

coop deals[®]

APR 30 - MAY 20, 2025

INCLUSIVE TRADE PARTNER

South of France is a women-owned company. Our soap is kettle cooked in small batches and follows a traditional Marseille recipe.



2/\$6

South of France
Bar Soap
6 oz., selected varieties

blend it up →



Warm weather and smoothies go together perfectly. Throw your favorite ingredients into the blender and pour in some of Evolutions Fresh's Organic Pure Orange Juice. Cold-pressed and delicious — find it on sale at the co-op!



7.99

Evolution Fresh
Juice

59 fl. oz., selected varieties



2/\$3

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



2/\$7

Annie's
Organic Ketchup
24 oz.



2/\$8

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



Try something refreshing.

Amazing deals are at the co-op!



4/\$5

Chobani
Greek Yogurts
5.3 oz., selected varieties

crafted with high-quality protein

Thick, creamy and rich in protein, skyr is the traditional yogurt of Iceland. siggi's skyr is made with simple ingredients and not a lot of sugar.

4/\$5

Siggi's
Skyr Yogurts
4-5.3 oz., selected varieties



6.99
Cocolune
Organic Coconut
Cultured Yogurt
16 oz., selected varieties

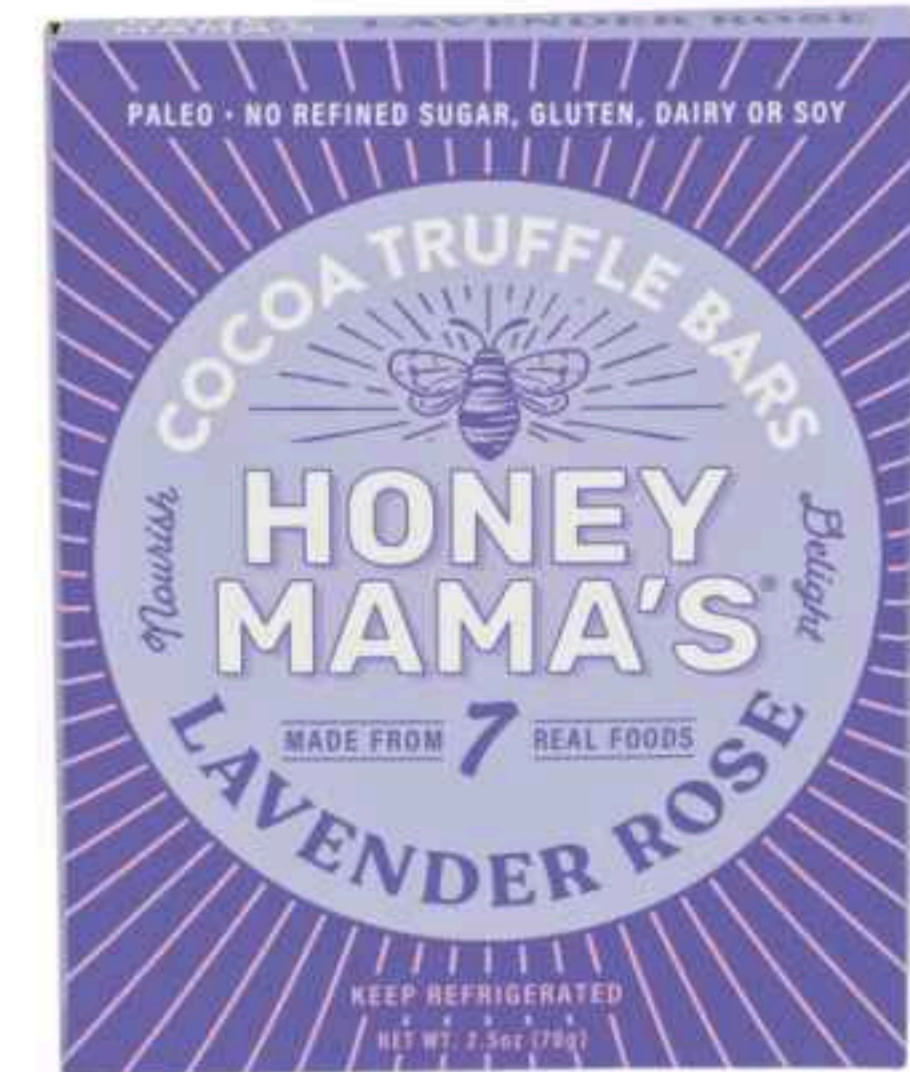


the original
cream-top yogurt

Brown Cow yogurt is sweetened with cane sugar and maple syrup, and it's made without the use of artificial growth hormones, artificial flavors or artificial sweeteners.

3.99

Brown Cow
Cream Top Yogurt
32 oz., selected varieties



3.99
Honey Mama's
Truffle Bar
2.5 oz., selected varieties

Dairy and nondairy options are at the co-op.



4.69
 Califia Farms
 Organic Unsweetened
 Almondmilk
 48 fl. oz., selected varieties

dabble in dairy free



For plant-curious foodies seeking delicious and kinder food choices, Miyoko's Creamery is an organic plant milk creamery that crafts the world's finest vegan cheese and butter, empowering people to choose good food that nurtures good in our world.



4.49
 Miyoko's Creamery
 Organic Plant Milk
 Cream Cheese
 8 oz., selected varieties

COOPERATIVELY OWNED



4.69
 Organic Valley
 Oat Creamer
 32 fl. oz., selected
 varieties



4.99
 Malk
 Organic Plant-
 based Milk
 28 fl. oz., selected
 varieties



COOPERATIVELY OWNED



5.99
 Organic Valley
 Stringles Mozzarella
 Cheese Sticks
 8 oz.



your brew-ed awakening

Organic, sustainably sourced beans, expertly roasted and brewed for a smooth, irresistibly sippable coffee. It's the perfect kick in the glass to fuel your adventures.

6.49
 Chameleon Cold Brew
 Organic Coffee Concentrate
 32 fl. oz., selected varieties

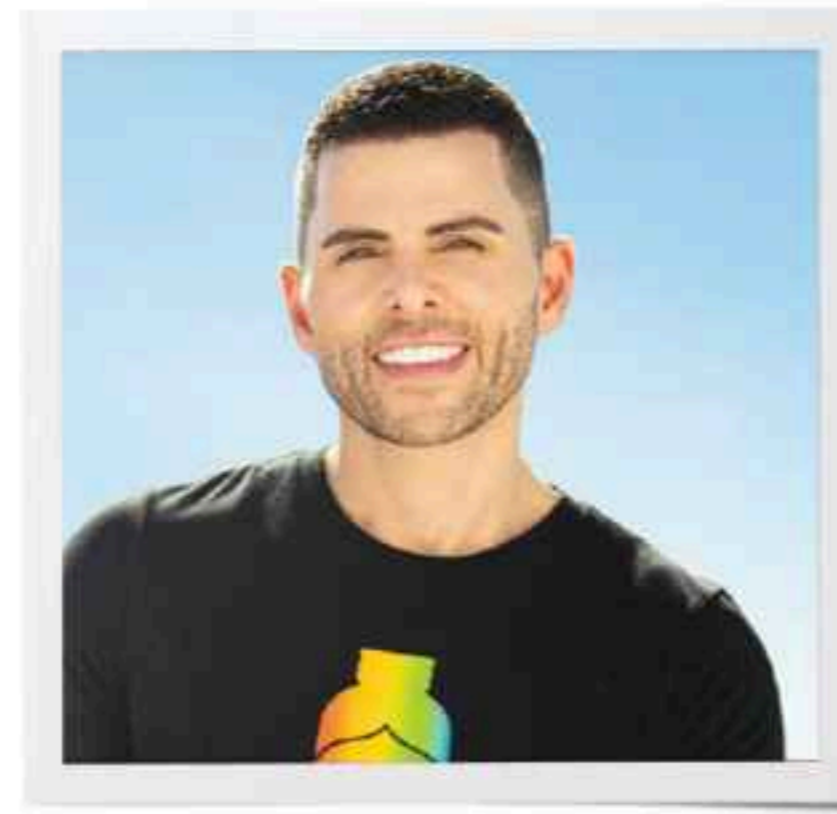
The co-op has refreshing beverages.



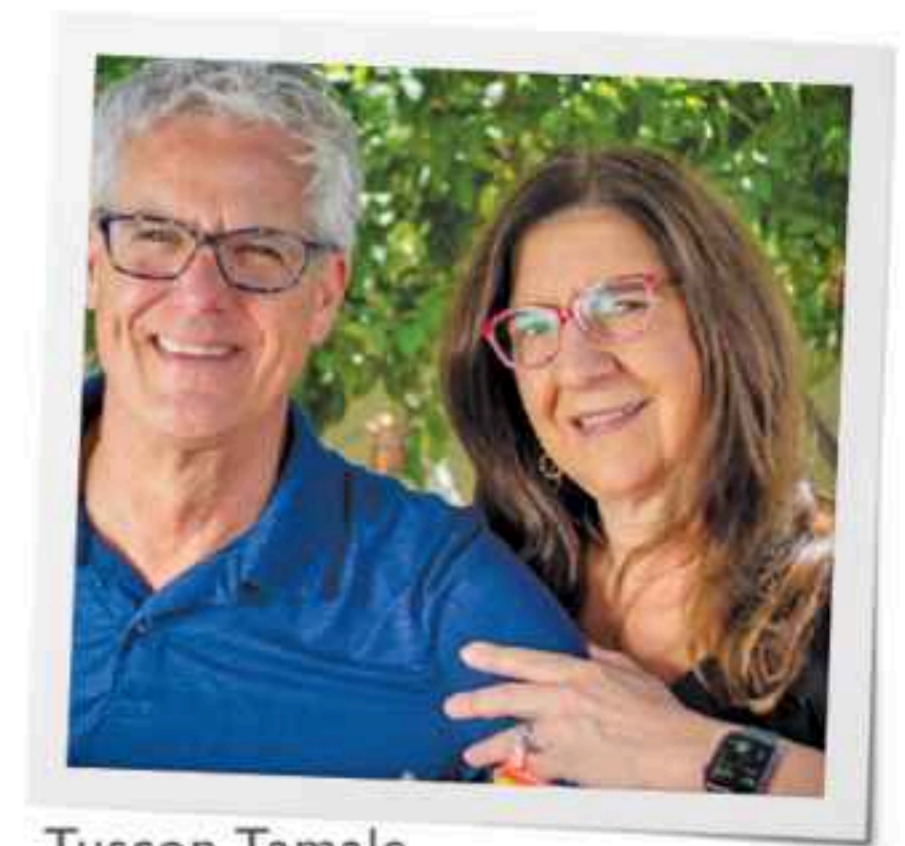
strength in diversity

INCLUSIVE TRADE

Co-ops are committed to creating a more just society by cultivating partnerships with businesses owned by people who identify as women, Black, Indigenous, people of color (POC), LGBTQIA+, persons with disabilities and veterans. Let's celebrate the strength that comes from diversity! Learn about some of our Inclusive Trade brand partners, and find Inclusive Trade products throughout the co-op.



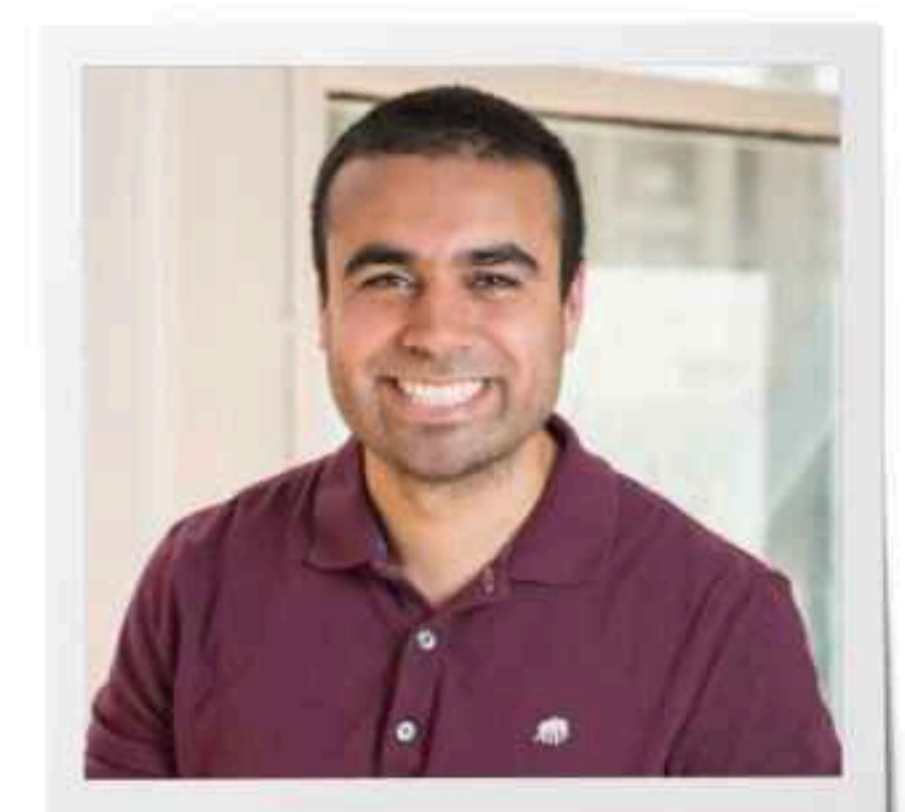
GT's Living Food



Tuscon Tamale



Wildwonder



Catalina Crunch



2/\$6

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



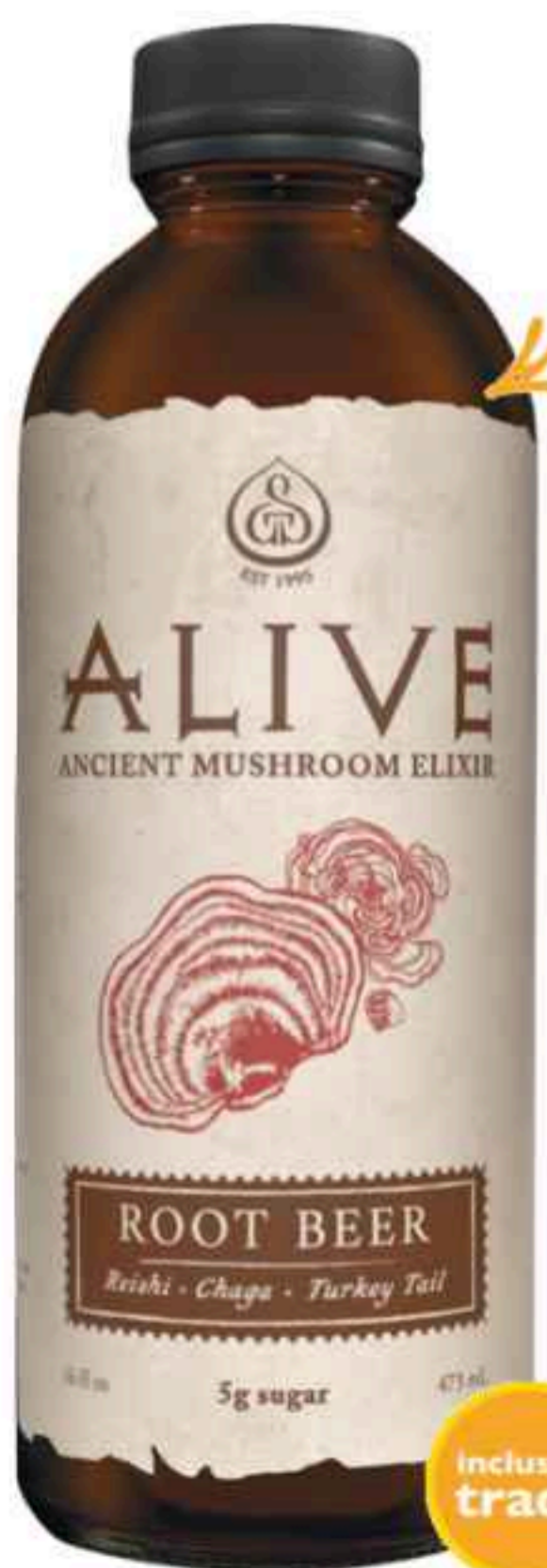
4.49

Harmless Harvest
Organic Coconut
Water
16 fl. oz.



6.49

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



experience a natural awakening

INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. Feel clear minded, balanced, energized and, most importantly, ALIVE with the potent trio of chaga, reishi and turkey tail mushrooms.

2/\$6

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

INCLUSIVE TRADE PARTNER

Wildwonder is an Asian- and woman-owned company. We reimagine beverages using gut-healing superfoods, and 5% of our profits go toward empowering women and marginalized communities.

2/\$5

Wildwonder
Sparkling Prebiotic &
Probiotic Drinks
12 fl. oz., selected varieties



Find Inclusive Trade brands throughout the co-op.

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

COOPERATIVELY OWNED



4.29
Organic Valley
Shredded Cheese
6 oz., selected varieties



3.99
Silver Hills
Sprouted Bread
15-22 oz., selected varieties



2/\$8
Cascadian Farm
Organic Fruits
8-10 oz., selected varieties



4.49
Oatly
Non-dairy Frozen
Dessert
1 pt., selected varieties



Easy meals and desserts are at the co-op.
Have your favorites ready.



4.99
So Delicious
Dairy-free
Frozen Dessert
1 pt., selected varieties



5.99
Amy's
Frozen Meals
8.25-10.3 oz., selected varieties

INCLUSIVE TRADE PARTNER

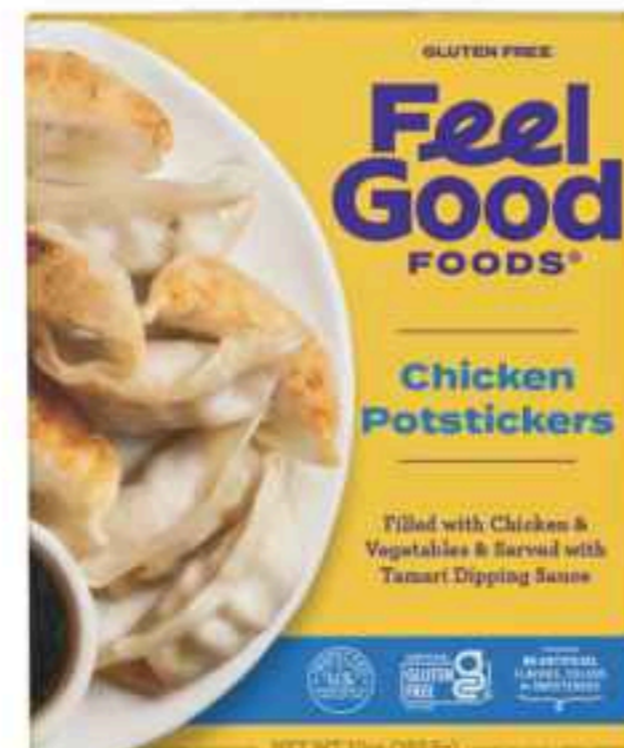
Tucson Tamale started with a large Mexican-American family tradition that now makes award-winning tamales.



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



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



6.99
Feel Good Foods
Gluten-free
Appetizers
6-10 oz., selected varieties

Fixings for family meals are at the co-op.

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



baked goods baked better



Udi's Bakery —
surprisingly gluten free!

4.39

**Udi's Gluten Free
Hamburger or
Hot Dog Buns**
10.4-14.3 oz., selected varieties



Make backyard celebrations easy.

Grilling season is here!



4.99

**JonnyPops
Frozen Novelties**
6.72-14.8 fl. oz., selected varieties



2/\$8
**Dr. Praeger's
Veggie Burgers**
10 oz., selected
varieties



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



9.99
**Woodstock
Lump Hardwood Charcoal**
8.8 lbs.

Shop the co-op for outdoor meal ideas.



14.99

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

a classic Italian staple

Made with organic, non-GMO corn, Ancient Harvest's Traditional Polenta is the perfect addition to your dinner. Serve as a creamy side dish or slice and pan-fry for crispy polenta cakes.



2.99

Ancient Harvest Organic Polenta
18 oz., selected varieties

COOPERATIVELY OWNED



2/\$3

Simply Organic Seasonings
.7-1.3 oz., selected varieties



3/\$7

Near East Couscous Mixes or Rice Pilafs
5.2-10 oz., selected varieties



2/\$6

Wild Planet Skipjack Tuna
5 oz., selected varieties

authentic Italian goodness

Bionaturae Organic Diced and Crushed Tomatoes are harvested at peak ripeness from small family farms in Italy and packed the same day to preserve fresh, authentic flavor. They're 100% organic, with no additives or preservatives.

2/\$7

Bionaturae Organic Tomatoes
24-28.2 oz., selected varieties



2/\$7

Tasty Bite Organic Entrees
8.8-10 oz., selected varieties



The co-op helps make dinner easy.

backyard asada season!

Celebrate togetherness, gathered around the grill, with **Siete's** heritage-inspired products. Made with thoughtfully selected ingredients like avocado oil and organic beans, Siete's products invite more people to the table because *Juntos es Mejor!*



2/\$4

Siete
Beans
15.5-16 oz.,
selected varieties



3.69

Siete
Tortilla Chips
5-7.5 oz., selected
varieties



3.99

Siete
Salsa
10.5 oz., selected
varieties



7.99

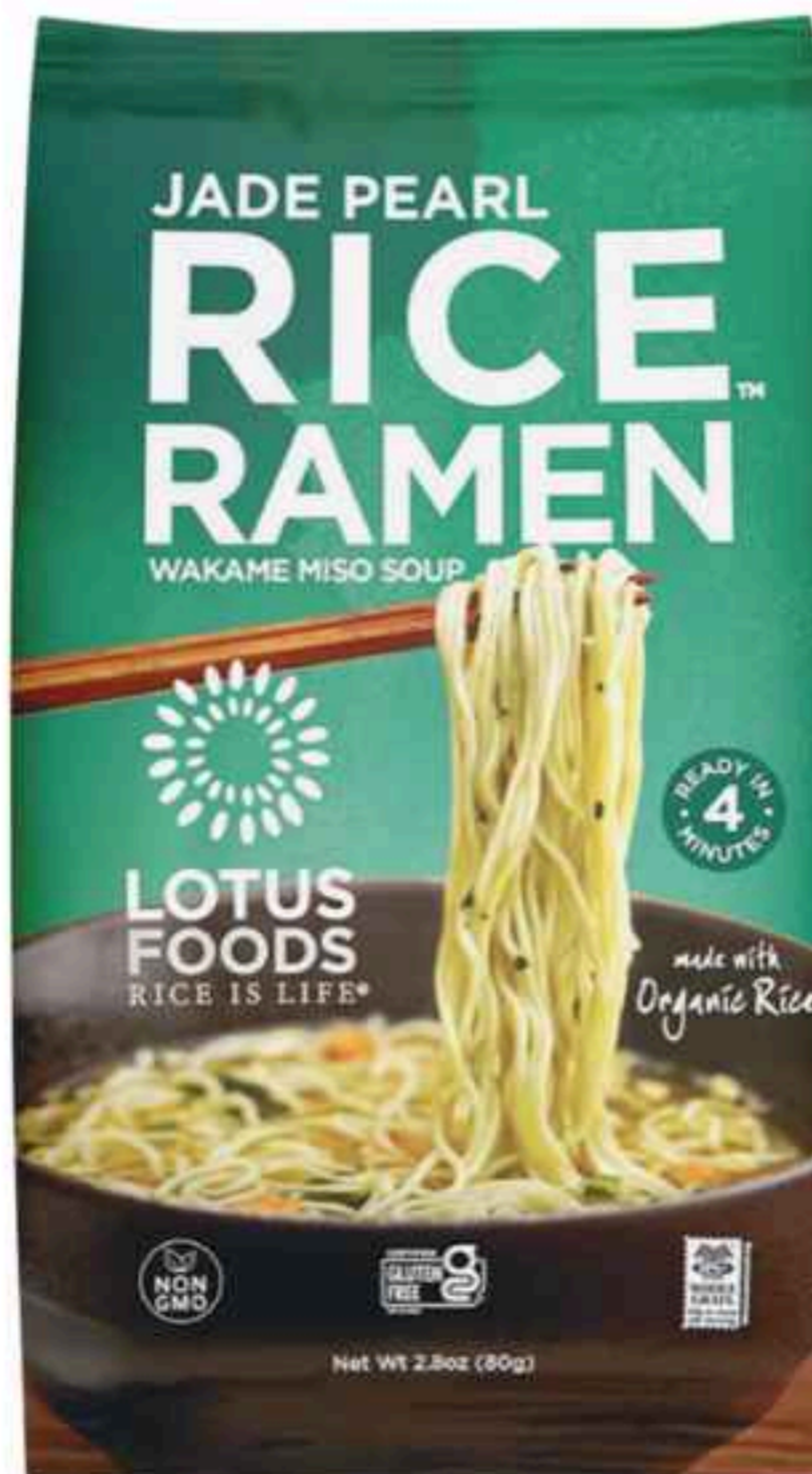
Siete
Grain-free Tortillas
7 oz., selected varieties

better-for-you ramen

Lotus Foods Rice Ramen is a quick and delicious meal! Naturally gluten-free and made with never-fried organic noodles and a savory miso broth.

3/\$5

Lotus Foods
Rice Ramens
2.8 oz., selected varieties



2/\$4

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



2/\$7

Jeff's Garden
Organic Non-
pareil Capers
6 oz.



7.99

Lucini Italia
Organic Pasta Sauce
24 oz., selected varieties



Tasty recipe ingredients are at the co-op.

INCLUSIVE TRADE PARTNER

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

2.19

Fillo's Walking Tamales
4 oz., selected varieties



2/\$6

Annie's Organic Mac & Cheese
5.5-6 oz., selected varieties



2/\$7

Heyday Canning Co. Canned Beans
15 oz., selected varieties



2/\$7

Muir Glen Organic Pasta Sauces
23.5 oz., selected varieties



3.99

Garden of Eatin' Taco Shells
5.5 oz., selected varieties



Stock the pantry with your favorites.
Eat well, live well.



3.99

Tinkyada Organic Brown Rice Pasta
10-12 oz., selected varieties



8.39

Artisana Organic Raw Tahini or Coconut Butter
14 oz., selected varieties



17.99

Spectrum Organic Extra Virgin Olive Oil
25.4 fl. oz.



9.99

Fly by Jing Sichuan Chili Crisp
6 oz., selected varieties



Find quick meal solutions at [grocery.coop](https://www.grocery.coop)

nutritious and delicious

KIND has always been committed to bringing you snacks that harness the power of nutritious ingredients deliciously combined — something that your stomach and brain can agree on.



2/\$3

Kind Bars
1.4 oz., selected varieties



5.49

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



4.99

Kind Healthy Grain Clusters
11 oz., selected varieties



2.49

Blue Diamond Almondmilk
32 fl. oz., selected varieties



INCLUSIVE TRADE PARTNER

Catalina Crunch is a diverse-owned brand. Our products satisfy your sweet tooth but aren't loaded with sugar and empty carbs.

6.99

Catalina Crunch Keto Cereal
8-9 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



7.99

Organic Mission Figs
per pound in bulk

The co-op helps you start the day.



2/\$4

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



3.49

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



2/\$7

Celestial Seasonings Herbal Teas
20 ct., selected varieties



3.79

MadeGood Organic Granola Bars
6 pk.-.85 oz. bars, selected varieties



5.99

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



6.99

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

COOPERATIVELY OWNED



11.99

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

hit the trail

Spending time outside in the fresh air is a great way to enjoy time together. The co-op's got snacks for kids of all ages, so shop for an assortment of options and then lace up those hiking boots!



4.99

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

Great options for outdoor snacks are at the co-op.



2/\$6
The Good Crisp
Potato Crisps
 5.6 oz., selected varieties



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



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



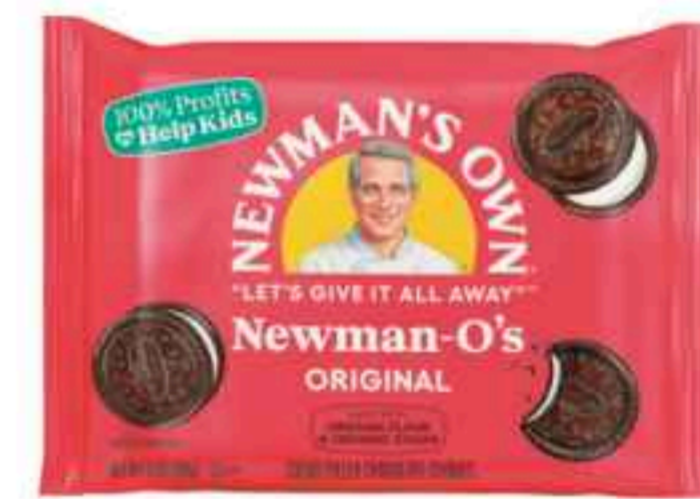
2/\$7
From the Ground Up
Cauliflower Crackers
 3.5-4 oz., selected varieties



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



4.29
Mi-del
Snaps
 8-10 oz., selected varieties



4.99
Newman's Own
Sandwich Cookies
 13 oz., selected varieties

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.



5.49

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

Download the Co+op Deals app today.



← sparkling mocktails

SCAN FOR RECIPE

Sweeten your summer days with this Pineapple-Lime Mocktail recipe. Find more summer mocktail ideas on grocery.coop.



2.19
Essentia
Ionized Water
50.7 fl. oz.



3.29
Theo
Organic
Chocolate Bar
3 oz., selected varieties

3/\$5
Vermont Smoke
& Cure
Meat Sticks
1 oz., selected varieties



3.79
Dr. Bronner's
Organic Chocolate
Bar
2.93-3 oz., selected varieties



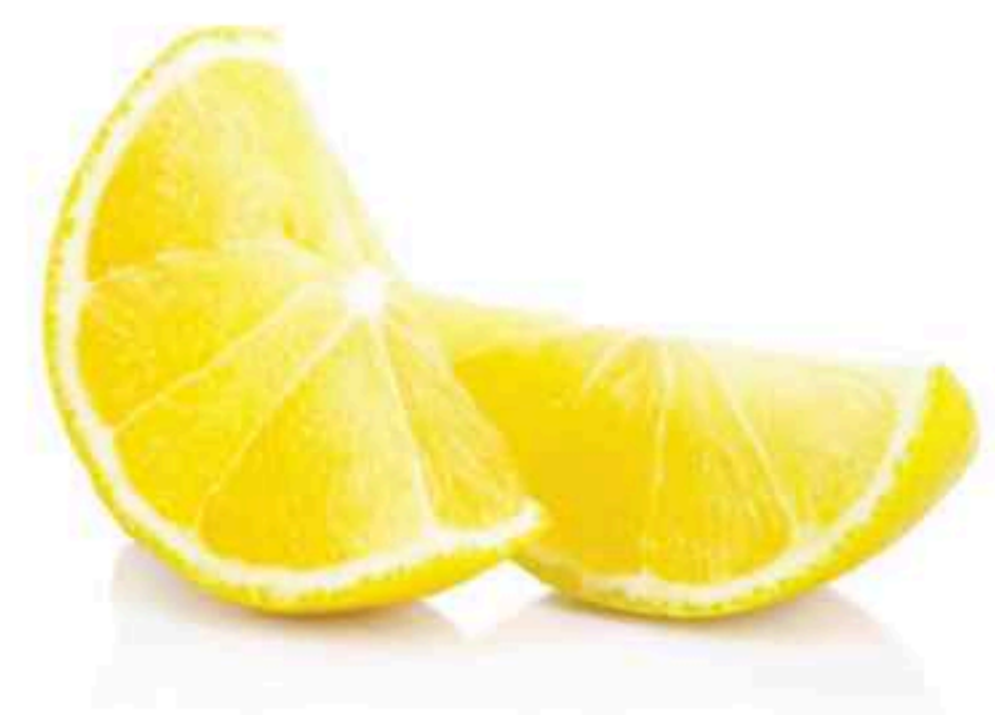
everyday low price
4.49
Field Day
Coconut Water
33.8 fluid ounces



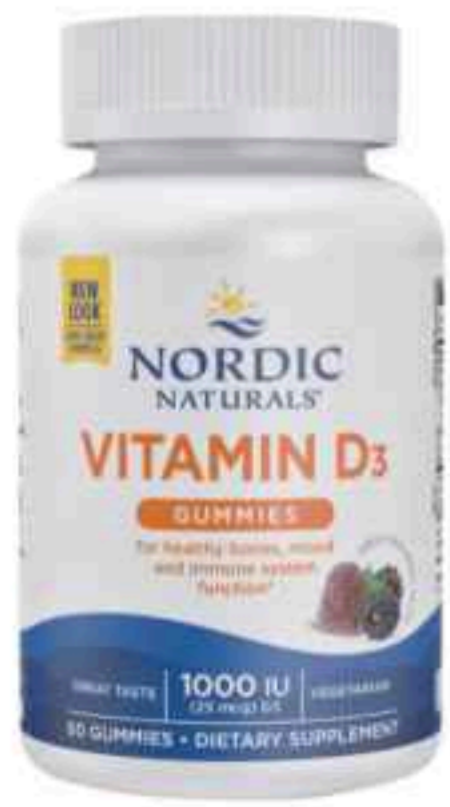
2/\$9
Reed's
Ginger Ales
4 pk.-12 fl. oz. cans,
selected varieties



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



Find fun seasonal recipes at grocery.coop.



10.99

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

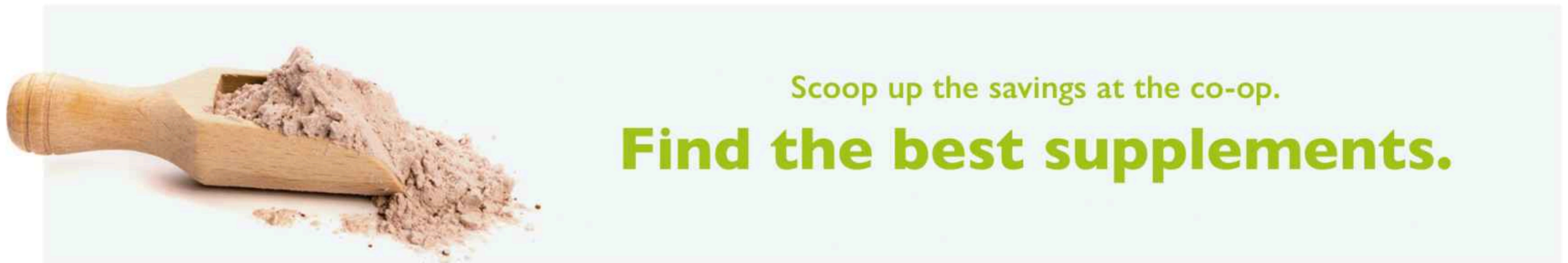


ethical sourcing

ORGANIC INDIA is unwaveringly committed to elevating environmental stewardship beyond “sustainable” — incorporating bio-regenerative farming practices that improve the environment with every crop cycle.

11.99

**Organic India
Whole Husk Psyllium Fiber**
12 oz.



Scoop up the savings at the co-op.

Find the best supplements.

organic goodness for women



Whatever stage of life you're in, Garden of Life has delicious organic gummies to meet your needs. Packed with whole food vitamins and minerals, the choice is simple.

22.99

**Garden of Life
Organics Women's Multi
Gummies**

120 ct., selected varieties

INCLUSIVE TRADE PARTNER

Oregon's Wild Harvest is a woman-owned company. We grow and manufacture organic herbal supplements using regenerative agricultural practices.



17.99

**Oregon's Wild
Harvest
Organic
Ashwagandha**
90 ct.

Your trusted supplements are at the co-op.

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

*pure plants,
true benefits*

COOPERATIVELY OWNED

Fresh Faced Toner

- 1 oz. distilled water or hydrosol
- 1 oz. witch hazel
- 12 drops Lavender Oil
- 8 drops Frankincense Oil
- 1 tsp. Grapeseed Oil

Directions: In a mist bottle, combine ingredients. To use, shake and mist face, avoiding eyes.



3.49

Aura Cacia
Grapeseed Oil
4 fl. oz.



7.99

Aura Cacia
Lavender
Essential Oil
.5 fl. oz.



14.99

Aura Cacia
Frankincense
Essential Oil
.5 fl. oz.



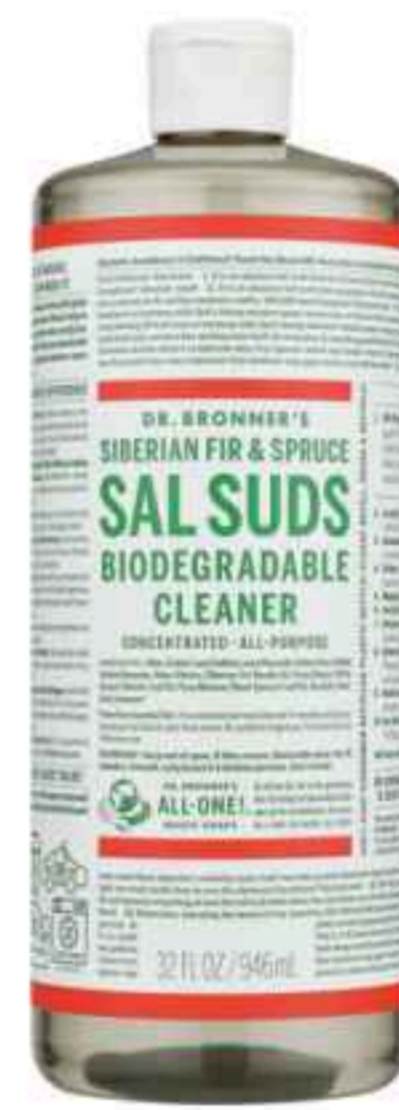
2/\$5

Aura Cacia
Foam or Mineral Baths
2.5 oz., selected varieties



7.99

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



10.99

Dr. Bronner's
Sal Suds
32 fl. oz.

INCLUSIVE TRADE PARTNER

Badger is a woman-owned company. We create organic body care products with nourishing nutrients.



11.99

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



15.99

Derma E
Vitamin C
Concentrated
Serum
2 fl. oz.



27.99

Evanhealy
Organic Rosehip
Treatment Facial
Serum
.5 fl. oz.



The co-op has gentle products for home and self.

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

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

ILLINOIS

- Common Ground Food Co-op
- Dill Pickle Food Co-op
- Food Shed Co-op
- Green Top Grocery
- Neighborhood Co-op Grocery
- Sugar Beet Food Co-op
- Wild Onion Market

INDIANA

- 3 Rivers Natural Grocery
- Bloomingfoods Market and Deli
- Maple City Market
- Purple Porch Food Co-op

IOWA

- New Pioneer Co-op
- Oneota Community Co-op
- Wheatsfield Cooperative

KANSAS

- The Merc Co+op

KENTUCKY

- Good Foods Co-op

MICHIGAN

- Detroit People's Food Co-op
- Grain Train Natural Foods Market
- GreenTree Co-op Market

MINNESOTA

- Bluff Country Co-op
- City Center Market
- Cook County Co-op
- Eastside Food Cooperative
- Good Earth Food Co-op
- Hampden Park Co-op
- Harmony Natural Foods Co-op
- Just Food Co-op
- Lakewinds Food Co-op
- Mississippi Market
- Natural Harvest Food Co-op
- People's Food Co-op – Rochester
- River Market Community Co-op
- Seward Community Co-op
- Spiral Food Co-op
- St. Peter Food Co-op & Deli
- Valley Natural Foods
- Wedge Community Co-ops
- Whole Foods Co-op

NEBRASKA

- Open Harvest Cooperative Grocery

OHIO

- Phoenix Earth Food Co-op

SOUTH DAKOTA

- Natural Abundance Food Co-op
- Sioux Falls Food Co+op

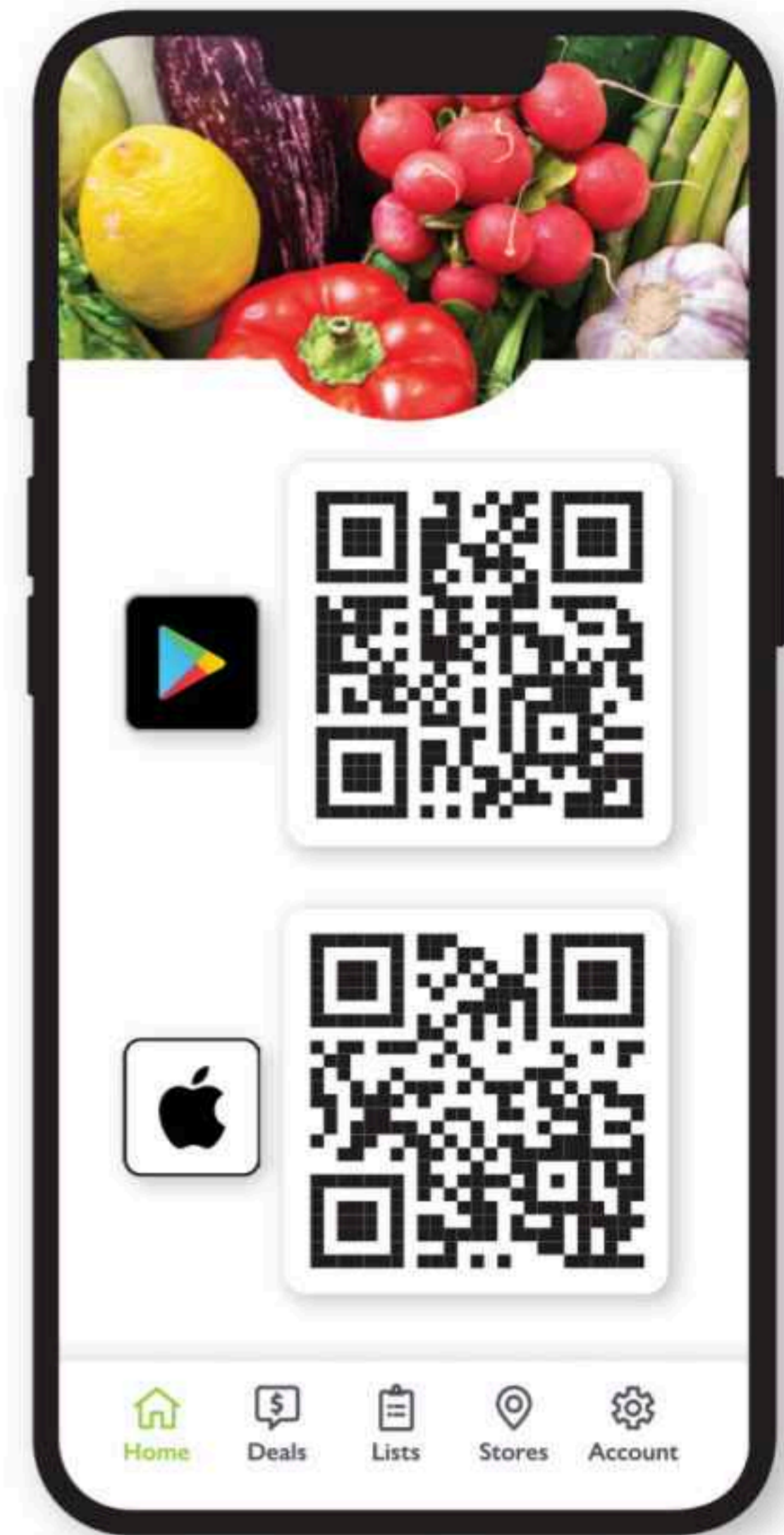
WISCONSIN

- Basics Cooperative Natural Foods
- Chequamegon Food Co-op
- Hudson Grocery Cooperative
- Menomonie Market Food Co-op
- Oshkosh Food Co-op
- Outpost Natural Foods Co-op
- People's Food Co-op – La Crosse
- Viroqua Food Co+op
- Whole Earth Market Co-op
- Willy Street Co-op

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

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.

let the good times roll

Late July's restaurant-style tortilla chips are made with whole ground corn and seasoned with sea salt. They're organic and Non-GMO Project Verified. Enjoy with salsa, dip them in queso or use them to make nachos.

2/\$7

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



2/\$8
C2O Coconut Waters
33.8 fl. oz., selected varieties



4.49
Green Mountain Gringo Salsa
16 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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