

# coop deals

MAR 4 - MAR 17, 2026

*parfait your way*

## NUTRITIOUS SNACK

Spring ahead with a delicious and creamy siggi's skyr yogurt. They're protein packed and perfect as a pick-me-up snack for studying, post workout or finishing a work deadline. Find them on sale at the co-op, and get creative with added toppings for an anytime-of-day parfait.



**4/\$5**

Siggi's  
Skyr Yogurts  
4.4-5.3 oz., selected varieties



**2/\$6**

Maya Kaimal  
Organic Everyday  
Entrees  
10 oz., selected varieties



**3.39**

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



**4.99**

Unreal  
Candy  
3.2-5 oz., selected  
varieties



The co-op has a variety of options.

**Try something new today.**



**3/\$4**

Fage  
Greek Yogurts  
5.3 oz., selected varieties



**2/\$7**

Blue Diamond  
Almondmilks  
59-64 fl. oz., selected  
varieties



**5.39**

Nancy's  
Organic Grass-fed Yogurt  
24 oz., selected varieties



**5.99**

Forager Project  
Organic  
Cashewmilk  
Yogurt  
24 oz., selected varieties



**5.99**

Bizzy  
Organic Cold  
Brew Coffee  
48 fl. oz., selected  
varieties



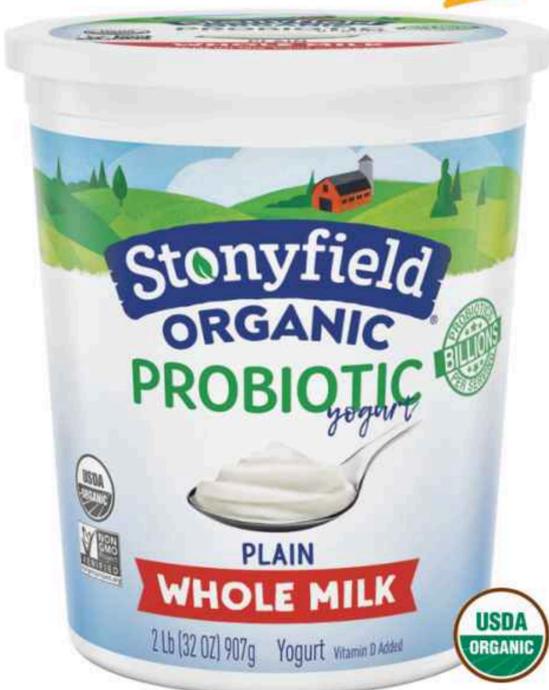
**6.49**

Health-Ade  
Organic  
Kombucha  
48 fl. oz., selected  
varieties



**6.99**

Cocojune  
Organic Coconut  
Cultured Yogurt  
16 oz., selected varieties



*taste the truth*

Stonyfield Organic makes it easy and delicious to get billions of probiotics with each serving of this yogurt, which helps support immunity and digestive health.

**4.29**

Stonyfield Organic  
Yogurt  
32 oz., selected varieties



**The co-op has everything for your morning meal.**

COOPERATIVELY OWNED



4.99

Kerrygold Pure Irish Butter 8 oz., selected varieties



ethical eggs

Our pasture-raised eggs are food you don't have to question, unless the question is "why is this so delicious?"



COOPERATIVELY OWNED



5.49

Kerrygold Cheese 7 oz., selected varieties



8.99

Vital Farms Organic Pasture-raised Large Grade A Eggs 1 doz.



The co-op has cooperatively owned brands. **Co-ops support economic empowerment.**

COOPERATIVELY OWNED



3.99

Organic Valley Sour Cream 16 oz.



COOPERATIVELY OWNED



5.69

Organic Valley Raw Block Cheese 8 oz., selected varieties



**Co-ops Build Community**

Look for the co-op trademark to find brands cooperatively owned by their workers, farmers or community.

COOPERATIVELY OWNED



5.49

Organic Valley Oat Creamer 32 fl. oz., selected varieties



**Find farm-fresh options at the co-op.**



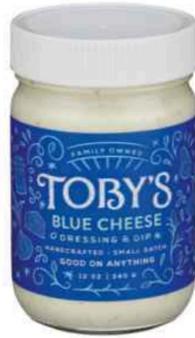
**2/\$5**

**Perfect Bar Protein Bars**  
1.94-2.5 oz., selected varieties



**3.99**

**Rebbl Organic Functional Beverage**  
12 fl. oz., selected varieties



**5.49**

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

**INCLUSIVE TRADE PARTNER**

Wildwonder is an Asian- and woman-owned company. We reimagine beverages using gut-healing superfoods, and 5% of our profits go toward empowering women and marginalized communities.



**2.69**

**Wildwonder Organic Pre & Probiotic Sparkling Drink**  
12 fl. oz., selected varieties



**6.99**

**Applegate Organic Sliced Deli Meat**  
6 oz., selected varieties



**7.99**

**Smart Chicken Organic Boneless Skinless Thighs**  
per pound



**7.99**

**Thousand Hills 100% Grass-fed Ground Beef 80% Lean 20% Fat**  
16 oz.

*big burger flavor*



Juicy bite you know and love. Made from simple, plant-based ingredients. Ready in five minutes.

**5.99**

**Beyond Plant-based Burger Patties**  
8 oz.



**Stock the fridge with help from the co-op.**

# wholesome nutrition made easy

**Woodstock** Frozen Fruits and Vegetables are quick-frozen to maintain their nutrition and goodness without the use of preservatives, artificial colors or flavors. These frozen staples work great in your favorite recipes and will help save you time in the kitchen.



**2.29**

**Woodstock**  
Frozen Vegetables  
10 oz., selected varieties



**2.79**

**Woodstock**  
Organic Frozen Vegetables  
10 oz., selected varieties



**6.79**

**Woodstock**  
Organic Blueberries  
10 oz.



**2.29**

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



**2/\$7**

**Blake's**  
Pot Pie or  
Shepherd's Pie  
8 oz., selected varieties



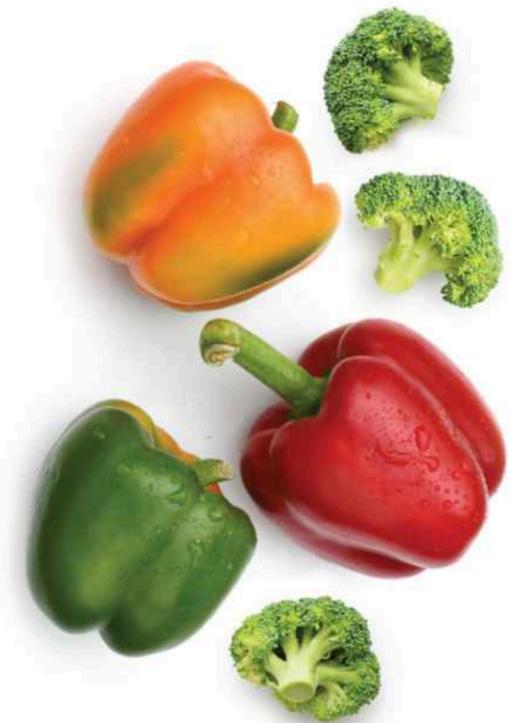
**4.99**

**Little Northern**  
Bakehouse  
Gluten-free Bread  
or Bagels  
14-17 oz., selected varieties



**5.49**

**Food for Life**  
Organic Bread  
24 oz., selected varieties



everyday low price



**5.99**

**Field Day**  
Wild Caught  
Breaded Fish  
Sticks  
8 oz., selected varieties



**7.49**

**Daiya**  
Frozen Pizza  
12.8-19.4 oz., selected varieties



**7.99**

**Siete**  
Tortillas  
7 oz., selected varieties

**Find frozen staples at the co-op.**



**4/\$5**

**Larabar**  
Fruit & Nut Bars  
1.6-1.7 oz., selected varieties



**2/\$5**

**Blue Diamond**  
Almondmilks  
32 fl. oz., selected varieties



**4.79**

**Nature's Bakery**  
Fig Bars  
6pk.-2 oz., selected varieties

COOPERATIVELY OWNED



**2/\$8**

**Equal Exchange**  
Organic Teas  
20 ct., selected varieties



**4.39**

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



**4.99**

**Birch Benders**  
Pancake & Waffle  
Mix  
14-16 oz., selected varieties

COOPERATIVELY OWNED



**12.99**

**Equal Exchange**  
Organic Bird of  
Paradise Coffee  
per pound in bulk

*healthy, organic you*

Heritage Flakes® is a wholesome, hearty cereal with six ancient grains, including khorasan, quinoa, spelt, millet, oats and barley. Each has unique benefits for all-day organic living with Nature's Path!

**3.99**

**Nature's Path Organic**  
Cereal

9.5-14 oz., selected varieties



**7.79**

**Bob's Red Mill**  
Organic Gluten-free  
Rolled Oats

28-32 oz., selected varieties

**The co-op has something for everyone.**



**3/\$5**  
Liquid Death  
Sparkling Waters  
19.2 fl. oz., selected  
varieties



**2/\$4**  
Clif  
Nut Butter or  
Builders Protein  
Bars  
1.76-2.4 oz., selected  
varieties



**3.29**  
Boulder Canyon  
Potato Chips  
6 oz., selected varieties



**3.29**  
Garden of Eatin'  
Organic Sesame  
Blues Chips  
5.5 oz.



**2/\$7**  
Hippeas  
Chickpea Snacks  
3.75-5 oz., selected  
varieties



**2/\$8**  
Tcho  
Organic  
Chocolate Bars  
2.1 oz., selected varieties



**4.49**  
Magic Chocolate  
Organic  
Chocolate Bar  
2.93-3 oz., selected  
varieties

*built to go further* →

Crafted with simple, intentional ingredients and an all-in commitment to quality. A purposeful meat snack made to keep pace with wherever you're headed next.

**1.79**

**Vermont Smoke & Cure  
Meat Stick**  
1 oz., selected varieties



**4.49**  
Simple Mills  
Cookies  
4.25-5.5 oz., selected varieties

**Snacks for all occasions are at the co-op.**



**2/\$4**

**Mike's Mighty Good  
Ramen Soup Cups**  
1.6-2.4 oz., selected  
varieties



**3/\$7**

**Near East  
Side Dish Mixes**  
5.25-10 oz., selected  
varieties



**4.49**

**Tazo  
Tea**  
15-20 ct., selected varieties



**3.39**

**Ancient Harvest  
Organic Polenta**  
18 oz., selected varieties



**3.79**

**Imagine  
Organic Broth**  
32 fl. oz., selected  
varieties



**4.49**

**Bar Harbor  
Chowder or  
Bisque**  
14.5 oz., selected  
varieties



**8.49**

**Lucini Italia  
Organic Pasta  
Sauce**  
24 oz., selected varieties



**17.99**

**Spectrum  
Organic Extra  
Virgin Olive Oil**  
25.4 fl. oz.



*everyday low price*

**19.99**

**Field Day  
Organic Olive Oil**  
33.8 fl. oz.

*scoop up the savings in bulk!*



**1.69**

**Organic Rolled  
Oats**  
per pound in bulk



**3.29**

**Organic  
Sunflower Seeds**  
per pound in bulk



**4.79**

**Organic Pitted  
Deglet Dates**  
per pound in bulk

**Visit the co-op's budget-friendly bulk section.**



**2/\$4**  
Wild Planet  
Anchovies  
or Sardines  
4.4 oz., selected  
varieties



**2.69**  
Wild Planet  
Wild Mackerel  
in Extra Virgin  
Olive Oil  
4.4 oz.



**3.99**  
Wild Planet  
Albacore Tuna  
5 oz., selected  
varieties



**3.69**  
Wild Planet  
Tuna Salad  
5.6 oz., selected  
varieties

*wild caught,  
wild enjoyed*

**Wild Planet** elevates canned seafood from ocean to can with minimal processing for superior taste and natural flavor. Our selective fishing methods reduce bycatch and protect marine ecosystems. Delicious, convenient and responsibly sourced for future generations.



**INCLUSIVE TRADE PARTNER**

Bela Seafood is a Veteran-owned company that has been sourcing tinned fish from Portugal for generations. Our products are packed by hand using traditional methods.



**3.49**  
Bela  
Tinned Sardines or Mackerel  
4.25 oz., selected varieties



**5.69**  
Crofter's  
Organic Premium Fruit  
Spread  
16.5 oz., selected varieties



**2.19**  
Serenity Kids  
Organic Baby  
Food  
3.5 oz., selected varieties



**11.99**  
Woodstock  
Organic Peanut  
Butter  
35 oz., selected varieties



**16.99**  
Zoe  
Extra Virgin Olive  
Oil  
33.8 fl. oz.

**Ingredients for tasty meals are at the co-op.**



**36.99**

Natural Factors  
Total Body  
Collagen  
17 oz., selected varieties



*fuel up!*

Fuel your body with clean protein from Garden of Life. Raw Organic Protein offers 22 grams of Certified Organic complete plant-based protein to get you powered up to face the day!

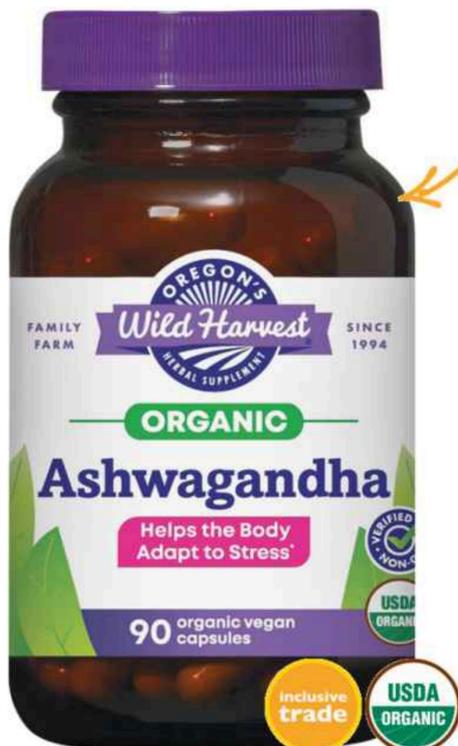
**31.99**

Garden of Life  
Raw Organic Protein Powder  
19.75-24.69 oz., selected varieties



Give your body a boost this spring.

**Find supplements at the co-op.**



*organic farm to bottle*

**INCLUSIVE TRADE PARTNER**

As a family farm and herbal supplement manufacturer, Oregon's Wild Harvest is a woman-owned company that utilizes regenerative farming and seed saving practices to help ensure pure, potent herbs for future generations.

**17.99**

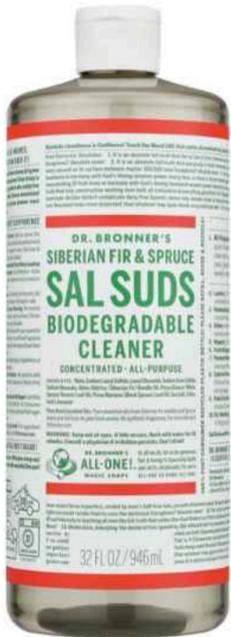
Oregon's Wild Harvest  
Organic Ashwagandha  
90 ct.



**7.99**

Rishi  
Organic Tea  
15 ct., selected varieties

**The co-op has you covered for wellness.**



**11.49**

**Dr. Bronner's Sal Suds**  
32 fl. oz.



**3.79**

**Dr. Bronner's Baby Unscented Magic Soap Bar**  
5 oz.



**16.99**

**Derma E Vitamin C Concentrated Serum**  
2 fl. oz.



COOPERATIVELY OWNED

**7.49**

**Aura Cacia Aromatherapy Mist**  
4 fl. oz., selected varieties



**8.69**

**Humble Deodorant**  
2.65 oz., selected varieties



**12.99**

**Naturtint Hair Color**  
5.07 fl. oz., selected varieties



**12.99**

**Biokleen Liquid Laundry Detergent**  
64 fl. oz., selected varieties

*all day hydration*

Infused with vitamin E and shea butter, Alba Botanica Daily Moisturizing Lotion is lightweight, long-lasting and rehydrates skin. Dermatologist tested, cruelty free, fragrance free, free of parabens, sulfates and petrolatum.

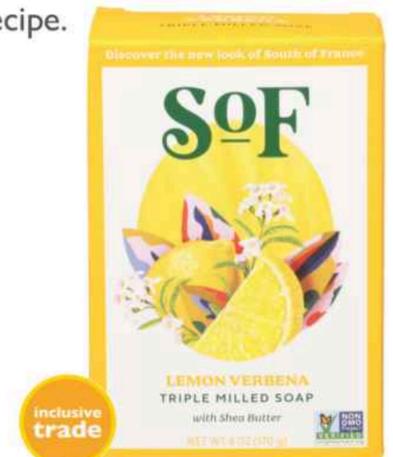
**12.99**

**Alba Botanica Daily Moisturizing Body Lotion**  
32 fl. oz., selected varieties



INCLUSIVE TRADE PARTNER

South of France is a women-owned company. We still kettle cook small batches of our soap using a traditional Marseille recipe.



**3.29**

**South of France Bar Soap**  
6 oz., selected varieties

**Sparkle with body care items from 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

**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.

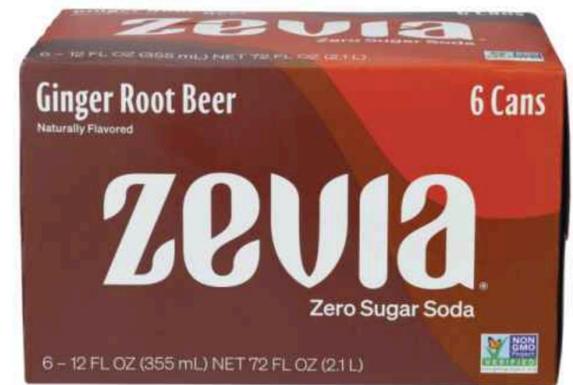
*crafted from tradition*

**INCLUSIVE TRADE PARTNER**

From an Indian-owned kitchen, our slow-simmered entrées and hand-folded samosas feature freshly ground spices, delivering bold, restaurant-inspired Indian flavor in minutes.

**5.49**

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



**5.99**

**Zevia**  
**Zero Sugar Soda**  
 6 pk.-12 fl. oz. cans, 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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