

coop deals

FEB 28 - MAR 12, 2024

ready-to-eat protein

Wild Planet Tuna is a delicious and versatile option for any meal of the day. Try this protein-rich tuna in salads, sandwiches, kimbap rolls, quesadillas or pasta recipes. You'll feel good that Wild Planet uses sustainable practices, and tuna is rich in omega-3s. Get it at the co-op — on sale now!



2/\$5

Wild Planet Skipjack Tuna
5 oz., selected varieties



2/\$6

Stacy's Pita Chips
6.75-7.33 oz., selected varieties

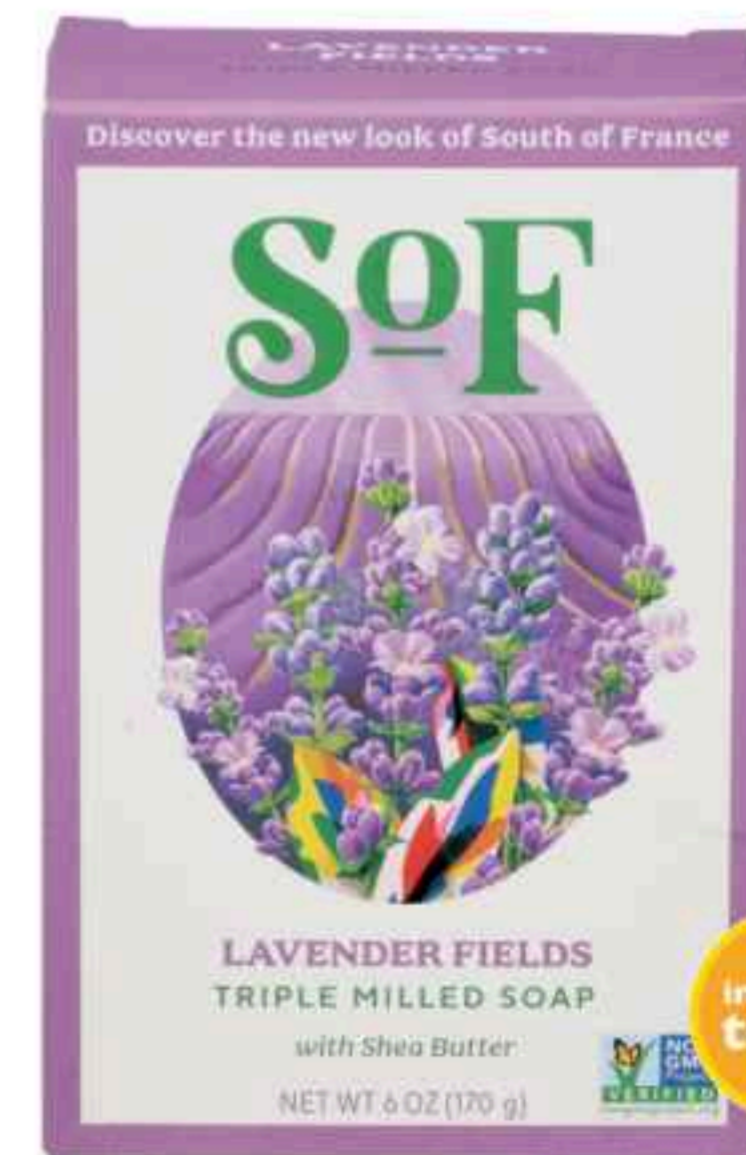


2/\$7

Rebbl Organic Elixir
12 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

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



2/\$7

South of France Bar Soap
6 oz., selected varieties



3.79

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

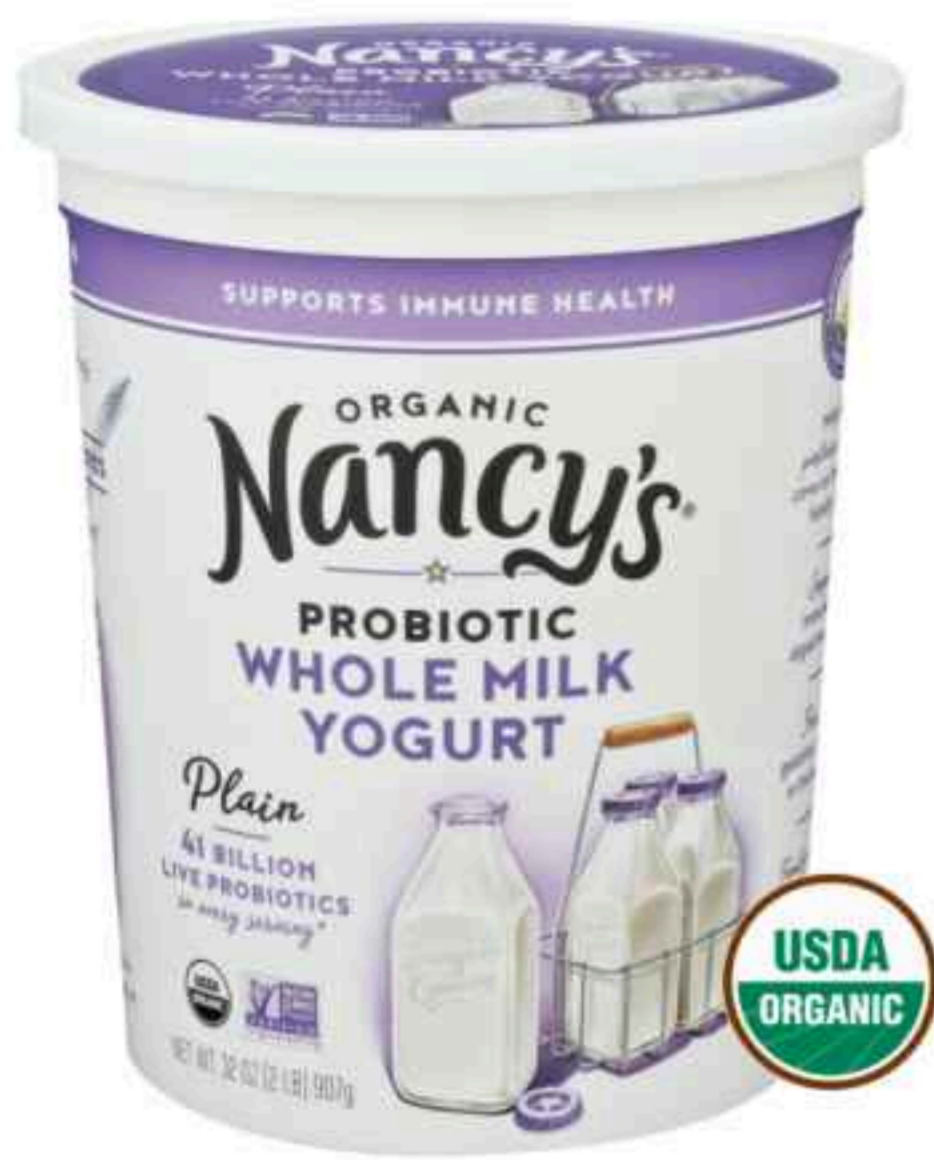


3.99

Unreal Chocolate Bars, Cups or Gems
3.2-5 oz., selected varieties



Stop by the co-op and find delicious deals.
Fresh and easy meals.



4.49

Nancy's Organic Yogurt
24-32 oz., selected varieties

crafted with less



No artificial anything, and flavored only with real fruit. Less sets you free.™

4/\$5

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



2/\$5

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



COOPERATIVELY OWNED



3.99

Kerrygold Pure Irish Butter
8 oz., selected varieties

choose organic ingredients

Our organic yogurt is packed with high-quality ingredients and a taste you'll love.

3.99

Stonyfield Organic Yogurt
32 oz., selected varieties



4.49

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



4.99

Forager Project Organic Cashewmilk Yogurt
24 oz., selected varieties

The co-op has dairy and nondairy options.



3/\$4

Fage
Greek Yogurt
5.3 oz., selected varieties

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 butter you can trust.



2/\$7

Vital Farms
Butter
8 oz., selected varieties



2/\$5

Brew Dr.
Organic
Kombucha
14 fl. oz., selected varieties



3.49

Califia Farms
Better Half
Unsweetened
Coconut Cream &
Almondmilk
16.9 oz.



6.49

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

plant-based dinner sausage →



Made from simple plant-based ingredients, our Beyond Sausage has no GMOs and no soy or gluten. From grill to griddle to frying pan, a dinner sausage stuffed with delicious flavor.

6.99

Beyond Meat
Plant-based Sausages
14 oz., selected varieties



2/\$7

Blue Diamond
Almondmilk
64 fl. oz., selected varieties

The co-op makes easy meals a breeze.



3.99

Andrew & Everett Shredded Cheese
6 oz., selected varieties



5.49

Applegate Sliced Deli Meat
7 oz., selected varieties

COOPERATIVELY OWNED



5.29

Organic Valley Block Cheese
8 oz., selected varieties

INCLUSIVE TRADE PARTNER

Caulipower is a woman-owned company. We were started by a mom of two children with celiac disease, and we offer delicious, gluten-free options.



6.49

Caulipower Cauliflower Crust Pizza
10.9-11.85 oz., selected varieties



6.49

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



10.99

Wyman's Wild Blueberries
3 lb.

premium freezer finds

Revamp your meals with frozen delights! From yummy frozen seafood to flavorful fruit, and crisp veggies. Find freshness in every aisle with Natural Sea and Woodstock!



2/\$4

Woodstock Frozen Vegetables
10 oz., selected varieties



2.69

Woodstock Organic Frozen Vegetables
10 oz., selected varieties



4.69

Woodstock Organic Frozen Fruit
8-10 oz., selected varieties



4.99

Natural Sea Premium Cod Sticks or Fillets
8 oz., selected varieties

The co-op has ingredients for weeknight meals.

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



2/\$7

Nature's Path Organic Instant Oatmeal
8pk.-1.75 oz.,
selected varieties



2/\$8

Nature's Path Organic Love Crunch Granola
11.5 oz.,
selected varieties



2/\$8

Nature's Path Organic Cereal
9-14 oz.,
selected varieties



4.99

Nature's Path Organic Granola
11 oz.,
selected varieties

always leave Earth better

Our vision: A sustainable future for all involving clean air, water and healthy soil for good food. So, we thank you for eating like our Earth depends on it, because it does!

exceptional flavor, responsibly sourced

COOPERATIVELY OWNED

Stock your kitchen with high-quality vanilla extract from Frontier Co-op. You won't find any artificial flavors, sugars or preservatives here — guaranteeing the rich, authentic flavor you depend on.

15.99

Frontier Co-op Organic Vanilla Extract
4 fl. oz.



9.99

Justin's Almond Butter
16 oz., selected varieties



2/\$8

Organic India Tulsi Tea
18 ct., selected varieties



4.49

Arrowhead Mills Organic Pancake & Waffle Mix
22 oz., selected varieties



9.99

Woodstock Organic Peanut Butter
35 oz., selected varieties

There's something for everyone at the co-op.



2.79

Ancient Harvest Organic Polenta
18 oz., selected varieties

good food that does good

Clif Bar was born on a bike and built with athletes in mind. Today we make organic, plant-based energy food — and not just for performance. We thoughtfully craft our foods to help energize any moment, big or small.

2/\$3

Clif or Luna Bars

1.69-2.4 oz., selected varieties



2/\$6

Celestial Seasonings Herbal Tea

12-20 ct., selected varieties



3.99

Mediterranean Organic Olives
8.1-8.5 oz., selected varieties

comfort in a bowl



Amy's organic soups bring the comforting taste of home to every moment, no matter where you are.

2/\$8

Amy's Soup

13.8-14.7 oz., selected varieties



2/\$7

Montebello Organic Pasta

16 oz., selected varieties

Find great deals at the co-op.

simmer, dinner, winner

You've got protein, rice and veggies. Now all you need is Maya. Simply add a jar to your favorites and simmer on the stovetop. In mere minutes, you'll go from sauceless to sauce-sational.

2/\$8

**Maya Kaimal
Indian Simmer Sauce**
12.5 oz., selected varieties



2.79
San-J
Gluten-free
Tamari Soy Sauce
10 fl. oz.



3.99
Tazo
Tea
15-20 ct., selected varieties



15.99
Zoe
Extra Virgin Olive
Oil
33.8 fl. oz.

delicious is only the beginning



Lundberg Family Farms uses organic and regenerative rice farming practices to prioritize soil health, support biodiversity and increase carbon capture to nourish people and the planet for generations to come.

5.99
**Lundberg Family Farms
Organic Rice**
32 oz., selected varieties

scoop up the savings in bulk!



1.69
Organic
Steel Cut Oats
per pound in bulk



1.99
Organic
Green Split Peas
per pound in bulk



2.99
Organic
Sunflower Seeds
per pound in bulk

Stock up on staples at the co-op.



1.79

Gimme Organic Seaweed Snacks
 .32-.35 oz., selected varieties



2.29

The Mountain Valley Spring Water
 33.8 fl. oz., selected varieties



Everyday Low Price
2.49

Field Day Coconut Water
 16.6 fl. oz.



Everyday Low Price
2.79

Field Day Organic Pretzels
 8 oz., selected varieties



2.79

Angie's Boomchickapop Popcorn
 4.4-7 oz., selected varieties



2/\$6

Goldthread Herbal Tonic
 12 fl. oz., selected varieties



2/\$7

Que Pasa Organic Tortilla Chips
 10-11 oz., selected varieties



2/\$7

Tcho Chocolate Bars
 2.5 oz., selected varieties



real. delicious. chocolate.

This year, Endangered Species celebrates 30 years of giving forward. Our dedication has never wavered from creating delicious chocolate with responsibly sourced ingredients. We give 10% of profits forward to protecting species, habitats and humanity around the globe.

2.79

Endangered Species Chocolate Bars
 3 oz., selected varieties

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2/\$7

Blue Diamond Nut Thins
 4.25 oz., selected varieties



4.99

Kettle Brand Potato Chips
 13 oz., selected varieties

Your favorite snacks are at the co-op.

Never miss your **favorite deals**



coop deals®

Download the App!



Find your closest food co-ops

See what's on sale

Never miss your favorite deals

Scan the QR codes to
download the Co+op
Deals app!



Scan the QR code and download our new app!



5.49

Better Life Toilet Bowl Cleaner
24 fl. oz.

pure-castile bar soap

Soft, smooth lather moisturizes face-body-hands-hair! Organic, nutrient-rich, U.S.-grown hemp seed oil nourishes skin. Plant-based and biodegradable, made with certified organic oils and wrapped in post-consumer recycled (PCR) paper, cleans body-mind-soul!



3.29

Dr. Bronner's Baby Unscented Pure Castile Bar Soap
5 oz.

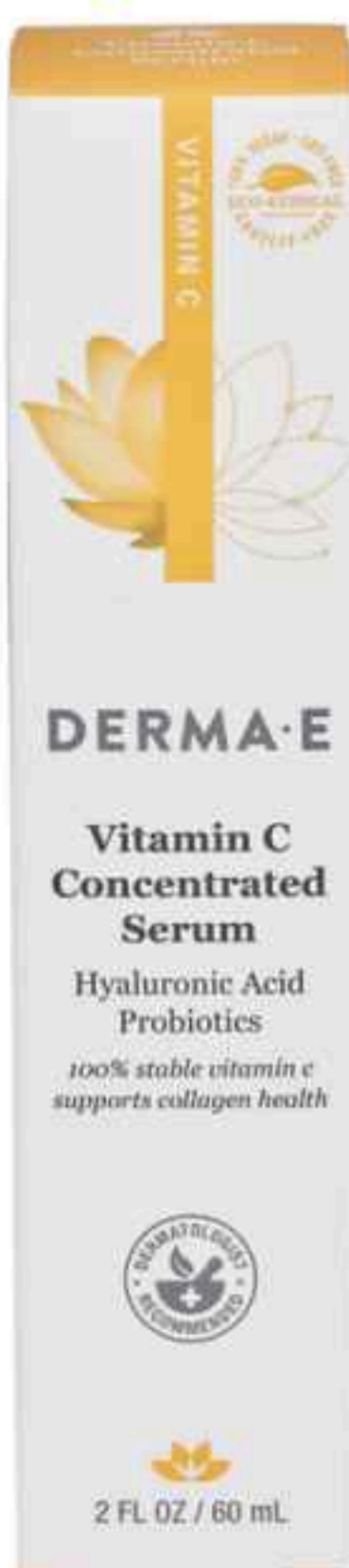


INCLUSIVE TRADE PARTNER

Kirk's is a woman-owned company. We believe everyone deserves access to natural cleansers, and our products are safe for the whole family.

7.49

Kirk's 3-in-1 Cleanser
32 fl. oz., selected varieties



vitamin C concentrated serum

DERMA E's top-selling concentrated serum helps support collagen health, minimizing the look of fine lines/wrinkles while improving the appearance of uneven skin tone with a high dosage of stabilized vitamin C.

14.99

Derma E Vitamin C Concentrated Serum
2 fl. oz.

INCLUSIVE TRADE PARTNER

The Grandpa Soap Company is woman-owned and among the oldest soap manufacturers in the U.S.A. We are dedicated to making simple and effective products.



6.79

The Grandpa Soap Co. Pine Tar Shampoo or Conditioner
8 fl. oz.

The co-op has safe, natural cleaning products.

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

INCLUSIVE TRADE PARTNER

ECOS is a Black- and woman-owned company that believes everyone has a right to a healthy home. We create cleaning products that protect the health and wellness of people, pets and the planet.

3.79

Ecos
Liquid Dish Soap
25 fl. oz., selected varieties



fluoride-free toothpaste

Brush away impurities and keep breath fresh with the potent power of plants. Our toothpastes are Non-GMO-Project certified and free of fluoride for your peace of mind.

4.69

Desert Essence
Tea Tree Oil Toothpaste
6.25 oz., selected varieties



7.69

American Health
Original Papaya Enzyme
250 ct.



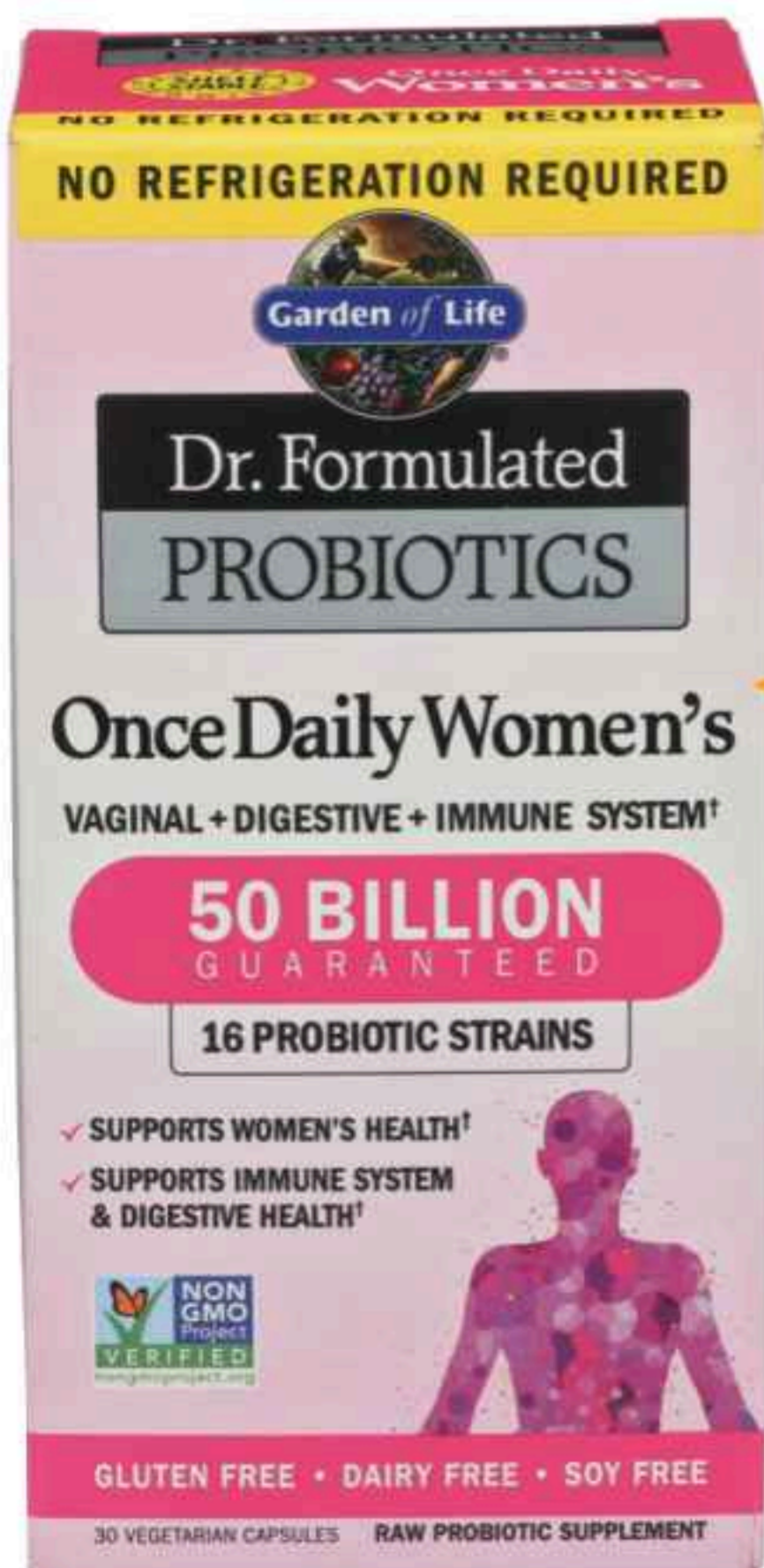
7.99

Quantum
Super Lysine Plus
90 ct.



16.99

Kal
Magnesium Glycinate 350
160 ct.



specially formulated for women

Just one little no-refrigeration-needed capsule per day delivers diverse probiotic strains to support women's digestive and immune health.

31.99

Garden of Life
Dr. Formulated Women's
Once Daily Probiotics
30 ct.



12.99

Nordic Naturals
Omega-3
60 ct.

Your favorite wellness items are at 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
- 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
- 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
- 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!



pure plants, true benefits

COOPERATIVELY OWNED

Experience Aura Cacia's eucalyptus essential oil in a diffuser or topically with a carrier oil for its clearing benefits. Trusted for only pure, sustainably sourced products of the highest quality.

3.79

Aura Cacia
Eucalyptus Essential Oil
.5 fl. oz.



11.99

Weleda
Original Skin Food Cream
2.5 fl. oz.



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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