

All your favorite brands

Spring into great savings!

Look for over 65 coupons throughout the store.



find savings throughout the store!



save with **COOP deals.**

\$1.00 off

Brown Cow
Any 32 oz. yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **COOP deals.**

\$1.00 off

Good Culture
Any 15-16 oz. cottage cheese

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **COOP deals.**

\$1.50 off

Just
Any item

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires 4/30/24.**



save with **COOP deals.**

\$2.00 off

Laird Superfood
Any item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **COOP deals.**

\$1.00 off

Melt
Any organic item

Present one coupon per item purchased. Limit of six coupons per shopping trip. **Expires 4/30/24.**



save with **COOP deals.**

75¢ off

Organic Valley
Any 16 oz. sour cream

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires 4/30/24.**



save with **COOP deals.**

\$3.00 off 2

**The Field Roast
Meat & Cheese Co.**
Any two items

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires 4/30/24.**



save with **COOP deals.**

75¢ off

Tillamook
Any cheese item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **COOP deals.**

\$2.00 off

**Artisana
Organics**
Any 8 oz. or 14 oz. jar

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **COOP deals.**

50¢ off

Crazy Richard's
Any item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**
\$1.00 off 2

Crown Prince Natural

Any two tuna, kipper, anchovy or clam items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off 2

Earth's Best

Any two jars or pouches

Present one coupon per two items purchased. Limit of 20 coupons per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Frontier

Any bottled spice, herb or extract

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

75¢ off

Happy Family Organics

Any item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.50 off

Maple Valley Cooperative

Any 16 oz. or 32 oz. dark or amber maple syrup

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.50 off 2

Natural Sea

Any two tuna, salmon or clams items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Organicville or Sky Valley

Any item

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Woodstock

Any sugar item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off 2

Annie's

Any two bunny crackers or grahams

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**

find savings throughout the store!



save with **coop deals.**

\$3.00 off 2

Back to Nature
Any two cookie or cracker items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Biena Foods
Any 4-12 oz. item

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Charms Organic Pops
Any 25 ct. organic pops item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off 2

Divine
Any two 3 oz. bars

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.50 off

Hu
Any chocolate bar, 4 oz. hunks or baking chips

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

70¢ off

Jovial
Any Einkorn cookie or cracker

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.50 off 2

Kettle Brand
Any two bags of 4.25 oz. air-fried chips

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Lundberg
Any rice cakes, mini rice cakes, stackers or chips

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.50 off 2

Made in Nature
Any two items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**

find savings throughout the store!



save with **coop deals.**



\$2.00 off 2

Numi

Any two items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**



\$3.00 off 2

Navitas Organics

Any two Power Snacks or dried berries

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Pamela's

Any cookie or cracker item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**



\$1.50 off

Rishi Tea & Botanicals

Any dry tea or chai concentrate

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$2.00 off

Spudsy

Any item

Present one coupon per item purchased. Limit of three coupons per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

The Ginger People

Any 3-3.5 oz. bag

Present one coupon per item purchased. Limit of 10 coupons per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off 2

Yogi Tea

Any two items

Present one coupon per two items purchased. Limit of 20 coupons per shopping trip. **Expires 4/30/24.**



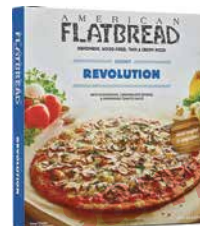
save with **coop deals.**

\$1.00 off

Zack's Mighty

Any tortilla or rolled chip item

Present one coupon per item purchased. Limit of three coupons per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

American Flatbread

Any wood-fired frozen pizza

Present one coupon per item purchased. Limit of six coupons per shopping trip. **Expires 4/30/24.**

find savings throughout the store!



save with **coop deals.**

75¢ off

Food For Life
Any 24 oz. bread

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Jaju Pierogi
Any frozen pierogi item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Jolly Llama
Any item

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Rudi's Organic Bakery
Any English muffin

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Siete
Any tortilla

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

BioBag
Any item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$2.00 off

Boiron
Any AllergyCalm tablets

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$3.00 off

Ener-C
Any 30 ct. box

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$3.00 off

Garden of Life
Any mykind Organics

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



find savings throughout the store!



save with **COOP deals**

\$2.00 off

Inesscents
Any item

Present one coupon per item purchased. Limit of three coupons per shopping trip. **Expires 4/30/24.**



save with **COOP deals**

\$2.00 off

Natural Factors
Any full-size melatonin or Tranquil Sleep Formula item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **COOP deals**

75¢ off

One With Nature
Any item

Present one coupon per item purchased. Limit of 10 coupons per shopping trip. **Expires 4/30/24.**



save with **COOP deals**

\$1.00 off

Preserve
Any toothbrush

Present one coupon per item purchased. Limit of three coupons per shopping trip. **Expires 4/30/24.**



save with **COOP deals**

\$1.00 off

Spectrum Essentials
Any item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **COOP deals**

\$1.00 off

Traditional Medicinals
Any Smooth Move capsules or lozenges

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **COOP deals**

\$3.00 off

WishGarden Herbs
Any 2 oz. or larger item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **COOP deals**

50¢ off

Califia Farms
Any shelf-stable item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **COOP deals**

80¢ off

Bionaturae
Any fruit spread or nectar

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



find savings throughout the store!



save with **coop deals.**

\$1.00 off

Essentia Water
Any 1.5 L item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Guayaki Yerba Mate
Any 15.5 fl. oz. can

Present one coupon per item purchased. Limit of five coupons per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Nature's Bakery
Any 6 ct. item

Present one coupon per item purchased. Limit of six coupons per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off 2

Poppi
Any two 12 fl. oz. cans

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Vita Coco
Any 33.8 fl. oz. coconut milk or water

Present one coupon per item purchased. Limit of six coupons per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

Waterloo
Any 8 or 12 pack sparkling water

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$2.00 off 2

Yachak Organic
Any two 16 fl. oz. items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.00 off

NOW
Any essential oil item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**



save with **coop deals.**

\$1.50 off 2

Late July
Any two salsas

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/24.**

