

# coop deals

SEP 16 - SEP 29, 2026

*organic and flavorful*

Some mornings are hectic — a missed alarm or an early morning practice. Nature's Path Organic is a good option for ensuring your family has a breakfast that's both delicious and easy when time is limited. Find these organic and non-GMO cereals on sale at the co-op now!



**4.39**

**Nature's Path Organic Cereal**  
9.5-14 oz., selected varieties



**4/\$6**

**Larabar Fruit & Nut Bars**  
1.6-1.7 oz., selected varieties



**2/\$6**

**Annie's Macaroni & Cheese**  
6 oz., selected varieties



**2/\$7**

**Hippeas Chickpea Snacks**  
3.75-5 oz., selected varieties



**2/\$7**

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



**4.39**

**Mrs. Meyer's Liquid Hand Soap**  
12.5 fl. oz., selected varieties

COOPERATIVELY OWNED



**4.99**

**Organic Valley Large Free-range Brown Eggs**  
1 doz.

Check out these products that fly off our shelves!

**Good values + Good value**



pasture-perfect cheese

COOPERATIVELY OWNED

All of our cheeses start with organic pasture-raised milk from our family farms. We then combine our premium ingredients with time-honored recipes for a taste that is irresistibly delicious, no matter how you slice it (or shred it).

4.99

Organic Valley Shredded or Sliced Cheese  
6 oz., selected varieties

6.99

Organic Valley American Cheese  
11 oz., selected varieties

11.99

Organic Valley Mozzarella Stringles  
18 oz.

simple ingredients and protein rich!



Rich, creamy and made with only milk and live active yogurt cultures. It's delicious and plain extraordinary.

3 / \$4

Fage Greek Yogurts  
5.3 oz., selected varieties



5.49

Chobani Coffee Creamer  
24 fl. oz., selected varieties



2.69

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



COOPERATIVELY OWNED

5.99

Organic Valley Grassmilk  
59 fl. oz., selected varieties



6.29

Wildbrine Kimchi  
18 oz., selected varieties

Start your day strong with these deals.

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



5.79

Lifeway  
Organic Kefir  
32 fl. oz., selected varieties



2/\$7  
GoodBelly  
Probiotic Drinks  
32 fl. oz., selected  
varieties



3.99  
Tofurky  
Plant-based Deli  
Slices  
5.5 oz., selected varieties

INCLUSIVE TRADE PARTNER

Nuts for Cheese is a LGBTQIA+- and woman-owned company. Our cheese is crafted from 100% organic cashews, fermented and rich in probiotics with billions of CFUs per serving.

6.49

Nuts for Cheese  
Organic Cashew  
Cheese  
4.23 oz., selected  
varieties



4.39  
Hodo  
Organic Tofu  
8-10 oz., selected  
varieties



8.99  
Smart Chicken  
Boneless Skinless  
Breast Fillet  
per pound



14.99  
Thousand Hills  
Grass-fed NY  
Strip Steak  
8 oz.

classic treats, real ingredients

Two creamy classics, dark chocolate and vanilla bean, made with simple organic ingredients and real flavor. Served in a reusable glass jar worth savoring to the last spoonful.



4.39  
Petit Pot  
Organic French Dessert  
2 pk.-4 oz, selected varieties



6.99  
Cocojune  
Organic Coconut  
Cultured Yogurt  
16 oz., selected varieties

Good nutrition for great days.

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



*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/\$5**  
KeVita  
Organic Prebiotic  
Lemonades  
12 fl. oz., selected varieties

**2/\$6**  
KeVita  
Organic Probiotic  
Drinks  
15.2 fl. oz., selected varieties

**2/\$6**  
KeVita  
Organic Kombuchas  
15.2 fl. oz., selected varieties



**3/\$10**  
Pop & Bottle  
Organic  
Almond Lattes  
11 fl. oz., selected varieties



**4.99**  
North Coast  
Organic Apple Juice  
32 fl. oz., selected varieties



**5.49**  
Food for Life  
Organic Bread  
16-24 oz., selected varieties



*sip the coconut*

Made from organic young Nam Hom coconuts grown in Thailand. Enjoy pure coconut water or discover soft, tender coconut pulp for a refreshing sip with a little extra coconut.

**4.99**  
Harmless Harvest  
Organic Coconut Water  
16 fl. oz., selected varieties



**2/\$6**  
Health-Ade  
Organic Kombuchas  
16 fl. oz., selected varieties

**Sip and savor the deals from the co-op.**

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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                   |                                                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>2/\$6</b><br/>Cascadian Farm Organic Frozen Vegetables<br/>10 oz., selected varieties</p>                                                                                                                                                                                                                                                                                                                                                 |  <p><b>2/\$7</b><br/>Blake's Pot Pies or Shepherd's Pies<br/>8 oz., selected varieties</p>      |  <p><b>4.99</b><br/>So Delicious Plant-based Frozen Desserts<br/>1 pt., selected varieties</p>    |
|  <p><b>4.29</b><br/>Grain Trust Frozen Rice Side<br/>20-30 oz., selected varieties</p>                                                                                                                                                                                                                                                                                                                                                          |  <p><b>4.69</b><br/>Gardein Plant-based Protein<br/>8.8-13.7 oz., selected varieties</p>       |                                                                                                                                                                                      |
|  <p><b>4.99</b><br/>Alexia Frozen Potatoes<br/>15-19 oz., selected varieties</p>                                                                                                                                                                                                                                                                                                                                                               |  <p><b>5.49</b><br/>Alden's Organic Frozen Novelties<br/>9-14 fl. oz., selected varieties</p> |  <p><b>6.99</b><br/>Feel Good Foods Gluten-free Appetizers<br/>6-10 oz., selected varieties</p> |
| <div><p><i>gourmet meals in minutes</i></p><p>Enjoy real, comforting flavor in minutes with Woodstock frozen pastas. Made with organic ingredients and free from artificial colors, flavors and preservatives — for a delicious meal you can feel good about.</p><p><b>8.49</b><br/>Woodstock Organic Frozen Pasta<br/>20 oz., selected varieties</p></div> |                                                                                                                                                                                   |  <p><b>7.99</b><br/>Cappello's Grain-free Pizza<br/>11-12 oz., selected varieties</p>           |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                   |  <p><b>13.99</b><br/>Wyman's Frozen Blueberries<br/>48 oz.</p>                                  |

Frozen favorites from the co-op.

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



2/\$8

Celestial Seasonings  
Herbal Teas  
12-20 ct., selected varieties



4.49

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



5.99

Maranatha  
Organic Peanut Butter  
16 oz., selected varieties



4/\$5

Bob's Red Mill  
Oat Bars  
1.76 oz., selected varieties

COOPERATIVELY OWNED



12.99

Equal Exchange  
Organic Biorevolution  
Dark Roast Coffee  
per pound in bulk



8.99

Lakewood  
Organic Pure  
Pomegranate Juice  
32 oz.



3.99

Oatly  
Barista Edition  
Oatmilk  
32 fl. oz.



4.49

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



4.49

Oatly  
Oatmilk  
64 fl. oz., selected  
varieties



4.49

Oatly  
Plant-based  
Frozen Dessert  
1 pt., selected varieties

your favorite  
oatmilk sale!

Everyone knows **Oatly** makes great-tasting oatmilk products. But did you know Oatly is the world's first food and beverage company to be named a Climate Solutions Company? Yep. Sometimes you learn something from a Co+op Deals flyer. Shop the Oatly sale!

There's something for everyone at the co-op.

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

INCLUSIVE TRADE PARTNER

Fishwife is a woman-owned company. We aim to make ethically sourced and delicious tinned seafood a staple in every cupboard.



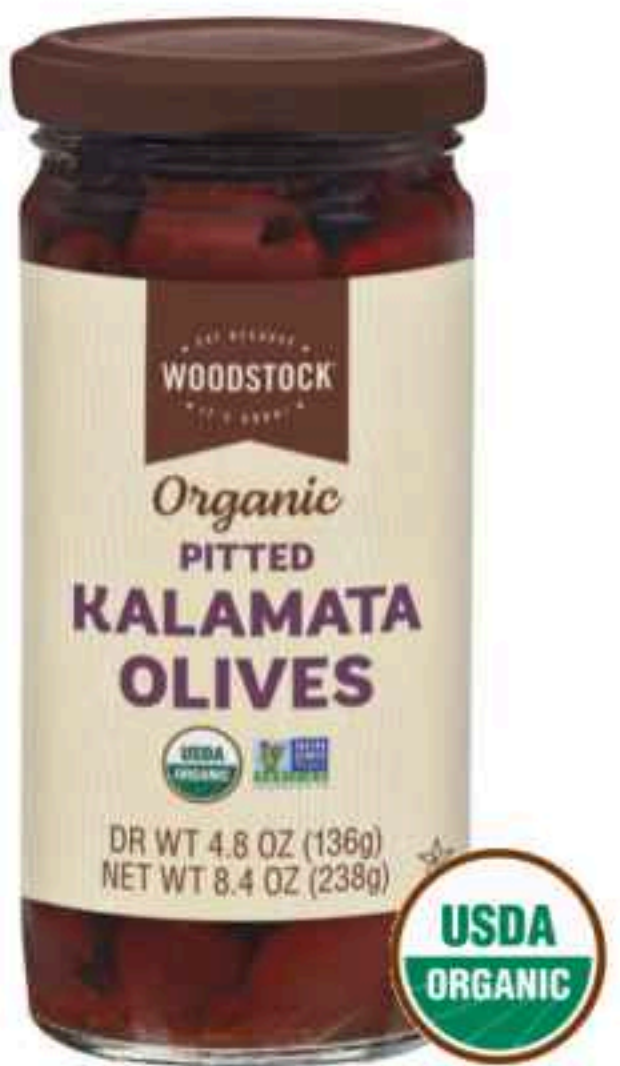
**6.49** Fishwife  
Tinned Fish  
3.7-4.2 oz., selected varieties



**2.99**  
Native Forest  
Organic Coconut  
Milk  
13.5 fl. oz., selected  
varieties



**2/\$6**  
Seeds of Change  
Organic Rice &  
Grain Sides  
8.5 oz., selected varieties



**3.99**  
Woodstock  
Organic Olives  
8.4-8.5 oz., selected varieties



**2/\$7**  
Lundberg Family  
Farms  
Organic Rice Sides  
5.5-6 oz., selected  
varieties



**5.99**  
LaCroix  
Sparkling Water  
12 pk.-12 fl. oz., selected  
varieties



**6.79**  
Bob's Red Mill  
Organic Flour  
5 lbs., selected varieties



**2.69**  
Pacific Foods  
Organic Cream Soup  
10.4-10.5 oz., selected varieties



**5.99**  
Once Again  
Organic Peanut Butter  
16 oz., selected varieties



**15.99**  
California Olive Ranch  
Global Blend Extra Virgin  
Olive Oil  
25.4 fl. oz.

**Stock your kitchen with deals from the co-op.**

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



**2/\$4**  
Siete  
Taco Seasoning  
1.31 oz., selected  
varieties



**3.99**  
Siete  
Salsa  
10.5 oz., selected  
varieties



**3.99**  
Siete  
Tortilla Chips  
5 oz., selected  
varieties



**7.49**  
Siete  
Tortillas  
7 oz., selected  
varieties

*thoughtfully  
crafted*

From Almond Flour Tortillas to  
our Grain Free Sea Salt Tortilla  
Chips to salsas for every taste,  
**Siete** makes Mexican-American  
heritage-inspired foods that ensure  
everyone has a seat at the table.



**1.79**  
Nixie  
Organic Zero  
Sugar Soda  
12 fl. oz., selected  
varieties



**5.39**  
Late July Snacks  
Salsa  
15.5 oz., selected  
varieties



**5.39**  
Better with  
Buckwheat  
Crispbreads  
3.7-4 oz., selected varieties



*game on!*  
Crunch into fall with plenty of great deals at  
the co-op from The Good  
Crisp Company! Try all of our amazing  
snacks: Crisps, Cheese Balls and Crinkle Cut  
... snacks the whole family can enjoy!

**2/\$7**  
The Good Crisp  
Potato Crisps  
5.6 oz., selected varieties



**3.99**  
Late July Snacks  
Organic Tortilla Chips  
6-10.1 oz., selected varieties

**Go all out on these snack deals!**

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

INCLUSIVE TRADE PARTNER

Chomps makes on-the-go protein snacks that don't compromise on taste using sustainably sourced proteins with no hidden or harmful ingredients.

2/\$4

Chomps  
Meat Sticks  
1.15 oz., selected varieties



2/\$4

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



2.29

Justin's  
Organic Candy  
1.32-1.5 oz., selected  
varieties



2.99

The Ginger People  
Ginger Candy  
3 oz., selected varieties



2/\$6

Good Health  
Potato Chips  
5 oz., selected varieties



3.39

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



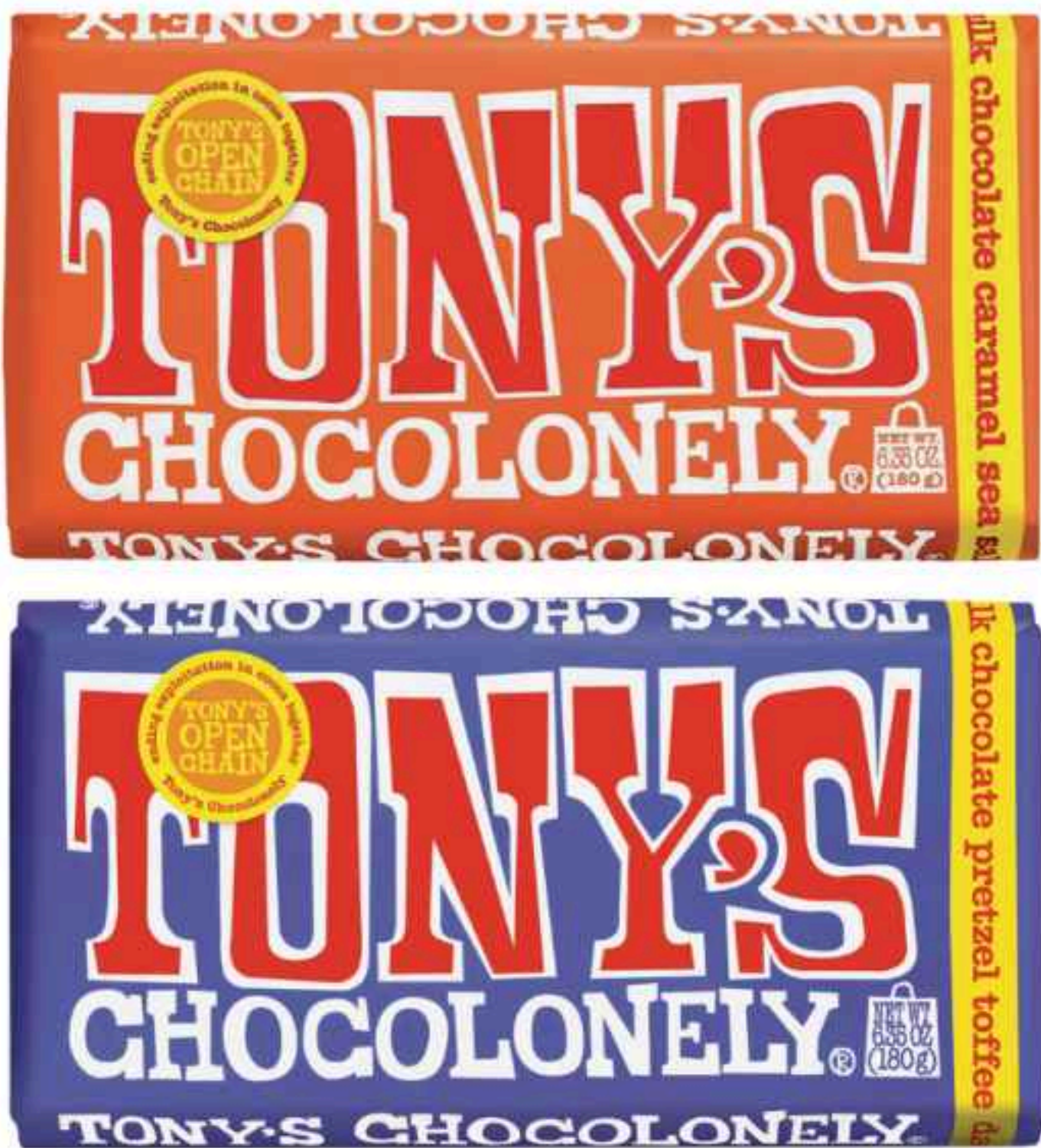
2/\$7

Chocolove  
Chocolate Bars  
2.9-3.2 oz., selected  
varieties



5.49

Unreal  
Candy  
3.2-5 oz., selected  
varieties



unwrap the goods

Tony's ChocOLONELY milk chocolate bars are made with premium, fair trade ingredients — on a mission to end exploitation in cocoa.

5.49

Tony's ChocOLONELY  
Chocolate Bar  
6.35 oz., selected varieties



2/\$10

Tate's Bake Shop  
Cookies  
5.5-8 oz., selected varieties

Fall for these snacks from the co-op.

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12.99

Nature's Way  
Umcka Syrup  
4 fl. oz., selected varieties

add apple cider  
vinegar

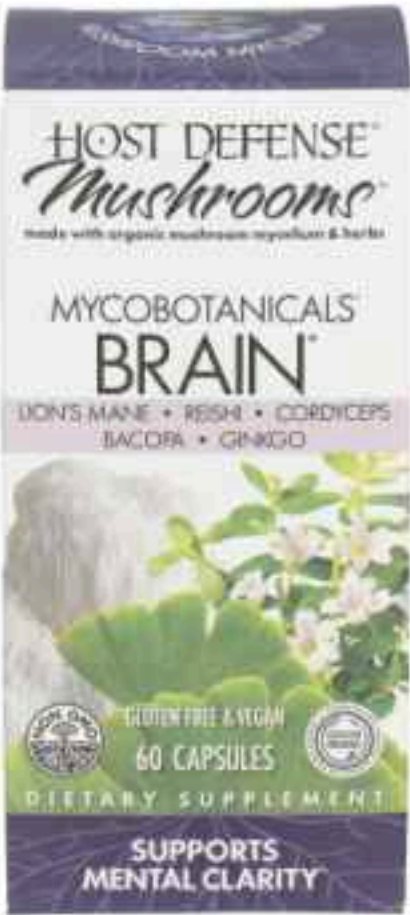
SCAN QR CODE FOR RECIPE  
Check out this recipe for a berry shrub. It's delicious, tart and includes apple cider vinegar for a functional wellness boost.



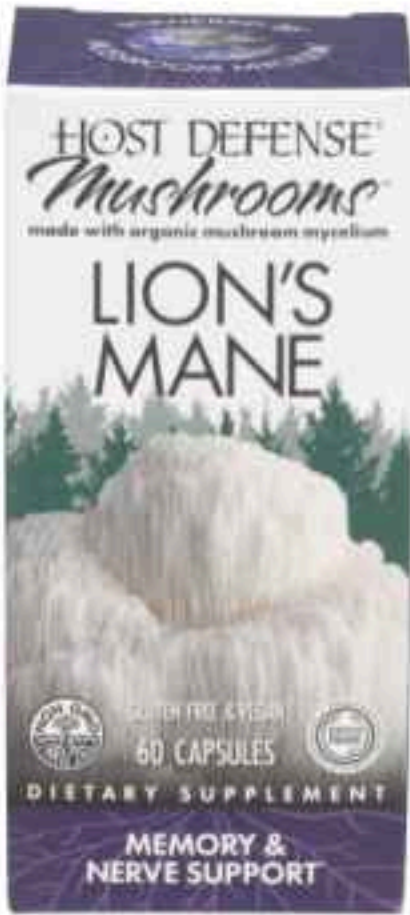
upgrade your immune support  
your future self will thank you



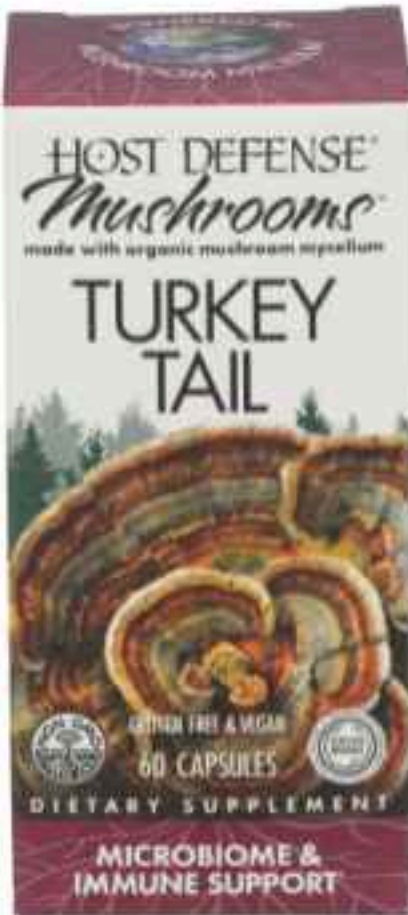
5.99  
Bragg  
Organic Apple  
Cider Vinegar  
32 fl. oz.



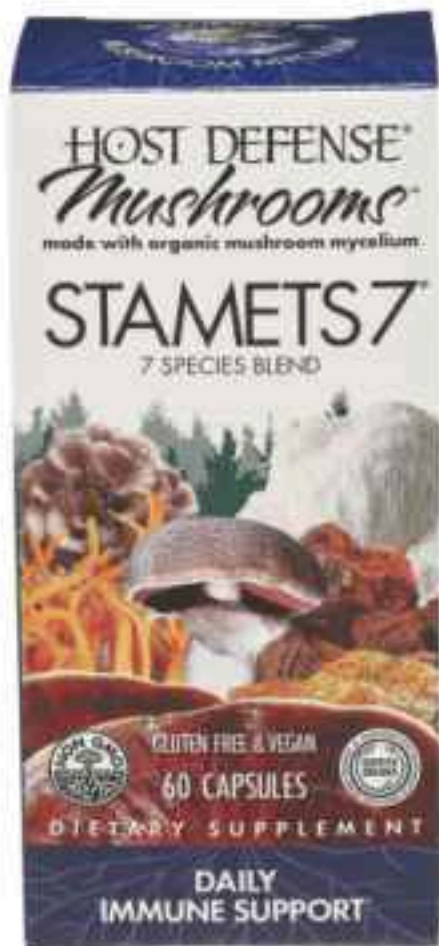
23.99  
Host Defense  
MycoBotanicals  
Brain Supplement  
60 ct.



25.99  
Host Defense  
Lion's Mane  
Mushroom  
Supplement  
60 ct.



25.99  
Host Defense  
Turkey Tail  
Mushroom  
Supplement  
60 ct.



29.99  
Host Defense  
Stamets 7  
Mushroom  
Supplement  
60 ct.

from the mushroom  
experts!

Host Defense® mushroom supplements are backed by 40+ years of expertise! Try popular Lion's Mane, Turkey Tail, Stamets 7® or Brain capsules today. They're powered by scientifically researched, USA-grown organic mushroom mycelium that meets the highest standards of quality.

Get ready for fall!



**3.99**

Tom's of Maine  
Spearmint Floss  
32 yds.



**5.69**

Tom's of Maine  
Mouthwash  
16 fl. oz., selected varieties



**5.99**

Tom's of Maine  
Toothpaste  
4-4.5 oz., selected varieties



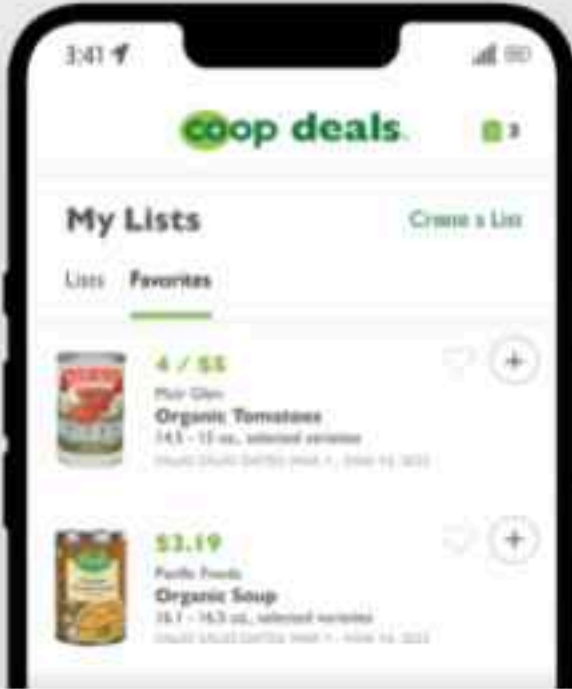
**7.99**

Tom's of Maine  
Deodorant  
3.25 oz., selected varieties



*nature can  
work wonders*

**Tom's of Maine** has natural body care products you can count on. Our toothpastes, mouthwashes, deodorants and floss contain no artificial flavors, fragrances or preservatives. Plus, we donate 10% of our annual profits to organizations protecting nature.

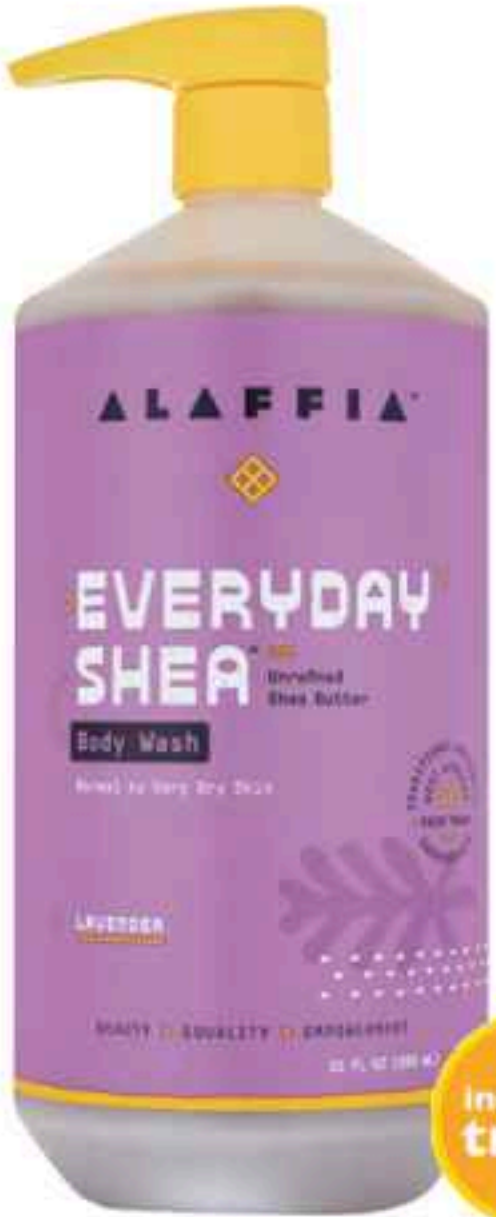


Never miss your **favorite deals.**  
Download the Co+op Deals app!



**INCLUSIVE TRADE PARTNER**

Alaffia is a Black-owned company. Our projects enable Togolese communities to share their skills and knowledge with the rest of the world.



**12.99**

Alaffia  
Everyday Shea  
Body Wash  
32 fl. oz., selected varieties





**4.39**

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



**7.99**

Andalou Naturals  
Body Lotion  
8 fl. oz., selected varieties



**9.49**

Pranarom  
Organic Lavender  
Essential Oil  
.17 fl. oz.





**12.99**

Naturtint  
Hair Color  
5.07 fl. oz., selected varieties

Find your body care essentials 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.

### ARKANSAS

Ozark Natural Foods  
380 North College Avenue, Fayetteville

### COLORADO

Durango Natural Foods Co-op  
575 East Eighth Avenue, Durango

### LOUISIANA

New Orleans Food Co-op  
2372 St. Claude Avenue, New Orleans

### NEW MEXICO

La Montañita Co-op  
3500 Central Avenue S.E., Albuquerque  
2500 12th Street, Building H, Albuquerque  
105 East Coal Avenue, Gallup  
913 West Alameda, Santa Fe  
  
Los Alamos Cooperative Market  
95 Entrada Drive, Los Alamos  
  
Silver City Food Co-op  
907 North Pope Street, Silver City

### SOUTH DAKOTA

Breadroot Natural Foods Co-op  
100 East Blvd. N, Rapid City

### TEXAS

Wheatsville Co-op  
3101 Guadalupe Street, Austin  
4001 South Lamar, Austin

### UTAH

Wasatch Food Co-op  
416 E 900 S, Salt Lake City

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.



2/\$6

Bionaturae  
Organic Pastas  
16 oz., selected  
varieties



2/\$7

Bionaturae  
Organic Tomatoes  
24-28.2 oz., selected varieties



16.99

Bionaturae  
Organic Extra  
Virgin Olive Oil  
25.4 fl. oz.

rooted in  
tradition

Quality begins at the source. From olives grown on small Northern Italian farms to carefully selected tomatoes and artisan-crafted pasta, every product reflects a dedication to responsible sourcing, traditional methods and the authentic flavors of Italy.



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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