

October

# SALES



BRATTLEBORO FOOD CO-OP

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

Save 1.00 lb

99¢ lb

Oct 1-15

Reg. 1.99 lb



DEEP MEADOW FARM

Ascutney, VT

Loose Carrots

PLU#94562

Save 1.00 lb

5.99 lb

Reg. 6.99 lb



Local Apples, Maple Syrup, and Cheddar

CO-OP MADE

Maple/Apple/Cheddar Sausage

Pre-Packaged, Random Weights

Save 99¢ ea

2 for \$5

Reg. 3.49 ea



All Flavors



KATALYST

Greenfield MA

Organic Kombucha 16 Oz

Save 60¢ lb

99¢ lb

Oct 1-15

Reg. 1.59 lb



SCOTT FARM

Dummerston, VT

Macintosh Apples

PLU#4471

Save 15%



MADE IN VERMONT ALL ELMORE MOUNTAIN Goat Soap and Lotions

MADE IN MASSACHUSETTS ALL SWEET ROOTS GARDENS Bath & Body Care Products



MADE IN VERMONT ALL BODY LOUNGE Therapeutic Arnica Oils, Rubs, and Whipped Cream



Save 1.00



NFCA Produced by Northeast Farmers

2.99

Reg. 3.99 Corn 10 Oz

3.99

Reg. 4.99 Edamame or Green Beans 10 Oz



Prices valid all month long unless otherwise noted. All circulars are available in the store and online at BrattleboroFoodCoop.coop. Rain checks available for out of stock items.



October is National Co-op Month! Celebrate with Sales & Samples all month long!

Even More Savings October 15-21

Mid-Month Sale on a Variety of Fresh Foods!



**Coop basics**

Find these signs in-store for Every-Day Low Prices!

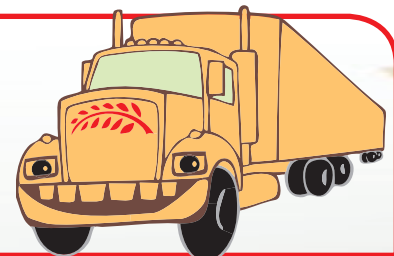
A wide range of Staple Foods/Household Goods, including Natural and Organic products priced below suggested retail

Order Form in store now!

## TRUCKLOAD SALE

Oct 19 & 20

Save up to 58% when you buy a case!



OCTOBER

# SALES



**MEAT**

**Save 1.00 lb**

**3<sup>49</sup> lb** **duBreton**  
Reg. 4.49 lb  
DUBRETON *Canada* Pre-Packed, Random Weights

Boneless Pork Shoulder Butt

**CHEESE**

**Save 4.50 lb**

**14<sup>99</sup> lb** **LOCAL** **OCTOBER IS NATIONAL CO-OP MONTH I'M A CO-OP**  
Reg. 19.49 lb  
CELLARS AT JASPER HILL/CABOT Cabot/Greensboro  
Cabot Clothbound Cheddar Pre-Cut and Wrapped - Random Weights

**GROCERY**

**Save 1.20**

**2<sup>49</sup>** **YJOTI NATURAL FOODS**  
Reg. 3.69  
Authentic Indian Food *Delhi Saag Jaipur Karhi Matar Paneer Madras Sambar Punjabi Chhole* 15 Oz

**MEAT**

**Save 1.00 lb**

**6<sup>99</sup> lb** **NORTHEAST FAMILY FARMS**  
Reg. 7.99 lb Pre-Packed, Random Weights  
*New England / New York State*

Boneless Beef Chuck Pot Roast

**CHEESE**

**Save 2.16 lb**

**20<sup>99</sup> lb** **LOCAL**  
Reg. 23.15 lb  
VERMONT SHEPHERD *Westminster, VT*  
Vermont Shepherd Verano Pre-Cut and Wrapped - Random Weights

**GROCERY**

**Save 1.00**

**2<sup>59</sup>** **NATIVE FOREST** **3<sup>59</sup>** **NATIVE FOREST** **4<sup>49</sup>** **NATIVE FOREST**  
Reg. 3.59 Reg. 4.59 Reg. 5.49  
Marinated Artichoke Hearts 6 Oz Quartered Artichoke Hearts 14 Oz Baby Artichoke Hearts 9.9 Oz  
Whole Artichoke Hearts 9.9 Oz

**SEAFOOD**

**Save 2.00 lb**

**8<sup>99</sup> lb** **WILD CAUGHT** **Oct 1-15**  
Reg. 10.99 lb  
Cod

**WINE**

**Save 6.00** **new**

**8<sup>99</sup>** **MOZAIK California**  
Reg. 14.99  
Savignon Blanc Chardonnay Pinot Noir Cabernet  
Wines 750 ML

**GROCERY**

**Save 1.50**

**3<sup>49</sup>** **MEDITALIA**  
Reg. 4.99  
Pesto and Tapenades *Basil Pesto Green Olive Tapenade Black Olive Tapenade Sundried Tomato Tapenade Artichoke Heart Tapenade* 6.35 Oz

**SEAFOOD**

**Save 1.00 lb**

**8<sup>99</sup> lb** **RAINBOW TROUT** **Oct 16-31**  
Reg. 9.99 lb

**GROCERY**

**Save 1.00**

**2<sup>49</sup>** **FARMER'S MARKET** **USDA ORGANIC**  
Reg. 3.49  
Canned Pumpkin 15 Oz

**GROCERY**

**Save 1.00** **USDA ORGANIC**

**3<sup>49</sup>** **EMPEROR'S KITCHEN**  
Reg. 4.49  
Chopped Garlic, Garlic Puree, Sliced Garlic, or Chopped Ginger 4.5 Oz

**DELI**

**Save 2.00 lb**

**7<sup>99</sup> lb** **Maple-Apple Butternut Squash**  
Reg. 9.99 lb

Made with Organic Butternut Squash from Miller Farm, Local/Organic Apples, Vermont Maple Syrup, and Organic Dried Cranberries!

**BFC MADE**

**ALAFFIA BEAUTY PRODUCTS**  
@ the Demo Counter **ALL MONTH!**  
Stop by and sample their products and enter to win **FREE DRAWING**  
No purchase necessary to enter.

**BLUE DIAMOND**  
Wed/Oct 2 • 11-2  
Sample Almonds! + Special Sale

**EQUAL EXCHANGE**  
Wed/Oct 2, 10-12  
Sample Amazing Chocolate!

**NEIGHBORING FOOD CO-OP ASSOCIATION**  
@ the Demo Counter  
Wed/Oct 2, 9, & 23  
Fri/Oct 18 • All 11-2  
Regionally Grown Frozen Fruits & Vegetables  
**FREE** samples and Recipes!

**FRIDAYS**  
@ the Demo Counter **CHEESE 11-2**  
Stop by and sample a select cheese from Cabot, Mt. Sterling, Organic Valley, and Isigry St. Marie!  
+ **RIOJANA OLIVE OIL** with Gourmet Breads

**OCTOBER IS CO-OP MONTH**

**Celebrate Co-Op**  
**Free Samples**



# BRATTLEBORO FOOD CO-OP



**DAIRY**

**Save 49¢ ea**

**2 for \$3**  
Reg. 1.99 ea

All Flavors

**LOCAL**

LIEBE Brattleboro  
Bavarian Style Quark 5.3 Oz

**WELLNESS**

**Save \$2.00 to \$3.00**

**Bluebonnet**  
THE POWER INSIDE

ALL Bluebonnet Vitamin D Supplements on Sale!

BLUEBONNET

Vitamin D3 1000 IU 90 Vcaps **7<sup>99</sup>** Reg. 9.99

Vitamin D3 1000 IU 180 Vcaps **14<sup>99</sup>** Reg. 16.99

Vitamin D3 2000 IU 90 Vcaps **10<sup>99</sup>** Reg. 12.99

Vitamin D3 2000 IU 90 Chewables **10<sup>99</sup>** Reg. 13.49

Vitamin D3 5000 IU 250 SoftGels **14<sup>99</sup>** Reg. 17.99

Certified **GF** Gluten-Free

**GROCERY**

**Save 2.00** **new**

BUDDHA TEA 18 Count Boxes

ORGANIC Turmeric Ginger Tea ...**4<sup>99</sup>** Reg. 6.99

ORGANIC Elderberry Tea .....**5<sup>99</sup>** Reg. 7.99

Calm Tea .....**6<sup>99</sup>** Reg. 8.99

ORGANIC Matcha Green Tea .....**7<sup>99</sup>** Reg. 9.99

WILD CRAFTED Chaga Tea .....**7<sup>99</sup>** Reg. 9.99

**DAIRY**

**Save 54¢ ea**

**4 for \$5**  
Reg. 1.79 ea

All Flavors

**LOCAL**

SWEET COW West Newbury VT  
Yogurt 6 Oz

**GROCERY**

**Save \$1.00 to \$2.00**

FLAVORGANICS Extracts

**4<sup>99</sup>** Almond Extract 2 Oz Reg. 5.99

Coconut Extract 2 Oz **6<sup>99</sup>** Reg. 8.99

Anise Extract 2 Oz

Vanilla Extract 2 Oz

**USDA ORGANIC**

**DAIRY**

**Save 1.49 ea**

**2 for \$9**  
Reg. 5.99 ea

All Flavors

**LOCAL**

SWEET COW West Newbury VT  
Yogurt 32 Oz

**FROZEN**

**Save 1.00**

**3<sup>99</sup>** Mango, Strawberry, and Raspberry Reg. 4.99

JOLLY LLAMA Sorbet Pops 4/3 Oz (12 Oz)

Certified **GF** Gluten-Free

**Vn** VEGAN

**BULK**

**Save 5.00 lb**

**14<sup>99</sup> lb** Reg. 19.99 lb

GRANDY OATS

Maple Cashews PLU#1414

Turmeric Ginger Cashews PLU#1417

**USDA ORGANIC**

**GROCERY**

**Save 1.00**

**2<sup>49</sup>** Reg. 3.49

FARMER'S MARKET

Pumpkin Pie Mix 15 Oz

**USDA ORGANIC**

**GROCERY**

**Save 49¢ ea**

**2 for \$5**  
Reg. 2.99 ea

ALL FLAVORS

SIMPLY GUM

Natural Gums 15 Count & Natural Mints 30 Count

**BULK**

**Save 2.00 lb**

**4<sup>49</sup> lb** Reg. 6.49 lb

TIERRA FARMS

Turkish Apricots Pre-Packed, Random Weights

**USDA ORGANIC**

**LOCAL**

**DAIRY**

**Save 2.09 ea** **2 for \$11** Reg. 7.59 ea

**REAL PICKLES** Greenfield MA  
Beets, Sauerkraut, or Red Cabbage 15 Oz

**Save 1.99 ea** **2 for \$15** Reg. 9.49 ea

**REAL PICKLES** Greenfield MA  
Turmeric Sauerkraut, Garlic Sauerkraut, Kimchi or Ginger Carrots 15 Oz

**Save 2.09 ea** **2 for \$15** Reg. 9.59 ea

**REAL PICKLES** Greenfield MA  
Dill Pickles 26 Oz

**Save 2.00** **8<sup>99</sup>** Reg. 10.99

**REAL PICKLES** Greenfield MA  
Garlic Dill Pickles or Spicy Dill Pickles

**LOCAL** **USDA ORGANIC**

**OCTOBER NATIONAL CO-OP MONTH**



Co-op Month all month long!

**ORGANIC VALLEY MILK**  
with our **Producer of the Month, Corse Farm**  
**Sat/Oct 5 & 19**  
**11:30-1:30**

**FLORIDA'S NATURAL ORANGE JUIC**  
**Wed/Oct. 9 • 11-2**

**ARTISAN BEVERAGES COOPERATIVE KOMBUCHA**  
**@ the Demo Counter**  
**Thurs/Oct. 10 • 4-6**

**WELCH'S JUICE**  
**Wed/Oct 16 • 11-2**  
Sweetee Grape Juice!

**REAL PICKLES @ the Demo Counter**  
**Wed/Oct 16 • 3-6**  
**Pickles & Ferments**  
Traditional pickled foods using natural fermentation and 100% Organic ingredients.

**ALVARADO ST. BREAD BAGELS @ the Demo Counter**  
**Wed/Oct. 29 • 11-2**  
along with **KERRIGOLD IRISH BUTTER**

