

coop deals®

JAN 31 - FEB 13, 2024

share the love

Chocolate is delicious for all ages and an easy treat to share. Chocolove has delicious combinations to choose from, including almonds and sea salt. You can find them on sale at the co-op!

2/\$4

**Chocolove
Chocolate Bars**

2.9-3.2 oz., selected varieties



4.49

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



5.49

**Applegate
Sunday Bacon**
8 oz.



Buy One, Get One

FREE

**Against the Grain
Pizza**

22.4-24 oz, selected varieties



Buy One, Get One

FREE

special offers inside!



Buy One, Get One
FREE
Deals at the Co-op!

Welcome to BOGO (buy one, get one FREE) deals!
You'll find savings on products you love from brands
you trust in departments across the co-op. Look for
the BOGO deals signs throughout the store.



Buy One, Get One
FREE
Booda Organics
Eco Balm
.3 oz., selected varieties



Buy One, Get One
FREE
Aura Cacia
Mineral Bath
2.5 oz., selected varieties



Buy One, Get One
FREE
Native Forest
Organic Simple or
Classic Coconut Milk
13.5 fl. oz.

Save big on your favorite items from the co-op.

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



Buy One, Get One
FREE
Miyoko's Creamery
Organic Salted
Plant Milk Butter
8 oz.



Buy One, Get One
FREE
Reed's
Ginger Ale
4 pk.-12 fl. oz. cans, selected varieties



Buy One, Get One
FREE
The Good Crisp Company
Potato Crisps or
Cheese Balls
2.75-5.6 oz., selected varieties

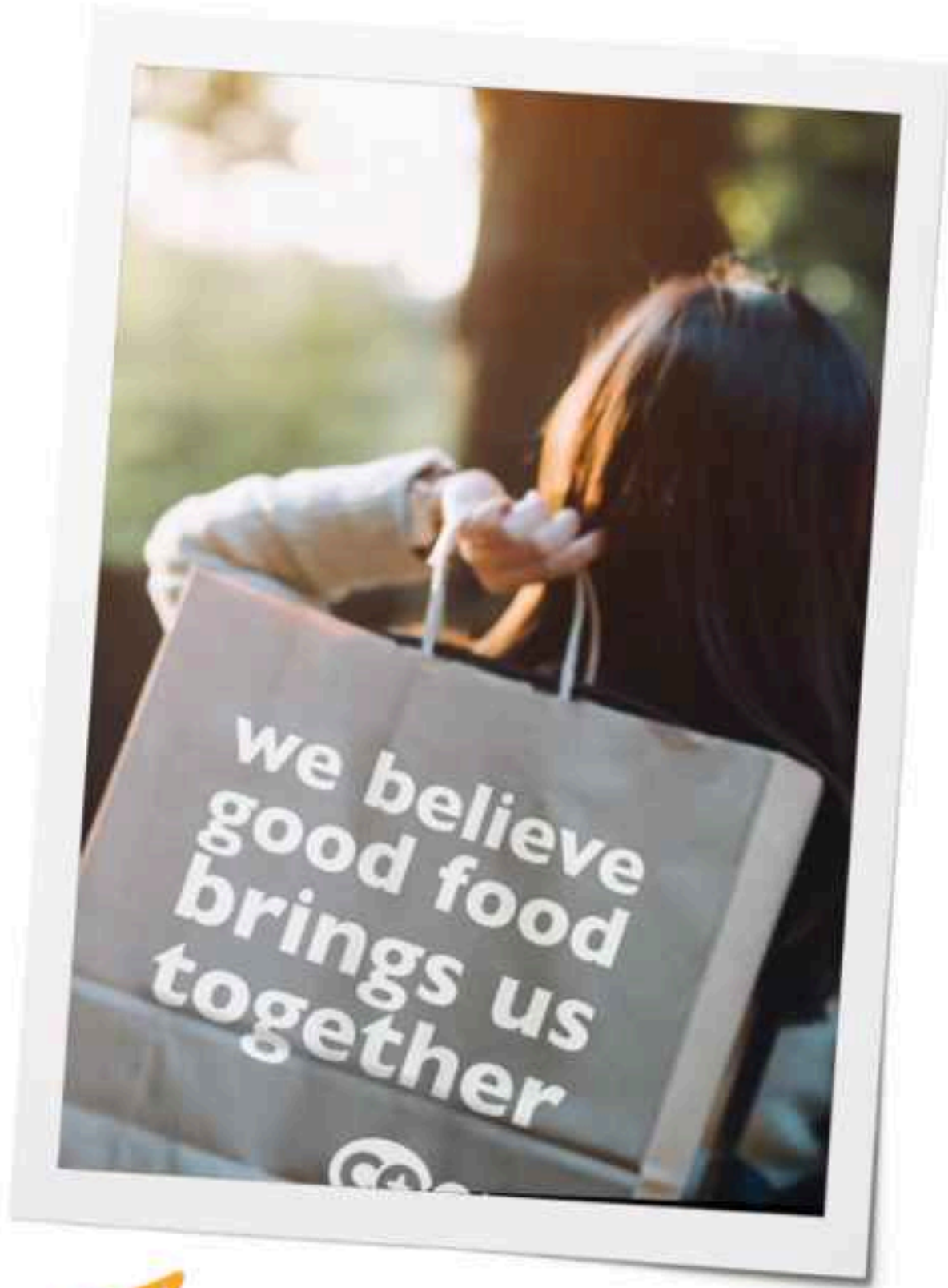


Buy One, Get One
FREE
Muir Glen
Organic Tomatoes
28 oz., selected varieties

COOPERATIVELY OWNED



Buy One, Get One
FREE
Simply Organic
Seasoning or Dip Mixes
.7-1.5 oz., selected varieties



stock up & save
on BOGO items!

You'll love these BOGO deals from the co-op.



3.79

Kite Hill
Dairy-free Dip
8 oz.,
selected varieties



3.79

Kite Hill
Dairy-free
Sour Cream
8 oz.,
selected varieties



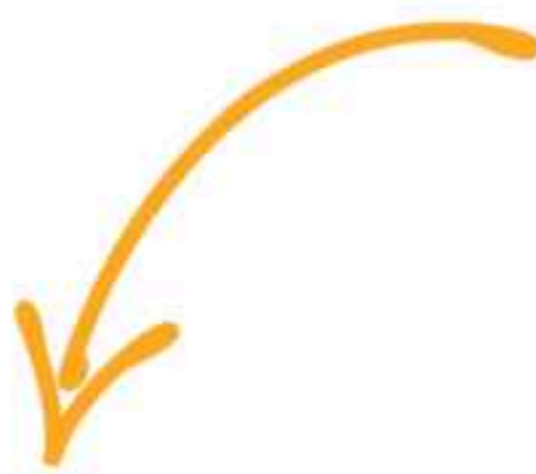
4.29

Kite Hill
Plant-based
Yogurt
16 oz., selected varieties



5.99

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



game-changing,
plant-based
goodness

Stock up on your essentials with **Kite Hill**. From our versatile ricotta and sour cream to our delicious cream cheese, pastas, dips and yogurt — we are sure to have all your dairy-free needs covered to please everyone at your table.



2/\$7

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



6.49

Cocojune
Organic Coconut Yogurt
16 oz., selected varieties



6.99

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



4/\$7

Silk
Dairy-free
Yogurt
5.3 oz., selected varieties



6.99

White Mountain
Organic Probiotic
Whole Milk
Bulgarian Yogurt
32 oz.



6.99

Bubbies
Pickles
25-33 fl. oz., selected
varieties

The co-op has great breakfast options.

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

COOPERATIVELY OWNED



5.49
Organic Valley
Raw Block Cheese
8 oz., selected varieties

plain extraordinary



Rich. Creamy. Delicious. Make every day extraordinary with FAGE Total Yogurt.

2.99
Fage
Greek Yogurt
16 oz., selected varieties



COOPERATIVELY OWNED

3.99
Organic Valley
Sour Cream
16 oz., selected varieties



plant-based essentials!

Support your nutrition goals with **Lightlife** and **Field Roast** vegan and plant-based favorites. Whether you're looking to elevate mealtime in the new year or fuel up without feeling weighted down, Lightlife and Field Roast have the assortment for you!



3.29
Lightlife
Organic Original
Tempeh
8 oz.



4.99
Field Roast
Plant-based
Sausage
9.3-12.95 oz.,
selected varieties



4.99
Field Roast
Chao Plant-based
Cheese
7-8 oz.,
selected varieties



5.99
Field Roast
Plant-based
Appetizers
10 oz.,
selected
varieties

Find dairy and plant-based options at the co-op.

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



3/\$4

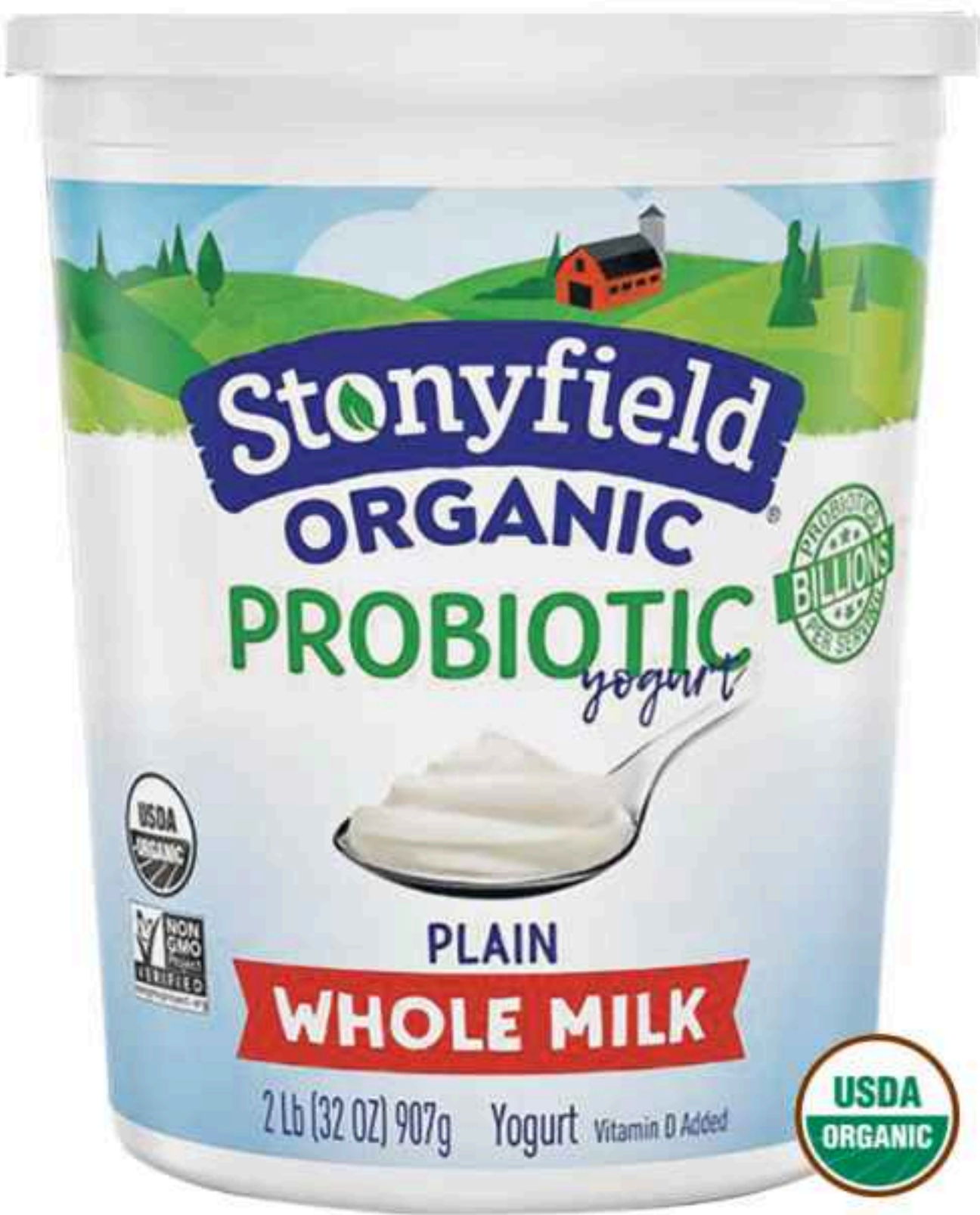
Chobani
Greek Yogurt
5.3 oz., selected varieties

choose organic ingredients

Our organic yogurt is packed with high-quality ingredients and a taste you'll love.

3.99

Stonyfield Organic
Yogurt
32 oz., selected varieties



COOPERATIVELY OWNED



4.49

Organic Valley
Large Free-range
Brown Eggs
1 doz.



2.99

Oatly
Barista Edition
32 fl. oz., selected varieties



2/\$8

Oatly
Oatmilk
64 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!

Visit grocery.coop for breakfast recipes.

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

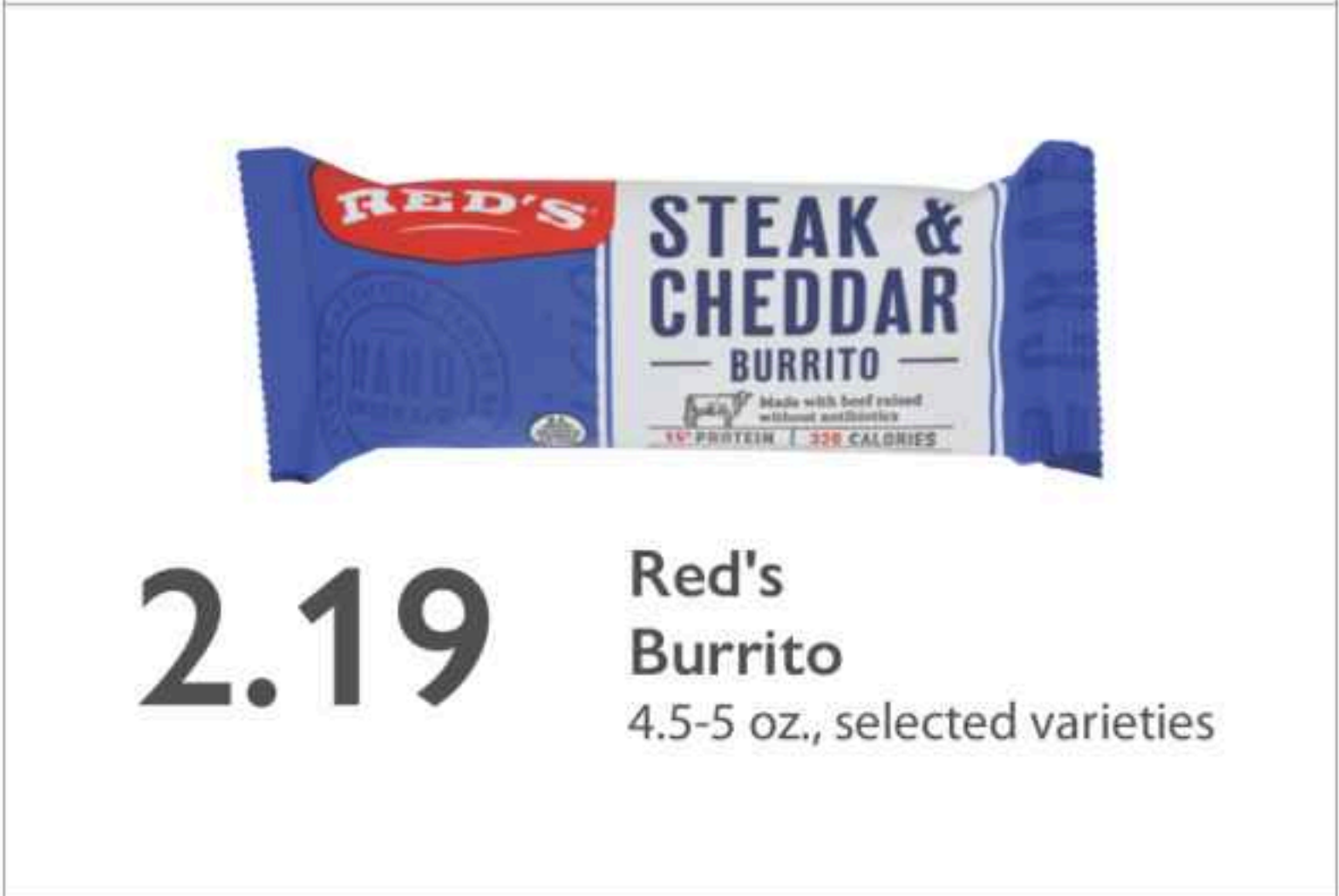
INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is an Indian-owned company that makes frozen entrees from scratch with a wide range of Indian flavors.



4.99

Deep Indian Kitchen
Entrées
9-10 oz., selected varieties



2.19 Red's
Burrito
4.5-5 oz., selected varieties

INCLUSIVE TRADE PARTNER

Starlite Cuisine is a multi-generational, diverse-owned company that makes great-tasting and convenient vegan products.



6.49

Starlite Cuisine
Frozen Plant-based Appetizers
12-14 oz., selected varieties



2/\$8
Cascadian Farm
Organic Frozen
Potatoes
12-16 oz., selected
varieties



2/\$8
Annie's
Pizza Poppers
6.8 oz.,
selected varieties



5.99
Canyon
Bakehouse
Gluten-free Bread
18 oz., selected varieties



3.79
Good Karma
Flaxmilk
64 fl. oz., selected varieties



4.49
Gardein
Plant-based Proteins
8.1-13.7 oz., selected varieties



4.99
Rudi's
Organic Bread
22-24 oz., selected varieties

Shop the co-op for weeknight meals.

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



2/\$7
Dream
Plant-based Milk
32 fl. oz., selected
varieties



2/\$4
Earth's Best
Organic Yogurt
Smoothie Pouch
4.2 oz., selected varieties



5.49
Numi
Organic Tea
12-18 ct., selected varieties



4.49
R.W. Knudsen
Organic Cranberry
Juice Blends
32 fl. oz., selected varieties



5.99
Grandy Organics
Coconola
9 oz., selected varieties



2/\$3
Larabar
Fruit and Nut Bars
1.6-1.7 oz., selected varieties



we all need LOVE

Enjoy your Love Crunch granola as a delicious breakfast option, or bring the granola on one of your adventures as an exceptionally tasty snack! Organic indulgence and LOVE!

4.49
Nature's Path Organic
Love Crunch Granola
11.5 oz., selected varieties



Stock up on brands you love at the co-op.

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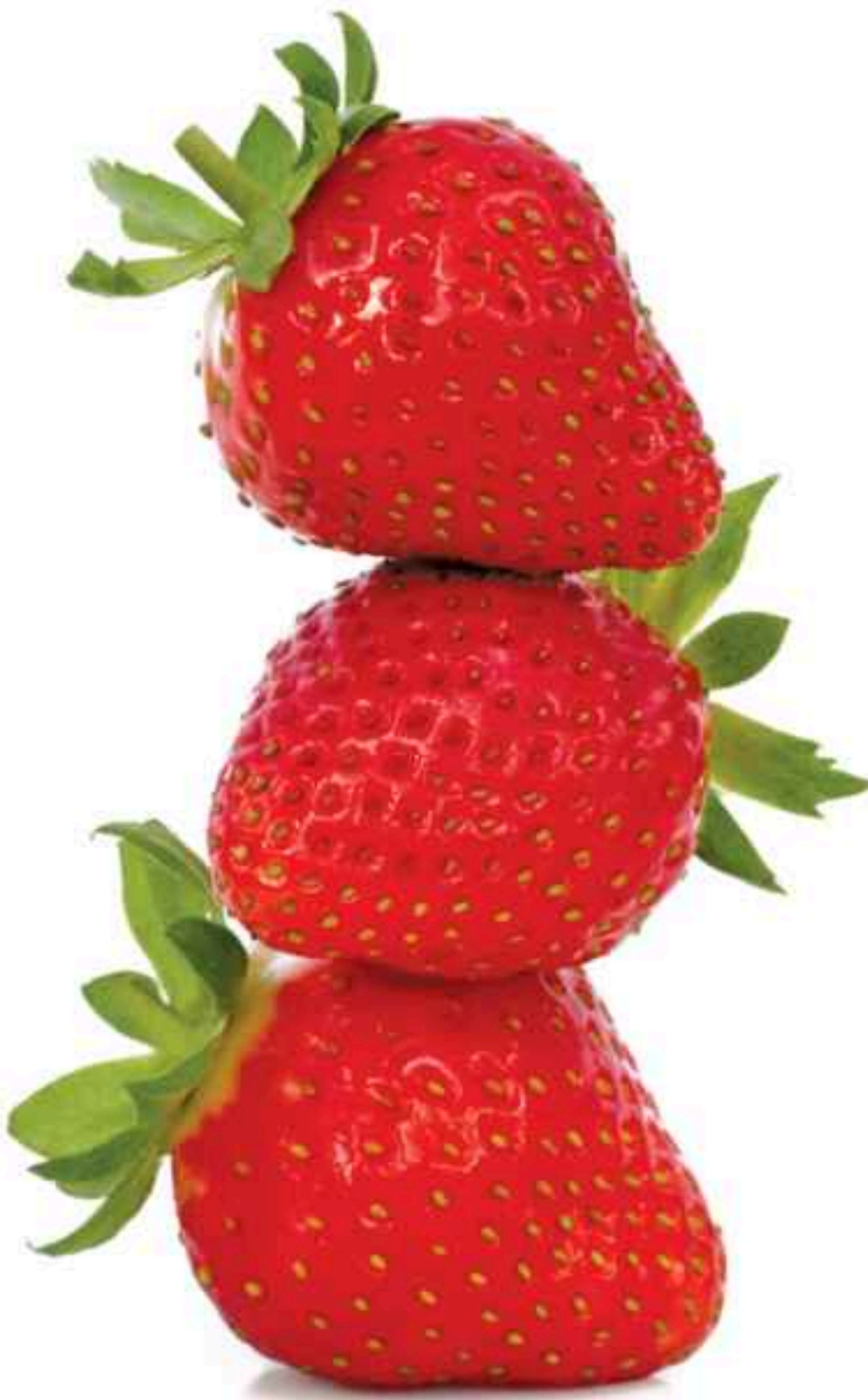
INCLUSIVE TRADE PARTNER



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 Drink
16.9 fl. oz., selected varieties



4.49

Crofter's
Organic Premium
Fruit Spread
16.5 oz., selected varieties



coop deals®

Download the App!



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

Download the new Co+op Deals app today!

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



←
simple and delicious

SCAN FOR EASY-TO-MAKE RECIPES

Recipes that have no more than five ingredients are easy to make. For those busy days balancing work and life, check out these perfect meal solutions.



2/\$6
Safe Catch
Elite Wild Tuna
5 oz., selected varieties



2/\$6
Lotus Foods
Organic Rice
Noodles
8 oz., selected varieties



2/\$6
Imagine
Organic Broth
32 fl. oz., selected varieties



3.29
Woodstock
Organic Ketchup
20 oz., selected varieties

scoop up the savings in bulk!



1.79
Organic
Multi-Color
Popcorn
per pound in bulk



2.49
Organic
Tri-Color Quinoa
per pound in bulk



5.49
Organic
Dried Cranberries
per pound in bulk

Ingredients for easy meals are at the co-op.

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

INCLUSIVE TRADE PARTNER

A Dozen Cousins is a diverse-owned company. We create authentic food from cultural recipes made with wholesome ingredients.



2/\$6 A Dozen Cousins Ready-to-Eat Beans
10 oz., selected varieties



Everyday Low Price
1.99
Field Day Organic Macaroni & Cheese
6 oz., selected varieties



13.99
Spectrum Organic Extra Virgin Mediterranean Olive Oil
33.8 fl. oz.

COOPERATIVELY OWNED



4.79
Plant Boss Organic Plant-based Crumbles
3.17-3.35 oz., selected varieties



2/\$6
Annie's Organic Macaroni & Cheese
5.5-6 oz., selected varieties



5.99
Sky Valley Hot Sriracha Sauce
18.5 oz.



8.49
Once Again Organic Sesame Tahini
16 oz., selected varieties

clean, authentic ramen



Koyo Asian Vegetable Ramen is the classic flavor you've been searching for. Our organic noodles are baked, not fried, and are crafted in the traditional roll-and-cut method from freshly milled, organic heirloom grains.

5/\$5
Koyo Ramen
2-2.1 oz., selected varieties



14.99
Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil
30 fl. oz.

Try something new at the co-op.

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

INCLUSIVE TRADE PARTNER

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



2/\$7

Siete
Grain-free Cookies
4.5 oz., selected varieties

nourishing people and the planet



INCLUSIVE TRADE PARTNER

Simple Mills is a woman-owned company that advances regenerative agriculture principles, elevates farmers, empowers eaters and inspires others so that our food system can nourish people and our planet now and for generations to come.

3.99

Simple Mills
Crackers or Cookies
4.25-5.5 oz., selected varieties



3.79

Barnana
Organic Plantain
Chips
5 oz., selected varieties

bring the flavor

Make these tasty, thin and crispy chips your go-to snack for gathering together. They're made with organic ingredients, gluten-free and non-GMO product certified. Bring out the good chips!

2/\$7

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



INCLUSIVE TRADE PARTNER

Partake Foods is a Black-owned company. We offer delicious foods that those with and without food allergies can enjoy and share. All offerings are free of the top allergens.

4.49

Partake Foods
Cookies
5.5 oz.,
selected varieties



Find great savings with Co+op Deals!



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



4.49
Quinn
Pretzel Nuggets
5-7 oz., selected varieties

bold crunch, delicious taste

These flavorful chips will have everyone cheering for more. Kettle Brand® chips are made with high-quality ingredients and are gluten free and non-GMO certified. Great tasting with a hearty crunch.

4.49
Kettle Brand
Potato Chips
13 oz., selected varieties



Share a special treat with someone you love.
Savory and sweet.

taste the magic

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

2/\$7
Dr. Bronner's
Organic Chocolate Bars
2.93-3 oz., selected varieties



5.49
Lily's
Chocolate
Peanut Butter Cups
3.2 oz., selected varieties

Food for all occasions is at the co-op.

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



7.49
Heritage Store
Rosewater
Facial Mist
8 fl. oz.



safer and sustainable

INCLUSIVE TRADE PARTNER

ECOS is a Black- and woman-owned company that believes everyone has a right to a healthy home. For more than 50 years, we've innovated new ways to live cleaner, creating cleaning products for all that protect the health and wellness of people, pets and the planet.

12.99
Ecos
Laundry Detergent
100 fl. oz., selected varieties

**inclusive
trade**

Co-ops are committed to fostering diverse communities.
Our diversity is our strength.



Reveal healthy, glowing skin with Weleda Skin Food Face Care. Plant-powered ingredients like antioxidant-rich cica, soothing calendula, olive leaf and squalane leave skin feeling moisturized day and night.

17.99

Weleda
Skin Food Day or Night
Nourishing Cream
1.3 fl. oz., selected varieties

INCLUSIVE TRADE PARTNER



The Honey Pot is a Black-owned company, and we've created the first complete feminine care system powered by herbs®. Our products are dermatologist tested, kind to skin and plant derived.

8.49
The Honey Pot
Intimate Wipes
30 ct., selected varieties

The co-op supports Inclusive Trade.

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



rooted in Oregon

As a family farm and herbal supplement manufacturer since 1994, **Oregon's Wild Harvest** supports regenerative practices that heal the land and water and sequester carbon to ensure pure, potent herbal medicine is available today and for future generations.

- 15.99**

Oregon's Wild Harvest
Ashwagandha
90 ct.
- 16.99**

Oregon's Wild Harvest
Saw Palmetto
90 ct.
- 19.99**

Oregon's Wild Harvest
Turmeric
60 ct.
- 19.99**

Oregon's Wild Harvest
Milk Thistle
90 ct.



12.99

Now
L-Tryptophan
500mg
60 ct.



18.99

Om
Master Mushroom
Blend
80 ct.



greatness in every gummy

Garden of Life Organics gummies steer clear of processed sugars, syrups, animal products, and GMOs so you get whole food vitamins that are good for you, and are tasty, too!

17.99

Garden of Life
Mykind Organics
Multi Gummies
120 ct., selected varieties



20.99

Nordic Naturals
Ultimate Omega-D3
60 ct.

Winter wellness items 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.

CONNECTICUT

Fiddleheads Co-op
Willimantic Food Co-op

DELAWARE

Newark Natural Foods Co-op

FLORIDA

Community Co-op Market
Ever'man Cooperative Grocery & Cafe

GEORGIA

Sevananda Natural Foods Market

MAINE

Belfast Community Co-op
Blue Hill Co-op
Portland Food Co-op
Rising Tide Co-op

MARYLAND

Greenbelt Co-op
Supermarket and Pharmacy
The Common Market
TPSS Co-op

MASSACHUSETTS

Assabet Co-op Market
Berkshire Food Co-op
Green Fields Market
McCusker's Market
River Valley Co-op
Wild Oats Market

NEW HAMPSHIRE

Concord Food Co-op
Hanover Co-op Food Stores
Littleton Food Co-op
Monadnock Food Co-op

NEW YORK

Abundance Food Co-op
East Aurora Co-op Market
Flatbush Food Cooperative
GreenStar Cooperative Market
High Falls Food Co-op
Honest Weight Food Co-op
Hungry Hollow Co-op
Lexington Cooperative Market
Potsdam Food Co-op
Syracuse Cooperative Market

NORTH CAROLINA

Chatham Marketplace
Deep Roots Market
Durham Co-op Market
French Broad Food Co-op
Hendersonville Community Co-op
SHARE Co-op
Tidal Creek Cooperative Food Market
Weaver Street Market

PENNSYLVANIA

East End Food Co-op
Erie Food Co-op

Mariposa Food Co-op
South Philly Food Co-op
Weavers Way Co-op

RHODE ISLAND

Urban Greens Co-op Market

TENNESSEE

Three Rivers Market

VERMONT

Brattleboro Food Co-op
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Putney Food Co-op
Rutland Area Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

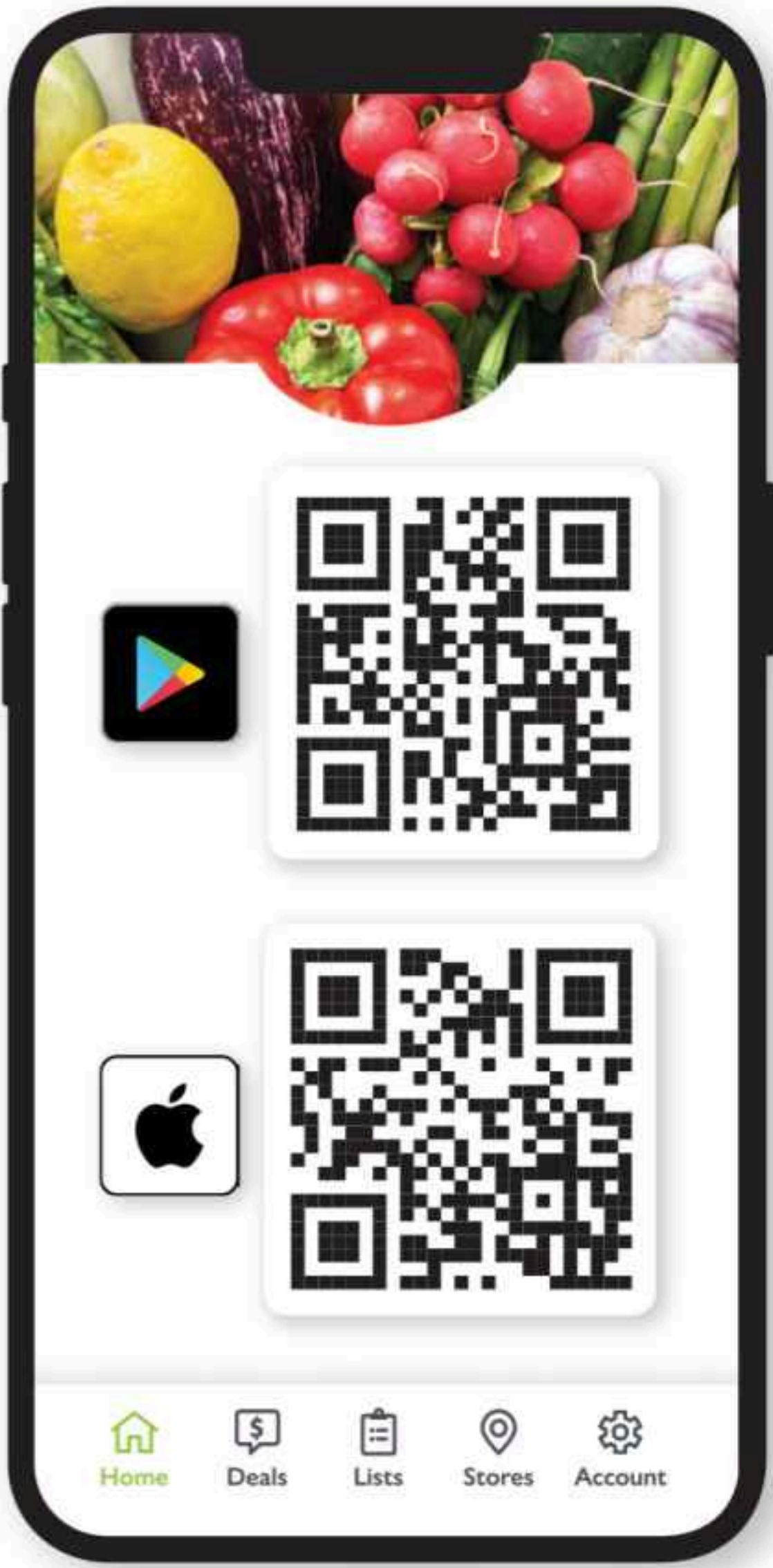
VIRGINIA

Fredericksburg Food Co-op
Friendly City Food Co-op
Lovettsville Co-op Market
Roanoke Co-op

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

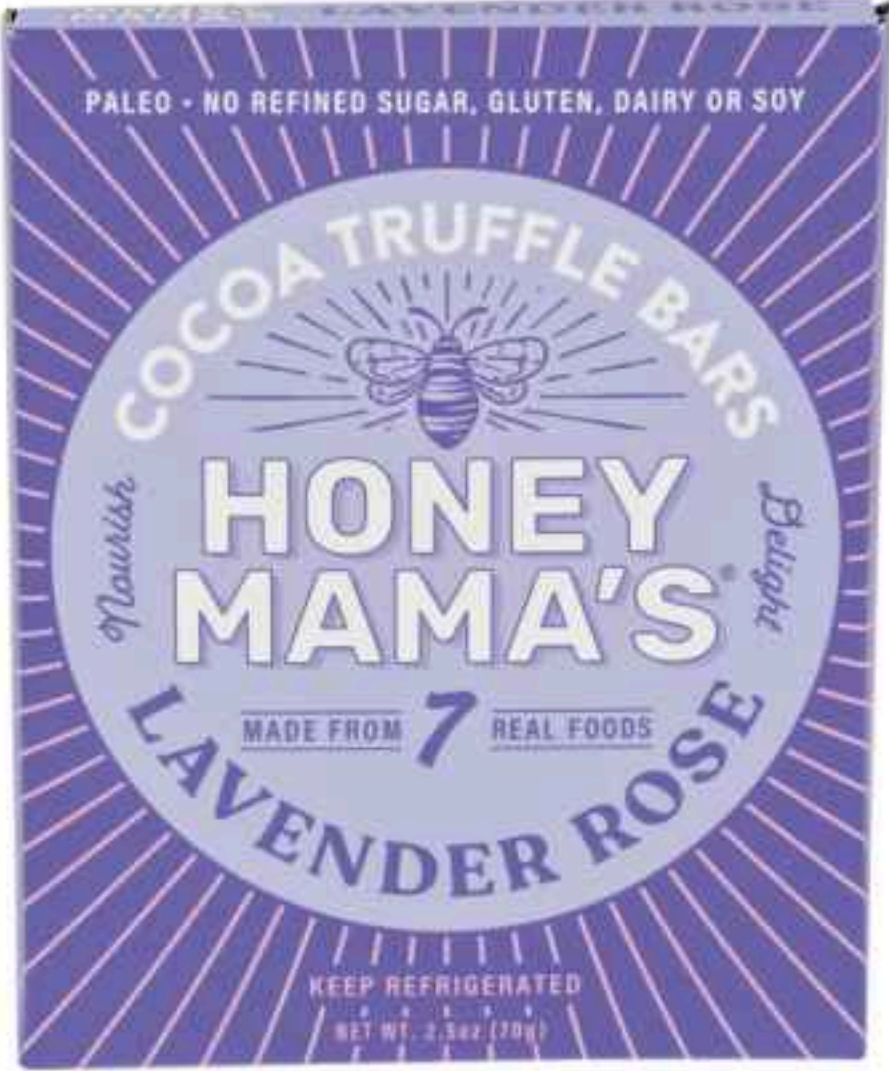
coop deals

Download the App!



3/\$5

Justin's
Organic Nut Butter Cups
1.32-1.4 oz., selected varieties



3.99

Honey Mama's
Cocoa Truffle Bar
2.5 oz., selected varieties



3.99 Tony's Chocolonely
Chocolate Bars
6.35 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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