

# coop deals

JAN 15 - FEB 4, 2025



*a mindful moment*

Heat up some water, then grab a favorite book or have a friend over and enjoy a hot cup of Lemon Ginger Yogi tea. On sale at the co-op, Yogi Tea is perfect for the winter days ahead.



**3.99**

**Yogi Organic Tea**  
16 ct., selected varieties

**INCLUSIVE TRADE PARTNER**

Painterland Sisters is a woman-owned company. We make delicious yogurt and work with our partner farms to care for land, animals and workers.



**4/\$9**

**Painterland Sisters Organic Icelandic Style Skyr Yogurts**  
5.3 oz., selected varieties



**2/\$4**

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



**2.79**

**Angie's Boomchickapop Popcorn**  
4.4-7 oz., selected varieties



**3.99**

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



Get cozy for winter.

**Relaxing winter moments.**



**5.49**

Vital Farms  
Pasture-raised  
Liquid Whole Eggs  
16 oz.



**6.99**

Vital Farms  
Pasture-raised  
Butter  
16 oz., selected varieties



**7.99**

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

*raising the standards*

Our mission is to bring ethical food to the table. Our pasture-raised eggs and butter are cultivated with respect by family farmers, giving you honest ingredients to start your year right.



**3.99**

Califia Farms  
Barista Blend  
Plantmilks  
32 fl. oz., selected varieties



**3.99**

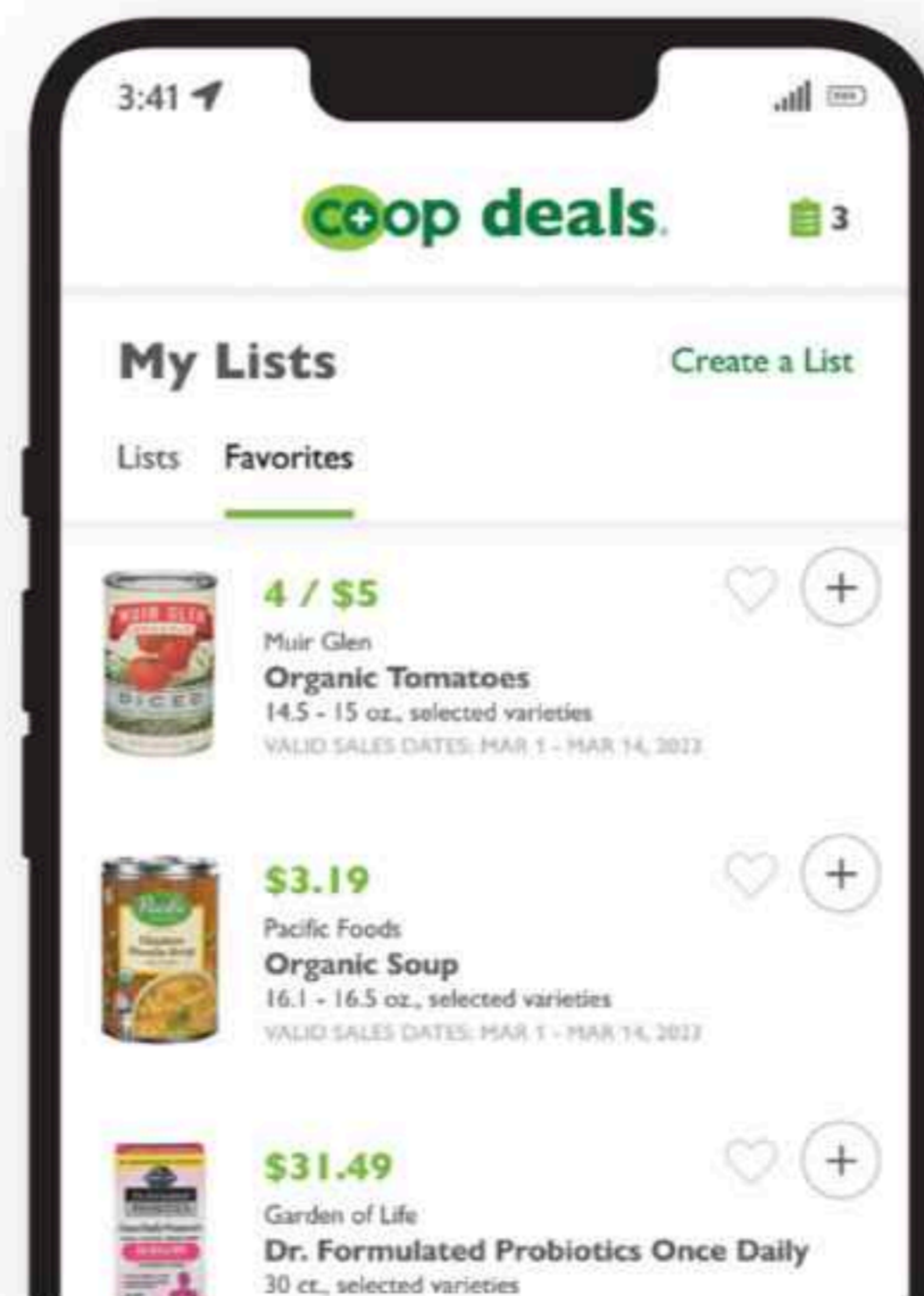
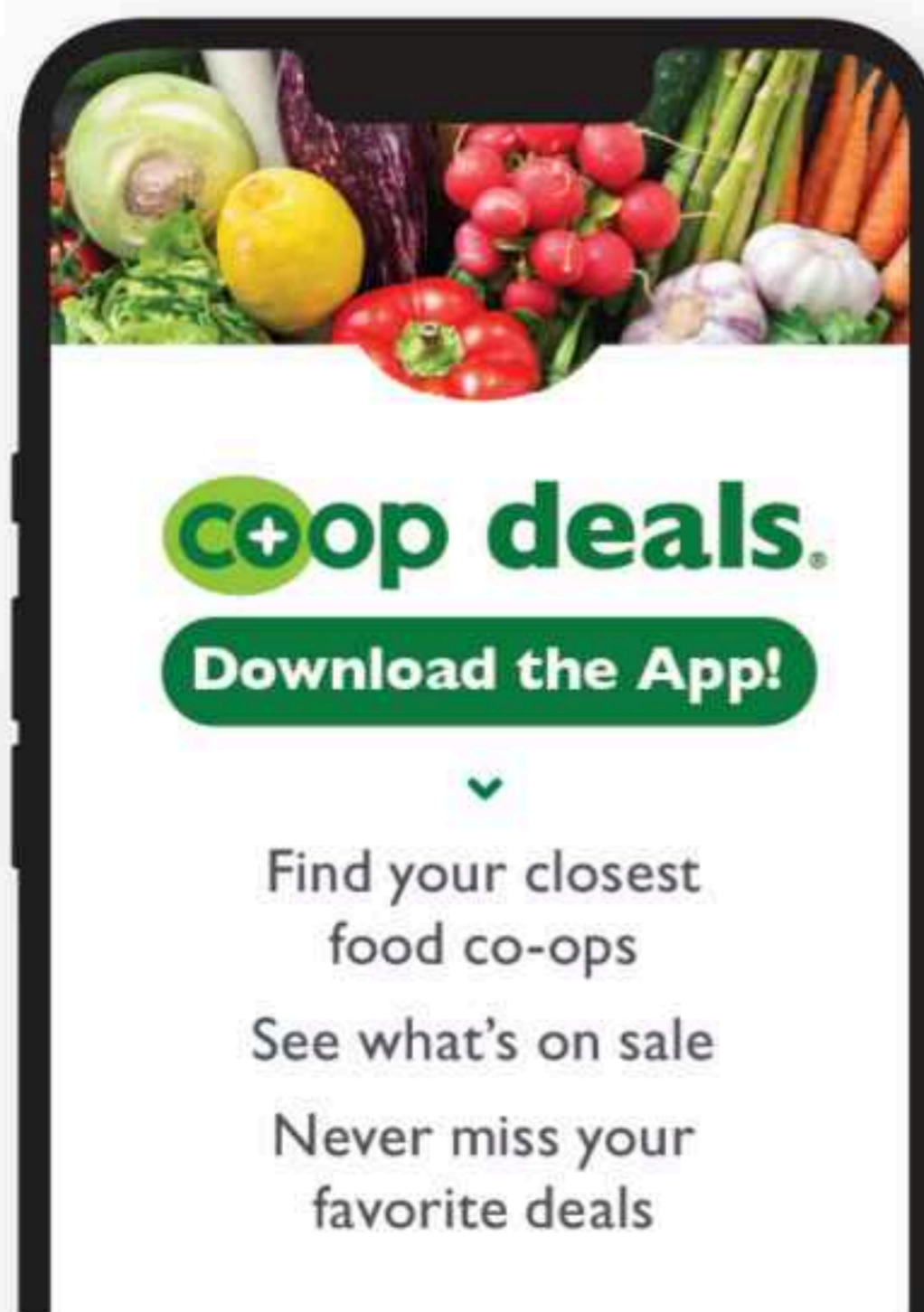
Ithaca  
Hummus  
10 oz., selected varieties



**4.49**

Nancy's  
Organic Grass-fed Yogurt  
24 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.



**Be sure to check out the Co+op Deals app!**



**1.59**

**Forager Project Organic Cashewmilk Yogurt**  
5.3 oz., selected varieties



**2.99**

**Wildwood Organic Sprouted Tofu**  
14 oz., selected varieties



**4/\$5**

**Fage Greek Yogurts**  
5.3 oz., selected varieties



**3.69**

**Laird Superfood Coconut Creamer**  
16 fl. oz., selected varieties



**3.99**

**Kalona Supernatural Organic Sour Cream**  
16 oz.



*love your guts*

Discover Lifeway Organic Whole Milk Kefir! Crafted with all-natural ingredients, each sip is loaded with protein for strong muscles and 12 live and active probiotic cultures to support your microbiome.

**4.79**

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

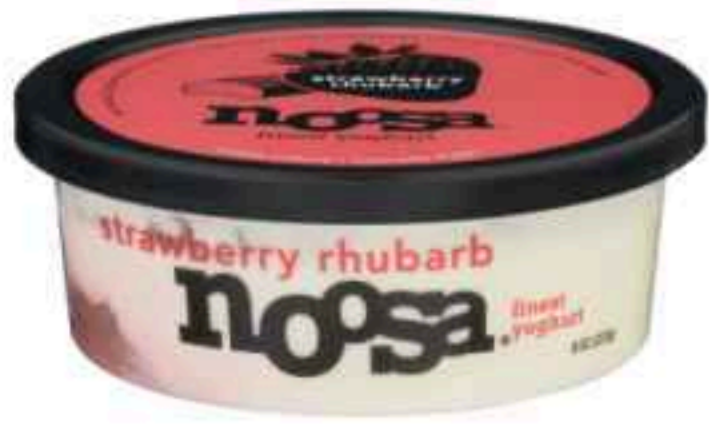


**6.49**

**Chameleon Cold Brew Organic Coffee Concentrate**  
32 fl. oz., selected varieties

**Fill the fridge with all the best from your co-op.**

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



**4/\$9**

Noosa  
Yoghurts  
8 oz., selected varieties

*rich, creamy and perfectly delicious*



Our Brown Cow Yogurt is Non-GMO Project Verified with live and active cultures. Make today delicious with the original cream top yogurt.

**5/\$5**

Brown Cow  
Cream Top Yogurts  
5.3 oz., selected varieties



**2/\$4**

Forage Kombucha  
Organic  
Kombuchas  
12 fl. oz., selected varieties



A balanced breakfast for busy days.

**A refreshing start to the day.**

*clean energy*

**INCLUSIVE TRADE PARTNER**

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. ALIVE is our sparkling adaptogenic beverage designed to naturally energize your body and mind. Made with three powerful medicinal mushrooms, each sip provides a rejuvenating boost so you can feel alert.

**2/\$6**

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



**inclusive trade**



**4.49**

Stonyfield Organic  
Kids Yogurt Tubes  
16 oz., selected varieties

**Discover new flavors at your co-op.**

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



**2/\$4**  
 De La Calle!  
 Organic Mexican  
 Soda  
 12 fl. oz., selected  
 varieties



**2/\$5**  
 Perfect Bar  
 Protein Bars  
 1.94-2.5 oz., selected  
 varieties



**4.49**  
 Silk  
 Plant-based Milk  
 64 fl. oz., selected  
 varieties



**4.99**  
 So Delicious  
 Organic  
 Coconutmilk  
 64 fl. oz., selected  
 varieties



**5.49**  
 Miyoko's  
 Creamery  
 Organic Pourable  
 Plant Milk  
 Mozzarella  
 16 oz.



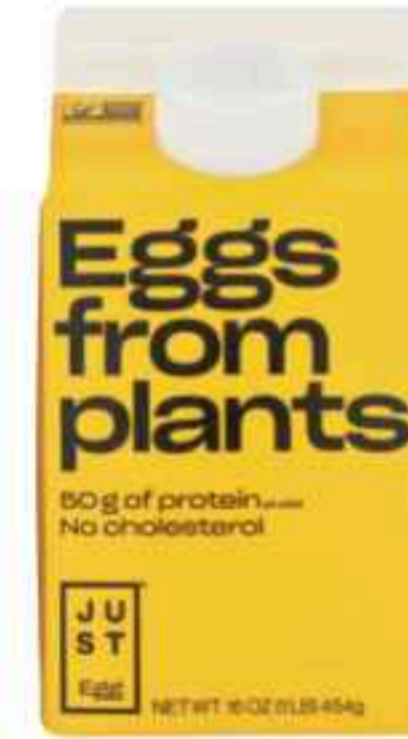
**5.49**  
 So Delicious  
 Coconutmilk  
 Yogurt  
 24 oz., selected  
 varieties



**5.49**  
 Chobani  
 Greek Yogurt  
 32 oz., selected varieties



**5.99**  
 Treeline  
 Dairy-free  
 French-style  
 Cheese  
 6 oz., selected varieties



**6.49**  
 Just  
 Plant-based Egg  
 16 oz.



*nourishing  
 ingredients*

**OPTIONS FOR EVERYONE**

Start your day with a breakfast that makes mornings something to look forward to! The co-op has the ingredients you love so that every bite is fuel for a great day.

COOPERATIVELY OWNED



**5.49**  
 Organic Valley  
 Cottage Cheese  
 16 oz., selected varieties

**Your co-op has dairy and dairy-free options.**

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

*plant-based favorites*

Start the year off with plant-based items full of flavor! **Lightlife** and **Field Roast** offer plant-based options for any occasion.



**3.39**  
Lightlife  
Organic Tempeh  
8 oz., selected varieties



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



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



**5.99**  
Field Roast  
Plant-based  
Appetizers  
10 oz., selected varieties



Make delicious meals with Co+op Deals.  
**Plant-based and gluten-free.**



**5.99**  
Canyon Bakehouse  
Gluten-free Bread or Bagels  
14-18 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Caulipower is a woman-owned company started by a mom of two children with celiac disease. We offer delicious, gluten-free options.



**6.99** Caulipower  
Cauliflower Crust Pizza  
10.9-11.85 oz., selected varieties



*Shop inclusive trade!*

We're pleased to offer great deals on brands from businesses owned by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.

**Your co-op supports Inclusive Trade.**



**2/\$4**

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

*fresh start with frozen*

Kick off the new year with Woodstock Organic Frozen Vegetables. Our vegetables are flavorful, versatile ingredients that make the perfect side or can be added to any soup, salad or stir-fry!



**2.69**

**Woodstock Organic Frozen Vegetables**  
10 oz., selected varieties



**3.79**

**Pitaya Passion Fruit**  
Bite-sized Pieces  
12 oz.



**2/\$8**

**Cascadian Farm Organic Frozen Fruits**  
8-10 oz., selected varieties



**4.69**

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



**5.49**

**Food for Life Organic Bread**  
24 oz., selected varieties

*heritage inspired and grain free!*

Hosting taco night? Siete's Grain-free Tortillas have got your name on 'em! Simply warm them on a skillet and then fill with meat, cheese, veggies and more. ¡Buen Provecho!



**7.99**

**Siete Grain-free Tortillas**  
7 oz., selected varieties



**4.99**

**Rudi's Organic Bread**  
22 oz., selected varieties

**Easy meal solutions are at your co-op.**



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



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

**2/\$9**  
Pacific Foods  
Organic Soups  
32 fl. oz., selected varieties



**3.99**  
Sfoglini  
Organic Pasta  
12-16 oz., selected  
varieties



**5.49**  
Bragg  
Organic Apple  
Cider Vinegar  
32 fl. oz.



**8.49**  
Lundberg Family  
Farms  
Organic Rice  
32 oz., selected varieties



*your partner in cooking*

With every sizzle and drizzle, Spectrum® Culinary Oil unlocks the true essence of your ingredients with our diverse selection of cooking oils, transforming every dish into a mouthwatering masterpiece!

**8.49**

Spectrum  
Organic Unrefined  
Coconut Oil  
14 oz.



**9.99**  
Chosen Foods  
100% Pure  
Avocado Oil  
16.9 fl. oz.



**Find cooking essentials at your co-op.**





**4/\$9**

**Wild Planet Sardines**  
4.4 oz., selected varieties



**2/\$6**

**Bar Harbor Chowder or Bisque**  
15 oz., selected varieties



**3.99**

**Santa Cruz Organic Apple Sauce**  
23 oz., selected varieties



**7.99**

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



**9.99**

**Justin's Almond Butter**  
16 oz., selected varieties

*imagine the possibilities*



Imagine® starts with fresh ingredients. We're dedicated to helping you discover restaurant-quality meals at home with over 20 organic soups, broths and gravies. Let your imagination run wild!

**2/\$7**

**Imagine Organic Broths**  
32 fl. oz., selected varieties

**INCLUSIVE TRADE PARTNER**

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



**2/\$4**

**Fillo's Walking Tamales**  
4 oz., selected varieties

*scoop up the savings in bulk!*



**1.69**

**Organic Steel Cut Oats**  
per pound in bulk



**3.19**

**Organic Kidney Beans**  
per pound in bulk



**4.99**

**Organic Pumpkin Seeds**  
per pound in bulk

**Discover delicious brands at your co-op.**



**2.99**

**Nutpods**  
Dairy-free Creamer  
11.2 fl. oz., selected varieties



**3.49**

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



**2/\$8**

Cascadian Farm  
Organic Cereals  
8.6-14.6 oz., selected  
varieties



**4.49**

**Nature's Bakery**  
Fig Bars  
6pk.-2 oz., selected varieties



**5.99**

Seven Sundays  
Cereal  
8 oz., selected varieties



**2/\$6**

Goldthread  
Plant-based Tonic  
10.5 fl. oz., selected  
varieties



**31.99**

Four Sigmatic  
Organic Plant-based  
Protein Powder  
21.16 oz., selected varieties

*oats, perfected by nature*

Good mornings start with good ingredients, like Bob's Red Mill Organic Protein Oats and Gluten-free Organic Old Fashioned Rolled Oats. Enjoy a cozy bowl of oatmeal or bake cookies with the kids!

**7.49**

**Bob's Red Mill**  
Organic Oats  
28-32 oz., selected varieties



**5.49**

**Maranatha**  
Organic Peanut Butter  
16 oz., selected varieties

**Your co-op helps make mornings easier.**



**2/\$4**

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



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**4.79**

**Simply Organic Cinnamon**  
2.45 oz., selected varieties



**5.99**

**Rishi Organic Tea**  
15 ct., selected varieties



**6.39**

**Manitoba Harvest Hemp Hearts**  
8 oz.



**8.99**

**Navitas Organics Unsweetened Cacao Powder**  
8 oz.



COOPERATIVELY OWNED



**9.99**

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



COOPERATIVELY OWNED



**10.99**

**Equal Exchange Organic Love Buzz Coffee**  
per pound in bulk



**13.99**

**Four Sigmatic Organic Mushroom Coffee**  
12 oz., selected varieties



**17.99**

**Simply Tera's Pure Whey Protein Powder**  
12 oz., selected varieties



*blended, not baked*

Whether you're looking for craveable sweet flavors or a bar packed with greens, PROBAR Meal is the perfect companion for days on-the-go! Real food, made with real ingredients.

**2.29**

**Probar Meal Bar**  
3 oz., selected varieties



**2/\$4**

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



**Your co-op has everything to stock the pantry.**

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 Snack 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

*fuel your next adventure*

**Epic** brings bold flavor and premium sourcing standards to every bar, strip, pork rind and broth. Whole30 approved, keto friendly, gluten-free, paleo-friendly and more. This is not your dad's meat snacks. It's EPIC.



Find snacks to sustain your energy.

**Fuel your active lifestyle.**



**4/\$5**

**Larabar Fruit & Nut Bars**  
1.06-1.7 oz., selected varieties



**2/\$6**

**Boulder Canyon Potato Chips**  
5.25-6.5 oz., selected varieties



**3.29**

**Uglies Potato Chips**  
6 oz., selected varieties



**3.79**

**Lundberg Family Farms Organic Rice Cakes**  
6-10.5 oz., selected varieties

**The snacks you love are at your co-op.**



**3.99**

Siete  
Tortilla Chips  
5-7.5 oz., selected varieties



**2/\$9**

Garden of Eatin'  
Tortilla Chips  
16 oz., selected varieties



Relax with refreshments from the co-op.

**Great snacks for gatherings.**



**3/\$5**

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



**2/\$4**

Vita Coco  
Coconut Waters  
16.9 fl. oz., selected  
varieties



**3.29**

From the Ground Up  
Cauliflower Crackers  
3.5-4 oz., selected varieties

COOPERATIVELY OWNED



**3.99**

Equal Exchange  
Organic  
Chocolate Bar  
2.8-3.5 oz., selected  
varieties



**4.49**

Green Mountain  
Gringo  
Salsa  
16 oz., selected varieties



**5.49**

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

**Find food and drinks for on-the-go at your co-op.**



**12.99**  
Nature's Way  
Cherry Umcka  
Syrup  
4 fl. oz.

*turmeric you can trust*

Gaia Herbs is the bestselling turmeric for a reason. Made with regeneratively grown turmeric and purity tested, our full-spectrum liquid phytocaps are potent, concentrated and effective.



**19.99**  
Barlean's  
Organic Flax Oil  
16 fl. oz.

**32.99**

Gaia Herbs  
Turmeric Supreme  
Extra Strength  
120 ct.



**19.99**  
Enzymedica  
Digest Gold  
45 ct.



**19.99**  
Flora  
Super 8 Hi-  
Potency Probiotic  
30 ct.



**27.99**  
Whole Earth & Sea  
Multivitamin &  
Mineral  
60 ct., selected varieties

*live brighter*



Since 1973, we've scoured the globe for the highest-quality ingredients, connecting you with the most efficacious supplements to help you live brighter and embrace the moments that matter most. Our mission statement is printed on our bottles; it's also our way of life.



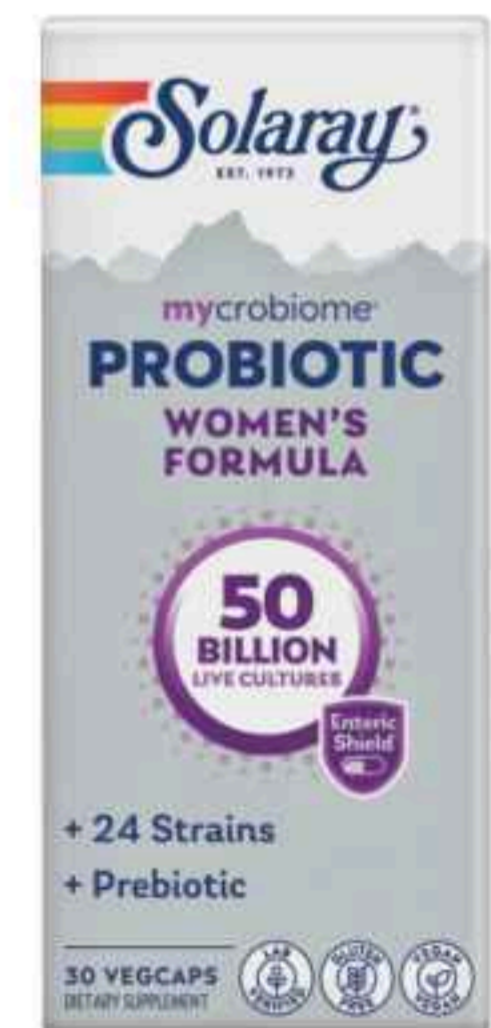
**14.99**  
Solaray  
Vitamin D-3 & K-2  
60 ct.



**16.99**  
Solaray  
Magnesium  
Glycinate 350mg  
120 ct.



**22.99**  
Solaray  
D-Mannose  
with CranActin  
60 ct.



**35.99**  
Solaray  
Mycrobioome  
Women's Probiotic  
30 ct.

**Find a variety of supplements at your co-op.**



**3.69**

**Seventh Generation  
100% Recycled Bath Tissue**  
4 ct.

**INCLUSIVE TRADE PARTNER**

Giovanni is a veteran-owned company. We make cutting-edge, fashion-forward natural hair care a reality.

**6.99**

**Giovanni  
Shampoo or  
Conditioner**  
8.5 fl. oz., selected varieties



**12.99**

**Biokleen  
Liquid Laundry Detergent**  
64 fl. oz., selected varieties



**2.99**

**Desert Essence  
Tea Tree Oil  
Dental Floss or  
Tape**  
30-50 yd., selected varieties



**17.99**

**Andalou Naturals  
Resveratrol Q10  
Night Repair  
Cream**  
1.7 oz.

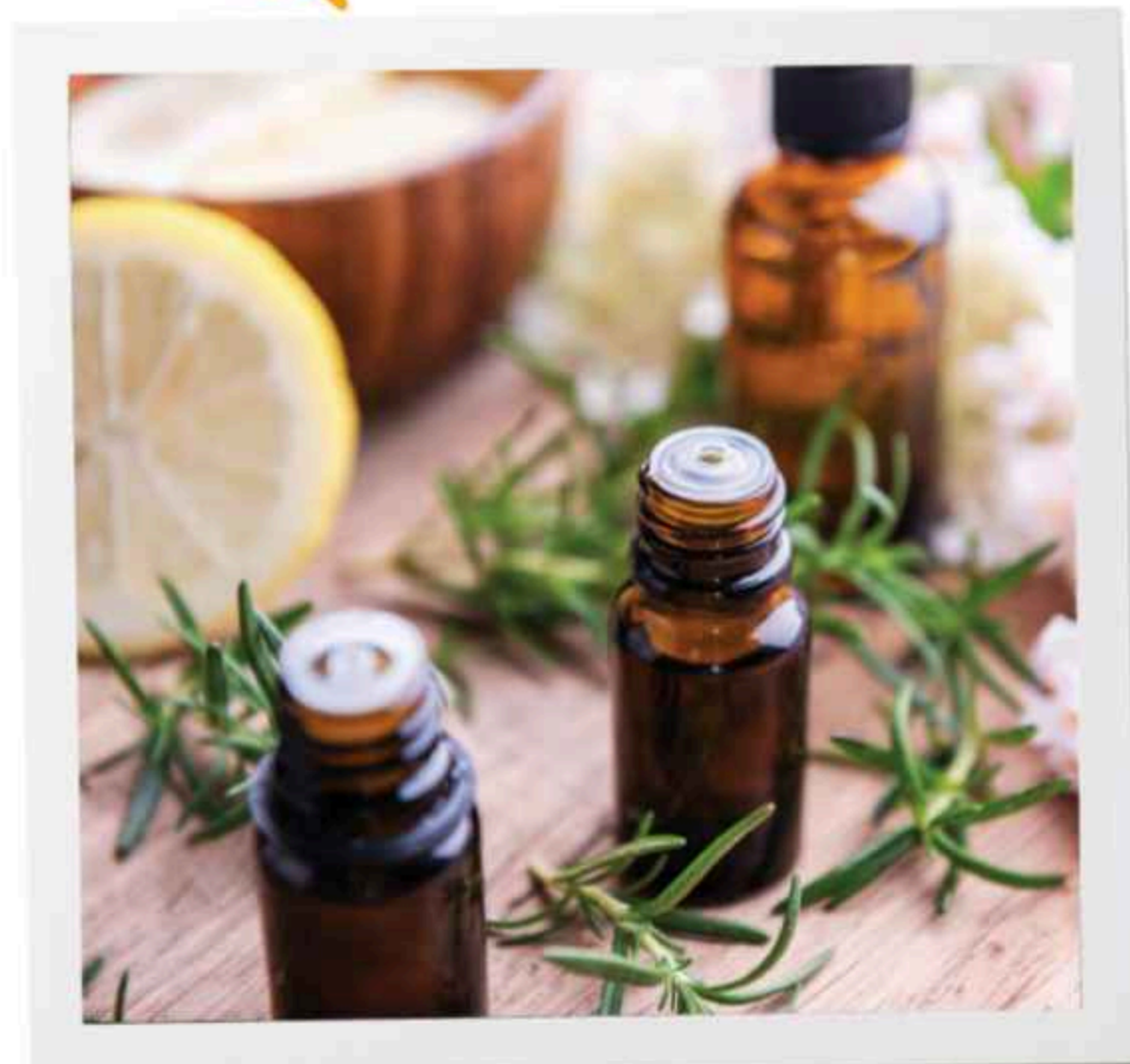


*simple and hydrating*

Taking care of your skin doesn't have to be challenging, but during colder weather months it's important to keep it hydrated.

**SCAN THE CODE:**

Check out this DIY body scrub recipe made with your own essential oils.



**9.99**

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

**Your co-op has everything for home and body care.**

**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

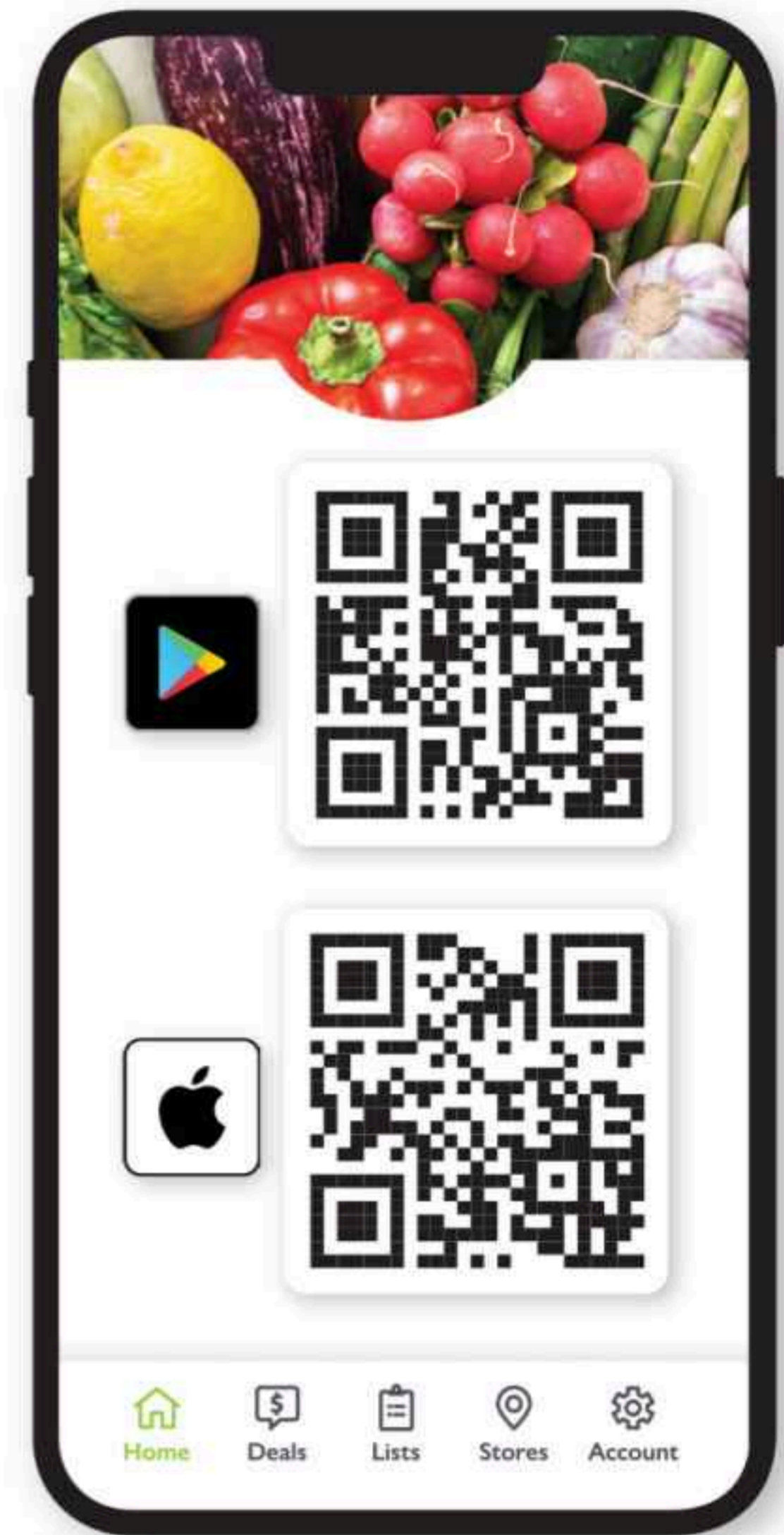
**WISCONSIN**

- 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.

*soda's back, but better*

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

**2/\$4**

**Poppi Prebiotic Sodas**  
12 fl. oz., selected varieties



**3.79**  
Barnana Organic Plantain Chips  
5 oz., selected varieties



**3.99**  
Solely Organic Whole Fruit Gummies  
3.5 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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