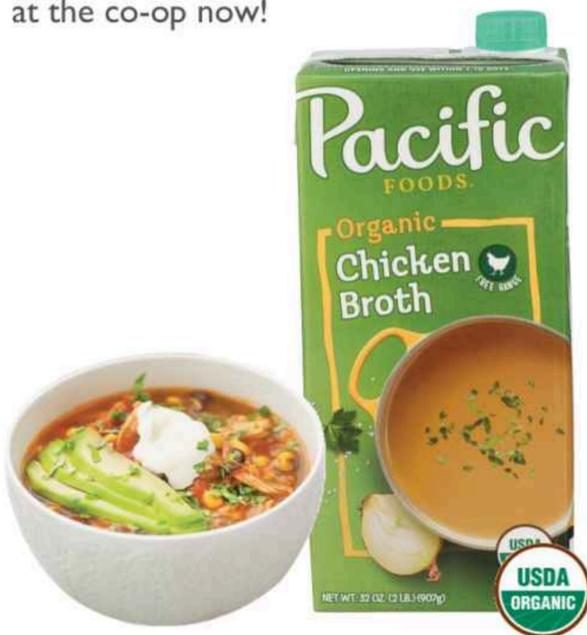


coop deals®

APR 1 - APR 14, 2026

made to simmer

Pull up your favorite soup recipes and reach for Pacific Foods Organic Chicken Broth. Delicious, flavorful, made with free-range chicken, sea salt and seasonings, it's the perfect base for simple, nourishing meals. Find it on sale at the co-op now!



2/\$7

**Pacific Foods
Organic Broths**
32 fl. oz., selected varieties



2/\$5

**C2O
Coconut Waters**
17.5 fl. oz., selected varieties



2/\$6

**Health-Ade
Organic
Kombuchas**
16 fl. oz., selected varieties



2/\$6

**Muir Glen
Organic Tomatoes**
28 oz., selected varieties



2/\$6

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



4.49

**Alexia
Frozen Potatoes**
15-19 oz., selected varieties



4.49

**Que Pasa
Organic Tortilla
Chips**
7.5 oz., selected varieties



Spring savings throughout the co-op.

Warmer days, delicious meals.



dairy with dignity

COOPERATIVELY OWNED
 Enjoy delicious dairy and eggs from small family farms that treat the land and the animals with care — it's the **Organic Valley** difference. One we believe you can taste in every delectable bite and sip.

3.99

Organic Valley Sour Cream
17 oz.

3.99

Organic Valley Cream Cheese
8 oz.

5.49

Organic Valley Ultra Pasteurized Half & Half
32 fl. oz.

5.49

Organic Valley Large Free-range Brown Eggs
1 doz.



2.99

Kalona Supernatural Organic Buttermilk
16 fl. oz.

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



4.99

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



3/\$10

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



3.99

Hodo Organic Tofu
10 oz., selected varieties



6.49

Just Plant-based Eggs
16 fl. oz.

The co-op has your breakfast favorites.

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

your favorite oatmilk sale

Everyone knows **Oatly** makes great-tasting oatmilk products. But did you know Oatly is the world's first food and beverage company to be named a Climate Solutions Company? Yep, sometimes you learn stuff from a Co-op Deals flyer. Shop the Oatly sale!



3.99

Oatly Oatmilk
32 fl. oz., selected varieties



4.49

Oatly Oatmilk
64 fl. oz., selected varieties



4.49

Oatly Plant-based Creamer
32 fl. oz., selected varieties



4.49

Oatly Plant-based Frozen Dessert
1 pt., selected varieties



3/\$7

Noosa Yoghurts
8 oz., selected varieties



2/\$7

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



4.49

Petit Pot Organic French Dessert
3.5-4 oz., selected varieties

luscious and lactose free

The first and only real dairy lactose-free cream cheese (and organic)! Perfect for Easter baking or everyday recipes. Green Valley — delicious dairy, no lactose.



3.99

Green Valley Organic Lactose-free Cream Cheese
8 oz.



7.69

Kite Hill Plant-based Ricotta
8 oz.

All your morning essentials are at the co-op.

taste the cold-pressed difference



2/\$8

Evolution Fresh Organic Juices or Smoothies
15.2 fl. oz., selected varieties



7.49

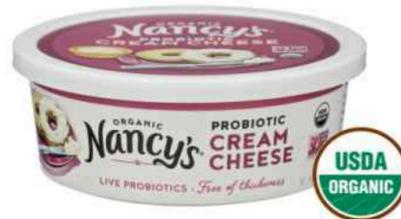
Evolution Fresh Juice or Smoothie
32 fl. oz., selected varieties



8.49

Evolution Fresh Organic Juice Blend
44 fl. oz., selected varieties

With **Evolution Fresh**, you squeeze more out of the moment. Our cold-pressed process captures the full flavor of fresh fruits and vegetables. Deliciously pure. Super nutritious. Smartly preserved to help you press ahead with just a drop more joy.



3.99 Nancy's Organic Cream Cheese
8 oz., selected varieties



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

just the good stuff

Spread the flavor you crave — this nondairy, organic vegan butter delivers rich, creamy taste and plant-powered goodness that brings fun, feel-good moments to every family bite.

5.99

Earth Balance Organic Whipped Plant Butter
13 oz.



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.



5.49 GT's Organic CocoYo Yogurt
8 fl. oz., selected varieties

Stock the fridge with help from the co-op.

COOPERATIVELY OWNED



5.69
Organic Valley
Sliced Cheese
6 oz., selected varieties

spring into ethical eggs

Easter baskets shine brighter with eggs from hens roaming vast pastures daily. Deeper color, better nutrition, ethical choice — choose Vital Farms for delicious, responsibly sourced eggs this spring.



6.99
Vital Farms
Pasture-raised Large Eggs
1 doz.



3.49
Smart Chicken
Bone-in Skin-on
Thighs
per pound



4.49
Upton's Naturals
Seitan
8 oz., selected varieties



11.49
Thousand Hills
Grass-fed Ground
Beef 90/10
16 oz.



big sausage flavor

Juicy bite you know and love. Made from simple ingredients like peas and avocado oil. Because eating well should taste incredible.

7.99
Beyond
Plant-based Sausages
14 oz., selected varieties



Fuel up for busy days at the co-op.

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



2.79
 Stahlbush Island Farms
 Frozen Vegetables
 10 oz., selected varieties



3.99
 Grain Trust
 Frozen Rice Side
 20 oz., selected varieties



4.99
 Rudi's
 Organic Bread
 22 oz., selected varieties



4.49
 Quorn
 Meat Alternatives
 8.5-12 oz., selected varieties



7.99
 Woodstock
 Organic Frozen Pasta
 20 oz., selected varieties



8.99
 Rao's
 Pizza
 18.3-21.6 oz., selected varieties



rooted flavor

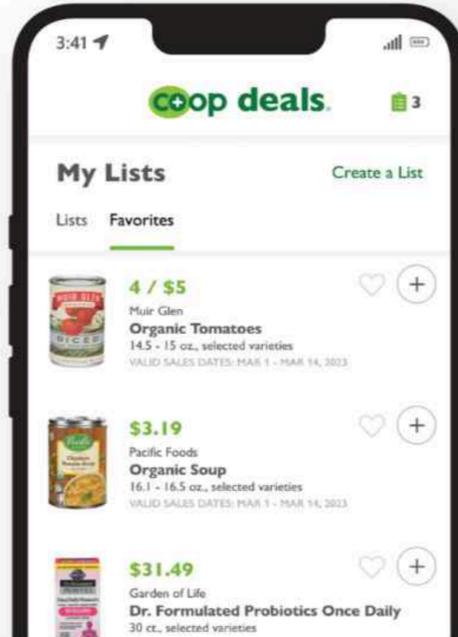
INCLUSIVE TRADE PARTNER
 Deep Indian Kitchen is owned by a third-generation Indian American family. Our slow-simmered entrées and hand-folded samosas are crafted with freshly ground spices and classic techniques, offering deep, craveable Indian flavor with modern convenience.



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

The co-op has easy-to-cook options.

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.



4.99
So Delicious
Plant-based
Frozen Novelties
9.2-18.4 fl. oz., selected
varieties



4.99
Goodpop
Frozen
Novelties
9-13.2 fl. oz., selected
varieties



11.99
Wyman's
Frozen Fruit
48 oz., selected varieties



scooping in spring

Familiar favorites crafted with organic ingredients. The best way to welcome spring, one scoop at a time.

9.49

Alden's Organic
Ice Cream
48 fl. oz., selected varieties



4.99

Talenti
Gelato or Sorbetto
16 fl. oz., selected varieties

Download the Co+op Deals app today!



5.49

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

crafted for life's little wins



At R.W. Knudsen, we KRUSH only the very best ingredients so you can KRUSH everything you do!

4.39

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



2/\$9

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



5.79

**Bob's Red Mill
Gluten-free
Muesli**
16 oz.



12.99

**Peace Coffee
Organic Coffee**
12 oz., selected varieties

food with purpose

Whether you're craving sweet flavors or a bar packed with greens, PROBAR Meal is the perfect on-the-go companion! Blended for maximum nutrient density, you will feel satisfied all day.



2/\$5

**Probar
Meal Bars**
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.



5.69

**Purely Elizabeth
Granola**
8-12 oz., selected varieties

The co-op has something for everyone.

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



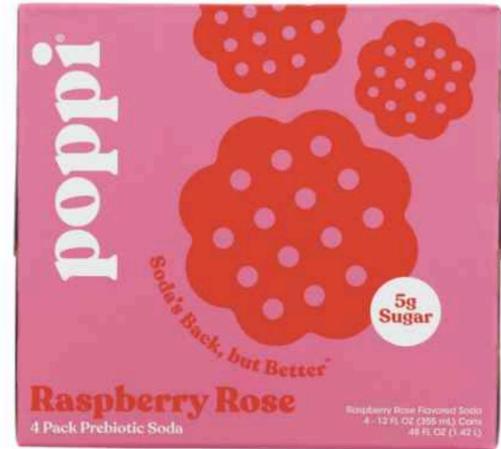
2/\$7

**Ugliest
Potato Chips**
5.5-6 oz., selected
varieties



4.79

**Theo
Organic
Chocolate Bar**
3 oz., selected varieties



7.49

**Poppi
Prebiotic Soda**
4 pk.-12 fl. oz. cans, selected varieties



4.49

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



3.99

**Cocomels
Plant-based
Caramels**
3-3.5 oz., selected
varieties



2/\$4

**Yachak Organic
Yerba Mates**
16 fl. oz., selected
varieties



3.99

**Pipcorn
Heirloom Snacks**
4.5-5 oz., selected
varieties



2.29

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



5.69

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



*uniquely crispy,
deeply delicious*

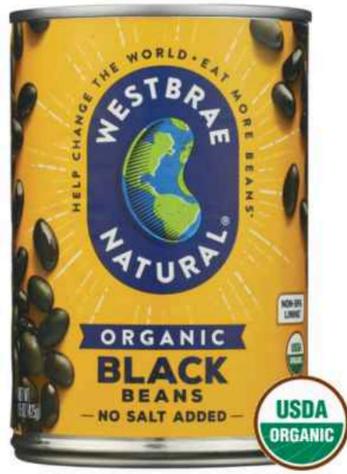
Blending bake craft and quality, our time-honored recipes and baking traditions, blended with a commitment to superior flavor and carefully sourced, hand-selected ingredients, ensures each bite is a memorable taste experience.

2/\$10

**Tate's Bake Shop
Cookies**
5.5-8 oz., selected varieties



Find on-the-go snacks at the co-op.



2.69

Westbrae Organic Beans
15 oz., selected varieties



2/\$4
Dr. McDougall's Soup Cups
1.8-3.4 oz., selected varieties



1.39
KOYO Ramen Soup Packs or Cups
2-2.1 oz., selected varieties



3.49
Native Forest Artichoke Hearts
9.9-14 oz., selected varieties



3.69
Crown Prince Oysters
3 oz., selected varieties



3.69
Divina Stuffed Grape Leaves
7 oz.



4.39
Rao's Soup
15.5-16 oz., selected varieties



4.99
Kettle & Fire Bone Broth
16.9 oz., selected varieties

safe catch elite

Every tuna is individually tested to a mercury limit 10 times stricter than FDA action levels, responsibly sourced and hand-packed to preserve natural oils and exceptional quality.



2/\$7
Safe Catch Elite Wild Tuna
5 oz.



15.99
California Olive Ranch Global Blend Extra Virgin Olive Oil
25.4 oz.

The co-op has all your pantry staples.

what's regenerative rice?

If you ask **Lundberg Family Farms**, it starts with organic. Their rice is a land-restoring, habitat-preserving, community-building, Regenerative Organic Certified® wonder. And if we care this much about how it's grown, imagine how much we care about how it tastes.



3/\$8

Lundberg Family Farms Ready-to-Heat Rice
8 oz., selected varieties



2/\$7

Lundberg Family Farms Organic Rice Cakes
5-9.3 oz., selected varieties



7.39

Lundberg Family Farms Organic Rice
32 oz., selected varieties



2/\$6

Seeds of Change Organic Rice Sides
8.5 oz., selected varieties



4.99

Maille Mustard
7-8.9 oz., selected varieties



5.99

Sky Valley Sriracha Sauce
18.5 fl. oz.



6.49

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

scoop up the savings in bulk!



2.79

Organic White Quinoa
per pound in bulk



4.49

Organic Shredded Coconut
per pound in bulk



11.99

Organic Pecan Halves
per pound in bulk

All the ingredients you need are at the co-op.



6.99
 Simple Mills
 Baking Mixes
 9-12.9 oz., selected varieties



2/\$7
 Field Day
 Organic Bread
 Crumbs
 8-15 oz., selected
 varieties



3.99
 Happy Family
 Organics
 Yogis
 1 oz., selected varieties



7.49
 Sweetleaf
 Sweet Drops
 2 fl. oz., selected
 varieties



5.99
 Repurpose
 Compostable
 12oz. Cold Cups
 20 ct.



6.49 Enjoy Life
 Baking Chocolate
 9 oz., selected varieties



6.99
 Madhava
 Organic Agave
 Nectar
 23.5 oz., selected
 varieties

vanilla with a purpose

COOPERATIVELY OWNED

Experience pure vanilla flavor, sustainably sourced and free from artificial additives. Frontier Co-op® brings unmatched depth and richness to your kitchen.

15.99
 Frontier Co-op
 Organic Vanilla Extract
 4 fl. oz.



14.99
 Dr. Bronner's
 Organic Whole Kernel
 Virgin Coconut Oil
 30 fl. oz.

Baking staples are at the co-op.

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.

13.99

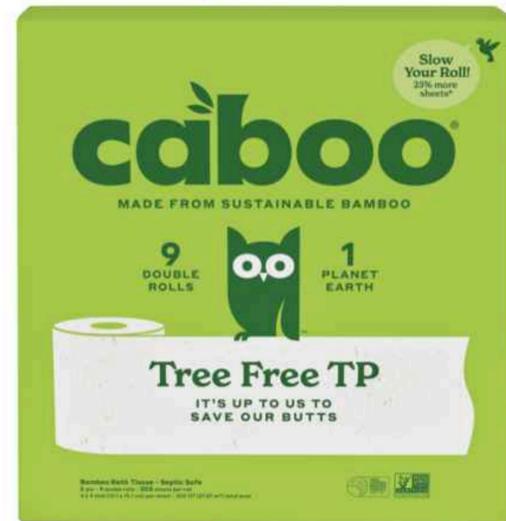
Ecoss
Liquid Laundry Detergent
100 fl. oz., selected varieties

switch to tree free

Soft, strong and saves trees. Caboo's tree-free toilet paper delivers on sustainability without compromising on quality. Made from fast-growing, renewable bamboo and free from inks, dyes, fragrances and BPA.

7.99

Caboo
300-sheet Bamboo Bath Tissue Rolls
9 ct.



1.99

If You Care
Large Baking Cups
60 ct.

everyday low price



1.29

Wild Harvest
Grain-free Cat Food
5.5 oz., selected varieties



4.79

Desert Essence
Toothpaste
6.25 oz., selected varieties



6.29

Desert Essence
Mouthwash
16 fl. oz., selected varieties



6.99

Desert Essence
Thoroughly Clean
Face Wash
8.5 fl. oz.



6.49

Desert Essence
Shampoo or
Conditioner
8 fl. oz., selected varieties

naturally fresh, head to smile

Desert Essence® blends desert-inspired botanicals with clean, cruelty-free care. Vegan and gluten-free with Leaping Bunny Certification, these formulas nurture your skin, hair and smile — so you can expect wonders from your daily routine.

The co-op has sustainable products.



7.69

Acure
Brightening Facial Scrub
4 fl. oz.



2.19
Sappo Hill
Glycerine Crème
Soap
3.5 oz., selected varieties



7.99
Avalon Organics
Shampoo or Conditioner
11 fl. oz., selected varieties



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



2/\$8
DrTung's
Smart Floss
30 yd., selected varieties



22.99
Dr. Hauschka
Revalitizing Day
Lotion
1.7 oz.



32.99
Four Sigmatic
Organic Plant-based
Protein Powder
16.9-21.16 oz., selected varieties



23.99

great-tasting women's nutrition

Made with Certified Organic whole foods, Garden of Life Organics Women's Multi Gummies come in delicious organic berry flavors to support women's health through all stages of life.

Garden of Life
Organics Women's
Multi Gummies
120 ct., selected varieties



10.49
Jason
Body Wash
30 fl. oz., selected varieties

Find your body care essentials at the co-op.

INCLUSIVE TRADE PARTNER

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



16.99

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

visible and tangible results

Get 10 types of collagens, plus clinically studied ingredients like SBO (Soil Based Organisms) probiotics and vitamin C. This is a premium formula that delivers real results.

36.99

Ancient Nutrition
Multi Collagen
Protein Powder
16 oz.



9.99

Hyland's Naturals
Calms Forte
Sleep Aid
100 ct.



21.99

Vital Proteins
Collagen Peptides
10-13.5 oz., selected
varieties



24.99

Whole Earth & Sea
Multivitamin &
Mineral
60 ct., selected varieties



the power of omega-3

Take your health to the power of omega-3 with award-winning Ultimate Omega® fish oil. Every serving delivers 1,280mg of concentrated omega-3s to support everyday wellness at the cellular level.

20.99

Nordic Naturals
Ultimate Omega
60 ct.



Find all your supplements at the co-op.

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

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
- Natural Harvest Food Co-op
- People's Food Co-op – Rochester
- Rivers Cooperative Markets
- 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 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.

premium chocolate

Inspire your taste buds with chocolate that's made the way it was truly meant to be. When any occasion calls for chocolate, we've got you covered.

3.99

Endangered Species Chocolate Bar
3 oz., selected varieties



4.99
Kettle Brand Potato Chips
13 oz., selected varieties



5.99
Izze Sparkling Juice Drink
6 pk.-8.4 fl. 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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