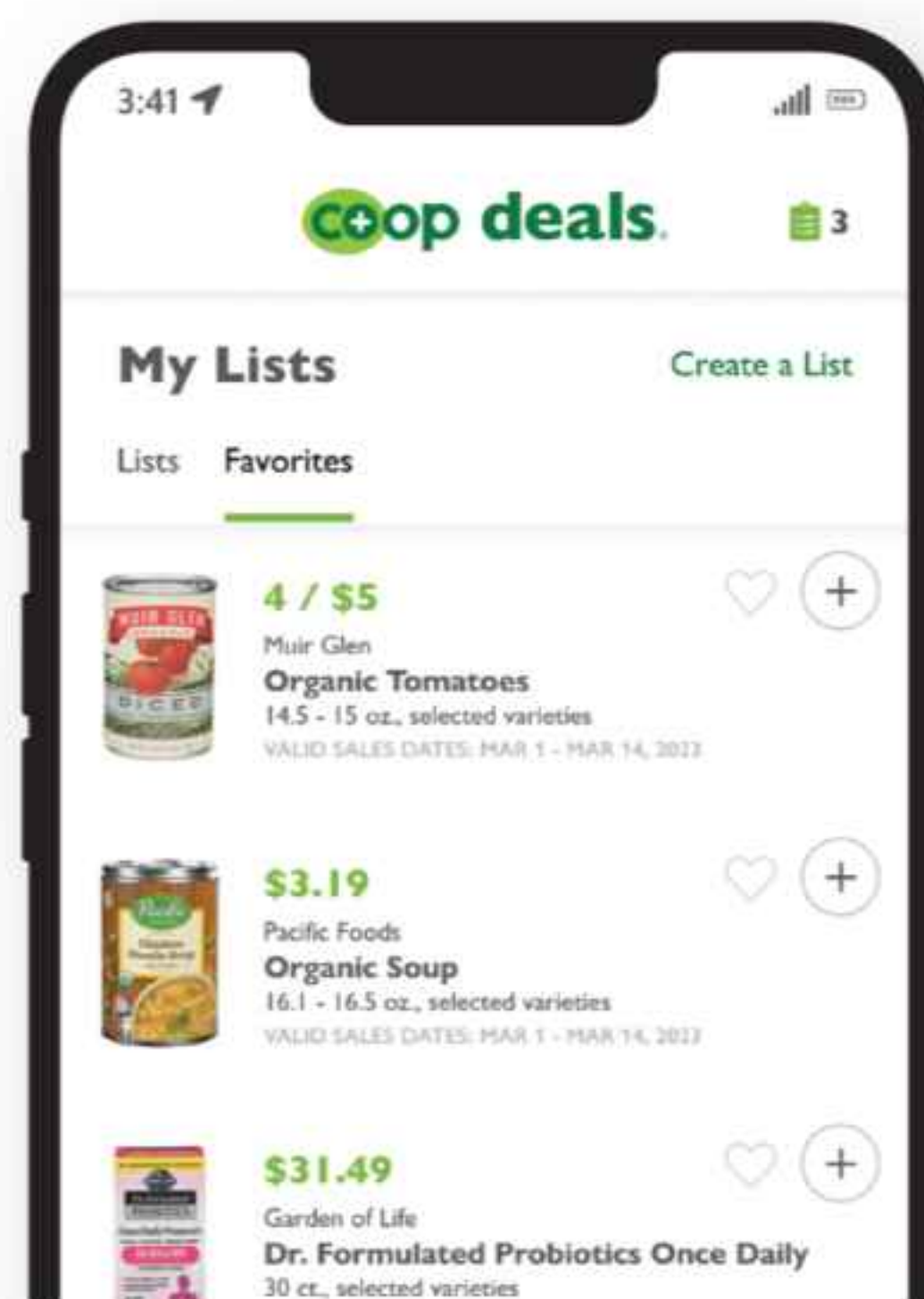
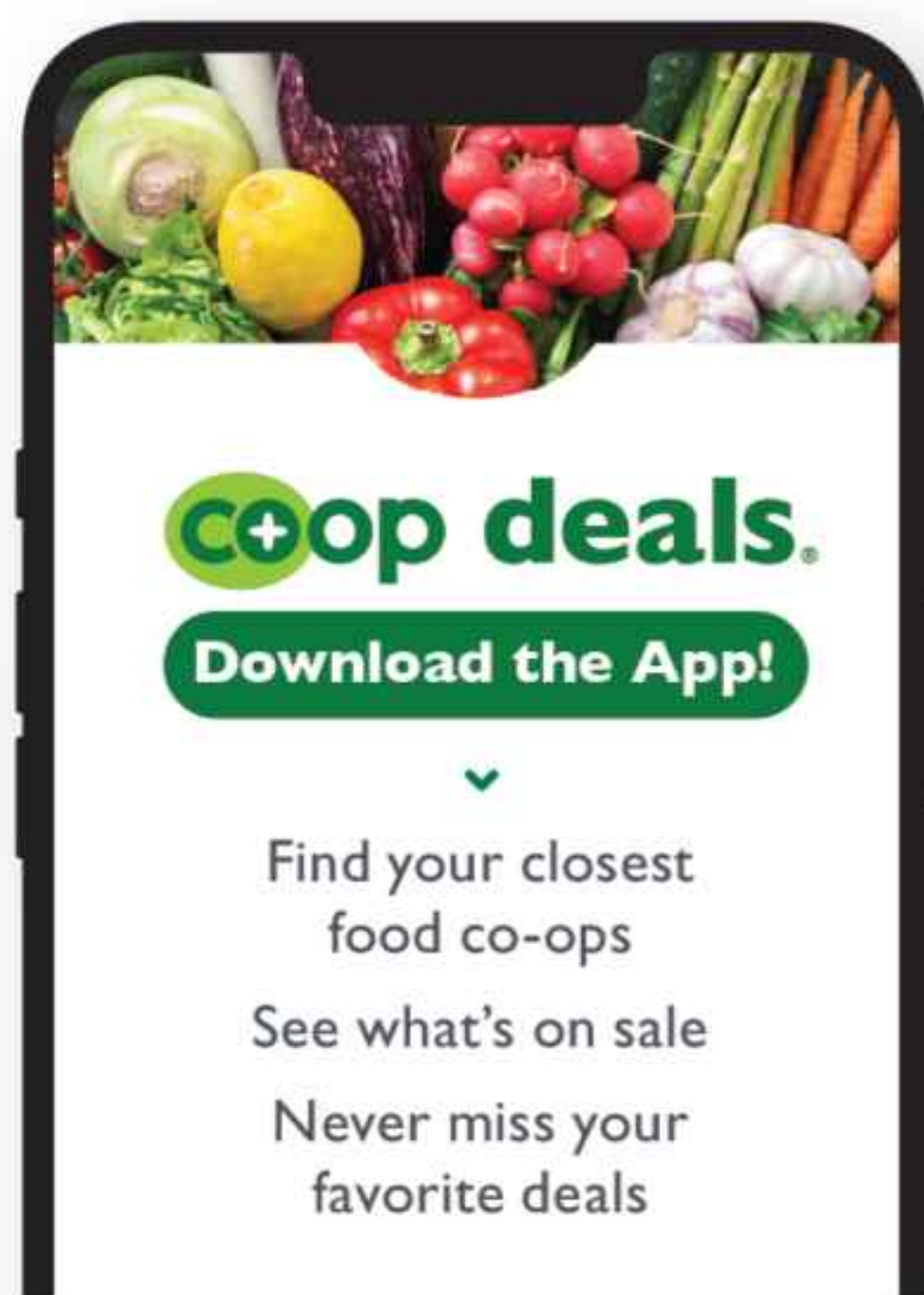
JonnyPops
Frozen Novelties
6.72-14.8 fl. oz., selected
varieties



5.99

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

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.



Download the Co+op Deals app today!

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



discover wellness

Guided by nature.
Grounded in feeling.
Wellbeing starts within.

3.99

Yogi Tea
Herbal Tea Blends
16 ct. , selected varieties



2/\$7

Celestial
Seasonings
Herbal Teas
12-20 ct., selected
varieties



3.99

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



5.49

Kind
Grain Clusters or
Granola
11 oz., selected varieties



whole wheat goodness

Thrill your tastebuds with warm, sweet cinnamon flavor. Crafted from just four ingredients, Kashi Cinnamon Harvest is packed with whole grains and fiber to satisfy hunger and help you start your day with a smile.

5.49

Kashi
Cereal
12.3-18 oz., selected varieties



5.79

Bonne Maman
Fruit Curd or
Preserves
12.7-13 oz., selected
varieties



14.99

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

The co-op has breakfast and pantry favorites.

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



2/\$3

Rip Van Wafels
1.16 oz., selected varieties



2.39

Little Secrets Crispy Wafers
1.4 oz., selected varieties



2/\$5

Good Health Peanut Butter Filled Pretzels
5 oz.



everyday low price

3.49

Field Day Sea Salt Pita Chips
7.33 oz.



3.99

Terra Vegetable Chips
5 oz., selected varieties



2/\$8

Annie's Organic Bunny Grahams
7.5 oz., selected varieties



4.49

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



4.49

Mi-del Snaps
8-10 oz., selected varieties



4.99

Taza Organic Chocolate Bar
2.5-2.7 oz., selected varieties

indulgent.
simple.
chocolate.

Hu unites simple ingredients with unbeatable taste. Dive into delicious chocolate that tastes as good as it makes you feel.



4.49

Hu Organic Chocolate Bar
2.1 oz., selected varieties



3.99

Late July Snacks Tortilla Chips
7.4-10 oz., selected varieties

Step up your snack game 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



2/\$4
Muir Glen
Organic Tomatoes
14.5-15 oz., selected varieties



2/\$3
Annie's
Mac & Cheese
5.25-6 oz., selected varieties



2/\$7
Muir Glen
Organic Pasta
Sauces
23.5 oz., selected varieties



3.79
Montebello
Organic Pasta
16 oz., selected varieties



6.99
Once Again
Organic Peanut Butter
16 oz., selected varieties



3.99
Tasty Bite
Organic Entree
10 oz., selected varieties



8.99
Primal Kitchen
Avocado Oil Mayo
12 fl. oz., selected varieties



11.99
California Olive Ranch
Global Blend Extra
Virgin Olive Oil
16.9 fl. oz.

scoop up the savings in bulk!



2.19
Organic Light Brown
Sugar
per pound in bulk



2.49
Organic Red
Lentils
per pound in bulk



3.29
Organic
Thompson Raisins
per pound in bulk

Shop the co-op for all your bulk needs.

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



3.99
Santa Cruz Organic
Lemon or Lime Juice
16 fl. oz., selected varieties



2.79
Tonnino
Yellowfin Tuna
4.94 oz., selected
varieties



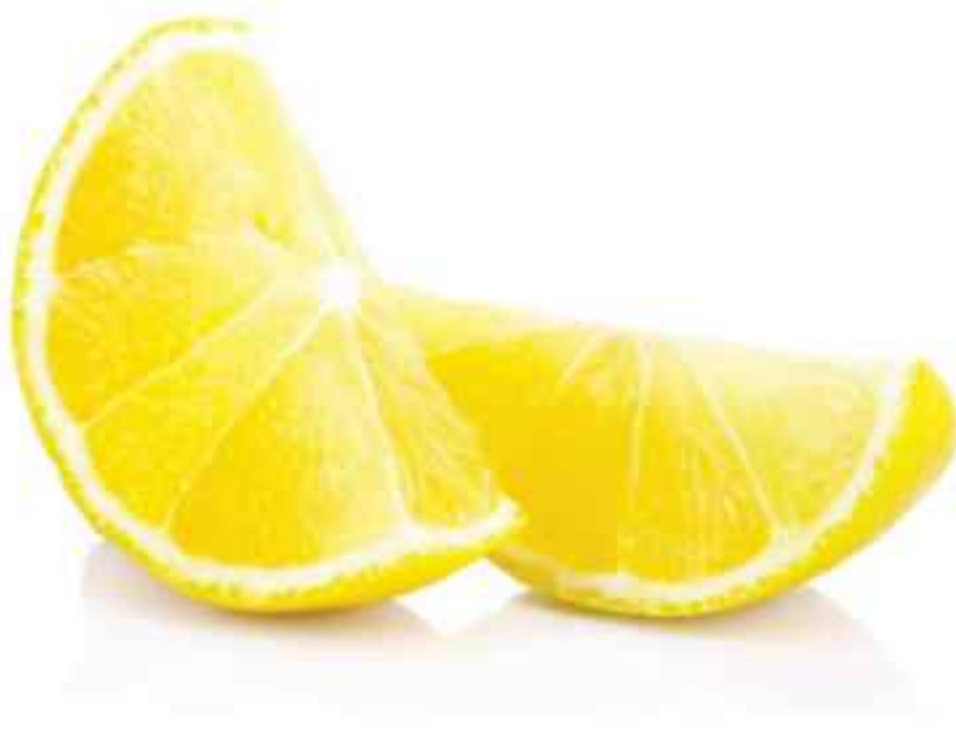
3.49
Pacific Foods
Organic Original
Oat Beverage
32 fl. oz., selected
varieties



3.99
Pacific Foods
Organic Soup
16.1-16.5 oz., selected
varieties



3.99
C2O
Coconut Water
33.8 fl. oz., selected
varieties



5.99
Bragg
Organic Apple
Cider Vinegar
32 fl. oz.



9.99
4th & Heart
Grass-fed Ghee
9 oz., selected varieties



a premium pour
Crafted from organic Mediterranean olives and cold-pressed for a smooth, balanced flavor. Perfect for sautéing, roasting or drizzling over your favorite dishes. Now with a resealable pop-up spout!

17.99
Napa Valley Naturals
Organic Extra Virgin Olive Oil
25.4 fl. oz.

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



6.49
Fishwife
Tinned Fish
3.7-4.2 oz., selected varieties

Your pantry essentials are at the co-op.

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



3.99
Let's Do Organic
Heavy Coconut
Cream
13.5 fl. oz.



COOPERATIVELY OWNED
4.99
Simply Organic
Cinnamon
2.45 oz.



5.99
Miss Jones Baking Co.
Organic Frosting
11.29 oz., selected varieties



4.49
Wholesome
Organic
Powdered Sugar
16 oz.



7.39
Lily's
Baking Chips
9 oz., selected varieties

*it starts with
good ingredients*

At **Bob's Red Mill**, we know nothing tastes as delicious as homemade food made with good ingredients. That's why we take special care with our premium flours, your key to the best flavor and texture. Homemade perfection, every time.



3.69
Bob's Red Mill
Gluten-free
Cornbread Mix
20 oz.



7.49
Bob's Red Mill
Organic Flour
5 lbs., selected varieties



8.99
Bob's Red Mill
Gluten-free 1-to-1
Baking Flour
44 oz.



8.99
Bob's Red Mill
Super-fine
Almond Flour
16 oz.

All your baking ingredients are at the co-op.

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

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.



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



6.99
Andalou Naturals
Shampoo or Conditioner
11.5 fl. oz., selected varieties



8.99
Schmidt's
Deodorant
2.65 oz., selected varieties



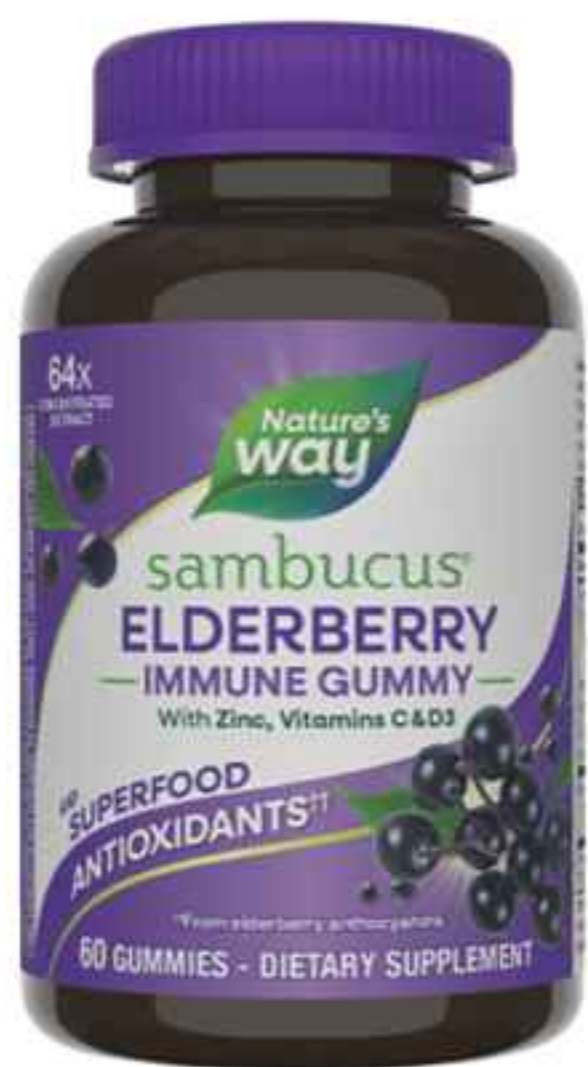
2.99 Quantum Health
Zinc Elderberry
Lozenges
14 ct.



5.99
Davids
Toothpaste
4-5.25 oz., selected
varieties



8.99
Pranarom
Organic Frankincense
Essential Oil
.068 fl. oz.



14.99
Nature's Way
Sambucus Elderberry
Immune Gummies
60 ct.



9.99
Green Forest
Bathroom Tissue
12 ct.



10.69
Life-Flo
Pure Magnesium Oil
8 fl. oz.



21.99
Barlean's
Organic Flax Oil
16 fl. oz., selected
varieties



Find the products you love 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.

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.

3.99

Ecos Dish Soap
25 fl. oz., selected varieties



3.39

LesserEvil Organic Popcorn
4.6-6.4 oz., selected varieties



3/\$5

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



MW0326B