

coop deals

DEC 4 - DEC 17, 2024

sizzling wake-up call

DELICIOUS 7 DAYS A WEEK

Lean into the winter with a hot breakfast made at home, just how you like it. Applegate Naturals® Sunday Bacon® is a delicious option and tastes great on its own, in a sandwich or part of a skillet. Pick up a few packages at the co-op while they're on sale!



5.99

Applegate
Sunday Bacon
8 oz.



4.49

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



4.49

Wholesome
Organic
Brown Sugar
24 oz., selected
varieties



6.79

Simple Mills
Baking Mixes
9-12.9 oz., selected
varieties



Warm your home with a hearty breakfast.

Energy for the day ahead.



3.79

Kite Hill Dairy-free Sour Cream
8 oz.



5.99

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



4.49

Kite Hill Almondmilk Yogurt
16 oz., selected varieties

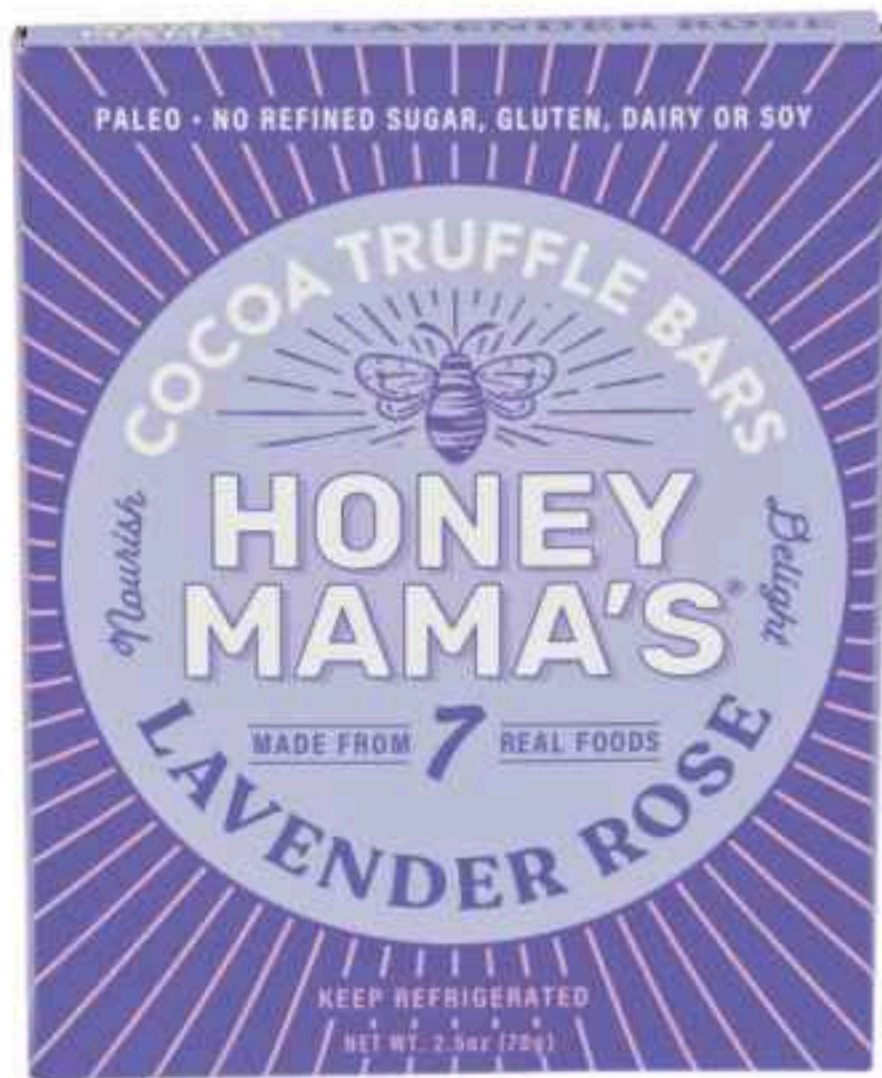


6.49

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

deliciously dairy-free holidays

Set a holiday table for all your friends and family to enjoy with **Kite Hill**. Crafted from real ingredients, our dairy-free foods let your creativity shine while nourishing body and soil.



3.99

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



2/\$8

Evolution Fresh Organic Juice or Smoothie
15.2 fl. oz., selected varieties



5.99

Fage Greek Yogurt
32 oz., selected varieties



2.29

Nancy's Sour Cream
8 oz.



2/\$7

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



5.49

Toby's Dressing & Dip
12 oz., selected varieties

Food to start the day is at the co-op.



7.99

Siete
Grain-free Tortillas
7 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.

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**
Samosas
7.5-12 oz., selected varieties



2/\$4

KeVita
Organic Sparkling
Drinks
12 fl. oz. can, selected varieties



3.79

Minor Figures
Organic Barista
Oat
32 fl. oz.



5.69

Meyenberg
Goat Milk Butter
8 oz.

decadent ricotta cheese



COOPERATIVELY OWNED

Organic Valley's ricotta cheese amplifies any meal. With authentic Italian flavor and only three ingredients, the cheese is vegetarian-friendly and perfect for your next lasagna or calzone.



2/\$8

Cascadian Farm
Organic Frozen Potatoes
12-16 oz., selected varieties

5.49

Organic Valley
Ricotta Cheese
15 oz.

The co-op supports Inclusive Trade.

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



where wisdom meets wellness

Whether it's a cup for conversation, finding your zen or settling digestive discomfort, Traditional Medicinals has a tea for that.



3.99
Organic India
Tulsi Tea
18 ct., selected varieties

3.99

Traditional Medicinals
Organic Herbal Tea
16 ct., selected varieties



9.99
Peace Coffee
Organic Coffee
12 oz., selected varieties



7.49
R.W. Knudsen
Organic Just Tart
Cherry Juice
32 fl. oz.

COOPERATIVELY OWNED



9.99
Equal Exchange
Organic Mind,
Body & Soul
Coffee
per pound in bulk

bowlfuls of organic goodness

From indulgent Love Crunch Granola to classic crunchy Heritage Flakes, fill the cupboards with delicious cereal options for the whole family, all made from planet-friendly ingredients. Dig in and munch your way through the day (or night — no judgement here!).



2/\$7
Nature's Path
Organic
Instant Oatmeal
8 pk.-1.75 oz., selected varieties



3.79
Nature's Path
Organic
Love Crunch Granola
11.5 oz., selected varieties



3.79
Nature's Path
Organic
Cereal
9.5-14 oz., selected varieties



8.99
Nature's Path
Organic
Cereal
26.4-32 oz., selected varieties

The co-op has a variety of breakfast choices.

sweeten your expectations

Here at Lily's, we reinvented how you treat yourself by crafting delicious, drool-worthy sweets that don't need any added sugar. Is it magic? Nope, that's Lily's.

6.99

Lily's
Baking Chips
9 oz., selected varieties



9.49
Navitas Organics
Unsweetened
Cacao Powder
8 oz.



5.99
King Arthur Baking
Company
Flour
5 lbs.

exceptional flavor, responsibly sourced



COOPERATIVELY OWNED

Frontier Co-op is an ethically committed herb and spice brand with a broad culinary and wellness portfolio. We are united by our mission to put people and planet before profits.

5.79

Frontier Co-op
Herbs and Spices
.15-1.76 oz.



scoop up the savings in bulk!



1.69
Organic Rolled
Oats
per pound in bulk



3.19
Organic
Thompson Raisins
per pound in bulk



6.49
Organic Walnut
Halves & Pieces
per pound in bulk

Ingredients for homemade treats are at the co-op.



1.89

San Pellegrino Sparkling Mineral Water
25.3 fl. oz.



2/\$4

San Pellegrino Sparkling Mineral Water
33.8 fl. oz., selected varieties



5.49

San Pellegrino Italian Sparkling Drink
6-pk.-11.15 fl. oz. cans, selected varieties

enhance any moment

San Pellegrino guides you to a unique taste experience. An experience that begins with fine food and ventures far beyond. With its incomparable sense of taste and Italianity, San Pellegrino is able to enhance any moment.

picked just for you



Woodstock organic olives are tree-ripened in the Mediterranean and marinated in red wine vinegar for full flavor to be used in salads, sandwiches, charcuterie, tapenades and more.

2/\$7

Woodstock Organic Olives
8.4-8.5 oz., selected varieties



2/\$7

Bionaturae Organic Tomatoes
24-28.2 oz., selected varieties



3.69

Imagine Organic Broth
32 fl. oz., selected varieties



4.69

Rao's Homemade Soup
16 oz., selected varieties



14.99

Zoe Extra Virgin Olive Oil
33.8 fl. oz.

Stock up on deals from the co-op.



4.99

Maille Mustard
7-8.9 oz., selected varieties



holiday parties

Crown Prince Natural products are on the menu. Visit youtube.com/CrownPrinceSeafood for recipes like Smoked Oyster Corn Fritters and Garlic Anchovy Pita Chips. Party with canned seafood!

3.49

Crown Prince Oysters or Anchovies
1.5-3 oz., selected varieties



2/\$4

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



2/\$6

Kitchen Basics Cooking Stock
32 fl. oz., selected varieties



6.99

Rao's Homemade Pasta Sauce
24 oz., selected varieties

made simply, with love



Simple, premium ingredients that are carefully prepared with traditional fruit expertise to create a memorable taste in every moment.

4.99

Bonne Maman Fruit Curd or Spreads
12.7-13 oz., selected varieties



5.49

Maranatha Organic Peanut Butter
16 oz., selected varieties

The co-op has what you need for holiday gatherings.



2/\$6
 Siete
 Grain-free Cookies
 4.5 oz., selected varieties



2.79
 Sesmark
 Rice Thins
 3.2-4.25 oz., selected varieties

COOPERATIVELY OWNED



2/\$7
 Blue Diamond
 Nut Thins
 4.25 oz., selected varieties



2.79
 Angie's
 Boomchickapop
 Popcorn
 4.4-7 oz., selected varieties



2/\$6
 Unique Snacks
 Pretzels
 11 oz., selected varieties



4.49
 Green Mountain
 Gringo
 Salsa
 16 oz., selected varieties

doing good, better →

We are proud to be the first and only chocolate brand to be Ocean Plastic Neutral Certified with 4ocean! Together, let's reduce marine pollution while enjoying delicious chocolate!

2.79
 Endangered Species
 Chocolate Bar
 3 oz., selected varieties



4.99
 Unreal
 Chocolate Bars,
 Cups or Gems
 3.2-5 oz., selected varieties

Snacks for everyone are at the co-op.



10.49
Green Forest
Bathroom Tissue
12 ct., selected varieties

*replace it with
Repurpose*



Repurpose is on a mission to keep plastic waste out of landfills and toxins out of your life by making plant-based, certified-compostable and non-toxic alternatives to everyday household items.

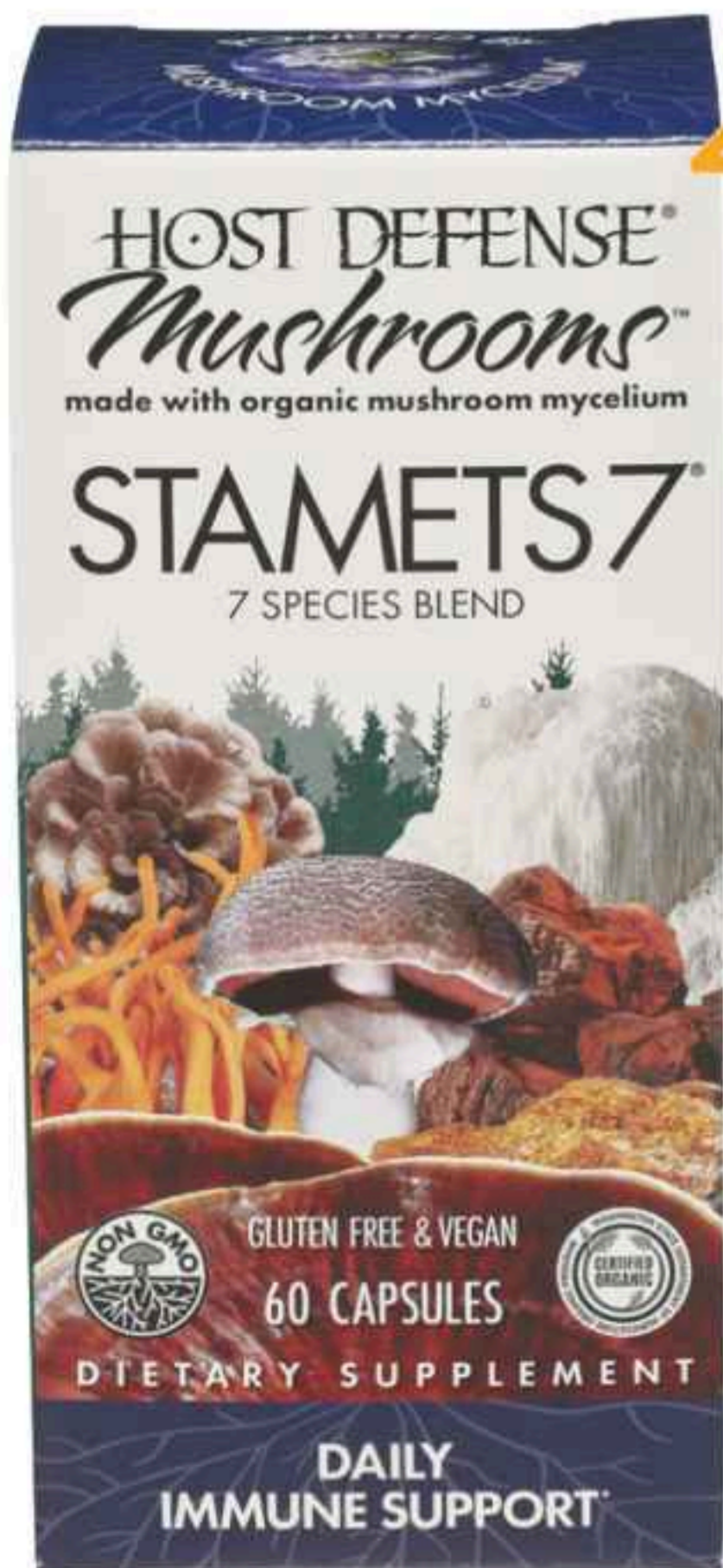
3.79 Repurpose
Compostable Plates
20 ct., selected varieties



18.99
Kal
Magnesium
Glycinate 350
160 ct.



Find brands with sustainable products at the co-op.
Feel fresh this season.



seven-mushroom blend

From the experts at Host Defense, this formula was specially crafted by Paul Stamets with organic mushroom mycelium from seven extensively studied mushroom species; no wonder this is a fan-fave!

29.99

Host Defense
Stamets 7 Daily Immune Support
60 ct.



13.99

Nordic Naturals
Omega-3
60 ct.

Shop for home and personal care at the co-op.



2/\$4

Aura Cacia
Lavender Foam or
Mineral Bath Packet
2.5 oz., selected varieties



2.79

Aura Cacia
Organic
Castor Oil
4 fl. oz.



3.49

Aura Cacia
Eucalyptus
Essential Oil
.5 fl. oz.



6.49

Aura Cacia
Lavender
Essential Oil
.5 fl. oz.

*comfort and joy
holiday mist*

COOPERATIVELY OWNED

Bring the festive aromas to your home with this comforting room spray recipe.

Combine these **Aura Cacia** items with water in a bottle, shake well and spray.
16 drops Sweet Orange Essential Oil
10 drops Lavender Essential Oil
10 drops Clove Bud Essential Oil
2 fl. oz. water



5.99

Andalou Naturals
Shampoo or
Conditioner
8.5-11.5 fl. oz., selected varieties



11.99

Naturtint
Hair Color
5.75 fl. oz., selected varieties

*nature's healing
hydrators*



4.29

Weleda
Skin Food
Lip Butter
.27 fl. oz.



11.99

Weleda
Skin Food Cream
2.5 fl. oz.



11.99

Weleda
Skin Food
Body Butter
5 fl. oz.



16.99

Weleda
Skin Food
Nourishing Day
Cream
1.3 fl. oz.

Weleda's Skin Food collection reveals healthy, nourished skin from head to toe. Soothing calendula, nourishing sunflower seed oil and calming chamomile combine to support dry winter skin. Experience skincare powered by nature's science.

Take care this winter with help from the co-op.

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



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

INCLUSIVE TRADE PARTNER

Badger is a woman-owned company. We create organic body care products with nourishing nutrients.



6.99 Badger Organic Body Balm 2 oz., selected varieties



9.49

Heritage Store Rosewater Facial Mist 8 fl. oz.



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



7.79 Evanhealy Organic Whipped Shea Butter for Lips .25 oz.



34.99 Dr. Hauschka Rose Day Cream 1 oz.

choose us, give back

We donate 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.



3.69 Tom's of Maine Spearmint Floss 32 yds.



5.29 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

Never miss a deal with the Co+op Deals app.

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

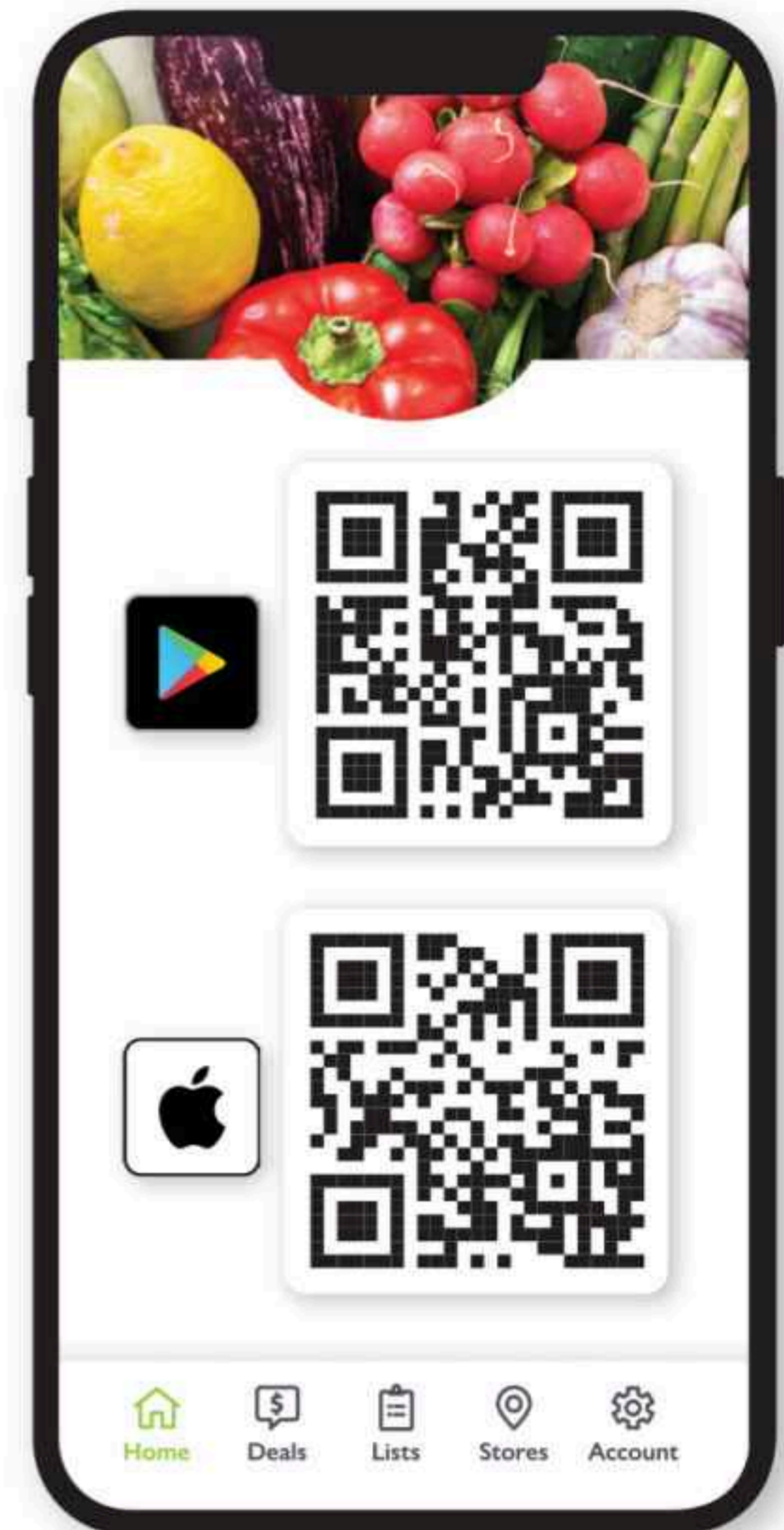
WISCONSIN

- 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

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.



delicious baking

This flour blend has no major allergens. It will work perfectly with most of your traditional recipes. Now you can bake like you used to!

17.99

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



3.29
**Divine Chocolate
Chocolate Bars**
3 oz., selected varieties



4.49
**Annie's
Organic Graham
Crackers**
14.4 oz., selected varieties



Scan the QR code to learn more about the quality and values represented by these symbols.



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