

coop deals

MAR 5 - MAR 18, 2025

creamy and fruity

PARFAIT LIKE IT'S 1999

Say hello to a smooth morning with Siggis' delicious skyr yogurt. Round up your favorite toppings to make a delicious yogurt parfait to unlock a great start to your day. Don't be late to the party — head over to the co-op and find these on sale now!



4/\$5

Siggis
Skyr Yogurts
4-5.3 oz., selected varieties



3.29

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



3.79

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



2/\$8

Zack's Mighty
Organic Tortilla Chips
9 oz., selected varieties



Find your favorite deals at the co-op.

Delicious spring meals await.



4/\$5

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



2.69

**KeVita
Organic Kombucha**
15.2 fl. oz., selected varieties



2/\$7

**Blue Diamond
Almondmilk**
59-64 fl. oz., selected varieties



3.99

**Harmless Harvest
Organic Coconut
Water**
16 fl. oz., selected varieties



4.49

**Nancy's
Organic Cottage
Cheese**
16 oz., selected varieties



4.99

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



5.99

**Bizzy
Organic Cold Brew
Coffee**
48 fl. oz., selected varieties



choose organic ingredients today



Stonyfield Organic Yogurt is made without toxic persistent pesticides, antibiotics, artificial growth hormones or genetically modified organisms (GMOs), protecting you and contributing to a healthy and sustainable world.

3.99

**Stonyfield Organic
Yogurt**
32 oz., selected varieties



2/\$8

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



Refreshing selections are at the co-op.



2.29

**Brew Dr.
Organic Kombucha**
14 fl. oz., selected varieties



4.49

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



2/\$5

**Perfect Bar
Protein Bars**
1.94-2.5 oz., selected varieties



3.79

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



4.79

**Good Culture
Organic Cottage
Cheese**
15-16 oz., selected varieties



4.99

**Tofurky
Plant-based
Sausages**
12-14 oz., selected varieties



5.49

**Toby's
Dressing or Dip**
12 oz., selected varieties



*irresistibly rich
and creamy*

Enjoy Vital Farms 90% grass-fed and pasture-raised butter that is made with fresh air and sunshine.

2/\$7

**Vital Farms
Butters**
8 oz., selected varieties



5.99

**Wildbrine
Organic Sauerkraut**
18 oz., selected varieties



6.99

**Applegate
Organic Sliced
Deli Meat**
6 oz., selected varieties

Find delicious ingredients at the co-op.

*spring forward
with Woodstock*



Healthy living can be made easier with **Woodstock's** wide range of frozen fruits and vegetables! Our products are quick and easy meal solutions you'll love to reach for without sacrificing flavor or nutrition.

2.19

Woodstock
Frozen Vegetables
10 oz., selected varieties

2.79

Woodstock
Organic Frozen Vegetables
10 oz., selected varieties

4.99

Woodstock
Organic Frozen Fruit
8-10 oz., selected varieties



3/\$10

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



2/\$7

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



7.99

Siete
Grain-free Tortillas
7 oz., selected varieties

filled with flavor

Woodstock Organic Filled Pastas are free from artificial ingredients and conveniently ready when you are. Perfect for a quick dinner or an easy way to impress guests!

7.99

Woodstock
Organic Filled Pasta
20 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

The co-op has your frozen favorites.



2/\$7

**Que Pasa
Organic Tortilla Chips**
10-11 oz., selected varieties



2/\$6

**Hippeas
Chickpea Puffs**
4 oz., selected varieties



2/\$6

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



2/\$7

**Stacy's
Pita Chips**
6.75-7.33 oz., selected varieties



2/\$7

**Tcho
Organic Chocolate Bars**
3 pack - 0.83 oz., selected varieties



3.99

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



4.99

**Newman's Own
Sandwich Cookies**
13 oz., selected varieties



4.99

**Unreal
Candy Bars, Cups or Gems**
3.2-5 oz., selected varieties

chef created, delightfully delicious

TERRA® real vegetable chips are culinary inspired and artfully crafted. These non-GMO, gluten-free chips are thoughtfully paired and creatively seasoned for an elevated snack worth savoring.

2/\$6

**Terra
Vegetable Chips**
5 oz., selected varieties



2/\$8

**Simple Mills
Cookies**
4.25-5.5 oz., selected varieties

The co-op has snacks for your next adventure.

INCLUSIVE TRADE PARTNER

Wildwonder is an Asian- and woman-owned company. We reimagine beverages using gut-healing superfoods, and 5% of our profits go toward empowering women and marginalized communities.

2/\$5

Wildwonder
Pre & Probiotic
Sparkling Drinks
12 fl. oz., selected varieties



50 years in bloom

Traditional Medicinals is honoring 50 years of herbal science, purpose and right livelihood. Join us in celebrating yesterday, today and the possibilities of tomorrow.

4.29

Traditional Medicinals
Organic Herbal Tea
16 ct., selected varieties



4.99

Bob's Red Mill
Gluten-free
Muesli
16 oz.



*100% real,
100% delicious*

We believe that real life calls for real ingredients. That's why LÄRABAR delivers crave-worthy flavors, made with 100% real ingredients, and inspired by a broad spectrum of your favorite treats.



4.49

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

4/\$5

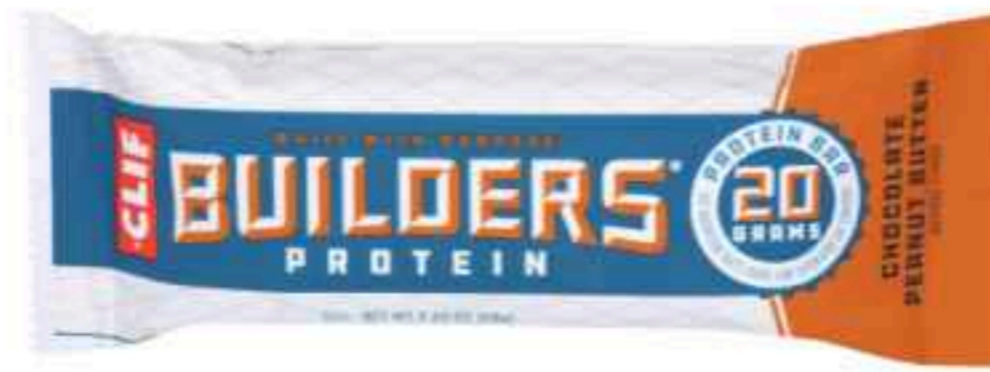
Larabar
Fruit & Nut Bars
1.06-1.7 oz., selected varieties

Try something new at the co-op.



4.39

Tazo Tea
15-20 ct., selected varieties



2/\$4 Clif Builders Protein Bars
2.4 oz., selected varieties



2/\$7
Pacific Foods Organic Oat Beverages
32 fl. oz.

COOPERATIVELY OWNED



10.99
Equal Exchange Organic Breakfast Blend
per pound in bulk



eat organic, feel good

When organic meets breakfast, delicious things happen. Find cereal for the whole family together and experience the Earth-first, feel-good benefits today!

3.79

Nature's Path Organic Cereal
9.5-14 oz., selected varieties



6.99

Rishi Organic Tea
15 ct., selected varieties

scoop up the savings in bulk!



1.69
Organic Rolled Oats
per pound in bulk



2.79
Organic Thompson Raisins
per pound in bulk



4.49
Organic Pitted Deglet Dates
per pound in bulk

Shop the bulk section at the co-op.



2/\$4

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

your partner in cooking

Spectrum has been a trusted partner in kitchens for over 30 years. Founded with a mission to provide reliable, high-quality, wholesome oils, you can count on Spectrum to provide a cooking oil for every occasion!



16.99

**Spectrum
Organic Extra Virgin Olive Oil**
25.4 fl. oz.



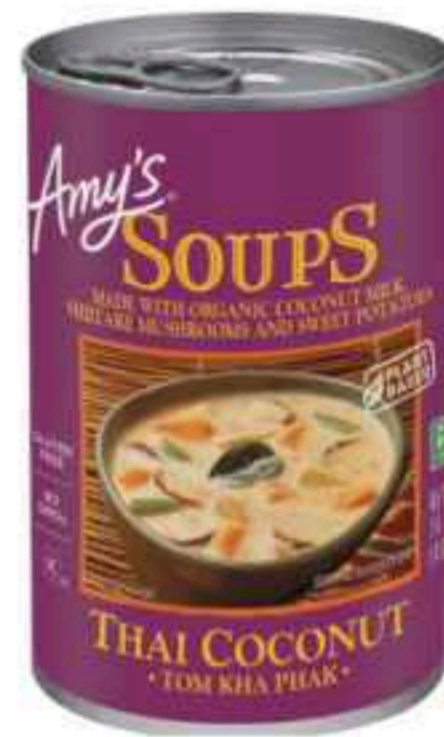
2.99

**San-J
Gluten-free
Tamari Soy Sauce**
10 fl. oz.



2/\$7

**Tasty Bite
Indian Entrees**
10 oz., selected varieties



2/\$8

**Amy's
Soups**
13.65-14.7 oz., selected
varieties



everyday low price

4.99

**Field Day
Organic Distilled
White Vinegar**
64 fl. oz.

Never miss your **favorite deals**



Co+op 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.



7.99

**Lucini Italia
Organic Pasta Sauce**
24 oz., selected varieties



Download the Co+op Deals app today!



2/\$5

**Ancient Harvest
Organic Polentas**
18 oz., selected varieties



2/\$7

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



5.49

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



Find your favorite ingredients at the co-op.
Make lunchtime a breeze.



2/\$5

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



2.19

**The Ginger
People
Ginger Soother**
12 fl. oz., selected
varieties



5.49

**Zevia
Zero Sugar Soda**
6 pk.-12 fl. oz. cans, selected varieties



2/\$3

**Liquid Death
Sparkling Waters**
19.2 fl. oz., selected
varieties

Find something for everyone at the co-op.



4.99

**Seventh Generation
Free & Clear Automatic
Dishwashing Powder**
45 oz.



6.99

**Lakewood
Organic Pure Aloe
Juice or Gel**
32 fl. oz., selected
varieties



14.99

**Nature's Way
Sambucus Immune
Gummies**
60 ct.



18.99

**Natural Factors
Tranquil Sleep
Chews**
60 ct.



19.99

**Kal
Magnesium
Glycinate 350**
160 ct.



36.99

**Ancient Nutrition
Bone Broth
Protein Powder**
15.7-17.8 oz., selected
varieties



3X concentrated formula

Biokleen uses plant-derived cleaning agents to eliminate tough stains and odors. Our ultra-concentrated formula has no artificial fragrances, dyes, phosphates, chlorine, ammonia or brighteners. Never tested on animals and made in the USA.

12.99

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



6.99

**Better Life
Toilet Bowl Cleaner**
24 fl. oz.

Find safe cleaning products at the co-op.

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.



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

COOPERATIVELY OWNED



5.69
Aura Cacia Aromatherapy Mist
4 fl. oz., selected varieties



5.99
Auromere Toothpaste
3.57-4.16 oz., selected varieties



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



8.39
Humble Plastic-free Deodorant
2.65 oz., selected varieties



21.99
Mad Hippie Vitamin C Serum
1.02 fl. oz.



pure-castile bar soap

True soap with a rich lather and fresh, clean rinse. Effectively cleanses body-hands-face with a nourishing blend of organic oils. EWG Verified® for your peace of mind. Renew body and soul!

2/\$7

Dr. Bronner's Baby Unscented Pure-Castile Bar Soap
5 oz.



17.99
Andalou Naturals Resveratrol Q10 Night Repair Cream
1.7 oz.

The co-op has great body care products.

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.

ALASKA

Co-op Market Grocery & Deli

ARIZONA

Food Conspiracy Co-op

CALIFORNIA

- BriarPatch Food Co-op
- Chico Natural Foods Cooperative
- Co-opportunity Market
- Davis Food Co-op
- Feather River Food Co-op
- Isla Vista Food Co-op
- North Coast Co-op
- Ocean Beach People's Organic Food Co-op
- Placerville Food Co-op
- Sacramento Natural Foods Co-op
- SLO Food Co-op
- Ukiah Natural Foods Co-op

IDAHO

- Boise Co-op
- Moscow Food Co-op

MONTANA

Community Food Co-op

NEVADA

Great Basin Community Co-op

OREGON

- Alberta Cooperative Grocery
- Ashland Food Co-op
- Astoria Co+op
- Coos Head Food Co-op
- First Alternative Co-op
- Medford Food Co-op
- People's Food Co-op

WASHINGTON

- Central Co-op
- Community Food Co-op
- Main Market Co-op
- Olympia Food Co-op
- Orcas Food Co-op
- Skagit Valley Food Co-op
- Sno-Isle Food Co-op
- The Food Co-op

coop deals.

Download the App!



See what's on sale with the Co+op Deals app!

Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.

breakfast, perfected by nature



Good mornings start with good ingredients and Bob's Red Mill 100% Whole Grain Oats! Naturally delicious hot cereal and baked goods for whole grain goodness you can feel great about sharing.

6.99
Bob's Red Mill Organic Oats
 28-32 oz., selected varieties



5.39
Little Northern Bakehouse Gluten-free Bread
 16-17 oz., selected varieties



9.99
Woodstock Organic Peanut Butter
 35 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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