

coop™ deals

OCT 17 - OCT 30, 2018

fall flavors

DINNER IN A MINUTE

Looking for a simply delicious dinner? Just purchase your favorite variety of heat-and-serve soup (on sale now), add a dash of curry powder or roasted garlic, stir in a dollop of Greek yogurt, and serve with crusty bread and a side salad. Get the delicious taste of homemade soup with a quick trip to the co-op!



2/\$5

Imagine
Organic Soup
32 oz., selected varieties



2/\$3

Justin's
Nut Butter Cups
1.4 oz., selected varieties



2/\$4

Endangered
Species
Chocolate Bar
3 oz., selected varieties



2/\$5

Angie's
Boomchickapop
Popcorn
4.5-7 oz., selected
varieties

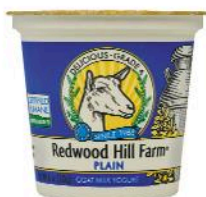
Your Community-Owned Grocery Stores

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

City
Market
Onion River Co-op



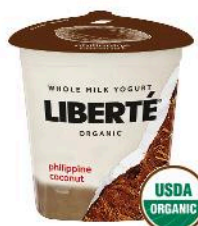
3/\$5

**Redwood Hill Farm
Goat Milk Yogurt**
6 oz., selected varieties



5.99

**Wallaby
Organic Greek
Yogurt**
32 oz., selected varieties;
Available by special
order only



4/\$5

**Liberté
Organic Yogurt**
5.5 oz., selected varieties



4/\$5

**Fage
Yogurt**
5.3-7 oz., selected
varieties



3.99

**Ripple
Non-Dairy
Beverage**
48 oz., selected varieties



Foods that are easy on your belly and your wallet.
Go with your gut. Go co-op.



2/\$5

**Goodbelly
Probiotic Drink**
32 oz., selected varieties;
Available by special
order only



8.49

**Equal Exchange
Organic Mind, Body
& Soul Coffee**
per pound in bulk
selected varieties
Other selected varieties also
on sale



2/\$5

**GT's
Organic
Kombucha**
16 oz., selected varieties



3.49

**R.W. Knudsen
Organic Sparkling
Juice**
750 mL, selected
varieties



2.99

**Zico
Coconut Water**
33.8 oz., selected
varieties



4/\$3

**Poland Springs
Sparkling Water**
33.8 oz., selected
varieties; Available by
special order only

Alternative diet? We've got you covered!



3.99

Organic Valley
Organic Shredded
Cheese
6 oz., selected varieties



3.99

Rumiano
Organic Cheese
8 oz., selected varieties;
Available by special
order only



crunchy potato goodness

Crispy on the outside and tender on the inside, these golden nuggets are made from fresh, organically grown potatoes. Bake up a batch and watch 'em disappear!

2/\$5

Cascadian Farm
Organic Frozen Potatoes
16 oz., selected varieties



Cooking dinner for one, two, three, four or more?

Shop co-op for supper savings.



2.99

Vital Farms
Pasture-Raised Butter
8 oz., selected varieties



3.49

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



3.49

Bhakti Chai
Ready-to-Drink
Chai
16 oz., selected varieties



2.99

Organic Valley
Organic
Half & Half
16 oz., selected varieties



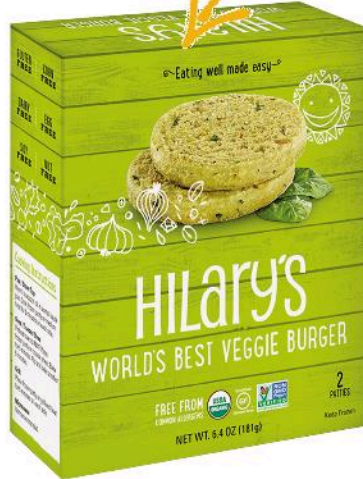
2.99

Organic Valley
Organic Sour
Cream
16 oz., selected varieties

Your co-op. Your community.



2/\$7
 Blake's
 Organic Chicken
 Pot Pie
 8 oz.
 other Blake's products
 also on sale



*delicious and free
 from compromise*

Hilary's makes delicious, plant powered foods using real, minimally processed ingredients that are free from common allergens. It's convenience you can feel good about.

2/\$5
 Hilary's
 Veggie Burgers
 6.4 oz., selected varieties



Vegetarian, vegan, gluten-free, adventurous?
Try something new at the co-op!



protein for the planet

Quorn Meatless & Soy-Free Nuggets are a delicious and easy way to make a healthier choice for you and the planet.

2/\$5

Quorn
 Chik'n Nuggets

10.6 oz.
 Other Quorn products also on sale



Locally-owned, community grown. Go co-op!



*delight in
dessert*

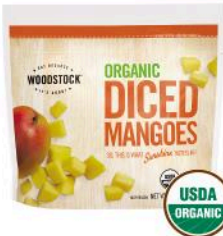
ICE CREAM ANYTIME

When you spoon into a scoop of rich, delicious ice cream from your local co-op, you'll be able to taste the difference. The ingredients list is short, but full of farm-fresh dairy and unique natural flavors. You'll feel great about treating yourself!



Your co-op supports local, national and global communities.

Shop with an impact today.



2/\$7

Woodstock
Organic Frozen
Fruit
8-10 oz., selected
varieties



2/\$6

Hail Merry
Gluten-Free Tart
3 oz., selected varieties



5.49

Julie's
Organic Ice Cream
Sandwiches
6-8 ct., selected varieties
other Organic Novelties
also on sale



2.99

Three Twins
Organic Ice
Cream
16 oz., selected varieties;
Available by special
order only



Co-ops help communities grow.

save with co+opTM deals

co+opTM deals
JUNE 13 - JULY 3, 2018

summer sipper

BERRY MINT LEMONADE
This variation on an Arroz Palmer is the perfect refresher by the pitcher. Combine two cups of prepared rice with two cups of berries (fresh or frozen), add two cups of lemonade and garnish with mint or lemon. There's, quenched!

2/\$3
Santa Cruz Organic Lemonade
32 oz. selected varieties

5.99
Alder's Organic Ice Cream
24 oz. selected varieties

5/\$5
Caf Bar Energy Bar
2.4 oz. selected varieties

2/\$4
Keeble Brand Potato Chips
1 oz. selected varieties

Co-ops are a great place to find fresh, delicious, locally grown food.
Join the co-op community!

VALID SALES DATES: JUNE 13 - JULY 3, 2018

3.99
So Delicious Frozen Cakes
PMA & Dessert
10.5 oz. selected varieties
also on sale

2.99
Immortal Gluten-Free Cakes
10.5 oz. selected varieties

3.99
Follow Your Heart Cheddar Alternative Bites
7 oz. selected varieties

4.39
Organic Valley Organic Baked Cheese
10 oz. selected varieties

3.39
Unleash Your Organic Lemonade
12 oz. selected varieties

2/\$4
Belvedere Farm Stony Hill Yogurt
6 oz. selected varieties

3.99
Lakewood Organic Pure Fruit Juice
32 oz. selected varieties

2.39
Sweetest! Stevia Sweetener
5.6 oz. other brand products also available

3.99
Ripple Non-Dairy Pina Pina
40 oz. selected varieties

8.99
Equal Exchange Organic Bulk Coffee
per pound in bulk
selected varieties
bulk discount not available on sale

4.99
Mammoth Organic Peanut Butter
16 oz. selected varieties

2/\$3
Santa Cruz Organic Agave Syrup
12 oz. selected varieties

3.39
Cascadian Farm Organic Granola Bars
6.25 oz. selected varieties

3.99
Cascadian Farm Organic Cereal
12 oz. selected varieties

2/\$6
Cascadian Farm Organic Frozen Fruit
8-10 oz. selected varieties

3.69
Nature's Path Organic Love Crunch Cereal
11.5 oz. selected varieties

2/\$7
Evolution Fresh Organic Defense Up Juice
15.2 oz. selected varieties

3.99
Nany's Organic Yogurt
5 oz. selected varieties

fresh new look
Evolution Fresh is constantly changing what's new, creating juice-powered beverages that move you forward and help you thrive.

smoothie bowl time!
Delicious and convenient, Cascadian Farm Organic frozen fruits are easy to add to your morning smoothie routine. Top with granola and nuts for extra crunch.

make up and get going with these great savings!

Fresh, local, organic, fair trade, co-op

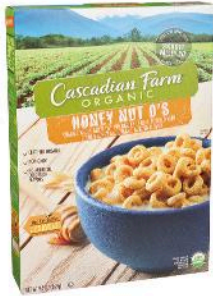
Your local co-op knows how important it is to get delicious food for your family at the best prices; that's why we offer Co+op Deals. With sale prices on more than a hundred products from trusted brands each month,* there is no better way to save money on the products you love.

We are proud to offer a wide selection of organic, fair trade, environmentally friendly and high-quality items at competitive prices — making it possible for you to stock up on family favorites for less.

*Sale items are spread out over two two- or three week promotional periods monthly. Because Co+op Deals is a national promotions program for food co-ops who are members of National Co+op Grocers, not all products featured in the flyer will be available at all co-ops.

Shop like you own the place!

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



2/\$6

**Cascadian Farm
Organic Cereal**
8.6-14.6 oz., selected varieties



3.79

**Arrowhead Mills
Pancake & Waffle
Mix**
26 oz., selected varieties



7.99

**Maranatha
Almond Butter**
12 oz., selected varieties



2/\$5

**Van's
Frozen Waffles**
8-9 oz., selected
varieties



3.49

**Traditional
Medicinals
Organic Tea**
16 ct., selected varieties



2/\$5

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



3.49

**Lakewood Organic
Pure Fruit Juice**
32 oz., selected varieties
Pure Pineapple Juice on
sale for \$5.99



8.99

**Sweetleaf
Sweet Drops
Liquid Stevia**
2 oz., selected varieties
other SweetLeaf
products also on sale

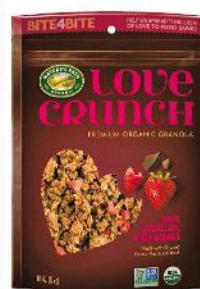
*eat breakfast,
save the planet*

The **EnviroKidz** brand is a "1% for the planet" partner, where one percent of all sales (not profits) of EnviroKidz products are donated to environmental charities that support youth environmental education, habitat restoration and species conservation worldwide. Thanks to your help, EnviroKidz alone has donated \$3 million to our partners to date.



2.99

**Nature's Path
Organic Envirokidz
Cereal**
10.6 oz., select varieties



3.49

**Nature's Path
Organic Love
Crunch Granola**
11.5 oz., select varieties



3.99

**Nature's Path
Organic Granola**
11 oz., select varieties



6.49

**Nature's Path
Organic Cereal**
32 oz., select varieties

Tasty food that's kind to the planet.



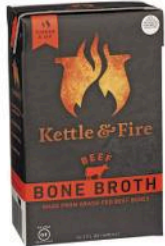
2.99

**Ancient Harvest
Polenta**
18 oz., selected varieties



2.99

**Chickapea
Organic Pasta**
8 oz., selected varieties;
Available by special
order only



5.49

**Kettle & Fire
Bone Broth**
16.2 oz., selected
varieties



2/\$5

**Tasty Bite
Ready-to-Heat
Entrees**
10 oz., selected varieties



2/\$5

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



Delicious and sustainable dining has never been easier!
Get cookin' with the co-op.



6.99

**Primal Kitchen
Mayo with
Avocado Oil**
12 oz., selected varieties
other Primal Kitchen
condiments also on sale



2/\$4

**Muir Glen
Organic Tomatoes**
28 oz., selected varieties



3/\$5

**Westbrae
Organic Beans**
15 oz., selected varieties

scoop up the savings in bulk!



1.99

**Bulk
Organic Pinto
Beans**
per pound in bulk



2.29

**Bulk
Organic Green
Lentils**
per pound in bulk



3.49

**Tierra Farm
Organic Raw Pepitas**
per pound in bulk



Learning to cook, or chef for life? We've got you.

food made from food



At **LÄRABAR®**, we are passionate about creating delicious, convenient snacks that are made from just a few, simple ingredients for everyone to enjoy. Always gluten-free and non-GMO, LÄRABAR, is a real food snack that fits any occasion, any time. Find your flavor today!

3.49

LÄRABAR
Kids Bars
7.56 oz., select varieties

4/\$5

LÄRABAR
Superfoods Bars
1.6 oz., select varieties

4/\$5

LÄRABAR
Nut & Seed Bars
1.24 oz., select varieties

4/\$5

LÄRABAR
Fruits & Greens Bars
1.24 oz., select varieties



Eat well, no matter how busy life may get.

Find your fuel at the co-op.

fuel for busy lives

Stay energized between games, matches and races with delicious, healthy snack bars. Pack a few in your gym bag for a quick pick me up or post-activity replenishment between meals.



4/\$5

Clif
Builder's
Protein Bar
2.4 oz., selected varieties



2/\$4

Goodbelly
Probiotics
Crunchy Bar
1.49 oz., selected varieties; Available by special order only

Everyone can shop, anyone can join the co-op.



2/\$6

Back To Nature Cookies
8-12 oz., selected varieties
some varieties \$3.99



2.99

Doctor Kracker Organic Crispbread
7 oz., selected varieties;
Available by special order only



2/\$6

Garden Of Eatin' Tortilla Chips
7.5-8.1 oz., selected varieties



2/\$4

Food Should Taste Good Tortilla Chips
5.5 oz., selected varieties



2/\$5

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



Deals on brands that make an impact from farm to your table.

Better food, better world!



taco night necessity

Siete Foods amazing grain-free tortillas and tortilla chips are paleo, gluten-free & preservative free. Taste the flavors and traditions that brought the Garza family together in their journey to health!

3.99

SIETE Grain Free Tortilla Chips
5 oz., selected varieties



2/\$4

Peeled Snacks Organic Peas Please
3.3 oz., selected varieties



Snack on the savings today!



2/\$3

**Wellness
Cat Food**

5.5 oz., selected varieties
other Wellness products
also on sale



19.99

**Oregon's Wild
Harvest
Turmeric**

60 ct.
Not available at
City Market Stores



7.99

**Traditional Medicinals
Mother's Milk Chews**
2.52 oz.
other Traditional Medicinals
products also on sale



3/\$5

**Green Forest
Bath Tissue**
4 pack



10.99

**Seventh Generation
Liquid Laundry
Detergent**
100 oz., selected varieties



Essential oils, organic ingredients and plant-based formulas.
Healthy bodies, healthy homes.



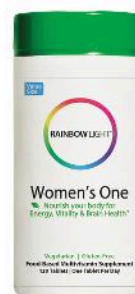
13.99

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



12.99

**Bach
Rescue Remedy**
10 ml.
other Rescue Remedy
products also on sale



24.99

**Rainbow Light
Women's or Men's One
Multivitamin**

90 ct.
other Rainbow Light Supplements also
on sale



19.99

**NutriGold
Triple Strength
Omega-3 Fish Oil**
60 ct.
Not available at
City Market Stores



9.99

**Boiron
Oscilloccinum**
6 dose

Look good. Feel good. Shop co-op.



**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

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

It's Time To...

Pre-order Your Local Turkey!

Fresh from Vermont farms to your Thanksgiving table.

Pre-orders accepted today at the Meat & Seafood counter, by phone, or online.

www.citymarket.coop/turkeys



19.99

**Evanhealy
Rose Geranium Facial
Tonic Hydrosol**
4 oz.
Not available at
City Market Stores



3.99

**Tom's Of Maine
Toothpaste**
4.7-5.5 oz., selected varieties
other Tom's of Maine products also on sale



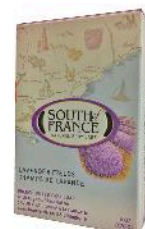
5.99

**Acure
Shampoo and
Conditioner**
12 oz., selected varieties



9.99

**Jason
Body Wash**
30 oz., selected varieties



2/\$6

**South Of France
Bar Soap**
6 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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