

coop deals

APR 16 - APR 29, 2025

simmered to perfection

A REFRESHING MOMENT

Cozy nights, busy dinners or family gatherings are all made better with a comforting bowl of soup. And with Imagine Foods chicken broth, you can transform simple ingredients and make a delicious meal. Find it on sale at the co-op!



2/\$7

Imagine
Organic Broths
32 fl. oz., selected varieties



2/\$4

Little Secrets
Crispy Wafers
1.4 oz., selected varieties



2/\$6

Cascadian Farm
Organic Frozen
Vegetables
10 oz., selected varieties



19.99

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



Buy One, Get One

FREE

special offers inside!

BO
GO

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.

INCLUSIVE TRADE PARTNER

Giovanni is a veteran-owned company. We make cutting-edge, fashion-forward natural hair care a reality.



Buy One, Get One
FREE

Giovanni
Shampoo or Conditioner
8.5-13.5 fl. oz., selected varieties



Buy One, Get One
FREE

Preserve
Adult Toothbrush
each, selected varieties



Buy One, Get One
FREE

Sappo Hill
Glycerine Creme Soap
3.5 oz., selected varieties

Find amazing BOGO deals at the co-op!



Buy One, Get One
FREE

Country Life
Coenzyme B-Complex
120 ct.



Buy One, Get One
FREE

The Humble Co.
Mint Floss Picks
50 ct.



Buy One, Get One
FREE

Sukin
Shampoo or Conditioner
16.9 fl. oz., selected varieties



Buy One, Get One
FREE

Liquid I.V.
Hydration Drink Mix
10 ct., selected varieties



Buy One, Get One
FREE

Orgain
Nutritional or Protein
Shakes
11 fl. oz., selected varieties



Buy One, Get One
FREE

Whole Earth & Sea
Men's or Women's
Multivitamin & Mineral
60 ct., selected varieties

Find buy one, get one free deals at the co-op!



2/\$6

Goodbelly Probiotic Drinks
32 fl. oz., selected varieties



3.79

Good Karma Flaxmilk
64 fl. oz., selected varieties



4.49

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



2/\$9

Silk Plant-based Milks
64 fl. oz., selected varieties



4.79

Laird Superfood Superfood Creamers
25.4 oz., selected varieties

INCLUSIVE TRADE PARTNER

Pop & Bottle is a woman-owned company. We make pure, delicious coffee and tea lattes. Our lattes are plant-based, free of refined sugar, and thoughtfully crafted to nourish and delight.



3/\$10

Pop & Bottle Organic Almond Lattes
11 fl. oz., selected varieties



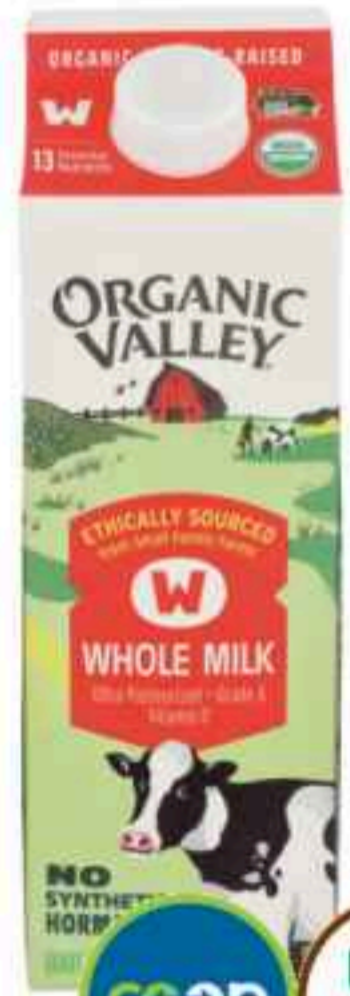
INCLUSIVE TRADE PARTNER

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.



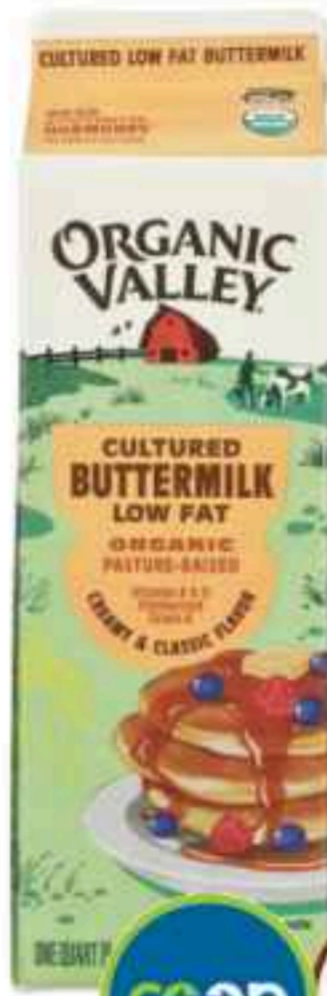
5.99

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



2.99

Organic Valley Milk
32 fl. oz., selected varieties



3.99

Organic Valley Cultured Lowfat Buttermilk
32 fl. oz.



4.99

Organic Valley Creamer
25.4 fl. oz., selected varieties



4.99

Organic Valley Large Free-range Brown Eggs
1 doz.



good organic morning

COOPERATIVELY OWNED

Start your day off on the right foot with **Organic Valley** milk, pasture-raised eggs and flavored creamers. Incredibly delicious organic food from small family farms where cows and chickens roam on wide open pastures in the fresh air and sunshine.

Your breakfast favorites are at the co-op.



unbelievably thick and creamy



Fage Total 5% Plain Greek Yogurt — deliciously rich and creamy, made with only milk and live active yogurt cultures. The possibilities are as endless as your imagination.

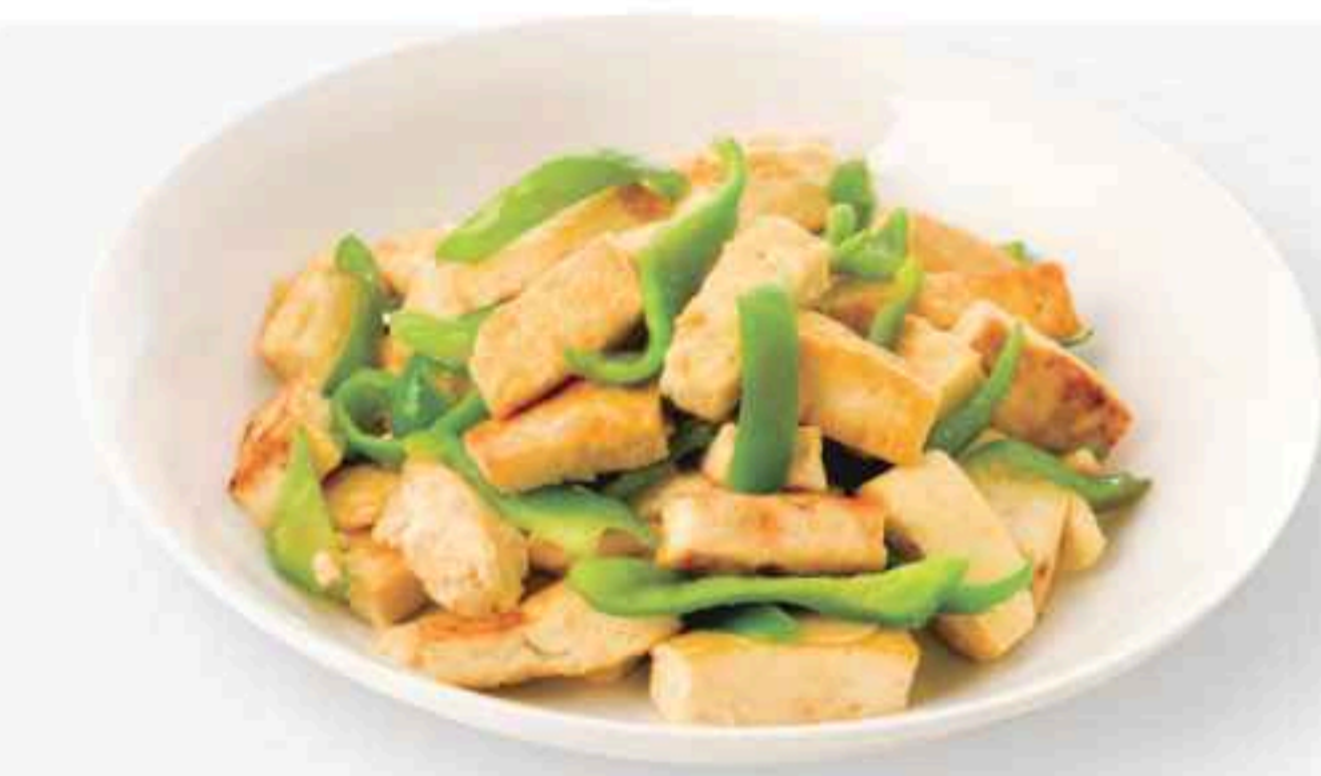
5.99

Fage
Greek Yogurt
32 oz., selected varieties



3.49

Wildwood
Organic Super Firm
Sprouted Tofu
16 oz.



Find delicious recipes on grocery.coop.

Great ingredients you'll love.



5.99

Grillo's
Pickles
32 fl. oz., selected
varieties



3.39

Lightlife
Organic Tempeh
8 oz., selected varieties

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.

6.99

GT's
Kombucha
48 fl. oz., selected varieties



6.49

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



Try something new at the co-op.



3.99

**Petit Pot
French Dessert**
2 pk.-4 oz., selected varieties

always lactose-free



3.99

**Green Valley
Organic Lactose-free
Cream Cheese**
8 oz.

Organic, real dairy cream cheese, with all the richness and versatility but none of the lactose! Perfect for Easter baking or simply slathered on a bagel.



2.79

**Hail Merry
Snack Cups**
1.5 oz., selected varieties



4.99

**Lifeway
Organic Kefir**
32 fl. oz., selected varieties



5.49

**Bellwether Farms
Sheep Milk Yogurt**
16 oz., selected varieties

crafted with less



At siggi's, we make delicious yogurt products with simple ingredients and not a lot of sugar. Our products are based on Scandinavian dairy traditions, such as skyr, the traditional Icelandic yogurt.

4.99

**Siggi's
Skyr Yogurt**
24 oz., selected varieties



2/\$8

**Rebbl
Organic Beverages**
12 fl. oz., selected varieties

Stock the fridge with favorites from the co-op.



2.69
Nature's Path
Organic
Frozen Waffles
7.4 oz., selected varieties



3.99
Hodo
Organic Tofu
8-10 oz., selected varieties



4.49
Beyond Meat
Plant-based
Breakfast Sausage
7.4 oz., selected varieties



4.99
Bubbies
Mochi Ice Cream
7.5 oz., selected varieties



4.99
Applegate
Breakfast Sausage
7 oz., selected varieties

COOPERATIVELY OWNED



6.99
Tillamook
Ice Cream
48 oz., selected varieties



8.99
Wellshire Farms
Dry Rub Uncured
Pork Bacon
12 oz., selected varieties

welcome to India

INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is owned by a third-generation Indian American family. Our Spinach Paneer and Potato & Pea Samosas deliver vibrant, made-from-scratch flavors, bringing the taste of restaurant-quality Indian cuisine to your table in minutes.



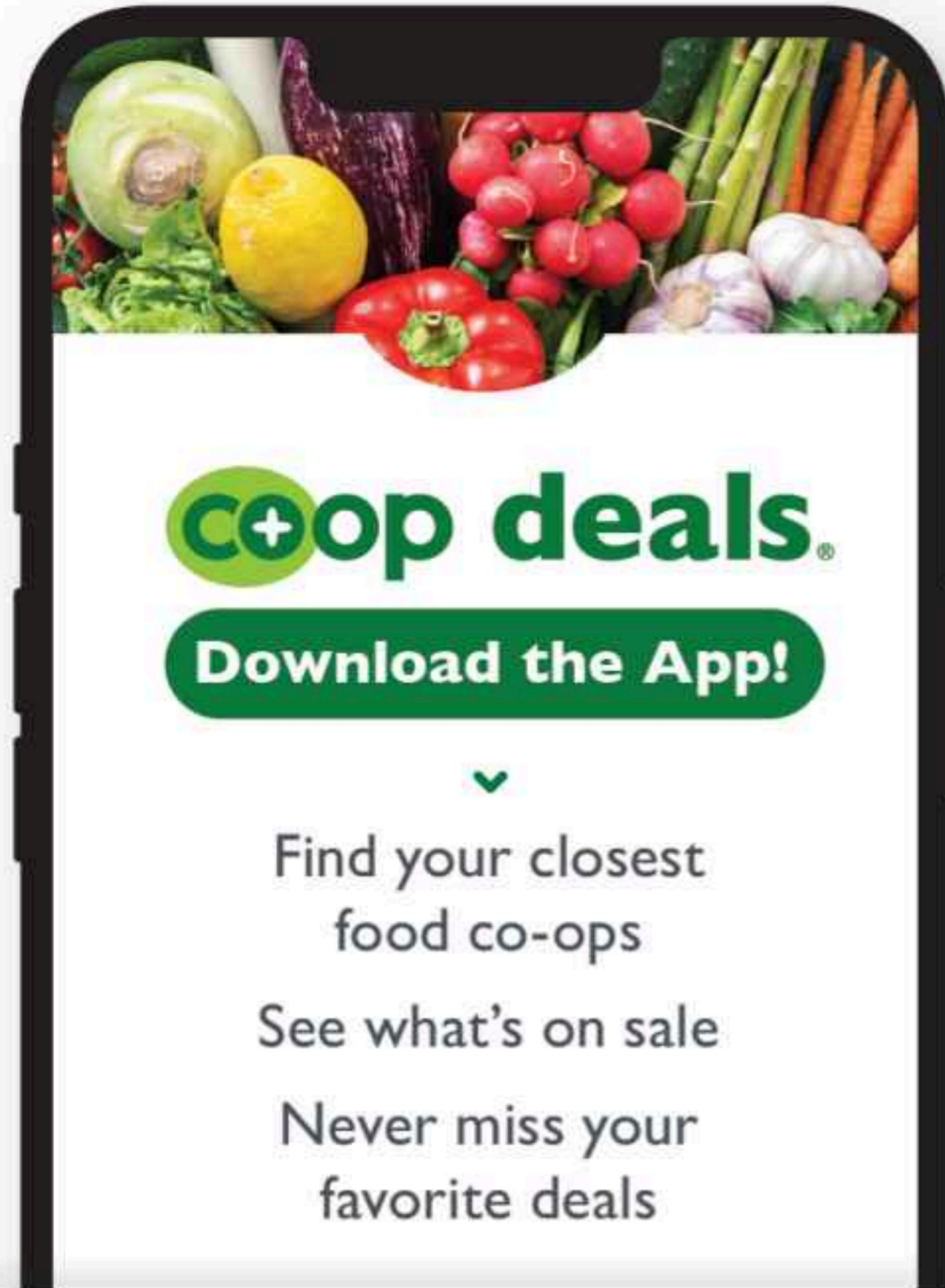
2/\$10

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



4.99
Talentì
Gelato or Sorbetto
1 pt., selected varieties

The co-op has something for everyone.



Never miss your favorite deals

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



2/\$5

Woodstock Organic Frozen Vegetables
10 oz., selected varieties



4.99

Just Folded Plant-based Eggs
8 oz.



4.99

Alexia Frozen Potatoes
15-19 oz., selected varieties



5.99

Field Roast Plant-based Appetizers
10 oz., selected varieties

always organic, never ordinary



Bursting with flavor and packed with nutrients, this organic fruit makes a delightful addition to smoothies, desserts or even enjoyed straight from the bag.



10.99

Against the Grain Gluten & Grain-free Pizzas
22.4-24 oz., selected varieties

12.99

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

Download the Co+op Deals app today.



2.79

Let's Do Organic
Shredded or
Flaked Coconut
7-8.8 oz., selected
varieties



sweet spring baking

For decadent desserts and weekend brunch favorites, add sweetness with Wholesome. Our high-quality organic sugars are sustainably sourced, while also supporting farmers and their communities through fair trade.

4.69

Wholesome
Organic Sugar
24-26 oz., selected varieties



6.49

King Arthur Baking
Company
Unbleached All-
purpose Flour
5 lbs.



4.99

If You Care
Parchment Baking Paper
70 sq. ft.



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.

15.99

Frontier Co-op
Organic Vanilla Extract
4 fl.oz.



INCLUSIVE TRADE PARTNER

Miss Jones Baking Co. is a woman-owned company. We make baking mixes and frostings that are responsibly sourced and made without artificial flavors or hydrogenated oils.



5.49

Miss Jones Baking Co.
Organic Frosting
11.29 oz., selected varieties

Find all your baking ingredients at the co-op.



2/\$3

Steaz
Organic Teas
16 fl. oz., selected varieties



2/\$4

Proud Source
Spring Waters
25.3 fl. oz.



2/\$4

Just Ice Tea
Organic Teas
16 fl. oz., selected varieties



2/\$7

Maya Kaimal
Organic Everyday
Entrees
10 oz., selected varieties



3.99

Amy's
Soups
13.65-14.7 oz., selected varieties



4.99

Maille
Mustard
7.3-8.9 oz., selected varieties



7.99

Lundberg Family Farms
Organic Rice
32 oz., selected varieties



scoop up the savings in bulk!



2.69

Organic White
Quinoa
per pound in bulk



2.99

Organic
Shredded
Coconut
per pound in bulk



11.99

Organic Pecan
Halves
per pound in bulk

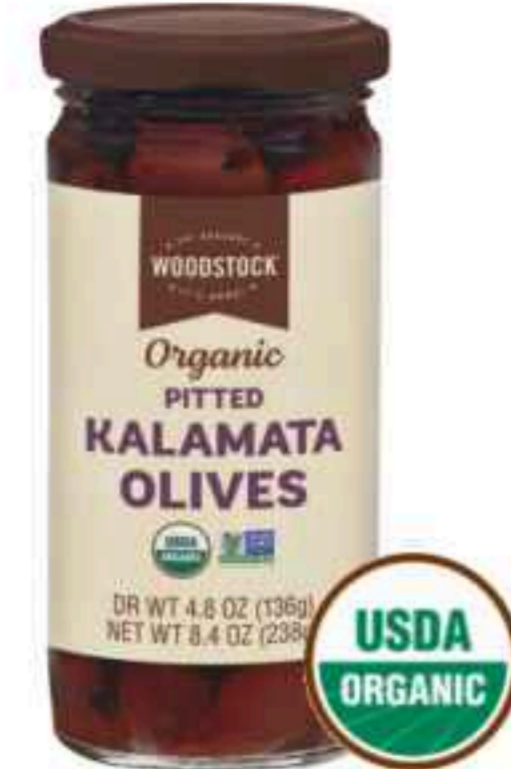
Stock up on bulk items at the co-op.



2/\$3
 Take Root
 Organics
 Tomato Paste
 6 oz.



2/\$7
 Jovial
 Organic Brown
 Rice Pasta
 12 oz., selected varieties



3.69
 Woodstock
 Organic Olives
 8.4-8.5 oz., selected
 varieties



3.99
 Kitchen Basics
 Organic Stocks
 32 fl. oz., selected
 varieties



5.49
 Patagonia
 Provisions
 Tinned Seafood
 4.2 oz., selected varieties



5.69
 Sky Valley
 Sriracha Sauce
 18.5 oz.



6.99
 Primal Kitchen
 Organic Pasta Sauce
 15.5-24 oz., selected
 varieties



9.99
 4th & Heart
 Grass-fed Ghee
 9 oz., selected varieties



11.99
 Nutiva
 Organic Fair Trade
 Virgin Coconut Oil
 23 fl. oz.



*keep it
 stocked*

RELIABLE AND READY

The co-op has excellent options for every culinary adventure. Make sure to have your favorite items stocked in the pantry so you can always make quick meals with the flavors you love.



5.39
 Elmhurst
 Plant-based
 Milk
 32 fl. oz., selected
 varieties

Enhance meals with ingredients from the co-op.

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



2/\$3

Epic
Snack Strips
.8 oz., selected varieties



2/\$5

Epic
Meat Bars
1.3-1.5 oz., selected varieties



3.79

Repurpose
Compostable
Plates or Bowls
20 ct., selected varieties



2/\$8

Cascadian Farm
Organic Cereals,
Granolas or Granola
Bars
6-14.6 oz., selected varieties



2/\$9

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



4.99

Lakewood
Organic Juice
32 fl. oz., selected varieties



3.69

Nature's Path
Organic
Instant Oatmeal
11.2-14 oz., selected varieties



5.79

Grandy Organics
Coconola
9 oz., selected varieties



7.49

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

cocoa co-op spotlight

COOPERATIVELY OWNED

CONACADO, Dominican Republic, has over 9,000 members with an average farm size of three hectares. It was the first cocoa cooperative that **Equal Exchange** began working with in 2002 and has re-invested fair trade premiums in community projects including education, infrastructure, health and eco-tourism.



7.99

Equal Exchange
Organic Baking or
Hot Cocoa
8-12 oz., selected varieties



3.79

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



2/\$7

Equal Exchange
Organic Teas
20 ct., selected varieties



9.99

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

Find the brands you trust at the co-op.



1.79
San Pellegrino
Sparkling
Mineral Water
 25.3 fl. oz.



*energize, sustain
 and nourish*

Baked with delicious, wholesome ingredients and purposefully crafted with a blend of protein, fat and carbs to keep you moving.

2/\$3

Clif or Luna
Nutrition Bars
 1.69-2.4 oz., selected varieties



3/\$5
Nixie
Organic Zero
Sugar Sodas
 12 fl. oz., selected varieties



2.29
C2O
Coconut Water
 17.5 fl. oz., selected varieties



2/\$6
Vive Organic
Wellness Shots
 2 fl. oz., selected varieties

indulgent. simple. chocolate.



Hu unites simple ingredients with unbeatable taste. Dive into delicious chocolate that tastes as good as it makes you feel.

2/\$8

Hu
Organic
Chocolate Bars
 2.1 oz., selected varieties



2/\$8
Muir Glen
Organic Salsas
 16 oz., selected varieties



5.49
LaCroix
Sparkling Water
 12 pk.-12 fl. oz. cans, selected varieties

The co-op has all your favorite snacks.



2/\$6

**Good Health
Potato Chips**
5 oz., selected varieties



2/\$6

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



2/\$6

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

decadence with purpose

Alter Eco offers organic, fair-trade and eco-friendly chocolate crafted with premium ingredients, emphasizing sustainability, ethical sourcing and indulgence with a purpose to support people and the planet.

2/\$6

**Alter Eco
Organic Chocolate Bars**
2.65-2.96 oz., selected varieties



2/\$7

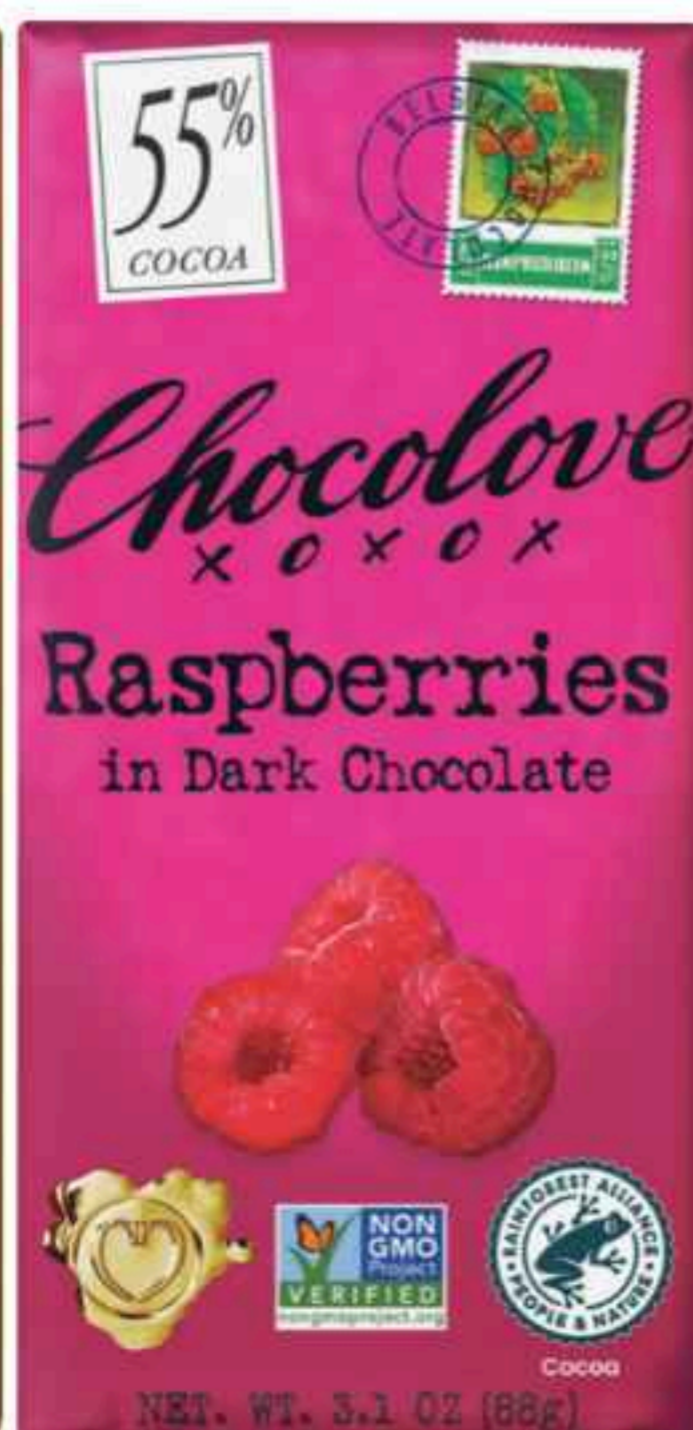
**Uglies
Potato Chips**
6 oz., selected varieties



2/\$8

**Quinn
Filled Pretzel
Nuggets**
5-7 oz., selected varieties

surprise and delight in every bite



Discover the exquisite flavors of Chocolove — from delightfully tart raspberries to savory almonds, each bar is bursting with flavor. Crafted with carefully selected ingredients for an indulgence you deserve.

2/\$6

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



4.49

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

COOPERATIVELY OWNED



2/\$7

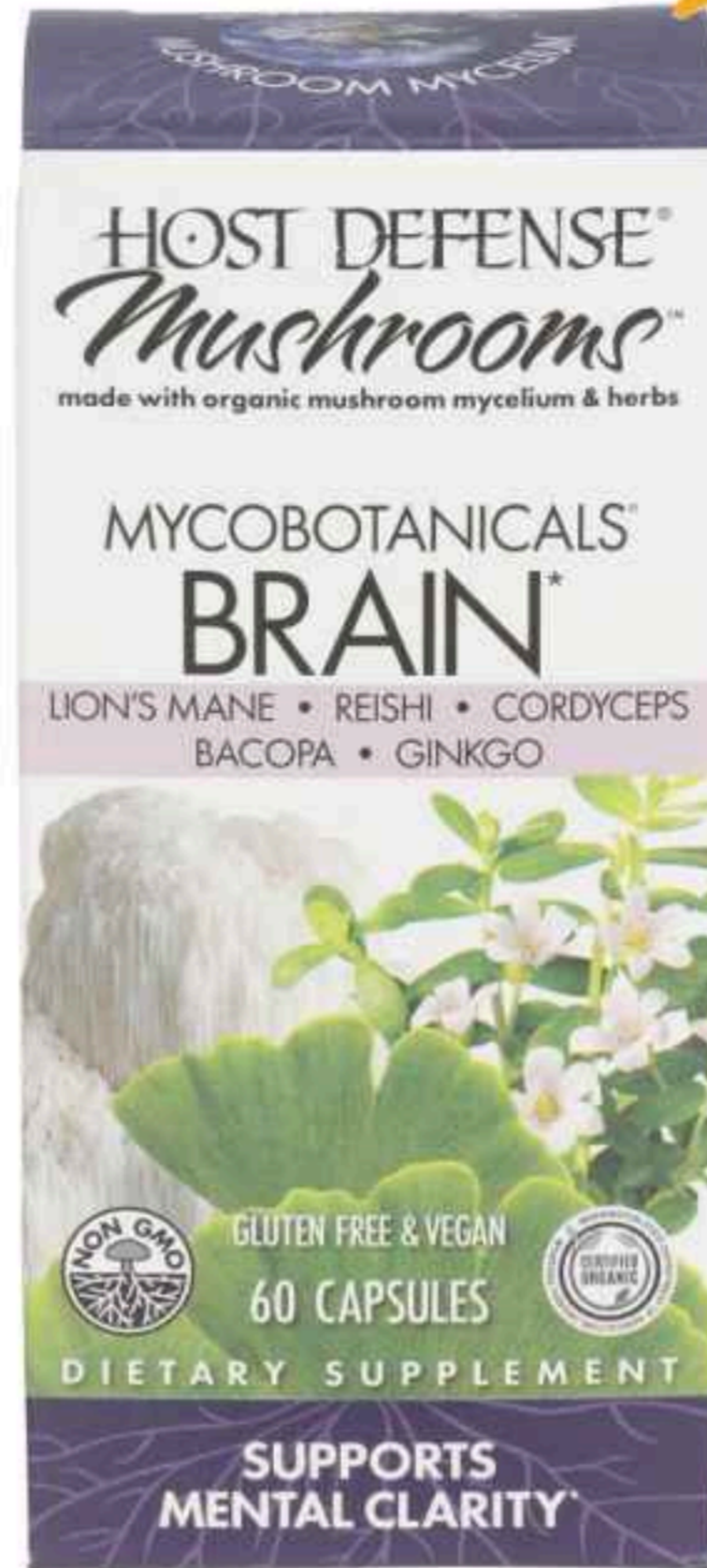
**Blue Diamond
Nut Thins**
4.25 oz., selected varieties

Find something sweet or savory at the co-op.



7.99

Xlear
Nasal Spray
1.5 fl. oz.



clear out the cobwebs

Feeling sluggish ... mentally? This smart blend of organic mushroom mycelium and herbs is designed for targeted brain support to kick-start your cognition and promote memory and nervous system health.

23.99

Host Defense
MycoBotanicals Brain Supplement
60 ct.



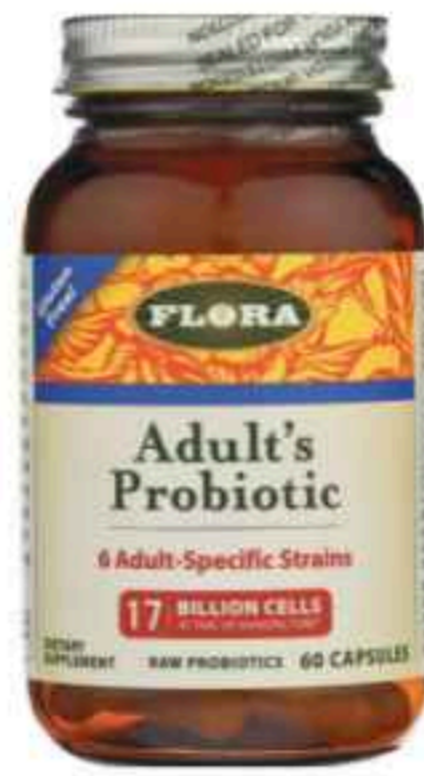
11.99

T-Relief
Extra Strength
Arnica Cream or Gel
3 oz., selected varieties



19.99

Barlean's
Organic Flax Oil
16 fl. oz., selected varieties



21.99

Flora
Adult's Probiotic
60 ct.



36.99

Ancient Nutrition
Multi Collagen
Protein Powder
14.6-18.7 oz., selected varieties



8.49

Alaffia
Beautiful Curls
Defining Gel
8 fl. oz.



8.49

Alaffia
Beautiful Curls
Shampoo or
Conditioner
12 fl. oz., selected varieties



9.99

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



9.99

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

*naturally beautiful,
empowering
communities*

INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company, and our success is measured by empowerment. Alaffia empowers you to nourish your hair and enhance your curls with clean, effective, natural beauty products while empowering West African communities through environmental sustainability, maternal health and education-based projects.

Find sustainable products 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
- 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

NEBRASKA

- Open Harvest Cooperative Grocery

OHIO

- Phoenix Earth Food Co-op

SOUTH DAKOTA

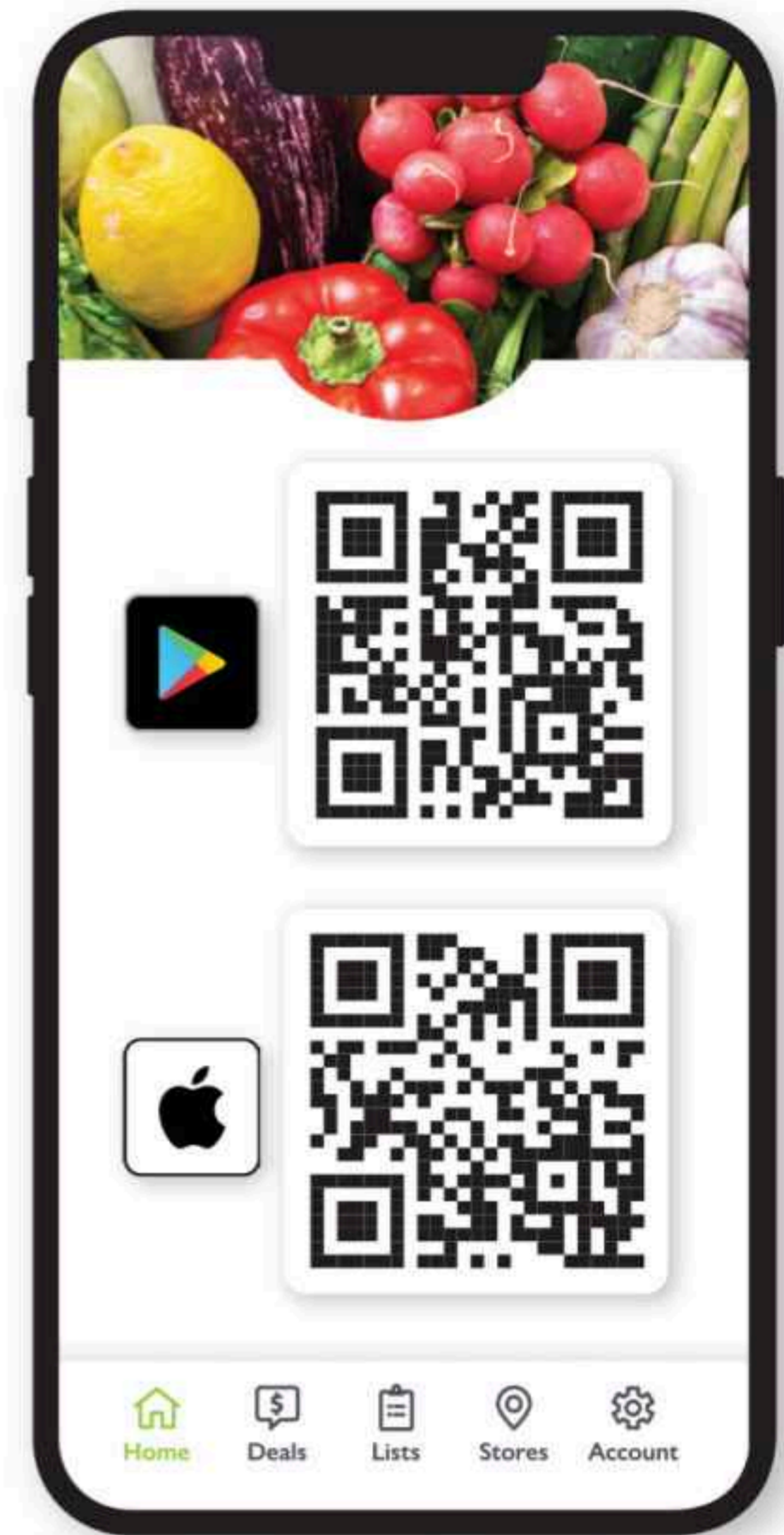
- Natural Abundance Food Co-op
- Sioux Falls Food Co+op

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

coop deals.

Download the App!



See what's on sale with the Co+op Deals app!

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

making sustainable living commonplace



8.99

Seventh Generation 100% Recycled Bath Tissue
12 ct.



2/\$7

Seventh Generation Liquid Dish Soaps
19 fl. oz., selected varieties



4.99

Seventh Generation Disinfecting Cleaner
26 fl. oz., selected varieties



13.99

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

This Earth Month, take a small step for tomorrow. Explore sustainable home essentials from **Seventh Generation**.



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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