

coop deals

OCT 2 - OCT 15, 2024

dinner's ready

Make a fresh meal for the family with Muir Glen's Organic Pasta Sauce. Add some veggies and protein, a favorite pasta and enjoy a flavorful and delicious weeknight meal. It's perfect for those busy weeks, and it's on sale at the co-op now.



2/\$7

Muir Glen
Organic Pasta Sauce
23.5 oz., selected varieties



2/\$4

C2O
Coconut Water
17.5 fl. oz., selected varieties



2/\$5

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



2/\$5

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



2/\$6

The Good Crisp
Potato Crisps
5.6 oz., selected varieties



2/\$6

Alter Eco
Organic
Chocolate Bars
2.65-2.96 oz., selected varieties



4.49

Maya Kaimal
Indian Simmer
Sauce
12.5 oz., selected varieties



Cozy meals for the fall season.

Delicious food for everyone.

delicious dairy-free goodness

Make a better table for all your family and friends with **Kite Hill**. Crafted from real ingredients, our dairy-free foods deliver crave-worthy tastes and textures that nourish both body and soil.



3.79
Kite Hill
Dairy-free
Sour Cream
8 oz.



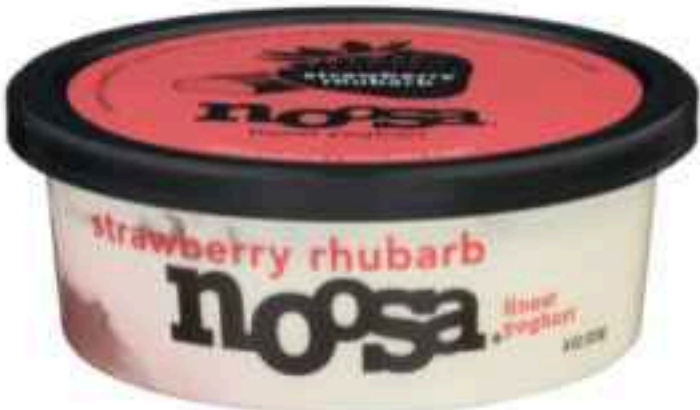
5.99
Kite Hill
Dairy-free
Cream Cheese
8 oz., selected varieties



4.49
Kite Hill
Almondmilk Yogurt
16 oz., selected varieties



6.49
Kite Hill
Dairy-free Filled Pasta
9 oz., selected varieties



2.29
Noosa
Yoghurt
8 oz., selected varieties



3.69
Good Karma
Flaxmilk
64 fl. oz., selected varieties



delicious sour cream

COOPERATIVELY OWNED
Made with organic milk from cows pasture raised on our small organic family farms, our fresh and creamy sour cream has a tangy flavor to liven your next dish.

3.99
Organic Valley
Sour Cream
16 oz.



6.99
Uncle Matt's Organic
Orange Juice
52 fl. oz., selected varieties

Fill the fridge with options from the co-op.

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



2/\$4

Chobani
Greek Yogurt
5.3 oz., selected varieties



OLIPOP
Classic Root Beer
12 fl. oz. (355 mL)

OLIPOP
Orange Squeeze
12 fl. oz. (355 mL)

*delicious, refreshing,
2-5 grams of sugar*

Finally, a new kind of soda that's delicious, refreshing and good for you. OLIPOP combines classic soda flavor with prebiotics, plant fiber and botanicals to support your digestive health.

2/\$4

Olipop
Prebiotic Soda
12 fl. oz., selected varieties



2/\$7

Planet Oat
Oatmilk
52 fl. oz., selected varieties



3.69

Food for Life
Tortillas
10-12 oz., selected varieties



5.49

Bellwether Farms
Sheep Milk Yogurt
16 oz., selected varieties

choose organic ingredients

There's yogurt and then there's Stonyfield. Our organic yogurt is packed with high-quality ingredients and a taste you'll love!

3.99

Stonyfield Organic
Yogurt
32 oz., selected varieties



INCLUSIVE TRADE PARTNER

Three Trees is a woman-owned company with a passion for creating nutritious, plant-based beverages using the wonders of the forest to provide clean ingredients.

5.99

Three Trees
Organic Plant-based Milk
28 fl. oz., selected varieties



Find refreshing options at the co-op.

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



4.99

Ben & Jerry's
Ice Cream or Non-dairy
Dessert
15.2-16 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

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



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



10.99
Against the Grain
Grain-free Pizza
22.4-24 oz., selected varieties



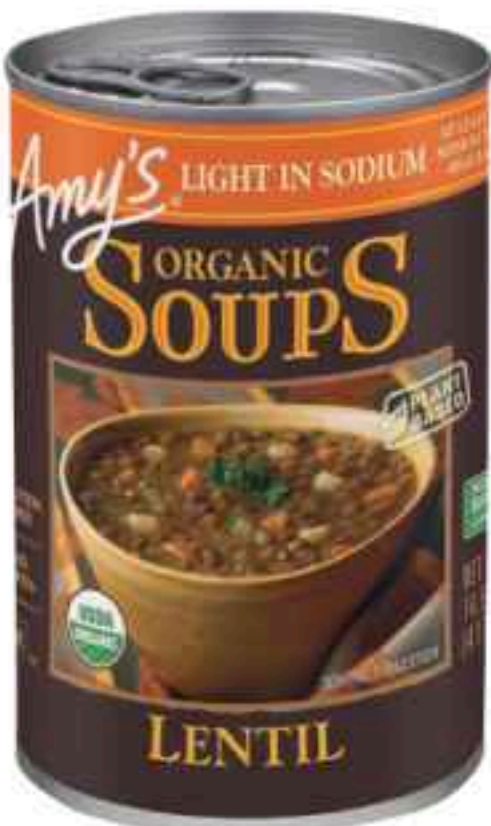
2/\$8
Cascadian Farm
Organic Frozen
Fruit
8-10 oz., selected
varieties



4.49
Quorn
Meat Alternatives
8.5-12 oz., selected
varieties



7.99
Cappello's
Grain-free Pizza
10.82-12 oz., selected
varieties



3.99
Amy's
Soup
13.65-14.7 oz.,
selected varieties



2/\$6
Amy's
Burritos
5.5-6 oz.,
selected varieties



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



8.99
Amy's
Pizza
9.1-14 oz.,
selected varieties

fall into
deliciousness

With **Amy's**, you can
enjoy delicious homemade
taste in every bite.

The co-op makes mealtime easy.

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



2/\$5

Frontera
Cooking Sauce
8 oz., selected varieties



3.99

Frontera
Salsa
16 oz., selected varieties

authentic gourmet
Mexican cuisine

Frontera is inspired by the vibrant flavors across Mexico. Our salsas and sauces are made using produce from local Mexican farms, adding a heightened level of authenticity to deliver the bold flavors you crave.



2/\$6

Safe Catch
Elite Wild Tuna
5 oz.



2/\$6

Muir Glen
Organic
Tomatoes
28 oz., selected varieties



4/\$9

Westbrae
Organic Beans
15 oz., selected varieties



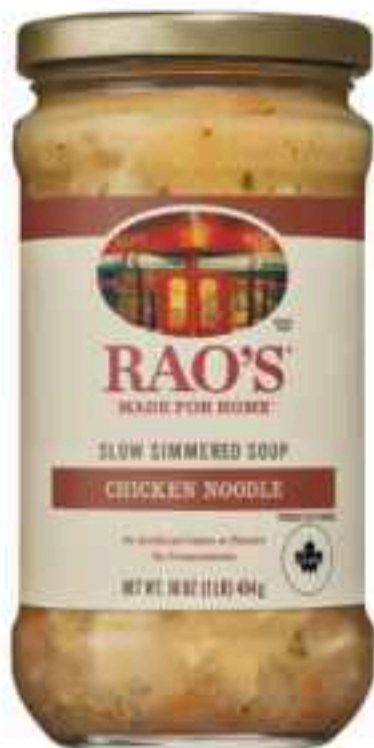
2/\$6

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



3.29

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



4.99

Rao's Homemade
Soup
16 oz., selected varieties

COOPERATIVELY OWNED



6.49

Frontier Co-op
Broccoli Cheddar
Soup Mix
4.59 oz.



16.99

Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 fl. oz.

Budget-friendly ingredients are at the co-op.

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



3.79
Choice Organics
Tea
16 ct., selected varieties



*KIND healthy
grain clusters*

KIND Healthy Grain Clusters are made with 100% whole grains and are gluten-free with no genetically modified ingredients.

4.99
Kind
Healthy Grain Clusters
11 oz., selected varieties



5.69
Sky Valley
Sriracha Sauce
18.5 oz.



5.99
Kettle & Fire
Bone Broth
16.9 oz., selected varieties



100% organic, 100% delicious

INCLUSIVE TRADE PARTNER
GoMacro is a woman-owned brand. Meet the bar that started it all! Our original Peanut Butter Chocolate Chip MacroBar® combines 11 grams of plant-based protein with organic, creamy peanut butter, roasted peanuts and our vegan chocolate chips!




2/\$5
Gomacro
Organic Macrobar
2-2.4 oz., selected varieties



2/\$5
Blue Diamond
Almondmilk
32 fl. oz., selected varieties


Stock the pantry with favorites from the co-op.

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




1.79

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

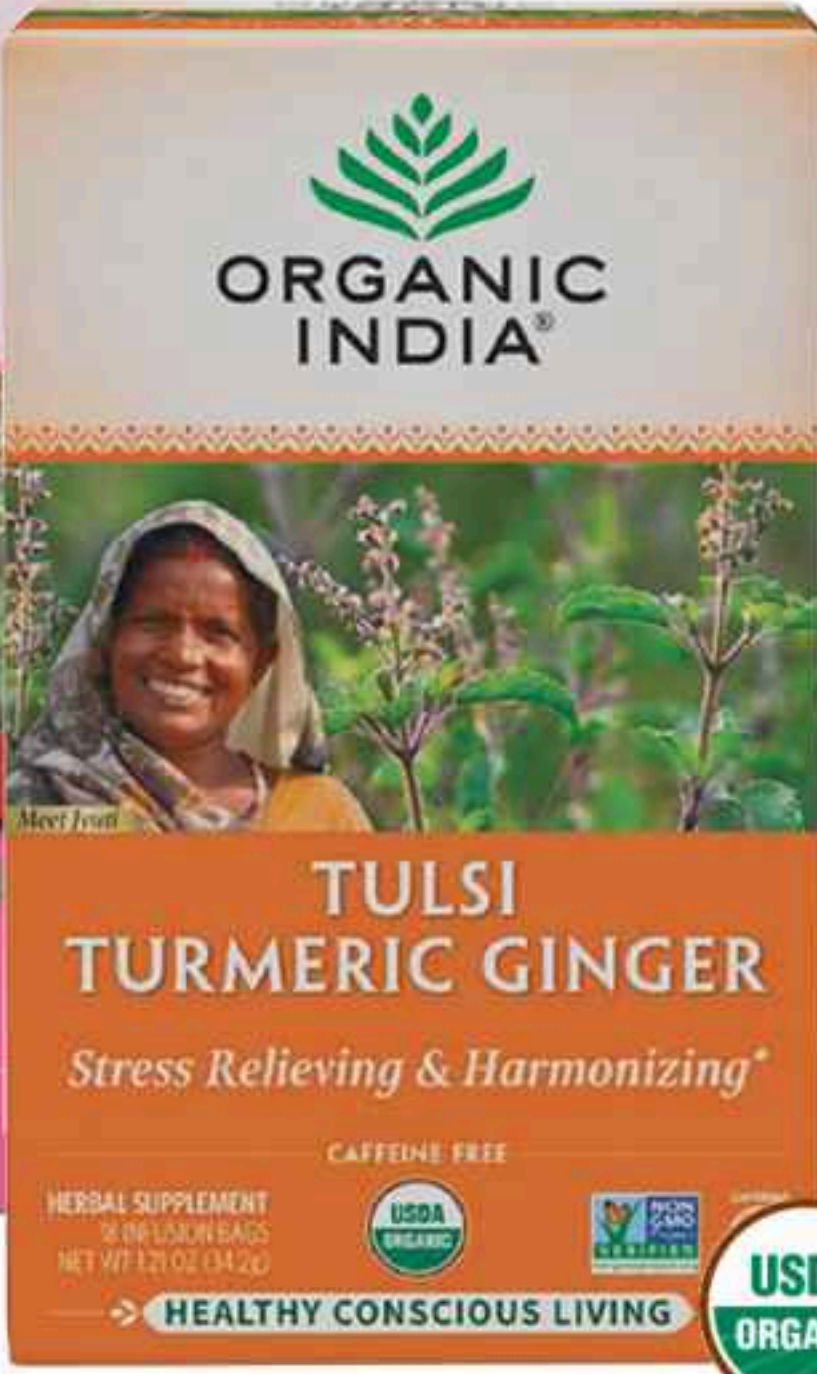


5.99

One Degree Organic Foods Sprouted Oats
24 oz., selected varieties




mindful wellness solutions



3.79


Organic India Tulsi Tea
18 ct., selected varieties

Tulsi, or Holy Basil, is an adaptogenic herb known as the “Queen of Herbs” and has been revered for centuries in India for promoting calm clarity.




6.49

Food for Life Organic Cereal
16 oz., selected varieties



10.99

Navitas Organics Goji Berries
8 oz.




COOPERATIVELY OWNED

15.99

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


clean, nutritious, simple

Simple Mills enriches lives through simple, delicious, real foods. We believe if you don’t recognize an ingredient, your body won’t either, so we handpick ours with purpose — only including things that nourish your body for the long-term and taste great!



3.99

Simple Mills Crackers or Cookies
4-5.5 oz., selected varieties




4.49

Simple Mills Soft-Baked Bars
5 pk.-1.19 oz., selected varieties



5.49

Simple Mills Nut Butter Stuffed Sandwich Cookies
6.7 oz., selected varieties



6.79

Simple Mills Baking Mixes
9-12.9 oz., selected varieties

The co-op has something for everyone.

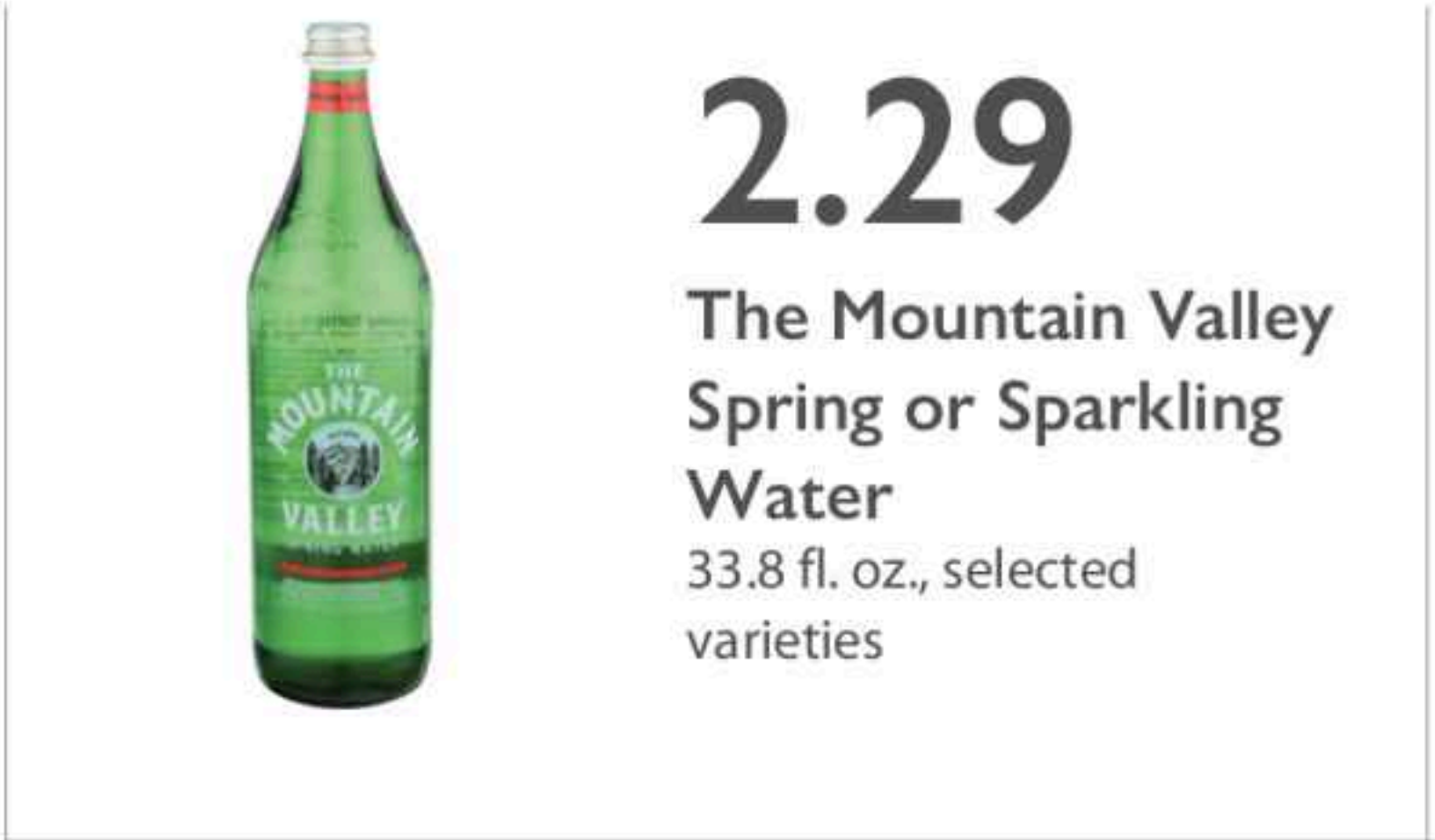
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2.29

The Mountain Valley
Spring or Sparkling
Water

33.8 fl. oz., selected
varieties



2.29

The Mountain Valley
Spring or Sparkling
Water

33.8 fl. oz., selected
varieties



2.79

Angie's
Boomchickapop
Popcorn

4.4-7 oz., selected
varieties



2/\$9

Nixie
Organic Sparkling Water

8 pk.-12 fl. oz. cans, selected varieties



2/\$6

Kettle Brand
Potato Chips

4.25-5 oz., selected
varieties



2/\$7

Que Pasa
Organic Tortilla
Chips

10-11 oz., selected
varieties



2/\$7

Pipcorn
Heirloom Snacks

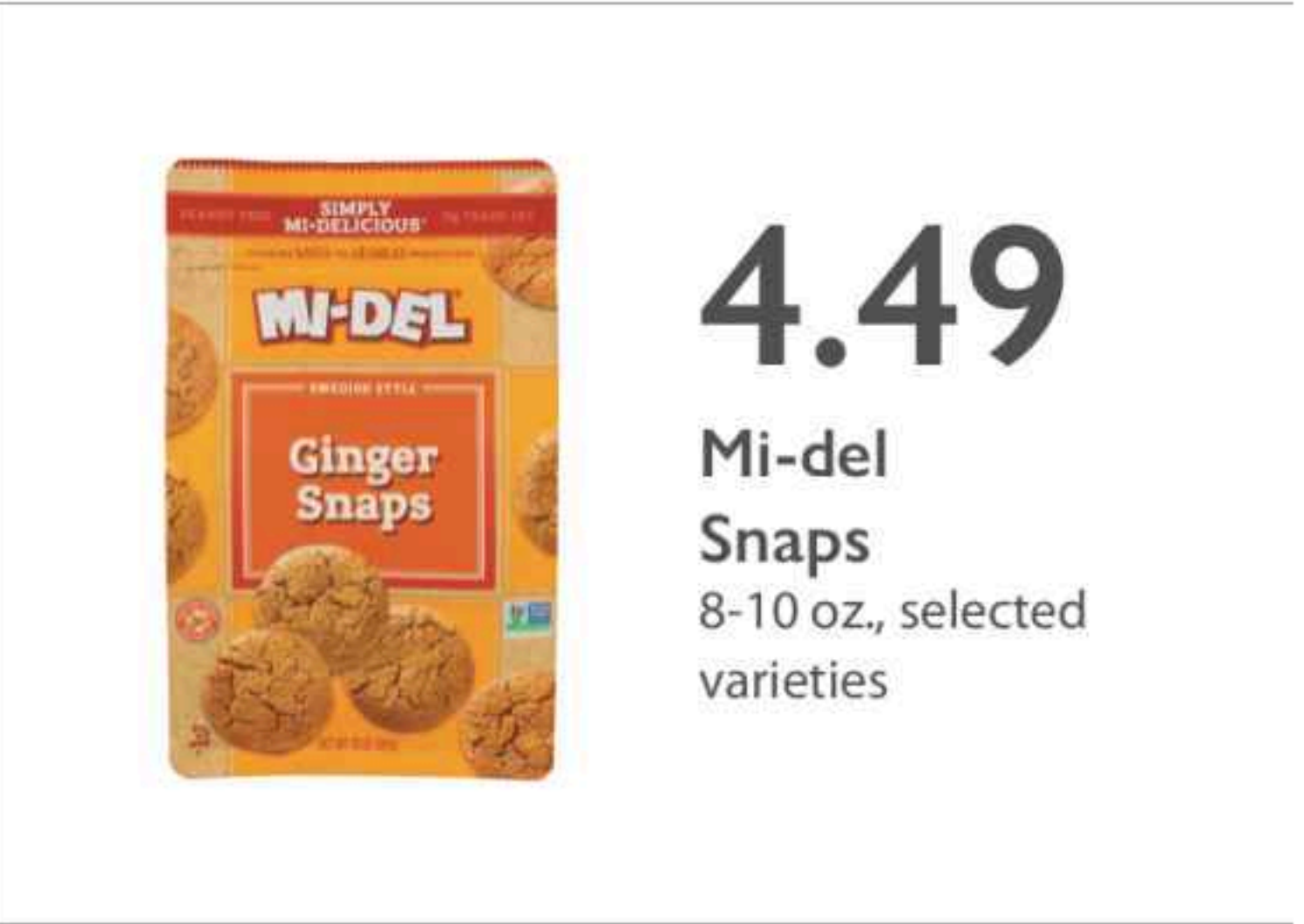
4.5-7 oz., selected
varieties



3.79

Dr. Bronner's
Organic Chocolate Bar

2.93-3 oz., selected varieties



4.49

Mi-del
Snaps

8-10 oz., selected
varieties



3.79

Dr. Bronner's
Organic Chocolate Bar

2.93-3 oz., selected varieties



5.69

Zevia
Zero Sugar Soda

6 pk.-12 fl. oz. cans, selected varieties

Crave-worthy snacks are at the co-op.

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5.99
Lily of the Desert
Organic Aloe Juice
32 fl. oz., selected
varieties

purposeful sustainable wellness



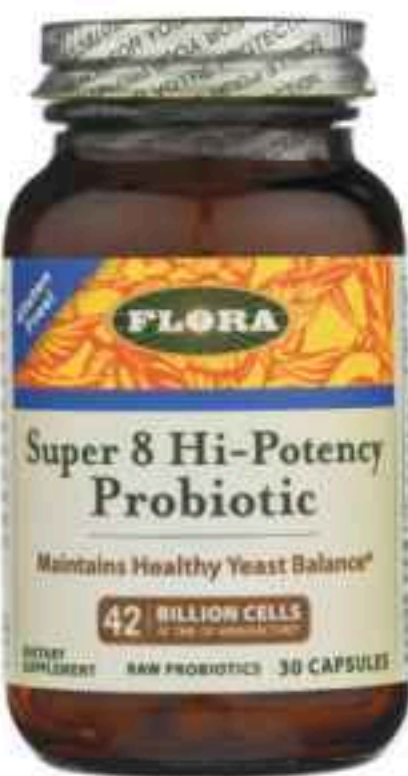
Our products are formulated using traditional wisdom and modern science to support true wellness. Take Organic India Organic Psyllium Husk Powder to effortlessly up your fiber intake to support healthy digestion.

12.99

Organic India
Psyllium Husk Powder
12 oz.



12.99
Ener-C
Vitamin C
Drink Mix
30 ct., selected
varieties



18.99
Flora
Super 8 Hi-
Potency Probiotic
30 ct.



19.99
Smarty pants
Organic Kids
Multi & Omegas
Gummies
120 ct.



39.99
Ancient Nutrition
Multi Collagen
Protein Powder
16-16.7 oz., selected
varieties



*plant-powered
for the people*

MegaFood, using over 50 years of scientific expertise, crafts supplements that pair plants with key nutrients. Tested for 150+ pesticides and using only the highest quality, science-backed ingredients.

19.99

Megafood
Turmeric Curcumin
60 ct.



8.99

Bach
Rescue Remedy Pastilles
35 ct., selected varieties

Find all your supplements at the co-op.

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

inspired by nature

Jason celebrates the power of the earth's incredible botanicals. Our balanced formulations use time-tested ingredients to support simple, effective, whole body wellness for everyone.



4.99
Jason
Deodorant Stick
2.5 oz.,
selected varieties



4.99
Jason
Toothpaste
4.2 oz.,
selected varieties



8.99
Jason
Scalp Care
Shampoo +
Conditioner
12 fl. oz.



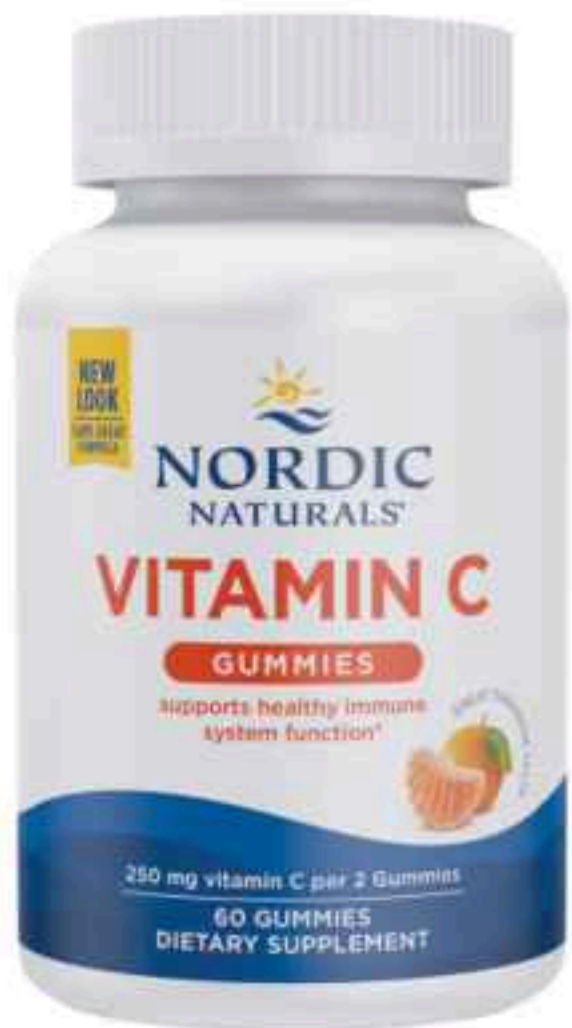
9.99
Jason
Body Wash
30 fl. oz.,
selected varieties



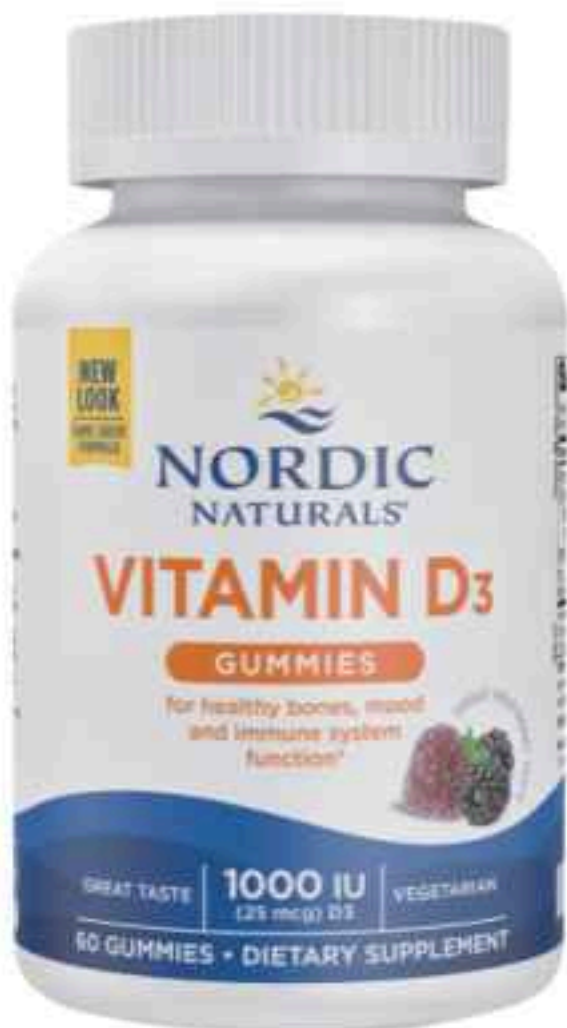
5.49
Numi
Organic Tea
12-18 ct., selected
varieties



7.49
Navitas Organics
Unsweetened
Cacao Powder
8 oz.



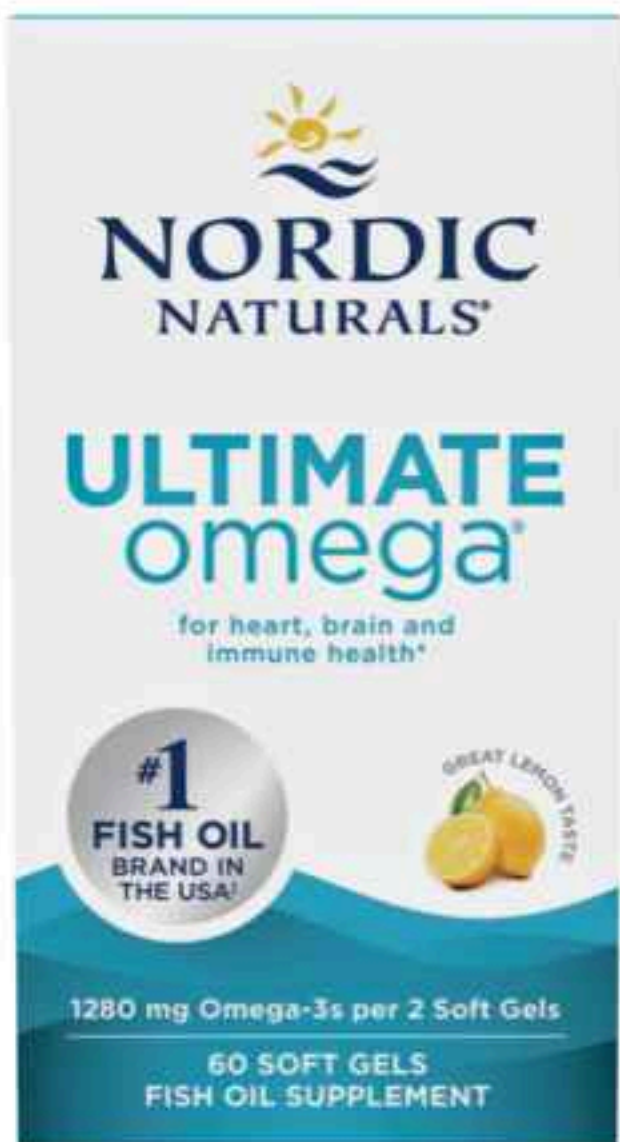
10.99
Nordic Naturals
Vitamin C Gummies
60 ct.



10.99
Nordic Naturals
Vitamin D3
Gummies
60 ct.



13.99
Nordic Naturals
Omega-3
60 ct.



21.99
Nordic Naturals
Ultimate Omega
60 ct.

save on trusted favorites

Nordic Naturals supplements are the trusted choice of health professionals worldwide. Save on award-winning omega-3 fish oils, tasty vitamin gummies and more.

The co-op has great deals on wellness items.

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



Inclusive trade

5.99
Giovanni
L.A. Hold
Hair Spritz
5 fl. oz.



Inclusive trade

5.99
Giovanni
Smooth as Silk
Shampoo or
Conditioner
8.5 fl. oz.



Inclusive trade

5.99
Giovanni
50/50 Balanced
Shampoo or
Conditioner
8.5 fl. oz.



Inclusive trade

6.99
Giovanni
Smoothing Castor Oil
Shampoo or Conditioner
13.5 fl. oz.

salon quality
hair care

INCLUSIVE TRADE PARTNER

Giovanni Hair Care is the go-to for professionals and individuals alike to tame tresses of all types! Revisit heritage products like L.A. Hold Non-Aerosol Spray or discover the innovative Smoothing Castor Oil Collection! Cruelty-free and family- and veteran-owned since 1979.



13.99
Weleda
Skin Food Body
Butter
5 fl. oz.



34.99
Dr. Hauschka
Rose Day Cream
1 oz.

the original magic soap

The beloved 18-in-1 soap, originally distributed by Dr. Bronner himself at street-corner sermons urging love and unity. Plant-based, biodegradable, concentrated and effective — one soap for body, home and Earth! All-One!

11.99

Dr. Bronner's
Pure Castile Liquid Soap
32 fl. oz., selected varieties



9.99
Seventh Generation
100% Recycled Bath Tissue
12 ct.

The co-op has all your body care products.

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.

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
- Coos Head Food 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!

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



simple good with 12 grams of protein

The ultimate fusion of flavor and nourishment! Get ready to indulge in bars crafted from real ingredients bringing you the perfect balance of taste and valuable nutrition.

2/\$4

Rxbar Protein Bars 1.83-1.9 oz., selected varieties



3.79

Rebbl Organic Functional Beverages 12 fl. 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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