

# coop™ deals

MAY 16 - MAY 29, 2018



*picnic fave!*

Make a quick and flavorful pico de gallo by combining diced tomatoes, onions, and jalapeño with a dash of salt and a squeeze of fresh lime juice.



**2/\$6**

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



**9.99**

Spectrum Organic  
Extra Virgin  
Mediterranean  
Olive Oil  
33.8 oz.



**2/\$5**

GT's  
Organic  
Kombucha  
16-16.2 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](http://www.citymarket.coop)

**City  
Market**  
Onion River Co-op



**3.99**

**Ben & Jerry's Ice Cream**  
pint, selected varieties  
Non-dairy pints also on sale for \$4.99



**3.99**

**Applegate Hot Dogs**  
10 oz., selected varieties



**3.99**

**Sunshine Burger Organic Garden Herb Burgers**  
3 ct., selected varieties



*plan an earth-friendly picnic*

Picnics are a great way to get outside and connect with loved ones. On your next adventure, keep Mother Earth in mind by following some simple, sustainable tips. Bring reusable napkins to avoid flyaway paper. And use them to wrap food or bottles for transport. Using non-disposable dishware and portable containers cuts back on waste too. Recycle and compost when available or bring scraps with you to discard at home.



**2.39**

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



**3.99**

**Bitchin' Sauce**  
8 oz.  
Available by special order only



**3/\$7**

**Blue Sky Natural Soda**  
6 pack, selected varieties  
Organic and Zero \$3.39



**5.39**

**Grillo's Pickles**  
32 oz  
Available by special order only



**3.99**

**Rudi's Organic Bakery Hamburger Buns**  
18 oz.  
Available by special order only



**2/\$6**

**Jackson's Honest Potato Chips**  
5 oz., selected varieties

**Get outside with these great deals!**

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



# fill your basket

Co+op Basics provides wallet-friendly options for any occasion! Grab some crackers, fresh fruits and hit the co-op deli for cheese and meats to make an easy charcuterie spread for your next picnic trip.



**2.39**  
Everyday Low Price!

Field Day Organic Crackers  
4.4-8 oz., selected varieties



Dinner on the deck or planning a picnic?  
**Fresh, flavorful food is here.**



**6.39**  
Organic Valley Raw Cheddar Cheese  
8 oz., selected varieties



**5.99**  
No Evil Foods Plant Meats  
10-12 oz.  
Available by special order only



**4.39**  
Izze Sparkling Juice Beverage  
4 pack, selected varieties



**3.99**  
So Delicious Non-Dairy Frozen Novelties  
4-8 ct., selected varieties



**3.99**  
Glutino Gluten-Free Pretzels  
14.1 oz., selected varieties



**2/\$3**  
Hubert's Lemonade  
16 oz.  
Available by special order only

**Affordable and delicious products in every aisle.**



# sip sustainably

**Santa Cruz Organic** summer beverages and **Numi** bottled teas are Certified USDA Organic, Non-GMO Project Verified, and come in many delicious flavors. Numi bottled teas also use Fair Trade Certified™ ingredients. We're committed to delivering great-tasting, high quality products while supporting sustainable practices throughout the supply chain, from our suppliers, to our manufacturing facilities, to your table.

**2/\$3**

Santa Cruz Organic  
Lemonade  
32 oz., selected varieties

**2/\$3**

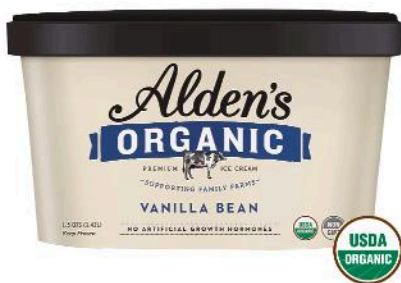
Santa Cruz Organic  
Agua Fresca  
32 oz., selected varieties

**2/\$3**

Numi Organic  
Bottled Tea  
12 oz., 2/\$3, selected varieties



Fresh fruits and vegetables are ripe for the picking.  
**It's local produce season!**



**5.99**

Alden's Organic  
Ice Cream  
48 oz., selected varieties



**2/\$5**

Blue Diamond  
Nut Thins  
4.25 oz., selected  
varieties



**3.39**

Everyday Low Price!

Field Day  
Organic Cookies  
8 oz., selected varieties



**2/\$5**

Chocolove  
Chocolate Bar  
3.2 oz., selected varieties



**Refreshing, organic and sustainable.**



**2/\$5**

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



**2/\$5**

Rice Dream  
Rice Beverage  
32 oz., selected varieties



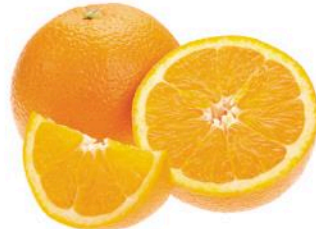
**2/\$4**

GoMacro  
Organic Bar  
2-2.5 oz., selected varieties



**2/\$6**

Yogi  
Tea  
16 ct., selected varieties



**3.39**

Erewhon  
Organic Cereal  
10-11 oz., selected varieties



The co-op has deals on all of your meal essentials.  
**Breakfast, lunch and dinner.**



**5/\$4**

Brown Cow  
Cream Top  
Yogurt  
5.3 oz., selected varieties



**5/\$5**

Wallaby  
Organic Lowfat  
Yogurt  
6 oz., selected varieties



**3.99**

Organic Valley  
Organic Grassmilk  
Yogurt  
24 oz.  
Available by special order only



**2/\$4**

Perfect Bar  
Refrigerated  
Protein Bar  
2.3 oz., selected varieties

**Rise and shine with these bright savings.**



# easy brunch

Serve an avocado toast buffet, with several choices of bread, sliced avocado and topping choices like radishes, chives, cream cheese and fresh herbs.



**7.99**

Equal Exchange Organic Mind Body and Soul per pound in bulk, selected varieties



**2.99**

Kashi Organic Cereal 9.5-16.3 oz, selected varieties



**3/\$4**

Fage Yogurt 5.3-7 oz, selected varieties



**4.69**

So Delicious Coconut Milk Yogurt 24 oz, selected varieties



**2.39**

Sweetleaf Stevia Sweetener 35 ct. other Stevia products also on sale



**8.99**

Justin's Almond Butter 16 oz., selected varieties



scoop up the savings in bulk!

**2.99**

Bulk Organic Thompson Raisins per pound in bulk, selected varieties



**3.69**

Bulk Organic Dry Roasted Peanuts per pound in bulk selected varieties Great for freshly-ground nut butter

**1.99**

Bulk Organic Garbanzo Beans per pound in bulk, selected varieties

**Shop sustainably - shop the bulk aisle!**



**2/\$5**

**Ozery Morning and Snacking Rounds**  
12.7 oz.  
Available by special order only



**3.99**

**Rudi's Organic Bakery Bread**  
22 oz.  
Available by special order only  
Rudi's Gluten Free bread also on sale for \$4.99



**2/\$5**

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



**3/\$5**

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



**2.39**

**Natural Sea Yellowfin Chunk Tuna**  
5 oz.  
other Natural Sea tuna varieties also on sale



## fresh & functional



Meet your newest fresh and healthy friend: salad in a jar. Start with a clean pint jar and place your choice of dressing on the bottom. Then layer ingredients from hardest to softest finishing with chopped greens. Refrigerate until mealtime then pour into a bowl for a perfectly dressed salad.



**4/\$5**

**Clif Builder's Protein Bar**  
2.4 oz., selected varieties



**2/\$3**

**Justin's Organic Peanut Butter Cups**  
1.4 oz., selected varieties



**1.99**

**Amy & Brian Coconut Water**  
17.5 oz., selected varieties

**On-the-go snacking options at great prices!**



**6.99**  
Spectrum Naturals  
Organic Unrefined  
Coconut Oil  
14 oz., selected varieties



**2/\$5**  
TCHO  
Chocolate Bar  
2.5 oz., selected varieties



**2.69**  
Food Merchants  
Polenta  
18 oz., selected varieties



**2/\$6**  
Good Karma  
Flaxmilk  
64 oz., selected varieties



**3.39**  
Maya Kaimal  
Indian Simmer  
Sauce  
12.5 oz., selected  
varieties



Fresh ingredients make the most delicious dishes.

**Fresh deals at the co-op.**



**2/\$5**  
Annie's Naturals  
Dressing  
8 oz., selected varieties



**4/\$3**  
Koyo  
Ramen  
2-2.1 oz., selected  
varieties



**4/\$5**  
Muir Glen  
Organic Tomatoes  
14.5 oz., selected varieties



**2.29**  
Westbrae Organic  
Beans  
25 oz., selected varieties



**4.99**  
Hip Chick Farms  
Chicken Fingers  
8 oz.

**Weeknights never tasted so good.**





**2/\$6**  
**Annie's Homegrown Organic Fruit Snacks**  
 4 oz., selected varieties



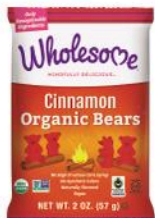
**2/\$5**  
**Sesmark Crackers**  
 3.2-7 oz., selected varieties



**2/\$5**  
**Popcorn Indiana Popcorn**  
 4.4-8 oz., selected varieties



**2.69**  
**Hope Organic Hummus**  
 8 oz., selected varieties



**4/\$5**  
**Wholesome Organic Cinnamon Bears**  
 2 oz.  
 Available by special order only



**2/\$4**  
**Late July Snacks Organic Multigrain Tortilla Chips**  
 5.5 oz., selected varieties



## trail re-mix

Make your own custom trail mix with help from the bulk section. Grab just what you need of the ingredients you love and mix them up at home. With bins full of raisins, nuts, dried fruits and sweets — the options are nearly endless!



**2/\$5**  
**Snack Factory Pretzel Crisps**  
 7.2 oz., selected varieties

**On-the-go snacking options at great prices!**



**12.99**

**Weleda Skin Food**  
2.5 oz.  
other Weleda products also on sale



**19.99**

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



**31.99**

**Emerald Health EndoCalm**  
60 ct.  
\*Not available at City Market



**14.99**

**Tera's Whey Protein Powder**  
12 oz.  
Available by special order only



**16.99**

**Oregon's Wild Harvest Ashwagandha Root**  
90 ct.  
\*Not available at City Market



**7.99**

**T-Relief Pain Relief Gel**  
1.76 oz.



**15.99**

**Mychelle Sun Shield Clear Spray SPF 30**  
6 oz.  
\*Not available at City Market



**16.99**

**Garden Of Life Vitamin Code Raw B-Complex**  
60 ct.  
Available by special order only

# infusion 101

Staying hydrated is crucial in the warming temperatures of late spring. Boost your beverage with a nutrient-dense flavor infusion! Citrus, berries and fresh herbs will liven up the average glass of ice water. Our favorite combination? Grapefruit, strawberries and sage.



**Healthy homes. Healthy products. Happy families.**



new

**7.99**

Schmidt's Natural Charcoal + Magnesium Deodorant Stick  
3.25 oz.



**5.99**

Schmidt's Natural Deodorant  
3.25 oz., selected varieties



new

**3.99**

Schmidt's Natural Soap  
5 oz.



smell good,  
feel good



**Schmidt's Naturals** brings you all-natural body care products derived from plants and minerals. With no controversial or filler ingredients, the award-winning formulas will neutralize odors and help absorb wetness. Plus they feel great on your skin and smell absolutely amazing.



A healthy body comes naturally at the co-op.  
**Effective, delightful options.**



**2/\$10**  
Nature's Gate Shampoo and Conditioner  
18 oz., selected varieties



**4.39**  
Better Life All-Purpose Cleaner  
32 oz  
Available by special order only



**7.99**  
Nubian Heritage Lotion  
13 oz., selected varieties  
other Nubian Heritage products also on sale

**Body care for every body.**



Your Community-Owned Grocery Stores

Downtown

82 S. Winooski Ave, Burlington, VT
Open 7am - 11pm every day
(802) 861-9700

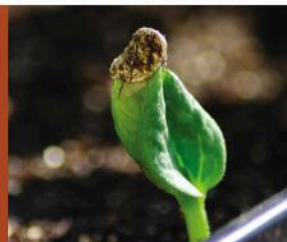
South End

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

2018 Co-op Seedling Grants



Do you know an organization that is strengthening our local food system?

Tell them about

City Market's grant program!

At least \$30,000 will be available in funding donated by your Co-op!

Apply by June 29

Learn more: http://s.coop/seedlinggrants



9.99

Seventh Generation Diapers
17-40 ct., selected varieties



6.69

Seventh Generation Bath Tissue
12 ct.
Unbleached Bath Tissue on sale for \$7.99



4.39

Castor & Pollux Organic Dog Cookies
12 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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