co+op deals®

NOV 18 - DEC 1, 2026

be egg-static!

It's time to get crackin' because the co-op has buy one, get one free eggs! That's right — Vital Farms pasture-raised eggs are ready for your holiday recipes, like pumpkin pies, casseroles and deviled eggs! It's the perfect time to double up on protein and make extras to share.



Buy One, Get One

FREE

Vital Farms
Pasture-raised Large Eggs
1 doz.



Buy One, Get One

FREE

Green Valley
Organic Lactose-free
Sour Cream
12 oz.



Buy One, Get One

FREE

Q Mixers
Drink Mixers
4 pk.-7.5 fl. oz. cans, selected varieties



Buy One, Get One

FREE

Talenti
Gelatos
1 pt., selected varieties

BO GO

Buy One, Get One

FREE

special offers inside!

BO GO

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

BOGO

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.



Buy One, Get One

FREE

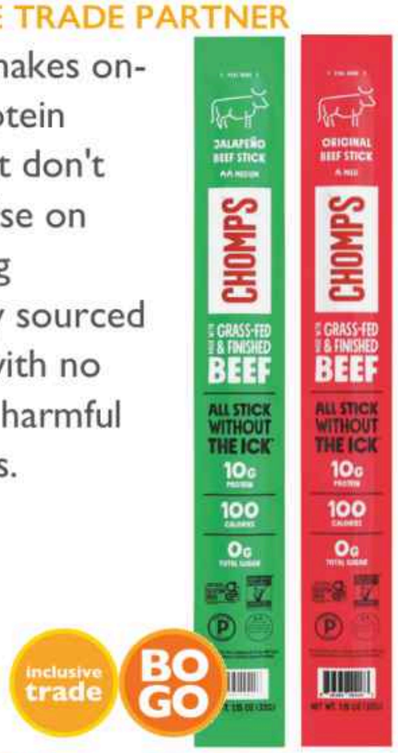
Izze

Sparkling Juice Drinks

6 pk.-8.4 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Chomps makes on-the-go protein snacks that don't compromise on taste, using sustainably sourced proteins with no hidden or harmful ingredients.



Buy One, Get One

FREE

Chomps

Meat Sticks

1.15 oz., selected varieties



Buy One, Get One

FREE

Red's

Burritos

4.5-5 oz., selected varieties



Buy One, Get One

FREE

Beyond

Plant-based Steak Filets

8.9 oz.

Double the yum with these BOGO deals.

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



Buy One, Get One

FREE

Daiya
Frozen Pizzas or Flatbreads
11.7-19.4 oz., selected varieties



2/$8

Daiya
Deluxe Mac & Cheeze
10.6 oz., selected varieties



3.99

Daiya
Plant-based Cheese Slices, Shreds or Block
7.1-7.8 oz., selected varieties

cheese reimagined

Dairy-free cheesy goodness you'll love in every bite. Prepare for a melt that truly delivers! Thanks to our **Daiya** Oat Cream™ blend, dairy-free cheese has never tasted so creamy, cheesy and satisfying.

we've got the cheeses



COOPERATIVELY OWNED

And all of them are made with organic pasture-raised milk from our family farms. Because when this much care is put into making your cheese, you can taste it in every smooth, creamy, delicious bite.

Buy One, Get One

FREE

Organic Valley
Sliced Cheese
6 oz., selected varieties

Buy One, Get One

FREE

Organic Valley
Shredded Cheese
6 oz., selected varieties

Buy One, Get One

FREE

Organic Valley
Stringles
8 oz.

5.99

Organic Valley
Raw Block Cheese
8 oz. , selected varieties

Smile and say "cheese!"

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

organic goodness

COOPERATIVELY OWNED

Bring trusted organic flavor to holiday celebrations with savory gravy, bold spices and Pure Madagascar Vanilla. Create cherished traditions and new favorites that make every holiday moment more memorable with **Simply Organic®.**



1.69

Simply Organic Gravy Mix
.85-1 oz., selected varieties



4.79

Simply Organic Ground Cinnamon
2.45 oz.



6.49

Simply Organic Garlic Powder
3.64 oz.



14.99

Simply Organic Vanilla Extract
4 fl. oz.



2.39

Edward & Sons Bouillon Cubes
2.2-3.1 oz., selected varieties



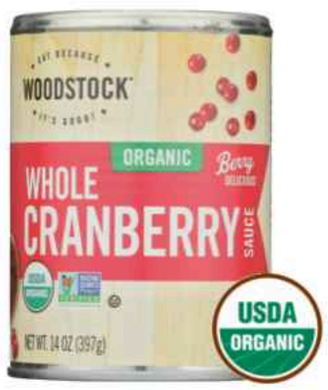
2/$7

Crown Prince Oysters
3 oz., selected varieties



6.99

Sweetleaf Sweet Drops
2 fl. oz., selected varieties



2/$7

Woodstock Organic Cranberry Sauce
14 oz., selected varieties



5.99

Kettle & Fire Bone Broth
16.9 oz., selected varieties



2/$7

Dandies Marshmallows
10 oz., selected varieties



5.49

Divina Organic Castelvetrano Olives
4.9-10.2 oz., selected varieties



16.99

Napa Valley Naturals Organic Extra Virgin Olive Oil
25.4 fl. oz.

Save on holiday baking and cooking items.

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



6.49

King Arthur Baking Company Flour

5 lbs., selected varieties

holiday baking starts here



New look, same trusted quality. Bake holiday traditions with **Bob's Red Mill**. Stock up on our best-selling flours for cookies, breads, pies and all your favorite seasonal baking essentials today.

5.99

Bob's Red Mill Organic Flour

5 lbs., selected varieties



2.69

Farmer's Market Organic Pumpkin Puree

15 oz.



3.69

Bob's Red Mill Baking Mix

14-20 oz., selected varieties



4.79

Wholesome Organic Sugar

24-16 oz., selected varieties

feel good, sweet moments

Enjoy thoughtfully crafted chocolate sweetened with stevia and no sugar added, made with Fair Trade Certified cocoa and gluten-free ingredients — so you never have to choose between taste and thoughtful sourcing.



5.99

Wholly Wholesome Organic Pie Shells

9.6-14 oz., selected varieties



7.99

Lily's Baking Chips

9 oz., selected varieties



4.99

Califia Farms Plant-based Heavy Cream

16.9 fl. oz.

The best baking ingredients are at the co-op.

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

ethical eggs, hot deal

Vital Farms pasture-raised eggs from caring family farms. Happy hens, richer yolks, traceable goodness that uplifts animals, farmers and our planet. Grab the hottest promotion from Vital Farms ever at your co-op!



Buy One, Get One

FREE

Vital Farms
Pasture-raised Large Eggs
1 doz.



8.99

Vital Farms
Pasture-raised Large Eggs
18 ct.



2/$4

Mid-Day Squares Functional Chocolate Bars
1.16 oz., selected varieties



5.49

Smart Chicken Organic Whole Chicken
per pound



7.49

Uncle Matt's Organic Orange Juice
52 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Mulay's Sausage is a woman-owned company that makes clean-label sausages and meatballs made from heritage breed pork raised on small family farms in the USA.



7.99

Mulay's Meatballs or Ground
12-15 oz., selected varieties



5.99

Mt Vikos Organic Feta Cheese
6 oz., selected varieties



7.99

Wellshire Dry-rub Uncured Pork Bacon
12 oz.



22.99

Thousand Hills Chuck Pot Roast
24 oz.

Good nutrition and great days.

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



2/$6

Vive Organic Wellness Shots
2 fl. oz., selected varieties



4.39

Hodo Organic Tofu
8-10 oz., selected varieties



great buttery taste

Light, creamy and packed with rich flavor — this vegan, non-GMO plant butter is gluten-free and dairy-free. It's perfect for baking, cooking or spreading.

5.79

Earth Balance Plant-based Sticks or Spread
13-16 oz., selected varieties



3.99

Oatly Barista Edition Oatmilk
32 fl. oz.



4.49

Oatly Oatmilk
64 fl. oz., selected varieties



6.99

Just Plant-based Eggs
16 fl. oz.

boldly delicious

Bring bold flavor to every occasion with chef-inspired plant-based favorites. From mini corn dogs and Italian sausages to smoky tempeh and roasts, these culinary-crafted offerings are made for sharing, savoring and discovering something new.



4.99

Lightlife Organic Tempeh Strips
6-7 oz., selected varieties

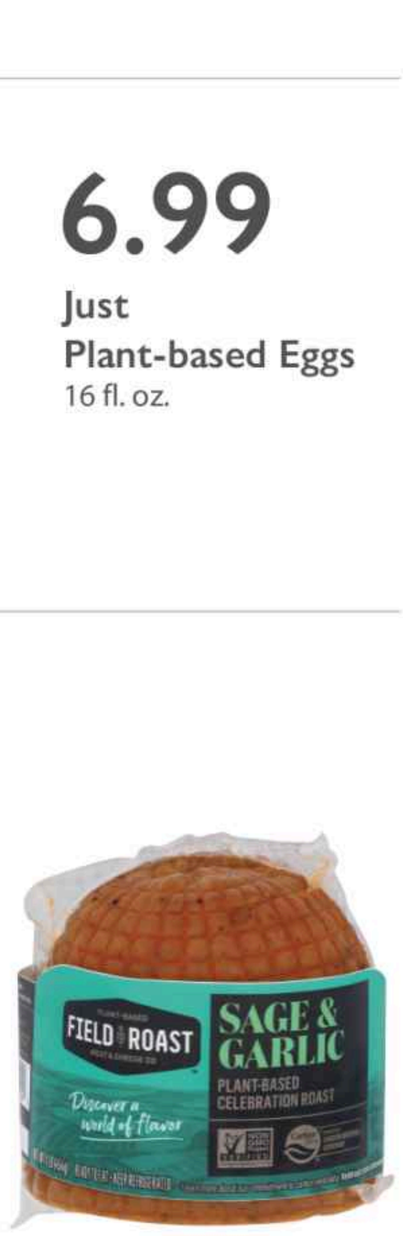


5.39

Field Roast Plant-based Sausages
12.95 oz., selected varieties

6.49

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



7.99

Field Roast Plant-based Celebration Roast
16 oz.

Plenty of plant-based options are at the co-op.

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



3.79

The Greek Gods Yogurt

24 oz., selected varieties

find goodness within

INCLUSIVE TRADE PARTNER

Invite the goodness of nature into your everyday routine. Family- and LGBTQIA+-owned, SYNERGY is made with organic ingredients, raw fermentation and naturally occurring probiotics. A daily ritual rooted in wellness and gratitude.



2/$6

GT's Kombuchas

16 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Painterland Sisters is a woman-owned company. We make delicious yogurt and work with our partner farms to care for their land, animals and workers.



2.19

Painterland Sisters Organic Skyr

5.3 oz., selected varieties



5.49

Immaculate Organic Cinnamon Rolls

17.5 oz.

make holidays so delicious

Indulge in dairy-free holiday favorites with **So Delicious®** products. From Coconutmilk Creamer and CocoWhip® Topping to Coconutmilk Yogurt alternatives, these creamy essentials bring rich flavor to seasonal recipes and festive gatherings, making every celebration a little more delicious.



2.99

So Delicious Coconutmilk Holiday Nog

32 fl. oz.



3.49

So Delicious CocoWhip Topping

9 oz.



4.69

So Delicious Organic French Vanilla Coconutmilk Creamer

32 fl. oz.



5.99

So Delicious Coconutmilk Yogurt

24 oz., selected varieties

Brighten your morning with deals like these.

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





field to freezer

For over 40 years, **Stahlbush** has cared for the land through sustainable farming practices, harvesting produce at peak ripeness and freezing it within hours to lock in flavor and nutrition.

2.79

Stahlbush Island Farms Frozen Vegetables

10 oz., selected varieties



3.79

Silver Hills Sprouted Bread

15-22 oz., selected varieties



7.49

Bonafide Provisions Organic Bone Broth

24 fl. oz., selected varieties



9.49

Alden's Organic Ice Cream

48 fl. oz., selected varieties

always organic, never ordinary

Spend less time prepping and more time around the table with **Cascadian Farm** Organic frozen vegetables. Picked at peak freshness for easy, delicious meals.



2/$7

Cascadian Farm Organic Frozen Vegetables

16 oz., selected varieties



4.99

Little Northern Bakehouse Gluten-free Bread or Bagels

14-17 oz., selected varieties



15.99

Tofurky Plant-based Roast

19-26 oz., selected varieties

Frozen variety for anytime meals.

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



4.99

Traditional Medicinals Organic Herbal Tea

16 ct., selected varieties



plant-based favorites

You can enjoy your favorite organic, non-GMO, dairy-free, lactose-free, gluten-free beverage with either our **West Life** 9 grams of protein soymilk, or our creamy, smooth, versatile **Dream** ricemilk.

3.69

Dream Organic Ricemilk or West Life Organic Soymilk

32 fl. oz., selected varieties



2/$6

Pacific Foods Plant-based Beverages

32 fl. oz., selected varieties



3.99

Nature's Path Organic Instant Oatmeal

11.3-14 oz., selected varieties



5.99

Kashi Cereal

12.7-18 oz., selected varieties

supporting the ¡BioRevolution! Project



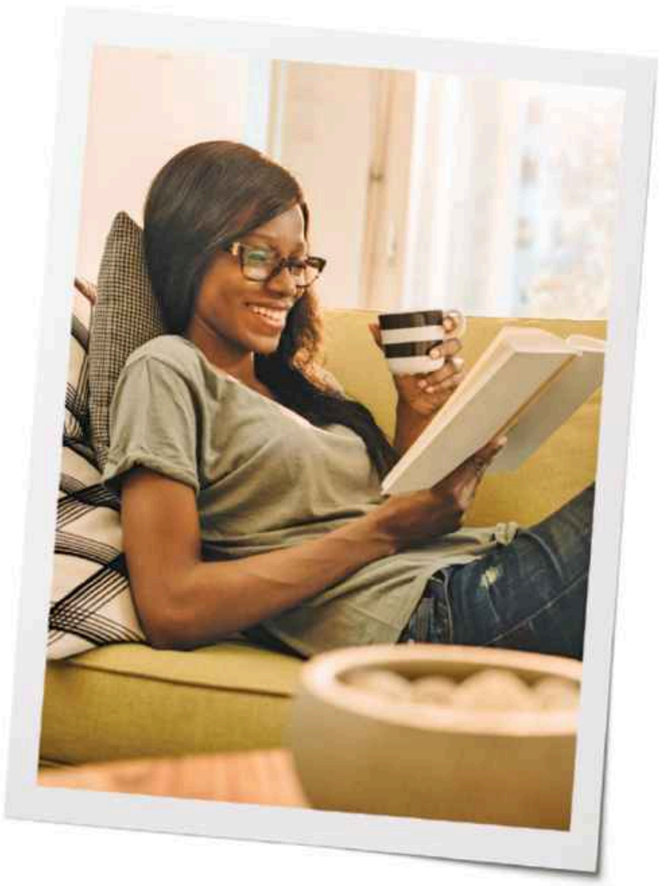
COOPERATIVELY OWNED

Balanced and sweet, with hints of vanilla, milk chocolate, honey and brown sugar in a Full-City Roast! For every pound of ¡BioRevolution! Coffee purchased, 50 cents goes to supporting innovative farmer-led projects.

11.99

Equal Exchange Organic Coffee

10-12 oz., selected varieties



Breakfast and pantry staples are at the co-op.

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



2/$4

Earth's Best Organic Yogurt Smoothies

4.2 oz., selected varieties



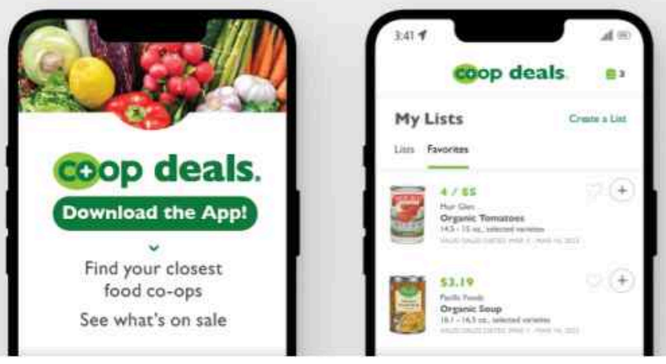
made wildly good

Thoughtfully sourced. Small-batch crafted. Employee-owned. We bring deliciously simple ingredients together with uncompromising standards for rich, wildly good nut butters.

6.49

Once Again Organic Peanut Butter

16 oz., selected varieties



Never miss your **favorite deals**.
Download the Co+op Deals app!



5.49

Sahale Snacks Nut Mix

4 oz., selected varieties



5.69

Crofter's Organic Premium Fruit Spread

16.5 oz., selected varieties



2/$7

Harmless Harvest Organic Coconut Smoothies

10 fl. oz., selected varieties



5.49

Bragg Organic Apple Cider Vinegar

32 fl. oz.

Delicious food that families love.

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



2/$5

Westbrae Organic Beans

15 oz., selected varieties



2/$4

Lotus Foods Rice Ramen

2.8 oz., selected varieties



4.79

Maille Mustard

7-9.4 oz., selected varieties



8.39

Primal Kitchen Mayonnaise

12 fl. oz.



8.49

Lucini Italia Organic Pasta Sauce

24 oz., selected varieties



9.99

4th & Heart Grass-fed Ghee

9 oz., selected varieties



13.49

Graza Sizzle Extra Virgin Olive Oil

25.3 fl. oz.



5.99

Better than Bouillon Broth Base

8 oz., selected varieties



deliciously inspired

Stock your pantry with delicious organic soups and broths from **Pacific Foods.** Pacific soups and broths are made with fresh, organic ingredients for wholesome comfort and a satisfying meal.

2/$7

Pacific Foods Organic Broths

32 fl. oz., selected varieties



6.99

Sir Kensington's Mayonnaise

12 fl. oz., selected varieties

Save big on meals made at home.

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

COOPERATIVELY OWNED



2/$8

Blue Diamond Nut Thins

3.75-4.25 oz., selected varieties



2.79

Angie's Boomchickapop Popcorn

4.4-7 oz., selected varieties



3.99

Endangered Species Chocolate Bar

3 oz., selected varieties



2/$7

Boulder Canyon Potato Chips

5.25-6.5 oz., selected varieties

COOPERATIVELY OWNED



3.99

Equal Exchange Organic Chocolate Bar

2.8-3.5 oz., selected varieties



4.39

Zack's Mighty Organic Tortilla Chips

7.5 oz., selected varieties



5.39

Loacker Wafer Cookies

8.82 oz., selected varieties



simple joys, no regrets

Back to Nature is remaking your favorite snacks super tasty with honest-to-goodness ingredients. Simple joys, no regrets, happy days.

2/$7

Back to Nature Crackers

4-6.5 oz., selected varieties



3.69

Terra Vegetable Chips

5 oz., selected varieties

Snacks for all occasions are at the co-op.

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

cook with care

The best holiday memories happen around the table. **If You Care** brings reliable performance to every recipe, with thoughtfully made products that care for your family and the planet.



1.99

If You Care
Large Baking Cups
60 ct.



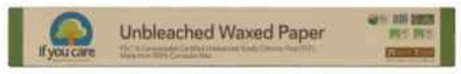
3.99

If You Care
Unbleached Coffee Filters
100 ct., selected varieties



5.99

If You Care
Parchment Baking Paper
70 sq. ft.



5.99

If You Care
Unbleached Wax Paper
75 sq. ft.



Supplies you'll need for the season ahead.

Let the good times roll.



clean – without anything extra

Seventh Generation's biobased power cuts through the toughest grease without any unnecessary artificial dyes or fragrances. Be extra. Don't do extra.

3.69

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



Make clean-up easy with products from the co-op.

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



7.99

Avalon Organics Shampoo or Conditioner

11 fl. oz., selected varieties





9.39

Everyone Body Lotion

32 fl. oz., selected varieties



2/$6

The Humble Co. Floss Picks

50 ct., selected varieties



4.79

Mrs. Meyer's Liquid Hand Soap

12.5 fl. oz., selected varieties

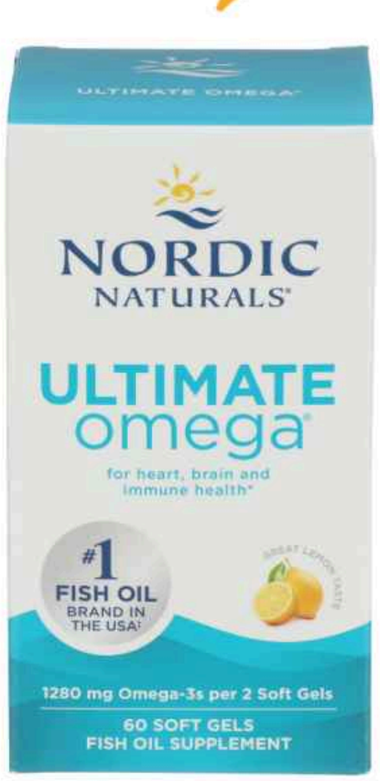


18.99

Kal Magnesium Glycinate 350

160 ct.

the power of Omega-3



Nordic Naturals Ultimate Omega® is 100% wild-caught, sustainably sourced and purity-tested with a fresh, clean lemon taste. With 1,280 mg of omega-3s per serving for powerful cellular support.

20.99

Nordic Naturals Ultimate Omega

60 ct.



19.99

Smartypants Organic Kids Multi & Omegas Gummies

120 ct.

Feel good inside and out.

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

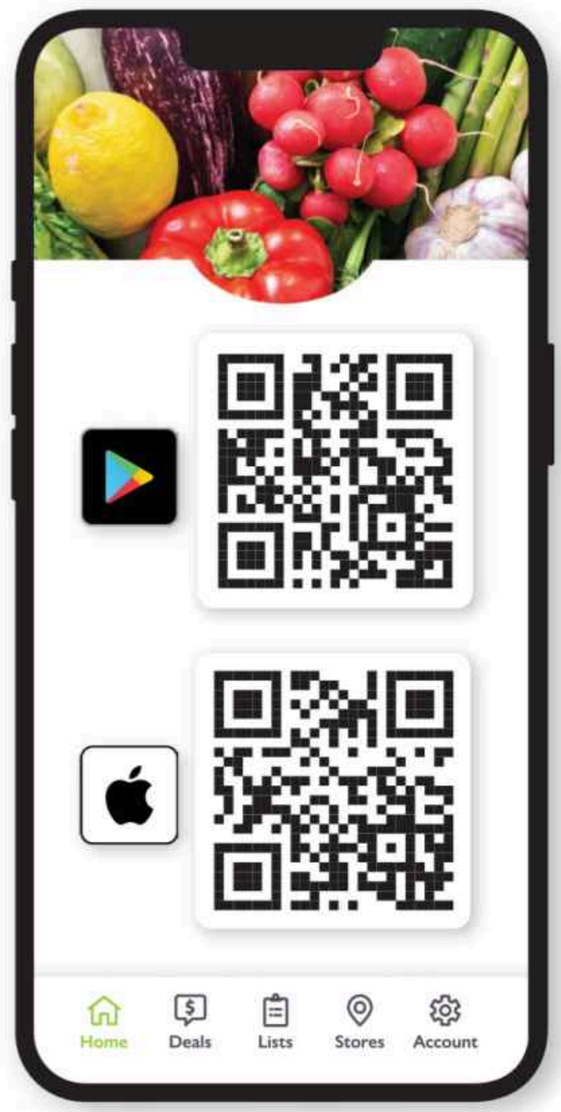
SOUTH DAKOTA
Natural Abundance Food Co-op
Sioux Falls Food Co+op

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!

Co+op deals®

Download the App!



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



4.49

Simple Mills Almond Flour Crackers
4-4.25 oz., selected varieties



5.99

Treeline Plant-based Soft Cheese
6 oz., selected varieties



6.49

San Pellegrino Italian Sparkling Drink
6 pk.-11.15 fl. oz., selected varieties



5.99

Stonewall Kitchen Jam or Jelly
11.5-13 oz., selected varieties



8.49

Tillen Farms Cherries
13.5-14 oz., selected varieties

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

USDA ORGANIC · BOGO · Co+op basics · inclusive trade · Co+op · new

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

MW1126B

Co+op®