

August

Monthly
Specials
2011

Grocery

Blue Diamond **40% off**
Almond Breeze
Non Dairy Beverage
All Varieties

reg \$3.29 946ml
\$1.99 each
reg \$39.49 case 12
\$22.69 case



Barbara's Bakery
Cereals

Puffins
Cinnamon Puffins
Peanut Butter Puffins
Shredded Oats
Shredded Spoonfulls
reg \$6.29 285g - 400g
\$4.79 each



Ice Age
Glacier Water

with sports cap
reg \$1.19 600ml
\$0.89 each

reg \$1.89 750ml
\$1.39 each

Stainless Steel Canteen
(\$18 value!)
reg \$7.59 1L
\$6.49 each



Green & Black's
**Chocolate
Bars**

All Varieties
reg \$3.79 100g
\$2.99 each



Yogi
Teas

Lemon Ginger
Egyptian Licorice
Egyptian Licorice Mint
Classic Indian Spice
Tahitian Vanilla Hazelnut
reg \$5.99 16-20 tea bags

\$4.79 each



Kootenay Country Store Co-op

295 Baker Street
Nelson, BC V1L 4H4

phone: 250-354-4077
fax: 250-354-4097

email: customerservice@kootenay.coop
online: www.kootenay.coop

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All Specials While Quantities Last

Monthly Specials | 1



Nuts to You

Almond Butters

Smooth

reg \$5.99 250g

\$4.89 each

Smooth
Crunchy

reg \$10.79 500g

\$8.79 each



Kettle

Chips

Backyard BBQ

Fully Loaded

Honey Dijon

Jalapeno

No salt

New York Cheddar

Salt & Vinegar

Salted

Sweet Onion

Yogurt & Onion

reg \$3.49 220g

\$2.79 each

Krinkle Cut Chips

Buffalo Blue

Cheddar & Sour Cream

Salt & Pepper

reg \$3.49 220g

\$2.79 each



Earth's Best

Baby Food

Carrot

Apple Apricot

Green Bean & Brown Rice

Peach Apple Oatmeal

Pear & Mango

Peas & Brown Rice

reg \$1.35 128ml

\$0.99 each



Amy's

Refried Beans

Black

Pinto with Green Chillies

Traditional Pinto

reg \$3.39 398ml

\$2.69 each



Baked Beans

reg \$3.39 398ml

\$2.69 each

Happy Planet

Organic Juice

Apricot Peach

Mango Guava

Pineapple Kiwi

Pomegranate Blueberry

reg \$3.89 946ml

\$2.99 each

+ deposit





Daiya
Vegan Cheese Shreds

Cheddar Style
 Mozzarella Style
 Pepperjack Style
 reg \$5.29 227g

\$4.19 each



Mary's Organic
Crackers

Original
 Black Pepper
 Caraway
 Herb
 Onion

reg \$5.99 184g

\$4.69 each



Pamela's
Wheat Free Cookies

All Varieties
 reg \$3.99 150g - 170g

\$2.99 each



Oogie's
Gourmet Popcorn

All Varieties
 reg \$3.99 141g

\$2.99 each



R.W. Garcia
Gluten Free 5 Seed Crackers

Onion Chive
 Rosemary Garlic
 Tellicherry Cracked Pepper
 reg \$4.59 113g

\$3.29 each



Seventh Generation
Laundry Products

Laundry Liquids 45% off

2x Ultra Free & Clear
 2x Ultra Blue Eucalyptus & Lavender
 2x Ultra White Flower & Bergamot Citrus
 reg \$22.85 2.96L

\$12.49 each

Clif
Bars

All Varieties
 reg \$1.79 68g

\$1.29 each



Luna Bars

All Varieties
 reg \$1.79 48g

\$1.29 each

Builder's Bars

All Varieties
 reg \$2.29 68g

\$1.69 each



Fabric Softeners

Free & Clear
 Blue Eucalyptus & Lavender
 reg \$7.99 1.18L

\$6.49 each

Non-Chlorine Bleach

Free & Clear
 reg \$6.79 1.18L

\$5.49 each





ORGANIC

Simply Natural
Mustards

Dijon
Stoneground
Yellow
reg \$4.19 330ml

\$2.69 each



Compliments of Simply Natural

ORGANIC

Simply Natural
Chunky Salsa

Mango
Medium
Mild
Pineapple
reg \$3.99 470ml

\$2.69 each

Black Bean/ Corn
reg \$4.29 470ml

\$2.99 each



Simply Natural
Pasta Sauce

All Varieties
reg \$5.99 739ml

\$3.79 each

ORGANIC



ORGANIC

Simply Natural
Dressings

All Varieties
reg \$4.39 354ml

\$2.79 each



ORGANIC

Crofters
Fruit Spreads

Apple
Concord Grape
reg \$3.59 235ml

\$2.69 each

Fruit Juice Sweetened Spreads:

Apricot
Blackberry
Raspberry
Strawberry
Superfruit
reg \$4.59 235ml

\$3.39 each

Black Currant
Blueberry
reg \$4.89 235ml

\$3.69 each

Apricot
Blackberry
Blood Orange
4 Fruit
Mango
Cherry
Pomegranate
Raspberry
Strawberry
reg \$3.99 235ml

\$2.99 each

Black Currant
Blueberry
reg \$4.59 235ml

\$3.49 each

Strawberry
reg \$5.99 383ml

\$4.39 each

Raspberry
reg \$6.29 383ml

\$4.69 each





Casbah

Couscous

Original
Organic Whole Wheat
Lemon Spinach
Organic Nuted with Currents & Spice
Roasted Garlic
reg \$3.75 198g - 340g

\$2.99 each



Mixes

Falafel
Hummus
Tabouli
reg \$3.75 170g - 284g

\$2.99 each

Imagine

Natural Broths

Low Sodium Beef
Chicken
Vegetable
Low Sodium Vegetable
reg \$5.49 1L

\$4.39 each



Lakewood

Juice

Pomegranate Blend
Pomegranate Blueberry
Pomegranate Cranberry
reg \$5.99 946ml

\$4.49 each

Pure Lemon
Pure Lime
reg \$4.69 370ml

\$3.49 each



Kombucha Wonder Drink

Kombucha Teas

Cherry
Peach
Traditional
Pear & Ginger
Juniper
reg \$3.49 454ml

\$2.59 each



GT's

Raw Kombucha Beverage

All Varieties
reg \$3.99 480ml

\$2.99 each





Santa Cruz Juices



Organic Cranberry
reg \$5.79 946ml
\$4.59 each

Organic Orange Mango
reg \$5.49 946ml
\$4.39 each

Santa Cruz ORGANIC

Commitment to Sustainability

Everyone at Santa Cruz Organic® - from upper management to growers in the field - is dedicated to making environmentally sound choices.

Most recently, Santa Cruz, have made the transition to use 100% renewable energy to run the production process for our processing and bottling facilities. This commitment prevents more than 1,214,400 pounds of carbon dioxide emissions from being released into the atmosphere every year.

RECIPE

Orange Mango Sweet and Sour Sauce

- ¾ cup brown sugar
- 2 tablespoons cornstarch
- 2 cups Santa Cruz Organic® Orange Mango Juice
- ¼ cup balsamic vinegar
- 2 tablespoons grated gingerroot
- ¼ teaspoon salt

In a medium saucepan, mix the brown sugar and cornstarch. Stir in the Orange Mango juice, vinegar, ginger root and salt. Cook until thickened and bubbly. Serve with sautéed chicken breasts, vegetables of your choice, and rice. Makes 2 cups.



The Santa Cruz Organic® line of Sparkling Beverages are made up of zippy flavors like Lemon Lime, Pomegranate Limeade, as well as traditional flavors like Root Beer and Ginger Ale. They are a great way to enjoy bubbly refreshment.

Because Santa Cruz Organic® products do not add artificial ingredients, these tongue-and nose-tingling treats can be enjoyed without worry.

Finally, the Santa Cruz Organic® brand offers a refreshing USDA certified organic alternative to conventional sodas.

Sparkling Beverages

50% off



- Ginger Ale
- Lemon Lime
- Mango Lemonade
- Orange Mango
- Pomegranate Lime
- Raspberry Lemonade
- Root Beer

reg \$1.59 311ml
\$0.79 each

reg \$5.99 4/pack
\$3.08 4/pack

reg \$38.00 case
\$18.00 case





Frozen Foods

Sol Cuisine
Veggie Burgers
 Mushroom Rice 284g
 Original Meatless 364g
 reg \$6.29



\$4.99 each

Vicolo
Pizza
 Roasted Garlic 396g
 Roasted Mushroom 389g
 reg \$8.79



\$6.19 each

Eggplant Parmesan
 reg \$9.99 467g
\$6.89 each

So Delicious
Non Dairy Coconut Milk Desserts **40% off**

All Varieties
 reg \$7.59 500ml

\$4.39 each



Purely Decadent
Non Dairy Desserts

All Varieties
 reg \$6.45 500ml

\$3.69 each



Good Karma
Rice Milk Desserts

All Varieties
 reg \$5.49 473ml

\$3.99 each



Udder Guys
Real Ice Cream

Udderly Chocolate
 Roasted Coconut
 Creme Caramel
 Vanilla Bean
 Mango
 reg \$6.69 500ml

\$5.49 each

Made in Cowichan Bay,
 Vancouver Island!





Bulk

The Spotlight on Bulk Foods Continues

For August we have some great deals on some of our best selling bulk items: Organic Dried Cranberries, Organic Crystallized Ginger, Organic Sucanat Sugar, and Kettle Valley Nut Mixes. We worked with three different bulk suppliers to pick a good selection of products that would be great for camping, hiking, biking, and packing to festivals.

Have you tried Certified Organic Banana Chips yet? If not, you are in for treat! Like many other high quality, certified organic options, banana chips are almost incomparable with their conventionally-grown and processed counterparts!

All Purpose Unbleached White Flour

reg \$.20/100g

\$0.18/100g



reg \$40.00/20kg bag

\$35.00/20kg bag



Wheat Berries

Hard red spring

reg. \$.16/100g

\$0.13/100g



Kamut Flour

reg \$.36/100g

\$0.31/100g



Sucanat Sugar

reg \$0.76/100g

\$0.69/100g



Dried Sweetened Cranberries

reg \$1.49/100g

\$1.39/100g



Dried Sweetened Blueberries

reg \$4.29/100g

\$3.79/100g



Banana Chips

reg \$.84/100g

\$0.79/100g



Crystallized Ginger

reg \$1.69/100g

\$1.49/100g



Deluxe Nut Mix

Salted

reg \$1.95/100g

\$1.70/100g

Deluxe Nut Mix

No Salt

reg \$1.95/100g

\$1.70/100g



Deli



ORGANIC

Kootenay Alpine Cheese Co.
Nostrala Cheese

reg \$2.90 /100g
\$2.59 each

{LOCAL}



ORGANIC

L'Ancetre
Cheese Co.

Extra Sharp Cheddar
reg \$7.59 /200g
\$6.49/200g

Medium Cheddar
reg \$6.99 /200g
\$5.99/200g

Emmental
reg \$7.19 /200g
\$6.19/200g

Skimmed Frugal
reg \$6.79 /200g
\$5.79/200g

Parmesan
reg \$8.69 /200g
\$7.39/200g



Deli Bulk Foods

Antoinettes
Dip & Sauce
Saltspring
Chili

reg \$1.49 /100g
\$1.19/100g

{LOCAL}

Prepared Foods

Feastwest
**Vietnamese Glass
Noodle Salad**

reg \$1.95 /100g
\$1.56/100g

{LOCAL}

Feastwest
**Lemon Dill
Orzo Salad**

reg \$1.95 /100g
\$1.56/100g

{LOCAL}

Antoinettes
Dip & Sauce
Saltspring
Chili

reg \$4.49 /250g
\$3.59/each

{LOCAL}



reg \$7.49 /500g
\$5.99/each

Francyn's Cuisine
Awesome Burger

VEGAN
reg \$2.39/each
\$1.89/each

{LOCAL}

Book Garden
Veggie Burgers

reg \$2.39/each
\$1.89/each

World Eats
**Cappuccino
Brownie**

reg \$3.29/each
\$2.69/each

{LOCAL}



Wellness

Vega

Shake & Go Smoothie

Wholefood Smoothie goodness - instantly!

- Tropical Tango
- Bodacious Berry
- Vanilla Almondilla
- Choc-a-lot

reg \$24.89 300g
\$19.89 each

Whole food goodness with a great blended smoothie taste- instantly!
 Vega Shake & Go Smoothie is a delicious, healthy, plant-based beverage ideal for the entire family. Packed full of nutrients including protein, fibre, Omega-3, probiotics, and greens, it combines whole food goodness with fast food convenience.



Progressive

Multi Vitamins

Active Women & Active Men
 reg \$26.69 60c

\$18.69 each

reg \$47.59 120c

\$33.29 each



Women 50+ & Men 50+
 reg \$42.49 120c

\$29.75 each

Chewable Multis
 Adult Women & Adult Men
 reg \$28.59 60t

\$19.99 each



Udo's Choice

Udo's Oil 3.6.9 Blend

reg \$14.99 250ml

\$10.49 each

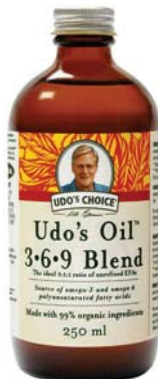


reg \$28.49 500ml

\$19.89 each

reg \$44.99 941ml

\$31.49 each



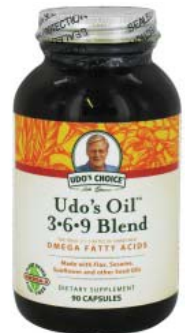
Udo's Oil 3.6.9 Blend

1000mg
 reg \$21.99 90 softgels

\$15.39 each

reg \$39.69 180 softgels

\$27.79 each



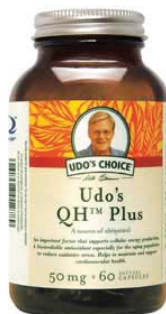
Udo's Oil DHA 3.6.9 Blend

reg \$19.49 250ml

\$13.59 each

reg \$34.49 500ml

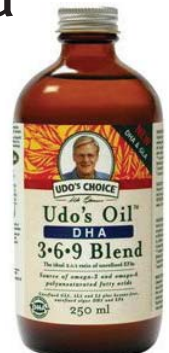
\$23.99 each



Udo's QH Plus

50mg
 reg \$37.99 50mg /60 softgels

\$26.59 each



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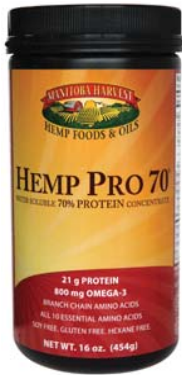


Wellness

Manitoba Harvest
Hemp Pro 70%

reg \$25.99 454g

\$21.99 each



Fuel your body, enhance muscle development, speed up recovery and optimize your overall well-being with Manitoba Harvest's HEMP PRO 70 protein powder. The world's first water soluble hemp protein concentrate, HEMP PRO 70 contains a whopping 70% protein plus ample Omega-3s and all 10 essential amino acids. Virtually flavourless, just shake this creamy powder with your beverages and enjoy health on the go.

Trophic
L-5-HTP 100mg

reg \$23.99 100mg /60c

\$16.79 each

L-5-HTP is a clinically proven Serotonin precursor that helps to promote healthy mood.



Hemp Pro Fiber

reg \$14.29 454g

\$11.99 each

reg \$23.59 908g

\$19.99 each



Curelle

ENERGE Shampoo

Normal to Fine Hair

reg \$9.49 250ml

\$7.59 each

reg \$15.49 500ml

\$12.39 each

HYDRA Shampoo

Normal to Dry Hair

reg \$9.49 250ml

\$7.59 each

reg \$15.49 500ml

\$12.39 each

RICHE Conditioner

reg \$9.49 250ml

\$7.59 each

reg \$15.49 500ml

\$12.39 each

TRESLITE Conditioner

reg \$8.99 250ml

\$6.99 each

reg \$14.49 500ml

\$11.59 each



Hand & Body Lotion

Unscented

reg \$3.99 70ml

\$2.99 each

reg \$9.49 250ml

\$7.59 each

reg \$15.49 500ml

\$12.39 each

Styling Gel

Medium Hold Alcohol Free

reg \$10.39 250ml

\$8.29 each



Wellness

Enerex Serrapeptase

The Miracle Enzyme
60,000 u
reg \$34.49 60c

\$23.99ea

90,000 u
reg \$41.89 90c

\$29.29ea

120,000 u
reg \$47.79 60c

\$33.45ea

120,000 u
reg \$79.99 120c

\$55.99ea



Bamboo Silica With Calcium

reg \$19.69 100mg/90c

\$13.79ea

reg \$37.39 180c

\$25.99ea



The Friendly Trio +NAG

1 Billion Cells
reg \$28.59 90c

\$19.99ea



Bamboo Silica
Enerex Bamboo Silica improves the condition of hair, nails, teeth, gums, skin, ligaments, tendons & bone. Silica truly is the “Strength & Beauty Nutrient”.

Information from
www.enerex.ca

Serrapeptase

Enteric-coated Serrapeptase is made from an enzyme that removes blockages in your body that impede your natural healing ability. Serrapeptase can be thought of as a natural pipe cleaner for your body to dissolve arterial plaque, blood clots, cysts, and scar tissue while eliminating pain and inflammation. If you are using NSAID drugs for inflammation or pain, but worry about their harmful side effects, Enerex Serrapeptase is a highly effective and proven natural alternative.

Osteo With Bamboo Silica & Raw Superfood

reg \$19.99 90t

\$13.99ea

reg \$34.79 180t

\$24.35ea



Greens Original Low Gluten Formula

reg \$43.39 250g

\$30.35ea

reg \$65.99 400g

\$45.99ea



Greens Mixed Berry Gluten Free

reg \$45.69 250g

\$31.99ea

reg \$71.49 400g

\$49.99ea

Super Royal Jelly

Equivilant to 6000mg
reg \$32.89 400mg/30c

\$22.99ea

Enerex GREENS whole food products have powerful antioxidant & anti-inflammatory properties, boost immune, metabolism, energy, endurance & brain function, solubilize fats & lower cholesterol, aid in detoxification, digestion & elimination, and they replenish intestinal flora with The Friendly Trio® probiotic. As there are no standardized herbal extracts in our GREENS products, they are safe during pregnancy, nursing, childhood, and retirement - perfect for the whole family.



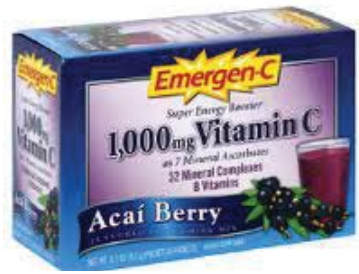
Wellness

Alacer

Emergen-C 1000mg Vitamin C

- Acai Berry
 - Pink Lemonade
 - Lemon Lime
 - Tangerine
 - Super Orange
 - Raspberry
 - Cranberry Pomegranate
- reg \$23.99 30/box

\$17.99 each



Summer is here!. Rev up your workouts or just maximize your playtime with help from EmergenC. The powerful blend of vitamin C, 24 nutrients, 7 B vitamins, antioxidants, and electrolytes support your immune system, increase your metabolic function, enhance your energy level to help you feel really good.

Kiss My Face

Toothpaste Triple Action Organic Whitening

reg \$6.39 96g

\$4.79 each



Mountain Sky

Body Bar Soaps All Varieties

reg \$3.59 135g

\$2.85 each



Shampoo Bar Soap

Rasta Bar Hemp
reg \$3.59 13g

\$2.85 each

Shaving Bar Soap

Old Windsor
reg \$3.59 13g

\$2.85 each

Love Thy Lips Lip Balm

Peach Lip Balm
For FUN in the Sun
reg \$2.99 4.25g

\$2.25 each



Concentrated Castile Soap

All Varieties
reg \$8.99 475ml

\$5.99 each



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All Specials While Quantities Last



It's Co-op Election Time: When food and democracy meet!

Election Pamphlet with Candidate Bios

Available August 15th

In Store Voting

August 23rd-September 23rd
At the Customer Service desk

Meet the Candidates

September 14th
Time and location TBA

Annual General Meeting and Co-op Fall Social

September 23rd
Time and location TBA
Agenda in the September Issue of *On the Table*

Co-op News Flash

We are currently accepting applications for our
World Food Day Partnership
Deadline: August 31. See Community Outreach
Pamphlet for details.

Kootenay Co-op 295 Baker Street ph: 250 354 4077 www.kootenay.coop