

coop deals®

SEPT 3 - SEPT 16, 2025

tasty tuna

Tuna is a versatile protein option that's perfect for quick meals on the go. It's great in sandwiches, wraps, salads, pasta or just spread on crackers. Wild Planet Tuna is on sale at the co-op, so stop in and stock up for the busy days ahead.



3/\$8

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



2/\$6

**Maya Kaimal
Organic Everyday
Entrees**
10 oz., selected varieties



2/\$6

**Kettle
Potato Chips**
4.25-5 oz., selected
varieties



3.79

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



3.99

**Califia Farms
Barista Blend
Plantmilk**
32 fl. oz., selected
varieties



2/\$8

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



18.99

**California Olive Ranch
Global Blend Extra
Virgin Olive Oil**
25.4 fl. oz.



Delicious food for back-to-school season.

Nutritious meals begin here.



4.49

Chobani
Oatmilk
52 fl. oz., selected varieties



2/\$4

Icelandic Provisions
Skyr Yogurts
4.4-5.3 oz., selected varieties



4.99

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



5.49

Malk
Organic Creamer
16 fl. oz., selected varieties



5.99

Forager Project
Organic Cashewmilk
Yogurt
24 oz., selected varieties

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.

5/\$5

Brown Cow
Whole Milk Yogurts
5.3 oz., selected varieties



6.49

Cocojune
Organic Coconut
Cultured Yogurt
16 oz., selected varieties

Find delicious ingredients at the co-op.

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



3.99

Ithaca
Hummus
10 oz., selected varieties



2/\$6
Vive Organic
Wellness Shots
2 fl. oz., selected varieties



4.49

Petit Pot
French Dessert
2 pk.-4 oz., selected varieties



3.79
Green Valley
Organics
Organic Lactose-
free Cream Cheese
8 oz.



4.99
Follow Your Heart
Vegenaise
14 fl. oz., selected varieties



5.99
Grillo's
Pickles
32 fl. oz., selected varieties



6.49
Diestel
Sliced Deli Meat
6 oz., selected varieties



4.99
Violife
Just Like Cheese Slices
or Shreds
7.1-8 oz., selected varieties



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



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

The co-op has great lunchbox options.

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



4.99

Vital Farms
Pasture-raised
Hard-boiled Eggs
6 ct.



5.49

Vital Farms
Pasture-raised
Liquid Whole Eggs
16 oz.



5.99

Vital Farms
Pasture-raised Large Eggs
1 doz.

pasture-raised,
many ways

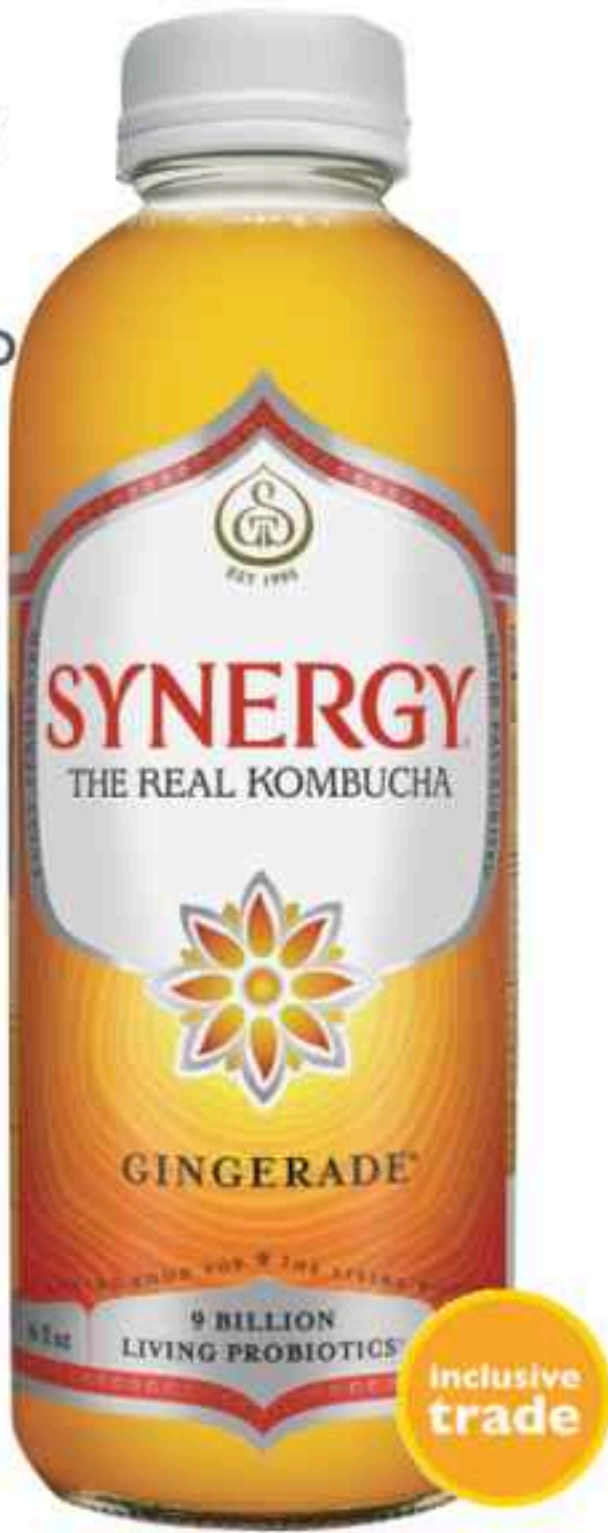
What are pasture-raised eggs, you ask? They're eggs from hens raised with respect by family farmers. Crack 'em open, enjoy on-the-go, or pour right into a pan for a simple morning scramble.

INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.

2/\$6

GT's
Kombuchas
16 fl. oz., selected varieties



COOPERATIVELY OWNED



4.99

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



7.99

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



3.49

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



4.99

Rumiano
Organic Block
Cheese
8 oz., selected varieties



2/\$10

Bizzy
Organic Cold Brew
Coffees
48 fl. oz., selected varieties

The co-op has breakfast options to fuel your day.

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

let us cook
for you

Family-owned since the launch of our first pot pie in 1987, **Amy's** products include comforting and globally inspired meals, burritos, soups and more. Our recipes are crafted using the highest-quality ingredients so you can enjoy them in minutes.



3.99

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



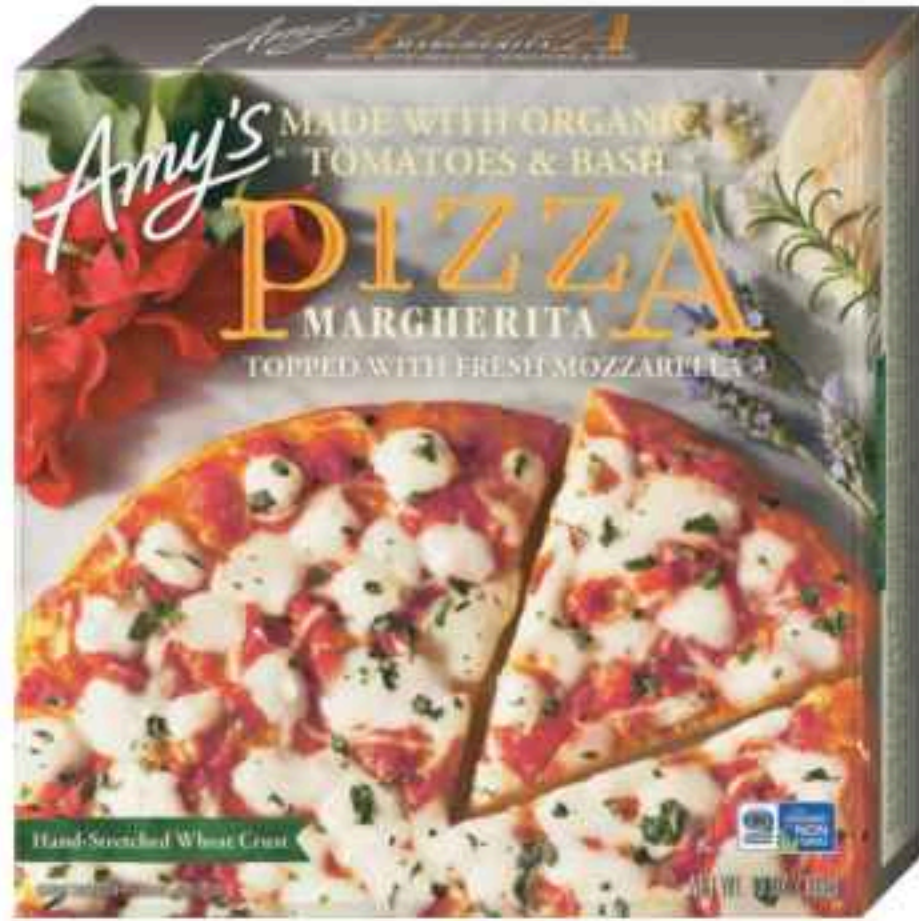
3/\$10

Amy's
Burritos
5-6 oz., selected varieties



5.99

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



8.99

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



4.99

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



10.99

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



12.99

Cascadian Farm
Organic Frozen
Fruit
28-32 oz., selected
varieties

family night
favorite

Bring everyone together for a scoop (or two). These classic flavors make any night feel a little more special.

8.99

Alden's Organic
Ice Cream
1.5 qts., selected varieties



3.99

Rudi's
Organic Bread
18-22 oz., selected varieties

Easy meals and desserts are at the co-op.



say hi to wholesome

Kashi has ingredients to give your morning a delicious surprise. Start your day with cereal that is packed with fiber and over 100% of your recommended daily amount of whole grains to satisfy hunger and leave a smile on your face.

5.69 Kashi Cereal
12.3-18 oz., selected varieties



4/\$5 Bob's Red Mill Oat Bars
1.76 oz., selected varieties



3.29 Pacific Foods Plant-based Beverage
32 fl. oz., selected varieties



3.99 Bear Fruit Snacks
3.5 oz., selected varieties



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



6.99 Once Again Organic Peanut Butter
16 oz., selected varieties



COOPERATIVELY OWNED



11.99 Equal Exchange Organic Love Buzz Coffee
per pound in bulk

Find the brands you love at the co-op.

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

set the bar higher



Tasty bars for everyone with plant-based goodness you'll love. Our bars are purposefully crafted to meet your needs.

3/\$5
Clif Nutrition Bars
2.4 oz., selected varieties

2/\$3
Clif Luna Nutrition Bars
1.69 oz., selected varieties

2/\$4
Clif Builders Protein or Nut Butter Bars
1.76-2.4 oz., selected varieties

5.99
Clif Organic Zbar
6.35-7.62 oz., selected varieties



2.79
Rishi Sparkling Botanicals Beverage
12 fl. oz., selected varieties



7.49
Rishi Organic Tea
15 ct., selected varieties



move beyond expectation

When you enjoy a cup of Yogi Tea, you commit to your well-being and to that of our planet.

2/\$8
Yogi Tea
16 ct., selected varieties



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

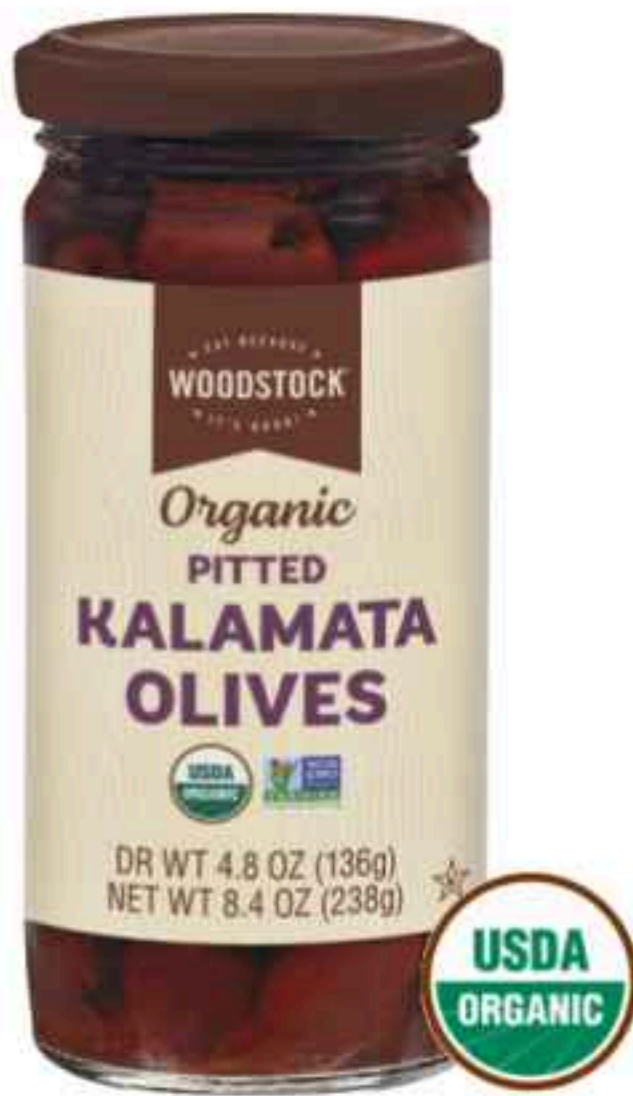
Find snacks and teas at the co-op.

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



2/\$5

Westbrae
Organic Beans
15 oz., selected varieties



2/\$7

Woodstock
Organic Olives
8.4-8.5 oz., selected varieties



5.49

Maranatha
Organic Peanut Butter
16 oz., selected varieties



2/\$4

Mike's Mighty Good
Ramen Soup Packs
or Cups
1.6-2.4 oz., selected varieties



3.99

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



3.99

Newman's Own
Pasta Sauce
24 fl. oz., selected varieties



crafted for heat

Versatile and neutral, this expeller-pressed oil is refined for high-heat cooking — up to 450° F. Non-GMO Project verified and ready to sizzle.

11.99

Spectrum
Organic Canola Oil
32 fl. oz.



All your pantry staples are at the co-op.

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



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



2/\$7
Blue Diamond
Nut Thins
4.25 oz., selected varieties



3.99
Vita Coco
Coconut Water
33.8 fl. oz., selected
varieties



3.29
Bob's Red Mill
Gluten-free
Cornbread Mix
20 oz.



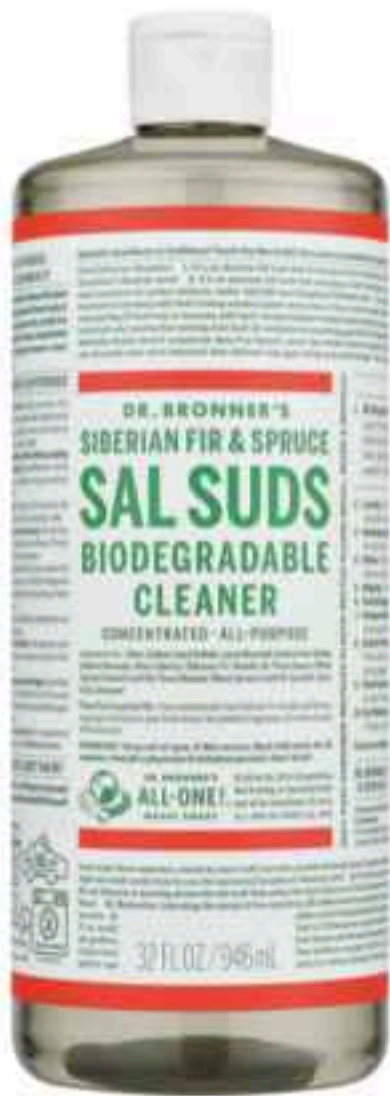
6.49
Bragg
Liquid Aminos
32 oz.

get your slurp on



Koyo Ramen Noodles are certified non-GMO, made with organic ingredients and free from artificial colors, flavors and preservatives. Explore our noodles' delicious taste one satisfying noodle bowl at a time!

2.29
KOYO
Organic Soba or
Udon Noodles
8 oz., selected varieties



10.99
Dr. Bronner's
Sal-Suds
32 fl. oz.

Brands your whole family loves are at the co-op.

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



2/\$3

Culture Pop
Probiotic Sodas
12 fl. oz. can, selected
varieties



2/\$6

Good Health
Potato Chips
5 oz., selected varieties



2/\$7

Hippeas
Chickpea Snacks
3.75-4 oz., selected
varieties



2/\$7

Food Should Taste
Good
Tortilla Chips
5.5 oz., selected varieties



3.79

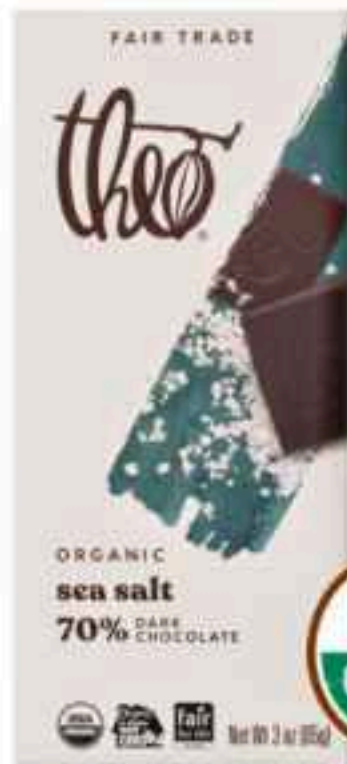
Endangered Species
Chocolate Bar
3 oz., selected varieties

everyday low price



3.99

Field Day
Organic Golden
Round Crackers
8 oz.



3.99

Theo
Organic
Chocolate Bar
2.8-3 oz., selected
varieties



4.99

Green Mountain
Gringo
Salsa
16 oz., selected varieties



made with meaning

Welcome to the Garden of Eatin'®, where we've been crafting our signature organic corn chip for decades. Enjoy the quality ingredients and fresh taste from our garden.

4.99

Garden of Eatin'
Organic Tortilla Chips
14 oz., selected varieties



2/\$10

Tate's Bake Shop
Cookies
5.5-8 oz., selected varieties

Snack time selections are at the co-op.

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



18.99

Smartypants
Organic Kids Multi &
Omega Gummies
120 ct.



8.39

Humble
Deodorant
2.65 oz., selected
varieties



8.99

Pranarom
Organic
Frankincense
.068 fl. oz.



11.99

Derma E
Anti-wrinkle
Renewal Cream
4 oz.



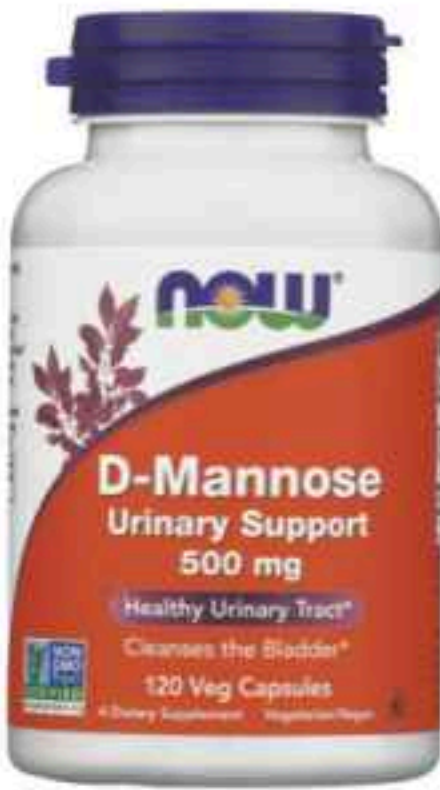
14.99

Ultima Replenisher
Electrolyte Powder
3.4-3.9 oz., selected
varieties



16.99

Om
Organic Mushroom
Powder
3.17-3.5 oz., selected
varieties



17.99

Now
D-Mannose
500mg
120 ct.



18.99

Kal
Magnesium
Glycinate 350
160 ct.

get back
to glowing



21.99

Garden of Life
Organics
Prenatal Multi
Gummies
120 ct.



21.99

Garden of Life
Organics
Men's Multi
Gummies
120 ct.



21.99

Garden of Life
Organics
Women's Multi
Gummies
120 ct.



21.99

Garden of Life
Organics
Women's 40+
Multi Gummies
120 ct.

There's no doubt that **Garden of Life Organics** Multis will have you glowing by putting good-for-you ingredients into your body for optimal wellness. Delicious organic fruit and vitamin gummies for all stages of life.

The co-op has the supplements you trust.

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

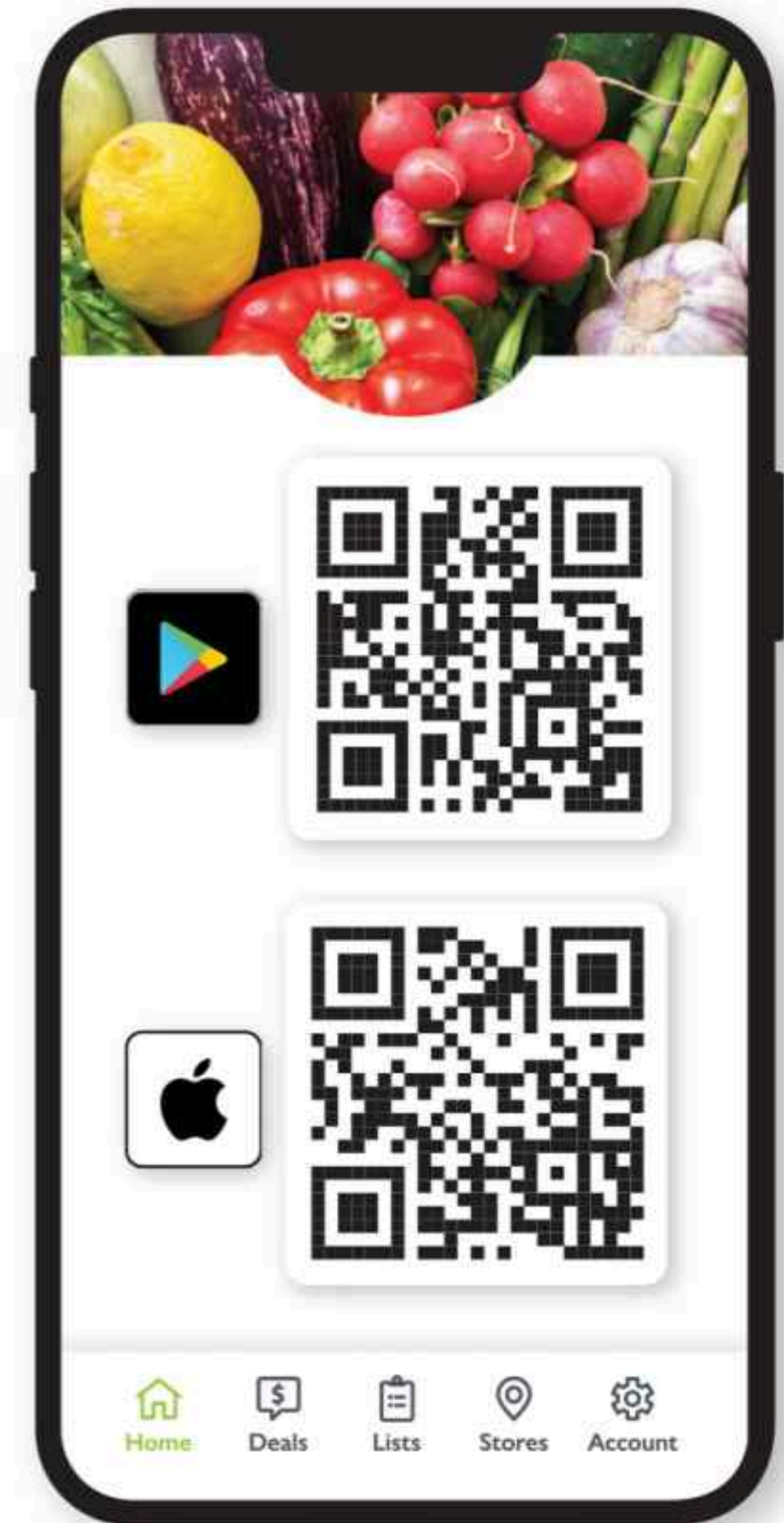
Skagit Valley Food Co-op

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.

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.



4.69

Kirk's
Castile Bar Soap
3 pk.-4 oz., selected varieties

INCLUSIVE TRADE PARTNER

The Grandpa Soap Company is woman-owned and among the oldest soap manufacturers in the USA. We are dedicated to making simple and effective products.



2/\$6 The Grandpa Soap Co.
Pine Tar Bar Soap
3.25 oz.

INCLUSIVE TRADE PARTNER

South of France is a women-owned company. We still kettle cook small batches of our soap using a traditional Marseille recipe.



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



Scan the QR code to learn more about the quality and values represented by these symbols.



PWNW0925A



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