

coop deals

OCT 16 - OCT 29, 2024

one more slice

INCLUSIVE TRADE PARTNER

Fall schedules are busy, and frozen pizzas are a great option for families on the go. Caulipower is a woman-owned company offering gluten-free pizzas that are delicious and easy to bake. Buy one, get one free now at the co-op!



Buy One, Get One

FREE

Caulipower
Cauliflower Crust
Pizza

10-14.8 oz., selected varieties



Buy One, Get One

FREE

Beyond Meat
Plant-based
Breakfast Sausage
7.4 oz., selected varieties



Buy One, Get One

FREE

Bionaturae
Organic Tomatoes
28.2 oz., selected varieties



Buy One, Get One

FREE

Orgain
Organic Plant-based
Protein Powder
32.4 oz., selected varieties



Buy One, Get One

FREE

special offers inside!



**Buy One, Get One
FREE
Deals at the Co-op!**

Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.



**Buy One, Get One
FREE**

**Little Northern Bakehouse
Gluten-Free Bread**
16-20 oz., selected varieties



**Buy One, Get One
FREE**

**Lotus Foods
Rice Ramen**
2.8 oz., selected varieties



**Buy One, Get One
FREE**

**Quantum
Zinc Elderberry
Raspberry Lozenges**
14 ct.



**Buy One, Get One
FREE**

**Natural Factors
Organic Oil of Oregano**
1 fl. oz.

Fantastic BOGO deals are at the co-op!



Buy One, Get One

FREE

Yachak Organic
Yerba Mate
16 fl. oz., selected varieties

spread the light, share the flavor



INCLUSIVE TRADE PARTNER

This Diwali, enjoy Deep Indian Kitchen's made-from-scratch, restaurant-quality Indian meals and samosas. Our family's recipes have been passed down for generations so you can taste the tradition in just five minutes!

2/\$10

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



Buy One, Get One

FREE

Herban Cowboy
Stick Deodorant
2.8 oz., selected varieties



2/\$6

Cascadian Farm
Organic Frozen Vegetables
10 oz., selected varieties



2/\$9

Woodstock
Organic Frozen Fruit
10 oz.



10.99

Wyman's
Wild Blueberries
3 lb.



Find your favorite brands throughout the co-op.



4.99

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



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



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

INCLUSIVE TRADE PARTNER

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



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



4.49
**Ripple
Plant-based Milk**
48 fl. oz., selected varieties



5.49
**Kalona
Supernatural
Organic Cottage
Cheese**
16 oz., selected varieties

irresistibly rich and creamy butter



Vital Farms 90% grass-fed, pasture-raised, salted butter. Made with fresh air and sunshine.

2/\$7 **Vital Farms
Butter**
8 oz., selected varieties



3.99
**Evolution Fresh
Organic Juice or
Smoothie**
15.2 fl. oz., selected varieties

Wake up to what's delicious at the co-op.

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

all the Oatlys

Oatly is the original oatmilk! And now seems like a really good time to get some of our perfectly creamy and delicious oatmilks, oat creamers and nondairy frozen desserts into your fridge and/or freezer. Wow, no cow!



3.79
Oatly Barista Edition Oatmilk
32 fl. oz.



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



4.49
Oatly Oatmilk
64 fl. oz., selected varieties



4.49
Oatly Non-dairy Frozen Dessert
1 pt., selected varieties



2/\$5
Wildwonder Sparkling Prebiotic & Probiotic Drink
12 fl. oz., selected varieties



2/\$5
Health-Ade Organic Kombucha
16 fl. oz., selected varieties



3.79
Farmers Hen House Large Brown Grade A Free-range Eggs
1 doz.

crafted with less

All our skyr and plant-based, dairy-free yogurts are made with simple ingredients and no artificial anything. Deliciously satisfying siggi's yogurts make the perfect breakfast or snack option.

4/\$5

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



3.69
Laird Superfood Coconut Creamer
16 fl. oz., selected varieties



Stock the fridge with deals from the co-op.



6.99

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

taco night made easy

INCLUSIVE TRADE PARTNER

Siete is a Mexican American brand. Our food is made with thoughtfully selected ingredients like avocado oil and organic beans. Siete's Refried Beans are vegan, gluten-free and delicious, too! Enjoy with friends and family because Juntos es Mejor.

2/\$5

**Siete
Refried Beans**
16 oz., selected varieties



6.49

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

imagine the possibilities

Imagine® starts with fresh ingredients. We're dedicated to helping you discover restaurant-quality meals at home, offering an abundance of delicious organic soups, broths and gravies. Start with the finest that nature has to offer, and let your imagination run wild!



2.49
**Imagine
Organic Gravy**
13.5 oz.,
selected varieties



3.99
**Imagine
Organic Soup**
32 fl. oz.,
selected varieties



2/\$7
**Imagine
Organic Broth**
32 fl. oz.,
selected varieties

Stock up on staples from the co-op.

meals with more yum

Let **Annie's** Bunnies help you make meals with more yum. With staples like mac & cheese and bunny-shaped snacks, Annie's turns mealtime into yumtime while appeasing everyone's taste buds.



2/\$3

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



3.99

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



4.99

Annie's Organic Snack Mix
9 oz., selected varieties



2/\$9

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



2/\$7

Pacific Foods Organic Soup
16.1-16.5 oz., selected varieties



17.99

Spectrum Organic Extra Virgin Olive Oil
25.4 fl. oz.



3/\$8

Tasty Bite Indian Entrees
10 oz., selected varieties



4.99

Woodstock Organic Fire-roasted Red Peppers
16 oz.



7.99

Lucini Italia Organic Pasta Sauce
24 oz., selected varieties



Ingredients for easy meals are at the co-op.



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.

4.99

**Traditional Medicinals
Organic Herbal Tea**
16 ct., selected varieties



3.79

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



2/\$9

**Mom's Best
Cereals**
17.5-24 oz., selected varieties



4.99

**Elmhurst
Plant-based Milk**
32 fl. oz., selected varieties



8.99

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



food with purpose

This MEAL bar provides a quick meal that not only keeps hunger at bay but also delivers an irresistible taste with swirls of peanut butter and dark chocolate chips.

3/\$7

**Probar
Meal Bar**
3 oz., selected varieties

INCLUSIVE TRADE PARTNER

Purely Elizabeth is a woman-owned company. Elizabeth started Purely Elizabeth to make delicious food with nourishing ingredients to help you thrive on your wellness journey.



5.99

**Purely Elizabeth
Granola**
11-12 oz., selected varieties

Find breakfast favorites at the co-op.

supporting a cooperative economy

COOPERATIVELY OWNED

Directly from farmer cooperatives to the Equal Exchange worker-owned cooperative to your local consumer cooperative! Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound. Support our beautiful cooperative supply chain this Co-op Month!



3.99
Equal Exchange Organic Chocolate Bar
2.8-3.5 oz., selected varieties



7.99
Equal Exchange Organic Baking Cocoa
8 oz.



2/\$7
Equal Exchange Organic Tea
20 ct., selected varieties



9.99
Equal Exchange Organic Coffee
10-12 oz., selected varieties



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



4/\$6
Larabar Fruit & Nut Bar
1.6-1.7 oz., selected varieties



6.99
Lily's Baking Chips
9 oz., selected varieties



2.79
So Delicious Organic Coconutmilk
32 fl. oz., selected varieties



6.99
R.W. Knudsen Organic Just Tart Cherry Juice
32 fl. oz.

scoop up the savings in bulk!



1.79
Organic Steel Cut Oats
per pound in bulk



1.79
Organic Yellow Popcorn
per pound in bulk



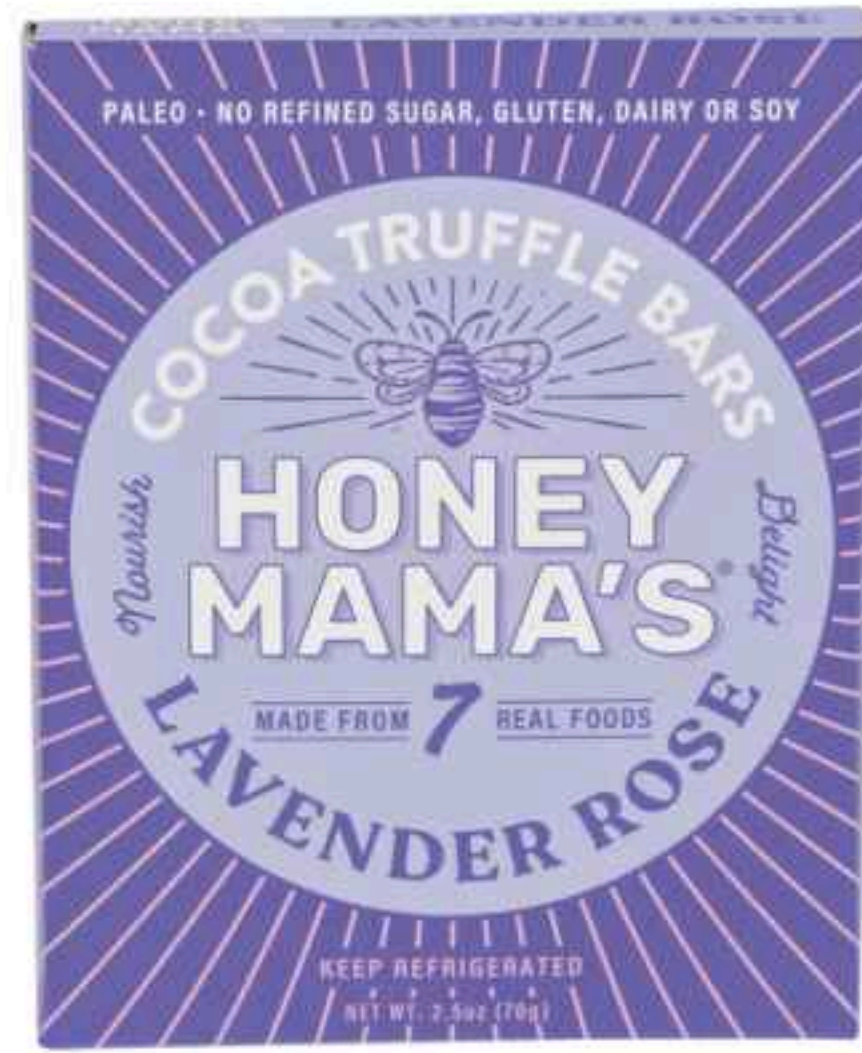
4.79
Organic Pumpkin Seeds
per pound in bulk

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



2/\$6

**Boulder Canyon
Potato Chips**
5.25-6.5 oz., selected varieties



2/\$8

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



5.99

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



2/\$3

**Epic
Snack Strips**
.8 oz.,
selected varieties



2/\$5

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



2/\$6

**Epic
Pork Rinds**
2.5 oz.,
selected varieties



4.99

**Epic
Bone Broth**
14 fl. oz.,
selected varieties

*live EPIC,
eat EPIC*

Epic makes flavor-forward meat snacks for the mindful consumer. We're everything to love about a savory snack with carb-conscious, grass-fed and keto-friendly options and a dedication to land and animal well-being.

Shop the co-op for snacks for all occasions.



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



2/\$4
Inka Crops
Plantain Chips
4 oz., selected varieties



2/\$4
Little Secrets
Crispy Wafers
1.4 oz., selected varieties



2/\$6
LesserEvil
Organic Popcorn
4.6-6.4 oz., selected varieties



4.29
R.W. Knudsen
Sparkling Juice
Drink
25.4 fl. oz., selected varieties



4.49
Quinn
Pretzel Nuggets
5-7 oz., selected varieties



5.39
LaCroix
Sparkling Water
12 pk.-12 fl. oz. cans,
selected varieties



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.

3.79

Lily's
Chocolate Bar
2.8-3 oz., selected varieties



4.99
Justin's
Organic Peanut Butter Cups
4.7 oz., selected varieties

The co-op has delicious snacks and beverages.

*fair trade,
cruelty free*

INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company. Our certified cruelty-free products are made with deeply moisturizing and nutrient-rich Certified Fair Trade unrefined shea butter and coconut oil ethically sourced from women-led cooperatives in West Africa.



inclusive trade

9.99
Alaffia
Everyday
Bubble Bath
32 fl. oz.,
selected varieties



inclusive trade

9.99
Alaffia
Everyday Shea Shampoo
or Conditioner
32 fl. oz., selected varieties



inclusive trade

9.99
Alaffia
Everyday Shea
Body Wash
32 fl. oz.,
selected varieties



inclusive trade

9.99
Alaffia
Everyday Shea
Body Lotion
32 fl. oz.,
selected varieties



The co-op has cleaning solutions you'll love.
Feel cozy and clean.



3.69
Seventh Generation
Liquid Dish Soap
19 fl. oz., selected varieties



4.99
Seventh Generation
Free & Clear Automatic
Dishwashing Powder
45 oz.



5.99
Seventh Generation
Fabric Softener
Sheets
80 ct., selected varieties



13.99
Seventh Generation
Liquid Laundry
Detergent
23.1-90 fl. oz., selected varieties

*made for
sensitive skin*

Seventh Generation Free & Clear formulas leverage the power of bio-enzymes to deliver a powerful clean without unnecessary ingredients. Plus, our Free & Clear formulas are made without fragrances or dyes, so they're gentle on your sensitive skin.

Find all your cleaning products at the co-op.



6.99
 Spry
 Chewing Gum
 100 ct., selected
 varieties

you deserve to feel wonder-full™



Brush away impurities and keep breath fresh with the potent power of plants. Our toothpastes are Non-GMO Project Verified and free of fluoride for your peace of mind.

4.69

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



Visit the co-op for a variety of body care products.

Pamper yourself.

glow with nature's intelligence

Fruit stem cell complex, resveratrol CoQ10, super antioxidants, and hyaluronic acid join forces to boost dermal vitality, supporting essential building blocks, collagen and elastin, for a more lifted, firmer, youthful appearance and rejuvenated complexion.

17.99

**Andalou Naturals
 Lift & Firm or Night
 Repair Cream**
 1.7 oz., selected varieties



COOPERATIVELY OWNED



7.99
**Aura Cacia
 Lavender
 Essential Oil**
 .5 fl. oz.



29.99
**Evanhealy
 Cleansing Milk**
 4 fl. oz., selected
 varieties

The co-op has all your body care items.

live brighter

Since 1973, we've scoured the globe for the highest-quality ingredients, connecting you with the most efficacious supplements to help you live brighter and embrace the moments that matter most. Our mission statement is printed on our bottles; it's also our way of life.



9.99
Solaray
Calcium Citrate
120 ct.



15.99
Solaray
Magnesium
Glycinate 350 mg.
120 ct.



21.99
Solaray
D-Mannose with
CranActin
60 ct.



33.99
Solaray
MycrobioMe
Women's Probiotic
30 ct.



Find supplements for your wellness journey.
Enjoy the fall season.

INCLUSIVE TRADE PARTNER

Wishgarden Herbs is a woman-owned company. We source organic and sustainable herbs from fair trade and family-owned farms.

15.99

Wishgarden Herbs
Kick-Ass Immune
Activator
2 fl. oz.



inclusive trade



19.99
Country Life
Coenzyme B-Complex
120 ct.

The co-op has great deals on wellness items.

*clean, delicious,
nutritious gummies*

Whatever your health interests may be, **Garden of Life** offers a wide array of beneficial products in the format we all love — yummy gummies! Our gummies are made from real whole foods and contain no synthetic ingredients or added sugar.



13.99

Garden of Life
Magnesium
Gummies
60 ct.



25.99

Garden of Life
Organic Turmeric
Gummies
120 ct.



25.99

Garden of Life
Organic
Elderberry
Gummies
120 ct.



25.99

Garden of Life
Organic
Multivitamin
Gummies
120 ct.,
selected varieties



The co-op is a great resource for supplements.

Be well this fall.

a superior gut feeling

Formulated with saccharomyces boulardii, a clinically studied probiotic yeast, and MOS, a prebiotic. Jarrow Formulas® uses superior science and quality ingredients to make smarter formulas.

25.99

Jarrow Formulas
Saccharomyces
Boulardii + MOS
90 ct.



15.99

Wiley's Finest
Easy Swallow
Omega-3 Fish Oil
Minis 630mg
60 ct.



The co-op has products to support wellness.

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.

remarkably thick, deliciously simple



Deliciously rich and creamy, made with only milk and live-active yogurt cultures. The possibilities are as endless as your imagination. Good things start here.

2/\$6

Fage Greek Yogurt
16 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



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.



MW1024B