

June

Monthly
Specials
2011

Grocery

Ryza
Rice
Non Dairy Beverage
Original, Vanilla
reg \$3.45 946ml

\$2.69 each

reg \$41.40 case

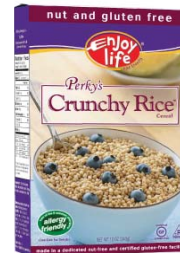
\$30.67 case



Enjoy Life
**Nut & Gluten Free
Cereal**

Crunchy Flax
Crunchy Rice
reg \$4.99 283g

\$3.89 each



Manna Organics
**Frozen Sprouted
Manna Bread**

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

reg \$3.69 400g

\$3.19 each



Millet Rice
Multigrain
Sun Seed
Whole Rye

reg \$3.19 400g

\$2.69 each



**Bavarian Style
Sourdough**

Sunny Sourdough
Flax Sourdough
Whole Rye Sourdough

reg \$4.69 454g

\$3.79 each



Amy's Frozen Burgers
Veggie Burgers

California, Texas
reg \$7.79 284g

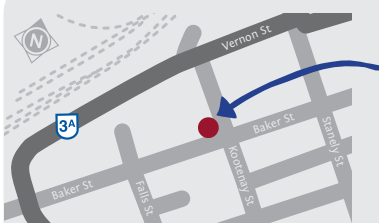
\$5.99 each



Ginger People
**Classic Dip and
Cooking Sauces**

Peanut, Chili, Teriyaki, Sesame
reg \$6.99 375ml

\$4.59 each



Kootenay Country Store Co-op

295 Baker Street

phone: 250-354-4077

email: customerservice@kootenay.coop

Nelson, BC V1L 4H4

fax: 250-354-4097

online: www.kootenay.coop

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All Specials While Quantities Last

Monthly Specials | 1



Tasty Bite

Indian Entrees

Bengal Lentils
Bombay Potatoes
Jaipur Vegetables
Kashmir Spinach
Madras Lentils
Punjab Eggplant
reg \$3.45 285g

\$2.59 each



Pro Bar

Nutritional Food Bars

Selected Varieties
reg \$4.29 85g

\$2.89 each

Selected Varieties
reg \$1.99 37g

\$1.49 each

Barbara's Bakery

Fig Bars

Blueberry Fig
Multigrain
Fat free Raspberry
Whole Wheat
reg \$5.99 340g

\$4.39 each



Happy Planet
Shelf Stable

reg \$3.89 946ml

\$2.99 each
+ deposit



Terra
Chips
Original

reg \$6.59 170g

\$5.39 each



Mexi-Snax

Tortilla Chips

Nacho Cheese
Sesame
Pico de Gallo
reg \$4.49 255g

\$2.99 each



Alexia

Frozen Prepared Vegetables

Onion Rings

reg \$4.79 340g

\$3.79 each

Sweet Potato Fries

reg \$4.29 425g

\$3.39 each

Spicy Sweet Potato Fries

reg \$5.29 567g

\$4.19 each

Oven Reds Parmesan Garlic

reg \$3.89 425g

\$2.99 each

Waffle Cut Potatoes

reg \$5.29 567g

\$4.19 each

Simply Natural
Organic Mustards

Dijon
Stoneground
Yellow

reg \$4.19 330ml

\$2.99 each



Spectrum

Mayonnaise

Canola

reg \$5.19 473ml

\$4.29 each

reg \$7.65 946ml

\$6.29 each

Low Cal Eggless

reg \$4.75 473ml

\$3.89 each

Organic

reg \$7.99 473ml

\$6.49 each

reg \$11.99 946ml

\$9.59 each



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All Specials While Quantities Last



Kettle Baked
Potato Chips

Salted
Aged Cheddar
Hickory Honey BBQ
Salt & Pepper
Salt & Vinegar

reg \$3.39 113g
\$2.79 each



Traditional Medicinal
Teas

Bancha
Green w/Ginger
Hojicha
Kukicha
reg \$5.99 20 Bags

\$4.99 each



Ginger People
Ginger Beverages

Ginger 'Gizer
Ginger Soother
reg \$2.59 354ml

\$1.49 each



Maranatha
Dark Chocolate Nut Spread

Almond
reg \$9.29 368g

\$7.59 each

Peanut Butter
reg \$6.49 368g

\$5.19 each



Nut Butter

Almond Raw
Almond Roasted
reg \$9.75 340g

\$7.99 each

Peanut Butter Crunchy Salted
Peanut Butter Smooth Salted
reg \$6.99 500g

\$5.79 each



Vivani
Organic Chocolate Bars

Dark 72%
Dark w/Cassis
Dark w/Orange
Dark Peppermint
Milk
Cappuccino
Milk Hazelnut
Praline
White Chocote w/Rice
reg \$4.25 100g

\$3.19 each

Dark 85%
Ecuador Dark 70%
Ecuador Dark w/Chili
reg \$5.99 100g

\$4.59 each



Happy Planet
Cooking Sauces

Coconut Curry
Mushroom & Wine
Butter Chicken
Ginger Miso
Roasted Red Pepper
Yellow Curry
reg \$4.39 300ml

\$3.59 each



Yves
Veggie Cuisine

Whole Golden Corn
Black Beans
Garbanzo Beans
Kidney Beans
Pinto Beans
Soy Beans
reg \$2.99 398ml

\$2.39 each



Rico 'n' Lalo
Frozen Fruit Ice Bars

Selected Varieties
reg \$2.49 80ml

\$1.99 each





Bulk

The Spotlight on Bulk Foods Continues

This month we have 9 terrific bulk specials for you. We have included lots of staple items again: Quinoa, Pumpkin Seeds, Sesame Seeds, and a few varieties of Rice. This is also a perfect opportunity to try some interesting new items like Sprouted Quinoa or White Chia Seeds. Even if you are not buying items that are on special, June is a great month to stock up - you can be confident Co-op bulk pricing is very competitive.



Left Coast
Quinoa
reg \$1.75 100g
\$0.67_{100g}



Left Coast
Sprouted Quinoa
reg \$1.83 100g
\$1.73_{100g}



Left Coast
Pumpkin Seeds
reg \$1.32 100g
\$1.25_{100g}



Left Coast
Black Sesame Seeds
reg \$.84 100g
\$.75_{100g}



Horizon
Long Grain Brown Rice
reg \$.43 100g
\$.39_{100g}



Horizon
Short Grain Brown Rice
reg \$.43 100g
\$.39_{100g}



Horizon
White Sushi Rice
reg \$.56 100g
\$.49_{100g}



Organic Matters
Unhulled Sesame Seeds
reg \$.64 100g
\$.57_{100g}



Organic Matters
White Chia Seeds
reg \$1.85 100g
\$1.69_{100g}

Chia seeds are nature's forgotten super food. They have a subtle flavour and are high in fibre, omega 3, antioxidants, calcium and more. 1 or 2 tbsp/day can be added to nearly any foods, liquids or



Deli

The Village Cheese Co. Cheese

Original Smokehouse Cheddar
Original Canadian Maple
Merlot Wine
Raw Milk Cheddar
Gewurtztriminer Wine Cheddar
reg \$2.95 100g

\$2.69_{100g}

Hot Horseradish Monterey Jack
reg \$2.79 100g

\$2.49_{100g}



Krinos

Kefalotiri Cheese

reg \$3.11 100g

\$2.50_{100g}



Kefalotiri is considered to be the ancestor of most hard Greek cheeses. Made from pasteurized sheep's milk and aged more than 90 days, it has a sharp, salty taste and a unique aroma which is similar to the Italian Pecorino Romano. Krinos Kefalotiri is usually grated over sauces, stews, and salads. It also makes an excellent "Saganaki".

Based in the Okanagan Valley, the Village Cheese Co.'s award-winning Farmstead Artisan cheeses are made in traditional, time-honored ways. More information: www.villagecheese.com

Deli Bulk Foods

Organic Matters

Organic Balsamic Vinegar

reg \$.98 /100g

\$.79/kg



Balsamic vinegar contains powerful antioxidants called polyphenols which fight cell damage and boost our immune system. These antioxidants have the potential to protect against heart disease, cancer, and other inflammatory conditions. Balsamic can also help boost the activity of the digestive enzyme pepsin thus improving metabolism.

Prepared Foods



World Eats Catering

Carrot Cake

reg \$3.49 each

\$2.79_{each}

Peanut Butter Plus Cookies

reg \$.85 each

\$.69_{each}



Feed Your Soul Foods

Indonesian Rice Salad

reg \$1.47 100g

\$1.19_{100g}

Sunny Mushroom Balls

reg \$.79 each

\$.65_{each}



Wellness

Mega Food

Over 40 Wholefood Supplement

For Women over 40
For Men over 40
reg \$51.99 60t

\$41.59 each

MegaFood Women's and Men's Over 40 One Daily provide wholesome nourishment for life in a convenient one tablet daily formula. These gender and age specific formulas contain 100% whole food nutrients and restorative organic herbs to address specific physiological needs.



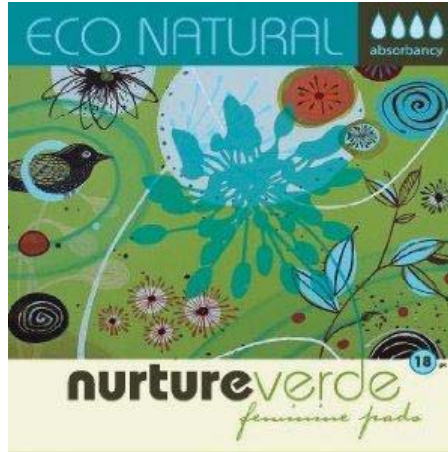
Nutraverde

Feminine Pads

Light Pads
Medium Light Pads
Medium Heavy Pads
Heavy Pads
Liners
reg \$7.39



\$5.89 each



Eco natural feminine pads made from 100% annually renewable resources.

Chemical/Chlorine free, super soft top sheet for extra comfort.

Absorbent core, breathable, leak proof membrane, hygienically sealed in moisture proof bio-film. 100% compostable where municipal facilities exist.

Aubrey

Sunscreens

Active Lifestyles SPF 30 tropical scent
SPF 30 unscented
reg \$18.69 118ml

\$14.89 each



Saving Face SPF 15
reg \$11.69 68ml

\$9.29 each



After Sun Care

Aloe Vera Gel
reg \$9.89 118ml

\$7.89 each

New Roots

Strong Bones

reg \$25.99 90c

\$17.99 each

reg \$45.49 180c

\$31.79 each

reg \$74.49 360c

\$51.99 each



It is important to support strong bones and bone growth. This is especially true for women who are four times more likely to suffer from osteoporosis as men. Strong Bones is broad spectrum formula to defense against osteoporosis.



Wellness

Andalou **new**

Body Care Products

Shampoos & Conditioners

Lavender Biotin Volume
Sunflower Citrus Shine
Sweet Orange Argan Moisture
reg \$9.99 340ml

\$7.49ea

Styling Products

Lavender Biotin Volume Style Spray
Sunflower Citrus Hold Hair Spray
Sunflower Citrus Shine Style Gel
Sweet Orange Argan Styling Cream
reg \$9.99 200ml - 242ml

\$7.49ea

Skin Care - Cleansers

Apricot Probiotic Cleansing Milk
Meyer Lemon Creamy Cleanser
Citrus Kombucha Cleansing Gel
reg \$12.49 178ml

\$9.29ea

Skin Care - Toners

Blossom & Leaf Toning Refresher
reg \$12.49 178ml

\$9.29ea

Skin Care - Masks & Scrubs

BioActive 8 Berry Enzyme Mask
Pumpkin Glycolic Brightening Mask
Avo Cocoa Skin Food Mask
Lemon Sugar Facial Scrub
reg \$14.49 50ml

\$10.79ea

Skin Care - Treatments

Deep Wrinkle Dermal Filler
Luminous Eye Serum
reg \$19.29 18ml

\$14.39ea



Travel Sizes Available

Sunflower Citrus Shine Shampoo
Lavender Thyme Body Lotion
Mandarin Vanilla Shower Gel
60ml

\$1.99ea

Lotions

Lavender Thyme Body Lotion
Citrus Verbena Body Lotion
Mandarin Vanilla Body Lotion
reg \$11.99 326ml

\$8.99ea

Shower Gels

Lavender Thyme
Citrus Verbena
Mandarin Vanilla
reg \$9.99 326ml

\$7.49ea

Body Butters

Lavender Shea
Kukui Cocoa
Passion Fruit
reg \$13.49 236ml

\$9.99ea

Hand Cream

Lavender Shea
reg \$8.99 100ml

\$6.69ea

Facial Creams

Super Polypeptide Lift & Firm
Probiotic + C Renewal
Fruit Stem Cell Night Repair
reg \$23.99 50ml

\$17.99ea

Serums

Fruit Stem Cell Revitalize Serum 32ml
Omega Glow Facial Concentrate 56ml
reg \$23.99

\$17.99ea



Wellness

Weleda

Birch Body Scrub

reg \$19.39 100ml

\$15.49 each



Birch Cellulite Oil

reg \$32.29 100ml

\$25.79 each

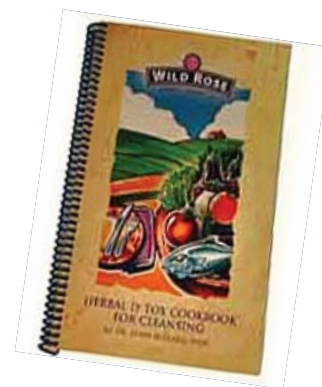


Wild Rose

Herbal De-tox with FREE Cookbook

reg \$42.99

\$32.99 each



Nordic Naturals

Cod Liver Oil

Lemon and Strawberry

reg \$27.99 237ml

\$22.39 each

Orange

reg \$46.69 473ml

\$37.29 each

With vitamin D lemon

reg \$28.99 237ml

\$22.99 each

Soft Gels with lemon

reg \$23.99 90c

\$18.99 each



Seventh Generation

Diapers

Stages 1 to 6

reg \$16.99 480ml

\$14.39 each

Plus \$3 off coupon!
(while quantities last)



Baby Wipes

Refill

reg \$4.99 /70

\$3.99 each

Tub

reg \$4.99 /70

\$3.99 each





Snap Botanicals

{LOCAL}

Wellness

Relief, Rest, Restore

reg \$22.29 60ml

\$17.79ea



St Francis

Mineral Matrix

reg \$29.89 360g

\$23.89ea

reg \$47.99 720g

\$38.39ea



Brad King's

Ultimate Line Male Energy

reg \$26.79 60c

\$18.69

\$45.49 120c

31.79each

Prostate

reg \$35.89 90c

\$24.99

\$57.99 180c

40.59each

Libido

reg \$43.99 90c

\$30.79

\$71.39 180c

49.99each

BOOK - Beer Belly Blues

reg \$22.95

\$17.19each



Her Energy

reg \$44.99 120c

\$31.49each



High Alpha Whey Protein

Tropical Vanilla, Unflavoured
reg \$24.99 300g

\$19.99

\$58.59 840g

46.89each



Sytrinol

reg \$23.79 30c

\$16.59each



Schinoussa

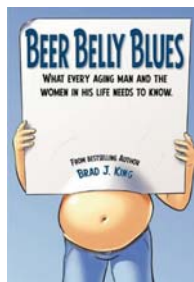
Sea Vegetables

Plain

Berry

reg \$47.99 270g

\$35.99each



The Ultimate line is about improving lives, one body at a time, by correcting and maintaining metabolism. Effective nutrient supplementation can often be the missing piece to your metabolic puzzle. Our supplements and lifestyle recommendations are designed to support and optimize metabolism at the cellular level, resulting in abundant energy, health and longevity.

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All Specials While Quantities Last



Wellness

Sequel

Health Optimizer

- Plain 1030g
- Berry 1029g
- Chocolate 1064g
- Vanilla Chai 979g
- reg \$69.99

\$55.99 each



Renew Life

Candigone

reg \$37.39 Kit

\$25.99 each



Candizyme

reg \$26.99 45c

\$18.89 each

Fibersmart

reg \$25.39 120c

\$17.79 each



Fibersmart

reg \$20.59 227g

\$14.39 each



Florasmart Extra Strength

reg \$23.99 30t

\$16.79 each



Ultimate Flora

reg \$36.49 30c

\$25.49 each



Intestinew

reg \$37.99 162g

\$26.59 each

Optimum health begins with a properly functioning digestive system, which is why every ReNew Life product is specifically formulated to provide the highest level of digestive support.

Renew Life's product line consists of formulations that address a broad range of digestive concerns as well as help to cleanse and support the digestive system.

Because it is their sole focus, they are able to concentrate entirely on providing the finest digestive care products available.

www.renewlife.com