

coop deals®

APR 3 - APR 16, 2024

fresh & creamy

Make a yogurt parfait with your favorite toppings for a delicious breakfast or anytime-of-the-day snack. Fage plain yogurt gives you a boost in protein, and the texture is so creamy. Find it on sale at the co-op!



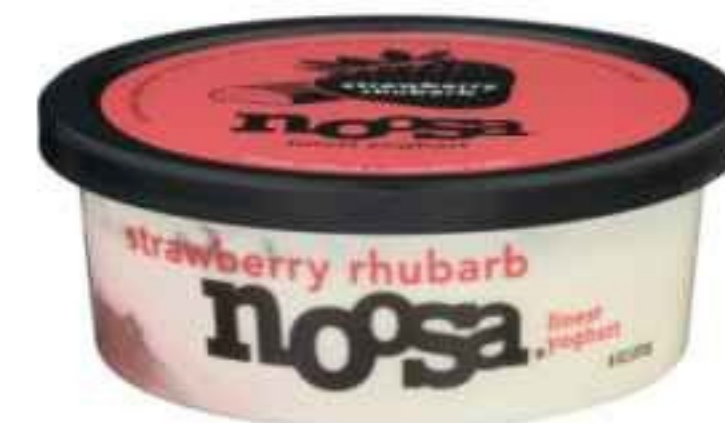
5.99

Fage
Greek Yogurt
32 oz., selected varieties



2/\$4

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



2.29

Noosa
Yoghurt
8 oz., selected varieties



3.49

Van's
Frozen Waffles
or Pancakes
8-12.4 oz., selected varieties



2/\$7

Tasty Bite
Indian Entrees
10 oz., selected varieties



3.79

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



12.49

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



Head into the co-op for springtime deals.

The tastes of spring.



2.79 ✓

Vive Organic
Wellness Shots
2 fl. oz.,
selected varieties



2.99 ✓

Wildwood
Organic
Sprouted Tofu
14 oz.,
selected varieties



3.29

Goodbelly
Organic Probiotic
Drinks
32 fl. oz., selected
varieties



4.49 ✓

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



4.79 ✓

Lifeway
Organic Kefir
32 fl. oz., selected
varieties

COOPERATIVELY OWNED



5.49

Organic Valley
Family First Milk
64 fl. oz., selected
varieties

COOPERATIVELY OWNED



5.49 ✓

Organic Valley
Cottage or
Ricotta Cheese
15-16 oz., selected
varieties



5.49 ✓

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



power of plant based

Califia Farms is on a mission to create a future where plants replace dairy, without compromise. Califia produces innovative, healthy and great-tasting plant-based alternatives to dairy.

4.99 ✓

Califia Farms
Plant-based Creamer
25.4 fl. oz., selected varieties



3.99

Petit Pot
Organic French Dessert
2 pk.-3.5 oz., selected varieties

Try something new from the co-op.



3.99

Oatly
Oatmilk
32 fl. oz.,
selected varieties



4.49

Oatly
Oatmilk
64 fl. oz.,
selected varieties



4.49

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



3.99

Oatly
Non-dairy Frozen
Dessert
1 pt., selected varieties



check it oat

Look! Innovative, plant-based products hanging out in this Co +op Deals flyer trying to get the attention of forward-thinking shoppers who might be interested in delicious products made from... wait for it... oats. Find out more at oatly.com.



2.29

Bellwether Farms
Sheep Milk
Yogurt
6 oz., selected varieties



4.79

Mt Vikos
Organic Feta Cheese
6 oz.



2/\$5

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



2/\$7

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



4.99

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



5.29

Just
Plant-based Egg
16 oz.



5.49

So Delicious
Coconutmilk
Yogurt
24 oz., selected varieties

Dairy and nondairy options are at the co-op.

INCLUSIVE TRADE PARTNER

Grain Trust is a Hispanic-owned company that creates three-minute dishes from ethically sourced grains from farmers who earn living wages.



2/\$8

**Grain Trust
Frozen Rice Sides**
20-30 oz., selected varieties



4.99



**Talentì
Gelato**
1 pt., selected varieties



4.99



**Rudi's
Organic Bread or Buns**
22-24 oz., selected varieties



Delicious meal solutions are at the co-op.
Enjoy tasty ingredients.



2/\$5

**Stahlbush Island
Farms
Frozen Vegetables**
10 oz., selected varieties



4.99



**Alexia
Frozen Potatoes**
15-19 oz., selected varieties



4.79

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



5.99



**Canyon Bakehouse
Gluten-free Bread
or Rolls**
10.8-18 oz., selected varieties



8.99

**Amy's
Pizza**
9.1-14 oz., selected varieties

Shop for every meal at the co-op.

2/\$3

**Vermont
Smoke & Cure
Meat Sticks**
1 oz., selected varieties



2/\$6

**Hippeas
Chickpea Puffs**
4 oz., selected varieties



2/\$6

**From The Ground
Up
Cauliflower
Crackers**
3.5-4 oz., selected varieties



2/\$7

**Cocomels
Organic Caramels**
3-3.5 oz., selected varieties



2/\$10

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



5.49

**Endangered
Species
Baking Chips**
10 oz., selected varieties



6.99

**Izze
Sparkling Juice
Drink**
4 pk.- 12 fl. oz. bottles,
selected varieties



*indulgent, simple,
chocolate*

No trade-offs here, just simple
chocolate with unbeatable taste.
Always made with No Weird
Ingredients. Ever.™

3.79

**Hu
Organic Chocolate Bars**
3.5 oz., selected varieties



2/\$7

**Lily's
Chocolate Bars**
2.8-3 oz., selected varieties

The co-op has snacks for all occasions.



←
prepare meals together

SCAN TO FIND KID-FRIENDLY RECIPES

Not only is it a good custom to eat meals together with family and friends, it's also enjoyable to prepare and cook food together. Kids can be involved with cooking, and the co-op has plenty of recipe options for making mealtime prep fun for everyone.



2/\$4
Mike's Mighty Good
Ramen Soup Cups
1.6-2.4 oz., selected varieties



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



2/\$5 ✓
Westbrae
Organic Beans
15 oz., selected varieties



2/\$6
Seeds Of Change
Organic Ready to Heat Rice
8.5 oz., selected varieties



4.49 ✓
Pacific Foods
Organic Soup
32 fl. oz., selected varieties



5.49 ✓
Bragg
Organic Apple Cider Vinegar
32 fl. oz.



7.49
Rao's Homemade
Pasta Sauce
15-24 oz., selected varieties



Fill your shelves with ingredients from the co-op.



an Umami adventure

It's time to liberate your senses and explore delicious taste this new year with Koyo Ramen Noodles. Go ahead and conquer your quest for adventurous flavors and clean ingredients and find your inner Zen through our authentic Asian-fusion creations.

5/\$6

Koyo Ramen

2-2.1 oz., selected varieties



2/\$6

Safe Catch
Elite Wild Tuna
5 oz.



2/\$8

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



scan for ideas

MAKE LUNCHTIME EASY

Looking for some delicious lunch ideas to shake up your typical meal options? Visit grocery.coop (scan the QR code!) and find some tasty ideas. Using tuna is a great way to include protein in your meal — it's delicious in salads, sandwiches and so much more!



10.99

Primal Kitchen
Pure Avocado
Oil
16.9 fl. oz.

The co-op has food for any time of the day.



2/\$6

Choice Organics Tea
16 ct., selected varieties



fuel for what's next

Whether you are working out or working hard, our Nut Butter and Builders bars provide the energy you need to get through your day. Made with organic and non-GMO ingredients.

2/\$4 ✓

Clif
Nut Butter Bars or
Builder Protein Bars
1.76-2.4 oz., selected varieties



2/\$5

Epic Bars
1.3-1.5 oz., selected varieties



4.49

Bear
Fruit Snacks
3.5 oz., selected varieties

whole wheat goodness

Thrill your tastebuds with sweet, warm, cinnamon flavor. Crafted from just four ingredients, Kashi® Cinnamon Harvest is packed with fiber and whole grains to satisfy hunger and make you smile.

2/\$9

Kashi
Cereal
9.5-16.3 oz., selected varieties



5.99 ✓

Santa Cruz
Organic
Peanut Butter
16 oz., selected varieties



Find a wide range of options at the co-op.



3.79 ✓

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



5.49 ✓

Lakewood
Organic Juice
32 fl. oz., selected
varieties



100% organic. 100% delicious.



Meet the bar that started it all! Our original Peanut Butter Chocolate Chip MacroBar® combines 11 grams of plant-based protein with organic, creamy peanut butter, roasted peanuts and our vegan chocolate chips!



2/\$5

Gomacro
Organic Macrobar
2-2.5 oz., selected varieties ✓



6.49

Grandy Organics
Coconola
9 oz., selected varieties



13.99

Four Sigmatic
Organic Coffee
12 oz., selected varieties



where wisdom meets wellness



Whether it's a cup for conversation, finding your Zen or settling digestive discomfort, Traditional Medicinals has a tea for that.

4.49 ✓

Traditional Medicinals
Organic Herbal Tea
16 ct., selected varieties



Enjoy spring with deals at the co-op.



6.29 ✓

Manitoba Harvest
Hemp Hearts
8 oz.



*doctor formulated,
advanced multivitamins*

MegaFood 55+ Advanced Multivitamins are doctor formulated to support the unique nutritional needs of men and women over 55.

19.99 ✓

Megafood
55+ Advanced Multivitamins
60 ct., selected varieties



8.99 ✓

Hyland's Naturals
Calms Forté
Sleep Aid
100 ct.



10.99

Life-Flo
Pure Magnesium
Oil
8 fl. oz.



31.99

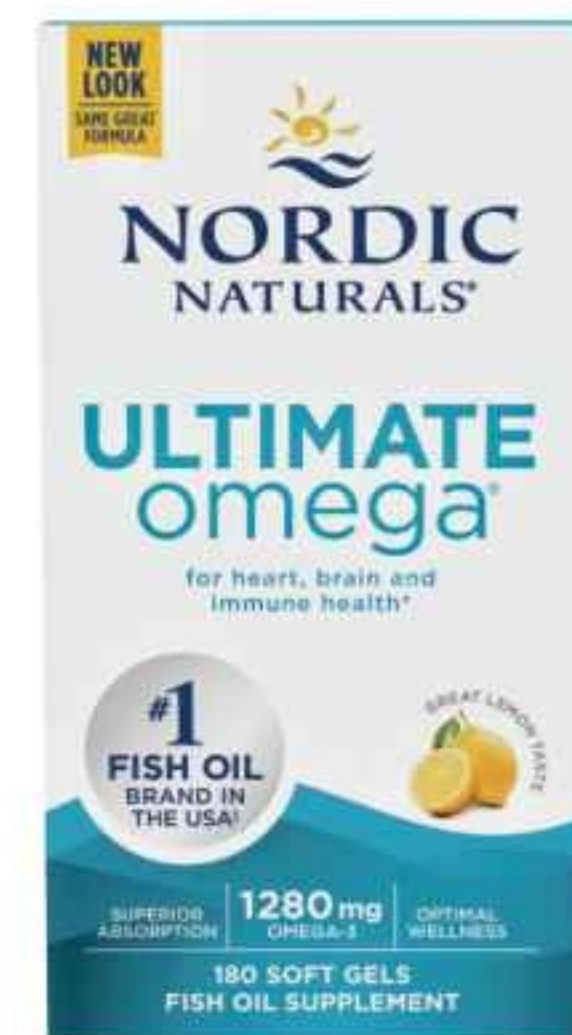
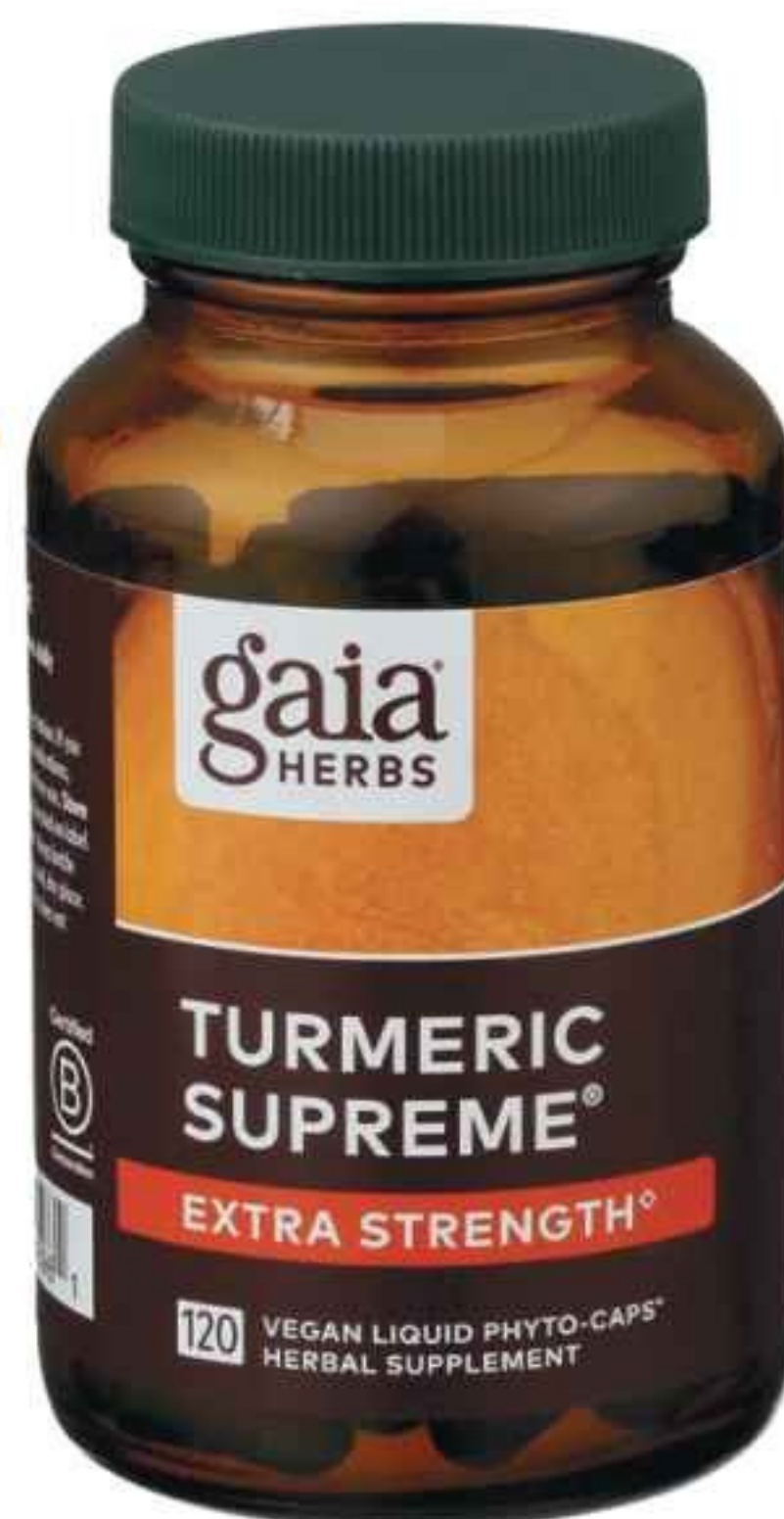
Four Sigmatic
Organic Protein
Powder
16.9-21.16 oz., selected
varieties

*regenerative AF
(Agro-Forestry!)*

Gaia Herbs' turmeric is grown in an agro-forestry setting in Nicaragua and Indonesia. With our partners in Nicaragua, Gaia has supported the development of regenerative training resources to new turmeric farmers.

29.99

Gaia Herbs
Turmeric Supreme Extra Strength
120 ct.



54.99 ✓

Nordic Naturals
Ultimate Omega
180 ct.

Find new supplements at the co-op.



7.29

Xlear Nasal Spray 1.5 fl. oz.



look, feel, move your best

Our Vital Proteins Collagen Peptides powder is sourced from grass-fed, pasture-raised bovines to ensure a high-quality and sustainable source of this powerful ingredient.



36.99

Vital Proteins Unflavored Collagen Peptides 20 oz.



15.99

Solgar Women's Complete Probiotic 30 ct.



19.49

Smarty pants Organic Kids Multi & Omegas Gummies 120 ct.



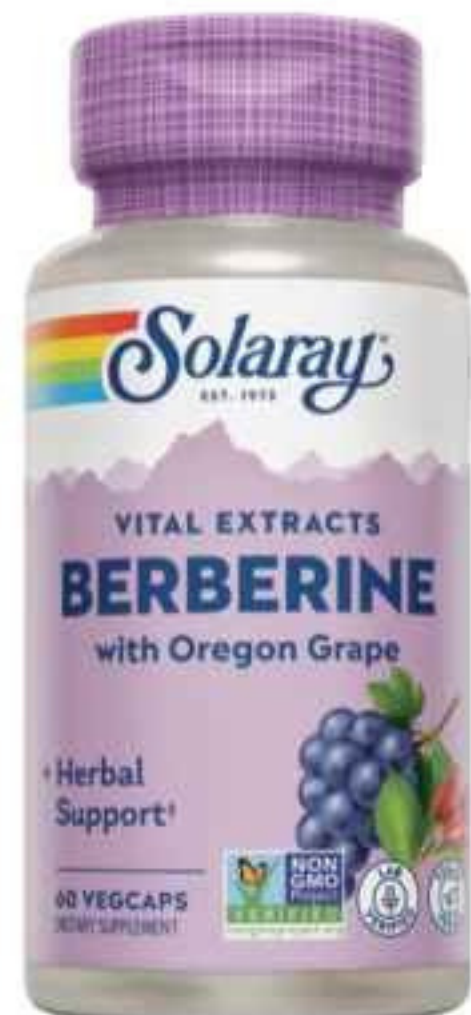
18.99

Flora Super 8 Hi-Potency Probiotic 30 ct.



12.49

Solaray Magnesium Glycinate 350mg 120 ct.



16.99

Solaray Berberine with Oregon Grape 60 ct.



17.99

Solaray D-Mannose with CranActin 60 ct.



21.99

Solaray Magnesium Glycinate 350mg 240 ct.



because quality matters

Solaray has become the trusted name in vitamins because our passion has always been simple and singular: to support you with the most efficacious, clean ingredients under the sun to enhance your wellness journey.

The co-op has great wellness deals.

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

use less plastic



Dr. Bronner's Pure-Castile Soap Refill Carton is the same, great Magic Soap — now in 82% less plastic per quart! Refill your Dr. Bronner's 100% post-consumer recycled plastic bottle, foaming pump dispenser, all-purpose spray and more. Packaging makes a difference!



10.99 Dr. Bronners Soap Refill 
32 fl. oz., selected varieties



2/\$7 

Dr. Tung's Smart Floss
30 yd.



4.49

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

freshen up



GOOD BYE, GRIME

It's easy to find options in the co-op's household supplies and cleaning aisle for products that are sure to make your home sparkle and shine. With so many eco-friendly products available, it's time to chase the dust and dirt away. Head to the co-op and find the supplies you need for some spring cleaning!



The co-op makes spring cleaning easy.



4.99

Jason
Toothpaste
4.2 oz.,
selected varieties



4.99

Jason
Deodorant
Stick
2.5 oz.,
selected varieties



8.99

Jason
Scalp Care
Shampoo + Conditioner
12 fl. oz.



9.49

Jason
Body Wash
30 fl. oz.,
selected varieties

*refresh your
spring routine*

JASON®, derived from the Greek word for healer, celebrates the power of the earth's incredible botanicals. No animal testing, sulfates, parabens, phthalates, or petrolatum.



Find quality brands you trust at the co-op.

Great products for everyone.



products with purpose

Our award-winning portfolio of skin, hair and body care products utilize a powerful combination of pure, potent ingredients and super nutrients to provide the results you're after.

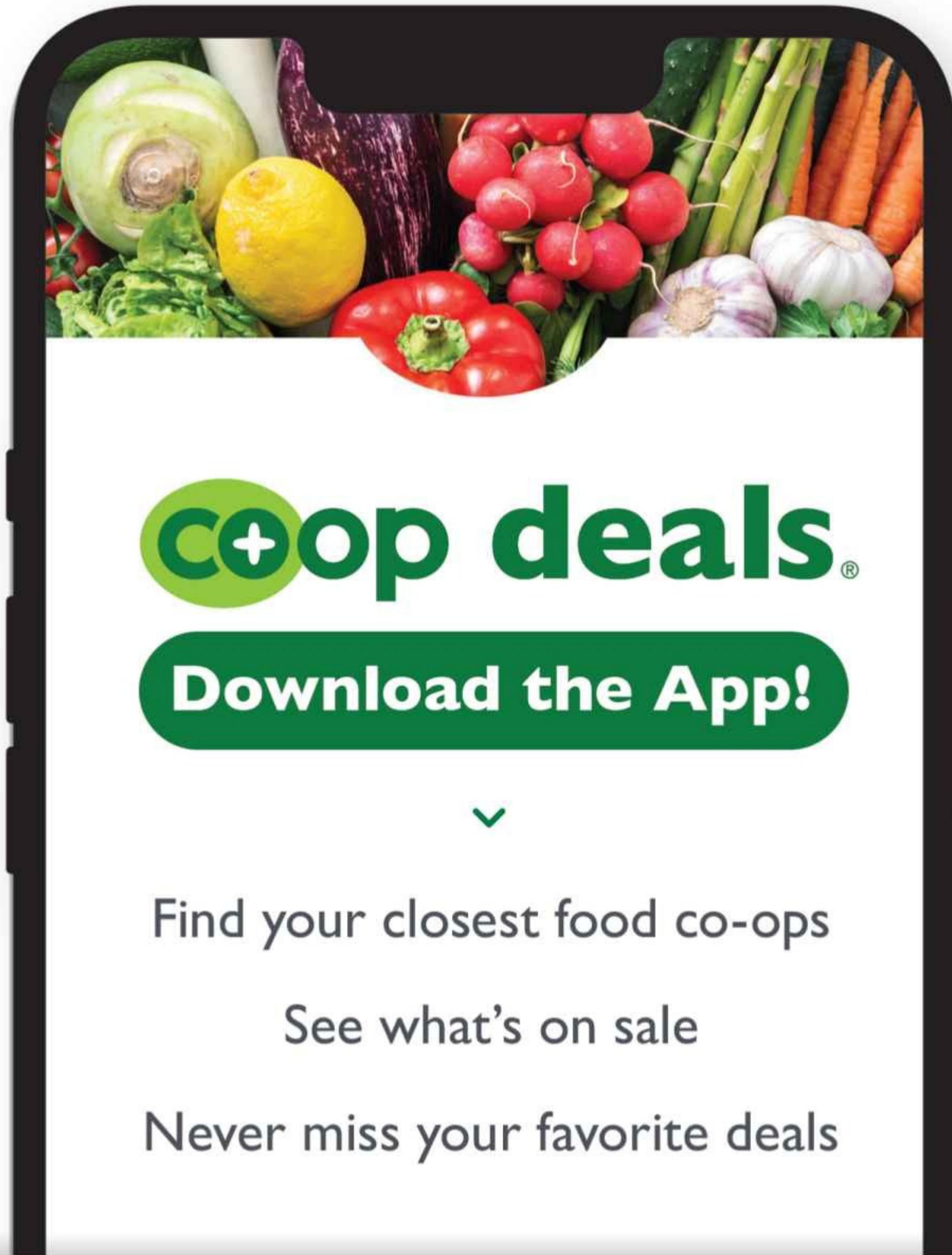
7.49

Acure
Brightening Facial Scrub
4 fl. oz.



The co-op helps you feel clean head to toe.

Never miss your **favorite deals**



Scan the QR codes to
download the Co+op
Deals app!



Stay on top of Co+op Deals with the new app!



3.69

Repurpose Compostable Plates or Bowls
20 ct., selected varieties



tree-free bath tissue

Great TP without the tree! Caboo plastic-free and tree-free bath tissue is soft and strong. And way better for the Earth. Made from sustainable bamboo, Caboo tree-free household products save trees.

7.99

Caboo
300-sheet Bamboo Bath Tissue Rolls
9 ct.



3.99

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



Gentle products for the whole family.

Spring is here.

ECOS plant-powered clean

INCLUSIVE TRADE PARTNER

ECOS is a Black- and woman-owned company that believes saving the planet starts with simple acts at home. We've spent more than 55 years developing affordable products that empower people to care for their homes, families and pets more sustainably.

12.99

Ecoc
Laundry Detergent
70-100 fl. oz., selected varieties



Shop inclusive trade!

We're pleased to offer great deals on brands and products that are women-, Black-, Indigenous-, people of color- (POC), LGBTQIA+-, persons with disabilities- and veteran-owned.

Find Inclusive Trade products 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.

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
- 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!

extra soft and strong

Seventh Generation Bath Tissue does its job well and helps you consider your impact on the environment. Our Bath Tissue is whitened without chemicals and made from 100% recycled paper.



8.99

Seventh Generation ✓
100% Recycled Bath Tissue
12 ct., 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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