

coop™ deals

JAN 17 - JAN 30, 2018



win big!

MANGO JICAMA GUACAMOLE

Sweet, crunchy and as spicy as you want — find the recipe for this crowd-pleasing dip at www.strongertogether.coop. Double or triple it; you'll be glad you did!



2/\$5

Late July Snacks
Organic Thin & Crispy
Tortilla Chips
11 oz., selected varieties



5.99

Amy's Pizza
12-14 oz., selected
varieties
other Amy's Pizzas also
on sale



10/\$10

Siggi's
Icelandic Style
Yogurt
4.4-5.3 oz., selected
varieties



10/\$10

Muir Glen
Organic Tomatoes
14.5 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

winning game plan

SLIDERS, DOGS AND SUBS

Stop by the co-op for all the fixings you need for great game day sandwiches. And visit www.strongertogether.coop for tips on planning and delicious recipes.



3.99

**Rumiano
Organic Cheese**
8 oz, selected varieties



*Not available at City Market



4.99

**Beyond Meat
Beef Free Burgers**
8 oz.
other Beyond Meat products also on sale



2.99

**Lightlife
Smart Dogs**
12 oz.
other Lightlife products also on sale

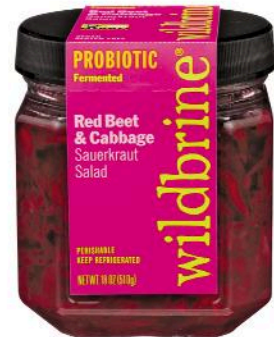


spuds-a-plenty

Crispy on the outside and tender on the inside, these golden nuggets are made from fresh, organically grown potatoes.

2/\$5

**Cascadian Farm Organic
Frozen Potatoes**
16 oz., selected varieties



4.99

**Wildbrine
Sauerkraut**
18 oz., selected varieties

Score big with savings at your co-op!



2/\$4

**Peeled Snacks
Organic Peas
Please**
3.3 oz., selected varieties



2.99

**Zico
Coconut Water**
33.8 oz., selected
varieties



2/\$5

**Beanfields
Bean & Rice Chips**
5.5 oz., selected varieties



2.39

**Crunchmaster
Crackers**
4.5 oz., selected varieties



2/\$5

**Late July Snacks
Organic Cantina
Dippers**
8 oz., selected varieties



2.39

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



2/\$4

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



2/\$5

**Terra
Vegetable Chips**
5-6 oz., selected varieties



3.39

**Mediterranean
Organic
Olives**
8.1-8.5 oz., selected
varieties

it's snacktacular

SAVE BIG FOR THE BIG GAME

For dips, chips and all the ingredients for your famous nachos, the co-op is your snack headquarters. Pick up a six-pack or three of your favorite festive beverage and you're set!



Make your own or pick up deli dips and snacks.



2.39

**Woodstock
Organic Ketchup**
20 oz.
other Condiments also
on sale



2.69

**Everyday Low
Price!**
**Field Day
Organic Pasta
Sauce**
26 oz., selected varieties



1.99

**Everyday Low
Price!**
**Field Day
Organic Pizza
Sauce**
15.5 oz.



3.99

**Udi's
Gluten Free Buns**
10.4-10.8 oz., selected
varieties



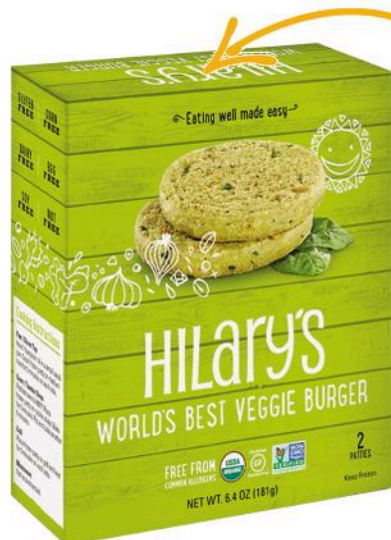
1.99

**Everyday Low
Price!**
**Field Day
Organic Pasta**
16 oz., selected varieties



Pizza, chili, lasagna, burgers, enough for a crowd.

Entertaining made simple.



allergy-friendly foods

All Hilary's products are free from the top
eight allergens and corn, so your entire
family can enjoy the deliciousness worry-
free!

2/\$6

**Hilary's
Veggie Burgers**
6.4 oz., selected varieties



1.99

**Everyday Low
Price!**
**Field Day
Organic Coconut
Milk**
13.5 oz., selected
varieties



2/\$6

**Sweet Earth
Burrito**
6-7 oz., selected varieties

You are the co-op difference - thanks for shopping!



4.39
Nancy's
Organic Whole Milk
Yogurt
32 oz., selected varieties



3.99
Organic Valley
Organic Grassmilk
Yogurt
24 oz., selected varieties



12.99
Organic Valley
Aseptic Milk
12 ct., selected varieties
*Available by special
order only



4/\$5
Liberte
Organic Yogurt
5.5 oz., selected varieties



4.99
Chobani
Greek Yogurt
32 oz., selected varieties



Fresh food from family farms, made with care.

Shop now and save.



4/\$5
Stonyfield
Organic Greek
Yogurt
5.3 oz., selected varieties



2/\$5
Kevita
Organic Kombucha
15.2 oz., selected varieties



2.99
Lifeway Lowfat Kefir
32 oz., selected varieties
Organic kefir also on sale for 3.99-4.39



3.69
Stonyfield
Organic Yokids
Squeezers
8 ct., selected varieties

Local, organic, grass fed, probiotic, tasty.



blend these up

Woodstock and **Harvest Bay** make the perfect blend with superior, simple ingredients including real organic fruit and no added sugar coconut water. When you mix up a smoothie using Woodstock frozen fruit and Harvest Bay coconut water, you will not only taste the difference, but feel the difference. Imagine all of the blendabilities!

2/\$6

Harvest Bay
All-Natural Coconut
Water
33.8 fl. oz.

2.99

Woodstock
Organic Frozen
Diced Mangos
10 oz., other Woodstock frozen
items are also on sale

3.99

Woodstock
Organic Frozen
Wild Blueberries
10 oz., other Woodstock frozen
items are also on sale



3.69

Evolution Fresh
Fruit Juice
Smoothies
15.2 oz., selected
varieties



4.69

Farmhouse Culture
Organic Gut Shots
16 oz., selected varieties



3.69

Califia Farms
Almondmilk
48 oz., selected varieties



9.99

Wyman's
Frozen Wild
Blueberries
3 lb.
other Frozen Fruit also
on sale



2/\$5

Van's
Waffles
8-9 oz., selected varieties



4.69

Applegate
Organics
Breakfast Sausages
7 oz., selected varieties



2/\$6

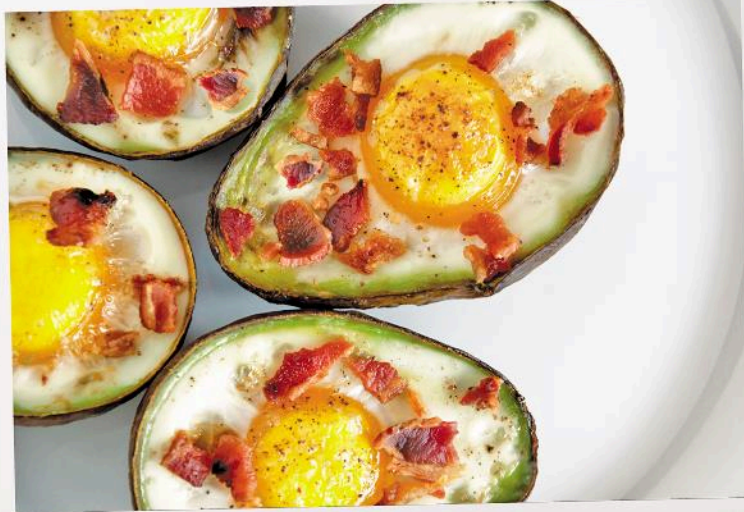
Silver Hills
Bread
14-22 oz., selected
varieties
Organic Bread 2/\$7



4.69

Organic Valley
Organic Cheese
8 oz., selected varieties

Up your breakfast game with these great deals.



say yum!

LUSCIOUSLY LOW-CARB

A baked avocado is a lovely surprise, creamy and warm, and a delicious complement to the egg. It's also great scooped up with toast! Find the recipe at www.strongertogether.coop.



4.39

**Organic Valley
Organic Brown
Eggs**
doz., Large or Extra
Large, selected varieties



8.99

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



7.99

**Lakewood Organic
Pure Juice**
32 oz., selected varieties



2/\$5

**R.W. Knudsen
Very Veggie Juice**
32 oz., selected varieties



2.99

**Annie's Homegrown
Organic Cereal**
10-10.8 oz., selected
varieties



2.99

**Kashi
Organic Cereal**
9.5-16.3 oz., selected
varieties



7.99

**Maranatha
Almond Butter**
12 oz., selected varieties



2/\$6

**Peace
Cereal**
10-14 oz., selected
varieties



3.99

**Rudi's Organic
Bakery Bread**
18-24 oz.
*Available by special order
only; Rudi's Gluten-free Bread
also on sale



4.39

**Santa Cruz
Organic Peanut
Butter**
16 oz., selected varieties

Kick-start your day with morning meal savings!



2.39
Annie's Naturals
Organic Dressing
8 oz., selected varieties



2.39
Boulder Canyon
Potato Chips
5.25-6.5 oz., selected
varieties



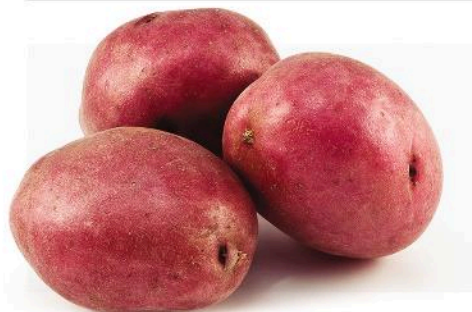
10.99
Spectrum
Organic Extra Virgin
Mediterranean Olive
Oil
33.8 oz.



2/\$5
Tasty Bite
Ready-to-Heat
Entrees
10 oz., selected varieties



2.39
Health Valley
Organic Soup
14.25-15 oz., selected
varieties



Food for your family; nourishing your community.
All are welcome at the co-op!



2.39
Pacific
Organic Nut
Beverage
32 oz., selected varieties



7.99
Artisana Organics
Raw Coconut
Butter
14 oz.



2.99
Imagine
Organic Soup
32 oz., selected varieties



2.99
Organic Thompson
Raisins
per pound in bulk

11.99
Deluxe Roasted and
Salted Mixed Nuts
per pound in bulk

1.99
Organic Garbanzo
Beans
per pound in bulk

Go greener! Save money! Buy in bulk!



simply delicious!

NUTRITION TO GO

Shakes, smoothies, bars and more to fuel your busy day. Stock up and save!



5/\$5

Clif Bar
Energy Bar
2.4 oz., selected varieties



Feel good with fresh, friendly food from local people.

Your co-op has you covered.



3/\$4

ThinkThin
Protein Bar
2.1 oz., selected varieties



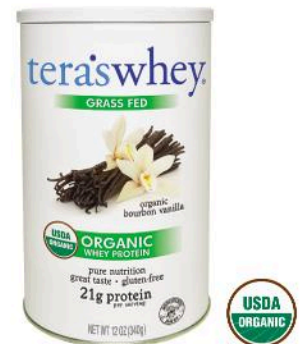
2.99

Organic Valley
Organic Fuel
Protein
11 oz., selected varieties



9.99

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



23.99

Tera's Whey
Whey Protein Powder
12 oz., selected varieties

*Available by special order only

Eat well. Be well. Stay well.



9.99

**Nutrition Now
PB8 Acidophilus**
60 ct., selected varieties
other Nutrition Now
Supplements also on sale



19.99

**Spectrum
Fish Oil**
250 ct.
other Spectrum products
also on sale



19.99

**Garden Of Life
Vitamin Code Raw D3**
60 ct.

*Available by special order only



19.99

**Oregon's Wild
Harvest
Turmeric**
60 ct.

*Not available at City
Market



9.99

**Herb Pharm
Super Echinacea
Extract**
1 oz.



Support great health with honest ingredients.

Winter wellness is on its way.



stay fueled

Made from simple, clean ingredients,
all GoMacro MacroBars are certified
vegan, gluten-free, organic, raw,
kosher and non-GMO project
verified.

2/\$4

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



2.39

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



Everyone can shop; anyone can join a co-op.



stay well

SUPPORT YOUR HEALTH

High-quality products from exceptional companies to keep you and your family feeling great this winter — available every day at your co-op.



6.99

**Desert Essence
Thoroughly Clean
Face Wash**
8.5 oz., selected varieties



9.99

**Everyday Coconut
Hydrating Coconut
Body Lotion**
32 oz.
other Everyday Coconut
products also on sale



8.99

**Jason
Body Wash**
30 oz., selected varieties



4.99

**Tom's of Maine
Toothpaste**
4.7 oz.
other Tom's of Maine
products also on sale



8.99

**ECOS
Liquid Laundry
Detergent**
100 oz., selected
varieties



2/\$5

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

Healthy homes, healthy planet, happy people.



**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**



3.39

Jackson's Honest
Tortilla Chips
10 oz., selected varieties



2.99

Muir Glen
Organic Salsa
16 oz., selected varieties



1.99

Bearitos
Organic Refried
Beans
16 oz., selected varieties



3.99

Glutino
Gluten-Free
Pretzels
14.1 oz., selected
varieties



3.69

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



2/\$6

Annie's Homegrown
Cookies
8.06-8.4 oz., selected
varieties

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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