

# coop deals

MAR 18 - MAR 31, 2026

flavors you love

## INCLUSIVE TRADE PARTNER

Prepare for spring with great snack options you can easily grab when exploring museums, taking a trip, working or studying. GoMacro is a woman-owned company and they're made with ingredients you'll love, helping to give you a boost during your busy days.



2.29

GoMacro  
Organic Bars  
2-2.4 oz., selected varieties



2/\$6

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



2.99

Mary's Gone  
Crackers  
Organic Original  
Crackers  
4 oz., selected varieties



4.49

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



Delicious snacks are at the co-op.

**Give yourself a flavor boost.**



COOPERATIVELY OWNED



**4.99**  
Organic Valley  
Shredded Cheese  
4-6 oz., selected varieties

*good, honest, organic*

We use 100% organic milk from pasture-raised cows, live and active cultures, and a variety of flavors to create an irresistible snack for kids on the go.

**4.49**

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



**4/\$7**  
Forager Project  
Organic  
Cashewmilk  
Yogurts  
5.3 oz. , selected varieties



**2/\$5**  
Odyssey  
Sparkling Elixirs  
12 fl. oz., selected  
varieties

*sip happens*

Crafted from specialty-grade, sustainably sourced beans, Chameleon Cold Brew offers a rich, smooth taste while promoting fair and ethical farming. Every pour tells a story.

**8.49**

Chameleon Coffee  
Organic Cold-brew  
Concentrate  
32 fl. oz., selected varieties



**4.29**  
Silk  
Plant-based Milk  
64 oz., selected  
varieties



**Brighten your mornings with deals from the co-op.**





**3.99**  
Ithaca  
Hummus  
10 oz., selected  
varieties



feel good mood + mind

INCLUSIVE TRADE PARTNER

GT's Living Foods is family- and LGBTQIA+-owned. ALIVE helps soothe stress, clear your mind and uplift your mood with clinically studied adaptogens. It's a fizzy, flavorful, feel-good functional beverage that gently supports your nervous system.

**2/\$6**

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



Find an assortment of seasonal ingredients at the co-op.  
**Make meals you love.**



**7.99**

Bubbies  
Pickles or Pickle Chips  
33 fl. oz., selected varieties



**4.99**  
Smart Chicken  
Organic Whole  
Bird  
per pound



**5.49**  
Tofurky  
Plant-based  
Sausages  
13 oz., selected varieties



**5.99**  
Applegate  
Pork Bacon  
8 oz., selected varieties




**12.99**  
Thousand Hills  
100% Grass-fed  
Top Sirloin Steak  
12 oz.


**Find everything for easy meals at the co-op.**

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



**7.49**  
Caulipower  
Frozen Pizza  
10.9-11.85 oz.,  
selected varieties



*rich in protein*

Triple-strained. Thick and creamy. Authentically crafted with locally sourced milk. An excellent source of protein for small-spoon eating.

**4/\$5**  
Chobani  
Greek Yogurts  
5.3 oz., selected varieties



Snacks, meals and everything in between.

**Comfort food at the co-op.**

*premade pasta favorites*



**7.99**  
Woodstock  
Organic Frozen Pasta  
20 oz., selected varieties

Woodstock Organic Frozen Pastas are rich, flavorful and conveniently packaged to make mealtimes a breeze. Our products cook up in five minutes or less and are available in four delicious varieties for everyone to enjoy!



**12.99**  
Cascadian Farm  
Organic Frozen  
Fruit  
28-32 oz., selected  
varieties



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

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



meals made simple

Family-owned since the launch of our first pot pie in 1987, our recipes are crafted using the highest quality, natural and organic ingredients so you can enjoy them in minutes.



3/\$10  
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



3.99  
Silver Hills  
Sprouted Bread  
15-22 oz., selected  
varieties

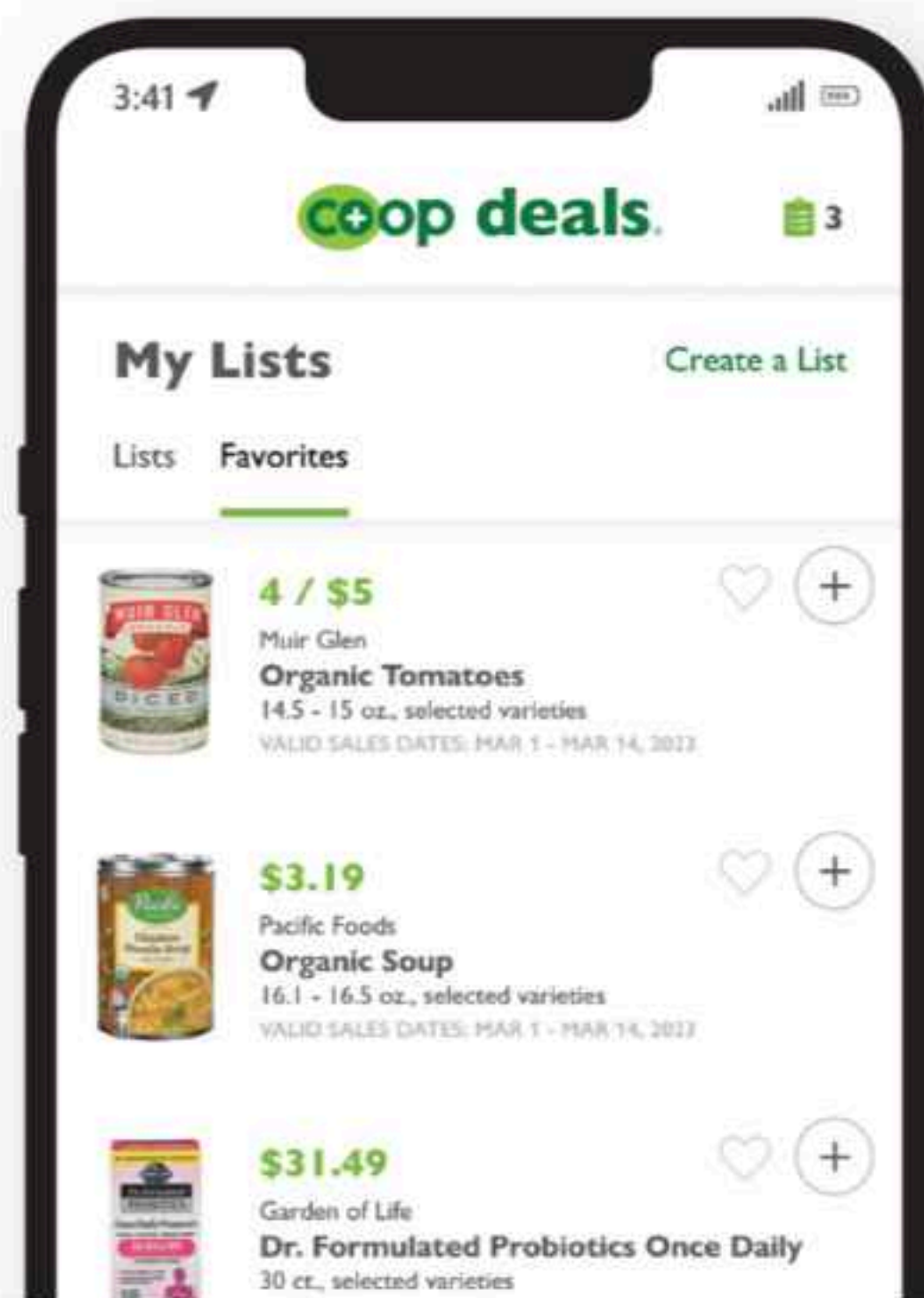


5.49  
JonnyPops  
Frozen Novelties  
6.72-14.8 fl. oz., selected  
varieties



5.99  
Cosmic Bliss  
Organic Frozen  
Dessert  
14 fl. oz., selected  
varieties

Never miss your favorite deals



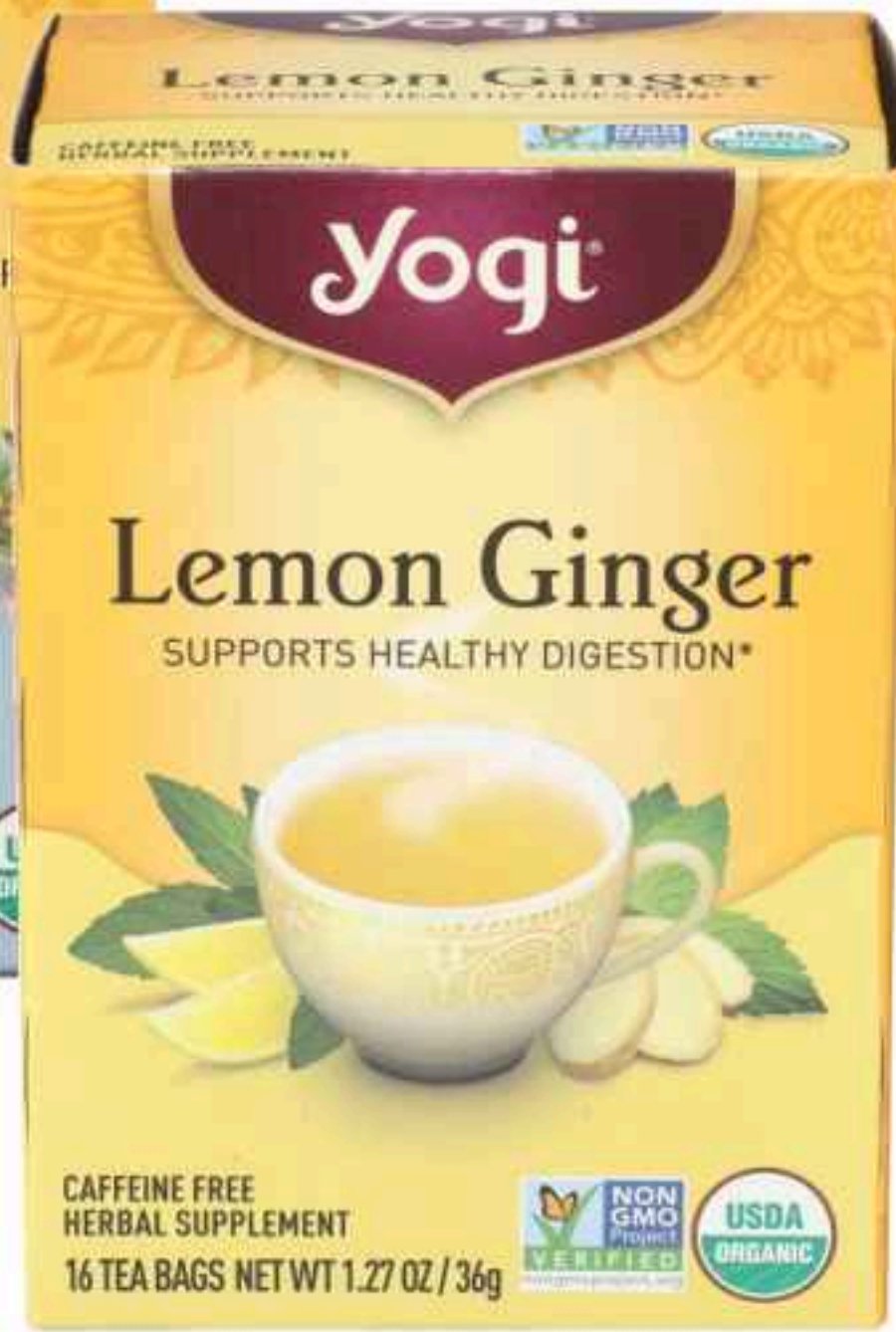
Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.



Download the Co+op Deals app today!

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discover wellness

Guided by nature.  
Grounded in feeling.  
Wellbeing starts within.

3.99

Yogi Tea  
Herbal Tea Blends  
16 ct. , selected varieties



2/\$7

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



3.99

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



5.49

Kind  
Grain Clusters or  
Granola  
11 oz., selected varieties



whole wheat goodness

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

5.49

Kashi  
Cereal  
12.3-18 oz., selected varieties



5.79

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












14.99

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

The co-op has breakfast and pantry favorites.

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



 <div><div>2/\$3</div><div>Rip Van Wafels 1.16 oz., selected varieties</div></div>	 <div><div>2.39</div><div>Little Secrets Crispy Wafers 1.4 oz., selected varieties</div></div>	 <div><div>2/\$5</div><div>Good Health Peanut Butter Filled Pretzels 5 oz.</div></div>
 <div><div>everyday low price</div><div>3.49</div><div>Field Day Sea Salt Pita Chips 7.33 oz.</div></div>	 <div><div>3.99</div><div>Terra Vegetable Chips 5 oz., selected varieties</div></div>	 <div><div>2/\$8</div><div>Annie's Organic Bunny Grahams 7.5 oz., selected varieties</div></div>
 <div><div>4.49</div><div>Lily's Chocolate Bar 2.8-3 oz., selected varieties</div></div>	 <div><div>4.49</div><div>Mi-del Snaps 8-10 oz., selected varieties</div></div>	 <div><div>4.99</div><div>Taza Organic Chocolate Bar 2.5-2.7 oz., selected varieties</div></div>

indulgent.  
simple.  
chocolate.

Hu unites simple ingredients with unbeatable taste. Dive into delicious chocolate that tastes as good as it makes you feel.

4.49



Hu Organic Chocolate Bar  
2.1 oz., selected varieties



3.99

Late July Snacks Tortilla Chips  
7.4-10 oz., selected varieties

Step up your snack game at the co-op.





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



**2/\$4**  
Muir Glen  
Organic Tomatoes  
14.5-15 oz., selected varieties



**2/\$3**  
Annie's  
Mac & Cheese  
5.25-6 oz., selected varieties



**2/\$7**  
Muir Glen  
Organic Pasta  
Sauces  
23.5 oz., selected varieties



**3.79**  
Montebello  
Organic Pasta  
16 oz., selected varieties



**6.99**  
Once Again  
Organic Peanut Butter  
16 oz., selected varieties



**3.99**  
Tasty Bite  
Organic Entree  
10 oz., selected varieties



**8.99**  
Primal Kitchen  
Avocado Oil Mayo  
12 fl. oz., selected varieties



**11.99**  
California Olive Ranch  
Global Blend Extra  
Virgin Olive Oil  
16.9 fl. oz.

scoop up the savings in bulk!



**2.19**  
Organic Light Brown  
Sugar  
per pound in bulk



**2.49**  
Organic Red  
Lentils  
per pound in bulk



**3.29**  
Organic  
Thompson Raisins  
per pound in bulk

Shop the co-op for all your bulk needs.

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**3.99**  
Santa Cruz Organic  
Lemon or Lime Juice  
16 fl. oz., selected varieties



**2.79**  
Tonnino  
Yellowfin Tuna  
4.94 oz., selected  
varieties



**3.49**  
Pacific Foods  
Organic Original  
Oat Beverage  
32 fl. oz., selected  
varieties



**3.99**  
Pacific Foods  
Organic Soup  
16.1-16.5 oz., selected  
varieties



**3.99**  
C2O  
Coconut Water  
33.8 fl. oz., selected  
varieties



**5.99**  
Bragg  
Organic Apple  
Cider Vinegar  
32 fl. oz.



**9.99**  
4th & Heart  
Grass-fed Ghee  
9 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.

**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

**Your pantry essentials are at the co-op.**

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**3.99**  
Let's Do Organic  
Heavy Coconut  
Cream  
13.5 fl. oz.



**5.99**  
Miss Jones Baking Co.  
Organic Frosting  
11.29 oz., selected varieties



COOPERATIVELY OWNED  
**4.99**  
Simply Organic  
Cinnamon  
2.45 oz.



**4.49**  
Wholesome  
Organic  
Powdered Sugar  
16 oz.



**7.39**  
Lily's  
Baking Chips  
9 oz., selected varieties

*it starts with  
good ingredients*

At **Bob's Red Mill**, we know nothing tastes as delicious as homemade food made with good ingredients. That's why we take special care with our premium flours, your key to the best flavor and texture. Homemade perfection, every time.



**3.69**  
Bob's Red Mill  
Gluten-free  
Cornbread Mix  
20 oz.



**7.49**  
Bob's Red Mill  
Organic Flour  
5 lbs., selected varieties



**8.99**  
Bob's Red Mill  
Gluten-free 1-to-1  
Baking Flour  
44 oz.



**8.99**  
Bob's Red Mill  
Super-fine  
Almond Flour  
16 oz.

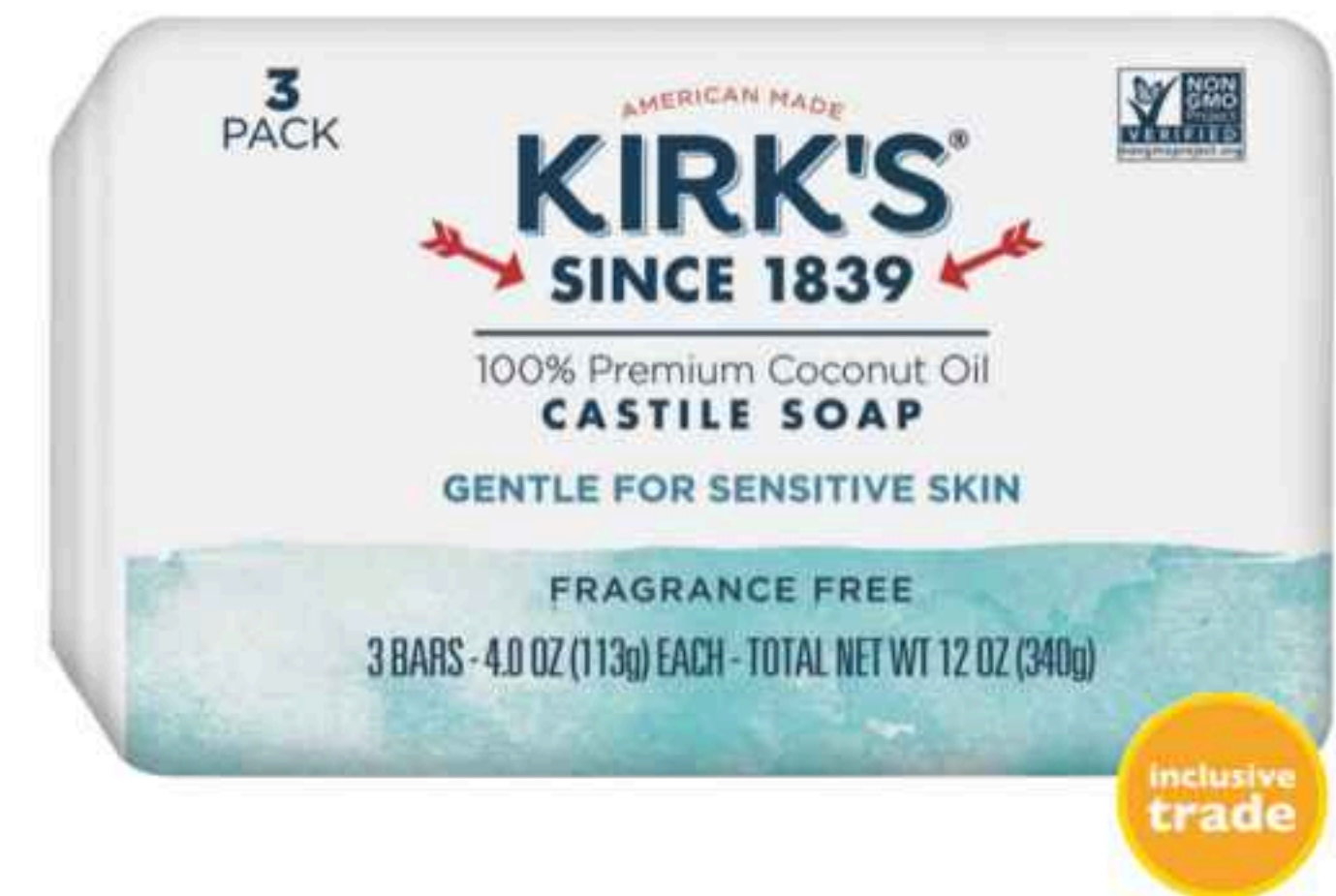
**All your baking ingredients are at the co-op.**

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INCLUSIVE TRADE PARTNER

Kirk's is a woman-owned company. We believe everyone deserves access to natural cleansers, and our products are safe for the whole family.



**5.39** Kirk's  
Castile Bar Soap  
3 pk.-4 oz., selected varieties



**6.99**  
Andalou Naturals  
Shampoo or Conditioner  
11.5 fl. oz., selected varieties



**8.99**  
Schmidt's  
Deodorant  
2.65 oz., selected varieties



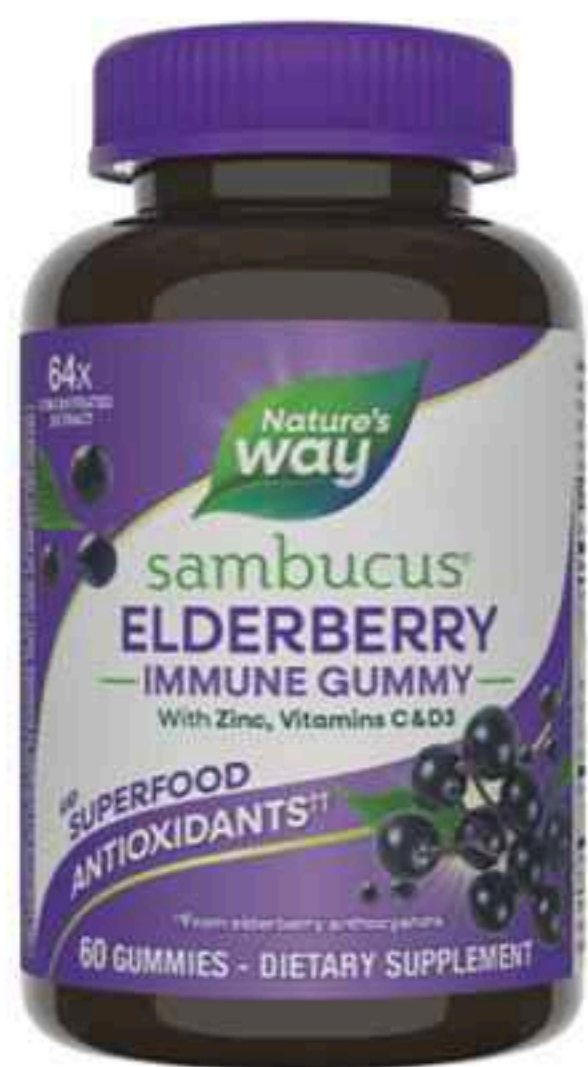
**2.99** Quantum Health  
Zinc Elderberry  
Lozenges  
14 ct.



**5.99**  
Davids  
Toothpaste  
4-5.25 oz., selected  
varieties



**8.99**  
Pranarom  
Organic Frankincense  
Essential Oil  
.068 fl. oz.



**14.99**  
Nature's Way  
Sambucus Elderberry  
Immune Gummies  
60 ct.



**9.99**  
Green Forest  
Bathroom Tissue  
12 ct.



**10.69**  
Life-Flo  
Pure Magnesium Oil  
8 fl. oz.



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



Find the products you love at the co-op.

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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

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.

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.



3.99

Ecos  
Dish Soap  
25 fl. oz., selected varieties



3.39

LesserEvil  
Organic Popcorn  
4.6-6.4 oz., selected varieties



3/\$5

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