

coop deals

JAN 31 - FEB 13, 2024

share the love

Chocolate is delicious for all ages and an easy treat to share. Chocolove has delicious combinations to choose from, including almonds and sea salt. You can find them on sale at the co-op!

2/\$4

**Chocolove
Chocolate Bars**

2.9-3.2 oz., selected varieties



Buy One, Get One

FREE

**Against the Grain
Pizza**

22.4-24 oz, selected varieties



4.49

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



5.49

**Applegate
Sunday Bacon**
8 oz.



Buy One, Get One

FREE

special offers inside!



Buy One, Get One **FREE** Deals at the Co-op!



Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.



Buy One, Get One
FREE
Booda Organics
Eco Balm
.3 oz., selected varieties

COOPERATIVELY OWNED



Buy One, Get One
FREE
Aura Cacia
Mineral Bath
2.5 oz., selected varieties



Buy One, Get One
FREE
Native Forest
Organic Simple or
Classic Coconut Milk
13.5 fl. oz.

Save big on your favorite items from the co-op.

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



Buy One, Get One

FREE

Miyoko's Creamery
Organic Salted
Plant Milk Butter
8 oz.



Buy One, Get One

FREE

Reed's
Ginger Ale
4 pk.-12 fl. oz. cans, selected varieties



Buy One, Get One

FREE

The Good Crisp Company
Potato Crisps or
Cheese Balls
2.75-5.6 oz., selected varieties



Buy One, Get One

FREE

Muir Glen
Organic Tomatoes
28 oz., selected varieties

COOPERATIVELY OWNED



Buy One, Get One

FREE

Simply Organic
Seasoning or Dip Mixes
.7-1.5 oz., selected varieties



*stock up & save
on BOGO items!*

You'll love these BOGO deals from the co-op.



3.79

Kite Hill Dairy-free Dip
8 oz., selected varieties



3.79

Kite Hill Dairy-free Sour Cream
8 oz., selected varieties



4.29

Kite Hill Plant-based Yogurt
16 oz., selected varieties



5.99

Kite Hill Dairy-free Cream Cheese
8 oz., selected varieties

*game-changing,
plant-based
goodness*

Stock up on your essentials with **Kite Hill**. From our versatile ricotta and sour cream to our delicious cream cheese, pastas, dips and yogurt — we are sure to have all your dairy-free needs covered to please everyone at your table.



2/\$7

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



6.99

Cocojune Organic Coconut Yogurt
16 oz., selected varieties



6.99

Uncle Matt's Organic Orange or Grapefruit Juice
52 fl. oz., selected varieties



4/\$7

Silk Dairy-free Yogurt
5.3 oz., selected varieties



7.39

White Mountain Organic Probiotic Whole Milk Bulgarian Yogurt
32 oz.



7.49

Bubbies Pickles
25-33 fl. oz., selected varieties

The co-op has great breakfast options.

COOPERATIVELY OWNED



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



plain extraordinary



Rich. Creamy. Delicious. Make every day extraordinary with FAGE Total Yogurt.

2.99

Fage
Greek Yogurt
16 oz., selected varieties



COOPERATIVELY OWNED

3.99
Organic Valley
Sour Cream
16 oz., selected varieties



5.49
Toby's
Dressing or Dip
12 oz., selected varieties

plant-based essentials!

Support your nutrition goals with **Lightlife** and **Field Roast** vegan and plant-based favorites. Whether you're looking to elevate mealtime in the new year or fuel up without feeling weighted down, Lightlife and Field Roast have the assortment for you!



3.29
Lightlife
Organic Original
Tempeh
8 oz.



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



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



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

Find dairy and plant-based options at the co-op.



3/\$4

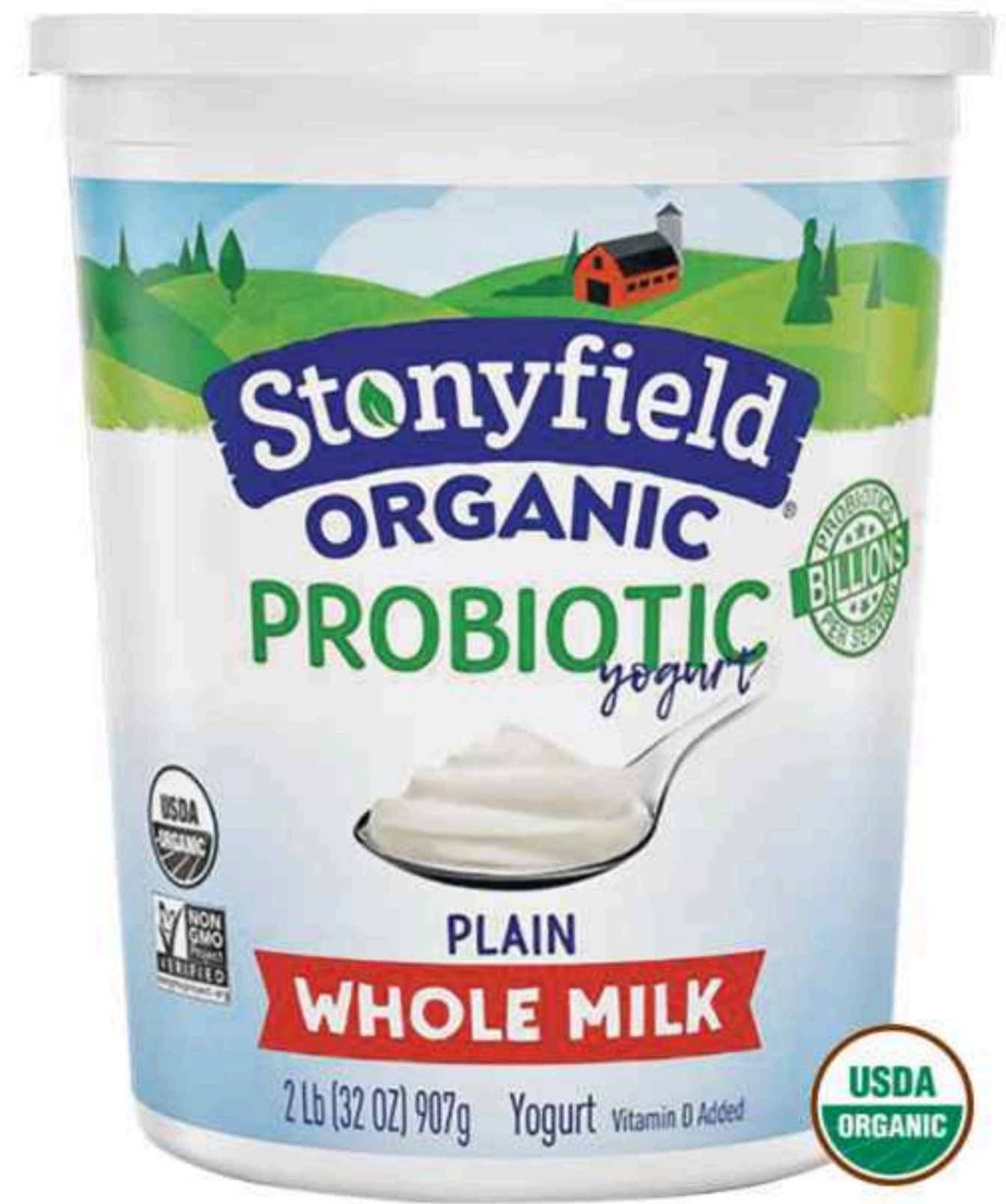
**Chobani
Greek Yogurt**
5.3 oz., selected varieties

choose organic ingredients

Our organic yogurt is packed with high-quality ingredients and a taste you'll love.

3.99

**Stonyfield Organic
Yogurt**
32 oz., selected varieties



COOPERATIVELY OWNED



4.49

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



4.49

**Grillo's
Pickle Chips**
16 fl. oz., selected varieties



2.99

**Oatly
Barista Edition**
32 fl. oz., selected varieties



2/\$8

**Oatly
Oatmilk**
64 fl. oz., selected varieties



3.99

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

check it out

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!

Visit grocery.coop for breakfast recipes.

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

INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is an Indian-owned company that makes frozen entrees from scratch with a wide range of Indian flavors.



4.99

Deep Indian Kitchen Entrées
9-10 oz., selected varieties



2.19

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

INCLUSIVE TRADE PARTNER

Starlite Cuisine is a multi-generational, diverse-owned company that makes great-tasting and convenient vegan products.



5.99

Starlite Cuisine Frozen Plant-based Appetizers
12-14 oz., selected varieties



2/\$8

Cascadian Farm Organic Frozen Potatoes
12-16 oz., selected varieties



2/\$8

Annie's Pizza Poppers
6.8 oz., selected varieties



5.99

Canyon Bakehouse Gluten-free Bread
18 oz., selected varieties



3.79

Good Karma Flaxmilk
64 fl. oz., selected varieties



4.49

Gardein Plant-based Proteins
8.1-13.7 oz., selected varieties



4.99

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



Shop the co-op for weeknight meals.



3.99

**Dream
Plant-based Milk**
32 fl. oz., selected
varieties



2/\$4
**Earth's Best
Organic Yogurt
Smoothie Pouch**
4.2 oz., selected varieties



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



4.49
**R.W. Knudsen
Organic Cranberry
Juice Blends**
32 fl. oz., selected varieties



6.49
**Grandy Organics
Coconola**
9 oz., selected varieties



2/\$3
**Larabar
Fruit and Nut Bars**
1.6-1.7 oz., selected varieties



we all need LOVE

Enjoy your Love Crunch granola as a delicious breakfast option, or bring the granola on one of your adventures as an exceptionally tasty snack! Organic indulgence and LOVE!

4.49

**Nature's Path Organic
Love Crunch Granola**
11.5 oz., selected varieties



Stock up on brands you love at the co-op.

INCLUSIVE TRADE PARTNER

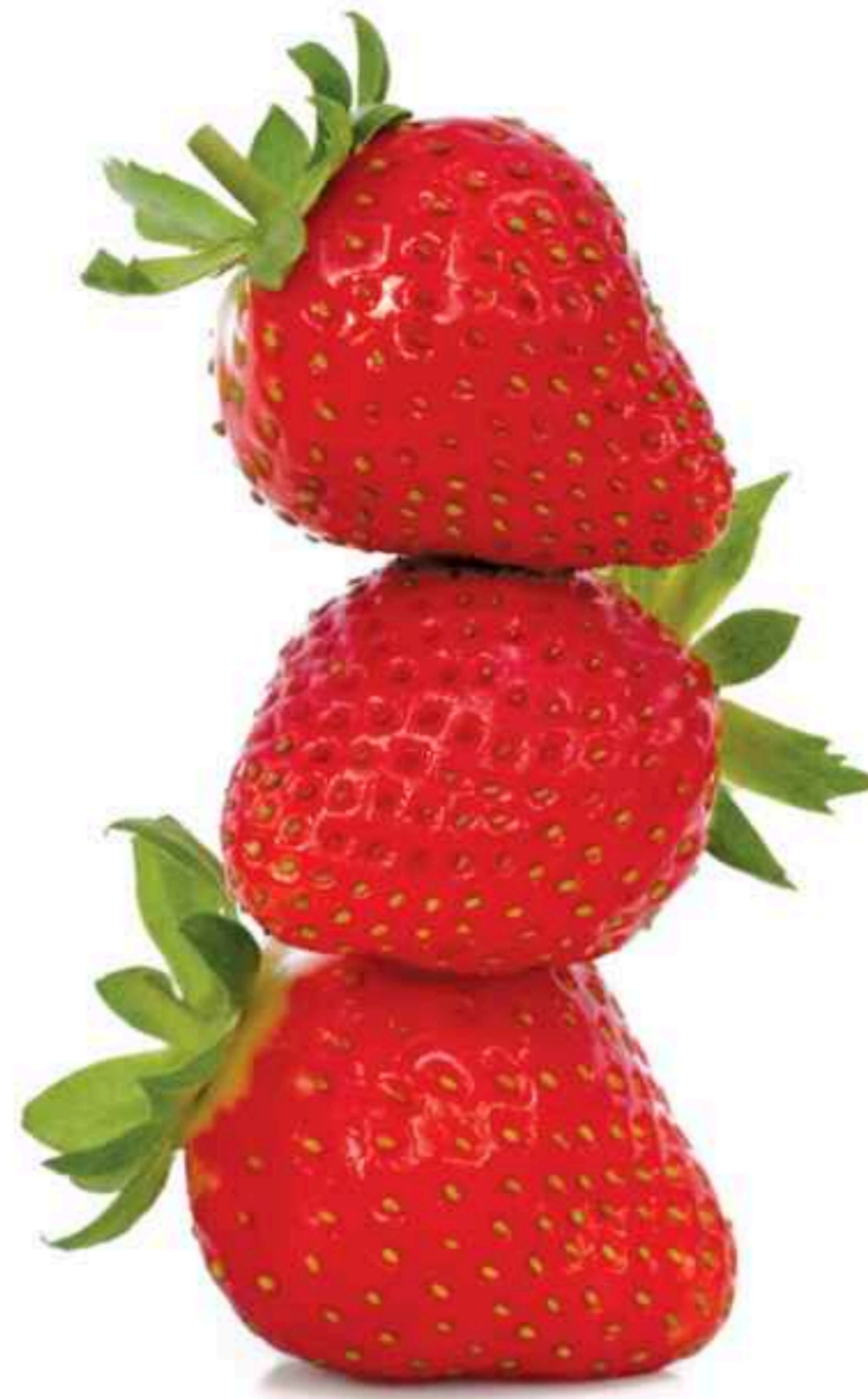


ALO Drink is an Asian-owned company. We source non-GMO aloe vera plants from sustainable farms in Thailand and provide rural communities with economic value.



2/\$4

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



4.49

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



coop deals®

Download the App!



Find your closest
food co-ops
See what's on sale
Never miss your
favorite deals

Download the new Co+op Deals app today!

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



simple and delicious

SCAN FOR EASY-TO-MAKE RECIPES

Recipes that have no more than five ingredients are easy to make. For those busy days balancing work and life, check out these perfect meal solutions.



2/\$6

Safe Catch
Elite Wild Tuna
5 oz., selected varieties



2/\$6

Imagine
Organic Broth
32 fl. oz., selected varieties



3.29

Woodstock
Organic Ketchup
20 oz., selected varieties



2/\$6

Lotus Foods
Organic Rice
Noodles
8 oz., selected varieties

scoop up the savings in bulk!



1.79

Organic
Multi-Color
Popcorn
per pound in bulk



2.99

Organic
Tri-Color Quinoa
per pound in bulk



5.49

Organic
Dried Cranberries
per pound in bulk

Ingredients for easy meals are at the co-op.

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

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



Everyday Low Price
1.99
Field Day Organic Macaroni & Cheese
6 oz., selected varieties



13.99
Spectrum Organic Extra Virgin Mediterranean Olive Oil
33.8 fl. oz.

COOPERATIVELY OWNED



4.79
Plant Boss Organic Plant-based Crumbles
3.17-3.35 oz., selected varieties



2/\$6
Annie's Organic Macaroni & Cheese
5.5-6 oz., selected varieties



5.99
Sky Valley Hot Sriracha Sauce
18.5 oz.



8.49
Once Again Organic Sesame Tahini
16 oz., selected varieties

clean, authentic ramen



Koyo Asian Vegetable Ramen is the classic flavor you've been searching for. Our organic noodles are baked, not fried, and are crafted in the traditional roll-and-cut method from freshly milled, organic heirloom grains.

5/\$5
Koyo Ramen
2-2.1 oz., selected varieties



14.99
Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil
30 fl. oz.

Try something new at the co-op.

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

INCLUSIVE TRADE PARTNER

Siete Family Foods is a Hispanic-owned and mission-based company passionate about making and sharing real food.



2/\$7

Siete
Grain-free Cookies
4.5 oz., selected varieties

nourishing people and the planet



INCLUSIVE TRADE PARTNER

Simple Mills is a woman-owned company that advances regenerative agriculture principles, elevates farmers, empowers eaters and inspires others so that our food system can nourish people and our planet now and for generations to come.

3.99

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



3.79

Barnana
Organic Plantain Chips
5 oz., selected varieties

bring the flavor

Make these tasty, thin and crispy chips your go-to snack for gathering together. They're made with organic ingredients, gluten-free and non-GMO product certified. Bring out the good chips!

2/\$7

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



INCLUSIVE TRADE PARTNER

Partake Foods is a Black-owned company. We offer delicious foods that those with and without food allergies can enjoy and share. All offerings are free of the top allergens.

4.49

Partake Foods
Cookies
5.5 oz., selected varieties



Find great savings with Co+op Deals!



bold crunch, delicious taste

These flavorful chips will have everyone cheering for more. Kettle Brand® chips are made with high-quality ingredients and are gluten free and non-GMO certified. Great tasting with a hearty crunch.



4.49

Quinn
Pretzel Nuggets
5-7 oz., selected varieties

4.49

Kettle Brand
Potato Chips
13 oz., selected varieties



Share a special treat with someone you love.

Savory and sweet.

taste the magic

Dr. Bronner's Magic All-One Chocolate pairs regenerative organic ingredients with world-class Swiss chocolatiers. Discover Salted Dark & Crunchy Hazelnut Butter — our best-selling, vegan, organic, 70% cocoa dark chocolate!

2/\$7

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



5.49

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

Food for all occasions is at the co-op.



7.49

Heritage Store
Rosewater
Facial Mist
8 fl. oz.



safer and sustainable

INCLUSIVE TRADE PARTNER

ECOS is a Black- and woman-owned company that believes everyone has a right to a healthy home. For more than 50 years, we've innovated new ways to live cleaner, creating cleaning products for all that protect the health and wellness of people, pets and the planet.

12.99

Ecos
Laundry Detergent
100 fl. oz., selected varieties



Co-ops are committed to fostering diverse communities.
Our diversity is our strength.

restore skin's natural luminosity



Reveal healthy, glowing skin with Weleda Skin Food Face Care. Plant-powered ingredients like antioxidant-rich cica, soothing calendula, olive leaf and squalane leave skin feeling moisturized day and night.

17.99

Weleda
Skin Food Day or Night
Nourishing Cream
1.3 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER



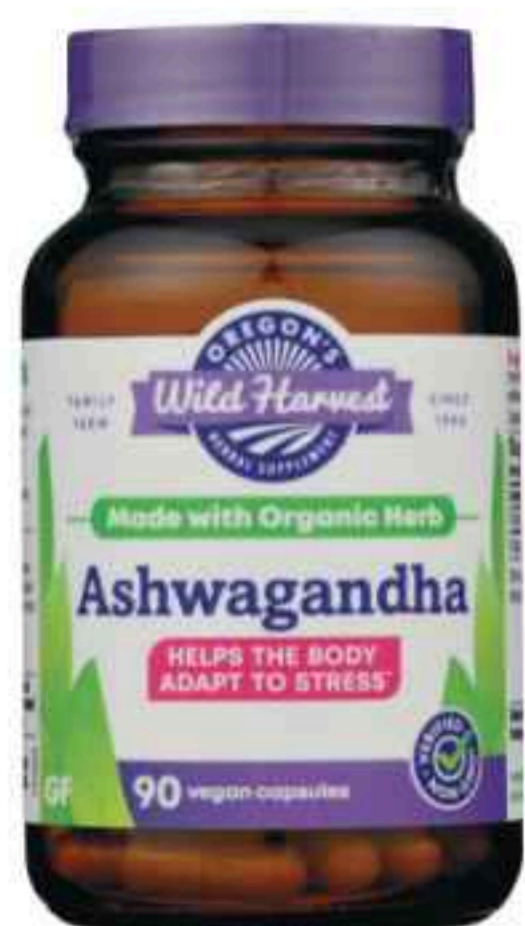
The Honey Pot is a Black-owned company, and we've created the first complete feminine care system powered by herbs®. Our products are dermatologist tested, kind to skin and plant derived.

8.49

The Honey Pot
Intimate Wipes
30 ct., selected varieties

The co-op supports Inclusive Trade.

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



rooted in Oregon

As a family farm and herbal supplement manufacturer since 1994, **Oregon's Wild Harvest** supports regenerative practices that heal the land and water and sequester carbon to ensure pure, potent herbal medicine is available today and for future generations.

15.99

Oregon's Wild Harvest Ashwagandha 90 ct.

16.99

Oregon's Wild Harvest Saw Palmetto 90 ct.

19.99

Oregon's Wild Harvest Turmeric 60 ct.

19.99

Oregon's Wild Harvest Milk Thistle 90 ct.



12.99

Now L-Tryptophan 500mg 60 ct.



18.99

Om Master Mushroom Blend 80 ct.



greatness in every gummy

Garden of Life Organics gummies steer clear of processed sugars, syrups, animal products, and GMOs so you get whole food vitamins that are good for you, and are tasty, too!

17.99

Garden of Life Mykind Organics Multi Gummies 120 ct., selected varieties



20.99

Nordic Naturals Ultimate Omega-D3 60 ct.

Winter wellness items are at the co-op.

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

ALASKA

Co-op Market Grocery & Deli

ARIZONA

Food Conspiracy Co-op

CALIFORNIA

- BriarPatch Food Co-op
- Chico Natural Foods Cooperative
- Co-opportunity Market
- Davis Food Co-op
- Feather River Food Co-op
- Isla Vista Food Co-op
- North Coast Co-op
- Ocean Beach People's Organic Food Co-op
- Placerville Food Co-op
- Sacramento Natural Foods Co-op
- SLO Food Co-op
- Ukiah Natural Foods Co-op

IDAHO

- Boise Co-op
- Moscow Food Co-op

MONTANA

Community Food Co-op

NEVADA

Great Basin Community Co-op

OREGON

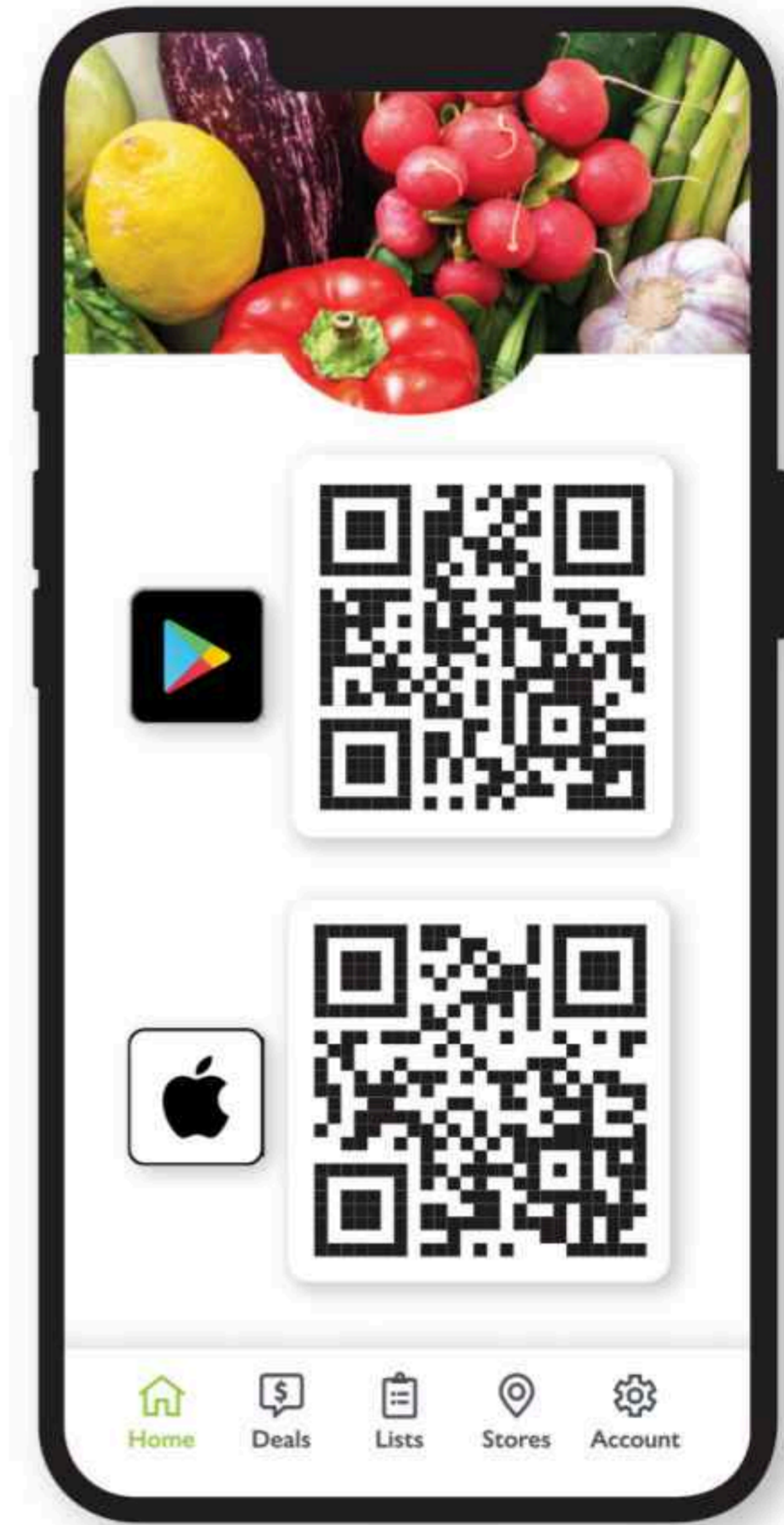
- Alberta Cooperative Grocery
- Ashland Food Co-op
- Astoria Co+op
- First Alternative Co-op
- Medford Food Co-op
- People's Food Co-op

WASHINGTON

- Central Co-op
- Community Food Co-op
- Main Market Co-op
- Olympia Food Co-op
- Orcas Food Co-op
- Skagit Valley Food Co-op
- Sno-Isle Food Co-op
- The Food Co-op

coop deals.

Download the App!

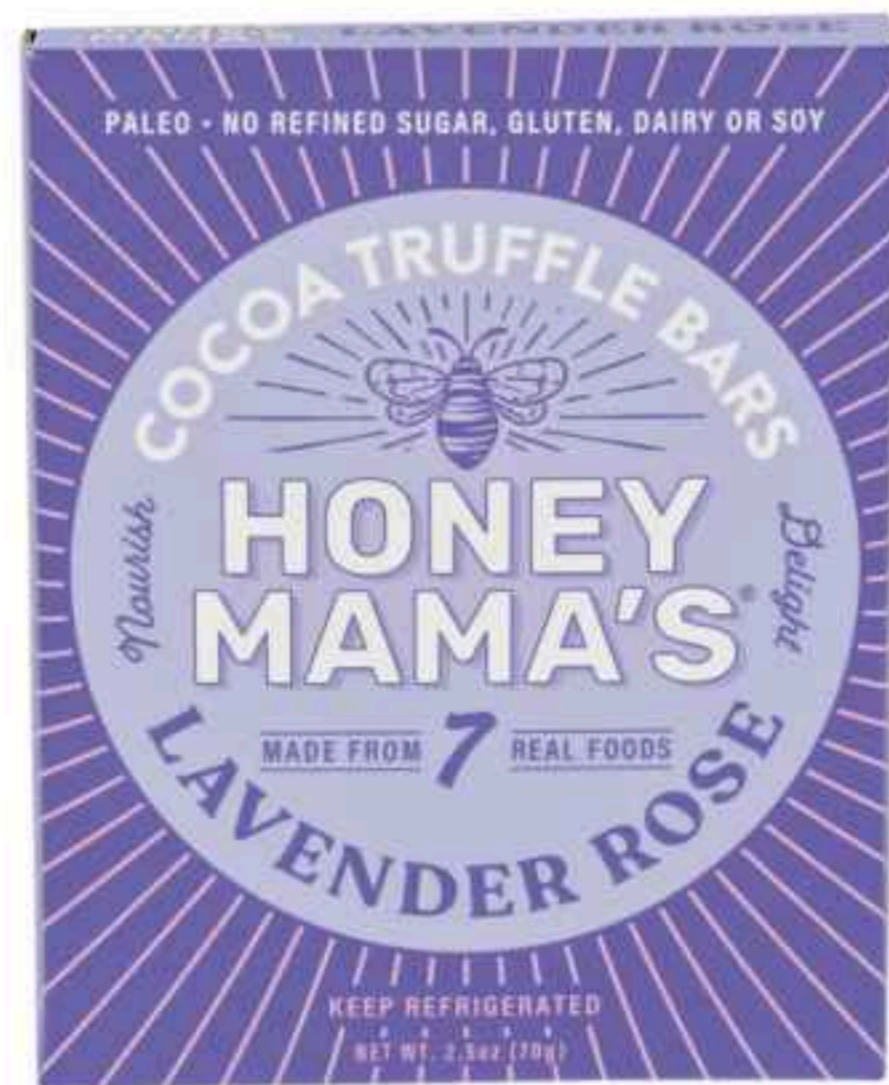


See what's on sale with the Co+op Deals app!



3/\$5

Justin's Organic Nut Butter Cups
1.32-1.4 oz., selected varieties



3.99

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



3.99 Tony's Chocolonely Chocolate Bars
6.35 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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