

# coop deals

JUL 31 - AUG 20, 2024



## on-the-go protein

While you're taking in the best of what summer has to offer, enjoy a protein-rich snack with delicious flavors like peanut butter and chocolate chips. GoMacro is a woman-owned company, and our delicious MacroBars are perfect for your next outdoor adventure. Find them on sale at the co-op!

INCLUSIVE TRADE PARTNER

**3 / \$7**

**Gomacro**  
Organic Macrobar  
2-2.4 oz., selected varieties

INCLUSIVE TRADE PARTNER

Siete Family Foods is a Hispanic-owned and mission-based company passionate about making and sharing real food.



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



**2 / \$4**  
C2O  
Coconut Water  
17.5 fl. oz., selected varieties



**2 / \$6**  
Nature's Path  
Organic  
Frozen Waffles  
7.4 oz., selected varieties

COOPERATIVELY OWNED



**4.99**  
Organic Valley  
Large Free-range  
Brown Eggs  
1 doz.



A fantastic day begins at the co-op.

**Fuel your summer adventures.**



**1.29**

**Chobani  
Greek Yogurt**  
5.3 oz., 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 their land, animals and workers.



**2/\$4** **Painterland Sisters  
Organic Icelandic-style  
Skyr Yogurt**  
5.3 oz., selected varieties



**2/\$4**

**Cocojune  
Organic  
Coconut Yogurt**  
4 oz., selected  
varieties

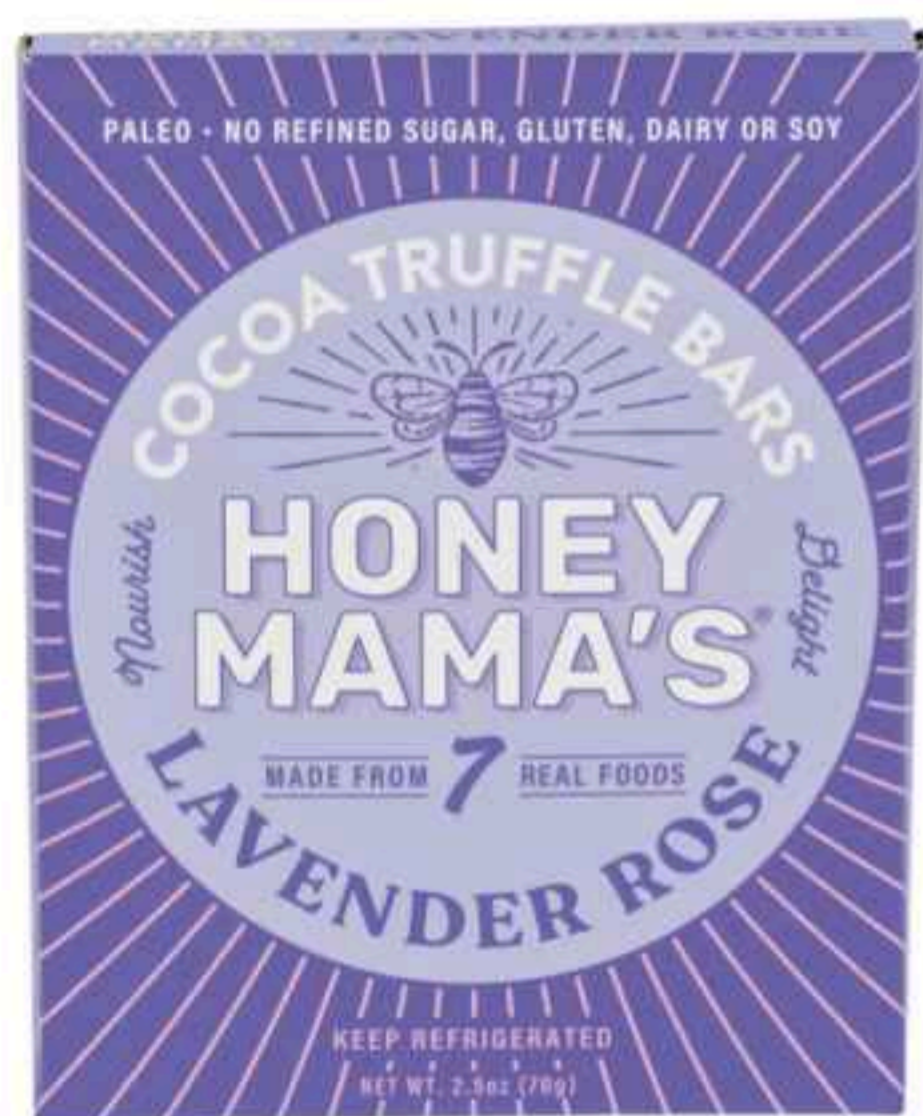


**3.29**

**Goodbelly  
Organic Probiotic  
Drinks**  
32 fl. oz., selected  
varieties



**3.49** **Farmers Hen House  
Large Brown Grade  
A Free-range Eggs**  
1 doz.



**3.99**

**Honey Mama's  
Truffle Bars**  
2.5 oz., selected varieties



**2/\$7**

**Koia  
Plant-based  
Protein Drink**  
12 fl. oz., selected  
varieties



**COOPERATIVELY OWNED**



**5.79**  
**Organic Valley  
Stringles  
Mozzarella Cheese  
Sticks**  
8 oz.



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

**Get a great start to the day at the co-op.**



**4/\$5**

Siggi's  
Skyr Yogurt  
4-5.3 oz.,  
selected varieties



**4/\$5**

Siggi's  
Triple Cream Yogurt  
4 oz., selected varieties



**3/\$5**

Siggi's  
Plant-based Yogurt  
5.3 oz., selected varieties



**4.99**

Siggi's  
Skyr Yogurt  
24 oz., selected varieties

*crafted with less*

Less of everything else means more room for the good stuff.



*handcrafted for every mood*

Organic, sustainably sourced, premium grade beans to create the most delicious handcrafted coffees for every mood.

**8.99**

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



**5.49**

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



**6.49**

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



**3.79**

Good Karma  
Flaxmilk  
64 fl. oz., selected varieties

**Enjoy a refreshing pick-me-up from the co-op.**

delicious  
dairy-free  
goodness



Make a better table for all your family and friends with **Kite Hill**. Crafted from real ingredients, our dairy-free foods deliver crave-worthy tastes and textures that nourish both body and soul.

**3.79**  
Kite Hill  
Dairy-free Dip  
8 oz.,  
selected varieties

**3.79**  
Kite Hill  
Dairy-free  
Sour Cream  
8 oz.

**5.99**  
Kite Hill  
Dairy-free  
Cream Cheese  
8 oz.,  
selected varieties

**5.99**  
Kite Hill  
Dairy-free Filled  
Pasta  
9 oz., selected varieties



**4.79**  
So Delicious  
Organic  
Coconutmilk  
64 fl. oz., selected  
varieties

**INCLUSIVE TRADE PARTNER**

Three Trees is a woman-owned company with a passion for creating nutritious, plant-based beverages using the wonders of the forest to provide clean ingredients.



**5.49** Three Trees  
Organic Plant-based Milk  
28 fl. oz., selected varieties



**4.99**  
Sambazon  
Organic Acai  
Superfruit Packs  
14.1 oz., selected  
varieties



**4.99**  
Just  
Folded Plant-  
based Eggs  
8 oz.



**7.49**  
Woodstock  
Organic Filled  
Pasta  
20 oz., selected varieties



**8.49**  
Cappello's  
Grain-free Pizza  
10.82-12 oz., selected  
varieties

**Find easy meal offerings at the co-op.**



**3.79**  
Oatly  
Barista Edition  
Oatmilk  
32 fl. oz



**3.99**  
Oatly  
Non-dairy  
Frozen Dessert  
1 pt., selected varieties



**4.49**  
Oatly  
Oatmilk  
64 fl. oz.,  
selected varieties



**4.49**  
Oatly  
Oatmilk Creamer  
29.7 fl. oz.,  
selected varieties

*check it oat*

Look! Innovative, plant-based products hanging out in this Co+op Deals flyer trying to get the attention of forward-thinking shoppers who might be interested in delicious products made from ... wait for it ... oats. Find out more at [oatly.com](http://oatly.com).



**2/\$5**  
Stahlbush Island  
Farms  
Frozen Vegetables  
10 oz., selected varieties



**2/\$6** Amy's  
Burritos  
5.5-6 oz., selected varieties



**4.49**  
JonnyPops  
Frozen Novelties  
8.25 fl. oz., selected  
varieties

*regeneratively raised, lifetime grazed*

Our regenerative practices restore ecosystems and promote biodiversity. Enjoy 100% grass-fed beef that's sustainably raised for a healthier planet and future that tastes delicious too. Join the Re-Generation!

**7.49**

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



**4.99**  
Talenti  
Gelato or Sorbetto  
1 pt., selected varieties

**The co-op has something for everyone.**



**4.49**

Quorn  
Meat Alternatives  
7.8-12 oz., selected  
varieties



**4.49**

Dr. Praeger's  
Veggie Burgers  
10 oz., selected varieties

## experience India

### INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is owned by a third-generation Indian American family. We pride ourselves on being an authentic, restaurant-quality brand. All items are family recipes made from scratch.



**2/\$10**

Deep Indian Kitchen  
Entrée or Samosas  
7.5-12 oz., selected varieties



The co-op makes it easy to make delicious meals.

**Celebrate the joy of food together.**



**2/\$8**

Annie's  
Organic Dressing  
8 fl. oz., selected  
varieties



**2/\$5**

Westbrae  
Organic Beans  
15 oz., selected varieties



**6.99**

Sir Kensington's  
Mayonnaise  
12 fl. oz., selected varieties



**7.49**

Lucini Italia  
Organic Pasta  
Sauce  
24 oz., selected varieties

**Stock up on great ingredients from the co-op.**



**2/\$7**

Annie's Organic Cheddar Cheesy Puffs  
4 oz.



**2/\$8**

Annie's Organic Bunny Grahams or Crackers  
7-7.5 oz., selected varieties



**2/\$9**

Annie's Organic Fruit Snacks  
7 oz., selected varieties



**2/\$8**

Cascadian Farm Organic Cereal, Granola or Granola Bars  
6.2-16 oz., selected varieties

←  
*organically delicious*

School is back in session, and there's no better way to crush your day than with down-to-earth, wholesome goodness. Discover the latest snacks and meals from **Annie's** and **Cascadian Farm**.



**2.39**

Near East Couscous Mix or Rice Pilaf  
5.4-10 oz., selected varieties



**3.29**

Jeff's Garden Organic Non-pareil Capers  
6 oz.



**5/\$6**

Koyo Ramen  
2-2.1 oz., selected varieties



**3.99**

Field Day Organic Original Applesauce  
4 pk.-4 oz.

*everyday low price*



**4.99**

Field Day Organic Peanut Butter  
18 ounces, selected varieties



**5.39**

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



**11.99**

Truff Black Truffle Infused Hot Sauce  
6 oz., selected varieties

**Enjoy good food from the co-op.**



**2.29**

**So Delicious Organic Coconutmilk**  
32 fl. oz., selected varieties



**5.49**

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

**INCLUSIVE TRADE PARTNER**



Catalina Crunch is a diverse-owned brand. Our products satisfy your sweet tooth but aren't loaded with sugar and empty carbs.

**6.99**

**Catalina Crunch Keto Cereal**  
8-9 oz., selected varieties



**2/\$5**

**Epic Meat Bars**  
1.3-1.5 oz., selected varieties



**2.79**

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



**2/\$7**

**Dream Ricemilk**  
32 fl. oz., selected varieties

**COOPERATIVELY OWNED**



**10.99**

**Equal Exchange Organic Breakfast Blend Coffee**  
per pound in bulk



**2/\$5**

**Santa Cruz Organic Lemonade or Limeade**  
32 fl. oz., selected varieties



**3.99**

**Santa Cruz Organic Sensible Sippers Juice**  
32 fl. oz., selected varieties



**3.99**

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



**5.99**

**Santa Cruz Organic Peanut Butter**  
16 oz., selected varieties

*family-favorite organic products*

Get ready for back-to-school season with 100% organic products from **Santa Cruz Organic!** Whether it's a glass of lemonade, Sensible Sippers Apple Juice, a cup of applesauce or a peanut butter sandwich, Santa Cruz Organic will make your family happy!

**The co-op makes back-to-school season easier.**

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





**3/\$5**  
 Steaz  
 Organic Green  
 Tea  
 16 fl. oz., selected  
 varieties



**1.99**  
 Essentia  
 Ionized Water  
 50.7 fl. oz.



**3/\$5**  
 Kind  
 Bars  
 1.4 oz., selected varieties



**2.39**  
 Proud Source  
 Natural or  
 Sparkling Spring  
 Water  
 25.3 fl.oz., selected  
 varieties



**2/\$5**  
 Ardor Energy  
 Organic Sparkling  
 Water  
 12 fl. oz., selected  
 varieties

**INCLUSIVE TRADE PARTNER**



ALO Drink is an Asian-owned company. We source non-GMO aloe vera plants from sustainable farms in Thailand and provide rural communities with economic value.

**2/\$4** Alo  
 Aloe Vera Juice Drink  
 16.9 fl. oz., selected varieties



**3.99**  
 R.W. Knudsen  
 Organic Juice  
 32 fl. oz., selected  
 varieties



**5.99**  
 Izze  
 Sparkling Juice  
 Drink  
 6 pk.-8.4 fl. oz. cans,  
 selected varieties



**13.99**  
 Four Sigmatic  
 Organic  
 Mushroom Coffee  
 12 oz., selected varieties



*scoop up the savings in bulk!*



**1.79**  
 Organic Yellow  
 Popcorn  
 per pound in bulk



**3.99**  
 Walnut Halves  
 & Pieces  
 per pound in bulk



**7.99**  
 Organic  
 Medjool Dates  
 per pound in bulk

**The co-op has great variety in the bulk section.**

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



**2.79**

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



*back-to-school snacks*

**INCLUSIVE TRADE PARTNER**

Simple Mills is a woman-owned company. Try our better-for-you versions of everybody's favorite treats! Made with purposeful ingredients and nothing artificial, these snacks provide taste and nutrition that both adults and kids adore.

**3.99**

**Simple Mills  
Crackers or Cookies**  
4-5.5 oz., selected varieties



**2.79**

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



**3.99**

**Hu  
Organic  
Chocolate Bars**  
2.1 oz., selected varieties

*classic snacks since 1960*



Back to Nature sparked the natural foods movement when we started selling granola at a small health food store in California. We've been perfecting our classic snacks ever since.

**2/\$7**

**Back to Nature  
Crackers**  
3.2-8.5 oz., selected varieties



**2/\$10**

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



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

**2/\$3**

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



*snacking satisfaction* →

**INCLUSIVE TRADE PARTNER**

Partake Foods is a Black-owned company. Craving chocolate or something with a hint of spice? Make your pantry and their lunchboxes a joy to open with Partake's nostalgic cookie flavors. It's anytime snacking you can feel good about.

**4.49**

**Partake Foods  
Cookies**  
5.5 oz., selected varieties



**3.99**  
**SkinnyDipped  
Dipped Nuts**  
3.5 oz., selected varieties



**4.79**  
**Late July  
Salsa**  
15.5 oz., selected varieties



**12.99**  
**Ener-C  
Vitamin C  
Drink Mix**  
30 ct., selected varieties

↪ *protein with benefits*



Power up with Four Sigmatic's Organic Plant-based Protein enhanced with functional mushrooms and superfoods. Enjoy delicious vanilla bean and cacao with 18 grams of protein per serving and zero artificial flavors.

**29.99**

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



**2/\$5**  
**Garden of Eatin'  
Tortilla Chips**  
5.5 oz., selected varieties

**Find supplements and snacks at the co-op.**



**10.49**  
Acure  
Brightening  
Day Cream  
1.7 oz.



**5.99**  
Acure  
Brightening  
Facial Scrub  
4 fl. oz.



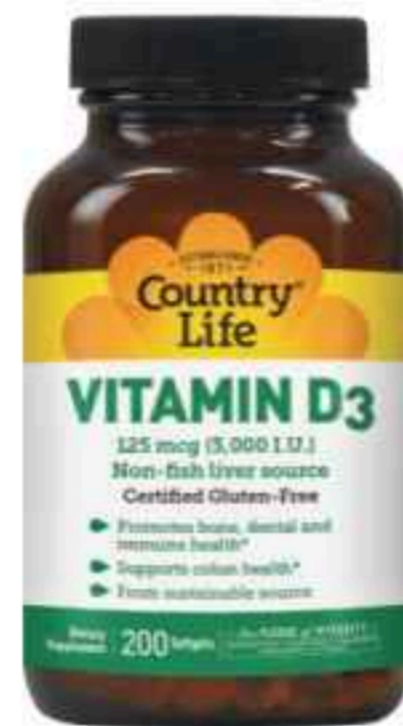
**7.49**  
Acure  
Seriously Soothing  
24hr Moisture Lotion  
8 fl. oz.



**2/\$10**  
Acure  
Shampoo or  
Conditioner  
8 fl. oz., selected varieties

*products  
with purpose*

Our award-winning skin and hair products are solutions-driven and age/gender agnostic. Our formula philosophy is underpinned by the belief that as a key factor in whole-body wellness, hair and skin deserve products with clean clinical performance.



**14.49**  
Country Life  
Vitamin D3  
5000IU  
200 ct.



**14.49**  
Solgar  
Advanced Daily  
Support Probiotic  
30 ct.

*beat the bloat*

Feel your best before and after you eat, no matter what's on the menu. America's #1 selling digestive enzymes break down large meals and reduce occasional gas and bloating.

**18.99**

Enzymedica  
Digest Gold  
45 ct.



**INCLUSIVE TRADE PARTNER**



Moon Valley Organics is a woman-owned company. We make body care products with a passion to live ethically and sustainably.

**4.99**  
Moon Valley Organics  
Foaming Hand Soap  
8.8 fl. oz., selected varieties



**Find all your wellness items at the co-op.**

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

*better scents  
for every body*



**2/\$6**  
Everyone  
Hand Soap  
12.75 fl. oz.,  
selected varieties



**6.99**  
Everyone  
3-in-1 Soap  
32 fl. oz.,  
selected varieties



**6.99**  
Everyone  
Kids 3-in-1 Soap  
32 fl. oz.,  
selected varieties



**7.99**  
Everyone  
Lotion  
32 fl. oz.,  
selected varieties

**Everyone** loves real, good stuff — like plant-based cleansers and moisturizers, plus pure essential oils. It's body care that brings good feels and good smells for the whole family.



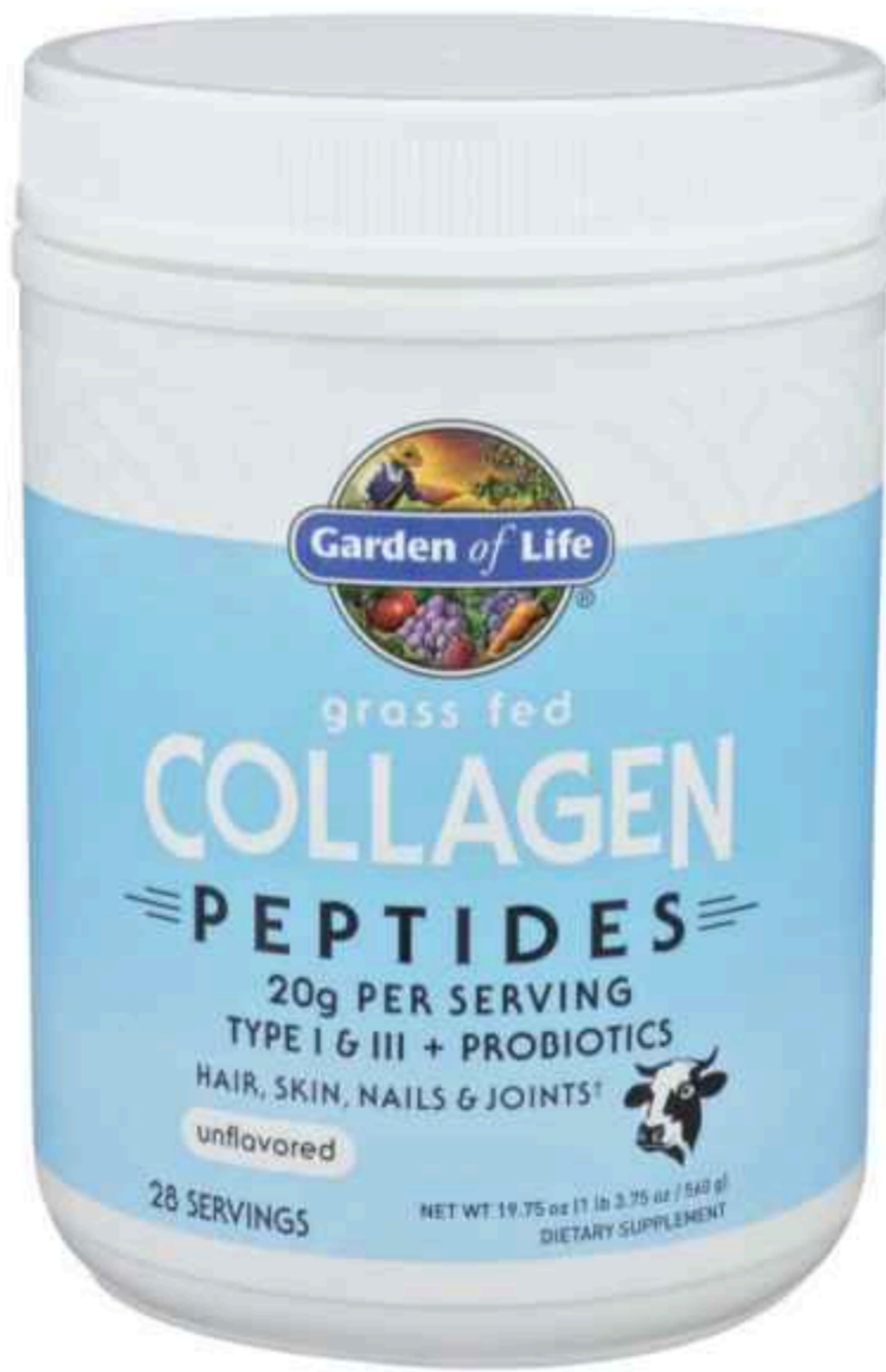
Nourish your wellness routine.  
**Feel revitalized.**

*grass-fed*  
*collagen peptides*

One scoop conveniently delivers 20 grams of collagen peptides and is great for anyone looking to improve skin elasticity, nail and hair strength and joint mobility.

**32.99**

**Garden of Life**  
**Unflavored Collagen Peptides**  
19.75 oz.



**16.99**  
**Simply Tera's**  
**Pure Whey Protein Powder**  
12 oz., selected varieties

**The co-op has products to support a busy lifestyle.**

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

**INCLUSIVE TRADE PARTNER**



RADIUS is a woman-owned company. We use recycled materials to create sustainable toothpastes, flosses and other daily-use objects.

**inclusive trade**

**3.29** Radius  
Sponge Floss  
55 yd., selected varieties

**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.

**inclusive trade**

**2/\$7** Ecos  
Liquid Dish Soap  
25 fl. oz., selected varieties



**4.79**  
Desert  
Essence  
Toothpaste  
6.25 oz., selected varieties



**8.49**  
The Honey Pot  
Intimate Wipes  
30 ct., selected varieties



**8.49**  
Humble  
Plastic-free  
Deodorant  
2.65 oz., selected varieties



**13.49**  
Bass  
Large Square  
Paddle Hairbrush  
each



**3.99**  
Tom's of Maine  
Spearment Floss  
32 yds.



**5.49**  
Tom's of Maine  
Mouthwash  
16 fl. oz., selected varieties



**5.99**  
Tom's of Maine  
Whole Care  
Toothpaste  
4 oz., selected varieties



**7.99**  
Tom's of Maine  
Deodorant  
3.25 oz., selected varieties

*choose us,  
give back*

Tom's of Maine donates 10% of our profits in the form of funding and product donations to nonprofit organizations that work in the areas of climate change and the environment, health and well-being and disaster relief.

**Find brands you love at the co-op.**



**2/\$7**

**Seventh Generation  
Liquid Dish Soap**  
19 fl. oz., selected varieties



**5.99**

**Seventh Generation  
Fabric Softener  
Sheets**  
80 ct., selected varieties



**12.99**

**Seventh Generation  
4X Liquid Laundry  
Detergent**  
50 fl. oz.



**12.99**

**Seventh Generation  
Liquid Laundry  
Detergent**  
23.1-90 fl. oz., selected varieties

*clean with purpose*

Using the power of plant science, **Seventh Generation** creates products that get the job done and are safer for your family. From renewable plant-based ingredients to more sustainable packaging, our products redefine what it means to clean with purpose.



**1.79**

**Sappo Hill  
Glycerine  
Creme Soap**  
3.5 oz., selected varieties



**2.69**

**Green Forest  
Facial Tissue**  
175 ct.



**3.69**

**Repurpose  
Compostable  
Plates or Bowls**  
20 ct., selected varieties

*get back-to-school ready*

**Alba Botanica** wants you to get back-to-school ready with skincare that's cruelty-free with no sulfates, artificial colors, parabens or synthetic fragrances.



**4.79**

**Alba Botanica  
Cream Shave**  
8 oz., selected varieties



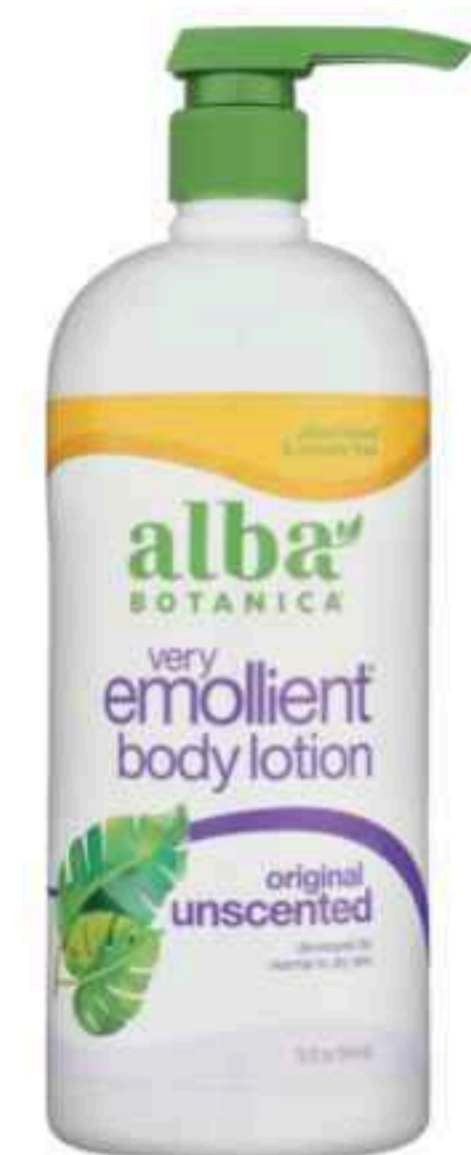
**6.99**

**Alba Botanica  
Acnedote Pimple  
Patch**  
40 ct.



**6.99**

**Alba Botanica  
Acnedote Face  
& Body Scrub**  
8 oz.



**11.99**

**Alba Botanica  
Very Emollient  
Body Lotion**  
32 fl. oz., selected varieties

**Find cleaning and body care brands 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
- Wild Onion Market

**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

**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

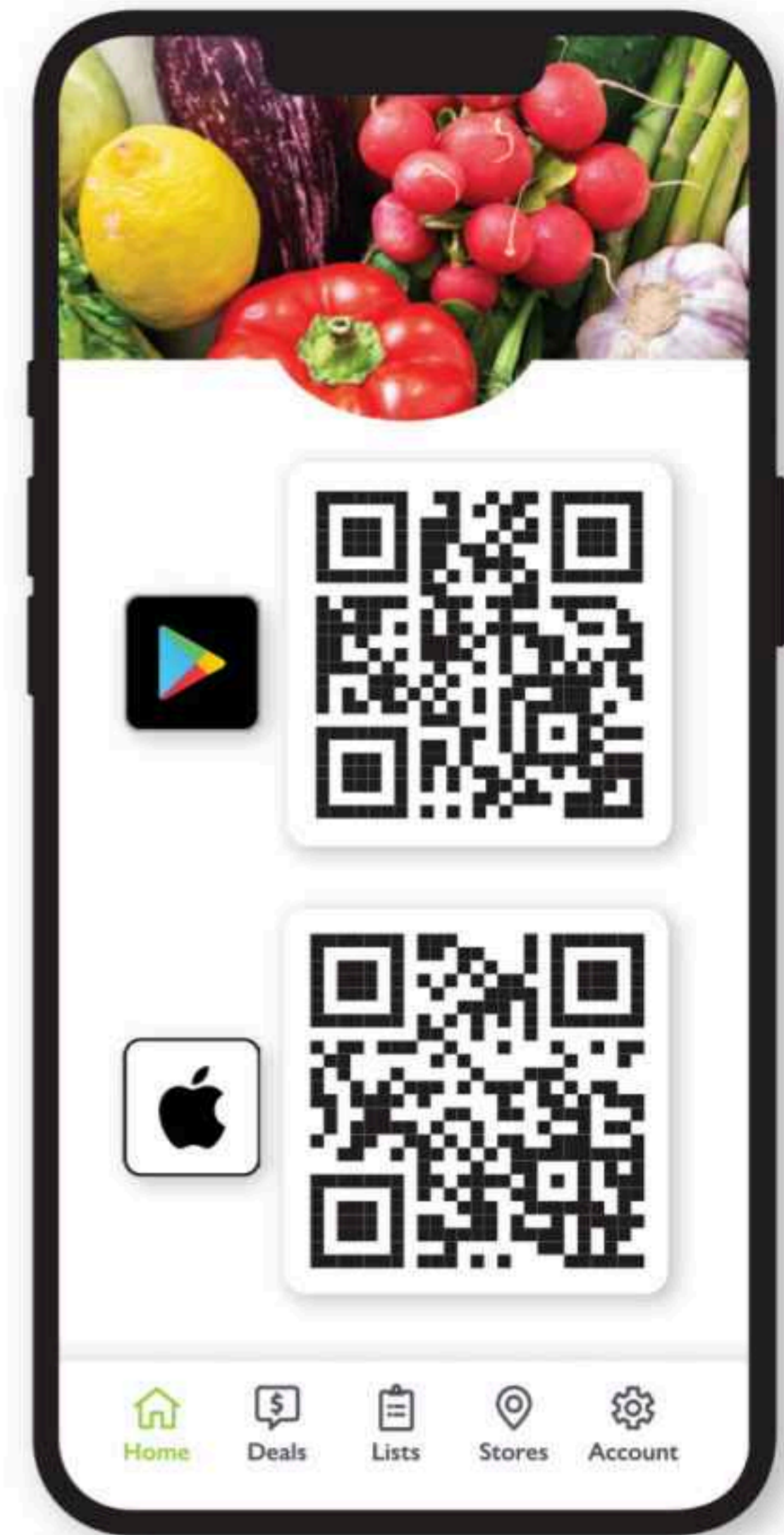
**WISCONSIN**

- 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.

*fresh from the fridge*

Our refrigerated protein snacks are made with freshly ground nut butter, organic honey and 20+ superfoods — plus they have a cookie dough-like texture you'll love.

**2/\$5**

**Perfect Bar Protein Bars**

1.94-2.5 oz., selected varieties



**18.99**

**Nordic Naturals Nordic Berries Multivitamin Gummies**  
120 ct., 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.



MW0824A