

coop deals®

OCT 21 - NOV 3, 2026

crisp and quick

Invite Caulipower to your next pizza party for a thin, crispy crust you'd never guess is made from cauliflower! They're buy one, get one free at the co-op, so grab them while they're on sale!



Buy One, Get One

FREE

Caulipower
Pizzas or Pizza Crusts
7.5-12 oz., selected varieties



Buy One, Get One

FREE

De La Calle!
Organic Mexican Sodas
12 fl. oz., selected varieties



Buy One, Get One

FREE

Hippeas
Chickpea Snacks
3.75-5 oz., selected varieties



Buy One, Get One

FREE

Siete
Beans
15.5-16 oz., selected varieties



Buy One, Get One

FREE

special offers inside!



BOGO

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.



BOGO

Buy One, Get One
FREE

Life-Flo
Magnesium Lotions
8 fl. oz.



BOGO

Buy One, Get One
FREE

Beekeeper's Naturals
Lozenges
14 ct., selected varieties



BOGO

USDA ORGANIC

Buy One, Get One
FREE

Natural Factors
Organic Oil of Oregano
1 fl. oz.



BOGO

Buy One, Get One
FREE

Quantum Health
Zinc Elderberry Lozenges
14-18 ct., selected varieties

INCLUSIVE TRADE PARTNER



inclusive trade

BOGO

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

Buy One, Get One
FREE

Wishgarden Herbs
Kick-Ass Immune or
Serious Cough
2 fl oz., selected varieties

Welles deals x 2!

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



Buy One, Get One
FREE

Artisana
Organic Raw Tahini
14 oz.



Buy One, Get One
FREE

Frontera
Cooking Sauces
8 oz., selected varieties



Buy One, Get One
FREE

Lotus Foods
Rice Ramen
2.8 oz., selected varieties



Buy One, Get One
FREE

Liquid I.V.
Hydration Multiplier
Drink Mixes
4.58-5.65 oz., selected varieties



Buy One, Get One
FREE

Orgain
Organic Plant-based
Protein Powders
32.4 oz., selected varieties

INCLUSIVE TRADE PARTNER

Chickapea is a woman-owned company providing nutritious, convenient family meal options using organic chickpeas and lentils in their ingredients.



Buy One, Get One
FREE

Chickapea
Organic Chickpea Pastas
8 oz., selected varieties

Double the delicious with BOGO deals.

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



Buy One, Get One

FREE

HOP WTR
Sparkling Waters
6 pk.-12 fl. oz., selected varieties



Buy One, Get One

FREE

Beyond
Breakfast Sausages
9.7 oz., selected varieties



Buy One, Get One

FREE

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



Buy One, Get One

FREE

Bitchin' Sauce
Almond Dips
7-9 oz., selected varieties



Buy One, Get One

FREE

Lily's
Chocolate Bars
2.8-3 oz., selected varieties



Buy One, Get One

FREE

Jaju
Pierogi
14 oz., selected varieties

Stocking up is easy with BOGO deals.

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

crafted
with less

No artificial anything. siggi's products have no added colors, no artificial sweeteners and no artificial flavors. siggi's is fully committed to making delicious products with simple ingredients and not a lot of sugar, always.



4/\$5
Siggi's
Skyr Yogurts
4.4-5.3 oz., selected varieties



2/\$4
Siggi's
Plant-based
Coconut Blends
5.3 oz., selected varieties



2/\$4
Siggi's
Yogurt Smoothies
8 fl. oz., selected varieties



5.99
Siggi's
Skyr Yogurt
24 oz., selected varieties

COOPERATIVELY OWNED



4.99
Organic Valley
Shredded Cheese
6 oz., selected varieties

COOPERATIVELY OWNED



5.99
Organic Valley
Raw Block Cheese
8 oz., selected varieties



ethical eggs



From pasture-raised happy hens on family farms with 108 square feet each. Trace your carton to the source. Honest food that tastes better and does better — for animals, farmers and the planet.

8.99
Vital Farms
Organic Pasture-raised
Large Grade A Eggs
1 doz.



3/\$4
Fage
Greek Yogurts
5.3 oz., selected varieties

Find amazing deals at the co-op.

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



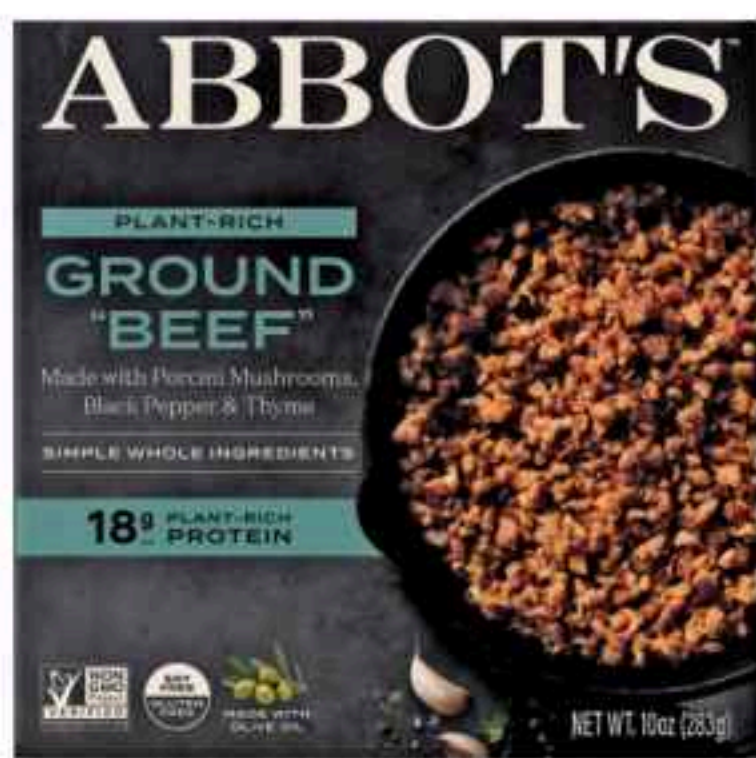
5.99
Smart Chicken
Party Wings
per pound

the feel-good soda



OLIPOP combines the classic soda flavor you know and love with prebiotics, plant fiber and botanicals to support your digestive health. Higher fiber, less sugar (compared to leading non-diet sodas).

3 / \$6
Olipop
Prebiotic Sodas
12 fl. oz., selected varieties



6.49
Abbot's Butcher
Plant-based
Protein
10 oz., selected
varieties



7.99
Thousand Hills
Pork & Beef
Stadium Brats
10 oz.



*probiotically powered,
deliciously refreshing*

Say hello to more feel-good-gut days! Every bottle of Health-Ade Kombucha combines thirst-quenching, organic juice with living probiotics in fermented tea for a deliciously bubbly, gut-healthy beverage. You're sips away from a healthier gut and a happier you!

2 / \$6
Health-Ade
Organic Kombuchas
16 fl. oz., selected varieties



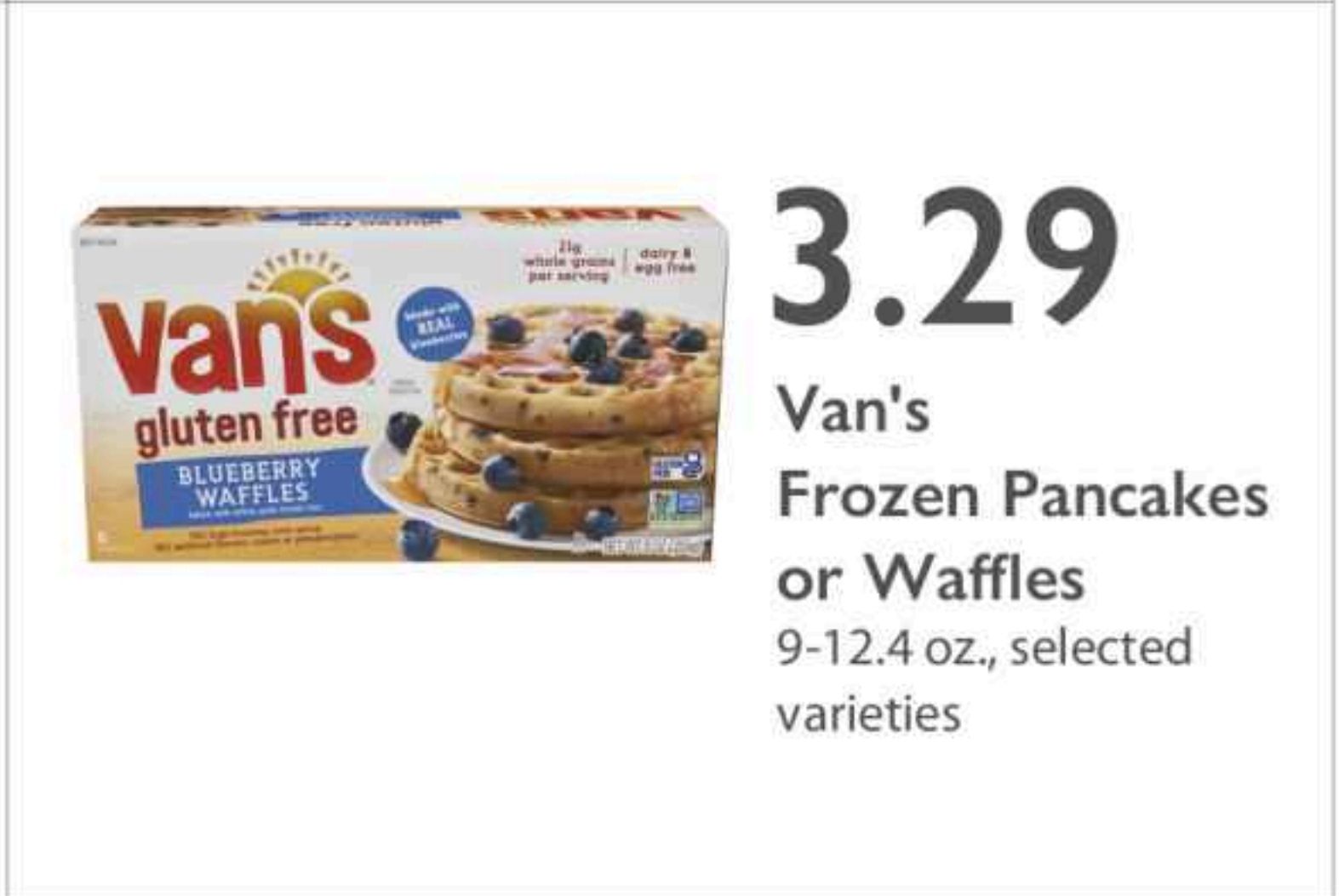
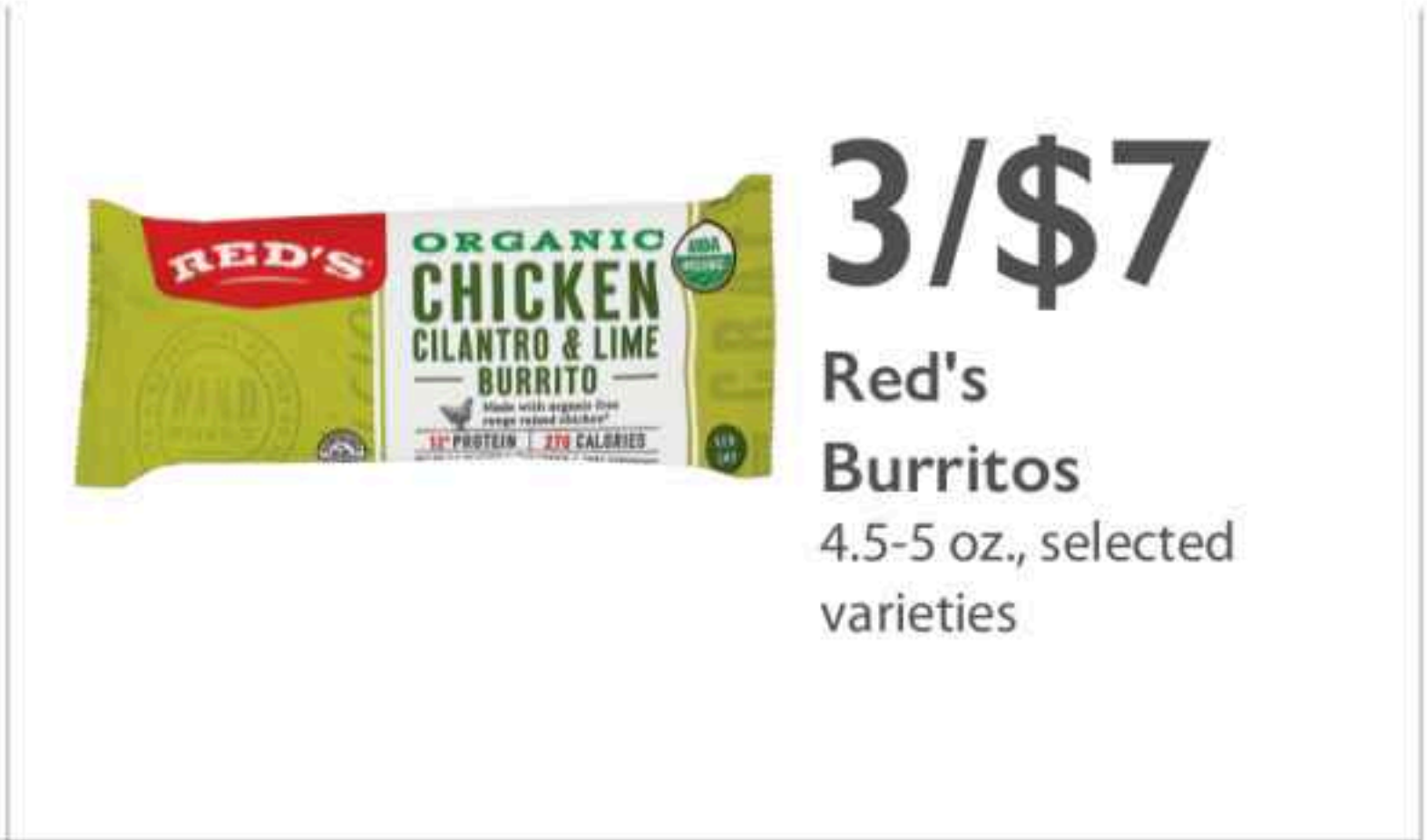
4.39
Honey Mama's
Truffle Bar
2.5 oz., selected varieties

Make room for your favorites in the fridge.

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



2/\$6
Cascadian Farm
Organic Frozen Vegetables
10 oz., selected varieties

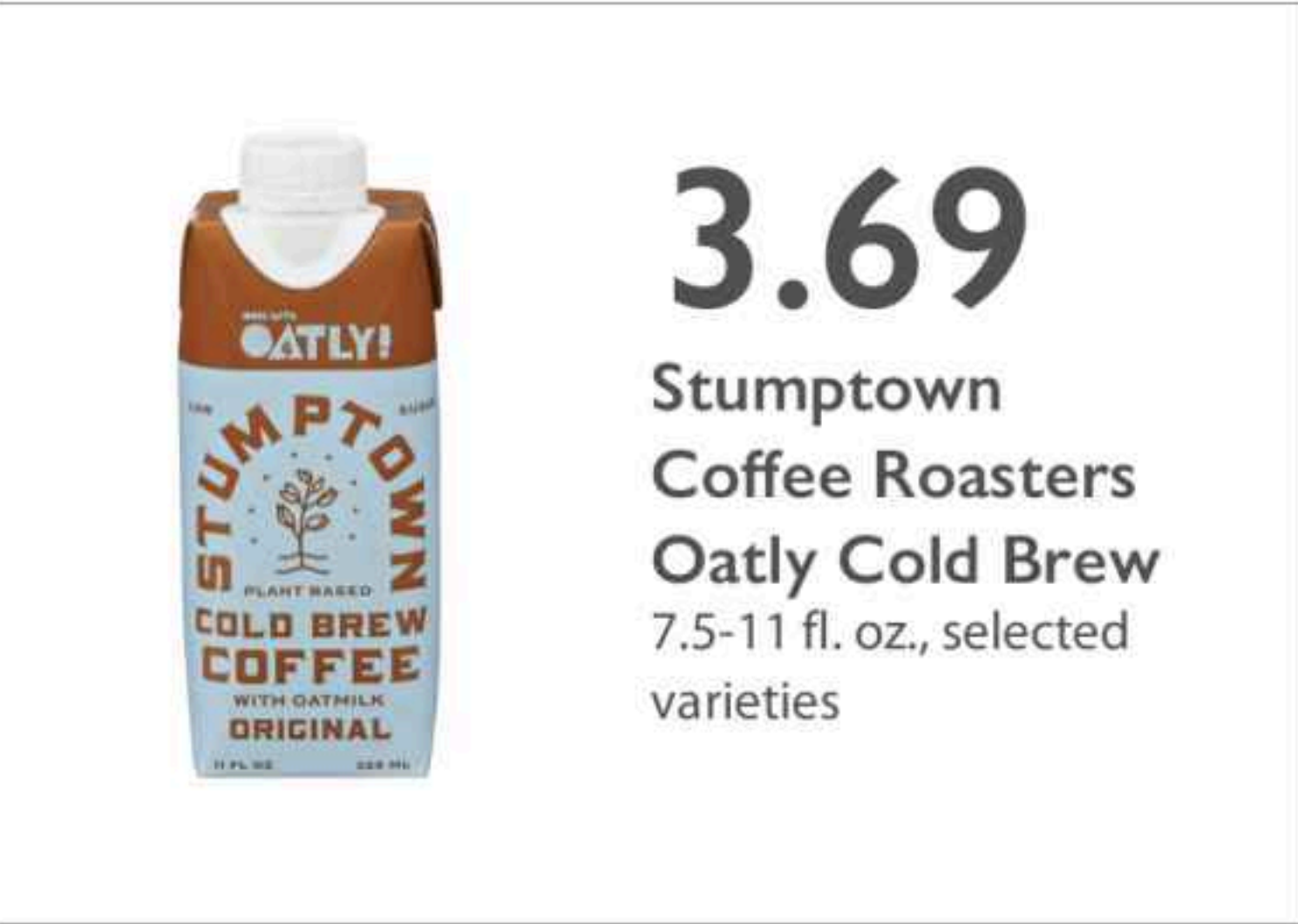


3/\$7
Red's
Burritos
4.5-5 oz., selected varieties

3.29
Van's
Frozen Pancakes or Waffles
9-12.4 oz., selected varieties

4.99
Good Karma
Flaxmilk
64 fl. oz., selected varieties

2/\$8
Woodstock
Organic Frozen Fruits
10 oz., selected varieties



3.69
Stumptown
Coffee Roasters
Oatly Cold Brew
7.5-11 fl. oz., selected varieties

5.29
Laird Superfood
Organic Liquid Creamer
22 fl. oz., selected varieties

where flavor begins

INCLUSIVE TRADE PARTNER

Crafted by an Indian-owned family company, our meals start with freshly ground spices, scratch-made sauces and recipes inspired by generations of home cooking.



5.49
Deep Indian Kitchen
Entrée, Dumplings or Samosas
7.8-12 oz., selected varieties



6.49
Canyon Bakehouse
Gluten-free Bread or Bagels
14-18 oz., selected varieties

Nutritious and delicious all day long.

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



2/\$3
Solely
Organic Fruit
Jerky
.8 oz., 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. Enjoy your favorite R.W. Knudsen 100% juice unsweetened products!



5.99
Clif
Organic Zbars
or Bites
6.72-7.62 oz., selected
varieties

6.49

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



3.99
Choice Organics
Tea
16 ct., selected varieties



11.99
Peace Coffee
Organic Coffee
12 oz., selected varieties

*more organic,
less waste*



Our unique ECO-PAC is a larger, recyclable bag without the box, which helps us to eliminate unnecessary waste, and we pass the savings on to you, offering you the best value, organically!

8.99

Nature's Path Organic
Cereal
26.4-32 oz., selected varieties

INCLUSIVE TRADE PARTNER
Seven Sundays is a woman-owned company. Inspired by muesli enjoyed on a trip to New Zealand, the desire to flip the cereal aisle on its head started with a booth at the Minneapolis Farmers Market.



5.99
Seven Sundays
Cereal
8 oz., selected varieties

Find family-friendly favorites at the co-op.

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



simple ingredients,
high protein

RXBar protein bars are made with as few ingredients as possible. Just simple ingredients from actual food you can pronounce and recognize.

2/\$4 Rxbar Protein Bars
1.83-1.9 oz., selected varieties



1.79 Steaz Organic Tea
16 fl. oz., selected varieties



2/\$4 Yachak Organic Yerba Mate Teas
16 fl. oz., selected varieties



1.79 Flow Alkaline Spring Water
33.8 fl. oz., selected varieties



5.49 Elmhurst Plant-based Milk
32 fl. oz., selected varieties

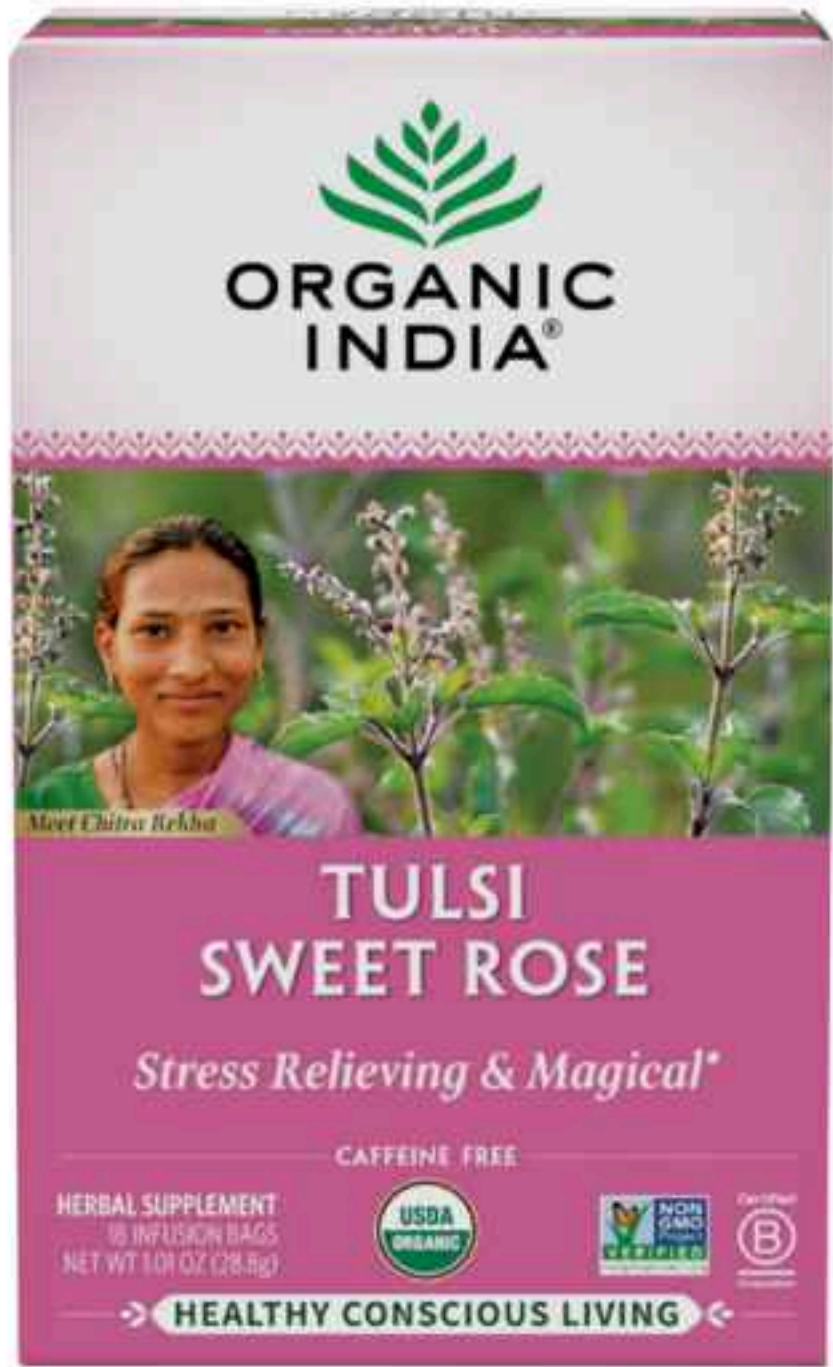
care you can sip

The difference starts at the source, with Certified Organic herbs grown on small family farms, handpicked with care and traditionally crafted for blissful teatime moments.



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

3.99 Organic India Tulsi Tea
18 ct., selected varieties



Sweeten your day with deals from the co-op.

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



2/\$7

LesserEvil
Organic Popcorn
4.6-6.4 oz., selected varieties



2/\$7

The Good Crisp
Crisps
4-5.6 oz., selected varieties



4.39

Alter Eco
Organic Chocolate Bar
2.65-2.96 oz., selected varieties



2/\$6

Barbara's
Cheese Puffs
5.5-7 oz., selected varieties



3.49

Unique Snacks
Pretzels or
Puffzels
4.8-11 oz., selected varieties



11.99

Go Raw
Organic Sprouted
Pumpkin Seeds
14 oz.

great chocolate, great cause

Every purchase removes two plastic bottles from our oceans. Fair Trade Certified and thoughtfully sourced, this chocolate turns everyday indulgence into meaningful environmental and social impact.

2/\$7

Endangered Species
Chocolate Bars
3 oz., selected varieties



4.49

Hu
Organic Chocolate Bar
2.1 oz., selected varieties

Budget-friendly snacking options.

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



4.99

Kettle Brand
Potato Chips
13 oz., selected varieties

authentic flavor

Get dipping with our tasty and
crispy USDA Organic chips. Crafted
with care for a satisfying crunch.

5.69

Garden of Eatin'
Organic Tortilla Chips
14 oz., selected varieties



COOPERATIVELY OWNED

3.99

Equal Exchange
Organic
Chocolate Bar
2.8-3.5 oz., selected
varieties



2.39

Little Secrets
Crispy Wafers
1.4 oz., selected varieties



3.79

Pipcorn
Heirloom Snacks
4.5-5 oz., selected
varieties

roots run deep

Rich, chocolatey cacao powder for
baking, smoothies and everyday
treats — grown on Regenerative
Organic Certified® farms, where
healthier soil means better cacao,
season after season.

9.99

Navitas Organics
Unsweetened Cacao Powder
8 oz.



6.99

Simple Mills
Baking Mix
9-12.9 oz., selected varieties

Good food for less is at the co-op.

imagine the possibilities

From velvety classics to vibrant blends, **Imagine®** soups and broths are crafted with quality ingredients for imaginative recipes. Enjoy comforting flavor your way — straight from the carton or as the base for your own creations.



2/\$5
Imagine
Organic Gravy
13.5 oz., selected varieties



2/\$7
Imagine
Organic Broths
32 fl. oz., selected varieties



2/\$8
Imagine
Soups
32 fl. oz., selected varieties



6.99
Spry
Xylitol Gum
100 ct., selected varieties



7.99
Lily's
Baking Chips
9 oz., selected varieties



plant-based meal replacement



A quick meal that keeps hunger at bay and delivers an irresistible taste. Not only does it taste good, but it's also filled with good-for-you whole food ingredients.

2/\$5
Probar
Meal Bars
3 oz., selected varieties



11.99
California Olive Ranch
Global Blend Extra
Virgin Olive Oil
16.9 fl. oz.

Try something new from the co-op.

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



2.29
Dr. McDougall's
Soup Cup
1.8-3.4 oz., selected
varieties



2/\$5
Field Day
Organic 100%
Pure Pumpkin
15 oz.



2/\$6
A Dozen Cousins
Ready-to-Eat
Beans
10 oz., selected varieties

magnesium made delicious

This core mineral supports stress, sleep, heart health, recovery and more. Plus Dr. Formulated Magnesium Gummies include prebiotics and probiotics for digestive support and are available in peach and raspberry flavor

**Buy One, Get One
FREE**

**Garden of Life
Dr. Formulated Magnesium Gummies**
60 ct., selected varieties



3.99
Garden of Eatin'
Taco Shells
5.5 oz., selected varieties



3.79
Tasty Bite
Entrées
10 oz., selected
varieties

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.

**Buy One, Get One
FREE**

**Oregon's Wild Harvest
Organic Milk Thistle**
90 ct., selected varieties



8.49
Primal Kitchen
Mayonnaise
12 fl. oz.



9.49
La Tourangelle
Cooking Oil
14-16.9 fl. oz., selected
varieties

Great deals for great days.

INCLUSIVE TRADE PARTNER

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



5.99 Archer Beef Jerky
2-2.5 oz., selected varieties

clean – without anything extra



Seventh Generation delivers a powerful clean that gets the job done and leaves nothing behind. Be extra when you want to be. Just don't do extra where it doesn't belong.

6.99
Seventh Generation Cleaning Wipes
70 ct., selected varieties



INCLUSIVE TRADE PARTNER

World Centric is a company that provides plant-based, sustainably made products that are easy to compost.

2.99
World Centric Compostable 9" Plates
20 ct.



11.99
Tru Earth Laundry Detergent Strips
32 ct., selected varieties



frizz be gone!

INCLUSIVE TRADE PARTNER

Transform dry, frizzy hair with Giovanni's Smoothing Castor Oil Shampoo & Conditioner. Gently cleanses, hydrates and conditions for silky softness, lasting shine and effortless manageability! Giovanni is proudly veteran-owned.

7.99
Giovanni Shampoo or Conditioner
13.5 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

RADIUS is a woman-owned company. We use recycled materials, and we create sustainable toothpastes, flosses and other daily-use objects.

5.49
Radius Toothbrush Replacement Heads
2 ct., selected varieties



The co-op has the brands you love.

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

supplements
that fuel
routines

Solaray has set the standard for quality and trust for over 50 years. Every ingredient in our 700+ supplements is triple-tested for purity and potency — so your daily routine stays active, supported and built on precision.



Buy One, Get One
FREE

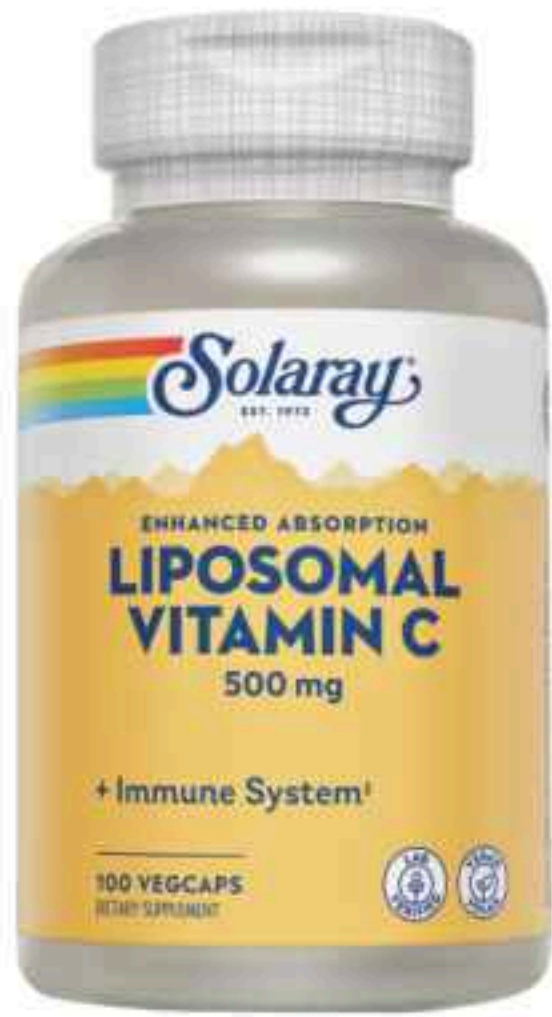
Solaray
D-Mannose with
CranActin
60 ct.



13.99
Solaray
Vitamin D3 + K2
60 ct.



15.99
Solaray
Magnesium Glycinate
350mg
120 ct.



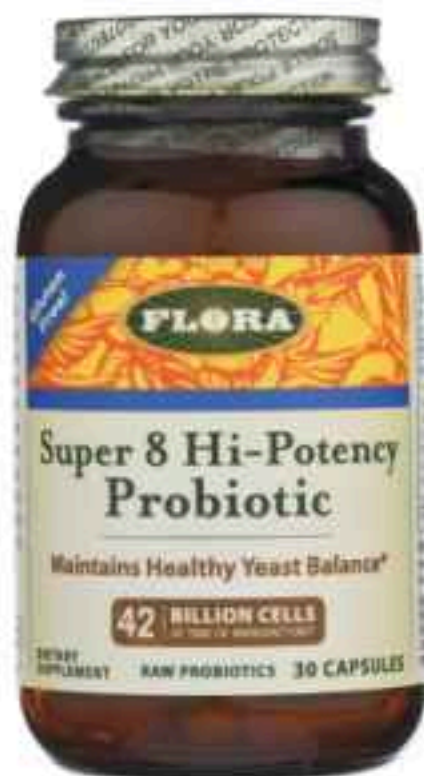
22.99
Solaray
Liposomal
Vitamin C
100 ct.



6.99
The Honey Pot
Bioplastic
Tampons
18 ct., selected varieties



9.39
Booda Organics
All-in-One Daily
Moisturizer
2.3 oz.



19.99
Flora
Super 8 Hi-Potency
Probiotic
30 ct.

ancient wisdom,
modern science

Ancient Nutrition supports regenerative agriculture practices that sequester carbon, encourage biodiversity and nurture nutrient-rich soil — honoring the deep connection between human health and the health of our planet.



36.99 Ancient Nutrition
Bone Broth Protein Powder
15.7-17.8 oz., selected varieties



6.99
Rishi
Organic Tea Concentrate
32 fl. oz., selected varieties

Feel good with products you love.

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

coop deals

Download the App!



See what's on sale with the Co+op Deals app!

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

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.



Buy One, Get One
FREE
Desert Essence
Shampoos or
Conditioners
8 fl. oz., selected varieties



3.19
Desert Essence
Tea Tree Oil Dental
Floss or Tape
30-50 yd., selected varieties



4.79
Desert Essence
Toothpaste
6.25 oz., selected varieties



6.29
Desert Essence
Mouthwash
16 fl. oz., selected varieties



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



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MNW1026B