

# coop deals

FEB 14 - FEB 27, 2024

*a classic favorite*

### MAKE IT YOUR OWN

It's easy to feel nostalgic with OLIPOP's classic root beer. Try pairing with ice cream and enjoy a yummy float. OLIPOP beverages are packed with plant fiber, prebiotics and botanicals, so you can enjoy the delicious flavors you love while supporting digestive health. Find them on sale at the co-op!



**1.79**

**Olipop**  
**Prebiotic Soda**  
12 fl. oz., selected varieties



**2/\$5**

**Tasty Bite**  
**Indian Entrees**  
10 oz., selected varieties



**2/\$6**

**Cascadian Farm**  
**Organic Frozen**  
**Vegetables**  
10 oz., selected varieties



**4.99**

**Tate's Bake Shop**  
**Cookies**  
7 oz., selected varieties



Try something new at the co-op.

**Find brands you know and love.**



**4/\$7**  
So Delicious  
Coconutmilk  
Yogurt  
5.3 oz., selected  
varieties



**2.29**  
Noosa  
Yoghurt  
8 oz.,  
selected varieties

*crafted with less*

All of our skyr and plant-based, dairy-free products are made with simple ingredients and no artificial anything. Deliciously satisfying, Siggi's makes the perfect breakfast or snack option.

**1.89**  
Siggi's  
Plant-based Yogurt  
5.3 oz., selected varieties




**3.79**  
Rebbl  
Organic Protein  
Beverage  
12 fl. oz., selected  
varieties



**4.79**  
Good Culture  
Organic Cottage  
Cheese  
15-16 oz., selected  
varieties

COOPERATIVELY OWNED



**5.79**  
Organic Valley  
Stringles  
Mozzarella Cheese  
Sticks  
8 oz.



**2/\$7**  
Vital Farms  
Butter  
8 oz., selected varieties



**5.99**  
Vital Farms  
Pasture-raised Large  
Grade A Eggs  
1 doz.



**7.99**  
Vital Farms  
Pasture-raised Large  
Grade A Eggs  
18 ct.

*honest, ethical food*

We're committed to improving the lives of people, animals and the planet through food — working with small family farms to bring you delicious eggs and butter you can trust.

**Start each morning with food from the co-op.**

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



**2/\$5**

**Petit Pot**  
**Organic French Dessert**  
 3.5 oz., selected varieties



**3.79**

**The Greek Gods**  
**Greek Yogurt**  
 24 oz., selected varieties



**4.29**

**Harmless Harvest**  
**Organic Coconut Water**  
 16 fl. oz., selected varieties



**2/\$7**

**Goodbelly**  
**Organic Probiotic**  
**Drinks**  
 32 fl. oz., selected varieties



**4.79**

**So Delicious**  
**Organic**  
**Coconutmilk**  
**Creamer**  
 32 fl. oz., selected varieties



**6.49**

**Wallaby Organic**  
**Greek Yogurt**  
 32 oz., selected varieties

*melts like dairy*

New and improved Daiya dairy-free cheeses, now made with Daiya Oat Cream™ blend for an incredible dairy-like melt. The familiar comforts from cheese you love, but made from plants.

**3.99**

**Daiya**  
**Cutting Board Shreds**  
 7.1 oz., selected varieties



**INCLUSIVE TRADE PARTNER**

Nuts for Cheese is a LGBTQIA+ and woman-owned company. We are inspired to create 100% dairy-free cheese and believe in the ability to spread positive, sustainable change through food.



**6.49**

**Nuts for Cheese**  
**Organic & Dairy-free**  
**Fermented Cashew Product**  
 4.2 oz., selected varieties

**Dairy and dairy-free options are at the co-op.**



**4.49**

**Ripple**  
Plant-based Milk  
48 fl. oz., selected varieties



*rich, creamy and udderly delicious*

Our Brown Cow Yogurt is Non-GMO Project Verified, with live and active cultures. Make today delicious with the original cream top yogurt.

**3.69**

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



**2/\$7**

**Planet Oat**  
Oatmilk  
52 fl. oz., selected varieties



**4.99**

**Udi's Gluten Free**  
Bread or Bagels  
12-14.3 oz., selected varieties



**5.79**

**Hodo**  
Vegan All-day Egg Scramble  
8 oz.

*pasture raised and grazed!*

Organic, grass-fed cheese from small family farms in coastal Northern California. American Humane Certified means our cows are pasture raised and grazed!



**4.79**

**Rumiano**  
Organic Block Cheese  
8 oz., selected varieties



**4.49**

**Chobani**  
Oatmilk  
52 fl. oz., selected varieties

**Find the brands you love at the co-op.**

*we love to cook for you*



At **Amy's**, we source the best ingredients and take the time to perfect our recipes to make sure each bite tastes delicious.

**2/\$8**

**Amy's Soup**  
12.4-14.7 oz., selected varieties

**2/\$6**

**Amy's Burritos**  
5.5-6 oz., selected varieties

**5.99**

**Amy's Frozen Meals**  
8.25-10.3 oz., selected varieties

**8.99**

**Amy's Pizza**  
9.1-14 oz., selected varieties



**4.99**

**Ben & Jerry's Ice Cream**  
1 pt., selected varieties



**6.99**

**Daiya Pizza**  
13.47-19.4 oz., selected varieties



**8.49**

**Chameleon Cold Brew Organic Coffee Concentrate**  
32 fl. oz., selected varieties



**4.49**

**Quorn Meat Alternatives**  
7.8-12 oz., selected varieties



**4.99**

**Alexia Frozen Potatoes**  
15-16 oz., selected varieties



**12.99**

**Cascadian Farm Organic Frozen Fruit**  
28-32 oz., selected varieties

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



← nutrition from real, whole ingredients

**2/\$3**

Kind  
Fruit & Nut Bars  
1.4 oz.,  
selected varieties

**2/\$7**

Kind  
Healthy Grains  
Drizzled Granola  
Bars  
5-1.16 oz. bars,  
selected varieties

**4.99**

Kind  
Healthy Grain  
Clusters  
11 oz.,  
selected varieties

**5.49**

Kind  
Breakfast Bars  
6-1.76 oz. bars,  
selected varieties

Snacking is made easy with **KIND**. Add granola to your morning routine or grab a bar for on the go. These gluten-free snacks are convenient for any occasion; made with ingredients you can see and pronounce.



**3.49**

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

**2/\$4**

Rxbar  
Protein Bars  
1.83-1.9 oz., selected varieties

**2/\$6**

Choice Organics  
Tea  
16 ct., selected varieties



**2/\$8**

Happy Family  
Organics  
Happy Baby Yogis  
1 oz., selected varieties



Everyday Low Price

**4.69**

Field Day  
Organic Cereal  
13-14 oz., selected  
varieties

COOPERATIVELY OWNED



**9.99**

Equal Exchange  
Organic Coffee  
10-12 oz., selected  
varieties

**The co-op has great deals on brands you love.**



**2/\$6**  
Kettle Brand  
Potato Chips  
4.25-5 oz., selected  
varieties



**2.79**  
LesserEvil  
Organic Popcorn  
4.6-6.4 oz., selected varieties



**3.79**  
Hu  
Organic Chocolate Bar  
2.1 oz., selected varieties



**2/\$7**  
Frontera  
Salsa  
16 oz.,  
selected varieties



**3.99**  
Paqui  
Tortilla Chips  
7 oz., selected varieties



**6.99**  
Lily's  
Baking Chips  
9 oz., selected varieties

*snacking  
done right*

**Garden of Eatin'** uses organic yellow and blue corn, harvested by our sustainable farming partners, to craft our signature tortilla chips and taco shells. Our proprietary process provides an unforgettable flavor and satisfying crunch for deliciously strong chips and shells!



**4.49**  
Garden of Eatin'  
Tortilla Chips  
16 oz., selected varieties

**3.79**  
Garden of Eatin'  
Taco Shells  
5.5 oz., selected varieties

**2.99**  
Garden of Eatin'  
Organic Low-fat  
Traditional Refried Beans  
16 oz.

**Find your favorite snacks at the co-op.**



**2/\$5**

**Bionaturae Organic Pasta**  
16 oz., selected varieties



**3.29**

**Bionaturae Organic Traditional Egg Pasta**  
8.8 oz., selected varieties



**3.29**

**Bionaturae Organic Strained Tomatoes**  
24 oz.



**2/\$7**

**Bionaturae Organic Fruit Nectar**  
25.4 fl. oz., selected varieties

*new look, same quality*

At **Bionaturae**, authentic Italian means more than food that comes from Italy. It's a preservation of heritage recipes. It's an attachment to traditions that span generations. It's organic ingredients that represent the heart and soul of an Italian kitchen.



**2.69**

**The Ginger People Ginger Soother**  
12 fl. oz., selected varieties



**2/\$7**

**Health Valley Organic Soup**  
14.5-15 oz., selected varieties



**3.29**

**Natural Sea Albacore Tuna**  
5 oz., selected varieties

*scoop up the savings in bulk!*



**1.79**

**Organic Quick Rolled Oats**  
per pound in bulk



**2.29**

**Organic Black Beans**  
per pound in bulk



**2.69**

**Organic Green Lentils**  
per pound in bulk

**Delicious meals begin at the co-op.**





**5.99**

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



**2.29**

**San Pellegrino  
Sparkling Mineral  
Water**  
25.3 fl. oz.



**2.79**

**So Delicious  
Organic  
Coconutmilk**  
32 fl. oz., selected  
varieties



**2.79**

**Sesmark  
Rice Thins**  
3.2-4.25 oz., selected  
varieties



**2/\$8**

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



**5.99**

**Rao's Homemade  
Pasta Sauce**  
24 oz., selected varieties



**7.99**

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

*oysters rule!*

Smoked oyster pâté + pizza Napoli (with anchovies) = Super Bowl. Kipper Furikake Cauliflower Rice + Sardine Shakshuka = Lent. The world of your kitchen is your oyster. **Crown Prince Natural** = pantry staple and specialty canned seafood.



**2.99**

**Crown Prince  
Anchovies in  
Olive Oil**  
1.5 oz.



**2.99**

**Crown Prince  
Smoked Oysters**  
3 oz.,  
selected varieties



**2.99**

**Crown Prince  
Skinless & Boneless  
Sardines in Olive Oil**  
3.75 oz.



**2.69**

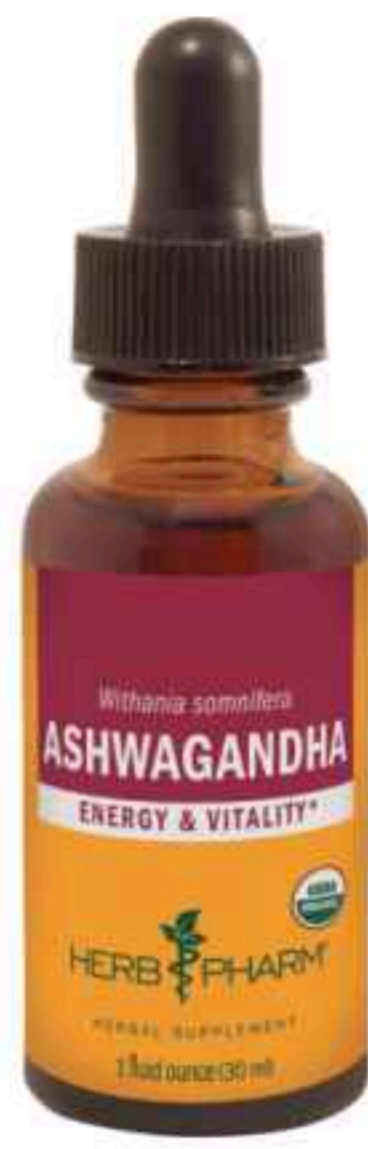
**Crown Prince  
Skinless & Boneless  
Sardines in Water**  
4.37 oz.

**The co-op makes weeknight meals easy.**



**9.49**

Herb Pharm Soothing Throat Spray  
1 fl. oz.



**9.49**

Herb Pharm Ashwagandha  
1 fl. oz.



**9.49**

Herb Pharm Milk Thistle  
1 fl. oz.



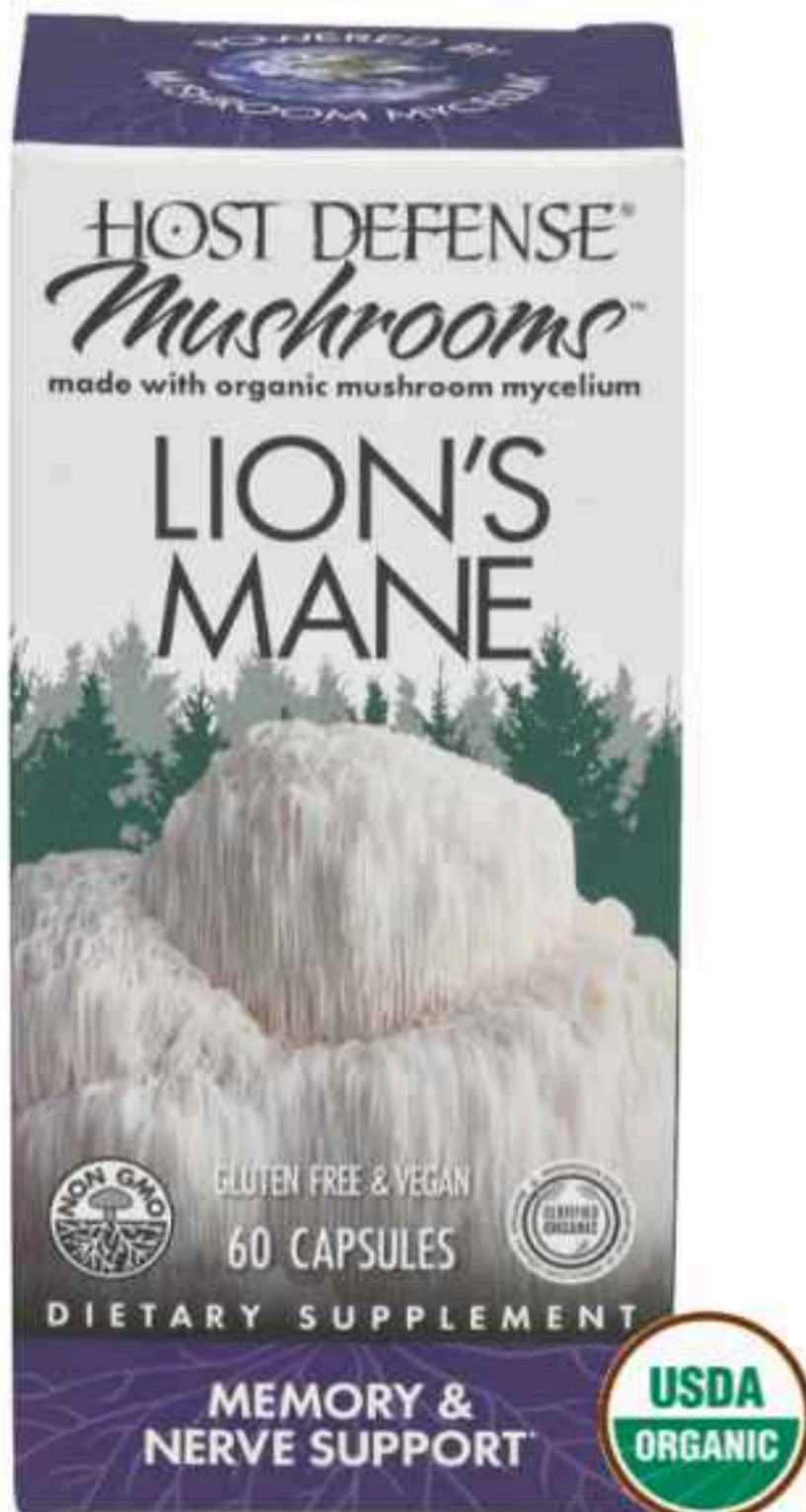
**10.99**

Herb Pharm Kava  
1 fl. oz.

*meet your herbal allies*

At **Herb Pharm**, we take care of plants, so they take care of people. We're the world's first Regenerative Organic Certified® herb farm, and we help you take control of your wellness with a broad collection of herbal support.

*that's one smart mushroom*



Founded by Paul Stamets, Host Defense has been building the connection between mushrooms and health for over four decades. We are committed to sustainability, 110% Climate Positive and a Certified B Corporation.

**25.99**

Host Defense Organic Lion's Mane  
60 ct.



**9.99**  
Dr. Bronner's Sal Suds  
32 fl. oz.



**6.49**  
Spry Chewing Gum  
100 ct., selected varieties



**11.99**  
Natural Factors DGL Licorice Chews  
90 ct.



**12.99**  
Emergen-C Vitamin C Drink Mix  
30 ct., selected varieties

**Find the wellness items you love at the co-op.**



*ethical,  
safe, efficacious  
products*

**INCLUSIVE TRADE PARTNER**

**Alaffia** is a Black-owned company on a mission to invest in a more equitable future. Our primary goal is to reinvest a portion of product sales into our Empowerment Projects in West Africa. Your purchase helps improve living conditions and supports an end to poverty.

**9.49**

Alaffia  
Everyday Shampoo  
or Conditioner  
32 fl. oz.,  
selected varieties

**9.49**

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

**9.49**

Alaffia  
Everyday  
Bubble Bath  
32 fl. oz.,  
selected varieties

**9.49**

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

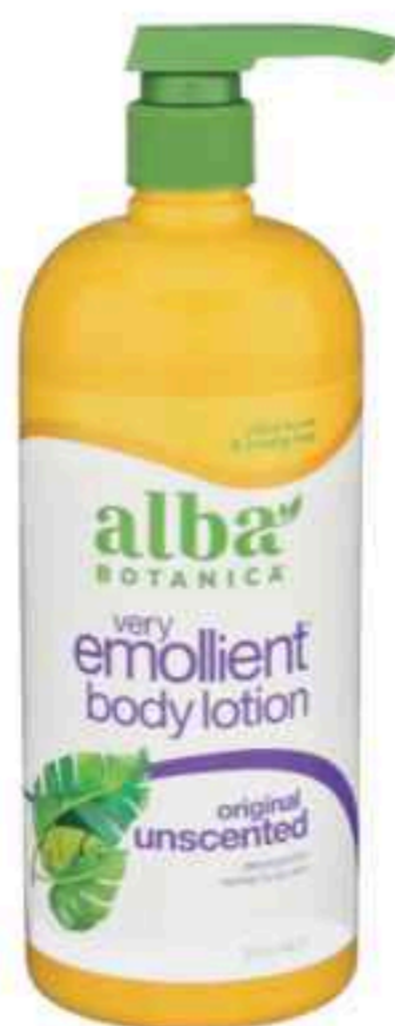


The co-op has body care products from brands that care.

**Body wellness for the winter.**

*love your skin*

Reveal your radiant, glowing skin with dermatologist-tested **Alba Botanica®** skincare that helps treat a variety of winter skin challenges.



**11.99**

Alba Botanica  
Very Emollient  
Body Lotion  
32 fl. oz., selected  
varieties



**6.99**

Alba Botanica  
Acnedote Face &  
Body Scrub  
8 oz.  
or Pimple Patches  
40 ct.



**5.49**

Alba Botanica  
Multi-purpose  
Jelly  
3.5 oz.



**4.59**

Alba Botanica  
Shave Cream  
8 oz., selected varieties

**The co-op has great deals on body care products.**

Shop for fresh, delicious, local food at a co-op near you.

ILLINOIS

- Common Ground Food Co-op
- Dill Pickle Food 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

- 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
- Linden Hills 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-op
- 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

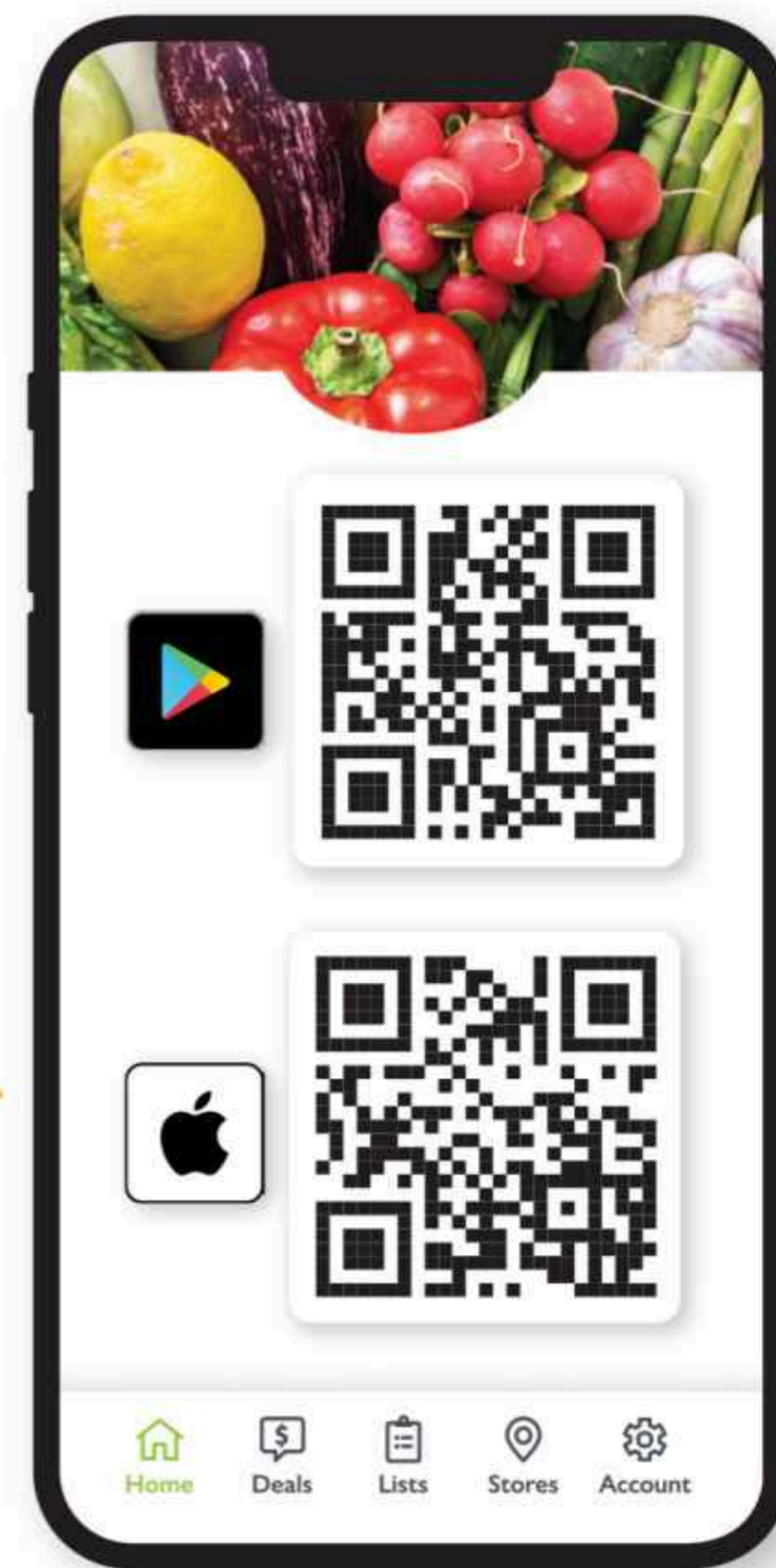
WISCONSIN

- Basics Cooperative Natural Foods
- Chequamegon Food Co-op
- 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!



fuel your next adventure

EPIC brings bold flavor and premium sourcing standards to every strip, bar, pork rind, and broth. Whole30 Approved, keto friendly, gluten free, paleo- friendly and more. This is not your dad's meat snacks. It's EPIC.



2/\$3

Epic Snack Strips  
.8 oz., selected varieties



2/\$5

Epic Bars  
1.3-1.5 oz., selected varieties



2/\$6

Epic Pork Rinds  
2.5 oz., selected varieties



4.99

Epic Bone Broth  
14 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.



MW0224B