

coop™ deals

JULY 4 - JULY 17, 2018

better
burgers

GRILL AND CHILL

Whatever your patty preference, take your summer grilling to the next level with creative flavors and condiments. Try a feta spread and arugula for a Greek burger, or pepper jack cheese and guac for a spicy Mexican twist.



4.99

Beyond Meat
The Beyond Burger
8 oz., selected varieties



2/\$7

So Delicious
Frozen Cashew
Milk Dessert
16 oz., selected varieties
other Frozen desserts
also on sale



3.99

Applegate
Hot Dogs
10 oz., selected varieties
Organic Hot Dogs \$4.99



1.99

Annie's Naturals
Organic Ketchup
24 oz., selected varieties
other Condiments also
on sale

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

City
Market
Onion River Co-op

hit the road



TRAVEL SNACK HACKS

Fuel your family on your summer vacations with tasty (and healthy) treats from the co-op. Snack bars, trail mix and fresh fruits and veggies are portable options that travel well and taste great!



3/\$4
thinkThin
Protein Bar
2.1 oz., selected varieties



2/\$4
Probar
Base Protein Bar
2.46 oz., selected varieties



2/\$4
Goodbelly
Probiotics
Crunchy Bar
1.49 oz.
Available by special order only



4/\$5
Clif Bar
Organic Nut
Butter Filled
Energy Bar
1.76 oz., selected varieties



2/\$4
Noosa
Yoghurt
8 oz., selected varieties



2.99
Nature's Path
Organic Cereal
10.6-14 oz., selected varieties



8.99
Equal Exchange
Organic French
Roast Coffee
per pound in bulk,
selected varieties



2/\$5
Lundberg Family
Farms
Thin Stackers
5.9 oz., selected varieties
Available by special order only



3.99
Stonyfield
Organic Yogurt
32 oz., selected varieties



2.99
Suja
Organic Kombucha
15.2 oz., selected varieties
Available by special order only

Stop by the co-op for road trip treats.



2/\$5

Kevita
Organic Kombucha
15.2 oz., selected varieties



2/\$5

Owyn
Plant-Based
Protein Shake
12 oz., selected varieties
Available by special
order only



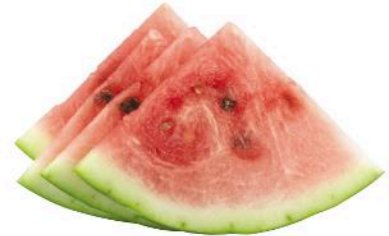
5/\$5

Tazo
Ready-to-Drink
Tea
13.8 oz., selected
varieties



2.99

Wtrmln Wtr
Cold Pressed
Watermelon Juice
12 oz., selected varieties
Available by special
order only



Fuel your body and soul with delicious food and beverages.

Energize at the co-op.



5.39

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



3.39

Uncle Matt's
Organic Lemonade
59 oz., selected varieties



2/\$4

Hiball
Sparkling Energy
Water
16 oz., selected varieties
Available by special
order only

Enliven your day with these great deals!



2/\$5

**Beanfields
Bean & Rice Chips**
6 oz., selected varieties



3.49

**Blue Diamond
Gourmet Almonds**
5 oz., selected varieties



bring hearty to the party!

For over 30 years, Garden of Eatin' has delivered wholesome goodness with thick-cut, hearty tortilla chips. Each batch is carefully made with organic corn kernels and non-gmo ingredients for an unforgettable flavor and snacking experience.

2/\$7

Garden Of Eatin'
Tortilla Chips
16 oz., selected varieties



2/\$4

**Boulder Canyon
Potato Chips**
5.25-6.5 oz., selected varieties



3/\$5

**Wholesome
Organic Delish Fish**
2 oz., selected varieties
other Wholesome candy
also on sale



2/\$5

**Chocolove
Chocolate Bar**
3.2 oz., selected varieties

blue sky crafted sodas

At **Blue Sky Beverage Co.**, real matters and it has for more than 40 years. Since 1971, our beverages have been crafted for real — founded on an appreciation for blue skies, open air and honest ingredients. Naturally flavored, and always free of sodium and caffeine.



2/\$4

**Blue Sky
Cane Sugar Soda**
6 pack

2.69

**Blue Sky
Zero Sugar Soda**
6 pack

2.69

**Blue Sky
Organic Soda**
6 pack

Snack better! Find great options at your co-op.



3.99

Udi's
Gluten-Free Hamburger
or Hot Dog Buns
10.4-14.4 oz., selected varieties



happiness in every bite

Hilary's makes delicious, plant-based veggie burgers packed with whole food ingredients that are free from the top common allergens.

2/\$5

Hilary's
Veggie Burgers
6.4 oz., selected varieties



2/\$5

Alexia
Frozen Sweet
Potato Fries
15 oz., selected varieties
other Alexia items also on sale



4.99

Maxine's
Organic Ice Cream
1.5 qt., selected varieties
Available by special order only



taste the difference

Dip into HOPE hummus and guacamole for organic, fresh taste and exceptionally delicious flavors.

2/\$6

Hope
Organic Hummus
8 oz., selected varieties
other Hope items also on sale



3.99

Solero
Organic Frozen
Fruit Bar
11 oz., selected varieties



4.99

Sambazon Organic
Acai Berry Fruit
Packs
4 pack, selected varieties

Anyone can shop and everyone can join the co-op!



9.99

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



3.39

Wild Planet
Wild Pink Salmon
6 oz., selected varieties



3/\$5

Westbrae
Organic Beans
15 oz., selected varieties



4.69

Jar Goods
Classic Tomato
Sauce
16 oz., selected varieties



2.99

Felicia
Gluten-Free Pasta
6/8 OZ, selected varieties



2.99

Everyday Low
Price!
Field Day
Organic Dressing
8 oz., selected varieties



2/\$4

Annie's Homegrown
Organic Pasta & Cheese
Dinner

6 oz., selected varieties
Organic Grass Fed Pasta & Cheese
on sale for 2/\$5



3/\$5

San Pellegrino
Sparkling Mineral
Water
750 ml., selected varieties



2.99

Harvest Bay
Coconut Water
33.8 oz., selected
varieties



4.39

IZZE
Sparkling Juice
Beverage
4 pack, selected varieties



2/\$3

Hubert's
Lemonade
16 oz., selected varieties
Available by special order
only

scoop up the savings in bulk!



99¢

Bulk
Organic Steel
Cut Oats
per pound in bulk



1.69

Bulk
Organic Red Lentils
per pound in bulk



10.99

Bulk
Organic Almonds
per pound in bulk



Sustainable shopping made easy in the bulk aisle.



SUMMERTIME SMOOTHIES

Warm weather can shake up our body's system so staying properly hydrated and fueled is key. Mix up an ice-cold smoothie with fresh fruits, veggies and protein powder to help stay balanced when the temperatures spike.



35.99

**Ancient Nutrition
Bone Broth Protein**
445-504 gr., selected varieties
Available by special order
only



24.99

**Amazing Grass
Organic Protein &
Kale**
17.5 oz.
Available by special
order only; other
Amazing Grass items also
on sale



22.99

**Megafood
Turmeric Strength**
60 ct., selected varieties
other Megafood items
also on sale



9.99

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



6.99

**Spectrum Naturals
Organic Unrefined
Coconut Oil**

14 oz.
other Spectrum coconut oils also
on sale



8.99

**Ecos
Liquid Laundry
Detergent**
100 oz., selected varieties
Available by special
order only



2/\$6

**Seventh Generation
Dish Liquid**
25 oz., selected varieties

Good for the planet, great for your body.



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South End

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

SUMMERVALE

THURSDAYS JULY 5 - AUGUST 30



Join us every Thursday in July and August at the Intervale for local food, music, tasting events and family activities. City Market is a proud local partner of the Intervale Center.

For more information, visit www.intervale.org



8.99

**Weleda
Calendula Diaper
Rash Cream**
2.8 oz., selected varieties
other Baby products also on sale



3.99

**Dr. Bronner's
Peppermint Toothpaste**
5 oz., selected varieties
other Dr. Bronner's items also on sale



9.99

**Alba Botanica
Very Emollient
Body Lotion**
32 oz., selected varieties



5.99

**Avalon Organics
Shampoo and
Conditioner**
11 oz., selected varieties
other Avalon 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

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