

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.



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

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



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



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



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.

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



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



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



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.



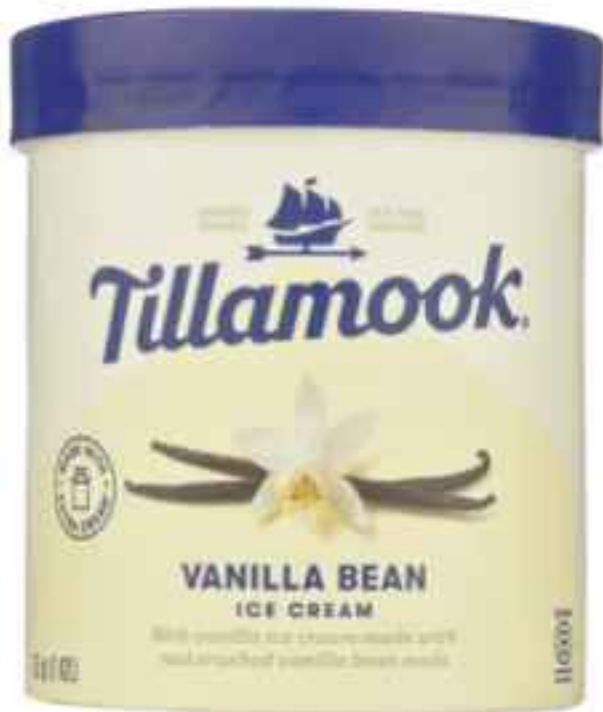
Find something sweet at the co-op.
Fall for frozen treats.

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		 4.49 Justin's Peanut Butter 16 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	



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



6.49

Kashi
Cereal
12.3-18 oz., selected
varieties

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



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



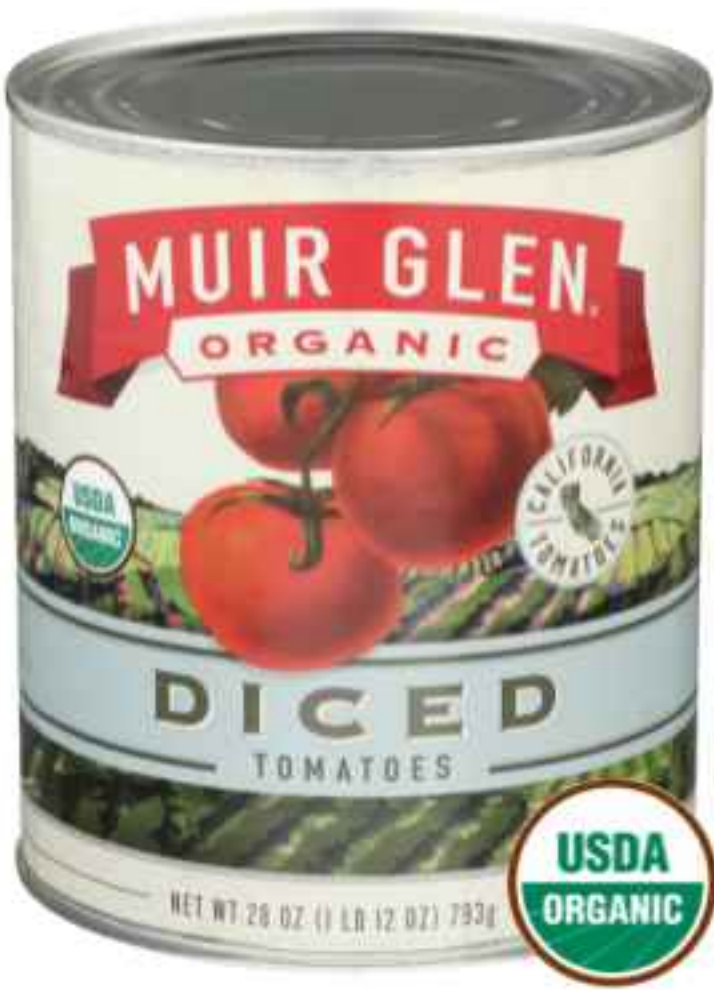
3/\$5
Westbrae
Organic Beans
15 oz., selected varieties

Stock the pantry with ingredients from the co-op.



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

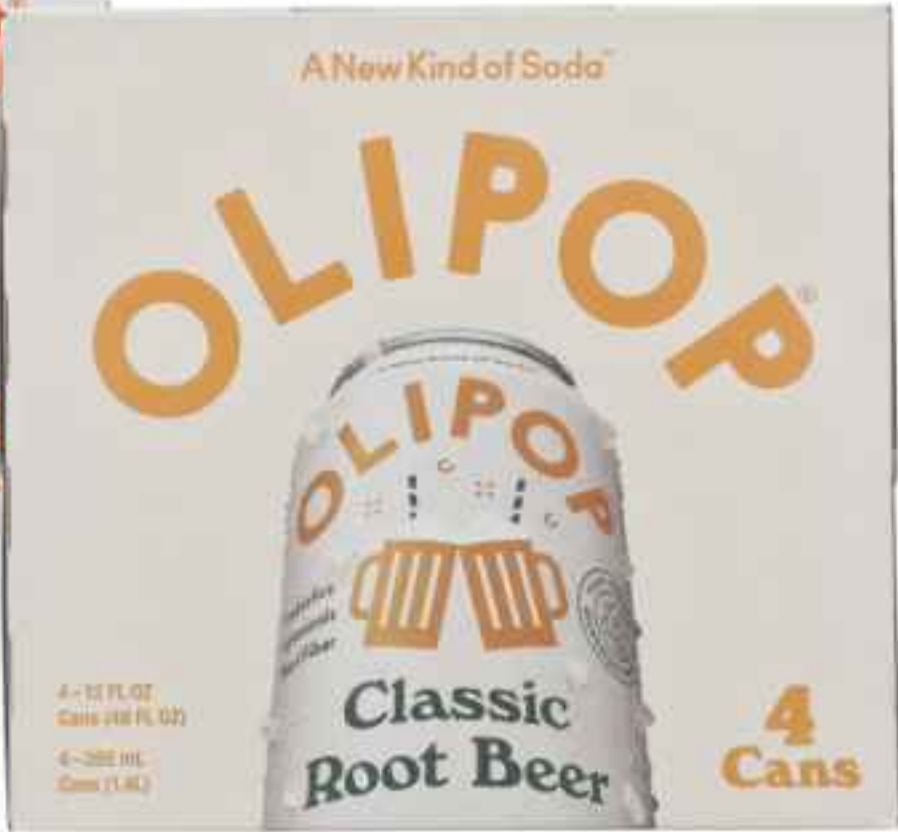


5.49
Tony's Chocolonely
Chocolate Bar
6.35 oz., selected varieties

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



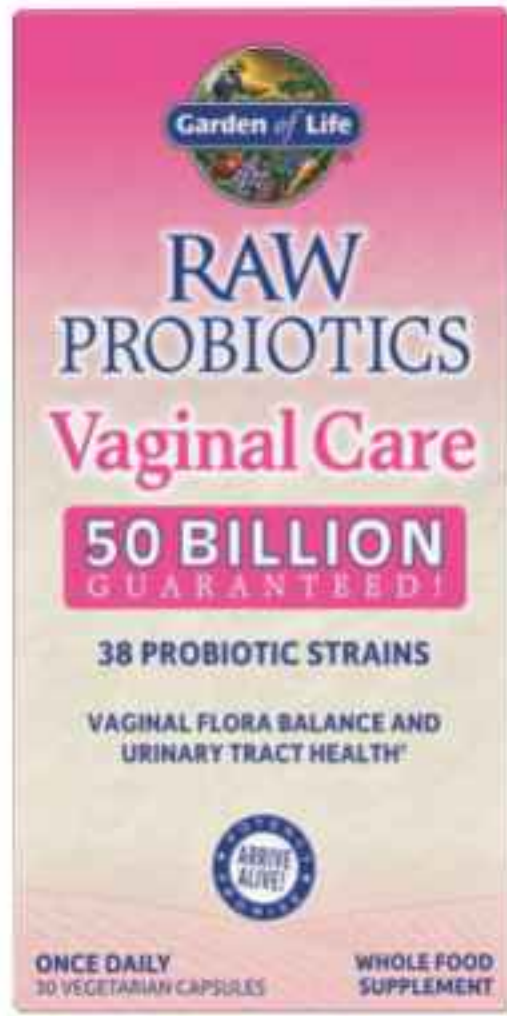
3.99
Late July Snacks
Organic Tortilla Chips
7.4-10.1 oz., selected varieties

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

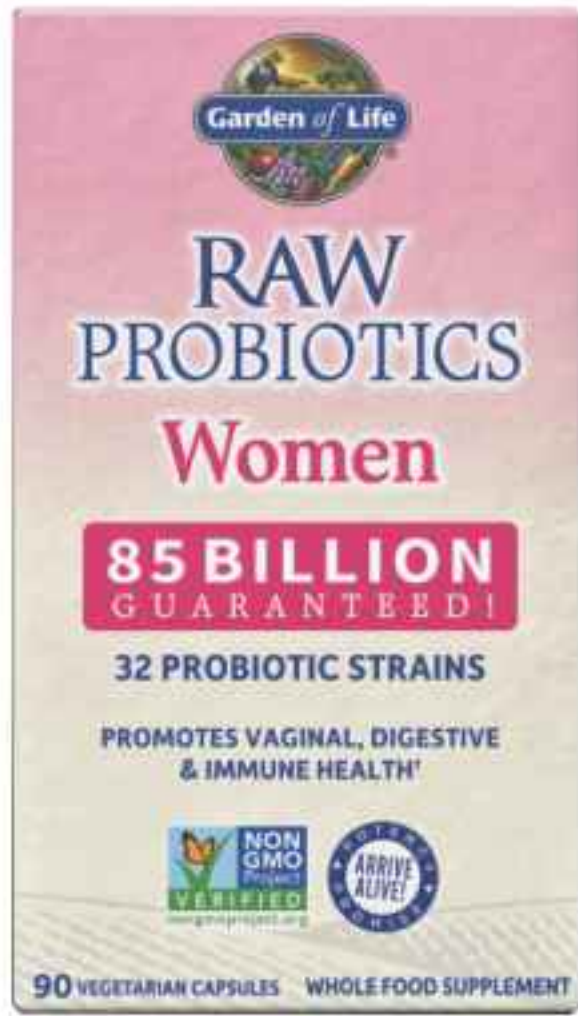
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whole food
probiotics

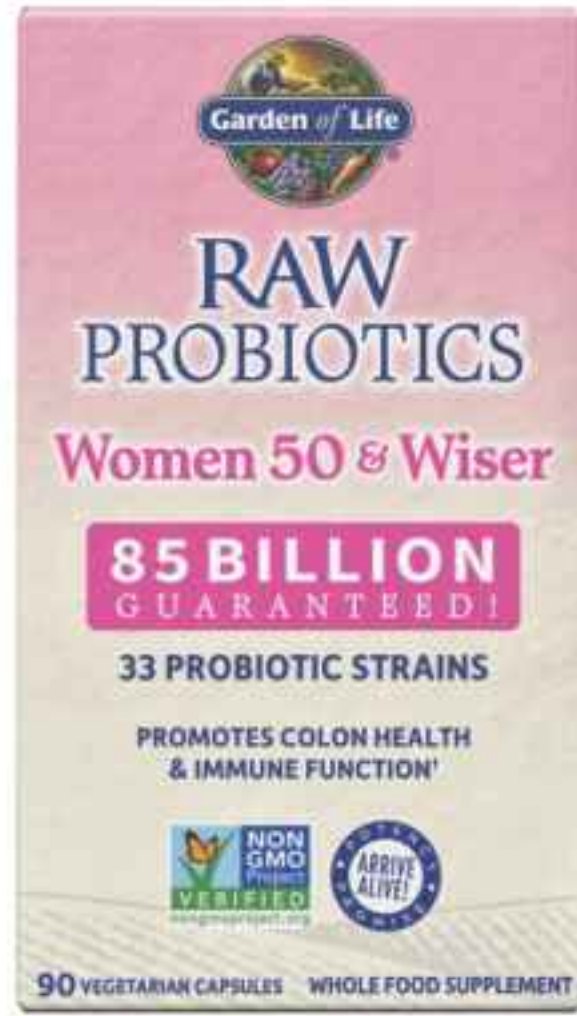
Raw Probiotics from **Garden of Life** offer all the benefits of a true food probiotic with a record-setting 30+ probiotic strains that are specially made for women to support digestive, immune and vaginal health through all stages of life.



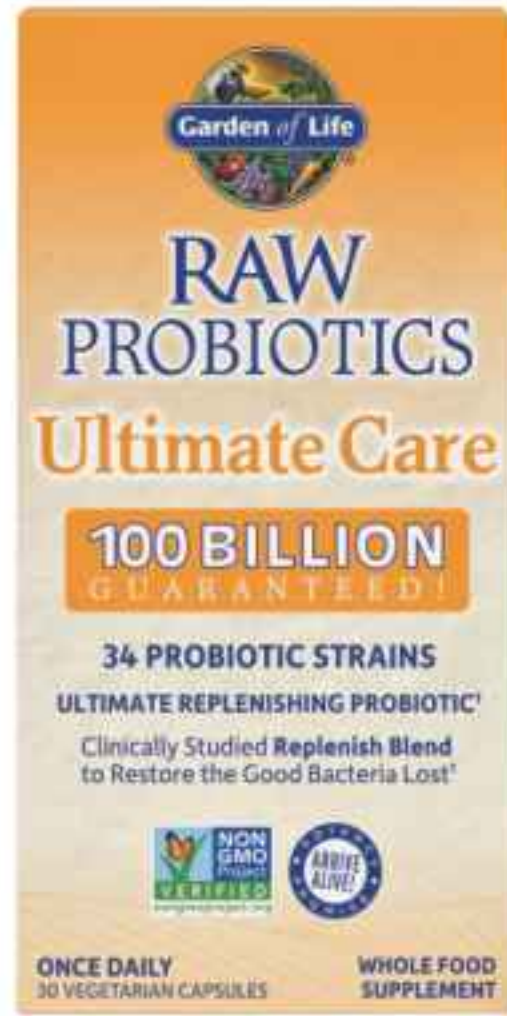
25.99
Garden of Life
Raw Probiotics
Vaginal Care
30 ct.



31.99
Garden of Life
Raw Probiotics
Women
90 ct.



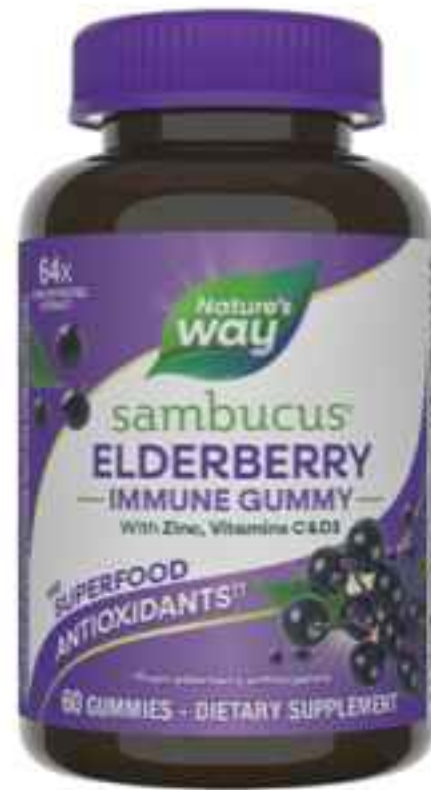
31.99
Garden of Life
Raw Probiotics
Women's 50 & Wiser
90 ct.



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.

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

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.

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
Good Tern 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
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

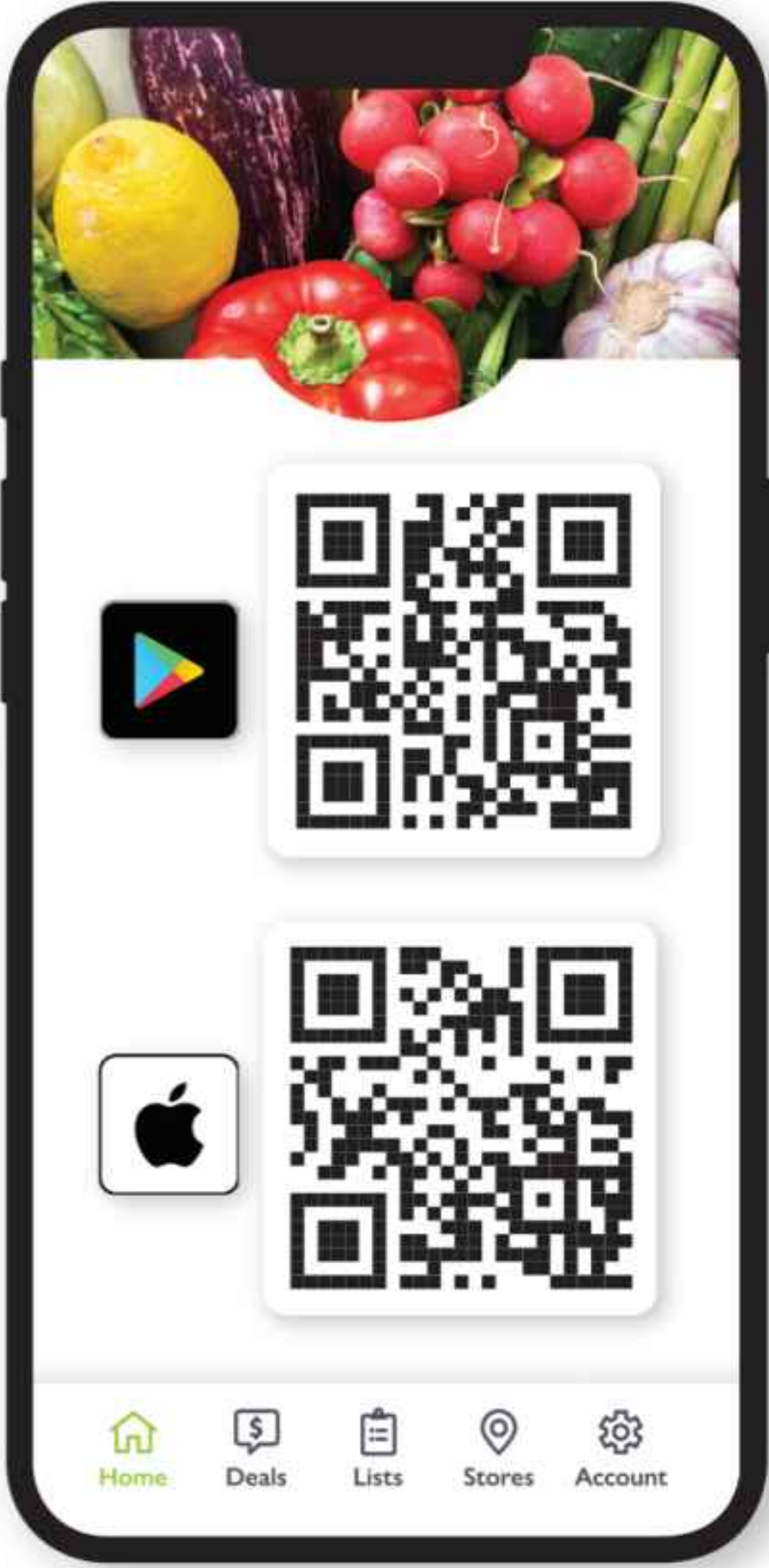
Brattleboro Food Co-op
Buffalo Mountain Market
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Morrisville Food Co-op
Putney Food Co-op
Rutland Area Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

VIRGINIA

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

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.

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



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.



NESE | 125A