

# coop deals®

OCT 2 - OCT 15, 2024

*dinner's ready*

Make a fresh meal for the family with Muir Glen's Organic Pasta Sauce. Add some veggies and protein, a favorite pasta and enjoy a flavorful and delicious weeknight meal. It's perfect for those busy weeks, and it's on sale at the co-op now.



**2/\$7**

**Muir Glen**  
Organic Pasta Sauce  
23.5 oz., selected varieties



**2/\$4**

**C2O**  
Coconut Water  
17.5 fl. oz., selected varieties



**2/\$5**

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



**2/\$5**

**Near East**  
Couscous Mix or  
Rice Pilaf  
5.2-10 oz., selected varieties



**2/\$6**

**The Good Crisp**  
Potato Crisps  
5.6 oz., selected varieties



**2/\$6**

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



**4.49**

**Maya Kaimal**  
Indian Simmer  
Sauce  
12.5 oz., selected varieties



Cozy meals for the fall season.

**Delicious food for everyone.**

*delicious dairy-free goodness*

Make a better table for all your family and friends with **Kite Hill**. Crafted from real ingredients, our dairy-free foods deliver crave-worthy tastes and textures that nourish both body and soil.



**3.79**  
Kite Hill  
Dairy-free  
Sour Cream  
8 oz.



**5.99**  
Kite Hill  
Dairy-free  
Cream Cheese  
8 oz., selected varieties



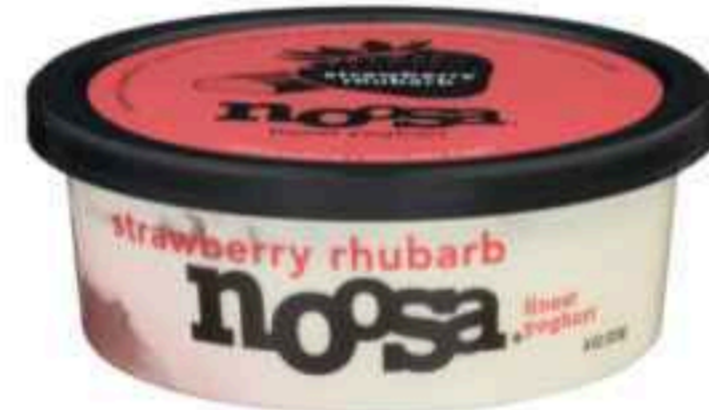
**4.49**  
Kite Hill  
Almondmilk Yogurt  
16 oz., selected varieties



**6.49**  
Kite Hill  
Dairy-free Filled Pasta  
9 oz., selected varieties



**2/\$4**  
Forage Kombucha  
Organic  
Kombucha  
12 fl. oz., selected varieties



**2.29**  
Noosa  
Yoghurt  
8 oz., selected varieties



**3.69**  
Good Karma  
Flaxmilk  
64 fl. oz., selected varieties



*delicious sour cream*

**COOPERATIVELY OWNED**

Made with organic milk from cows pasture raised on our small organic family farms, our fresh and creamy sour cream has a tangy flavor to liven your next dish.

**3.99**

Organic Valley  
Sour Cream  
16 oz.



**6.99**

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

**Fill the fridge with options from the co-op.**



**3/\$4**

**Chobani  
Greek Yogurt**  
5.3 oz., selected varieties



*delicious, refreshing,  
2-5 grams of sugar*

Finally, a new kind of soda that's delicious, refreshing and good for you. OLIPOP combines classic soda flavor with prebiotics, plant fiber and botanicals to support your digestive health.

**2/\$4**

**Olipop  
Prebiotic Soda**  
12 fl. oz., selected varieties



**2/\$7**

**Planet Oat  
Oatmilk**  
52 fl. oz., selected varieties



**3.69**

**Food for Life  
Tortillas**  
10-12 oz., selected varieties



**5.79**

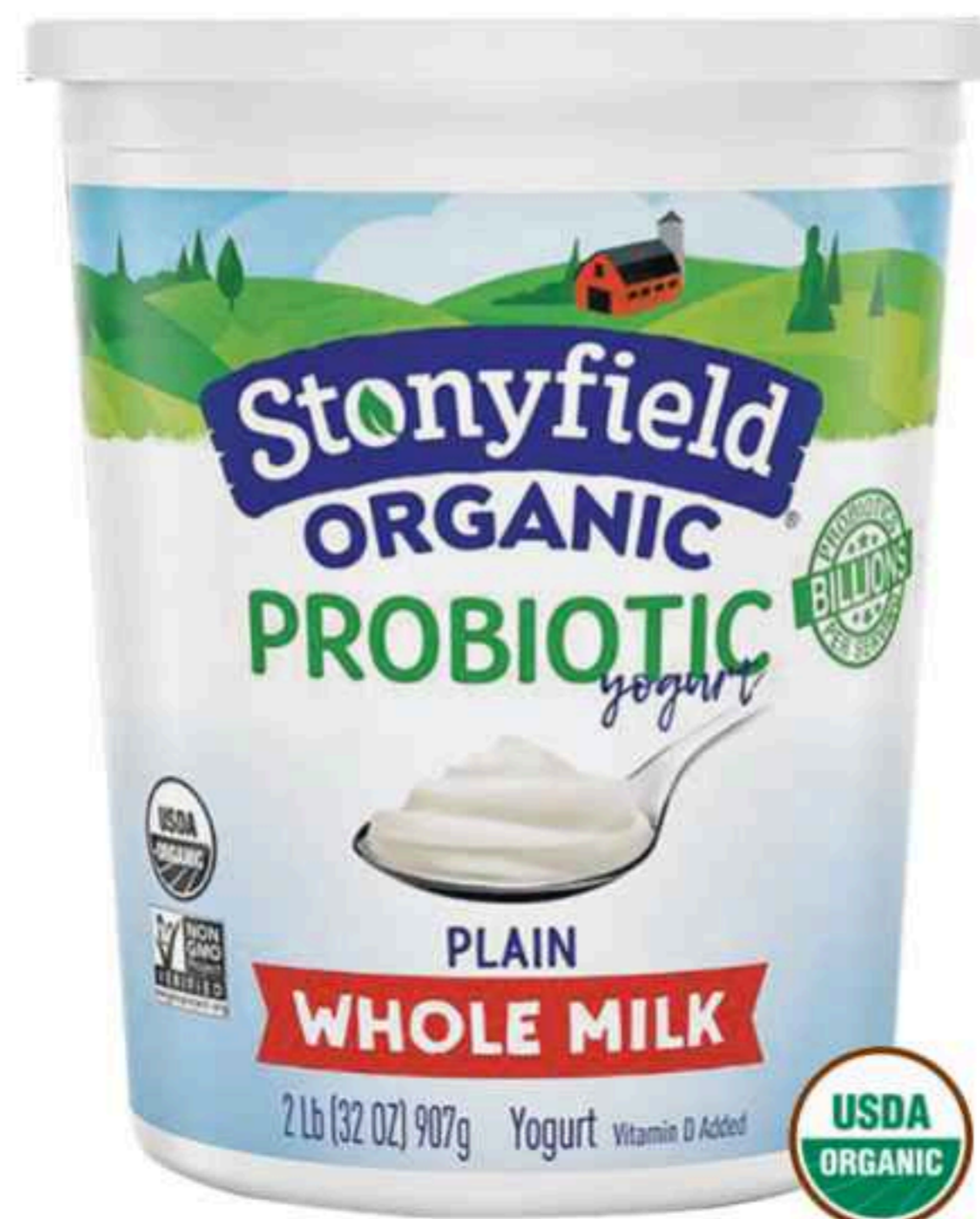
**Bellwether Farms  
Sheep Milk Yogurt**  
16 oz., selected varieties

*choose organic ingredients*

There's yogurt and then there's Stonyfield. Our organic yogurt is packed with high-quality ingredients and a taste you'll love!

**3.99**

**Stonyfield Organic  
Yogurt**  
32 oz., selected varieties



**INCLUSIVE TRADE PARTNER**

Three Trees is a woman-owned company with a passion for creating nutritious, plant-based beverages using the wonders of the forest to provide clean ingredients.

**5.99**

**Three Trees  
Organic Plant-based Milk**  
28 fl. oz., selected varieties



**Find refreshing options at the co-op.**



**4.99**

**Ben & Jerry's  
Ice Cream or Non-dairy  
Dessert**  
15.2-16 fl. oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Siete Family Foods is a Hispanic-owned, mission-based company passionate about making and sharing real food.



**7.99**

**Siete  
Grain-free Tortillas**  
7 oz., selected varieties



**10.99**

**Against the Grain  
Grain-free Pizza**  
22.4-24 oz., selected varieties



**2/\$8**

**Cascadian Farm  
Organic Frozen  
Fruit**  
8-10 oz., selected varieties



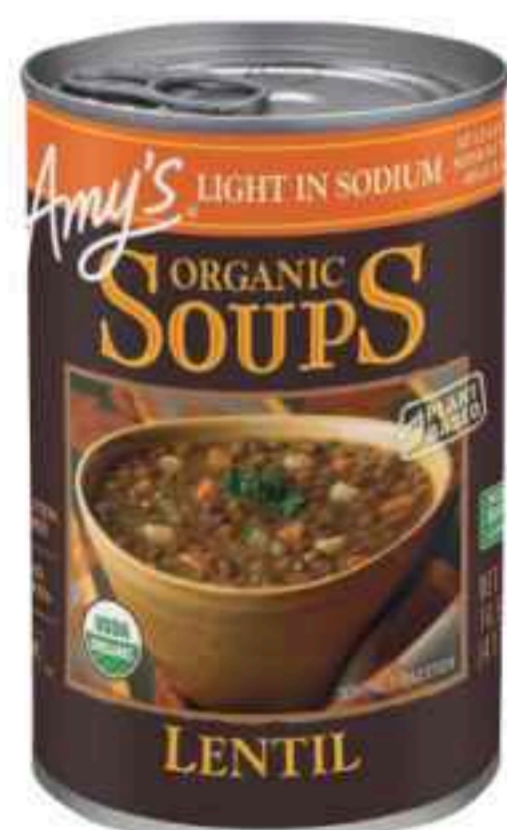
**4.49**

**Quorn  
Meat Alternatives**  
8.5-12 oz., selected varieties



**7.99**

**Cappello's  
Grain-free Pizza**  
10.82-12 oz., selected varieties



**3.99**

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



**2/\$6**

**Amy's  
Burritos**  
5.5-6 oz., selected varieties



**5.99**

**Amy's  
Frozen Meals**  
8.25-10.3 oz., selected varieties



**8.99**

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



*fall into  
deliciousness*

With **Amy's**, you can enjoy delicious homemade taste in every bite.

**The co-op makes mealtime easy.**



**2/\$5**

Frontera  
Cooking Sauce  
8 oz., selected varieties



**2/\$7**

Frontera  
Salsa  
16 oz., selected varieties



*authentic gourmet  
Mexican cuisine*

**Frontera** is inspired by the vibrant flavors across Mexico. Our salsas and sauces are made using produce from local Mexican farms, adding a heightened level of authenticity to deliver the bold flavors you crave.



**2/\$6**

Safe Catch  
Elite Wild Tuna  
5 oz.



**2/\$6**

Muir Glen  
Organic  
Tomatoes  
28 oz., selected varieties



**4/\$9**

Westbrae  
Organic Beans  
15 oz., selected varieties



**2/\$6**

Heyday Canning  
Co.  
Canned Beans  
15 oz., selected varieties



**2.99**

San-J  
Gluten-free  
Tamari Soy Sauce  
10 fl. oz.



**4.69**

Rao's Homemade  
Soup  
16 oz., selected varieties

COOPERATIVELY OWNED



**6.49**

Frontier Co-op  
Broccoli Cheddar  
Soup Mix  
4.59 oz.



**16.99**

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

**Budget-friendly ingredients are at the co-op.**



**3.79**  
 Choice Organics  
 Tea  
 16 ct., selected varieties



*KIND healthy grain clusters*

KIND Healthy Grain Clusters are made with 100% whole grains and are gluten-free with no genetically modified ingredients.

**4.99**

Kind  
 Healthy Grain Clusters  
 11 oz., selected varieties



**5.69**  
 Sky Valley  
 Sriracha Sauce  
 18.5 oz.



**5.99**  
 Kettle & Fire  
 Bone Broth  
 16.9 oz., selected varieties



**11.99**  
 Peace Coffee  
 Organic Coffee  
 12 oz., selected varieties

*100% organic, 100% delicious*

**INCLUSIVE TRADE PARTNER**  
 GoMacro is a woman-owned brand. 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  
 2-2.4 oz., selected varieties



**2/\$5**

Blue Diamond  
 Almondmilk  
 32 fl. oz., selected varieties

**Stock the pantry with favorites from the co-op.**

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



**1.79**

**Gimme Organic Seaweed Snacks**  
 .32-.35 oz., selected varieties



*mindful wellness solutions*



Tulsi, or Holy Basil, is an adaptogenic herb known as the “Queen of Herbs” and has been revered for centuries in India for promoting calm clarity.

**3.79**

**Organic India Tulsi Tea**  
 18 ct., selected varieties



**5.99**

**One Degree Organic Foods Sprouted Oats**  
 24 oz., selected varieties



**6.49**

**Food for Life Organic Cereal**  
 16 oz., selected varieties



**10.99**

**Navitas Organics Goji Berries**  
 8 oz.



COOPERATIVELY OWNED



**15.99**

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



*clean, nutritious, simple*

**Simple Mills** enriches lives through simple, delicious, real foods. We believe if you don't recognize an ingredient, your body won't either, so we handpick ours with purpose — only including things that nourish your body for the long-term and taste great!



**3.99**  
**Simple Mills Crackers or Cookies**  
 4-5.5 oz., selected varieties



**4.49**  
**Simple Mills Soft-Baked Bars**  
 5 pk.-1.19 oz., selected varieties



**5.49**  
**Simple Mills Nut Butter Stuffed Sandwich Cookies**  
 6.7 oz., selected varieties



**6.99**  
**Simple Mills Baking Mixes**  
 9-12.9 oz., selected varieties

**The co-op has something for everyone.**



**2/\$9**

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



**2.29**  
**The Mountain Valley Spring or Sparkling Water**  
33.8 fl. oz., selected varieties



**2.79**  
**Angie's Boomchickapop Popcorn**  
4.4-7 oz., selected varieties



**2/\$6**  
**Kettle Brand Potato Chips**  
4.25-5 oz., selected varieties



**2/\$7**  
**Que Pasa Organic Tortilla Chips**  
10-11 oz., selected varieties



**2/\$7**  
**Pipcorn Heirloom Snacks**  
4.5-7 oz., selected varieties



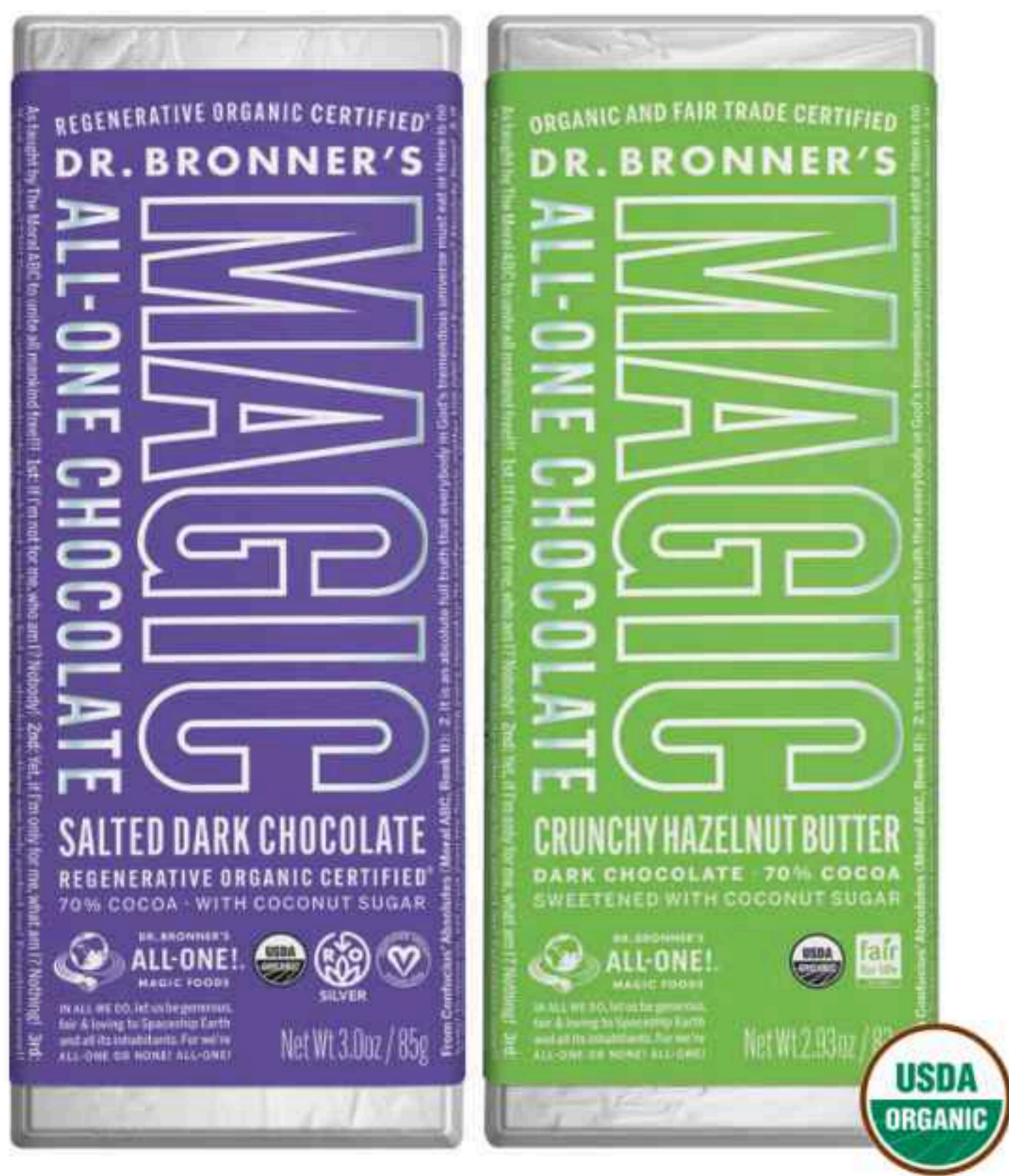
**2/\$6**  
**Food Should Taste Good Tortilla Chips**  
5.5 oz., selected varieties



**3.99**  
**Mi-del Snaps**  
8-10 oz., selected varieties

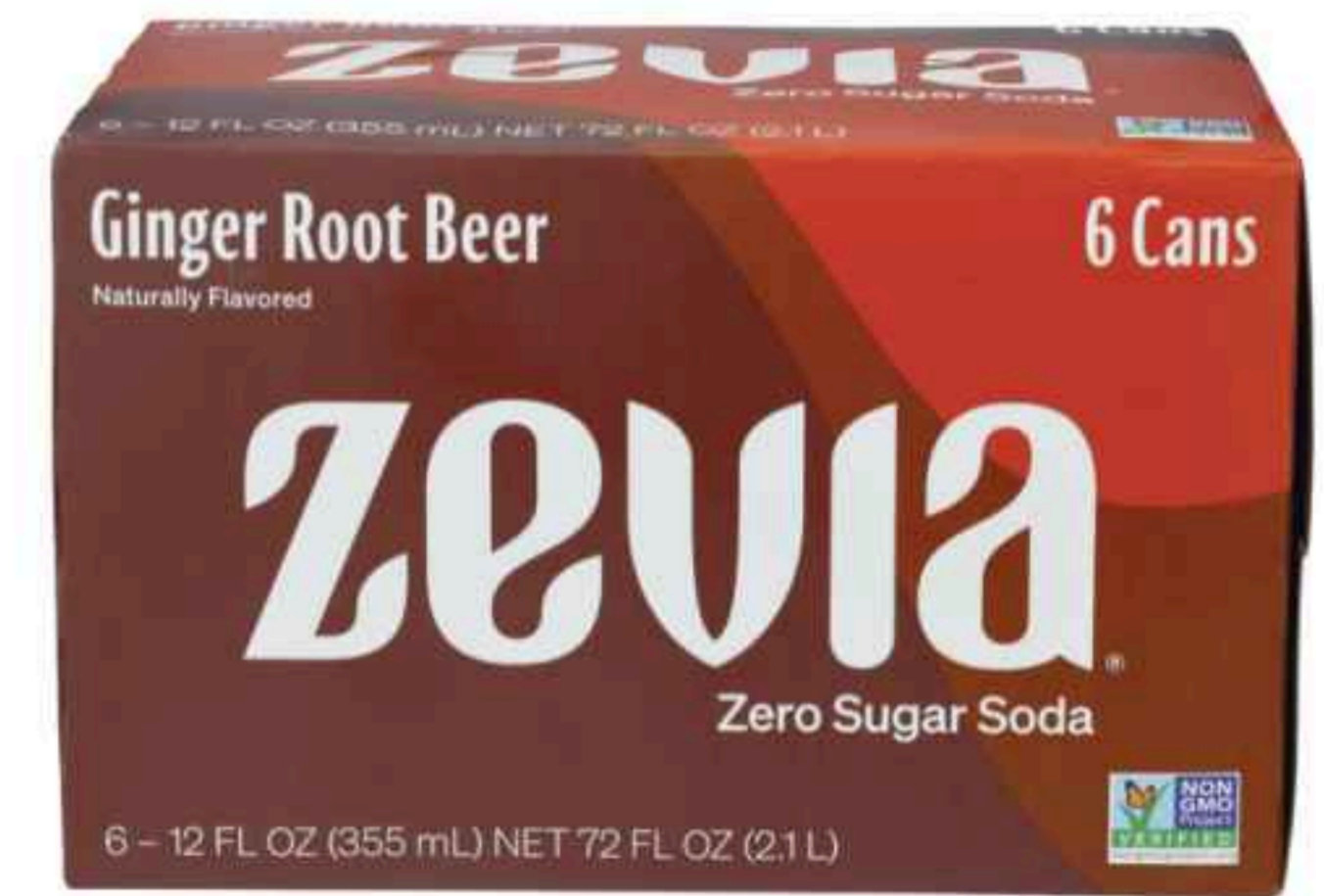


*taste the magic*



Dr. Bronner's Magic All-One Chocolate pairs Regenerative Organic Certified® ingredients with world-class Swiss chocolatiers. Discover Salted Dark & Crunchy Hazelnut Butter — our best-selling, vegan, organic, 70% dark chocolate!

**3.79**  
**Dr. Bronner's Organic Chocolate Bar**  
2.93-3 oz., selected varieties



**5.69**  
**Zevia Zero Sugar Soda**  
6 pk.-12 fl. oz. cans, selected varieties

**Crave-worthy snacks are at the co-op.**

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





**5.99**

Lily of the Desert  
Organic Aloe Juice  
32 fl. oz., selected  
varieties

*purposeful sustainable wellness*



Our products are formulated using traditional wisdom and modern science to support true wellness. Take Organic India Organic Psyllium Husk Powder to effortlessly up your fiber intake to support healthy digestion.

**12.99**

Organic India  
Psyllium Husk Powder  
12 oz.



**12.99**

Ener-C  
Vitamin C  
Drink Mix  
30 ct., selected  
varieties



**18.99**

Flora  
Super 8 Hi-  
Potency Probiotic  
30 ct.



**19.99**

SmartyPants  
Organic Kids  
Multi & Omegas  
Gummies  
120 ct.



**39.99**

Ancient Nutrition  
Multi Collagen  
Protein Powder  
16-16.7 oz., selected  
varieties



*plant-powered  
for the people*

MegaFood, using over 50 years of scientific expertise, crafts supplements that pair plants with key nutrients. Tested for 150+ pesticides and using only the highest quality, science-backed ingredients.

**19.99**

Megafood  
Turmeric Curcumin  
60 ct.



**8.99**

Bach  
Rescue Remedy Pastilles  
35 ct., selected varieties

**Find all your supplements at the co-op.**

*inspired by nature*



**4.99**  
Jason  
Deodorant Stick  
2.5 oz.,  
selected varieties



**4.99**  
Jason  
Toothpaste  
4.2 oz.,  
selected varieties



**8.99**  
Jason  
Scalp Care  
Shampoo +  
Conditioner  
12 fl. oz.



**9.99**  
Jason  
Body Wash  
30 fl. oz.,  
selected varieties

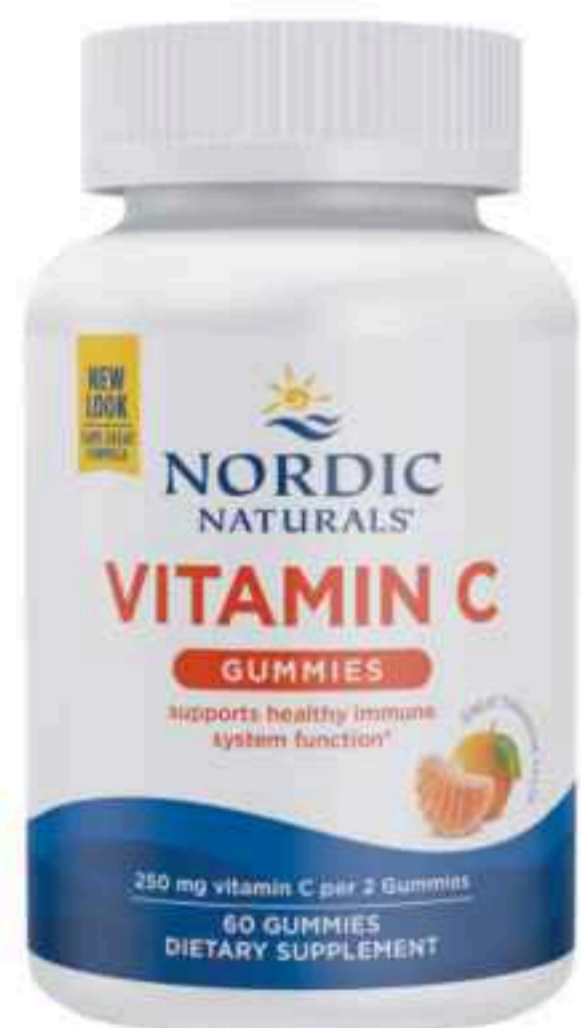
Jason celebrates the power of the earth's incredible botanicals. Our balanced formulations use time-tested ingredients to support simple, effective, whole body wellness for everyone.



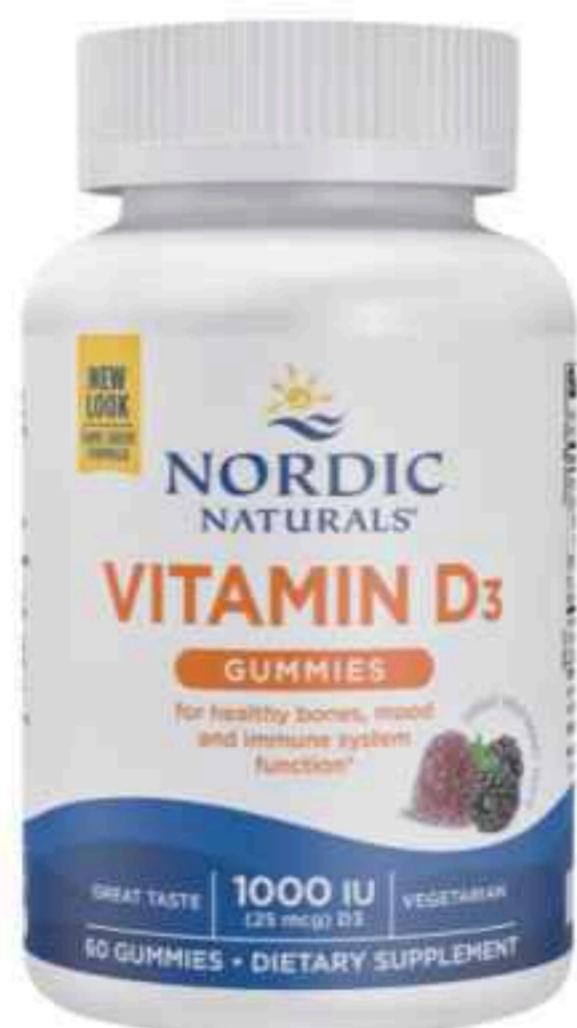
**5.69**  
Numi  
Organic Tea  
12-18 ct., selected  
varieties



**7.99**  
Navitas Organics  
Unsweetened  
Cacao Powder  
8 oz.



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



**10.99**  
Nordic Naturals  
Vitamin D3  
Gummies  
60 ct.



**13.99**  
Nordic Naturals  
Omega-3  
60 ct.



**21.99**  
Nordic Naturals  
Ultimate Omega  
60 ct.



*save on trusted favorites*

**Nordic Naturals** supplements are the trusted choice of health professionals worldwide. Save on award-winning omega-3 fish oils, tasty vitamin gummies and more.

**The co-op has great deals on wellness items.**



Inclusive trade

**5.99**

Giovanni  
L.A. Hold  
Hair Spritz  
5 fl. oz.



Inclusive trade

**5.99**

Giovanni  
Smooth as Silk  
Shampoo or  
Conditioner  
8.5 fl. oz.



Inclusive trade

**5.99**

Giovanni  
50/50 Balanced  
Shampoo or  
Conditioner  
8.5 fl. oz.



Inclusive trade

**6.99**

Giovanni  
Smoothing Castor Oil  
Shampoo or Conditioner  
13.5 fl. oz.



## salon quality hair care

### INCLUSIVE TRADE PARTNER

**Giovanni** Hair Care is the go-to for professionals and individuals alike to tame tresses of all types! Revisit heritage products like L.A. Hold Non-Aerosol Spray or discover the innovative Smoothing Castor Oil Collection! Cruelty-free and family- and veteran-owned since 1979.



**13.99**

Weleda  
Skin Food Body  
Butter  
5 fl. oz.



**34.99**

Dr. Hauschka  
Rose Day Cream  
1 oz.

## the original magic soap

The beloved 18-in-1 soap, originally distributed by Dr. Bronner himself at street-corner sermons urging love and unity. Plant-based, biodegradable, concentrated and effective — one soap for body, home and Earth! All-One!

**11.99**

Dr. Bronner's  
Pure Castile Liquid Soap  
32 fl. oz., selected varieties



**9.99**

Seventh Generation  
100% Recycled Bath Tissue  
12 ct.

**The co-op has all your body care products.**

**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
- 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.



*simple good with 12 grams of protein*

The ultimate fusion of flavor and nourishment! Get ready to indulge in bars crafted from real ingredients bringing you the perfect balance of taste and valuable nutrition.

**2/\$4**

**Rxbar Protein Bars**  
1.83-1.9 oz., selected varieties



**3.79**

**Rebbl Organic Functional Beverages**  
12 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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