

# coop deals®

APR 3 - APR 16, 2024

## fresh & creamy

Make a yogurt parfait with your favorite toppings for a delicious breakfast or anytime-of-the-day snack. Fage plain yogurt gives you a boost in protein, and the texture is so creamy. Find it on sale at the co-op!



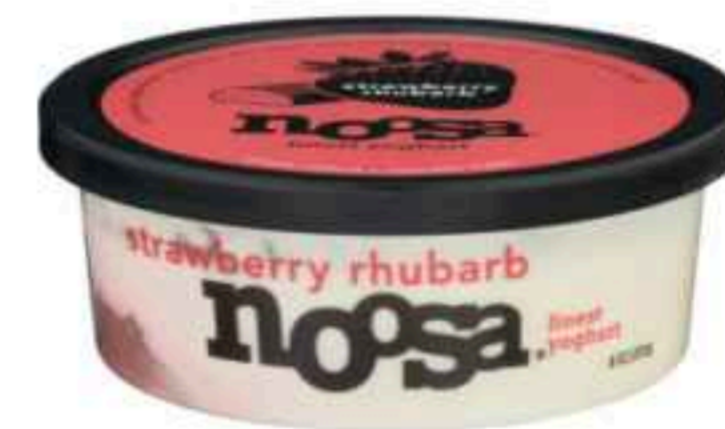
**5.99**

Fage  
Greek Yogurt  
32 oz., selected varieties



**2/\$4**

Just Ice Tea  
Organic Tea  
16 fl. oz., selected varieties



**2.29**

Noosa  
Yoghurt  
8 oz., selected varieties



**3.29**

Van's  
Frozen Waffles  
or Pancakes  
8-12.4 oz., selected varieties



**2/\$7**

Tasty Bite  
Indian Entrees  
10 oz., selected varieties



**3.79**

Late July  
Tortilla Chips  
7.5-7.8 oz., selected varieties



**12.49**

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



Head into the co-op for springtime deals.

**The tastes of spring.**





**2.79**  
**Vive Organic**  
**Wellness Shots**  
 2 fl. oz.,  
 selected varieties



**2.99**  
**Wildwood**  
**Organic**  
**Sprouted Tofu**  
 14 oz.,  
 selected varieties



**3.29**  
**Goodbelly**  
**Organic Probiotic**  
**Drinks**  
 32 fl. oz., selected  
 varieties



**4.49**  
**Ripple**  
**Plant-based Milk**  
 48 fl. oz., selected  
 varieties



**4.79**  
**Lifeway**  
**Organic Kefir**  
 32 fl. oz., selected  
 varieties



COOPERATIVELY OWNED



**4.99**  
**Organic Valley**  
**Family First Milk**  
 64 fl. oz., selected  
 varieties



COOPERATIVELY OWNED



**5.49**  
**Organic Valley**  
**Cottage or**  
**Ricotta Cheese**  
 15-16 oz., selected  
 varieties



**5.49**  
**Bitchin' Sauce**  
**Almond Dip**  
 7-8 oz., selected  
 varieties



*power of plant based*

Califia Farms is on a mission to create a future where plants replace dairy, without compromise. Califia produces innovative, healthy and great-tasting plant-based alternatives to dairy.

**4.99**

**Califia Farms**  
**Plant-based Creamer**  
 25.4 fl. oz., selected varieties



**3.99**

**Petit Pot**  
**Organic French Dessert**  
 2 pk.-3.5 oz., selected varieties



**Try something new from the co-op.**





**3.99**

Oatly  
Oatmilk  
32 fl. oz.,  
selected varieties



**4.49**

Oatly  
Oatmilk  
64 fl. oz.,  
selected varieties



**4.49**

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



**3.99**

Oatly  
Non-dairy Frozen  
Dessert  
1 pt., selected varieties

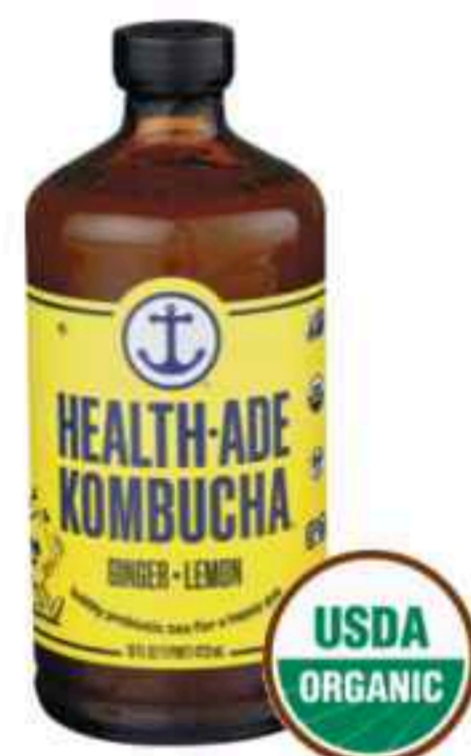
*check it oat*

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](http://oatly.com).



**5.29**

Just  
Plant-based Egg  
16 oz.



**2/\$5**

Health-Ade  
Organic  
Kombucha  
16 fl. oz., selected  
varieties



**2/\$7**

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



**4.49**

Mt Vikos  
Organic Feta Cheese  
6 oz.



**4.99**

So Delicious  
Organic  
Coconutmilk  
64 fl. oz., selected  
varieties



**5.49**

So Delicious  
Coconutmilk  
Yogurt  
24 oz., selected varieties

**Dairy and nondairy options are at the co-op.**



**INCLUSIVE TRADE PARTNER**

Grain Trust is a Hispanic-owned company that creates three-minute dishes from ethically sourced grains from farmers who earn living wages.



**2/\$8**

**Grain Trust  
Frozen Rice Sides**  
20-30 oz., selected varieties



**4.99**

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



**4.99**

**Rudi's  
Organic Bread or Buns**  
22-24 oz., selected varieties



Delicious meal solutions are at the co-op.  
**Enjoy tasty ingredients.**



**2/\$5**

**Stahlbush Island  
Farms  
Frozen Vegetables**  
10 oz., selected varieties



**4.99**

**Alexia  
Frozen Potatoes**  
15-19 oz., selected varieties



**4.79**

**Applegate  
Breakfast Sausage**  
7 oz., selected varieties



**5.99**

**Canyon Bakehouse  
Gluten-free Bread  
or Rolls**  
10.8-18 oz., selected varieties



**8.99**

**Amy's  
Pizza**  
9.1-14 oz., selected varieties

**Shop for every meal at the co-op.**



**2/\$3**

**Vermont  
Smoke & Cure  
Meat Sticks**  
1 oz., selected varieties



**2/\$6**

**Hippeas  
Chickpea Puffs**  
4 oz., selected varieties



**2/\$6**

**From The Ground  
Up  
Cauliflower  
Crackers**  
3.5-4 oz., selected varieties



**2/\$7**

**Cocomels  
Organic Caramels**  
3-3.5 oz., selected varieties



**2/\$10**

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



**6.99**

**IZZE  
Sparkling Juice  
Drink**  
4 pk.- 12 fl. oz. bottles,  
selected varieties



*indulgent, simple,  
chocolate*

No trade-offs here, just simple chocolate with unbeatable taste. Always made with No Weird Ingredients. Ever.™

**3.79**

**Hu  
Organic Chocolate Bars**  
3.5 oz., selected varieties



**2/\$7**

**Lily's  
Chocolate Bars**  
2.8-3 oz., selected varieties

**The co-op has snacks for all occasions.**





←  
*prepare meals together*

**SCAN TO FIND KID-FRIENDLY RECIPES**

Not only is it a good custom to eat meals together with family and friends, it's also enjoyable to prepare and cook food together. Kids can be involved with cooking, and the co-op has plenty of recipe options for making mealtime prep fun for everyone.



**2/\$4**  
Mike's Mighty Good  
Ramen Soup Cups  
1.6-2.4 oz., selected varieties



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



**2/\$5**  
Westbrae  
Organic Beans  
15 oz., selected varieties



**2/\$6**  
Seeds Of Change  
Organic Ready to Heat Rice  
8.5 oz., selected varieties



**4.49**  
Pacific Foods  
Organic Soup  
32 fl. oz., selected varieties



**5.49**  
Bragg  
Organic Apple Cider Vinegar  
32 fl. oz.



**7.49**  
Rao's Homemade  
Pasta Sauce  
15-24 oz., selected varieties



**Fill your shelves with ingredients from the co-op.**





### an Umami adventure

It's time to liberate your senses and explore delicious taste this new year with Koyo Ramen Noodles. Go ahead and conquer your quest for adventurous flavors and clean ingredients and find your inner Zen through our authentic Asian-fusion creations.

# 5/\$6

## Koyo Ramen

2-2.1 oz., selected varieties



# 2/\$6

## Safe Catch Elite Wild Tuna

5 oz.



# 2/\$8

## Vita Coco Coconut Water

33.8 fl. oz., selected varieties



### scan for ideas

#### MAKE LUNCHTIME EASY

Looking for some delicious lunch ideas to shake up your typical meal options? Visit [grocery.coop](http://grocery.coop) (scan the QR code!) and find some tasty ideas. Using tuna is a great way to include protein in your meal — it's delicious in salads, sandwiches and so much more!



# 10.99

## Primal Kitchen Pure Avocado Oil

16.9 fl. oz.

**The co-op has food for any time of the day.**

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





**2/\$6**

**Choice Organics Tea**  
16 ct., selected varieties



*fuel for what's next*

Whether you are working out or working hard, our Nut Butter and Builders bars provide the energy you need to get through your day. Made with organic and non-GMO ingredients.

**2/\$4**

**Clif Nut Butter Bars or Builder Protein Bars**  
1.76-2.4 oz., selected varieties



**2/\$5**

**Epic Bars**  
1.3-1.5 oz., selected varieties



**4.49**

**Bear Fruit Snacks**  
3.5 oz., selected varieties

*whole wheat goodness*

Thrill your tastebuds with sweet, warm, cinnamon flavor. Crafted from just four ingredients, Kashi® Cinnamon Harvest is packed with fiber and whole grains to satisfy hunger and make you smile.

**2/\$9**

**Kashi Cereal**  
9.5-16.3 oz., selected varieties



**5.99**

**Santa Cruz Organic Peanut Butter**  
16 oz., selected varieties



**Find a wide range of options at the co-op.**





**3.79**

**R.W. Knudsen  
Juice Blends**  
32 fl. oz., selected  
varieties



**5.49**

**Lakewood  
Organic Juice**  
32 fl. oz., selected  
varieties

*100% organic. 100% delicious.*



Meet the bar that started it all! Our original Peanut Butter Chocolate Chip MacroBar® combines 11 grams of plant-based protein with organic, creamy peanut butter, roasted peanuts and our vegan chocolate chips!

**2/\$5**

**Gomacro  
Organic Macrobar**  
2-2.5 oz., selected varieties



**6.49**

**Grandy Organics  
Coconola**  
9 oz., selected varieties



**13.99**

**Four Sigmatic  
Organic Coffee**  
12 oz., selected varieties

*where wisdom meets wellness*



Whether it's a cup for conversation, finding your Zen or settling digestive discomfort, Traditional Medicinals has a tea for that.

**4.49**

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



**Enjoy spring with deals at the co-op.**





**6.29**

**Manitoba Harvest  
Hemp Hearts**  
8 oz.



*doctor formulated,  
advanced multivitamins*

MegaFood 55+ Advanced Multivitamins are doctor formulated to support the unique nutritional needs of men and women over 55.

**19.99**

**Megafood  
55+ Advanced Multivitamins**  
60 ct., selected varieties



**8.99**

**Hyland's Naturals  
Calms Forté  
Sleep Aid**  
100 ct.



**10.99**

**Life-Flo  
Pure Magnesium  
Oil**  
8 fl. oz.



**31.99**

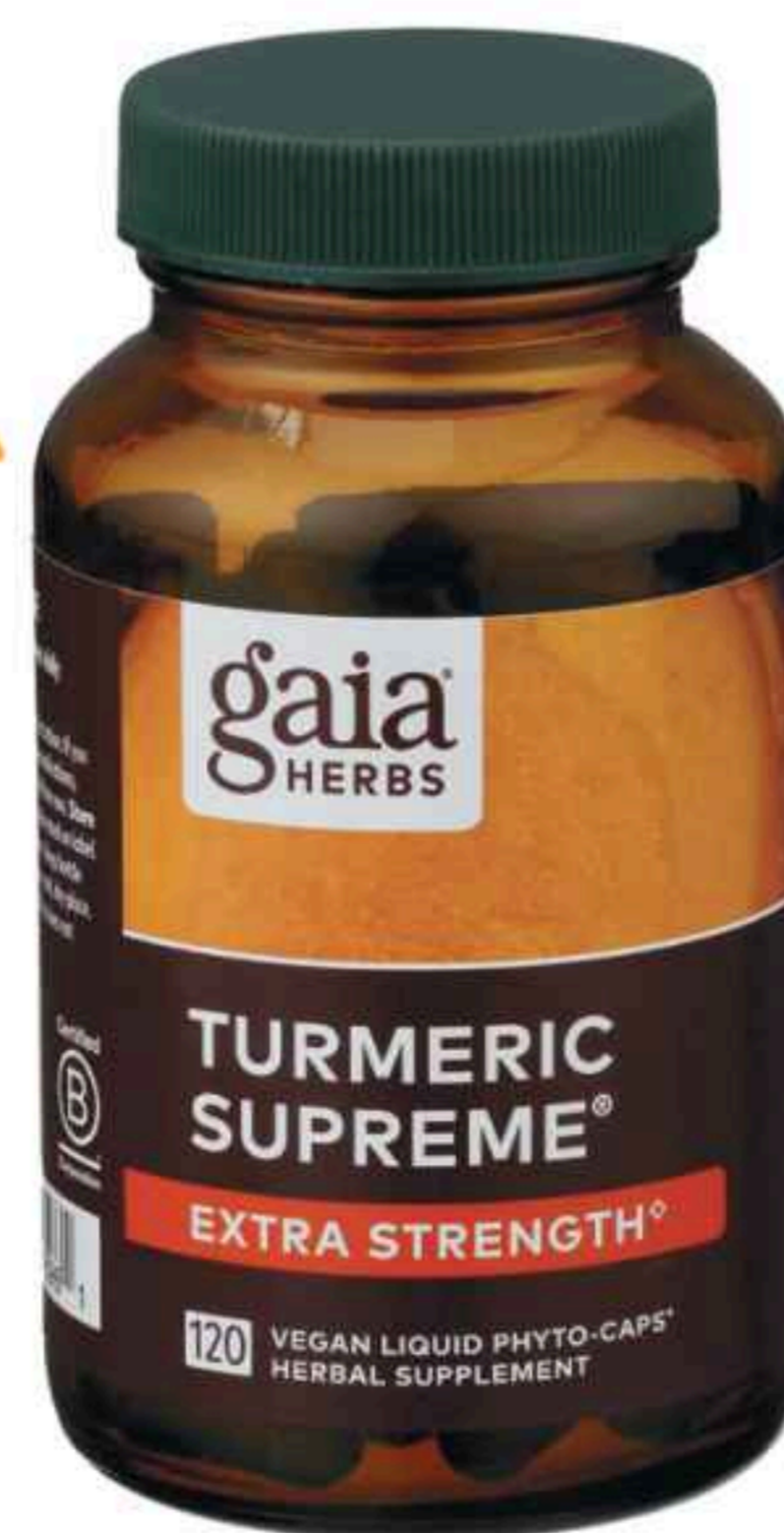
**Four Sigmatic  
Organic Protein  
Powder**  
16.9-21.16 oz., selected  
varieties

*regenerative AF  
(Agro-Forestry!)*

Gaia Herbs' turmeric is grown in an agro-forestry setting in Nicaragua and Indonesia. With our partners in Nicaragua, Gaia has supported the development of regenerative training resources to new turmeric farmers.

**29.99**

**Gaia Herbs  
Turmeric Supreme Extra Strength**  
120 ct.



**54.99**

**Nordic Naturals  
Ultimate Omega**  
180 ct.

**Find new supplements at the co-op.**





**7.29**

Xlear  
Nasal Spray  
1.5 fl. oz.



**15.99**

Solgar  
Women's Complete  
Probiotic  
30 ct.

*look, feel,  
move your best*

Our Vital Proteins Collagen Peptides powder is sourced from grass-fed, pasture-raised bovines to ensure a high-quality and sustainable source of this powerful ingredient.

**36.99**

Vital Proteins  
Unflavored Collagen Peptides  
20 oz.



**19.49**

Smarty pants  
Organic Kids Multi  
& Omegas  
Gummies  
120 ct.



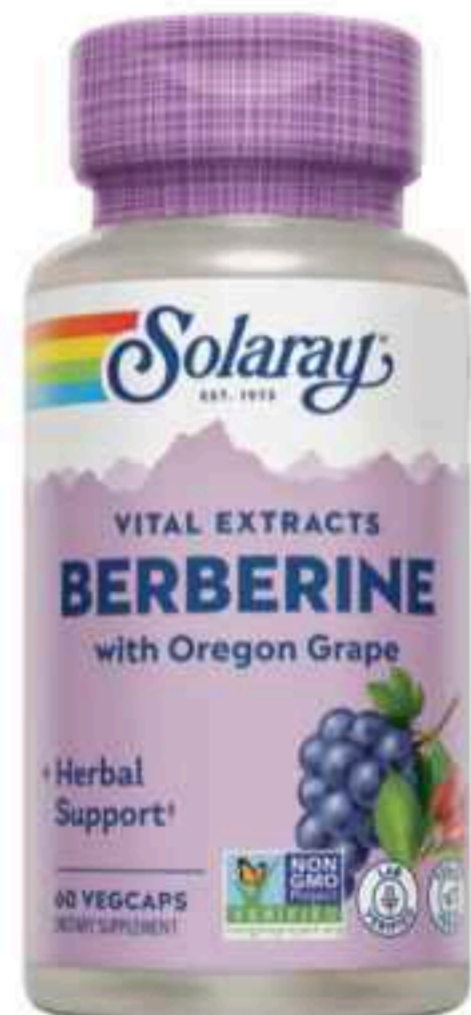
**18.99**

Flora  
Super 8 Hi-  
Potency Probiotic  
30 ct.



**12.49**

Solaray  
Magnesium  
Glycinate 350mg  
120 ct.



**16.99**

Solaray  
Berberine with  
Oregon Grape  
60 ct.



**17.99**

Solaray  
D-Mannose  
with CranActin  
60 ct.



**21.99**

Solaray  
Magnesium  
Glycinate 350mg  
240 ct.

*because quality  
matters*

**Solaray** has become the trusted name in vitamins because our passion has always been simple and singular: to support you with the most efficacious, clean ingredients under the sun to enhance your wellness journey.

**The co-op has great wellness deals.**

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



use less plastic



**Dr. Bronner's** Pure-Castile Soap Refill Carton is the same, great Magic Soap — now in 82% less plastic per quart! Refill your Dr. Bronner's 100% post-consumer recycled plastic bottle, foaming pump dispenser, all-purpose spray and more. Packaging makes a difference!



**10.99** Dr. Bronners Soap Refill  
32 fl. oz., selected varieties



**2/\$7**  
Dr. Tung's Smart Floss  
30 yd.



**4.49**  
Mrs. Meyer's Hand Soap  
10-12.5 fl. oz., selected varieties

freshen up



**GOOD BYE, GRIME**

It's easy to find options in the co-op's household supplies and cleaning aisle for products that are sure to make your home sparkle and shine. With so many eco-friendly products available, it's time to chase the dust and dirt away. Head to the co-op and find the supplies you need for some spring cleaning!



**The co-op makes spring cleaning easy.**





**4.99**

Jason  
Toothpaste  
4.2 oz.,  
selected varieties



**4.99**

Jason  
Deodorant  
Stick  
2.5 oz.,  
selected varieties



**8.99**

Jason  
Scalp Care  
Shampoo + Conditioner  
12 fl. oz.



**9.49**

Jason  
Body Wash  
30 fl. oz.,  
selected varieties

*refresh your  
spring routine*

JASON®, derived from the Greek word for healer, celebrates the power of the earth's incredible botanicals. No animal testing, sulfates, parabens, phthalates, or petrolatum.



Find quality brands you trust at the co-op.

**Great products for everyone.**



*products with purpose*

Our award-winning portfolio of skin, hair and body care products utilize a powerful combination of pure, potent ingredients and super nutrients to provide the results you're after.

**7.49**

Acure  
Brightening Facial Scrub  
4 fl. oz.



**The co-op helps you feel clean head to toe.**



# Never miss your **favorite deals**



**coop deals**<sup>®</sup>

**Download the App!**



Find your closest food co-ops

See what's on sale

Never miss your favorite deals

Scan the QR codes to  
download the Co+op  
Deals app!



**Stay on top of Co+op Deals with the new app!**





**3.69**

Repurpose  
Compostable  
Plates or Bowls  
20 ct., selected varieties



**3.99**

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

*tree-free bath tissue*

Great TP without the tree! Caboo plastic-free and tree-free bath tissue is soft and strong. And way better for the Earth. Made from sustainable bamboo, Caboo tree-free household products save trees.

**7.99**

Caboo  
300-sheet Bamboo Bath  
Tissue Rolls  
9 ct.



Gentle products for the whole family.

**Spring is here.**

*ECOS plant-powered clean*

**INCLUSIVE TRADE PARTNER**

ECOS is a Black- and woman-owned company that believes saving the planet starts with simple acts at home. We've spent more than 55 years developing affordable products that empower people to care for their homes, families and pets more sustainably.

**12.99**

Ecoc  
Laundry Detergent  
70-100 fl. oz., selected varieties



*Shop inclusive trade!*

We're pleased to offer great deals on brands and products that are women-, Black-, Indigenous-, people of color- (POC), LGBTQIA+-, persons with disabilities- and veteran-owned.

**Find Inclusive Trade products 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  
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**

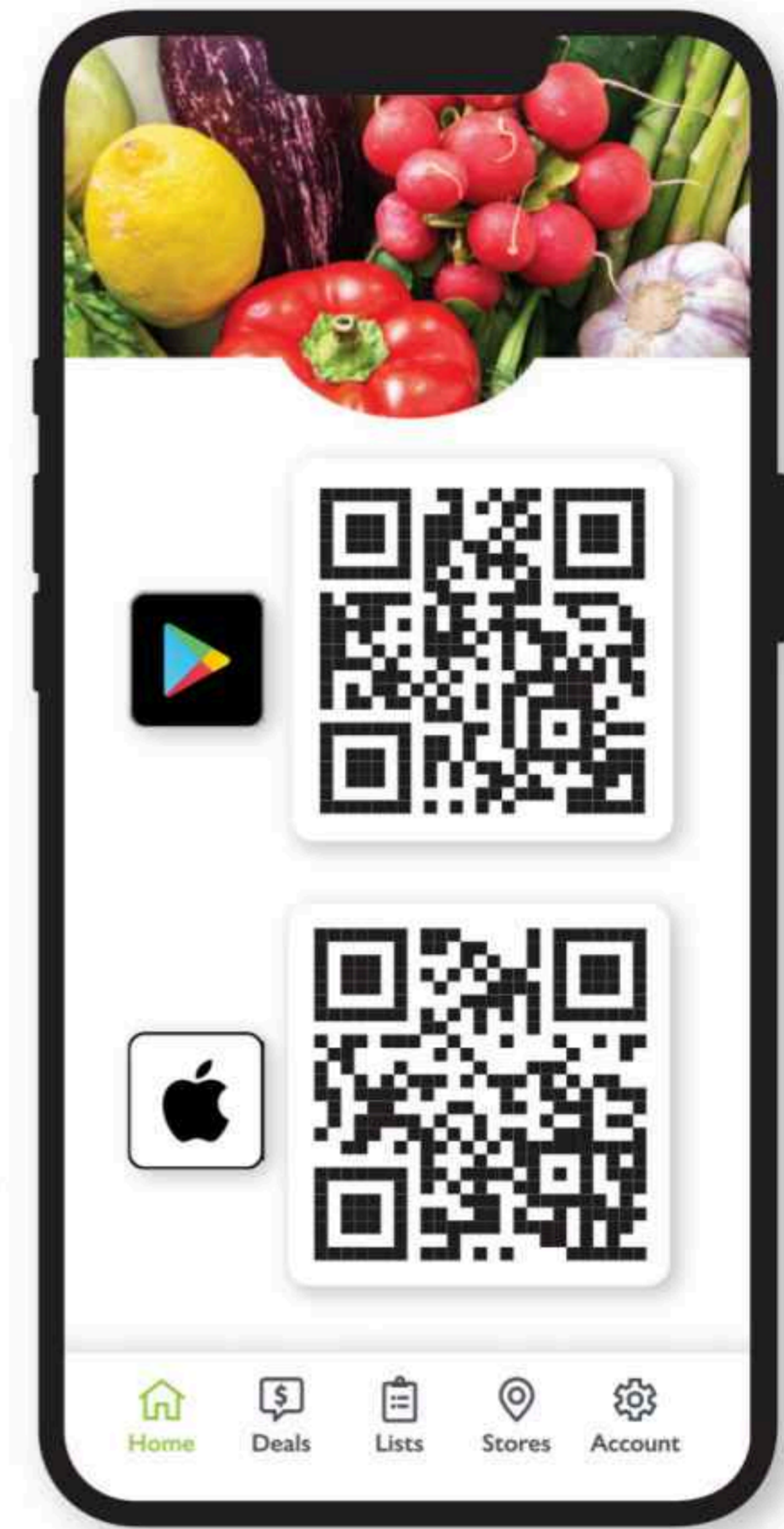
Brattleboro Food Co-op  
City Market/Onion River Co-op  
Co-op Food Store  
Hunger Mountain Co-op  
Middlebury Natural Foods Co-op  
Putney Food Co-op  
Rutland Area Food Co-op  
Springfield Food Co-op  
Upper Valley Food Co-op

**VIRGINIA**

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

**coop deals.**

**Download the App!**



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

*extra soft and strong*

Seventh Generation Bath Tissue does its job well and helps you consider your impact on the environment. Our Bath Tissue is whitened without chemicals and made from 100% recycled paper.



**8.99**

**Seventh Generation  
100% Recycled Bath Tissue**  
12 ct., 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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