

coop deals

MAR 4 - MAR 17, 2026

parfait your way

NUTRITIOUS SNACK

Spring ahead with a delicious and creamy siggi's skyr yogurt. They're protein packed and perfect as a pick-me-up snack for studying, post workout or finishing a work deadline. Find them on sale at the co-op, and get creative with added toppings for an anytime-of-day parfait.



4/\$5

Siggi's
Skyr Yogurts
4.4-5.3 oz., selected varieties



2/\$6

Maya Kaimal
Organic Everyday
Entrees
10 oz., selected varieties



3.39

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



4.99

Unreal
Candy
3.2-5 oz., selected
varieties



The co-op has a variety of options.

Try something new today.



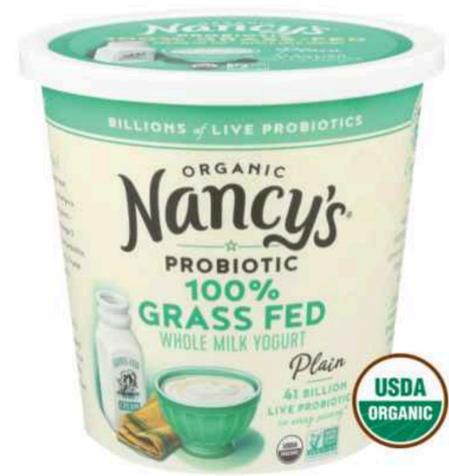
3/\$4

Fage
Greek Yogurts
5.3 oz., selected varieties



2/\$7

Blue Diamond
Almondmilks
59-64 fl. oz., selected
varieties



5.39

Nancy's
Organic Grass-fed Yogurt
24 oz., selected varieties



5.99

Forager Project
Organic
Cashewmilk
Yogurt
24 oz., selected varieties



5.99

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



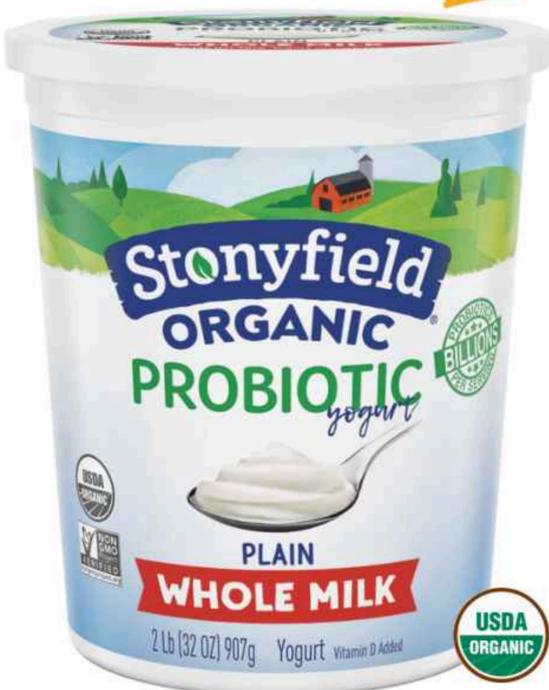
6.49

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



6.99

Cocojune
Organic Coconut
Cultured Yogurt
16 oz., selected varieties



taste the truth

Stonyfield Organic makes it easy and delicious to get billions of probiotics with each serving of this yogurt, which helps support immunity and digestive health.

4.29

Stonyfield Organic
Yogurt
32 oz., selected varieties



The co-op has everything for your morning meal.

COOPERATIVELY OWNED



4.99

Kerrygold Pure Irish Butter 8 oz., selected varieties



ethical eggs →

Our pasture-raised eggs are food you don't have to question, unless the question is "why is this so delicious?"



COOPERATIVELY OWNED



5.49

Kerrygold Cheese 7 oz., selected varieties



8.99

Vital Farms Organic Pasture-raised Large Grade A Eggs 1 doz.



The co-op has cooperatively owned brands.
Co-ops support economic empowerment.

COOPERATIVELY OWNED



3.99

Organic Valley Sour Cream 16 oz.



COOPERATIVELY OWNED



5.69

Organic Valley Raw Block Cheese 8 oz., selected varieties



Co-ops Build Community

Look for the co-op trademark to find brands cooperatively owned by their workers, farmers or community.

COOPERATIVELY OWNED



5.49

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



Find farm-fresh options at the co-op.



2/\$5

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



3.99

Rebbl Organic Functional Beverage
12 fl. oz., selected varieties



5.49

Toby's Dressing & Dip
12 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.



2.69

Wildwonder Organic Pre & Probiotic Sparkling Drink
12 fl. oz., selected varieties



6.99

Applegate Organic Sliced Deli Meat
6 oz., selected varieties



7.99

Smart Chicken Organic Boneless Skinless Thighs
per pound



7.99

Thousand Hills 100% Grass-fed Ground Beef 80% Lean 20% Fat
16 oz.

big burger flavor



Juicy bite you know and love. Made from simple, plant-based ingredients. Ready in five minutes.

5.99

Beyond Plant-based Burger Patties
8 oz.



Stock the fridge with help from the co-op.

wholesome nutrition made easy

Woodstock Frozen Fruits and Vegetables are quick-frozen to maintain their nutrition and goodness without the use of preservatives, artificial colors or flavors. These frozen staples work great in your favorite recipes and will help save you time in the kitchen.



2.29

Woodstock
Frozen Vegetables
10 oz., selected varieties



2/\$6

Woodstock
Organic Frozen Vegetables
10 oz., selected varieties



6.99

Woodstock
Organic Blueberries
10 oz.



2.29

Red's
Burrito
4.5-5 oz., selected varieties



2/\$7

Blake's
Pot Pie or
Shepherd's Pie
8 oz., selected varieties



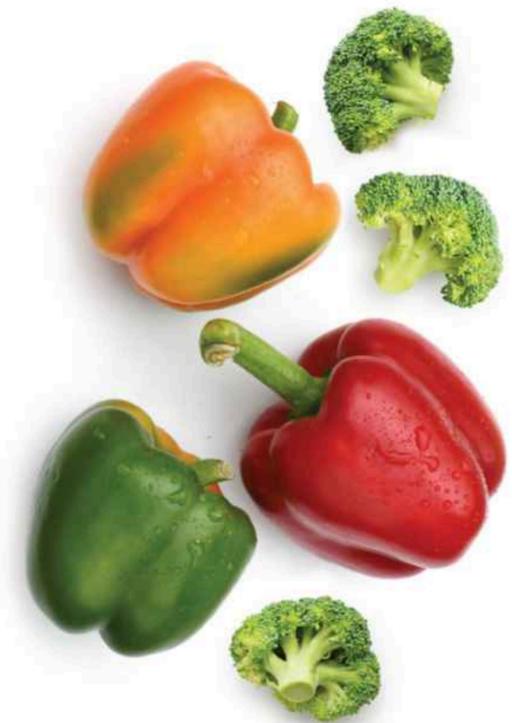
4.99

Little Northern
Bakehouse
Gluten-free Bread
or Bagels
14-17 oz., selected varieties



5.49

Food for Life
Organic Bread
24 oz., selected varieties



everyday low price



5.99

Field Day
Wild Caught
Breaded Fish
Sticks
8 oz., selected varieties



7.49

Daiya
Frozen Pizza
12.8-19.4 oz., selected varieties



7.99

Siete
Tortillas
7 oz., selected varieties

Find frozen staples at the co-op.



4/\$5

Larabar
Fruit & Nut Bars
1.6-1.7 oz., selected varieties



2/\$5

Blue Diamond
Almondmilks
32 fl. oz., selected varieties



4.79

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

COOPERATIVELY OWNED



2/\$8

Equal Exchange
Organic Teas
20 ct., selected varieties



4.39

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



4.99

Birch Benders
Pancake & Waffle
Mix
14-16 oz., selected varieties

COOPERATIVELY OWNED



12.99

Equal Exchange
Organic Bird of
Paradise Coffee
per pound in bulk



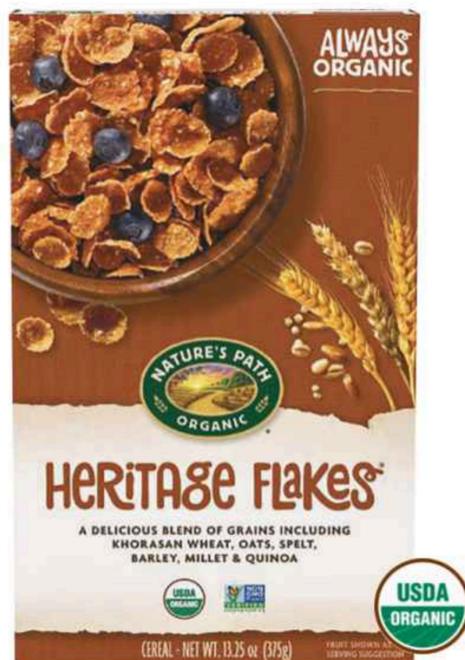
healthy, organic you

Heritage Flakes® is a wholesome, hearty cereal with six ancient grains, including khorasan, quinoa, spelt, millet, oats and barley. Each has unique benefits for all-day organic living with Nature's Path!

3.99

Nature's Path Organic
Cereal

9.5-14 oz., selected varieties



6.99

Bob's Red Mill
Organic Gluten-free
Rolled Oats

28-32 oz., selected varieties

The co-op has something for everyone.



3/\$5
Liquid Death
Sparkling Waters
19.2 fl. oz., selected
varieties



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



3.29
Garden of Eatin'
Organic Sesame
Blues Chips
5.5 oz.



2/\$7
Hippeas
Chickpea Snacks
3.75-5 oz., selected
varieties



3.29
Boulder Canyon
Potato Chips
6 oz., selected varieties



2/\$8
Tcho
Organic
Chocolate Bars
2.1 oz., selected varieties



4.49
Magic Chocolate
Organic
Chocolate Bar
2.93-3 oz., selected
varieties

built to go further →

Crafted with simple, intentional ingredients and an all-in commitment to quality. A purposeful meat snack made to keep pace with wherever you're headed next.

1.79

**Vermont Smoke & Cure
Meat Stick**
1 oz., selected varieties



4.49
Simple Mills
Cookies
4.25-5.5 oz., selected varieties

Snacks for all occasions are at the co-op.



2/\$4

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



3/\$7

**Near East
Side Dish Mixes**
5.25-10 oz., selected
varieties



4.49

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



2.69

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



3.79

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



4.99

**Bar Harbor
Chowder or
Bisque**
14.5 oz., selected
varieties



8.49

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



17.99

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



everyday low price

19.99

**Field Day
Organic Olive Oil**
33.8 fl. oz.

scoop up the savings in bulk!



1.69

**Organic Rolled
Oats**
per pound in bulk



3.49

**Organic
Sunflower Seeds**
per pound in bulk



4.79

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

Visit the co-op's budget-friendly bulk section.



2/\$4
Wild Planet
Anchovies
or Sardines
4.4 oz., selected
varieties



2.69
Wild Planet
Wild Mackerel
in Extra Virgin
Olive Oil
4.4 oz.



3.99
Wild Planet
Albacore Tuna
5 oz., selected
varieties



3.69
Wild Planet
Tuna Salad
5.6 oz., selected
varieties

*wild caught,
wild enjoyed*

Wild Planet elevates canned seafood from ocean to can with minimal processing for superior taste and natural flavor. Our selective fishing methods reduce bycatch and protect marine ecosystems. Delicious, convenient and responsibly sourced for future generations.



INCLUSIVE TRADE PARTNER

Bela Seafood is a Veteran-owned company that has been sourcing tinned fish from Portugal for generations. Our products are packed by hand using traditional methods.



3.49
Bela
Tinned Sardines or Mackerel
4.25 oz., selected varieties



5.69
Crofter's
Organic Premium Fruit
Spread
16.5 oz., selected varieties



2.19
Serenity Kids
Organic Baby
Food
3.5 oz., selected varieties



11.99
Woodstock
Organic Peanut
Butter
35 oz., selected varieties



Ingredients for tasty meals are at the co-op.



36.99

Natural Factors
Total Body
Collagen
17 oz., selected varieties



fuel up!

Fuel your body with clean protein from Garden of Life. Raw Organic Protein offers 22 grams of Certified Organic complete plant-based protein to get you powered up to face the day!

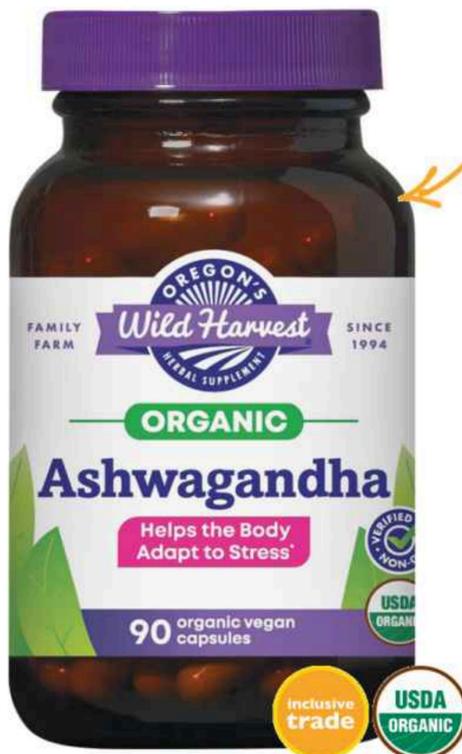
31.99

Garden of Life
Raw Organic Protein Powder
19.75-24.69 oz., selected varieties



Give your body a boost this spring.

Find supplements at the co-op.



organic farm to bottle

INCLUSIVE TRADE PARTNER

As a family farm and herbal supplement manufacturer, Oregon's Wild Harvest is a woman-owned company that utilizes regenerative farming and seed saving practices to help ensure pure, potent herbs for future generations.

17.99

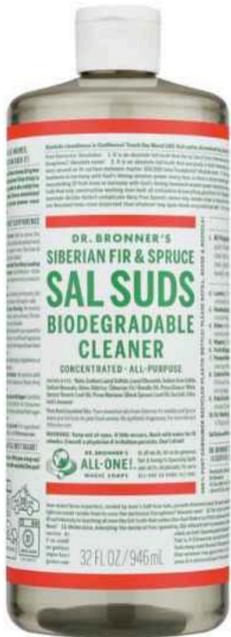
Oregon's Wild Harvest
Organic Ashwagandha
90 ct.



7.99

Rishi
Organic Tea
15 ct., selected varieties

The co-op has you covered for wellness.



11.49

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



3.79

Dr. Bronner's Baby Unscented Magic Soap Bar
5 oz.



16.99

Derma E Vitamin C Concentrated Serum
2 fl. oz.



COOPERATIVELY OWNED

7.49

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



8.69

Humble Deodorant
2.65 oz., selected varieties



12.99

Naturtint Hair Color
5.07 fl. oz., selected varieties



12.99

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

all day hydration

Infused with vitamin E and shea butter, Alba Botanica Daily Moisturizing Lotion is lightweight, long-lasting and rehydrates skin. Dermatologist tested, cruelty free, fragrance free, free of parabens, sulfates and petrolatum.

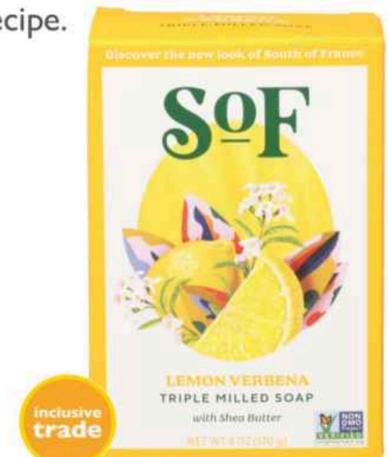
12.99

Alba Botanica Daily Moisturizing Body Lotion
32 fl. oz., selected varieties



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

Sparkle with body care items from the co-op.

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.

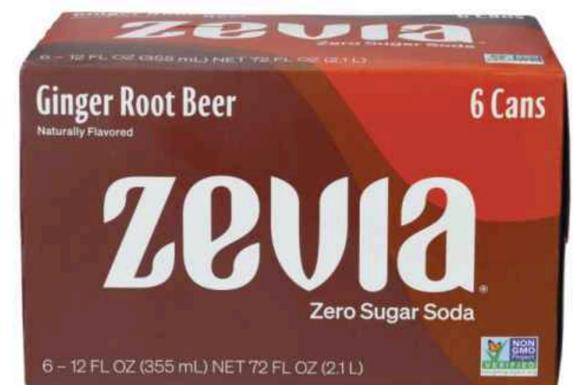
crafted from tradition

INCLUSIVE TRADE PARTNER

From an Indian-owned kitchen, our slow-simmered entrées and hand-folded samosas feature freshly ground spices, delivering bold, restaurant-inspired Indian flavor in minutes.

5.49

Deep Indian Kitchen
Entrée, Dumplings or Samosas
 7.5-12 oz., selected varieties



5.99

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