

coop deals

SEP 30 - OCT 20, 2026

fabulous fall meals

GATHER AROUND

When the air starts to get a little cooler, gather the family around for a warm fall meal. Maya Kaimal Tikka Masala Simmer Sauce is the perfect ingredient for a cozy weeknight dinner — and it's on sale at the co-op now!



4.99

Maya Kaimal
Indian Simmer Sauce
12.5 oz., selected varieties



2/\$5

Near East
Side Dish Mixes
5.25-10 oz., selected
varieties



4.99

Laoban
Dumplings
6-8 oz., selected
varieties



6.99

Smart Chicken
Boneless &
Skinless Breasts
per pound

good for you
good for your budget



3.99

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



2/\$7

Equal Exchange
Organic Teas
20 ct., selected
varieties



7.99

Equal Exchange
Organic Baking or
Hot Cocoa
8-12 oz., selected varieties



10.99

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

building a
cooperative
economy

COOPERATIVELY OWNED

Directly from farmer cooperatives to the **Equal Exchange** worker-owned cooperative to your local food co-op: Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound. Support our beautiful cooperative supply chain this Co-op Month!

October is Co-op Month!
Co-ops Build Community



Meet cooperatively owned brands

exceptional flavor, responsibly sourced



COOPERATIVELY OWNED

Pure, sustainably sourced vanilla with rich, authentic flavor and never artificial. Frontier Co-op® brings out the best in every recipe.

9.99

Frontier Co-op
Organic Vanilla Extract
or Flavoring
2 fl. oz., selected varieties



COOPERATIVELY OWNED



5.49

Organic Valley
Cottage Cheese
16 oz., selected varieties

Co-ops support economic empowerment.

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

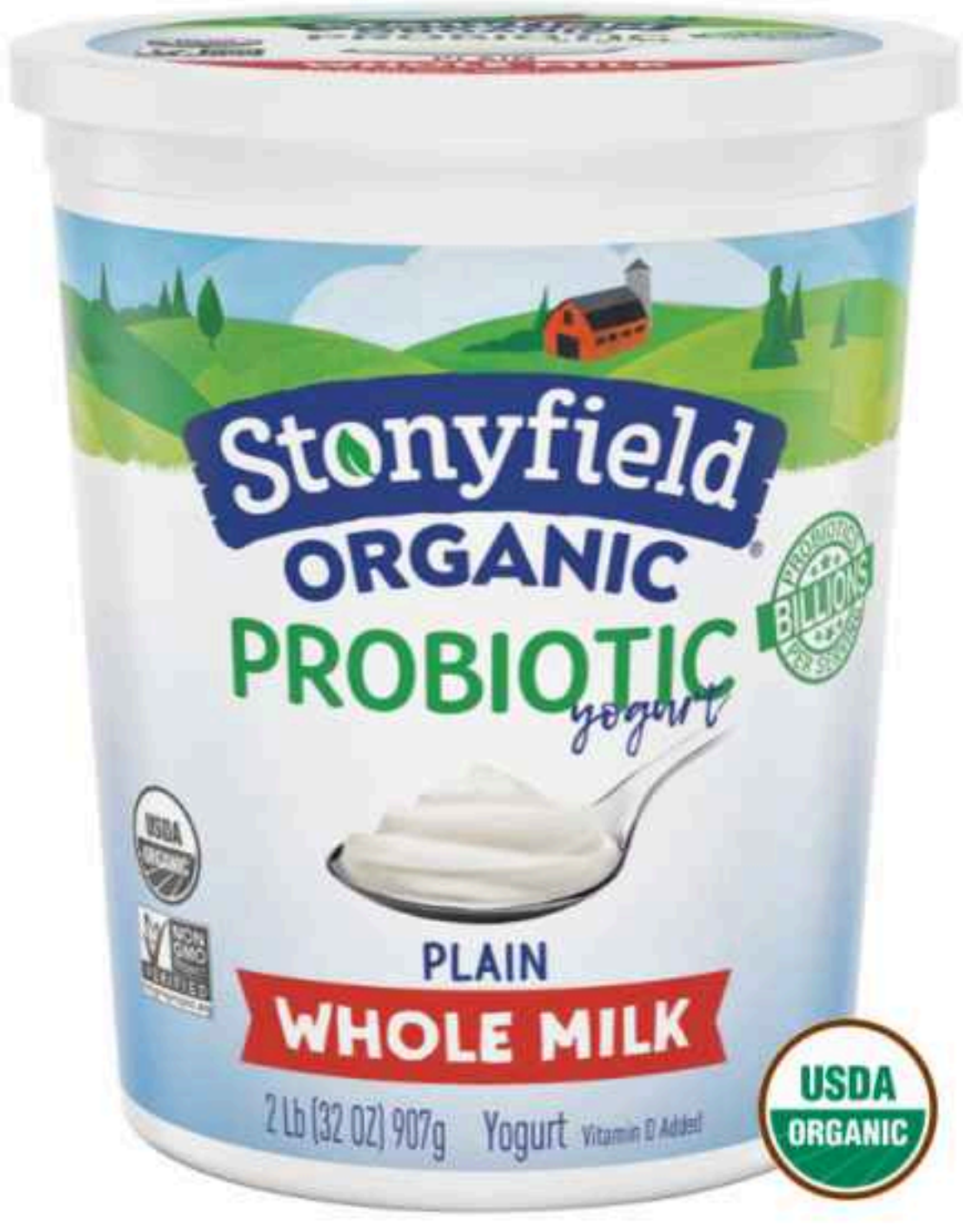
INCLUSIVE TRADE PARTNER

Wildwonder is an Asian- and woman-owned company. We reimagine beverages using gut-healing superfoods, and 5% of our profits go toward empowering women and marginalized communities.

2.69

Wildwonder Organic Pre & Probiotic Sparkling Drink
12 fl. oz., selected varieties





good. honest. organic.

Made from 100% organic milk from pasture-raised cows on family farms, Stonyfield Organic Whole Milk Yogurt is a good source of protein that supports immune and digestive health when eaten regularly as part of a healthy diet.

4.79

Stonyfield Organic Yogurt
32 oz., selected varieties



2/\$7

Planet Oat Oatmils
52 fl. oz., selected varieties



4.99

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



COOPERATIVELY OWNED

5.79

Organic Valley Creamer
32 fl. oz., selected varieties

hot Italian

This meaty, easy-to-make hot sausage packs delicious heat and authentic Italian flavor into each bite. Powered by avocado oil.



7.99

Beyond Plant-based Sausages
10.6-14 oz., selected varieties



5.99

Bizzy Organic Cold Brew Coffee
48 fl. oz., selected varieties



8.99

Thousand Hills 100% Grass-fed 80/20 Ground Beef
16 oz.



4/\$5

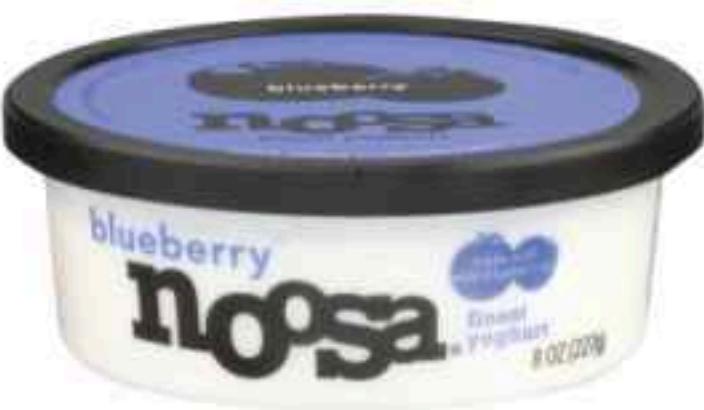
Chobani
Greek Yogurts
5.3 oz., selected varieties

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 Pre or Probiotic Drinks
15.2 fl. oz., selected varieties



2/\$5

Noosa
Yoghurts
8 oz., selected varieties



2/\$5

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



4.49

Upton's Naturals
Seitan
8 oz., selected varieties

ALIVE mood + mind

INCLUSIVE TRADE PARTNER

GT's Living Foods is a family- and LGBTQIA+-owned brand. Enjoy a sparkling reset for your mood and mind with added adaptogens and nootropics to help support your nervous system, naturally. Clear your mind. Calm your body. Uplift your spirit.

2/\$6

GT's
Alive Elixirs
16 fl. oz., selected varieties



7.49

Kite Hill
Plant-based Ricotta
8 oz.

Kick off the day with your morning essentials.

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



7.99

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

pasture-based cheese



5.49

Rumiano
Organic Block Cheese
8 oz., selected varieties

At Rumiano, we're dedicated to dairy done right. Our organic cheese is made only with milk from year-round pasture-raised cows on family-owned farms that are both Non-GMO Project Verified and American Humane Certified.



4.99

Bellwether Farms
Organic Whole
Milk Yogurt
16 oz., selected varieties



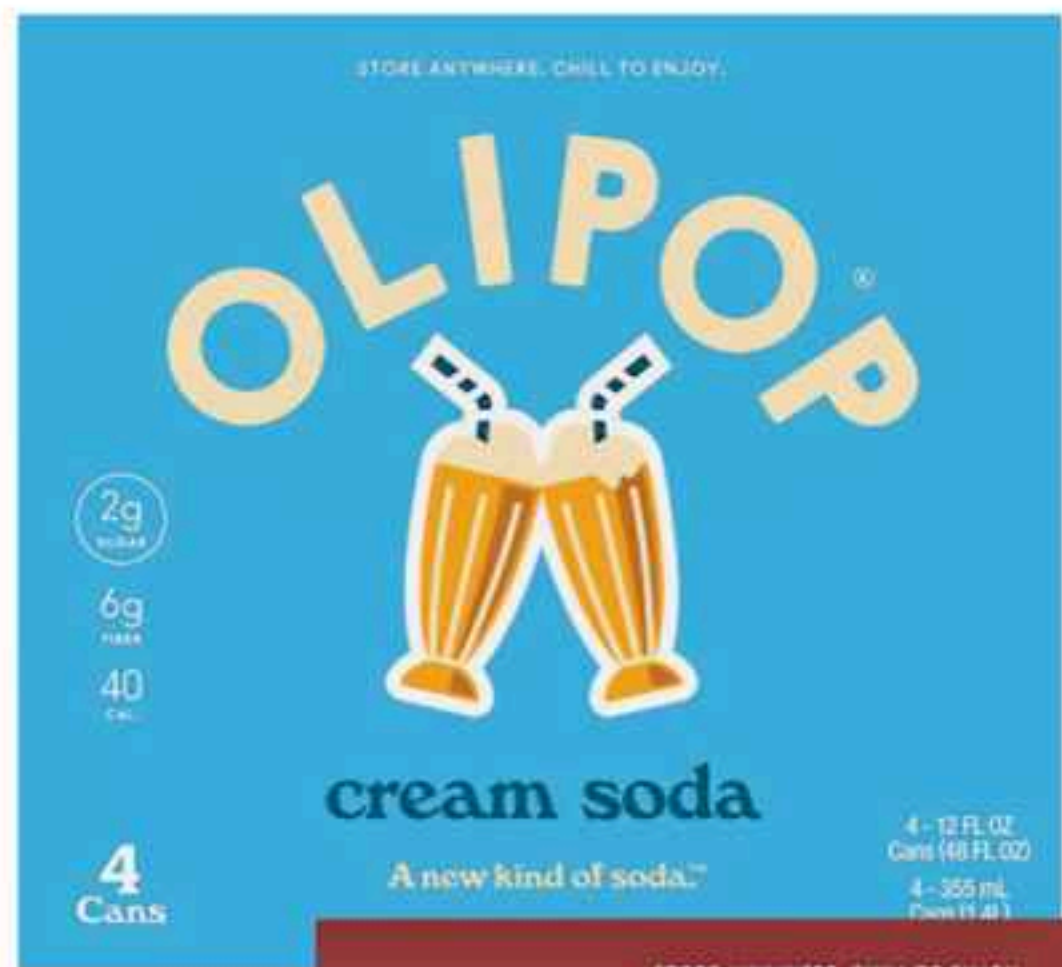
4.99

Quorn
Meat Alternative
8.5-12 oz., selected
varieties



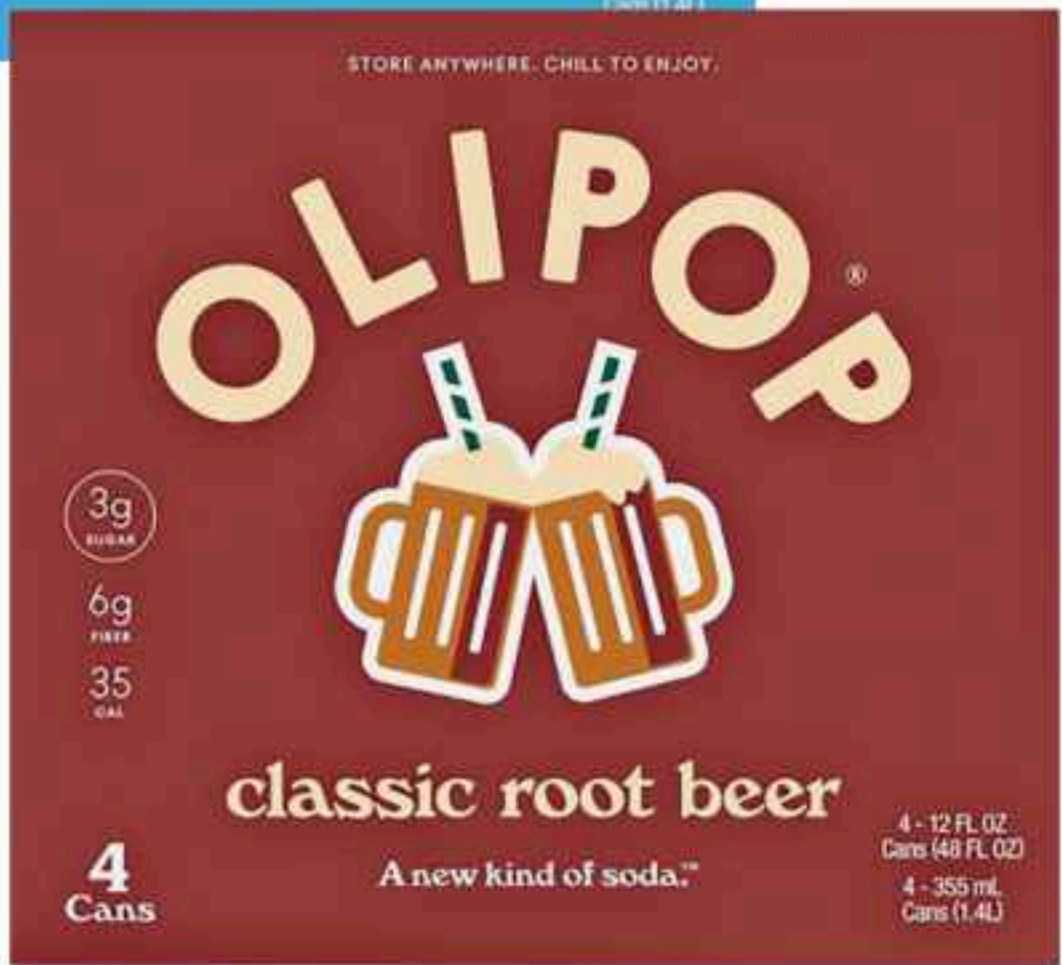
8.99

Rao's
Pizza
18.3-21.6 oz.,
selected varieties



fizzing with fiber

OLIPOP combines the classic soda flavor you know and love with prebiotics, plant fiber and botanicals to support your digestive health. Higher fiber, less sugar (compared to leading non-diet sodas).



6.49

Olipop
Prebiotic Soda
4 pk.-12 fl. oz., selected varieties



Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.

Solid options for busy days.



2/\$6

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



3.99

Amy's
Macaroni &
Cheese
9 oz.



5.99

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



8.99

Amy's
Frozen Pizza
13-14 oz., selected
varieties

homemade
goodness for
everyone

All of Amy's delicious meals,
pizzas, and burritos are made
with organic ingredients and real
care to satisfy every craving.



everyday low price

5.49

Field Day
Frozen Potatoes
16-24 oz., selected
varieties



7.99

Cappello's
Grain-free Pizza
or Pasta
9.9-12 oz., selected
varieties



5.49

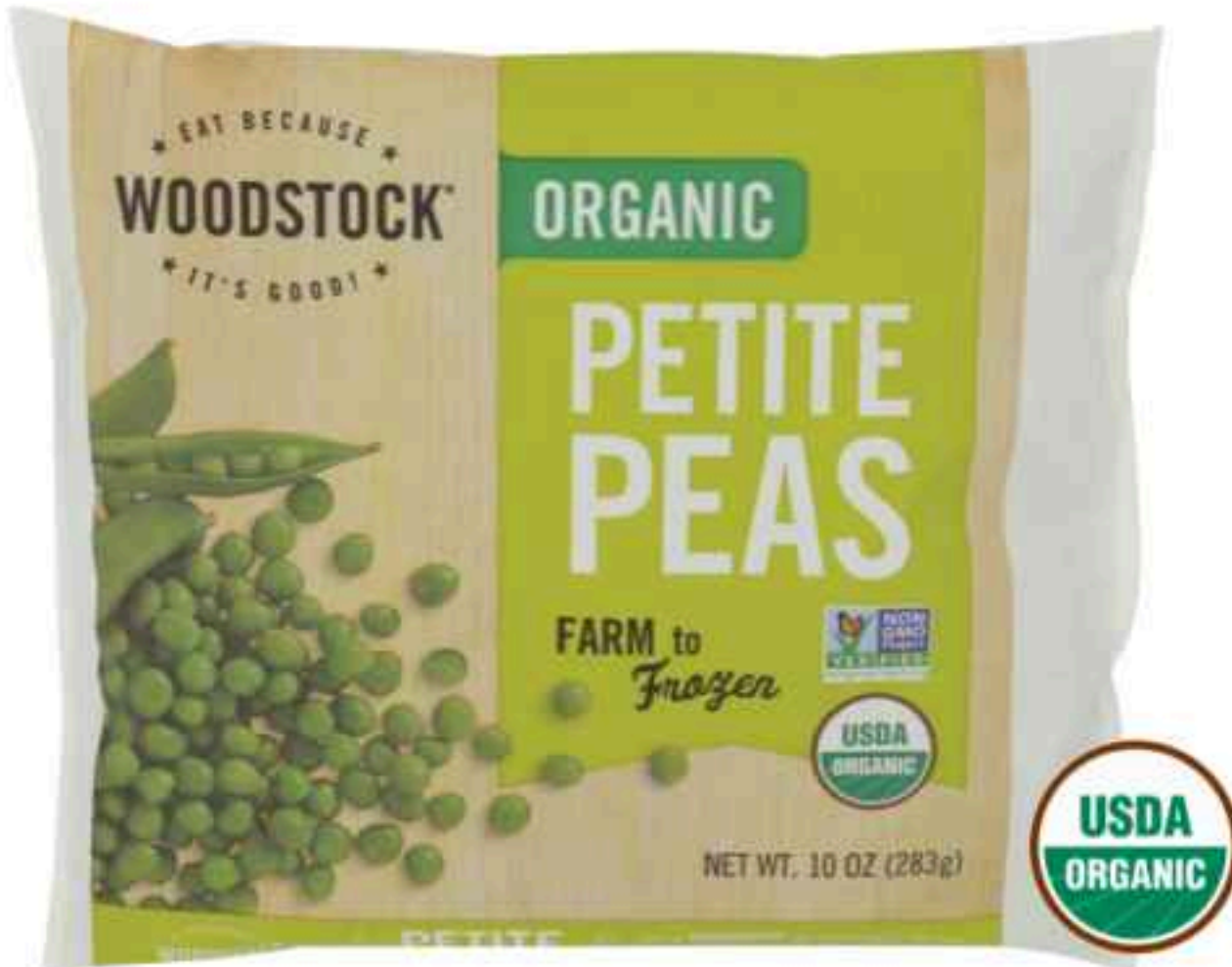
Food for Life
Organic Ezekiel 4:9 Bread
24 oz., selected varieties

certified gluten free

Indulge in the delicious
taste, soft texture and large
slices; you won't believe it's
gluten-free bread.

5.99

Udi's Gluten Free
Sliced Bread
12 oz., selected varieties



2/\$6

Woodstock
Organic Frozen Vegetables
10 oz., selected varieties

Frozen staples for anytime meals and snacks.

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



2/\$7

Kettle Brand
Potato Chips
5 oz., selected varieties



2.29
Harvest Snaps
Snacks
2.5-3.3 oz., selected
varieties



2/\$7
Frontera
Salsas
16 oz., selected varieties



4.39
Siete
Tortilla Chips
7.5 oz., selected varieties



4.49
Que Pasa
Organic Tortilla
Chips
7.5 oz., selected
varieties



5.49
Mi Niña
Tortilla Chips
10-12 oz., selected
varieties



uniquely delicious

Sweet potato. Parsnip. Batata. Kettle
potato. Flavor that's made to stand out.

2/\$6

Terra
Vegetable Chips
5 oz., selected varieties



4.29
Simple Mills
Cookies
4-5.5 oz., selected varieties

Cozy fall snacks are at the co-op.

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



2/\$5
Epic
Meat Bars
1.3-1.5 oz., selected
varieties



2/\$5
Blue Diamond
Almondmilk
32 fl. oz., selected
varieties

INCLUSIVE TRADE PARTNER

Purely Elizabeth is a woman-owned company. Elizabeth started Purely Elizabeth to make delicious food with nourishing ingredients to help you thrive on your wellness journey.



3.29
Nature's Path
Organic
Frozen Waffles
7.4 oz., selected varieties



4.29
Minor Figures
Organic Barista
Oatmilk
32 fl. oz., selected
varieties

6.49

Purely Elizabeth
Granola
8-12 oz., selected
varieties



2/\$8
Cascadian Farm
Organic Frozen
Fruits
8-10 oz., selected
varieties



4.49
R.W. Knudsen
Juice Blend
32 fl. oz., selected
varieties



2/\$9
Mom's Best
Cereals
17.5-24 oz., selected
varieties



5.49
Numi
Organic Tea
15-18 ct., selected
varieties



5.99
Bonne Maman
Fruit Curd or
Preserves
12.7-13 oz., selected
varieties



5.99
Applegate
Pork Bacon
8 oz., selected varieties



5.99
Dave's Killer Bread
Organic Bread
18-27 oz., selected
varieties



6.99
Bob's Red Mill
Organic Gluten-
free Rolled Oats
28-32 oz., selected
varieties



14.99
Four Sigmatic
Organic Coffee
with Mushrooms
10 oz., selected varieties

All your breakfast favorites are at the co-op.

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

INCLUSIVE TRADE PARTNER

GoMacro is a woman-owned company. We make plant-based nutrition bars accessible nationwide with delicious recipes.



2.69 GoMacro Organic Bar
2-2.4 oz., selected varieties

wellbeing starts within

When you enjoy a cup of Yogi tea, you commit to your wellbeing and to that of our planet.

3.99
Yogi Herbal Tea Blends
16 ct., selected varieties



2/\$3
Epic Meat or Seafood Strips
.8 oz., selected varieties



2/\$5
Aloha Organic Protein Bars
1.98-2.2 oz., selected varieties



4.79
Quinn Filled Pretzels
5-7 oz., selected varieties

herbal wellness within reach



Traditional Medicinals uses high-quality organic ingredients sourced through fair trade practices, investing in the ecosystems where plants thrive and the communities that steward them.

5.39
Traditional Medicinals Organic Herbal Tea
16 ct., selected varieties



3/\$5
Kind Fruit & Nut Bars
1.4 oz., selected varieties

Cozy fall deals are at the co-op.

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



3.49
Safe Catch
Elite Wild Tuna
5 oz.



4.39
Pacific Foods
Organic Soup
32 fl. oz., selected varieties



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



2/\$4
C2O
Coconut Waters
17.5 fl. oz., selected varieties



2.19
Essentia
Ionized Alkaline
Water
50.7 fl. oz.



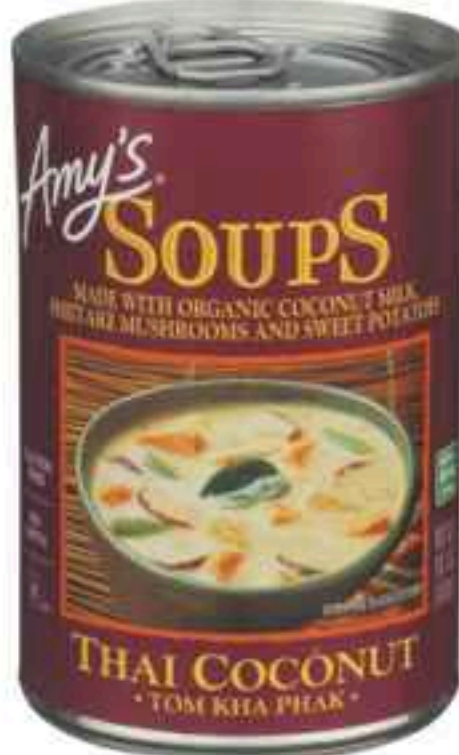
2.29
Mike's Mighty Good
Ramen Soup Pack
or Cup
1.6-2.4 oz., selected varieties



3.39
Mavuno Harvest
Organic Dried
Fruit
2-4 oz., selected varieties



3.79
San-J
Gluten-free
Tamari Soy Sauce
10 fl. oz.



3.99
Amy's
Soup
13.65-14.7 oz., selected varieties



4.99
Nixie
Organic Sparkling
Water
8 pk-12 fl. oz., selected varieties



4.99
Rao's
Soup
15.5-16 oz., selected varieties



6.99
Rao's
Pasta Sauce
24 oz., selected varieties

Budget-approved everyday ingredients.

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



2.99
DeLallo
Potato Gnocchi
16 oz., selected varieties



2/\$6
Muir Glen
Organic Tomatoes
28 oz., selected varieties

*premium pasta,
Italian made*

Made in Italy with 100% organic Italian grains, Montebello pasta is bronze die cut and slow dried for exceptional texture and true al dente bite. Perfect for baked pastas and weeknight favorites.

3.79
Montebello
Organic Pasta
16 oz., selected varieties



3.99
Ocean's Halo
Organic Broth
16.9 fl. oz., selected varieties



4.49
Woodstock
Organic Olives
8.4-8.5 oz., selected varieties



4.69
Magic Chocolate
Organic Chocolate Bar
2.93-3 oz., selected varieties



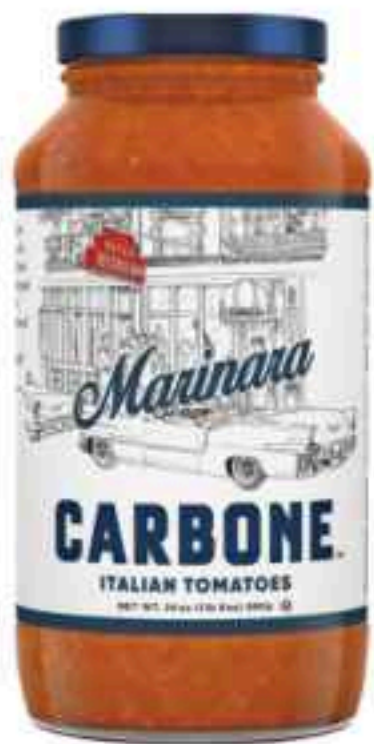
a premium pour

Crafted from organic Mediterranean olives and cold-pressed for a smooth, balanced flavor. Perfect for sautéing, roasting or drizzling over your favorite dishes. Now with a resealable pop-up spout!

17.99
Napa Valley Naturals
Organic Extra Virgin Olive Oil
25.4 fl. oz.



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



7.99
Carbone
Pasta Sauce
24 oz., selected varieties

Upgrade your meals with Co+op Deals.

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



10.49

Jason
Body Wash
30 fl. oz., selected varieties



9.99

Nubian Heritage
Body Lotion
13 fl. oz., selected varieties



15.99

Weleda
Skin Food Cream
2.5 fl. oz., selected varieties



25.99

Evanhealy
Organic
HydroSoul
4 fl. oz., selected
varieties



9.49

Schmidt's
Deodorant
2.65 oz., selected varieties

powered by
nature, proven
by science

At **ACURE**, we have one simple mission: to make clean beauty products accessible. Through ongoing product development and rigorous clinical trials, we've developed skincare, haircare and body care that's powerful for the skin and respectful to the planet.



6.49
Acure
Brightening
Cleansing Gel
4 fl. oz.



6.99
Acure
Brightening
Facial Scrub
4 fl. oz.



11.99
Acure
Brightening
Day Cream
1.7 fl. oz.



5.99
Acure
Shampoo or
Conditioner
8 fl. oz., selected varieties

Quality body care for less.

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



8.99

Heritage Store
Rosewater Facial Mist
8 fl. oz.

refresh your smile

Simple ingredients that work!
Baking soda and minerals help
whiten teeth while removing
plaque. Organic menthol crystals
freshen breath. Fluoride-free and
SLS-free, no carrageenan and 70%
organic ingredients! Certified
vegan and cruelty-free!



4.99

Dr. Bronner's
All-One Toothpaste
5 oz., selected varieties



2/\$9

DrTung's
Smart Floss
30 yd., selected varieties



25.99

Dr. Hauschka
Soothing
Cleansing Milk
4.9 oz

purity in every drop



Freshen your laundry naturally by adding three
drops of Lavender Essential Oil to each wool
dryer ball. Enjoy a clean, calming aroma from
100% pure essential oil.

7.99

Aura Cacia
Lavender Essential Oil
.5 fl. oz.

INCLUSIVE TRADE PARTNER

ECOS is a Black- and
woman-owned
company that
believes everyone
has a right to a
healthy home. We
create cleaning
products that
protect the health
and wellness of
people, pets and the
planet.



14.99

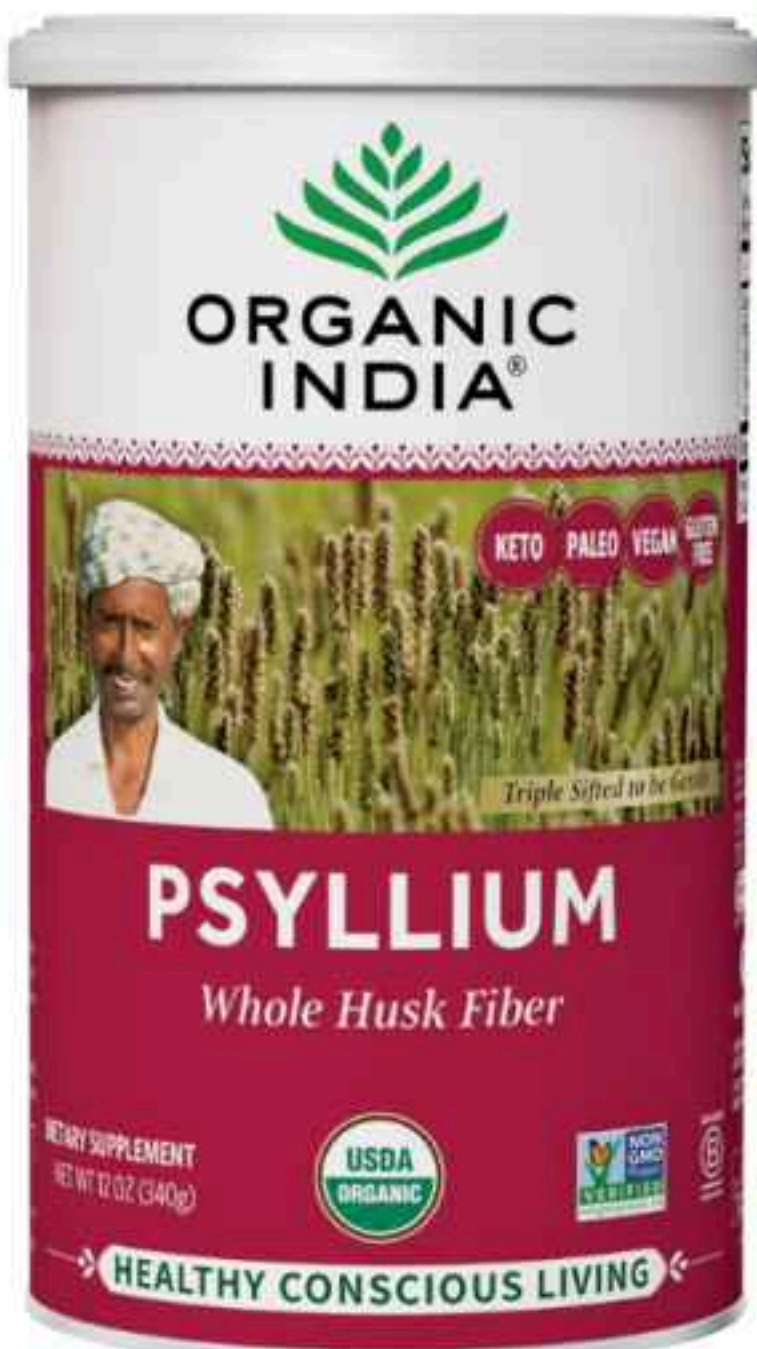
Ecos
Liquid Laundry Detergent
100 fl. oz., selected varieties



2/\$5
The Ginger People
Ginger Soothers
12 fl. oz., selected varieties



7.69
Bach
Rescue Remedy
Pastilles
35 ct., selected varieties



the fiber upgrade

Elevating an everyday essential with Certified Organic ingredients grown on small family farms and thoughtfully crafted without fillers or artificial additives, for fiber done right.

11.49
Organic India
Psyllium Husk Fiber
10-12 oz., selected varieties



Big savings on supplements at the co-op.
Wellness for the family.



9.99
Hyland's Naturals
Calms Forte
Sleep Aid
100 ct.



6.49
Manitoba Harvest
Hemp Hearts
8 oz.

INCLUSIVE TRADE PARTNER

MaryRuth's is a woman-owned company. We make vitamins and supplements for all stages of life, ensuring the utmost care and quality.



inclusive trade

14.99
MaryRuth's
Kids Multivitamin Gummies
60 ct.



21.99
Barlean's
Organic Flax Oil
16 fl. oz., selected varieties



Immune system boosts made easier.



19.99

Enzymedica
Digest Gold
45 ct.

consciously crafted!

Tested for ultimate purity, our individually wrapped chews blend organic ingredients with sustainable sourcing. It's clean, eco-friendly wellness crafted with deep respect for the planet.

9.99

MegaFood
Relax + Calm Magnesium Chews
30 ct.



14.99
Vitanica
CranStat Extra
60 ct.



21.99
Vital Proteins
Collagen Peptides
10-13.5 oz., selected varieties



32.99
Four Sigmatic
Organic Plant-based Protein Powder
16.9-21.16 oz., selected varieties

verified. trusted.



Our commitment to clean: Dr. Formulated Probiotics Once Daily for Women and Men. Non-GMO Project Verified with 50 billion CFU to support digestive, immune, and gender-specific health.

27.99

Garden of Life
Dr. Formulated Once Daily Probiotics
30 ct., selected varieties



21.99

Country Life
Coenzyme B-Complex
120 ct.

Fall wellness savings 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.

ALASKA

Co-op Market Grocery & Deli

ARIZONA

Food Conspiracy Co-op

CALIFORNIA

- BriarPatch Food Co-op
- Chico Natural Foods Cooperative
- Co-opportunity Market
- Davis Food Co-op
- Feather River Food Co-op
- Isla Vista Food Co-op
- North Coast Co-op
- Ocean Beach People's Organic Food Co-op
- Placerville Food Co-op
- Sacramento Natural Foods Co-op
- SLO Food Co-op
- SunCoast Market Co-op
- Ukiah Natural Foods Co-op

IDAHO

- Boise Co-op
- Moscow Food Co-op

MONTANA

Community Food Co-op

NEVADA

Great Basin Community Co-op

OREGON

- Alberta Cooperative Grocery
- Ashland Food Co-op
- Astoria Co+op
- Coos Head Food Co-op
- First Alternative Co-op
- Medford Food Co-op
- People's Food Co-op

WASHINGTON

- Central Co-op
- Community Food Co-op
- Main Market Co-op
- Olympia Food Co-op
- Orcas Food Co-op
- Skagit Valley Food Co-op
- Sno-Isle Food Co-op
- The Food Co-op

coop deals.

Download the App!



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

Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.



4/\$6

Annie's
Mac & Cheese
5.25-6 oz., selected varieties



2/\$8

Annie's
Organic Bunny
Grahams or Crackers
7-7.5 oz., selected varieties



2/\$8

Annie's
Snack Bars or Organic
Fruit Snacks
3.9-5.34 oz., selected varieties



4.99

Annie's
Organic Snack
Mix
9 oz., selected varieties

yum for everybunny

Hop into **Annie's** favorites made with more yum in mind. From easy meals to fun snacks, Annie's brings wholesome, organic choices that make lunches, snack time and weeknight dinners a little more joyful.



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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