

coop deals

MAR 19 - APR 1, 2025

stay active

INCLUSIVE TRADE PARTNER

GoMacro is a woman-owned company. Try their delicious flavor combinations that are plant-based and ideal for fueling you through your next adventure.



2.29

Gomacro
Organic Macrobar
2-2.5 oz., selected varieties



everyday low price

1.49

Field Day
Organic Black Beans
15 oz., selected varieties



2/\$4

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



2/\$6

Theo
Organic Chocolate
Bars
3 oz., selected varieties



3.99

Ithaca
Hummus
10 oz., selected varieties



2/\$9

Nixie
Organic Sparkling Waters
8 pk.-12 fl. oz. cans, selected varieties



5.49

Applegate
Sunday Bacon
8 oz.



Fuel up with delicious snacks from the co-op.

Find the flavors you love.



6.49

**Cocojune
Organic Coconut
Cultured Yogurt**
16 oz., selected varieties

sprinkle on organic goodness

COOPERATIVELY OWNED

Made with organic milk from pasture-raised cows, Organic Valley shredded cheeses are the perfect ooey, gooey addition to your tacos, salads, casseroles and more!

4.29

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



4.99

**Follow Your Heart
Vegemise**
14 fl. oz., selected varieties

COOPERATIVELY OWNED



5.49

**Organic Valley
Cottage Cheese**
16 oz., selected varieties



6.49

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



6.99

**Chameleon Cold Brew
Organic Coffee Concentrate**
32 fl. oz., selected varieties

*your brew-ed
awakening*

Organic, sustainably sourced beans roasted and brewed to perfection for a smooth, supremely sippable brew. It's just the kick in the glass you need to fuel life's adventures.



7.49

**Bubbies
Pickles**
25-33 fl. oz., selected varieties



Find something for everyone at the co-op.



3/\$5
Forager Project
Organic
Cashewmilk
Yogurts
 5.3 oz., selected varieties

bubbly probiotics

Whatever your KeVita choice, we've got you covered! Bold kombucha, refreshing kefir probiotic bubbles or zesty and sweet lemonades — all full of live probiotics.



3/\$7

KeVita
Sparkling Prebiotic and
Probiotic Drinks
 12 fl. oz. can, selected varieties



3.29
Stumptown Coffee
Roasters
Oatly Cold Brew
Coffee
 11 fl. oz., selected varieties

COOPERATIVELY OWNED



4.49
Kerrygold
Pure Irish Butter
 8 oz., selected varieties



6.49
Health-Ade
Organic Kombucha
 48 fl. oz., selected varieties



organic yogurt goodness

The #1 organic kids yogurt made with dairy milk from pasture-raised cows. We want our products to be good for you, good for the planet and good for your taste buds.

4.29

Stonyfield Organic
Kids Yogurt Tubes
 8 pk.-2 oz., selected varieties



The co-op has great fermented-food options.

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



5.99

**Amy's
Frozen Meals**
8.25-10.3 oz., selected varieties



2.19 **Red's
Burritos**
4.5-5 oz., selected varieties



everyday low price
5.99
**Field Day
Breaded Fish
Sticks or Fillets**
8 oz., selected varieties



3.99
**Silver Hills
Sprouted Bread**
15-22 oz., selected varieties



7.99
**Thousand Hills
100% Grass-fed
Ground Beef 80%
Lean 20% Fat**
16 oz.



7.49
**Daiya
Frozen Pizza**
15.3-19.4 oz., selected varieties



5.49
**Cosmic Bliss
Organic Frozen
Dessert**
14 fl. oz., selected varieties



12.99
**Cascadian Farm
Organic Frozen
Fruit**
28-32 oz., selected varieties



fresh and convenient

HOME COOKING

Find something new to make for dinner or stock up on your favorite tried and true ingredients. With great products to choose from at the co-op, weeknight meals can be both delicious and easy to make on those busy evenings.

Stock your freezer with favorites from the co-op.



2/\$3

Lotus Foods
Rice Ramens
2.8 oz., selected varieties



2/\$4

Dr. McDougall's
Soup Cups
1.3-3.4 oz., selected varieties



3.49

Bragg
Organic Apple
Cider Vinegar
16 fl. oz.



3.49

Native Forest
Artichoke Hearts
14 oz.



4.49

Pacific Foods
Organic Soups
32 fl. oz., selected varieties



2/\$7

Muir Glen
Organic Pasta
Sauces
23.5 oz., selected varieties



2/\$7

Health Valley
Organic Soups
14.5-15 oz., selected
varieties



8.99

Primal Kitchen
Avocado Oil Mayo
12 fl. oz., selected varieties

we spread integrity

We're 100% employee-owned, and we take pride in producing superior products for our customers. Since 1976, we've been dedicated to quality and sustainability for a better future.

6.49

Once Again
Organic Peanut Butter
16 oz., selected varieties



8.99

Justin's
Almond Butter
16 oz., selected varieties



13.99

California Olive Ranch
Global Blend Extra
Virgin Olive Oil
16.9 fl. oz.

The co-op has ingredients for easy spring meals.



2/\$7

**Celestial Seasonings
Herbal Teas**
20 ct., selected varieties



whole wheat goodness

Start the busy day happy! Crafted from simple ingredients, Kashi Cinnamon Harvest and Autumn Wheat provide whole grains and fiber to satisfy hunger and leave you smiling!

2/\$9

**Kashi
Cereals**
9.5-14 oz., selected varieties



2/\$9

**Nature's Path Organic
Love Crunch Granolas**
10.6-11.5 oz., selected varieties



5.99 **Enjoy Life
Baking Chocolate**
9-10 oz., selected varieties



13.99

**Four Sigmatic
Organic Ground Coffee
with Mushrooms**
12 oz., selected varieties

prioritize your well-being



Yogi Wellness Teas are formulated with delicious taste and helpful benefit in mind. From soothing and floral to fruity and invigorating, all Yogi teas are blended with intention.

2/\$8

**Yogi
Organic Teas**
16 ct., selected varieties



2/\$9

**Organic India
Tulsi Teas**
18 ct., selected varieties

The co-op helps you start the day off right.



2/\$6

LesserEvil
Organic Snacks
3-6.4 oz., selected varieties



2/\$7

Late July
Tortilla Chips
7.5-7.8 oz., selected varieties



4.99

Justin's
Organic Peanut Butter Cups
4.2-4.7 oz., selected varieties

COOPERATIVELY OWNED



3.99

Equal Exchange
Organic Chocolate
Bar
2.8-3.5 oz., selected
varieties



4.49

Mi-del
Snaps
8-10 oz., selected varieties



4.99

Late July
Salsa
15.5 oz., selected varieties

taste the magic

Dr. Bronner's Magic All-One
Chocolate pairs Regenerative
Organic Certified® ingredients with
world-class Swiss chocolatiers.
Discover Sea Salt & Hazelnut Butter
— our best-selling, vegan, organic,
70% dark chocolates!

2/\$7

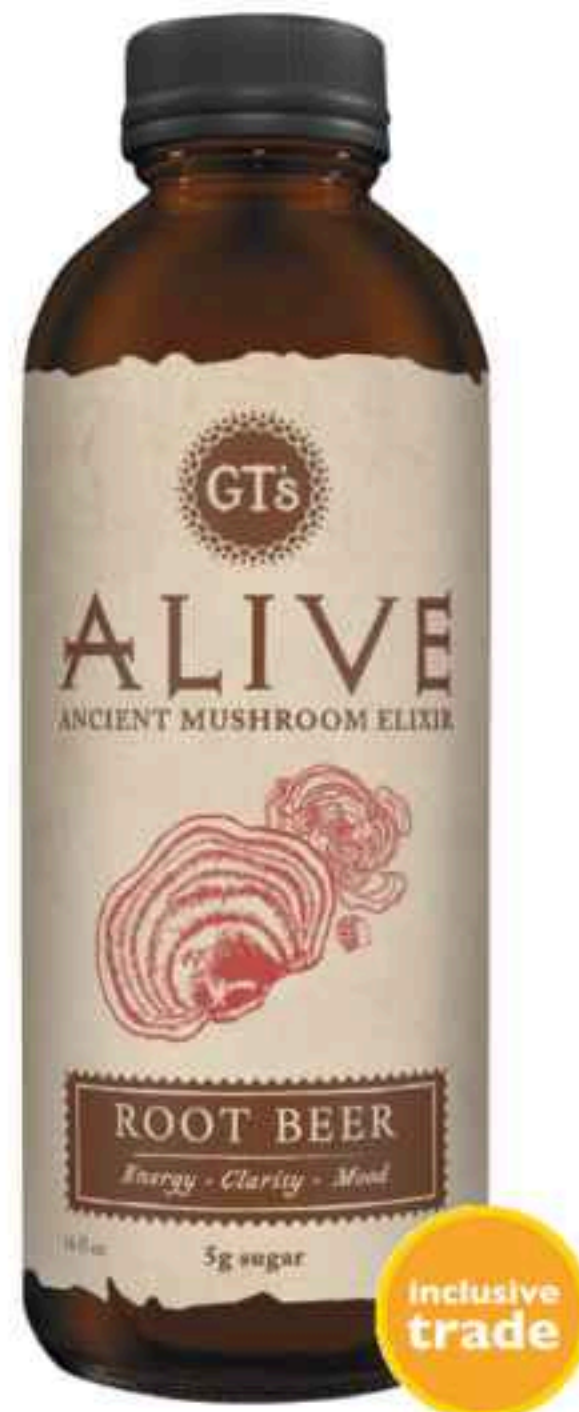
Dr. Bronner's
Organic Chocolate Bars
2.93-3 oz., selected varieties



Yummy snacks are at the co-op.

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.



2/\$6

GT's
Alive Ancient Mushroom Elixirs
16 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



INCLUSIVE TRADE PARTNER

ECOS is a Black- and woman-owned company. We create cleaning products that protect the health and wellness of people, pets and the planet.



3.79

Ecos
Dish Soap
25 fl. oz., selected varieties



strength in diversity

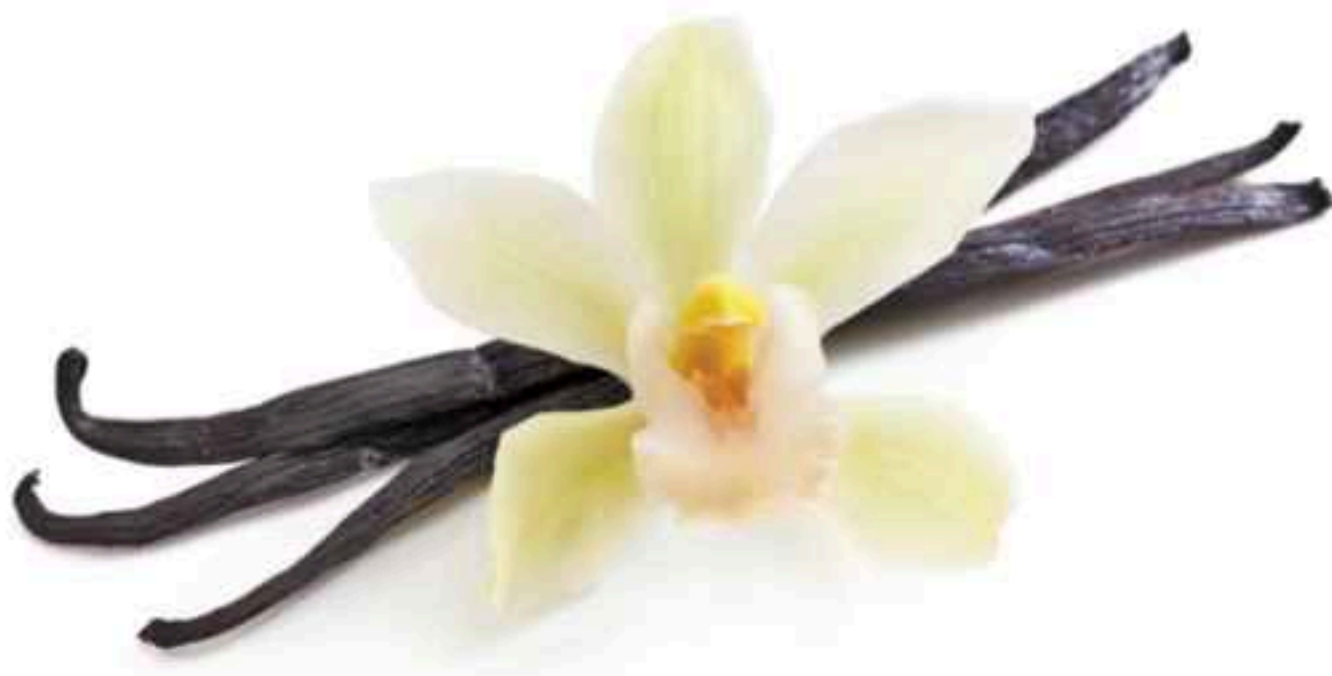
INCLUSIVE TRADE

Co-ops are committed to creating a more just society by cultivating partnerships with businesses owned by people who identify as women, Black, Indigenous, people of color (POC), LGBTQIA+, persons with disabilities and veterans. Let's celebrate the strength that comes from diversity! Learn about some of our Inclusive Trade brand partners, and find Inclusive Trade products throughout the co-op.



Find favorite Inclusive Trade brands at the co-op.

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



8.99

Quantum SuperLysine+ 90 ct.



be extraordinary this year

How? By adding delicious Garden of Life Raw Organic Protein to your daily routine. Fueling your body with 22 grams of clean, plant-based protein is a great choice for extraordinary health.

32.99

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



Get a scoop for an extra boost.

Feel great this spring.

a spring in your step

FEELING GOOD

Take in the fresh spring air and enjoy the outdoors! It's time to hit the hiking trails and your favorite parks. Visit the co-op to find supplements to support an active lifestyle.



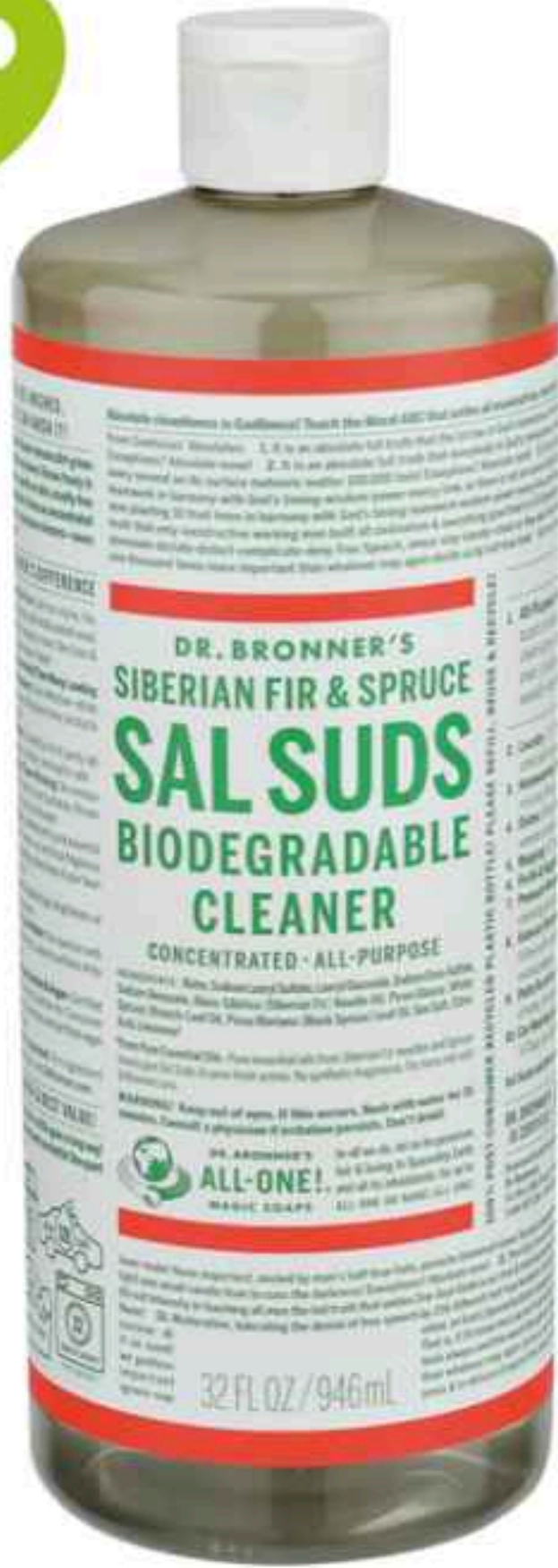
19.99

Enzymedica Digest Gold 45 ct.

Find great supplements at the co-op.

10.99

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



2/\$7

**One With Nature
Bar Soaps**
7 oz., selected varieties



8.69

**Himalaya
Whitening +
Hydroxyapatite
Toothpaste**
4 oz.



15.99

**Derma E
Vitamin C Intense
Night Cream**
2 oz.



coop deals®

Download the App!



Find your closest
food co-ops

See what's on sale

Never miss your
favorite deals



Download the Co+op Deals app today!

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

snack like a champ!

Get in the zone for gameday and entertain your guests with a delicious spread of apps and snacks from the co-op!



Scan here for ideas!



Cheer on your favorite team with great snacks.

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.



3/\$4

Chobani Greek Yogurts
5.3 oz., selected varieties



2/\$3

Annie's Mac & Cheese
5.25-6 oz., selected varieties



3.69

C2O Coconut Water
33.8 fl. oz., selected varieties



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



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