co+op deals®

NOV 4 - NOV 17, 2026

prep for the season



With our largest Field Day sale going on, it's time to stock up and bring the flavor to all your holiday meals, stuffing, soups and stews. Get fully stocked so you're ready to make your favorite recipes!



2/$4
Field Day Organic Broths
32 fl. oz., selected varieties



2/$3
Field Day Organic Cut Green Beans
14.5 oz.



2/$4
Field Day Sparkling Waters
6 pk.-12 fl. oz., selected varieties



2/$5
Field Day Organic Pumpkin Purees
15 oz.



2/$5
Field Day Organic Gravy
12 oz., selected varieties



16.99
Field Day Organic Olive Oil
33.8 fl. oz.

stock up and save

field DAY® **organic and natural for less**

stock up and save

field DAY organic and natural for less





3/$4

Field Day Organic Beans
15 oz., selected varieties



2/$3

Field Day Organic Pastas
16 oz., selected varieties



2/$3

Field Day Organic Mac & Cheese
6 oz., selected varieties



2/$3

Field Day Organic Whole Kernel Sweet Corn
15 oz.





5.99

Field Day Canola Oil
32 fl. oz.

Save more when you shop Field Day products.

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



2/$5

Field Day Organic Pasta Sauces
24 oz.



2/$6

Field Day Organic Dried Sweetened Cranberries
4 oz.



2/$6

Field Day Organic Cane Sugars
24 oz.



2/$7

Field Day Organic Crackers
7-8 oz., selected varieties



2/$7

Field Day Organic Saigon Cinnamon
1.5 oz.





4.99

Field Day Organic Walnuts Halves & Pieces
7 oz.



5.99

Field Day Organic All-purpose Flour
5 lbs.



3.29

Field Day Vegetable Oil
32 fl. oz.



Shop Co+op Deals on Field Day products.
For each product sold we'll donate 5¢ to NATIFS!

NORTH AMERICAN TRADITIONAL INDIGENOUS FOOD SYSTEMS NĀTIFS

Scan to learn more

Stock up and give back to the community.

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



6.99

Cocojune Organic Coconut Cultured Yogurt

16 oz., selected varieties

delicious cream top yogurt



Made the old-fashioned way since 1973, with a rich layer of cream that rises to the top just like it's supposed to.

4.49

Brown Cow Cream Top Yogurt

32 oz., selected varieties



4.39

Petit Pot Organic French Dessert

2 pk.-4 oz., selected varieties



5.39

Nancy's Organic Cottage Cheese

16 oz., selected varieties



delicious and plain extraordinary



Rich, creamy and made with only milk and live active yogurt cultures.

2/$7

Fage Greek Yogurt

16 oz., selected varieties



5.49

Chobani Coffee Creamer

24 fl. oz., selected varieties

Smooth and delicious deals are at the co-op.

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



3.79

Kite Hill
Dairy-free Sour Cream
8 oz.



4.99

Kite Hill
Dairy-free Yogurt
16 oz., selected varieties



5.99

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



6.49

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

everyone's invited

From brunch spreads to cozy dinners, **Kite Hill** brings rich, creamy dairy-free favorites to every gathering. They're the perfect swap for entertaining — whether you enjoy dairy-free or want to delight someone in your life who does.



Find dairy-rich and dairy-free at the co-op.

Make a delicious party tray.

dairy done right



The best cheeses are made with the best milk — all of the milk used in **Rumiano** organic cheeses comes from humane-certified cows who have pasture access year-round.

4.99

Rumiano
Organic Block Cheese
8 oz., selected varieties

The co-op's got delicious food for entertaining.

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



4.99

Violife
Just Like Cheese Slices or Shreds
7.05-8 oz., selected varieties



4.99

Silk
Organic Soymilk
64 fl. oz., selected varieties



5.49

Malk
Organic Creamer
16 fl. oz., selected varieties



5.99

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



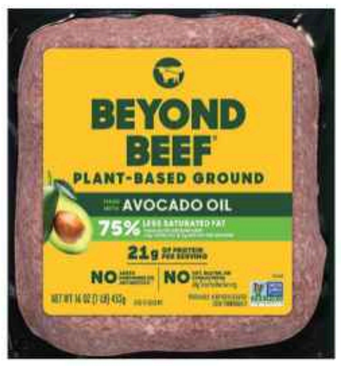
5.99

Applegate
Sliced Ham
7 oz., selected varieties



5.99

Smart Chicken
Boneless Skinless Thighs
per pound



7.99

Beyond
Plant-based Ground Beef
16 oz.

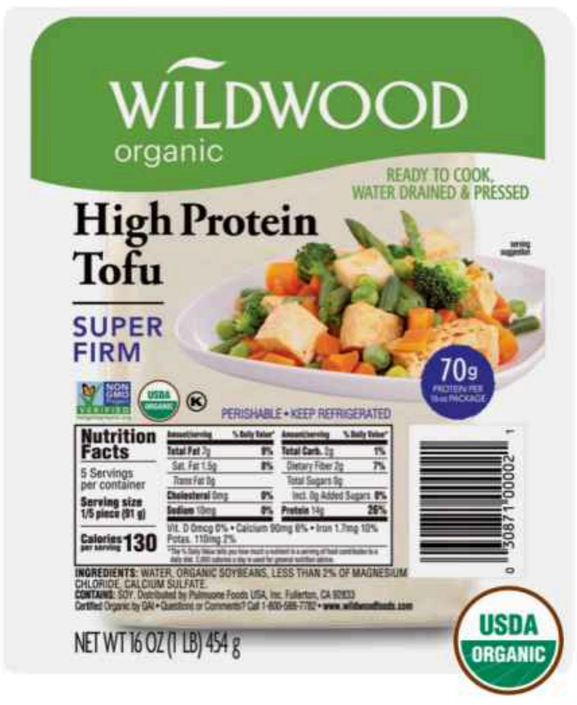


10.99

Thousand Hills
85/15 Grass-fed Ground Beef
16 oz.

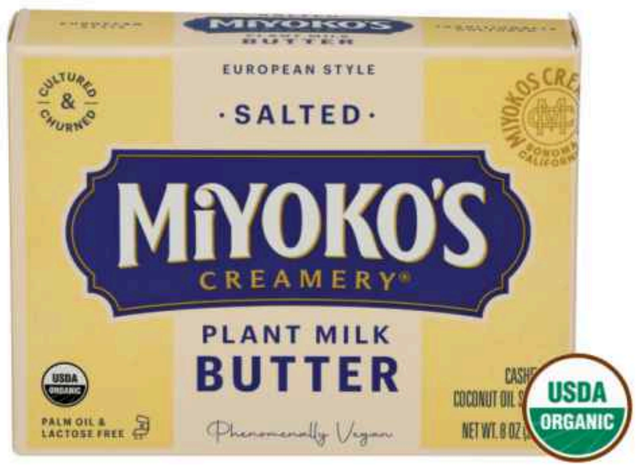
your plant-powered partner

Packed with plant-based protein. Delicious and endlessly versatile. Perfect for stir-fries, grilling or hearty meals anytime.



3.69

Wildwood Organic High Protein Tofu
16 oz.



4.49

Miyoko's Creamery Organic Plant Milk Butter
8 oz., selected varieties

Shop for nutritious ingredients at the co-op.

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

INCLUSIVE TRADE PARTNER

Mother-in-Law's is an Asian-owned company. We are inspired by the beauty of Korea's tradition of handcrafted fermented foods.



7.99

Mother-in-Law's Kimchi
16 fl. oz., selected varieties



2/$6

KeVita Organic Probiotic Drinks
15.2 fl. oz., selected varieties



3.99

Ithaca Hummus
10 oz., selected varieties



4.39

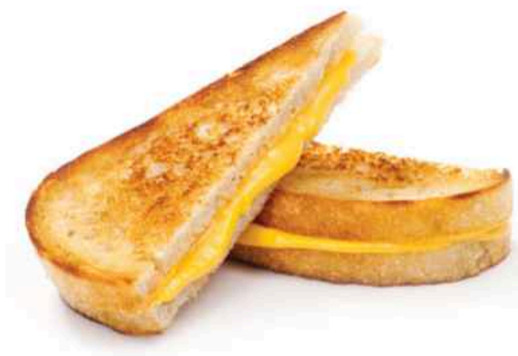
Follow Your Heart Original Vegenaise
14 fl. oz.

COOPERATIVELY OWNED



4.49

Kerrygold Pure Irish Butter
8 oz., selected varieties



COOPERATIVELY OWNED



5.49

Kerrygold Block Cheese
7 oz., selected varieties

COOPERATIVELY OWNED



7.99

Organic Valley Ghee
7.5 oz.

brew-ed awakening

Handcrafted with sustainably sourced coffee and a passion for bold flavor, **Chameleon** brings thoughtfully brewed cold brew to your everyday coffee ritual.



8.49

Chameleon Coffee Organic Cold-brew Concentrate
32 fl. oz., selected varieties



7.99

Evolution Fresh Cold Pressed Juice
50 fl. oz., selected varieties

Refreshing, savory and flavorful.

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

INCLUSIVE TRADE PARTNER

Tucson Tamale is a Hispanic- and woman-owned company. Our Mexican-American family recipes and traditions make for award-winning tamales.



5.49 Tucson Tamale Tamales
10 oz., selected varieties



2/$7 Blake's Pot Pies or Shepherd's Pies
8 oz., selected varieties



4.49 Grain Trust Frozen Rice Side
20-30 oz., selected varieties



4.79 Gardein Plant-based Protein
9-13.7 oz., selected varieties



4.99 Rudi's Organic Bread
22 oz., selected varieties



Have a great solution when they say "I'm hungry!"

Keep the freezer stocked.



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



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





13.99 Wyman's Frozen Blueberries
48 oz.



Smiles for miles with food this delicious.

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



2/$7

Kettle Brand Potato Chips

4.25-5 oz., selected varieties



2/$7

Chocolove Chocolate Bars

2.9-3.2 oz., selected varieties



2/$7

Crunchmaster Crackers

3.54-4 oz., selected varieties



2/$8

Late July Snacks Tortilla Chips

6-10.1 oz., selected varieties



4.49

Theo Organic Chocolate Bar

2.8-3 oz., selected varieties



4.99

Better with Buckwheat Crackers

3.7-4 oz., selected varieties



4.99

Late July Snacks Salsa

15.5 oz., selected varieties



4.99

Fever Tree Drink Mixers

4 pk.-6.8 fl. oz., selected varieties



4.49

Newman's Own Fig Newmans

10 oz., selected varieties



2/$10

Tate's Bake Shop Cookies

5.5-8 oz., selected varieties



5.49

Tony's Chocolonely Chocolate Bar

6.35 oz., selected varieties



5.99

Woodstock Organic Pecan Halves

4.5 oz.

Time for a snack haul from the co-op.

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



2/$5

Odyssey Energy Drinks
12 fl. oz., selected varieties



COOPERATIVELY OWNED

2/$8

Equal Exchange Organic Teas
20 ct., selected varieties



purposefully crafted

R.W. Knudsen is committed to quality and offering goodness and wellness in every bottle. Pick up your favorite variety, packed with antioxidants for stronger immunity, better skin and a healthier you.

3.99

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



Fall season is for sipping your favorite beverages.

Find a moment to relax.



your next favorite tea?

Yogi is committed to creating quality products and doing it in a way that's good for the planet. Yogi is a community that stands for passion, sustainability and conscious living.

3.99

Yogi Herbal Tea Blend
16 ct., selected varieties

COOPERATIVELY OWNED



12.99

Equal Exchange Organic French Roast Coffee
per pound in bulk



9.99

Lakewood Organic Juice or Juice Blend
32 fl. oz., selected varieties

Save on what you sip.

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

INCLUSIVE TRADE PARTNER

Teeccino is a woman-owned company. Teeccino satisfies both coffee and tea drinkers alike and is an excellent coffee alternative.



5.49 Teeccino Herbal Tea
10-12 ct., selected varieties



2.99 Nutpods Plant-based Creamer
11.2 fl. oz., selected varieties



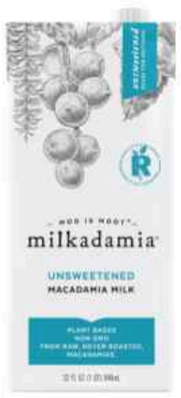
2/$7 Good Health Snacks
5 oz., selected varieties



4/$5 Larabar Fruit & Nut Bars
1.6-1.7 oz., selected varieties



3.79 Lundberg Family Farms Organic Rice Cakes
5-9.3 oz., selected varieties



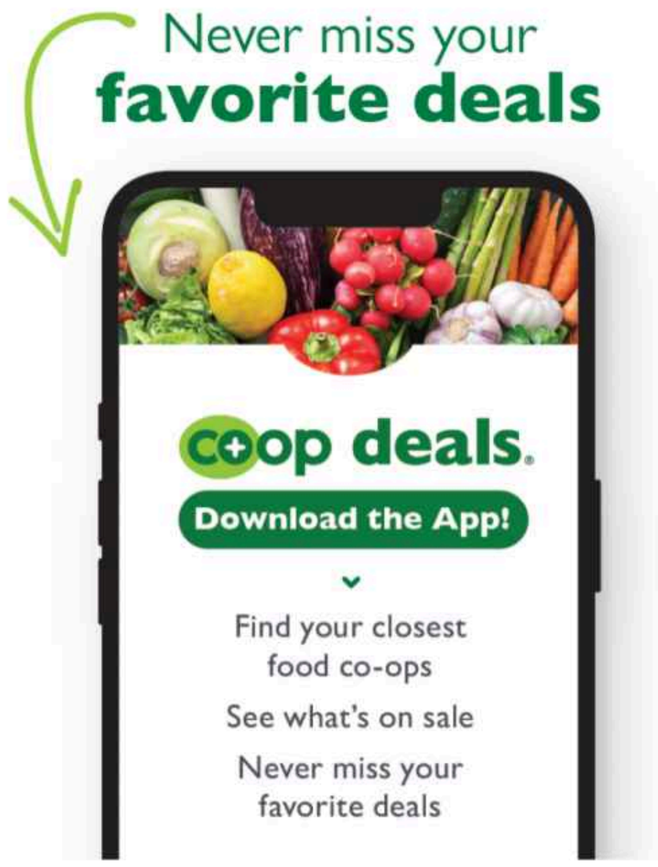
4.39 Milkadamia Macadamia Milk
32 fl. oz., selected varieties



5.99 Purely Elizabeth Cereal
11-13 oz., selected varieties



6.99 Grandy Organics Grain-free Coconola
9 oz., selected varieties



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





4.39 Tazo Organic Tea
15-20 ct., selected varieties

Download the Co+op Deals app!

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3.79

Imagine
Organic Broth
32 fl. oz., selected varieties

quality meet versatility

Spectrum Oils is your seasoned partner in the kitchen, with high-performance organic and non-GMO ingredients delivering dependable quality and versatility in every pour.



18.99

Spectrum
Organic Extra Virgin Olive Oil
25.4 fl. oz.





2/$7

Heyday Canning Co.
Beans
15 oz., selected varieties

always organic, never ordinary

Muir Glen was founded on the belief that better-tasting tomatoes begin with organic farming. We partner with California farmers who grow sun- and vine-ripened tomatoes using organic practices to nurture healthy, fertile soil and deliver exceptional flavor in every can. Naturally.



2/$4

Muir Glen
Organic Tomatoes
14.5-15 oz., selected varieties



2/$6

Muir Glen
Organic Tomatoes
28 oz., selected varieties



2/$7

Muir Glen
Organic Pasta Sauces
23.5 oz., selected varieties



2/$8

Muir Glen
Organic Salsas
16 oz., selected varieties

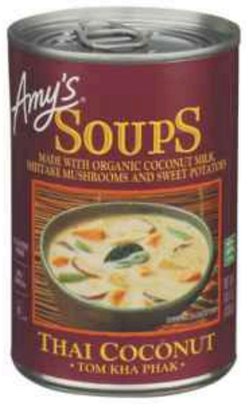
Cook up your favorite stews this season.

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



2/$5

Wild Planet Sardines
4.4 oz., selected varieties



3.99

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



3.99

Jovial Organic Brown Rice Pasta
10-12 oz., selected varieties



4.79

Lundberg Family Farms Wild Rice Blend
16 oz.



4.99

St. Dalfour Fruit Spread
10 oz., selected varieties



15.99

Cobram Estate 100% California Extra Virgin Olive Oil
25.4 fl. oz.

bulk up

SCAN TO LEARN MORE

Help the environment by shopping in bulk. You'll be part of the solution for mitigating excess waste. Scan the QR code for more reasons to visit the co-op's bulk section!





COOPERATIVELY OWNED

15.99

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



scoop up the savings in bulk!



2.49

Organic Black Beans
per pound in bulk



3.69

Organic Tri-color Quinoa
per pound in bulk



7.99

Blanched Slivered Almonds
per pound in bulk

Always have your cooking essentials on hand.

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



7.99

Derma E Body Lotion

8 fl. oz., selected varieties

rich lather, clean feel!



Our Pure-Castile Magic Bar Soap is made with a nourishing blend of Regenerative Organic Certified® oils to effectively clean body, face and hands! Real soap with genuine scents for mindful care.

2/$7

Dr. Bronner's Pure Castile Magic Soap Bar

5 oz., selected varieties



6.99

Andalou Naturals Shampoo or Conditioner

11.5 fl. oz., selected varieties



9.49

Pranarom Organic Frankincense Essential Oil

.068 fl. oz.

lightweight, 24-hour hydration



Formulated with ceramides, provitamin B5, squalane, niacinamide, coconut oil and shea butter, **Alba Botanica** Daily Moisturizing Lotions provide long-lasting hydration. Trusted formulas for sensitive skin — hypoallergenic and dermatologist tested.

12.99

Alba Botanica Daily Moisturizing Body Lotion

32 fl. oz. , selected varieties

INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company. Our hair, face and body care products are made with fair trade ingredients sourced from women-led cooperatives.



12.49

Alaffia Everyday Shea Body Wash

32 fl. oz., selected varieties

Feel fresh with body care brands you can trust.

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



from the inside out

PRIORITIZE SELF CARE

It's that time of year where dry skin and cold season requires a lot of self care. The co-op is the place to find supplements, body care and home products that will help you ease into the winter months.



9.39

Caboo
300-sheet
Bamboo Bath
Tissue Rolls
9 ct.



13.99

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



12.99

Nature's Way
Umcka Cold Relief Syrup
4 fl. oz., selected varieties



23.99

Garden of Life
Organic Elderberry
Gummies
120 ct.





10.99

Natural Factors
Magnesium
Glycinate
120 ct.



22.99

Gaia Herbs
Extra Strength
Turmeric Supreme
60 ct.

Take care of yourself during this season.

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

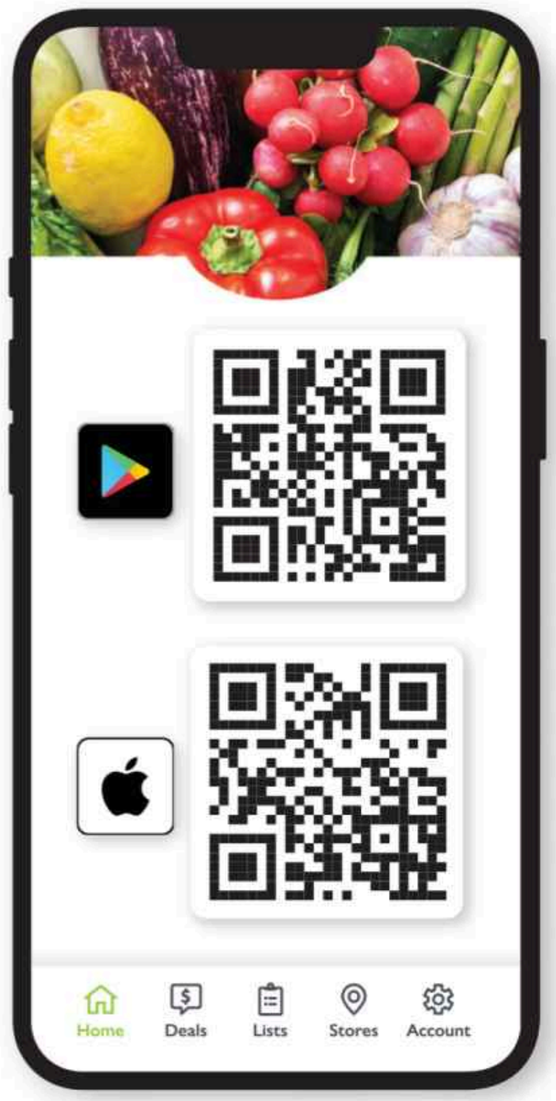
UTAH

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

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

Co+op deals

Download the App!



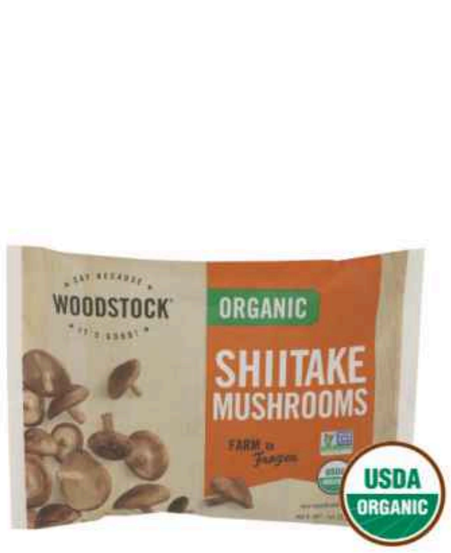
Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.



2.29
Woodstock Frozen Vegetables
10 oz., selected varieties



2/$6
Woodstock Organic Frozen Vegetables
10 oz., selected varieties



3.79
Woodstock Organic Mushrooms
10 oz., selected varieties

versatile veggies

Bring vibrant flavor to every meal with **Woodstock** Frozen Vegetables. Available in Organic and Non-GMO varieties — enjoy them as a simple side dish, tasty snack or versatile ingredient in your favorite recipes!

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

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

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Co+op