

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.**

find savings throughout the store!



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**

**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.**



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.**

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.**

**\$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.**

**75¢ off**

**Uglies**

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**

**Yogi Tea**

Any two items

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



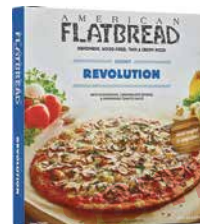
save with **coop deals.**

**\$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.**

**\$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.**

**\$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.**

**\$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.**

