

coop deals

MAY 1 - MAY 21, 2024

fresh start

Gather ingredients for a delicious smoothie to start your day. Evolution's Cold-Pressed Organic Juice is the perfect addition, and you can find it on sale at the co-op!



6.99

Evolution Fresh
Organic Orange Juice
59 fl. oz., selected varieties



2/\$3

Justin's
Organic Peanut
Butter Cups
1.4 oz., selected varieties



2/\$5

Perfect Bar
Protein Bars
2.18-2.5 oz., selected
varieties

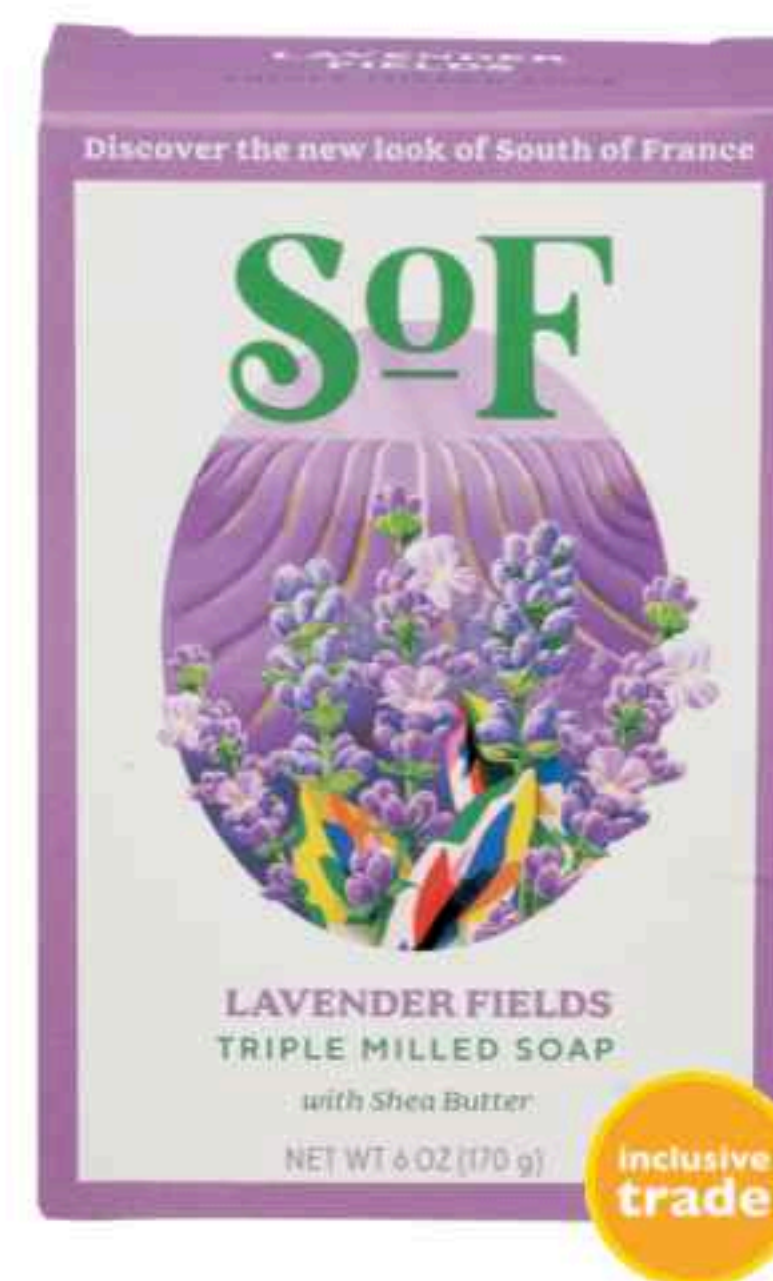


4.99

So Delicious
Dairy-free Frozen
Dessert
1 pt., selected varieties

INCLUSIVE TRADE PARTNER

South of France is a women-owned company. We still kettle cook small batches of our soap using a traditional Marseille recipe.



2/\$6

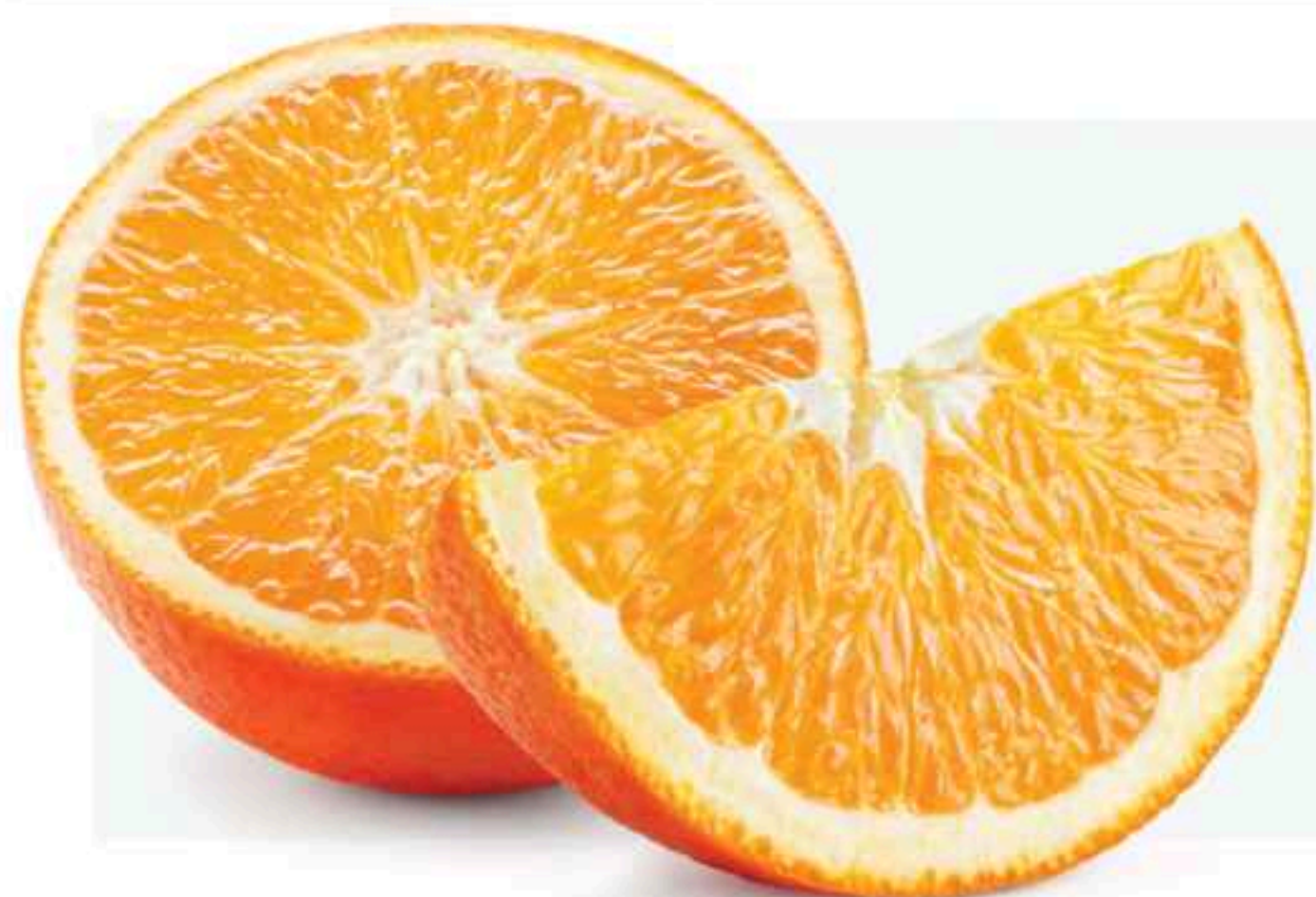
South of France
Bar Soap
6 oz.,
selected varieties

COOPERATIVELY OWNED



9.99

Equal Exchange
Organic Mind,
Body & Soul
Coffee
per pound in bulk



Get ready for summer at the co-op.

Fuel up for outdoor activities.



3/\$4

**Chobani
Greek Yogurt**
5.3 oz., selected varieties



*honest,
ethical food*

We're committed to improving the lives of people, animals and the planet through food — working with small family farms to bring you delicious eggs and butter you can trust.

2/\$7

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



2/\$3

**Siggis
Skyr Yogurt**
4-5.3 oz., selected varieties

COOPERATIVELY OWNED



5.79

**Organic Valley
Stringles
Mozzarella Cheese
Sticks**
8 oz.

phenomenal dairy-free taste



Made with simple, organic ingredients and no added oils or gums. Traditionally cultured for a subtle, tangy flavor and creamy texture. Spread it on your bagel or use it as a substitute in your favorite recipe.

4.49

**Miyoko's Creamery
Organic Plant Milk
Cream Cheese**
8 oz., selected varieties



6.49

**Health-Ade
Organic
Kombucha**
48 fl. oz., selected varieties



The co-op has everything for a great breakfast.



3.79

The Greek Gods
Greek Yogurt
24 oz., selected varieties

power of plant-based

Califia Farms is on a mission to create a future where plants replace dairy, without compromise. Califia produces innovative, healthy and great-tasting plant-based alternatives to dairy.

5.49

Califia Farms
Organic Unsweetened
Almondmilk
48 fl. oz.



2/\$7

Planet Oat
Oatmilk
52 fl. oz., selected
varieties



3.79

Green Valley
Organic Lactose-free
Sour Cream
12 oz.

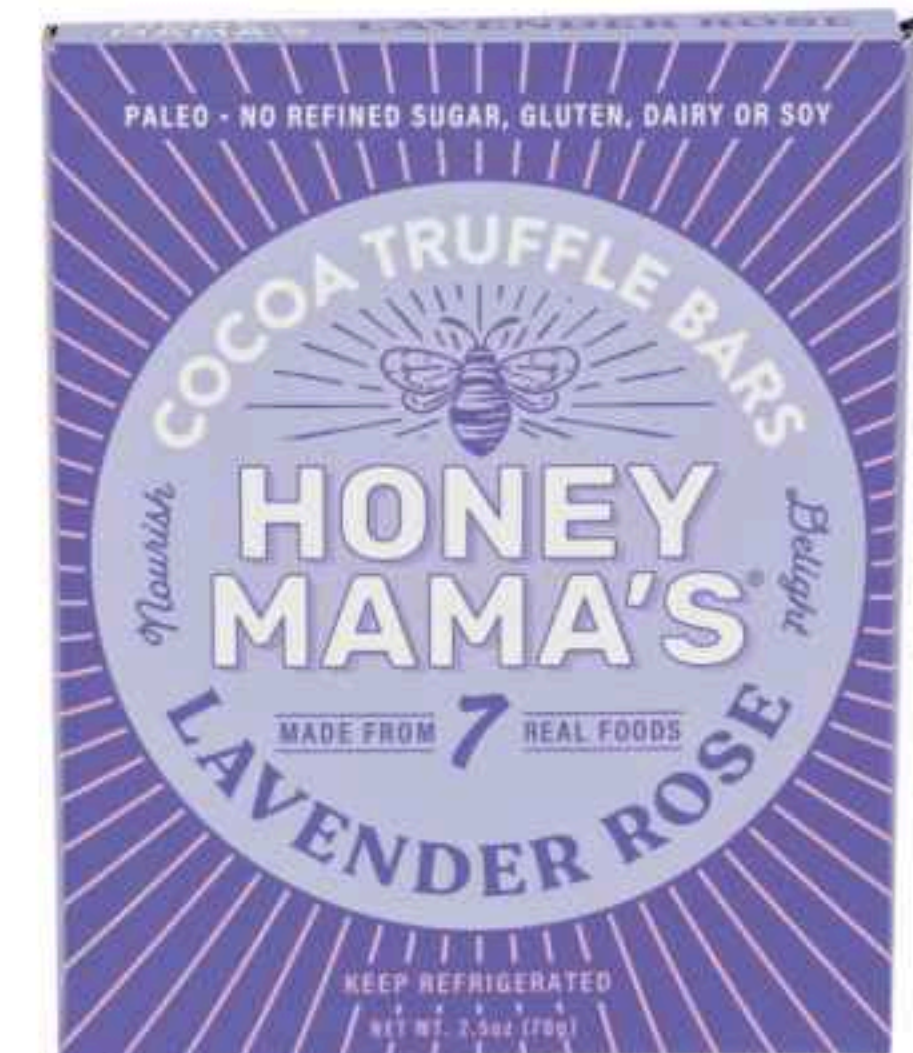


it's a brew-tiful thing

Our organic, sustainably sourced, specialty grade beans make the smoothest, boldest cold brew you've ever had!

8.99

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



3.99

Honey Mama's
Cocoa Truffle Bar
2.5 oz., selected varieties

The co-op has something for everyone.

INCLUSIVE TRADE PARTNER

Tucson Tamale started from a Mexican American family tradition and has turned into award-winning tamales.



5.49 Tucson Tamale Tamales
10-11 oz., selected varieties

INCLUSIVE TRADE PARTNER

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



6.99 Caulipower Cauliflower Crust Pizza
10.9-11.3 oz., selected varieties



2/\$8 Cascadian Farm Organic Frozen Potatoes
12-16 oz., selected varieties



5.49 Food For Life Organic Bread
24 oz., selected varieties



7.99 Cappello's Pizza and Pasta
9-12 oz., selected varieties

Udi's certified gluten free



Easy and delicious familiar favorites without compromising taste or nutrition.

4.29

Udi's Gluten Free Hot Dog Buns or Hamburger Buns
10.4-14.3 oz., selected varieties

inclusive trade

Shop inclusive trade!

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.

Find convenient meal options at the co-op.



3.29

Coolhaus
Ice Cream Sandwiches
4.75-5.8 fl. oz., selected varieties

more love, more euphoria

There are so many ways to enjoy Ben & Jerry's. We cover our bases but then go further, with something for everyone. Go ahead, give it a swirl...

4.99

Ben & Jerry's
Ice Cream
1 pt., selected varieties



Enjoy a sweet treat from the co-op.

Stay cool out there!



4.49

JonnyPops
Frozen Novelties
8.25 fl. oz., selected varieties



2/\$6

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



2/\$8

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



Enjoy frozen treats at the co-op.

COOPERATIVELY OWNED



2/\$3
Simply Organic
Seasoning or Dip
Mixes
.7-1.5 oz.,
selected varieties



COOPERATIVELY OWNED



4.49
Organic Valley
Shredded Cheese
6 oz., selected varieties



7.49
Thousand Hills
100% Grass-fed Ground
Beef 80% Lean 20% Fat
16 oz.



2/\$4
De La Calle!
Organic Probiotic
Tepache Drink
12 oz., selected varieties



7.99
Beyond Meat
Plant-based
Ground Beef
16 oz.



2/\$7
Siete
Grain-free
Cookies
4.5 oz.,
selected varieties



3.79
Siete
Tortilla Chips
5-7.5 oz.,
selected varieties



3.99
Siete
Grain-free
Taco Shells
5.5 oz.



7.99
Siete
Grain-free
Tortillas
7 oz., selected varieties



*backyard asada
essentials*

INCLUSIVE TRADE PARTNER

Siete is a Mexican American food brand, rooted in family, that makes delicious, heritage-inspired products with thoughtfully selected ingredients. From tortillas and taco shells to chips and cookies, Siete has something for every occasion — like your next summer gathering! ¡Buen provecho!

Shop the co-op for summer meals.

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

Scan the QR codes to
download the Co+op
Deals app!



Scan the QR code to get the Co+op Deals app!



2/\$7

Dr. Bronner's
Organic Chocolate Bars
2.93-3 oz., selected varieties



14.99

Dr. Bronner's
Organic Whole Kernel
Virgin Coconut Oil
30 fl. oz.



*Regenerative
Organic Certified®*

The highest standard for climate-friendly farming, good for you and the planet! **Dr. Bronner's** is proud to source Regenerative Organic Certified® ingredients for Magic All-One Chocolate and Virgin Coconut Oil — grown right for a rich, full flavor!



2/\$8

Annie's
Dressing or
Vinaigrette
8 fl. oz., selected
varieties



6.99

Bachan's
Japanese
Barbecue Sauce
16-17 fl. oz., selected
varieties



14.99

California Olive
Ranch
Global Blend Extra
Virgin Olive Oil
25.4 fl. oz.

better-for-you ramen soup



These organic, gluten-free, Japanese-style noodles and instant gourmet broth make the perfect quick, easy, flavor-packed meal that's ready in just four minutes! For a complete meal, add in your favorite protein and veggies.

2/\$3

Lotus Foods
Rice Ramen
2.8 oz., selected varieties



9.99

Primal Kitchen
Pure Avocado Oil
16.9 fl. oz.

The co-op has great deals on great ingredients.

INCLUSIVE TRADE PARTNER



A Dozen Cousins is a diverse-owned company. We create authentic food from cultural recipes made with wholesome ingredients.

2/\$6

A Dozen Cousins Ready-to-Eat Beans
10 oz., selected varieties

fan favorite polenta

Ancient Harvest is the #1 brand of heat-and-eat polenta! Our polenta is organic, Non-GMO Project Verified and ready in minutes. We know you'll enjoy this traditional Italian favorite.



2/\$6

Ancient Harvest Organic Polenta
18 oz., selected varieties



3/\$7

Near East Couscous Mix or Rice Pilaf
5.2-10 oz., selected varieties



2/\$5

Tasty Bite Organic Ready to Heat Rice
8.8 oz., selected varieties

COOPERATIVELY OWNED



4.99

Plant Boss Organic Plant-based Crumbles
3.35 oz., selected varieties

from Italy with love

Bionaturae Durum Semolina pasta is 100% organic and is crafted by a fifth-generation family of pasta artisans who mastered the art of pasta making over a century ago.



2/\$5

Bionaturae Organic Pasta
16 oz., selected varieties

INCLUSIVE TRADE PARTNER

Chickapea is a woman-owned company providing nutritious, convenient family meal options.



2/\$6

Chickapea Organic Chickpea Pasta
8 oz., selected varieties

Find fixings for every meal at the co-op.

*good food
that does good*

Clif Bar was born on a bike and built with athletes in mind. Today we make organic, plant-based energy bars — and not just for performance. We thoughtfully craft our foods to help energize any moment, big or small.



3/\$5

Clif Bars
2.4 oz.,
selected varieties



2/\$3

Luna Bars
1.69 oz.,
selected varieties



2/\$4

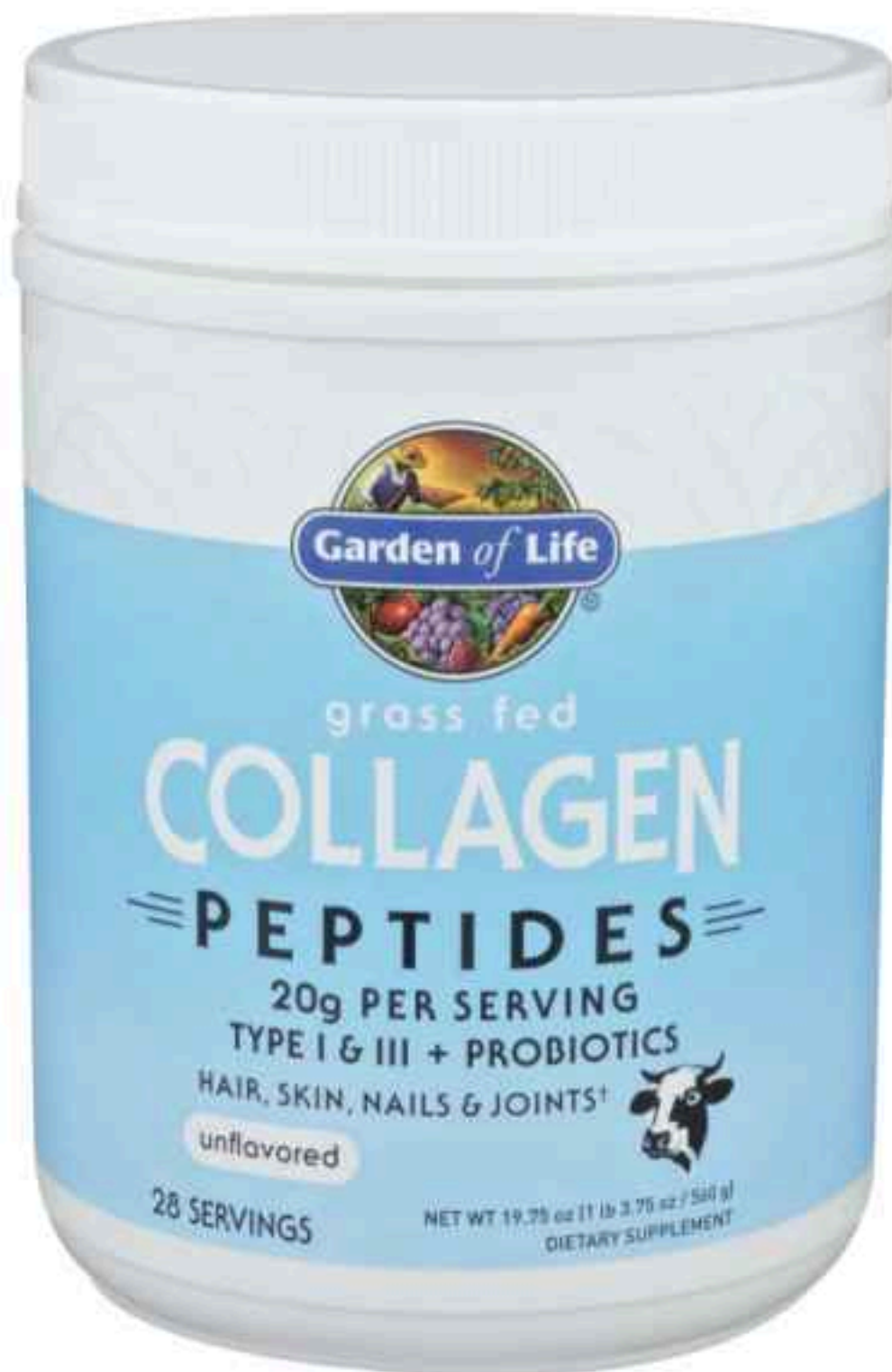
Clif Builders Protein Bars
2.4 oz.,
selected varieties



5.99

Clif Organic Zbar
6-1.27 oz. bars,
selected varieties

the power of collagen



Don't let aging catch you off guard. Support skin elasticity, nail and hair strength, and joint mobility with Grass-fed Collagen Peptides.

32.99

Garden of Life
Unflavored Collagen Peptides
19.75 oz.



2/\$4

Essentia Ionized Water
50.7 fl. oz.



2/\$9

Barbara's Cereal
9-15 oz., selected varieties

scoop up the savings in bulk!



2.29

Organic Black Beans
per pound in bulk



3.29

Organic Sunflower Seeds
per pound in bulk



7.49

Organic Medjool Dates
per pound in bulk

Fuel up for summer at the co-op.



2/\$7

**Celestial Seasonings
Herbal Tea**
12-20 ct., selected varieties



2/\$7

**West Life
Organic Soymilk**
32 fl. oz., selected
varieties



4.49

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



3.79

**Nature's Path
Organic
Instant Oatmeal**
8pk.-1.75 oz., selected
varieties



6.99

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



17.99

**Pamela's
Gluten-free
Pancake & Baking
Mix**
4 lb.



4.49

**Crofter's
Organic Premium
Fruit Spread**
16.5 oz., selected varieties



2/\$10

**Kashi
Cereal**
9.5-16.3 oz., selected varieties



5.49

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

The co-op has delicious breakfast options.



2/\$5
Endangered Species
Chocolate Bars
3 oz., selected varieties



5.49
Zevia
Zero Calorie Soda
6 pk.-12 fl. oz. cans, selected varieties



3.99
Mi-Del
Snaps
8-10 oz., selected varieties



our best-selling sparkling water

Stock up this summer on Nixie Sparkling Water, an award-winning line of delicious, certified organic beverages with the mission to eliminate sugar, single-use plastic bottles and toxic-forever chemicals from the drink aisle.



2/\$9 Nixie
Organic Sparkling Water
8 pk.-12 fl. oz. cans, selected varieties



4.79
Unreal
Chocolate Cups, Bars or
Gems
3.2-5 oz., selected varieties

Summer snacks and beverages are at the co-op.

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

2/\$3

**Vermont
Smoke & Cure
Meat Sticks**
1 oz., selected varieties



*delicious food,
purposeful ingredients*

INCLUSIVE TRADE PARTNER

Simple Mills is a woman-owned company. We make food designed to help diversify diets and agriculture. We partner with farmers directly, invest in our sourcing regions and design for diverse ingredients.

3.99

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



2.79

**Sesmark
Rice Thins**
3.2-4.25 oz., selected varieties



2/\$6

**Unique Snacks
Pretzels**
11 oz., selected varieties



2/\$6

**Food Should
Taste Good
Tortilla Chips**
5.5 oz., selected varieties

dark chocolate joy and delight



Chocolove is the epitome of premium chocolate craftsmanship. Ethically sourced and made with the finest ingredients, each bite delivers a rich, velvety experience perfect for everyday indulgence. Share the love.

2.79

**Chocolove
Chocolate Bars**
2.9-3.2 oz., selected varieties



5.49

**Lily's
Chocolate
Peanut Butter Cups**
3.2 oz., selected varieties

Find delicious snack options at the co-op.

organic and fair trade herbs

Organic India herbs are sourced through fair and direct trade, benefiting both farmer and consumer. Every product is an extension of the meaningful work taking place on each farm, offering consumers the opportunity to add purpose to their purchase.



8.99
Organic India
Herbal Laxative
60 caps
60 ct.



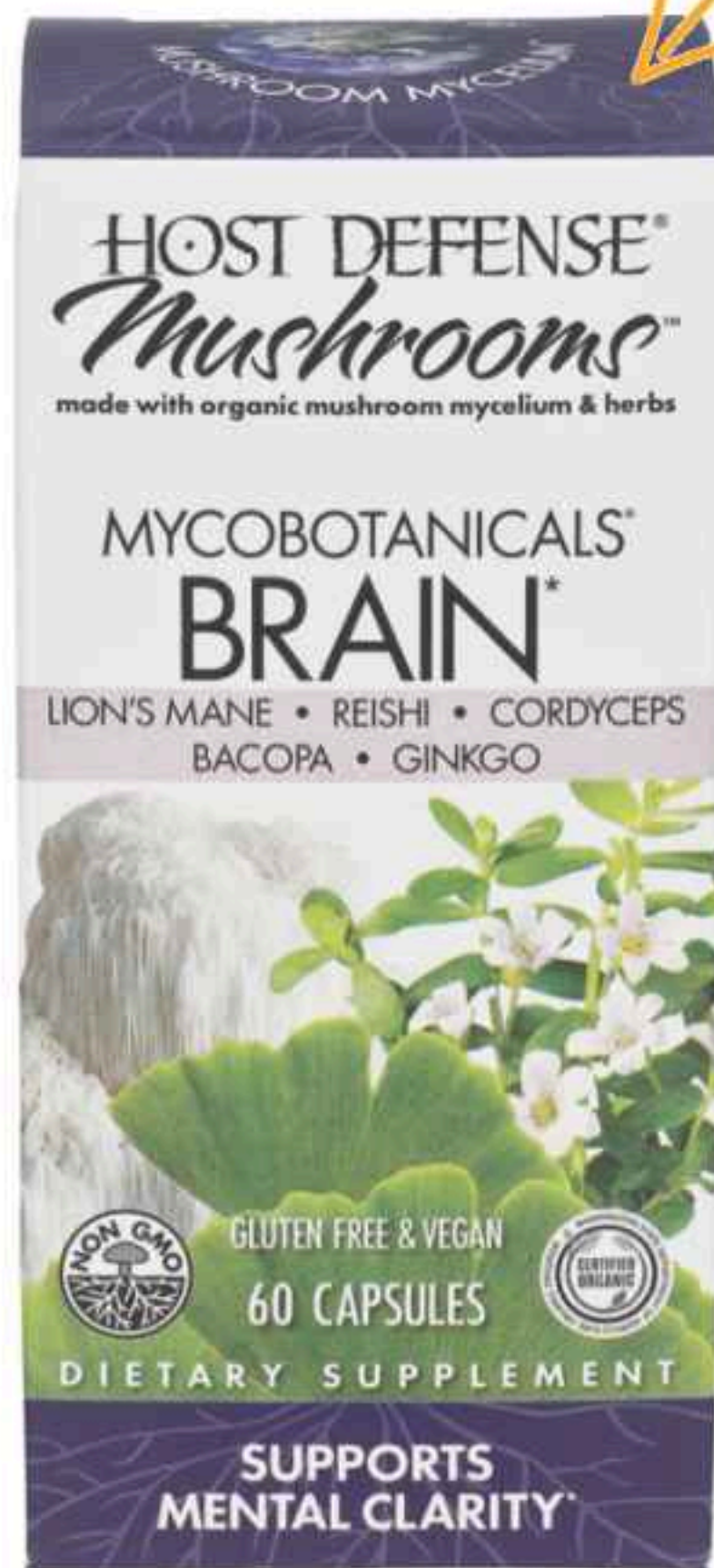
13.99
Organic India
Moringa
90 ct.



13.99
Organic India
Triphala
90 ct.



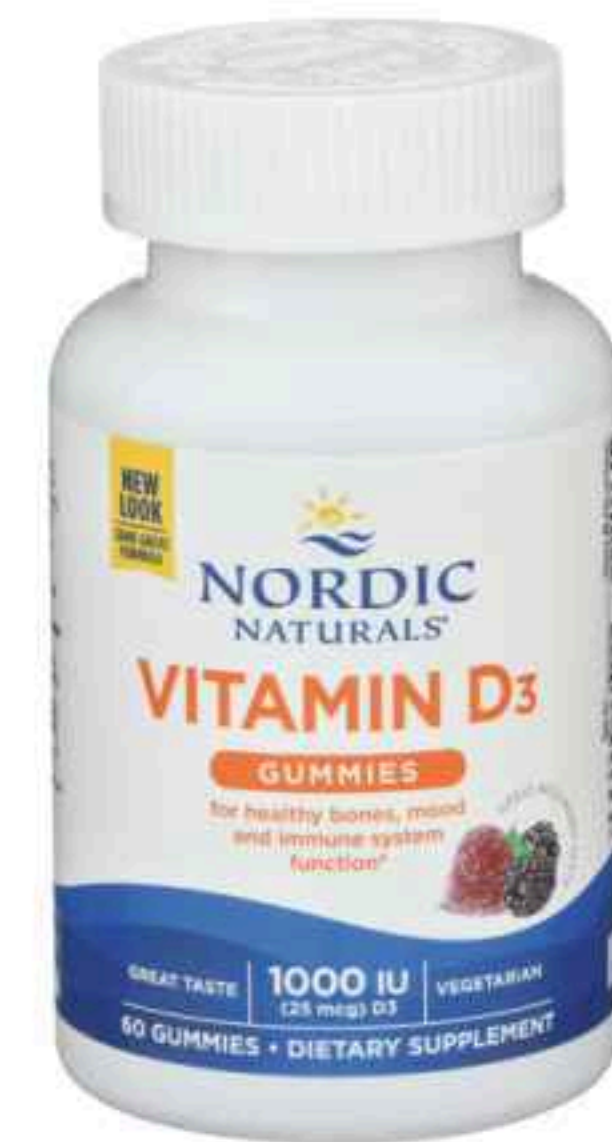
15.99
Organic India
Ashwagandha
90 ct.



find your focus

This fan-favorite formula provides cognitive benefits to help you stay sharp. Lion's mane, "The Smart Mushroom," reishi, cordyceps and herbs promote brain health and memory. It's a no brainer!

23.99
Host Defense
MycoBotanicals Brain
60 ct.



10.99
Nordic Naturals
Vitamin D3 Gummies
60 ct.



13.99
Weleda
Original Skin Food
Cream
2.5 fl. oz.



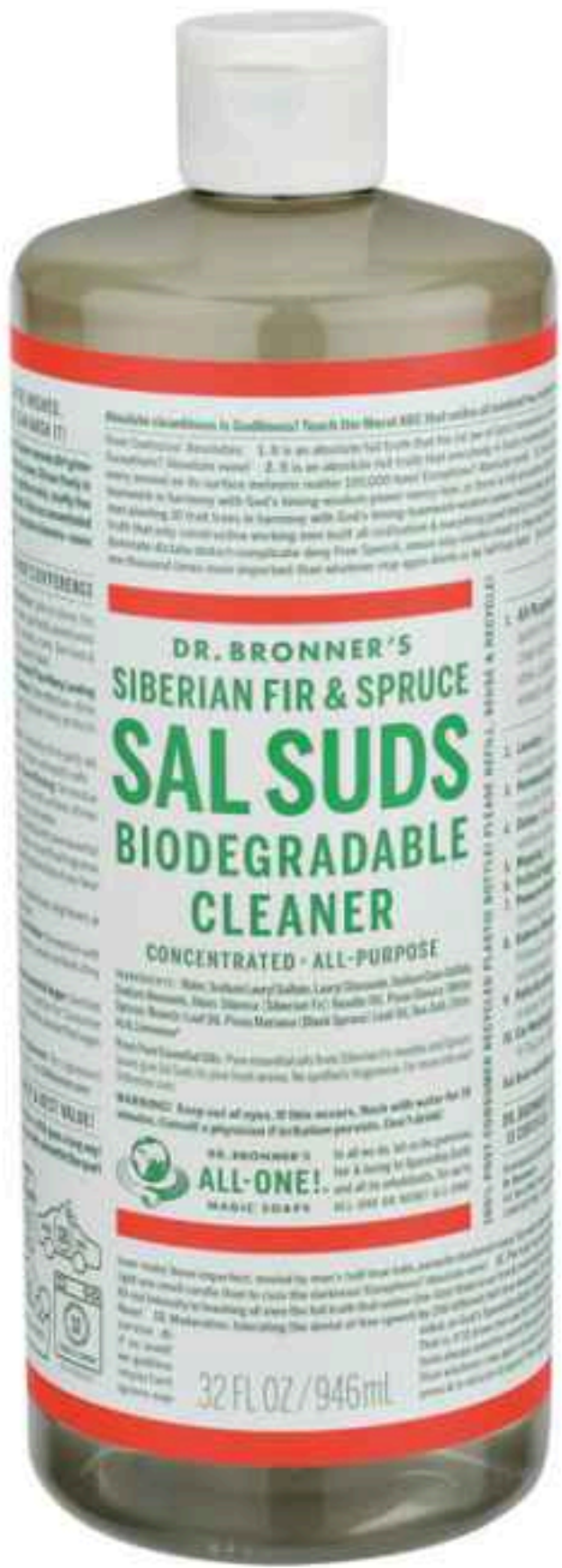
13.99
Emergen-C
Vitamin C
Drink Mix
30 ct., selected varieties



29.99
Evanhealy
Organic Rosehip
Treatment Facial
Serum
.5 fl. oz., selected varieties

The co-op has terrific deals on wellness items.

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



9.99

Dr. Bronner's Sal Suds
32 fl. oz., selected varieties



pure plants, true benefits

COOPERATIVELY OWNED

Add our most popular essential oil, lavender, to your bedtime routine. Use in a diffuser to create a spa-like experience and inspire relaxation. Made from pure botanicals and sustainably sourced.

6.79

Aura Cacia Lavender Essential Oil
.5 fl. oz.



Summer is here!

Feel fresh and energized.

deep rooted beauty care



Guided by the infinite wisdom of nature and the knowledge that all beauty begins with the Earth, Avalon Organics brand is vegan and biodegradable, contains organic ingredients and has no GMOs.

7.49

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



9.99

Woodstock Lump Hardwood Charcoal
8.8 lb.

Get ready for summer at the co-op.

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

INDIANA

- 3 Rivers Natural Grocery
- Bloomingsfoods 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
- Linden Hills 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-op
- 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

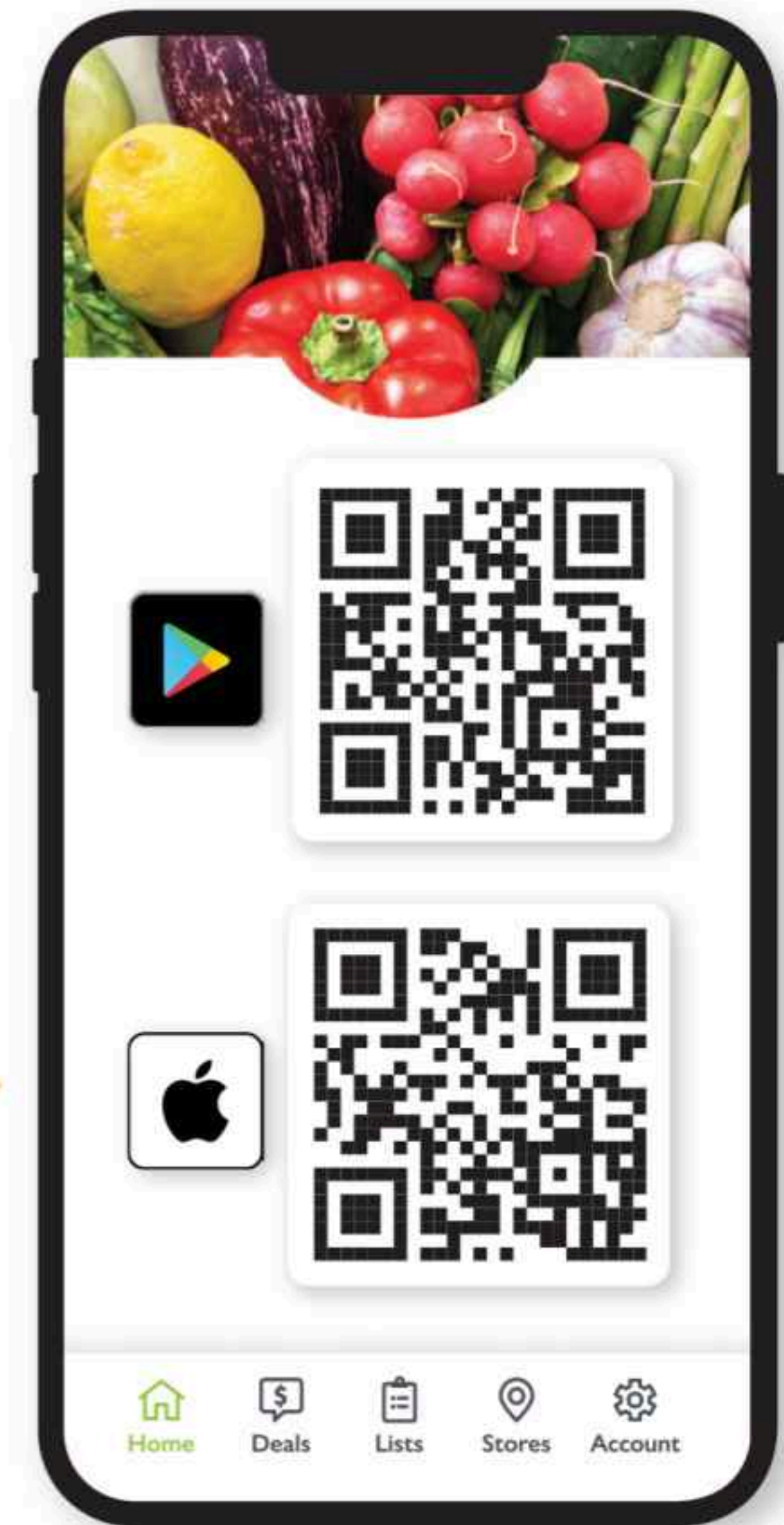
WISCONSIN

- 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!



planet-approved sunscreens

INCLUSIVE TRADE PARTNER

Badger is a woman-owned company. We make sunscreens that use only the cleanest ingredients to protect your skin from UV rays. Every formula is safe for coral reefs, manufactured with 100% solar power, and certified cruelty-free.

11.49

Badger Mineral Sunscreen
2.9 fl. oz., selected varieties



inclusive trade



2/\$7
C2O
Coconut Water
33.8 fl. oz., selected varieties



4.49
Kettle Brand
Potato Chips
13 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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