

coop deals

SEP 2 - SEP 15, 2026

the reel deal

Wild Planet Tuna is the best catch for those busy days — add tuna to sandwiches, salads or pasta dishes. You'll get protein with every bite while staying on top of the new fall schedule. Find it on sale at the co-op now!



2/\$6

**Wild Planet
Skipjack Tuna**
5 oz., selected varieties



3/\$5

**Stonyfield
Organic
Yogurt Pouches**
3.5 oz., selected
varieties



2/\$6

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



3.49

**Briannas
Dressing or
Vinaigrette**
12 fl. oz., selected
varieties



2/\$8

**Cascadian Farm
Organic Frozen
Potatoes**
12-16 oz., selected
varieties

COOPERATIVELY OWNED



4.29

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

COOPERATIVELY OWNED



5.49

**Organic Valley
Half & Half**
32 fl. oz.

Check out these products that fly off our shelves!

Good values + Good value



3.99
Kite Hill
Plant-based
Sour Cream
8 oz.

4.79
Kite Hill
Plant-based
Yogurt
16 oz., selected
varieties

5.99
Kite Hill
Plant-based
Cream Cheese
8 oz., selected varieties

6.49
Kite Hill
Plant-based
Filled Pasta
9 oz., selected
varieties

*dairy-free
homeroom*

Made for dairy lovers, these dairy-free favorites bring creamy, tangy, craveable texture to busy back-to-school routines — from high-protein Greek-style yogurt and Whole30-approved almond-milk cream cheese to rich sour cream and versatile stuffed pastas.



2/\$4
Icelandic
Provisions
Skyr Yogurts
4.4-5.3 oz., selected
varieties



3.99 Green Valley
Organic Lactose-free
Cream Cheese
8 oz.

COOPERATIVELY OWNED



5.69
Organic Valley
Cottage Cheese
16 oz., selected varieties



*rich, creamy
and delicious*

Say “yes” to taste and “no” to artificial flavors. Delicious Cream Top Yogurt.

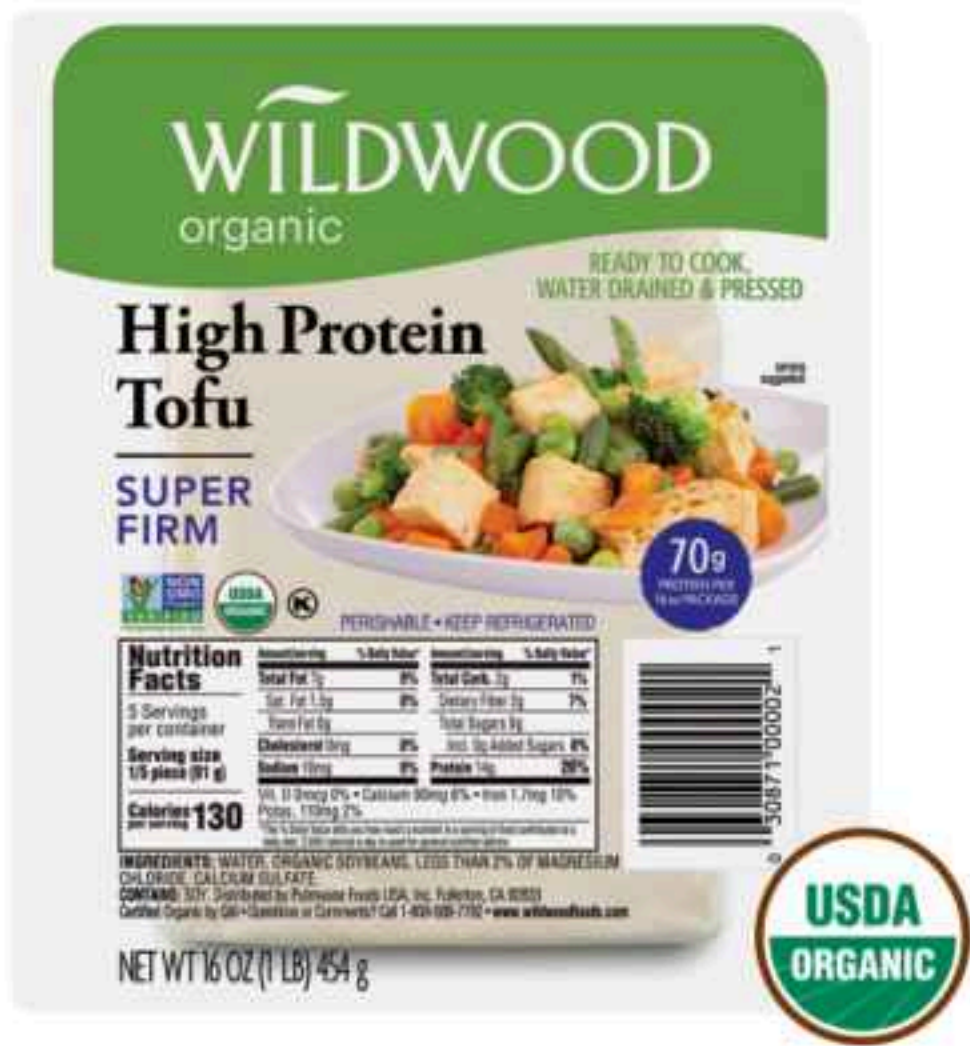
5/\$5
Brown Cow
Whole Milk Yogurts
5.3 oz., selected varieties



4.99
Nancy's
Organic Yogurt
32 oz., selected varieties

Blend or whip up a delicious meal.

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



3.49
Wildwood Organic
High Protein Tofu
16 oz.



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



4.99
Smart Chicken
Organic Whole
Chicken
per pound



5.49
Field Roast
Plant-based
Breakfast Sausage
9.3 oz



5.99
Grillo's
Pickles
32 fl. oz., selected
varieties



9.99
Beecher's
Mac & Cheese
18-20 oz., selected
varieties



12.99
Thousand Hills
90/10 Ground
Beef
16 oz.



feel alive inside

At KeVita, we believe when your gut's off,
your whole world is off. We create vibrant,
organic and non-GMO beverages with live
probiotics that make wellness accessible,
enjoyable and sustainable for all.

2 / \$6

KeVita
Organic Probiotic Drinks
15.2 fl. oz., selected varieties



3.99

Ithaca
Hummus
10 oz., selected varieties

Make room in the fridge for mealtime essentials.

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



4.29
Vital Farms
Pasture-raised
Large Grade A
Eggs
6 ct.



4.99
Vital Farms
Pasture-raised
Hard-boiled Eggs
6 ct.



6.99
Vital Farms
Pasture-raised
Large Eggs
1 doz.



9.49
Vital Farms
Large Pasture-raised
Grade A Eggs
18 ct.

*pasture-raised
perfection*

Vital Farms Eggs come from small family farms with each hen roaming on a minimum of 108 square feet of pasture. Ethically raised — taste the difference in every bite.



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



5.49
Violife
Just Like Feta
8.1 oz.



8.49
Uncle Matt's Organic
Orange Juice
52 fl. oz., selected varieties



3.69
Blue Diamond
Almondmilk
64 fl. oz., selected varieties



6.49
Flax4Life
Muffins or
Brownies
14 oz., selected varieties



5.99
Forager Project
Organic
Cashewmilk
Yogurt
24 oz., selected varieties

The co-op helps make breakfast easy.

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

INCLUSIVE TRADE PARTNER

Tucson Tamale is a Hispanic- and woman-owned company. Our Mexican-American family recipes and traditions make for award-winning tamales.



5.49 Tucson Tamale Tamales
10 oz., selected varieties



brings the sizzle

Juicy, delicious and worth waking up for. Made with avocado oil and easy-to-prepare — it's a perfect way to start the day.

5.99
Beyond Breakfast Sausage
9.7 oz., selected varieties



4.99 Bubbies Mochi Ice Cream
7.5 oz., selected varieties



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



5.99 Cosmic Bliss Organic Frozen Dessert
14 fl. oz., selected varieties

taste the difference

Experience the rich, creamy goodness of Alden's Organic ice cream. Made with premium organic ingredients, every bite offers flavor you can feel good about. Treat yourself today!



9.49 Alden's Organic Ice Cream
48 fl. oz., selected varieties



10.99 Against the Grain Gluten & Grain-free Pizzas
22.4-24 oz., selected varieties



12.99 Cascadian Farm Organic Frozen Fruit
28-32 oz., selected varieties

Frozen meals and treats are at the co-op.

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



2/\$4

Earth's Best
Organic Yogurt Smoothies
4.2 oz., selected varieties

INCLUSIVE TRADE PARTNER



2.39

Fillo's
Walking Tamales
4 oz., selected varieties

Fillo's is a Hispanic-owned company. We offer a range of reimagined Latin staples that are packed with flavor and nutrients.



5.39

Woodstock
Organic Pickles
24 oz., selected varieties



3.79

Montebello
Organic Pasta
16 oz., selected varieties



17.99

Pamela's
Gluten-free
Pancake & Baking
Mix
4 lbs.



made for real food

Classic, creamy mayo made with real, high-quality ingredients and good fats from avocado oil. No soy or canola oil, no artificial sweeteners — just real ingredients to elevate every eating occasion.

7.39

Primal Kitchen
Mayonnaise
12 fl. oz.



16.99

Spectrum
Organic Extra Virgin
Olive Oil
25.4 fl. oz.

Enhance your meals with Co+op Deals.

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



2.79

Westbrae
Organic Beans
15 oz., selected varieties



2.79

Ancient Harvest
Organic Polenta
18 oz., selected varieties

INCLUSIVE TRADE PARTNER

Maria & Ricardo's is a Hispanic-owned company. We've expanded our natural and organic tortilla products to meet a variety of dietary needs.



3.29

Maria & Ricardo's
Organic Flour Tortillas
8 ct.



8.99

Lucini Italia
Organic Pasta
Sauce
24 oz., selected varieties



10.99

Woodstock
Organic Peanut
Butter
35 oz., selected varieties



15.99

Zoe
Extra Virgin Olive
Oil
33.8 fl. oz.



noodles worth slurping

Koyo Noodles are crafted from freshly milled organic heirloom grains and deliver delicious, comforting flavor in every bowl. Dive in and slurp it up!

3 / \$4

KOYO
Ramen Soup Packs
or Cups
2-2.1 oz., selected varieties



2 / \$7

Imagine
Organic Broths
32 fl. oz., selected varieties

Easy and delicious back-to-school dinners.

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



2.99
Pirate Brands
Aged White
Cheddar Puffs
4 oz.



3.69
Mary's Gone
Crackers
Organic Original
Crackers
4 oz., selected varieties



2/\$6
Boulder Canyon
Potato Chips
5.25-6.5 oz., selected varieties



2/\$7
SkinnyPop
Popcorn
4.4-5.3 oz., selected
varieties



2/\$7
Stacy's
Pita or Bagel
Chips
6.75-7.33 oz., selected
varieties



2/\$7
Kettle Brand
Potato Chips
4.25-5 oz., selected varieties

COOPERATIVELY OWNED



2/\$7
Blue Diamond
Nut Thins
3.75-4.25 oz., selected varieties



5.99
Garden of Eatin'
Organic Tortilla Chips
14 oz., selected varieties



3.79
Lundberg Family
Farms
Organic Rice Cakes
5-9.3 oz., selected varieties



3.79
Food Should Taste
Good
Tortilla Chips
5.5 oz., selected varieties



4.99
Green Mountain
Gringo
Salsa
16 oz., selected varieties

After-school snacks are at the co-op.

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

1.79

Vermont
Smoke & Cure
Meat Stick
1 oz., selected varieties



2/\$3
Culture Pop
Probiotic Sodas
12 fl. oz., selected
varieties



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



3.79
Lake Champlain
Chocolates
5 Star Bar
1.8-2 oz., selected
varieties



2/\$7
Jennies
Coconut Bites or
Macaroons
5.25 oz., selected
varieties



3.99
C2O
Coconut Water
33.8 fl. oz., selected
varieties



3.99
R.W. Knudsen
Organic Juice
Blend
32 fl. oz., selected
varieties



3.99
Endangered
Species
Chocolate Bar
3 oz., selected
varieties



4.79
Theo
Organic
Chocolate Bar
3 oz., selected varieties



5.29
If You Care
Paper Snack &
Sandwich Bags
49 ct.



5.69
Kind
Grain Clusters or
Granola
9-11 oz., selected
varieties

15.99

Ultima Replenisher
Electrolyte Drink Mix
3.4-3.9 oz., selected varieties

On-the-go options for the whole family.

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2.99

Pacific Foods
Plant-based
Beverage
32 fl. oz., selected
varieties



4.49

Bear
Fruit Snacks
5 pk.-7 oz., selected
varieties



energize, sustain
and nourish

Baked with delicious, wholesome ingredients
and purposefully crafted with a blend of
protein, fat and carbs to keep you moving.

2/\$3

Clif or Luna
Nutrition Bars
2.4 oz., selected varieties



4.99

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



COOPERATIVELY OWNED

10.99

Equal Exchange
Organic Coffee
10-12 oz., selected varieties



17.99

Om
Organic Lion's Mane
Mushroom Powder
3.5 oz.

whole wheat goodness



Wake up to tasty, deliciously
crunchy, sweet shredded wheat
biscuits full of autumn flavors the
whole family will enjoy and that
will help them start their day
with a smile.

6.39

Kashi
Cereal
12.7-18 oz., selected varieties



4.69

Tazo
Tea
15-20 ct., selected varieties

Upgrade your day with deals from the co-op.

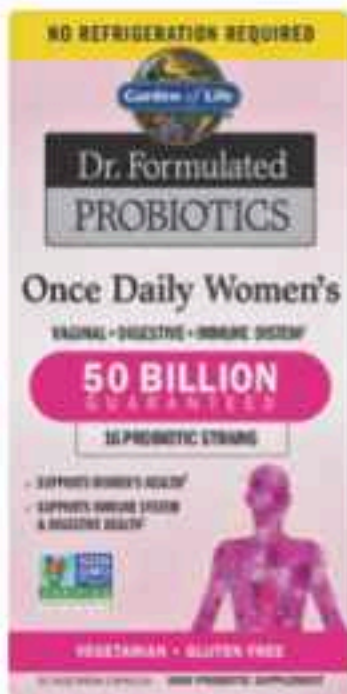
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activate your fall wellness

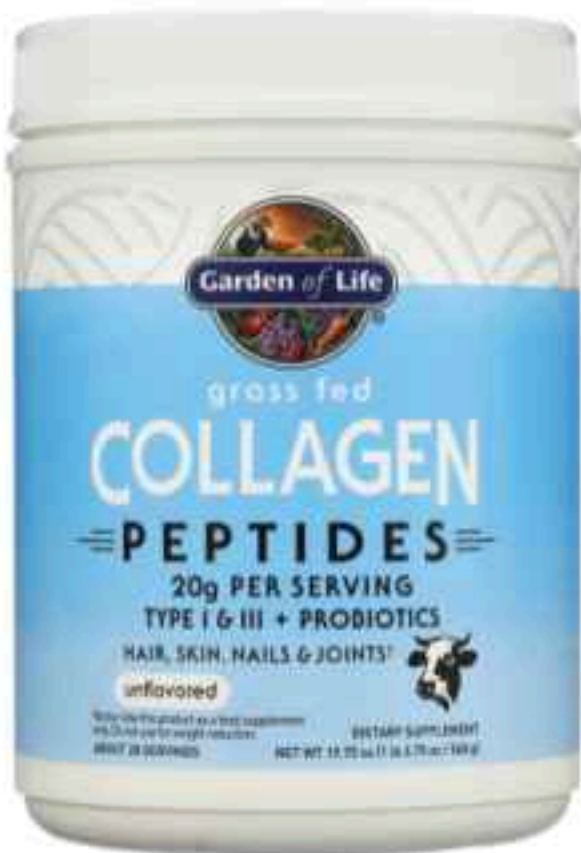
If Mother Nature can take a tiny seed and turn it into a thriving tree, imagine how alive she can make you feel. Activate your fall wellness plan with supplements sourced from real, potent ingredients, for a difference you can feel.



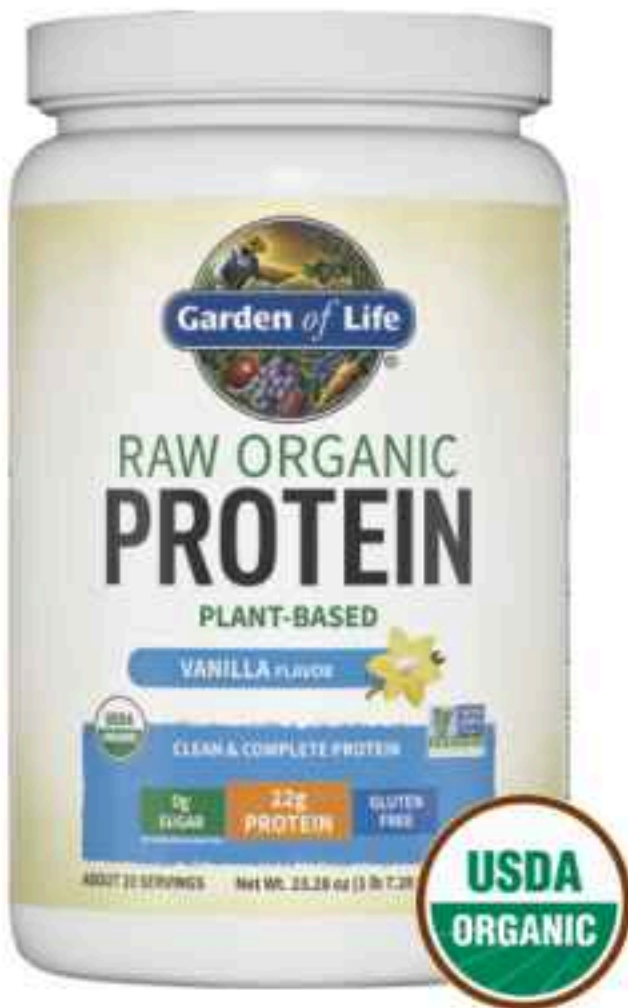
23.99
Garden of Life Organic Elderberry Gummies
120 ct.



28.99
Garden of Life Women's Once Daily Probiotic
30 ct.



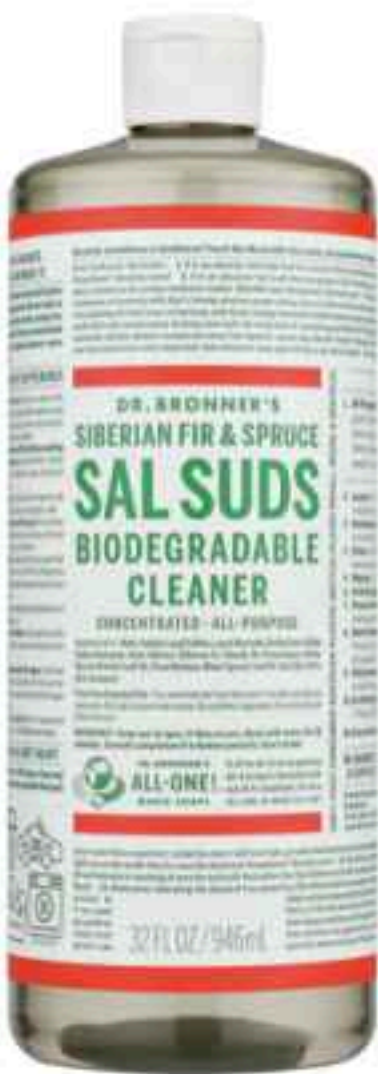
29.99
Garden of Life Grass-fed Collagen Peptides
19.75 oz.



31.99
Garden of Life Raw Organic Protein Powder
19.75-24.69 oz., selected varieties



7.99
Avalon Organics Shampoo or Conditioner
11 fl. oz., selected varieties



11.99
Dr. Bronner's Sal Suds
32 fl. oz.



8.29
Derma E Body Lotion
8 fl. oz., selected varieties



5.99
Davids Toothpaste
4-5.25 oz., selected varieties



7.99
Dr. Bronner's Organic Shaving Soap
7 fl. oz., selected varieties



8.69
Humble Deodorant
2.65 oz., selected varieties

Feel good, inside and out.

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**

Daily Groceries Co-op

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!

3/\$7

GT's Agua de Kefirs

12 fl. oz., selected varieties

2/\$6

GT's Alive Elixirs

16 fl. oz., selected varieties

7.49

GT's Synergy Kombucha

48 fl. oz., selected varieties

5.49

GT's Organic CocoYo Yogurt

8 fl. oz., selected varieties

raw. living. real.

INCLUSIVE TRADE PARTNER

Already love SYNERGY Kombucha? Explore more from **GT's Living Foods**, a family- and LGBTQIA+-owned brand creating raw, living products for every wellness ritual. From cultured hydration to coconut yogurt, every sip and spoonful is rooted in nature — never ultra-processed.



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.