

coop deals®

DEC 31, 2025 - JAN 20, 2026

support your health

INCLUSIVE TRADE PARTNER

Winter is here, and the co-op is bursting with BOGO wellness sales so you can stock up on amazing products! Oregon's Wild Harvest is a woman-owned company committed to nurturing nature and providing the best herbal supplements from seed to bottle. Find them on sale at the co-op!



Buy One, Get One

FREE

Oregon's Wild Harvest
Supplements
60 ct.



Buy One, Get One

FREE

Davids
Toothpastes
4-5.25 oz., selected varieties



Buy One, Get One

FREE

Liquid I.V.
Hydration Multiplier
Drink Mixes
4.5-5.6 oz., selected varieties



Buy One, Get One

FREE

Simply Tera's
Organic Vanilla Protein
Powders
12 oz. limit 1 BOGO per customer



rise AND shine
BUY ONE, GET ONE FREE wellness deals





Buy One, Get One
FREE
Preserve
Adult Toothbrushes
each, selected varieties



Buy One, Get One
FREE
Beekeeper's Naturals
Lozenges
14 ct., selected varieties



Buy One, Get One
FREE
Manitoba Harvest
Hemp Hearts
7-8 oz., selected varieties

INCLUSIVE TRADE PARTNER



Wishgarden Herbs is a woman-owned company. We source organic and sustainable herbs from fair trade and family-owned farms.

Buy One, Get One
FREE
Wishgarden Herbs
Kick-Ass Immune Activator
2 fl. oz.



Buy One, Get One
FREE
Enzymedica
Digest Gold
45 ct.



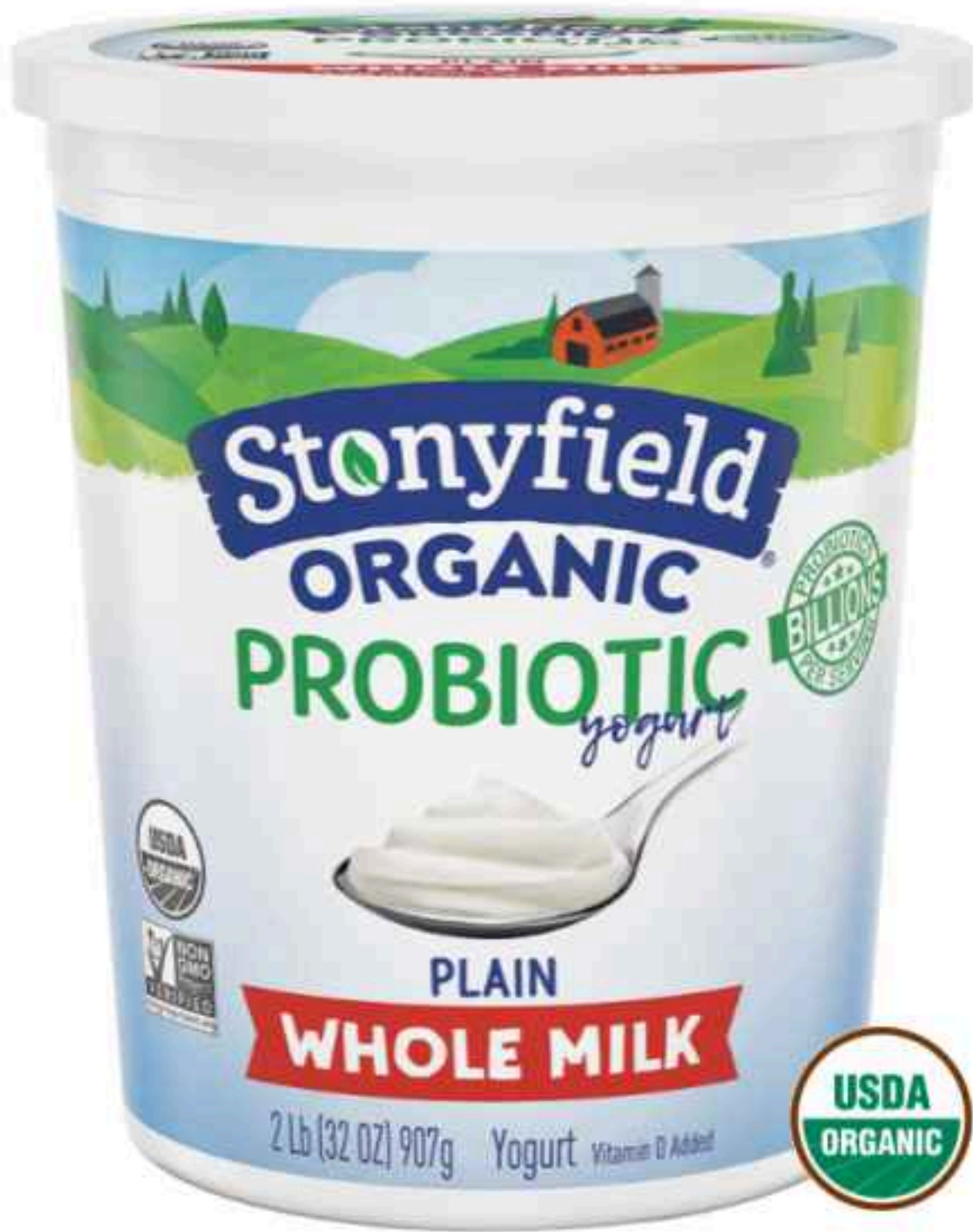
Buy One, Get One
FREE
Country Life
Coenzyme B-Complex
120 ct.

BOGO wellness products are at the co-op.

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



4.49
Stonyfield Organic
Kids Yogurt Tubes
8 pk.-2 oz., selected varieties



organic goodness

Stonyfield Organic makes it easy and delicious to get billions of probiotics with each serving of this yogurt, which helps support immunity and digestive health.

4.19
Stonyfield Organic
Yogurt
32 oz., selected varieties



3/\$7
Noosa
Yoghurts
8 oz., selected varieties



crafted with less

Thick, creamy and rich in protein, skyr is the traditional yogurt of Iceland. 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



5.79
Forager Project
Organic Cashewmilk Yogurt
24 oz., selected varieties

Brighten your mornings with food from the co-op.

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



3.79
The Greek Gods
Yogurt
24 oz., selected varieties



less is more delicious™

MALK means fewer ingredients and higher standards — so you don't have to choose between what's clean and what's delicious. MALK is always organic, clean label, has no gums or oils, and is actually delicious.

4.99
Malk
Organic Plant-based Milk
28 fl. oz., selected varieties



Start the day with smoothies and yogurt parfaits.
Ingredients you trust.

prioritize gut health

Loaded with protein, gluten-free and up to 99% lactose-free, Lifeway Lowfat Kefir is packed with 12 live and active probiotic cultures to support digestive health, immunity and mental wellbeing.

4.29
Lifeway
Lowfat Kefir
32 fl. oz., selected varieties



4.29
Kite Hill
Almondmilk Yogurt
16 oz., selected varieties


Try new breakfast ideas from the co-op.

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




2/\$4

Poppi
Prebiotic Sodas
12 fl. oz., selected varieties



2.29

De La Calle!
Organic Mexican Soda
12 fl. oz., selected varieties



3.79

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

kombucha that tastes great

Enjoy the benefits of both Pro- and Pre-biotics in a bottle of Master Brew Kombucha or a delicious-bubbly-on-the-go can of organic KeVita Sparkling Refreshers.

2/\$6

KeVita
Organic Kombuchas
15.2 fl. oz., selected varieties



5.99

HOP WTR
Sparkling Water
6 pk.-12 fl. oz. cans, selected varieties

juice to boost

Come for the fresh flavor of bright citrus and tropical fruits, and get ready to take on the day with the vitamin C in this satisfying organic, cold-pressed juice.

2/\$8

Evolution Fresh
Organic Juices or Smoothies
15.2 fl. oz., selected varieties





2/\$7

Harmless Harvest
Organic Coconut Smoothies
10 fl. oz., selected varieties

The co-op has a great selection of beverages.

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



4.99

Califia Farms
Organic Unsweetened
Almondmilk
48 fl. oz., selected varieties



3.99

Ithaca
Hummus
10 oz., selected varieties



4.49

Upton's Naturals
Seitan
5-8 oz., selected varieties

COOPERATIVELY OWNED



5.99

Organic Valley
Block Cheese
8 oz. , selected varieties



4.79

Laird Superfood
Creamer
25.4 fl. oz., selected
varieties



5.49

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



9.49

Miso Master
White Miso
16 oz., selected
varieties

break up with dairy



Commit to Violife.
Discover our wide range
of award-winning dairy-free
alternative to cheese that
can help you dive
effortlessly into a delicious,
cheesy plant-based diet.



7.49





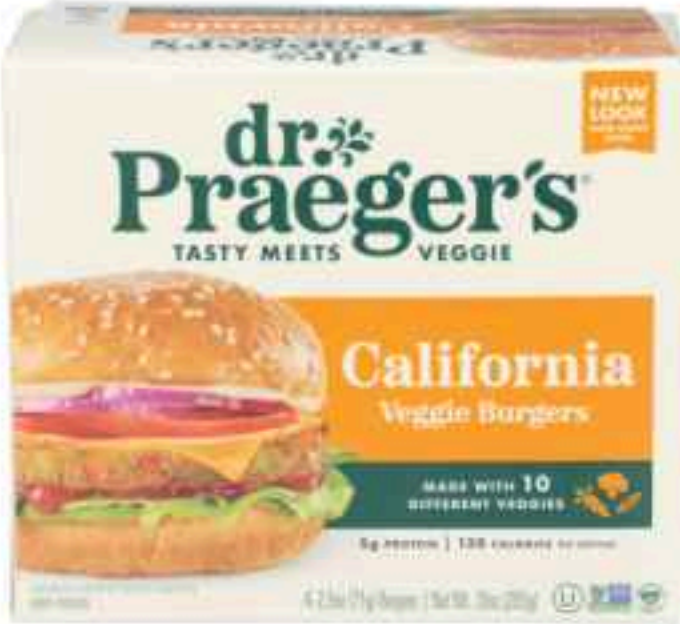



Woodstock
Organic Frozen Pasta
20 oz., selected varieties


4.99

Violife
Just Like Cheese
5.29-8.1 oz., selected varieties


Stock up on great deals from the co-op.

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


 <div>12.99 Cascadian Farm Organic Frozen Fruit 28-32 oz., selected varieties</div>	 <div>2.29 Red's Burrito 4.5-5 oz., selected varieties</div>	 <div>2.79 Stahlbush Island Farms Frozen Vegetables 10 oz., selected varieties</div>
	 <div>3.99 Silver Hills Sprouted Bread 15-22 oz., selected varieties</div>	 <div>4.49 Dr. Praeger's Veggie Burgers 10 oz., selected varieties</div>
 <div>5.99 Canyon Bakehouse Gluten-free Bread or Bagels 14-18 oz., selected varieties</div>	 <div><i>everyday low price</i> 7.99 Field Day Organic Wood Fired Crust Pizza 12.2-13.8 oz., selected varieties</div>	




4.49
Lightlife
Organic Tempeh
Strips
6-7 oz., selected varieties




4.99
Field Roast
Chao Plant-based
Cheese
7-8 oz., selected varieties




4.99
Field Roast
Plant-based
Breakfast Sausage
9.3 oz




5.99
Field Roast
Plant-based
Appetizers
10 oz., selected varieties




4.49
Lightlife
Organic Tempeh
Strips
6-7 oz., selected varieties



4.99
Field Roast
Chao Plant-based
Cheese
7-8 oz., selected varieties



4.99
Field Roast
Plant-based
Breakfast Sausage
9.3 oz



5.99
Field Roast
Plant-based
Appetizers
10 oz., selected varieties

The co-op has easy meal options.

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



4.49

Organic India
Tulsi Tea
18 ct., selected varieties

*always organic,
never ordinary*

Cascadian Farm organic cereals and granolas are made with wholesome ingredients for a delicious and nourishing start to your day.

2/\$8

Cascadian Farm
Organic Cereals, Granolas or Granola Bars
7.2-14.6 oz., selected varieties



COOPERATIVELY OWNED



2/\$7

Equal Exchange
Organic Teas
20 ct., selected varieties

COOPERATIVELY OWNED



11.99

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

COOPERATIVELY OWNED



12.99


Equal Exchange
Organic Love Buzz Coffee
per pound in bulk


*love our
gluten-free
oats*

Bob's Red Mill Gluten-free Old Fashioned Rolled Oats are a wholesome source of fiber and whole grain goodness. Perfect for a hearty breakfast, delicious baked goods or crunchy homemade granola.

7.69


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





6.99

Seven Sundays
Cereal or Muesli
8 oz., selected varieties



14.99

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

The co-op helps start your mornings off right!

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

live EPIC,
eat EPIC

EPIC brings bold flavor and premium sourcing standards to every strip, bar, pork rind and broth. Made with ingredients that fit your lifestyle, whether that is gluten-free, paleo-friendly or Whole 30 approved. Fuel your body the EPIC way!



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



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



2/\$6
Epic
Pork Rinds
2.5 oz., selected varieties



4.99
Epic
Bone Broth
14 fl. oz., selected varieties



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



9.99
Lakewood
Organic Pure
Pomegranate Juice
32 oz.



organic snacks for everybunny



2/\$8
Annie's
Organic Fruit Snacks
7 oz., selected varieties

Start the year off right with Annie's! Fuel your little bunnies' fresh start with wholesome and yummy fruit snacks and grain bars. The perfect tasty school treat!



6.99
Sweetleaf
Stevia Sweetener
2 fl. oz., selected varieties

Delicious snacks and beverages are at the co-op.

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

INCLUSIVE TRADE PARTNER

Three Trees is a woman-owned company with a passion for creating nutritious, plant-based beverages using the wonders of the forest to provide clean ingredients.

5.99

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



100% organic, 100% delicious

INCLUSIVE TRADE PARTNER

GoMacro is a woman-owned company. Our MacroBars® are organic, plant-based nutrition bars made from simple, sustainably sourced ingredients. All MacroBars are certified organic, vegan, gluten-free, kosher, non-GMO, C.L.E.A.N. and soy-free.

2/\$5



GoMacro
Organic Macrobars
2-2.4 oz., selected varieties



INCLUSIVE TRADE PARTNER

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

4.39

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



frozen meals, made right

INCLUSIVE TRADE PARTNER

Refresh your routine with vibrant Indian flavor! Deep Indian Kitchen is owned by a three-generation Indian American family, so all our products are made from scratch with family recipes and ready in minutes.

5.49

Deep Indian Kitchen
Entrée, Dumplings or Samosas
7.5-12 oz., selected varieties











inclusive trade

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 brands at the co-op.

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

 <div>4/\$7 Mike's Mighty Good Ramen Soup Cups 1.6-2.4 oz., selected varieties</div>	 <div>4/\$6 Annie's Mac & Cheese 5.25-6 oz., selected varieties</div>	 <div>17.49 Spectrum Organic Extra Virgin Olive Oil 25.4 fl. oz.</div>
 <div>2/\$4 Muir Glen Organic Tomatoes 14.5-15 oz., selected varieties</div>	 <div>2.29 Siete Refried Beans 16 oz., selected varieties</div>	
 <div>2/\$6 Lundberg Family Farms Organic Rice Sides 5.5-6 oz., selected varieties</div>	 <div>2/\$7 Muir Glen Organic Pasta Sauces 23.5 oz., selected varieties</div>	 <div>3.99 Jovial Organic Brown Rice Pasta 10-12 oz., selected varieties</div>

we spread integrity

We're 100% employee owned, and we take pride in producing superior products for our customers. Since 1976, we've been dedicated to quality and sustainability for a better future.

6.99

Once Again
Organic Peanut Butter
16 oz., selected varieties



2/\$8
Annie's
Organic Dressings
8 fl. oz., selected varieties



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

Stock the pantry with help from the co-op.

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



2/\$6

LesserEvil
Organic Popcorn
4.6-6.4 oz., selected varieties



2/\$3

Steaz
Organic Teas
16 fl. oz., selected varieties



2/\$4

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



2.39

Frontera
Cooking Sauce
8 oz., selected varieties



2/\$5

Near East
Couscous Mixes or Rice Pilafs
5.25-10 oz., selected varieties



3.29

Wild Planet
Skipjack Tuna
5 oz., selected varieties



4.39

Sfoglini
Organic Pasta
12-16 oz., selected varieties



4.99

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



go bananas for better hydration

Crafted from organically grown heirloom bananas with five key vitamins and minerals and 0g of added sugar. Pure hydration. No monkey business.

2/\$5

Woodstock
Organic Banana Water
16.9 fl. oz.



4.49

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

The co-op has snacks for all occasions.

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



3.29

Boulder Canyon
Potato Chips
5.25-6.5 oz., selected varieties

COOPERATIVELY OWNED



2/\$7

Blue Diamond
Nut Thins
4.25 oz., selected varieties



2/\$7

Back to Nature
Crackers
3.2-7 oz., selected varieties



3.39

Hippeas
Chickpea Snacks
3.75-4 oz., selected varieties



2/\$7

Annie's
Organic Cheddar
Cheesy Smiles
4 oz.



3.99

Lundberg Family Farms
Organic Rice Cakes
5-9.6 oz., selected varieties



3.69

Terra
Vegetable Chips
5 oz., selected varieties



3.99

Late July Snacks
Organic Tortilla
Chips
7.4-10.1 oz., selected varieties



4.49

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



4.49

Que Pasa
Organic Tortilla
Chips
7.5 oz., selected varieties



4.99

Green Mountain
Gringo
Salsa
16 oz., selected varieties

Find something for everyone at the co-op.



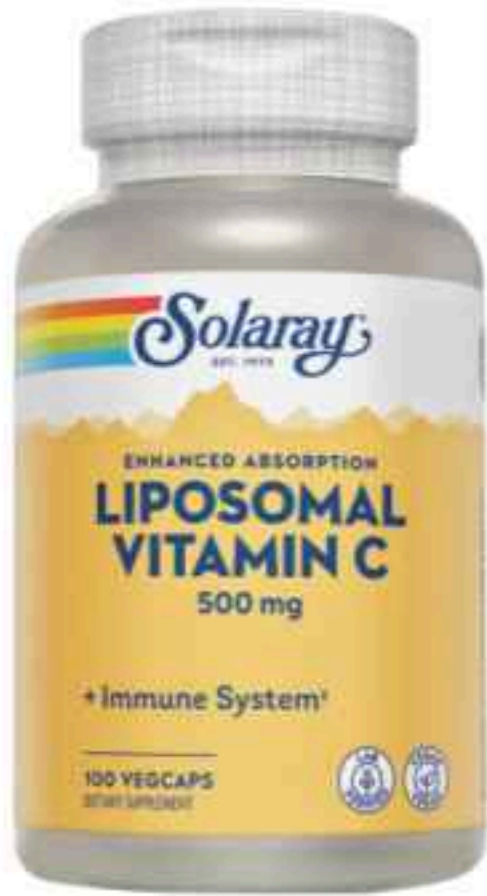
Buy One, Get One
FREE
Solaray
Magnesium
Glycinate 350mg
120 ct.



13.99
Solaray
Vitamin D3 + K2
60 ct.



21.99
Solaray
D-Mannose with
CranActin
60 ct.



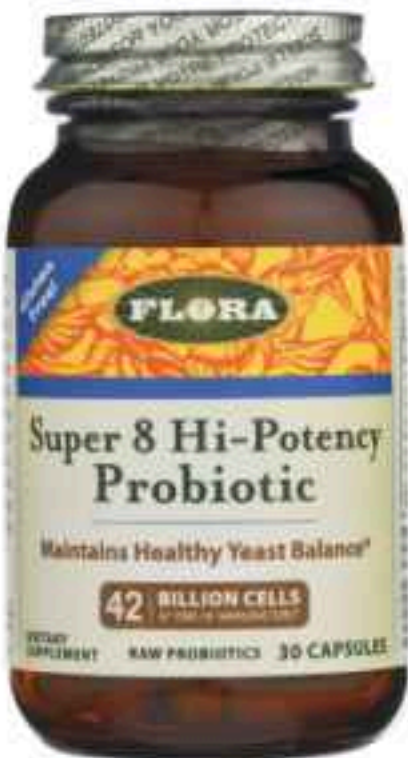
22.99
Solaray
Liposomal
Vitamin C 500mg
100 ct.

choose
excellence

Since 1973, **Solaray** has crafted premium supplements with uncompromising quality. Our commitment begins at the source: every ingredient is carefully selected from trusted suppliers who meet our rigorous standards. That's over 50 years of science and trust in every bottle.



17.99
Om
Organic Mushroom
Powder
3.17-3.5 oz., selected
varieties



19.99
Flora
Super 8 Hi-
Potency Probiotic
30 ct.



24.99
Whole Earth & Sea
Men's or Women's
Multivitamin &
Mineral
60 ct., selected varieties



Buy One, Get One
FREE
Garden of Life
Raw Organic Protein
Powders
19.75-24.69 oz., selected varieties



20.99
Garden of Life
Organic Elderberry
Gummies
120 ct.



20.99
Garden of Life
Organic Women's
Multi Gummies
120 ct.



24.99
Garden of Life
Women's Once
Daily Probiotics
30 ct.

wellness
starts with
clean

Commit to a healthier routine this new year with **Garden of Life**. With clean, whole food ingredients that are third-party certified to ensure purity and quality — with sustainability in mind — we offer supplements you can trust and believe in.

Year-round wellness offerings are at the co-op.

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



7.99

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



all-day hydration

Immediate hydration without the heavy, greasy feel — with vitamin E and shea butter. Dermatologist-tested, cruelty-free skincare without parabens, sulfates or petrolatum.

12.99

Alba Botanica
Body Lotion
32 fl. oz. , selected varieties



Natural products are at the co-op.
Better for you and your family.



biobased stain fighters

Seventh Generation’s powerful bio-enzymes lift away your toughest stains. Choose fragrance-free for sensitive skin or indulge in fragrances from 100% essential oils and botanical ingredients. Clean laundry starts here.

13.99

Seventh Generation
Liquid Laundry Detergent
23.1-90 fl. oz., selected varieties



The co-op has safe products for family and home.

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
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!

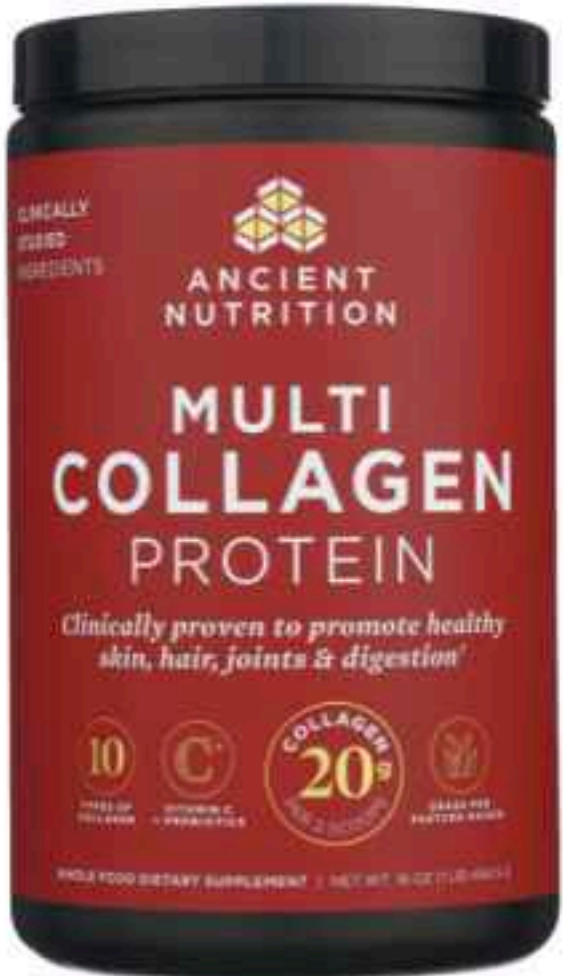
crafted for gentle nourishment



At MegaFood, we craft our supplements with care, using research-backed ingredients, testing for 150+ substances and purposefully creating formulas that nurture people and the planet.

15.99

MegaFood
Blood Builder
60 ct.



36.99

Ancient Nutrition
Multi Collagen
Protein Powder
15.9-16.7 oz., 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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