

# coop deals

JUL 30 - AUG 19, 2025

smooth  
and simple

## CLASSIC SPREAD

A simple lunch is perfect for busy summer days with little helpers in the kitchen. Once Again Peanut Butter is a delicious choice and tastes great as part of a sandwich with jam, honey and fresh fruit. Try it as a stand-alone dip with fresh fruit for snack time, too. It's on sale at the co-op so stock up!



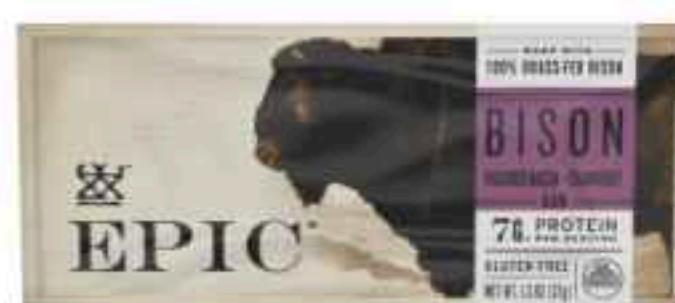
5.99

Once Again  
Organic Peanut Butter  
16 oz., selected varieties



1.79

Silk  
Dairy-free Yogurt  
5.3 oz., selected varieties



2/\$5

Epic  
Meat Bars  
1.3-1.5 oz., selected  
varieties



2/\$6

Nature's Path  
Organic  
Frozen Waffles  
7.4 oz., selected varieties



Make delicious summer meals.

Enjoy the summer days!



INCLUSIVE TRADE PARTNER

Painterland Sisters is a woman-owned company. We make delicious yogurt and work with our partner farms to care for their land, animals and workers.



**4/\$9** Painterland Sisters Organic Icelandic-style Skyr Yogurts  
5.3 oz., selected varieties



**2/\$7**  
Harmless Harvest Coconut Smoothies  
10 fl. oz., selected varieties



**4.99**  
So Delicious Organic Coconutmilk  
64 fl. oz., selected varieties



**6.49**  
Wallaby Organic Greek Yogurt  
32 oz., selected varieties



**7.39**  
Meyenberg Goat Milk Kefir  
32 fl. oz., selected varieties

*add what you like*

NUTRIENT-RICH BREAKFAST

Breakfast is easy when you shop the co-op for your favorite yogurt! Add toppings like granola, toasted almonds, chia or flax seeds or sliced fruit and benefit from the probiotics and added fiber. A quick meal to prep, but one that's both filling and nutritious.



**4/\$5**  
Chobani Greek Yogurts  
5.3 oz., selected varieties

**The co-op has refreshing options for everyone.**

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





**4.49**  
Miyoko's Creamery  
Organic Plant Milk  
Cream Cheese  
8 oz., selected varieties



**3.69**  
Stumptown  
Coffee Roasters  
Cold Brew Coffee  
10.5-11 fl. oz., selected  
varieties



**3.99**  
Tofurky  
Plant-based Deli  
Slices  
5.5 oz., selected varieties

COOPERATIVELY OWNED



**4.99**  
Organic Valley  
Oat Creamer  
32 fl. oz., selected  
varieties



**4.29**  
Califia Farms  
Oatmilk  
48 fl. oz., selected  
varieties



**4.99**  
Mt Vikos  
Feta Cheese  
6 oz., selected varieties



**4.99**  
Laird  
Superfood  
Creamer  
25.4 fl. oz., selected  
varieties



*fresh from the fridge*

Made with freshly ground nut butter,  
organic honey and 20+ superfoods, our  
refrigerated protein snacks have a cookie  
dough-like texture you'll love!

**2/\$5**

Perfect Bar  
Protein Bars  
1.94-2.5 oz., selected varieties



**9.79**  
Evolution Fresh  
Juice  
59 fl. oz., selected varieties

**Food for outdoor gatherings is at the co-op.**

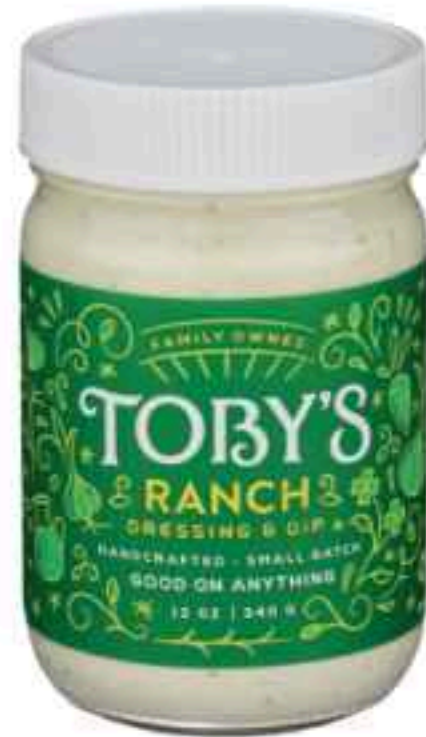
Some items may not be available at all stores or on the same days





2/\$7

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



5.49

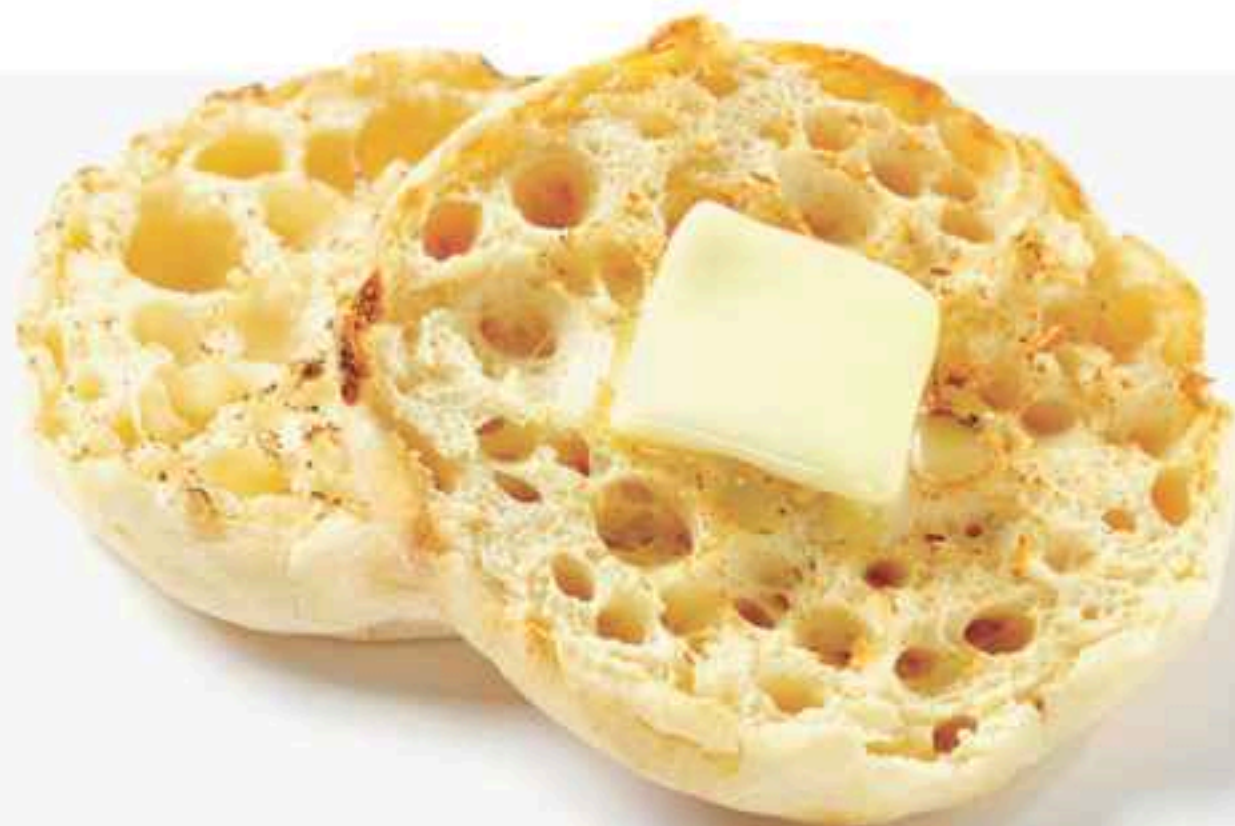
Toby's  
Dressing & Dip  
12 oz., selected varieties

spread a little sunshine

Indulge in rich and creamy butter from 90% grass-fed cows. Our girls graze on open pastures during the warmer months, resulting in a golden, melt-in-your-mouth butter perfect for baking, cooking, spreading — you name it.

3.49

Vital Farms  
Butter  
8 oz., selected varieties



Kick off the day with a scrumptious start.  
**Make breakfast delicious.**



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.

2/\$4

KeVita  
Organic Sparkling  
Prebiotic Lemonades  
12 fl. oz., selected varieties



2/\$6

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

The co-op has your favorite brands.

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





**2.29** Evol  
Burritos  
5-6 oz., selected varieties



**2/\$9**  
Jolly Llama  
Frozen Novelties  
10.6-14.25 fl. oz., selected varieties

plant-powered pasta



Woodstock Frozen Pastas are USDA Organic and free from artificial colors, flavors and preservatives. Our products are filled with flavor and can be tossed in your favorite sauce for a quick meal everyone will love!

**7.49**  
Woodstock  
Organic Frozen  
Pasta  
20 oz., selected varieties



**2/\$8**  
Cascadian Farm  
Organic Frozen  
Fruits  
8-10 oz., selected varieties



**4.99**  
Just  
Folded Plant Eggs  
8 oz.



**4.49**  
Dr. Praeger's  
Veggie Burgers  
10 oz., selected varieties



**4.99**  
So Delicious  
Dairy-free Frozen  
Dessert  
1 pt., selected varieties



**5.49**  
Sambazon  
Organic Acai  
Superfruit Packs  
4 pk.-3.5 oz., selected varieties



**5.49**  
Little Northern  
Bakehouse  
Gluten-free Bread  
16-17 oz., selected varieties



**5.49**  
JonnyPops  
Frozen Novelties  
6.72-14.8 fl. oz., selected varieties



**6.99**  
Daiya  
Frozen Pizza  
12.8-19.4 oz., selected varieties



**8.99**  
Amy's  
Frozen Pizza  
9.1-14 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



INCLUSIVE TRADE PARTNER

MUSH is a woman-owned company. Inspired by cereal and oatmeal soaked in milk, MUSH creates delicious and nutritious food.



**1.79** Mush  
Overnight Oats  
5 oz., selected varieties

take a soft-baked break!

Perfect for lunchtime, snack time — or anytime. Plant-based, nut-free, dairy-free and delicious!

**4.49**

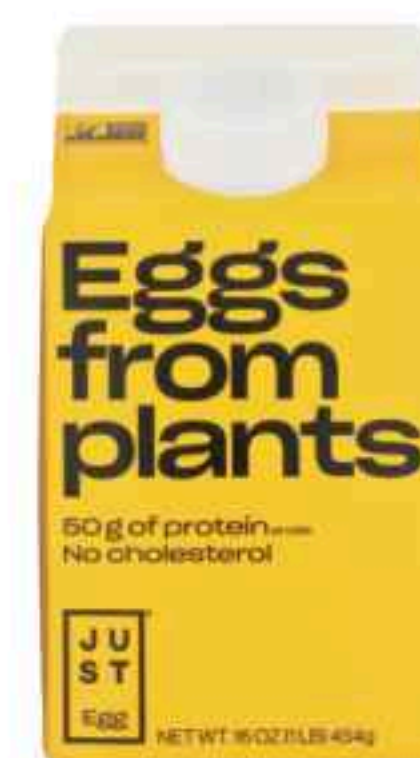
Nature's Bakery  
Fig Bars  
6 pk.-2 oz., selected varieties



**4.49**  
Sahale Snacks  
Nut Mix  
4 oz., selected varieties



**4.99**  
Lakewood  
Juice  
32 fl. oz., selected varieties



**6.49**  
Just  
Plant-based Eggs  
16 oz.



**14.99**  
Four Sigmatic  
Organic Coffee  
with Mushrooms  
10-12 oz., selected varieties



don't snooze  
on playtime

PREPARE THE COFFEE

Early risers in the home might mean morning play time, neighborhood playdates or a pre-work stroll. Head out the door with coffee in hand and plenty of snacks to keep the day humming along. The co-op has delicious snacks and beverages to keep everyone happy for those busy mornings.

**Don't leave home without snacks from the co-op.**





2/\$7  
Annie's  
Organic  
Cheesy Smiles  
4 oz.



2/\$8  
Annie's  
Organic Bunny  
Grahams or Crackers  
7.5 oz., selected varieties



2/\$9  
Annie's  
Organic Fruit Snacks  
10 pk.-.7 oz., selected varieties



2/\$8  
Cascadian Farm  
Organic Cereals,  
Granolas or Granola Bars  
6.2-14.6 oz., selected varieties

organically  
delicious

Start the school year off strong with the delicious, wholesome goodness of **Annie's** and **Cascadian Farm**! Discover the latest snacks and cereals, perfect for lunchboxes and after-school fuel.



Back-to-school snacks are at the co-op.  
**Find the food you love.**



4/\$5  
Larabar  
Fruit & Nut Bars  
1.06-1.7 oz., selected varieties



5.99  
Seven Sundays  
Cereal or Museli  
8-12 oz., selected varieties



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



4.49  
One Degree  
Organic Foods  
Sprouted Rice  
Cereal  
8-10 oz., selected varieties

The co-op has snacks for the whole family.

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





budget-friendly bulk

SCAN TO LEARN MORE

If you're new to bulk buying, don't be shy — co-op staff will be happy to help you get started with weighing and marking your items. Buying in bulk is great for the environment since less packaging is involved, and you can buy exactly the amount you need.



5/\$6

KOYO  
Ramen  
2-2.1 oz., selected varieties



3/\$7

Near East  
Couscous Mixes or  
Rice Pilafs  
5.2-10 oz., selected varieties



2/\$6

Safe Catch  
Elite Wild Tuna  
5 oz.



2/\$8

Annie's  
Organic  
Dressings  
8 fl. oz., selected varieties



4.99

Ocean's Halo  
Organic Broth  
32 fl. oz., selected varieties



15.99

Napa Valley  
Naturals  
Organic Extra  
Virgin Olive Oil  
25.4 fl. oz.

scoop up the savings in bulk!



3.79

Organic  
Banana Chips  
per pound in bulk



5.49

Walnut Halves  
& Pieces  
per pound in bulk



7.49

Organic Medjool  
Dates  
per pound in bulk

Find food for summer adventures at the co-op.

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





2/\$6

LesserEvil  
Organic Snacks  
3-6.4 oz., selected varieties



2/\$7

Que Pasa  
Organic Tortilla Chips  
11 oz., selected varieties



3.99

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



Perfect for summertime snacking.

Munch away.



2/\$3

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



2/\$4

Harvest Snaps  
Snacks  
3-3.3 oz., selected varieties



4.49

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



2/\$6

Angie's  
Boomchickapop  
Popcorn  
4.8 oz., selected varieties



4.49

Toaker  
Wafer Cookies  
7.76-8.82 oz., selected varieties



hello juice: meet fizz

Drinking **IZZE** is like a flavor party on your tongue — real fruit juice, splash of sparkling water and a whole lot of bold flavor. It's FIZZING awesome!



**5.99**  
Izze  
Sparkling Juice Drink  
6 pk.-8.4 fl. oz. cans, selected varieties



Find the brands you love at the co-op.  
**Fizzy drinks for active days.**



**2/\$6**  
The Good Crisp  
Potato Chips  
5.5 oz., selected varieties



**2/\$6**  
Chocolove  
Chocolate Bars  
2.9-3.2 oz., selected varieties

COOPERATIVELY OWNED



**3.99**  
Equal Exchange  
Organic  
Chocolate Bar  
2.8-3.5 oz., selected varieties



**3.99**  
SkinnyDipped  
Dipped Nuts  
3.5 oz., selected varieties

**Shop the co-op for summer gatherings.**

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





**2/\$3**  
Steaz  
Organic Green  
Teas  
16 fl. oz., selected  
varieties



**2.29**  
Clean Cause  
Organic Yerba Mate  
15.5-16 fl. oz., selected varieties

**INCLUSIVE TRADE PARTNER**  
ALO Drink is an Asian-owned company. We source non-GMO aloe vera plants from sustainable farms in Thailand and provide rural communities with economic value.



**2/\$4**  
Alo  
Aloe Vera Juice Drinks  
16.9 fl. oz., selected varieties



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



**2.39**  
Proud Source  
Spring or Sparkling  
Water  
25.3 fl. oz., selected  
varieties



**2.99**  
Wasa  
Crispbread  
4.9-9.7 oz., selected  
varieties



**coop deals**  
**Download the App!**

Find your closest  
food co-ops  
See what's on sale  
Never miss your  
favorite deals

**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.



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

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





*make every wipe tree-free*



Made from bamboo, Caboo tree-free toilet paper is kind to the body, loved by septic systems, and better for the Earth. Soft and strong, and free from inks, dyes, fragrances and BPA.

**2/\$3**

**Caboo Products**  
**Bath Tissue**  
each



Find safe cleaning products at the co-op.  
**Don't stress over a mess!**



*no stain is too tough*

Biokleen Bac-Out uses enzymes to eliminate the toughest stains and odors including wine, food, dirt, coffee, pet accidents and grass. Use on carpets, clothing, upholstery and much more. Green Seal certified, never tested on animals and made in the USA.

**8.99**

**Biokleen**  
**Bac-Out**  
32 fl. oz.

**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

**inclusive trade**

**Earth-friendly solutions are at the co-op.**

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

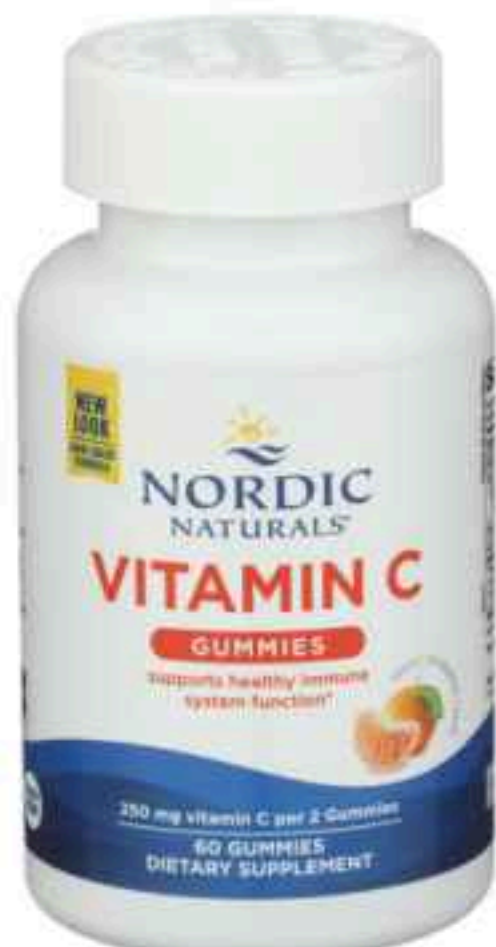




**24.99**  
Whole Earth & Sea  
Multivitamin &  
Mineral  
60 ct., selected varieties



**2/\$6**  
Orgain  
Nutritional or  
Protein Shakes  
11 fl. oz., selected varieties



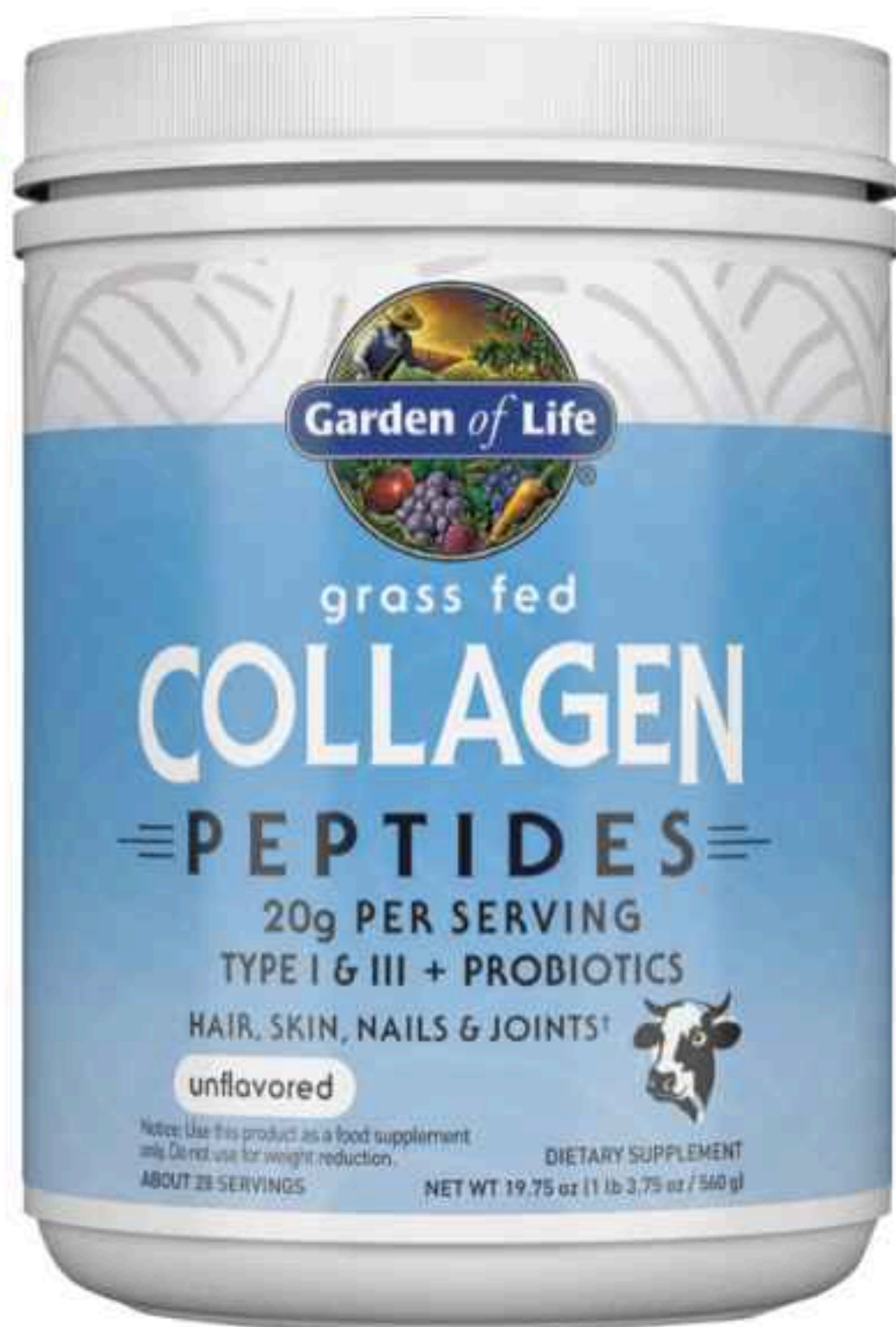
**10.99**  
Nordic Naturals  
Vitamin C Gummies  
60 ct.



**31.99**  
Four Sigmatic  
Organic Plant-based  
Protein Powder  
16.9-21.16 oz., selected  
varieties



*be extraordinary with collagen*



With 20 grams of collagen from grass-fed and pasture-raised cows, it's time to replenish and be extraordinary from the inside out. Clean, easy-to-mix, Grass Fed Collagen Peptides is the answer.

**28.99**  
Garden of Life  
Grass-fed Collagen  
Peptides  
19.75 oz.



**17.99**  
Simply Tera's  
Whey Protein Powder  
12 oz., selected varieties

**Find a boost for your smoothie at the co-op.**

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





3.99

Tom's of Maine  
Spearmint Floss  
32 yds.



5.39

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

doing right  
by the planet

Tom's of Maine is always innovating and developing new sustainable packaging. Did you know: our deodorant packaging is now made from 100% recycled plastic?



Feel and look your best all season long.  
**Fresh and clean.**

feel-good clean

Bring on the joy with our multitasking soap! Made with essential oils, EWG Verified®, and packaged in a 100% post-consumer recycled plastic bottle — it's a delightful clean from head to toe.

7.99

Everyone  
3-in-1 Soap  
32 fl. oz., selected varieties



INCLUSIVE TRADE PARTNER

Badger is a woman-owned company. We are family-owned and operated and create organic body care products with nourishing nutrients.



inclusive  
trade

11.99

Badger  
Mineral Sunscreen  
Cream  
2.9 fl. oz., selected varieties

Great body care products are at the co-op.

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





4.99

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



6.99

Nubian Heritage  
Deodorant  
2.25 oz., selected varieties



3.79

Crystal  
Mineral  
Deodorant  
2.25 fl. oz., selected  
varieties



4.49

Mrs. Meyer's  
Hand Soap  
10-12.5 fl. oz., selected  
varieties



8.49

The Honey Pot  
Intimate Wipes  
30 ct., selected varieties

get  
back-to-school  
ready



5.99

Alba Botanica  
Acnedote Face &  
Body Scrub  
8 oz.



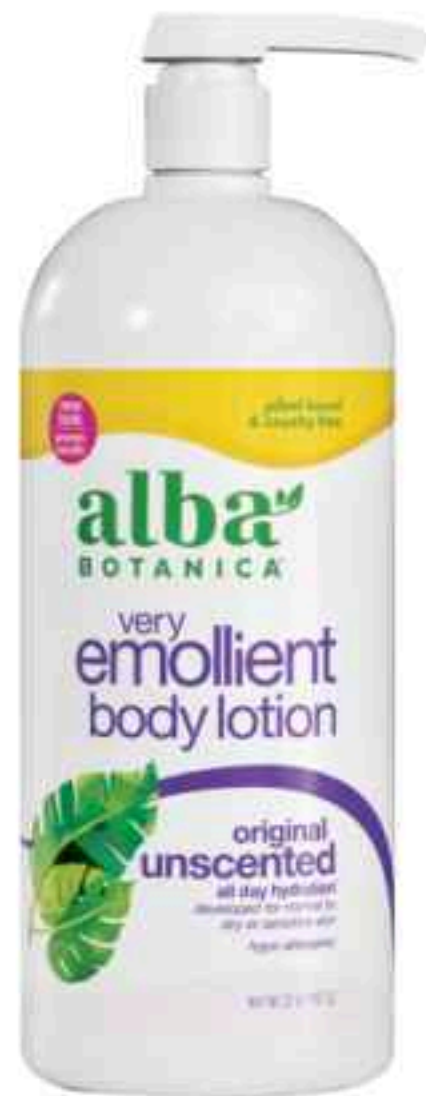
5.99

Alba Botanica  
Acnedote Pimple  
Patch  
40 ct.



7.99

Alba Botanica  
SPF 30 Sheer  
Mineral Sunscreen  
Lotion  
3 fl. oz.



10.99

Alba Botanica  
Very Emollient  
Body Lotion  
32 fl. oz., selected  
varieties

Prepare for back-to-school 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.

100% organic, 100% delicious

INCLUSIVE TRADE PARTNER

GoMacro is a woman-owned company. Our MacroBars® are organic, plant-based nutrition bars made from simple, sustainably sourced ingredients. All MacroBars are certified organic, vegan, gluten-free, kosher, non-GMO, C.L.E.A.N. and soy-free.



2/\$5

GoMacro Organic MacroBars 2-2.4 oz., selected varieties



1.79 C2O Coconut Water 17.5 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.



MW0825A