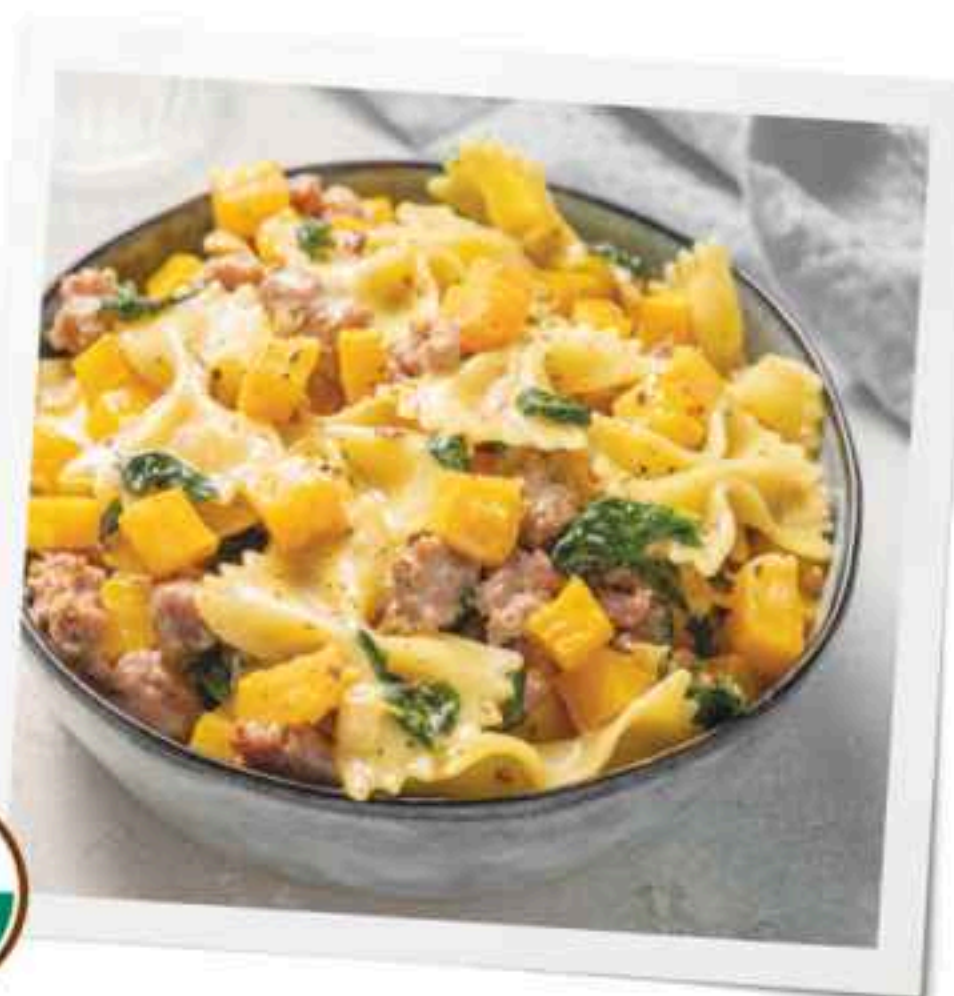


# coop deals

OCT 1 - OCT 21, 2025

## fall for pasta

Toss together a hearty meal or a pasta salad using Montebello's Farfalle Pasta. Organic and made from wheat grown on cooperative family farms, these delicious bow tie pastas are sure to warm your home this fall. On sale at the co-op now!



**2/\$7**

**Montebello  
Organic Pastas**  
16 oz., selected varieties



**2.29**

**Red's  
Burrito**  
4.5-5 oz., selected  
varieties



**2/\$6**

**Angie's  
Boomchickapop  
Popcorn**  
4.4-7 oz., selected  
varieties



**3.29**

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



**2/\$7**

**Muir Glen  
Organic Pasta  
Sauces**  
23.5 oz., selected  
varieties



**4.49**

**Good Karma  
Flaxmilk**  
64 fl. oz., selected  
varieties



**4.49**

**Loacker  
Wafer Cookies**  
7.76-8.82 oz., selected  
varieties



## Cooperation is Radical

Learn how food co-ops are revolutionizing the grocery industry to make it work better for people and planet.







4/\$5

Chobani  
Greek Yogurts  
5.3 oz., selected varieties

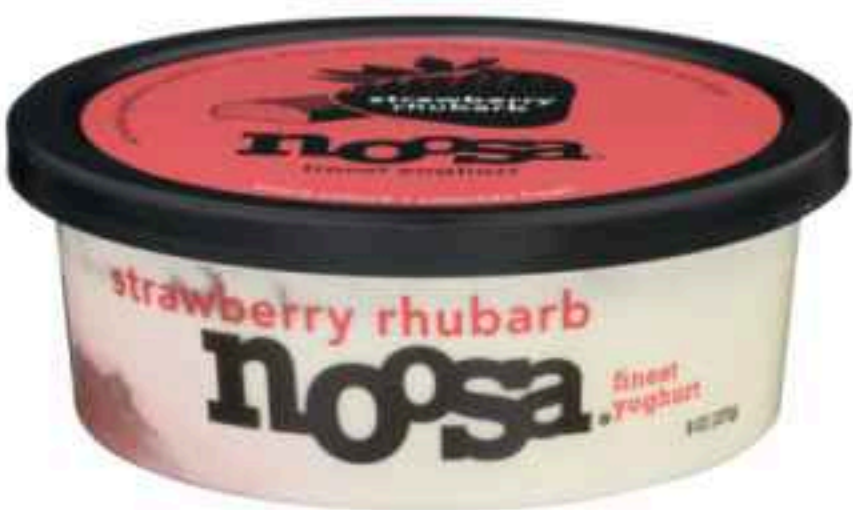


3.99

no GMOs, just OMGs

COOPERATIVELY OWNED  
Organic milk. Live cultures. And pasture-raised goodness. There's lots to love about Organic Valley Sour Cream. Add it to baked potatoes, spreadable dips, chili, nachos and even frosting — it's creamy, dreamy and down for whatever!

Organic Valley  
Sour Cream  
16 oz.



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



5.29  
Bellwether Farms  
Sheep's Milk  
Yogurt  
16 oz., selected varieties



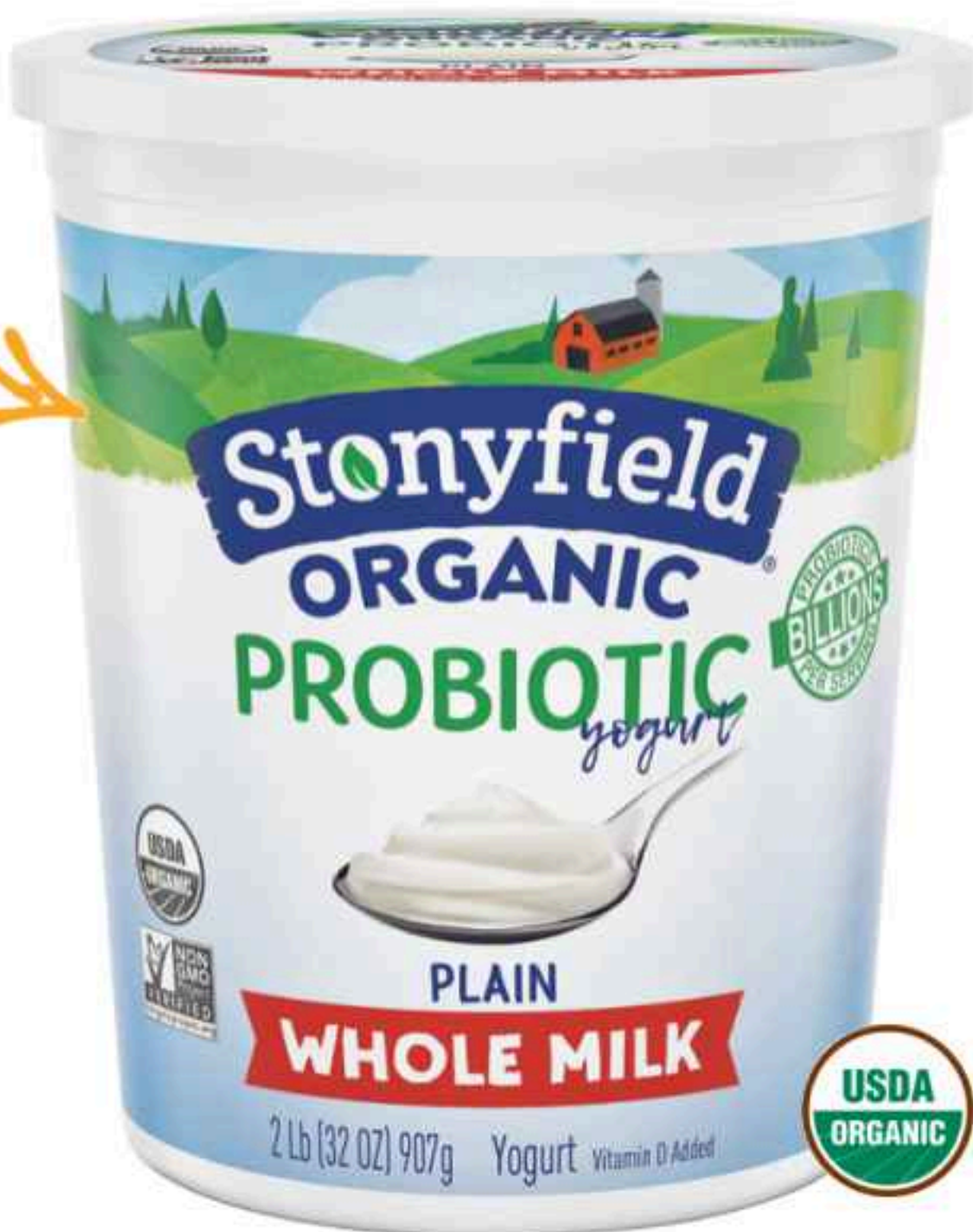
6.49  
Wallaby Organic  
Greek Yogurt  
32 oz., selected varieties

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



INCLUSIVE TRADE PARTNER

ALO Drink is an Asian-owned company. We source non-GMO aloe vera plants from sustainable farms in Thailand and provide rural communities with economic value.



1.69

Alo  
Aloe Vera Juice Drink  
10.8 fl. oz., selected varieties

Fill the fridge with options from the co-op.

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



COOPERATIVELY OWNED



**4.99**  
Organic Valley  
Oat Creamer  
32 fl. oz., selected  
varieties

INCLUSIVE TRADE PARTNER



Wildwonder is an Asian- and woman-owned company. We reimagine beverages using gut-healing superfoods, and 5% of our profits go toward empowering women and marginalized communities.  
**2/\$5**  
Wildwonder  
Organic Pre & Probiotic Sparkling Drinks  
12 fl. oz., selected varieties

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



**2/\$7**  
Harmless Harvest  
Coconut Smoothies  
10 fl. oz., selected varieties



**4.99**  
Nixie  
Organic Sparkling Water  
8 pk.-12 fl. oz. cans, selected varieties



**2/\$4**  
KeVita  
Organic Sparkling Prebiotic Lemonades  
12 fl. oz. can, selected varieties



**2/\$6**  
KeVita  
Organic Kombuchas  
15.2 fl. oz., selected varieties

*bubbly probiotics*

Whatever your **KeVita** choice, we've got you covered! Bold kombucha, refreshing kefir probiotics bubbles or zesty sweet lemonades — all full of live probiotics.

Try something new from the co-op.

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





**2.79**  
Woodstock  
Organic Frozen Vegetables  
10 oz., selected varieties



**2/\$8**  
Woodstock  
Organic Frozen Fruit  
10 oz., selected varieties



**5.99**  
Canyon Bakehouse  
Gluten-free Bread or Bagels  
14-18 oz., selected varieties



**2/\$4**  
De La Calle!  
Organic Mexican  
Sodas  
12 fl. oz., selected  
varieties



**2/\$5**  
Perfect Bar  
Protein Bars  
1.94-2.5 oz., selected  
varieties



**2/\$6**  
Health Ade  
Organic  
Kombuchas  
16 fl. oz., selected  
varieties



**3.69**  
Food for Life  
Tortillas  
10-12 oz., selected  
varieties



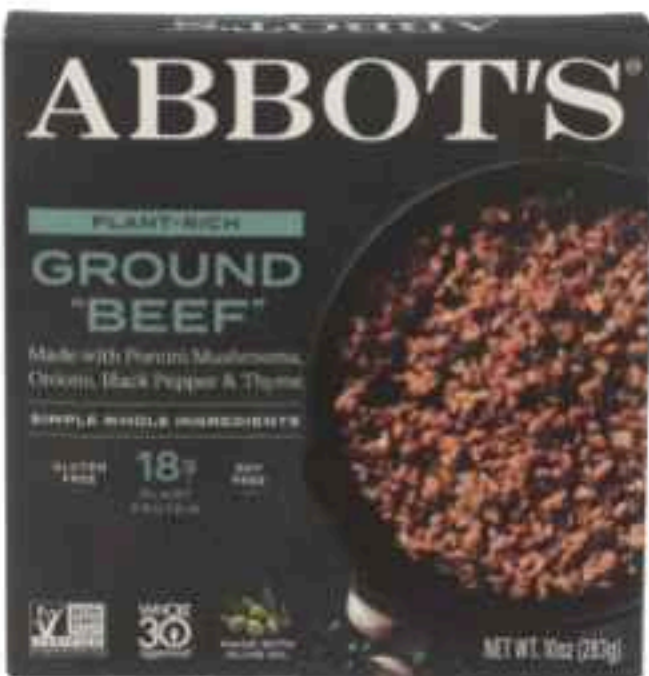
**4.49**  
Quorn  
Meat Alternatives  
8.4-12 oz., selected  
varieties



**4.49**  
Upton's Naturals  
Seitan  
5-8 oz., selected varieties



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



**6.49**  
Abbot's Butcher  
Plant-based  
Protein  
10 oz., selected varieties



**8.49**  
Thousand Hills  
100% Grass-fed  
Ground Beef 80%  
Lean 20% Fat  
16 oz.

**The co-op has everything for cozy fall meals.**

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





**2.49**  
Blue Diamond  
Almondmilk  
32 fl. oz., selected varieties



**2.69**  
Nick's Sticks  
2 Pack Meat  
Snack Sticks  
1.7 oz., selected  
varieties



**4/\$6**  
Larabar  
Fruit & Nut Bars  
1.6-1.7 oz., selected varieties



**3.99**  
Barnana  
Organic Plantain  
Chips  
5 oz., selected varieties



**2/\$9**  
Mom's Best  
Cereals  
17.5-24 oz., selected  
varieties



**6.99**  
R.W. Knudsen  
Organic Juice  
32 fl. oz., selected  
varieties

*100% organic, 100% delicious*



**2/\$5**  
GoMacro  
Organic MacroBars  
2-2.4 oz., selected varieties

**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.

**INCLUSIVE TRADE PARTNER**

Purely Elizabeth is a woman-owned company. Elizabeth started Purely Elizabeth to make delicious food with nourishing ingredients to help you thrive on your wellness journey.

**5.99**  
Purely Elizabeth  
Granola  
8-12 oz., selected  
varieties



**Find the brands you love at the co-op.**

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



supporting a  
cooperative economy

COOPERATIVELY OWNED

Directly from farmer cooperatives to the **Equal Exchange** worker-owned cooperative to your local consumer cooperative! Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound. Support our beautiful cooperative supply chain this Co-op Month!



**3.99**  
Equal Exchange  
Organic  
Chocolate Bar  
2.8-3.5 oz., selected  
varieties



**7.99**  
Equal Exchange  
Organic Baking or  
Hot Cocoa  
8-12 oz., selected varieties



**2/\$7**  
Equal Exchange  
Organic Teas  
20 ct., selected  
varieties



**10.99**  
Equal Exchange  
Organic Coffee  
10-12 oz., selected  
varieties



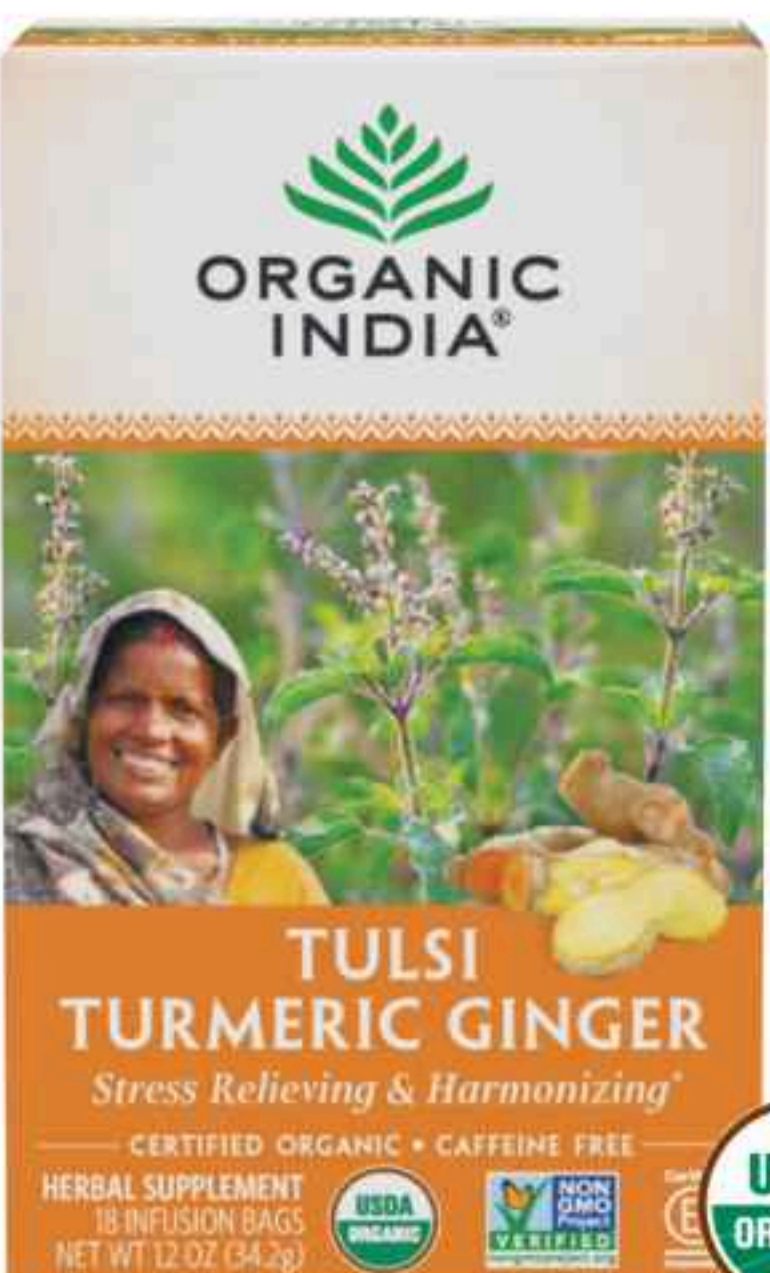
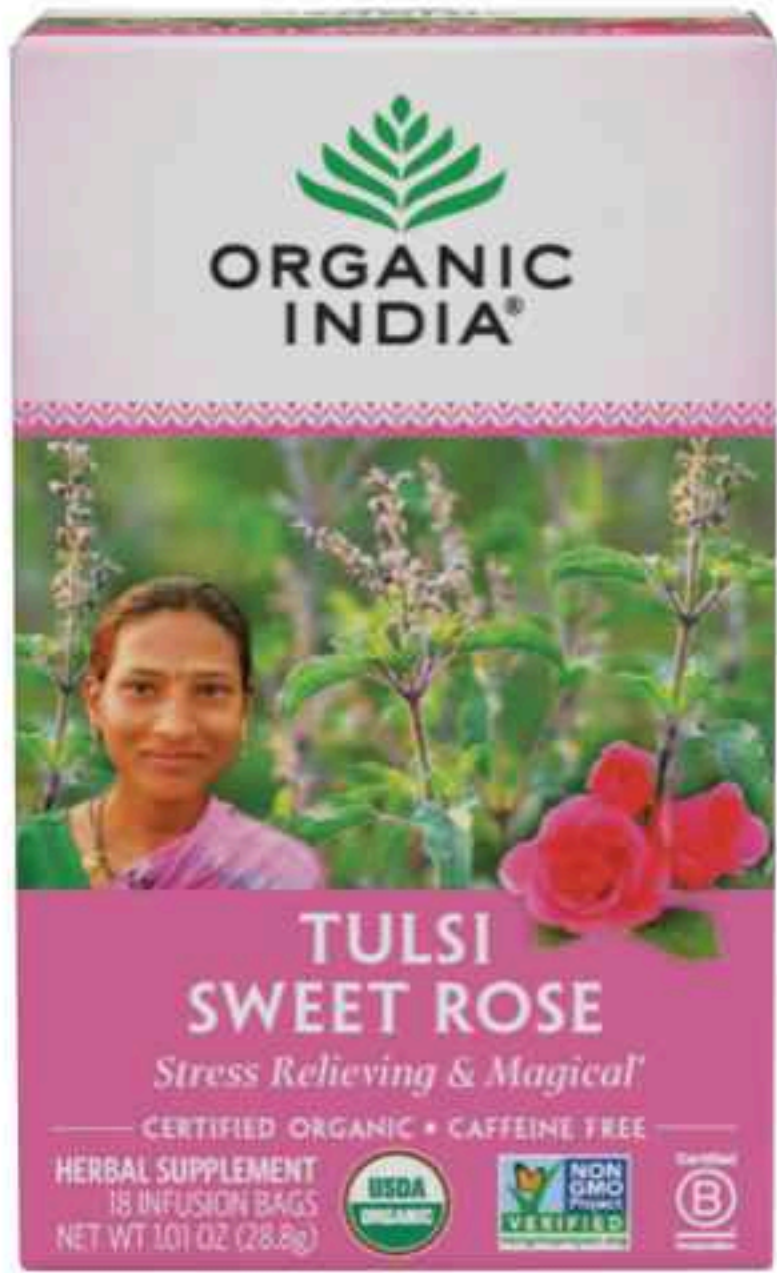
**2/\$4**  
C2O  
Coconut Waters  
17.5 fl. oz., selected  
varieties



**14.99**  
Four Sigmatic  
Organic Coffee  
with Mushrooms  
10-12 oz., selected  
varieties



**31.99**  
Four Sigmatic  
Organic Plant-  
based Protein  
Powder  
16.9-21.16 oz., selected  
varieties



regenerative  
organic certified

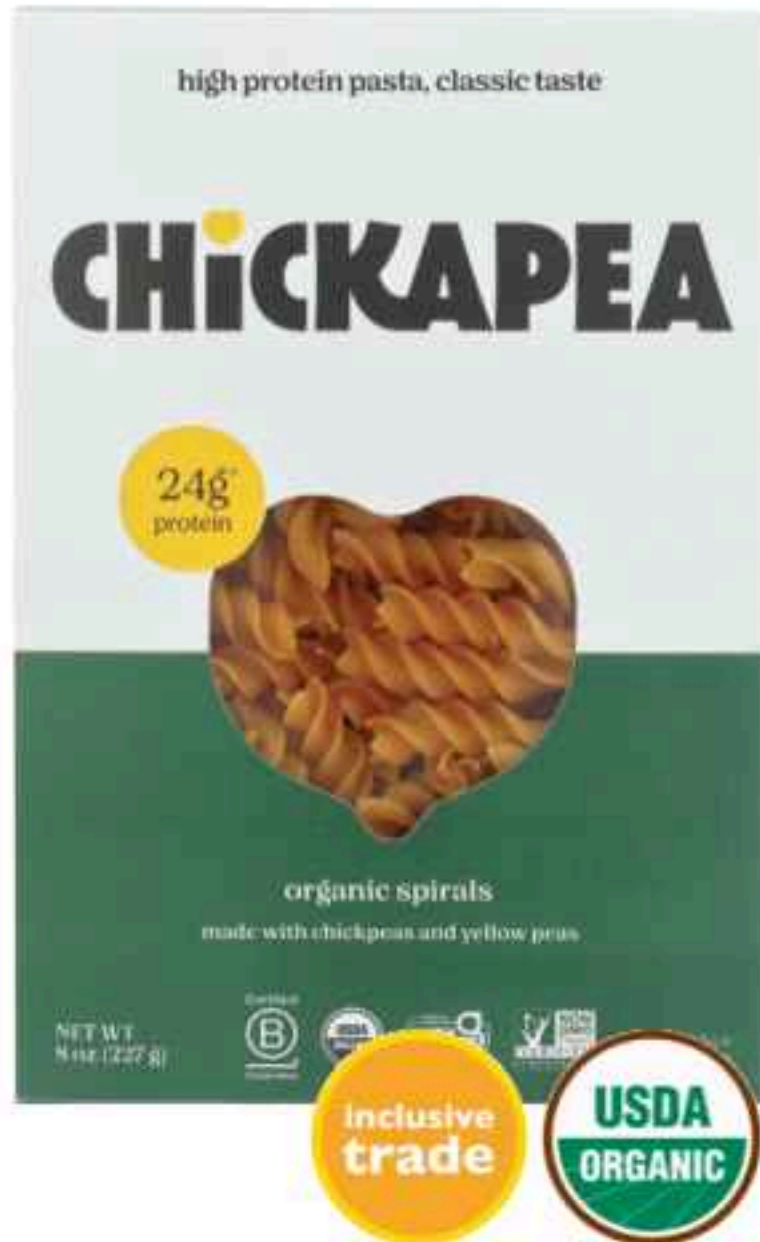
Our Organic Tulsi Teas are ethically grown and wildcrafted by small family farmers in India, using regenerative agriculture practices that provide meaningful livelihoods and restore vibrant health to the environment.

**3.99**  
Organic India  
Tulsi Teas  
18 ct., selected varieties

INCLUSIVE TRADE PARTNER

Chickapea is a woman-owned company providing nutritious, convenient family meal options using organic chickpeas and lentils in our ingredients.

**3.99**  
Chickapea  
Organic  
Chickpea Pasta  
8 oz., selected  
varieties







2/\$7

Imagine  
Organic Broths  
32 fl. oz., selected varieties



2.69  
Woodstock  
Organic Non-  
pareil Capers  
3.5 oz.



2/\$6  
Safe Catch  
Elite Wild Tuna  
5 oz.



6.99  
Primal Kitchen  
Pasta Sauce  
15-24 oz., selected  
varieties



4.49  
Siete  
Taco Shells  
5.5 oz., selected  
varieties



4.99  
Maya Kaimal  
Indian Simmer  
Sauce  
12.5 oz., selected  
varieties



4.99  
Bar Harbor  
Chowder or  
Bisque  
15 oz., selected varieties



5.79  
Sky Valley  
Sriracha Sauce  
18.5 oz.



19.99  
California Olive  
Ranch  
Global Blend Extra  
Virgin Olive Oil  
25.4 fl. oz.



2/\$6  
Muir Glen  
Organic  
Tomatoes  
28 oz., selected  
varieties



17.99  
Spectrum  
Organic Extra Virgin  
Olive Oil  
25.4 fl. oz.



6.99  
Rao's  
Pasta Sauce  
24 oz., selected varieties



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

Restock the pantry with deals from the co-op.

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





**2/\$4**  
Gimme  
Organic Seaweed  
Snacks  
.32-.35 oz., selected  
varieties



**2.79**  
Kettle Brand  
Potato Chips  
4.25-5 oz., selected varieties



**2/\$7**  
Que Pasa  
Organic Tortilla Chips  
10-11 oz., selected varieties



**2/\$7**  
Alter Eco  
Organic  
Chocolate Bars  
2.65-2.96 oz.,  
selected varieties



**2/\$7**  
Unique Snacks  
Pretzels  
10-11 oz., selected  
varieties



**3.79**  
Pipcorn  
Heirloom Snacks  
4.5-5 oz., selected  
varieties

yum for  
everybunny



**4/\$6**  
Annie's  
Mac & Cheese  
5.25-6 oz., selected  
varieties



**2/\$8**  
Annie's  
Organic Bunny  
Grahams or Crackers  
7.5 oz., selected varieties



**4.99**  
Annie's  
Organic Snack  
Mix  
9 oz., selected varieties



**2/\$9**  
Annie's  
Organic Fruit  
Snacks  
7 oz., selected varieties

The co-op has snacks for fall evenings.

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



INCLUSIVE TRADE PARTNER

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

15.99

Wishgarden Herbs  
Kick-Ass Immune  
Activator  
2 fl. oz.



unlock the power  
of food

At MegaFood, we're dedicated to crafting supplements with real food and premium nutrients your body recognizes and absorbs like food to nurture the health of people and our planet.

17.99

Megafood  
Turmeric Curcumin  
60 ct.



20.99

Country Life  
Coenzyme B-Complex  
120 ct.



36.99

Ancient Nutrition  
Multi Collagen  
Protein Powder  
14.6-18.7 oz., selected  
varieties

formulated for the mind

Features clinically studied Magnesium L-threonate, produced with precision for exceptional purity, quality and traceability.

33.99

Jarrow Formulas  
MagMind  
90 ct.



INCLUSIVE TRADE PARTNER

Oregon's Wild Harvest is a woman-owned company. Our family-owned, certified organic and biodynamic farm makes organic herbal supplements.



17.99

Oregon's Wild  
Harvest  
Organic  
Ashwagandha  
90 ct.

The co-op has supplements for the fall season.





use less plastic

Dr. Bronner's Pure-Castile Soap Refill Carton is the same great Magic Soap® — with a smooth, rich lather and fresh, clean rinse. Made with a nourishing blend of organic oils. Uses 86% less plastic than one of our 32 oz. recycled bottles!

10.99 Dr. Bronner's Magic Soap Refill 32 fl. oz., selected varieties



2/\$8 DrTung's Smart Floss 30 yd., selected varieties

COOPERATIVELY OWNED



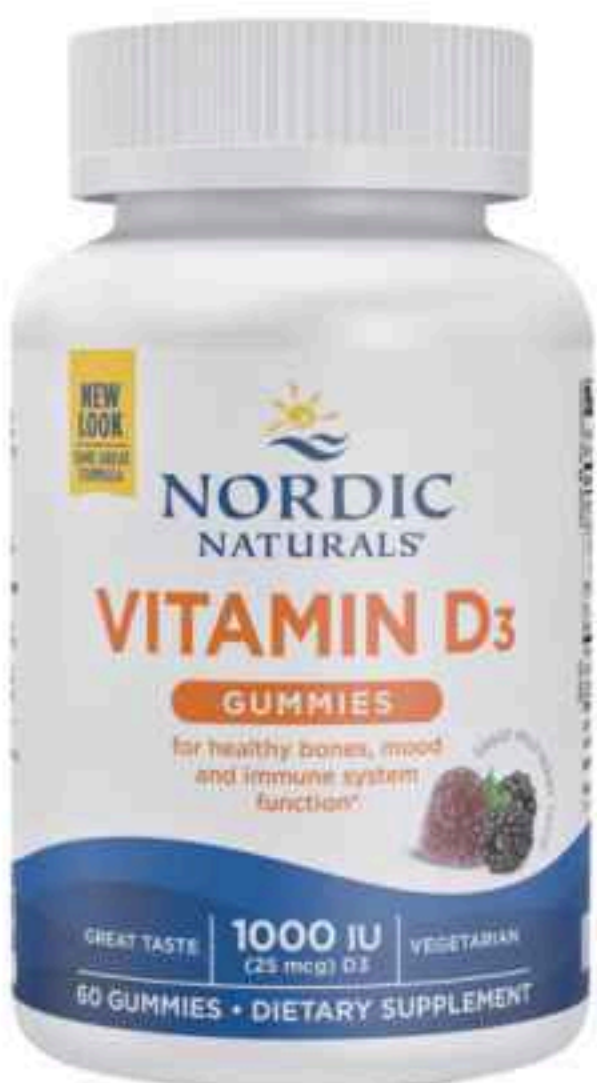
8.39 Aura Cacia Lavender Essential Oil .5 fl. oz.



24.99 Evanhealy Organic HydroSoul 4 fl. oz., selected varieties

better nutrients, better together

It can be challenging to get the right mix of daily nutrients from food alone. That's why **Nordic Naturals'** extensive assortment of expertly formulated supplements is made to work together to help fill everyday nutritional gaps.



10.99 Nordic Naturals Vitamin D3 Gummies 1000IU 60 ct.



13.49 Nordic Naturals Omega-3 60 ct.



15.99 Nordic Naturals Magnesium Complex 90 ct.



53.99 Nordic Naturals Ultimate Omega 180 ct.

The brands you trust are at the co-op.





**3.69**  
**Seventh Generation**  
**Liquid Dish Soap**  
19 fl. oz., selected varieties



*tingle, rinse, repeat*

**INCLUSIVE TRADE PARTNER**

Giovanni is proudly veteran and family owned since 1979. Wake up your routine with a cool burst of botanical energy. Infused with peppermint and eucalyptus for a refreshing, clean feel like no other.

**6.49**  
**Giovanni**  
**Shampoo or Conditioner**  
8.5 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.



**16.99**  
**Wild Carrot Herbals**  
**Borage Butter Face Cream**  
2 fl. oz.



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

*pioneers with purpose*

Clean since 2010. Through ongoing product development and rigorous clinical trials, we've developed skincare, haircare and body care that's powerful for the skin yet gentle on the planet.

**7.39**  
**Acure**  
**Brightening Facial Scrub**  
4 fl. oz.



**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.

**13.99**  
**Ecos**  
**Liquid Laundry Detergent**  
100 fl. oz., selected varieties

**The co-op has great body care products.**

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.

### 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

SunCoast Market 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.

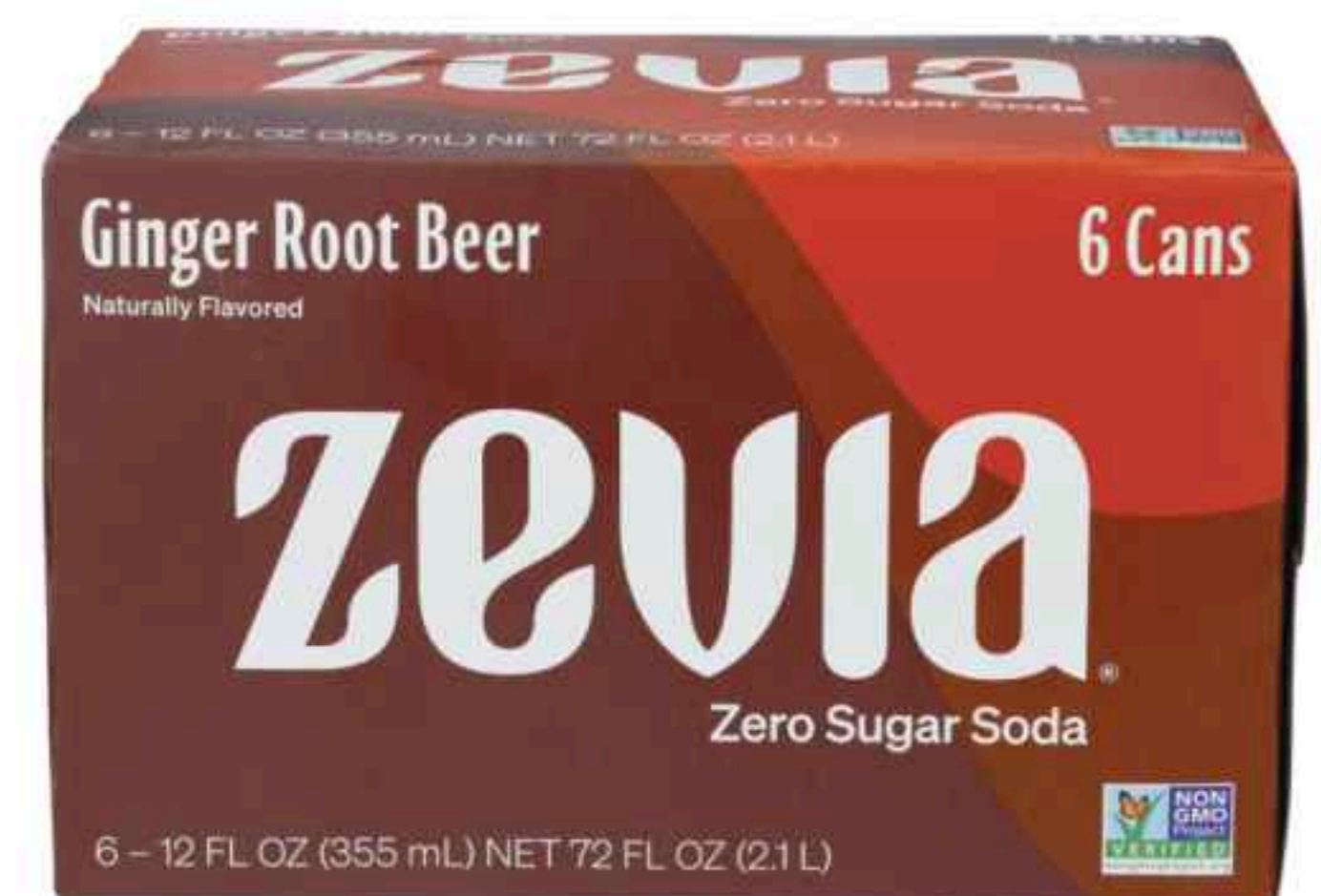
doing good, better

Inspire your taste buds with chocolate that's made the way it was truly meant to be. When any occasion calls for chocolate, we've got you covered.

**3.79**

**Endangered Species Chocolate Bar**

3 oz., selected varieties



**5.49**

**Zevia**

**Zero Sugar Soda**

6 pk.-12 fl. oz. cans, selected varieties



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



PWNW1025A



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