

co+op 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



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/\$7

Forager Project
Organic
Cashewmilk
Yogurts
5.3 oz., selected varieties



2/\$5

Odyssey
Sparkling Elixirs
12 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.

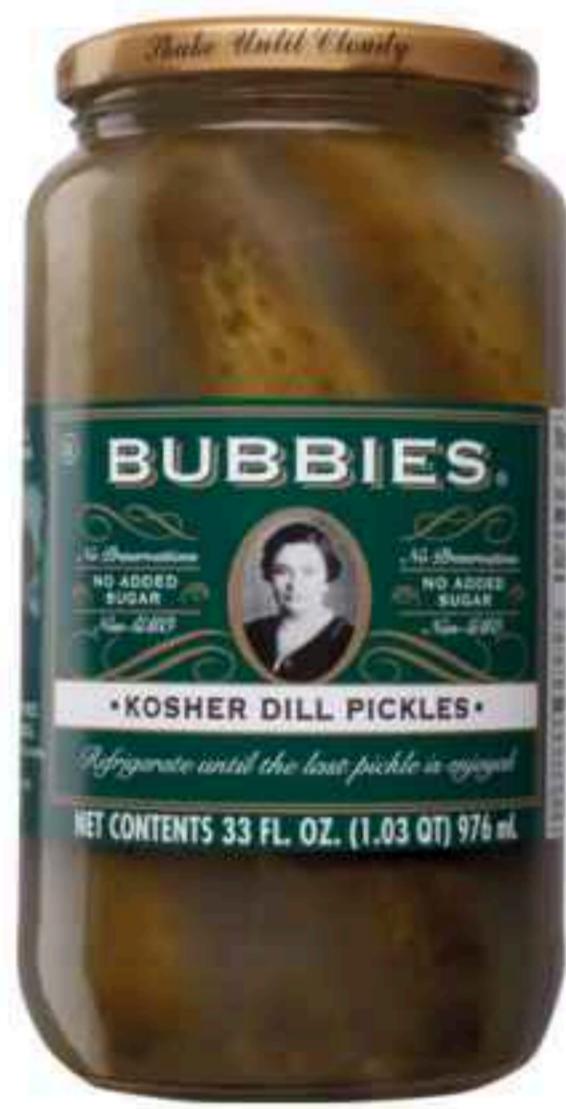
2/\$6

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.



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 Yoghurts
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!

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

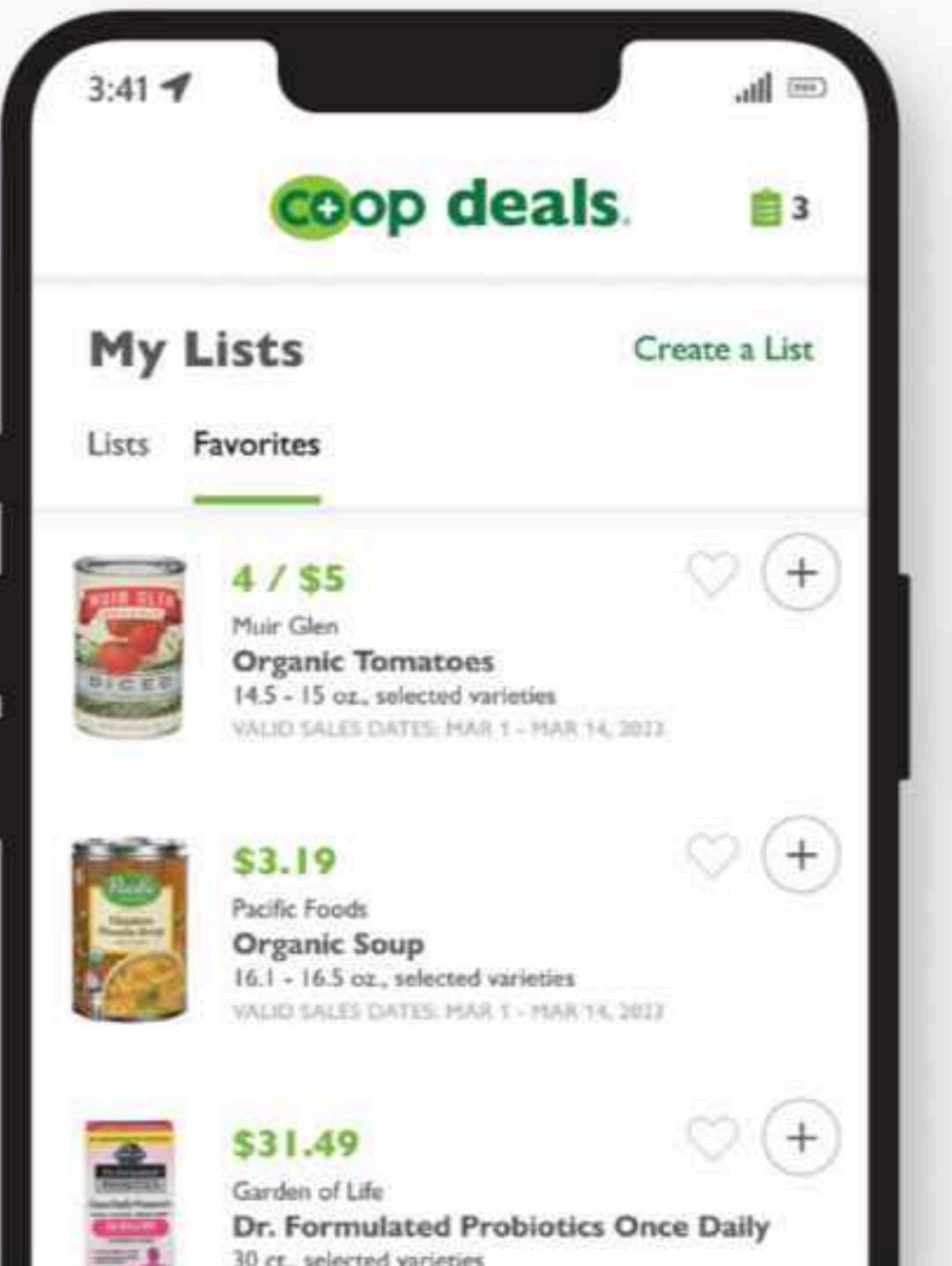
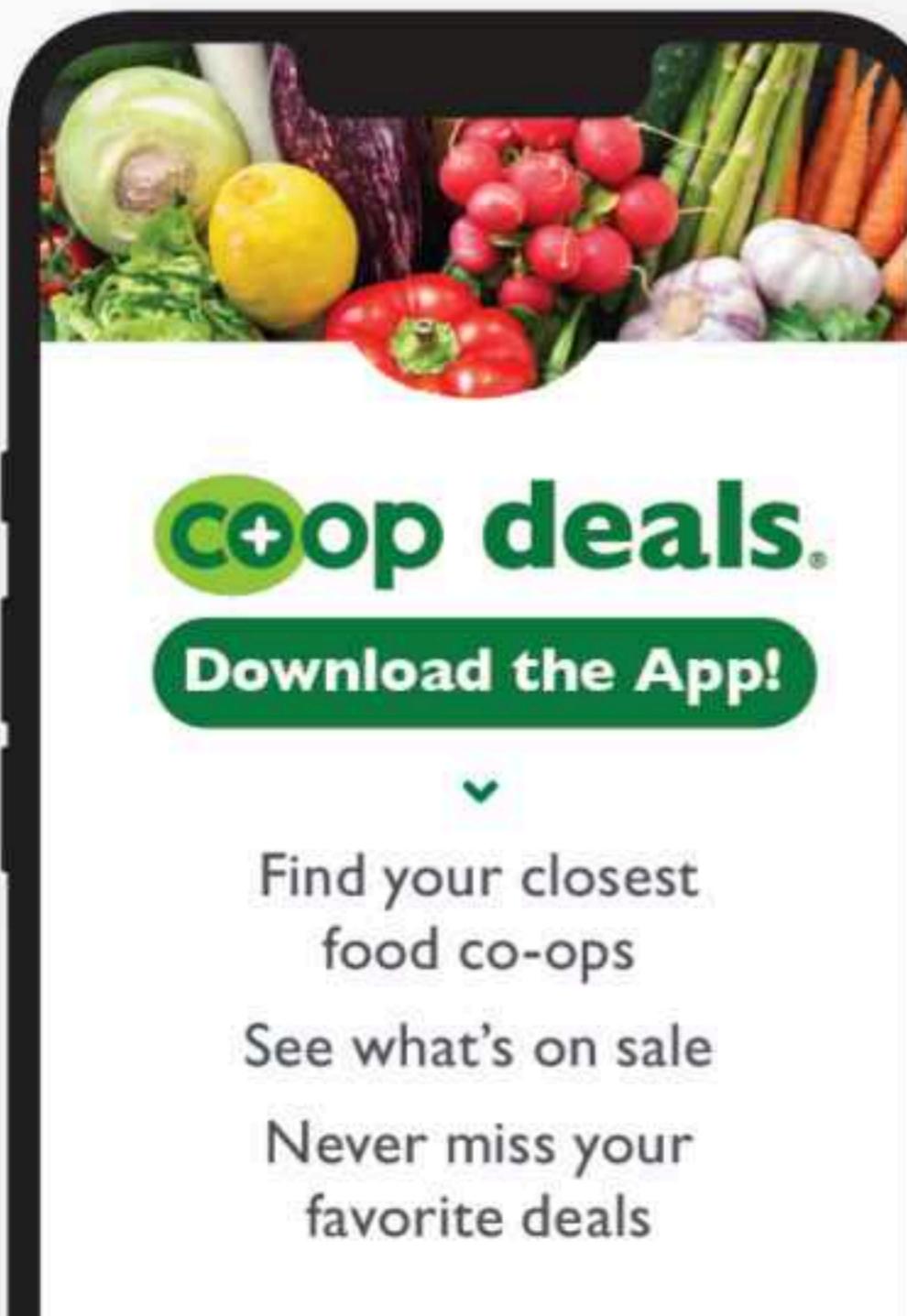


5.99

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!



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.

**2/\$3**

Rip Van
Wafels
1.16 oz., selected
varieties

**2.39**

Little Secrets
Crispy Wafers
1.4 oz., selected varieties

**2/\$5**

Good Health
Peanut Butter
Filled Pretzels
5 oz.



everyday low price

3.49

Field Day
Sea Salt Pita Chips
7.33 oz.

**3.99**

Terra
Vegetable Chips
5 oz., selected varieties

**2/\$8**

Annie's
Organic Bunny
Grahams
7.5 oz., selected varieties

**4.49**

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

**4.49**

Mi-del
Snaps
8-10 oz., selected
varieties

**4.99**

Taza
Organic Chocolate
Bar
2.5-2.7 oz., selected
varieties

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/\$7

Muir Glen
Organic Pasta
Sauces
23.5 oz., selected
varieties



3.79

Montebello
Organic Pasta
16 oz., selected varieties



2/\$3

Annie's
Mac & Cheese
5.25-6 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.



3.99

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



2.79

Tonnino Yellowfin Tuna
4.94 oz., selected varieties



3.99

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



3.49

Pacific Foods Organic Original Oat Beverage
32 fl. 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.



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

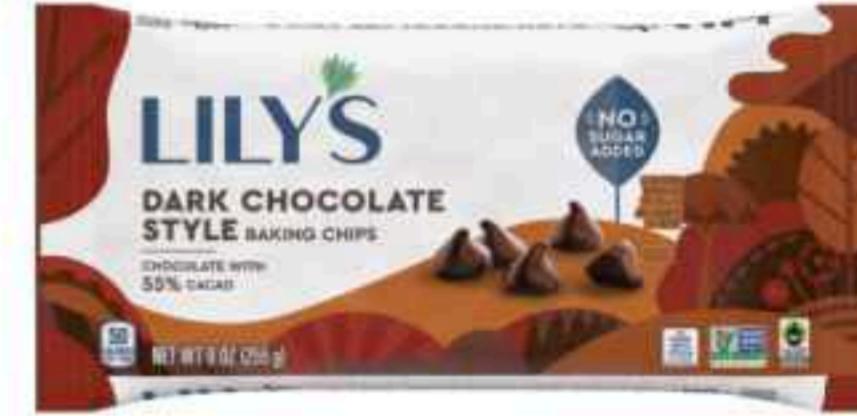
4.99

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.

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



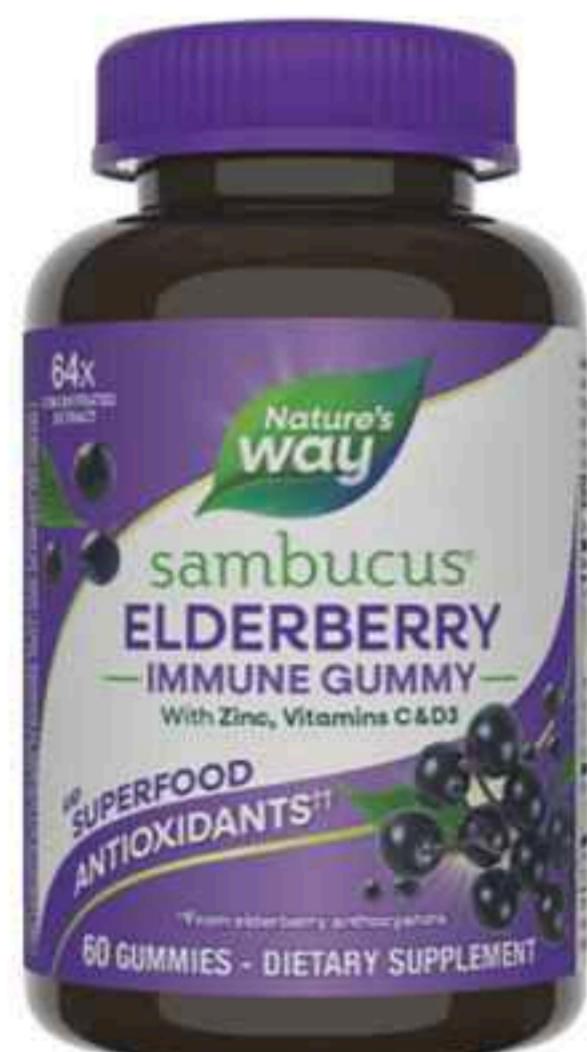
2.99 Quantum Health
Zinc Elderberry
Lozenges
14 ct.



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.

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

ROHDE ISLAND

Urban Greens Co-op Market

TENNESSEE

Three Rivers Market

VERMONT

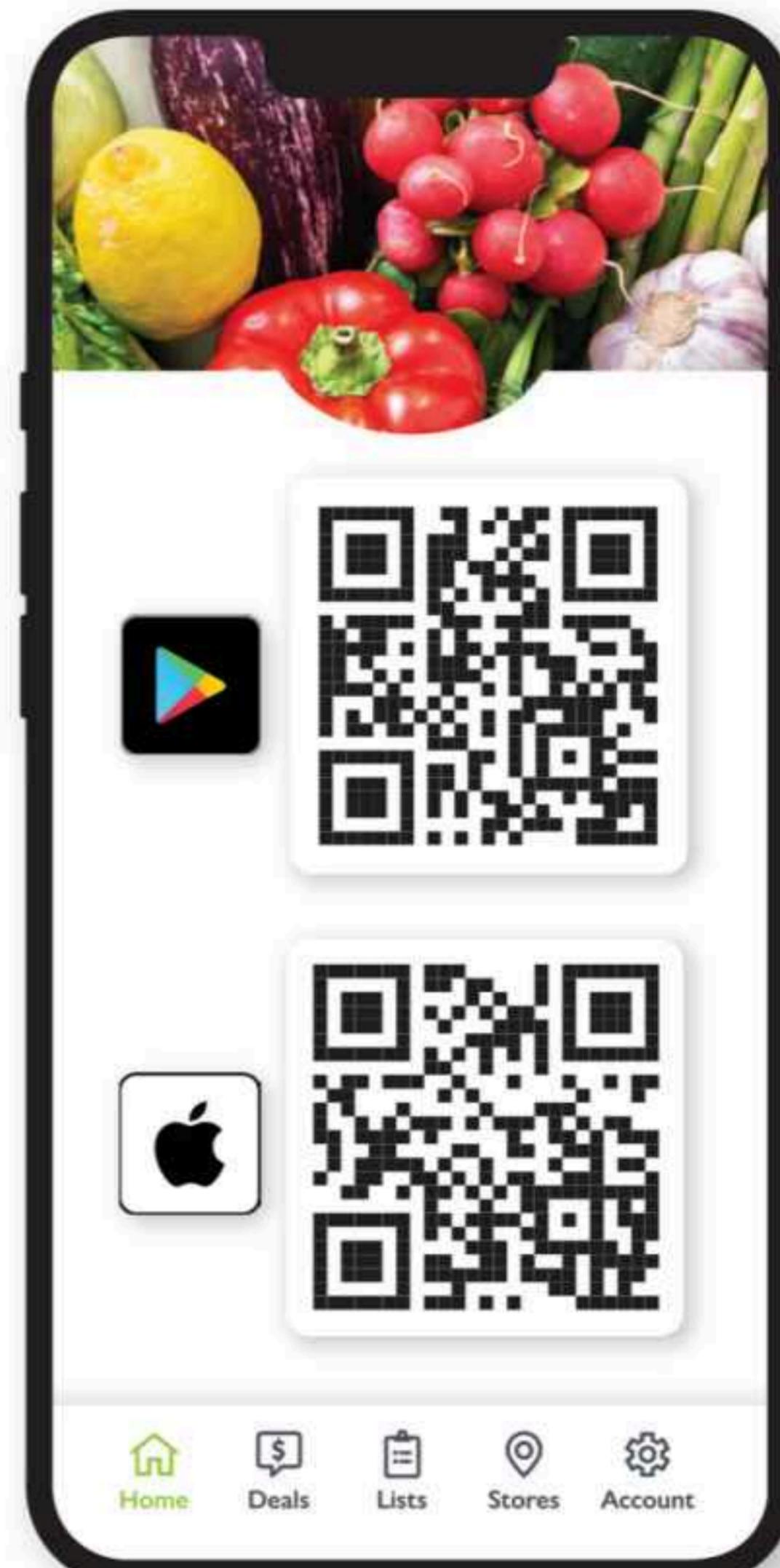
Brattleboro Food Co-op
Buffalo Mountain Market
City Market/Onion River Co-op
Co-op Food Store
Hunger Mountain Co-op
Middlebury Natural Foods Co-op
Morrisville Food Co-op
Putney Food Co-op
Rutland Area Food Co-op
Springfield Food Co-op
Upper Valley Food Co-op

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.

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



inclusive trade



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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