

# coop deals

MAR 5 - MAR 18, 2025

*creamy and fruity*

### PARFAIT LIKE IT'S 1999

Say hello to a smooth morning with Siggis' delicious skyr yogurt. Round up your favorite toppings to make a delicious yogurt parfait to unlock a great start to your day. Don't be late to the party — head over to the co-op and find these on sale now!



**4/\$5**

Siggis  
Skyr Yogurts  
4-5.3 oz., selected varieties



**2/\$6**

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



**3.79**

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



**2/\$8**

Zack's Mighty  
Organic Tortilla Chips  
9 oz., selected varieties



Find your favorite deals at the co-op.

**Delicious spring meals await.**



**4/\$5**

**Fage  
Greek Yogurts**  
5.3 oz., selected varieties



**2.69**

**KeVita  
Organic Kombucha**  
15.2 fl. oz., selected varieties



**2/\$7**

**Blue Diamond  
Almondmilk**  
59-64 fl. oz., selected varieties



**4.29**

**Harmless Harvest  
Organic Coconut  
Water**  
16 fl. 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



**5.99**

**Bizzy  
Organic Cold Brew  
Coffee**  
48 fl. oz., selected varieties

*choose organic ingredients today*



Stonyfield Organic Yogurt is made without toxic persistent pesticides, antibiotics, artificial growth hormones or genetically modified organisms (GMOs), protecting you and contributing to a healthy and sustainable world.

**3.99**

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



**2/\$8**

**Evolution Fresh  
Organic Juices  
or Smoothies**  
15.2 fl. oz., selected varieties

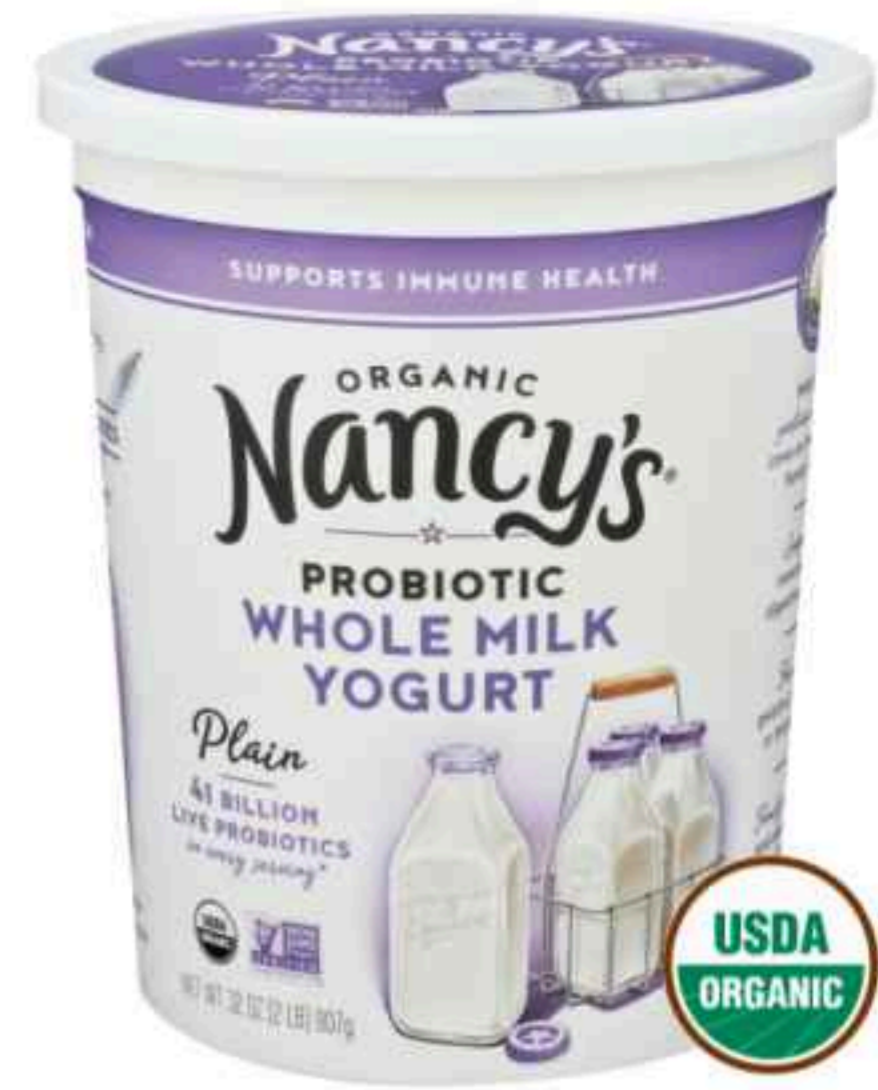
**Refreshing selections are at the co-op.**



**4.79**  
 Good Culture  
 Organic Cottage  
 Cheese  
 15-16 oz., selected  
 varieties



**5.49**  
 Tofurky  
 Plant-based  
 Sausages  
 12-14 oz., selected  
 varieties



**4.49**  
 Nancy's  
 Organic Yogurt  
 24-32 oz., selected varieties



**2/\$5**  
 Perfect Bar  
 Protein Bars  
 1.94-2.5 oz., selected  
 varieties



**3.79**  
 Rebbl  
 Organic Beverage  
 12 fl. oz., selected varieties



A delicious breakfast begins at the co-op.  
**So fresh and flavorful.**



*irresistibly rich  
 and creamy*

Enjoy Vital Farms 90% grass-fed and pasture-raised butter that is made with fresh air and sunshine.

**2/\$7**

Vital Farms  
 Butters  
 8 oz., selected varieties



**6.99**  
 Wildbrine  
 Organic Sauerkraut  
 18 oz., selected varieties



**6.99**  
 Applegate  
 Organic Sliced  
 Deli Meat  
 6 oz., selected varieties



**Find delicious ingredients at the co-op.**

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

*spring forward  
with Woodstock*



**2/\$4**

Woodstock  
Frozen Vegetables  
10 oz., selected varieties



**2.69**

Woodstock  
Organic Frozen Vegetables  
10 oz., selected varieties



**4.69**

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

Healthy living can be made easier with **Woodstock's** wide range of frozen fruits and vegetables! Our products are quick and easy meal solutions you'll love to reach for without sacrificing flavor or nutrition.



**3/\$10**

Amy's  
Burritos  
5.5-6 oz., selected varieties



**2/\$10**

Blake's  
Organic Pot Pies  
8 oz., selected varieties



**7.99**

Siete  
Grain-free Tortillas  
7 oz., selected varieties

*filled with flavor*

Woodstock Organic Filled Pastas are free from artificial ingredients and conveniently ready when you are. Perfect for a quick dinner or an easy way to impress guests!

**7.49**

Woodstock  
Organic Filled Pasta  
20 oz., selected varieties



**INCLUSIVE TRADE PARTNER**

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



**6.99**

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

**The co-op has your frozen favorites.**



**2/\$7**

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



**2/\$7**

**Hippeas  
Chickpea Puffs**  
4 oz., selected varieties



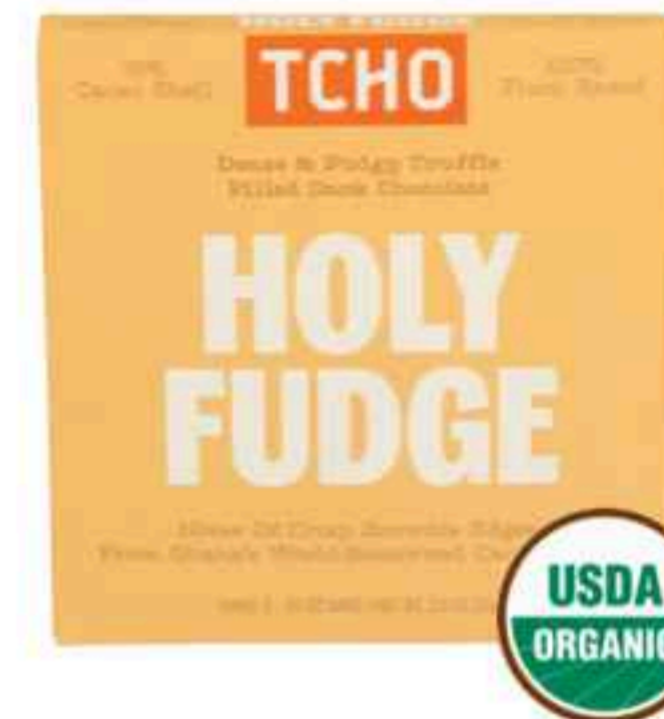
**2/\$6**

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



**2/\$7**

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



**2/\$7**

**Tcho  
Organic Chocolate  
Bars**  
3 pack - 0.83 oz., selected varieties



**3.99**

**Taza  
Organic Chocolate  
Bar**  
2.5-2.7 oz., selected varieties



**4.99**

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



**4.99**

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

*chef created, delightfully delicious*

TERRA® real vegetable chips are culinary inspired and artfully crafted. These non-GMO, gluten-free chips are thoughtfully paired and creatively seasoned for an elevated snack worth savoring.

**2/\$6**

**Terra  
Vegetable Chips**  
5 oz., selected varieties



**2/\$8**

**Simple Mills  
Cookies**  
4.25-5.5 oz., selected varieties

**The co-op has snacks for your next adventure.**



**5.49**

**Bob's Red Mill  
Gluten-free Muesli**  
16 oz.



*50 years in bloom*

Traditional Medicinals is honoring 50 years of herbal science, purpose and right livelihood. Join us in celebrating yesterday, today and the possibilities of tomorrow.

**4.29**

**Traditional Medicinals  
Organic Herbal Tea**  
16 ct., selected varieties



Find a variety of favorites at the co-op.  
**Take a sip and relax.**

*100% real, 100% delicious*



We believe that real life calls for real ingredients. That's why LÄRABAR delivers crave-worthy flavors, made with 100% real ingredients, and inspired by a broad spectrum of your favorite treats.

**4/\$5**

**Larabar  
Fruit & Nut Bars**  
1.06-1.7 oz., selected varieties



**4.49**

**Nature's Bakery  
Fig Bars**  
6pk.-2 oz., selected varieties

**Try something new at the co-op.**



**4.39**

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



**2/\$4** Clif Builders Protein Bars  
2.4 oz., selected varieties



**2/\$7**  
Pacific Foods Organic Oat Beverages  
32 fl. oz.

COOPERATIVELY OWNED



**10.99**  
Equal Exchange Organic Breakfast Blend  
per pound in bulk



*eat organic, feel good*

When organic meets breakfast, delicious things happen. Find cereal for the whole family together and experience the Earth-first, feel-good benefits today!

**3.79**

**Nature's Path Organic Cereal**  
9.5-14 oz., selected varieties



**6.99**

**Rishi Organic Tea**  
15 ct., selected varieties

*scoop up the savings in bulk!*



**1.69**  
Organic Rolled Oats  
per pound in bulk



**3.29**  
Organic Thompson Raisins  
per pound in bulk



**4.49**  
Organic Pitted Deglet Dates  
per pound in bulk

**Shop the bulk section at the co-op.**



**2/\$4**

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

*your partner in cooking*

Spectrum has been a trusted partner in kitchens for over 30 years. Founded with a mission to provide reliable, high-quality, wholesome oils, you can count on Spectrum to provide a cooking oil for every occasion!



**16.99**

**Spectrum  
Organic Extra Virgin Olive Oil**  
25.4 fl. oz.



**2.79**

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



**2/\$6**

**Tasty Bite  
Indian Entrees**  
10 oz., selected varieties



**2/\$8**

**Amy's  
Soups**  
13.65-14.7 oz., selected  
varieties



*everyday low price*

**4.99**

**Field Day  
Organic Distilled  
White Vinegar**  
64 fl. oz.

Never miss your **favorite deals**



**Co+op 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.



**7.99**

**Lucini Italia  
Organic Pasta Sauce**  
24 oz., selected varieties



**14.99**

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

**Download the Co+op Deals app today!**





**2/\$6**

**Ancient Harvest  
Organic Polentas**  
18 oz., selected varieties



**2/\$7**

**Imagine  
Organic Broths**  
32 fl. oz., selected varieties



**5.49**

**Maranatha  
Organic Peanut Butter**  
16 oz., selected varieties



Find your favorite ingredients at the co-op.  
**Make lunchtime a breeze.**



**2/\$5**

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



**2.69**

**The Ginger People  
Ginger Soother**  
12 fl. oz., selected varieties



**5.49**

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



**2/\$3**

**Liquid Death  
Sparkling Waters**  
19.2 fl. oz., selected varieties

**Find something for everyone at the co-op.**



**4.99**

**Seventh Generation  
Free & Clear Automatic  
Dishwashing Powder**  
45 oz.



**6.99**

**Lakewood  
Organic Pure Aloe  
Juice or Gel**  
32 fl. oz., selected  
varieties



**14.99**

**Nature's Way  
Sambucus Immune  
Gummies**  
60 ct.



**36.99**

**Ancient Nutrition  
Bone Broth  
Protein Powder**  
15.7-17.8 oz., selected  
varieties



**18.99**

**Natural Factors  
Tranquil Sleep  
Chews**  
60 ct.



**19.99**

**Kal  
Magnesium  
Glycinate 350**  
160 ct.



*3X concentrated formula*

Biokleen uses plant-derived cleaning agents to eliminate tough stains and odors. Our ultra-concentrated formula has no artificial fragrances, dyes, phosphates, chlorine, ammonia or brighteners. Never tested on animals and made in the USA.

**12.99**

**Biokleen  
Liquid Laundry Detergent**  
64 fl. oz., selected varieties



**6.99**

**Better Life  
Toilet Bowl Cleaner**  
24 fl. oz.

**Find safe cleaning products at the co-op.**

**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.



**inclusive trade**

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

**COOPERATIVELY OWNED**



**5.69**  
Aura Cacia Aromatherapy Mist  
4 fl. oz., selected varieties



**5.99**  
Auromere Toothpaste  
3.57-4.16 oz., selected varieties



**7.99**  
Avalon Organics Shampoo or Conditioner  
11 fl. oz., selected varieties



**8.39**  
Humble Plastic-free Deodorant  
2.65 oz., selected varieties



**21.99**  
Mad Hippie Vitamin C Serum  
1.02 fl. oz.



*pure-castile bar soap* →

True soap with a rich lather and fresh, clean rinse. Effectively cleanses body-hands-face with a nourishing blend of organic oils. EWG Verified® for your peace of mind. Renew body and soul!

**2/\$7**

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



**17.99**  
Andalou Naturals Resveratrol Q10 Night Repair Cream  
1.7 oz.

**The co-op has great 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.**

**CONNECTICUT**

Fiddleheads Co-op  
Willimantic Food Co-op

**DELAWARE**

Newark Natural Foods Co-op

**FLORIDA**

Community Co-op Market  
Ever'man Cooperative Grocery & Cafe

**GEORGIA**

Sevananda Natural Foods Market

**MAINE**

Belfast Community Co-op  
Blue Hill Co-op  
Good Tern Co-op  
Portland Food Co-op  
Rising Tide Co-op

**MARYLAND**

Greenbelt Co-op  
Supermarket and Pharmacy  
The Common Market  
TPSS Co-op

**MASSACHUSETTS**

Assabet Co-op Market  
Berkshire Food Co-op  
Green Fields Market  
McCusker's Market  
River Valley Co-op  
Wild Oats Market

**NEW HAMPSHIRE**

Concord Food Co-op  
Hanover Co-op Food Stores  
Littleton Food Co-op  
Monadnock Food Co-op

**NEW YORK**

Abundance Food Co-op  
East Aurora Co-op Market  
Flatbush Food Cooperative  
GreenStar Cooperative Market  
High Falls Food Co-op  
Honest Weight Food Co-op  
Hungry Hollow Co-op  
Lexington Cooperative Market  
Potsdam Food Co-op  
Syracuse Cooperative Market

**NORTH CAROLINA**

Chatham Marketplace  
Deep Roots Market  
Durham Co-op Market  
French Broad Food Co-op  
Hendersonville Community Co-op  
Tidal Creek Cooperative Food Market  
Weaver Street Market

**PENNSYLVANIA**

East End Food Co-op  
Erie Food Co-op  
Mariposa Food Co-op

South Philly Food Co-op  
Weavers Way Co-op

**RHODE ISLAND**

Urban Greens Co-op Market

**TENNESSEE**

Three Rivers Market

**VERMONT**

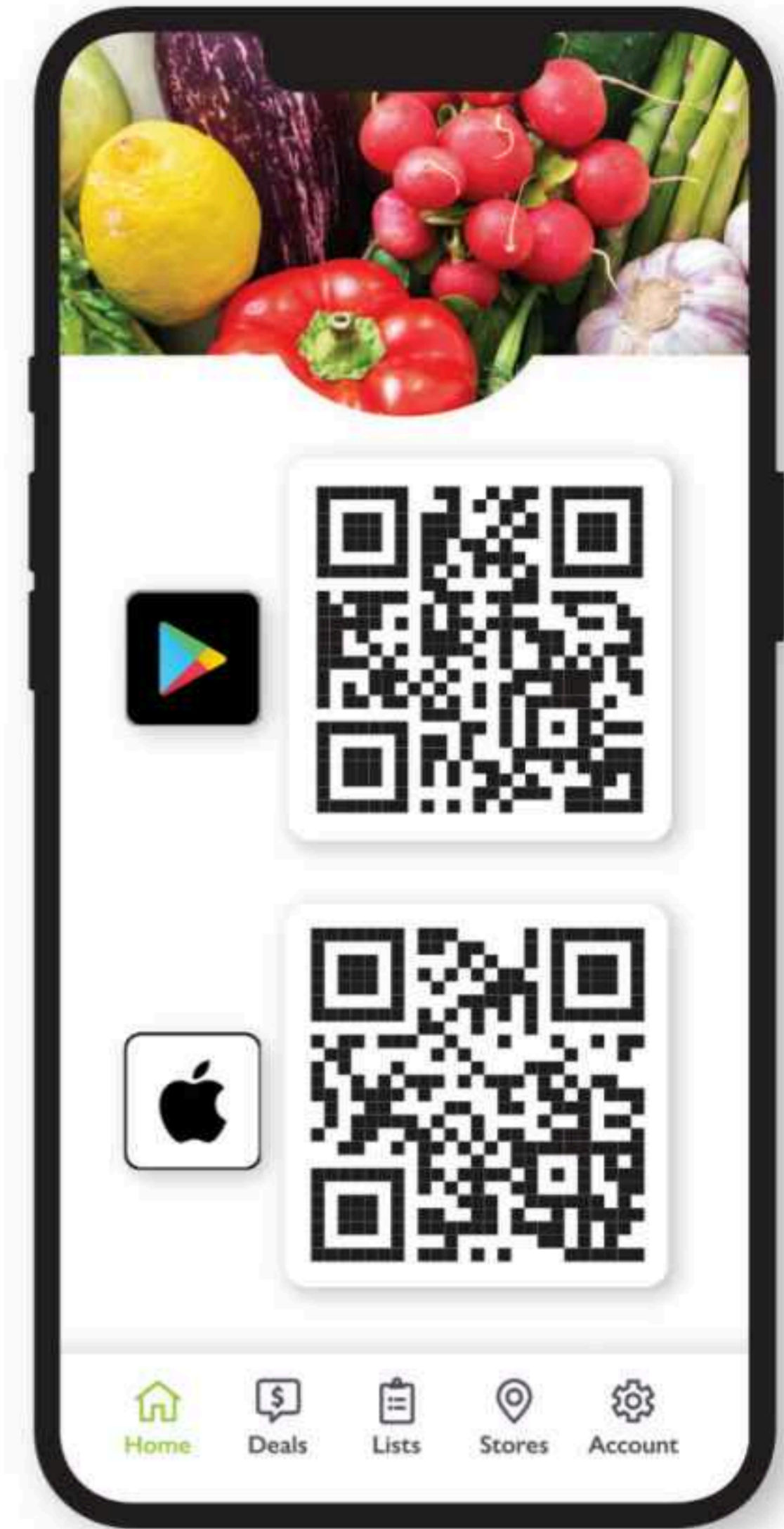
Brattleboro Food Co-op  
Buffalo Mountain Market  
City Market/Onion River Co-op  
Co-op Food Store  
Hunger Mountain Co-op  
Middlebury Natural Foods Co-op  
Morrisville Food Co-op  
Putney Food Co-op  
Rutland Area Food Co-op  
Springfield Food Co-op  
Upper Valley Food Co-op

**VIRGINIA**

Fredericksburg Food Co-op  
Friendly City Food Co-op  
Lovettsville Co-op Market  
Roanoke Co+op

**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.

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

*breakfast, perfected by nature*



Good mornings start with good ingredients and Bob's Red Mill 100% Whole Grain Oats! Naturally delicious hot cereal and baked goods for whole grain goodness you can feel great about sharing.

**7.69**  
**Bob's Red Mill Organic Oats**  
28-32 oz., selected varieties



**5.39**  
**Little Northern Bakehouse Gluten-free Bread**  
16-17 oz., selected varieties



**9.99**  
**Woodstock Organic Peanut Butter**  
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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