

# coop™ deals

MAY 2 - MAY 15, 2018



## fair deals

### FAIR TRADE GOODS

Co-ops support fair trade, which encourages democratic decision-making, fair wages and safe working conditions for people like Song Som and Mrs. M.A. Swarna Damayanthi, members of grower co-ops that supply ingredients for companies like AlterEco and Dr. Bronner's.



5.99

Dr. Bronner's  
Organic Coconut Oil  
14 oz., selected varieties



5.39

Alter Eco  
Organic Quinoa  
12 oz., selected varieties



6.99

Equal Exchange  
Organic Ground  
Coffee  
10-12 oz., selected  
varieties



2/\$5

Theo  
Organic Chocolate  
Bar  
3 oz., selected varieties

## 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





May 12 is  
World  
Fair Trade Day!

**Dr. Bronner's** body care means Fair Trade with integrity. Our Fair Trade program positively impacts more than 3,500 small-scale farmers and producers around the world ensuring fair wages, good working conditions, regenerative organic agriculture training and a Fair Trade Fund for community-led projects.

**2.99**

**Dr. Bronner's  
Bar Soap**  
5 oz., selected varieties

**1.99**

**Dr. Bronner's  
Castile Soap**  
2 oz., selected varieties

**2.99**

**Dr. Bronner's  
Hand Sanitizer**  
2 oz., selected varieties

**5.99**

**Dr. Bronner's  
Shaving Soap**  
7 oz., selected varieties



**FAIR FOR  
FARMERS**

**CELEBRATE WORLD FAIR TRADE DAY**

**Choose products from fair trade brands committed  
to working with small-scale farmers & artisans.**

**Visit your local co-op to learn more.**

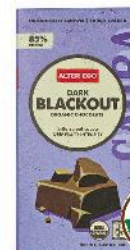
**This May, co-ops are partnering with Fair World Project & Grow Ahead  
to raise money for fair trade co-op Norandino's reforestation project.**



**7.99**

**Maggie's Organics  
Socks**  
1 pair, selected varieties

*\*Not available at City  
Market*



**2/\$5**

**Alter Eco  
Organic Chocolate  
Bar**  
2.82 oz., selected  
varieties



**Co-ops support fair trade to the fullest.**





**2/\$5**

Equal Exchange  
Extreme Dark  
2.8 oz. selected varieties



**2/\$6**

Equal Exchange  
Organic Tea  
.85-1.41 oz., selected varieties



**6.99**

Equal Exchange  
Organic Coffee  
10-12 oz., selected varieties  
Your choice of whole bean  
or ground coffee



**7.99/lb.**

Equal Exchange  
Organic Bulk Coffee  
Selected varieties  
Bulk Organic French Roast Decaf  
also on sale

*celebrate world  
fair trade day!*

For over 30 years, **Equal Exchange** has worked steadily in our commitment to build alternative supply chains for small producers. Our producer partners have improved their family livelihoods and have contributed to positive change in their communities. Together with the commitment of food co-ops and their shoppers, we continue to build a more equitable and sustainable food system.



Making positive change in global communities through fair trade.  
**Great companies, great products.**



**11.99**

Alaffia  
Authentic African  
Black Soap  
32 oz., selected varieties



**29.99**

Alaffia  
Handwoven African  
Grass Basket  
each, selected varieties



**2/\$5**

Divine  
Chocolate Bar  
3.5 oz., selected varieties



**9.99**

Matr Boomie  
Art Deco Earrings  
each

\*Not available at City  
Market

**You are the co-op difference. Thanks for shopping!**



*we believe in better*

**Barbara's** makes delicious cereals and snacks with nothing but simple, wholesome ingredients.

**3.39**

Barbara's Puffins  
10.1 oz., selected varieties

**2/\$4**

Barbara's  
Original Cheese Puffs  
7 oz., selected varieties

**2/\$4**

Barbara's  
Baked Cheese Puffs  
7 oz., selected varieties



**2/\$4**

So Delicious  
Organic Coconut  
Milk  
32 oz., selected varieties



**5/\$5**

Honest  
Organic Ready-to-  
Drink Tea  
16 oz., selected varieties



**2.39**

Organic Valley  
Half & Half  
16 oz.



**5/\$5**

Chobani  
Greek Yogurt  
5.3 oz., selected varieties



**2/\$5**

Kevita  
Organic Kombucha  
15.2 oz., selected varieties



*scoop up the savings in bulk!*



**10.99**

Bulk Pecan Halves  
per pound in bulk,  
selected varieties

**2.19**

Bulk Organic White  
Quinoa  
per pound in bulk,  
selected varieties

**5.69**

Bulk Organic  
Sweetened Dried  
Cranberries  
per pound in bulk,  
Available by special order  
only



**Better breakfasts and bulk savings!**





**2.99**

**Golden Temple Granola**  
per pound in bulk



*yum!*

The Greek Gods yogurt has a creamy, velvety smooth texture and rich taste. Enjoy on its own, or with your favorite toppings!

**2/\$6**

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



**4/\$5**

**Earth's Best Organic Baby Food Pouches**  
3.5-4.2 oz.  
Available by special order only



**5.99**

**Nature's Path Organic Eco-Pac Cereal**  
26.4-32 oz., selected varieties



**2/\$4**

**Kind Healthy Grains Bars**  
5 ct., selected varieties



*just tart cherry juice*

R.W. Knudsen Just Fruit Juices are unsweetened, 100% undiluted juice that provide the maximum flavor associated with each respective fruit.

**5.99**

**R.W. Knudsen Organic Just Tart Cherry Juice**  
32 oz., selected varieties  
other Just Juice also on sale



**3.39**

**Stonyfield Organic Yogurt**  
32 oz., selected varieties



**7.99**

**Maranatha No Stir Almond Butter**  
12 oz., selected varieties

**Eye-opening savings on breakfast essentials.**



**3.99**  
**Gardein**  
**Meatless Chick'n**  
**Strips**  
 10 oz., selected varieties  
 Other Gardein items also  
 on sale



**3.69**  
**Crofter's**  
**Premium Fruit Spread**  
 16.5 oz., selected varieties  
 10-11 oz. Fruit Spread also on sale



**3.99**  
**Alden's Organic**  
**Frozen Novelties**  
 12-14 oz., selected varieties



**2/\$5**  
**Tandoor Chef**  
**Naan Pizza**  
 7.4-8.5 oz.,  
 Available by special  
 order only



**2.39**  
**Maria & Ricardo's**  
**8" Flour Tortillas**  
 8 ct., selected varieties  
 other Tortillas also on  
 sale



**3.99**  
**Ling Ling**  
**Vegetable Spring**  
**Rolls**  
 11 oz., selected varieties  
 Potstickers also on sale



**3.99**  
**Quorn**  
**Meat-Free Chik'n**  
**Nuggets**  
 10.6 oz.  
 Other Meatless items  
 also on sale



**3.99**  
**Udi's Gluten Free**  
**Hot Dog Buns**  
 14.4 oz, selected varieties



**4.99**  
**Udi's Gluten Free**  
**Frozen Pizza**  
 10.1 oz, selected varieties



**4.39**  
**Udi's Gluten Free**  
**Pizza Crusts 2-pack**  
 8 oz., selected varieties



**6.99**  
**Udi's Gluten Free**  
**Sandwich Bread**  
 24 oz. selected varieties

*so good &  
 gluten free!*

Udi's is committed to making delicious food that just happens to be gluten free, because we believe you shouldn't have to compromise on taste to live a gluten free lifestyle. If it's genuine, bakery-fresh flavor and texture you're looking for, Udi's provides a wide selection sure to please.

**There's something for everyone at the co-op.**





**5/\$5**

**Larabar**  
**Fruit & Nut Bar**  
1.6-1.7 oz., selected varieties



**2.69**  
**Health Ade**  
**Organic Blood**  
**Orange Carrot**  
**Kombucha**  
16 oz



**3/\$5**  
**Organic Prairie**  
**Mighty Beef Stick**  
.75 oz., selected varieties



**2/\$3**  
**YumEarth**  
**Organic Licorice**  
2 oz., selected varieties  
other YumEarth  
products also on sale



Spring weather have you on the run?

**Snacks to fuel your fun!**



**2/\$4**  
**Kettle Brand**  
**Potato Chips**  
5 oz., selected varieties



**4.99**  
**San Pellegrino**  
**Sparkling Fruit**  
**Beverage**  
6 pack, selected varieties



**2/\$5**  
**Back To Nature**  
**Organic Crackers**  
3.5-8.5 oz., selected  
varieties



**3.99**  
**Newman's Own**  
**Newman-O's**  
**Sandwich Cookies**  
13 oz., selected varieties



**2/\$5**  
**Crunchmaster**  
**Crackers**  
4.5 oz.  
Available by special  
order only



**2/\$5**  
**Angie's**  
**Boomchickapop**  
**Popcorn**  
4.8-6 oz., selected  
varieties

**Your community owned co-op, always local.**



**2/\$5**  
Late July Snacks  
Organic Thin & Crispy  
Tortilla Chips  
11 oz., selected varieties



**3.99**  
Organic Valley  
Organic Shredded  
Cheese  
6 oz., selected varieties



**1.79**  
Frontera  
Cooking Sauce  
8 oz., selected varieties



**2.99**  
Organic Valley  
Organic Sour  
Cream  
16 oz., selected varieties



**2/\$6**  
Late July  
Organic Salsa  
15.5 oz., selected  
varieties



Gluten-free? Paleo? Vegan? Hungry? We're ready for you!  
**Visit your local co-op.**



**1.99**  
Bearitos  
Organic Refried  
Beans  
16 oz., selected varieties



**4.39**  
Pamela's  
Gluten-free  
Pancake & Baking  
Mixes  
16 oz.  
other Pamela's Mixes  
also on sale



**2/\$6**  
Vita Coco  
Coconut Water  
33.8 oz., selected  
varieties



**Spice up the week with tasty deals.**





**2.39**  
Annie's Naturals  
Organic Ketchup  
24 oz.  
other Condiments also on sale



**2.69**  
San-J  
Cooking Sauce  
10 oz., selected varieties



**2.69**  
Safe Catch  
Seasoned Elite  
Wild Tuna  
5 oz.



**9.99**  
Napa Valley  
Naturals Organic  
Extra Virgin  
Olive Oil  
25.4 oz., selected varieties



Tasty, fresh, local, organic and hearty.

**Family-friendly foods.**



**1.99**  
Bionaturae  
Organic Pasta  
16 oz., selected varieties



**3.69**  
Crown Prince  
Albacore Tuna in  
Spring Water  
5 oz.  
Available by special  
order only



**3/\$5**  
Annie's Homegrown  
Pasta & Cheese Dinner  
5.25-6 oz., selected varieties



**1.69**  
Bionaturae  
Organic Tomato  
Paste  
7 oz.  
Organic Tomatoes 2/\$5



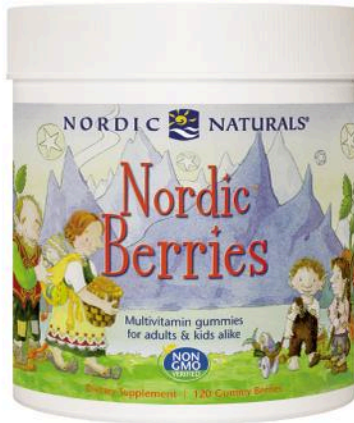
**2/\$5**  
Muir Glen  
Organic Pasta  
Sauce  
25.5 oz., selected  
varieties

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



**14.99**

**Vega Protein Smoothie**  
8.9-9.2 oz., selected varieties



*for adults & kids*

Nordic Naturals knows the importance of building a healthy foundation made to last. Nordic Berries contain essential vitamins, minerals and antioxidants that growing kids need.

**18.99**

**Nordic Naturals Nordic Berries Multivitamin**  
120 ct., selected varieties  
other Nordic Naturals products also on sale



**33.99**

**Vital Proteins Collagen Peptides**  
10.65 oz., selected varieties  
other Vital Proteins products also on sale



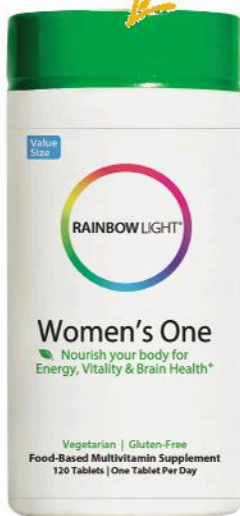
**5.99**

**Boiron Arnica Montana**  
80 ct., selected varieties



**2/\$4**

**Aura Cacia Lavender Mineral and Foam Bath**  
2.5 oz., selected varieties  
other Aura Cacia products also on sale



*fruits, vegetables & probiotics*

Just one tablet a day addresses women's specific nutritional needs, provides a nutritional boost and supports long-term health and vitality.

**27.99**

**Rainbow Light Women's One Multivitamin**  
90 ct., selected varieties  
other Rainbow Light Supplements also on sale



**3.39**

**Citra-Solv Dish Liquid**  
25 oz.  
Available by special order only



**3/\$4**

**Newman's Own Premium Cat Food**  
5.5 oz.  
Available by special order only

**Healthy homes, healthy planet, happy people.**





## give the good stuff!

This Mother's Day, give the gift of co-op goodness! Fill a basket with fragrant soaps, coffee or tea, a handmade mug and some fair trade or locally made chocolate truffles. The co-op has great gifts for any celebration. Get more gift basket inspiration at [www.strongertogether.coop](http://www.strongertogether.coop).



**2/\$6**

**Jason  
Toothpaste**  
4.2-6 oz., selected  
varieties  
other Jason oral care  
products also on sale

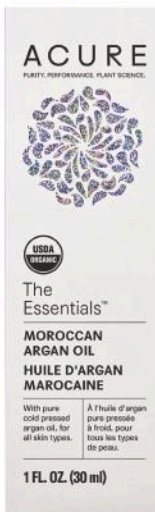


**6.99**

**Life-Flo  
Pure Magnesium Oil**  
8 oz.  
other Life-Flo products  
on sale



## purity. performance. plant science.



Argan oil is a true skin superfood. It's lightweight, easily absorbed, and extremely versatile. Use it as hair and face serum, body massage oil, hand and cuticle oil, or to soothe dry skin.

**5.99**

**Acure  
The Essentials Argan Oil**  
1 oz., selected varieties  
other Acure products also on sale



**6.99**

**Alba Botanica  
Sunscreen**  
4-4.5 oz., selected varieties

**Be kind to your mother, and Mother Earth!**



**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

# 2018 Co-op Seedling Grants



Do you know an organization that is strengthening our local food system?

Tell them about

City Market's grant program!

At least \$30,000 will be available in funding donated by your Co-op!

**Apply by June 29**

Learn more: <http://s.coop/seedlinggrants>



**4/\$5**

Liberte  
Organic Yogurt  
5.5 oz., selected varieties



**7.99**

Chameleon  
Cold-Brew  
Organic Coffee  
Concentrate  
32 oz  
Available by special  
order only



**2/\$4**

Probar  
Meal Bar  
3 oz., selected varieties



**3.39**

Almond Breeze  
Almondmilk  
64 oz., selected varieties



**4.69**

Purely Elizabeth  
Ancient Grain  
Granola  
12 oz., selected varieties



**6.99**

Bonafide  
Organic Bone  
Broth  
24 oz., selected varieties

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

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