



Fresh DEALS FLYER

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

Save 1.00 ea!

1.99 ea



OLD ATHENS FARM,
WESTMINSTER, VT
Bunched Cilantro

94500
Reg. 2.99 ea

Save 1.00 lb!

1.99 lb



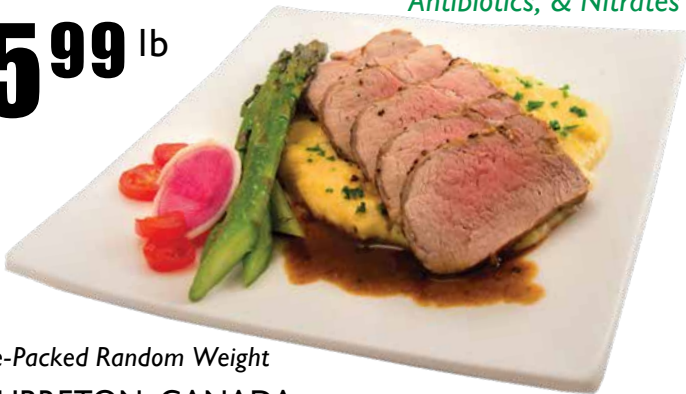
Reg. 2.99 lb
ARGENTINA
Anjou Pears

94416

Save 2.00 lb!

5.99 lb

*Free from Hormones,
Antibiotics, & Nitrates*



Pre-Packed Random Weight
DUBRETON, CANADA
Pork Tenderloin

Reg. 7.99 lb

Save 1.00 ea!

7.99 ea

Fresh
from the Deli!

*Gluten Free,
Humane Certified*



SPRINGER MOUNTAIN FARMS, USA
Whole Rotisserie Chicken Reg. 8.99

Save 2.00 lb!

6.99 lb



USA/CANADA
Wild Caught Haddock Reg. 8.99 lb

Save 1.10 ea!

3.29 ea

8 oz
package



VITAL FARMS, USA
Pasture-Raised Butter Reg. 4.39 ea

ONE WEEK ONLY VALID WEDNESDAY, 5/15 THRU TUESDAY, 5/21

May

EVENTS & CLASSES @ THE CO-OP



FREE CLASSES for SHAREHOLDERS

YOGA CLASS AT BODIFIT

May 1 (Wed) 9:15-10:30am

Moderate heat, all levels Vinyasa Flow Yoga class at Bodhifit, with Kristin. Arrive early. Space is limited.
@ 22 High Street

YOGA CLASS

Wednesdays • Noon-1pm

Join this inspiring, all-levels yoga class lead by a different instructor each week. Bring your own yoga mat and arrive early.
@ BFC Community Room via Canal St. entrance

SPIN CLASS AT BODY IN HARMONY

May 6 (Mon) 5:30-6:15pm

Shareholders are invited to a spin class with Susie (from Seafood). New students—Arrive at 5:15pm!!
@22 High Street

FREE CLASSES for ADULTS

CHINESE MEDICINE: SUMMER SEASONAL ATTUNEMENT JOURNEY

May 4 (Sat) 10am-Noon

Prepare for the coming season by relating what is happening in the natural world, to what is happening in our bodies, minds, and spirits. Learn how to care for yourself with food, self-care and understanding. Taste some seasonal, nourishing foods, too.

Instructor: Michaela Wood,
Licensed Acupuncturist

@ BFC Community Room via Canal St. entrance

FREE EVENTS for EVERYONE

GREEN UP VERMONT DAY

May 4 (Sat) 8am-Noon

Come and help clean up downtown Brattleboro and the Food Co-op. We will have Green Up bags and light breakfast food. Look for our table at 8:00am

VISITING AUTHOR IN-STORE TABLING

May 7 (Tues) 11am-5:30pm

Stop by the Co-op to meet Jon Steinman, author of Grocery Store: The Promise of Food Co-ops in the Age of Grocery Giants.

Reading, signing, and Q & A @ BFC Community Room 6:30-7:30 pm

CIVIL RIGHTS FOR ALL

STAND WITH THE BANNER WITH SOUTHERN VERMONT SAMBA

May 21 (Tues) 5pm

Join us in front of the Co-op for a photo opportunity with the CIVIL RIGHTS FOR ALL BANNER. Gather in front of the BFC Café patio and under the Brattleboro Food Co-op sign. All who attend agree to behave nonviolently in word and in deed.
More info: WoodyBernhard48@gmail.com • Rain date May 23rd



FREE TASTINGS

FRIDAY SAMPLINGS

TRY BEFORE YOU BUY - ON SALE

Fridays • 11am-1pm

Stop by the Demo Counter to try something new, something seasonal, something on sale!

SIZZLING SAUSAGE SAMPLING

May 6 (Mon)

4:30-6:30pm

Come to the Co-op and try one of our many locally famous, house-made sausages
@ the Demo Counter with Janet

FREE WINE* & CHEESE TASTING

May 9 (Thurs) 4-6pm

The second Thursday of each month, we offer up a tasting of our featured sale wine for tasting. Stop by the Co-op and try Laurent Miquel wines along with a paired cheese, which will also be on sale.

*Must be 21+ to sample alcohol in accordance with Vermont state law.

“MOM’S DAY OUT”

May 10 (Fri) Noon-5pm

Stop by the Co-op with Mom to celebrate Mother’s Day a few days early! **The first 50 Moms to arrive will receive a free carnation**, and everyone can enjoy free samples and giveaways from local producers and some of our favorite companies. Plus, enter a free drawing to win fabulous prizes chosen with Mom in mind. There will be lots of surprises, goodies, and flash sales.

Pre-Registration is required for all classes!
Contact Shareholder Services at the store (10am-7pm any day), by phone at 802-246-2821, or by email at Shareholders@BrattleboroFoodCoop.coop.



FREE CLASSES AND EVENTS 4 KIDS

FREE STORY & SNACK

Fridays • 10:30-11:30am

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

SAMPLE AND SIGN UP

WITH LIZI SEAWEED

May 7 (Tues) 3:30-4:30pm

Visit Lizi at the Demo Counter to taste different kinds of seaweed. While there, find out about the free kids cooking classes available this month in our community kitchen.



FUN WITH FOOD & ART THAT CRAZY ROCK

May 21 (Tues) 3:30-5:00pm

Meet at the Brattleboro Museum and Art Center (BMAC) to enjoy the current exhibit, followed by an art project with Linda. We will then walk up to the BFC Cooking

Classroom to explore the place where art inspires our creativity, and food mirrors art. The kids will cook/bake something delicious with Lizi!



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

FUN FOODS FROM AROUND THE WORLD JAPANESE MISO SOUP AND VEGETARIAN SUSHI

May 28

(Tues) 3:30-5:00pm

Seaweed, veggies, and warm aromatic soup is what the kids will be working with during this Japanese inspired class. Learn how to make dashi, the classic broth used as a base for Japanese soups and stews. We will learn how to roll those colorful sushi rolls filled with a variety of veggies. While having fun with these foods, the kids will also learn about the language and culture of this distant land.

Instructor: Lizi Rosenberg, BFC Education Outreach Coordinator
@ BFC Cooking Classroom/Community Room via Canal Street entrance



Producer of the Month

FINALLIE FERMENTS

FREE TASTING, MEET & GREET

May 10 (Fri) 11am-2pm • May 24 (Fri) 2-4pm

May 31st (Fri): All day seasonal sampling & voting.

Stop by the Co-op to meet Allie from FinAllie Ferments, our featured local producer, and enjoy free samples of her delicious fermented foods.

TRUCKLOAD SALE

2 DAYS ONLY Saturday & Sunday • May 18 & 19

Stock up during our giant truckload sale. These prices are available only twice a year at **savings up to 50% off**. Order sheets are available in store, in the Food For Thought newsletter, and online at BrattleboroFoodCoop.coop. We will also give you the opportunity to order cases to donate to Groundworks Collaborative. We will deliver your orders to BADIC the week of 5/20. There will be a separate order form in store. *No further discounts apply. No rain checks available. Orders must be picked up Saturday, May 18, or Sunday, May 19, from 10am-5pm.*

