

coop deals

MAR 13 - APR 2, 2024

quick to cook

ENJOY TOGETHER

Mid-week dinners are made easier with Thousand Hills Ground Beef on hand. Add to pasta, tacos or skillet for a delicious meal that's high in protein. You'll love how it tastes, and it's 100% grass-fed beef. Find it on sale at the co-op!



7.49

Thousand Hills
100% Grass-fed Ground
Beef 80% Lean 20% Fat
16 oz.



15.99

California Olive
Ranch
Global Blend
Extra Virgin Olive
Oil
25.4 fl. oz.



2/\$7

Hope Foods
Organic Hummus
8 oz., selected varieties



4.49

Mary's Gone
Crackers
Organic Crackers
5.5-6.5 oz., selected
varieties



Delicious deals in every aisle at the co-op.

Stock up and save today.

doing dairy right

COOPERATIVELY OWNED

Start your day with deliciously creamy dairy and tasty eggs from Organic Valley. Sourced from our small organic family farms that respect the land and all the animals that live on it, it's dairy you can feel good about.



2.99
Organic Valley
Ultra Pasteurized
Milk
32 fl. oz., selected varieties



3.99
Organic Valley
Cultured Lowfat
Buttermilk
32 fl. oz.



4.49
Organic Valley
Ultra Pasteurized
Half & Half
32 fl. oz.



4.99
Organic Valley
Large Free-range
Brown Eggs
1 doz.



2.79
Kevita
Organic Probiotic
Drink
15.2 fl. oz., selected
varieties



3.99
Silk
Almondmilk
64 fl. oz., selected
varieties



4.99
Tofurky
Plant-based
Sausage
13 oz., selected varieties

lactose-free deliciousness

Fall in love with real cream cheese again. Slather your bagel, fold it into pastries or bake it into cheesecakes. It's one cream cheese that the whole family can enjoy.



3.99
Green Valley
Organic Lactose-free
Cream Cheese
8 oz.



Download the new Co+op Deals app today!



2/\$7

**Kalona
Supernatural
Organic Sour
Cream**
16 oz.

great buttery taste →

Earth Balance Vegan Buttery Sticks has made its name as the ultimate toast topper and a crucial part of non-dairy baking. It's creamy, rich and buttery.



4.29

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

4.49

**Earth Balance
Buttery Spread or Sticks**
13-16 oz., selected varieties



Find new recipes on grocery.coop.

Wake up and smell the pancakes.

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 you can trust.

5.99

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



4.49

**Kite Hill
Almondmilk
Yogurt**
16 oz., selected varieties



4.99

**Follow Your
Heart
Original Vegemise**
14 fl. oz.

Find your favorite brands at the co-op.



1.69
 Forager Project
 Organic
 Cashewmilk
 Yogurt
 5.3 oz., selected
 varieties



3.49
 Farmers Hen House
 Large Brown Grade
 A Free-range Eggs
 1 doz.



*handcrafted for
 every mood*

Our organic, sustainably sourced,
 specialty-grade beans make the
 smoothest, boldest cold-brew.

8.99

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



Great days begin with a delicious breakfast.

Jump into your morning.



4.79
 Applegate
 Sunday Bacon
 8 oz.



4/\$5
Chobani
 Greek Yogurt
 5.3 oz., selected varieties



7.99
Evolution Fresh
 Fruit Juice
 59 fl. oz., selected varieties



5.79
 Hodo
 Vegan All-day
 Egg Scramble
 8 oz.

The co-op has refreshing options to start the day.

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



5.49

Cosmic Bliss
Organic Frozen Dessert
14 fl. oz., selected varieties



premium organic frozen pastas

Woodstock Organic Vegan Butternut Squash Ravioli and Spinach and Cheese Ravioli bring garden-fresh taste with freezer-ready convenience. Serve your ravioli with a sprinkling of olive oil, sea salt and Parmesan cheese. Or experiment with your favorite sauces!

7.49

Woodstock
Organic Filled Pasta
20 oz., selected varieties



2/\$6

Nature's Path
Organic
Frozen Waffles
7.4 oz., selected varieties



3.99

Silver Hills
Sprouted Bread
15-22 oz., selected varieties



4.99

Little Northern
Bakehouse
Bread & Bagels
14-17 oz., selected varieties



invite all your friends

Sharing what's real is important to us. Which is why we make something for everyone! Alden's Organic is true-to-flavor organic ice cream that everyone can enjoy.

8.99

Alden's Organic
Ice Cream
48 fl. oz., selected varieties



Find meals and desserts at the co-op.



3.79
Native Forest
Organic Pineapple
14-15 oz., selected
varieties



4.29
Birch Benders
Pancake & Waffle
Mix
14-16 oz., selected
varieties



4.69
Wholesome
Organic Sugar
24 oz., selected varieties



5.49
Enjoy Life
Baking Chocolate
9-10 oz., selected
varieties



5.49
King Arthur Baking
Company
Gluten-free Baking Mix
16-22 oz., selected varieties

COOPERATIVELY OWNED



7.49
Equal Exchange
Organic Semi-sweet
Chocolate Chips
per pound in bulk

always organic, simply delicious

COOPERATIVELY OWNED

Now is the time to stock up on Simply Organic® Pure Madagascar Vanilla Extract. No matter what you're baking — when you upgrade your vanilla, your family will taste the difference.

14.99

Simply Organic
Vanilla Extract
4 fl. oz.



7.49

Bob's Red Mill
Organic Flour
5 lbs., selected varieties

scoop up the savings in bulk!



1.69
Organic
Rolled Oats
per pound in bulk



1.99
Organic
Red Lentils
per pound in bulk



3.29
Organic
Thompson Raisins
per pound in bulk

All your baking products are at the co-op.



5.49

Maranatha Organic Peanut Butter
16 oz., selected varieties



4/\$6

Larabar Fruit & Nut Bars
1.6-1.7 oz., selected varieties

COOPERATIVELY OWNED



2/\$7

Equal Exchange Organic Tea
20 ct., selected varieties



2/\$7

Yogi Herbal Tea
16 ct., selected varieties



4.49

Bob's Red Mill Old Country Style Muesli
18 oz.



2/\$8

Santa Cruz Organic Apple Sauce
23 oz., selected varieties



2/\$9

Mom's Best Cereals
17.5-24 oz., selected varieties



4.99

Bonne Maman Preserves
13 oz., selected varieties



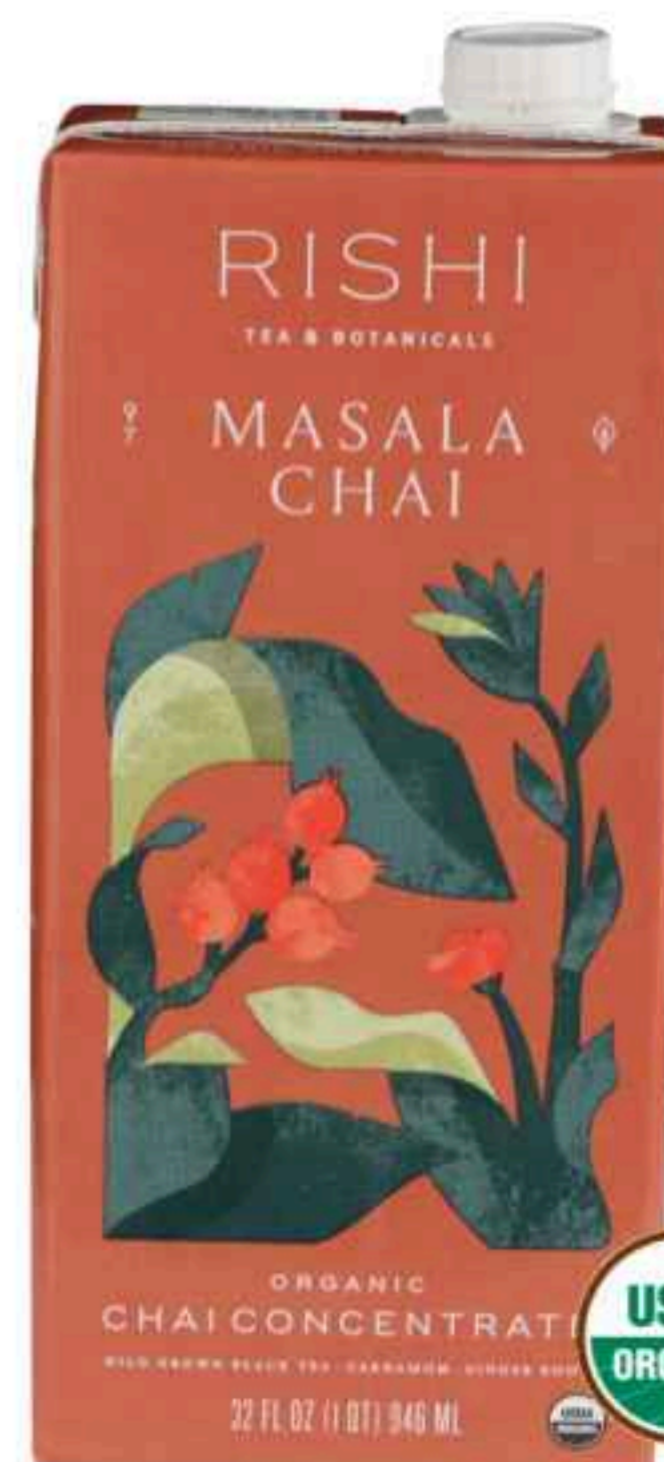
6.99

C2O Pure Coconut Water
4 pk.-17.5 fl. oz.



7.49

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



5.99

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

COOPERATIVELY OWNED



9.99

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



The co-op has the brands you love.



4/\$6

**Annie's
Mac & Cheese**
5.25-6 oz., selected varieties



2/\$4

**Yachak Organic
Yerba Mate**
16 fl. oz., selected varieties



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



4.49

**Maille
Mustard**
7-8.9 oz., selected varieties



3/\$5

**Muir Glen
Organic
Tomatoes**
14.5-15 oz., selected varieties



2/\$7

**Muir Glen
Organic Pasta
Sauce**
23.5 oz., selected varieties



5.99

**Kettle & Fire
Bone Broth**
16.9 oz., selected varieties



7.99

**Once Again
Organic Sesame Tahini**
16 oz., selected varieties



5.99

**Better Than
Bouillon
Organic Broth
Base**
8 oz., selected varieties



8.99

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



9.99

**4th & Heart
Grass-fed Ghee**
9 oz., selected varieties

Get cooking with great deals from the co-op.



2.79

**Good Health
Potato Chips**
5 oz., selected varieties



*amazingly delicious
for spring*

Late July® Chips are crafted with non-GMO and organic ingredients to bring you a great-tasting, gluten-free snack for spring.

3.29

**Late July
Organic Tortilla Chips**
7.4-10.1 oz., selected varieties

COOPERATIVELY OWNED



2/\$6

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



2/\$4

**Little Secrets
Crispy Wafers**
1.4 oz., selected varieties



2/\$7

**LesserEvil
Organic Popcorn**
4.6-7 oz., selected
varieties

*vegetables made
surprisingly delicious*

TERRA® chips are a unique and sophisticated snacking experience. A vegan, non-GMO and gluten-free chef-made creation made by slicing, seasoning and crisping tasty vegetables into a tasty snack.

2/\$6

**Terra
Vegetable Chips**
5-6 oz., selected varieties



3.99

**Mi-Del
Snaps**
8-10 oz., selected
varieties



4.99

**Newman's Own
Sandwich
Cookies**
13 oz., selected varieties

Try a new snack from the co-op.

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.

inclusive trade

4.49

Kirk's
Castile Bar Soap
3 pk.-4 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.

inclusive trade

2/\$7

South of France
Bar Soap
6 oz., selected varieties

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.

inclusive trade

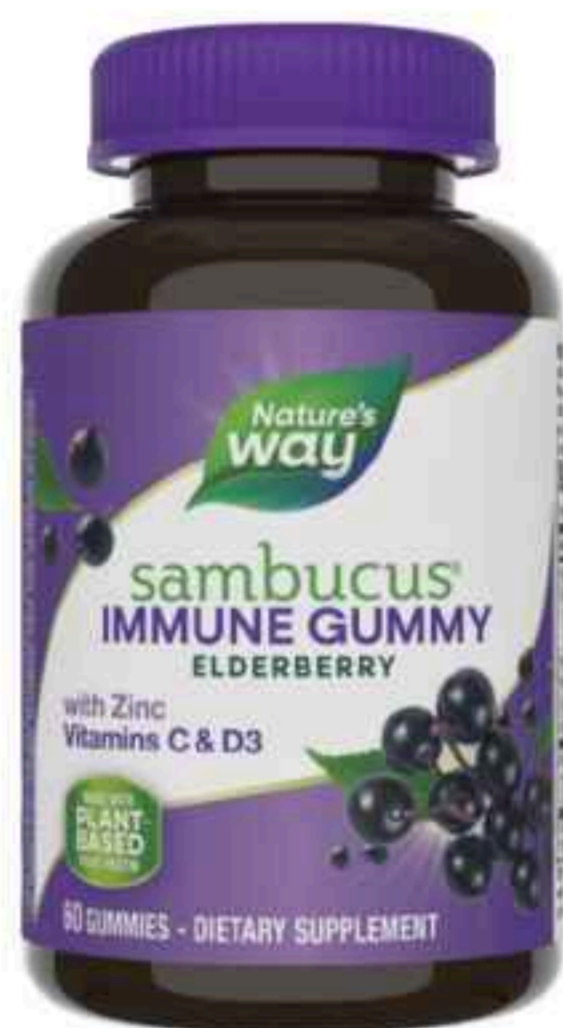
3.19

The Grandpa Soap Co.
Pine Tar Bar Soap
3.25 oz.



Find Inclusive Trade brands throughout the co-op.

Diversity is our strength.



15.99

Nature's Way
Sambucus Immune
Gummies
60 ct.



32.99

Enzymedica
Digest Gold
90 ct.



16.99

Pb 8
Vegetarian Probiotic
120 ct.

The co-op supports Inclusive Trade.



5.99

**Tom's of Maine
Toothpaste**
4 oz., selected varieties



*enzyme-powered
stain remover*

Bac-Out Carpet Stain + Odor Remover uses live enzyme cultures to eliminate your toughest stains and odors safely and effectively.

8.49

**Biokleen
Bac-Out Stain + Odor Remover**
32 fl. oz.



4.99

**Ecover
Citrus Automatic
Dishwasher
Tablets**
25 ct.



5.49

**Himalaya
Toothpaste**
4-5.29 oz., selected
varieties



5.79

**Every Man Jack
Deodorant**
2.7-3 oz., selected
varieties

#1 natural skincare

Harness the power of fruit stem cell science and innovative ingredients to target your specific skincare needs, naturally.



17.99

**Andalou Naturals
Face Cream**
1.7 oz., selected varieties



7.99

**Avalon Organics
Shampoo or Conditioner**
11 fl. oz., selected varieties

Freshen up for spring 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
- Bloomingsfoods 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!



partners in cooking

Sizzle and sauté your way to culinary expertise with Spectrum oils. Explore your options with natural and organic expeller-pressed culinary oils for every cooking occasion.

11.99

Spectrum
Organic Extra Virgin Olive Oil
25.4 fl. oz.



2/\$6

Imagine
Organic Broth
32 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.

