

# coop deals

JULY 22 - AUG 4, 2020

## enjoy every sip

Make a summer mocktail with kombucha, a splash of juice and a sprig of fresh mint. Health Ade Kombucha drinks are on sale now at the co-op!



**2/\$5**

Health Ade  
Organic Kombucha  
16 oz., selected varieties



**2/\$3**

Santa Cruz  
Organic  
Lemonade  
32 oz., selected varieties



**5.99**

Alden's Organic  
Frozen Novelties  
6-8 ct., selected varieties



**2/\$6**

Frontera  
Salsa  
16 oz., selected varieties



**2/\$7**

Garden of Eatin'  
Tortilla Chips  
16 oz., selected varieties



**2/\$4**

Rxbar  
Protein Bar  
1.83 oz., selected  
varieties



**4.99**

Silk  
Soy Yogurt  
24 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**

**Organic Valley  
Ultra-filtered  
Milk**

56 oz., selected  
varieties  
Not Available at  
City Market

*from small family farms*



Vital Farms began as  
a single-family farm.  
As we grew, we  
didn't make our farm  
bigger — we found  
like-minded farmers  
who care about  
animal welfare.



**4.99**

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

**3.99**

**Vital Farms  
Pasture-raised Eggs**

1 doz., selected varieties  
Not Available at City Market



**2/\$4**

**Noosa  
Yoghurt**  
8 oz., selected varieties



**2/\$5**

**GT's  
Organic Aqua  
Kefir**  
16 oz., selected varieties  
Not Available at  
City Market



**3.99**

**So Delicious  
Organic  
Coconutmilk**  
64 oz., selected varieties



*a crash-free boost*

Refreshing, crisp, sparkling Yerba Mate is  
packed with 160 mg of USDA Organic Better  
Caffeine™ — and 50% percent of profits  
support alcohol and drug addiction recovery.

**2/\$4**

**Clean Cause  
Organic Sparkling Yerba Mate**  
16 oz., selected varieties



**2/\$7**

**Blue Diamond  
Almondmilk**  
64 oz., selected varieties

**Stock the fridge for hot summer days.**





**3.99**

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



**2/\$7**

**Applegate Farms  
Charcuterie Plate**  
2.6-2.65 oz., selected  
varieties



**3.99**

**Field Roast  
Vegan Sausage**  
12.95 oz., selected  
varieties



**2/\$7**

**Scott & Jon's  
Shrimp Fried Rice  
Bowl**  
8 oz., selected varieties  
Not Available at  
City Market



**8.99**

**Primal Kitchen  
Riced Cauliflower  
Skillet Meals**  
20 oz., selected varieties  
Not Available at  
City Market

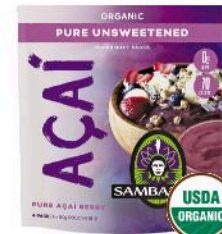


*decadent and dairy-free*

Celebrate the LGBTQIA+ community with Coolhaus' new peppermint frozen dessert, with chocolate cookie crumbs and purple marshmallow swirl. Also try dairy-free vanilla — flavored with Tahitian and Madagascar vanilla beans!

**2/\$8**

**Coolhaus  
Dairy-free Ice Cream**  
1 Pint, selected varieties



**4.99**

**Sambazon  
Organic Acai  
Berry Fruit Packs**  
4 pack, selected varieties



**3.49**

**Wyman's  
Frozen Fruit**  
12-15 oz., selected  
varieties

**Sweet savings are at the co-op!**

# cooperation will get us through



We plan ahead to save you money, and our Co+op Deals flyer is produced a few months before you receive it. Still, sometimes the best-laid plans don't, well, go according to plan. If that's the case this month, we appreciate your patience as we adjust our inventory to meet your needs! We're sure you'll find at least a few great deals to lighten the load on your next grocery shop.

When we cooperate, everyone wins. We'd like to acknowledge all of the people in our food system and community who are working to keep us safe and healthy on a daily basis. From our staff to shoppers to local producers to health care providers and others — we appreciate you!

Thank you for your continued trust in our co-op — we're in this together, and we're right here for you.



**6.99** Sunridge Farms  
Candy and Trail Mix  
per pound in bulk, selected  
varieties



**8.99**  
Equal Exchange  
Organic Bulk Coffee  
per pound in bulk, selected varieties



**8.99**  
Grandyoats  
Coconola  
per pound in bulk, selected varieties



**16.99**  
Frontier  
Organic Black  
Pepper  
per pound in bulk,  
other Frontier bulk spices  
also on sale  
Not Available at City Market



**1.79**  
Organic Garbanzo  
Beans  
per pound in bulk



**9.99**  
Organic Dried  
Mango  
per pound in bulk



**10.99**  
Organic Unroasted  
Almonds  
per pound in bulk



**The co-op has all your bulk staples.**





**2/\$6**

**Chickapea**  
Organic Chickpea  
& Lentil Pasta  
8 oz., selected varieties  
Not Available at  
City Market

*Tasty Bite is  
going organic!*

We are very excited to bring six  
organic entrees to our line! Pair  
them with any variety of our  
organic rice for a complete meal!



**2/\$5**

**Tasty Bite**  
Organic Meals  
10 oz., selected varieties



**5.99**

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



**2/\$4**

**Blue Diamond**  
Almondmilk  
32 oz., selected varieties



**3/\$5**

**Mountain Valley**  
Spring Water  
1 liter, selected varieties  
Not Available at  
City Market



**2.79**

**Harvest Bay**  
Coconut Water  
33.8 oz.

*pure, wild seafood!*



Always wild and always  
sustainably caught, because we  
care about our oceans. Natural  
Sea products are made with  
simple ingredients and are a  
natural source of protein.  
Enjoy seafood you can feel  
good about!

**2/\$5**

**Natural Sea**  
Yellowfin and Albacore  
Tuna  
5 oz., selected varieties



**4.49**

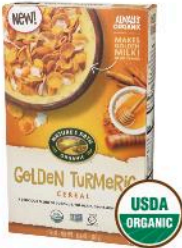
**Waterloo**  
Sparkling Water  
12-12 oz., selected  
varieties



**2/\$4**

**Guayaki**  
Organic Sparkling  
Yerba Mate  
12 oz., selected varieties

**Thank you for shopping the co-op!**



**2/\$7**

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

*healthy and tasty snacks*



**2/\$7**

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

Delicious snacks perfect for every occasion and for the whole family. KIND products are made with nutritionally dense ingredients like whole nuts, real fruits and whole grains — no secret ingredients or artificial flavors, preservatives or sweeteners.

**10/\$10**

**Kind**  
**Fruit & Nut Bar**  
1.4 oz., selected varieties



**2/\$5**

**Blue Diamond  
Nut Thins**  
4.25 oz., selected varieties



**2/\$5**

**From the Ground  
Up**  
**Cauliflower Snacks**  
4-4.5 oz., selected  
varieties



**4/\$5**

**Michel et Augustin  
Shortbread  
Cookie Squares**  
1.07 oz., selected  
varieties  
Not Available at  
City Market



*dang delicious  
coconut chips*

Thai coconut slices toasted to perfection for a naturally sweet flavor and a delightfully satisfying crunch. As much fiber as an apple — and less sugar! Dang is a Certified B Corp.

**2/\$6**

**Dang**  
**Coconut Chips**  
3.17 oz., selected varieties



**2/\$8**

**Tate's Bake Shop  
Cookies**  
7 oz., selected varieties



**5.99**

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

**The co-op makes summer snacking easy.**





**7.99**

**Jarrow Formulas  
Methyl B-12  
1000 mcg**  
100 ct.  
Not available at  
City Market stores



*ancient root for  
modern health*

Experience the power of turmeric to support healthy inflammation. Real turmeric root and pure turmeric extract deliver 481 mg of curcumin per serving. Nourish your body, starting from the roots.

**23.99**

**Megafood  
Turmeric Strength**  
60 ct., selected varieties



**2/\$4**

**Runa  
Organic Energy  
Drink**  
12 oz., selected varieties



**5.49**

**Lakewood  
Organic Pure  
Pineapple Juice**  
32 oz., other Lakewood  
juices also on sale



**4/\$5**

**Clif Bar  
Organic Nut  
Butter Filled Bar**  
1.76 oz., selected  
varieties



**14.99**

**Ultima Replenisher  
Electrolyte Powder**  
3.4-3.7 oz., selected  
varieties



**17.99**

**Bulletproof  
Brain Octane Oil**  
16 oz.



**23.99**

**Amazing Grass  
Green SuperFood**  
8.5 oz, selected varieties



**2/\$5**

**Castor & Pollux  
Organix  
Butcher & Bushel**  
12.7 oz., selected  
varieties



**1.79**

**Green Forest  
Bath Tissue**  
4 pack



**4.99**

**Himalaya  
Toothpaste**  
5.29 oz, selected varieties



**4.49**

**Schmidt's  
Cleaning Vinegar**  
15 oz., selected varieties

**Natural health and body care for your family.**



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**South End**

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



We're committed to providing great food at great prices, all year long. That's why we've lowered the price on over a hundred items, including local and organic foods, to create a set of high-quality staples for every shopper. We're calling them *Co-op Basics*. Look for these items throughout our stores and let us know what you think!

**co-op value, every day**



*give it a swirl*

Celebrate summer with a delicious pint of Ben & Jerry's fair trade, super-premium ice cream, loaded with gooey swirls and spoon-bending chunks.

**2/\$7**

**Ben & Jerry's  
Ice Cream**  
1 Pint, selected varieties



**2.49**

**Field Day  
Organic Pretzels**  
8 oz., selected varieties  
Not Available at  
City Market



**2/\$5**

**Stacy's  
Pita Chips**  
7.33 oz., selected  
varieties

Co-ops support products and services that benefit 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

NESE0720B

**coop**  
welcome to the table