

coop deals

SEP 16 - SEP 29, 2026

organic and flavorful

Some mornings are hectic — a missed alarm or an early morning practice. Nature's Path Organic is a good option for ensuring your family has a breakfast that's both delicious and easy when time is limited. Find these organic and non-GMO cereals on sale at the co-op now!



3.99

Nature's Path Organic Cereal

9.5-14 oz., selected varieties



4/\$6

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



2/\$6

Annie's Macaroni & Cheese
6 oz., selected varieties



2/\$7

Hippeas Chickpea Snacks
3.75-5 oz., selected varieties



2/\$7

Muir Glen Organic Pasta Sauces
23.5 oz., selected varieties



4.39

Mrs. Meyer's Liquid Hand Soap
12.5 fl. oz., selected varieties

COOPERATIVELY OWNED

4.99

Organic Valley Large Free-range Brown Eggs
1 doz.



Check out these products that fly off our shelves!

Good values + Good value



pasture-perfect cheese

COOPERATIVELY OWNED

All of our cheeses start with organic pasture-raised milk from our family farms. We then combine our premium ingredients with time-honored recipes for a taste that is irresistibly delicious, no matter how you slice it (or shred it).

4.99

Organic Valley Shredded or Sliced Cheese
6 oz., selected varieties

6.99

Organic Valley American Cheese
11 oz., selected varieties

11.99

Organic Valley Mozzarella Stringles
18 oz.

simple ingredients and protein rich!



Rich, creamy and made with only milk and live active yogurt cultures. It's delicious and plain extraordinary.

3 / \$4

Fage Greek Yogurts
5.3 oz., selected varieties



5.49

Chobani Coffee Creamer
24 fl. oz., selected varieties



2.69

The Mountain Valley Spring or Sparkling Water
33.8 fl. oz., selected varieties



COOPERATIVELY OWNED

5.99

Organic Valley Grassmilk
59 fl. oz., selected varieties



6.49

Wildbrine Kimchi
18 oz., selected varieties

Start your day strong with these deals.

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



5.79

Lifeway
Organic Kefir
32 fl. oz., selected varieties



2/\$7

GoodBelly
Probiotic Drinks
32 fl. oz., selected
varieties



3.99

Tofurky
Plant-based Deli
Slices
5.5 oz., selected varieties

INCLUSIVE TRADE PARTNER

Nuts for Cheese is a LGBTQIA+- and woman-owned company. Our cheese is crafted from 100% organic cashews, fermented and rich in probiotics with billions of CFUs per serving.

6.49

Nuts for Cheese
Organic Cashew
Cheese
4.23 oz., selected
varieties



4.29

Hodo
Organic Tofu
8-10 oz., selected
varieties



8.99

Smart Chicken
Boneless Skinless
Breast Fillet
per pound



14.99

Thousand Hills
Grass-fed NY
Strip Steak
8 oz.

classic treats, real ingredients

Two creamy classics, dark chocolate and vanilla bean, made with simple organic ingredients and real flavor. Served in a reusable glass jar worth savoring to the last spoonful.



4.39

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



6.99

Cokojune
Organic Coconut Cultured
Yogurt
16 oz., selected varieties

Good nutrition for great days.

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



feel alive inside

2/\$5
KeVita
Organic Prebiotic
Lemonades
12 fl. oz., selected varieties

2/\$6
KeVita
Organic Probiotic
Drinks
15.2 fl. oz., selected varieties

2/\$6
KeVita
Organic Kombuchas
15.2 fl. oz., selected varieties

At **KeVita**, we believe when your gut's off, your whole world is off. We create vibrant, organic and non-GMO beverages with live probiotics that make wellness accessible, enjoyable and sustainable for all.



3/\$10
Pop & Bottle
Organic
Almond Lattes
11 fl. oz., selected varieties



4.99
North Coast
Organic Apple Juice
32 fl. oz., selected varieties



5.49
Food for Life
Organic Bread
16-24 oz., selected varieties



sip the coconut

Made from organic young Nam Hom coconuts grown in Thailand. Enjoy pure coconut water or discover soft, tender coconut pulp for a refreshing sip with a little extra coconut.

4.99
Harmless Harvest
Organic Coconut Water
16 fl. oz., selected varieties



2/\$6
Health-Ade
Organic Kombuchas
16 fl. oz., selected varieties

Sip and savor the deals from the co-op.

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

	2/\$6 Cascadian Farm Organic Frozen Vegetables 10 oz., selected varieties		2/\$7 Blake's Pot Pies or Shepherd's Pies 8 oz., selected varieties		
	4.29 Grain Trust Frozen Rice Side 20-30 oz., selected varieties		4.69 Gardein Plant-based Protein 8.8-13.7 oz., selected varieties	4.99 So Delicious Plant-based Frozen Desserts 1 pt., selected varieties	
	4.99 Alexia Frozen Potatoes 15-19 oz., selected varieties		5.49 Alden's Organic Frozen Novelties 9-14 fl. oz., selected varieties		6.99 Feel Good Foods Gluten-free Appetizers 6-10 oz., selected varieties
 <i>gourmet meals in minutes</i> Enjoy real, comforting flavor in minutes with Woodstock frozen pastas. Made with organic ingredients and free from artificial colors, flavors and preservatives — for a delicious meal you can feel good about. 8.49 Woodstock Organic Frozen Pasta 20 oz., selected varieties					7.99 Cappello's Grain-free Pizza 11-12 oz., selected varieties
					12.99 Wyman's Frozen Blueberries 48 oz.

Frozen favorites from the co-op.

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



2/\$8

Celestial Seasonings
Herbal Teas
12-20 ct., selected varieties



4.49

Vita Coco
Coconut Water
33.8 fl. oz., selected varieties



5.99

Maranatha
Organic Peanut Butter
16 oz., selected varieties



4/\$5

Bob's Red Mill
Oat Bars
1.76 oz., selected varieties

COOPERATIVELY OWNED



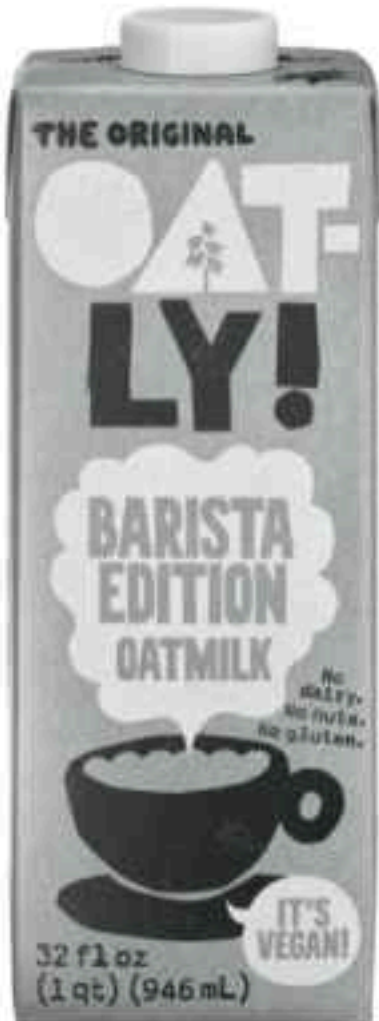
12.99

Equal Exchange
Organic Biorevolution
Dark Roast Coffee
per pound in bulk



8.99

Lakewood
Organic Pure
Pomegranate Juice
32 oz.



3.99

Oatly
Barista Edition
Oatmilk
32 fl. oz.



4.49

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



4.49

Oatly
Oatmilk
64 fl. oz., selected
varieties



4.49

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

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 something from a Co+op Deals flyer. Shop the Oatly sale!

There's something for everyone at the co-op.

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INCLUSIVE TRADE PARTNER

Fishwife is a woman-owned company. We aim to make ethically sourced and delicious tinned seafood a staple in every cupboard.



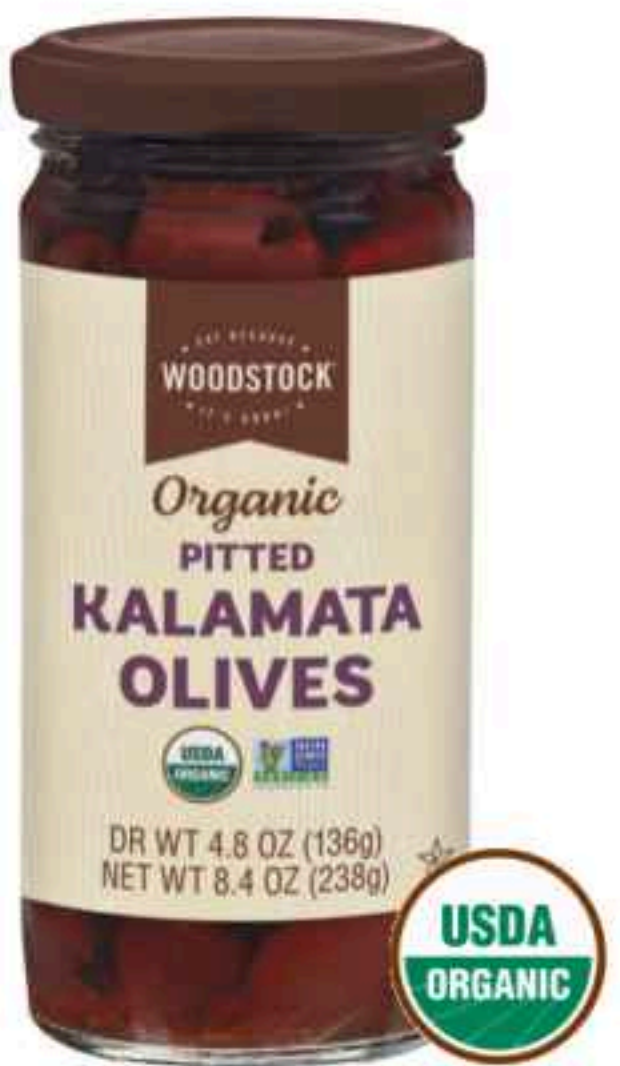
6.49 Fishwife
Tinned Fish
3.7-4.2 oz., selected varieties



2.99
Native Forest
Organic Coconut
Milk
13.5 fl. oz., selected
varieties



2/\$6
Seeds of Change
Organic Rice &
Grain Sides
8.5 oz., selected varieties



3.99
Woodstock
Organic Olives
8.4-8.5 oz., selected varieties



3/\$10
Lundberg Family
Farms
Organic Rice Sides
5.5-6 oz., selected
varieties



5.99
LaCroix
Sparkling Water
12 pk.-12 fl. oz., selected
varieties



5.99
Bob's Red Mill
Organic Flour
5 lbs., selected varieties



2.69
Pacific Foods
Organic Cream Soup
10.4-10.5 oz., selected varieties



5.99
Once Again
Organic Peanut Butter
16 oz., selected varieties



15.99
California Olive Ranch
Global Blend Extra Virgin
Olive Oil
25.4 fl. oz.

Stock your kitchen with deals from the co-op.

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



2/\$4

Siete
Taco Seasoning
1.31 oz., selected
varieties



3.99

Siete
Salsa
10.5 oz., selected
varieties



3.99

Siete
Tortilla Chips
5 oz., selected
varieties



7.49

Siete
Tortillas
7 oz., selected
varieties

thoughtfully
crafted

From Almond Flour Tortillas to our Grain Free Sea Salt Tortilla Chips to salsas for every taste, **Siete** makes Mexican-American heritage-inspired foods that ensure everyone has a seat at the table.



1.79

Nixie
Organic Zero
Sugar Soda
12 fl. oz., selected
varieties



5.39

Late July Snacks
Salsa
15.5 oz., selected
varieties



5.49

Better with
Buckwheat
Crispbreads
3.7-4 oz., selected varieties



game on!

Crunch into fall with plenty of great deals at the co-op from The Good Crisp Company! Try all of our amazing snacks: Crisps, Cheese Balls and Crinkle Cut ... snacks the whole family can enjoy!

2/\$7

The Good Crisp
Potato Crisps
5.6 oz., selected varieties



3.99

Late July Snacks
Organic Tortilla Chips
6-10.1 oz., selected varieties

Go all out on these snack deals!

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

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.

2/\$4

Chomps
Meat Sticks
1.15 oz., selected varieties



2/\$4
Gimme
Organic Seaweed
Snacks
.32-.35 oz., selected
varieties



2.29
Justin's
Organic Candy
1.32-1.5 oz., selected
varieties



2.99
The Ginger People
Ginger Candy
3 oz., selected varieties



2/\$6
Good Health
Potato Chips
5 oz., selected varieties



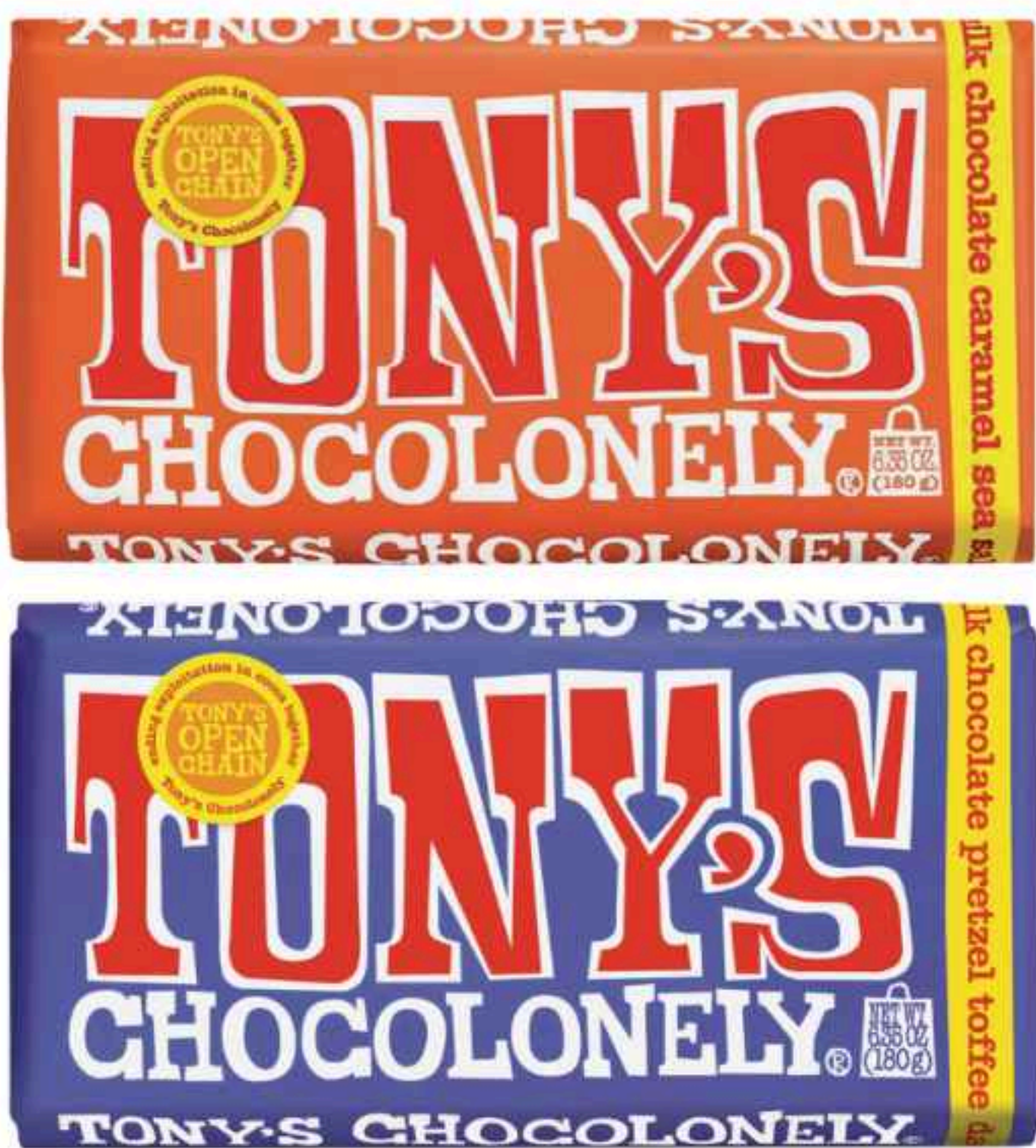
3.39
Angie's
Boomchickapop
Popcorn
4.4-7 oz., selected
varieties



2/\$7
Chocolove
Chocolate Bars
2.9-3.2 oz., selected
varieties



5.49
Unreal
Candy
3.2-5 oz., selected
varieties



unwrap the goods

Tony's ChocOLONELY milk chocolate bars are made with premium, fair trade ingredients — on a mission to end exploitation in cocoa.

5.49
Tony's ChocOLONELY
Chocolate Bar
6.35 oz., selected varieties



2/\$10
Tate's Bake Shop
Cookies
5.5-8 oz., selected varieties

Fall for these snacks from the co-op.

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12.99

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

add apple cider
vinegar

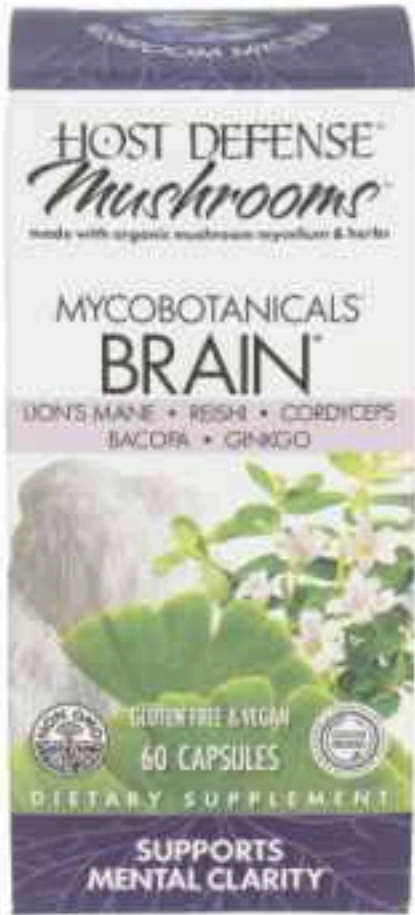
SCAN QR CODE FOR RECIPE
Check out this recipe for a berry
shrub. It's delicious, tart and includes
apple cider vinegar for a functional
wellness boost.



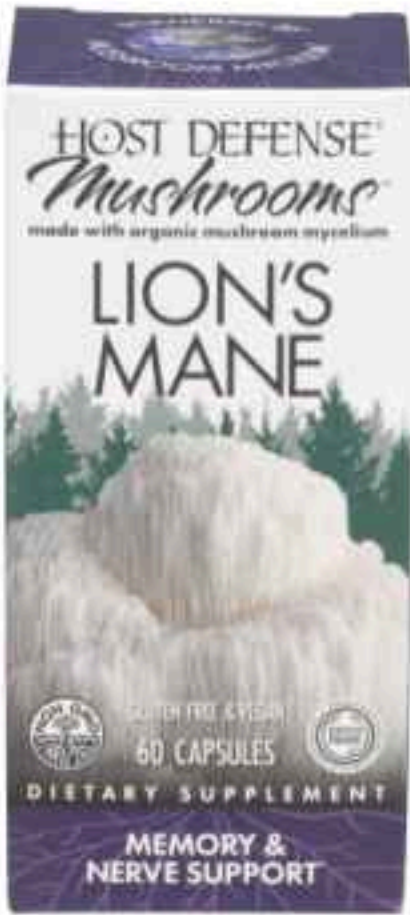
upgrade your immune support
your future self will thank you



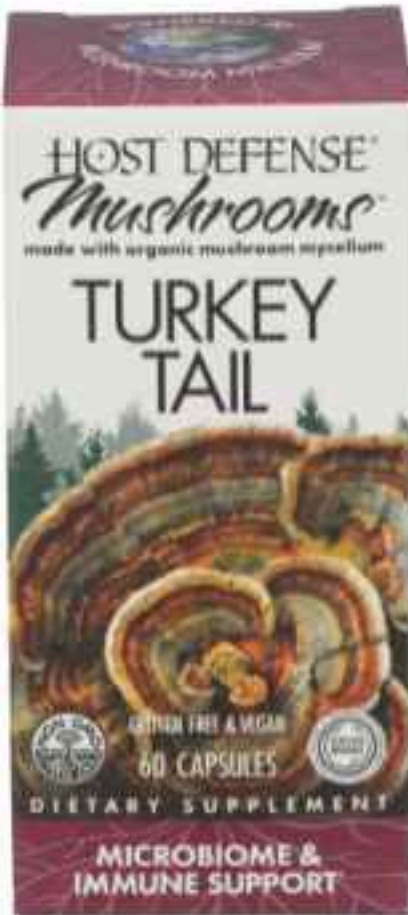
5.99
Bragg
Organic Apple
Cider Vinegar
32 fl. oz.



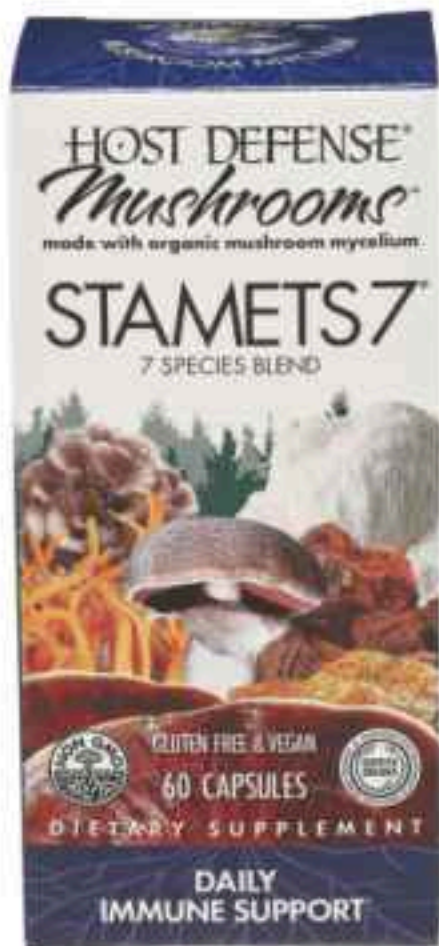
23.99
Host Defense
MycoBotanicals
Brain Supplement
60 ct.



25.99
Host Defense
Lion's Mane
Mushroom
Supplement
60 ct.



25.99
Host Defense
Turkey Tail
Mushroom
Supplement
60 ct.



29.99
Host Defense
Stamets 7
Mushroom
Supplement
60 ct.

from the mushroom
experts!

Host Defense® mushroom
supplements are backed by 40+ years
of expertise! Try popular Lion's
Mane, Turkey Tail, Stamets 7® or Brain
capsules today. They're powered
by scientifically researched, USA-
grown organic mushroom mycelium that
meets the highest standards of quality.

Get ready for fall!



3.99

Tom's of Maine
Spearmint Floss
32 yds.



5.69

Tom's of Maine
Mouthwash
16 fl. oz., selected varieties



5.99

Tom's of Maine
Toothpaste
4-4.5 oz., selected varieties



7.99

Tom's of Maine
Deodorant
3.25 oz., selected varieties

nature can
work wonders

Tom's of Maine has natural body care products you can count on. Our toothpastes, mouthwashes, deodorants and floss contain no artificial flavors, fragrances or preservatives. Plus, we donate 10% of our annual profits to organizations protecting nature.

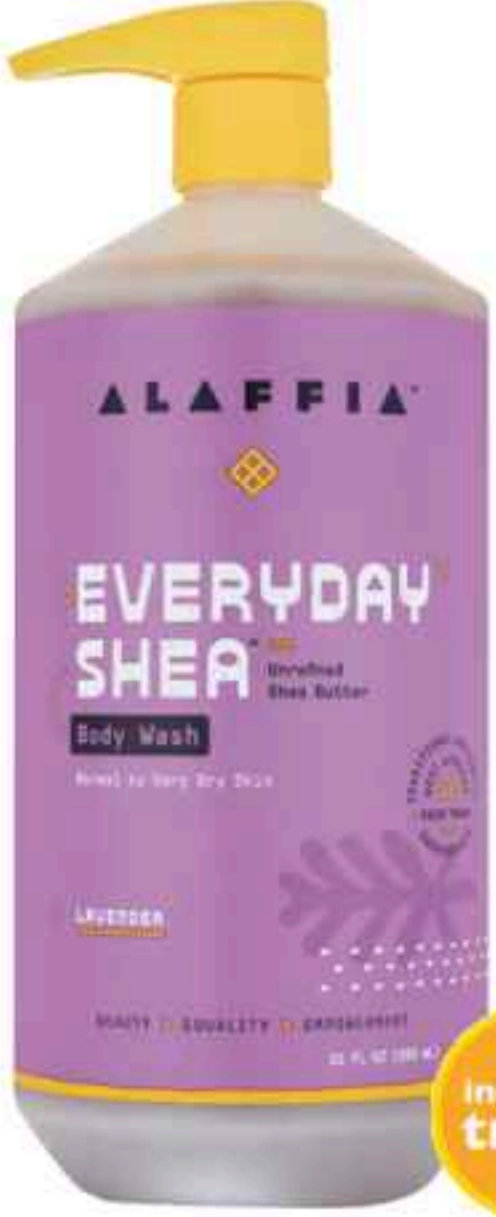


Never miss your **favorite deals.**
Download the Co+op Deals app!



INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company. Our projects enable Togolese communities to share their skills and knowledge with the rest of the world.



13.49

Alaffia
Everyday Shea
Body Wash
32 fl. oz., selected varieties

inclusive trade



4.39

Mrs. Meyer's
Liquid Dish Soap
16 fl. oz., selected varieties



7.99

Andalou Naturals
Body Lotion
8 fl. oz., selected varieties



9.49

Pranarom
Organic Lavender
Essential Oil
.17 fl. oz.

USDA ORGANIC



12.99

Naturtint
Hair Color
5.07 fl. oz., selected varieties

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
- SunCoast Market 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.



2/\$6
Bionaturae
Organic Pastas
16 oz., selected varieties



2/\$7
Bionaturae
Organic Tomatoes
24-28.2 oz., selected varieties



16.99
Bionaturae
Organic Extra
Virgin Olive Oil
25.4 fl. oz.

rooted in tradition

Quality begins at the source. From olives grown on small Northern Italian farms to carefully selected tomatoes and artisan-crafted pasta, every product reflects a dedication to responsible sourcing, traditional methods and the authentic flavors of Italy.



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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