

# coop deals

OCT 22 - NOV 4, 2025

## quick and crisp

Settle into fall with plenty of frozen pizzas on hand. Caulipower is a delicious option with a stone-fired, crispy crust, making pizza night a hit. They're buy one, get one free at the co-op, so grab them while they're on sale!



Buy One, Get One

**FREE**

Caulipower  
Frozen Pizzas and  
Pizza Crusts  
10.9-14.8 oz., selected varieties



Buy One, Get One

**FREE**

Bionaturae  
Organic Tomatoes  
28.2 oz., selected varieties



Buy One, Get One

**FREE**

Orgain  
Organic Plant-based  
Protein Powders  
32.4 oz., selected varieties



Buy One, Get One

**FREE**

Unreal  
Candy  
3.2-5 oz., selected varieties



Buy One, Get One

**FREE**

*special offers inside!*







Buy One, Get One  
**FREE**

Beyond  
Plant-based  
Breakfast Sausages  
7.4 oz., selected varieties



Buy One, Get One  
**FREE**

Frontera  
Cooking Sauces  
8 oz., selected varieties



stock up & save  
on BOGO items!



Buy One, Get One  
**FREE**

Manitoba Harvest  
Hemp Hearts  
7-8 oz., selected varieties



Buy One, Get One  
**FREE**

Natural Factors  
Organic Oil of Oregano  
1 fl. oz.



Buy One, Get One  
**FREE**

Quantum Health  
Zinc Lozenges  
12-18 ct., selected varieties

The co-op has great BOGO deals!

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





changing the  
sweets game

Here at LILY'S, we LOVE sweets. We reinvented how you treat yourself by crafting delicious, drool-worthy sweets that don't need any added sugar. Is it magic? Nope, that's LILY'S.

Buy One, Get One  
**FREE**

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



Buy One, Get One  
**FREE**  
Deals at the Co-op!

Save on products you love from brands you trust! Look for the BOGO (buy one, get one FREE) deals signs throughout the store.

elevate your evening



Unwind and rejuvenate after a long day with Maison Perrier Chic mocktail inspired beverages. Elevate your evening with French elegance.

Buy One, Get One  
**FREE**

Maison Perrier  
Sparkling Beverages  
4 pk.-8.5 fl. oz., selected varieties

**Boo-licious BOGOs are at the co-op.**





8.99

Evolution Fresh  
Juice  
59 fl. oz., selected varieties



*crafted with less*

Thick, creamy and deliciously dairy-free. siggi's skyr is made with simple ingredients and not a lot of sugar.

4/\$5

Siggi's  
Skyr Yogurts  
4.4-5.3 oz., selected varieties



2/\$7

Planet Oat  
Oatmilks  
52 fl. oz., selected varieties



4.49

Silk  
Plant-based Milk  
64 oz., selected varieties



4.99

Laird Superfood  
Superfood Creamer  
25.4 fl. oz., selected varieties

*from pasture-raised hens*

Vital Farms Pasture-raised Eggs are made with fresh air and sunshine. These eggs are USDA organic and come from hens with the freedom to forage, enjoying 108 square feet each of year-round roaming room.



8.99

Vital Farms  
Organic Pasture-raised  
Large Grade A Eggs  
1 doz.



5.49

Maple Hill  
Organic Grass-fed  
Kefir  
32 oz., selected varieties



5.79

Green Mountain  
Creamery  
Greek Yogurt  
32 oz., selected varieties

Find delicious breakfast options at the co-op.



dairy-free favorites

At **Kite Hill** we love cheese, and we love plant-based foods. So, we made all our favorite cheeses from almond milk! We made cheese for dipping, cheese for spreading, cheese stuffed into pasta, and more! Enjoy your favorite cheeses, dairy-free.



**2/\$3**  
Kite Hill  
Plant-based Yogurts  
5.3 oz., selected varieties



**3.79**  
Kite Hill  
Plant-based Dip or Sour Cream  
8 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



**2.79**  
Hail Merry  
Snack Cups  
1.5 oz., selected varieties

COOPERATIVELY OWNED



**4.39**  
Organic Valley  
Shredded Cheese  
6 oz., selected varieties



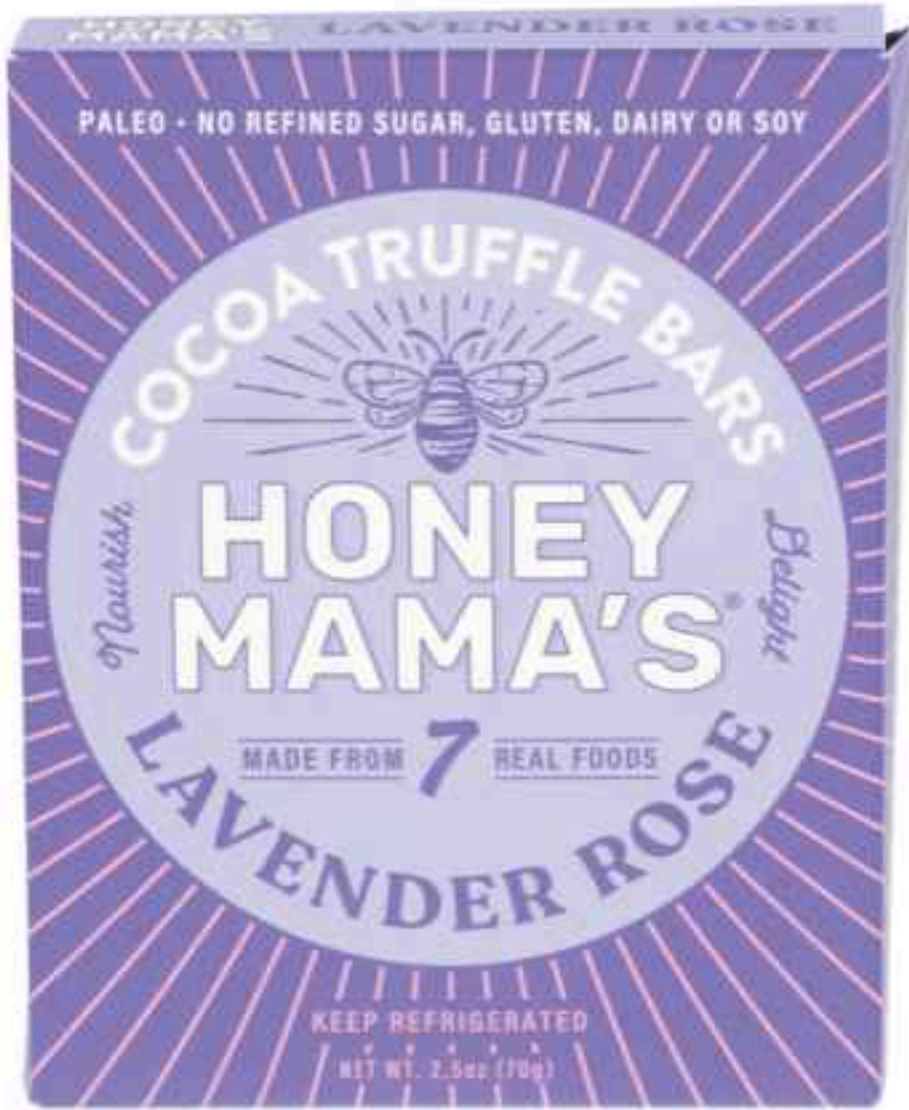
**7.99**  
Uncle Matt's Organic  
Juice  
52 fl. oz., selected varieties

even better beyond burger



At Beyond we believe there is a better way to feed our future and that the positive choices we all make, no matter how small, can have a great impact on our personal health and the health of our planet.

**5.99**  
Beyond  
Plant-based Burger Patties  
8 oz., selected varieties



**3.99**  
Honey Mama's  
Truffle Bar  
2.5 oz., selected varieties

The co-op has something for everyone.

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





**2/\$6**

Cascadian Farm  
Organic Frozen  
Vegetables

10 oz., selected varieties

*bold bites, bright lights*

**INCLUSIVE TRADE PARTNER**

Deep Indian Kitchen is owned by a third-generation Indian American family. Light up your Diwali table with real Indian flavors. Our chicken tikka masala and handmade samosas bring the joy and flavor of tradition to every celebration.



**5.49**

Deep Indian Kitchen  
Entrée or Samosas

7.5-12 oz., selected varieties



**2/\$8**

Cascadian Farm  
Organic Frozen  
Fruits

8-10 oz., selected varieties



**6.49**

Feel Good Foods  
Appetizers



6-10 oz., selected varieties



**11.99**

Wyman's  
Wild Blueberries

3 lb.



*baked goods  
baked better*

Udi's Bakery —  
surprisingly gluten-free!


**4.99**

Udi's Gluten Free  
Bread or Bagels

8.5-14.3 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Tucson Tamale started with a large Mexican-American family tradition and now makes award-winning tamales.



**5.49**

Tucson Tamale  
Tamales

10-11 oz., selected varieties

From freezer to pantry, find it at the co-op.

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





5.49

Elmhurst  
Plant-based Milk  
32 fl. oz., selected varieties



blended never  
baked

When you need a quick, nutritious meal replacement try our Meal-on-the-Go Bars with 100% plant-based whole foods and natural ingredients. They leave you feeling satisfied all day.

2/\$5

Probar  
Meal Bars  
3 oz., selected varieties



2/\$7

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



3.69

Nature's Path  
Organic  
Instant Oatmeal  
11.3-14 oz., selected  
varieties

everyday low price



4.99

Field Day  
Organic  
Potatoes  
23-24 oz., selected  
varieties

purposeful  
ingredients for you

RXBAR Protein Bars — 12 g protein.  
Simple ingredients that serve a purpose.  
Intentional nutrition. No B.S.

2/\$4

Rxbar  
Protein Bars  
1.83-1.9 oz., selected varieties



8.99

Nature's Path  
Organic  
Cereal  
23-32 oz., selected  
varieties



The co-op has solutions for busy days.





2/\$5

Epic  
Meat Bars  
1.3-1.5 oz., selected  
varieties



2/\$3

Epic  
Meat or Seafood  
Strips  
.8 oz., selected varieties



2/\$6

Epic  
Pork Rinds  
2.5 oz., selected varieties



4.99

Epic  
Bone Broth  
14 fl. oz., selected varieties

live Epic,  
eat EPIC

EPIC makes flavor-forward  
meat snacks and bone broth  
for people like you, the kind  
who are mindful of what they  
eat and expect nothing short  
of EPIC. Grass-fed and keto-  
friendly, it's all EPIC.



2/\$3

Nixie  
Organic Zero  
Sugar Sodas  
12 fl. oz. can, selected  
varieties



3.99

Frontera  
Salsa  
16 oz., selected varieties



spooktacular savings

The Good Crisp Company Crisps,  
Crinkle Cut and Cheese Balls. Classic  
favorites with minimal ingredients. Snacks  
for all occasions! All Taste, No Guilt.

2/\$6

The Good Crisp  
Potato Crisps  
5.6 oz., selected varieties



2/\$6

LesserEvil  
Organic Snacks  
3-6.4 oz., selected varieties

Snacks for all occasions are at the co-op.

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





**2/\$6**  
Garden of Eatin'  
Sesame Blue Corn  
Tortilla Chips  
5.5 oz.

get your fill

Quinn stops at nothing (except for snacks) to challenge food industry norms. Made with fanatical food ethics and purposeful, never-anything-artificial ingredients, Quinn snacks are crazy delicious and decidedly not empty.

**4.49**  
Quinn  
Filled Pretzel Nuggets  
5-7 oz., selected varieties



**2/\$4**  
Harvest Snaps  
Snacks  
2.5-3.3 oz., selected varieties



**2/\$6**  
Chocolove  
Chocolate Bars  
2.9-3.2 oz., selected varieties



**4.49**  
SkinnyDipped  
Dipped Nuts  
3.5-4 oz., selected varieties

uniquely delicious snacking experience

Discover the TERRA® difference: each chip delights your eyes and taste buds with vibrant colors, unique crunch and delicious flavors. Created by slicing, seasoning and crisping to golden perfection.

**2/\$6**  
Terra  
Vegetable Chips  
5 oz., selected varieties



**4.49**  
Hu  
Organic Chocolate Bar  
2.1 oz., selected varieties

Find your favorite snacks at the co-op.

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





**2/\$4**  
Lotus Foods  
Rice Ramen  
2.8 oz., selected varieties



**3/\$7**  
Near East  
Couscous Mixes  
or Rice Pilafs  
5.2-10 oz., selected varieties



**3/\$8**  
Tasty Bite  
Indian Entrees  
10 oz., selected varieties



**2/\$8**  
Sfoglino  
Organic Pastas  
12-16 oz., selected varieties



**4.49**  
Rao's  
Soup  
15.5-16 oz., selected varieties



**7.99**  
Lucini Italia  
Organic Pasta  
Sauce  
24 oz., selected varieties

*crafted for life's little wins*



We krush only the very best ingredients so you can krush everything you do! Enjoy your favorite RW Knudsen product and juice up your morning, noon and night!

**4.29**  
R.W. Knudsen  
Organic Juice Blends  
32 fl. oz., selected varieties



**4.99**  
Kettle Brand  
Potato Chips  
13 oz., selected varieties

*scoop up the savings in bulk!*



**1.99**  
Organic Yellow  
Popcorn  
per pound in bulk



**2.69**  
Organic French  
Lentils  
per pound in bulk



**4.99**  
Organic Pumpkin  
Seeds  
per pound in bulk

**Great deals are at the co-op.**

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





2/\$3

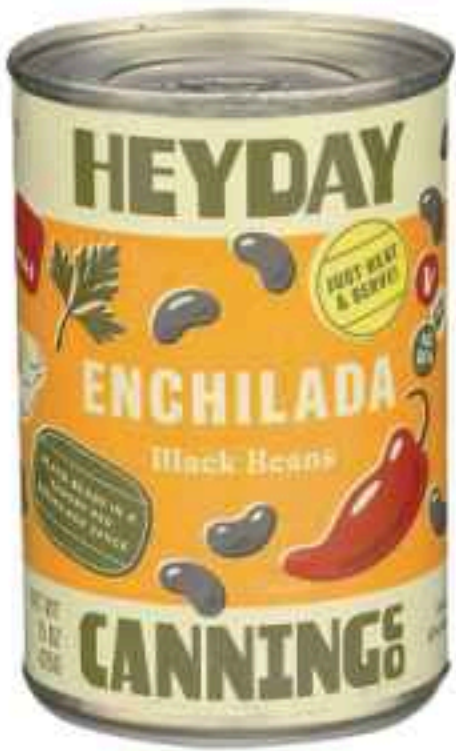
Take Root Organics  
Tomato Paste  
6 oz.

soda's back, but better

Founded by Allison and Stephen Ellsworth, poppi combines fruit juice, prebiotics and 5 g sugar to create a delicious soda.

2/\$4

Poppi  
Prebiotic Sodas  
12 oz., selected varieties



2/\$7

Heyday Canning Co.  
Beans  
15 oz., selected varieties



2/\$8

Choice Organics  
Teas  
16 ct., selected varieties



17.99

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



there's a tea for that

Need a mindful moment or a soothing sip? Our ethically sourced teas support people and planet with every cup — because wellness should feel good and do good.

4.99

Traditional Medicinals  
Herbal Tea  
16 ct., selected varieties



2/\$9

Pacific Foods  
Organic Soups  
32 fl. oz., selected varieties

Find fall savings at the co-op.

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





3.99

Rebbl  
Organic Functional Beverage  
12 fl. oz., selected varieties



3/\$5  
Liquid Death  
Sparkling Waters  
19.2 fl. oz., selected  
varieties



2/\$4  
Yachak Organic  
Yerba Mates  
16 fl. oz., selected  
varieties



3.79  
Magic Chocolate  
Organic  
Chocolate Bar  
2.93-3 oz., selected  
varieties



6.99  
Simple Mills  
Baking Mix  
9-12.9 oz., selected  
varieties



7.49  
Lily's  
Baking Chips  
9 oz., selected varieties

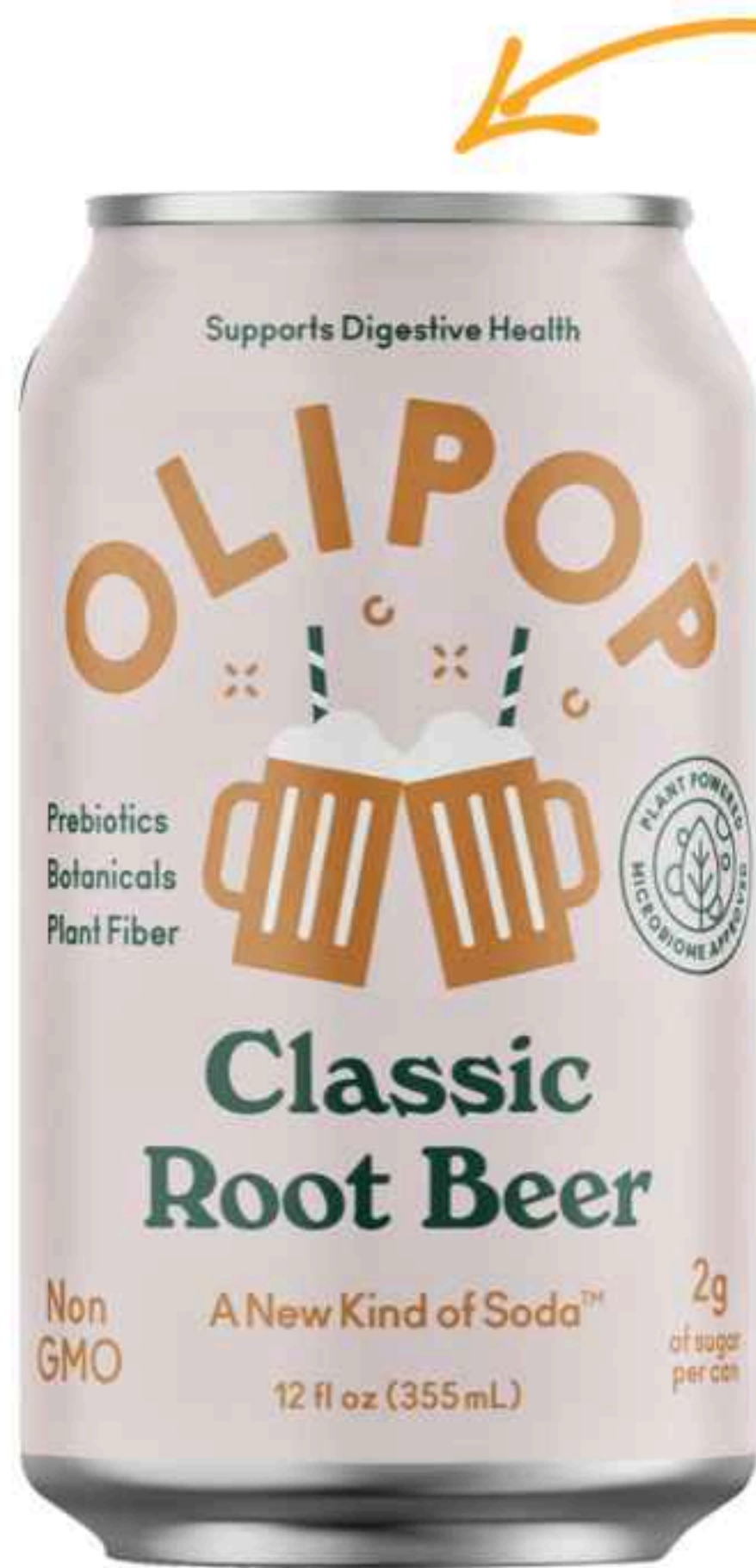


9.49  
Navitas Organics  
Unsweetened  
Cacao Powder  
8 oz.

COOPERATIVELY OWNED



16.99  
Frontier Co-op  
Organic Vanilla  
Extract  
4 fl.oz.



*a new kind of soda*

OLIPOP Old-fashioned Root Beer melds just the right mix of classic bite and creamy sweetness with extracts of sweet birch, smooth vanilla bean and real burdock root — just 2 g of sugar per can!

2/\$4

Olipop  
Prebiotic Sodas  
12 fl. oz., selected varieties



4.49

Simple Mills  
Cookies  
4.25-5.5 oz., selected varieties

Shop the co-op for a great variety.



pure ingredients,  
true impact

**INCLUSIVE TRADE PARTNER**  
Award-winning and Black-owned, **Alaffia's** Lavender Everyday Shea collection features fair trade shea butter, virgin coconut oil and calming botanicals. No sulfates or synthetics. Always cruelty-free. Empowering women-led cooperatives and driving social impact across West Africa.



**10.99**  
Alaffia  
Bubble Bath  
32 fl. oz., selected varieties



**10.99**  
Alaffia  
Everyday Shea  
Shampoo or  
Conditioner  
32 fl. oz., selected varieties



**10.99**  
Alaffia  
Everyday Shea  
Body Wash  
32 fl. oz., selected varieties



**10.99**  
Alaffia  
Everyday Shea  
Body Lotion  
32 fl. oz., selected varieties



**2.79**  
The Ginger People  
Chewy Ginger  
Candy  
3-3.5 oz., selected varieties



**14.99**  
Nutiva  
Organic Fair Trade  
Virgin Coconut Oil  
23 fl. oz.



**34.99**  
Dr. Hauschka  
Rose Day Cream  
1 fl. oz.



**4.79**  
Desert Essence  
Toothpaste  
6.25 oz., selected varieties

more reasons to smile

Brush away impurities and keep breath fresh with the potent power of botanicals. Our toothpastes are Non-GMO Project Verified and free of fluoride for your peace of mind.



**9.99**  
Jason  
Body Wash  
30 fl. oz., selected varieties

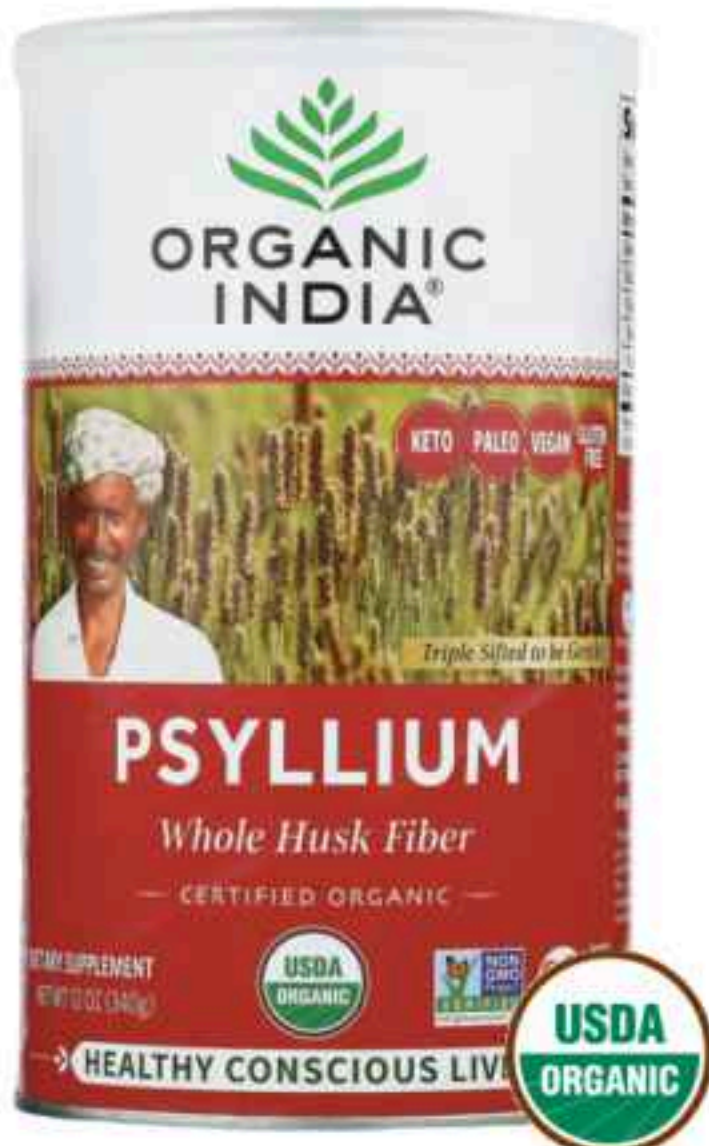
Freshen up with fall deals at the co-op.

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





**9.49**  
Organic India  
Whole Husk  
Psyllium Fiber  
180 ct.



**9.99**  
Organic India  
Whole Husk  
Psyllium Fiber  
12 oz.



**13.99**  
Organic India  
Ashwagandha  
90 ct.



**15.99**  
Organic India  
Turmeric Formula  
90 ct.

*company born  
of purpose*

Holistic vitality: Our herbs are masterfully formulated to restore mental, physical and spiritual balance.

Regenerative agriculture: Organic, regenerative farming practices that work in perfect harmony with nature to conserve water, protect biodiversity and improve soil health.



**2/\$4**  
Sappo Hill  
Glycerine  
Creme Soaps  
3.5 oz., selected  
varieties



**8.49**  
Hibar  
Deodorant  
2.25 oz., selected  
varieties



**18.99**  
Weleda  
Skin Food  
Nourishing Day  
or Night Cream  
1.3 fl. oz., selected  
varieties

*100% recycled paper*

Seventh Generation's 2-ply paper towels are absorbent, strong & ready to tackle any mess. Made without dyes, inks, or fragrances.

**2.99**  
Seventh Generation  
Unbleached Paper Towels  
120 ct.



**8.99**  
Heritage Store  
Rosewater Facial Mist  
8 fl. oz.

**The co-op has all your home and body care items.**

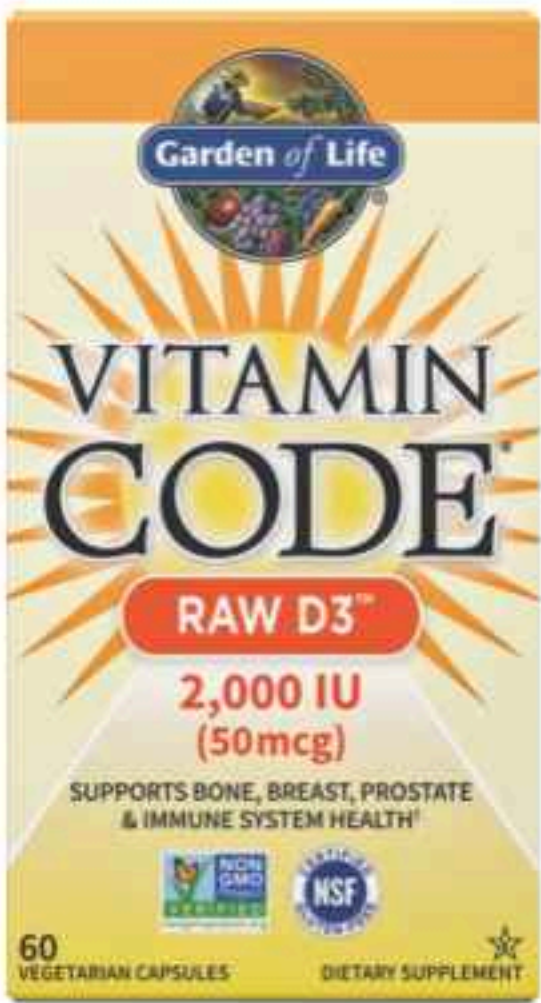
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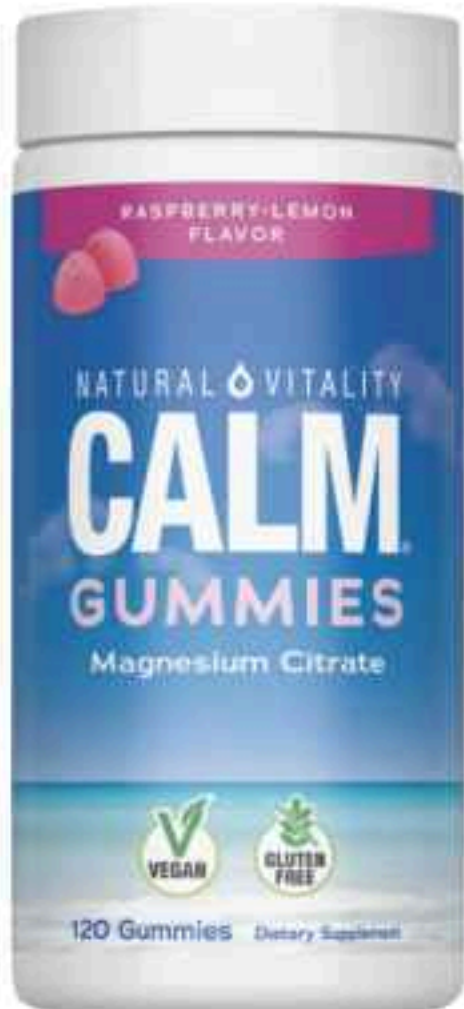
6.69

Nubian Heritage  
Deodorant  
2.25 oz., selected varieties



14.99

Garden of Life  
Vitamin Code  
Raw D3 2,000IU  
60 ct.



18.99

Natural Vitality  
Calm Gummies  
120 ct., selected varieties



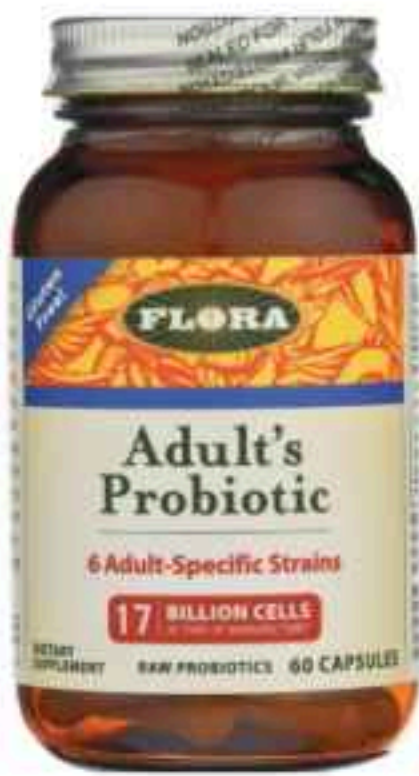
3.69

Traditional Medicinals  
Throat Coat Lozenges  
16 ct., selected varieties



9.69

Beekeeper's Naturals  
Propolis Throat Spray  
1.06 fl. oz., selected varieties



21.99

Flora  
Adult's Probiotic  
60 ct.

supplements to  
help you shine



11.99

Solaray  
Super Bio  
Vitamin C  
1000mg  
100 ct.



13.99

Solaray  
Vitamin D3 + K2  
60 ct.



15.99

Solaray  
Magnesium  
Glycinate  
350mg  
120 ct.



21.99

Solaray  
D-Mannose  
with CranActin  
60 ct.

For 50 years, **Solaray** has crafted supplements rooted in nature and backed by science. As a top vitamin and mineral brand, we offer 700+ expert-formulated products — each triple-tested in our state-of-the-art lab and delivered in 100% post-consumer resin bottles.

Support your health with help from 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  
Everman 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

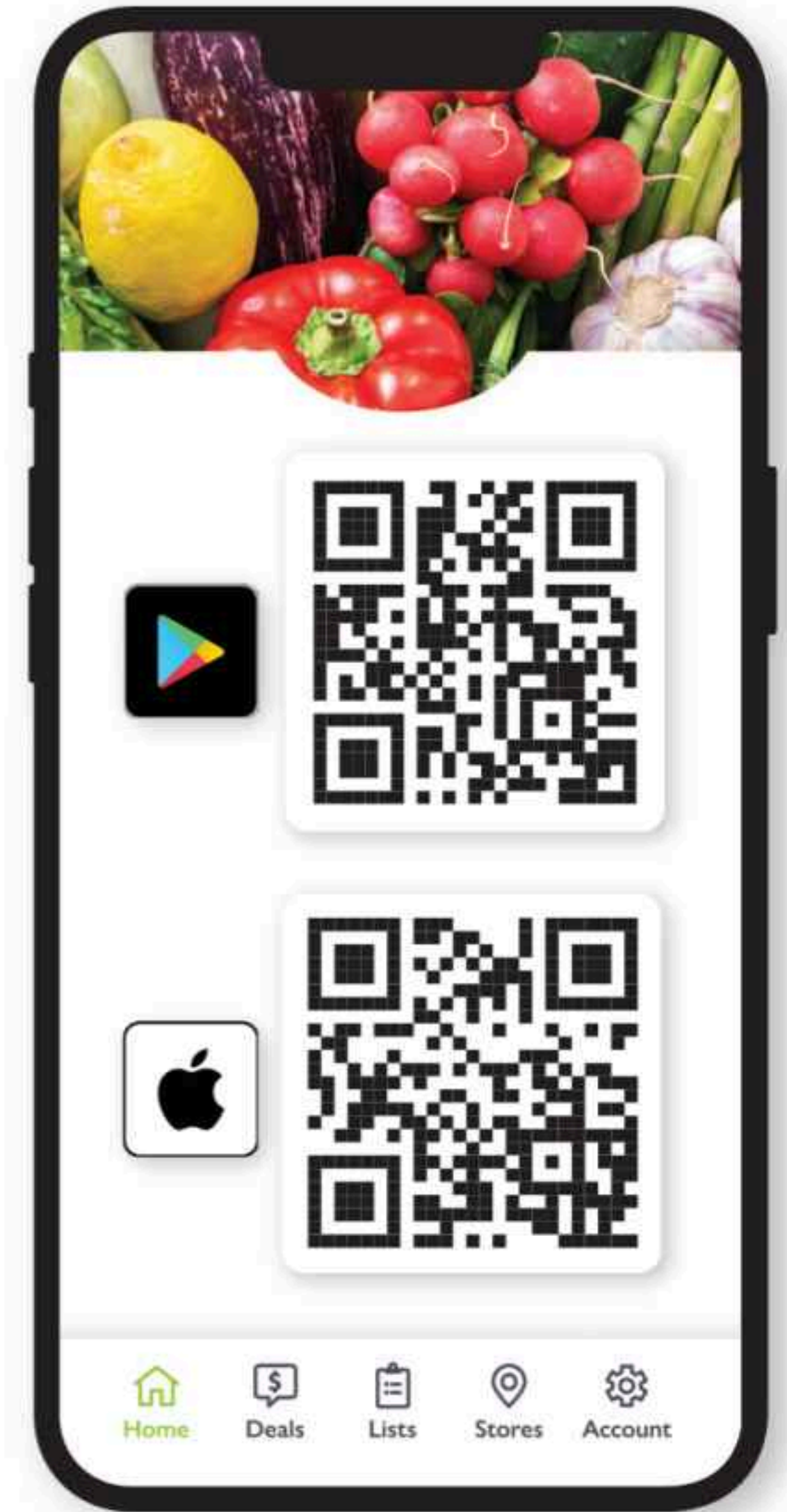
### VIRGINIA

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

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.

## clusters worth craving

Thoughtfully baked with a blend of wholesome grains, these clusters add texture to your favorite breakfast or serve as a convenient snack when you are on the go.

5.39

Kind

Healthy Grains Clusters Granola

11 oz., selected varieties



### INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.

2/\$6

GT's  
Kombuchas  
16 fl. oz., selected varieties



Scan the QR code to learn more about the quality and values represented by these symbols.



NESE1025B



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