

# coop deals

MAY 1 - MAY 21, 2024

## fresh start

Gather ingredients for a delicious smoothie to start your day. Evolution's Cold-Pressed Organic Juice is the perfect addition, and you can find it on sale at the co-op!



**6.99**

Evolution Fresh  
Organic Orange Juice  
59 fl. oz., selected varieties



**2/\$3**

Justin's  
Organic Peanut  
Butter Cups  
1.4 oz., selected varieties



**2/\$5**

Perfect Bar  
Protein Bars  
2.18-2.5 oz., selected  
varieties

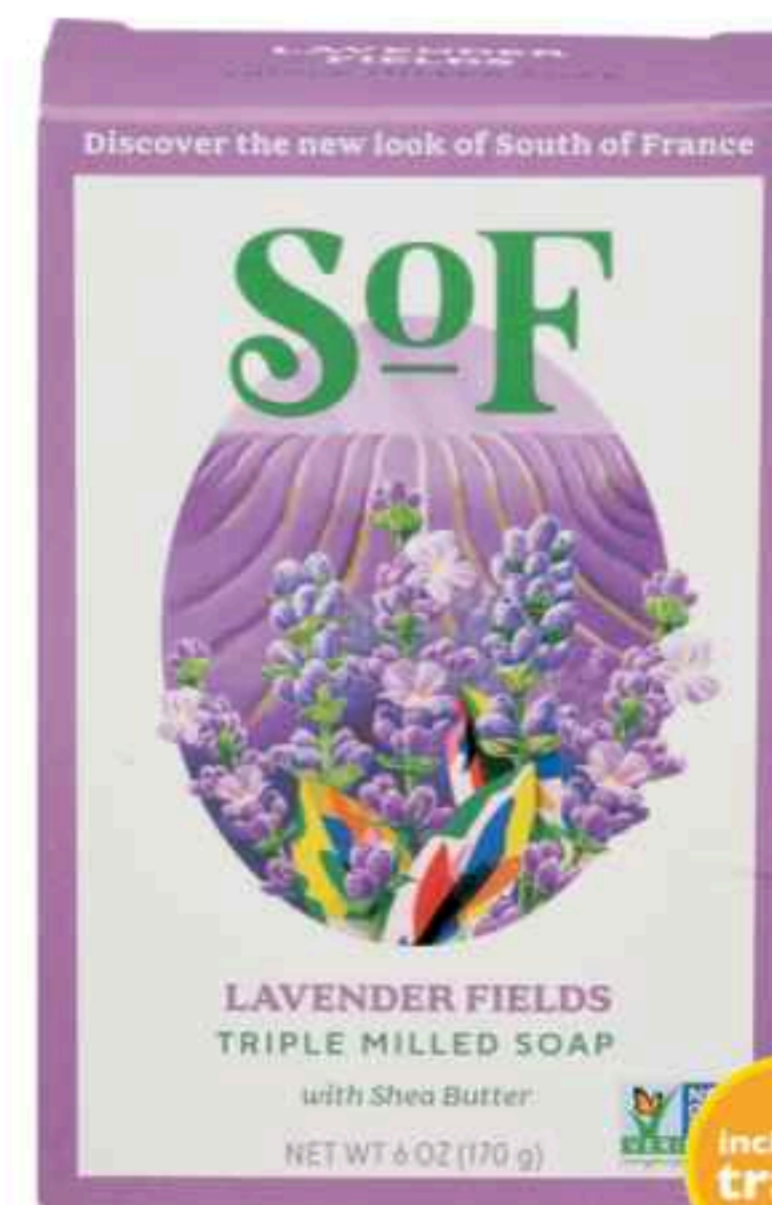


**4.99**

So Delicious  
Dairy-free Frozen  
Dessert  
1 pt., selected varieties

### INCLUSIVE TRADE PARTNER

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



**2/\$6**

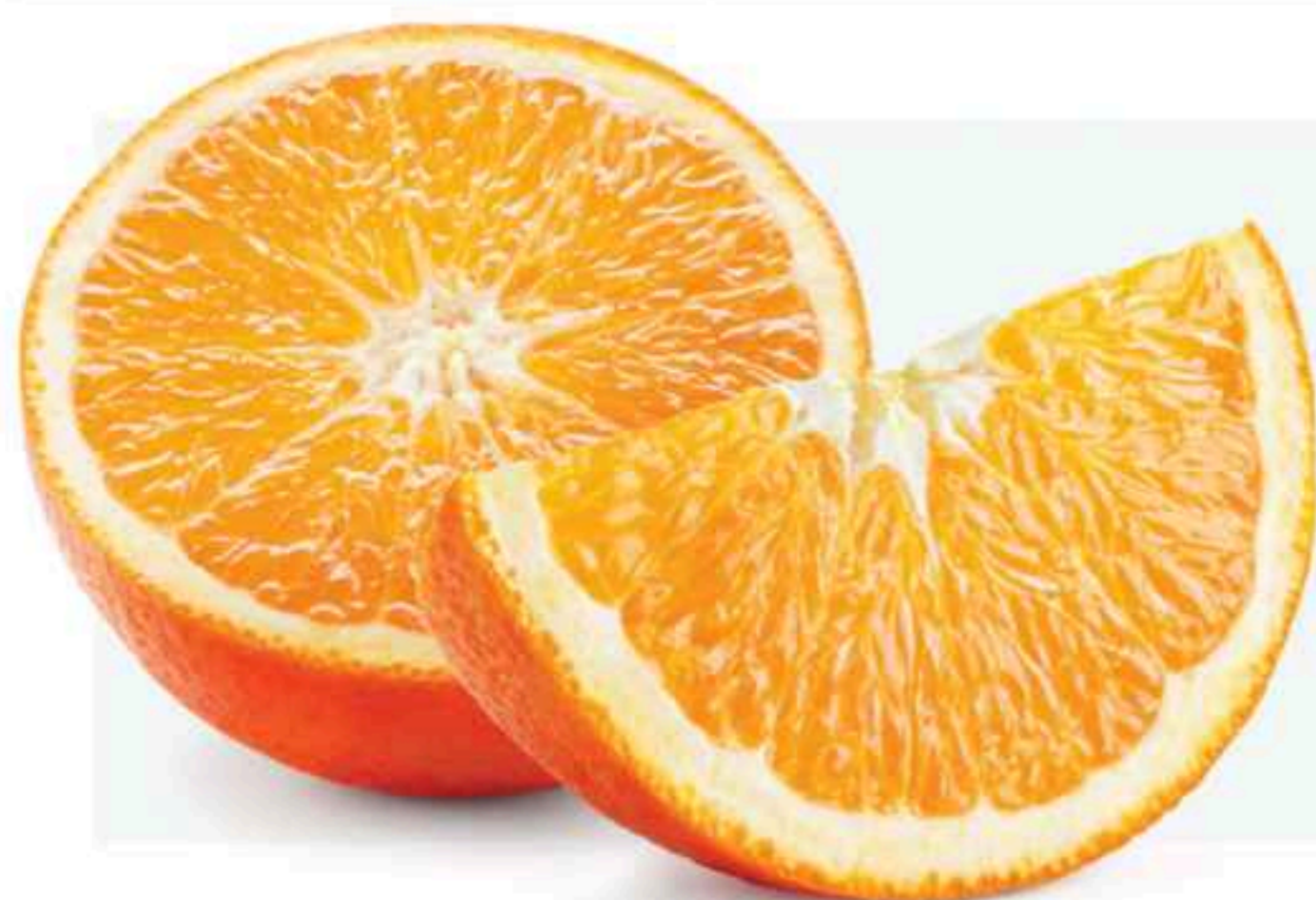
South of France  
Bar Soap  
6 oz.,  
selected varieties

### COOPERATIVELY OWNED



**9.99**

Equal Exchange  
Organic Mind,  
Body & Soul  
Coffee  
per pound in bulk



Get ready for summer at the co-op.

**Fuel up for outdoor activities.**



**3/\$4**

**Chobani  
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 eggs and butter you can trust.

**2/\$7**

**Vital Farms  
Butter**  
8 oz., selected varieties



**2/\$3**

**Siggis  
Skyr Yogurt**  
4-5.3 oz., selected varieties

COOPERATIVELY OWNED



**5.79**

**Organic Valley  
Stringles  
Mozzarella Cheese  
Sticks**  
8 oz.

*phenomenal dairy-free taste*



Made with simple, organic ingredients and no added oils or gums. Traditionally cultured for a subtle, tangy flavor and creamy texture. Spread it on your bagel or use it as a substitute in your favorite recipe.

**4.49**

**Miyoko's Creamery  
Organic Plant Milk  
Cream Cheese**  
8 oz., selected varieties



**6.49**

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



**The co-op has everything for a great breakfast.**



**3.79**

The Greek Gods  
Greek Yogurt  
24 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.

**5.49**

Califia Farms  
Organic Unsweetened  
Almondmilk  
48 fl. oz.



**2/\$7**

Planet Oat  
Oatmilk  
52 fl. oz., selected  
varieties



**3.79**

Green Valley  
Organic Lactose-free  
Sour Cream  
12 oz.

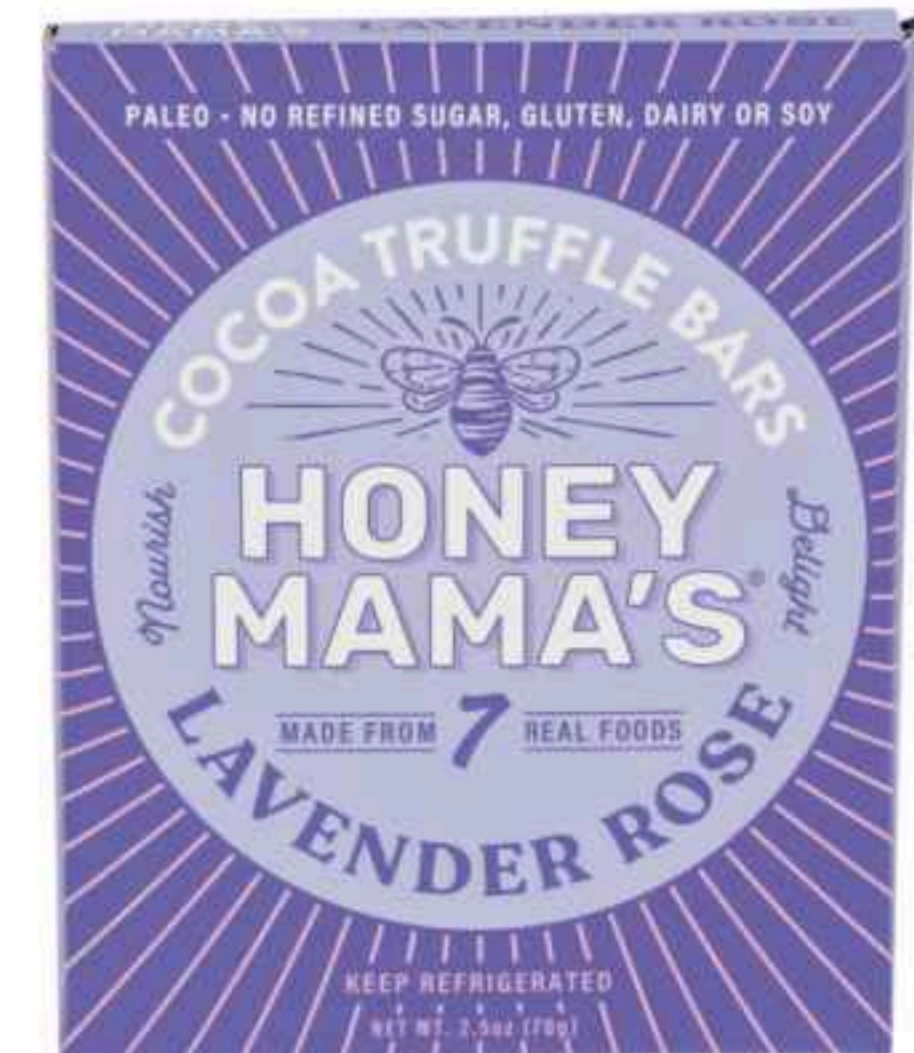


*it's a brew-tiful thing*

Our organic, sustainably sourced, specialty grade beans make the smoothest, boldest cold brew you've ever had!

**8.99**

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



**3.99**

Honey Mama's  
Cocoa Truffle Bar  
2.5 oz., selected varieties

**The co-op has something for everyone.**

**INCLUSIVE TRADE PARTNER**

Tucson Tamale started from a Mexican American family tradition and has turned into award-winning tamales.



**5.49** Tucson Tamale Tamales  
10-11 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

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



**6.99** Caulipower Cauliflower Crust Pizza  
10.9-11.3 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.



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



**2/\$8** Cascadian Farm Organic Frozen Potatoes  
12-16 oz., selected varieties



**5.49** Food For Life Organic Bread  
24 oz., selected varieties



**7.99** Cappello's Pizza and Pasta  
9-12 oz., selected varieties

*Udi's certified gluten free*



Easy and delicious familiar favorites without compromising taste or nutrition.

**4.29**

Udi's Gluten Free Hot Dog Buns or Hamburger Buns  
10.4-14.3 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 convenient meal options at the co-op.**



**3.29**

**Coolhaus**  
Ice Cream Sandwiches  
4.75-5.8 fl. oz., selected varieties

*more love, more euphoria*

There are so many ways to enjoy Ben & Jerry's. We cover our bases but then go further, with something for everyone. Go ahead, give it a swirl...

**4.99**

**Ben & Jerry's**  
Ice Cream  
1 pt., selected varieties



Enjoy a sweet treat from the co-op.

**Stay cool out there!**



**4.49**

**JonnyPops**  
Frozen Novelties  
8.25 fl. oz., selected varieties



**2/\$6**

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



**2/\$8**

Cascadian Farm  
Organic Frozen  
Fruit  
8-10 oz., selected varieties



**Enjoy frozen treats at the co-op.**

COOPERATIVELY OWNED



**2/\$3**  
Simply Organic  
Seasoning or Dip  
Mixes  
.7-1.5 oz.,  
selected varieties



COOPERATIVELY OWNED



**4.49**  
Organic Valley  
Shredded Cheese  
6 oz., selected varieties



**7.49**  
Thousand Hills  
100% Grass-fed Ground  
Beef 80% Lean 20% Fat  
16 oz.



**2/\$4**  
De La Calle!  
Organic Probiotic  
Tepache Drink  
12 oz., selected varieties



**4.29**  
Mi Nina  
Tortilla Chips  
12 oz., selected varieties



**7.99**  
Beyond Meat  
Plant-based  
Ground Beef  
16 oz.



**2/\$7**  
Siete  
Grain-free  
Cookies  
4.5 oz.,  
selected varieties



**3.79**  
Siete  
Tortilla Chips  
5-7.5 oz.,  
selected varieties



**3.99**  
Siete  
Grain-free  
Taco Shells  
5.5 oz.



**7.99**  
Siete  
Grain-free  
Tortillas  
7 oz., selected varieties



*backyard asada  
essentials*

INCLUSIVE TRADE PARTNER

**Siete** is a Mexican American food brand, rooted in family, that makes delicious, heritage-inspired products with thoughtfully selected ingredients. From tortillas and taco shells to chips and cookies, Siete has something for every occasion — like your next summer gathering! ¡Buen provecho!

**Shop the co-op for summer meals.**

# 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 to get the Co+op Deals app!**



**2/\$7**

Dr. Bronner's  
Organic Chocolate Bars  
2.93-3 oz., selected varieties



**14.99**

Dr. Bronner's  
Organic Whole Kernel  
Virgin Coconut Oil  
30 fl. oz.



*Regenerative  
Organic Certified®*

The highest standard for climate-friendly farming, good for you and the planet! **Dr. Bronner's** is proud to source Regenerative Organic Certified® ingredients for Magic All-One Chocolate and Virgin Coconut Oil — grown right for a rich, full flavor!



**2/\$8**

Annie's  
Dressing or  
Vinaigrette  
8 fl. oz., selected  
varieties



**6.99**

Bachan's  
Japanese  
Barbecue Sauce  
16-17 fl. oz., selected  
varieties



**14.99**

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

*better-for-you ramen soup*



These organic, gluten-free, Japanese-style noodles and instant gourmet broth make the perfect quick, easy, flavor-packed meal that's ready in just four minutes! For a complete meal, add in your favorite protein and veggies.

**2/\$3**

Lotus Foods  
Rice Ramen  
2.8 oz., selected varieties



**9.99**

Primal Kitchen  
Pure Avocado Oil  
16.9 fl. oz.

**The co-op has great deals on great ingredients.**



**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

*fan favorite polenta*

Ancient Harvest is the #1 brand of heat-and-eat polenta! Our polenta is organic, Non-GMO Project Verified and ready in minutes. We know you'll enjoy this traditional Italian favorite.



**2/\$6**

Ancient Harvest Organic Polenta  
18 oz., selected varieties



**3/\$7**

Near East Couscous Mix or Rice Pilaf  
5.2-10 oz., selected varieties



**2/\$5**

Tasty Bite Organic Ready to Heat Rice  
8.8 oz., selected varieties

**COOPERATIVELY OWNED**



**4.99**

Plant Boss Organic Plant-based Crumbles  
3.35 oz., selected varieties

*from Italy with love*

Bionaturae Durum Semolina pasta is 100% organic and is crafted by a fifth-generation family of pasta artisans who mastered the art of pasta making over a century ago.



**2/\$5**

Bionaturae Organic Pasta  
16 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Chickapea is a woman-owned company providing nutritious, convenient family meal options.



**2/\$6**

Chickapea Organic Chickpea Pasta  
8 oz., selected varieties

**Find fixings for every meal at the co-op.**

*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 bars — and not just for performance. We thoughtfully craft our foods to help energize any moment, big or small.



**3/\$5**

Clif Bars  
2.4 oz.,  
selected varieties



**2/\$3**

Luna Bars  
1.69 oz.,  
selected varieties



**2/\$4**

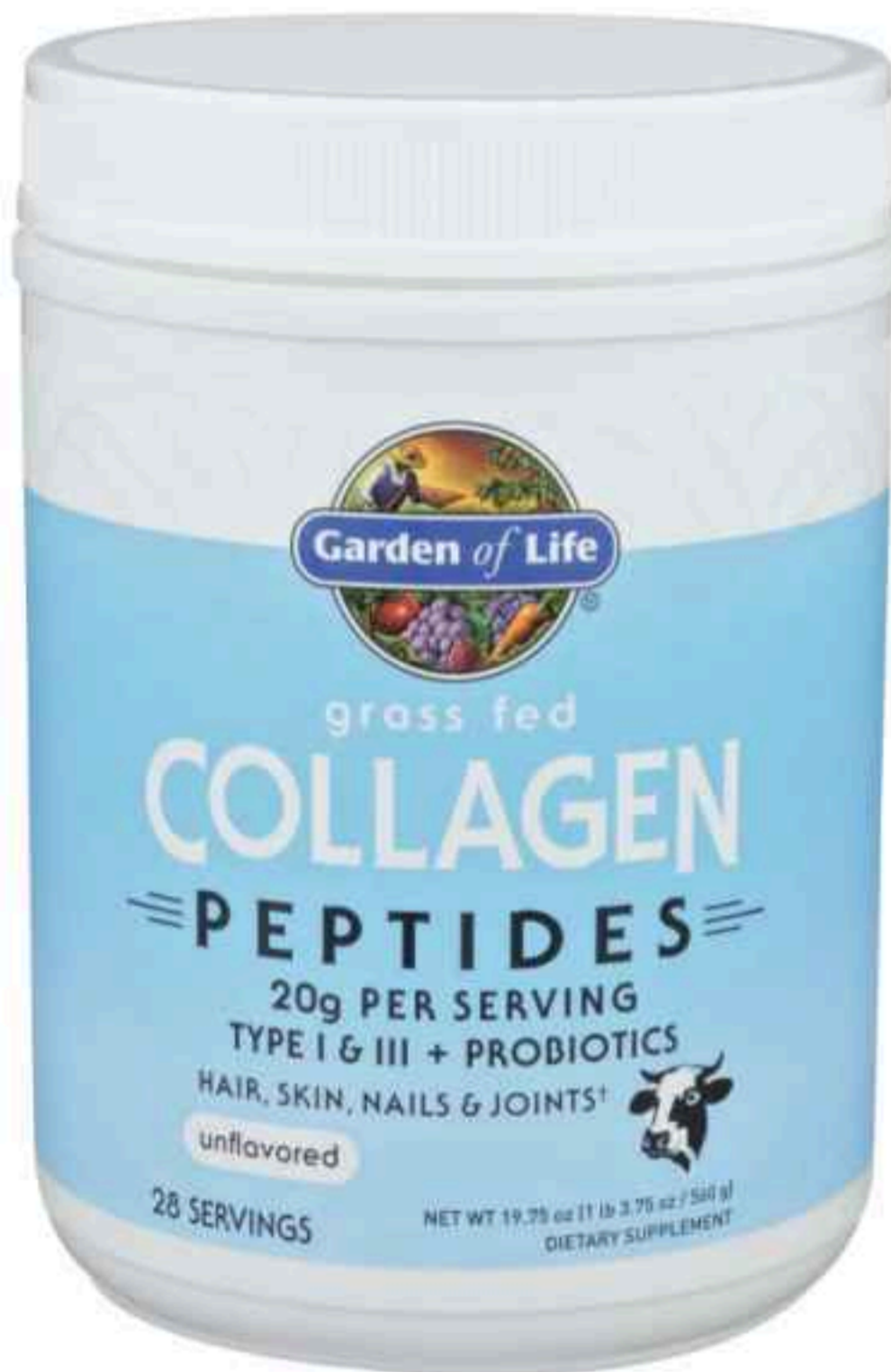
Clif Builders Protein Bars  
2.4 oz.,  
selected varieties



**5.99**

Clif Organic Zbar  
6-1.27 oz. bars,  
selected varieties

*the power of collagen*



Don't let aging catch you off guard. Support skin elasticity, nail and hair strength, and joint mobility with Grass-fed Collagen Peptides.

**32.99**

Garden of Life  
Unflavored Collagen Peptides  
19.75 oz.



**2/\$4**

Essentia Ionized Water  
50.7 fl. oz.



**2/\$9**

Barbara's Cereal  
9-15 oz., selected varieties

*scoop up the savings in bulk!*



**2.29**

Organic Black Beans  
per pound in bulk



**3.29**

Organic Sunflower Seeds  
per pound in bulk



**7.49**

Organic Medjool Dates  
per pound in bulk

**Fuel up for summer at the co-op.**



**2/\$7**

**Celestial Seasonings  
Herbal Tea**  
12-20 ct., selected varieties



**2/\$7**

**West Life  
Organic Soymilk**  
32 fl. oz., selected  
varieties



**4.49**

**Nature's Bakery  
Fig Bars**  
6pk.-2 oz., selected varieties



**3.79**

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



**6.99**

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



**17.99**

**Pamela's  
Gluten-free  
Pancake & Baking  
Mix**  
4 lb.



**4.49**

**Crofter's  
Organic Premium  
Fruit Spread**  
16.5 oz., selected varieties



**2/\$10**

**Kashi  
Cereal**  
9.5-16.3 oz., selected varieties



**5.49**

**Maranatha  
Organic Peanut Butter**  
16 oz., selected varieties

**The co-op has delicious breakfast options.**



**2/\$5**

**Endangered Species  
Chocolate Bars**  
3 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Every Body Eat is a woman-owned company. We create delicious snacking and meal options no matter what your dietary restrictions or preferences are.



**3.99**

**Every Body Eat  
Cracker Thins**  
4 oz., selected varieties



**4.79**

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



**3.99**

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



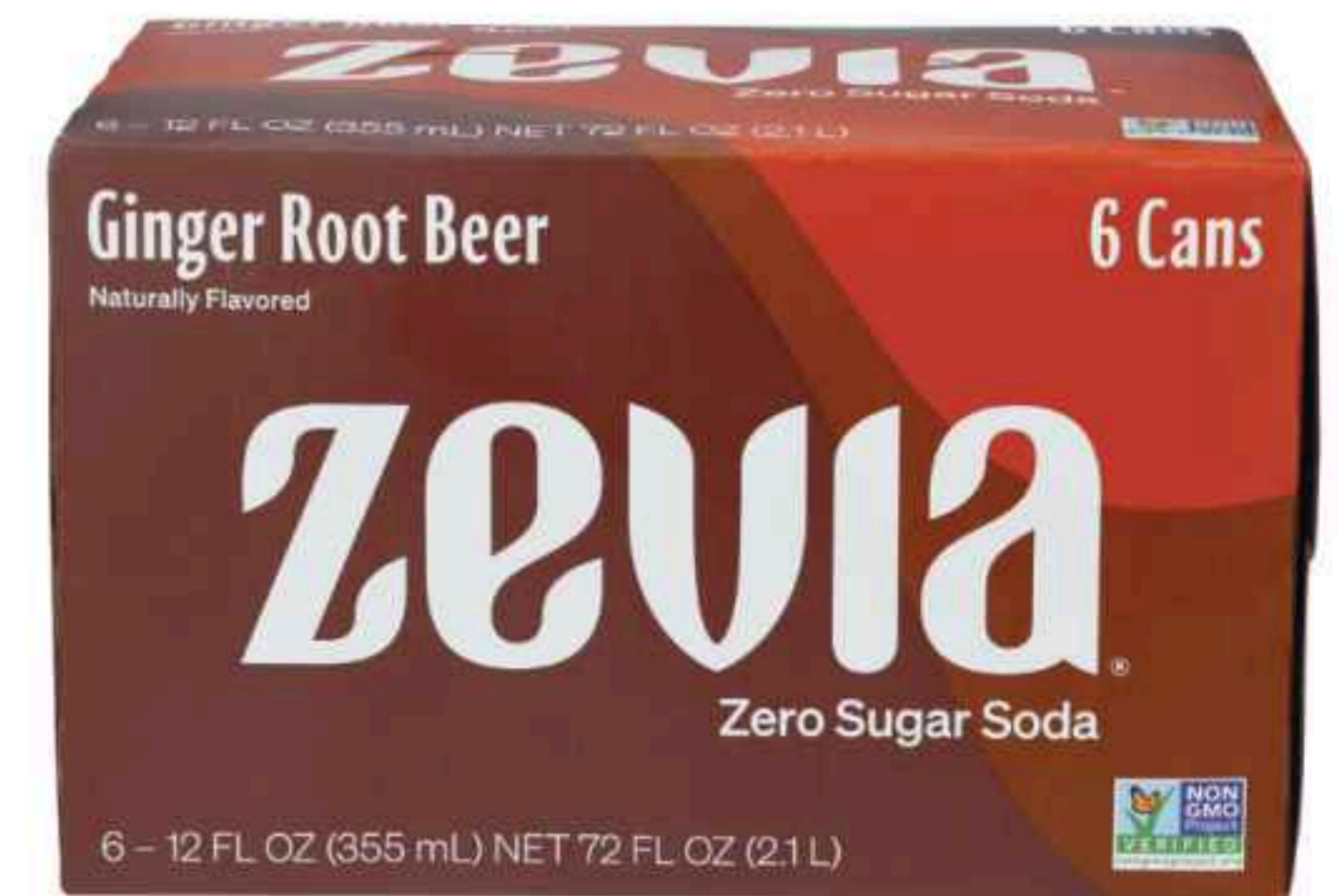
*our best-selling sparkling water*

Stock up this summer on Nixie Sparkling Water, an award-winning line of delicious, certified organic beverages with the mission to eliminate sugar, single-use plastic bottles and toxic-forever chemicals from the drink aisle.



**2/\$9**

**Nixie  
Organic Sparkling Water**  
8 pk.-12 fl. oz. cans, selected varieties



**5.49**

**Zevia  
Zero Calorie Soda**  
6 pk.-12 fl. oz. cans, selected varieties

**Summer snacks and beverages are at the co-op.**

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

**2/\$3**

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



*delicious food,  
purposeful ingredients*

**INCLUSIVE TRADE PARTNER**

Simple Mills is a woman-owned company. We make food designed to help diversify diets and agriculture. We partner with farmers directly, invest in our sourcing regions and design for diverse ingredients.

**3.99**

**Simple Mills  
Crackers or Cookies**  
4.25-5.5 oz., selected varieties



**2.79**

**Sesmark  
Rice Thins**  
3.2-4.25 oz., selected varieties



**2/\$6**

**Unique Snacks  
Pretzels**  
11 oz., selected varieties



**2/\$6**

**Food Should  
Taste Good  
Tortilla Chips**  
5.5 oz., selected varieties

*dark chocolate joy and delight*



Chocolove is the epitome of premium chocolate craftsmanship. Ethically sourced and made with the finest ingredients, each bite delivers a rich, velvety experience perfect for everyday indulgence. Share the love.

**2.79**

**Chocolove  
Chocolate Bars**  
2.9-3.2 oz., selected varieties



**5.49**

**Lily's  
Chocolate  
Peanut Butter Cups**  
3.2 oz., selected varieties

**Find delicious snack options at the co-op.**

*organic and fair trade herbs*

**Organic India** herbs are sourced through fair and direct trade, benefiting both farmer and consumer. Every product is an extension of the meaningful work taking place on each farm, offering consumers the opportunity to add purpose to their purchase.



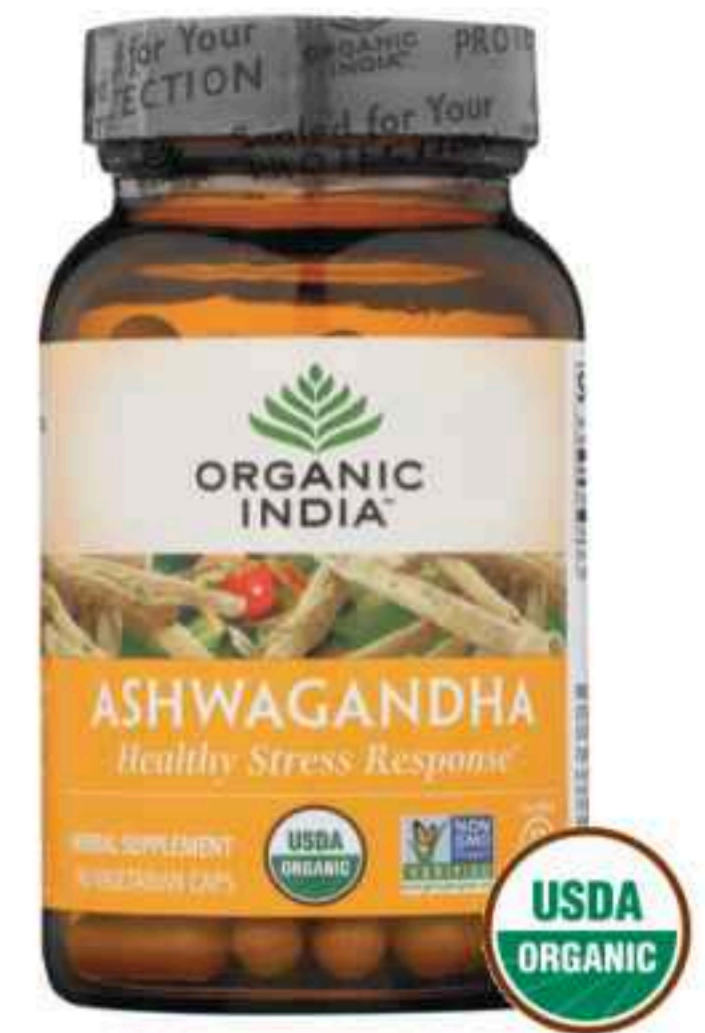
**8.99**  
Organic India  
Herbal Laxative  
60 caps  
60 ct.



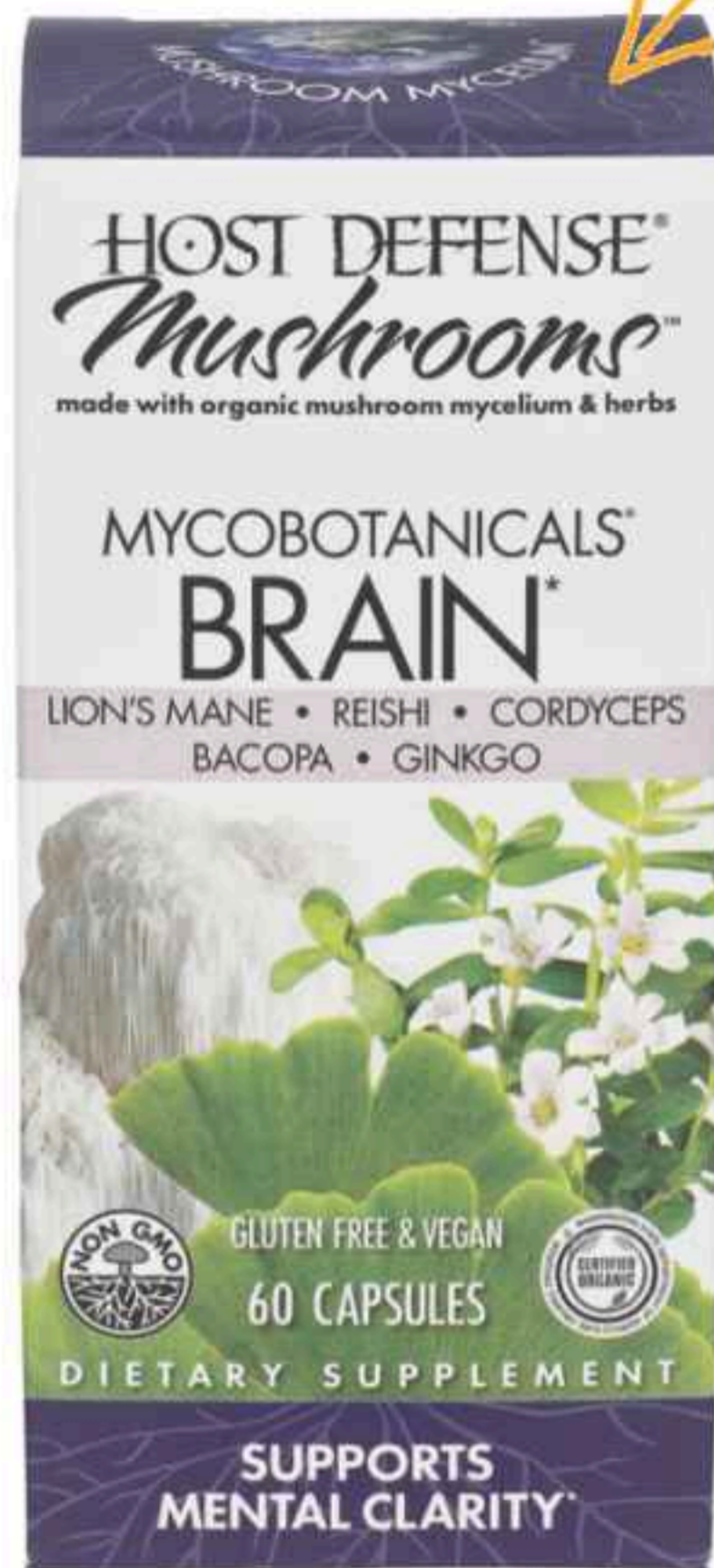
**13.99**  
Organic India  
Moringa  
90 ct.



**13.99**  
Organic India  
Triphala  
90 ct.



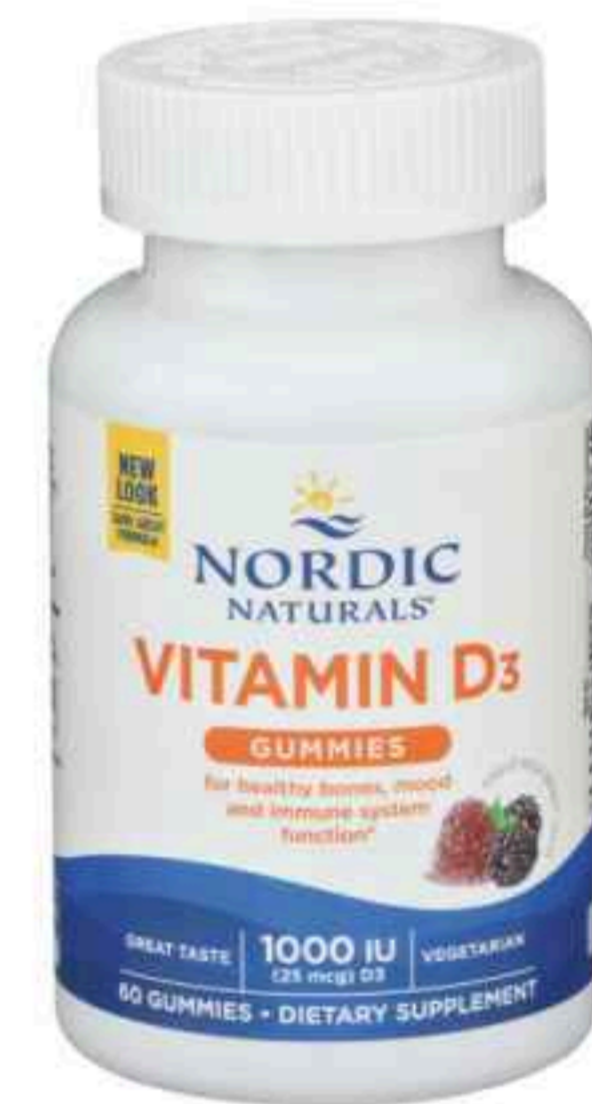
**15.99**  
Organic India  
Ashwagandha  
90 ct.



*find your focus*

This fan-favorite formula provides cognitive benefits to help you stay sharp. Lion's mane, "The Smart Mushroom," reishi, cordyceps and herbs promote brain health and memory. It's a no brainer!

**23.99**  
Host Defense  
MycoBotanicals Brain  
60 ct.



**10.99**  
Nordic Naturals  
Vitamin D3 Gummies  
60 ct.



**13.99**  
Weleda  
Original Skin Food  
Cream  
2.5 fl. oz.



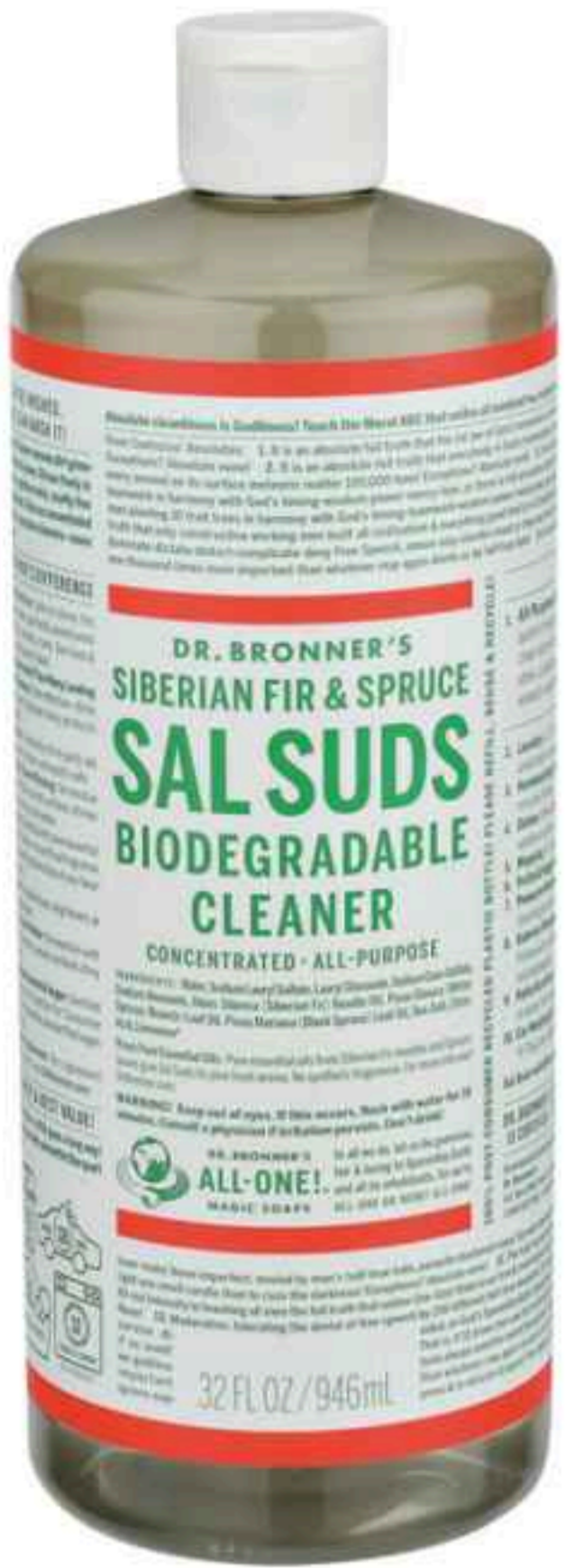
**13.99**  
Emergen-C  
Vitamin C  
Drink Mix  
30 ct., selected varieties



**29.99**  
Evanhealy  
Organic Rosehip  
Treatment Facial  
Serum  
.5 fl. oz., selected varieties

**The co-op has terrific deals on wellness items.**

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



**9.99**

**Dr. Bronner's Sal Suds**  
32 fl. oz., selected varieties



*pure plants, true benefits*

**COOPERATIVELY OWNED**

Add our most popular essential oil, lavender, to your bedtime routine. Use in a diffuser to create a spa-like experience and inspire relaxation. Made from pure botanicals and sustainably sourced.

**6.79**

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



**Summer is here!**

**Feel fresh and energized.**

*deep rooted beauty care*



Guided by the infinite wisdom of nature and the knowledge that all beauty begins with the Earth, Avalon Organics brand is vegan and biodegradable, contains organic ingredients and has no GMOs.

**7.49**

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



**9.99**

**Woodstock Lump Hardwood Charcoal**  
8.8 lb.

**Get ready for summer at the 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!*

*planet-approved sunscreens*

**INCLUSIVE TRADE PARTNER**

Badger is a woman-owned company. We make sunscreens that use only the cleanest ingredients to protect your skin from UV rays. Every formula is safe for coral reefs, manufactured with 100% solar power, and certified cruelty-free.

**11.49**

**Badger Mineral Sunscreen**  
2.9 fl. oz., selected varieties



**inclusive trade**



**2/\$7**  
**C2O**  
**Coconut Water**  
33.8 fl. oz., selected varieties



**4.49**  
**Kettle Brand**  
**Potato Chips**  
13 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.



NESE0524A