

# coop deals

JAN 3 - JAN 16, 2024

## cheers to you

It's 2024, so raise a glass filled with your favorite Kevita sparkling probiotic drink — on sale at the co-op — and enjoy a fresh start as you head into the new year.



**2/\$5**

**Kevita**  
**Organic Probiotic Drink**  
15.2 fl. oz., selected varieties



**2/\$5**

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



**2/\$9** **Nixie**  
**Organic Sparkling Water**  
8 pk.-12 fl. oz. cans, selected varieties



**5.99**

**Bach**  
**Rescue Remedy**  
**Pastilles**  
35 ct., selected varieties



COOPERATIVELY OWNED

**7.49**

**Aura Cacia**  
**Lavender**  
**Essential Oil**  
.5 fl. oz.

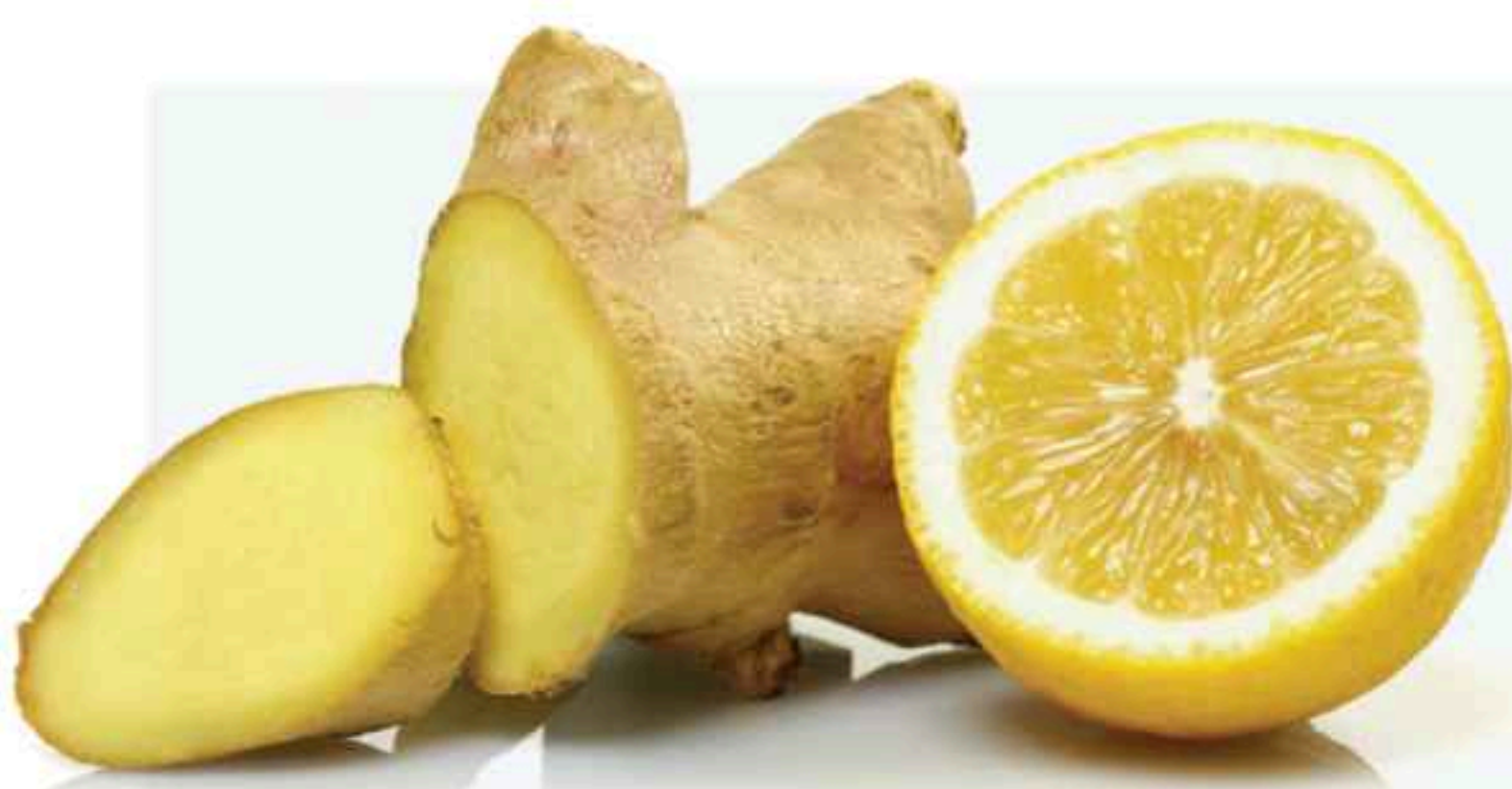
### INCLUSIVE TRADE BRAND

Caulipower was started by a mom of two children with celiac disease, inspired by the desire for delicious and gluten-free options.



**6.99**

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



Start your year with wellness essentials from the co-op.

**Happy New Year!**





5.99

Fage  
Greek Yogurt  
32 oz., selected varieties



love your guts

Rich, creamy and oh-so-dreamy! Lifeway Organic Whole Milk Plain Kefir is a protein powerhouse with no added sugar and plenty of probiotics to support your microbiome.

4.79

Lifeway  
Organic Kefir  
32 fl. oz., selected varieties



2/\$4

Forage Kombucha  
Organic Kombucha  
12 fl. oz., selected varieties



3.99

Ithaca  
Hummus  
10 oz., selected varieties



juice to boost

Come for the fresh flavor of bright citrus and tropical fruits, and get ready to take on the day with the vitamin C in this satisfying organic, cold-pressed juice.

3/\$10

Evolution Fresh  
Organic Juices  
15.2 fl. oz., selected varieties



5.29

Siggi's  
Skyr Yogurt  
24 oz., selected varieties



4.99

Treeline  
Dairy-free French-style Cheese  
6 oz., selected varieties

A great morning begins with food from the co-op.

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





**4.99**

Malk

Organic Plant-based Milk  
28 fl. oz., selected varieties

*smooth and creamy goodness*



Almond Breeze® is a great product that comes to you with care and attention to goodness. Unsweetened Original provides a touch of the almond's natural sweetness, but eliminates the added sugar.

**3.79**

Blue Diamond  
Almondmilk

64 fl. oz., selected varieties



**4/\$5**

Chobani  
Greek Yogurt

5.3 oz., selected varieties



**6.39**

Kite Hill  
Plant-based Filled  
Pasta

9 oz., selected varieties

*organic, plant-powered probiotics*

Creamy, delicate and deliciously dairy-free, Forager Project Cashewmilk Yogurts are traditionally cultured using organic cashews and live, active probiotics.

**4.99**

Forager Project

Organic Cashewmilk Yogurt  
24 oz., selected varieties



**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.



**7.49**

Mother-In-Law's  
Kimchi

16 fl. oz.,  
selected varieties

**Try something new from the co-op.**



COOPERATIVELY OWNED



**4.99**  
Organic Valley  
Block Cheese  
8 oz., selected varieties

INCLUSIVE TRADE PARTNER

Maria & Ricardo's is a Hispanic-owned company. We've expanded our natural and organic tortilla products to meet a variety of dietary needs.



**2.99** Maria & Ricardo's  
Tortillas  
8 ct., selected varieties

INCLUSIVE TRADE PARTNER

Three Trees is a woman-owned company with a passion for creating nutritious, plant-based beverages using the wonders of the forest to provide clean ingredients.



**5.79**  
Three Trees  
Organic  
Plant-based Milk  
28 fl. oz., selected varieties



**3/\$5**  
Good Culture  
Organic Cottage  
Cheese  
5 oz., selected varieties



**2.39**  
Bellwether Farms  
Sheep Milk  
Yogurt  
6 oz., selected varieties



**4.29**  
Upton's Naturals  
Seitan  
8 oz., selected varieties

experience India

INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is owned by a third-generation Indian American family. We pride ourselves on being an authentic, restaurant-quality brand. All items are family recipes made from scratch.

**2/\$10**  
Deep Indian Kitchen  
Samosas or Entrées  
7.5-12 oz., selected varieties



inclusive  
trade

Shop inclusive trade!

We're pleased to offer great deals on brands and products that are women-, Black-, Indigenous-, people of color- (POC), LGBTQIA+, persons with disabilities- and veteran-owned.

Find Inclusive Trade brands at the co-op.

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





**7.49**  
Woodstock  
Organic Filled Pasta  
20 oz., selected varieties

*farm to freezer*

Picked at the peak of ripeness, washed and quick frozen to lock in flavor and nutrition! Woodstock Frozen Vegetables are great for easy meal solutions and always free from artificial colors and flavors.



**2.69**  
Woodstock  
Organic Frozen Vegetables  
10 oz., selected varieties



**3.29**  
Van's  
Frozen Waffles or Pancakes  
8-12.4 oz., selected varieties



**3.49**  
Pitaya  
Frozen Dragon or Passion Fruit Pieces  
12 oz., selected varieties



**3.99**  
Hilary's  
Veggie Burgers  
10-11 oz., selected varieties

*dairy-free deliciousness*

Discover our wide range of award-winning, dairy-free alternatives to cheese that can help you dive effortlessly into a cheesy, plant-based diet.

**4.49**  
Violife  
Just Like Cheese Shreds  
8 oz., selected varieties



**5.49**  
Little Northern Bakehouse  
Bread  
16-17 oz., selected varieties



**10.99**  
Wyman's  
Wild Blueberries  
3 lb.

**The co-op has ingredients for delicious meals.**

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





honest ingredients.  
real flavor.

- 5.99

Primal Kitchen Dressing or Marinade  
8 oz.,  
selected varieties
- 5.99

Primal Kitchen Dip  
10-11.5 oz.,  
selected varieties
- 8.49

Primal Kitchen Avocado Oil Mayo  
12 fl. oz.,  
selected varieties
- 9.99

Primal Kitchen Pure Avocado Oil  
16.9 fl. oz.

Kickstart your 2024 goals with **Primal Kitchen**. Our condiments, dressings, oils and sauces are made using high-quality ingredients like avocado oil, and without high-fructose corn syrup, cane sugar or canola oil.



- 2/\$6

Sweet Earth Burritos  
5.5 oz., selected varieties



- 5.29

Food For Life Organic Bread  
24 oz., selected varieties



- 12.99

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

delicious, plant-powered meat

The positive choices we make every day — no matter how small — can have a great impact on us and the planet. At **Beyond**, we've taken the meat-based meal off the table, while still delivering the meaty, plant-based, better-for-you meals you crave.



- 3.99

Beyond Meat Plant-based Breakfast Sausage Patties  
7.4 oz., selected varieties
- 4.49

Beyond Meat Plant-based Burger Patties  
8 oz.
- 6.99

Beyond Meat Plant-based Brats  
14 oz.,  
selected varieties
- 7.49

Beyond Meat Plant-based Ground Beef  
16 oz.

The brands you love are at the co-op.

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**2/\$3**  
Muir Glen  
Organic Tomatoes  
14.5-15 oz., selected varieties



**4/\$6**  
Annie's  
Mac & Cheese  
5.25-6 oz., selected varieties



**2/\$4**  
Dr. McDougall's  
Soup Cups  
1.8-3.4 oz., selected varieties



**2/\$6**  
Muir Glen  
Organic Pasta  
Sauce  
23.5 oz., selected varieties



**3.69** Jovial  
Organic Brown Rice Pasta  
12 oz., selected varieties



**2/\$8**  
Pacific Foods  
Organic Soup  
32 fl. oz., selected varieties



**2/\$8**  
Annie's  
Organic Dressing  
8 fl. oz., selected varieties



**4.99**  
Bragg  
Organic Apple  
Cider Vinegar  
32 fl. oz.



*made with care*

Globally sourced but locally produced. Over 30 years of expertly crafting oils without any chemical or solvent extractions. Elevate your cooking and sizzle and sauté your way to culinary perfection!

**6.49**  
Spectrum  
Organic Oil  
5-14 fl. oz.



**2/\$5**  
Westbrae  
Organic Beans  
15 oz., selected varieties

**The co-op has everything to stock the pantry.**

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



good ingredients  
make good times

At **Bob's Red Mill**, simple, wholesome ingredients are our heritage. Established in 1978, we expertly blend better-for-you ingredients you can trust. We take the guesswork out of nourishing others, so you can spend more quality time making memories.



6.99

Bob's Red Mill  
Gluten-free Old  
Fashioned Rolled  
Oats  
32 oz.



7.49

Bob's Red Mill  
Organic  
Gluten-free Old  
Fashioned Rolled  
Oats  
32 oz.



8.49

Bob's Red Mill  
Gluten-free  
1-to-1 Baking  
Flour  
44 oz.



8.49

Bob's Red Mill  
Super-fine  
Almond Flour  
16 oz.



2/\$8

Cascadian Farm  
Organic Cereal  
8.6-14.6 oz., selected  
varieties

COOPERATIVELY OWNED



2/\$7

Blue Diamond  
Nut Thins  
4.25 oz., selected varieties

INCLUSIVE TRADE PARTNER

Catalina Crunch is a diverse-owned brand. Our products satisfy your sweet tooth but aren't loaded with sugar and empty carbs.



6.99

Catalina Crunch  
Cereal  
8-9 oz., selected varieties



4.69

Wholesome  
Organic Stevia  
Blend Packets  
75 ct.



6.49

Sweetleaf  
Stevia Sweetener  
Drops  
2 fl. oz., selected  
varieties



7.99

Navitas Organics  
Cacao Powder  
8 oz.



15.99

Artisana  
Organic Raw  
Almond Butter  
14 oz.

Find all your baking ingredients at the co-op.

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





2/\$8

Organic India  
Tulsi Tea  
18 ct., selected varieties



6.99  
R.W. Knudsen  
Organic Juice  
32 fl. oz., selected  
varieties



9.49  
Once Again  
Almond Butter  
16 oz., selected varieties

COOPERATIVELY OWNED



10.99  
Equal Exchange  
Organic French  
Roast Coffee  
per pound in bulk



13.99  
Four Sigmatic  
Think Organic  
Coffee  
12 oz.

*bold flavors, bolder standards*



At TAZO, using ingredients grown with regenerative and fair-trade practices, our blends help improve the lives of the people who make our tea, as well as the land where it's grown.

3.99

Tazo  
Tea  
6-20 ct., selected varieties



7.29  
Spectrum Essentials  
Organic Flaxseed  
14-15 oz., selected varieties

*scoop up the savings in bulk!*



1.69  
Organic  
Steel Cut Oats  
per pound in bulk



2.49  
Organic  
Garbanzo Beans  
per pound in bulk

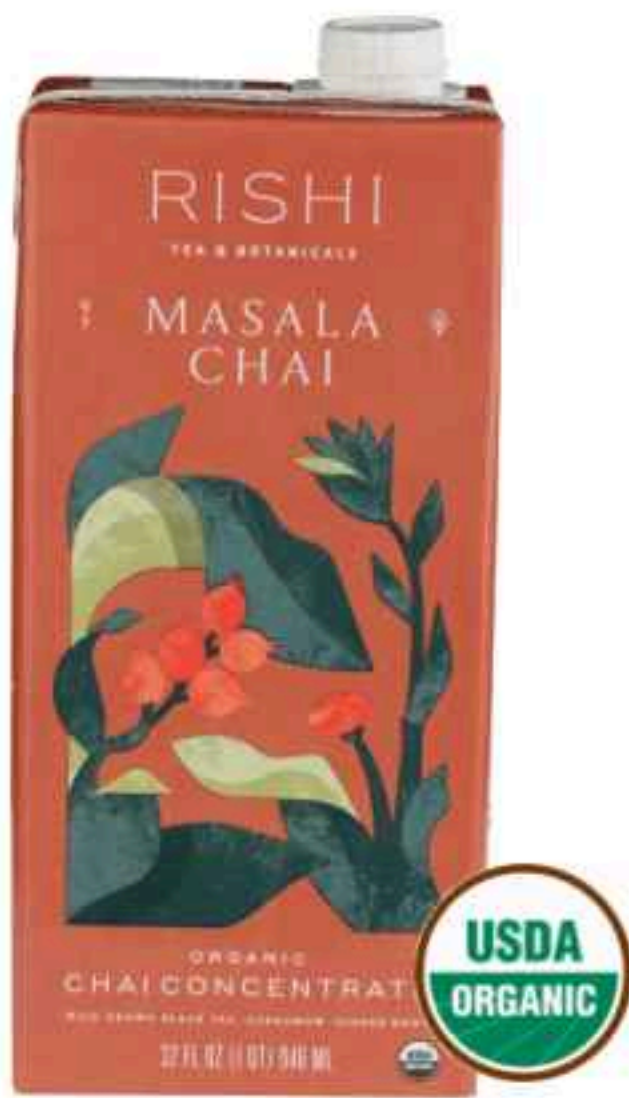


2.29  
Organic  
White Quinoa  
per pound in bulk

Find weeknight recipe ideas at [grocery.coop](https://grocery.coop).

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**5.49**  
Rishi  
Organic Tea Concentrate  
32 fl. oz., selected varieties



**4/\$5**  
Solely  
Organic Fruit  
Jerky  
.8 oz., selected varieties



**2/\$4**  
Essentia  
Ionized Water  
50.7 fl. oz.



**2.29**  
Just Ice Tea  
Organic Ready to  
Drink Tea  
16 fl. oz., selected  
varieties



**2/\$5**  
The Ginger People  
Ginger Chews  
3-3.5 oz., selected  
varieties



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



**2/\$7**  
Annie's  
Organic Bunny  
Grahams or  
Crackers  
7-7.5 oz., selected varieties



*make life sweeter*

Chocolate is too good to let added sugar get in the way, so Lily's created a whole line of unbelievable treats botanically sweetened with stevia. And you know what happened? Life. Got. Sweeter.

**2/\$7**  
Lily's  
Chocolate Bars  
2.8-3 oz., selected varieties



**2.29**  
Garden of Eatin'  
Tortilla Chips  
5.5 oz., selected varieties

**The co-op has snacks for all occasions.**

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2/\$5

Blue Diamond  
Almondmilk  
32 fl. oz., selected varieties



Our nut-free Sunflower Butter + Chocolate MacroBar® is made with creamy sunflower seed butter, rich cocoa powder, 10 grams of plant-based protein and crispy, puffed brown rice for a subtly sweet treat.

2/\$5

Gomacro  
Organic Bars  
2-2.5 oz., selected varieties



3/\$5

Steaz  
Organic Iced  
Green Tea  
16 fl. oz., selected  
varieties



1.79

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



3.99

Hu  
Organic  
Chocolates  
2.1-3.5 oz., selected  
varieties

delicious is only the beginning

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

2/\$7

Lundberg Family Farms  
Organic Rice Cakes  
5-11 oz., selected varieties



2/\$7

Terra  
Vegetable Chips  
5-6 oz., selected varieties



INCLUSIVE TRADE PARTNER

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

14.99

Wishgarden Herbs  
Kick-Ass Immune  
Activator  
2 fl. oz.



the alpha of omegas

Nordic Naturals' award-winning Ultimate Omega® Fish Oil is recommended by doctors worldwide for its purity and potency. Certified sustainable by Friend of the Sea and produced from 100% wild-caught fish.

19.99

Nordic Naturals  
Ultimate Omega  
60 ct.



7.49

American Health  
Original Papaya  
Enzyme  
250 ct.

key nutrients + real food

Elevate your health journey with MegaFood Multivitamins by harnessing the power of food-paired vitamins and fermented minerals for your well-being. Tested for 125+ pesticides and Non-GMO Project Verified for an unwavering quality standard you can trust.

19.99

Megafood  
Advanced Multivitamins  
60 ct., selected varieties



39.99

Ancient Nutrition  
Multi Collagen  
Protein Powder  
16-18.1 oz., selected varieties

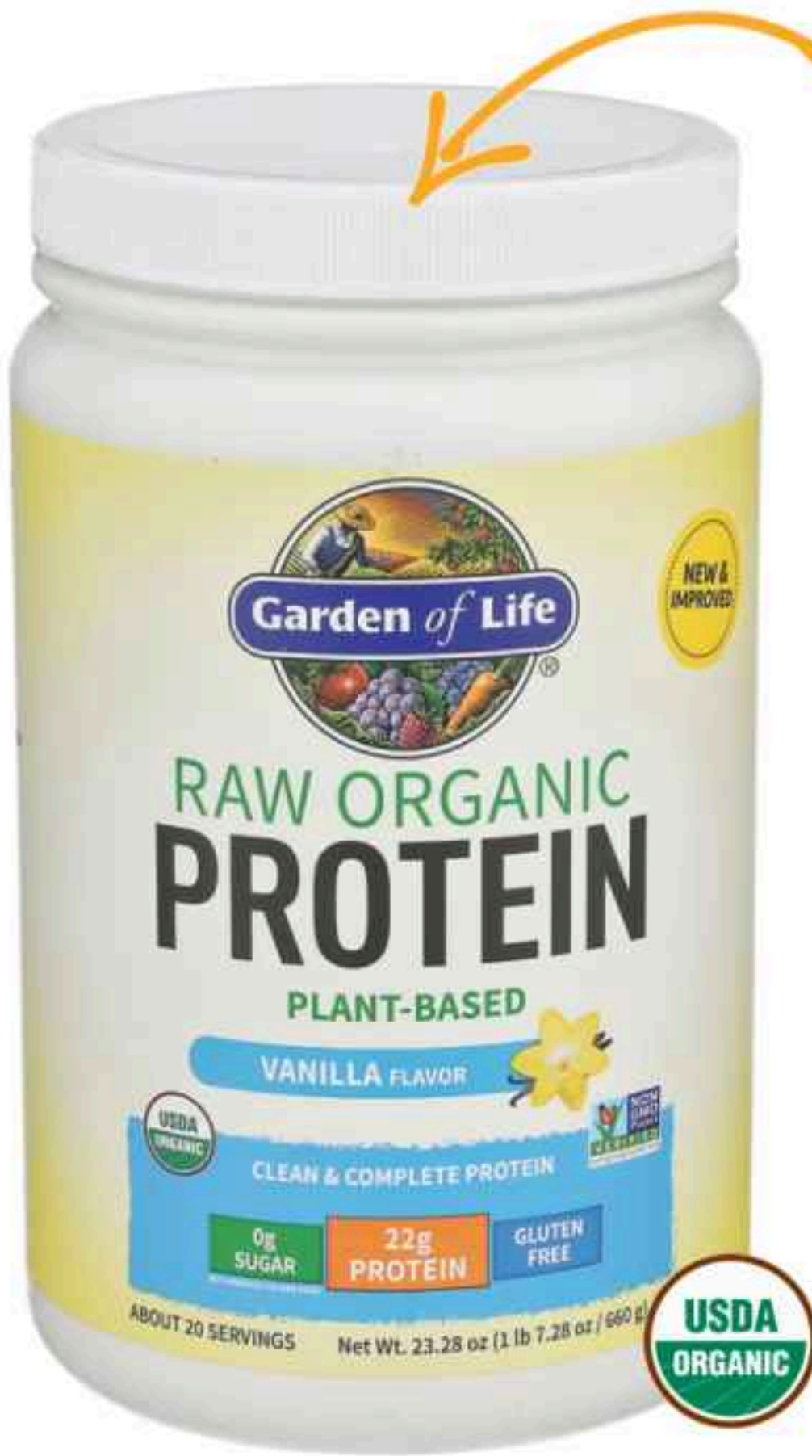
Shop for wellness products from the co-op.





12.99

Nature's Way  
Umcka Coldcare Syrup  
4 fl. oz., selected varieties



fuel for your lifestyle

Raw Organic Protein is made with USDA-Certified-Organic peas, sprouted grains, seeds and legumes, delivering 22 grams of delicious clean protein with a complete profile of all the essential amino acids.

34.99

Garden of Life  
Raw Organic Protein Powder  
19.75-24.69 oz., selected varieties



25.99

Jarrow Formulas  
Saccharomyces Boulardii + MOS  
90 ct.



12.49

Organic India  
Triphala  
90 ct.

because quality matters

Solaray has become the trusted name in vitamins because our passion has always been simple and singular: to support you with the most efficacious, clean ingredients under the sun to enhance your wellness journey.



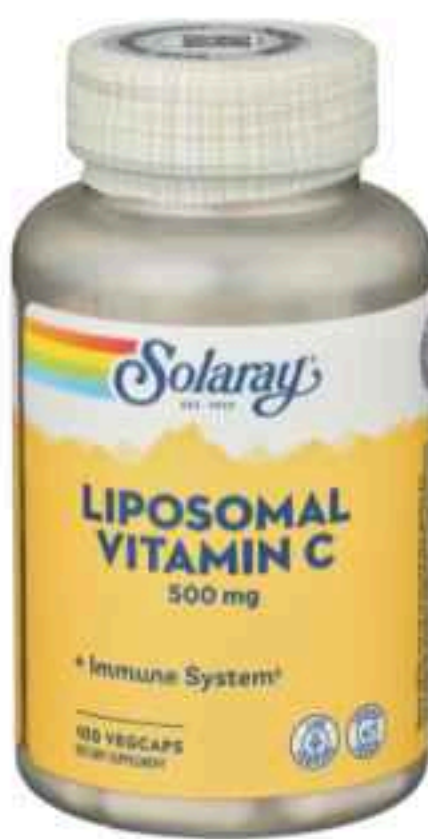
12.99

Solaray  
Magnesium  
Glycinate 350mg  
120 ct.



17.99

Solaray  
D-Mannose  
with CranActin  
60 ct.



22.99

Solaray  
Liposomal  
Vitamin C 500mg  
100 ct.



28.99

Solaray  
MycrobioMe  
Women's  
Probiotic  
30 ct.

Wellness essentials are on sale at the co-op.

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





3.79

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

13.99

Seventh Generation  
Liquid Laundry Detergent  
23.1-90 fl. oz., selected varieties

*clean with purpose*

Using the power of plant science, **Seventh Generation** creates products that get the job done and are safer for your family. From renewable plant-based ingredients to more sustainable packaging, our products redefine what it means to clean with purpose.



3.99

Epsoak  
Epsom Salts  
32 oz., selected varieties



5.49

The Humble Co.  
Toothpaste  
Tablets  
60 ct., selected varieties



17.99

Andalou Naturals  
Resveratrol Q10  
Night Repair  
Cream  
1.7 oz.

*just the good stuff*

JASÖN®, celebrates the power of the Earth's incredible botanicals. It glides on smoothly while fighting odor with effective, nature-inspired formulas. Made without aluminum, baking soda, butane propylene glycol or animal testing.

4.99

Jason  
Deodorant Stick  
2.5 oz., selected varieties



INCLUSIVE TRADE PARTNER

Giovanni is a veteran-owned company. We make cutting-edge, fashion-forward natural hair care a reality.

2/\$11

Giovanni  
Shampoo or  
Conditioner  
8.5 fl. oz., selected varieties



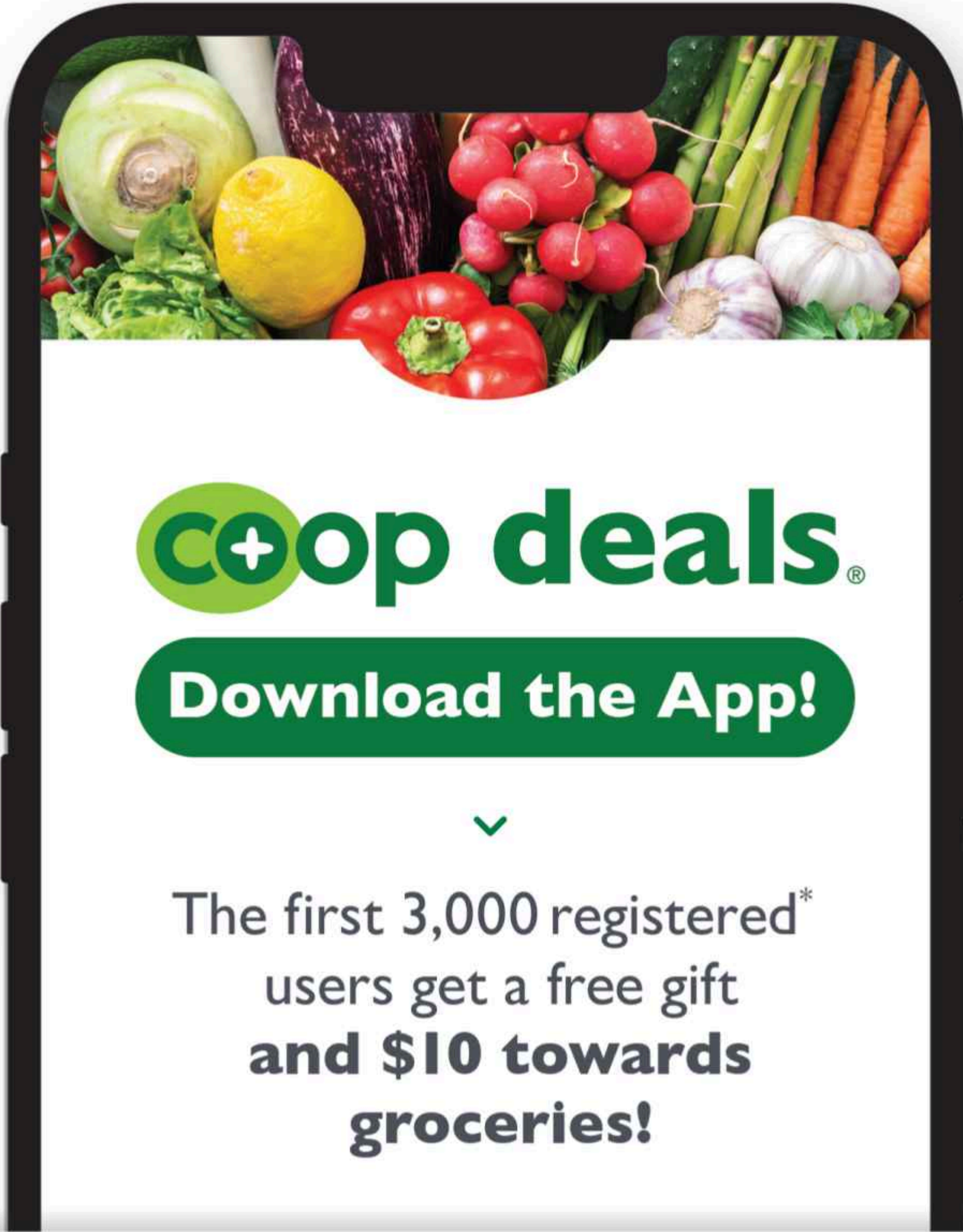
inclusive trade

**Better-for-you brands are at the co-op.**

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



# Never miss your favorite deals



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



\*Must be within the first 3,000 users in January 2024 to download, create an account on the app and provide name and mailing address.

**Download the new Co+op Deals app today!**

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
- 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

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

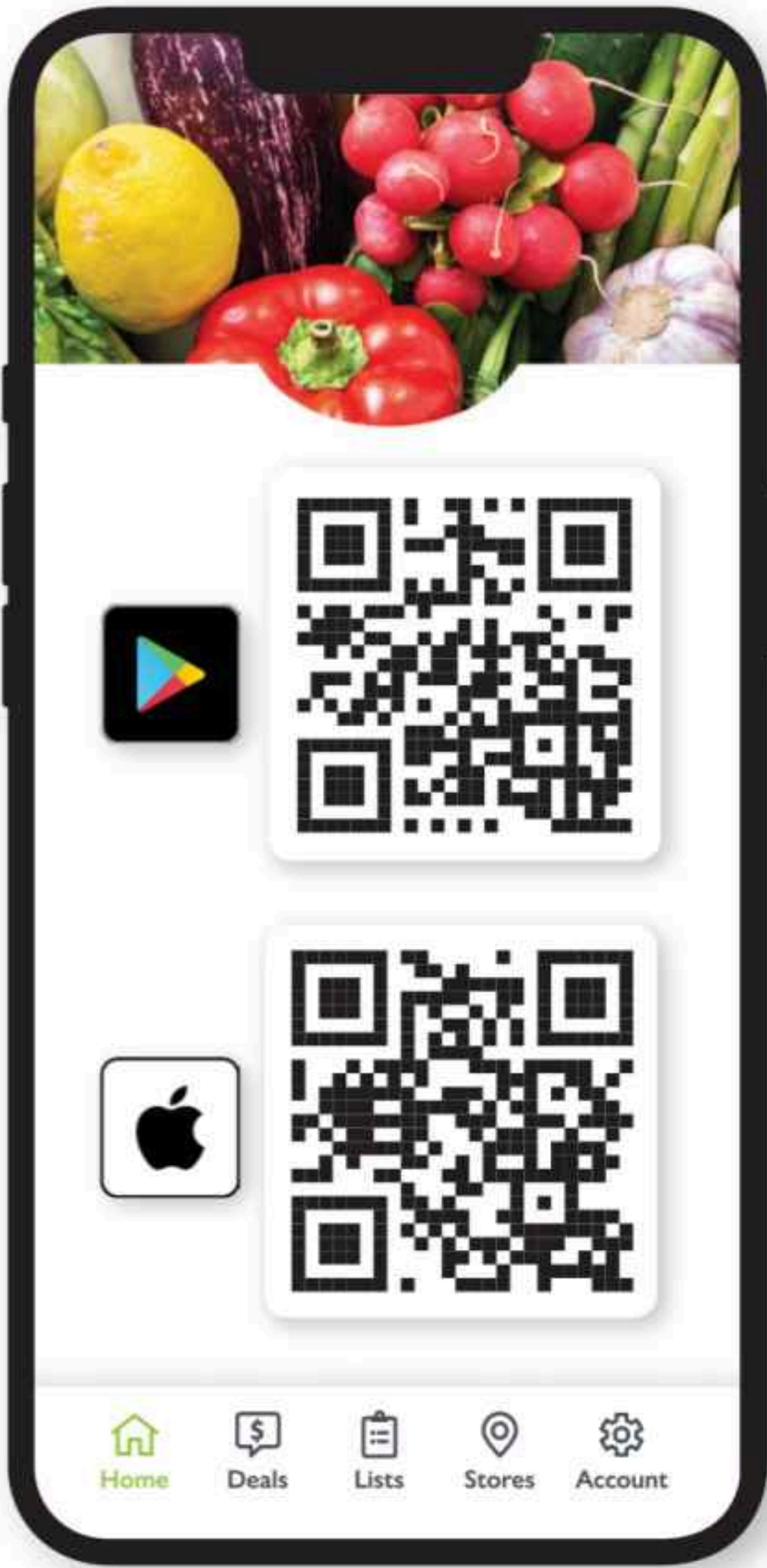
WISCONSIN

- 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!



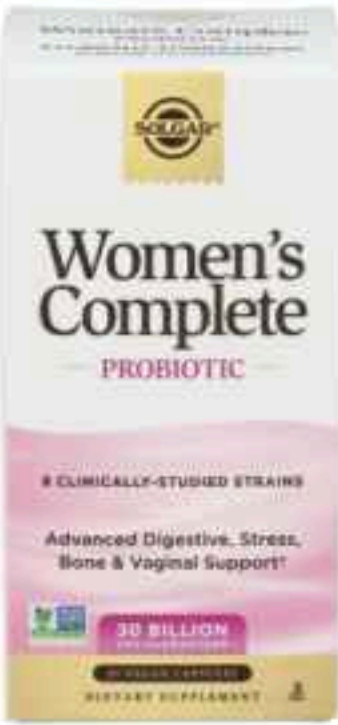
2/\$6  
Orgain Organic Nutritional Shake  
11 fl. oz., selected varieties



7.69  
Dr. Bronner's Pure Castile Soap  
16 fl. oz., selected varieties



2.49  
everyday low price  
Wild Harvest Dog Food  
13.2 oz., selected varieties



15.99  
Solgar Women's Complete Probiotic  
30 ct.



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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