

# co+op 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

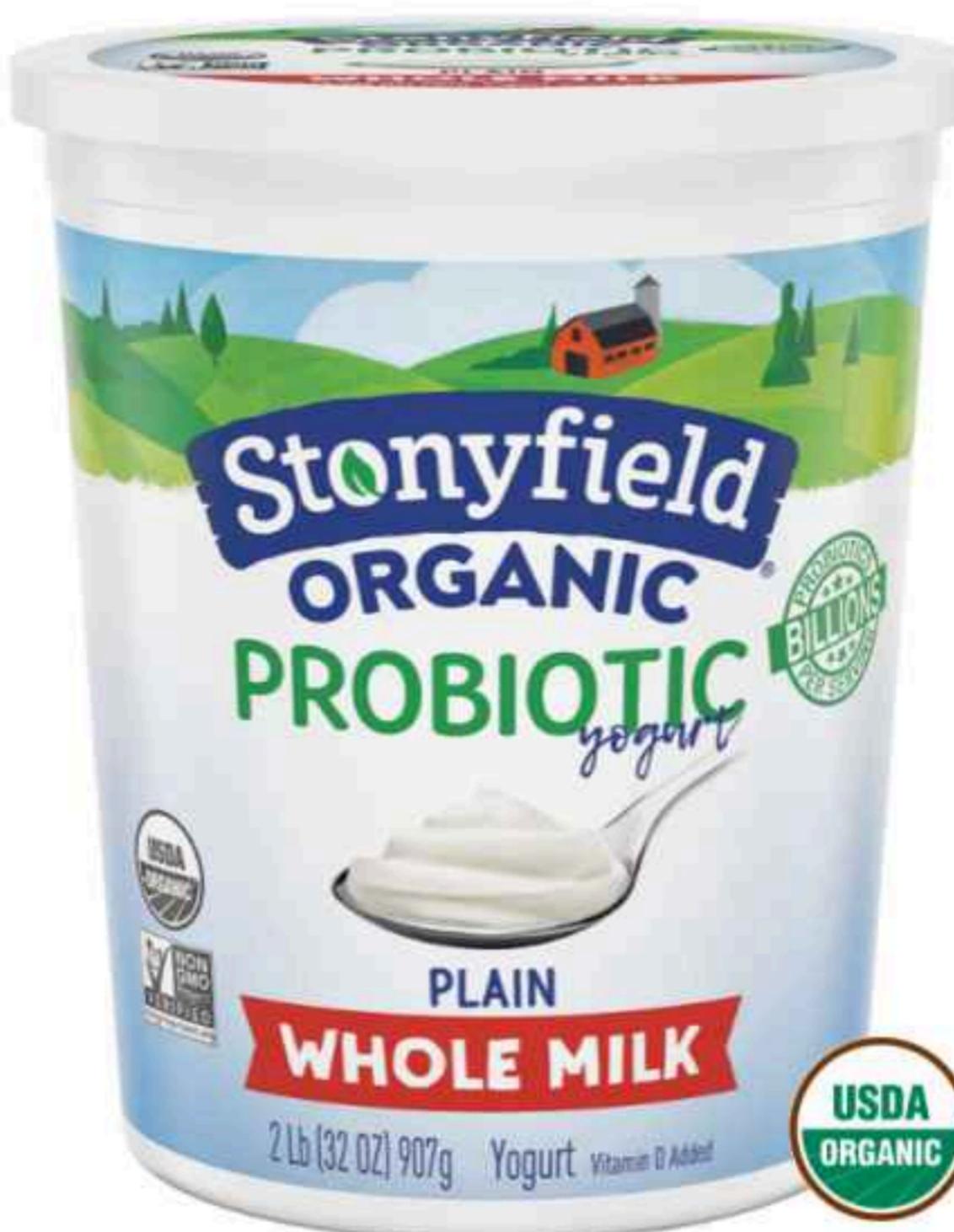
Country Life  
Coenzyme B-Complex  
120 ct.

## BOGO wellness products are at the co-op.



**4.49**

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

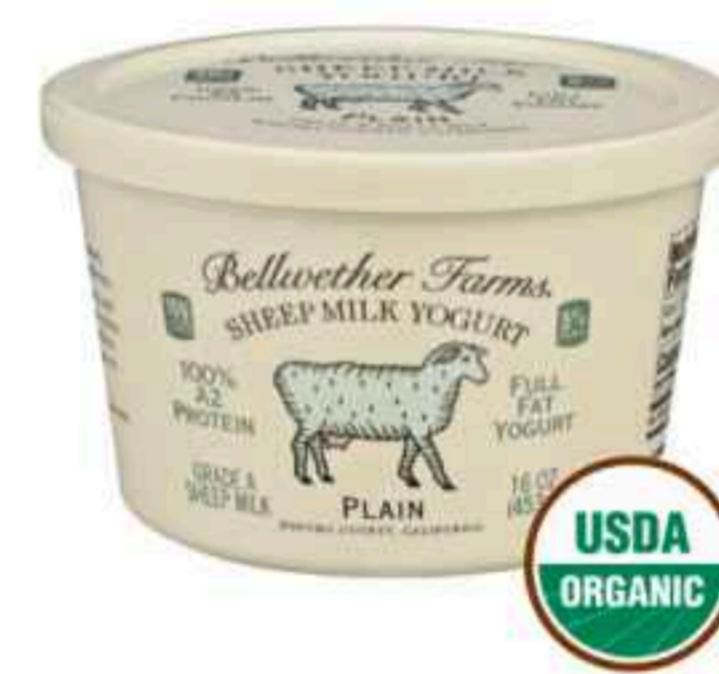


organic goodness

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



**5.39**

Bellwether Farms  
Organic Whole  
Milk Yogurt  
16 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



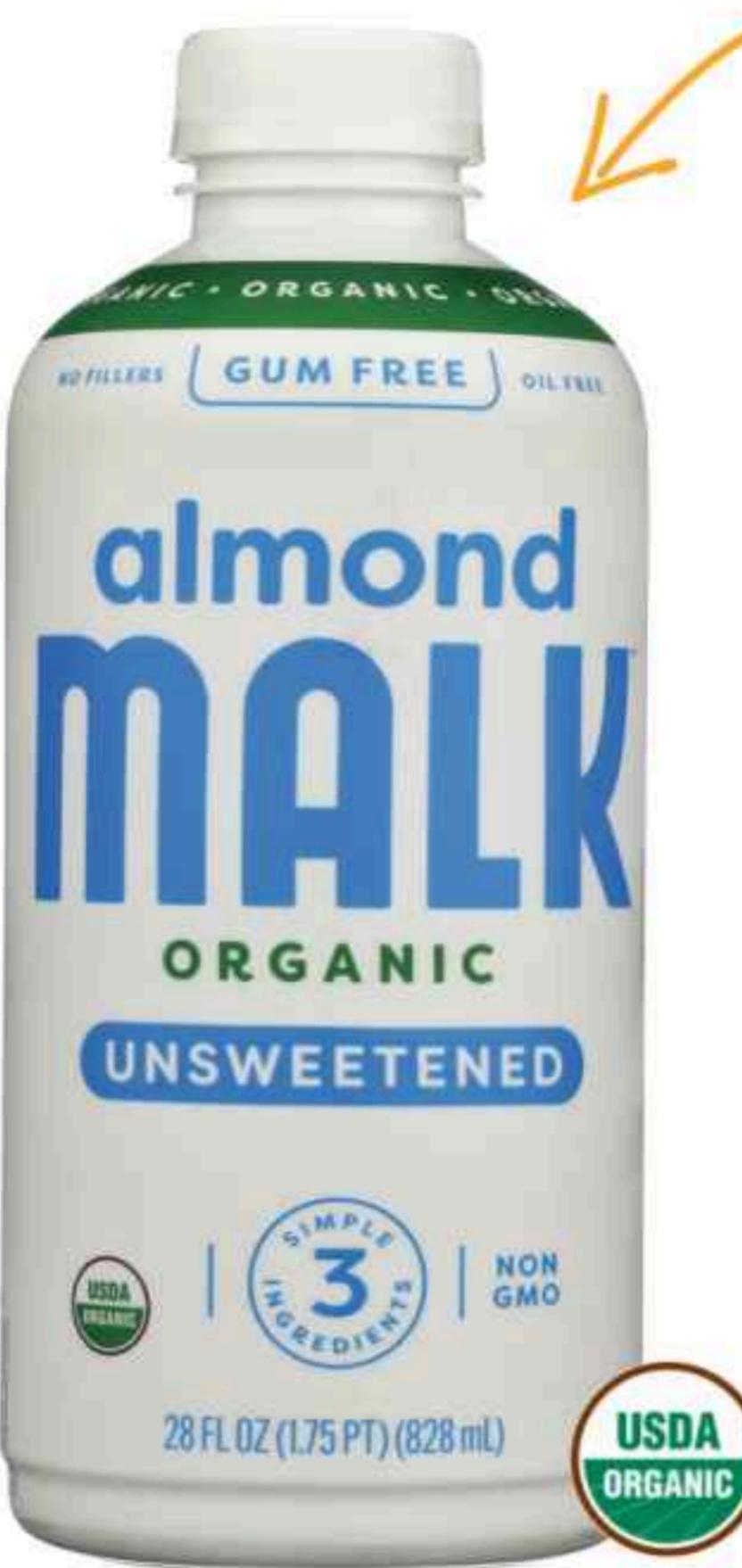
**Brighten your mornings with food from the co-op.**



**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



**5.99**

**Straus Family  
Creamery  
Organic Yogurt**

32 oz., selected varieties



*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



**4.49**

**Kite Hill  
Almondmilk Yogurt**

16 oz., selected varieties

**Try new breakfast ideas from the co-op.**



**2/\$4**

Poppi  
Prebiotic Sodas  
12 fl. oz., selected  
varieties



**2.29**

De La Calle!  
Organic Mexican  
Soda  
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



**3.79**

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



**3.99**

C2O  
Coconut Water  
33.8 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.**



**4.99**

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



**3.99**

Ithaca  
Hummus  
10 oz., selected varieties

COOPERATIVELY OWNED



**5.99**

Organic Valley  
Block Cheese  
8 oz., selected varieties



**4.49**

Upton's Naturals  
Seitan  
5-8 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.



**5.49**

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

**7.99**

Woodstock  
Organic Frozen Pasta  
20 oz., selected varieties

**Stock up on great deals from the co-op.**



**12.99**

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



**5.99**

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



**2.29**

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



**3.99**

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



**2/\$6**

**Stahlbush Island  
Farms  
Frozen Vegetables**  
10 oz., selected varieties



**4.49**

**Dr. Praeger's  
Veggie Burgers**  
10 oz., selected varieties



*everyday low price*

**7.99**

**Field Day  
Organic Wood  
Fired Crust Pizza**  
12.2-13.8 oz., selected  
varieties



*new year,  
new taste*

**Lightlife and Field  
Roast** offer nutritious,  
flavorful options to support  
your goals — packed with  
protein, made with real  
ingredients and perfect for  
every plate.

**4.49**

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

**4.99**

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

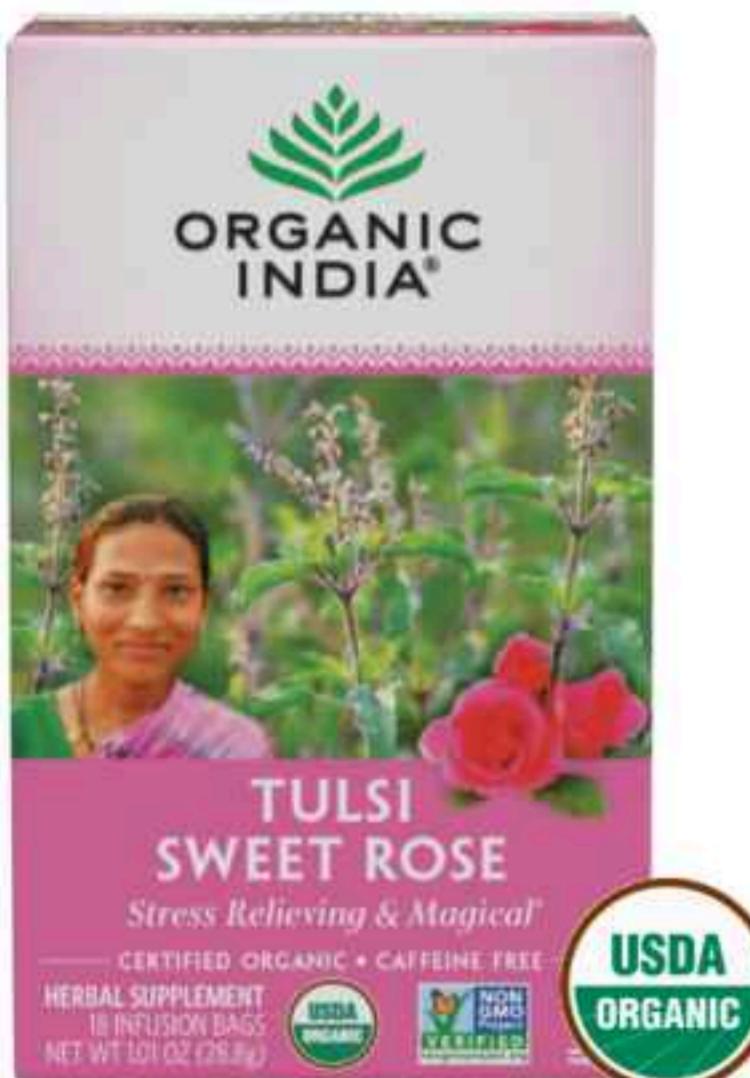
**4.99**

**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.**



**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.



**7.49**

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



**6.49**  
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!**

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  
Almondmilks  
32 fl. oz., selected  
varieties



**9.99**

Lakewood  
Organic Pure  
Pomegranate Juice  
32 oz.



organic snacks for everybunny



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!

**2/\$8**

Annie's  
Organic Fruit Snacks  
7 oz., selected varieties



**6.99**

Sweetleaf  
Stevia Sweetener  
2 fl. oz., selected  
varieties

**Delicious snacks and beverages are at the co-op.**

## 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

shop  
inclusive  
trade

**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 PARTNER

Pop & Bottle is a woman-owned company. We make pure, delicious coffee and tea lattes. Our lattes are plant-based, free of refined sugar and thoughtfully crafted to nourish and delight.

**3/\$10**

Pop & Bottle  
Organic Almond  
Lattes  
11 fl. oz., selected varieties



**Find Inclusive Trade brands at the co-op.**



**4/\$7**

Mike's Mighty Good  
Ramen Soup Cups  
1.6-2.4 oz., selected varieties



**4/\$6**

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



**2/\$4**

Muir Glen  
Organic Tomatoes  
14.5-15 oz., selected varieties



**2.29**

Siete  
Refried Beans  
16 oz., selected varieties



**17.49**

Spectrum  
Organic Extra  
Virgin Olive Oil  
25.4 fl. oz.



**2/\$6**

Lundberg Family Farms  
Organic Rice Sides  
5.5-6 oz., selected varieties



**2/\$7**

Muir Glen  
Organic Pasta Sauces  
23.5 oz., selected varieties



**3.99**

Jovial  
Organic Brown Rice Pasta  
10-12 oz., selected varieties

*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.**



**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/\$5**

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



**3.29**

**Wild Planet**  
**Skipjack Tuna**  
5 oz., selected varieties



**4.99**

**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.**



**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.

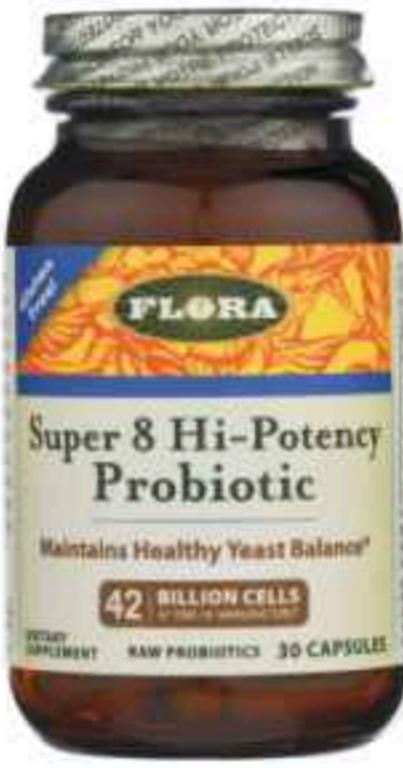
choose  
excellence

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.**



**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.

#### ARKANSAS

Ozark Natural Foods  
380 North College Avenue, Fayetteville

#### COLORADO

Durango Natural Foods Co-op  
575 East Eighth Avenue, Durango

#### LOUISIANA

New Orleans Food Co-op  
2372 St. Claude Avenue, New Orleans

#### NEW MEXICO

La Montañita Co-op  
3500 Central Avenue S.E., Albuquerque  
2400 Rio Grande Boulevard, Albuquerque  
105 East Coal Avenue, Gallup  
913 West Alameda, Santa Fe

Los Alamos Cooperative Market  
95 Entrada Drive, Los Alamos

Silver City Food Co-op  
907 North Pope Street, Silver City

#### SOUTH DAKOTA

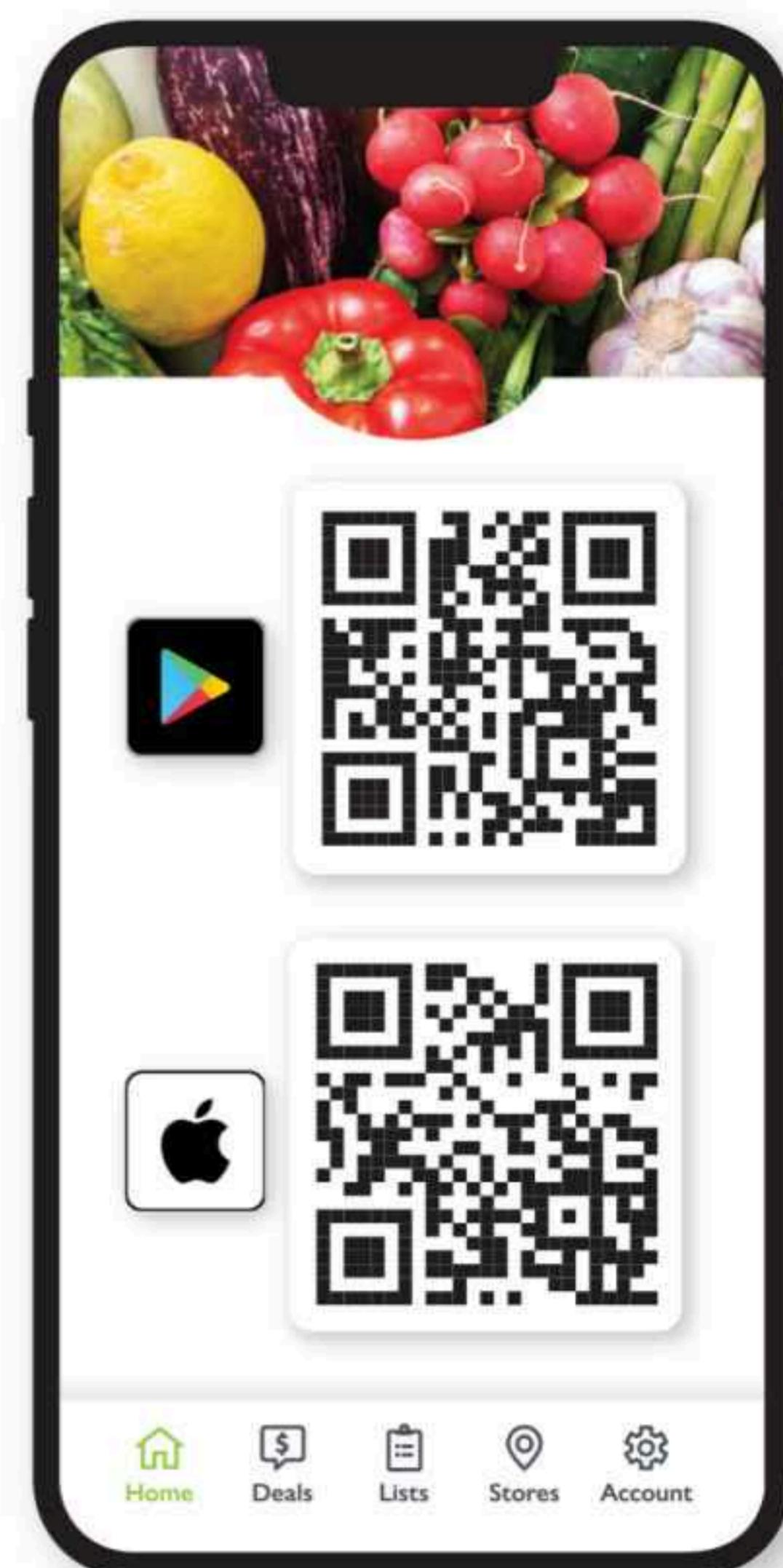
Breadroot Natural Foods Co-op  
100 East Blvd. N, Rapid City

#### TEXAS

Wheatsville Co-op  
3101 Guadalupe Street, Austin  
4001 South Lamar, Austin

**coop deals**<sup>®</sup>

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.

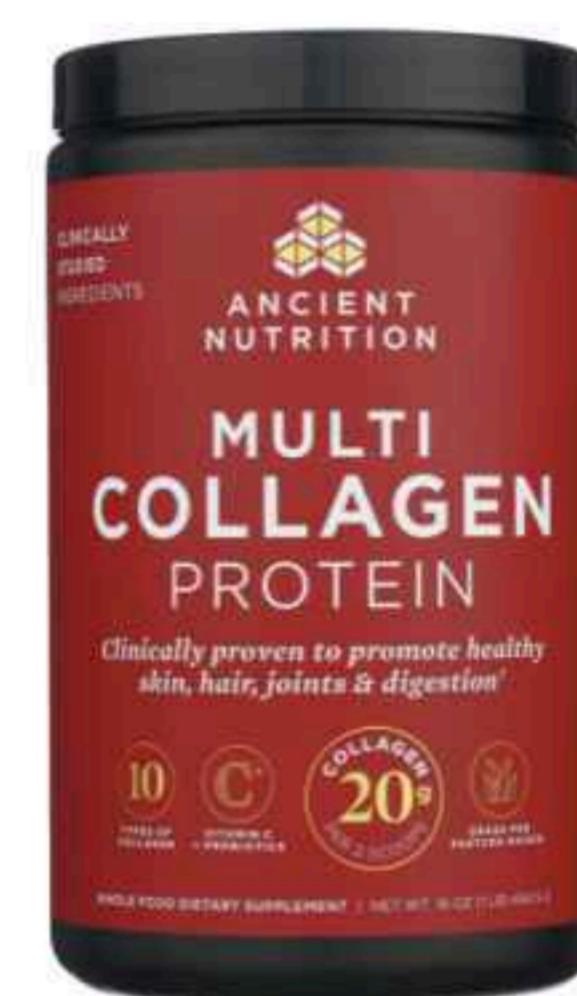
crafted for gentle nourishment



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.



SW0126A