

coop deals[®]

APR 3 - APR 16, 2024

fresh & creamy

Make a yogurt parfait with your favorite toppings for a delicious breakfast or anytime-of-the-day snack. Fage plain yogurt gives you a boost in protein, and the texture is so creamy. Find it on sale at the co-op!



5.99

Fage
Greek Yogurt
32 oz., selected varieties



2/\$4

Just Ice Tea
Organic Tea
16 fl. oz., selected varieties



2.29

Noosa
Yoghurt
8 oz., selected varieties



3.29

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



2/\$7

Tasty Bite
Indian Entrees
10 oz., selected varieties



3.79

Late July
Tortilla Chips
7.5-7.8 oz., selected varieties



12.49

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



Head into the co-op for springtime deals.

The tastes of spring.



2.79
Vive Organic
Wellness Shots
 2 fl. oz.,
 selected varieties



2.99
Wildwood
Organic
Sprouted Tofu
 14 oz.,
 selected varieties



3.29
Goodbelly
Organic Probiotic
Drinks
 32 fl. oz., selected
 varieties



4.49
Ripple
Plant-based Milk
 48 fl. oz., selected
 varieties



4.79
Lifeway
Organic Kefir
 32 fl. oz., selected
 varieties



COOPERATIVELY OWNED



4.99
Organic Valley
Family First Milk
 64 fl. oz., selected
 varieties



COOPERATIVELY OWNED



5.49
Organic Valley
Cottage or
Ricotta Cheese
 15-16 oz., selected
 varieties



5.49
Bitchin' Sauce
Almond Dip
 7-8 oz., selected
 varieties



power of plant based

Califia Farms is on a mission to create a future where plants replace dairy, without compromise. Califia produces innovative, healthy and great-tasting plant-based alternatives to dairy.

4.99

Califia Farms
Plant-based Creamer
 25.4 fl. oz., selected varieties



3.99

Petit Pot
Organic French Dessert
 2 pk.-3.5 oz., selected varieties



Try something new from the co-op.



3.99

Oatly
Oatmilk
32 fl. oz.,
selected varieties



4.49

Oatly
Oatmilk
64 fl. oz.,
selected varieties



4.49

Oatly
Plant-based
Creamer
29.7 fl. oz.,
selected varieties



3.99

Oatly
Non-dairy Frozen
Dessert
1 pt., selected varieties

check it oat

Look! Innovative, plant-based products hanging out in this Co +op Deals flyer trying to get the attention of forward-thinking shoppers who might be interested in delicious products made from... wait for it... oats. Find out more at oatly.com.



2.49

Bellwether Farms
Sheep Milk
Yogurt
6 oz., selected varieties



4.49

Mt Vikos
Organic Feta Cheese
6 oz.



2/\$5

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



2/\$7

Koia
Plant-based
Protein Drink
12 fl. oz., selected
varieties



4.99

So Delicious
Organic
Coconutmilk
64 fl. oz., selected
varieties



5.29

Just
Plant-based Egg
16 oz.



5.49

So Delicious
Coconutmilk
Yogurt
24 oz., selected varieties

Dairy and nondairy options are at the co-op.

INCLUSIVE TRADE PARTNER

Grain Trust is a Hispanic-owned company that creates three-minute dishes from ethically sourced grains from farmers who earn living wages.



2/\$8

**Grain Trust
Frozen Rice Sides**
20-30 oz., selected varieties



4.99

**Talenti
Gelato**
1 pt., selected varieties



4.99

**Rudi's
Organic Bread or Buns**
22-24 oz., selected varieties



Delicious meal solutions are at the co-op.
Enjoy tasty ingredients.



2/\$5

**Stahlbush Island
Farms
Frozen Vegetables**
10 oz., selected varieties



4.99

**Alexia
Frozen Potatoes**
15-19 oz., selected varieties



4.79

**Applegate
Breakfast Sausage**
7 oz., selected varieties



5.99

**Canyon Bakehouse
Gluten-free Bread
or Rolls**
10.8-18 oz., selected varieties



8.99

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

Shop for every meal at the co-op.

2/\$3

**Vermont
Smoke & Cure
Meat Sticks**
1 oz., selected varieties



2/\$6

**Hippeas
Chickpea Puffs**
4 oz., selected varieties



2/\$6

**From The Ground
Up
Cauliflower
Crackers**
3.5-4 oz., selected varieties



2/\$7

**Cocomels
Organic Caramels**
3-3.5 oz., selected varieties



2/\$10

**LaCroix
Sparkling Water**
12 pk.-12 fl. oz., selected varieties



6.99

**Izze
Sparkling Juice
Drink**
4 pk.- 12 fl. oz. bottles,
selected varieties



*indulgent, simple,
chocolate*

No trade-offs here, just simple chocolate with unbeatable taste. Always made with No Weird Ingredients. Ever.™

3.79

**Hu
Organic Chocolate Bars**
3.5 oz., selected varieties



2/\$7

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

The co-op has snacks for all occasions.



←
prepare meals together

SCAN TO FIND KID-FRIENDLY RECIPES

Not only is it a good custom to eat meals together with family and friends, it's also enjoyable to prepare and cook food together. Kids can be involved with cooking, and the co-op has plenty of recipe options for making mealtime prep fun for everyone.



2/\$4
Mike's Mighty Good
Ramen Soup Cups
1.6-2.4 oz., selected varieties



2/\$6
Muir Glen
Organic Tomatoes
28 oz., selected varieties



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



2/\$6
Seeds Of Change
Organic Ready to Heat Rice
8.5 oz., selected varieties



4.49
Pacific Foods
Organic Soup
32 fl. oz., selected varieties



5.49
Bragg
Organic Apple Cider Vinegar
32 fl. oz.



7.49
Rao's Homemade
Pasta Sauce
15-24 oz., selected varieties



Fill your shelves with ingredients from the co-op.



an Umami adventure

It's time to liberate your senses and explore delicious taste this new year with Koyo Ramen Noodles. Go ahead and conquer your quest for adventurous flavors and clean ingredients and find your inner Zen through our authentic Asian-fusion creations.

5/\$6

Koyo Ramen

2-2.1 oz., selected varieties



2/\$6

Safe Catch Elite Wild Tuna

5 oz.



2/\$8

Vita Coco Coconut Water

33.8 fl. oz., selected varieties



scan for ideas

MAKE LUNCHTIME EASY

Looking for some delicious lunch ideas to shake up your typical meal options? Visit grocery.coop (scan the QR code!) and find some tasty ideas. Using tuna is a great way to include protein in your meal — it's delicious in salads, sandwiches and so much more!



10.99

Primal Kitchen Pure Avocado Oil

16.9 fl. oz.

The co-op has food for any time of the day.



2/\$6

Choice Organics Tea
16 ct., selected varieties



fuel for what's next

Whether you are working out or working hard, our Nut Butter and Builders bars provide the energy you need to get through your day. Made with organic and non-GMO ingredients.

2/\$4

Clif
Nut Butter Bars or
Builder Protein Bars
1.76-2.4 oz., selected varieties



2/\$5

Epic Bars
1.3-1.5 oz., selected varieties



4.49

Bear
Fruit Snacks
3.5 oz., selected varieties

whole wheat goodness

Thrill your tastebuds with sweet, warm, cinnamon flavor. Crafted from just four ingredients, Kashi® Cinnamon Harvest is packed with fiber and whole grains to satisfy hunger and make you smile.

2/\$9

Kashi
Cereal
9.5-16.3 oz., selected varieties



5.99

Santa Cruz
Organic
Peanut Butter
16 oz., selected varieties



Find a wide range of options at the co-op.



3.79

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



5.49

**Lakewood
Organic Juice**
32 fl. oz., selected
varieties

100% organic. 100% delicious.



Meet the bar that started it all! Our original Peanut Butter Chocolate Chip MacroBar® combines 11 grams of plant-based protein with organic, creamy peanut butter, roasted peanuts and our vegan chocolate chips!

2/\$5

**Gomacro
Organic Macrobar**
2-2.5 oz., selected varieties



6.49

**Grandy Organics
Coconola**
9 oz., selected varieties



11.99

**Peace Coffee
Organic Coffee**
12 oz., selected varieties



13.99

**Four Sigmatic
Organic Coffee**
12 oz., selected varieties

where wisdom meets wellness



Whether it's a cup for conversation, finding your Zen or settling digestive discomfort, Traditional Medicinals has a tea for that.

4.49

**Traditional Medicinals
Organic Herbal Tea**
16 ct., selected varieties



Enjoy spring with deals at the co-op.



6.29

Manitoba Harvest
Hemp Hearts
8 oz.



*doctor formulated,
advanced multivitamins*

MegaFood 55+ Advanced Multivitamins are doctor formulated to support the unique nutritional needs of men and women over 55.

19.99

Megafood
55+ Advanced Multivitamins
60 ct., selected varieties



8.99

Hyland's Naturals
Calms Forté
Sleep Aid
100 ct.



10.99

Life-Flo
Pure Magnesium
Oil
8 fl. oz.



31.99

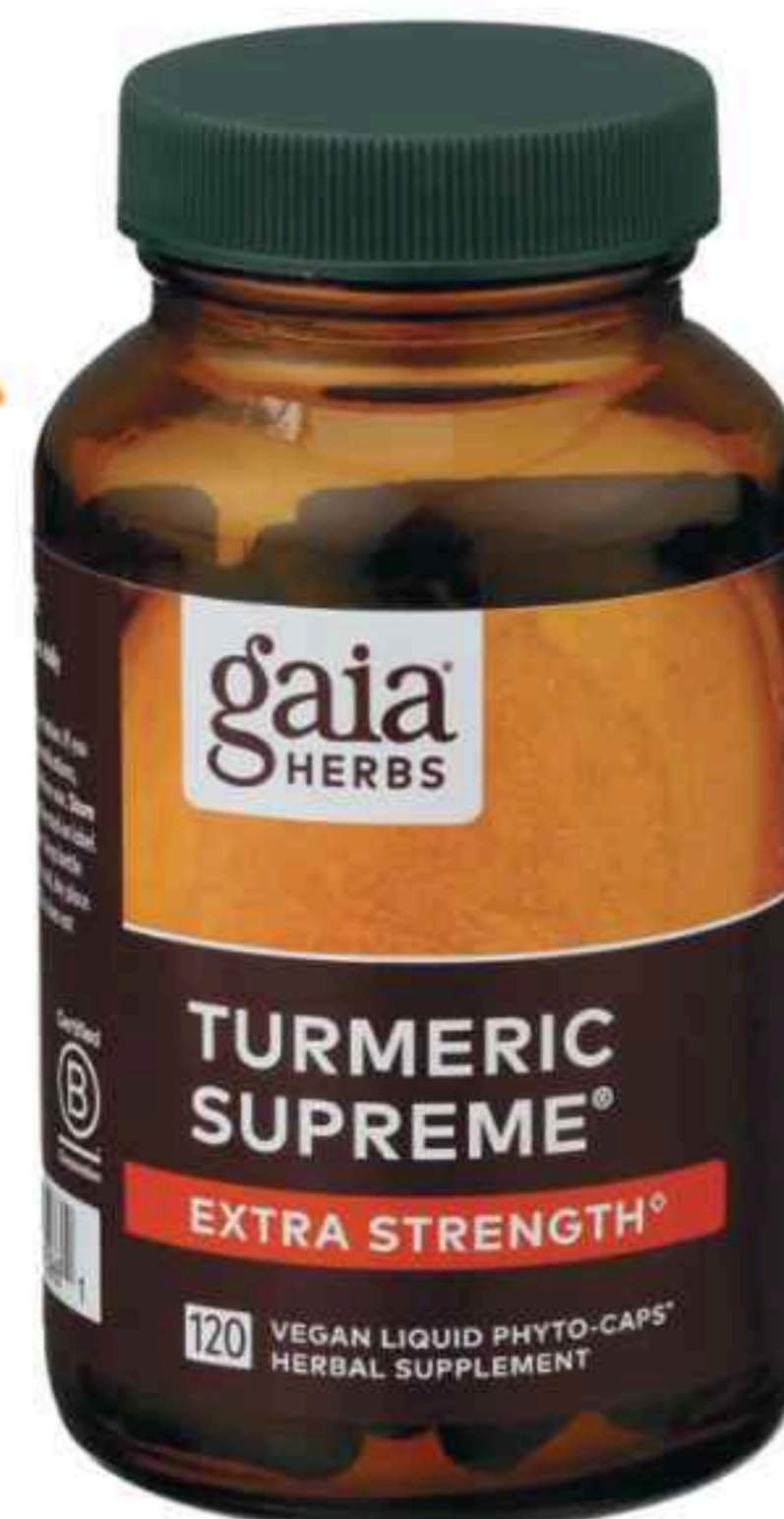
Four Sigmatic
Organic Protein
Powder
16.9-21.16 oz., selected
varieties

*regenerative AF
(Agro-Forestry!)*

Gaia Herbs' turmeric is grown in an agro-forestry setting in Nicaragua and Indonesia. With our partners in Nicaragua, Gaia has supported the development of regenerative training resources to new turmeric farmers.

29.99

Gaia Herbs
Turmeric Supreme Extra Strength
120 ct.



54.99

Nordic Naturals
Ultimate Omega
180 ct.

Find new supplements at the co-op.



7.29

Xlear
Nasal Spray
1.5 fl. oz.



15.99

Solgar
Women's Complete
Probiotic
30 ct.

*look, feel,
move your best*

Our Vital Proteins Collagen Peptides powder is sourced from grass-fed, pasture-raised bovines to ensure a high-quality and sustainable source of this powerful ingredient.

36.99

Vital Proteins
Unflavored Collagen Peptides
20 oz.



19.49

Smarty pants
Organic Kids Multi
& Omegas
Gummies
120 ct.



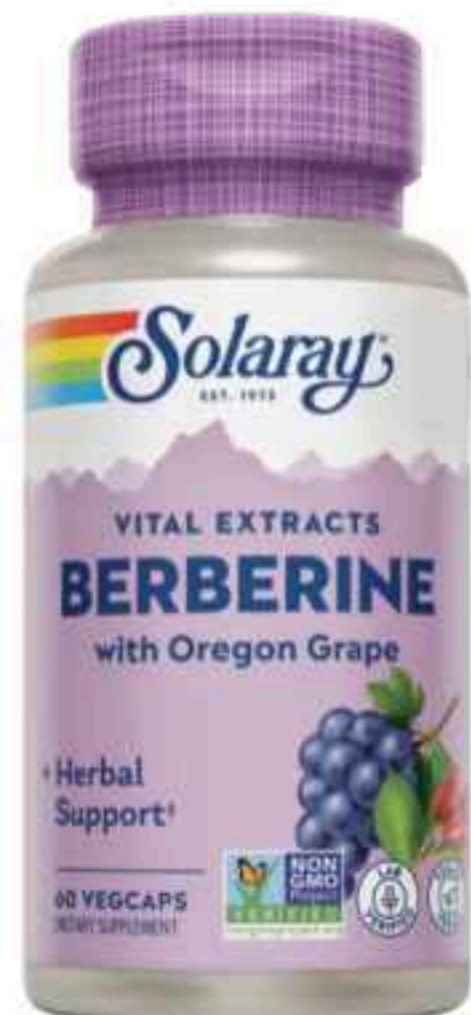
18.99

Flora
Super 8 Hi-
Potency Probiotic
30 ct.



12.49

Solaray
Magnesium
Glycinate 350mg
120 ct.



16.99

Solaray
Berberine with
Oregon Grape
60 ct.



17.99

Solaray
D-Mannose
with CranActin
60 ct.



21.99

Solaray
Magnesium
Glycinate 350mg
240 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.

The co-op has great wellness deals.

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

use less plastic



Dr. Bronner's Pure-Castile Soap Refill Carton is the same, great Magic Soap — now in 82% less plastic per quart! Refill your Dr. Bronner's 100% post-consumer recycled plastic bottle, foaming pump dispenser, all-purpose spray and more. Packaging makes a difference!



10.99 Dr. Bronners Soap Refill
32 fl. oz., selected varieties



2/\$7
Dr. Tung's Smart Floss
30 yd.



4.49
Mrs. Meyer's Hand Soap
10-12.5 fl. oz., selected varieties

freshen up



GOOD BYE, GRIME

It's easy to find options in the co-op's household supplies and cleaning aisle for products that are sure to make your home sparkle and shine. With so many eco-friendly products available, it's time to chase the dust and dirt away. Head to the co-op and find the supplies you need for some spring cleaning!



The co-op makes spring cleaning easy.



4.99

Jason
Toothpaste
4.2 oz.,
selected varieties



4.99

Jason
Deodorant
Stick
2.5 oz.,
selected varieties



8.99

Jason
Scalp Care
Shampoo + Conditioner
12 fl. oz.



9.49

Jason
Body Wash
30 fl. oz.,
selected varieties

*refresh your
spring routine*

JASON®, derived from the Greek word for healer, celebrates the power of the earth's incredible botanicals. No animal testing, sulfates, parabens, phthalates, or petrolatum.



Find quality brands you trust at the co-op.

Great products for everyone.



products with purpose

Our award-winning portfolio of skin, hair and body care products utilize a powerful combination of pure, potent ingredients and super nutrients to provide the results you're after.

7.49

Acure
Brightening Facial Scrub
4 fl. oz.



The co-op helps you feel clean head to toe.

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!



Stay on top of Co+op Deals with the new app!



3.69

Repurpose
Compostable
Plates or Bowls
20 ct., selected varieties



3.99

Mrs. Meyer's
Dish Soap
16 fl. oz., selected
varieties

tree-free bath tissue

Great TP without the tree! Caboo plastic-free and tree-free bath tissue is soft and strong. And way better for the Earth. Made from sustainable bamboo, Caboo tree-free household products save trees.

7.99

Caboo
300-sheet Bamboo Bath
Tissue Rolls
9 ct.



Gentle products for the whole family.

Spring is here.

ECOS plant-powered clean

INCLUSIVE TRADE PARTNER

ECOS is a Black- and woman-owned company that believes saving the planet starts with simple acts at home. We've spent more than 55 years developing affordable products that empower people to care for their homes, families and pets more sustainably.

12.99

Ecos
Laundry Detergent
70-100 fl. oz., selected varieties



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 products 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
- 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

- 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!



extra soft and strong

Seventh Generation Bath Tissue does its job well and helps you consider your impact on the environment. Our Bath Tissue is whitened without chemicals and made from 100% recycled paper.



8.99

**Seventh Generation
100% Recycled Bath Tissue**
12 ct., 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.

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