# co+op deals®

**NOV 18 - DEC 1, 2026**

## be egg-static!

It's time to get crackin' because the co-op has buy one, get one free eggs! That's right — Vital Farms pasture-raised eggs are ready for your holiday recipes, like pumpkin pies, casseroles and deviled eggs! It's the perfect time to double up on protein and make extras to share.




**Buy One, Get One**

# FREE

**Vital Farms**
**Pasture-raised Large Eggs**
1 doz.




**Buy One, Get One**

# FREE

**Green Valley**
**Organic Lactose-free**
**Sour Cream**
12 oz.




**Buy One, Get One**

# FREE

**Q Mixers**
**Drink Mixers**
4 pk.-7.5 fl. oz. cans, selected varieties




**Buy One, Get One**

# FREE

**Talenti**
**Gelatos**
1 pt., selected varieties

BO GO

**Buy One, Get One**

# FREE

*special offers inside!*

BO GO

# Buy One, Get One FREE Deals at the Co-op!

BOGO

Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.




**Buy One, Get One**

**FREE**

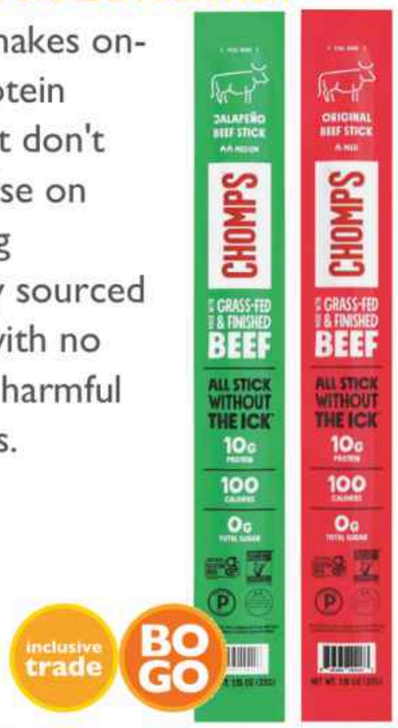
**Izze**

**Sparkling Juice Drinks**

6 pk.-8.4 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Chomps makes on-the-go protein snacks that don't compromise on taste, using sustainably sourced proteins with no hidden or harmful ingredients.




**Buy One, Get One**

**FREE**

**Chomps**

**Meat Sticks**

1.15 oz., selected varieties




**Buy One, Get One**

**FREE**

**Red's**

**Burritos**

4.5-5 oz., selected varieties




**Buy One, Get One**

**FREE**

**Beyond**

**Plant-based Steak Filets**

8.9 oz.

**Double the yum with these BOGO deals.**

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




**Buy One, Get One**

# FREE

**Daiya**
**Frozen Pizzas or Flatbreads**
11.7-19.4 oz., selected varieties




# 2/$8

**Daiya**
**Deluxe Mac & Cheeze**
10.6 oz., selected varieties




# 3.99

**Daiya**
**Plant-based Cheese Slices, Shreds or Block**
7.1-7.8 oz., selected varieties

## cheese reimagined

Dairy-free cheesy goodness you'll love in every bite. Prepare for a melt that truly delivers! Thanks to our **Daiya** Oat Cream™ blend, dairy-free cheese has never tasted so creamy, cheesy and satisfying.

## we've got the cheeses




**COOPERATIVELY OWNED**

And all of them are made with organic pasture-raised milk from our family farms. Because when this much care is put into making your cheese, you can taste it in every smooth, creamy, delicious bite.

**Buy One, Get One**

# FREE

**Organic Valley**
**Sliced Cheese**
6 oz., selected varieties

**Buy One, Get One**

# FREE

**Organic Valley**
**Shredded Cheese**
6 oz., selected varieties

**Buy One, Get One**

# FREE

**Organic Valley**
**Stringles**
8 oz.

# 5.99

**Organic Valley**
**Raw Block Cheese**
8 oz. , selected varieties

## Smile and say "cheese!"

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

# organic goodness

## COOPERATIVELY OWNED

Bring trusted organic flavor to holiday celebrations with savory gravy, bold spices and Pure Madagascar Vanilla. Create cherished traditions and new favorites that make every holiday moment more memorable with **Simply Organic®.**




**1.69**

**Simply Organic Gravy Mix**
.85-1 oz., selected varieties




**4.79**

**Simply Organic Ground Cinnamon**
2.45 oz.




**6.49**

**Simply Organic Garlic Powder**
3.64 oz.




**14.99**

**Simply Organic Vanilla Extract**
4 fl. oz.




**2.39**

**Edward & Sons Bouillon Cubes**
2.2-3.1 oz., selected varieties



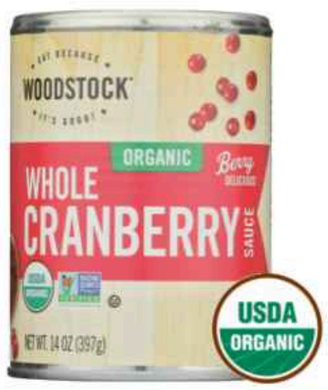

**2/$7**

**Crown Prince Oysters**
3 oz., selected varieties




**6.99**

**Sweetleaf Sweet Drops**
2 fl. oz., selected varieties




**2/$7**

**Woodstock Organic Cranberry Sauce**
14 oz., selected varieties




**5.99**

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




**2/$7**

**Dandies Marshmallows**
10 oz., selected varieties




**5.69**

**Divina Organic Castelvetrano Olives**
4.9-10.2 oz., selected varieties




**17.99**

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

## Save on holiday baking and cooking items.

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




**6.49**

## King Arthur Baking Company Flour

5 lbs., selected varieties

## holiday baking starts here




New look, same trusted quality. Bake holiday traditions with **Bob's Red Mill**. Stock up on our best-selling flours for cookies, breads, pies and all your favorite seasonal baking essentials today.

**5.79**

## Bob's Red Mill Organic Flour

5 lbs., selected varieties




**2.39**

## Farmer's Market Organic Pumpkin Puree

15 oz.




**3.49**

## Bob's Red Mill Baking Mix

14-20 oz., selected varieties




**4.69**

## Wholesome Organic Sugar

24-16 oz., selected varieties

## feel good, sweet moments

Enjoy thoughtfully crafted chocolate sweetened with stevia and no sugar added, made with Fair Trade Certified cocoa and gluten-free ingredients — so you never have to choose between taste and thoughtful sourcing.




**5.99**

## Wholly Wholesome Organic Pie Shells

9.6-14 oz., selected varieties




**7.99**

## Lily's Baking Chips

9 oz., selected varieties




**4.99**

## Califia Farms Plant-based Heavy Cream

16.9 fl. oz.

**The best baking ingredients are at the co-op.**

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

# ethical eggs, hot deal

**Vital Farms** pasture-raised eggs from caring family farms. Happy hens, richer yolks, traceable goodness that uplifts animals, farmers and our planet. Grab the hottest promotion from Vital Farms ever at your co-op!




**Buy One, Get One**

**FREE**

Vital Farms
Pasture-raised Large Eggs
1 doz.




**8.99**

Vital Farms
Pasture-raised Large Eggs
18 ct.






**5.49**

Smart Chicken Organic Whole Chicken
per pound




**7.49**

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

INCLUSIVE TRADE PARTNER

Mulay's Sausage is a woman-owned company that makes clean-label sausages and meatballs made from heritage breed pork raised on small family farms in the USA.



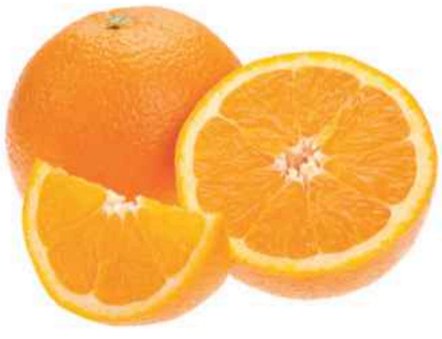

**7.99**

Mulay's Meatballs or Ground
12-15 oz., selected varieties




**5.99**

Mt Vikos Organic Feta Cheese
6 oz., selected varieties





**22.99**

Thousand Hills Chuck Pot Roast
24 oz.

**Good nutrition for great days.**

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




## 2/$6

**Vive Organic Wellness Shots**
2 fl. oz., selected varieties




## 4.29

**Hodo Organic Tofu**
8-10 oz., selected varieties




*great buttery taste*

Light, creamy and packed with rich flavor — this vegan, non-GMO plant butter is gluten-free and dairy-free. It's perfect for baking, cooking or spreading.

## 5.79

**Earth Balance Plant-based Sticks or Spread**
13-16 oz., selected varieties




## 3.99

**Oatly Barista Edition Oatmilk**
32 fl. oz.




## 4.49

**Oatly Oatmilk**
64 fl. oz., selected varieties




## 6.99

**Just Plant-based Eggs**
16 fl. oz.

*boldly delicious*

Bring bold flavor to every occasion with chef-inspired plant-based favorites. From mini corn dogs and Italian sausages to smoky tempeh and roasts, these culinary-crafted offerings are made for sharing, savoring and discovering something new.




## 4.99

**Lightlife Organic Tempeh Strips**
6-7 oz., selected varieties




## 5.39

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




## 6.49

**Field Roast Plant-based Appetizers**
10 oz., selected varieties




## 7.99

**Field Roast Plant-based Celebration Roast**
16 oz.

**Plenty of plant-based options are at the co-op.**

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




**3.79**

## The Greek Gods Yogurt

24 oz., selected varieties

## find goodness within




INCLUSIVE TRADE PARTNER

Invite the goodness of nature into your everyday routine. Family- and LGBTQIA+-owned, SYNERGY is made with organic ingredients, raw fermentation and naturally occurring probiotics. A daily ritual rooted in wellness and gratitude.

**2/$6**

## GT's Kombuchas

16 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER

Painterland Sisters is a woman-owned company. We make delicious yogurt and work with our partner farms to care for their land, animals and workers.




**2.29**

## Painterland Sisters Organic Skyr

5.3 oz., selected varieties




**5.49**

## Immaculate Organic Cinnamon Rolls

17.5 oz.

## make holidays so delicious

Indulge in dairy-free holiday favorites with **So Delicious®** products. From Coconutmilk Creamer and CocoWhip® Topping to Coconutmilk Yogurt alternatives, these creamy essentials bring rich flavor to seasonal recipes and festive gatherings, making every celebration a little more delicious.




**2.99**

## So Delicious Coconutmilk Holiday Nog

32 fl. oz.




**3.49**

## So Delicious CocoWhip Topping

9 oz.




**4.69**

## So Delicious Organic French Vanilla Coconutmilk Creamer

32 fl. oz.




**5.99**

## So Delicious Coconutmilk Yogurt

24 oz., selected varieties

**Brighten your morning with deals like these.**

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









## field to freezer

For over 40 years, **Stahlbush** has cared for the land through sustainable farming practices, harvesting produce at peak ripeness and freezing it within hours to lock in flavor and nutrition.

**2.79**

### Stahlbush Island Farms Frozen Vegetables

10 oz., selected varieties




**3.79**

### Silver Hills Sprouted Bread

15-22 oz., selected varieties




**6.99**

### Bonafide Provisions Organic Bone Broth

24 fl. oz., selected varieties




**9.49**

### Alden's Organic Ice Cream

48 fl. oz., selected varieties

## always organic, never ordinary

Spend less time prepping and more time around the table with **Cascadian Farm** Organic frozen vegetables. Picked at peak freshness for easy, delicious meals.




**2/$7**

### Cascadian Farm Organic Frozen Vegetables

16 oz., selected varieties




**4.99**

### Little Northern Bakehouse Gluten-free Bread or Bagels

14-17 oz., selected varieties




**15.99**

### Tofurky Plant-based Roast

19-26 oz., selected varieties

**Frozen variety for anytime meals.**

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




# 4.99

## Traditional Medicinals Organic Herbal Tea

16 ct., selected varieties




## plant-based favorites

You can enjoy your favorite organic, non-GMO, dairy-free, lactose-free, gluten-free beverage with either our **West Life** 9 grams of protein soymilk, or our creamy, smooth, versatile **Dream** ricemilk.

# 3.99

## Dream Organic Ricemilk or West Life Organic Soymilk

32 fl. oz., selected varieties




# 2/$6

## Pacific Foods Plant-based Beverages

32 fl. oz., selected varieties




# 4.29

## Nature's Path Organic Instant Oatmeal

11.3-14 oz., selected varieties




# 5.99

## Kashi Cereal

12.7-18 oz., selected varieties

## supporting the ¡BioRevolution! Project



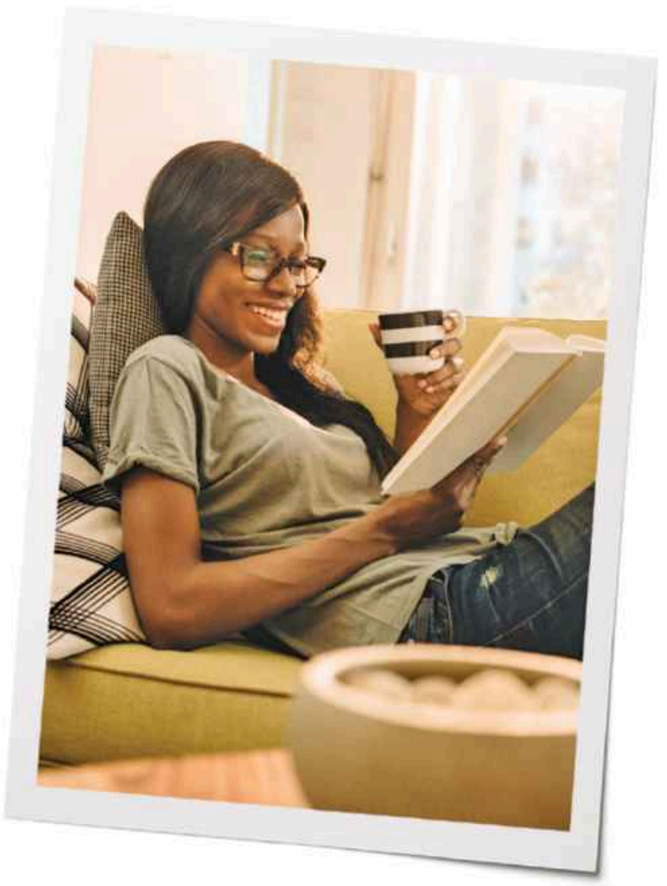

**COOPERATIVELY OWNED**

Balanced and sweet, with hints of vanilla, milk chocolate, honey and brown sugar in a Full-City Roast! For every pound of ¡BioRevolution! Coffee purchased, 50 cents goes to supporting innovative farmer-led projects.

# 11.99

## Equal Exchange Organic Coffee

10-12 oz., selected varieties



**Breakfast and pantry staples are at the co-op.**

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




# 2/$4

## Earth's Best Organic Yogurt Smoothies

4.2 oz., selected varieties



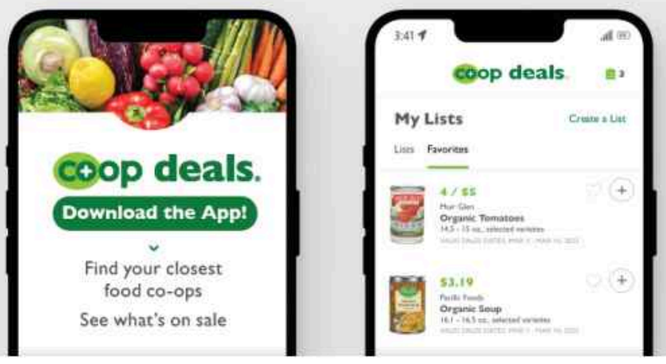

*made wildly good*

Thoughtfully sourced. Small-batch crafted. Employee-owned. We bring deliciously simple ingredients together with uncompromising standards for rich, wildly good nut butters.

# 6.99

## Once Again Organic Peanut Butter

16 oz., selected varieties




Never miss your **favorite deals**.
Download the Co+op Deals app!




# 2/$7

## Harmless Harvest Organic Coconut Smoothies

10 fl. oz., selected varieties




# 5.49

## Sahale Snacks Nut Mix

4 oz., selected varieties




# 5.49

## Bragg Organic Apple Cider Vinegar

32 fl. oz.




# 5.69

## Crofter's Organic Premium Fruit Spread

16.5 oz., selected varieties

**Delicious food that families love.**

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




**2/$5**

## Westbrae Organic Beans

15 oz., selected varieties




**2/$4**

## Lotus Foods Rice Ramen

2.8 oz., selected varieties




**4.79**

## Maille Mustard

7-9.4 oz., selected varieties




**8.39**

## Primal Kitchen Mayonnaise

12 fl. oz.




**8.49**

## Lucini Italia Organic Pasta Sauce

24 oz., selected varieties




**9.69**

## 4th & Heart Grass-fed Ghee

9 oz., selected varieties




**13.69**

## Graza Sizzle Extra Virgin Olive Oil

25.3 fl. oz.




**5.99**

## Better than Bouillon Broth Base

8 oz., selected varieties




*deliciously inspired*

Stock your pantry with delicious organic soups and broths from **Pacific Foods.** Pacific soups and broths are made with fresh, organic ingredients for wholesome comfort and a satisfying meal.

**2/$7**

## Pacific Foods Organic Broths

32 fl. oz., selected varieties




**6.99**

## Sir Kensington's Mayonnaise

12 fl. oz., selected varieties

**Save big on meals made at home.**

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

COOPERATIVELY OWNED




**2/$8**

## Blue Diamond Nut Thins

3.75-4.25 oz., selected varieties




**2.79**

## Angie's Boomchickapop Popcorn

4.4-7 oz., selected varieties




**3.99**

## Endangered Species Chocolate Bar

3 oz., selected varieties




**2/$7**

## Boulder Canyon Potato Chips

5.25-6.5 oz., selected varieties

COOPERATIVELY OWNED




**3.99**

## Equal Exchange Organic Chocolate Bar

2.8-3.5 oz., selected varieties




**4.39**

## Zack's Mighty Organic Tortilla Chips

7.5 oz., selected varieties




**4.99**

## Loacker Wafer Cookies

8.82 oz., selected varieties




*simple joys, no regrets*

**Back to Nature** is remaking your favorite snacks super tasty with honest-to-goodness ingredients. Simple joys, no regrets, happy days.

**2/$7**

## Back to Nature Crackers

4-6.5 oz., selected varieties




**3.69**

## Terra Vegetable Chips

5 oz., selected varieties

**Snacks for all occasions are at the co-op.**

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

# cook with care

The best holiday memories happen around the table. **If You Care** brings reliable performance to every recipe, with thoughtfully made products that care for your family and the planet.




**1.99**

**If You Care**
**Large Baking Cups**
60 ct.



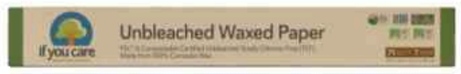

**3.99**

**If You Care**
**Unbleached Coffee Filters**
100 ct., selected varieties




**5.99**

**If You Care**
**Parchment Baking Paper**
70 sq. ft.




**5.99**

**If You Care**
**Unbleached Wax Paper**
75 sq. ft.



Supplies you'll need for the season ahead.

## Let the good times roll.




## clean – without anything extra

**Seventh Generation's** biobased power cuts through the toughest grease without any unnecessary artificial dyes or fragrances. Be extra. Don't do extra.

**3.69**

**Seventh Generation Liquid Dish Soap**
19 fl. oz., selected varieties



## Make clean-up easy with products from the co-op.

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




**7.99**

## Avalon Organics Shampoo or Conditioner

11 fl. oz., selected varieties






**9.39**

## Everyone Body Lotion

32 fl. oz., selected varieties




**2/$6**

## The Humble Co. Floss Picks

50 ct., selected varieties




**4.79**

## Mrs. Meyer's Liquid Hand Soap

12.5 fl. oz., selected varieties

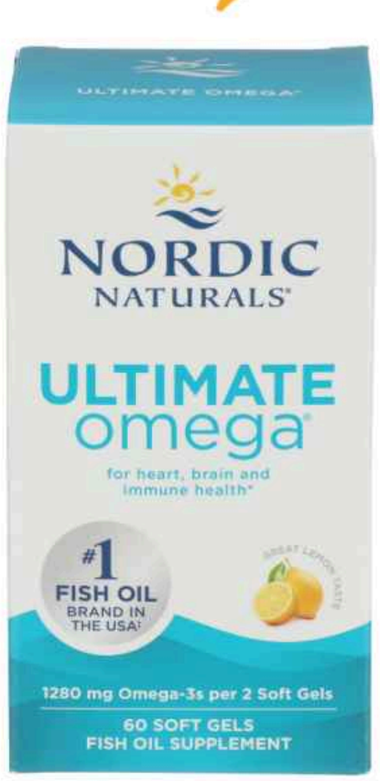



**18.99**

## Kal Magnesium Glycinate 350

160 ct.

*the power of Omega-3*




**Nordic Naturals** Ultimate Omega® is 100% wild-caught, sustainably sourced and purity-tested with a fresh, clean lemon taste. With 1,280 mg of omega-3s per serving for powerful cellular support.

**20.99**

## Nordic Naturals Ultimate Omega

60 ct.




**19.99**

## Smartypants Organic Kids Multi & Omegas Gummies

120 ct.

**Feel good inside and out.**

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.

**ARKANSAS**

**Ozark Natural Foods**
380 North College Avenue, Fayetteville

**COLORADO**

**Durango Natural Foods Co-op**
575 East Eighth Avenue, Durango

**LOUISIANA**

**New Orleans Food Co-op**
2372 St. Claude Avenue, New Orleans

**NEW MEXICO**

**La Montañita Co-op**
3500 Central Avenue S.E., Albuquerque
2500 12th Street, Building H, Albuquerque
105 East Coal Avenue, Gallup
913 West Alameda, Santa Fe

**Los Alamos Cooperative Market**
95 Entrada Drive, Los Alamos

**Silver City Food Co-op**
907 North Pope Street, Silver City

**SOUTH DAKOTA**

**Breadroot Natural Foods Co-op**
100 East Blvd. N, Rapid City

**TEXAS**

**Wheatsville Co-op**
3101 Guadalupe Street, Austin
4001 South Lamar, Austin

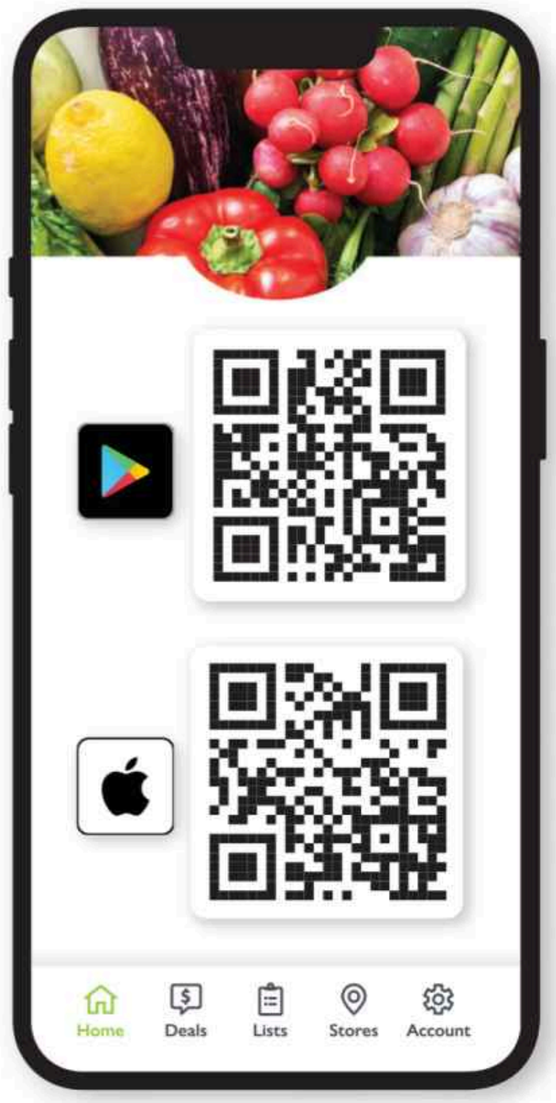
**UTAH**

**Wasatch Food Co-op**
416 E 900 S, Salt Lake City

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**Co+op deals**

**Download the App!**




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




**4.49**

**Simple Mills Almond Flour Crackers**
4-4.25 oz., selected varieties




**5.99**

**Treeline Plant-based Soft Cheese**
6 oz., selected varieties




**6.49**

**San Pellegrino Italian Sparkling Drink**
6 pk.-11.15 fl. oz., selected varieties




**6.49**

**Stonewall Kitchen Jam or Jelly**
11.5-13 oz., selected varieties




**8.99**

**Tillen Farms Cherries**
13.5-14 oz., selected varieties

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

USDA ORGANIC · BOGO · Co+op basics · inclusive trade · Co+op · new

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Co+op®