

# coop deals

MAR 19 - APR 1, 2025

## stay active

### INCLUSIVE TRADE PARTNER

GoMacro is a woman-owned company. Try their delicious flavor combinations that are plant-based and ideal for fueling you through your next adventure.



**2.29**

**Gomacro**  
**Organic Macrobar**  
2-2.5 oz., selected varieties



everyday low price

**1.49**

**Field Day**  
**Organic Black Beans**  
15 oz., selected varieties



**2/\$4**

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



**2/\$6**

**Theo**  
**Organic Chocolate**  
**Bars**  
3 oz., selected varieties



**3.99**

**Ithaca**  
**Hummus**  
10 oz., selected varieties



**2/\$9**

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



**5.49**

**Applegate**  
**Sunday Bacon**  
8 oz.



Fuel up with delicious snacks from the co-op.

**Find the flavors you love.**



**6.49**

**Cocojune  
Organic Coconut  
Cultured Yogurt**  
16 oz., selected varieties

*sprinkle on organic goodness*

**COOPERATIVELY OWNED**

Made with organic milk from pasture-raised cows, Organic Valley shredded cheeses are the perfect ooey, gooey addition to your tacos, salads, casseroles and more!

**4.29**

**Organic Valley  
Shredded Cheese**  
6 oz., selected varieties



**4.99**

**Follow Your Heart  
Vegemise**  
14 fl. oz., selected varieties

**COOPERATIVELY OWNED**



**5.49**

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



**6.49**

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



*your brew-ed awakening*

Organic, sustainably sourced beans roasted and brewed to perfection for a smooth, supremely sippable brew. It's just the kick in the glass you need to fuel life's adventures.

**6.99**

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



**6.99**

**Bubbies  
Pickles**  
25-33 fl. oz., selected varieties



**Find something for everyone at the co-op.**



**3/\$5**

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

*bubbly probiotics*

Whatever your KeVita choice, we've got you covered! Bold kombucha, refreshing kefir probiotic bubbles or zesty and sweet lemonades — all full of live probiotics.



**3/\$7**

**KeVita Sparkling Prebiotic and Probiotic Drinks**  
12 fl. oz. can, selected varieties



**3.49**

**Stumptown Coffee Roasters Oatly Cold Brew Coffee**  
11 fl. oz., selected varieties

COOPERATIVELY OWNED



**4.49**

**Kerrygold Pure Irish Butter**  
8 oz., selected varieties



**6.49**

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



*organic yogurt goodness*

The #1 organic kids yogurt made with dairy milk from pasture-raised cows. We want our products to be good for you, good for the planet and good for your taste buds.

**4.29**

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



**The co-op has great fermented-food options.**

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



**5.99**

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



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



*everyday low price*  
**5.99**  
Field Day  
Breaded Fish  
Sticks or Fillets  
8 oz., selected varieties



**3.99**  
Silver Hills  
Sprouted Bread  
15-22 oz., selected  
varieties



**7.99**  
Thousand Hills  
100% Grass-fed  
Ground Beef 80%  
Lean 20% Fat  
16 oz.



**7.49**  
Daiya  
Frozen Pizza  
15.3-19.4 oz., selected  
varieties



**5.49**  
Cosmic Bliss  
Organic Frozen  
Dessert  
14 fl. oz., selected  
varieties



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



*fresh and convenient*

**HOME COOKING**

Find something new to make for dinner or stock up on your favorite tried and true ingredients. With great products to choose from at the co-op, weeknight meals can be both delicious and easy to make on those busy evenings.

**Stock your freezer with favorites from the co-op.**



**2/\$3**

Lotus Foods  
Rice Ramens  
2.8 oz., selected varieties



**2/\$4**

Dr. McDougall's  
Soup Cups  
1.3-3.4 oz., selected varieties



**3.49**

Bragg  
Organic Apple  
Cider Vinegar  
16 fl. oz.



**3.49**

Native Forest  
Artichoke Hearts  
14 oz.



**4.49**

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



**2/\$7**

Muir Glen  
Organic Pasta  
Sauces  
23.5 oz., selected varieties



**2/\$7**

Health Valley  
Organic Soups  
14.5-15 oz., selected  
varieties



**8.99**

Primal Kitchen  
Avocado Oil Mayo  
12 fl. 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.

**6.49**

Once Again  
Organic Peanut Butter  
16 oz., selected varieties



**8.99**

Justin's  
Almond Butter  
16 oz., selected varieties



**13.99**

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

**The co-op has ingredients for easy spring meals.**



**2/\$7**

**Celestial Seasonings  
Herbal Teas**  
20 ct., selected varieties



*whole wheat goodness*

Start the busy day happy! Crafted from simple ingredients, Kashi Cinnamon Harvest and Autumn Wheat provide whole grains and fiber to satisfy hunger and leave you smiling!

**2/\$9**

**Kashi  
Cereals**  
9.5-14 oz., selected varieties



**2/\$9**

**Nature's Path Organic  
Love Crunch Granolas**  
10.6-11.5 oz., selected varieties



**5.99** **Enjoy Life  
Baking Chocolate**  
9-10 oz., selected varieties



**13.99**

**Four Sigmatic  
Organic Ground Coffee  
with Mushrooms**  
12 oz., selected varieties

*prioritize your well-being*



Yogi Wellness Teas are formulated with delicious taste and helpful benefit in mind. From soothing and floral to fruity and invigorating, all Yogi teas are blended with intention.

**2/\$8**

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



**2/\$9**

**Organic India  
Tulsi Teas**  
18 ct., selected varieties

**The co-op helps you start the day off right.**



**2/\$6**

LesserEvil  
Organic Snacks  
3-6.4 oz., selected varieties



**2/\$7**

Late July  
Tortilla Chips  
7.5-7.8 oz., selected varieties



**4.99**

Justin's  
Organic Peanut Butter Cups  
4.2-4.7 oz., selected varieties

COOPERATIVELY OWNED



**3.99**

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



**4.29**

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



**4.99**

Late July  
Salsa  
15.5 oz., selected varieties

*taste the magic*

Dr. Bronner's Magic All-One  
Chocolate pairs Regenerative  
Organic Certified® ingredients with  
world-class Swiss chocolatiers.  
Discover Sea Salt & Hazelnut Butter  
— our best-selling, vegan, organic,  
70% dark chocolates!

**2/\$7**

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



**Yummy snacks are at the co-op.**

**INCLUSIVE TRADE PARTNER**

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.



**2/\$6**

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



**3.29**

South of France  
Bar Soap  
6 oz., selected varieties



**INCLUSIVE TRADE PARTNER**

ECOS is a Black- and woman-owned company. We create cleaning products that protect the health and wellness of people, pets and the planet.



**3.79**

Ecos  
Dish Soap  
25 fl. oz., selected varieties



*strength in diversity*

**INCLUSIVE TRADE**

Co-ops are committed to creating a more just society by cultivating partnerships with businesses owned by people who identify as women, Black, Indigenous, people of color (POC), LGBTQIA+, persons with disabilities and veterans. Let's celebrate the strength that comes from diversity! Learn about some of our Inclusive Trade brand partners, and find Inclusive Trade products throughout the co-op.



**Find favorite Inclusive Trade brands at the co-op.**

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





8.99

Quantum SuperLysine+ 90 ct.



be extraordinary this year

How? By adding delicious Garden of Life Raw Organic Protein to your daily routine. Fueling your body with 22 grams of clean, plant-based protein is a great choice for extraordinary health.

32.99

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



Get a scoop for an extra boost.

Feel great this spring.

a spring in your step

FEELING GOOD

Take in the fresh spring air and enjoy the outdoors! It's time to hit the hiking trails and your favorite parks. Visit the co-op to find supplements to support an active lifestyle.



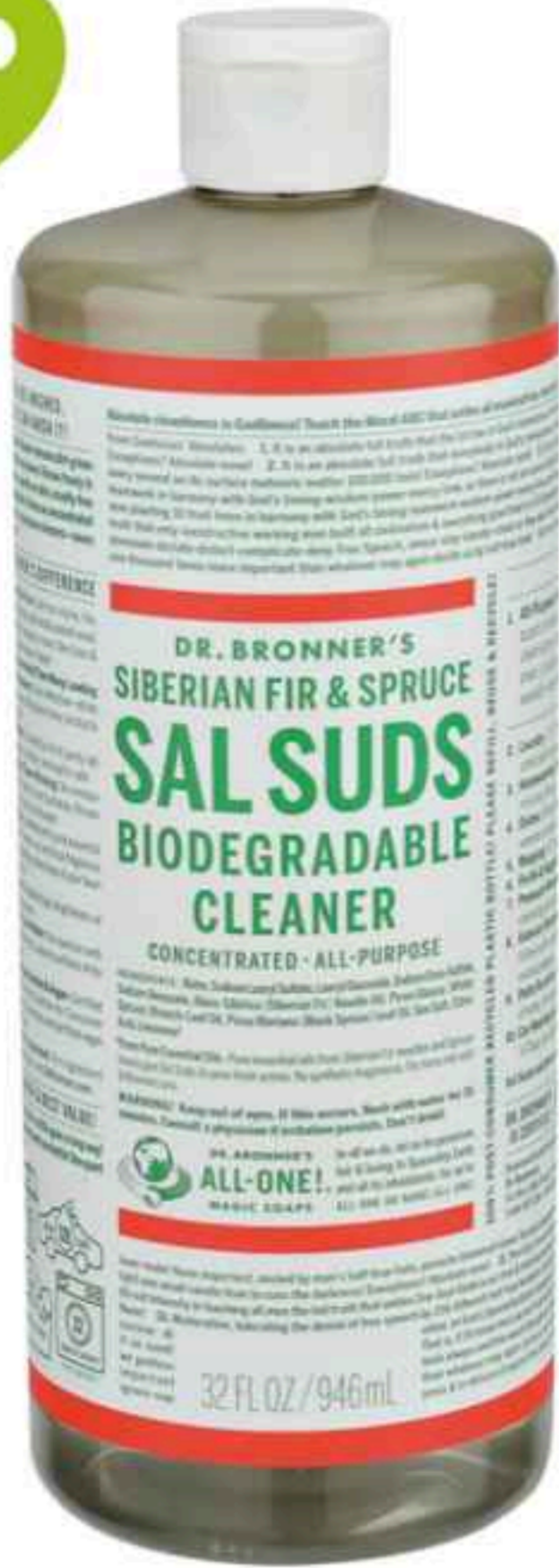
19.99

Enzymedica Digest Gold 45 ct.

Find great supplements at the co-op.

**10.99**

**Dr. Bronner's  
Sal Suds**  
32 fl. oz.



**2/\$7**

**One With Nature  
Bar Soaps**  
7 oz., selected varieties



**8.69**

**Himalaya  
Whitening +  
Hydroxyapatite  
Toothpaste**  
4 oz.



**15.99**

**Derma E  
Vitamin C Intense  
Night Cream**  
2 oz.



**coop deals**®

**Download the App!**



Find your closest  
food co-ops

See what's on sale

Never miss your  
favorite deals



**Download the Co+op Deals app today!**

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

# snack like a champ!

Get in the zone for gameday and entertain your guests with a delicious spread of apps and snacks from the co-op!



Scan here for ideas!



**Cheer on your favorite team with great snacks.**

**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

**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

**NEBRASKA**

- Open Harvest Cooperative Grocery

**OHIO**

- Phoenix Earth Food Co-op

**SOUTH DAKOTA**

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

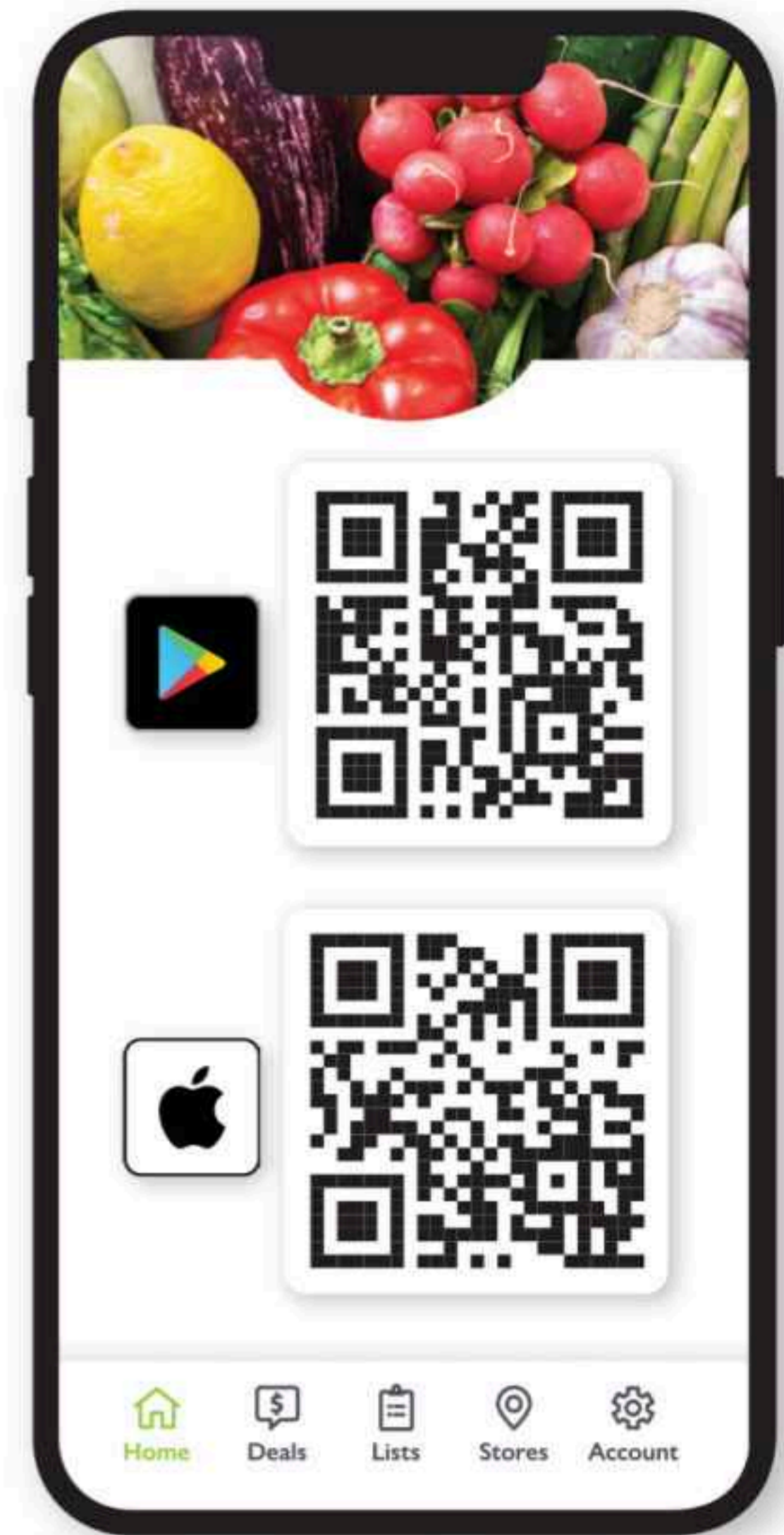
**WISCONSIN**

- 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.



**3/\$4**

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



**2/\$3**

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



**3.69**

**C2O Coconut Water**  
33.8 fl. 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.



MW0325B