

coop deals

APR 15 - APR 28, 2026

pair with ice cream

Enjoy the warm spring weather with a delicious Olipop soda. Try the Classic Root Beer flavor and make a float with your favorite ice cream. The co-op has these on sale so you can enjoy a taste of nostalgia and support your digestive health.



3/\$6

Olipop
Prebiotic Sodas
12 fl. oz., selected varieties



BO GO

Buy One, Get One
FREE
Garden of Life
Grass-fed Collagen Peptides
9.87-19.75 oz., selected varieties

INCLUSIVE TRADE PARTNER

Giovanni is a veteran-owned company. We make cutting-edge, fashion-forward natural hair care a reality.



inclusive trade **BO GO**

Buy One, Get One
FREE
Giovanni
Shampoos or Conditioners
8.5-13.5 fl. oz., selected varieties



BO GO

Buy One, Get One
FREE
Angie's Boomchickapop
Popcorn
4.4-7 oz., selected varieties



Buy One, Get One
FREE

more offers inside!

BO GO



4.49

Chobani Oatmilk
52 fl. oz., selected varieties



2/\$4

Icelandic Provisions Skyr Yogurts
4.4-5.3 oz., selected varieties



3.79

Stumptown Coffee Roasters Cold Brew Coffee
10.5 fl. oz.



4.49

Ripple Plant-based Milk
48 fl. oz., selected varieties

COOPERATIVELY OWNED



4.99

Kerrygold Pure Irish Butter
8 oz., selected varieties

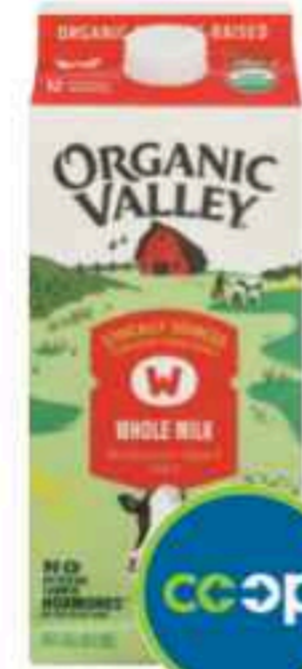


5.49

Bellwether Farms Organic Whole Milk Yogurt
16 oz., selected varieties



COOPERATIVELY OWNED



4.99

Organic Valley Ultra-Pasteurized Milk
64 fl. oz., selected varieties



5.69

Lifeway Organic Kefir
32 fl. oz., selected varieties



protein rich →

A creamy, velvety delight where every spoonful is a symphony of rich and refined flavor.

6.49

Fage Greek Yogurt
32 oz., selected varieties



5.39

Califia Farms Organic Plant-based Milk
48 fl. oz., selected varieties



Stock the fridge with options from the co-op.



3.49

Wildwood Organic High Protein Tofu
16 oz.



3.99

Daiya Plant-based Block, Sliced or Shredded Cheese
7.1-8 oz., selected varieties



5.99

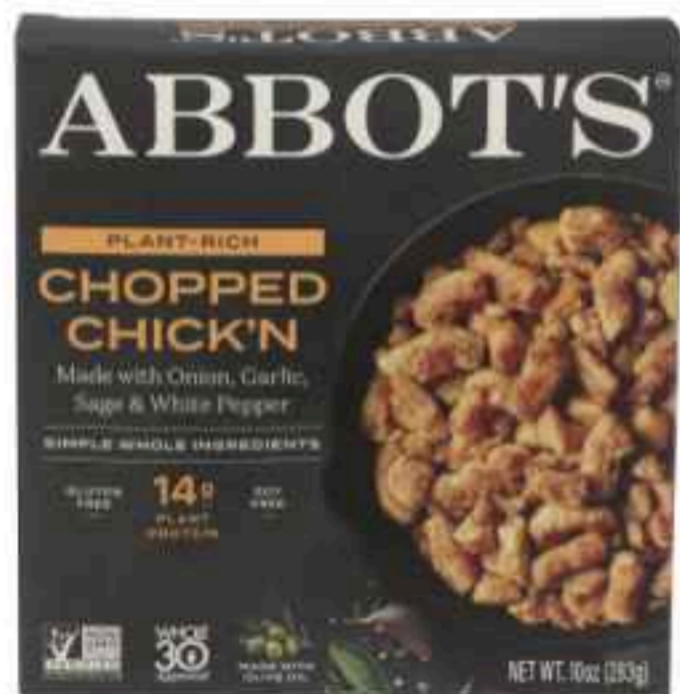
Colamecos Diced Pancetta
15 oz., selected varieties

COOPERATIVELY OWNED



5.99

Organic Valley Block Cheese
8 oz., selected varieties



6.49

Abbot's Butcher Plant-based Protein
10 oz., selected varieties



10.99

Smart Chicken Organic Boneless Skinless Breast Fillet
per pound



13.49

Thousand Hills Grass-fed NY Strip Steak
8oz.

stay hydrated →

Sourced from organic young Nam Hom coconuts grown in Thailand, supporting farms committed to ethical and sustainable practices from harvest to bottle.

4.79

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



5.99

Mt Vikos Organic Feta Cheese
6 oz.

The co-op has your mealtime essentials.

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



5.49

**Ben & Jerry's
Ice Cream or Non-dairy
Dessert**
14.4-16 fl. oz., selected varieties

always organic, never ordinary

Bursting with flavor and packed with nutrients, Cascadian Farm organic fruit is perfect for smoothies, baking and healthy snacking. Organic goodness, ready when you are.

12.99

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



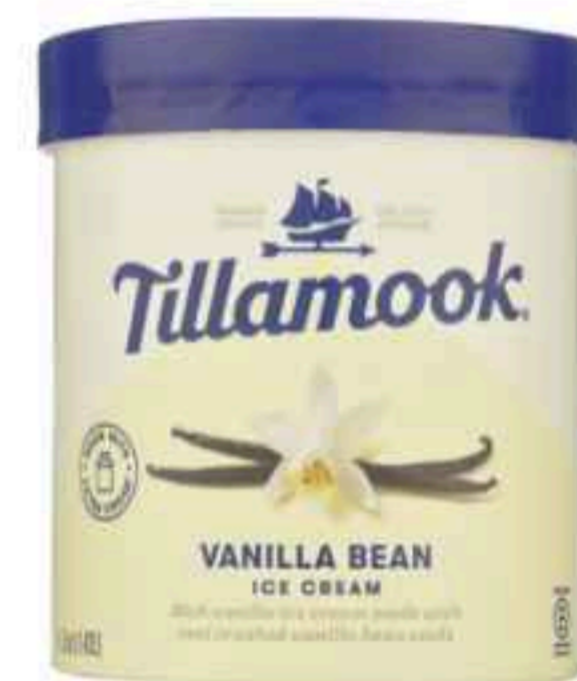
4.99

**Applegate
Breakfast Sausage**
7 oz., selected varieties



6.99

**Beyond
Plant-based
Steak Tips**
10 oz., selected varieties



6.99

**Tillamook
Ice Cream**
48 fl. oz., selected varieties

fresh flavors

Brighten up your favorite recipes with Woodstock Frozen Vegetables! Our products are available in organic varieties and don't require any cutting, dicing or peeling — making mealtime quick and convenient!



2/\$6

**Woodstock
Organic Frozen Vegetables**
10 oz., selected varieties



9.99

**Beecher's
Mac & Cheese**
18-20 oz., selected varieties



10.99

**Against the Grain
Gluten & Grain-free
Pizzas**
22.4-24 oz., selected varieties

Fill the freezer with great deals from the co-op.



2/\$5 Epic Meat Bars
1.3-1.5 oz., selected varieties



3.79 Nature's Path Organic Toaster Pastries
6 pk.-1.8 oz., selected varieties



3.99 Rebbl Organic Functional Beverages
12 fl. oz., selected varieties



2/\$8 Annie's Chewy Granola Bars
4.45-5.34 oz., selected varieties



2/\$8 Cascadian Farm Organic Cereals, Granolas or Granola Bars
7.4-14.6 oz., selected varieties



4.39 Lightlife Organic Tempeh Strips
6-7 oz., selected varieties



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



4.99 Nature's Path Organic Love Crunch Granola
11-11.5 oz., selected varieties



8.99 Wellshire Pork Bacon
12 oz., selected varieties



energize, sustain and nourish

Baked with delicious, wholesome ingredients and purposefully crafted with a blend of protein, fat and carbs to keep you moving.

2/\$3

Clif Nutrition Bars
2.4 oz., selected varieties



2/\$4

Rxbar Protein Bars
1.83oz., selected varieties

The co-op is the place for on-the-go snacks.



Buy One, Get One

FREE

The Humble Co.
Mint Floss Picks
50 ct.



Buy One, Get One

FREE

Violife
Just Like Spreads
5.29-8 oz., selected varieties



Buy One, Get One

FREE

Liquid I.V.
Hydration Multiplier
Drink Mixes
4.58-5.65 oz., selected varieties



Buy One, Get One

FREE

Orgain
Nutritional or Protein
Shakes
11-14 fl. oz., selected varieties



Buy One, Get One

FREE

MegaFood
Turmeric Curcumin
60 ct.



Buy One, Get One

FREE

Vita Coco
Coconut Waters
16.9 fl. oz., selected varieties

Find amazing BOGO deals at the co-op.



2/\$3

Epic Meat or Seafood Strips
.8 oz., selected varieties



2/\$4

Just Ice Tea Organic Teas
16 fl. oz., selected varieties



unwrap impact →

This chocolate brings flavor with a purpose — fair trade roots, farmer-first sourcing and packaging crafted to minimize impact and maximize feel-good fun.

Buy One, Get One

FREE

Alter Eco Organic Chocolate Bars
2.65-2.96 oz., selected varieties



2/\$4

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



COOPERATIVELY OWNED



3.99

Blue Diamond Nut Thins
4.25 oz., selected varieties



made with purpose →

By purposefully selecting our ingredients, we're building a food system rooted in delicious, nourishing food — made with care for people and the planet.

3.79

Simple Mills Cookies or Crackers
4-5.5 oz., selected varieties



4.79

Annie's Organic Graham Crackers
14.4 oz., selected varieties



4.99

Patagonia Provisions Organic Crackers
4.4 oz., selected varieties



Step up your snack game at the co-op.



1.79
Steaz
Organic Tea
 16 fl. oz., selected varieties



2/\$8
Muir Glen
Organic Salsas
 16 oz., selected varieties



4.49
Siete
Grain-free Tortilla Chips
 5 oz., selected varieties



6.49
Sanpellegrino
Italian Sparkling Drink
 6 pk.-11.15 fl. oz. cans, selected varieties



6.99
Lakewood
Organic Pure Lemon Juice
 32 fl. oz., selected varieties



2/\$7
Kettle Brand
Potato Chips
 4.25-5 oz., selected varieties



2/\$10
Waterloo
Sparkling Waters
 12 pk.-12 fl. oz. cans, selected varieties



12.99
Peace Coffee
Organic Coffee
 12 oz., selected varieties

Earth Day

COOPERATIVELY OWNED
 Small-scale farmers are the stewards of the Earth's ecosystems, while facing the brunt of impacts from climate change. This Earth Day, and every day, your purchases support small-scale farmer organizations and their work in sustainability and climate resiliency.



4.29
Equal Exchange
Organic Chocolate Bar
 2.8-3.5 oz., selected varieties



7.99
Equal Exchange
Organic Chocolate Chips
 10 oz., selected varieties



2/\$8
Equal Exchange
Organic Teas
 20 ct., selected varieties



10.99
Equal Exchange
Organic Coffee
 10-12 oz., selected varieties

The co-op has something for everyone.



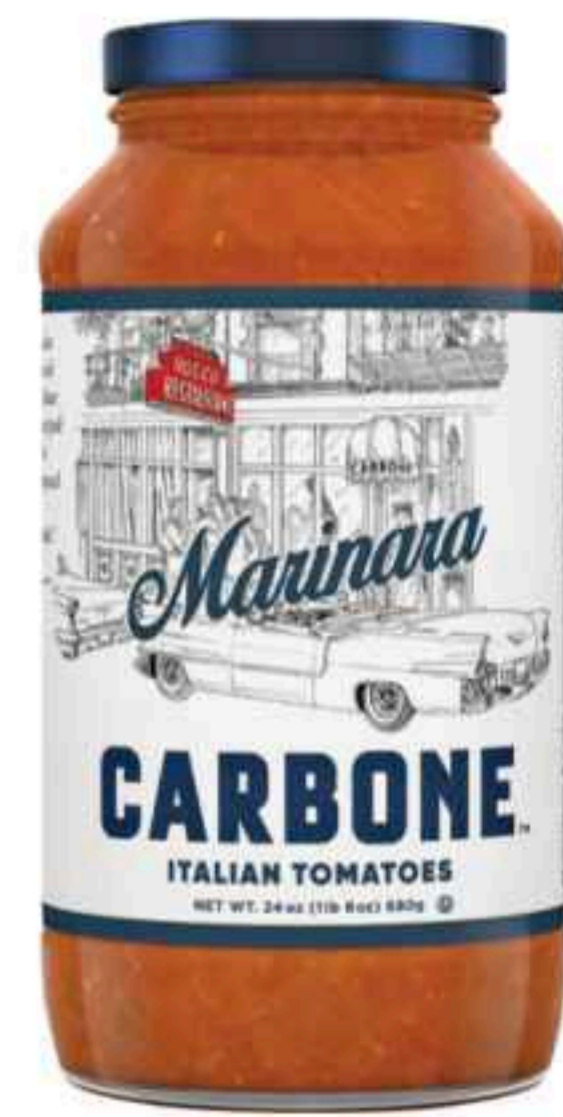
3.99

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



3.99

Jovial
Organic Brown
Rice Pasta
12 oz., selected varieties



6.99

Carbone
Pasta Sauce
24 oz., selected varieties



3.99

Woodstock
Organic Olives
8.4-8.5 oz., selected
varieties



3.99

Kitchen Basics
Organic Stock
32 fl. oz., selected
varieties



6.49

Manitoba Harvest
Hemp Hearts
8 oz.



4.49

Justin's
Peanut Butter
16 oz., selected varieties



5.99

Patagonia
Provisions
Tinned Seafood
4.2 oz., selected varieties



8.99

Primal Kitchen
Mayonnaise
12 fl. oz., selected
varieties

scoop up the savings in bulk!



2.49 Organic Garbanzo
Beans
per pound in bulk



6.99 Organic Pitted
Prunes
per pound in bulk



9.49 Organic Walnut
Halves & Pieces
per pound in bulk

Stock the kitchen with deals from the co-op.



4.49
Mrs. Meyer's
Liquid Hand Soap
12.5 fl. oz., selected
varieties



4.49
Mrs. Meyer's
Liquid Dish Soap
16 fl. oz., selected
varieties



5.39
Dr. Bronner's
All-One Toothpaste
5 oz., selected varieties



8.99
Heritage Store
Rosewater Facial Mist
8 fl. oz.



9.99
HiBAR
Shampoo or
Conditioner Bar
2.7-3.2 oz., selected
varieties



11.99
Tru Earth
Laundry Detergent
Strips
32 ct., selected varieties



12.39
Alaffia
Bubble Bath
32 fl. oz., selected varieties



12.39
Alaffia
Everyday Shea
Body Wash
32 fl. oz., selected
varieties



12.39
Alaffia
Everyday Shea
Shampoo or
Conditioner
32 fl. oz., selected varieties



12.39
Alaffia
Everyday Shea
Body Lotion
32 fl. oz., selected varieties

*powered
by shea*

INCLUSIVE TRADE PARTNER
This Black-owned brand offers nourishing body care made with fair trade shea, traditionally crafted by women-led cooperatives in West Africa to deliver feel-good everyday products that positively impact people and planet.

Find the products you love at the co-op.

supplements
you can trust

Since 1973, **Solaray** has believed that quality should be proven, not promised. That's why our 700+ vitamins, minerals and herbs are made in Utah with global ingredients that are triple-tested for purity and potency—ensuring quality in every capsule.



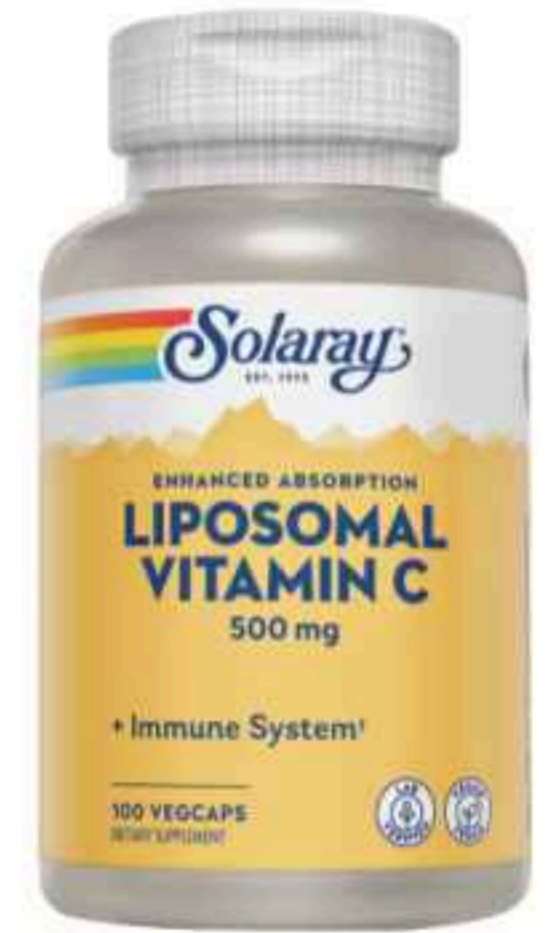
Buy One, Get One
FREE
Solaray
D-Mannose with CranActin
60 ct.



10.49
Solaray
Vitamin D3 + K2
60 ct.



11.99
Solaray
Magnesium
Glycinate 350mg
120 ct.



16.99
Solaray
Liposomal
Vitamin C
100 ct.



7.99
Bach
Rescue Remedy
Pastilles
35 ct., selected varieties



19.99
Smarty pants
Organic Kids Multi
& Omegas
Gummies
120 ct.



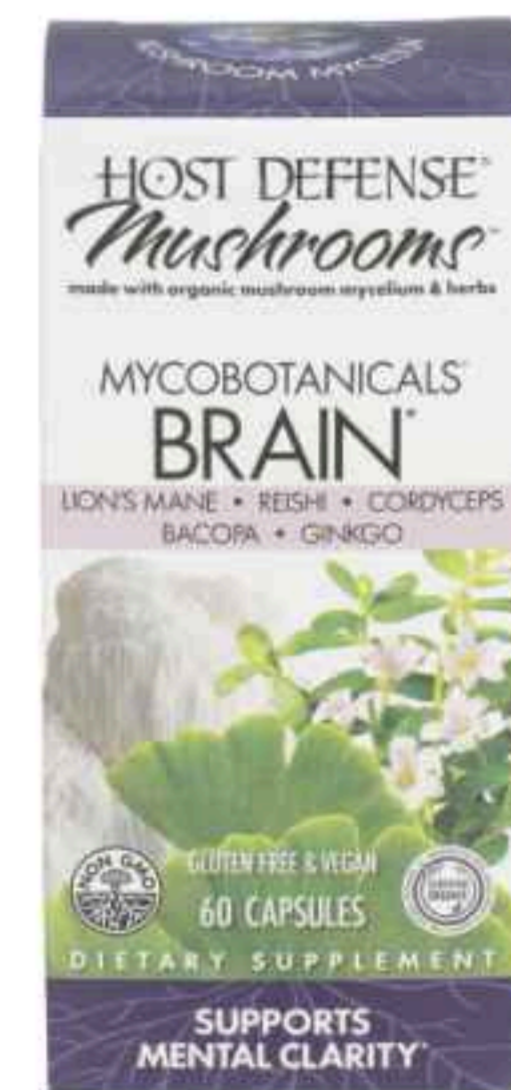
20.99
Flora
Super 8 Hi-
Potency Probiotic
30 ct.

turmeric, done right

Looking for a turmeric that works harder? This enhanced formula delivers even more curcuminoids and now includes black pepper to support better absorption. Still crafted with care and quality at Gaia Herbs for both people and planet.

21.99

Gaia Herbs
Extra Strength Turmeric Supreme
60 ct.



23.99

Host Defense
MycoBotanicals Brain Supplement
60 ct.

Spring into wellness at the co-op.

Shop for fresh, delicious, local food at a co-op near you.

ILLINOIS

- Common Ground Food Co-op
- Dill Pickle Food Co-op
- Food Shed Co-op
- Green Top Grocery
- Neighborhood Co-op Grocery
- Sugar Beet Food Co-op
- Wild Onion Market

INDIANA

- 3 Rivers Natural Grocery
- Bloomingfoods Market and Deli
- Maple City Market
- Purple Porch Food Co-op

IOWA

- New Pioneer Co-op
- Oneota Community Co-op
- Wheatsfield Cooperative

KANSAS

- The Merc Co+op

KENTUCKY

- Good Foods Co-op

MICHIGAN

- Detroit People's Food Co-op
- Grain Train Natural Foods Market
- GreenTree Co-op Market

MINNESOTA

- Bluff Country Co-op
- City Center Market
- Cook County Co-op
- Eastside Food Cooperative
- Good Earth Food Co-op
- Hampden Park Co-op
- Harmony Natural Foods Co-op
- Just Food Co-op
- Lakewinds Food Co-op
- Natural Harvest Food Co-op
- People's Food Co-op – Rochester
- Rivers Cooperative Markets
- Seward Community Co-op
- Spiral Food Co-op
- St. Peter Food Co-op & Deli
- Valley Natural Foods
- Wedge Community Co-ops
- Whole Foods Co-op

NEBRASKA

- Open Harvest Cooperative Grocery

OHIO

- Phoenix Earth Food Co-op

SOUTH DAKOTA

- Natural Abundance Food Co-op
- Sioux Falls Food Co+op

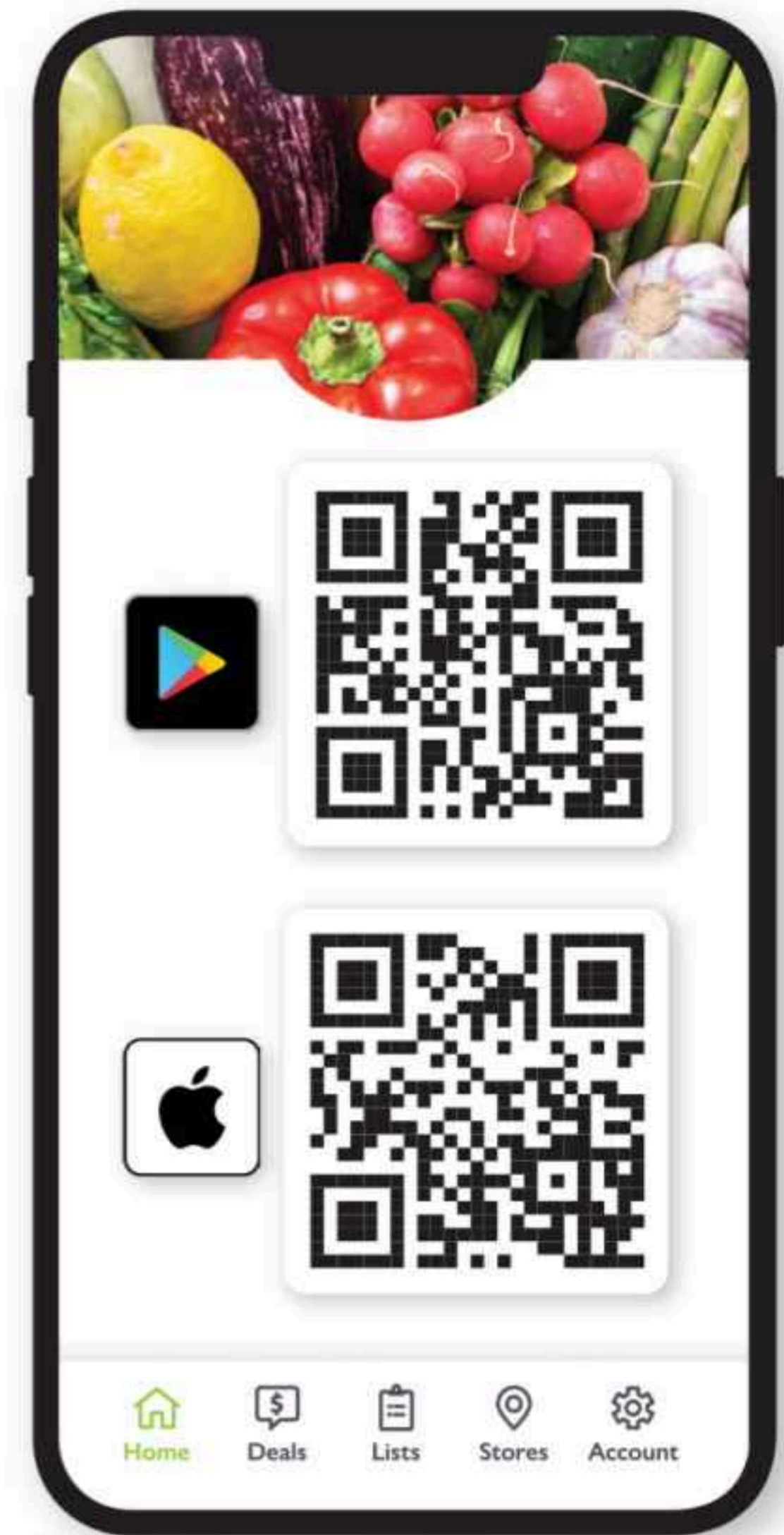
WISCONSIN

- Basics Cooperative Natural Foods
- Chequamegon Food Co-op
- Hudson Grocery Cooperative
- Menomonie Market Food Co-op
- Oshkosh Food Co-op
- Outpost Co-op
- People's Food Co-op – La Crosse
- Viroqua Food Co+op
- Whole Earth Market Co-op
- Willy Street Co-op

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

coop deals.

Download the App!



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

clean safer this spring

Using the power of plant science, we create products that get the job done and are safer for your family. From renewable plant-based ingredients to more sustainable packaging, our products redefine what it means to clean with purpose.



2.79

Seventh Generation Unbleached Paper Towels
each



9.99

Seventh Generation 100% Recycled Bath Tissue
12 ct.



3.79

Seventh Generation Liquid Dish Soap
19 fl. oz., selected varieties



13.99

Seventh Generation Liquid Laundry Detergent
23.1-90 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.



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