



Fresh DEALS SALE

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

Save 1.00 lb!

1⁹⁹ lb



LAUGHING CHILD FARM, PAWLET, VT 94074
Beauregard and Covington
Sweet Potato Reg. 2.99 lb

Save 1.00 ea!

2⁹⁹ ea



CHAMPLAIN ORCHARDS, SHOREHAM, VT
Half Gallon Apple Cider Reg. 3.99 ea

Save 2.00 lb! *No Hormones, No Antibiotics,
Humanely Raised*

5⁹⁹ lb



Pre-Packed
Random Weight

DUBRETON, CANADA
Pork Tenderloin Reg. 7.99 lb

Save 2.00 lb!

7⁹⁹ lb



*With local leeks, apples,
and fresh sage.*



Butternut Squash Ravioli Reg. 9.99 lb

Save 1.00 lb!

6⁹⁹ lb



COSTA RICA
Tilapia

Farm-raised
Reg. 7.99 lb

Save 4.00 lb!

5⁹⁹ lb

Exclusive!



GRAFTON VILLAGE CHEESE, GRAFTON, VT
Apple Pie Cheddar Reg. 9.99 lb

ONE WEEK ONLY VALID SUNDAY, 9/15 THRU SATURDAY, 9/21

SEPTEMBER @ the Co-op

Full descriptions and any changes or updates can be found on our Events Calendar online at BrattleboroFoodCoop.coop. Changes and updates are also posted on facebook.



Free Classes, Tastings & Events!

CLOSED LABOR DAY

The Co-op will be closed on
Mon • Sept 2nd
in observance of Labor Day.

SAMPLE & SIGN UP W/LIZI

Join Lizi at the Demo Counter on
Tues • Sept 3rd • 3:30-4:30pm
to sample *Lebanese Lentils* which the kids will be making in *Fun Foods From Around the World*, one of our **FREE KIDS CLASSES**, this month. Don't miss out! Sign the kids up for **ALL** our **KIDS CLASSES** Free to everyone in the community

FREE CLASS for SHAREHOLDERS

YOGA CLASS AT BODIFIT
Wed • Sept 4th • 9:15-10:30am
Shareholders are invited to take this moderate heat, all levels vinyasa flow yoga class at Bodifit with Kristin. Arrive early. Space is limited.
@ 22 High Street.

FREE CLASS for SHAREHOLDERS

YOGA CLASS
Wednesdays • Noon-1pm
Join us in the BFC Community Room (use Canal Street entrance) for an inspiring, all-levels adult yoga class lead by a different instructor every week. Bring your own yoga mat and arrive early. Space is limited.

FREE MID-DAY MEDITATION SESSIONS

FREE FOR EVERYONE
Thursdays • 1-1:30pm
Join Vera Riley in the BFC Community Room for just a half hour each week to create more peace and relaxation in your life by meditating our own practice or by learning from Vera, who has been meditating for 25 years, and looks forward to sharing her knowledge with you. Chairs are available, but feel free to bring your own meditation cushion/mat.

FREE STORY & SNACK HOUR

Fridays • 10:30-11:30am
Bring the kids to KidsPLAYce (22 Elliot Street) for a story hour and healthy snack from the Co-op.

FREE FRIDAY SAMPLINGS

TRY BEFORE YOU BUY - ON SALE
Fridays • Noon-2pm
Stop at the Demo Counter to try something new, something seasonal, something on sale!

SIZZLING SAUSAGE SAMPLING

Mon • Sept 9th • 4:30-6:30pm
Join Janet @ the Demo Counter for a **FREE SAMPLE** of one of our house-made sausages.

FREE CLASS for KIDS

FUN WITH FOOD & ART SEPTEMBER SPLASH

Tues, Sept 10th • 3:30-5pm
The class will meet up at the Brattleboro Museum and Art Center (BMAC) to enjoy the current exhibit followed by an art project with Linda. Then Lizi will walk the kids up to the BFC Cooking Classroom to explore the place where art inspires our creativity and food mirrors art, by cooking/baking something delicious with the kids at the Co-op.
Instructors: Linda Whelihan, Educator for BMAC and Lizi Rosenberg, BFC Education Outreach Coordinator



FREE CLASS for ADULTS

SLOW BEAUTY
How to green your beauty routine with hydrosols, plants, and raw ingredients
Hosted by Santalena from Heart Grown Wild
Wed • Sept 11th • 4:30-6pm
The largest organ of your body is your skin. What we put on it matters. Join Santalena Groves, the founder of Heart Grown Wild, a local and organic plant-based skincare company, in this informative and fun class where she will guide you through simple and sustainable ways to clean your beauty routine.

FREE WINE* & CHEESE TASTING

Thurs • Sept 12th • 4-6pm
Stop by the Co-op to sample this month's featured wine, *Moncaro Wines*, along with a paired cheese.
*Must be 21+ to sample alcohol in accordance with Vermont state law.

SHAREHOLDER DISCOUNT FORUMS

**Sun • Sept 15th • 4-5pm and
Mon • Sept 23rd • Noon-1pm**
Come join some of your fellow Shareholders in the BFC Community Room to learn about the Co-op's discount program and finances. We will be looking for your thoughts and opinions on what the discount program could become in the future. Join Sabine, the GM, and some board members to voice your ideas!

FREE CLASS for KIDS

**FUN FOODS
FROM AROUND
THE WORLD**
**Lebanese Lentils
with Swiss
Chard and Herbs**

Tues • Sept 17th • 3:30-5pm
Sign the kids up for this fun class where they will explore Lebanese food and culture as we cook hearty lentils into a soup. They will learn how to season them with traditional Mediterranean flavors: lemon, herbs, greens and more. Each kid will prepare and season their own bowl of soup + have enough to bring some home to share with others.
Instructors: Lizi Rosenberg, BFC Education Outreach Coordinator @ BFC Cooking Classroom/Community Room via Canal Street entrance.



Producer of the Month

STONEWALL FARM TASTING

Thurs • Sept 19th • 3-5pm
Stop by the Co-op to meet Heather, from Stonewall Farm, and sample some of their delicious vegetables.

SAVE THE DATES

WESTERN INDIAN COOKING CLASS

Gujarati Style Vegetarian Food
Tues • Oct 8th • 5:30-7:30pm
Learn how to make vegetable parathas (Indian flat-bread with mixed vegetables and spices), cilantro and hot pepper chutney and a dessert. This meal will use spelt and semolina flours as ingredients as well as ghee (clarified butter). Parathas are a type of bread eaten in India for breakfast, lunch or dinner. Join Vidhi Salla in this class that will have a combination of demonstration and hands-on cooking.
@ BFC Cooking Classroom via Canal Street entrance

TRUCKLOAD SALE

Oct 19th and Oct 20th



SAVE UP TO 50% on cases of food during our Fall Truckload Sale. Order sheets available starting Monday, September 23rd. Pre-pay at any register by Friday, October 18th and be guaranteed the product at the **BEST SALE PRICE OF THE YEAR.**

ANNUAL MEETING

Fri • Nov 15th • 6-9pm
@ New England Youth Theatre

SHAREHOLDER APPRECIATION DAYS

**Tues • Sept 24th and Wed • Sept 25th
ALL DAY!**

We want to thank our Shareholder owners for 44 years of being a community-owned grocery by giving them unbeatable SALE prices on popular items throughout the Co-op.

We will offer 3 different products ON SALE each day for SHAREHOLDERS ONLY.

Two Days only. While Supplies last. No Rain checks. No pre-orders
Plus... FREE giveaways and free samples. Customers who join as a Shareholder will obtain the Sale Prices IMMEDIATELY.

To register for a class, please contact Shareholder Services at the store (10am-7pm daily), by phone at 802-246-2821, or by email at shareholders@brattleborofoodcoop.coop