

coop deals

JAN 22 - FEB 4, 2020

snack-tacular!

Stock up and save! For game day, taco night and after-school snacks — grab your favorite Late July chips and salsa today at the co-op.



2/\$5

Late July Snacks
Organic Chips and Salsa

11-15.5 oz., selected varieties



4/\$5

Honest
Organic Tea
16 oz., selected varieties



2/\$5

Deep Indian
Kitchen
Entrees and Naan
Pizza
11 oz., selected varieties



2/\$5

Blue Diamond
Nut Thins
4.25 oz., selected varieties



2/\$6

Cascadian Farm
Organic Frozen
Potatoes
16 oz., selected varieties



2/\$6

Hope
Organic Hummus
8 oz., selected varieties



2/\$7

Zevia
Zero Calorie Soda
6 pack, 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



4/\$5

Liberté
Organic Yogurt
5.5 oz., selected varieties



4.99

Chobani
Greek Yogurt
32 oz., selected varieties



4.99

Lifeway
Organic Kefir
32 oz., selected varieties



2/\$5

Kevita
Organic Probiotic Drink
15.2 oz., selected varieties



3.99

Oatly
Oat Milk
64 oz., selected varieties



4/\$5

Fage
Yogurt
5.3-7 oz., selected varieties



4.49

Forager Project
Organic
Cashewgurt
24 oz., selected varieties



*organic cold-pressed
orange juice*

Experience the cold-pressed difference in an organic orange juice that actually tastes like oranges. Packed with vitamin C, picked and squeezed at the peak of sweet flavor.

5.99

Evolution Fresh
Organic Juice
59 oz., selected varieties



3/\$4

Ever & Ever
Water
16 oz., selected varieties



3.49

Vita Coco
Coconut Water
33.8 oz., selected varieties

Easy breakfast ideas for the whole family.



2.49

**Califia Farms
Better Half
Creamer**
16.9 oz., selected
varieties



2/\$7

**Silk
Non-Dairy
Beverage**
64 oz., selected varieties



3.49

Peace Cereal
11 oz, selected varieties



4.49

**New Barn
Organic Almondmilk**
32 oz., selected varieties



4.99

**Silk
Almondmilk
Yogurt**
24 oz., selected varieties



4.49

**Birch Benders
Protein Pancake
Mix**
12 oz
other Birch Benders
mixes also on sale



5.99

**Miyoko's
Organic Vegan
Mozzarella**
8 oz., selected varieties



make a simple choice

Siggis yogurt is made in the Icelandic tradition. It's thick, creamy, rich in protein and made with simple ingredients and not a lot of sugar.

4/\$5

**Siggis
Icelandic Style Yogurt**
4.4-5.3 oz., selected varieties



3.99

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



4.99

**Organic Valley
Raw Cheese**
8 oz., selected varieties

The co-op has all of your favorites.



*touch down
with Kite Hill!*

2.99

Kite Hill
Almond Milk
Dip
8 oz.

5.49

Kite Hill
Almond Milk
Ravioli and Tortellini
9 oz.

5.99

Kite Hill
Almond Milk Cream
Cheese-Style Spread
8 oz.

6.99

Kite Hill
Almond Milk
Ricotta Cheese
8 oz.

Kite Hill is bringing you all the plant-based options that will make even the biggest cheese head do a dairy-free double take. From delightful dips and cheeses to pastas and sour cream, we have you and your parties covered. At Kite Hill we continue to offer delicious foods crafted from fresh almond milk daily.



3.99

Tofurky
Plant-based
Sausage
14 oz., selected varieties



3.99

Field Roast
Vegan Sausage
12.95 oz, selected
varieties



3.99

Quorn
Meatless Nuggets
10.6 oz.



[m]eat freely

From bacon to deli meat, Applegate® makes natural and organic versions of the classics, creating big flavor with few ingredients. Avoiding sugar? Applegate offers a variety of no-sugar products.

3.49

Applegate
Sliced Turkey Bacon
8 oz.



2/\$6

Immaculate
Baking Company
Organic Crescent
Rolls
8 oz.



6.99

Bonafide
Provisions
Turkey Bone
Broth
24 oz, selected varieties

Game-day options to make cooking easy.



4.99

**Food For Life
Ezekiel Bread**
24 oz., selected varieties



7.99

**Base Culture
Gluten-Free
Sandwich Bread**
24 oz., selected varieties



love what you eat

Evol's mission is to inspire people to care about where their food comes from and how it is produced, by making REAL FOOD that tastes delicious.

2/\$4

**Evol
Burrito**
6 oz., selected varieties



6.99

**Caulipower
Pizza**
11.6 oz., selected varieties



2/\$7

**Annie's
Homegrown
Pizza Bagels**
6.65 oz., selected varieties



9.99

**Wyman's
Frozen Wild
Blueberries**
3 lb.

Udi's certified gluten free

Udi's offers an easy and delicious way for consumers to eat a familiar favorite without compromising taste or nutrition.



\$3.99

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

\$3.99

**Udi's Gluten Free
Multigrain Sandwich
Bread**
12 oz.

\$4.49

**Udi's Gluten Free
9-inch Pizza Crust**
8 oz.

\$4.99

**Udi's Gluten Free
9 inch Pepperoni Pizza**
10.1 oz.

Bake it. Share it. Celebrate together.

hemp, hemp hooray!

For more than 20 years **Manitoba Harvest's** dedication to quality, sustainability and consumer wellness has positioned the company as the global leader in hemp foods. Hemp, with all its versatility and nutritional benefits, has the power to transform lives — and we're excited to share that potential with you!



2/\$3

Manitoba Harvest
Hemp Yeah! Bars
1.59 oz.

5.99

Manitoba Harvest
Hemp Hearts
8 oz.

6.99

Manitoba Harvest
Organic Hemp
Hearts
7 oz.

13.99

Manitoba Harvest
Organic Hemp Yeah!
Max Fiber
16 oz.



4.99

Bobs Red Mill
Gluten Free
Rolled Oats
28-32 oz., selected
varieties



4.99

R.W. Knudsen
Organic Just Tart
Cherry Juice
32 oz.
other Just Juices also on
sale



6.99

Nature's Path
Organic Cereal
26.4-32 oz., selected
varieties

this cereal supports
sustainable farmland!

When you buy a box of Certified Transitional cereal, you are supporting U.S. farmers on their journey to organic. To learn more about how you can help increase organic farmland in the U.S., visit kashi.com/transitional.

2/\$6

Kashi
Organic Cereal
9.5-16.3 oz., selected varieties



2/\$4

Blue Diamond
Almond Milk
32 oz., selected varieties

The co-op has great choices to start your morning.



5/\$5

**Clif Bar
Energy Bar**
2.4 oz., selected varieties



2/\$4

**Rxbar
Protein Bar**
1.83 oz., selected varieties



2/\$4

**Probar
Meal Bar**
3 oz., selected varieties

GoMacro — bigger than a bar



GoMacro MacroBars are made from simple, high-quality ingredients that are all certified organic, gluten free, vegan, kosher, non-GMO, C.L.E.A.N., R.A.W. and soy-free.

2/\$4

**GoMacro
Organic Macrobar**
2-2.5 oz., selected varieties



1.79

**Munk Pack
Oatmeal Fruit
Squeezes**
4.2 oz, selected varieties



6.99

**Once Again
Organic Tahini**
16 oz.



soothe your throat

Yogi Tea Throat Comfort combines slippery elm bark and licorice — herbs traditionally used for their soothing properties — with comforting ayurvedic warming spices like cinnamon and ginger.

2/\$6

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



2/\$5

**Made Good
Organic Granola
Bars**
6 ct., selected varieties



2/\$6

**Celestial
Seasonings
Herbal Tea**
20 ct., selected varieties

Healthy options for everyone at the co-op.



3.49

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



2/\$5

**Muir Glen
Organic Pasta
Sauce**
25.5 oz., selected varieties



3.49

**Napa Valley
Naturals
Organic Wine
Vinegar**
12.7 oz., selected varieties



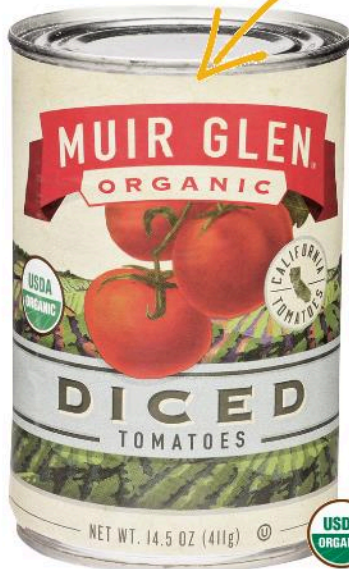
5.49

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



2.49

**Native Forest
Organic Coconut
Milk**
13.5 oz., selected varieties



tomatoes from tomatoes

Our tomato waste is composted and distributed to our farmers to provide the nutrients and moisture needed to grow amazing tomatoes. Nothing wasted, everything gained.

10/\$10

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



2/\$5

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



2/\$3

**Gimme Organic
Seaweed
Snacks**
.35 oz., selected varieties



99¢

Organic Rolled Oats
per pound in bulk



1.99

**Organic Garbanzo
Beans**
per pound in bulk



2.49

**Organic Buckwheat
Groats**
per pound in bulk



Stock up on bulk for the winter months!

time to celebrate!



2/\$4

Late July
Jalapeño Lime
Tortilla Chips
5.5 oz.



2/\$4

Late July
Organic Multigrain
Tortilla Chips
6 oz.



2/\$5

Late July
Organic Peanut Butter
Minis
15.5 oz.



2/\$7

Kettle
Potato Chips
Sea Salt
13 oz., selected varieties

They say if it isn't broke, don't fix it



Green Mountain Gringo corn tortilla strips have been around since the company was founded. Made with stone-ground non-GMO yellow corn these tortilla strips are the perfect pairing for any salsa

1.99

Green Mountain Gringo
All Natural Tortilla Strip
8 oz, selected varieties



2/\$4

Peeled Snacks
Organic Peas Please
3.3 oz., selected varieties



2/\$5

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



3.99

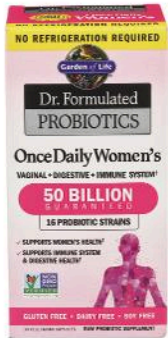
Green Mountain
Gringo
Salsa
16 oz., selected varieties



2/\$7

Drew's
Organic Salsa
12 oz, selected varieties

Snack options for everyone at the co-op.



29.99

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



6.99

**Bach
Rescue Remedy
Pastilles**
50 g., selected varieties



11.99

**Child Life
Multi-Vitamin &
Mineral**
8 oz., available by
special order only



10.99

**Herb Pharm
Super Echinacea**
1 oz.



18.99

**Now
MCT Oil**
32 oz., available by
special order only



7.99

**Jarrow Formulas
Methyl B-12
1000 mcg**
100 ct., available by
special order only



45.99

**New Chapter
Bone Strength
Take Care**
120 ct.



16.99

**New Chapter
Every Woman
One Daily**
24 ct., selected varieties



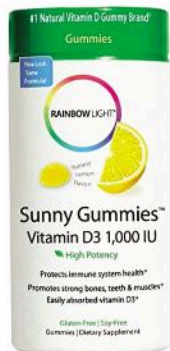
13.99

**NeoCell
Super Collagen
Powder**
7 oz.



15.99

**Natural Vitality
Natural Calm
Supplement**
8 oz.



15.99

**Rainbow Light
Sunny Gummies
Vitamin D3**
100 gummies



33.99

**Rainbow Light
Active Adult 50+**
90 tablets

*be well in
the new year*

Natural Vitality, Rainbow Light and NeoCell are focused on bringing you the highest-quality supplements to keep your body at its best. Start the year off right with exceptional products to help you feel your best.

Down-to-earth savings for staying healthy.

new year,
new you

Begin this year with clean, organic protein to fuel your best self. **Orgain** uses the highest-quality ingredients to deliver the cleanest and most delicious nutrition possible. All Orgain products are soy free, gluten free, non-GMO and free of artificial colors, flavors and preservatives.



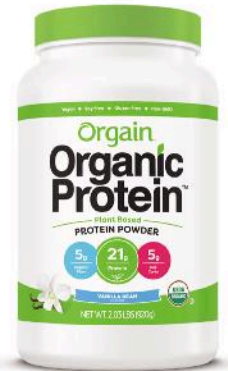
2/\$5

Orgain
Organic Vegan
All-in-One Protein Shake
11 oz., selected varieties



9.99

Orgain
Organic All-in-One
Nutritional Shake
4 pack, selected varieties



29.99

Orgain
Raw Organic Plant-Based
Protein Powder
32.8 oz., selected varieties



When it's cold outside

Stay healthy with the co-op.



5.99

Acure
Brightening Facial Scrub
4 oz.



6.99

Avalon Organics
Shampoo or
Conditioner
11 oz., selected varieties



3.99

Jason
Deodorant Stick
2.5 oz., selected varieties



3.99

Desert Essence
Toothpaste
6.25 oz., selected
varieties



2/\$3

PetGuard
Cat Food
5.5 oz., selected varieties
other Pet Guard dog &
cat food also on sale

The co-op has you covered from head to toe.



**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
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(802) 540-6400

www.citymarket.coop

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



*take care
tuesdays*

Save 10%
on All Supplements

*bulk up
thursdays*

Save 10%
on All Bulk Items

10% off in addition to sale prices or other store discounts.
Some restrictions apply. Does not apply to special order discounts.

a clean you can trust



For 30 years, **Seventh Generation** has led the way on plant-based cleaning with products that work for your family and nurture the planet we all share.

3.49

Seventh Generation
Liquid Dish Soap
25 oz., selected varieties

3.49

Seventh Generation
All Purpose Cleaner
23 oz.

3.99

Seventh Generation
Disinfecting Wipes
35 ct.

6.99

Seventh Generation
Bath Tissues
300 sheet, 12 count

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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