

# coop deals

OCT 16 - OCT 29, 2019

wholesome  
snacks you'll  
love



## MUNCH ON THE SAVINGS

Potluck party or last-minute guests? Stop by your local co-op and save on a bag or two of savory Terra veggie chips. Grab your favorite hummus or dip, or make your own with Greek yogurt and fresh or dried herbs. Simply delicious!



**2/\$6**

Terra  
Vegetable Chips  
5-6 oz., selected varieties



**2/\$4**

Endangered  
Species  
Chocolate Bar  
3 oz., selected varieties



**4.99**

Kettle & Fire  
Bone Broth  
16.2-16.9 oz., selected  
varieties



**5.99**

Amy's  
Pizza  
12-14 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



**3.99**  
Good Culture  
Organic Cottage  
Cheese  
16 oz., selected varieties



**5.99**  
Miyoko's  
Organic Fresh  
Vegan Mozz  
8 oz., selected varieties



**2/\$7**  
The Greek Gods  
Greek Yogurt  
24 oz., selected varieties



**4/\$5**  
Siggi's  
Icelandic Style  
Yogurt  
4.4-5.3 oz., selected  
varieties



**4.49**  
Organic Valley  
Brown Eggs  
1 dozen, available by  
special order only



**4.99**  
Farmhouse  
Culture  
Organic Kraut  
16 oz., available by  
special order only



**7.99**  
Beyond Meat  
Beyond Sausage  
14 oz., selected varieties



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



*healthy spin on classics!*

Dip into **Kite Hill's** healthy spin on the classic tastes of ranch and French onion. They are perfect with crudites, chips, potato skins and more. They are everything you missed in dips, minus the dairy!

**2/\$6**  
Kite Hill  
Dips  
8 oz., selected varieties



**Find something for everyone at the co-op.**





**2/\$3**

**C2O**  
**Coconut Water**  
17.5 oz., selected varieties



**3.99**

**Harmless Harvest**  
**Coconut Water**  
16 oz, selected varieties



**2.99**

**Silk**  
**Non-Dairy Creamer**  
32 oz., selected varieties



**2/\$6**

**Silk**  
**Oat Yeah Oatmilk**  
64 oz., selected varieties



**3.99**

**Ripple**  
**Plant-based Milk**  
48 oz., selected varieties



**3.99**

**Organic Valley**  
**Ultra-pasteurized Milk**  
64 oz., selected varieties



**5/\$5**

**Tazo**  
**Tea**  
13.8 oz., selected varieties



**3.99**

**Honey Mama's**  
**Raw Cacao-Nectar Bar**  
2.5 oz., available by special order only



*a botanical revolution*

**REBBL** is working to co-create a future without human trafficking through impact sourcing and a donation from every bottle sold. To date, REBBL has contributed over \$1 million to Not For Sale's global work and has uplifted upwards of 35,000 victims of trafficking. Your purchase helps!

**2/\$6**

**Rebbl**  
**Organic Elixir**  
12 oz., selected varieties



**Sip on the savings at your local co-op!**



**2.29**  
**Lotus Foods**  
**Organic Pad Thai**  
**Rice Noodles**  
 8 oz., selected varieties



**2/\$4**  
**Lotus Foods**  
**Rice Ramen**  
**Noodle Soup Cup**  
 2 oz., selected varieties



**3.49**  
**Bragg**  
**Liquid Aminos**  
 16 oz.



**3/\$5**  
**Near East**  
**Couscous Mix or**  
**Rice Pilaf**  
 5.25-6.75 oz., selected varieties



**2/\$7**  
**Pacific Natural**  
**Foods**  
**Organic Soup**  
 32 oz., selected varieties



**5/\$5**  
*everyday low price*  
**Field Day**  
**Organic Tomato**  
**Paste**  
 6 oz.



**2/\$4**  
**Westbrae**  
**Organic Beans**  
 15 oz., selected varieties



**3.49**  
**Frontier Co-op**  
**Pumpkin Pie Spice**  
 1.92 oz.  
 other Frontier Co-op  
 spices also on sale

*simply delicious channa masala*



This classic Indian recipe is a favorite in most Indian restaurants. **Tasty Bite** slow simmers chickpeas in a delicious blend of onions, tomatoes and aromatic spices. Enjoy as a hearty dish on its own or accompany with naan, roti or your favorite rice.

**2/\$5**  
**Tasty Bite**  
**Ready-to-Heat Entrees**  
 10 oz., selected varieties



**Get cookin' with meal starters from the co-op.**



*Epic believes...*

Adopting a healthier lifestyle doesn't mean going hungry – it means feeding your body with snacks made from simple ingredients. Husband and wife co-founders Taylor and Katie launched **Epic** starting with a savory, meat-based protein bar to fuel their extreme athletic pursuits. Their vision was to provide on-the-go protein options that prioritized quality and sourcing.



**2/\$3**

Epic Meat Strips  
3 oz., selected varieties



**3/\$5**

Epic Bars  
1.3-1.5 oz., selected varieties



**2/\$5**

Epic Pork Rinds  
2.5 oz., selected varieties



**4.99**

Epic Venison Bites  
2.5 oz., selected varieties



*gluten-free crunch*

Made with whole grains and gluten-free goodness, these subtly sweet, crunchy squares are perfect for breakfast or an afternoon snack.

**2/\$6**

Cascadian Farm Organic Cereal  
8.6-16 oz., selected varieties



**4.99**

Numi Organic Tea  
12-18 ct., selected varieties



**2/\$6**

Cascadian Farm Organic Chewy Granola Bars  
6.2-7.4 oz., selected varieties



**2/\$4**

So Delicious Organic Plant-based Milks  
32 oz., selected varieties



**3.99**

Arrowhead Mills Pancake and Waffle Mix  
26 oz., selected varieties

**Brands you love at budget-friendly prices.**

*hemp yeah!*

**Manitoba Harvest** knows that good things come to those who hemp. By unlocking the nutritional power of this remarkable plant, it's easy to invite a little extra "good" into your day. Sprinkle Manitoba Harvest Hemp Hearts on yogurt and salads or add Hemp Yeah! Max Fiber Protein Powder to your smoothies or baked treats.



**5.99**

Manitoba Harvest  
Hemp Hearts Shelled  
Hemp Seeds  
8 oz.



**6.99**

Manitoba Harvest  
Organic Hemp Hearts  
Shelled Hemp Seeds  
7 oz.



**11.99**

Manitoba Harvest  
Organic Hemp Yeah! Max  
Fiber Hemp Protein Powder  
16 oz.



**2/\$4**

Garden Of Life  
Organic Fit Bar  
1.9 oz., selected varieties



**10/\$10**

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



**4/\$5**

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



**99¢**

Organic Steel  
Cut Oats  
per pound



**3.49**

Organic White  
Quinoa  
per pound



**6.99**

Organic Large  
Medjool Dates  
per pound



**Fuel up with great deals at the co-op!**





**4.99**

Virgil's  
Root Beer  
4/12 OZ, selected  
varieties



**4.49**

LaCroix  
Sparkling Water  
12 pack, selected  
varieties



**2/\$7**

Mary's Gone  
Crackers  
Organic  
Real Thin Crackers  
5 oz, selected varieties



**2/\$5**

ParmCrisps  
Cheese Snack  
1.75 oz., available by  
special order only



**2/\$4**

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



**2/\$4**

Peeled Snacks  
Organic Peas  
Please  
3.3 oz., selected varieties



**3.99**

Newman's Own  
Newman O's  
13 oz, selected varieties

*check out this spread* →

Justin's products were born in a kitchen in Boulder, CO as a result of a lifelong passion – and possible obsession – with creating delicious nut butters and nut butter cups to fuel all kinds of adventures.

**5/\$5**

Justin's  
Nut Butter  
Squeeze Packs  
1.15 oz., selected varieties

**2/\$3**

Justin's  
Organic Dark  
Chocolate Peanut  
Butter Cups  
1.4 oz.

**3.99**

Justin's  
Organic Nut  
Butter Covered  
Nuts  
3 oz., selected varieties

**8.99**

Justin's  
Almond Butter  
16 oz.



**On the go? Grab a snack at the co-op!**



**2/\$6**

Tony's  
Chocolonely  
Chocolate Bar  
6.35 oz., selected  
varieties



**2/\$5**

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



**2/\$5**

Angie's  
Boomchickapop  
Popcorn  
4.4-6 oz., selected  
varieties



**2/\$6**

Late July Snacks  
Organic Salsa  
15.5 oz., selected  
varieties



**2/\$5**

Late July Snacks  
Organic Cantina  
Dippers  
8 oz., selected varieties



Hosting a tailgate or fall party? Stop by the co-op!  
**Snacks for the whole crowd.**



*simple ingredients,  
fabulous taste*

EVOL is changing the way the world thinks about frozen foods. EVOL's burritos, snacks, entrees and breakfast offerings are made with fabulous flavors and simple ingredients. There's a lot to LOVE about EVOL.

**2/\$4**

Evol  
Burrito  
6 oz., selected varieties



**3.99**

Ben & Jerry's  
Ice Cream  
1 pint, selected varieties



**2/\$7**

Annie's  
Homegrown  
Pizza Bagels  
6.65 oz, selected  
varieties

**Crowd-pleasing treats both salty and sweet!**



## gluten-free goodness!



Udi's is committed to making delicious, full flavor food that just happens to be gluten-free as you shouldn't have to compromise on taste to support the lifestyle you choose!

**\$3.99**

Udi's Gluten Free  
Ancient Grain  
Millet Chia Bread  
14.2 oz.

**\$3.99**

Udi's Gluten Free  
Multigrain Sandwich  
Bread  
12 oz.

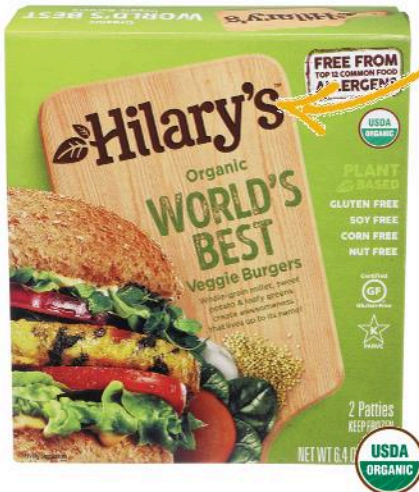
**\$4.49**

Udi's Gluten Free  
Pizza Crust  
8 oz.

**\$4.99**

Udi's Gluten Free  
Pepperoni Pizza  
10.1 oz.

## deliciously free from compromise



Tasty, plant-powered nourishment made with whole ingredients that your family can trust. Hilary's creates craveable veggie burgers that are free from common food allergens and full of flavor!

**2/\$5**

Hilary's  
Organic Veggie Burgers  
6.4 oz., selected varieties



**3.99**

Blake's  
Organic Chicken  
Pot Pie  
8 oz. selected varieties



**4.99**

Tucson Tamale  
Tamales  
10-11 oz., available by  
special order only



**9.99**

Wyman's  
Frozen Wild  
Blueberries  
3 lb. selected varieties

**Find foods for every diet at the co-op.**

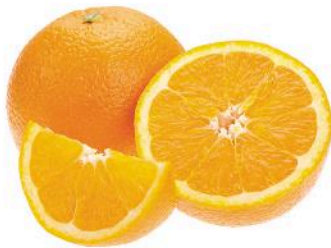
# cooperation celebration!

Co-op shoppers, owners and supporters are sustaining something special: businesses that are owned and operated by their communities. Together, people around the globe are helping to build a better world through cooperation. Happy Co-op Month — and thank you.

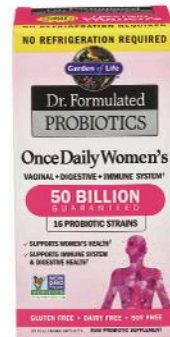
OCTOBER IS  
**CO-OP  
MONTH**



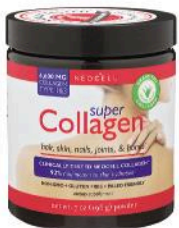
PHOTO COURTESY CO-OP MARKET GROCERY & DELI, FAIRBANKS, AK



**12.99**  
**Ener-C**  
Vitamin C Dietary  
Supplement  
30 ct., available by  
special order only



**29.99**  
**Garden Of Life**  
**Dr. Formulated Once Daily**  
**Probiotics**  
30 ct., selected varieties



**13.99**  
**Neocell**  
**Super Collagen**  
**Powder**  
7 oz. available by special  
order only



**15.99**  
**Natural Vitality**  
**Natural Calm**  
8 oz., selected varieties



**19.99**  
**Rainbow Light**  
**Kid's One**  
**Multivitamin**  
90 ct. selected varieties



**19.99**  
**Bulletproof**  
**Brain Octane**  
EA 16 oz, selected  
varieties



**29.99**  
**Host Defense**  
**Mushrooms**  
**MyCommunity**  
**Immune Support**  
60 ct. selected varieties

**Wellness finds for mind, body and spirit.**





**6.99**

**Avalon Organics  
Shampoo or  
Conditioner**  
11 oz., selected varieties



**8.99**

**Nubian Heritage  
Body Lotion**  
13 oz., selected varieties



*soft, breathable protection*

Designed to be breathable, super soft on the skin and compostable, **Natracare** panty liners are made with only organic and natural ingredients from sustainable resources. Choose from six designs for your need and underwear type.

**1.99**

**Natracare  
Panty Liners**

30 ct., selected varieties  
other Natracare products also on sale

**2/\$7**

**Jason  
Toothpaste**  
4.2-6 oz., selected varieties



**10.99**

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



*co-ops grow organic*

Organic farming methods are good for the environment, and on average, more than a third of all the products co-ops carry are USDA Certified Organic. That's 42% of a co-op's total sales (compared with just 5% of sales at conventional grocery stores).

**Happy Co-op Month! Thanks for shopping!**



**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

**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](http://www.citymarket.coop/turkeys)

*supports healthy digestion*

Support digestive health with **Yogi** Lemon Ginger Tea, a deliciously spiced herbal tea blended with warming ginger and bright, zesty lemon.

# 2/\$6

**Yogi Organic Tea**  
16 ct., selected varieties

CAFFEINE FREE  
HERBAL SUPPLEMENT  
16 TEA BAGS - NET WT 1.27 OZ (36g)

NON GMO Project VERIFIED  
USDA ORGANIC

**2/\$5**

**R.W. Knudsen Organic Apple Juice**  
32 oz. selected varieties

USDA ORGANIC

**3.49**

**Nature's Path Organic Cereal**  
10-14 oz., selected varieties

USDA ORGANIC

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

NESE1019B

