

# February

Monthly  
Specials

2011

## Grocery

### Blue Diamond Almond Breeze

Non Dairy Beverage  
Regular and Unsweetened:

Original  
Vanilla  
Chocolate

reg \$3.29 946ml

**\$1.99** each

Product of USA



reg \$39.48 case 12

**\$22.69** each

### Barbara's Bakery Cereals

Shredded Oats 400g  
Shredded Spoonfuls 397g  
Peanut Butter Puffins 312g  
Puffins 285g  
Cinnamon Puffins 285g

reg \$6.49 185g

**\$4.29** each



### Earth Balance Spread

Organic 369g  
Soy Free 425g

reg \$5.99 68g

**\$4.29** each



### Guiltless Gourmet

### Baked Tortilla Chips

Selected Varieties

reg \$3.49 198g

**\$2.19** each



### Amy's Canned Beans

Baked  
Refried Traditional  
Refried Black  
Refried Green Chili

reg \$3.59 398ml

**\$2.69** each



### Daiya Shreds

### Cheese Alternatives

Mozarella  
Cheddar

reg \$5.29 227g

**\$4.29** each



## Kootenay Country Store Co-op

295 Baker Street

phone: 250-354-4077

email: [customerservice@kootenay.coop](mailto:customerservice@kootenay.coop)

Nelson, BC V1L 4H4

fax: 250-354-4097

online: [www.kootenay.coop](http://www.kootenay.coop)

All Specials While Quantities Last

Monthly Specials | 1



Happy Planet  
**Fruit Smoothies**

Extreme Purple  
Extreme Green  
Abundant C  
Lost Lagoon Mango  
Sunset Beach Strawberry  
Essential Energy

reg \$5.49 946ml  
**\$4.19** each



Happy Planet  
**Fruit Smoothies**  
Clean Green

reg \$6.79 946ml  
**\$5.19** each



Soup Du Jar  
**Frozen Soups**



Carrot Lemongrass  
Greek Red Lentil  
Dokhobor Borscht

reg \$6.19 650ml  
**\$4.95** each



Good Karma  
**Rice Divine  
Frozen Desserts**

Non Dairy  
Selected Varieties

reg \$5.49 473ml  
**\$3.89** each



Lakewood  
**100% Pure  
Organic Juices**

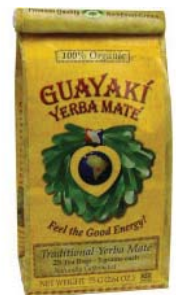
Lemon  
Lime

reg \$4.99 370ml  
**\$3.29** each



Guayaki  
**Yerba Mate Teas**  
Selected Varieties

reg \$9.85 333g  
**\$6.89** each



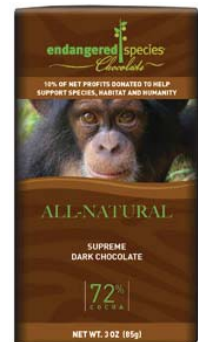
Grainworks  
**Pinto Beans**

reg \$4.99 kg  
**\$3.99** kg  
reg \$56.55 11.34kg  
**\$42.98** bag



Endangered Species  
**Ethically Traded  
Chocolate Bars**  
Selected Varieties

reg \$4.39 85g  
**\$2.69** each





Nature's Path  
**Granola Bars**  
 Selected Varieties

reg \$4.89 175g (5 Bars)  
**\$3.99** each



Nature's Path  
**Frozen Toaster Waffles**  
 Selected Varieties

reg \$4.19 210g (6 waffles)  
**\$3.29** each



Manna Organics  
**Frozen Sprouted Manna Bread**

Banana Walnut Hemp  
 Carrot Raisin  
 Cinnamon Date  
 Fig Fennel Flax  
 Fruit & Nut

reg \$3.69 400g  
**\$2.89** each

Millet Rice  
 Multigrain  
 Sun Seed  
 Whole Rye

reg \$3.19 400g  
**\$2.39** each



EnviroKidz  
**Crispy Rice Bars**  
 Selected Varieties

reg \$4.89 168g (6 Bars)  
**\$3.99** each



Annie's Homegrown  
**Pasta & Cheese Dishes**  
 Gluten Free Rice Pasta & Cheddar

reg \$4.29 170g  
**\$2.58** each

reg \$51.48 case 12  
**\$29.42** each



Bunny Shaped Pasta with Cheese  
 Petite Shells & White Cheese  
 Shells & Aged Wisconsin Cheddar  
 Macaroni & Cheese Classic

reg \$2.89 170g  
**\$1.74** each

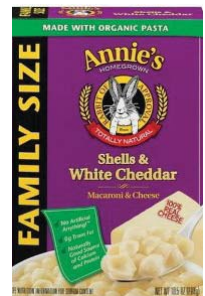
reg \$34.68 case 12  
**\$19.84** each



Family Size  
 Petite Shells & White Cheese

reg \$4.59 340g  
**\$2.76** each

reg \$27.54 case 6  
**15.74** each





Deli

Arla Cheese

**Dofino Havarti**  
Creamy  
Sundried Tomato  
Dill  
Jalapeno  
Garlic  
Herb & Spice

reg \$16.99 kg

**\$14.79**kg



Emerald Valley Kitchen

**Fresh Salsas**  
Mild - Medium - Hot

reg \$ 4.89 kg

**\$3.99**kg



Organic Matters

**Arbequina Extra  
Virgin Olive Oil**

reg \$ 16.39 kg

**\$13.19**kg



Prepared Foods



Kootenay Bakery Cafe Cooperative

**Pasta Fiori**

reg \$1.65 100g

**\$1.39**100g



Feast West Catering

**Chocolate Oat Bars**

reg \$2.69

**\$2.19**each

**Southwest Salad**

reg \$1.95 100g

**\$1.59**100g



St. Francis

Canadian

Wellness

## Deep Immune

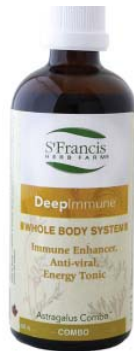
Tincture

reg \$18.79 50ml

**\$14.99** each

reg \$28.29 100ml

**\$22.59** each



Capsules

reg \$33.99 90c

**\$26.99** each

For Kids

reg \$18.79 50ml

**\$14.99** each

### Deep Immune - The Immune Enhancer

- A great nutritional adjunct for ongoing vitality and wellness
- Reinforces the innate “deep immune” response within us
- Maintains physiological and psychological equilibrium
- Nourishes the bone marrow
- Extremely useful for auto-immune and immune deficiency disease

## EchinaSera

Children’s Cold & Flu

reg \$19.79 50 ml

**\$15.79** each

EchinaSera® has been specially and effectively formulated for the treatment of children’s colds and flu.



## EchinaSeal

First sign of Cold & Flu

reg \$31.79 100 ml

**\$25.39** each

EchinaSeal is especially potent for bacterial infections, but when used at the first signs of a cold or flu, it will often nip these in the bud.



Weleda

## Pomegranate Skin Care Line



### Regenerating Body Oil

reg \$29.99 100ml

**\$23.99** ea

### Firming Eye Cream

reg \$29.99 10ml

**\$23.99** ea

### Firming Facial Serum

reg \$47.99 30ml

**\$38.39** ea



### Firming Day Cream

reg \$35.99 30ml

**\$28.79** ea

### Firming Night Cream

reg \$39.39 30ml

**\$31.49** ea

### Creamy Body Wash

reg \$18.79 30ml

**\$14.99** ea



The 100% organic pomegranate seed oil in Weleda’s new Regenerating Body Care product line helps to promote skin renewal, protects against skin-damaging environmental influences and enhances your skin’s vitality and natural radiance.



New Chapter

## Whole Mega

reg \$31.99 60c

**\$23.99**ea

reg \$48.29 180c

**\$35.99**ea



## Wellness

## TurmericForce

reg \$31.49 60c

**\$23.59**ea



- Researched for maintaining healthy inflammation response
- Maintains healthy cardio vascular and liver function

### A Whole New Approach To Fish Oil

New Chapter is proud to offer a whole-food approach to fish oil and an alternative to the fractionated, highly processed and “purified” oils on the market today. From the pristine, protected waters of Alaska directly to you, Wholemega is 100% wild-caught salmon oil; rigorously tested to ensure each capsule delivers Nature’s bioavailable, effective, and whole profile of beneficial fatty acids and nutrients.

Vega

## Wholefood Health Optimizer

reg \$72.99 each

**\$58.39**ea

Single Serving

reg \$4.49 each

**\$3.59**ea



Formulated by Brendan Brazier, vegan, professional Ironman triathlete and best-selling author on performance nutrition, Vega is made exclusively from natural plant-based whole foods.

A synergistic collection of Brendan’s favorite plant-based superfoods, Vega is not only a complete meal replacement, but also an ideal daily health-optimizing supplement.

High in fiber, protein and essential fatty acids, Vega is naturally filling and satisfying, helping to reduce appetite and cravings.

## MacaSure Chocolate Bar

reg \$2.89 each

**\$2.29**ea

Each deliciously decadent bar of MacaSure Chocolat contains 4000mg of premium, organic maca, renowned for its hormone-balancing, energy-increasing and libido-enhancing properties.





# Wellness

**new**

## Alaffia Everyday Shea Body Lotion

Unscented - Lavender - Vanilla

reg \$19.99 950ml  
**\$14.99** each

Intensive moisturizing lotion made with a generous amount of Fair Trade handcrafted, unrefined shea butter and enhanced with lemongrass and shea leaf extracts



## Flora FlorEssence

reg \$47.79 941ml

**\$30.99** each



## FlorEssence 7 Day Purification Program

reg \$35.99 each

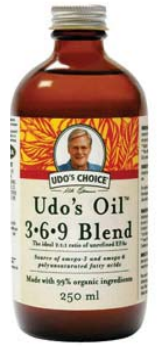
**\$24.99** each



## Udo's Oil

reg \$44.49 941ml

**\$26.99** each



## MamaZone Disposable Eco-Diapers

Stages 1-4

reg \$27.99 pack

**\$23.79** each



Eco-friendly diapers that are chlorine, natural latex, fragrance, dye, TBT & PVC FREE!

The backsheet is completely biodegradable, the packaging is compostable and the fluff on the inside is from 100% sustainable resources

## Natracare Feminine Hygiene Tampons

Regular & Super  
reg \$7.29 pack

**\$5.39** each

Super Plus  
reg \$7.89 pack

**\$5.89** each



Regular & Super with Applicator  
reg \$8.39 pack

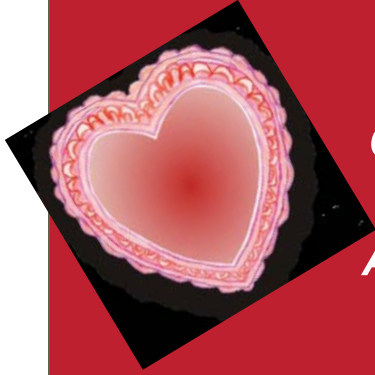
**\$6.29** each

Natracare tampons are all made from only certified organic 100% cotton and are the only fully certified organic cotton tampons available in the world today. They are non-chlorine bleached and women can be reassured that they do not contain synthetic materials



# What do you love?

*This February, we want you to tell us what you love about your Co-op:*



*Got a favourite farm you think is tops?  
A product that really works for you?  
A recipe that changed your life forever?  
A local company that you...well...love?*

## Fill out a Co-op Valentine!

*We'll post them in the store and you'll be entered to win a*

## Local Love Basket

*\$100 Value*



## Love Crunch

When you buy a box of limited edition Love Crunch, Nature's Path will donate one to a food bank on your behalf!