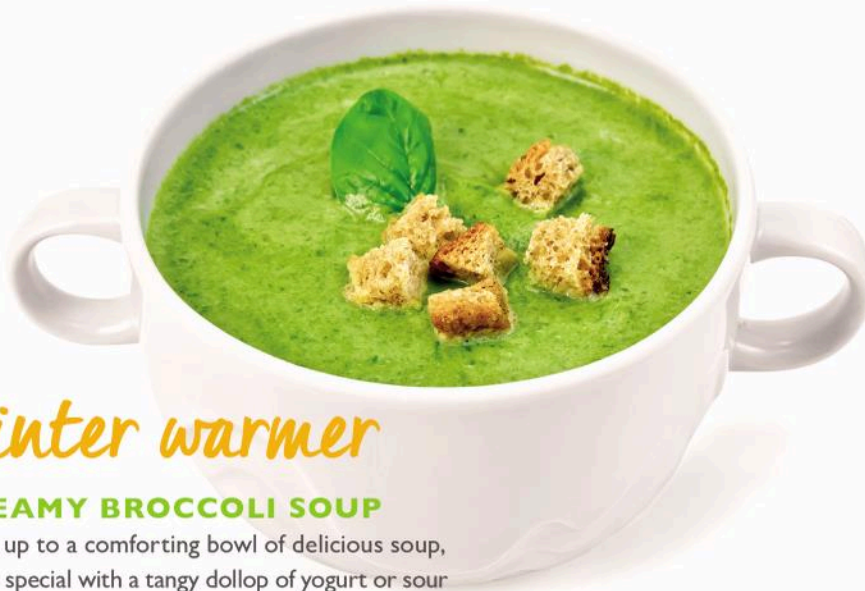


# coop™ deals

JAN 3 - JAN 16, 2018



winter warmer

## CREAMY BROCCOLI SOUP

Cozy up to a comforting bowl of delicious soup, made special with a tangy dollop of yogurt or sour cream. Check out [www.strongertogether.coop](http://www.strongertogether.coop) for the recipe for this and more!



2/\$6

Stonyfield  
Organic Yogurt  
32 oz., selected varieties



2/\$4

Kevita  
Organic Sparkling  
Probiotic Drink  
15.2 oz., selected  
varieties



2/\$4

Cascadian Farm  
Organic  
Frozen Vegetables  
10 oz., selected varieties



6.99

Nutiva  
Organic Unrefined  
Coconut Oil  
14 oz.

## 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

# protein packed savings!

Your local co-op is now offering exclusive savings on **Orgain!** Orgain serves up only the highest quality ingredients to deliver the cleanest nutrition possible. All Orgain products are organic, soy free, gluten free, non-GMO and free of artificial colors, flavors and preservatives. Smooth, delicious protein to fuel your best self.

**29.99**

Orgain  
Organic Plant-Based  
Protein Powders  
2.03 lb, selected varieties

**2/\$5**

Orgain  
Organic Nutritional  
Shakes  
11 fl oz., selected varieties

**8.99**

Orgain  
Organic 4-pack  
Nutritional Shakes  
4-pack, selected varieties

Other Orgain products also on sale.



## New Year. Renew You.

Enter for a chance to win!  
A renewal getaway for two valued at \$5,000\*.  
Enter by January 31st, 2018  
at [Orgain.com/Renew](http://Orgain.com/Renew).

**ENTER  
FOR A CHANCE TO  
WIN!**

**Get picky with your protein™**

\*NO PURCHASE NECESSARY. Purchasing does not improve your chances of winning. The New Year. Renew You Sweepstakes is open to legal residents of the 50 United States and D.C., age 18 or older. Void in Puerto Rico, Guam, the U.S. Virgin Islands, outside the U.S. and where prohibited by law. Sweepstakes begins at 12:00:01 AM ET on 12/27/17 and ends at 11:59:59 PM ET on 01/31/18. For entry details and Official Rules, see [www.Orgain.com/renew](http://www.Orgain.com/renew). Sponsor: Orgain, Inc., P.O. Box 4918, Irvine, CA 92616.  
\*\*Void where prohibited. No purchase necessary. Valid at participating co-ops. See your local store for prize pack details.

PLUS stop by your local  
co-op for additional Orgain  
Prize Pack giveaways! \*\*

Kick off 2018 with healthy savings and fresh deals.

Some items may not be available at all stores or on the same days



**2/\$4**

Perfect Bar  
Organic Protein Bar  
2.5 oz., selected varieties



*whole animal, whole earth*

We're honoring our animals and healing our planet by minimizing waste, regenerating damaged lands and creating a cycle of health for consumers around the world.

**1.99**

Epic  
Meat Bar

1.3-1.5 oz., selected varieties



**1.79**

Rxbar  
Protein Bar  
1.83 oz., selected varieties



January is peak season for oranges and tangerines.

**Spark your smoothie with citrus.**



**26.99**

Vega  
All-in-One Nutritional  
Shake

14.6-16.3 oz., selected varieties

\*Available by special order only



**11.99**

Nutiva  
Organic Hemp Protein  
16 oz.  
other Nutiva products  
also on sale



**4/\$5**

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



**8.99**

Justin's  
Almond Butter  
16 oz., selected varieties  
other Justin's Nut Butter  
products also on sale

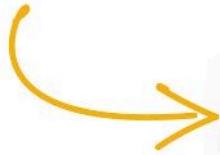


**Get going with portable proteins, on sale now!**

# it's go time!

## ENERGIZE YOUR WORKOUT

Jump-start your resolutions with on-the-go nutrition and healthy hydration from the co-op.



*only 3 ingredients*

Tart and tasty this gluten-free cherry pie contains a half cup of fruit and B vitamins to help unlock the energy from food.

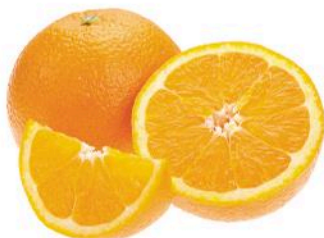
# 5/\$5

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



# 2/\$6

Cascadian Farm Organic  
Frozen Fruit  
8-10 oz., selected varieties



# 2.99

Cascadian Farm  
Organic Granola  
Bars  
7.4 oz., selected varieties



# 2/\$6

Vita Coco  
Coconut Water  
33.8 oz., selected  
varieties

**Shop the co-op to support a robust local economy.**



**1.69**  
So Delicious  
Organic Culinary  
Coconut Milk  
11 oz.



**10/\$10**  
Chobani  
Greek Yogurt  
5.3 oz., selected varieties



**2/\$3**  
Daiya  
Non-dairy Greek  
Style Yogurt  
5.3 oz., selected varieties



**5.99**  
Wallaby Organic  
Greek Yogurt  
32 oz., selected varieties



**4.69**  
Green Valley  
Organics  
Kefir  
32 oz., selected varieties



**2/\$5**  
Goodbelly  
Organic Probiotic  
Drink  
32 oz., selected varieties



**3.99**  
Ripple  
Non-dairy Milk  
48 oz., selected varieties



**4.69**  
Organic Valley  
Organic Cottage  
Cheese  
16 oz., selected varieties



**4.99**  
Vital Farms  
Pasture Raised  
Eggs, doz.

\*Not available at city  
Market



**2.99**  
Organic Valley  
Organic Cream  
Cheese  
8 oz., selected varieties



**4.99**  
Organic Valley  
Organic Feta  
Cheese  
8 oz.



**4.39**  
New Barn Organic  
Almondmilk  
28 oz., selected varieties



**7.69**  
Chameleon  
Cold-Brew  
Organic Coffee  
Concentrate  
32 oz., selected varieties

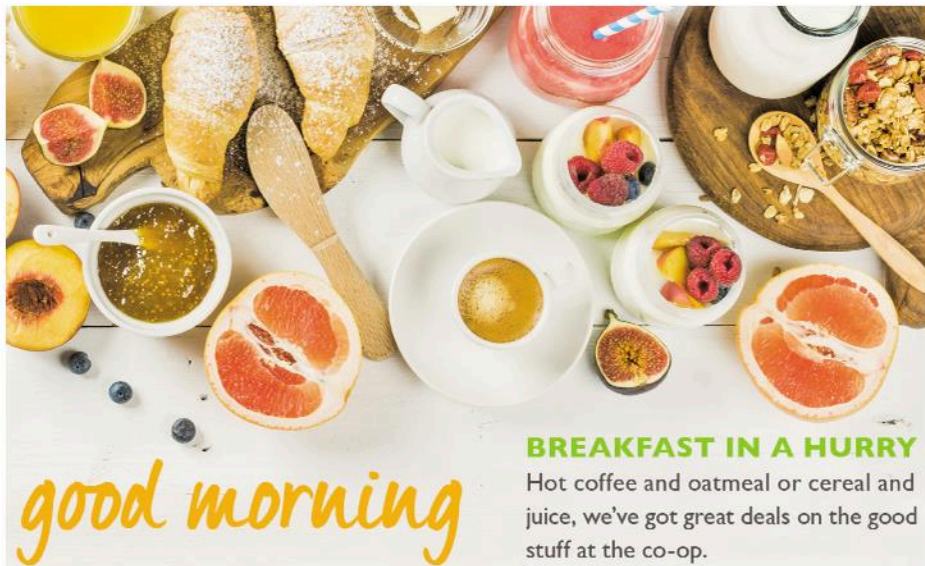


**Delicious, creamy, good-for-you (non-dairy, too!)**



**8.99**

**Equal Exchange Organic Breakfast Blend Coffee**  
per pound in bulk  
Decaf Breakfast Blend Coffee \$11.99



**BREAKFAST IN A HURRY**

Hot coffee and oatmeal or cereal and juice, we've got great deals on the good stuff at the co-op.



**7.99**

**Highland Sugarworks Vermont Maple Syrup**  
12 oz., selected varieties



**3.39**

**Traditional Medicinals Organic Tea**  
16 ct., selected varieties



**5.69**

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



**2.99**

**Cascadian Farm Organic Cereal**  
8.6-14.6 oz., selected varieties



**6.39**

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



**2.99**

**Nature's Path Organic Instant Oatmeal**  
14 oz., selected varieties

*scoop up the savings in bulk!*



**2.99**

**Organic Sunflower Seeds**  
per pound in bulk



**1.99**

**Organic Pinto Beans**  
per pound in bulk

**8.99**

**Organic Pitted Prunes**  
per pound in bulk

**Economical, easy to shop; buy it in bulk.**



**4.99**

**Applegate Organics Sliced Deli Meat**  
6 oz., selected varieties



**3.99**

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



*hearty and wholesome*

Enjoy Udi's Gluten Free bread straight from the bag. Toasting is optional with these bold and wholesome flavors. Your sandwich never had it so good.

**3.99**

**Udi's Gluten Free Bread**  
12-16.3 oz., selected varieties



Make it a soup-er Sunday with ingredients from the co-op.  
**Winter warmers for your family.**



**2/\$3**

**Westbrae Organic Beans**  
15 oz., selected varieties



**2.99**

**Fig Food Co. Organic Soup**  
14.5 oz., selected varieties



**4.99**

**TruRoots Organic Sprouted Quinoa**  
12 oz.



**6.69**

**Miso Master Organic Miso**  
16 oz., selected varieties  
other Miso also on sale

**Shopping at the co-op supports small family farms.**



**2/\$5**

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



*started with a mission*

Annie Withey believed it was possible to build a socially conscious, successful business. Nearly 30 years later and Annie's values are still the foundation for everything they do.

**10/\$10**

**Annie's Homegrown Pasta & Cheese Dinner**  
6 oz., selected varieties



**2.99**

**Montebello Organic Pasta**  
16 oz., selected varieties



**2.99**

**Jovial Organic Gluten Free Pasta**  
12 oz., selected varieties



**9.99**

**Napa Valley Naturals Organic Extra Virgin Olive Oil**  
25.4 oz.



**3.39**

**Follow Your Heart Shredded Vegan Cheese**  
8 oz., selected varieties

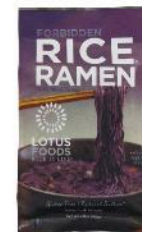
*nutrient dense & delicious*



Try this delicious, sugar and gluten-free mayo made with avocado oil, organic cage-free eggs and organic herbs and spices.

**6.99**

**Primal Kitchen Mayo with Avocado Oil**  
12 oz., selected varieties



**3/\$4**

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



**Co-ops care about local and global communities.**



*Love what you eat*



Try **EVOL's** insanely tasty meals with unexpected, unique flavor profiles that prove frozen food is less "meh" and more "yeah!" EVOL makes the best kind of food — the kind that's responsibly sourced, antibiotic-free and free from artificial anything (flavors, colors, preservatives, additives, fillers). Go ahead, Love what you eat!

**3/\$10**

EVOL  
Entrees  
8 - 11.3 oz., selected varieties

**2/\$4**

EVOL  
Breakfast Sandwiches  
3.4 oz., selected varieties

**2/\$6**

EVOL  
Big Burritos  
10.5 - 11 oz., selected varieties

**2/\$4**

EVOL  
Burritos  
6 oz., selected varieties



Hot, healthy and hearty breakfasts, lunches and dinners.  
**From freezer to fork, fast!**



*tasting is believing*

Delight in each bite of plant-based protein. Gardein meatless meals come in a variety of delicious vegan, dairy-free and kosher breakfasts, lunches and dinners.

**3.99**

**Gardein**  
**Meatless Chick'n Tenders**  
9-11.5 oz., selected varieties  
other Gardein items also on sale



**2/\$6**

Alexia  
Frozen Potatoes  
11-19 oz., selected varieties



**2/\$7**

Rising Moon  
Frozen Pasta  
8 oz., selected varieties  
16 oz. Frozen Pasta also on sale

**Co-op shoppers keep money in local communities.**

Some items may not be available at all stores or on the same days



**2/\$4**

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



**3.99**

**Zevia  
Zero Calorie Soda**  
6 pack, selected varieties



**2/\$5**

**YumEarth  
Organic Licorice**  
5 oz., selected varieties



**2.69**

**Good Health  
Veggie Snacks**  
6.75 oz., selected varieties



**2/\$5**

**Beanitos  
Bean Chips**  
6 oz., selected varieties



**2/\$4**

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



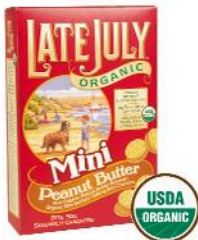
**2.39**

**Kettle Brand  
Potato Chips**  
4.2 oz., selected varieties



**2/\$6**

**Organic Que Pasa  
Tortilla Chips**  
16 oz., selected varieties



**2.69**

**Late July Organic  
Mini Sandwich  
Crackers**  
5 oz., selected varieties



**2/\$4**

**Late July Snacks  
Organic Multigrain  
Tortilla Chips**  
5.5 oz., selected varieties



**2/\$5**

**Annie's Homegrown  
Snack Crackers**  
7.5 oz., selected varieties

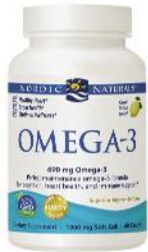


**2.69**

**Lundberg Family  
Farms  
Organic Rice Cakes**  
8.5-10 oz., selected varieties



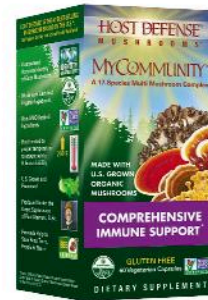
**Stock up on super snacks on super sale!**



**14.99**  
**Nordic Naturals**  
**Omega-3**  
**Supplement**  
 60 ct.  
 other Nordic Naturals  
 products also on sale



**18.99**  
**Bulletproof**  
**Brain Octane Oil**  
 16 oz.  
 other Bulletproof  
 products also on sale



**29.99**  
**Host Defense Mushrooms**  
**MyCommunity Immune**  
**Support**  
 60 ct.  
 other Host Defense products also on sale



**9.99**  
**Boiron**  
**Oscilloccinum**  
 6 dose



**4/\$5**  
**Earth's Best**  
**Organic**  
**Baby Food Puree**  
 3.5-4.2 oz., selected  
 varieties



**5.99**  
**Avalon Organics**  
**Shampoo or**  
**Conditioner**  
 11 oz., selected varieties



**10.99**  
**Alba Botanica**  
**Very Emollient**  
**Body Lotion**  
 32 oz., selected varieties



**15.99**  
**Andalou Naturals**  
**Face Cream**  
 1.7 oz., selected varieties



**1.99**  
**Ricola**  
**Herbal Cough**  
**Drops**  
 19-21 ct., selected  
 varieties



**5.99**  
**Spry**  
**Chewing Gum**  
 100 ct., selected varieties



**3.99**  
**Dr. Bronner's**  
**Toothpaste**  
 5 oz., selected varieties



**8.99**  
**Biokleen**  
**Liquid Laundry**  
**Detergent**  
 64 oz., selected varieties



**7.99**  
**Seventh Generation**  
**Unbleached Bath**  
**Tissue**  
 12 ct.  
 other Paper products also  
 on sale



**14.99**  
**Castor & Pollux**  
**Organix Chicken &**  
**Oatmeal Dog Food**  
 4 lb.

**Wishing you a happy, healthy new year.**



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

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

New Store!

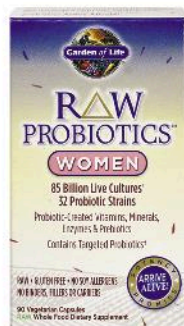
The Wait is Over!
Your South End Store
is Open Now!

Open 7am - 9pm every day
207 Flynn Ave, Burlington, VT



29.99

Rainbow Light Women's One Multivitamin
90 ct.
other Rainbow Light Supplements also on sale



39.99

Garden Of Life Raw Probiotics
90 ct., selected varieties



39.99

New Chapter Bone Strength Take Care
120 ct.
other New Chapter Supplements also on sale



17.99

Gaia Herbs Turmeric Supreme Extra Strength
60 ct.
other Gaia Herbs also on sale

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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