

# coop<sup>TM</sup> deals

FEB 14 - FEB 27, 2018

## seasonal savings

### GREAT PRICES, TRUSTED BRANDS

Your community-owned co-op knows how important it is to get delicious food for your family at the best prices. Save money this month (and every month) on products you love.



**9.99**

**Seventh Generation  
Liquid Laundry  
Detergent**

100 oz., selected varieties  
other Laundry products also on sale



**2.99**

**Pacific  
Organic Soup**  
32 oz., selected varieties



**2/\$6**

**The Greek Gods  
Greek Yogurt**  
24 oz., selected varieties



**2/\$5**

**Synergy  
Organic Kombucha**  
16-16.2 oz., selected  
varieties  
48 oz. Kombucha 6.99

## Your Community-Owned Grocery Stores

82 S. Winooski Ave, Burlington, VT  
Open 7am - 11pm every day  
(802) 861-9700

207 Flynn Ave, Burlington, VT  
Open 7am - 9pm every day  
(802) 540-6400

[www.citymarket.coop](http://www.citymarket.coop)

**City  
Market**  
Onion River Co-op



**14.99**  
Dynamic Health  
Organic Beetroot  
Juice Concentrate  
16 oz., selected varieties



*bulk up your smoothie!*

Get the most out of your smoothies by adding popular ingredients from the bulk aisle like Frontier Co-op turmeric, ginger and cinnamon.

**7.99**

Frontier  
Organic Ground  
Turmeric Root

per pound in bulk  
other Frontier bulk herbs also on sale



**4/\$5**

Siggis  
Icelandic Style  
Yogurt  
4.4-5.3 oz., selected  
varieties



**4.99**

Chobani  
Greek Yogurt  
32 oz., selected varieties



**4/\$5**

Silk  
Soy Yogurt  
5.3 oz., selected varieties

*smooth start*

### BREAKFAST BLENDS TO GO

Amp up your breakfast smoothie with add-ins like turmeric, flaxseeds, protein powders or oats. You'll get a boost of energy that lasts longer! For a thick and creamy texture, toss chunks of frozen banana or sweet potato into the blend.

**Delightful & delicious deals in every aisle.**





**2/\$6**

Cascadian Farm  
Organic Granola  
12.5 oz. – 17 oz.,  
selected varieties



**2/\$5**

Cascadian Farm  
Organic Cereal  
9 oz. – 15 oz.,  
selected varieties,  
Granola Bars also on sale



**2/\$4**

Cascadian Farm  
Organic Frozen  
Vegetables  
16 oz., selected varieties,  
Frozen Potatoes also on sale



**2/\$6**

Cascadian Farm  
Organic Frozen  
Fruit  
8 – 10 oz.,  
selected varieties



good from  
the ground up

What started out as a little farm nestled in the Cascade Mountains of Washington has grown to be one of the country's leading brands of organic foods. **Cascadian Farm** has stayed true to its roots — bringing wholesome, organic food to your table, with a pledge to organic healthy soil.

Other Cascadian Farm Organic products also on sale

Create a sustainable  
future, one purchase  
at a time!

**GOOD  
FROM THE  
GROUND UP**



\*3% of all Cascadian Farm's revenues from Cascadian Farm products sold at participating co-op retailers located in the United States between 2/14/18 – 2/27/18 will be donated by Cascadian Farm to The Land Institute. Maximum total donation to The Land Institute from Cascadian Farm is \$25,000. Offer excludes Cascadian Farm frozen bread, which is a licensed product not owned by the Cascadian Farm brand. No portion of the purchase is tax deductible. Offer void in Alabama, Hawaii, Mississippi, and South Carolina.

FROM FEBRUARY 14<sup>th</sup> TO 27<sup>th</sup>,  
BUY YOUR FAVORITE  
CASCADIAN FARM PRODUCTS,  
AND WE'LL DONATE  
3% OF YOUR PURCHASE  
TO THE LAND INSTITUTE.

DONATIONS WILL SUPPORT  
FARMING PRACTICES THAT BUILD  
HEALTHY SOILS AND POSITIVELY  
IMPACT OUR CLIMATE.

WE BELIEVE IN ORGANIC FARMING  
TO BUILD HEALTHY SOILS AND  
IN SUPPORTING HEALTHY SOIL  
RESEARCH THAT CAN POSITIVELY  
IMPACT OUR PLANET'S CLIMATE.

**Better tasting food grown on organic farms.**



**4.69**

**Numi Organic Tea**  
18 ct., selected varieties  
other Numi teas also on sale



**8.99**

**Equal Exchange Organic Love Buzz Coffee**  
per pound in bulk

*rise and shine*

**BOOST YOUR TOAST**

Avocado toast: it's trendy because it's delicious, customizable and ready in minutes.



From fair trade coffee to organic cereal  
**The start of a good day.**



**2.99**

**Silk Almond Beverage**  
64 oz., selected varieties



**2/\$6**

**Barbara's Cereal**  
8-14 oz., selected varieties



**2/\$5**

**Rice Dream Organic Enriched Rice Drink**  
32 oz., selected varieties



**3.39**

**Lakewood Organic Pure Fruit Juice**  
32 oz., selected varieties



**You are the co-op difference - thanks for shopping!**





**24.99**

**Organic Valley  
Organic Fuel  
Protein Powder**  
12 oz., selected varieties  
*\*Available by special  
order only*



**2/\$4**

**Primal Kitchen  
Protein Bars**  
1.7 oz., selected varieties



**3.99**

**Vermont Smoke &  
Cure  
Mini Meat Sticks**  
6 ct., selected varieties



**2/\$4**

**Bobo's Oat Bars  
Nut Butter Filled  
Oat Bars**  
2.5 oz., selected varieties



**5/\$5**

**Luna  
Protein Bar**  
1.48-1.69 oz., selected  
varieties



Leisurely hot breakfasts or mornings on the run

**The co-op has you covered.**

*morning  
on the run*



**NOURISHING, NOW**

Grab a quick and tasty breakfast, made possible by smart  
co-op shopping. You've got this. Now have a great day.



**Get in gear with nutrition on the go.**



**2.99**

**Rudi's  
English Muffins**  
12 oz., selected varieties  
*\*Available by special  
order only*



**2/\$5**

**Ozery  
Snacking Rounds**  
12.7 oz., selected  
varieties  
*\*Available by special  
order only*



*go ahead, go wild!*

Natural Sea tuna is always wild, never farmed and the delicious, high-protein and Omega-3 rich albacore tuna is sustainably pole & line caught.

**2.39**

**Natural Sea  
Yellowfin Chunk Tuna**  
5 oz., selected varieties  
other Natural Sea Tuna varieties also on sale



Fill your cupboards with all the great things.

**Love your lunches!**



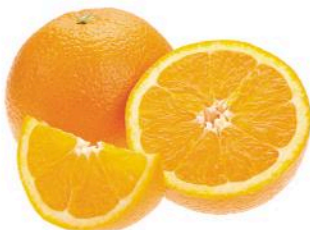
**3.99**

**Earth Balance  
Peanut Butter  
Spread**  
16 oz., selected varieties



**3.69**

**Back To Nature  
Cookies**  
8-9.6 oz., selected  
varieties



**2.99**

**Wtrmln Wtr  
Cold Pressed  
Watermelon Juice**  
12 oz., selected varieties



**2/\$5**

**Theo  
Organic  
Chocolate Bar**  
3 oz., selected varieties



**Affordable, delicious, organic, fair trade.**



# hearty, healthy

## CRAISY GOOD

These oatmeal cookies, studded with tart dried cranberries and chopped pecans, are easy to make, and easy to tuck into a lunchbox or a gift box. Bake up a batch of cranberry oatmeal cookies and enjoy; the recipe's at [www.strongertogether.coop](http://www.strongertogether.coop).



**7.99**

Once Again  
Almond Butter  
16 oz., selected varieties



**3.39**

Alter Eco  
Organic Chocolate  
Coconut Clusters  
3.2 oz., selected varieties  
other Alter Eco chocolate  
also on sale



**3.69**

Everyday Low  
Price!  
Field Day  
Non-GMO  
Canola Oil  
32 oz.



**4.99**

Organic Valley  
Eggs  
doz., Large or Extra  
Large, selected varieties  
\*Not available at City  
Market



**2/\$5**

Snack Factory  
Pretzel Crisps  
7.2 oz., selected varieties

scoop up the savings in bulk!



**99¢**

Bulk Organic Steel  
Cut Oats  
per pound in bulk



**5.99**

Bulk Organic  
Sweetened Dried  
Cranberries  
per pound in bulk



**1.99**

Bulk Organic Light  
Brown Sugar  
per pound in bulk



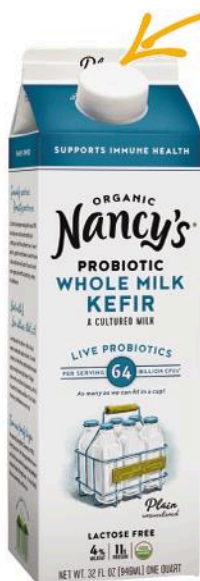
**Healthy savings on heart healthy goodness.**



## easy global dinners

### THAI IN NO TIME

With a few pantry staples and a pound of shrimp, you'll have dinner for four in just 20 minutes. Add pad thai noodles for a heartier version of this Thai Shrimp Soup. Get the recipe at [www.strongertogether.coop](http://www.strongertogether.coop).



## organic, probiotic kefir

Nancy's Whole Milk Kefir is lactose-free, containing 50+ billion live probiotics per serving; including clinically documented probiotics that help support immune and digestive health.

# 4.39

**Nancy's  
Probiotic Whole Milk  
Kefir**

32 oz., selected varieties



# 6.99

**Spectrum Naturals  
Organic Unrefined  
Coconut Oil**

14 oz.  
other Spectrum coconut oil varieties  
also on sale



# 2/\$3

**Dr. McDougall's  
Soup Cups**  
1.1-3.4 oz., selected  
varieties



# 2.69

**Lotus Foods  
Organic Pad Thai  
Rice Noodles**  
8 oz., selected varieties



# 3.39

**Maya Kaimal  
Indian Simmer  
Sauce**  
12.5 oz., selected  
varieties

**Enjoy healthy foods fast with help from the co-op!**





**10.99**  
Everyday Low  
Price!  
Field Day  
Organic Extra  
Virgin Olive Oil  
33.8 oz.



**3.69**  
Bragg  
Liquid Aminos  
16 oz.  
other Bragg Aminos  
products also on sale



*the perfect tomato*

Every step is treated with care and respect; for the earth, for each other and for the cook at home. Tomatoes grown with heart, and picked when perfect.

**3/\$5**

Muir Glen  
Organic Tomatoes  
28 oz., selected varieties



**3.99**  
San Pellegrino  
Sparkling Fruit  
Beverage  
6 pack, selected varieties

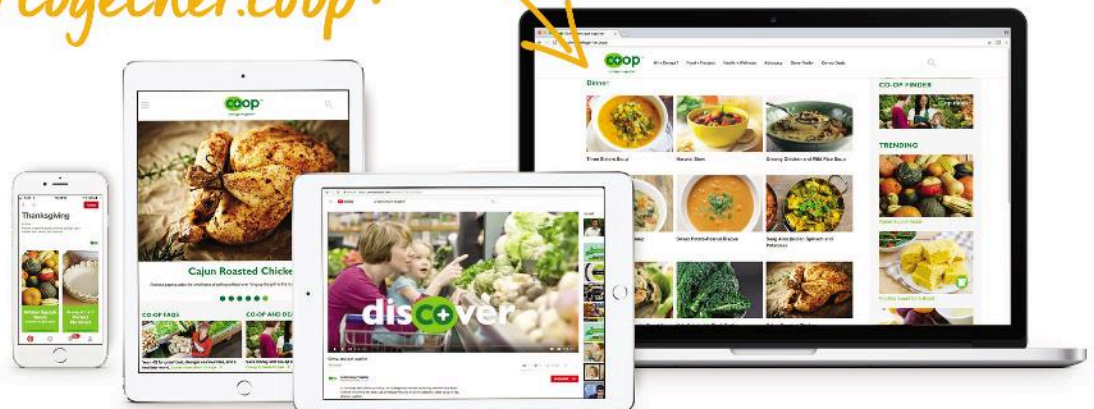


**4.99**  
Organic Valley  
Organic Ricotta  
Cheese  
15 oz.



**2.19**  
Westbrae  
Organic Beans  
25 oz., selected varieties

*recipes, ideas and more at  
www.strongertogether.coop*



**Co-ops support organic from farm to table.**



**2.39**

**Popcorn Indiana  
Popcorn**  
4.4-8 oz., selected  
varieties



**2/\$5**

**Late July  
Organic Crackers**  
6 oz., selected varieties



*amazingly delicious chips!*

Late July Clasico tortilla chips are made with organic, non-gmo corn and are a deliciously bold and satisfying snack. Available in six taco truck inspired flavors!

**2/\$4**

**Late July Snacks  
Clasico Tortilla Chips**  
5.5 oz., selected varieties



Food for your family; nourishing your community.

**All are welcome at the co-op!**



**2/\$5**

**Happy Baby  
Organic Puffs**  
2.1 oz., selected varieties  
other Happy Baby snacks also on sale



**3.39**

**Annie's  
Homegrown  
Snack Crackers**  
10 oz., selected varieties  
other Crackers and Snack  
Mixes also on sale



**2.39**

**Crunchmaster  
Crackers**  
4.5 oz., selected varieties

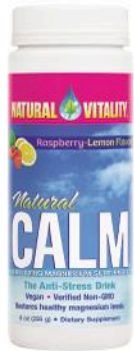


**3.39**

**Bearitos  
Yellow and White  
Corn Tortilla Chips**  
16 oz., selected varieties

**Everyone can shop; anyone can join a co-op.**





**13.99**

**Natural Vitality  
Natural Calm**  
8 oz., selected varieties



**18.99**

**Navitas Organics  
Essential  
Superfood Blend**  
8.4 oz., selected varieties



**29.99**

**Nature's Plus  
Source of Life Liquid  
Multi-Vitamin &  
Mineral**  
30 oz., selected varieties



**23.99**

**Megafood  
Multivitamin for  
Women 55+**  
60 ct.  
other MegaFood  
Supplements also on  
sale



**3/\$5**

**Green Forest  
Facial Tissue**  
175 ct.



**8.99**

**Boiron  
Chestal Honey  
Cough Syrup**  
6.7 oz., selected varieties

*be well*

**WINTER HEALTH TIPS**

Boost your immunity to prevent colds and flu with regular exercise, plenty of rest and frequent hand washing. Supplements and herbal remedies can also help strengthen immune response.



**2/\$3**

**Wellness  
Cat Food**  
5.5 oz., selected varieties  
other Cat Food also on  
sale



**Support winter wellness with trusted products.**



**Your Community-Owned  
Grocery Stores**

**Downtown**

82 S. Winooski Ave, Burlington, VT  
Open 7am - 11pm every day  
(802) 861-9700

**South End**

207 Flynn Ave, Burlington, VT  
Open 7am - 9pm every day  
(802) 540-6400

[www.citymarket.coop](http://www.citymarket.coop)

We welcome EBT, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons

# Let's Grow Together!

## Member Loan Campaign

### How to Get Involved

[www.citymarket.coop/memberloan](http://www.citymarket.coop/memberloan)

or contact Allison Hope at 802-777-2667  
for details on the loan offering.



**Purpose**  
For the new City Market in  
the South End of Burlington



**Goal**  
Raise \$1.5 million from Members;  
Deadline extended to the end of March



**Who Can Participate?**  
Open to Vermont residents who are  
Members of Onion River Co-op



**Minimum  
Loan Amount**  
\$2,500 per investor



**2/\$10**

**Andalou Naturals**

**Body Lotion**

8 oz., selected varieties  
other Andalou products also on sale



**6.99**

**Thayers  
Witch Hazel**  
12 oz., selected varieties  
other Thayers products  
also on sale



**3.99**

**Kiss My Face  
Toothpaste**  
4.1-4.5 oz., selected  
varieties  
other Kiss My Face  
products also on sale



**2/\$10**

**Acure Shampoo  
and Conditioner**  
12 oz., selected varieties  
other Acure products  
also on sale



Co-ops support products and services that ensure personal and planetary health; a legacy we can be proud to leave generations to come.

Some items may not be available at all stores or on the same days

NESE0218B

