

coop deals

DEC 18 - DEC 31, 2019

rise and shine

SIZZLING DEALS

Want to get a jump on tomorrow's breakfast? Pick up a package of Applegate Chicken Breakfast Sausage at the co-op. Cook up a savory start to the day while your coffee or tea is brewing. Add whole-grain toast, eggs and fresh fruit, and you'll have a plate full of reasons to wake up early!



3.99

Applegate
Breakfast Sausage
7 oz., selected varieties



2/\$5

R.W. Knudsen
Simply Nutritious
Juice
32 oz., selected varieties



3.99

Immaculate
Organic
Cinnamon
Rolls
17.5 oz.



6.99

Equal Exchange
Organic Coffee
10-12 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

holiday sparkle

DELIGHTFUL PARTY DRINKS

'Tis the season of New Year's Eve parties and joyous get-togethers! For festive holiday mocktails try mixing sparkling sodas with seasonal fruit and fresh herbs. Think blood orange soda with cranberries and raspberries, or ginger ale with pears and fresh rosemary. A slice of citrus or mint sprig adds a colorful garnish. The possibilities are endless — and delicious!



2/\$6

R.W. Knudsen
Organic Sparkling
Apple
750 ml.



6.49

Uncle Matt's
Organic Juice
52 oz., selected varieties



2/\$3

Gerolsteiner
Mineral Water
25.3 oz.



5.99

Evolution Fresh
Organic Juice
59 oz., selected varieties



5.99

Reed's
Ginger Brew
4 pack, selected varieties



6.99

Alta Palla
Organic Sparkling
Juice
8 pack, selected varieties
available by special
order only



4.49

Blue Diamond
Almond Breeze
64 oz., selected varieties

Happy 2020 from your community-owned co-op!



2/\$4

**Cascadian Farm
Organic Frozen
Vegetables**
10 oz., selected varieties



4.99

**Food For Life
Organic Cinnamon Raisin
English Muffins**
6 ct.



Kick off the New Year on the right foot.

Find healthy snacks at the co-op.



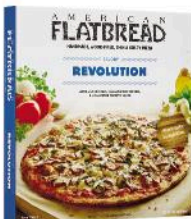
4.99

**Udi's Gluten Free
Pizza**
10-11 oz., selected varieties



2/\$10

**Luna & Larry's
Coconut Bliss
Frozen Dessert**
16 oz., selected varieties



8.99

**American
Flatbread
Pizza**
15.5-17.1 oz., selected
varieties



3.99

**Talenti
Gelato or Sorbetto**
16 oz., selected varieties

Family favorites on sale at the co-op.

crunchy goodness

MAPLE PECAN GRANOLA

Making your own granola is easy when you shop the bulk aisle at your co-op! Scoop up a delicious combination of nuts, seeds, dried fruit and spices. Try this granola on yogurt, fresh fruit or even pancakes, and enjoy it as an anytime snack. Find the full recipe online at strongertogether.coop.



2/\$6

Mom's Best Cereal
15-24 oz., selected varieties



3.99

Earth Balance Buttery Spread
13-16 oz., selected varieties



3/\$1

Stretch Island Fruit Leather
.5 oz., selected varieties



5.99

Grandy Oats Organic Coconola
9 OZ, selected varieties



5.99

Maranatha Organic Peanut Butter
16 oz., selected varieties





What's for breakfast? Find it at the co-op!

changing the chocolate industry



Equal Exchange is committed to sourcing ingredients from small farmer co-ops through which members control their business and livelihood. Currently, a handful of global companies dominate the chocolate industry, and poor wages and child labor continue to be documented problems. Equal Exchange offers an alternative. With your support we can make the world just a little bit sweeter!

	2/\$5	2/\$7	4.49	5.99
	Equal Exchange Chocolate Bars	Equal Exchange Tea	Equal Exchange Chocolate Chips	Equal Exchange Baking & Drinking Cocoa
	2.8 - 3.5 oz., selected varieties	20 ct., selected varieties	10 oz., selected varieties	8 oz., selected varieties

 <p>2/\$4</p> <p>Chocolove Chocolate Bar 2.9-3.2 oz., selected varieties</p>	 <p>8.99</p> <p>Bob's Red Mill Almond Flour 16 oz. other Bob's Red Mill flours and baking mixes on sale</p>	 <p>12.99</p> <p>Organic Valley Ghee Clarified Butter 13 oz.</p>
	 <p>15.99</p> <p>Simply Organic Organic Vanilla Extract 4 oz. other Simply Organic spices and flavors also on sale</p>	

scoop up the savings in bulk!

 <p>2.29</p> <p>Organic Shredded Coconut per pound in bulk</p> 	<p>6.99</p> <p>Organic Large Medjool Dates per pound in bulk</p> 	<p>99¢</p> <p>Organic Rolled Quick Oats per pound in bulk</p> 
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Save big with great specials on bulk.



2/\$4

Green Mountain Gringo Original Tortilla Strips
8 oz., selected varieties



3.99

Green Mountain Gringo Salsa
16 oz., selected varieties



3.99

Goodie Girl Cookies
6-10.6 OZ, selected varieties



2/\$4

Late July Organic Tortilla Chips
5.5-6 oz., selected varieties



2/\$5

Terra Vegetable Chips
4.2-6 oz., selected varieties



3.99

Kettle Brand Potato Chips
13 oz., selected varieties, available by special order only



2/\$5

Blue Diamond Nut Thins
4.25 oz., selected varieties



2/\$7

Blue Diamond Crafted Gourmet Almonds
5 oz., selected varieties



3.99

Lillabee Brownie Thins
4 oz., selected varieties



Delicious and Healthy Crackers

Jilz Snackerz are made from real-simple ingredients that exceed expectations. These flavorful, plant-based snacks come in a wide range of flavors.

4.99

Jilz Crackerz
5.5 oz., selected varieties



2/\$4

Barbara's Cheese Puffs
5.5-7 oz., selected varieties

Great deals on tasty snacks everyone will love.

stay well

SUPPORT YOUR HEALTH

Keep yourself and your family feeling well this winter with wellness products from trusted companies — available every day at your co-op.



5.99

**Herban Cowboy
Deodorant**
2.8 oz., selected varieties



11.99

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



23.99

**Garden Of Life
Dr. Formulated Probiotics
Once Daily**
30 ct.
other Garden of Life probiotic products
also on sale



2.99

**Planet
Dishwashing
Liquid**
25 oz.



6.99

**Green Forest
100% Recycled
Paper Bath Tissue**
12 ct.



9.99

**Source Naturals
Wellness Formula**
45 ct.
other Source Naturals
Wellness Formula
products also on sale



24.99

**Megafood
Multivitamin for
Women 55+**
60 ct. other MegaFood
vitamins also on sale



9.99

**Country Life
Easy Iron 25 Mg**
90 ct.
other Country Life items
also on sale

Stay well with help from the co-op.



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Downtown

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South End

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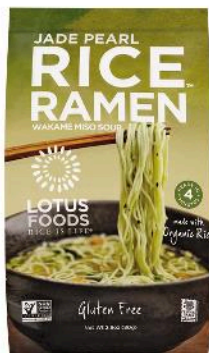
We welcome EBT, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons

Need a Last Minute Gift?



**Co-op Gift Cards make
the perfect stocking stuffer!**

www.citymarket.coop/store



4/\$5

**Lotus Foods
Rice Ramen**
2.8 oz., selected varieties



2/\$5

**Amy's
Soup**
14.1-14.7 oz., selected
varieties



2/\$5

**Seeds Of Change
Organic Ready to
Heat Rice**
8.5 oz., selected varieties
other Seeds of Change
rice and grain mixes also
on sale



6.99

**Spectrum Naturals
Organic Unrefined
Coconut Oil**
14 oz.



11.99

Everyday low price!
**Field Day
Organic Extra
Virgin Olive Oil**
33.8 oz.

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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coop
stronger together