

co+op deals

OCT 30 - NOV 12, 2019

pumpkins and spice

AND DEALS THAT ARE NICE

Shop the co-op for all your holiday baking and cooking needs. You'll find deals on holiday staples like Farmer's Market canned pumpkin, King Arthur flour and many other great brands. Find more deals inside!



2/\$4

Farmer's Market
Organic Pumpkin
15 oz.



3.99

Talenti
Gelato or
Sorbetto
16 oz., selected varieties



2.99

King Arthur
All Purpose Flour
5 lb., selected varieties
other King Arthur
products also on sale



4.99

Lily's
Chocolate Baking
Chips
9 oz., selected varieties

Your Community-Owned Grocery Stores

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

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

www.citymarket.coop

**City
Market**
Onion River Co-op



3.99

New Barn
Organic Almondmilk
32 oz., selected varieties



2/\$5

Kevita
Organic Kombucha
15.2 oz., selected varieties



3.99

Silk
Oatmilk
64 oz., selected varieties



3.99

Califa Farms
Barista Blend Oatmilk
32 oz., selected varieties



2/\$7

Evolution Fresh
Organic Fruit Juice Smoothie
15.2 oz., selected varieties



4/\$5

Chobani
Greek Yogurt
5.3 oz., selected varieties



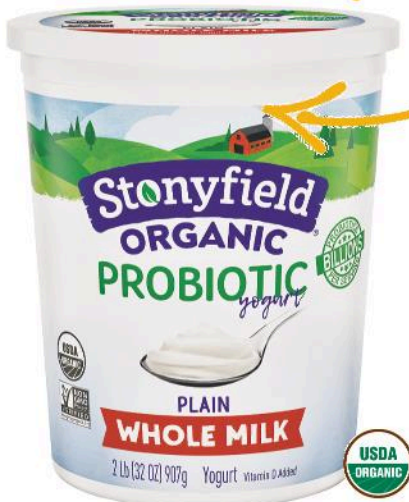
3.99

Wallaby
Lowfat Kefir
32 oz., selected varieties



2/\$5

GT's
Raw Kombucha
16 oz., selected varieties



good for you and planet

Smooth, creamy, delicious yogurt made with USDA-certified organic ingredients and without the use of toxic, persistent pesticides or GMOs. Good for you, your family and good for the planet, too.

3.99

Stonyfield
Organic Yogurt
32 oz., selected varieties



Healthy breakfasts start at your local co-op.



2/\$4
Cascadian Farm
Organic
Vegetables
10 oz., selected varieties



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



2/\$7
Rising Moon
Organics
Ravioli
8 oz., selected varieties



5.99
Applegate
Organic Chicken
Strips
8 oz.



2/\$4
Woodstock
Frozen
Vegetables
10 oz., selected varieties



2.79
Green Valley
Creamery
Organic Cream
Cheese
8 oz.



crave without compromise

Daiya makes dairy-free eating a joy. From the gooey goodness of a grilled cheese to the rich and creamy flavor of yogurt, our products taste great, and make you feel even better.

2/\$7

Daiya
Dairy-free Cheese Shreds
8 oz., selected varieties



4.99
Organic Valley
Raw Cheese
8 oz., selected varieties



There is something for everyone at the co-op.

bake it up

PIES AND TARTS AND COOKIES, OH MY!

Whether your holiday baking plans include a beloved family recipe or trying something new, your co-op has ingredients you can feel good about. Stop by the bulk section to get just the right amount of flour, spices and nuts. Then stock up on fair trade, organic sugar (on sale now) and get ready to bake!



2.99

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



3.99

**Organic Valley
Brown Eggs**
doz., available by special
order only



2.49

**Let's Do Organic
Coconut**
6-8.8 oz., selected
varieties



2/\$6

**Santa Cruz
Organic
Apple Sauce**
23 oz., selected varieties

scoop up the savings in bulk!



99¢

Organic Sugar
per pound in bulk



2.99

**Golden Temple
Granola**
per pound in bulk

4.99

**Raw Walnut Halves
and Pieces**
per pound in bulk

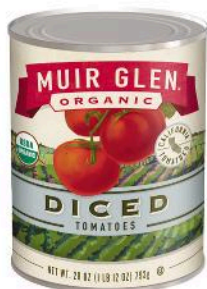
Deals on all the right baking ingredients!



10/\$10

**Muir Glen
Organic Canned
Tomatoes**

14.5 oz., selected varieties



2/\$4

**Muir Glen
Organic Canned
Tomatoes**

28 oz., selected varieties



2/\$5

**Muir Glen
Organic Pasta
Sauce**

25.5 oz., selected varieties



2/\$6

**Muir Glen
Organic Salsa**

16 oz., selected varieties



*always organic,
always delicious*

Our commitment to organic is as strong as ever. One hundred percent of **Muir Glen's** products are certified organic because we believe that organic farming benefits consumers, farmers, and ecosystems. Our work to create delicious food starts with farms and farmers.



From unique spices for holiday cooking to pantry staples.
The co-op has what you need.

winter warm up

Traditional basil pesto and cream gives a delicious lift to whole-milk ricotta cheese tortellini made with organic wheat flour.

3.99

**Amy's
Frozen Meal or Bowl**
8-10.3 oz., selected varieties



5.99

**A. Vogel
Organic Herbamare
Seasoning**
8.8 oz., selected varieties

Dinner = Done! Shop the co-op for delicious deals.



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

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!



3.29
Imagine
Organic Broth
 32 oz., selected varieties



2/\$6
Maya Kaimal
Organic Everyday
Dal
 10 oz., selected varieties



2/\$7
Maya Kaimal
Indian Simmer
Sauce
 12.5 oz., selected varieties



extra virgin olive oil

California Olive Ranch has your go-to extra virgin olive oil, with notes of fresh herbs, fruit and green grass. It's perfect for your everyday baking, sautéing and roasting.

11.99

California Olive Ranch
Extra Virgin Olive Oil
 25.4 oz.



2/\$6
Safe Catch
Seasoned Elite
Wild Tuna
 5 oz.



Simple meal solutions for your busy days.



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

Downtown

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Burlington, Vermont • www.citymarket.coop



Tips for a Holiday to Remember

Thanksgiving gatherings don't need to be elaborate or stressful. Whether you're serving a couple or a crowd, City Market can help you with planning and ingredients, or ready-to-eat holiday meals, pies and sides. Here are a few ideas to get you started!

Great Beginnings

Set out a tray or two of snacks before the main meal; it's a great way to welcome guests.

- Fresh dates served with a spiced, roasted nut mix
- Artisanal cheese tray of local cheeses, with crackers and crostini
- Crispy raw vegetables and a selection of dips, like soft chevre blended with herbs, hummus with a swirl of fresh or prepared pesto, or garlicky aioli
- Meat or veggie paté, sausage bites, cooked shrimp and smoked fish with spicy mustard sauce and baguette slices

How Much Food Will You Need?

These are some general guidelines that will help you plan the correct amount of food to make or purchase.

Delicious Desserts

An alternative (or addition) to the traditional pie makes for a memorable ending.

- Homemade brownies topped with mint or vanilla ice cream and chocolate sauce
- A selection of chocolate truffles served with freshly baked cookies
- Warm brie glazed with apricot preserves and sprinkled with toasted pecans or walnuts

	Per Person	Group of Ten
Turkey	1 to 1½ lb	10-15 lb
Entrées	½ to ¾ lb	5-7 lb
Potatoes	⅓ to ½ lb	4 lb
Vegetables	¼ to ⅓ lb	2½ lb
Stuffing	⅓ to ½ lb	4 lb
Gravy & Sauce	¼ cup	2-3 cups
Cranberry Relish	¼ cup	2 cups
Snacks/Appetizers	2-4 oz	2-3 lb
Pies	1 slice	2 9-inch pies
Ice Cream	½ cup	½ gallon
Cookies/Bars	2 each	20 total

More tips and our favorite recipes

www.citymarket.coop/thanksgiving



2.99
R.W. Knudsen
Organic Juice
32 oz., selected
varieties



2/\$6
Rice Dream
Enriched Organic
Rice Beverage
32 oz., selected varieties



2/\$6
Clif Kid
Organic Zbar
6 ct., selected
varieties



5.49
MaraNatha
Organic Peanut
Butter
16 oz., selected varieties



3.49
Bonne Maman
Preserves
13 oz., selected varieties



2/\$6
everyday low price
Field Day
Organic Instant
Oatmeal
11.3 oz., selected
varieties



9.99
Lake Champlain
Organic Hot
Chocolate
16 oz., selected varieties



a warm cup of spice

Brimming with cinnamon, ginger, cardamom and cloves, this adventurous blend is a caffeine-free interpretation of chai, the piquant Indian brew traditionally made with black tea.

2/\$6
Celestial Seasonings
Herbal Tea
20 ct., selected varieties



2/\$6
Tazo
Tea
20 ct., selected varieties

Stay warm with savings from the co-op.



2/\$1
Alter Eco
Organic Truffles
.42 oz., selected varieties

crazy good cocoa

When you buy fair trade chocolate at the co-op, you support the communities where cacao is grown. We think that's pretty sweet.



4.99
Lily's
Chocolate Peanut
Butter Cups
3.2 oz., available by
special order only



2.99
Mi-Del
Gluten-Free
Ginger Snaps
8 oz.



2/\$5
Theo
Organic
Chocolate Bar
3 oz., selected varieties

ingredients you can see and pronounce

We believe if you can't pronounce an ingredient, it shouldn't go into your body. Actually, it shouldn't even go into your pantry. **KIND**® products are made from nutritionally dense ingredients like whole nuts, fruits and whole grains – no secret ingredients and no artificial flavors, preservatives or sweeteners. Be kind to yourself.™

2.79

Kind Healthy Grains
Bars
5 pack., selected varieties

3.99

Kind Healthy Grains
Clusters
11 oz., selected varieties

3/\$4

Kind
Bars
1.4 oz., selected varieties



Indulge yourself with these sweet treats.

sparkling beverages

Discover a flavorful new way to enhance your experience with a touch of taste. **S.Pellegrino Essenza** has the same gentle bubbles as **S.Pellegrino** mixed with a vibrant blend of Mediterranean fruit flavors. **SanPellegrino Momenti** Italian sparkling drinks offer a light and crisp way to enjoy SanPellegrino with only 35 calories.



3/\$5

S. Pellegrino
Sparkling Mineral Water
25.3 oz.



4.99

SanPellegrino Momenti
Italian Sparkling Drink
6 pack., selected varieties

5.99

S. Pellegrino Essenza
Mineral Water
8 pack., selected varieties



2/\$5

Late July Snacks
Organic
Restaurant Style
Tortilla Chips
11 oz., selected varieties



2/\$5

From The
Ground Up
Cauliflower
Crackers
4 oz., selected varieties



2/\$6

Bearitos
Corn Chips
9 oz., available by
special order only



3/\$5

Mountain Valley
Sparkling Water
33.8 oz., selected varieties

Why do our pretzels taste so good?



Sorghum! Sorghum is a naturally gluten free whole grain and is one of the most drought-tolerant crops, meaning it can survive on very little water! Less water = more sustainable. Oh, it's also high in antioxidants, full of vitamins & minerals, and tastes amazing.

3.99

Quinn Snacks
Gluten Free Pretzels
7 oz., selected varieties



3.79

Zevia
Zero Calorie Soda
6 pack, selected varieties

Crowd-pleasing snacks from the co-op.

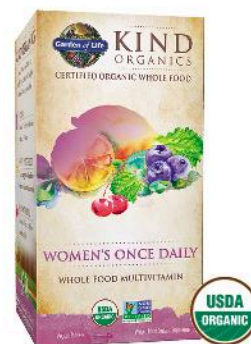


9.99

Boiron
Coldcalm
60 ct.



3/\$4
Happy Family
Baby or Tot Pouches
4-4.22 oz., selected varieties



21.99
Garden Of Life
Mykind Organics
Once Daily Multi
30 count, selected varieties



10.99
Emergen-C
Vitamin C Dietary
Supplement
18-30 ct., selected
varieties



11.99
Genexa
Organic
Sleepology
60 ct., available by
special order only



22.99
Nordic Naturals
Ultimate Omega
60 ct., selected varieties



6.99
American Health
Papaya Enzyme
250 ct, selected varieties

botanical wellness



Every **Traditional Medicinals** product offers a dose of plant-based wellness for whatever your day holds. From restorative Roasted Dandelion Root to warming Ginger to **Urban Moonshine's** organic digestive bitters, seasonal wellness, and stress & mood offerings, our lineup features delightful blends made from high-quality herbs that work.

2/\$6

Traditional Medicinals
Organic Tea
16 ct., selected varieties

12.99

Urban Moonshine
Digestive Bitters
2 oz.

12.99

Urban Moonshine
Clear Chest Herbal Supplement
4.2 oz.

Relax and stay well this holiday season.



4.99

Tom's Of Maine
Toothpaste
4.7-5.5 oz., selected
varieties



Thank you, for supporting co-ops

Whatever the season, you make a difference. Shopping
at the co-op means supporting local farmers, giving back to the
local economy and supporting sustainable food systems globally.
Thank you, for shopping co-op.



6.99

Acure
Body Lotion
8 oz., selected varieties



12.99

Mineral Fusion
Volumizing Mascara
.57 oz., selected varieties



2.99

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



You are the co-op difference.



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

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

**Look Inside for:
Tips for a Holiday to Remember**



3.99

**Ecover
Stain Remover
Stick**
6.8 oz, selected varieties



4.49

**If You Care
Parchment Paper**
70 sq. ft.
other If You Care products
also on sale



3.49

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



2/\$4

**Tender & True
Salmon & Sweet
Potato Dog Food**
13.2 oz.



11.99

**I And Love And
You
Baked & Saucy
Dog Food**
4 lb, available by special
order only

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

NESE | 19A

coop
stronger together