

coop deals[®]

FEB 5 - FEB 18, 2025

sweet and salty

PERFECT COMBO

Chocolate is loved by people of all ages. Satisfy your sweet tooth with Chocolove's Almonds & Sea Salt dark chocolate. They're on sale at the co-op and make a terrific indulgent treat (sharing is optional).



2/\$6

Chocolove
Chocolate Bars
2.9-3.2 oz., selected varieties



2/\$6

Muir Glen
Organic
Tomatoes
28 oz., selected varieties



6.99

Feel Good Foods
Gluten-free
Appetizers
8.2-10 oz., selected
varieties



2/\$10

Waterloo
Sparkling Waters
12 pk.-12 fl. oz.
selected varieties



Check out these sweet deals on your favorite products.

Find what you love at your co-op.



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

Save on products you love from brands you trust! Look for the BOGO (buy one, get one FREE) deals signs throughout the store.



delicious game day snacks

The Good Crisp Company Crisps, Crinkle Cut Chips and Cheese Balls — classic favorites with minimal ingredients. Snacks for all occasions! All taste, no guilt.

**Buy One, Get One
FREE**

**The Good Crisp
Potato Crisps**
5.6 oz., selected varieties



**Buy One, Get One
FREE**

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

INCLUSIVE TRADE PARTNER

Chickapea is a woman-owned company providing nutritious, convenient family meal options.



**Buy One, Get One
FREE**

**Chickapea
Organic Chickpea Pastas**
8 oz., selected varieties



**Buy One, Get One
FREE**

**Jeff's Garden
Pickled Peppers**
12 fl. oz, selected varieties

Your co-op has buy one, get one free deals!



Buy One, Get One
FREE

Virgil's
Sodas
4 pk.-12 fl. oz. bottles, selected varieties



Buy One, Get One
FREE

Against the Grain
Gluten & Grain-free Pizzas
15-24 oz., selected varieties



COOPERATIVELY OWNED
Buy One, Get One
FREE

Simply Organic
Seasonings or Dip Mixes
.7-1.5 oz., selected varieties

INCLUSIVE TRADE PARTNER

World Centric is a diverse-owned company whose business operations address sustainability in our products, philanthropy and practices.



Buy One, Get One
FREE

World Centric
Compostable 9" Plates
20 ct., selected varieties



Buy One, Get One
FREE

Miyoko's Creamery
Organic Plant Milk Butter
8-12 oz., selected varieties



Buy One, Get One
FREE

Bitchin' Sauce
Almond Dips
7-8 oz., selected varieties

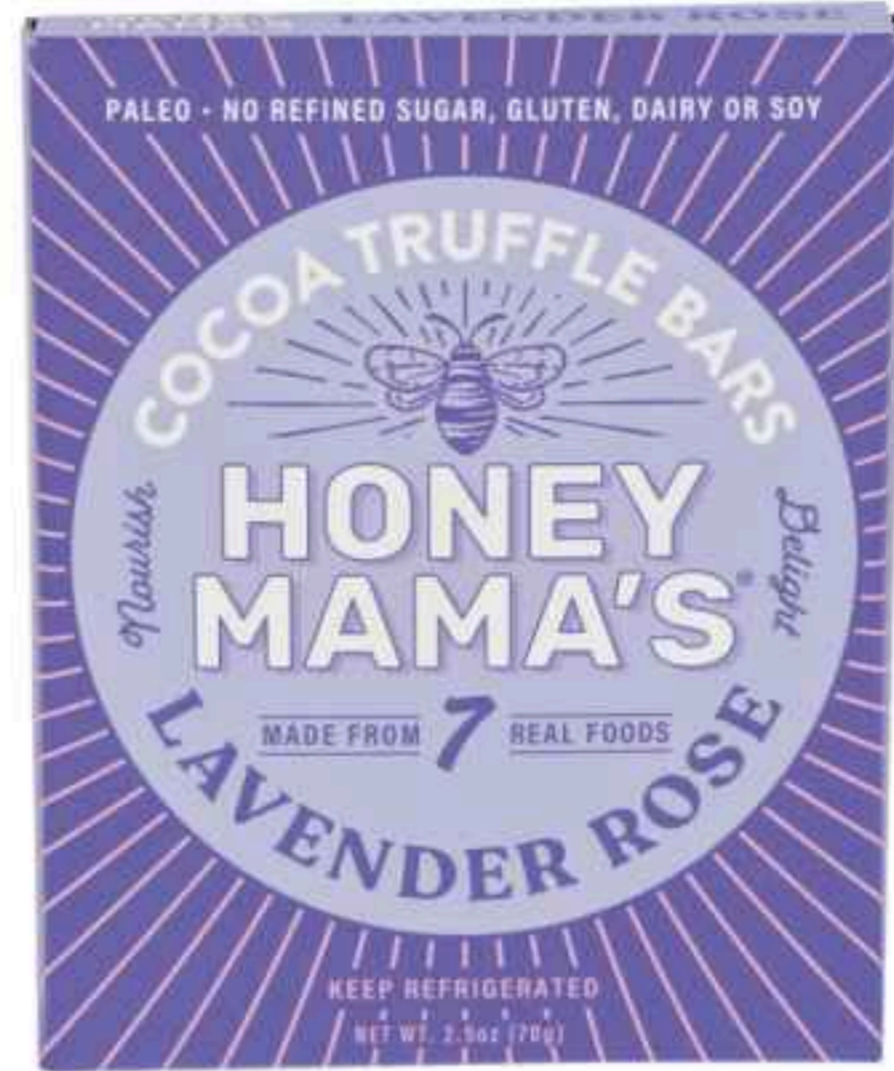
Look for BOGO deals throughout your co-op.

COOPERATIVELY OWNED



3.99

Organic Valley
Sour Cream
16 oz.



3.99

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



5.49

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



1.79

Silk
Dairy-free
Yogurts
5.3 oz., selected varieties



5.99

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



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



4.29

Kite Hill
Almondmilk Yogurt
16 oz., selected varieties



*what dairy
dreams about*

Kite Hill products taste amazing while being part of an inclusive table for all your friends and family to enjoy. Our dairy-free products are crafted from real ingredients and satisfy all while nourishing body and soil.

Find dairy and dairy-free options at your co-op.

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



2/\$7

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



3.79

Oatly
Barista Edition
Oatmilk
32 fl. oz.



3.99

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

COOPERATIVELY OWNED



4.29

Organic Valley
Shredded Cheese
6 oz., selected varieties



4.49

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



4.49

Oatly
Oatmilk
64 fl. oz., selected varieties

crafted with less

Thick, creamy and rich in protein, skyr is the traditional yogurt of Iceland. Siggi's skyr is made with simple ingredients and not a lot of sugar.

4.99

Siggi's
Skyr Yogurt
24 oz., selected varieties



6.49

Cocojune
Organic Coconut
Cultured Yogurt
16 oz., selected varieties

Stock the fridge with favorites from your co-op.

eat what you love

At **Beyond Meat**, we believe there is a better way to feed our future and that the positive choices we all make, no matter how small, can have a great impact on our personal health and the health of our planet.



4.49

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



5.49

Beyond Meat Plant-based Burger Patties
8 oz.



6.49

Beyond Meat Plant-based Italian Style Meatballs
10 oz.



7.49

Beyond Meat Plant-based Sausages
14 oz., selected varieties



4.99

Talenti Gelato or Sorbetto
1 pt., selected varieties



2/\$7

Baba's Hummus
10 oz., selected varieties



2/\$8

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



stress-free meals

FLAVORFUL AND SIMPLE

Making dinner for the family? No need to fret — the co-op has a great selection of ingredients and ready-to-make meals. Coming up with kid-friendly meals during busy days can be a challenge, but it doesn't have to be. Find something for everyone to love and enjoy a stress-free evening.



10.99

Applegate Chicken Nuggets or Tenders
16 oz., selected varieties

Your family's favorite meals are at your co-op.

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 with recipes made from scratch.



2/\$10

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

safer formulas, cleaner laundry



INCLUSIVE TRADE PARTNER

ECOS is a Black- and woman-owned company. With laundry detergents featuring hypoallergenic formulas, plant-powered cleaners, plant-derived fragrances and US EPA Safer Choice-certified ingredients, we have laundry products to make each load easier and safer for everyone.

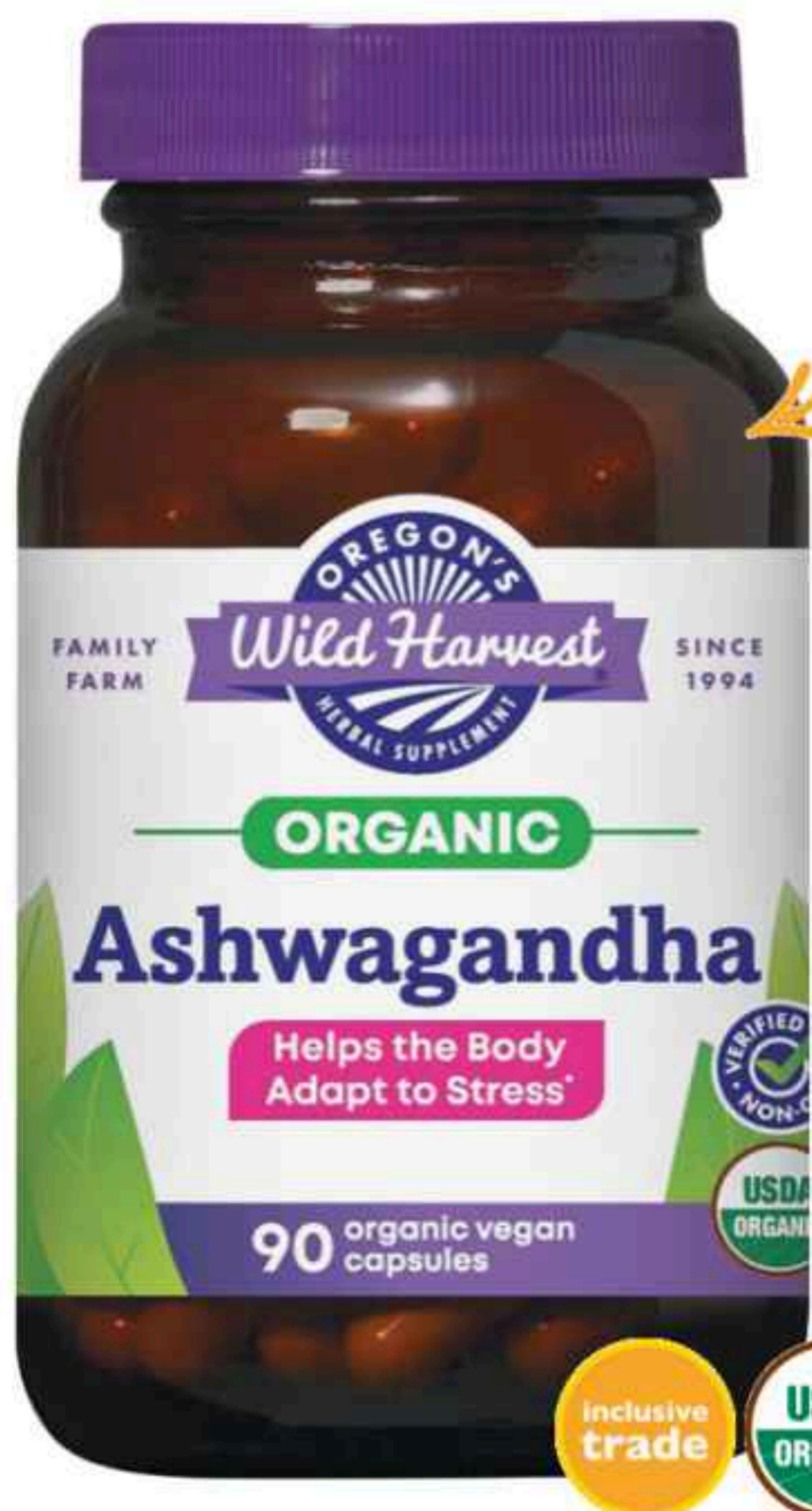
12.99

Ecos
Liquid Laundry Detergent
100 fl. oz., selected varieties



Look for this mark to find Inclusive Trade brands.

Co-ops support diverse communities.



organic to our roots

INCLUSIVE TRADE PARTNER

As a woman-owned, family farm and organic herbal supplement manufacturer since 1994, Oregon's Wild Harvest utilizes regenerative practices that heal the land and water and sequester carbon to ensure pure, potent herbal medicine is available today and for future generations.

17.99

Oregon's Wild Harvest
Organic Ashwagandha
90 ct.

INCLUSIVE TRADE PARTNER

Nuts for Cheese is a LGBTQIA+ and woman-owned company. Our cheese is crafted from 100% organic cashews, fermented and rich in probiotics.



6.99

Nuts for Cheese
Organic & Dairy-free Fermented
Cashew Product
4.2 oz., selected varieties

Inclusive Trade brands are at your co-op.

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



4/\$6

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



2/\$6

Lotus Foods
Organic Rice
Noodles
8 oz., selected varieties



4.99

Crofter's
Organic Premium
Fruit Spread
16.5 oz., selected varieties



2/\$7

Montebello
Organic Pastas
16 oz., selected varieties



2/\$7

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



3.99

Garden of Eatin'
Taco Shells
5.5 oz., selected varieties



5.99

Sky Valley
Sriracha Sauce
18.5 oz.



February treats

Whether you're enjoying the big game or fixing dinner for friends and family, Crown Prince Natural provides delicious, sustainably caught seafood for your cooking adventures. Recipes galore at www.crownprincenatural.com and youtube.com/CrownPrinceSeafood.

3.29

Crown Prince
Oysters or Anchovies
3-3.75 oz., selected varieties



7.99

Lucini Italia
Organic Pasta Sauce
24 oz., selected varieties



8.49

Artisana
Organic Raw Tahini
or Coconut Butter
14 oz., selected varieties

Your co-op makes meal planning easy.



3.49

Woodstock Organic Ketchup
19.5-20 oz., selected varieties



2/\$6

Tasty Bite Indian Entrees
10 oz., selected varieties



4.49

Rao's Homemade Soup
15.5-16 oz., selected varieties

INCLUSIVE TRADE PARTNER

Mother-in-Law's is an Asian-owned company. We are inspired by the beauty of Korea's tradition of handcrafted fermented foods.



7.99

Mother-in-Law's Kimchi
16 fl. oz., selected varieties



4.99

Patagonia Provisions Tinned Seafood
4.2 oz., selected varieties



4.99

Ocean's Halo Organic Broth
32 fl. oz., selected varieties



6.99

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



an umami adventure

Warm up on a cold day with Koyo Ramen! Our non-GMO ramen is made with organic baked noodles that are full of flavor and ready in less than 15 minutes.

5/\$5

KOYO Ramen
2-2.1 oz., selected varieties



14.99

Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil
30 fl. oz.

Find a variety of ingredients at your co-op.

INCLUSIVE TRADE PARTNER

Country Archer Provisions is an Asian-owned company. Our jerky and meat sticks offer mouthwatering flavors with sustainability as a priority.



5.99

Country Archer Provisions Beef Jerky 2-2.5 oz., selected varieties

Never miss your **favorite deals**



coop deals.

Download the App!

Find your closest food co-ops
See what's on sale
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.



4.29

Happy Family Organics Yogis 1 oz., selected varieties



2/\$9

Barbara's Cereals 10-14 oz., selected varieties



taste our world

For over 50 years, we have been creating teas that are bursting with benefits, flavor and our passion for inspiring a happier and healthier life.

2/\$7

Celestial Seasonings Herbal Teas 20 ct., selected varieties



2/\$9

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



6.99

Food for Life Organic Cereal 16 oz., selected varieties

Your co-op has products to help you rest and relax.

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



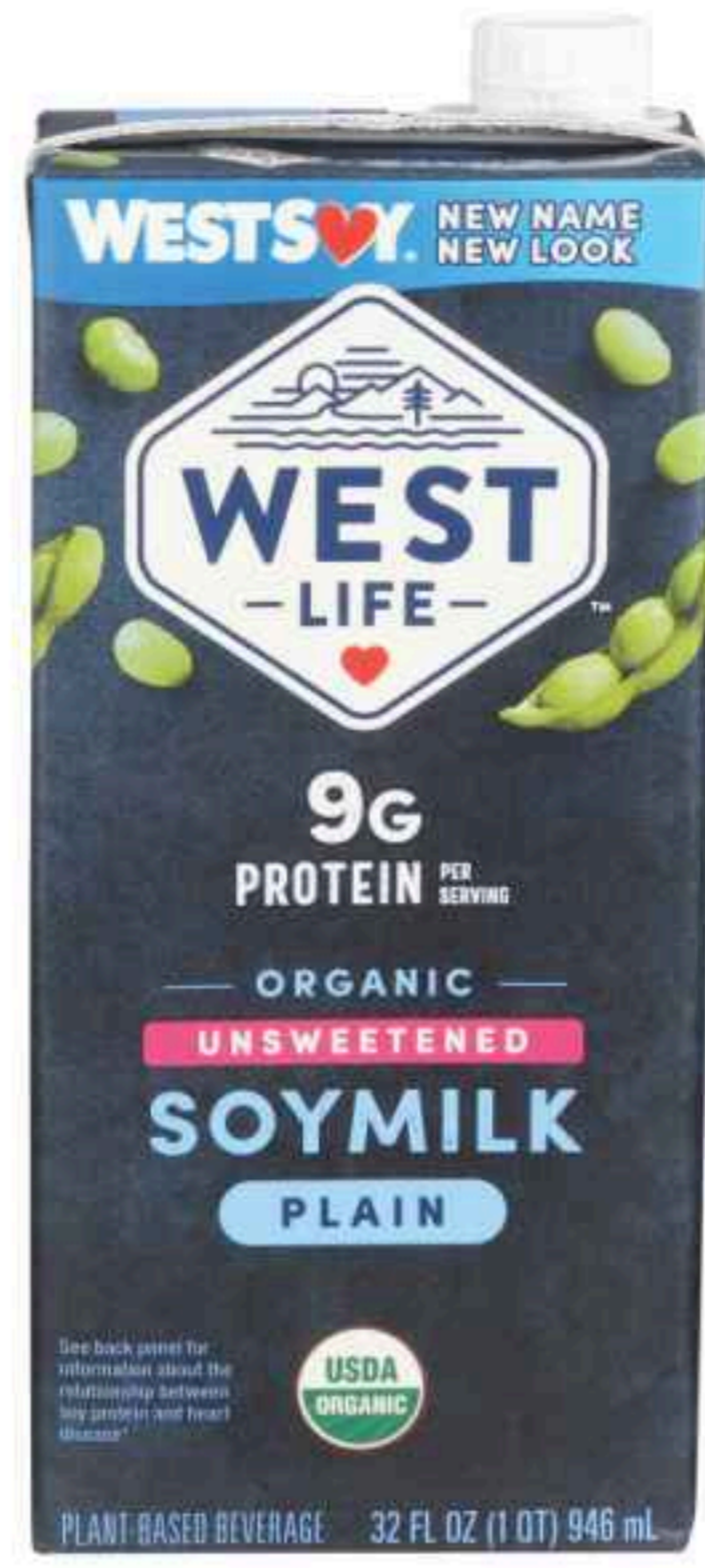
4.49

Bear Fruit Snacks
5 pk.-7 oz., selected varieties



3.69

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



dairy-free delights

West Life Soymilk fuels your day, while Dream Ricemilk delights with sweetness. Both organic, dairy-free, and gluten-free — they're perfect for coffee, smoothies or savoring on their own!

2/\$7

Dream or West Life Plant-based Beverages
32 fl. oz., selected varieties



Add fresh ingredients to your meal.
Simple and nutritious.



organically nutritious, instantly delicious

The fastest way to combine nutritious with delicious. Quick-cook organic oats feature high-fiber whole grains that are complemented by the perfect dash of flavor, for a feel-good breakfast boost or satisfying snack.

2/\$7

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



5.99

Lakewood Organic Juice
32 fl. oz., selected varieties



Find your favorite brands at your co-op.



3/\$5

Nixie
Zero Sugar Soda
12 fl. oz. can, selected
varieties



2/\$5

Garden of Eatin'
Tortilla Chips
5.5 oz., selected varieties



2/\$6

LesserEvil
Organic Popcorns
3-6.4 oz., selected varieties



2/\$7

Siete
Grain-free Cookies
4.5 oz., selected varieties



4.49

Toacker
Wafer Cookies
7.76-8.82 oz., selected
varieties



2/\$7

Frontera
Salsas
16 oz., selected varieties



2/\$7

Back to Nature
Crackers
3.5-7 oz., selected varieties



3.99

Back to Nature
Cookies
7.5-9 oz., selected varieties

*tasty snacks
since way back*

Since 1960, **Back to Nature** has been crafting remakes of your faves. Our cookies and crackers are made with honest-to-goodness ingredients and are always Non-GMO Project verified, free from synthetic colors and artificial flavors, and contain no high-fructose corn syrup.

Crave-worthy snacks are at your co-op.



1.79

Justin's
Organic Nut Butter Cups
1.4 oz., selected varieties

game day playbook

The Big Game is just around the corner and there are so many delicious ideas to make it a tasty and festive event. From apps to snacks to main dishes, there are guidelines to consider for hosting a gathering. Get in the game and serve up some yummy options!



SCAN THE CODE:
Check out these tips and tricks to create a festive menu filled with variety.



3.99
Hu
Organic
Chocolate Bar
2.1 oz., selected varieties



2/\$8 **Tony's Chocolonely**
Chocolate Bars
6.35 oz., selected varieties

delicious potato chips

Simple Ingredients. The crisp and crunch of a classic made better with avocado oil for a uniquely subtle, buttery taste.

2/\$6

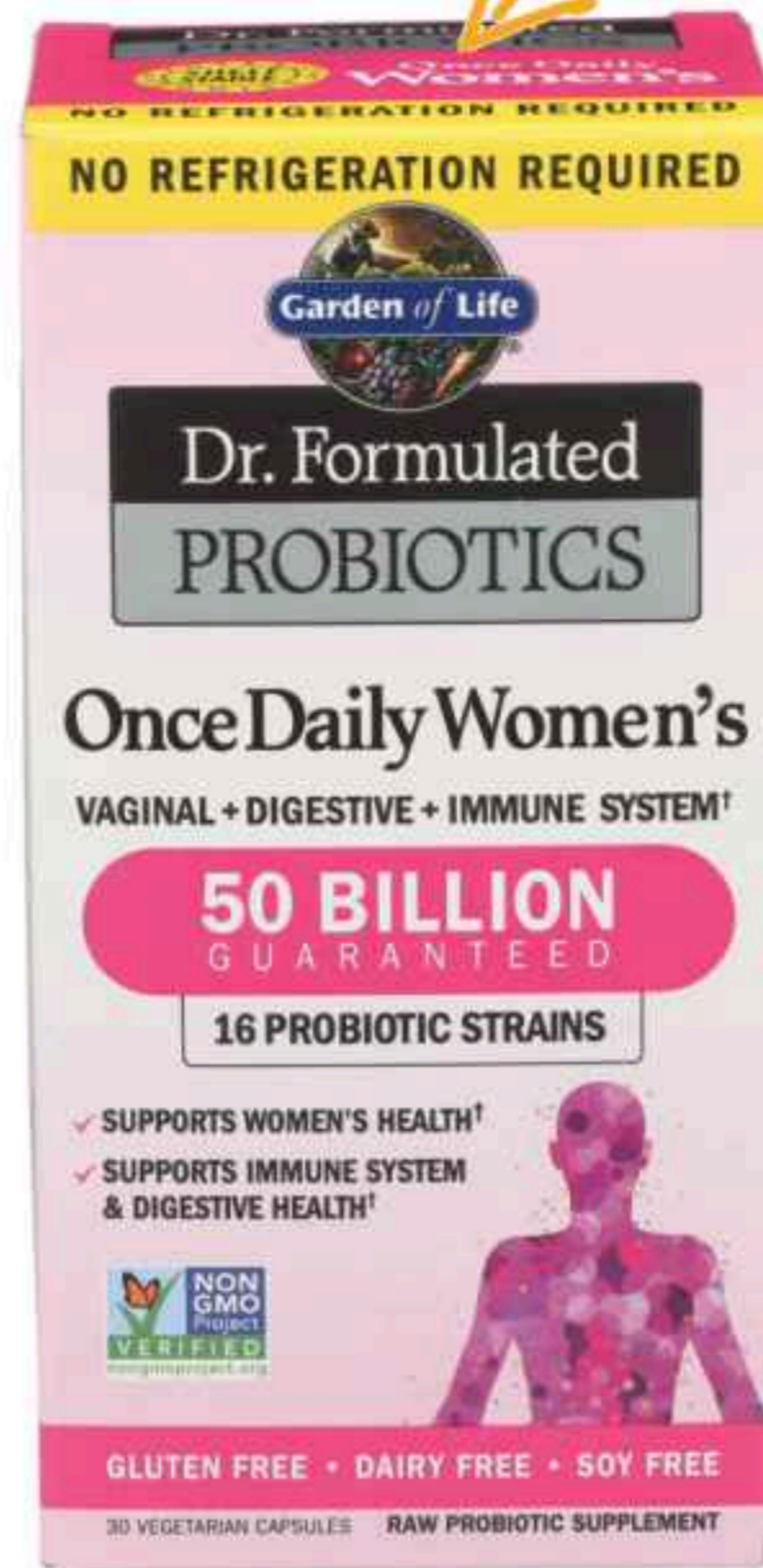
Boulder Canyon
Potato Chips
5.25-6.5 oz., selected varieties



2/\$8

Simple Mills
Crackers
4-4.25 oz., selected varieties

It's snack time at your co-op!



#1 choice for #2

Probiotics made especially for women, Dr. Formulated Once Daily Women's offers 50 billion CFU with diverse strains to support digestive, immune and women's health.

27.99

**Garden of Life
Dr. Formulated Women's
Once Daily Probiotics**
30 ct.



6.99

**The Honey Pot
Menstrual Pads**
12-20 ct., selected varieties



16.99

**Om
Organic Mushroom
Powder**
3.17-3.5 oz., selected varieties



the ultimate fish oil

Get award-winning omega-3 support at the cellular level for everyday wellness. Expertly formulated Ultimate Omega® delivers 1280 mg omega-3s from 100% wild-caught fish in every tasty serving.

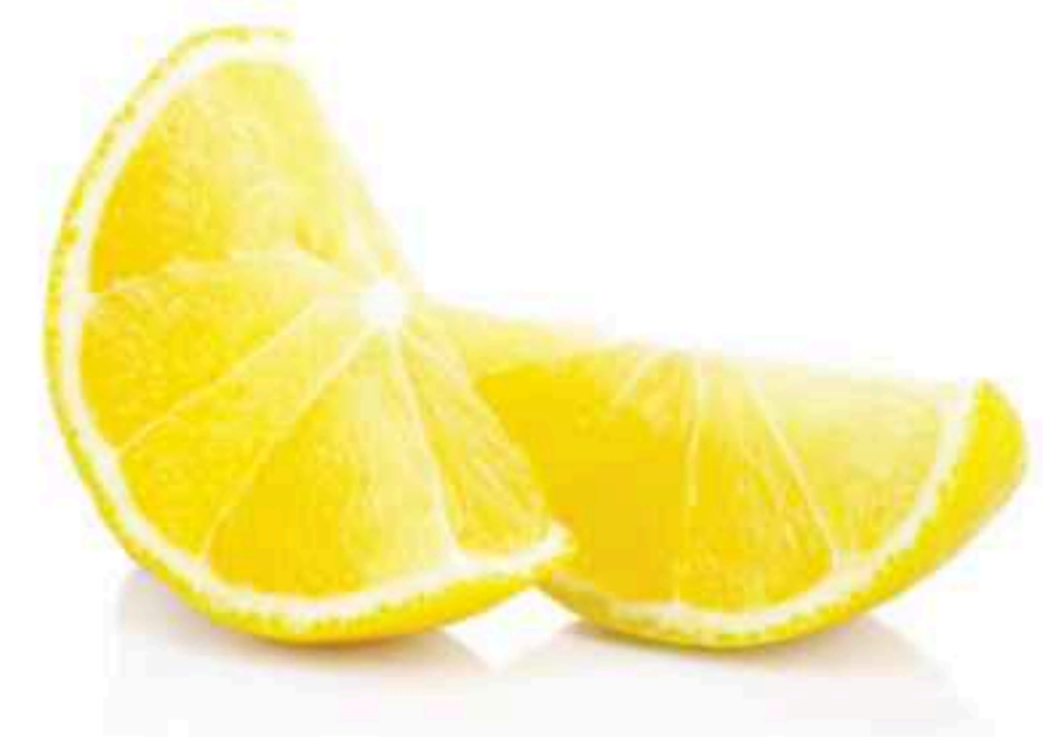
20.99

**Nordic Naturals
Ultimate Omega**
60 ct.



19.49

**Smarty pants
Organic Kids Multi
& Omegas Gummies**
120 ct.



The co-op has all your winter supplements.

*pure plants,
true benefits*

COOPERATIVELY OWNED

Blossom & Glow Serum:

- 6 drops Lavender
- 12 drops Rose in Jojoba
- 1 oz. Organic Castor Oil
- 1 oz. Jojoba Oil

Directions: Add ingredients to a bottle. Replace cap and shake well.

To use: Apply over face and neck, avoiding eyes.



Buy One, Get One
FREE

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



3.29
Aura Cacia
Organic Castor
Oil
4 fl. oz.



7.49
Aura Cacia
Lavender
Essential Oil
.5 fl. oz.



8.99
Aura Cacia
Rose Absolute
in Jojoba Oil
.5 fl. oz.



5.99
Boda Organics
Coconut Cream
Deodorant
2.4 oz.



13.99
Weleda
Skin Food Cream
2.5 fl. oz.



40.99
Evanhealy
Day Face
Moisturizer
1.4 fl. oz., selected
varieties



3.99
Tom's of Maine
Spearmint Floss
32 yds.



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



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



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

*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.

Your co-op helps you feel fresh from head to toe.

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

- 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.



3/\$4

Chobani Greek Yogurts
5.3 oz., selected varieties



2/\$4

Rxbar Protein Bars
1.83-1.9 oz., selected varieties



2/\$6

Endangered Species Chocolate Bars
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.



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