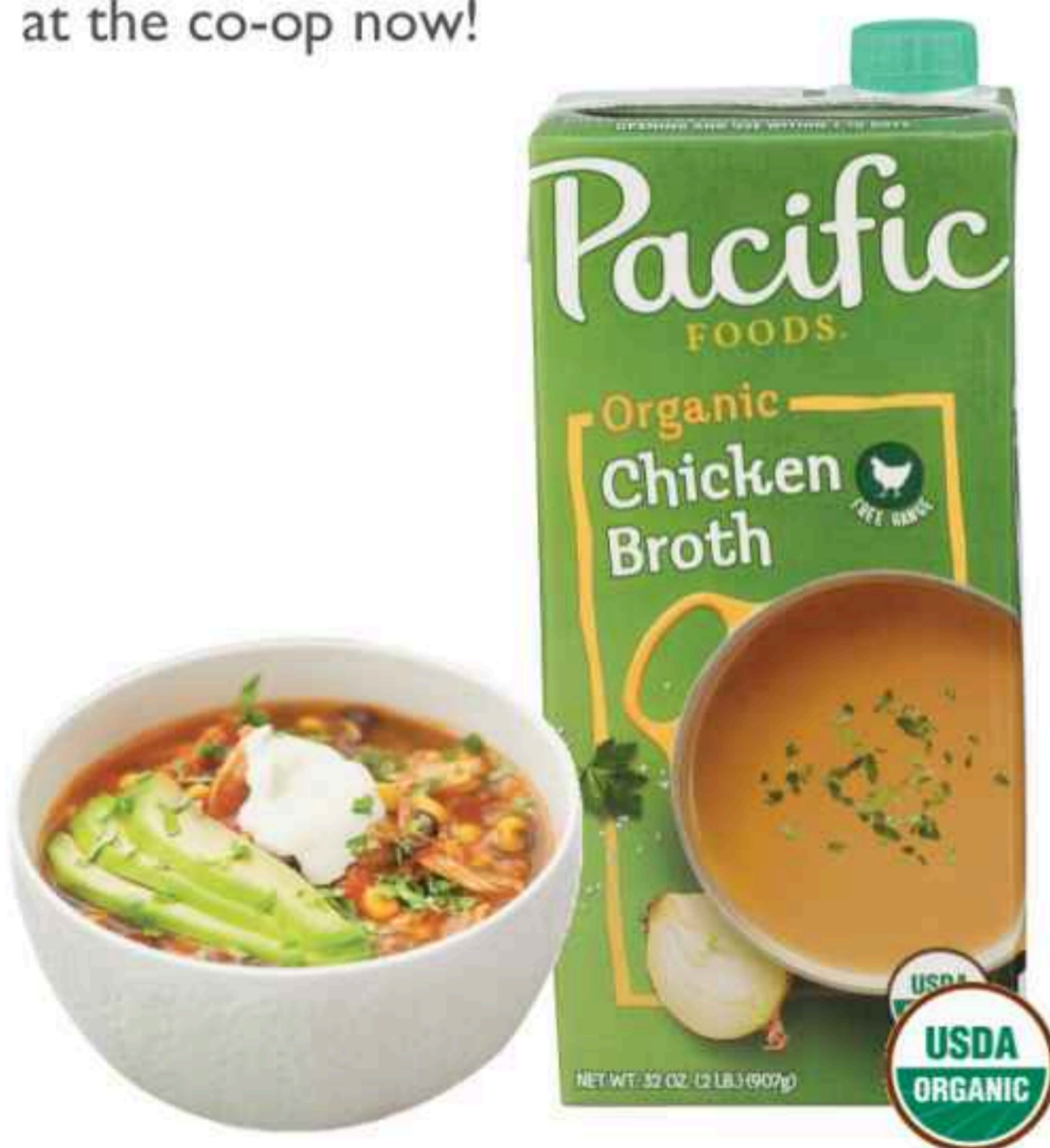


# coop deals®

APR 1 - APR 14, 2026

## made to simmer

Pull up your favorite soup recipes and reach for Pacific Foods Organic Chicken Broth. Delicious, flavorful, made with free-range chicken, sea salt and seasonings, it's the perfect base for simple, nourishing meals. Find it on sale at the co-op now!



**2/\$7**

**Pacific Foods  
Organic Broths**  
32 fl. oz., selected varieties



**2/\$5**

**C2O  
Coconut Waters**  
17.5 fl. oz., selected varieties



**2/\$6**

**Health-Ade  
Organic  
Kombuchas**  
16 fl. oz., selected varieties



**2/\$6**

**Muir Glen  
Organic Tomatoes**  
28 oz., selected varieties



**2/\$6**

**Annie's  
Mac & Cheese**  
6 oz., selected varieties



**4.49**

**Alexia  
Frozen Potatoes**  
15-19 oz., selected varieties



**4.49**

**Que Pasa  
Organic Tortilla  
Chips**  
7.5 oz., selected varieties



Spring savings throughout the co-op.

**Warmer days, delicious meals.**



*dairy with dignity*

**COOPERATIVELY OWNED**

Enjoy delicious dairy and eggs from small family farms that treat the land and the animals with care — it's the **Organic Valley** difference. One we believe you can taste in every delectable bite and sip.

**3.99**

Organic Valley  
Sour Cream  
17 oz.

**3.99**

Organic Valley  
Cream Cheese  
8 oz.

**5.49**

Organic Valley  
Ultra Pasteurized  
Half & Half  
32 fl. oz.

**5.49**

Organic Valley  
Large Free-range  
Brown Eggs  
1 doz.



**INCLUSIVE TRADE PARTNER**

Three Trees is a woman-owned company with a passion for creating nutritious, plant-based beverages using the wonders of the forest to provide clean ingredients.



**5.99**

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

**4.99**

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



**3/\$10**

Pop & Bottle  
Organic Almond  
Lattes  
11 fl. oz., selected varieties



**3.79**

Hodo  
Organic Tofu  
10 oz., selected varieties



**6.49**

Just  
Plant-based Eggs  
16 fl. oz.

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

*your favorite oatmilk sale*

Everyone knows **Oatly** makes great-tasting oatmilk products. But did you know Oatly is the world's first food and beverage company to be named a Climate Solutions Company? Yep, sometimes you learn stuff from a Co-op Deals flyer. Shop the Oatly sale!



**3.99**

Oatly Oatmilk  
32 fl. oz., selected varieties



**4.49**

Oatly Oatmilk  
64 fl. oz., selected varieties



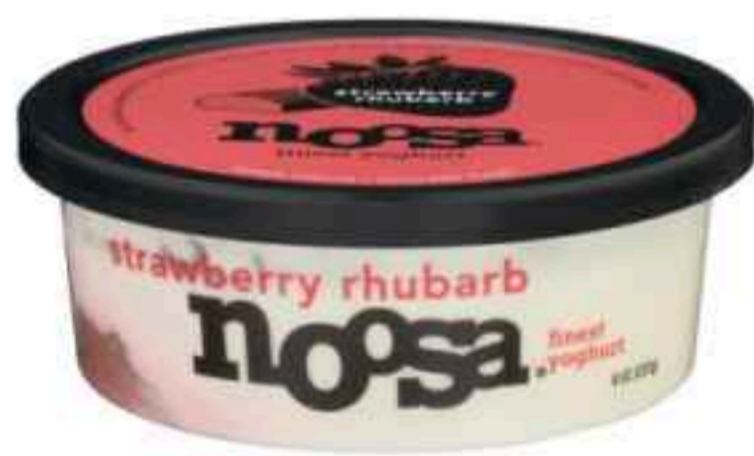
**4.49**

Oatly Plant-based Creamer  
32 fl. oz., selected varieties



**4.49**

Oatly Plant-based Frozen Dessert  
1 pt., selected varieties



**3/\$7**

Noosa Yoghurts  
8 oz., selected varieties



**2/\$7**

Koia Plant-based Protein Drinks  
12 fl. oz., selected varieties



**4.49**

Petit Pot Organic French Dessert  
3.5-4 oz., selected varieties

*luscious and lactose free*

The first and only real dairy lactose-free cream cheese (and organic)! Perfect for Easter baking or everyday recipes. Green Valley — delicious dairy, no lactose.



**3.99**

Green Valley Organic Lactose-free Cream Cheese  
8 oz.



**7.49**

Kite Hill Plant-based Ricotta  
8 oz.

**All your morning essentials are at the co-op.**

taste the cold-pressed difference



2/\$8

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



7.49

Evolution Fresh Juice or Smoothie  
32 fl. oz., selected varieties



8.49

Evolution Fresh Organic Juice Blend  
44 fl. oz., selected varieties

With **Evolution Fresh**, you squeeze more out of the moment. Our cold-pressed process captures the full flavor of fresh fruits and vegetables. Deliciously pure. Super nutritious. Smartly preserved to help you press ahead with just a drop more joy.



3.99

Nancy's Organic Cream Cheese  
8 oz., selected varieties



5.49

Bitchin' Sauce Almond Dip  
7-8 oz., selected varieties

just the good stuff

Spread the flavor you crave — this nondairy, organic vegan butter delivers rich, creamy taste and plant-powered goodness that brings fun, feel-good moments to every family bite.

5.99

Earth Balance Organic Whipped Plant Butter  
13 oz.



**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.



5.49

GT's Organic CocoYo Yogurt  
8 fl. oz., selected varieties

**Stock the fridge with help from the co-op.**

COOPERATIVELY OWNED



**5.69**  
Organic Valley  
Sliced Cheese  
6 oz., selected varieties

*spring into ethical eggs*

Easter baskets shine brighter with eggs from hens roaming vast pastures daily. Deeper color, better nutrition, ethical choice — choose Vital Farms for delicious, responsibly sourced eggs this spring.



**6.99**  
Vital Farms  
Pasture-raised Large Eggs  
1 doz.



**3.69**  
Smart Chicken  
Bone-in Skin-on  
Thighs  
per pound



**4.49**  
Upton's Naturals  
Seitan  
8 oz., selected varieties



**11.49**  
Thousand Hills  
Grass-fed Ground  
Beef 90/10  
16 oz.



*big sausage flavor*

Juicy bite you know and love. Made from simple ingredients like peas and avocado oil. Because eating well should taste incredible.

**7.99**  
Beyond  
Plant-based Sausages  
14 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

**Fuel up for busy days at the co-op.**



2/\$5

Stahlbush Island Farms  
Frozen Vegetables  
10 oz., selected varieties



3.99

Grain Trust  
Frozen Rice Side  
20 oz., selected varieties



4.99

Rudi's  
Organic Bread  
22 oz., selected varieties



4.49

Quorn  
Meat Alternatives  
8.5-12 oz., selected varieties



8.49

Woodstock  
Organic Frozen  
Pasta  
20 oz., selected varieties



8.99

Rao's  
Pizza  
18.3-21.6 oz., selected varieties



*rooted flavor*

**INCLUSIVE TRADE PARTNER**

Deep Indian Kitchen is owned by a third-generation Indian American family. Our slow-simmered entrées and hand-folded samosas are crafted with freshly ground spices and classic techniques, offering deep, craveable Indian flavor with modern convenience.

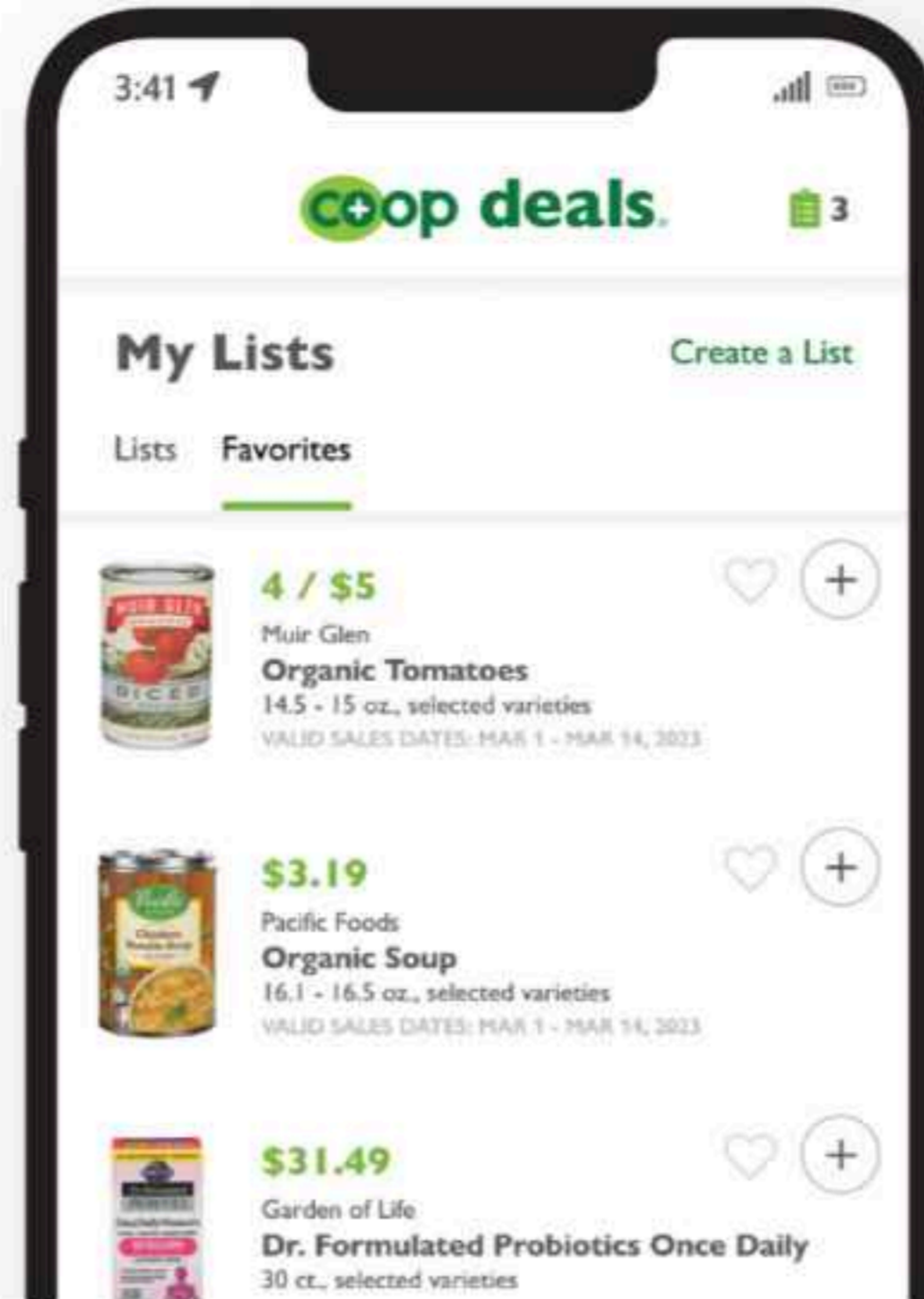
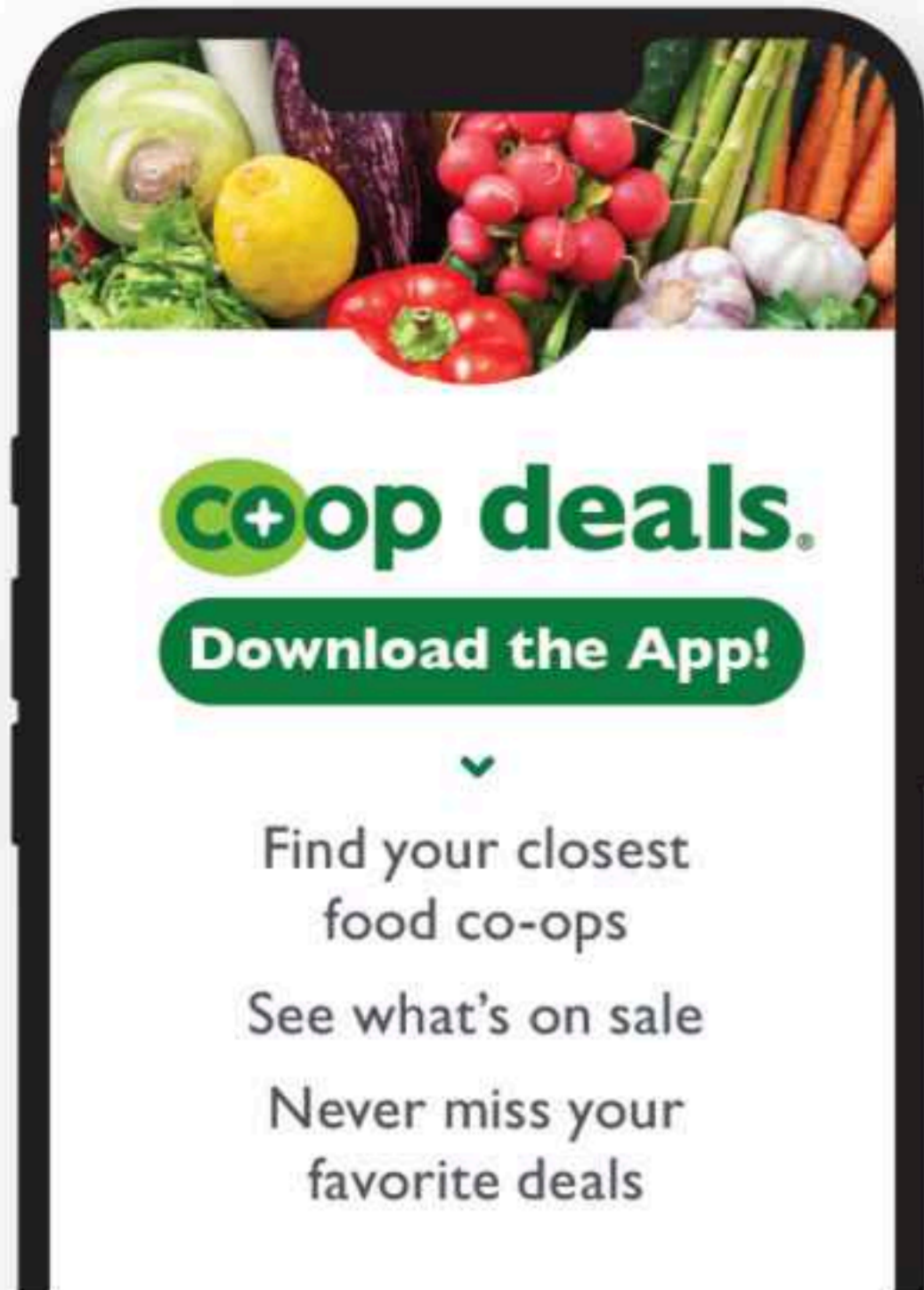


5.49

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

**The co-op has easy-to-cook options.**

# 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.



**4.99**  
So Delicious  
Plant-based  
Frozen Novelties  
9.2-18.4 fl. oz., selected varieties



**4.99**  
Goodpop  
Frozen  
Novelties  
9-13.2 fl. oz., selected varieties



**12.99**  
Wyman's  
Frozen Fruit  
48 oz., selected varieties



## scooping in spring

Familiar favorites crafted with organic ingredients. The best way to welcome spring, one scoop at a time.

**9.49**

Alden's Organic  
Ice Cream  
48 fl. oz., selected varieties



**4.99**

Talenti  
Gelato or Sorbetto  
16 fl. oz., selected varieties

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



**5.49**

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

*crafted for life's little wins*



At R.W. Knudsen, we KRUSH only the very best ingredients so you can KRUSH everything you do!

**4.39**

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



**2/\$9**

**Mom's Best  
Cereals**  
17.5-24 oz., selected varieties



**5.49**

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



*food with purpose*

Whether you're craving sweet flavors or a bar packed with greens, PROBAR Meal is the perfect on-the-go companion! Blended for maximum nutrient density, you will feel satisfied all day.



**2/\$5**

**Probar  
Meal Bars**  
3 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Purely Elizabeth is a woman-owned company. Elizabeth started Purely Elizabeth to make delicious food with nourishing ingredients to help you thrive on your wellness journey.



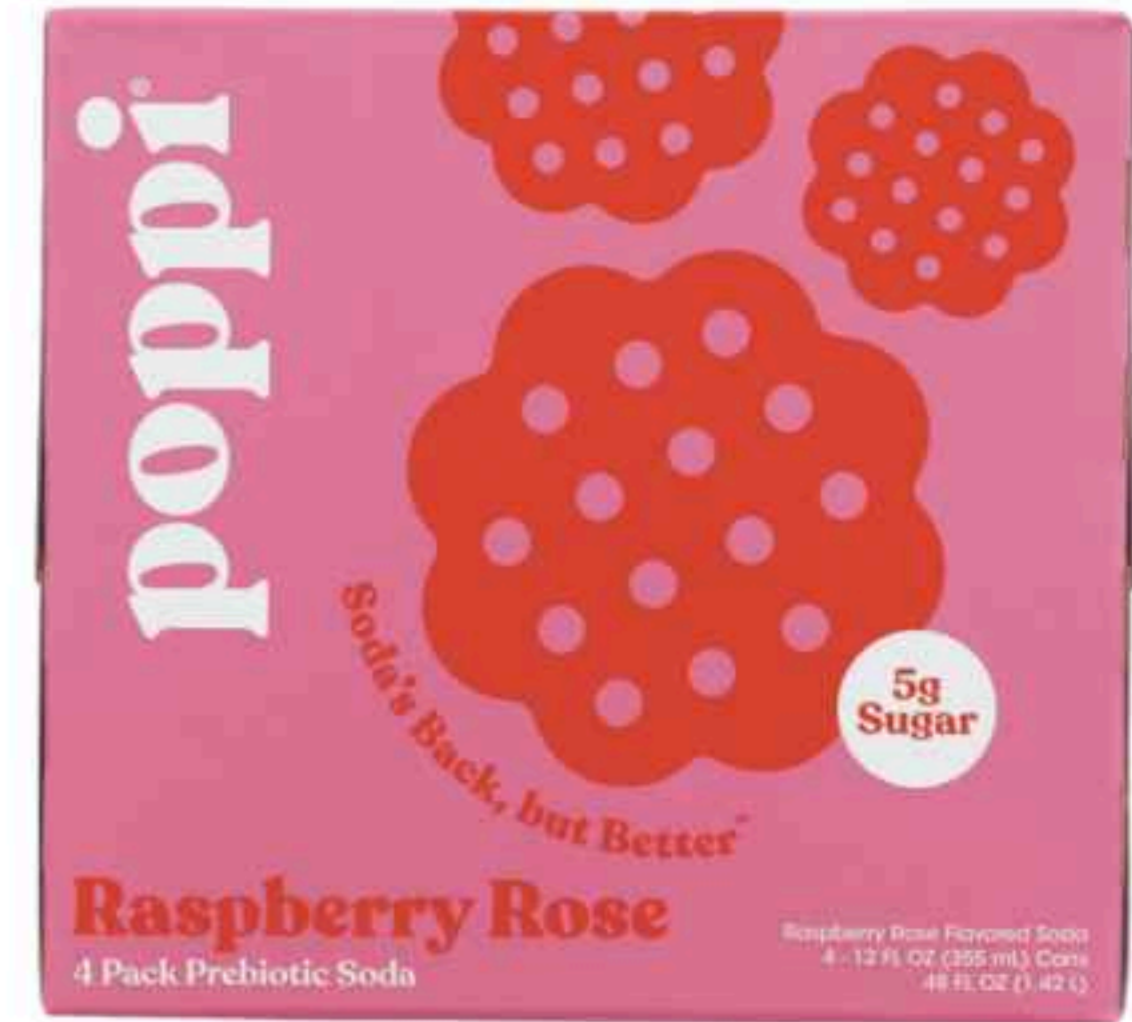
**5.69**

**Purely Elizabeth  
Granola**  
8-12 oz., selected varieties

**The co-op has something for everyone.**



**4.79**  
 Theo  
 Organic  
 Chocolate Bar  
 3 oz., selected varieties



**7.49**  
 Poppi  
 Prebiotic Soda  
 4 pk.-12 fl. oz. cans, selected varieties



**4.49**  
 SkinnyDipped  
 Dipped Nuts  
 3.5 oz., selected varieties



**3.99**  
 Cocomels  
 Plant-based  
 Caramels  
 3-3.5 oz., selected  
 varieties



**2/\$4**  
 Yachak Organic  
 Yerba Mates  
 16 fl. oz., selected  
 varieties



**3.99**  
 Pipcorn  
 Heirloom Snacks  
 4.5-5 oz., selected  
 varieties

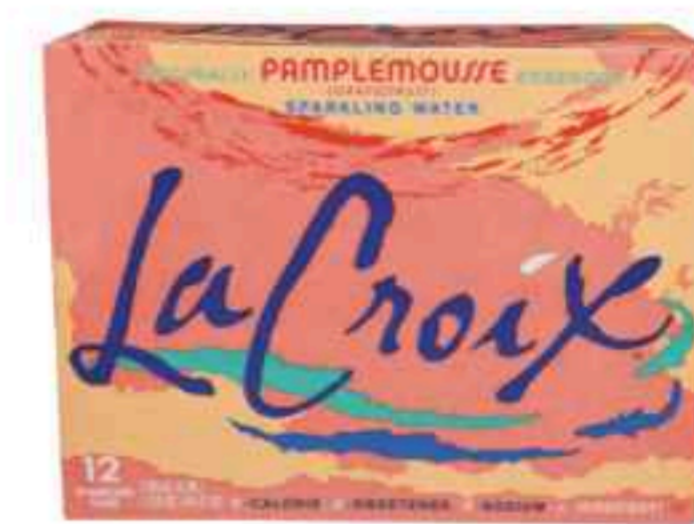


**2.29**  
 Essentia  
 Ionized Alkaline  
 Water  
 50.7 fl. oz.



*uniquely crispy,  
 deeply delicious*

Blending bake craft and quality, our time-honored recipes and baking traditions, blended with a commitment to superior flavor and carefully sourced, hand-selected ingredients, ensures each bite is a memorable taste experience.



**5.69**  
 LaCroix  
 Sparkling Water  
 12 pk.-12 fl. oz., selected  
 varieties

**2/\$10**

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



**Find on-the-go snacks at the co-op.**



**2.69**

**Westbrae Organic Beans**  
15 oz., selected varieties



**2/\$4**

**Dr. McDougall's Soup Cups**  
1.8-3.4 oz., selected varieties



**2.99**

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



**3.49**

**Native Forest Artichoke Hearts**  
9.9-14 oz., selected varieties



**3.69**

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



**3.99**

**Divina Stuffed Grape Leaves**  
7 oz.



**4.79**

**Rao's Soup**  
15.5-16 oz., selected varieties



**4.99**

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

*safe catch elite*

Every tuna is individually tested to a mercury limit 10 times stricter than FDA action levels, responsibly sourced and hand-packed to preserve natural oils and exceptional quality.



**2/\$7**

**Safe Catch Elite Wild Tuna**  
5 oz.



**15.99**

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

**The co-op has all your pantry staples.**

what's regenerative rice?

If you ask **Lundberg Family Farms**, it starts with organic. Their rice is a land-restoring, habitat-preserving, community-building, Regenerative Organic Certified® wonder. And if we care this much about how it's grown, imagine how much we care about how it tastes.



**2/\$5**

Lundberg Family Farms Ready-to-Heat Rice  
8 oz., selected varieties



**2/\$7**

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



**6.39**

Lundberg Family Farms Organic Rice  
32 oz., selected varieties



**2/\$6**

Seeds of Change Organic Rice Sides  
8.5 oz., selected varieties



**4.99**

Maille Mustard  
7-8.9 oz., selected varieties



**5.99**

Sky Valley Sriracha Sauce  
18.5 fl. oz.



**6.49**

Sir Kensington's Mayonnaise  
12 fl. oz., selected varieties

scoop up the savings in bulk!



**2.99**

Organic White Quinoa  
per pound in bulk



**4.79**

Organic Shredded Coconut  
per pound in bulk



**11.99**

Organic Pecan Halves  
per pound in bulk

**All the ingredients you need are at the co-op.**



**6.99**  
 Simple Mills  
 Baking Mixes  
 9-12.9 oz., selected varieties



**2/\$7**  
 Field Day  
 Organic Bread  
 Crumbs  
 8-15 oz., selected  
 varieties



**7.49**  
 Sweetleaf  
 Sweet Drops  
 2 fl. oz., selected  
 varieties



**3.99**  
 Happy Family  
 Organics  
 Yogis  
 1 oz., selected varieties



**5.99**  
 Repurpose  
 Compostable  
 12oz. Cold Cups  
 20 ct.



**6.49** Enjoy Life  
 Baking Chocolate  
 9 oz., selected varieties



**6.99**  
 Madhava  
 Organic Agave  
 Nectar  
 23.5 oz., selected  
 varieties

*vanilla with a purpose*

**COOPERATIVELY OWNED**

Experience pure vanilla flavor, sustainably sourced and free from artificial additives. Frontier Co-op® brings unmatched depth and richness to your kitchen.

**15.99**  
 Frontier Co-op  
 Organic Vanilla Extract  
 4 fl. oz.



**14.99**  
 Dr. Bronner's  
 Organic Whole Kernel  
 Virgin Coconut Oil  
 30 fl. oz.

**Baking staples are at the co-op.**

**INCLUSIVE TRADE PARTNER**



ECOS is a Black- and woman-owned company that believes everyone has a right to a healthy home. We create cleaning products that protect the health and wellness of people, pets and the planet.

**inclusive trade**

**13.99**

Ecoss  
Liquid Laundry Detergent  
100 fl. oz., selected varieties

*switch to tree free*

Soft, strong and saves trees. Caboo's tree-free toilet paper delivers on sustainability without compromising on quality. Made from fast-growing, renewable bamboo and free from inks, dyes, fragrances and BPA.

**7.99**

Caboo  
300-sheet Bamboo Bath Tissue Rolls  
9 ct.



**1.99**

If You Care  
Large Baking Cups  
60 ct.

*everyday low price*



**1.29**

Wild Harvest  
Grain-free Cat Food  
5.5 oz., selected varieties



**4.79**

Desert Essence  
Toothpaste  
6.25 oz., selected varieties



**6.29**

Desert Essence  
Mouthwash  
16 fl. oz., selected varieties



**6.99**

Desert Essence  
Thoroughly Clean  
Face Wash  
8.5 fl. oz.



**6.49**

Desert Essence  
Shampoo or  
Conditioner  
8 fl. oz., selected varieties

*naturally fresh, head to smile*

Desert Essence® blends desert-inspired botanicals with clean, cruelty-free care. Vegan and gluten-free with Leaping Bunny Certification, these formulas nurture your skin, hair and smile — so you can expect wonders from your daily routine.

**The co-op has sustainable products.**



**7.69**

**Acure**  
**Brightening Facial Scrub**  
4 fl. oz.



**2.19**  
**Sappo Hill**  
**Glycerine Crème**  
**Soap**  
3.5 oz., selected varieties



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



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



**2/\$8**  
**DrTung's**  
**Smart Floss**  
30 yd., selected varieties



**22.99**  
**Dr. Hauschka**  
**Revalitizing Day**  
**Lotion**  
1.7 oz.



**32.99**  
**Four Sigmatic**  
**Organic Plant-based**  
**Protein Powder**  
16.9-21.16 oz., selected varieties



**23.99**

*great-tasting women's nutrition*

Made with Certified Organic whole foods, Garden of Life Organics Women's Multi Gummies come in delicious organic berry flavors to support women's health through all stages of life.

**Garden of Life**  
**Organics Women's**  
**Multi Gummies**  
120 ct., selected varieties



**10.49**  
**Jason**  
**Body Wash**  
30 fl. oz., selected varieties

**Find your body care essentials at the co-op.**

**INCLUSIVE TRADE PARTNER**

WishGarden Herbs is a woman-owned company. We source organic and sustainable herbs from fair trade and family-owned farms.



**16.99**

WishGarden Herbs  
Kick-Ass Immune Activator  
2 fl oz.

*visible and tangible results*

Get 10 types of collagens, plus clinically studied ingredients like SBO (Soil Based Organisms) probiotics and vitamin C. This is a premium formula that delivers real results.

**36.99**

Ancient Nutrition  
Multi Collagen  
Protein Powder  
16 oz.



**9.99**

Hyland's Naturals  
Calms Forte  
Sleep Aid  
100 ct.



**21.99**

Vital Proteins  
Collagen Peptides  
10-13.5 oz., selected  
varieties



**24.99**

Whole Earth & Sea  
Multivitamin &  
Mineral  
60 ct., selected varieties



*the power of omega-3*

Take your health to the power of omega-3 with award-winning Ultimate Omega® fish oil. Every serving delivers 1,280mg of concentrated omega-3s to support everyday wellness at the cellular level.

**20.99**

Nordic Naturals  
Ultimate Omega  
60 ct.



**Find all your supplements at the co-op.**

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**

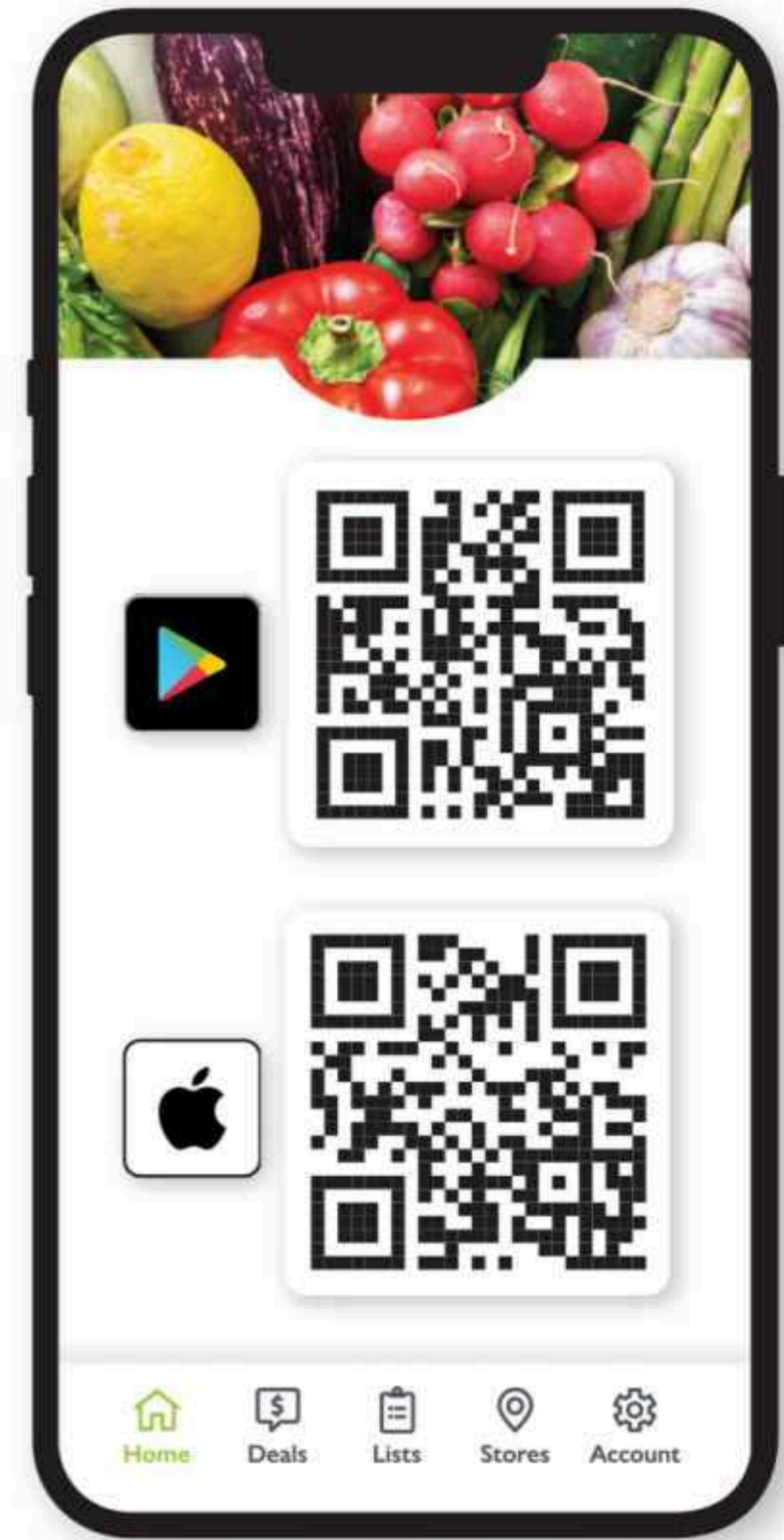
- Alberta Cooperative Grocery
- Ashland Food Co-op
- Astoria Co+op
- Coos Head Food Co-op
- First Alternative Co-op
- Medford Food Co-op
- People's Food Co-op

**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.

premium chocolate

Inspire your taste buds with chocolate that's made the way it was truly meant to be. When any occasion calls for chocolate, we've got you covered.

**3.99**

**Endangered Species Chocolate Bar**  
3 oz., selected varieties



**4.99**  
Kettle Brand Potato Chips  
13 oz., selected varieties



**5.99**  
Izze Sparkling Juice Drink  
6 pk.-8.4 fl. 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.



PWNW0426A