

coop deals

NOV 4 - NOV 17, 2026

prep for the season



With our largest Field Day sale going on, it's time to stock up and bring the flavor to all your holiday meals, stuffing, soups and stews. Get fully stocked so you're ready to make your favorite recipes!



2/\$4
Field Day
Organic Broths
32 fl. oz., selected varieties



2/\$3
Field Day
Organic Cut
Green Beans
14.5 oz.



2/\$4
Field Day
Sparkling
Waters
6 pk.-12 fl. oz.,
selected varieties



2/\$5
Field Day
Organic Pumpkin
Purees
15 oz.



2/\$5
Field Day
Organic Gravy
12 oz., selected varieties



16.99
Field Day
Organic Olive
Oil
33.8 fl. oz.

stock up and save
field DAY organic and natural for less



 3/\$4 Field Day Organic Beans 15 oz., selected varieties	 2/\$3 Field Day Organic Pastas 16 oz., selected varieties	 2/\$3 Field Day Organic Mac & Cheese 6 oz., selected varieties
 2/\$3 Field Day Organic Whole Kernel Sweet Corn 15 oz.		 5.99 Field Day Canola Oil 32 fl. oz.

Save more when you shop Field Day products.

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

 2/\$5 Field Day Organic Pasta Sauces 24 oz.	 2/\$6 Field Day Organic Dried Sweetened Cranberries 4 oz.	 2/\$6 Field Day Organic Cane Sugars 24 oz.
 2/\$7 Field Day Organic Crackers 7-8 oz., selected varieties	 2/\$7 Field Day Organic Saigon Cinnamon 1.5 oz.	
 4.99 Field Day Organic Walnuts Halves & Pieces 7 oz.	 5.99 Field Day Organic All-purpose Flour 5 lbs.	 3.29 Field Day Organic Vegetable Oil 32 fl. oz.



Shop Co+op Deals on Field Day products.
For each product sold we'll donate 5¢ to NATIFS!



Stock up and give back to the community.

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



6.99
Cocojune
Organic Coconut
Cultured Yogurt
16 oz., selected varieties



*delicious cream
top yogurt*

Made the old-fashioned way since 1973, with a rich layer of cream that rises to the top just like it's supposed to.

4.49
Brown Cow
Cream Top Yogurt
32 oz., selected varieties



4.39
Petit Pot
Organic French
Dessert
2 pk.-4 oz., selected
varieties



5.39
Nancy's
Organic Cottage
Cheese
16 oz., selected varieties



*delicious and plain
extraordinary*

Rich, creamy and made with only milk and live active yogurt cultures.

2/\$7
Fage
Greek Yogurt
16 oz., selected varieties



5.49
Chobani
Coffee Creamer
24 fl. oz., selected varieties

Smooth and delicious deals are at the co-op.

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



3.79
Kite Hill
Dairy-free
Sour Cream
8 oz.

4.79
Kite Hill
Dairy-free Yogurt
16 oz., selected varieties

5.99
Kite Hill
Dairy-free
Cream Cheese
8 oz., selected varieties

6.49
Kite Hill
Dairy-free Filled
Pasta
9 oz., selected varieties

everyone's
invited

From brunch spreads to cozy dinners, **Kite Hill** brings rich, creamy dairy-free favorites to every gathering. They're the perfect swap for entertaining — whether you enjoy dairy-free or want to delight someone in your life who does.



Find dairy-rich and dairy-free at the co-op.
Make a delicious party tray.

dairy
done right

The best cheeses are made with the best milk — all of the milk used in **Rumiano** organic cheeses comes from humane-certified cows who have pasture access year-round.



4.99
Rumiano
Organic Block Cheese
8 oz., selected varieties

The co-op's got delicious food for entertaining.

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



4.99
Violife
Just Like Cheese Slices
or Shreds
7.05-8 oz., selected varieties



4.99
Silk
Organic Soymilk
64 fl. oz., selected
varieties



5.49
Malk
Organic Creamer
16 fl. oz., selected varieties



5.99
Grillo's
Pickles
32 fl. oz., selected
varieties



5.99
Applegate
Sliced Ham
7 oz., selected varieties



5.99
Smart Chicken
Boneless Skinless
Thighs
per pound



7.99
Beyond
Plant-based
Ground Beef
16 oz.



10.99
Thousand Hills
85/15 Grass-fed
Ground Beef
16 oz.

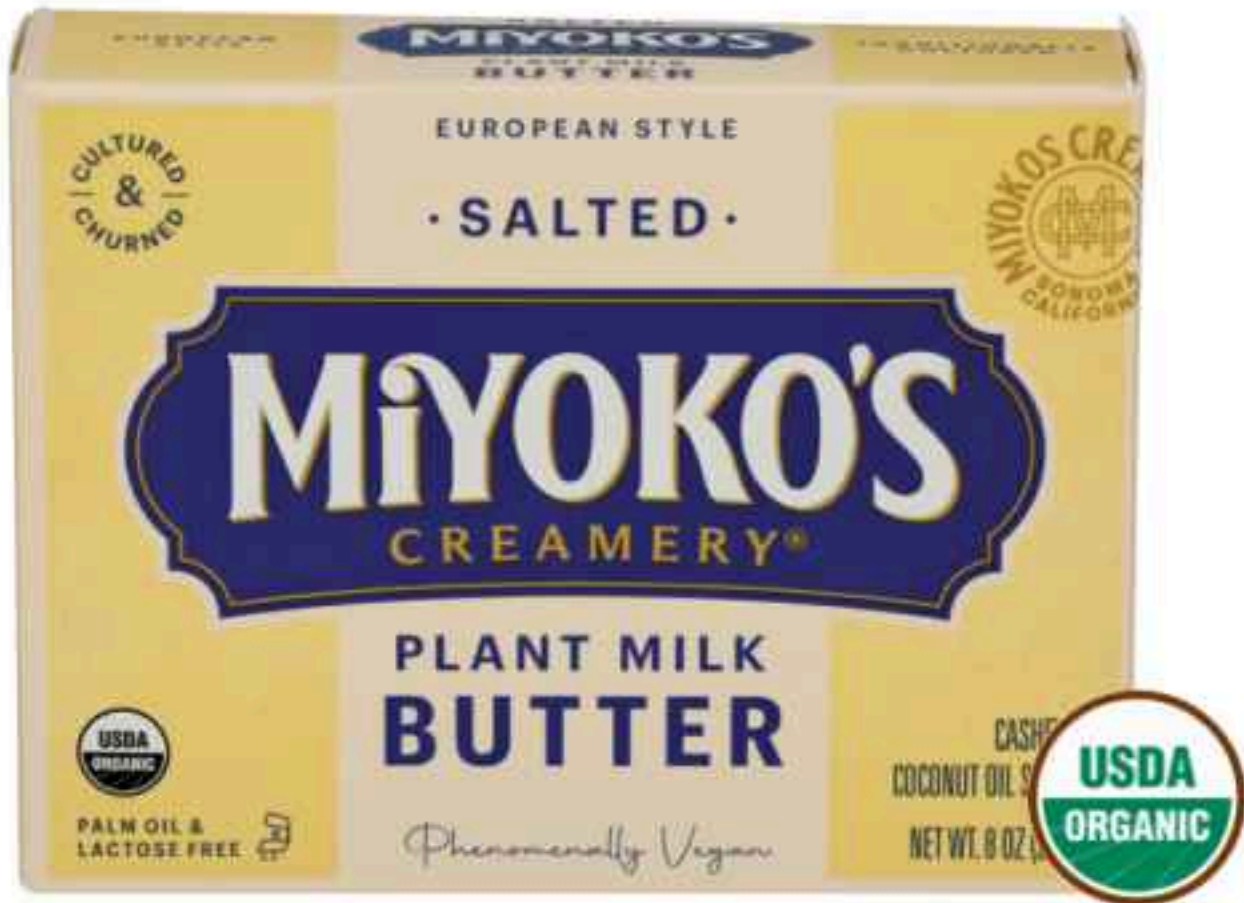


*your plant-powered
partner*



Packed with plant-based protein. Delicious and
endlessly versatile. Perfect for stir-fries, grilling
or hearty meals anytime.

3.49
Wildwood Organic
High Protein Tofu
16 oz.



4.49
Miyoko's Creamery
Organic Plant Milk
Butter
8 oz., selected varieties

Shop for nutritious ingredients at the co-op.

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

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.



8.49

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



2/\$6

KeVita
Organic Probiotic
Drinks
15.2 fl. oz., selected
varieties



3.99

Ithaca
Hummus
10 oz., selected
varieties



4.39

Follow Your Heart
Original Vegenaïse
14 fl. oz.

COOPERATIVELY OWNED



4.49

Kerrygold
Pure Irish Butter
8 oz., selected varieties



COOPERATIVELY OWNED



5.49

Kerrygold
Block Cheese
7 oz., selected varieties



COOPERATIVELY OWNED



7.99

Organic Valley
Ghee
7.5 oz.



brew-ed awakening

Handcrafted with sustainably sourced coffee and a passion for bold flavor, **Chameleon** brings thoughtfully brewed cold brew to your everyday coffee ritual.

8.49

Chameleon Coffee
Organic Cold-brew
Concentrate

32 fl. oz., selected varieties



7.99

Evolution Fresh
Cold Pressed
Juice
50 fl. oz., selected
varieties

Refreshing, savory and flavorful.

INCLUSIVE TRADE PARTNER

Tucson Tamale is a Hispanic- and woman-owned company. Our Mexican-American family recipes and traditions make for award-winning tamales.



5.49 Tucson Tamale Tamales
10 oz., selected varieties



2/\$7
Blake's Pot Pies or Shepherd's Pies
8 oz., selected varieties



4.49
Grain Trust Frozen Rice Side
20-30 oz., selected varieties



4.79
Gardein Plant-based Protein
9-13.7 oz., selected varieties



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



Have a great solution when they say "I'm hungry!"
Keep the freezer stocked.



5.99
Amy's Frozen Meal
8.25-10.3 oz., selected varieties

COOPERATIVELY OWNED



6.49
Tillamook Ice Cream
1.5 qt., selected varieties



10.49
Against the Grain Gluten & Grain-free Pizza
22.4-24 oz., selected varieties



11.99
Wyman's Frozen Blueberries
48 oz.



Smiles for miles with food this delicious.

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



2/\$7

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



2/\$7

Chocolove
Chocolate Bars
2.9-3.2 oz., selected varieties



2/\$8

Late July Snacks
Tortilla Chips
6-10.1 oz., selected varieties



2/\$7

Crunchmaster
Crackers
3.54-4 oz., selected varieties



4.49

Theo
Organic
Chocolate Bar
2.8-3 oz., selected varieties



4.69

Better with
Buckwheat
Crackers
3.7-4 oz., selected varieties



4.99

Late July Snacks
Salsa
15.5 oz., selected varieties



4.69

Fever Tree
Drink Mixers
4 pk.-6.8 fl. oz., selected varieties



2/\$10

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



5.49

Tony's
Chocolonely
Chocolate Bar
6.35 oz., selected varieties

4.49

Newman's Own
Fig Newmans
10 oz., selected varieties



5.99

Woodstock
Organic Pecan
Halves
4.5 oz.

Time for a snack haul from the co-op.

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



2/\$5
Odyssey
Energy Drinks
12 fl. oz., selected
varieties



COOPERATIVELY OWNED
2/\$8
Equal Exchange
Organic Teas
20 ct., selected varieties



purposefully crafted

R.W. Knudsen is committed to quality and offering goodness and wellness in every bottle. Pick up your favorite variety, packed with antioxidants for stronger immunity, better skin and a healthier you.

3.99
**R.W. Knudsen
Juice Blend**
32 fl. oz., selected varieties



Fall season is for sipping your favorite beverages.
Find a moment to relax.



your next favorite tea?

Yogi is committed to creating quality products and doing it in a way that's good for the planet. Yogi is a community that stands for passion, sustainability and conscious living.

3.99
**Yogi
Herbal Tea Blend**
16 ct., selected varieties

COOPERATIVELY OWNED



12.99
Equal Exchange
Organic French
Roast Coffee
per pound in bulk



9.99
**Lakewood
Organic Juice or
Juice Blend**
32 fl. oz., selected varieties

Save on what you sip.

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

INCLUSIVE TRADE PARTNER

Teeccino is a woman-owned company. Teeccino satisfies both coffee and tea drinkers alike and is an excellent coffee alternative.



5.49 Teeccino
Herbal Tea
10-12 ct., selected varieties



2.99
Nutpods
Plant-based
Creamer
11.2 fl. oz., selected
varieties



2/\$7
Good Health
Snacks
5 oz., selected varieties



4/\$5 Larabar
Fruit & Nut Bars
1.6-1.7 oz., selected varieties



3.79
Lundberg Family Farms
Organic Rice Cakes
5-9.3 oz., selected varieties



4.39
Milkadamia
Macadamia Milk
32 fl. oz., selected
varieties



5.99
Purely Elizabeth
Cereal
11-13 oz., selected
varieties



6.99
Grandy Organics
Grain-free
Coconola
9 oz., selected varieties

Never miss your
favorite deals



Co+op 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.



4.39
Tazo
Organic Tea
15-20 ct., selected varieties

Download the Co+op Deals app!

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



3.79

Imagine
Organic Broth
32 fl. oz., selected varieties

quality meet versatility

Spectrum Oils is your seasoned partner in the kitchen, with high-performance organic and non-GMO ingredients delivering dependable quality and versatility in every pour.

18.99

Spectrum
Organic Extra Virgin Olive Oil
25.4 fl. oz.



2/\$7
Heyday Canning Co.
Beans
15 oz., selected varieties

always organic,
never ordinary

Muir Glen was founded on the belief that better-tasting tomatoes begin with organic farming. We partner with California farmers who grow sun- and vine-ripened tomatoes using organic practices to nurture healthy, fertile soil and deliver exceptional flavor in every can. Naturally.



2/\$4
Muir Glen
Organic Tomatoes
14.5-15 oz., selected varieties



2/\$6
Muir Glen
Organic Tomatoes
28 oz., selected varieties



2/\$7
Muir Glen
Organic Pasta
Sauces
23.5 oz., selected varieties



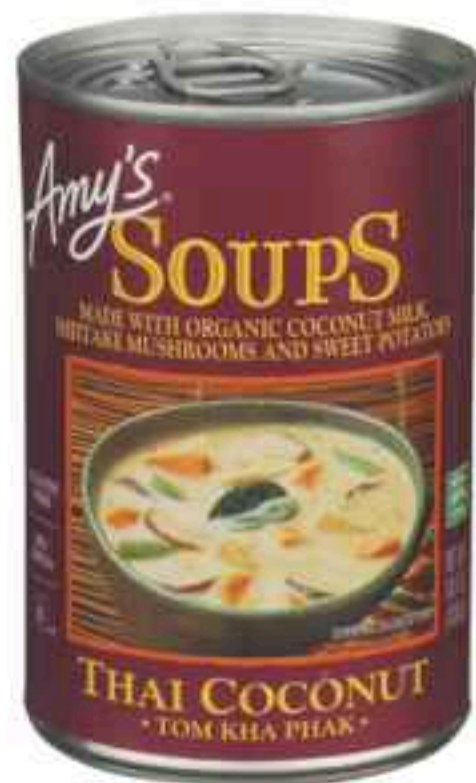
2/\$8
Muir Glen
Organic Salsas
16 oz., selected varieties

Cook up your favorite stews this season.

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



2/\$5
Wild Planet
Sardines
4.4 oz., selected varieties



3.99
Amy's
Soup
13.65-14.7 oz.,
selected varieties



3.99 Jovial
Organic Brown Rice Pasta
10-12 oz., selected varieties



4.99
Lundberg Family
Farms
Wild Rice Blend
16 oz.



4.99
St. Dalfour
Fruit Spread
10 oz., selected varieties



bulk up

SCAN TO LEARN MORE
Help the environment by shopping in bulk.
You'll be part of the solution for mitigating
excess waste. Scan the QR code for more
reasons to visit the co-op's bulk section!



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



scoop up the savings in bulk!



2.29
Organic Black
Beans
per pound in bulk



3.39
Organic Tri-color
Quinoa
per pound in bulk



7.99
Blanched
Slivered Almonds
per pound in bulk

Always have your cooking essentials on hand.

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



7.99

Derma E
Body Lotion
8 fl. oz., selected varieties



rich lather, clean feel!

Our Pure-Castile Magic Bar Soap is made with a nourishing blend of Regenerative Organic Certified® oils to effectively clean body, face and hands! Real soap with genuine scents for mindful care.

2/\$7

Dr. Bronner's
Pure Castile
Magic Soap Bar
5 oz., selected varieties



6.99

Andalou Naturals
Shampoo or Conditioner
11.5 fl. oz., selected varieties



9.49

Pranarom
Organic
Frankincense
Essential Oil
.068 fl. oz.



lightweight, 24-hour hydration

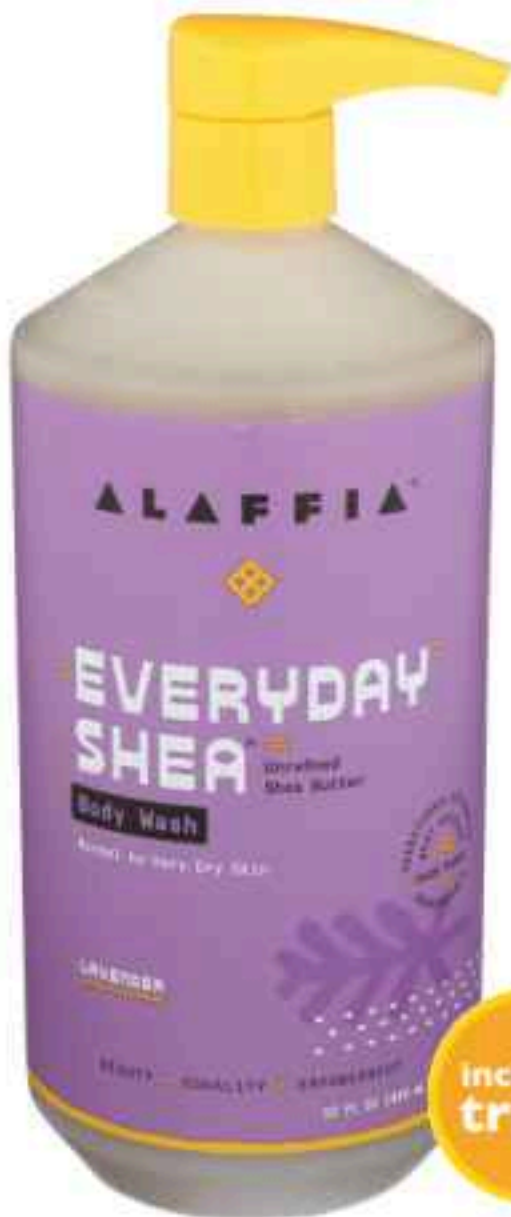
Formulated with ceramides, provitamin B5, squalane, niacinamide, coconut oil and shea butter, **Alba Botanica** Daily Moisturizing Lotions provide long-lasting hydration. Trusted formulas for sensitive skin — hypoallergenic and dermatologist tested.

12.99

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

INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company. Our hair, face and body care products are made with fair trade ingredients sourced from women-led cooperatives.



12.99

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

Feel fresh with body care brands you can trust.

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



from the inside out

PRIORITIZE SELF CARE

It's that time of year where dry skin and cold season requires a lot of self care. The co-op is the place to find supplements, body care and home products that will help you ease into the winter months.



8.99
Caboo
300-sheet
Bamboo Bath
Tissue Rolls
9 ct.



13.99
Biokleen
Liquid Laundry
Detergent
64 fl. oz., selected
varieties



12.99
Nature's Way
Umcka Cold Relief Syrup
4 fl. oz., selected varieties



23.99
Garden of Life
Organic Elderberry
Gummies
120 ct.



10.99
Natural Factors
Magnesium
Glycinate
120 ct.



22.99
Gaia Herbs
Extra Strength
Turmeric Supreme
60 ct.

Take care of yourself during this season.

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

Keweenaw Co-op Market & Deli
Marquette Food Co-op
Oryana Community Co-op
People's Food Co-op – Ann Arbor
PFC Natural Grocery & Deli
Ypsilanti Food Co-op

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

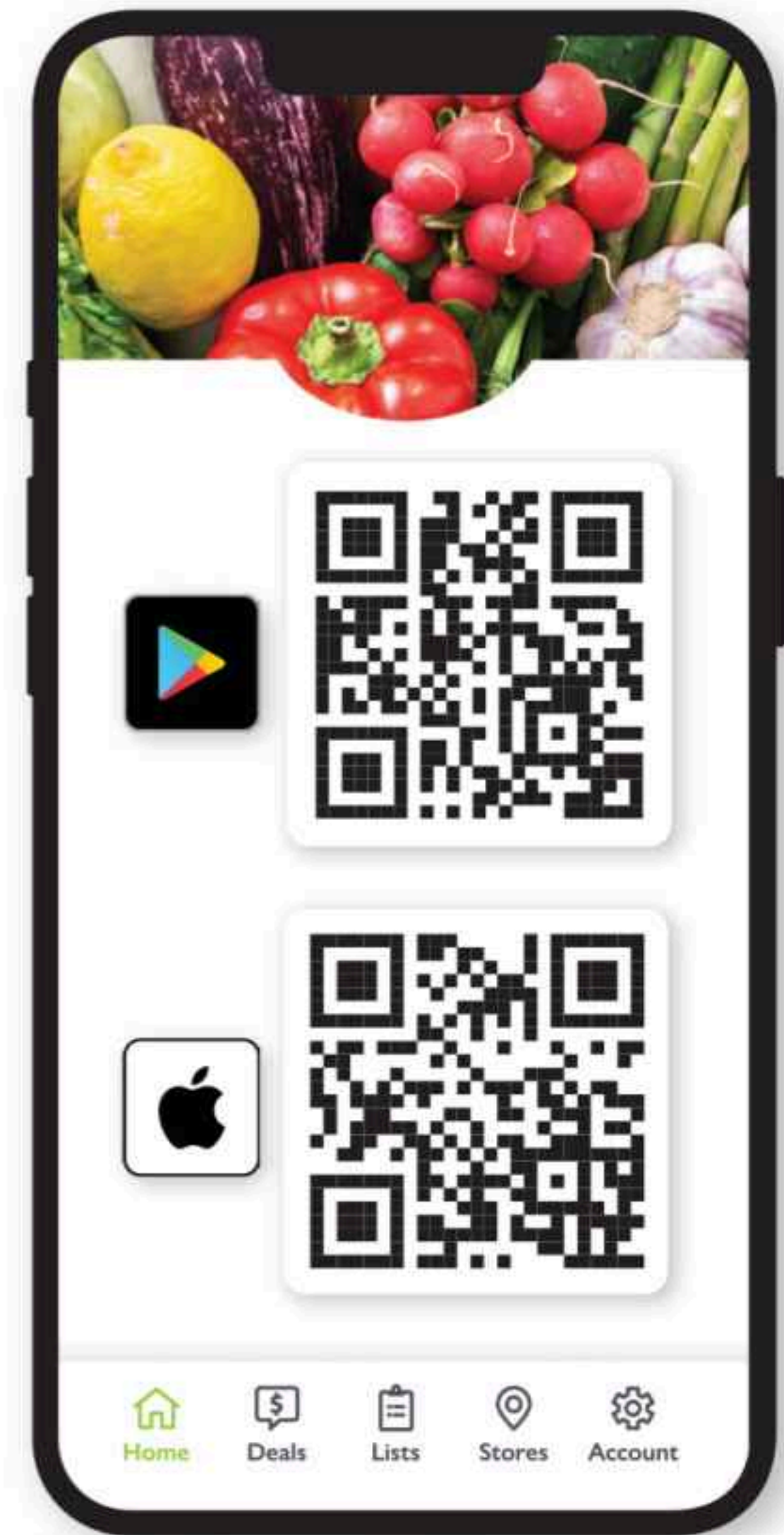
WISCONSIN

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.



2.29

Woodstock
Frozen Vegetables
10 oz., selected varieties



2.79

Woodstock
Organic Frozen
Vegetables
10 oz., selected varieties



3.79

Woodstock
Organic Mushrooms
10 oz., selected varieties

versatile veggies

Bring vibrant flavor to every meal with **Woodstock** Frozen Vegetables. Available in Organic and Non-GMO varieties — enjoy them as a simple side dish, tasty snack or versatile ingredient in your favorite recipes!



Scan the QR code to learn more about the quality and values represented by these symbols.



MW1126A



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