

coop deals

FEB 28 - MAR 12, 2024

ready-to-eat protein

Wild Planet Tuna is a delicious and versatile option for any meal of the day. Try this protein-rich tuna in salads, sandwiches, kimbap rolls, quesadillas or pasta recipes. You'll feel good that Wild Planet uses sustainable practices, and tuna is rich in omega-3s. Get it at the co-op — on sale now!



2/\$5

**Wild Planet
Skipjack Tuna**
5 oz., selected varieties



2/\$6

**Stacy's
Pita Chips**
6.75-7.33 oz., selected
varieties

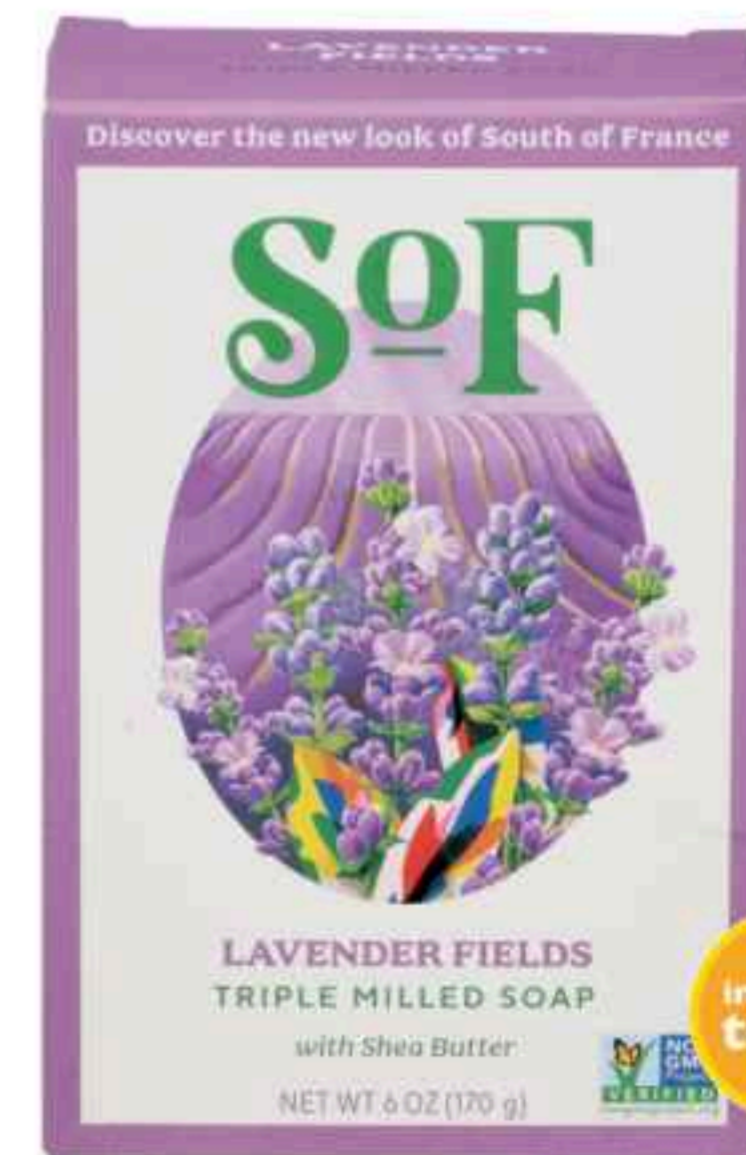


2/\$7

**Rebl
Organic Elixir**
12 fl. 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.



2/\$7

**South of France
Bar Soap**
6 oz.,
selected varieties



3.79

**Pacific Foods
Organic Broth**
32 fl. oz., selected
varieties

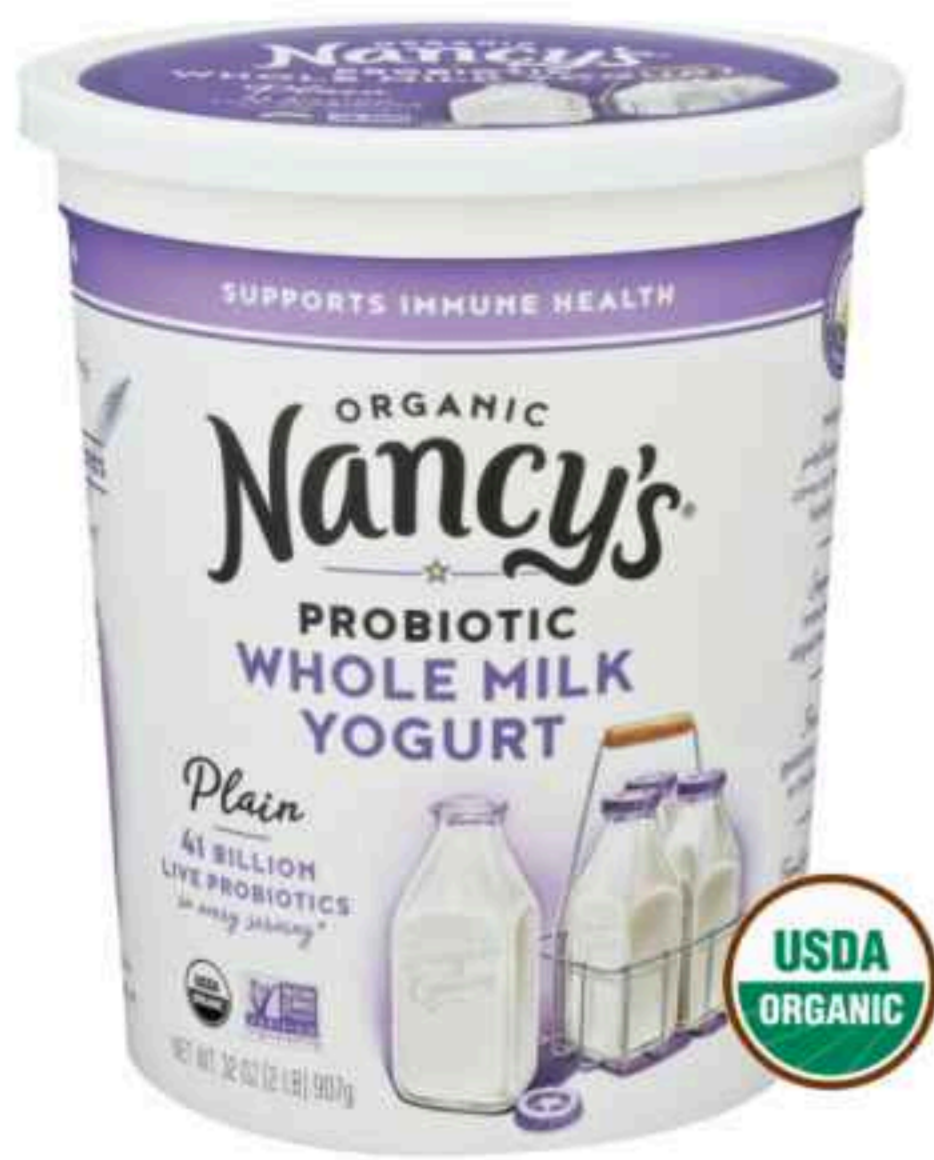


3.99

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



Stop by the co-op and find delicious deals.
Fresh and easy meals.



4.49

Nancy's Organic Yogurt
24-32 oz., selected varieties

crafted with less



No artificial anything, and flavored only with real fruit. Less sets you free.™

4/\$5

Siggi's Skyr Yogurt
4.4-5.3 oz., selected varieties



2/\$5

Perfect Bar Protein Bars
1.94-2.5 oz., selected varieties



3.29

Stumptown Coffee Roasters Cold Brew Concentrate
10.5-11 fl. oz., selected varieties

COOPERATIVELY OWNED



3.99

Kerrygold Pure Irish Butter
8 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



4.49

Nancy's Organic Cottage Cheese
16 oz., selected varieties



4.99

Forager Project Organic Cashewmilk Yogurt
24 oz., selected varieties

The co-op has dairy and nondairy options.



3/\$4

**Fage
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 butter you can trust.



2/\$7

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



2/\$5

**Brew Dr.
Organic
Kombucha**
14 fl. oz., selected varieties



3.49

**Califia Farms
Better Half
Unsweetened
Coconut Cream &
Almondmilk**
16.9 oz.



6.49

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

plant-based dinner sausage →



Made from simple plant-based ingredients, our Beyond Sausage has no GMOs and no soy or gluten. From grill to griddle to frying pan, a dinner sausage stuffed with delicious flavor.

6.99

**Beyond Meat
Plant-based Sausages**
14 oz., selected varieties



2/\$7

**Blue Diamond
Almondmilk**
64 fl. oz., selected varieties

The co-op makes easy meals a breeze.



5.39
Applegate
Sliced Deli Meat
7 oz., selected varieties



COOPERATIVELY OWNED



5.29
Organic Valley
Block Cheese
8 oz., selected varieties

INCLUSIVE TRADE PARTNER

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



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



6.49
Miyoko's Creamery
Organic Plant Milk
Mozzarella
8 oz., selected varieties



11.99
Wyman's
Wild Blueberries
3 lb.

premium freezer finds

Revamp your meals with frozen delights! From yummy frozen seafood to flavorful fruit, and crisp veggies. Find freshness in every aisle with Natural Sea and Woodstock!



2.19
Woodstock
Frozen Vegetables
10 oz., selected varieties



2.79
Woodstock
Organic Frozen
Vegetables
10 oz., selected varieties



4.99
Woodstock
Organic Frozen Fruit
8-10 oz., selected varieties



5.49
Natural Sea
Premium Cod
Sticks or Fillets
8 oz., selected varieties

The co-op has ingredients for weeknight meals.

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



2/\$7

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



2/\$8

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



2/\$8

Nature's Path Organic Cereal
9-14 oz.,
selected varieties



4.99

Nature's Path Organic Granola
11 oz.,
selected varieties

always leave Earth better

Our vision: A sustainable future for all involving clean air, water and healthy soil for good food. So, we thank you for eating like our Earth depends on it, because it does!

exceptional flavor, responsibly sourced

COOPERATIVELY OWNED

Stock your kitchen with high-quality vanilla extract from Frontier Co-op. You won't find any artificial flavors, sugars or preservatives here — guaranteeing the rich, authentic flavor you depend on.

15.99

Frontier Co-op Organic Vanilla Extract
4 fl. oz.



9.99

Justin's Almond Butter
16 oz., selected varieties



2/\$8

Organic India Tulsi Tea
18 ct., selected varieties



4.49

Arrowhead Mills Organic Pancake & Waffle Mix
22 oz., selected varieties



9.99

Woodstock Organic Peanut Butter
35 oz., selected varieties

There's something for everyone at the co-op.



2/\$5

Ancient Harvest Organic Polenta
18 oz., selected varieties

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

2/\$3

Clif or Luna Bars

1.69-2.4 oz., selected varieties



2/\$6

Celestial Seasonings Herbal Tea

12-20 ct., selected varieties



3.99

Mediterranean Organic Olives
8.1-8.5 oz., selected varieties

comfort in a bowl



Amy's organic soups bring the comforting taste of home to every moment, no matter where you are.

2/\$8

Amy's Soup

13.8-14.7 oz., selected varieties



3.29

Montebello Organic Pasta

16 oz., selected varieties

Find great deals at the co-op.

simmer, dinner, winner

You've got protein, rice and veggies. Now all you need is Maya. Simply add a jar to your favorites and simmer on the stovetop. In mere minutes, you'll go from sauceless to sauce-sational.

2/\$8

**Maya Kaimal
Indian Simmer Sauce**
12.5 oz., selected varieties



2.99
San-J
Gluten-free
Tamari Soy Sauce
10 fl. oz.



2/\$8

**Tazo
Tea**
15-20 ct., selected varieties

delicious is only the beginning



Lundberg Family Farms uses organic and regenerative rice farming practices to prioritize soil health, support biodiversity and increase carbon capture to nourish people and the planet for generations to come.

5.49

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



15.99

**Zoe
Extra Virgin Olive
Oil**
33.8 fl. oz.

scoop up the savings in bulk!



1.69
**Organic
Steel Cut Oats**
per pound in bulk



2.29
**Organic
Green Split Peas**
per pound in bulk



3.29
**Organic
Sunflower Seeds**
per pound in bulk

Stock up on staples at the co-op.



1.79

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



2.29

The Mountain Valley Spring Water
 33.8 fl. oz., selected varieties



Everyday Low Price
2.49

Field Day Coconut Water
 16.6 fl. oz.



Everyday Low Price

2.79

Field Day Organic Pretzels
 8 oz., selected varieties



2.79

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



2/\$6

Goldthread Herbal Tonic
 12 fl. oz., selected varieties



2/\$7

Que Pasa Organic Tortilla Chips
 10-11 oz., selected varieties



2/\$7

Tcho Chocolate Bars
 2.5 oz., selected varieties



real. delicious. chocolate.

This year, Endangered Species celebrates 30 years of giving forward. Our dedication has never wavered from creating delicious chocolate with responsibly sourced ingredients. We give 10% of profits forward to protecting species, habitats and humanity around the globe.

2.79

Endangered Species Chocolate Bars
 3 oz., selected varieties

COOPERATIVELY OWNED



2/\$7

Blue Diamond Nut Thins
 4.25 oz., selected varieties



4.99

Kettle Brand Potato Chips
 13 oz., selected varieties

Your favorite snacks are at the co-op.

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 and download our new app!



5.49

Better Life Toilet Bowl Cleaner
24 fl. oz.

pure-castile bar soap →

Soft, smooth lather moisturizes face-body-hands-hair! Organic, nutrient-rich, U.S.-grown hemp seed oil nourishes skin. Plant-based and biodegradable, made with certified organic oils and wrapped in post-consumer recycled (PCR) paper, cleans body-mind-soul!



3.29

Dr. Bronner's Baby Unscented Pure Castile Bar Soap
5 oz.

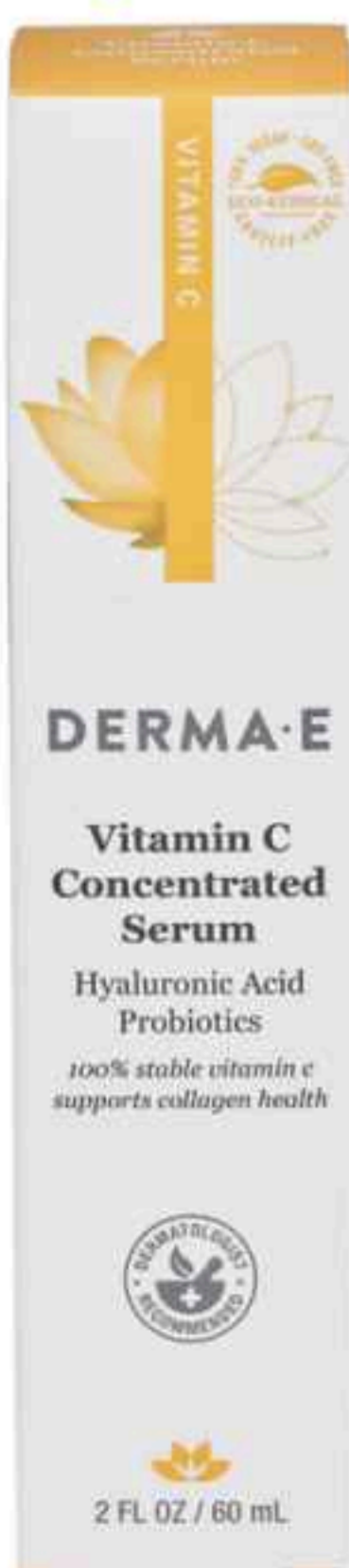


INCLUSIVE TRADE PARTNER

Kirk's is a woman-owned company. We believe everyone deserves access to natural cleansers, and our products are safe for the whole family.

7.49

Kirk's 3-in-1 Cleanser
32 fl. oz., selected varieties



vitamin C concentrated serum

DERMA E's top-selling concentrated serum helps support collagen health, minimizing the look of fine lines/wrinkles while improving the appearance of uneven skin tone with a high dosage of stabilized vitamin C.

14.99

Derma E Vitamin C Concentrated Serum
2 fl. oz.

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.



6.79

The Grandpa Soap Co. Pine Tar Shampoo or Conditioner
8 fl. oz.

The co-op has safe, natural cleaning products.

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

INCLUSIVE TRADE PARTNER

ECOS is a Black- and woman-owned company that believes everyone has a right to a healthy home. We create cleaning products that protect the health and wellness of people, pets and the planet.

3.79

Ecoc
Liquid Dish Soap
25 fl. oz., selected varieties



fluoride-free toothpaste

Brush away impurities and keep breath fresh with the potent power of plants. Our toothpastes are Non-GMO-Project certified and free of fluoride for your peace of mind.

4.69

Desert Essence
Tea Tree Oil Toothpaste
6.25 oz., selected varieties



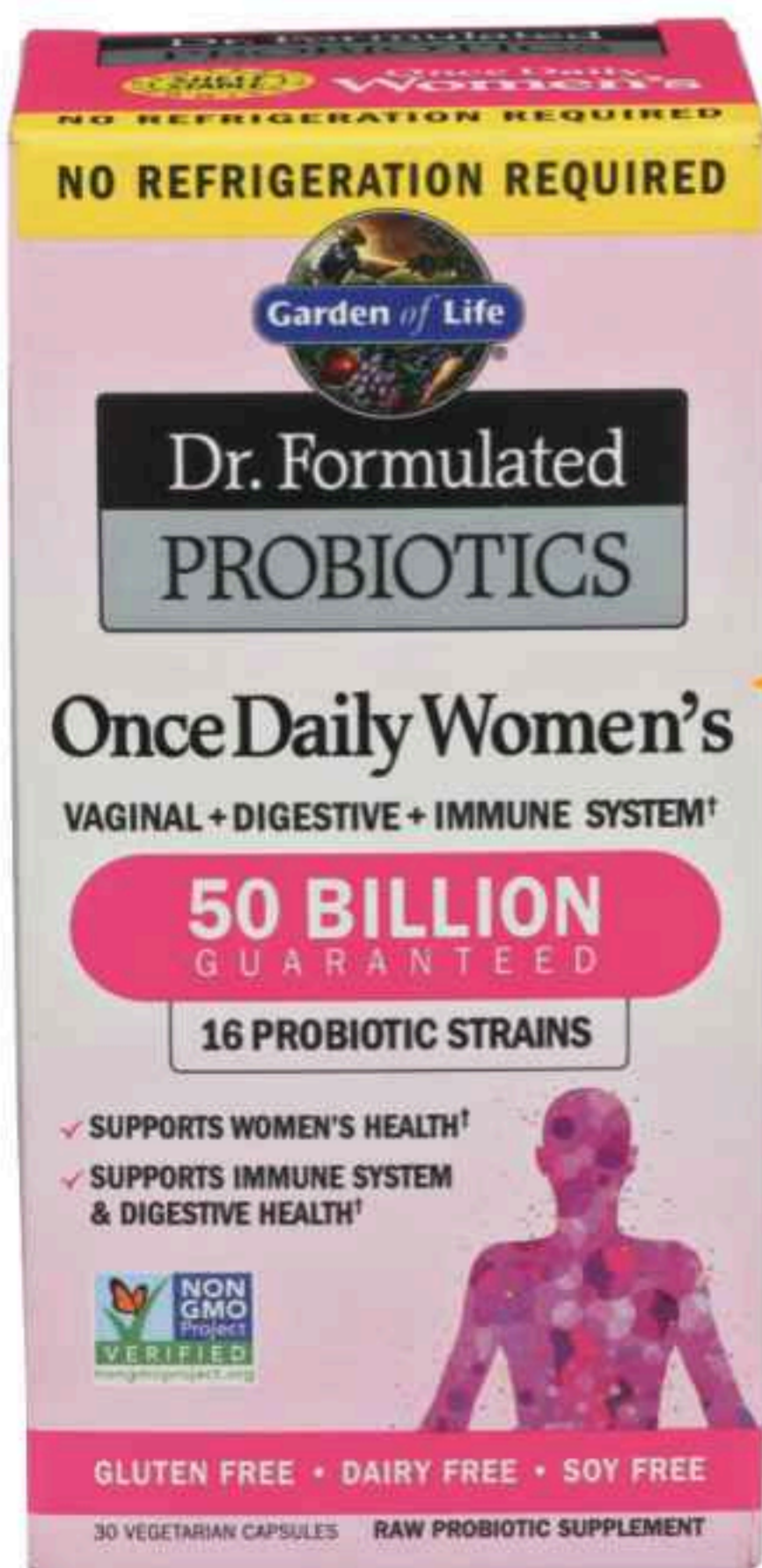
7.69
American Health
Original Papaya
Enzyme
250 ct.



7.99
Quantum
Super Lysine Plus
90 ct.



16.99
Kal
Magnesium
Glycinate 350
160 ct.



specially formulated for women

Just one little no-refrigeration-needed capsule per day delivers diverse probiotic strains to support women's digestive and immune health.

31.99

Garden of Life
Dr. Formulated Women's
Once Daily Probiotics
30 ct.



12.99
Nordic Naturals
Omega-3
60 ct.

Your favorite 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!

pure plants, true benefits

COOPERATIVELY OWNED

Experience Aura Cacia's eucalyptus essential oil in a diffuser or topically with a carrier oil for its clearing benefits. Trusted for only pure, sustainably sourced products of the highest quality.

3.79

Aura Cacia
Eucalyptus Essential Oil
.5 fl. oz.



11.99

Weleda
Original Skin Food Cream
2.5 fl. oz.



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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