

coop deals

FEB 19 - MAR 4, 2025

*slow cooked
and delicious*

PANTRY STAPLE

Winter is a wonderful time for creating hearty dishes. With Bionaturae's strained tomatoes, there are plenty of options for putting together tasty meals. Try making homemade pasta with ragu — so flavorful and satisfying. It's sure to warm up your kitchen and home.



2/\$7

**Bionaturae
Organic Tomatoes**
24-28.2 oz., selected varieties



4/\$7

**Icelandic Provisions
Traditional or Extra
Creamy Skyr
Yogurts**
4.4-5.3 oz., selected varieties

COOPERATIVELY OWNED



2/\$7

**Equal Exchange
Organic Teas**
20 ct., selected varieties



4.99

**Kettle Brand
Potato Chips**
13 oz., selected varieties



Cook up some flavorful meals and have a cozy night in.
Warm up with delicious meals.



2/\$7

**Harmless Harvest
Organic Coconut Smoothies**
10 fl. oz., selected varieties

awaken your body and mind



INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. Feel balanced and centered with a macro-dose of mushroom magic. ALIVE combines 1,800 mg of chaga, reishi and turkey tail mushrooms with loose-leaf tea for an invigorating and clarifying boost.

2/\$6

**GT's
Alive Ancient Mushroom Elixirs**
16 fl. oz., selected varieties



2/\$5

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



3.79

**Good Karma
Flaxmilk**
64 fl. oz., selected
varieties

crafted with less



Made with a not-too-sweet coconut concoction, our plant-based line is rich and creamy, with a short ingredient list, and is satisfying and delicious.

3/\$5

**Siggis
Plant-based Yogurts**
5.3 oz., selected varieties



3.99

**Daiya
Dairy-free Shreds**
7.1 oz., selected
varieties



6.99

**White Mountain
Organic Bulgarian
Yogurt**
32 oz., selected varieties

Find refreshing favorites at your co-op.



4.49

Chobani Oatmilk
52 fl. oz., selected varieties

prebiotic soda →

A new kind of soda that's delicious, refreshing and actually good for you. Combines classic soda flavors with prebiotics, plant fiber and botanicals to support your microbiome and digestive health.

2/\$4

Olipop Prebiotic Sodas
12 fl. oz. can, selected varieties



2.79

Hail Merry Snack Cups
1.5 oz., selected varieties



2/\$7

Planet Oat Oatmilks
52 fl. oz., selected varieties



simple ingredients and protein rich →



FAGE Total Plain 5% Yogurt — whole milk Greek yogurt that's unbelievably thick and creamy. Be amazed by the deliciously rich and creamy taste of Greek yogurt by FAGE.

2.99

Fage Greek Yogurt
16 oz., selected varieties



6.49

Malk Organic Creamer
16 fl. oz., selected varieties

Fill your fridge with the best from your co-op.

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

COOPERATIVELY OWNED



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

COOPERATIVELY OWNED



5.49
Organic Valley
Raw Block Cheese
8 oz., selected varieties

COOPERATIVELY OWNED



5.99
Organic Valley
Stringles Mozzarella
Cheese Sticks
8 oz.



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



3.99
Green Valley
Organic Lactose-
free Sour Cream
12 oz.



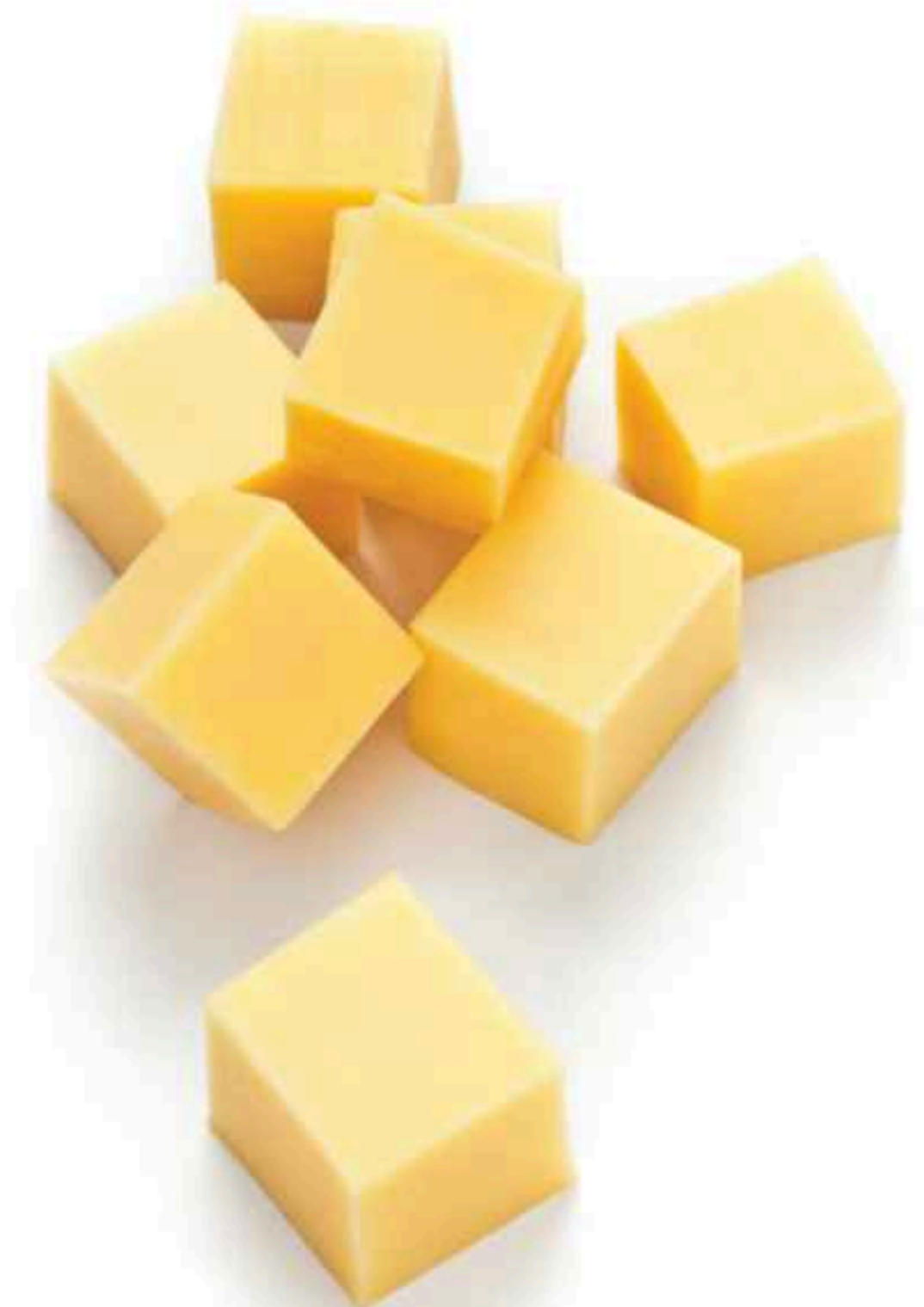
3.99
Hodo
Organic Firm Tofu
10 oz.

organic, grass-fed cheese →

All Rumiano Organic Cheese is made with milk from pasture-raised and grazed cows on family farms where all cows are certified humanely raised and have year-round pasture access.

4.99

Rumiano
Organic Block Cheese
8 oz., selected varieties



Cooperatively owned brands are at your co-op.

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



3/\$7 Evol Burritos
6 oz., selected varieties



2/\$6 Cascadian Farm Organic Frozen Vegetables
10 oz., selected varieties



4.49 Quorn Meat Alternatives
9.2-12 oz., selected varieties



4.99 Udi's Gluten Free Bread or Bagels
8.5-14.3 oz., selected varieties



7.99 Cappello's Grain-free Pizza
11-12 oz., selected varieties



8.99 Rao's Homemade Pizza
18.3-21.6 oz., selected varieties



10.99 Wyman's Wild Blueberries
3 lb.



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

Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.



4.69 Gardein Plant-based Proteins
9-13.7 oz., selected varieties

Find easy meal solutions at your co-op.

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2.69
Native Forest
Organic
Unsweetened
Coconut Milk
13.5 fl. oz., selected
varieties



2/\$6
Safe Catch
Elite Wild Tuna
5 oz.



6.49
Rao's Homemade
Pasta Sauce
24 oz., selected varieties



10.99
Primal Kitchen
Pure Avocado
Oil
16.9 fl. oz.

goodbye, pantry paralysis →

Hello, Maya! This Indian lentil dish hits the spot for a quick, protein-packed meal. One bite and you'll know it's the real dal.

2/\$6

Maya Kaimal
Organic Everyday Entrees
10 oz., selected varieties



17.99
Spectrum
Organic Extra Virgin
Olive Oil
25.4 fl. oz.

scoop up the savings in bulk!



2.89
Organic Green
Lentils
per pound in bulk



5.49
Raw Walnuts
Halves & Pieces
per pound in bulk



5.99
Organic Turkish
Apricots
per pound in bulk

Great meal ingredients are at your co-op.

INCLUSIVE TRADE PARTNER

A Dozen Cousins is a diverse-owned company. We create authentic food from cultural recipes made with wholesome ingredients.



2/\$6 A Dozen Cousins Ready-to-Eat Beans
10 oz., selected varieties



2/\$3 Take Root Organics Tomato Sauce
8 oz.



5.49 San Pellegrino Italian Sparkling Drink
6 pk-11.15 fl. oz. cans, selected varieties



2/\$8 Choice Organics Teas
16 ct., selected varieties



3.69 Traditional Medicinals Organic Throat Coat Lozenges
16 ct., selected varieties

COOPERATIVELY OWNED



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



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



made with care

Stock your pantry with Pacific Foods to satisfy your craving for nourishment and fresh flavors any time. No GMOs, no fillers — just premium quality and taste to please every crowd.

2/\$7

Pacific Foods Organic Soups
16.1-16.5 oz., selected varieties



5.49 Numi Organic Tea
12-18 ct., selected varieties

Your co-op has the brands you love.

INCLUSIVE TRADE PARTNER



ALO Drink is an Asian-owned company. We source non-GMO aloe vera plants from sustainable farms in Thailand and provide rural communities with economic value.

2/\$4

Alo
Aloe Vera Juice Drinks
16.9 fl. oz., selected varieties



inclusive trade

Shop inclusive trade!

We're pleased to offer great deals on brands from businesses owned by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.

INCLUSIVE TRADE PARTNER



Chomps is a diverse-owned company. We make on-the-go protein snacks from sustainably sourced proteins.

2/\$4

Chomps
Meat Sticks
1.15 oz., selected varieties



3.29

Woodstock
Organic Oatmeal
16-18.5 oz., selected varieties



5.49

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



5.99

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



tasty bars for everyone



With no high-fructose corn syrup or artificial flavors, these bars deliver on-the-go nutrition to help nourish and fuel you through your busy day.

2/\$3

Clif or Luna
Nutrition Bars
1.69-2.4 oz., selected varieties

INCLUSIVE TRADE PARTNER



Purely Elizabeth is a woman-owned company. We make delicious food with nourishing ingredients to help you thrive on your wellness journey.

5.99

Purely Elizabeth
Cereal
11 oz., selected varieties



Delicious snacks for on-the-go are at your co-op.

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



2/\$7

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



1.79
Gimme
Organic Seaweed
Snacks
.32-.35 oz., selected
varieties



2/\$6
Good Health
Potato Chips
5 oz., selected varieties



3.99
Late July
Organic Tortilla Chips
7.4-10.1 oz., selected varieties



2/\$6
Food Should Taste
Good
Tortilla Chips
5.5 oz., selected varieties



2/\$6
Unique Snacks
Pretzels
10-11 oz., selected
varieties



4.99
Late July
Salsa
15.5 oz., selected varieties



3.79
Mary's Gone
Crackers
Organic Crackers
4.25-6.5 oz., selected
varieties



4.49
Quinn
Filled Pretzel Nuggets
5-7 oz., selected varieties



everyday low price
3.99
Field Day
Cookies
8-10.5 oz., selected
varieties



4.99
Tate's Bake Shop
Cookies
6.5-7 oz., selected varieties



Your co-op has a snack for everyone.

*ethically sourced,
traditionally
crafted*



INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company. Made with love and respect, our conscious approach to sourcing helps cultivate beauty, equality and empowerment in West Africa by supporting healthcare, education and sustainable sourcing projects with our mission partners.

8.99

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

8.99

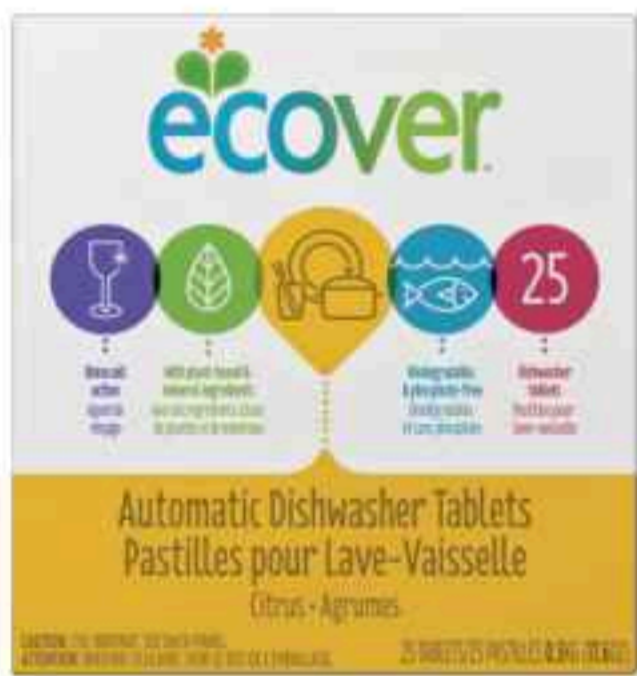
Alaffia
Everyday Shea
Body Wash
32 fl. oz., selected
varieties

8.99

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

8.99

Alaffia
Bubble Bath
32 fl. oz., selected
varieties



4.99

Ecover
Citrus Automatic
Dishwasher Tablets
25 ct.



6.49

Spry
Oral Rinse
16 fl. oz., selected
varieties



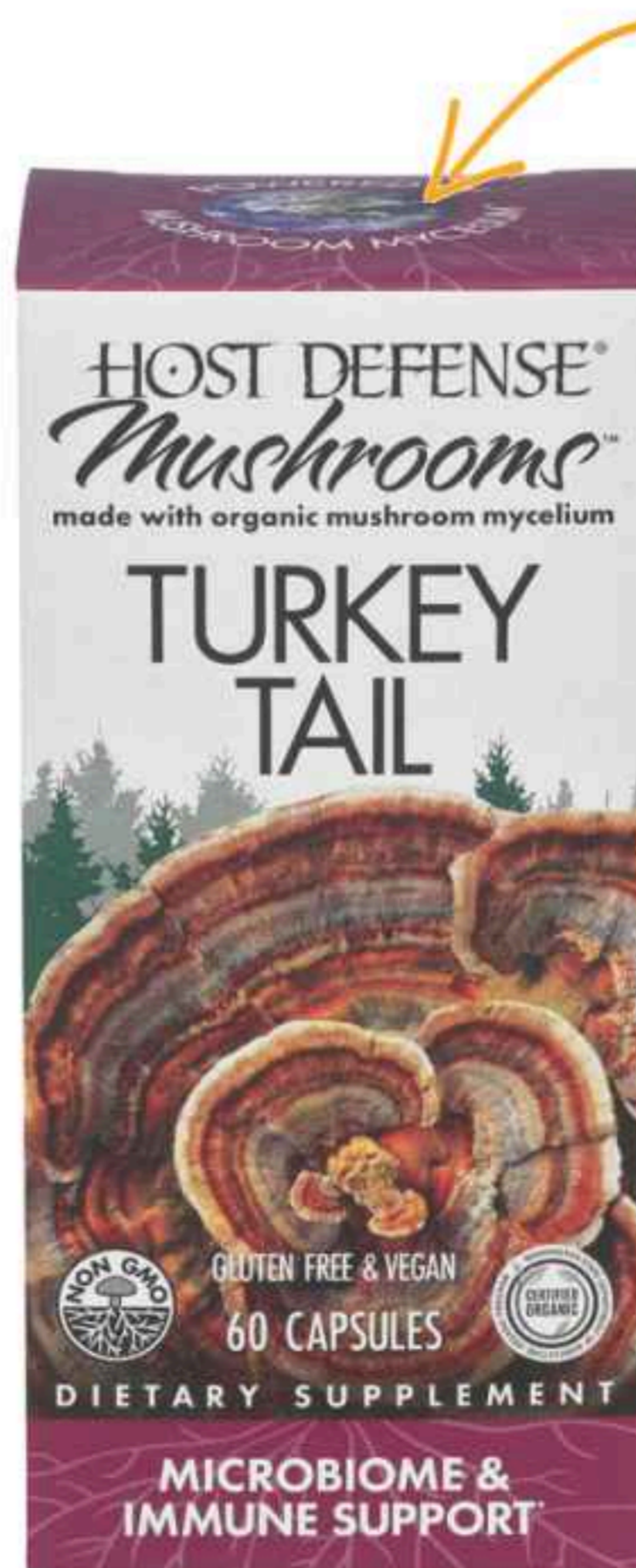
8.99

Hyland's Naturals
Calms Forte
Sleep Aid
100 ct.



11.99

Natural Factors
DGL Licorice Root
Chews
90 ct.

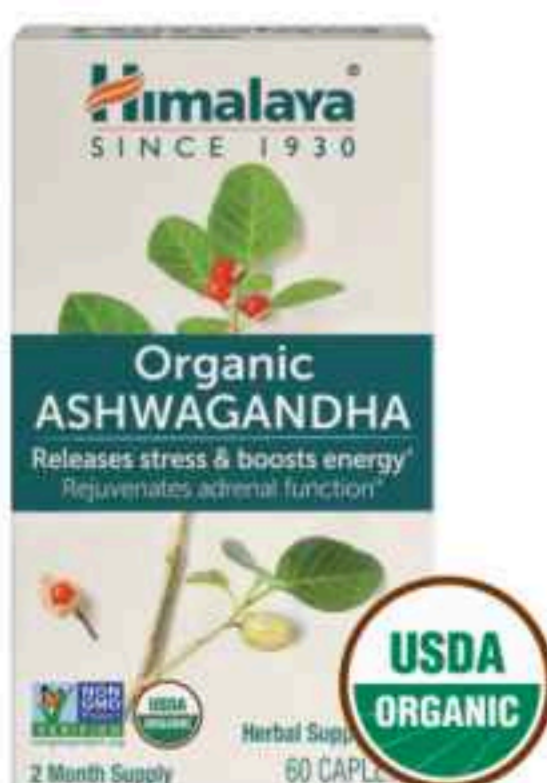


*researched and
science-backed*

Science-backed turkey tail is the most studied of all the beneficial mushroom species. USA-grown and organic, Host Defense Turkey Tail is also backed by renowned mycologist Paul Stamets!

25.99

Host Defense
Turkey Tail Mushroom Supplement
60 ct.



15.99

Himalaya
Organic
Ashwagandha
60 ct.

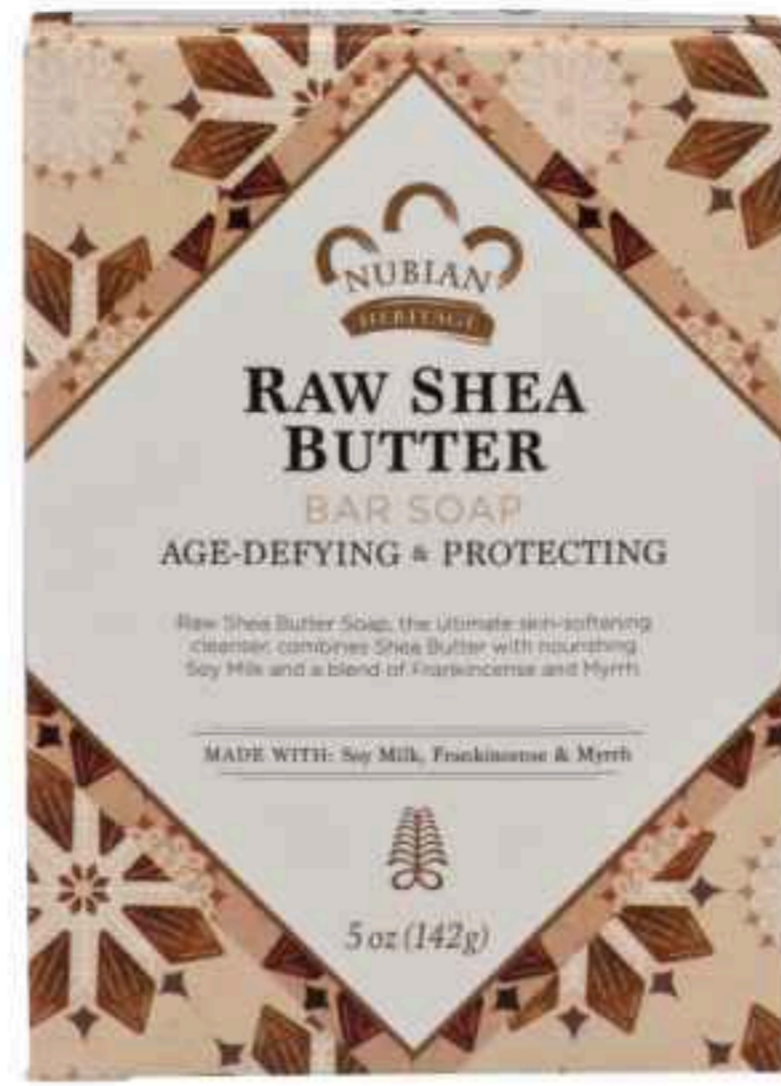
Your co-op has options for home and body care.

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



2/\$7

DrTung's Smart Floss
30 yd., selected varieties



2/\$9

Nubian Heritage Bar Soaps
5 oz., selected varieties



9.99

Heritage Store Rosewater Facial Mist
8 fl. oz.



8.49

Hibar Deodorant
2.25 oz., selected varieties



8.99

Pranarom Organic Lavender Essential Oil
.17 fl. oz.



10.99

Life-Flo Pure Magnesium Oil
8 fl. oz.



11.99

Tru Earth Laundry Detergent Strips
32 ct., selected varieties



4.79

Alba Botanica Shave Cream
8 oz., selected varieties



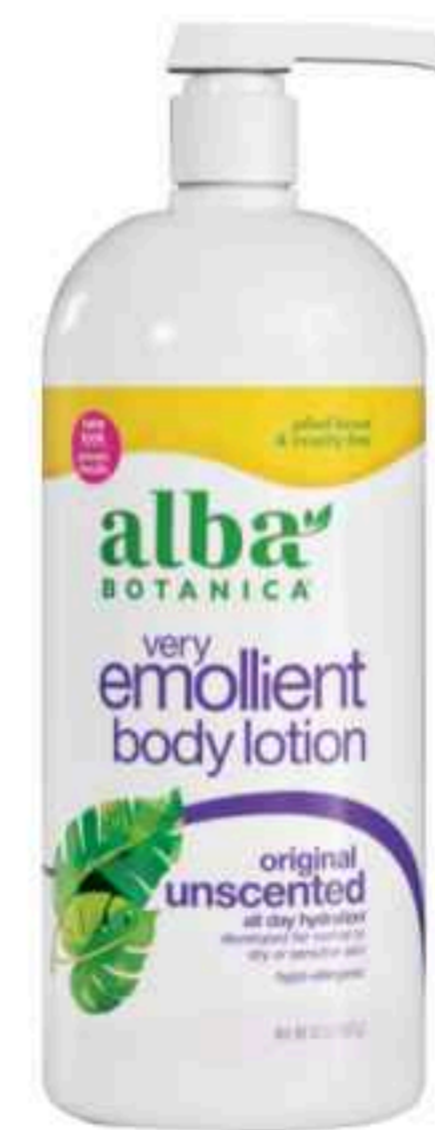
5.49

Alba Botanica Multi-purpose Jelly
3.5 oz.



6.99

Alba Botanica Acnedote Pimple Patch
40 ct.



11.99

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

cruelty-free skincare

Beat dry skin season with dermatologist-tested, 100% vegetarian, cruelty-free skincare with no parabens, sulfates or animal testing.

Find all your body care products at your co-op.

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

CONNECTICUT

- Fiddleheads Co-op
- Willimantic Food Co-op

DELAWARE

- Newark Natural Foods Co-op

FLORIDA

- Community Co-op Market
- Ever'man Cooperative Grocery & Cafe

GEORGIA

- Sevananda Natural Foods Market

MAINE

- Belfast Community Co-op
- Blue Hill Co-op
- Good Tern Co-op
- Portland Food Co-op
- Rising Tide Co-op

MARYLAND

- Greenbelt Co-op Supermarket and Pharmacy
- The Common Market
- TPSS Co-op

MASSACHUSETTS

- Assabet Co-op Market
- Berkshire Food Co-op
- Green Fields Market
- McCusker's Market
- River Valley Co-op
- Wild Oats Market

NEW HAMPSHIRE

- Concord Food Co-op
- Hanover Co-op Food Stores
- Littleton Food Co-op
- Monadnock Food Co-op

NEW YORK

- Abundance Food Co-op
- East Aurora Co-op Market
- Flatbush Food Cooperative
- GreenStar Cooperative Market
- High Falls Food Co-op
- Honest Weight Food Co-op
- Hungry Hollow Co-op
- Lexington Cooperative Market
- Potsdam Food Co-op
- Syracuse Cooperative Market

NORTH CAROLINA

- Chatham Marketplace
- Deep Roots Market
- Durham Co-op Market
- French Broad Food Co-op
- Hendersonville Community Co-op
- Tidal Creek Cooperative Food Market
- Weaver Street Market

PENNSYLVANIA

- East End Food Co-op
- Erie Food Co-op
- Mariposa Food Co-op

- South Philly Food Co-op
- Weavers Way Co-op

RHODE ISLAND

- Urban Greens Co-op Market

TENNESSEE

- Three Rivers Market

VERMONT

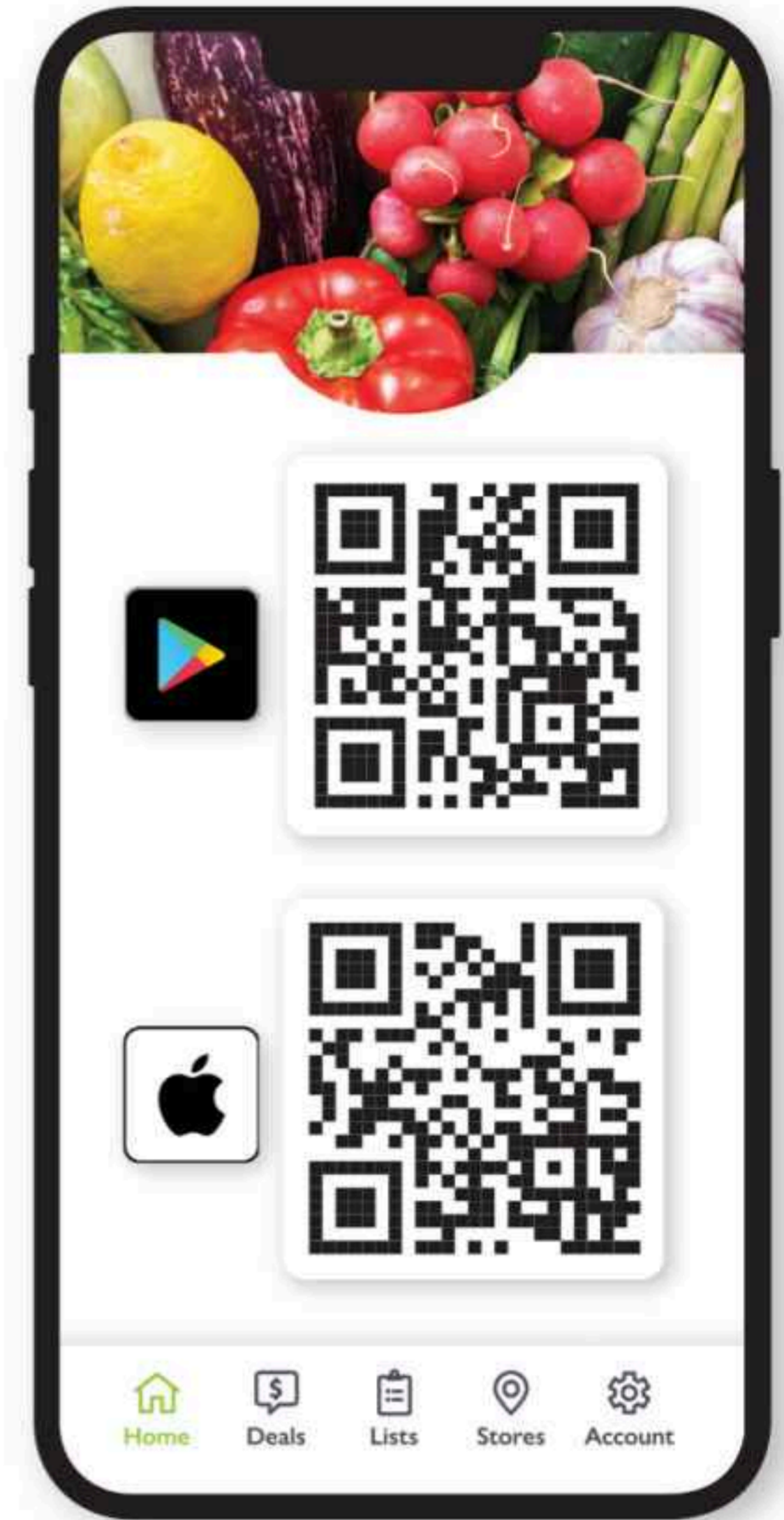
- Brattleboro Food Co-op
- City Market/Onion River Co-op
- Co-op Food Store
- Hunger Mountain Co-op
- Middlebury Natural Foods Co-op
- Putney Food Co-op
- Rutland Area Food Co-op
- Springfield Food Co-op
- Upper Valley Food Co-op

VIRGINIA

- Fredericksburg Food Co-op
- Friendly City Food Co-op
- Lovettsville Co-op Market
- Roanoke Co+op

coop deals.

Download the App!



See what's on sale with the Co+op Deals app!

Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.

all KINDs of good



At **KIND**, we believe you shouldn't have to choose between what tastes good and what's good for you. Now that's "All KINDs of Good."

2/\$3

Kind Bars
1.4 oz., selected varieties

3.99

Kind Healthy Grains Bars
5pk.-1.2 oz., selected varieties

5.99

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

5.49

Kind Healthy Grains Granola
11 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.



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