

coop deals

JAN 15 - FEB 4, 2025



a mindful moment

Heat up some water, then grab a favorite book or have a friend over and enjoy a hot cup of Lemon Ginger Yogi tea. On sale at the co-op, Yogi Tea is perfect for the winter days ahead.



3.99

**Yogi
Organic Tea**
16 ct., selected varieties

INCLUSIVE TRADE PARTNER

Painterland Sisters is a woman-owned company. We make delicious yogurt and work with our partner farms to care for land, animals and workers.



4/\$9

**Painterland Sisters
Organic Icelandic Style Skyr
Yogurts**
5.3 oz., selected varieties



2/\$4

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



2.79

**Angie's
Boomchickapop
Popcorn**
4.4-7 oz., selected varieties



3.99

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



Get cozy for winter.

Relaxing winter moments.



5.49

Vital Farms
Pasture-raised
Liquid Whole Eggs
16 oz.



6.99

Vital Farms
Pasture-raised
Butter
16 oz., selected varieties



7.99

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

raising the standards

Our mission is to bring ethical food to the table. Our pasture-raised eggs and butter are cultivated with respect by family farmers, giving you honest ingredients to start your year right.



3.99

Califia Farms
Barista Blend
Plantmilks
32 fl. oz., selected varieties



3.99

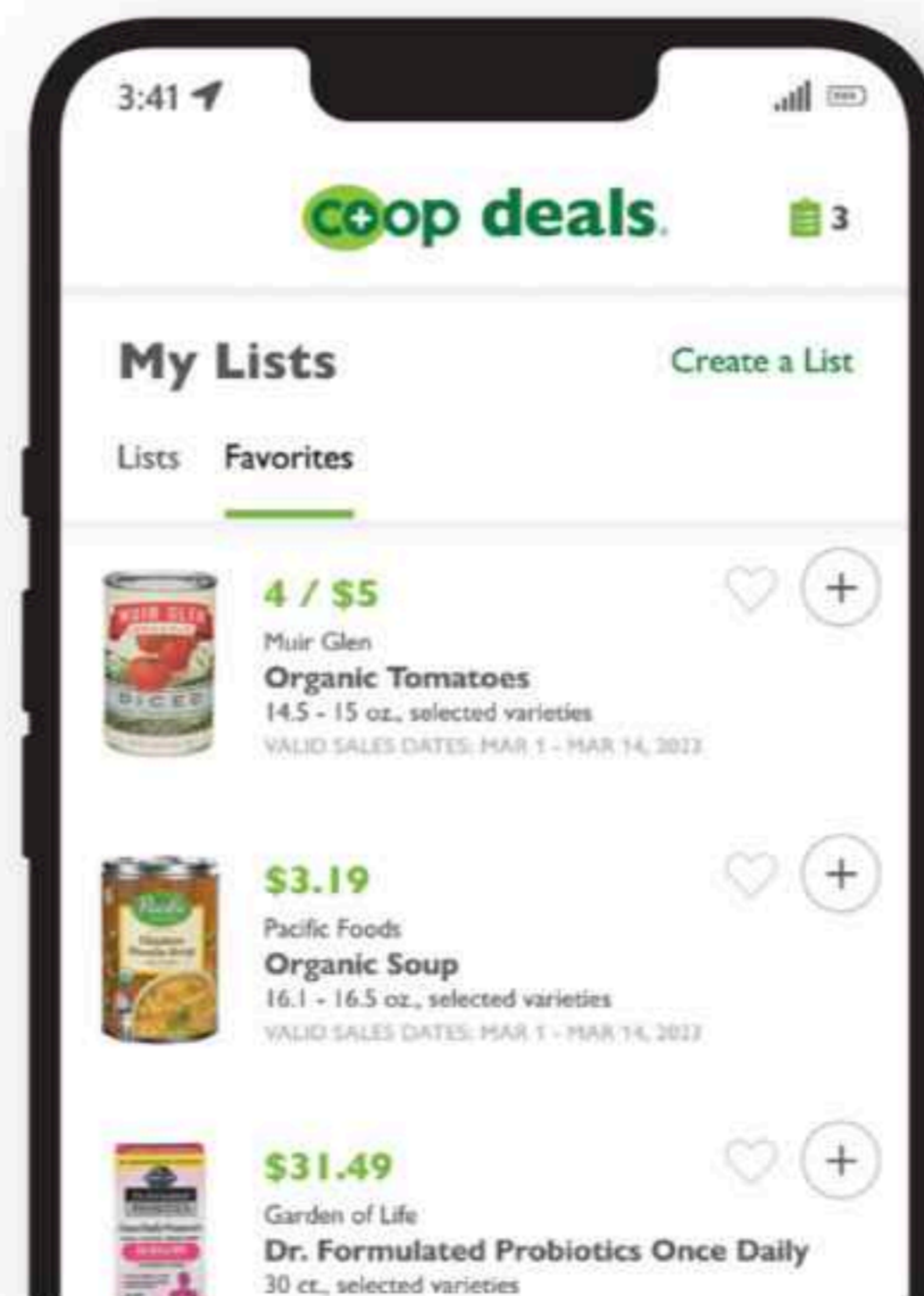
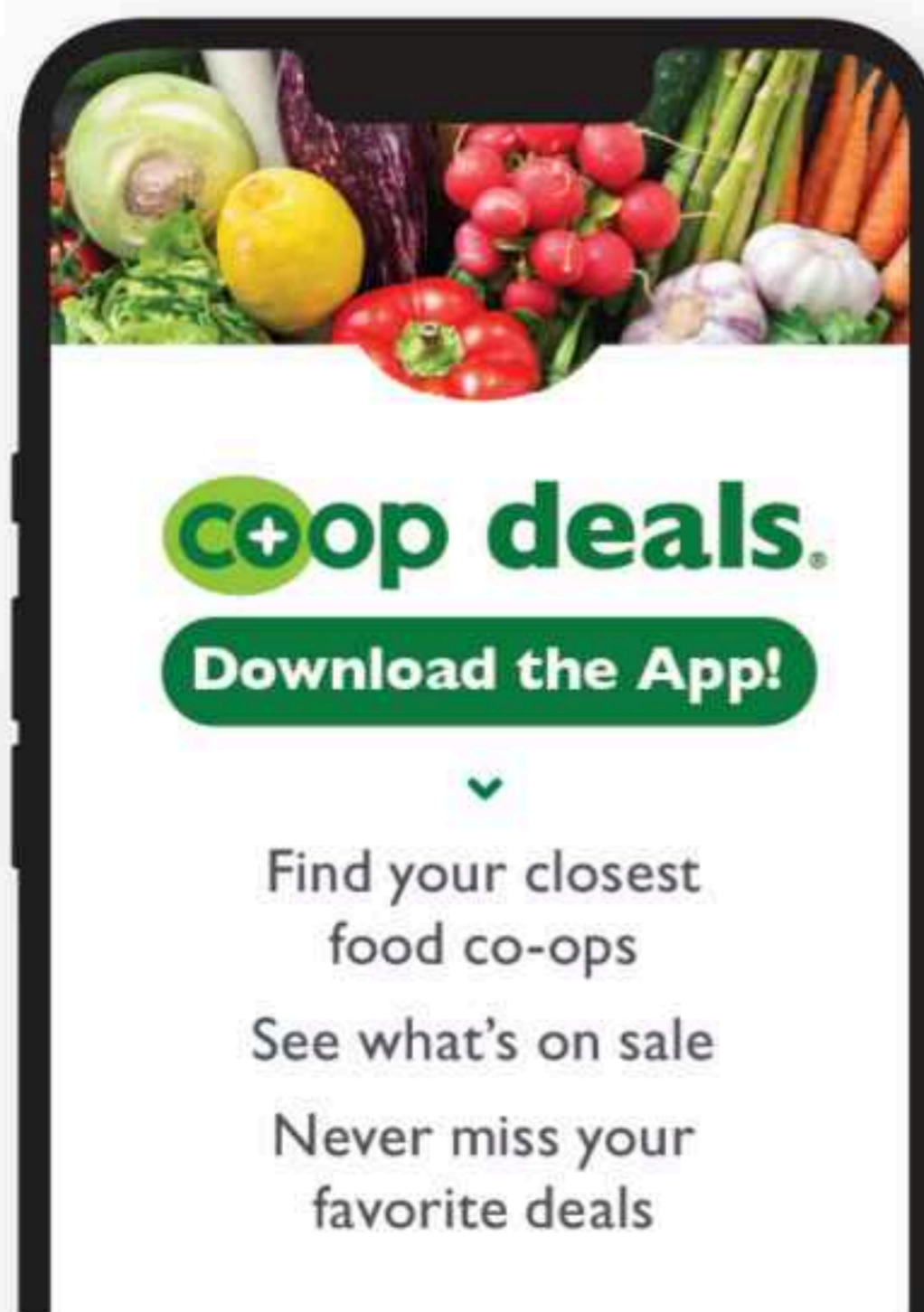
Ithaca
Hummus
10 oz., selected varieties



4.49

Nancy's
Organic Grass-fed
Yogurt
24 oz., selected varieties

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.



Be sure to check out the Co+op Deals app!



1.59

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



2.99

**Wildwood
Organic Sprouted
Tofu**
14 oz., selected varieties



4/\$5

**Fage
Greek Yogurts**
5.3 oz., selected varieties



3.69

**Laird Superfood
Coconut Creamer**
16 fl. oz., selected
varieties



5.49

**Green Mountain
Creamery
Greek Yogurt**
32 oz., selected varieties



love your guts

Discover Lifeway Organic Whole Milk Kefir! Crafted with all-natural ingredients, each sip is loaded with protein for strong muscles and 12 live and active probiotic cultures to support your microbiome.

4.79

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

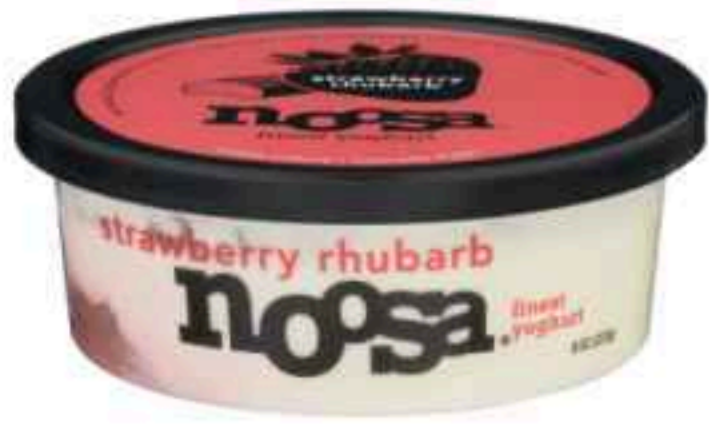


6.49

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

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

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



4/\$9

Noosa
Yoghurts
8 oz., selected varieties



rich, creamy and perfectly delicious



Our Brown Cow Yogurt is Non-GMO Project Verified with live and active cultures. Make today delicious with the original cream top yogurt.

5/\$5

Brown Cow
Cream Top Yogurts
5.3 oz., selected varieties



A balanced breakfast for busy days.

A refreshing start to the day.

clean energy

INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. ALIVE is our sparkling adaptogenic beverage designed to naturally energize your body and mind. Made with three powerful medicinal mushrooms, each sip provides a rejuvenating boost so you can feel alert.

2/\$6

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



inclusive trade



4.49

Stonyfield Organic
Kids Yogurt Tubes
16 oz., selected varieties



Discover new flavors at your co-op.

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



2/\$4
 De La Calle!
 Organic Mexican
 Soda
 12 fl. oz., selected
 varieties



2/\$5
 Perfect Bar
 Protein Bars
 1.94-2.5 oz., selected
 varieties



4.49
 Silk
 Plant-based Milk
 64 fl. oz., selected
 varieties



4.99
 So Delicious
 Organic
 Coconutmilk
 64 fl. oz., selected
 varieties



5.49
 Miyoko's
 Creamery
 Organic Pourable
 Plant Milk
 Mozzarella
 16 oz.



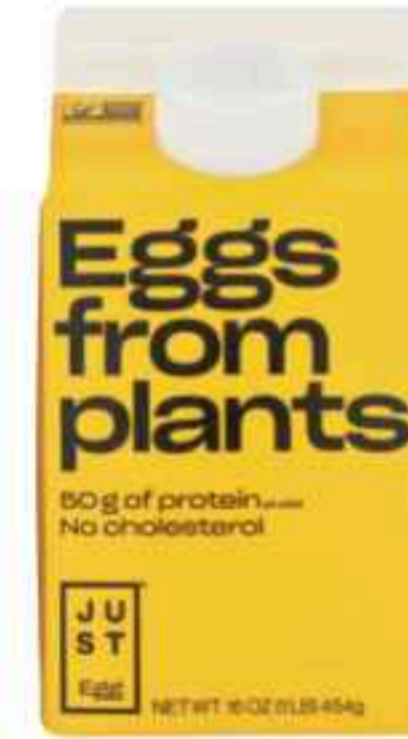
5.49
 So Delicious
 Coconutmilk
 Yogurt
 24 oz., selected
 varieties



5.49
 Chobani
 Greek Yogurt
 32 oz., selected varieties



5.99
 Treeline
 Dairy-free
 French-style
 Cheese
 6 oz., selected varieties



6.49
 Just
 Plant-based Egg
 16 oz.



*nourishing
 ingredients*

OPTIONS FOR EVERYONE

Start your day with a breakfast that makes mornings something to look forward to! The co-op has the ingredients you love so that every bite is fuel for a great day.

COOPERATIVELY OWNED



5.49
 Organic Valley
 Cottage Cheese
 16 oz., selected varieties

Your co-op has dairy and dairy-free options.

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

plant-based favorites

Start the year off with plant-based items full of flavor! **Lightlife** and **Field Roast** offer plant-based options for any occasion.



3.39
Lightlife
Organic Tempeh
8 oz., selected varieties



4.99
Field Roast
Chao Plant-based
Cheese
7-8 oz., selected varieties



4.99
Field Roast
Plant-based
Sausages
9.3-12.95 oz., selected varieties



5.99
Field Roast
Plant-based
Appetizers
10 oz., selected varieties



Make delicious meals with Co+op Deals.
Plant-based and gluten-free.



5.99
Canyon Bakehouse
Gluten-free Bread or Bagels
14-18 oz., selected varieties

INCLUSIVE TRADE PARTNER

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



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



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.

Your co-op supports Inclusive Trade.



2/\$4

Red's Burritos
4.5-5 oz., selected varieties

fresh start with frozen

Kick off the new year with Woodstock Organic Frozen Vegetables. Our vegetables are flavorful, versatile ingredients that make the perfect side or can be added to any soup, salad or stir-fry!



2.69

Woodstock Organic Frozen Vegetables
10 oz., selected varieties



3.79

Pitaya Passion Fruit
Bite-sized Pieces
12 oz.



2/\$8

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



4.69

Alexia Frozen Potatoes
15-19 oz., selected varieties



5.49

Food for Life Organic Bread
24 oz., selected varieties

heritage inspired and grain free!

Hosting taco night? Siete's Grain-free Tortillas have got your name on 'em! Simply warm them on a skillet and then fill with meat, cheese, veggies and more. ¡Buen Provecho!



7.99

Siete Grain-free Tortillas
7 oz., selected varieties



4.99

Rudi's Organic Bread
22 oz., selected varieties

Easy meal solutions are at your co-op.



3/\$7
Near East
Couscous Mixes
or Rice Pilafs
5.2-10 oz., selected
varieties



2/\$7
Muir Glen
Organic Pasta
Sauces
23.5 oz., selected
varieties

2/\$9
Pacific Foods
Organic Soups
32 fl. oz., selected varieties



3.99
Sfoglini
Organic Pasta
12-16 oz., selected
varieties



5.49
Bragg
Organic Apple
Cider Vinegar
32 fl. oz.



8.49
Lundberg Family
Farms
Organic Rice
32 oz., selected varieties



your partner in cooking

With every sizzle and drizzle, Spectrum® Culinary Oil unlocks the true essence of your ingredients with our diverse selection of cooking oils, transforming every dish into a mouthwatering masterpiece!

8.49
Spectrum
Organic Unrefined
Coconut Oil
14 oz.



9.99
Chosen Foods
100% Pure
Avocado Oil
16.9 fl. oz.

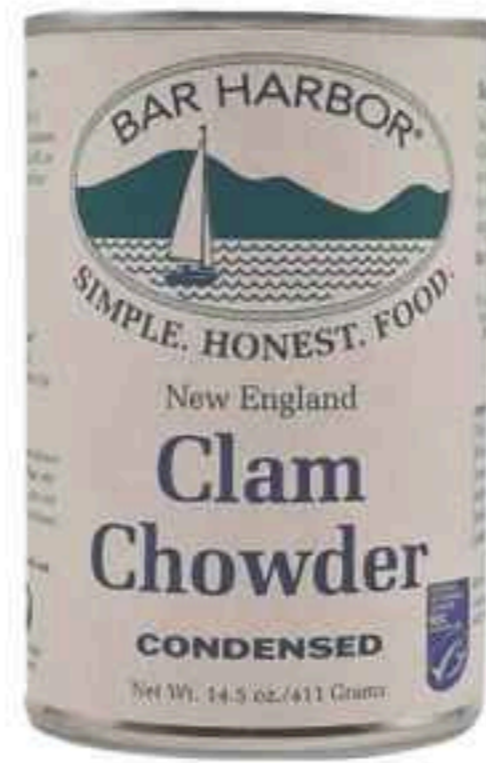


Find cooking essentials at your co-op.



4/\$9

Wild Planet Sardines
4.4 oz., selected varieties



2/\$6

Bar Harbor Chowder or Bisque
15 oz., selected varieties



3.99

Santa Cruz Organic Apple Sauce
23 oz., selected varieties



7.99

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



9.99

Justin's Almond Butter
16 oz., selected varieties

imagine the possibilities



Imagine® starts with fresh ingredients. We're dedicated to helping you discover restaurant-quality meals at home with over 20 organic soups, broths and gravies. Let your imagination run wild!

2/\$7

Imagine Organic Broths
32 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Fillo's is a Hispanic-owned company. We offer a range of reimagined Latin staples packed with flavor and nutrients.



2/\$4

Fillo's Walking Tamales
4 oz., selected varieties

scoop up the savings in bulk!



1.69

Organic Steel Cut Oats
per pound in bulk



3.19

Organic Kidney Beans
per pound in bulk



4.99

Organic Pumpkin Seeds
per pound in bulk

Discover delicious brands at your co-op.



2.99

Nutpods
Dairy-free Creamer
11.2 fl. oz., selected varieties



3.49

Pacific Foods
Organic Oat
Beverage
32 fl. oz., selected
varieties



2/\$8

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



4.49

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



5.99

Seven Sundays
Cereal
8 oz., selected varieties



2/\$6

Goldthread
Plant-based Tonic
10.5 fl. oz., selected
varieties



31.99

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

oats, perfected by nature

Good mornings start with good ingredients, like Bob's Red Mill Organic Protein Oats and Gluten-free Organic Old Fashioned Rolled Oats. Enjoy a cozy bowl of oatmeal or bake cookies with the kids!

7.49

Bob's Red Mill
Organic Oats
28-32 oz., selected varieties



5.49

Maranatha
Organic Peanut Butter
16 oz., selected varieties

Your co-op helps make mornings easier.



2/\$4

Yachak Organic Yerba Mates
16 fl. oz., selected varieties



COOPERATIVELY OWNED



4.79

Simply Organic Cinnamon
2.45 oz., selected varieties



5.99

Rishi Organic Tea
15 ct., selected varieties



6.39

Manitoba Harvest Hemp Hearts
8 oz.



8.99

Navitas Organics Unsweetened Cacao Powder
8 oz.



COOPERATIVELY OWNED



9.99

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



COOPERATIVELY OWNED



10.99

Equal Exchange Organic Love Buzz Coffee
per pound in bulk



13.99

Four Sigmatic Organic Mushroom Coffee
12 oz., selected varieties



17.99

Simply Tera's Pure Whey Protein Powder
12 oz., selected varieties



blended, not baked

Whether you're looking for craveable sweet flavors or a bar packed with greens, PROBAR Meal is the perfect companion for days on-the-go! Real food, made with real ingredients.

2.29

Probar Meal Bar
3 oz., selected varieties



2/\$4

Earth's Best Organic Yogurt Smoothies
4.2 oz., selected varieties



Your co-op has everything to stock the pantry.

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



2/\$5

Epic Meat Bars
1.3-1.5 oz.,
selected varieties



2/\$3

Epic Snack Strips
.8 oz., selected varieties



2/\$6

Epic Pork Rinds
2.5 oz., selected varieties



4.99

Epic Bone Broth
14 fl. oz., selected varieties

fuel your next adventure

Epic brings bold flavor and premium sourcing standards to every bar, strip, pork rind and broth. Whole30 approved, keto friendly, gluten-free, paleo-friendly and more. This is not your dad's meat snacks. It's EPIC.



Find snacks to sustain your energy.

Fuel your active lifestyle.



4/\$5

Larabar Fruit & Nut Bars
1.06-1.7 oz., selected varieties



2/\$6

Boulder Canyon Potato Chips
5.25-6.5 oz., selected varieties



3.79

Lundberg Family Farms Organic Rice Cakes
6-10.5 oz., selected varieties

The snacks you love are at your co-op.

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



3.99

Siete
Tortilla Chips
5-7.5 oz., selected varieties



2/\$9

Garden of Eatin'
Tortilla Chips
16 oz., selected varieties



Relax with refreshments from the co-op.

Great snacks are at your co-op.



3/\$5

Steaz
Organic Green
Teas
16 fl. oz., selected
varieties



2/\$4

Vita Coco
Coconut Waters
16.9 fl. oz., selected
varieties



3.29

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

COOPERATIVELY OWNED



3.99

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



4.49

Green Mountain
Gringo
Salsa
16 oz., selected varieties



5.49

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

Find food and drinks for on-the-go at your co-op.



12.99
Nature's Way
Cherry Umcka
Syrup
4 fl. oz.

turmeric you can trust

Gaia Herbs is the bestselling turmeric for a reason. Made with regeneratively grown turmeric and purity tested, our full-spectrum liquid phytocaps are potent, concentrated and effective.



32.99

Gaia Herbs
Turmeric Supreme
Extra Strength
120 ct.



19.99
Barlean's
Organic Flax Oil
16 fl. oz.



19.99
Enzymedica
Digest Gold
45 ct.



19.99
Flora
Super 8 Hi-
Potency Probiotic
30 ct.



27.99
Whole Earth & Sea
Multivitamin &
Mineral
60 ct., selected varieties

live brighter



Since 1973, we've scoured the globe for the highest-quality ingredients, connecting you with the most efficacious supplements to help you live brighter and embrace the moments that matter most. Our mission statement is printed on our bottles; it's also our way of life.



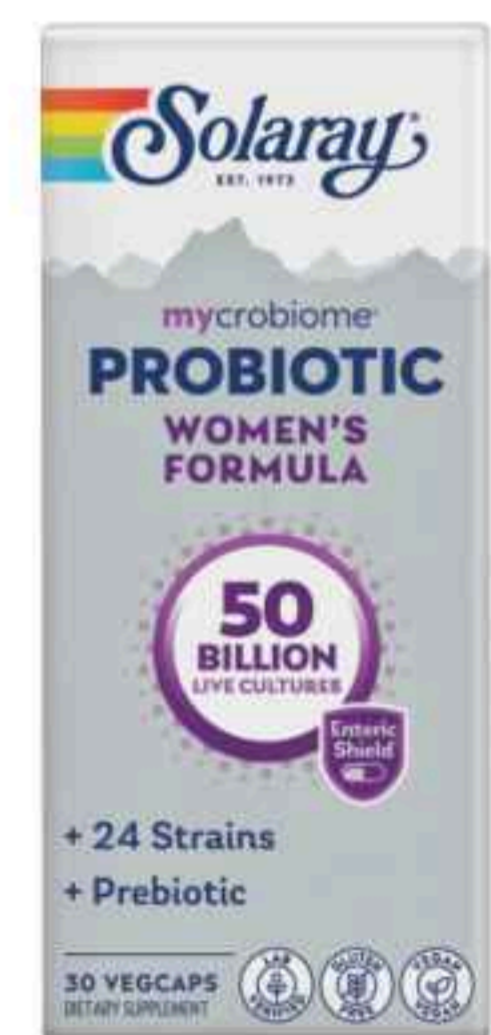
14.99
Solaray
Vitamin D-3 & K-2
60 ct.



16.99
Solaray
Magnesium
Glycinate 350mg
120 ct.



22.99
Solaray
D-Mannose
with CranActin
60 ct.



35.99
Solaray
Mycrobioome
Women's Probiotic
30 ct.

Find a variety of supplements at your co-op.



3.69

**Seventh Generation
100% Recycled Bath Tissue**
4 ct.

INCLUSIVE TRADE PARTNER

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

6.99

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



12.99

**Biokleen
Liquid Laundry Detergent**
64 fl. oz., selected varieties



2.99

**Desert Essence
Tea Tree Oil
Dental Floss or
Tape**
30-50 yd., selected varieties



17.99

**Andalou Naturals
Resveratrol Q10
Night Repair
Cream**
1.7 oz.

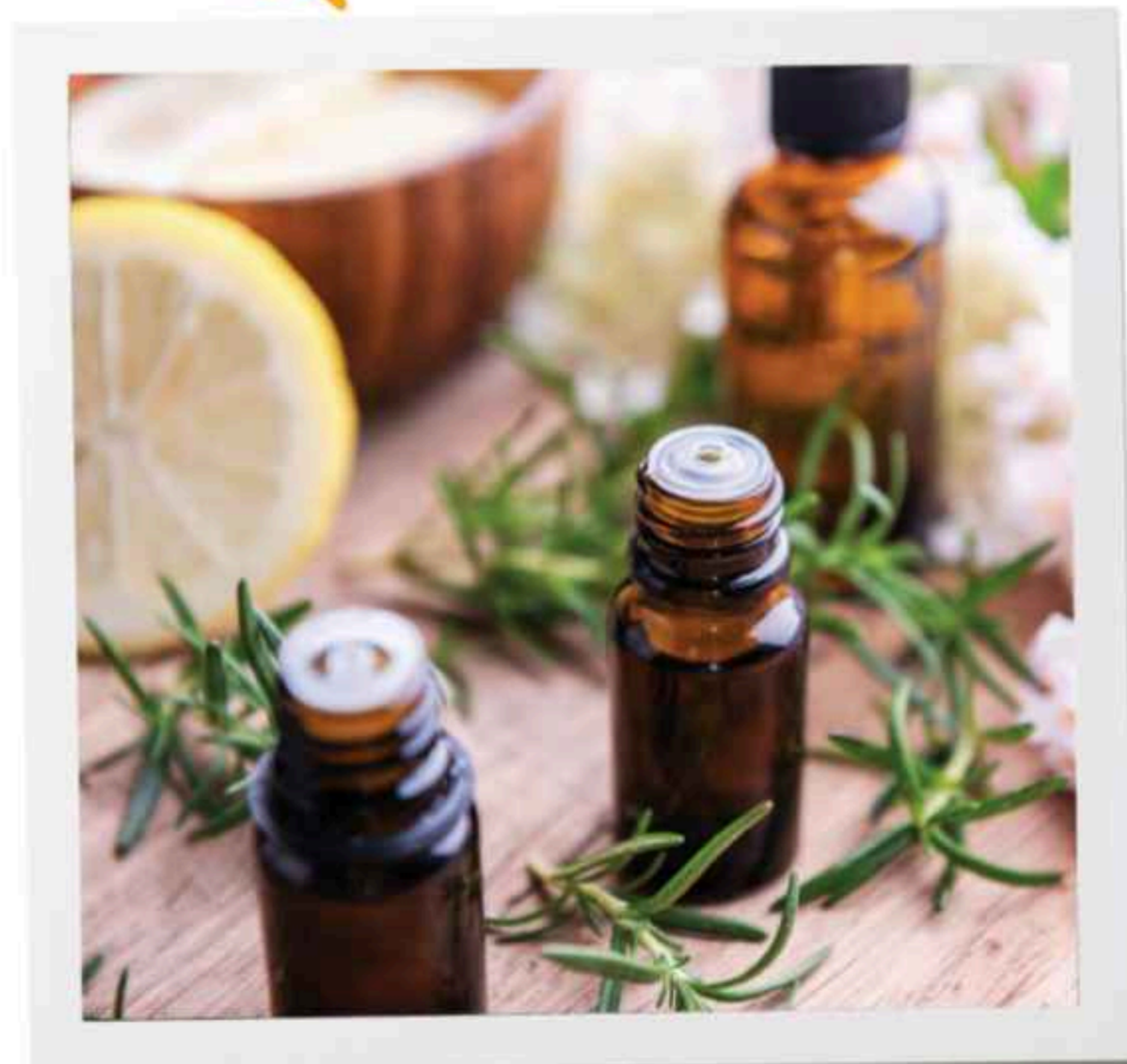


simple and hydrating

Taking care of your skin doesn't have to be challenging, but during colder weather months it's important to keep it hydrated.

SCAN THE CODE:

Check out this DIY body scrub recipe made with your own essential oils.



9.99

**Jason
Body Wash**
30 fl. oz., selected varieties

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

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

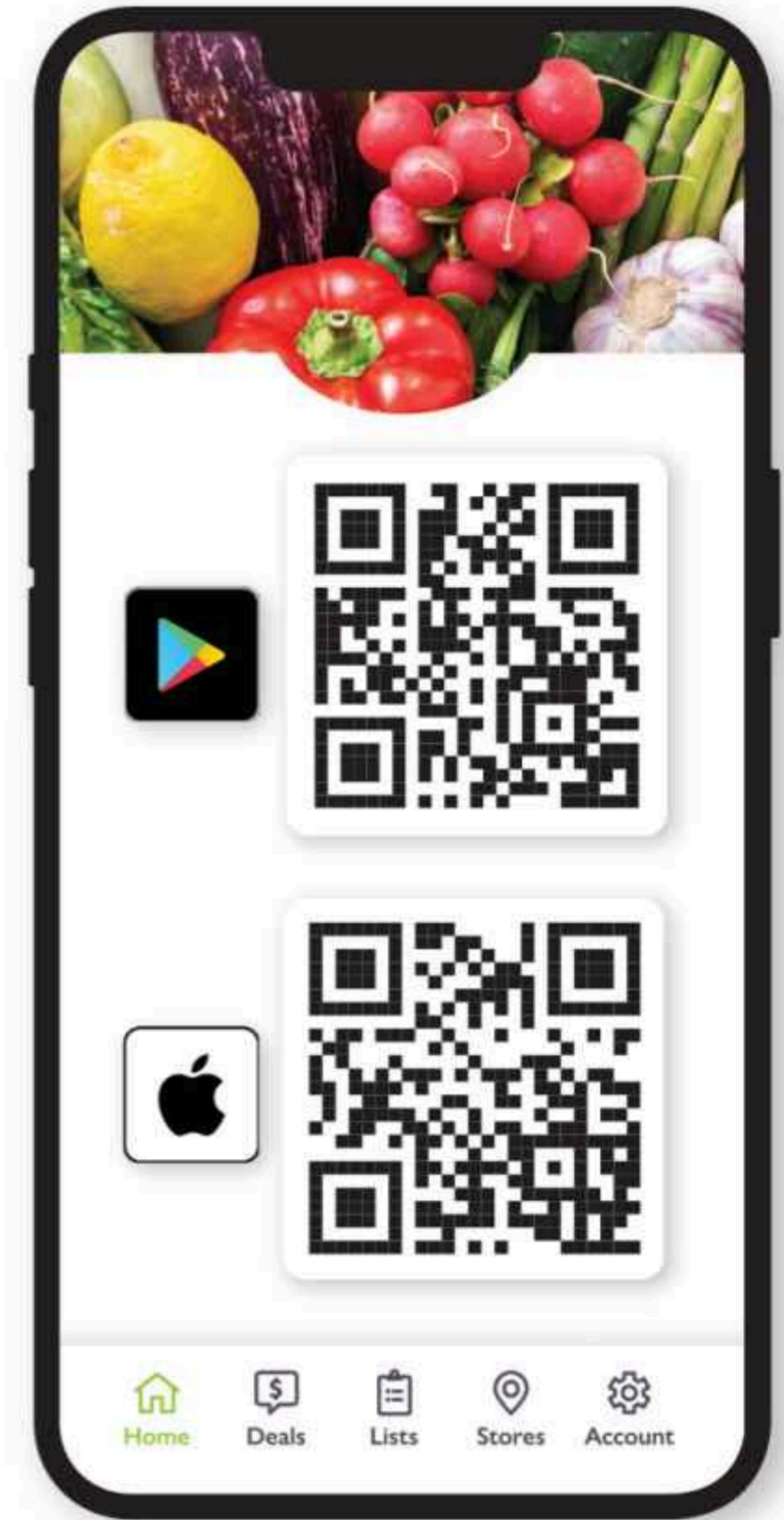
Brattleboro Food Co-op
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Putney Food Co-op
Rutland Area Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

VIRGINIA

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

coop deals.

Download the App!



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

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

soda's back, but better

Founded by Allison and Stephen Ellsworth, poppi combines fruit juice, prebiotics and 5g of sugar to create a delicious soda for the next generation.

2/\$4

Poppi
Prebiotic Sodas
12 fl. oz., selected varieties



3.79
Barnana
Organic Plantain
Chips
5 oz., selected varieties



3.99
Solely
Organic Whole
Fruit Gummies
3.5 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.



NESE0125B