

# coop deals

FEB 5 - FEB 18, 2025

*sweet and salty*

**PERFECT COMBO**

Chocolate is loved by people of all ages. Satisfy your sweet tooth with Chocolove's Almonds & Sea Salt dark chocolate. They're on sale at the co-op and make a terrific indulgent treat (sharing is optional).



**2/\$6**

Chocolove  
Chocolate Bars  
2.9-3.2 oz., selected varieties



**2/\$6**

Muir Glen  
Organic  
Tomatoes  
28 oz., selected varieties



**6.99**

Feel Good Foods  
Gluten-free  
Appetizers  
8.2-10 oz., selected  
varieties



**2/\$10**

Waterloo  
Sparkling Waters  
12 pk.-12 fl. oz.  
selected varieties



Check out these sweet deals on your favorite products.

**Find what you love at your co-op.**



**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.



*delicious game day snacks*

The Good Crisp Company Crisps, Crinkle Cut Chips and Cheese Balls — classic favorites with minimal ingredients. Snacks for all occasions! All taste, no guilt.

**Buy One, Get One  
FREE**

**The Good Crisp  
Potato Crisps**  
5.6 oz., selected varieties



**Buy One, Get One  
FREE**

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

**INCLUSIVE TRADE PARTNER**

Chickapea is a woman-owned company providing nutritious, convenient family meal options.



**Buy One, Get One  
FREE**

**Chickapea  
Organic Chickpea Pastas**  
8 oz., selected varieties



**Buy One, Get One  
FREE**

**Jeff's Garden  
Pickled Peppers**  
12 fl. oz, selected varieties

**Your co-op has buy one, get one free deals!**



Buy One, Get One  
**FREE**

Virgil's  
Sodas  
4 pk.-12 fl. oz. bottles, selected varieties



Buy One, Get One  
**FREE**

Against the Grain  
Gluten & Grain-free Pizzas  
15-24 oz., selected varieties



COOPERATIVELY OWNED  
Buy One, Get One  
**FREE**

Simply Organic  
Seasonings or Dip Mixes  
.7-1.5 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

World Centric is a diverse-owned company whose business operations address sustainability in our products, philanthropy and practices.



Buy One, Get One  
**FREE**

World Centric  
Compostable 9" Plates  
20 ct., selected varieties



Buy One, Get One  
**FREE**

Miyoko's Creamery  
Organic Plant Milk Butter  
8-12 oz., selected varieties



Buy One, Get One  
**FREE**

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

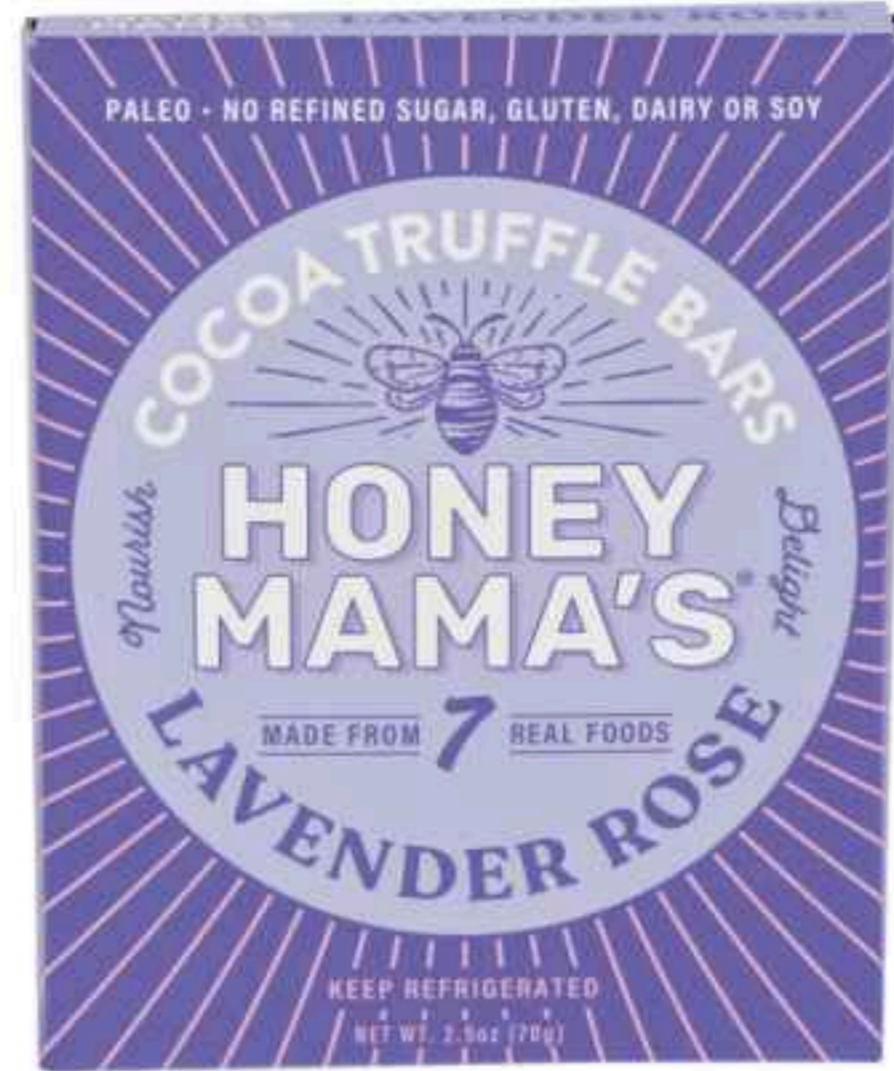
**Look for BOGO deals throughout your co-op.**

COOPERATIVELY OWNED



**3.99**

**Organic Valley  
Sour Cream**  
16 oz.



**3.99**

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



**5.49**

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



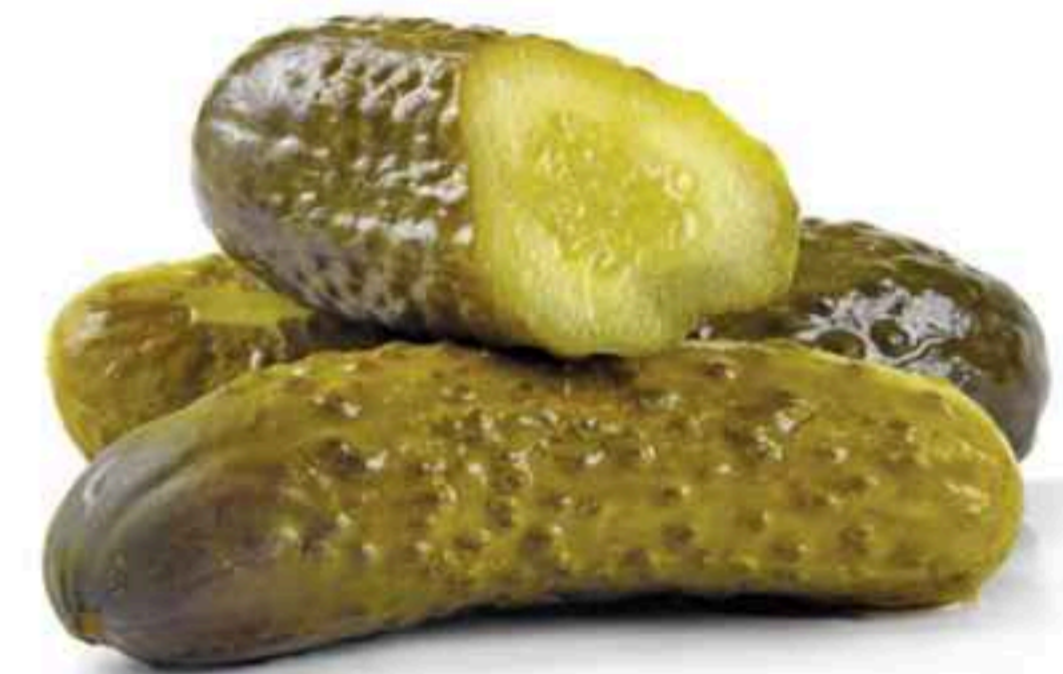
**1.79**

**Silk**  
**Dairy-free  
Yogurts**  
5.3 oz., selected varieties



**5.99**

**Grillo's  
Dill Pickles**  
32 fl. oz., selected varieties



**3.79**

**Kite Hill  
Dairy-free Dip**  
8 oz., selected varieties

**3.79**

**Kite Hill  
Dairy-free Sour Cream**  
8 oz.

**5.99**

**Kite Hill  
Dairy-free  
Cream Cheese**  
8 oz., selected varieties

**4.29**

**Kite Hill  
Almondmilk Yogurt**  
16 oz., selected varieties

*what dairy  
dreams about*

Kite Hill products taste amazing while being part of an inclusive table for all your friends and family to enjoy. Our dairy-free products are crafted from real ingredients and satisfy all while nourishing body and soil.

**Find dairy and dairy-free options at your co-op.**



**2/\$7**

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



**3.79**

Oatly  
Barista Edition  
Oatmilk  
32 fl. oz.



**3.99**

**Petit Pot**  
Organic French Dessert  
2 pk.-4 oz., selected varieties

COOPERATIVELY OWNED



**4.29**

Organic Valley  
Shredded Cheese  
6 oz., selected varieties



**4.49**

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



**4.49**

Oatly  
Oatmilk  
64 fl. 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.

**4.99**

**Siggi's**  
Skyr Yogurt  
24 oz., selected varieties



**6.49**

**Cocojune**  
Organic Coconut  
Cultured Yogurt  
16 oz., selected varieties

**Stock the fridge with favorites from your co-op.**

*eat what you love*



**4.49**

Beyond Meat  
Plant-based  
Breakfast Sausage  
7.4 oz., selected varieties



**5.49**

Beyond Meat  
Plant-based  
Burger Patties  
8 oz.



**6.49**

Beyond Meat  
Plant-based Italian  
Style Meatballs  
10 oz.



**7.49**

Beyond Meat  
Plant-based  
Sausages  
14 oz., selected varieties



**4.99**

Talenti  
Gelato or Sorbetto  
1 pt., selected varieties



**2/\$8**

Cascadian Farm  
Organic Frozen  
Potatoes  
12-16 oz., selected  
varieties



*stress-free meals*

**FLAVORFUL AND SIMPLE**

Making dinner for the family? No need to fret — the co-op has a great selection of ingredients and ready-to-make meals. Coming up with kid-friendly meals during busy days can be a challenge, but it doesn't have to be. Find something for everyone to love and enjoy a stress-free evening.



**10.99**

Applegate  
Chicken Nuggets  
or Tenders  
16 oz., selected varieties

**Your family's favorite meals are at your co-op.**

**INCLUSIVE TRADE PARTNER**

Deep Indian Kitchen is owned by a third-generation Indian American family. We pride ourselves on being an authentic, restaurant-quality brand with recipes made from scratch.



**2/\$10**

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

*safer formulas, cleaner laundry*

**INCLUSIVE TRADE PARTNER**

ECOS is a Black- and woman-owned company. With laundry detergents featuring hypoallergenic formulas, plant-powered cleaners, plant-derived fragrances and US EPA Safer Choice-certified ingredients, we have laundry products to make each load easier and safer for everyone.



**12.99**

Ecos  
Liquid Laundry Detergent  
100 fl. oz., selected varieties

**INCLUSIVE TRADE PARTNER**

Wild Carrot Herbals is a woman-owned company. We handcraft more than 50 different botanical skincare products that support sustainability initiatives.

**15.99** Wild Carrot Herbals  
Borage Butter Face Cream  
2 oz.



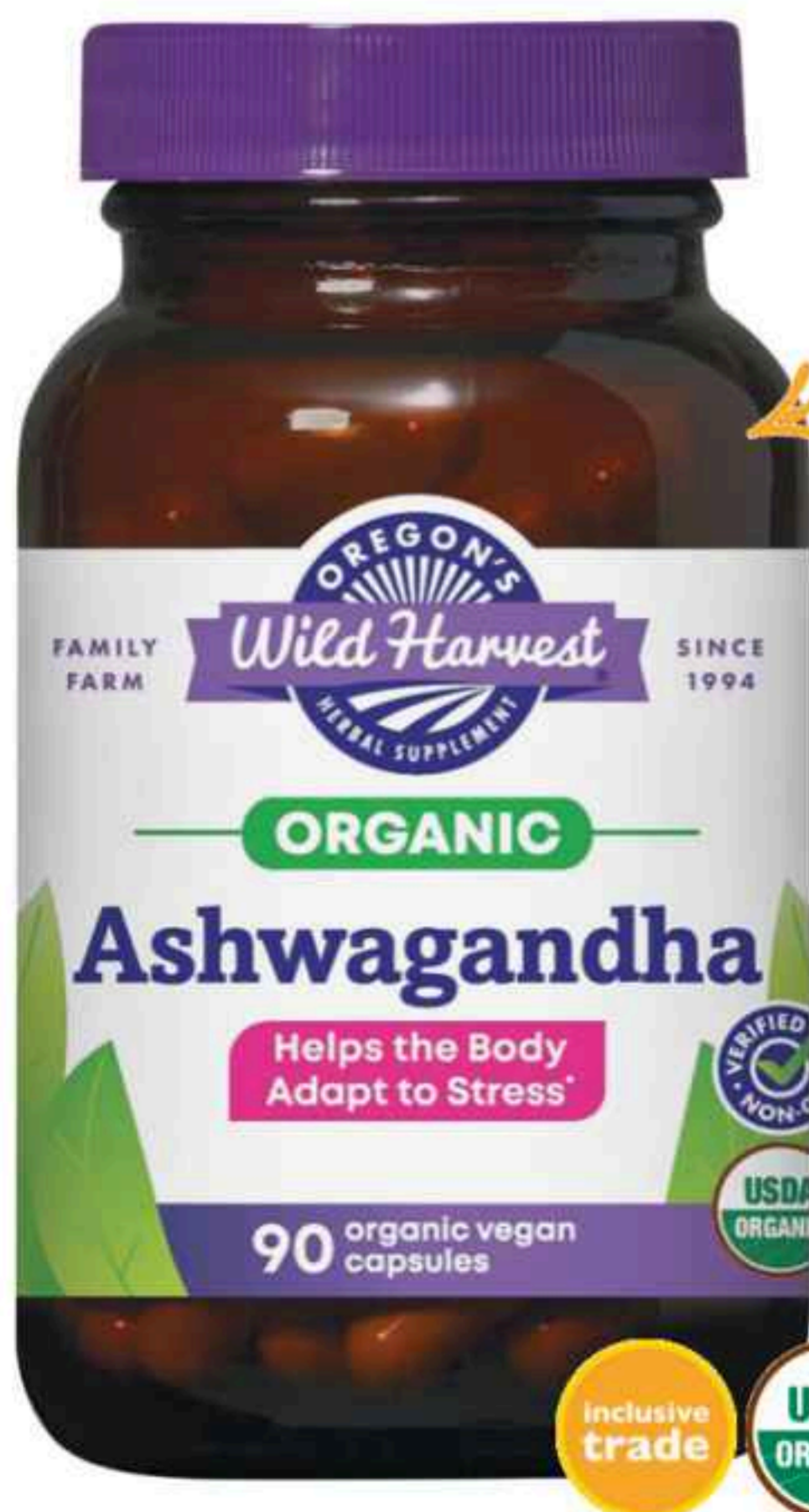
*shop inclusive trade*

**inclusive trade**

*organic to our roots*

**INCLUSIVE TRADE PARTNER**

As a woman-owned, family farm and organic herbal supplement manufacturer since 1994, Oregon's Wild Harvest utilizes regenerative practices that heal the land and water and sequester carbon to ensure pure, potent herbal medicine is available today and for future generations.



**17.99**

Oregon's Wild Harvest  
Organic Ashwagandha  
90 ct.

**INCLUSIVE TRADE PARTNER**

Nuts for Cheese is a LGBTQIA+ and woman-owned company. Our cheese is crafted from 100% organic cashews, fermented and rich in probiotics.



**6.99**

Nuts for Cheese  
Organic & Dairy-free Fermented  
Cashew Product  
4.2 oz., selected varieties

**Inclusive Trade brands are at your co-op.**

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



**4/\$6**

Annie's  
Mac & Cheese  
5.25-6 oz., selected  
varieties



**2.79**

Lotus Foods  
Organic Rice  
Noodles  
8 oz., selected varieties



**4.99**

Crofter's  
Organic Premium  
Fruit Spread  
16.5 oz., selected varieties



**3.29**

Montebello  
Organic Pastas  
16 oz., selected varieties



**2/\$7**

Health Valley  
Organic Soup  
14.5-15 oz., selected  
varieties



**3.99**

Garden of Eatin'  
Taco Shells  
5.5 oz., selected varieties



**5.99**

Sky Valley  
Sriracha Sauce  
18.5 oz.



**6.49**

CB's Nuts  
Organic Peanut  
Butter  
16 oz., selected varieties

*February treats*

Whether you're enjoying the big game or fixing dinner for friends and family, Crown Prince Natural provides delicious, sustainably caught seafood for your cooking adventures. Recipes galore at [www.crownprincenatural.com](http://www.crownprincenatural.com) and [youtube.com/CrownPrinceSeafood](http://youtube.com/CrownPrinceSeafood).

**3.29**

Crown Prince  
Oysters or Anchovies  
3-3.75 oz., selected varieties



**7.99**

Lucini Italia  
Organic Pasta Sauce  
24 oz., selected varieties



**7.99**

Artisana  
Organic Raw Tahini  
or Coconut Butter  
14 oz., selected varieties

**Your co-op makes meal planning easy.**





**3.49**

**Woodstock  
Organic Ketchup**  
19.5-20 oz., selected varieties



**3/\$10**

**Tasty Bite  
Indian Entrees**  
10 oz., selected varieties



**4.79**

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

**INCLUSIVE TRADE PARTNER**

Mother-in-Law's is an Asian-owned company. We are inspired by the beauty of Korea's tradition of handcrafted fermented foods.



**7.99**

**Mother-in-Law's  
Kimchi**  
16 fl. oz., selected varieties



**4.99**

**Patagonia  
Provisions  
Tinned Seafood**  
4.2 oz., selected varieties



**4.99**

**Ocean's Halo  
Organic Broth**  
32 fl. oz., selected varieties



**6.99**

**Sir Kensington's  
Mayonnaise**  
12 fl. oz., selected varieties



*an umami adventure*

Warm up on a cold day with Koyo noodles! Our organic noodles are full of flavor and ready in less than ten minutes.

**2/\$4**

**Koyo  
Organic Soba or  
Udon Noodles**  
8 oz., selected varieties



**14.99**

**Dr. Bronner's  
Organic Whole Kernel  
Virgin Coconut Oil**  
30 fl. oz.

**Find a variety of ingredients at your co-op.**

**INCLUSIVE TRADE PARTNER**

Country Archer Provisions is an Asian-owned company. Our jerky and meat sticks offer mouthwatering flavors with sustainability as a priority.



**5.99**

Country Archer Provisions Beef Jerky 2-2.5 oz., selected varieties

Never miss your **favorite deals**



**coop deals.**

**Download the App!**

Find your closest food co-ops  
See what's on sale  
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.



**4.29**

Happy Family Organics Yogis 1 oz., selected varieties



**2/\$9**

Barbara's Cereals 10-14 oz., selected varieties



*taste our world*

For over 50 years, we have been creating teas that are bursting with benefits, flavor and our passion for inspiring a happier and healthier life.

**2/\$7**

Celestial Seasonings Herbal Teas 20 ct., selected varieties



**2/\$9**

Nature's Path Organic Love Crunch Granola 10.6-11.5 oz., selected varieties



**6.99**

Food for Life Organic Cereal 16 oz., selected varieties

**Your co-op has products to help you rest and relax.**

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



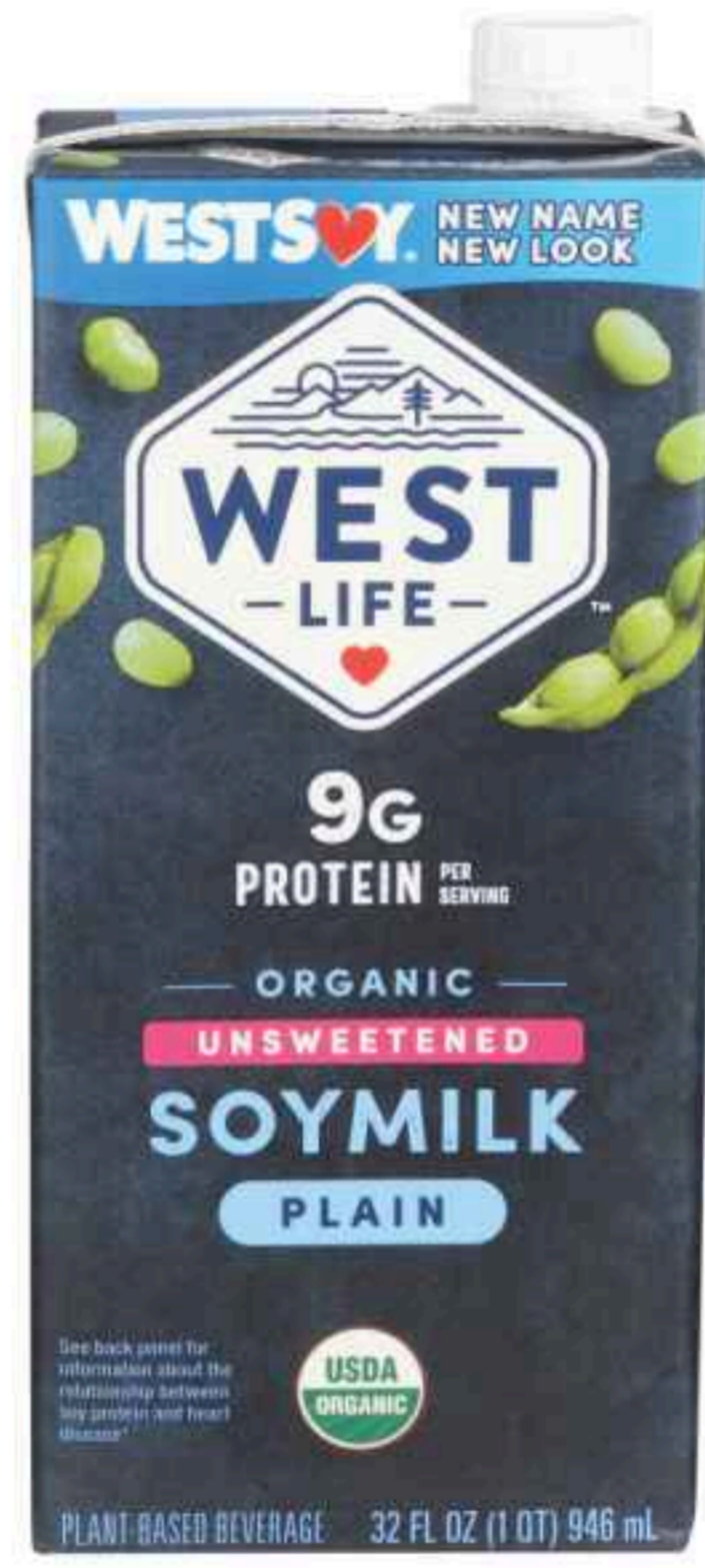
**4.49**

**Bear Fruit Snacks**  
5 pk.-7 oz., selected varieties



**3.69**

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



*dairy-free delights*

West Life Soymilk fuels your day, while Dream Ricemilk delights with sweetness. Both organic, dairy-free, and gluten-free — they're perfect for coffee, smoothies or savoring on their own!

**3.99**

**Dream or West Life Plant-based Beverages**  
32 fl. oz., selected varieties



Add fresh ingredients to your meal.  
**Simple and nutritious.**



*organically nutritious, instantly delicious*

The fastest way to combine nutritious with delicious. Quick-cook organic oats feature high-fiber whole grains that are complemented by the perfect dash of flavor, for a feel-good breakfast boost or satisfying snack.

**2/\$7**

**Nature's Path Organic Instant Oatmeal**  
8 pk.-1.75 oz., selected varieties



**5.99**

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



**Find your favorite brands at your co-op.**



**3/\$5**

Nixie  
Zero Sugar Soda  
12 fl. oz. can, selected varieties



**2/\$5**

Garden of Eatin'  
Tortilla Chips  
5.5 oz., selected varieties



**2/\$6**

LesserEvil  
Organic Popcorns  
3-6.4 oz., selected varieties



**2/\$7**

Siete  
Grain-free Cookies  
4.5 oz., selected varieties



**4.49**

Toacker  
Wafer Cookies  
7.76-8.82 oz., selected varieties



**3.99**

Frontera  
Salsas  
16 oz., selected varieties



**2/\$7**

Back to Nature  
Crackers  
3.5-7 oz., selected varieties



**3.99**

Back to Nature  
Cookies  
7.5-9 oz., selected varieties

*tasty snacks since way back*

Since 1960, **Back to Nature** has been crafting remakes of your faves. Our cookies and crackers are made with honest-to-goodness ingredients and are always Non-GMO Project verified, free from synthetic colors and artificial flavors, and contain no high-fructose corn syrup.

**Crave-worthy snacks are at your co-op.**



**1.79**

**Justin's**  
**Organic Nut Butter Cups**  
1.4 oz., selected varieties

# game day playbook

The Big Game is just around the corner and there are so many delicious ideas to make it a tasty and festive event. From apps to snacks to main dishes, there are guidelines to consider for hosting a gathering. Get in the game and serve up some yummy options!



**SCAN THE CODE:**  
Check out these tips and tricks to create a festive menu filled with variety.



**3.99**  
**Hu**  
**Organic**  
**Chocolate Bar**  
2.1 oz., selected varieties



**2/\$8** **Tony's Chocolonely**  
**Chocolate Bars**  
6.35 oz., selected varieties

# delicious potato chips

Simple Ingredients. The crisp and crunch of a classic made better with avocado oil for a uniquely subtle, buttery taste.

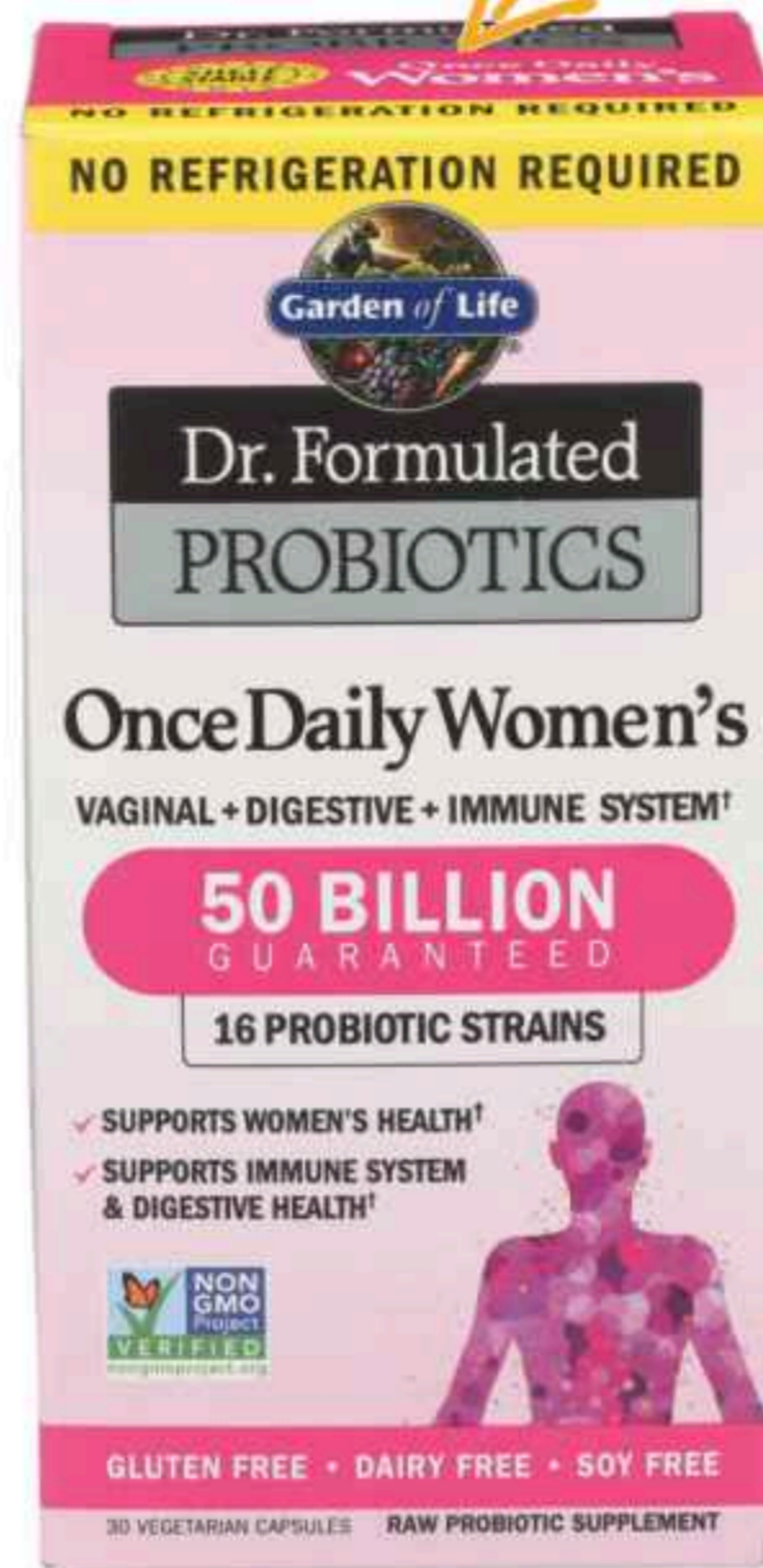
**2/\$6**

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



**2/\$8**  
**Simple Mills**  
**Crackers**  
4-4.25 oz., selected varieties

**It's snack time at your co-op!**



*#1 choice for #2*

Probiotics made especially for women, Dr. Formulated Once Daily Women's offers 50 billion CFU with diverse strains to support digestive, immune and women's health.

**27.99**

**Garden of Life  
Dr. Formulated Women's  
Once Daily Probiotics**  
30 ct.



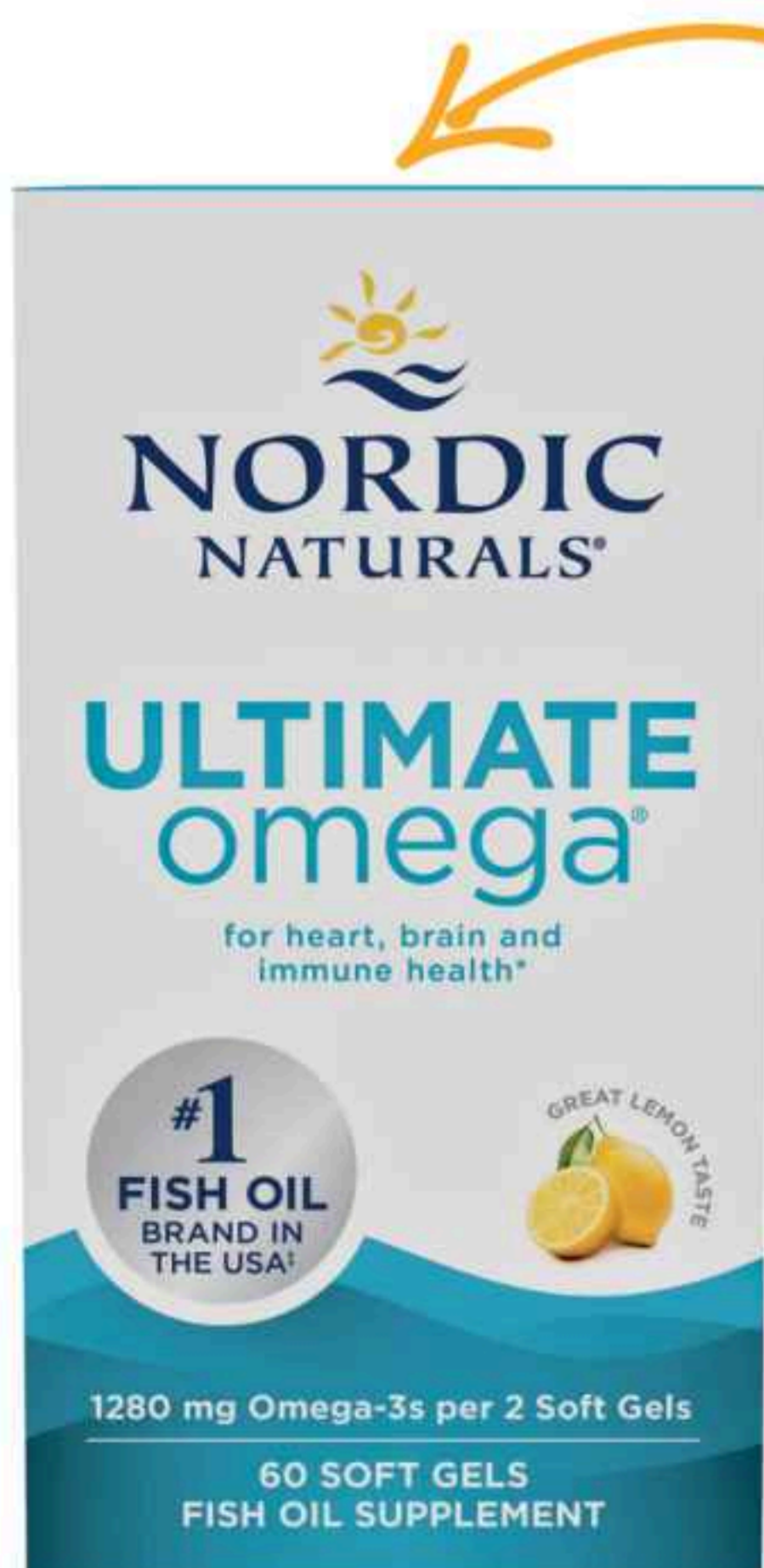
**3.49**  
**Sky Organics  
Jumbo Cotton  
Balls**  
100 ct.



**6.99**  
**The Honey Pot  
Menstrual Pads**  
12-20 ct., selected  
varieties



**16.99**  
**Om  
Organic Mushroom  
Powder**  
3.17-3.5 oz., selected  
varieties



*the ultimate fish oil*

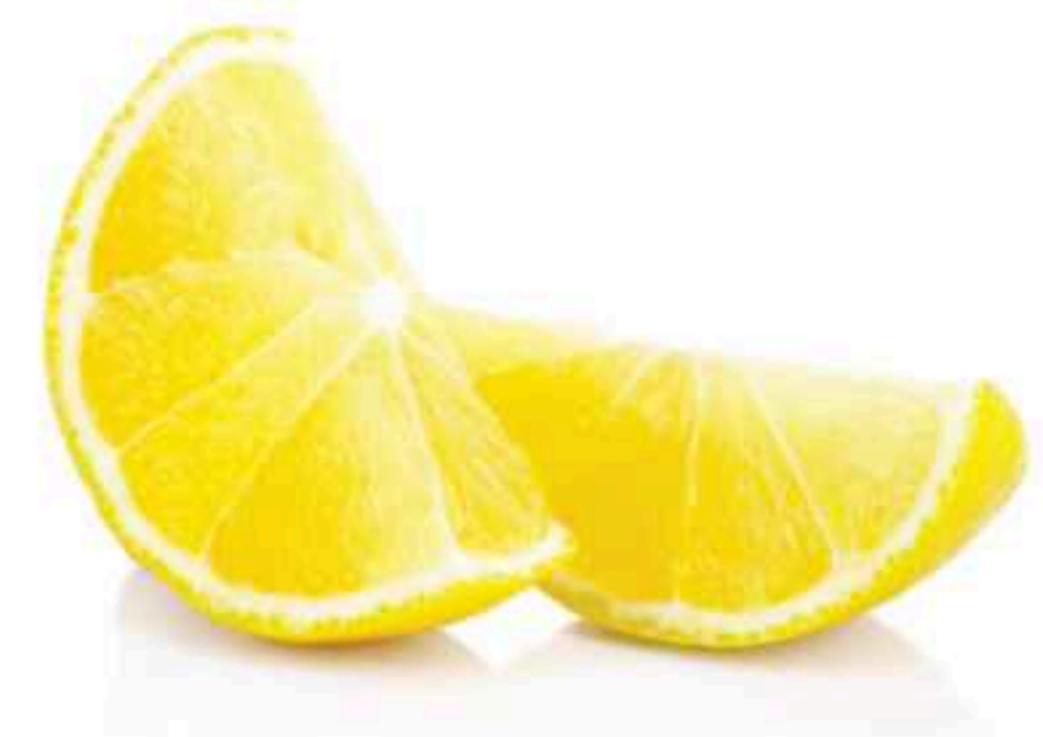
Get award-winning omega-3 support at the cellular level for everyday wellness. Expertly formulated Ultimate Omega® delivers 1280 mg omega-3s from 100% wild-caught fish in every tasty serving.

**20.99**

**Nordic Naturals  
Ultimate Omega**  
60 ct.



**19.49**  
**Smarty pants  
Organic Kids Multi  
& Omegas Gummies**  
120 ct.



**The co-op has all your winter supplements.**

*pure plants,  
true benefits*

COOPERATIVELY OWNED

**Blossom & Glow Serum:**

- 6 drops Lavender
- 12 drops Rose in Jojoba
- 1 oz. Organic Castor Oil
- 1 oz. Jojoba Oil

**Directions:** Add ingredients to a bottle. Replace cap and shake well.

**To use:** Apply over face and neck, avoiding eyes.



Buy One, Get One  
**FREE**

Aura Cacia  
Foam or Mineral Bath  
2.5 oz., selected varieties



**3.29**  
Aura Cacia  
Organic Castor  
Oil  
4 fl. oz.



**7.49**  
Aura Cacia  
Lavender  
Essential Oil  
.5 fl. oz.



**8.99**  
Aura Cacia  
Rose Absolute  
in Jojoba Oil  
.5 fl. oz.



**5.99**  
Booda Organics  
Coconut Cream  
Deodorant  
2.4 oz.



**13.99**  
Weleda  
Skin Food Cream  
2.5 fl. oz.



**40.99**  
Evanhealy  
Day Face  
Moisturizer  
1.4 fl. oz., selected  
varieties



**3.99**  
Tom's of Maine  
Spearmint Floss  
32 yds.



**5.99**  
Tom's of Maine  
Whole Care  
Toothpaste  
4 oz., selected varieties



**5.49**  
Tom's of Maine  
Mouthwash  
16 fl. oz., selected varieties



**7.99**  
Tom's of Maine  
Deodorant  
3.25 oz., selected varieties

*choose us,  
give back*

We donate 10% of our profits in the form of funding and product donations to nonprofit organizations that work in the areas of climate change and the environment, health and well-being, and disaster relief.

**Your co-op helps you feel fresh from head to toe.**

Shop for fresh, delicious, local food at a co-op near you.

ALASKA

Co-op Market Grocery & Deli

ARIZONA

Food Conspiracy Co-op

CALIFORNIA

- BriarPatch Food Co-op
- Chico Natural Foods Cooperative
- Co-opportunity Market
- Davis Food Co-op
- Feather River Food Co-op
- Isla Vista Food Co-op
- North Coast Co-op
- Ocean Beach People's Organic Food Co-op
- Placerville Food Co-op
- Sacramento Natural Foods Co-op
- SLO Food Co-op
- Ukiah Natural Foods Co-op

IDAHO

- Boise Co-op
- Moscow Food Co-op

MONTANA

Community Food Co-op

NEVADA

Great Basin Community Co-op

OREGON

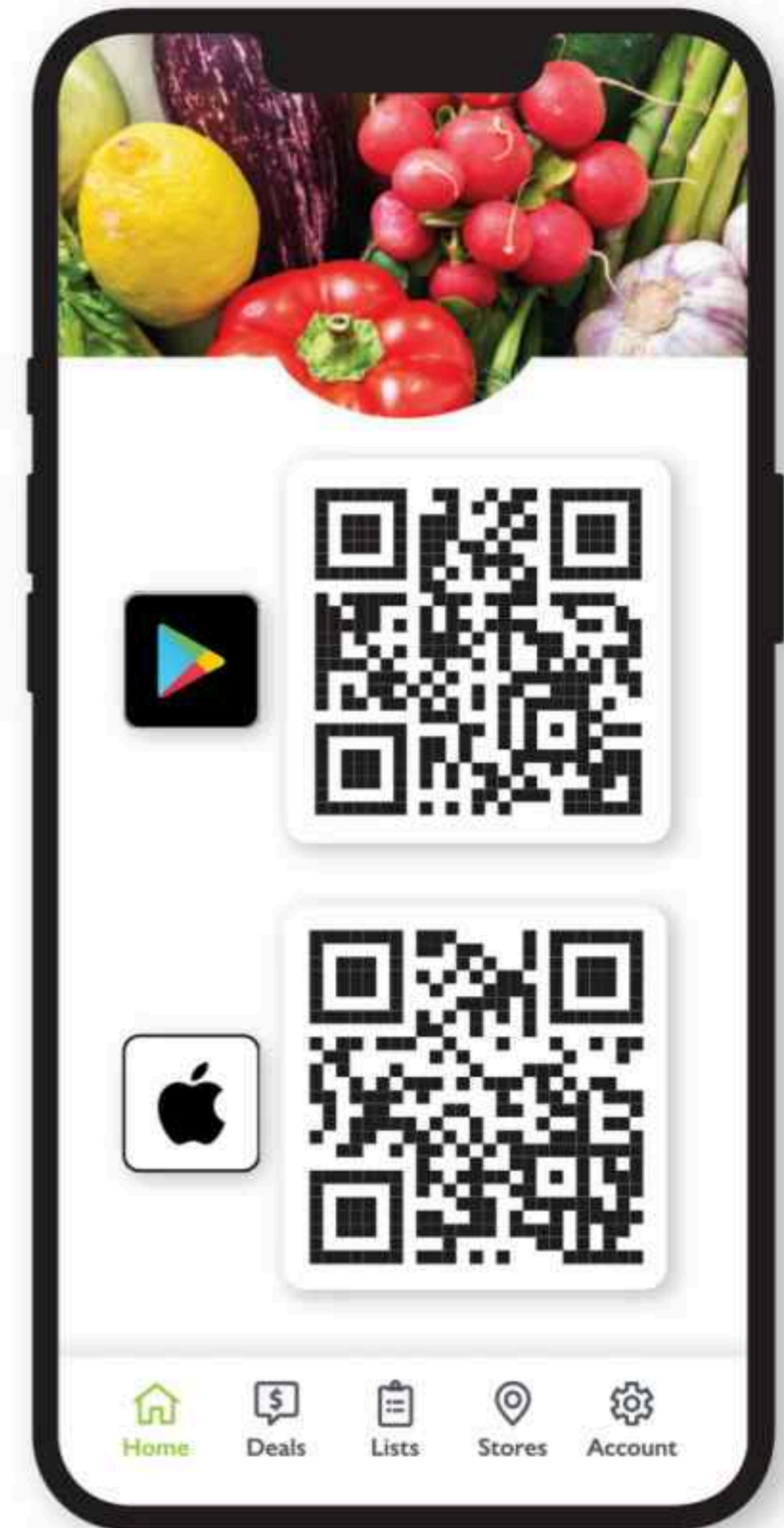
- Alberta Cooperative Grocery
- Ashland Food Co-op
- Astoria Co+op
- Coos Head Food Co-op
- First Alternative Co-op
- Medford Food Co-op
- People's Food Co-op

WASHINGTON

- Central Co-op
- Community Food Co-op
- Main Market Co-op
- Olympia Food Co-op
- Orcas Food Co-op
- Skagit Valley Food Co-op
- Sno-Isle Food Co-op
- The Food Co-op

coop deals.

Download the App!



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

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



3/\$4

Chobani  
Greek Yogurts  
5.3 oz., selected varieties



2/\$4

Rxbar  
Protein Bars  
1.83-1.9 oz., selected varieties



2/\$6

Endangered Species  
Chocolate Bars  
3 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.



PWNW0225A