

July

Monthly
Specials
2011

Grocery

Vitasoy

Fortified Soy Beverages

Plain/Original, Vanilla, Chocolate, Unsweetened
reg \$2.99 946ml

\$2.39 each

reg \$40.59 case

\$27.25 case



Manitoba Harvest

Hemp Bliss Non-Dairy Beverage

Unsweetened Original Chocolate Vanilla
reg \$4.89 946ml

\$3.69 each



Nature's Path

Eco Pac Cereals

all varieties
reg \$8.59 750g - 907g

\$7.29 each



Happy Planet

Refrigerated Orange Juice

reg \$3.19 325ml

\$2.49 each

Fruit Smoothie

Select Varieties
reg \$2.79 325ml

\$2.29 each



Oso Negro Co-op Joe!

The Exclusive Kootenay Co-op Blend!

reg \$8.25 227g

\$7.75 each

reg \$15.99 454g

\$14.99 each



Eco Pac Granola

all varieties
reg \$9.59 750g

\$8.29 each

Eco Pac Muesli

all varieties
reg \$11.49 750g

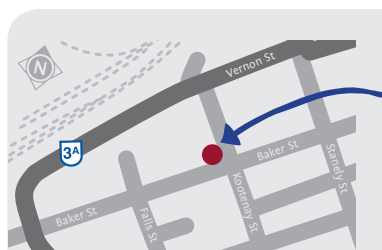
\$10.19 each

Greek Gods

Greek Style Yogurt

Plain & Honey
reg \$6.39 650g

\$5.19 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



Guayaki Yerbe Mate

Empower Mint
Raspberry Revolution
Traditional
Unsweetened
reg \$2.99 473ml

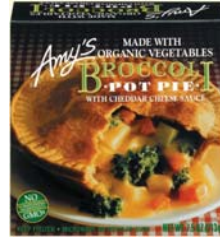
\$2.39 each



Amy's Pot Pies

Broccoli, Vegetable
reg \$4.49 213g
and
Shepherd's Pie
reg \$4.49 227g

\$3.79 each



Nile Spice Soup Cups

Lentil
Couscous Lentil
Black Bean
Minestrone
Potato Leek
Split Pea
Sweet Corn
reg \$2.19 30g - 56g

\$1.79 each



Wild Onion Nutburgers

Original
Rosemary Rye
reg \$9.99 /4 patties

\$8.99 each



Organicville BBQ Sauce

Original
Tangy
reg \$6.49 383g

\$4.99 each



Spectrum Olive Oils

Extra Virgin Olive Oil
reg \$10.59 375ml

\$8.69 each

Organic Extra Virgin Olive Oil
reg \$11.99 375ml

\$9.89 each

Extra Virgin Olive Oil
reg \$17.69 750ml

\$14.49 each

Organic Extra Virgin Olive Oil
reg \$19.95 750ml

\$16.39 each

Organic Mediterranean Olive Oil
reg \$21.49 1L

\$17.29 each



Rising Moon Frozen Pasta

Wild Chanterelle Mushroom
Basil Asiago Pine Nut Pesto
Spinach Florentine
reg \$4.99 227g

\$3.49 each



Maison Orphée Mustards

Yellow Mustard Tumeric
Dijon Mustard
Old Fashioned Mustard

reg \$3.69 250ml

\$2.99 each



Maison Orphée Vinegars

Apple Cider Vinegar
reg \$7.39 500ml

\$6.19 each

Red Wine and White
Wine Vinegar
reg \$8.79 500ml

\$7.39 each

Balsamic Vinegar
reg \$12.79 500ml

\$10.49 each



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All Specials While Quantities Last



Kettle Krinkle Cut Potato Chips

Buffalo
Cheddar Sour Cream
Salted
Salt & Pepper

reg \$5.69 397g
\$4.69 each



Simply Organic Dips

Creamy Dill
French Onion
Guacamole
Ranch

reg \$1.99 24g
\$1.49 each



Blue Diamond Growers Nut Thins

Almond
Cheddar
Ranch
Smokehouse
Pecan

reg \$3.59 120g
\$2.89 each



Kootenay Kitchen Gomashio

Traditional Sesame Salt
Sesame Sprinkle
Sesame Sprinkle (Salt Free)

reg \$6.89 170g
\$5.39 each



Amano Miso

Shiro White

reg \$5.69 400g
\$4.69 each

Aka Red
Genmai
Mugi Barley

reg \$6.79 400g
\$5.59 each



Amano Tamari

Organic Tamari
reg \$5.99 500ml

\$2.99 each

Wheat Free Tamari
reg \$8.39 250ml
\$6.89 each

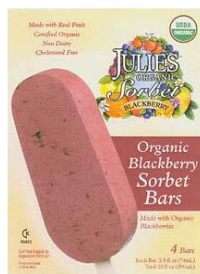
reg \$13.29 500ml
\$10.79 each



Julie's Frozen Sorbet Novelties

Blackberry
Lemon
Orange
Mango Passionfruit

reg \$5.49 4/pack
\$3.99 each



Nature Clean Household Cleaners

Fruit & Veggie Wash Spray
reg \$5.89 500ml

\$4.89 each

Tub & Tile
reg \$5.29 500ml
\$4.39 each

Fruit & Veggie Soak
reg \$6.49 700ml
\$5.29 each

Cleaning Lotion
reg \$6.99 1L
\$5.89 each



Eco-Max Ultra Dish Wash

Hypoallergenic
Lavender
Orange
Tea Tree

reg \$5.19 740ml
\$4.19 each



Endangered Species Chocolate Bars

All Varieties

reg \$3.99 85g
\$2.99 each





Knudsen
Juices



Organic Concord Grape
Organic Grapefruit
reg \$10.99 1.82L

\$9.69 each

Organic Acai
Organic Prune Nectar
reg \$7.99 946ml

\$6.89 each

Organic Black Currant
Organic Pear
reg \$5.49 946ml

\$4.59 each

Organic Blueberry Nectar
Organic Blueberry Pomegranate
Organic Cranberry Pomegranate
Organic Pomegranate
reg \$5.99 946ml

\$4.89 each

Cranberry Nectar
reg \$4.89 946ml

\$4.19 each

Pineapple Coconut
Very Veggie Low Sodium
reg \$4.89 946ml

\$3.89 each

Lemon Ginger Echinacea
Mega Green
reg \$4.99 946ml

\$3.89 each

Pineapple Nectar
reg \$4.99 946ml

\$3.99 each

Just Black Cherry
reg \$5.99 946ml

\$4.69 each

Garden Of Eatin'
Puffs & Chips



Cheddar Puffs
Yellow Bakes
Black Bean Chips
Blue Salted Chips
Guacamole Chips
Multigrain Chips
Sesame Blue Chips
reg \$4.49 127g - 255g

\$3.69 each



Knudsen
Spritzers

all varieties
reg \$1.59 311ml

\$0.99 each

reg \$5.99 4 pack

\$3.84 each

reg \$38.16 24 pack

\$22.58 each



Real Brew
Sodas

all varieties
reg \$1.59 355ml

\$1.19 each

Just Blueberry
Just Cranberry
reg \$9.99 946ml

\$8.59 each

Just Pomegranate
reg \$9.99 946ml

\$8.19 each



Made with all natural fruit juices and ingredients - what a perfect refreshment for hot summer days!



Bulk

The Spotlight on Bulk Foods Continues

Three months has passed since we completely re-vamped our Bulk section:

- lowering regular pricing an average of over 20%
- re-focusing our commitment on Certified Organic products and ethical sourcing
- listing around 50 new bulk items
- setting a goal of 10 bulk items on sale each month

The response from Co-op members to these changes has been very enthusiastic. Thanks to all members who have given us their feedback. We do listen to your product requests; we just brought back soybeans due to popular demand.

This month we've got 3 new Quinoa pasta's to try and our spelt flour is a terrific deal!



Anita's
Whole Spelt Flour
 Fine grind
 reg. \$.43/100g
\$.37/100g



Anita's
Whole Spelt Flour
 Fine grind
 reg \$86.00/20kg bag
\$70.30/20kg bag



Whole Wheat Couscous
 reg \$0.62 100g
\$0.57_{100g}



Quinoa Flour
 reg \$1.14 100g
\$0.94_{100g}



Quinoa Pasta
 Spaghetti
 Elbows
 Penne
 reg \$1.43 100g
\$1.29_{100g}



Nature's Path
Granola
 Flax Vanilla
 Pomegranate Plus
 reg \$1.10 100g
\$0.97_{100g}



Nature's Path
Granola
 Ginger Plus
 Hemp Plus
 Flax Pumpkin
 reg \$0.99 100g
\$0.86_{100g}

Spelt Sesame Sticks
 Made w/ Organic Spelt Flour
 reg \$0.96 100g
\$0.89_{100g}



Dried Mango
 reg \$2.35 100g
\$2.10_{100g}



Deli

Tre Stelle
Bocconcini Cheese

reg \$4.79 200g

\$4.09each



Apetina
Feta Cheese

reg \$7.99 400g

\$6.79each



Dofino
Havarti

Creamy
Jalapeno
Herbs & Spices
Sundried Tomato
Dill
Garden Veg
reg \$16.99 /kg



\$14.49/kg

Deli Bulk Foods



Brown Rice Syrup

reg \$.89 /100g

\$0.75100g

Organic Matters

Safflower Oil

reg \$.69 /100g

\$0.55100g



Apple Cider Vinegar

reg \$.39 /100g

\$0.31100g

Prepared Foods



Epiphany Cakes
Backcountry Cookies

reg \$3.99 2 pack

\$3.19each

reg \$11.49 6 pack

\$9.19each



Kootenay Kitchen
Végé Pâté

Herb
Curry

reg \$4.85 190g

\$4.19100g



Kootenay Bakery Cafe Co-op
Roasted Potato Salad

reg \$1.59 /100g

\$1.29100g

Coleslaw

reg \$1.55 /100g

\$1.29100g



Wellness

New Chapter

Multi For Two

reg \$49.69 96t

\$36.99 each

Every Woman

reg \$54.69 72t

\$43.69 each

reg \$79.99 120t

\$63.99 each



Every Woman's One Daily

reg \$45.49 48 tabs

\$36.39 each

40+ Every Woman II

reg \$75.99 96t

\$60.79 each

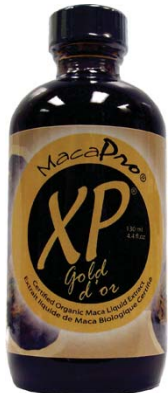
Bone Strength

reg \$40.89 60t

\$32.69 each

reg \$64.29 120t

\$51.39 each



Maca Pro

Maca Pro XP Gold

10:01

reg \$34.99 130ml

\$27.99 each

Maca is neither a medicine, nor a supplement; it is just a food loaded with vital nutrients in their natural form. The synergy of maca nutrients--naturally provided in the right proportion-- assist the body to recover from different problems, overall providing balance and well being.

Bohemian Essence

Flower Ambrosia Cream

reg \$37.99 60ml

\$29.99 each

A potent and rich moisturizer that helps to mend lines and wrinkles.



Rain Gel Hydration Serum

reg \$34.99 60ml

\$27.99 each

This light, comforting serum is a "drink" for skin, contains jojoba oil and aloe vera juice.

Blossom Light Lotion

reg \$37.99 60ml

\$29.99 each

Lightweight wonder designed to smooth the complexion while reducing the appearance of wrinkles and redness.



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Wellness

Vega

Whole Food Smoothie Infusion

reg \$29.99 454g
\$23.99 each



Vega IS raw, whole food, alkaline and plant based

Food should provide energy, not drain it! Ease of assimilation is a key benefit of wholesome, natural food.

Vega offers superior net energy gain.

Nutrient density is more important than calories

Consuming nutrient dense whole foods is a healthy way to naturally reduce caloric intake resulting in the creation of a stronger, leaner body.

Sport Performance Protein

Vanilla
Chocolate ~ new
Berry

reg \$64.99 827g
\$55.99 each



Wholefood Vibrancy Bar

Chocolate Decadence
Green Synergy
Wholesome Original

reg \$2.89 50g
\$2.29 each



Wholefood Energy Bar

Chocolate
Berry

reg \$3.79 63g
\$2.99 each



Sport Performance Optimizer

Acai Berry
Lemon Lime

reg \$48.49 540g
\$39.99 each



Wellness

Natural Factors

Lutein

reg \$39.29 18mg /60c

\$25.49 each

reg \$40.49 20mg /60c

\$26.29 each



Vision Factors

reg \$29.39 60c

\$18.99 each

Eye Factors Formula

reg \$15.79 90c

\$9.99 each

Vitamin D3

1000IU

reg \$11.49 180t

\$7.39 each



Vitamin D3

1000IU

reg \$11.99 180 softgels

\$7.79 each



Vitamin B12

Methylcobalamin

reg \$12.29 1000mcg / 90 sublingual tabs

\$7.99 each

Magnesium Citrate

reg \$12.99 150mg 90c

\$8.39 each



Natural Factors

Melatonin 3mg

reg \$11.99 90 sublingual tabs

\$7.79 each



- Promotes positive sleep/wake cycles
- Effective in relieving jet lag
- May improve SAD (seasonal affect disorder)
- Helps shift workers adjust to new sleep patterns

Hi Potency B Complex

reg \$29.59 210c

\$18.99 each



RxOmega-3 Factors Extra Strength

reg \$26.99 150gels

\$18.89 each

OsteoMove Extra Strength Joint Care Plus Vitamin D3 1000 IU 90T for free!

reg \$42.89 120t

\$29.99 each



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All Specials While Quantities Last



Wellness

Lily of the Desert

99% Aloe Vera Gelly

Soothing Moisturizer
reg \$5.99 114g

\$4.79 each

reg \$12.49 342g

\$9.99 each



Green Beaver

Organic Sunscreen

Kids SPF 30 sunscreen
SPF 30 sunscreen
reg \$18.79 90ml

\$14.99 each



Master Formulae



Citronella Supreme Lotion

Citronella Supreme Lotion
reg \$8.59 60ml

\$6.39 each

Citronella Supreme Mister

reg \$11.99 80ml

\$8.99 each

This lotion or spray are an excellent insect repellent and will also help soothe insect bites.



A.Vogel

Absolut Arnica Gel

SPF 30 sunscreen
reg \$15.29 50g

\$10.69 each

Traditionally used to soothe muscle and joint inflammation with the associated pain due to sprains and bruises, Arnica provides symptomatic relief of pain associated with osteoarthritis in the knee and hand.

