

*All your favorite brands*  
**Spring into  
great savings!**

Look for over 50 coupons throughout the store.

**save  
over \$72**



save with **coop deals**  
**50¢ off**  
**The Grandpa  
Soap Co.**  
Any Item  
(Excludes Travel Items)

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals**  
**\$1.00 off 2**  
**Annie's**  
Any Two Cracker Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals**  
**\$1.00 off**  
**Just**  
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**

save with **coop deals**  
**\$1.00 off**  
**Jolly Llama**  
Any Item



save with **coop deals**  
**\$3.00 off**  
**Natural Vitaliz**  
Any Item



find savings throughout the store!



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 4/30/23.**



save with **coop deals.**

**50¢ off**

**Runa**  
Any 12-16 oz. Energy Beverage

Present one coupon per item purchased. Limit of four coupons per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off**

**Vita Coco**  
Any 33.8 fl. oz. Coconut Water or Coconut Milk

Present one coupon per item purchased. Limit of six coupons per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$3.00 off 2**

**Field Roast**  
Any Two Refrigerated Items

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.50 off 2**

**Mavuno Harvest**  
Any Two Items

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off 2**

**Purely Elizabeth**  
Any Two Hot Cereals

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$2.00 off**

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

Present one coupon per item purchased. Limit of two coupons per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.50 off 2**

**Snack Factory**  
Any Two Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



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 4/30/23.**

find savings throughout the store!



save with **coop deals.**

**\$1.00 off 2**

**Annie's**  
Any Two Cracker or  
Graham Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**50¢ off**

**Food For Life**  
Any 24 oz. Bread

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



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 4/30/23.**



save with **coop deals.**

**50¢ off**

**Kirk's**  
Any Item  
(Excludes Travel Items)

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**50¢ off**

**The Grandpa Soap Co.**  
Any Item  
(Excludes Travel Items)

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off**

**Spudsy**  
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off**

**American Flatbread**  
Any Frozen Pizza

Present one coupon per item purchased. Limit of four coupons per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off**

**Nature's Bakery**  
Any 6 ct. Item

Present one coupon per item purchased. Limit of four coupons per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off**

**Melt Organic**  
Any Organic Item

Present one coupon per item purchased. Limit of four coupons per shopping trip. **Expires 4/30/23.**



find savings throughout the store!



save with **coop deals.**

**\$1.00 off 2**

**Just Ice Tea**  
Any Two Ice Tea Bottles

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$3.00 off**

**Biochem**  
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



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 4/30/23.**



save with **coop deals.**

**\$2.00 off**

**Siete**  
Any Burrito Tortillas

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off**

**Bachan's**  
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off**

**Zack's Mighty**  
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off 2**

**Plant Snacks**  
Any Two 5 oz. or  
8 oz. Bags

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



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 4/30/23.**



save with **coop deals.**

**\$2.00 off 2**

**Nixie**  
Any Two 8 Packs of  
Sparkling Water

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**

find savings throughout the store!



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 4/30/23.**



save with **coop deals.**

**\$3.00 off**

**Whole Earth & Sea**  
Any Multivitamin

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off**

**Just**  
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$2.50 off**

**Coolhaus**  
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**50¢ off**

**White Mountain**  
Any 16 oz. or 32 oz. Yogurt

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off 2**

**Tony's Choclonely**  
Any Two 6.35 oz. Bars

Present one coupon per two items purchased. Limit of two coupons per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off**

**Good Karma**  
Any 32 fl. oz. or  
Lunch Box Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off**

**Rudi's**  
Any English Muffin

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**

find savings throughout the store!



save with **coop deals.**

**\$1.00 off**

**Frontier Co-op**  
Any Bottled Spices,  
Herbs or Extracts

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off**

**Plant Boss**  
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**50¢ off**

**All Terrain**  
Any First Aid Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$3.00 off**

**Garden Of Life**  
Any Vitamin Code or  
MyKind Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off 2**

**Brown Cow**  
Any Two 32 oz. Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.50 off**

**Good Culture**  
Any 15 oz.–16 oz. Cottage  
Cheese

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$2.00 off**

**CV Sciences**  
Any Item

Present one coupon per item purchased. Limit of three coupons per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off 2**

**Yogi**  
Any Two Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$3.00 off 2**

**Choice Organics**  
Any Two Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



find savings throughout the store!



save with **coop deals.**

**\$1.25 off**

**Kalona Supernatural**  
Any Organic Whole  
Chocolate Milk

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$2.00 off**

**Sir Kensington's**  
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$1.00 off**

**Tom's Of Maine**  
Any Adult Toothpaste

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



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 4/30/23.**



save with **coop deals.**

**\$1.50 off 2**

**World Centric**  
Any Two Items

Present one coupon per two items purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$3.00 off**

**American Health**  
Any Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



save with **coop deals.**

**\$3.00 off**

**Natural Vitality**  
Any Calm Item

Present one coupon per item purchased. Limit of one coupon per shopping trip. **Expires 4/30/23.**



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 4/30/23.**