

coop deals®

NOV 5 - NOV 18, 2025

bake my day

Start new traditions or carry on old ones by baking in-season desserts. Preheat the oven, warm the home and bake it happen. The co-op has Bob's Red Mill All-Purpose Organic Flour on sale, making it easier than ever to make your favorite baked goods.



6.99

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



2/\$3

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



2/\$3

Field Day
Organic Cut Green
Beans
15.25 oz., selected varieties



2/\$3

Field Day
Organic Whole
Kernel Sweet
Corn
15 oz., selected
varieties



3/\$5

Field Day
Organic Broths
32 fl. oz., selected
varieties



2/\$6

Field Day
Organic Savory
Herb Stuffing
10 oz.



15.99

Field Day
Organic Olive Oil
33.8 fl. oz.



**RAKE IN THE
SAVINGS**

Now – Dec. 2

Check out more savings
on all Field Day products





RAKE IN THE SAVINGS

Stock up and save even more on all Field Day products



 2/\$6 Field Day Coconut Waters 33.8 fl. oz.	 2/\$6 Field Day Organic Cereals 10-15 oz., selected varieties	 4.49 Field Day Organic Granola 12 oz., selected varieties
 5.99 Field Day Organic Apple Juice 64 fl. oz.	 6.99 Field Day Organic Wood Fired Crust Pizza 12.2-13.8 oz., selected varieties	 7.99 Field Day Organic Frozen Berries 32 oz., selected varieties

It's a Field Day sale at the co-op!

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



2/\$4
Field Day
Unsweetened
Coconut Milks
13.5 fl. oz., selected
varieties



2/\$4
Field Day
Organic Pretzels
8 oz., selected varieties



2/\$5
Field Day
Organic Tortilla
Chips
9 oz., selected varieties



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



2/\$5
Field Day
Organic Canned
Tomatoes
28 oz., selected varieties



For each Field Day product sold we'll
donate 5¢ to NATIFS! **Now – Dec. 2**



Scan to learn more



2/\$5
Field Day
Albacore Tuna
5 oz., selected varieties



3.99
Field Day
Organic Fruit
Spread
14 oz., selected varieties



3.99
Field Day
Organic Peanut
Butter
18 oz., selected varieties



9.99
Field Day
Refined Avocado
Oil
16.9 fl. oz.



10.99
Field Day
Liquid Laundry
Detergent
100 fl. oz., selected
varieties



17.99
Field Day
Organic Grade A
Maple Syrup
32 fl. oz.

Find everything for holiday meals at the co-op.

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



4.79

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



5.99

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

COOPERATIVELY OWNED



4.99

Kerrygold
Pure Irish Butter
8 oz., selected varieties



5.99

Treeline
Dairy-free
French-style
Cheese
6 oz., selected varieties



3.29

Califia Farms
Better Half
Unsweetened
Coconut Cream &
Almondmilk
16.9 fl. oz.

COOPERATIVELY OWNED



8.99

Organic Prairie
Summer Sausage
12 oz., selected varieties



4.49

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



5.49

Applegate
Sliced Deli Meat
7 oz., selected varieties



4.39

Organic Valley
Shredded Parmesan
Cheese
4 oz.



5.39

Organic Valley
Cheese Slices
6 oz., selected varieties



5.39

Organic Valley
Block Cheese
8 oz., selected varieties



5.69

Organic Valley
Raw Block Cheese
8 oz., selected varieties

organically
delicious

COOPERATIVELY OWNED

We combine time-honored recipes with premium ingredients for irresistibly delicious cheese. All made with organic pasture-raised milk from small family farms that respect the land and all the plants and animals that live on it.

The co-op has the food you love.



4.49
Chobani
Oatmilk
52 fl. oz., selected varieties

original cream-top yogurt

A large container of Brown Cow Cream Top Whole Milk Yogurt, Maple flavor, with a picture of a brown cow and a maple leaf on the label.

Brown Cow yogurt is sweetened with cane sugar and maple syrup and is made without the use of artificial growth hormones, artificial flavors or artificial sweeteners.

3.99
Brown Cow
Cream Top Yogurt
32 oz., selected varieties

A container of Harmless Harvest Organic Cultured Coconut Yogurt, vanilla flavor, with a green label and a USDA Organic seal.

2/\$4
Harmless Harvest
Organic Cultured
Coconut Yogurts
4.4 oz., selected varieties

A bottle of Malk Organic Plant-based Milk, Unsweetened, with a blue label and a USDA Organic seal.

4.99
Malk
Organic Plant-
based Milk
28 fl. oz., selected varieties

A bottle of Malk Organic Creamer, Vanilla flavor, with a blue label and a USDA Organic seal.

4.99
Malk
Organic Creamer
16 fl. oz., selected
varieties

crafted with less

Thick, creamy and rich in protein, skyr is the traditional yogurt of Iceland. siggi's skyr is made with simple ingredients and not a lot of sugar.

A large container of Siggi's Simple Ingredient Skyr, Whole Milk Plain, with a white label and a picture of three small bottles.

4.99
Siggi's
Skyr Yogurt
24 oz., selected varieties

A container of Cocojune Organic Coconut Cultured Yogurt, with a white label and a USDA Organic seal.

6.99
Cocojune
Organic Coconut
Cultured Yogurt
16 oz., selected varieties

Creamy and delicious snacks are at the co-op.

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



7.99
Uncle Matt's Organic
Juice
52 fl. oz., selected varieties

awaken your mind and body

INCLUSIVE TRADE PARTNER

GT's Living Foods is a family- and LGBTQIA+-owned business. Our delicious, sparkling and adaptogenic ALIVE Root Beer combines 1,800 mg of reishi, chaga and turkey tail ancient mushrooms so you can feel clear minded and balanced.

2/\$6

GT's
Alive Ancient Mushroom Elixirs
16 fl. oz., selected varieties



2/\$4
Mid-Day Squares
Functional
Chocolate Bars
1.16 oz., selected
varieties



3.99
Ithaca
Hummus
10 oz., selected
varieties



4.99
Bitchin' Sauce
Almond Dip
7-8 oz., selected
varieties



bold, smooth, Chameleon

Organic, sustainably sourced and undeniably delicious — our specialty beans are serious business. Most things we take lightly, but our beans? Not so much.

8.49

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

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

Shop the co-op for your favorite brands.

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



2.29 Evol
Burrito
5-6 oz., selected varieties



4.49
Rudi's
Organic Bread
22 oz., selected
varieties



2/\$9
Gardein
Plant-based Proteins
8-13.7 oz., selected varieties



5.99
Beyond
Plant-based
Burger Patties
8 oz.



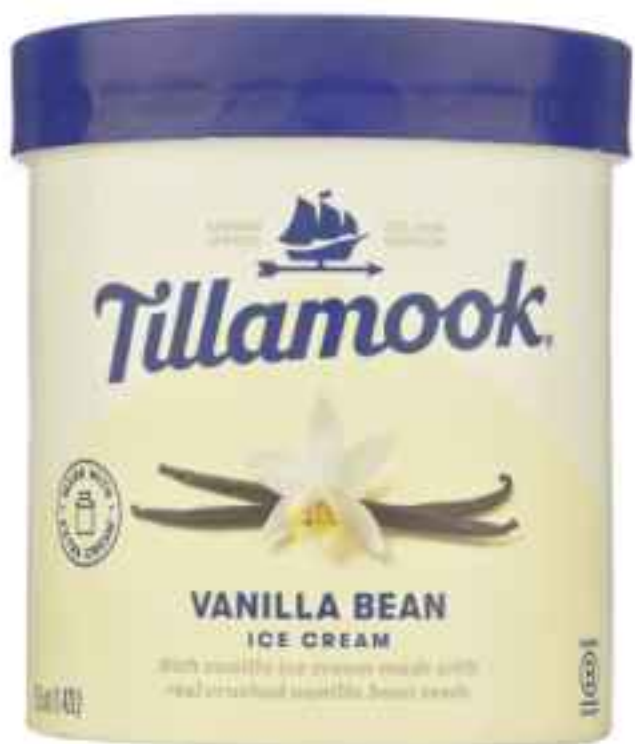
Find something sweet at the co-op.
Fall for frozen treats.

pie's perfect match



Scoop up organic joy with every slice. Crafted with real, wholesome ingredients and a commitment to sustainability — celebrating dessert that's as thoughtful as it is delicious.

7.99
Alden's Organic
Ice Cream
1.5 qts., selected varieties



6.49
Tillamook
Ice Cream
1.5 qts., selected
varieties



10.99
Against the Grain
Gluten & Grain-
free Pizza
22.4-24 oz., selected
varieties

Fill the freezer with favorites from the co-op.

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



2.99
Nutpods
Dairy-free
Creamer
11.2 fl. oz., selected
varieties



COOPERATIVELY OWNED



11.99
Equal Exchange
Organic French
Roast Coffee
per pound in bulk

COOPERATIVELY OWNED



11.99
Equal Exchange
Organic Coffee
10-12 oz., selected
varieties



4.49
Justin's
Peanut Butter
16 oz., selected varieties



Relax with a warm beverage.

Find refreshments at the co-op.

create consciously

It's more than creating deliciously purposeful tea. It's working to make things better. It's supporting quality, sustainability and social responsibility locally, nationally and globally.

2/\$8

Yogi Tea
Herbal Tea Blends
16 ct., selected varieties



COOPERATIVELY OWNED



16.99
Frontier Co-op
Organic Vanilla
Extract
4 fl.oz.



6.49
Grandy Organics
Grain-free
Coconola
9 oz., selected varieties

The co-op has the beverages you love.

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



deliciously bold blends

Organic Black Teas bursting with smooth, rich flavor and a unique TAZO twist.

4.49

Tazo Tea
16-20 ct., selected varieties



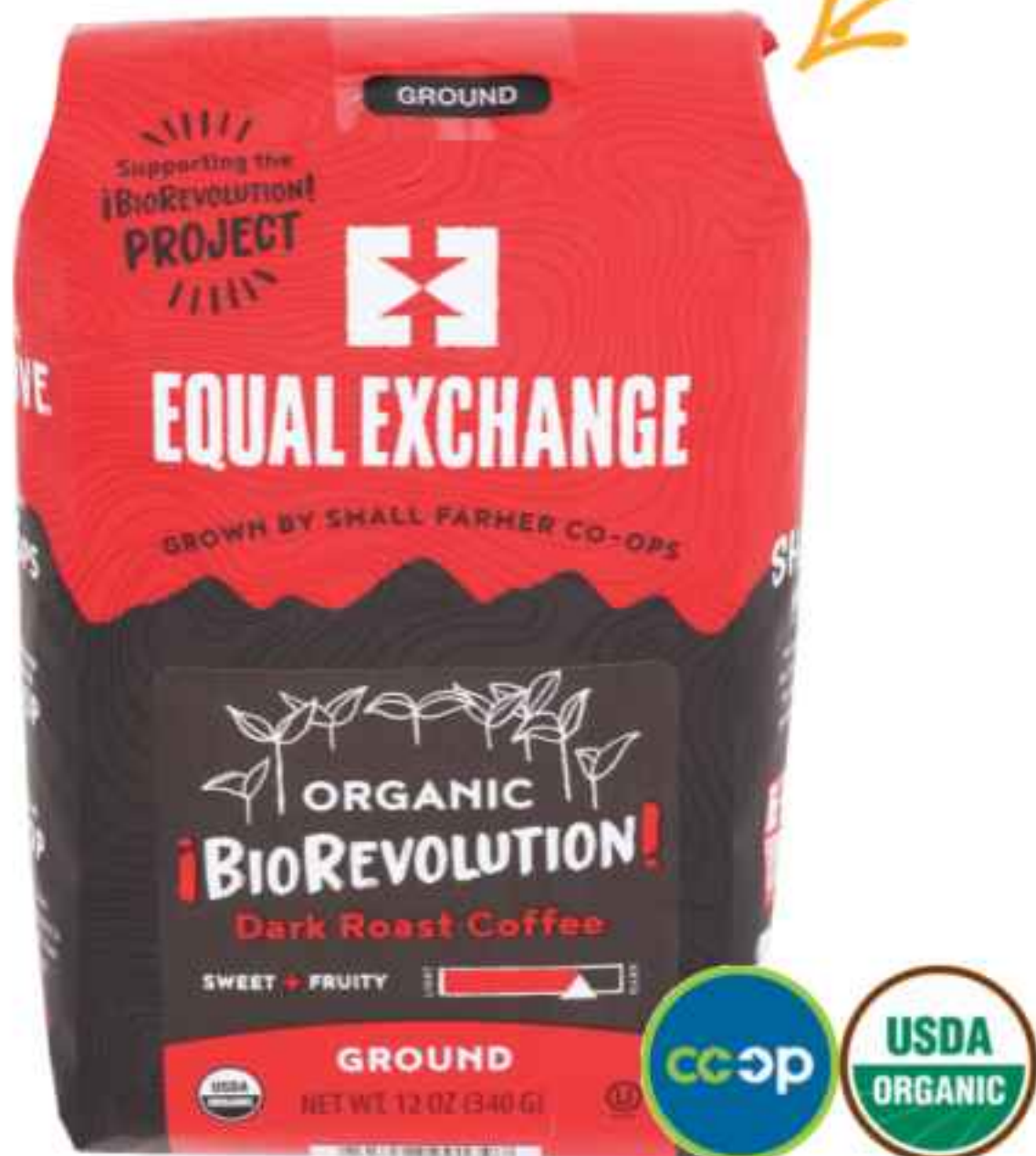
6.49

Kashi Cereal
12.3-18 oz., selected varieties



Something for everyone.

Find what you love at the co-op.



Supporting the iBioRevolution! Project

COOPERATIVELY OWNED

New recipe! Balanced and sweet, with hints of vanilla, milk chocolate, honey and brown sugar in a Full-City Roast! For every pound of iBioRevolution! Coffee purchased, 50 cents goes to supporting innovative farmer-led projects.

11.99

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



6.49

R.W. Knudsen Organic Juice Blends
32 fl. oz., selected varieties

Relax with a beverage from the co-op.



2/\$4

**Mike's Mighty Good
Ramen Soup Packs
or Cups**
1.6-2.4 oz., selected varieties



2/\$7

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



3.79

**Newman's Own
Pasta Sauce**
24 fl. oz., selected
varieties

bulk up

The holiday season is the perfect time of year to revisit the bulk section of your co-op. Here are some great reasons to shop in bulk. Scan the QR code to learn more.



*experiment with new foods and flavors —
buy only the amount you need!*



*stock up on staples — the bulk section
is full of great buys for the pantry.*



*help the environment —
cut down on unnecessary
packaging.*

scoop up the savings in bulk!



2.29

**Organic Black
Beans**
per pound in bulk



2.99

**Organic Tri-color
Quinoa**
per pound in bulk



6.99

**Blanched Slivered
Almonds**
per pound in bulk

Shop in bulk at the co-op.

imagine the possibilities

At Imagine, we believe the best food starts with real ingredients. We offer a variety of organic, non-GMO and nutrient-packed soups, broths and bone broths that deliver a difference you can taste in every spoonful.



2/\$5
Imagine
Organic Gravy
13.5 oz., selected varieties



2/\$7
Imagine
Organic Broths
32 fl. oz., selected varieties



2/\$8
Imagine
Organic Soups
32 fl. oz., selected varieties



2.69
Farmer's Market
Organic Pumpkin
Puree
15 oz.



3.29
Wild Planet
Skipjack Tuna
5 oz., selected varieties



4.99
Lotus Foods
Organic Rice
Ramen
10 oz., selected varieties

your favorite plant milks

You can enjoy your favorite organic, non-GMO, dairy-free, lactose-free, gluten-free, nondairy beverage with either our West Life 9 g of protein soymilk, or our creamy, smooth, versatile Dream ricemilk.

2/\$7
West Life or Dream
Organic Plant-based
Milks
32 fl. oz., selected varieties



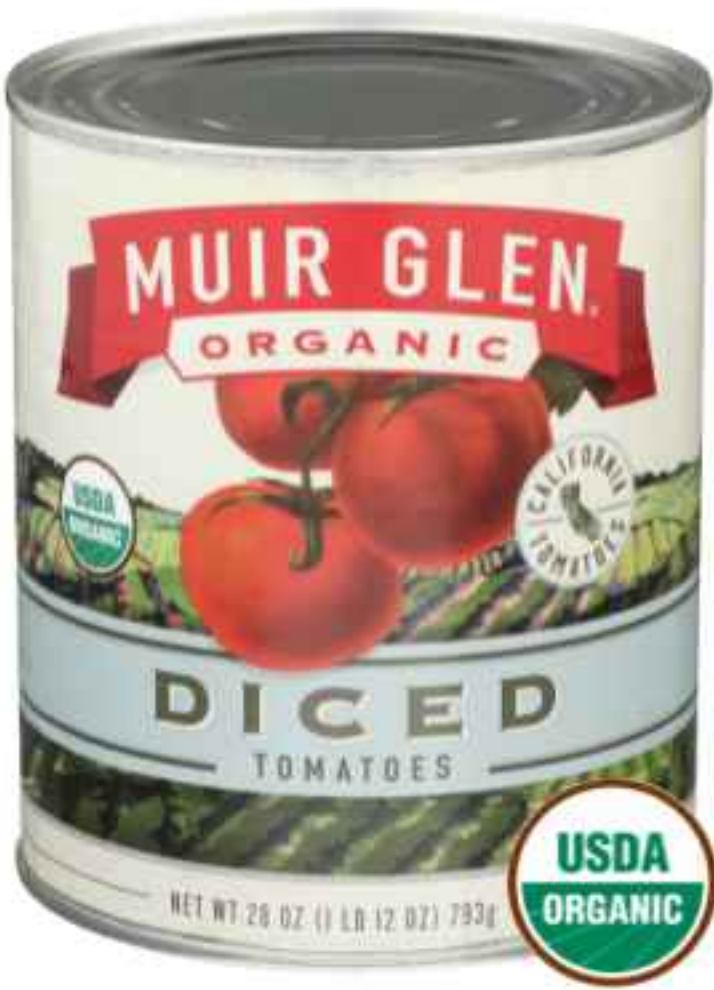
3/\$5
Westbrae
Organic Beans
15 oz., selected varieties

Stock the pantry with ingredients from the co-op.

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



2/\$7
Muir Glen
Organic Pasta
Sauces
23.5 oz., selected varieties



2/\$6
Muir Glen
Organic Tomatoes
28 oz., selected varieties



2/\$4
Muir Glen
Organic Tomatoes
14.5 oz., selected varieties



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

our organic promise

Muir Glen: Always organic, always delicious. Our tomatoes are field grown in California and vine ripened under certified organic practices, ensuring the highest-quality tomatoes for all sauces, salsas and more. Taste the Muir Glen difference!



3.69
Jovial
Organic Brown
Rice Pasta
12 oz., selected varieties

pressed to impress

At Spectrum®, our oils are mindfully sourced and gently extracted without the use of chemical solvents, and our packaging is thoughtfully designed with the planet in mind. You can taste the differences in every drop.



8.99
Spectrum
Organic Non-hydrogenated
Shortening
24 oz.



11.99
Spectrum
Organic Refined
Sunflower Oil
32 fl. oz.



11.99
Spectrum
Organic Canola
Oil
32 fl. oz.



17.99
Spectrum
Organic Extra
Virgin Olive Oil
25.4 fl. oz.

Mouth watering meals begin at the co-op.

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



2/\$7
Back to Nature
Crackers
3.2-7 oz., selected varieties



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



2/\$7
From the Ground Up
Cauliflower Crackers
or Snacks
3.5-4.5 oz., selected varieties



4.69
Better with
Buckwheat
Crispbreads
3.7-4 oz., selected varieties



4.99
Newman's Own
Sandwich Cookies
13 oz., selected varieties



4.99
Taza
Organic Chocolate
Bar
2.5-2.7 oz., selected
varieties



4.99
Late July Snacks
Salsa
15.5 oz., selected
varieties

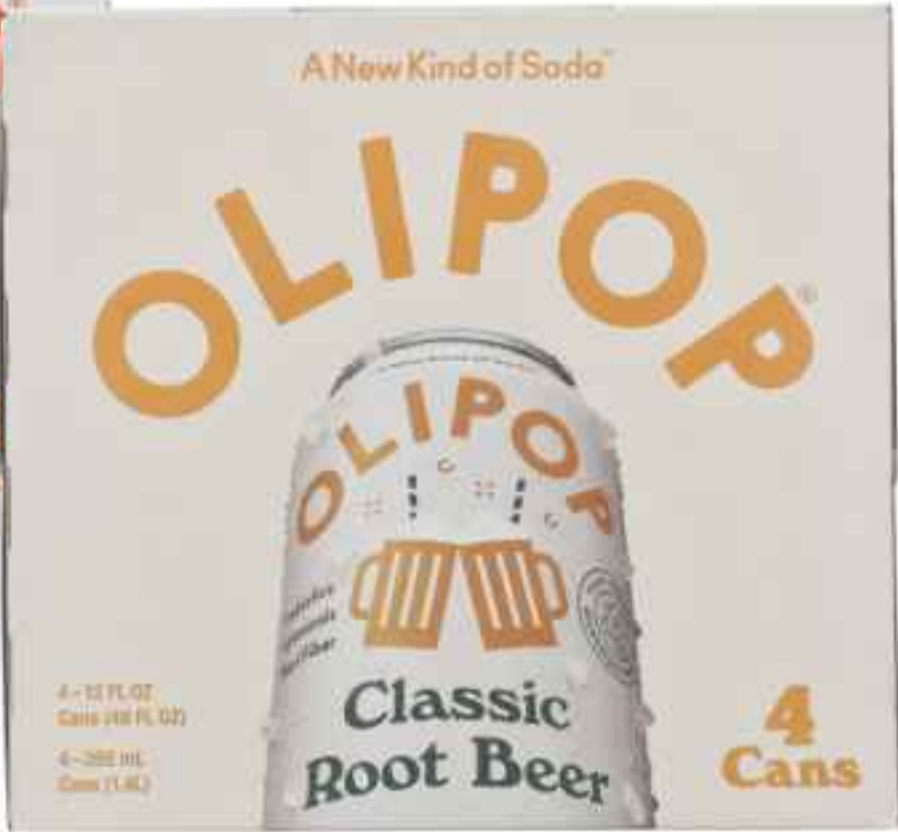


5.49
Tony's Chocolonely
Chocolate Bar
6.35 oz., selected varieties

less sugar, more cheer

The least naughty soda on the list:
OLIPOP combines the classic soda
flavor you know and love with
prebiotics, plant fiber and
botanicals to support your
microbiome and digestive health.

7.49
Olipop
Prebiotic Soda
4 pk.-12 fl. oz., selected varieties



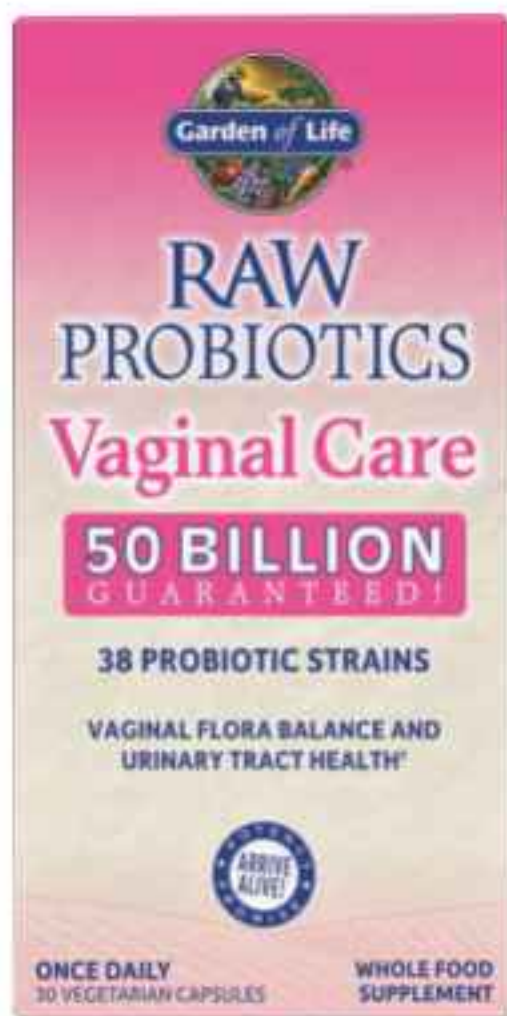
3.99
Late July Snacks
Organic Tortilla Chips
7.4-10.1 oz., selected varieties

Stock up on snacks for game day at the co-op.

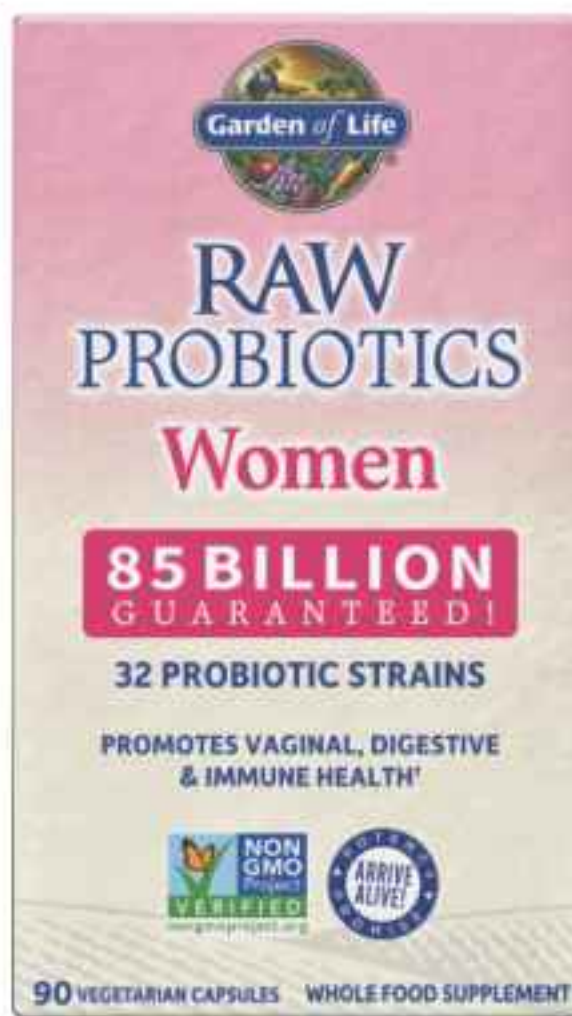
Some items may not be available at all stores or on the same days

whole food
probiotics

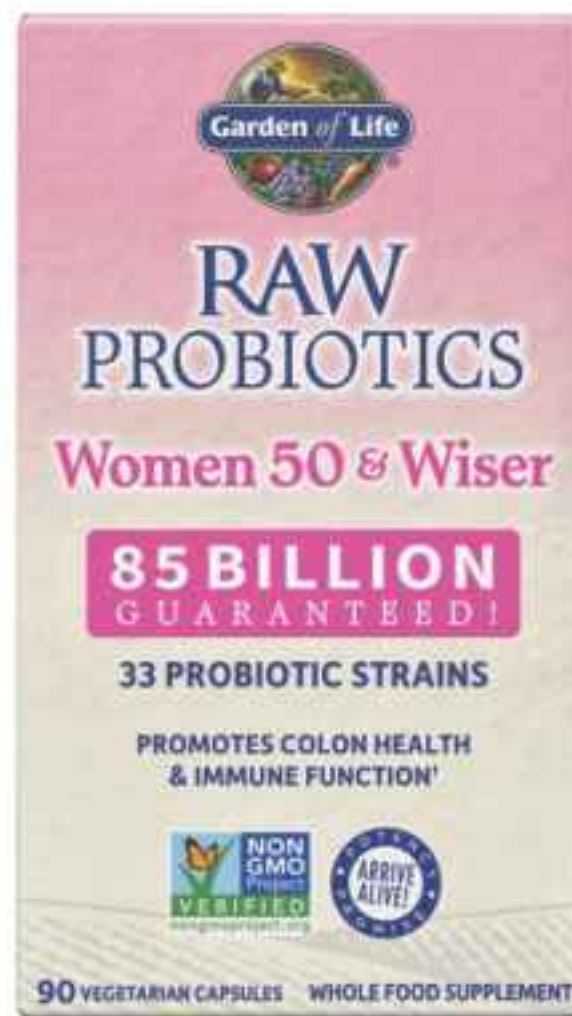
Raw Probiotics from **Garden of Life** offer all the benefits of a true food probiotic with a record-setting 30+ probiotic strains that are specially made for women to support digestive, immune and vaginal health through all stages of life.



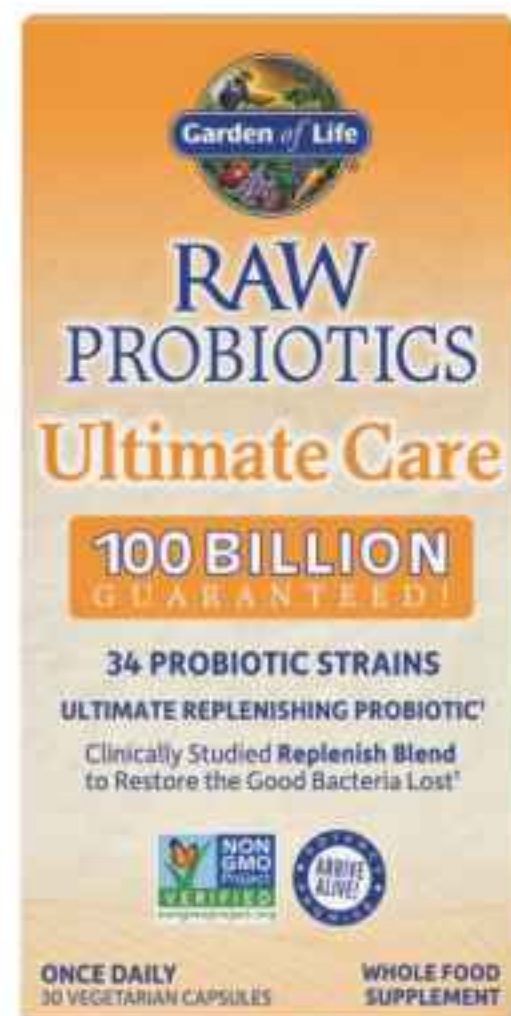
25.99
Garden of Life
Raw Probiotics
Vaginal Care
30 ct.



31.99
Garden of Life
Raw Probiotics
Women
90 ct.



31.99
Garden of Life
Raw Probiotics
Women's 50 & Wiser
90 ct.



31.99
Garden of Life
Raw Probiotics
Ultimate Care
30 ct.



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

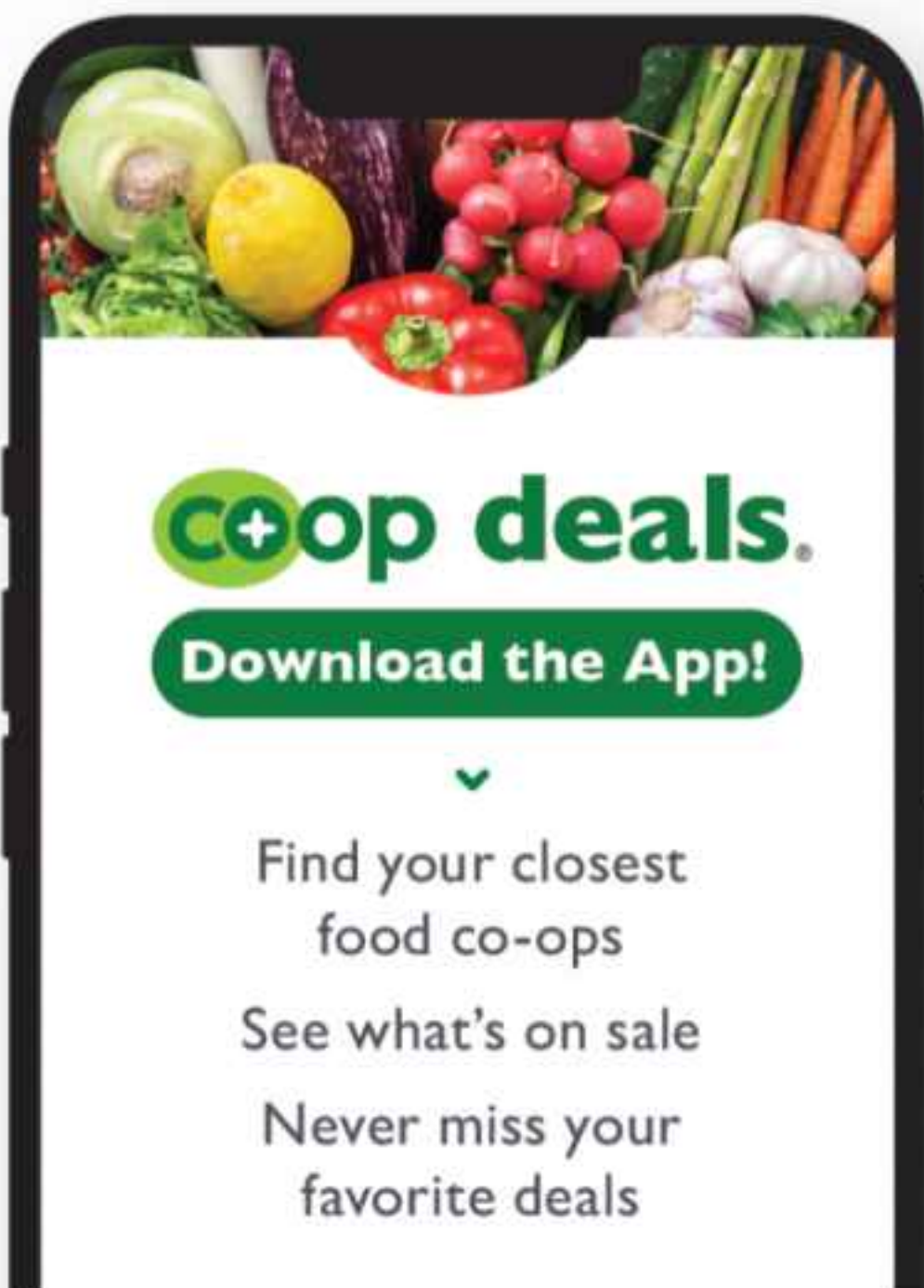


14.99
Nature's Way
Sambucus
Elderberry
Immune Gummies
60 ct.



39.99
Nordic Naturals
Ultimate Omega-D3
120 ct.

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.



18.99
Gaia Herbs
Oil of Oregano
60 ct.

Download the Co+op Deals app today.

INCLUSIVE TRADE PARTNER



Moon Valley Organics is a woman-owned company. We make body care products with a passion to live ethically and sustainably.

4.99

Moon Valley Organics Foaming Hand Soap
8.8 fl. oz., selected varieties



4.99

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



12.99

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



17.99

Andalou Naturals Resveratrol Q10 Night Repair Cream
1.7 oz.



8.99

Pranarom Organic Lavender Essential Oil
.17 fl. oz.

the natural holiday choice!



3.49

If You Care Unbleached Coffee Filters
100 ct., selected varieties



3.79

If You Care Baking Paper Sheets
24 ct.



4.99

If You Care Parchment Baking Paper
70 sq. ft.



6.49

If You Care Recycled Aluminum Foil
50 sq. ft.

If You Care natural kitchen products are carefully and deliberately crafted to give you the highest quality for the holidays while providing the least environmental impact and the lightest carbon footprint possible.

The brands you trust are 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.

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

- Keweenaw Co-op Market & Deli
- Marquette Food Co-op
- Oryana Community Co-op
- People's Food Co-op – Ann Arbor
- PFC Natural Grocery & Deli
- Ypsilanti Food Co-op

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
- Mississippi Market
- Natural Harvest Food Co-op
- People's Food Co-op – Rochester
- River Market Community Co-op
- 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 Natural Foods 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.



2.19

Woodstock
Frozen Vegetables
10 oz., selected varieties



2.79

Woodstock
Organic Frozen Vegetables
10 oz., selected varieties



12.99

Woodstock
Organic Dark Sweet Cherries
32 oz.

fuel your body

Enjoy vibrant flavors year-round with Woodstock! Our frozen fruits and vegetables — available in organic and non-GMO options — are great on their own as a snack or make the perfect ingredient. Naturally nutritious and farm to frozen for your convenience!



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.



MW1125A