



# Fresh DEALS FLYER

2 Main Street, Brattleboro, VT • 802-257-0236 • Mon-Sat 7-9; Sun 9-9 • BrattleboroFoodCoop.coop

Save 1.00 ea!

**5<sup>99</sup>** ea



Local Organic

PICADILLY FARM, WINCHESTER, NH, USA  
5 lb Carrots Reg. 6.99 ea

Save 2.00 ea!

**5<sup>99</sup>** ea



4.5" Venus Fly Traps Reg. 7.99 ea

Save 2.40 lb!

**5<sup>99</sup>** lb



Swiss Style,  
Low Fat, Low Salt

CHEESELAND, NETHERLANDS  
Maasdammer Reg. 8.39 lb

Save 2.00 lb!

**5<sup>99</sup>** lb



Pre-Packed  
Random Weight

No Hormones,  
Antibiotics, or  
Nitrates

MISTY KNOLL, VT, USA  
Ground Turkey Reg. 7.99 lb

Save 2.00 lb!

**5<sup>99</sup>** lb



Fresh  
from the Deli!

VEGAN & GLUTEN-FREE!  
w/ Roasted Vegetables &  
Grilled Garlic Bread

Pasta Marinara In Our Grab & Go  
Reg. 7.99 lb

Save 2.00 lb!

**8<sup>99</sup>** lb



USA  
Wild Caught Cod Reg. 10.99 lb

ONE WEEK ONLY VALID TUESDAY, 1/15 THRU MONDAY, 1/21

# January

# EVENTS & CLASSES @ THE CO-OP

## Producer <sup>OF THE</sup> Month

### WELCOME BRAVO CBD TO THE CO-OP!

**Jan 17 (Thurs) 4-6pm**

Come to the Co-op to meet Ben and Andy from Bravo Botanicals. Talk to them about their CBD products and even sample some.



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### MARTIN LUTHER KING JUNIOR EVENT

**Jan 21 (Mon) 1-6pm**

In honor of the great Martin Luther King Jr., we are welcoming area non-profits to come set up tables at the Co-op to shed light on their work. They will also show you volunteer opportunities! Stop by to learn about how you can support your community through volunteering for these organizations.

## FREE CLASSES FOR ADULTS

### FOOD CHOICE CLASS SERIES

**5 Classes — Take one or all 5!**

Explore the connection between our food choices, food production systems, and their impacts on both human and environmental health. Learn which food choices can lead to optimal human health, while having the least environmental impact. Learn how to evaluate water use, land requirements, energy use, and waste production to assess the ecological footprint and sustainability of our daily food consumption decisions.

**Presenter:** Robin Matathias — Adjunct Professor of Environmental Studies at Keene State College  
@ BFC Cooking Classroom/Community Room via Canal Street entrance

<b>WHOLE FOOD &amp; FIBER</b>	<b>Jan 5 (Sat) 1-3pm</b>
<b>FAT FACTS</b>	<b>Jan 12 (Sat) 1-3pm</b>
<b>SUGAR</b>	<b>Jan 19 (Sat) 1-3pm</b>
<b>OVERFISHING &amp; SEA VEGGIES</b>	<b>Jan 26 (Sat) 1-3pm</b>
<b>GET TO KNOW YOUR GREENS</b>	<b>Feb 2 (Sat) 1-3pm</b>

### FREE YOGA CLASS FOR SHAREHOLDERS

**Wednesdays / Noon-1pm**

Join us for an inspiring, all-levels yoga class lead by a different instructor every week. Be sure to bring your own yoga mat and arrive early.

@ BFC Community Room via Canal Street entrance.

### FREE SPIN CLASS FOR SHAREHOLDERS

**Jan 7 (Mon) 5:15am-6pm**

Every first Monday, take a FREE spin class with Susie, from Seafood.

@ BODY IN HARMONY Fitness Studio, 22 High Street

### FREE CBD LECTURE PRESENTED BY CV SCIENCES

**Jan 9 (Wed) 6-7:30pm**

Join us for a lecture and discussion on CBD supplements.

**Presenter:** Miles Sarill, National Educator of CV Sciences  
@ BFC Community Room via Canal Street entrance

### CELEBRATE! COMFORT FOOD

**Jan 14 (Mon) 6-8pm**

Join Edible Brattleboro for a hands-on vegan cooking class where you will be preparing several nutritious, plant-based comfort foods perfect for winter enjoyment. This class is free, however, a \$5 donation to Edible Brattleboro would be appreciated to help defray costs.

Snow Date: Monday, January 21 (6-8pm)

@ BFC Cooking Classroom via Canal Street entrance

## FREE TASTINGS

### FREE FRIDAY SAMPLINGS TRY BEFORE YOU BUY—ON SALE!

**Fridays / 11am-1pm**

Try something new, something seasonal, something on sale!  
@ The Demo Counter

### SIZZLING BFC SAUSAGE FREE SAMPLING

**Jan 7 (Mon) 4:30-6:30pm**

Come to the Demo Counter and try one of our locally famous, house-made, sausages with Janet.  
Snow Date: Jan 16 (Wed)

### FREE WINE\* & CHEESE TASTING

**Jan 10 (Thurs) 4-6pm**

Sample this month's featured wine and paired local cheese.  
\*Must be 21+ w/valid ID to sample wine.

### A FREE SAMPLING BIG GAME PARTY

**Jan 31 (Thurs) 4-6pm**

The Big Game is on Sunday and Laurie Klenkel will be at the Demo Counter with free samples of some great game day food and free recipes!

## FREE CLASSES 4 KIDS

### SAMPLE AND SIGN-UP WHAT'S COOKING IN

**THE COMMUNITY KITCHEN?**

**Jan 3 (Thurs) 3:30-4:30pm**

Stop by the Demo Counter and meet Lizi, our Co-op Education Outreach Coordinator, to learn about the FREE KIDS COOKING CLASSES at the Co-op! Even sample some of the foods the kids will be preparing. Then sign them up for the class!

### FREE STORY & SNACK @ KIDSPLAYCE

**Fridays / 10:30-11:30am**

Bring the kids for a story hour and healthy snack from the Co-op.  
@ KidsPlayce (20 Elliot Street)

### FUN WITH FOOD AND ART TEXTURE

**Jan 22 (Tues) 3:30-5pm**

Class will meet at the Brattleboro Museum and Art Center (BMAC) to view and enjoy their current exhibit and make an art project with Linda. Then the class will walk up to the Cooking Classroom at the Co-op where they will cook/bake something delicious with Lizi.

**Instructors:** Linda Whelihan, Educator for BMAC and Lizi Rosenberg, BFC Education Outreach Coordinator

### FUN FOODS FROM AROUND THE WORLD COLOMBIAN EMPANADAS

**Jan 31 (Thurs) 3:30-5pm**

Each month, Fun Foods focuses on a different country in order to share their food and culture with kids.

Colombia is our featured country for January. Join Lizi to explore the native foods of Colombia by making soft, pillowy, empanadas. The first will be sweet: filled with cheese and bocadillo (a paste made of guavas and sugar). The second empanada will be savory: filled with chicken and olives. While cooking together, kids will learn about the culture and language of Colombia.

@ BFC Cooking Classroom/Community Room via Canal Street entrance.

### SHAREHOLDER APPRECIATION DAYS

**Wednesday thru Saturday • January 23, 24, 25, 26**  
**FLASH SALES, GIVEAWAYS, SHAREHOLDER DRIVE**

As a thanks for supporting your community owned market and Deli, we are holding a 4-day sale to say thank you. On each of these four days, we will offer an exclusive product at an absolute rock bottom price. These are prices you have never seen the Co-op offer before, and these prices will be final with no further discounts.

**There will also be free drawings, tastings, and giveaways!**