

February

Monthly
Specials
2012

Specials Pricing for Active
Members Only - Easy to join!

Nature's Path  Canadian
Love Crunch
All Varieties
reg \$5.49 325g
\$4.69 each



Soup Du Jar
Soups 
All Varieties
reg \$6.59 650ml
\$5.49 each



Canadian Heritage Organics 
Maple Syrup  Canadian
#2 Amber
#3 Dark -
reg \$14.99 500ml
\$12.99 each




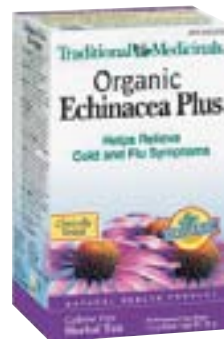
All other Canadian
Heritage Organics
products also on sale
in February!
See in store for details.

Maranatha
Nut Butter
Peanut Butter Crunchy Salted
Peanut Butter Smooth Salted
reg \$6.69 500g
\$5.49 each



Almond Raw
Almond Roasted
reg \$9.29 340g
\$7.99 each

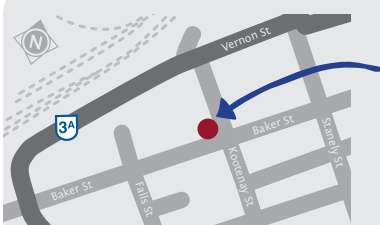
Traditional Medicinals 
Teas
Chamomile
Peppermint
Golden Green
reg \$4.99 20 Bags
\$3.99 each



All other varieties
reg \$5.99 20 Bags
\$4.99 each

Natura  Canadian
**Non-Dairy
Almond & Soy
Beverages**
All Varieties
reg \$2.99 946ml
\$2.39 each

reg \$35.88 12/946ml
\$27.25 case



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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Specials Pricing for Active Members Only

All Specials While Quantities Last

Monthly Specials | 1



Harvest Sun

Bouillon Cubes



Herbal
Mushroom
Onion
Vegetable
reg \$3.29 6 cubes

\$2.59 each



Chicken
Low Sodium
Miso
Yeast Free
reg \$3.99 6 cubes

\$3.29 each

Bouillon Powder

Chicken
reg \$5.69 75g

\$3.59 each

Eden

Canned Tomatoes



Crushed, Crushed with Basil,
Diced, Diced with Basil, Diced
with Chilies, Roasted Onion
reg \$2.99 398ml

\$2.39 each

Crushed, Crushed with Basil,
Crushed with Onion & Garlic,
Diced, Whole Peeled, Whole
Peeled with Basil
reg \$4.29 796ml

\$3.29 each



Canned Sauces

Pizza/Pasta Sauce
reg \$4.29 398ml

\$2.99 each

Original
No Salt
reg \$5.99 680ml

\$4.69 each

Raincoast Trading

Canned Salmon & Tuna

Wild Smoked Albacore Tuna
reg \$8.29 150g

\$6.49 each

Albacore Tuna
Albacore Tuna - no salt
reg \$6.29 150g

\$4.99 each

Wild Pink Salmon
Wild Pink Salmon - no salt
reg \$3.69 160g

\$2.89 each

Wild Sockeye Salmon
reg \$6.59 160g

\$5.29 each

Wild Sockeye Salmon
- no salt
reg \$5.99 160g

\$4.79 each

Wild Sockeye Salmon -
boneless, skinless
reg \$6.99 150g

\$5.49 each

Wild Pink Salmon - boneless,
skinless
reg \$4.99 150g

\$3.99 each

Wild Smoked Sockeye Salmon
reg \$8.49 150g

\$6.79 each



20% off

Wild Pacific Sardines

All Varieties
reg \$3.49 120g

\$2.79 each

Like its sister products, Raincoast Trading Pacific Wild Sardines are carefully packed in BPA-free tins, all-natural, traced from boat to shelf, and Ocean Wise endorsed.

Sardines are a valuable source of omega-3 oils, vitamins, calcium, and protein.

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Specials Pricing for Active Members Only

All Specials While Quantities Last

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GT's

Raw Kombucha Beverage

All Varieties
reg \$3.69 480ml

\$2.89 each



Imagine Soup

All Varieties
reg \$5.69 500ml - 1L

\$3.29 each

40% off



Broth

All Varieties
reg \$5.29 1L

\$2.99 each

Daiya Canadian

Non-Dairy "Cheese" Shreds

Cheddar
Mozzarella
Pepperjack
reg \$5.29 227g

\$4.29 each



Sobaya

Buckwheat Noodles

Soba, Kamut Soba, Spelt Soba
Kamut Udon, Spelt Udon
reg \$3.69 - \$3.99 230g

\$3.29 each



Seventh Generation

4x Laundry Liquid

Free & Clear, Geranium Blossoms & Vanilla
reg \$23.99 1.47L

\$15.99 each

Shower Cleaner
Tub & Tile Cleaner

Glass Cleaner
Toilet Cleaner

\$4.69 each



Karthein's Canadian

Sauerkraut

Simple
Traditional
Carrots & Ginger
reg \$5.99 375ml

\$5.29 each

reg \$9.99 750ml

\$8.69 each



Crofters



Fruit Spreads

Fruit Juice Sweetened Spreads

All Varieties
reg \$4.49 235ml

\$3.39 each

Canadian

Yves

Sliced Veggie "Meats"

All Varieties
reg \$3.89 120g - 155g

\$3.19 each



See in store for ALL Yves products on sale for February!



Endangered Species Chocolate Bars

Organic Varieties
reg \$2.29 40g

\$1.59 each



Regular Varieties **30% off**
reg \$3.69 85g

\$2.59 each



Vivani

Organic Chocolate Bars



♥ **20% off**

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

\$3.39 each



Green & Black's Chocolate Bars

All Varieties
reg \$3.89 100g

\$3.29 each



Camino

Chocolate Bars

All Varieties
reg \$4.49 100g

\$3.79 each

♥ *Cuisine Camino is a
Canadian Cooperative!*



Gift Baskets - Order something lovely for your sweetheart for Valentines Day! We can arrange to have it delivered within Nelson too! Call 250 354 4077 for info, or to place an order.



Bulk

Spotlight on Bulk


We have twelve excellent bulk specials for you this month! We choose our bulk specials from the selection our distributors offer- then we pass these saving on to you. We aim to offer a wide variety of staples (Quinoa, Millet, Raw Almonds) as well as a selection of products you might not usually buy (Dry Roasted Salted Almonds, Corn Meal, and Anita's Sprouted Spelt and Whole Wheat Flours).

New items for this month in the bulk department include:


- Two Anita's Breakfast Boost cereals (15% off for February)
- New Organic Dried Pineapple
- Organic Cannelini Beans
- Organic Black Barley


We've also brought in Surf Sweet Hearts which are natural gummy hearts just for the month of February to help you celebrate Valentine's Day. And a warm welcome back to Organic Textured Soy Protein! Finally, we welcome your product suggestions! Please fill out a customer request form at Customer Service and we will find out the product's availability.



Quinoa 
 reg. \$0.75/100g
65¢/100g
 reg \$85.00 /11.34kg
\$70.00/bag

Millet 
 reg. \$0.30/100g
27¢/100g
 reg \$34.00 /11.34kg
\$29.00/bag

Almonds
 Raw
 reg. \$1.75/100g
\$1.59/100g


Almonds
 Dry Roasted Salted
 Tamari Roasted
 reg. \$1.99/100g
\$1.79/100g



Corn Meal
 reg. \$0.37/100g
33¢/100g
 Canadian 


Trail Mix
 Fruit & Nut
 reg. \$3.09/100g
\$2.69/100g
 Canadian 


Trail Mix
 Choco Nut
 reg. \$3.49/100g
\$3.09/100g
 Canadian 




Anita's  Canadian
Sprouted Spelt Flour
 reg. \$0.97/100g
85¢/100g
 reg \$95.00 /10kg
\$80.75/bag


Anita's  Canadian
Sprouted Whole Grain Wheat Flour
 reg. \$0.75/100g
65¢/100g
 reg \$75.00 /10kg
\$61.75/bag


Anita's  Canadian
Breakfast Boost Cereal 
 Chia & Hemp
 Nut & Seed
 reg. \$2.55/100g
\$2.15/100g



Deli

Fish

Cheese

The Village Cheese Co. Canadian

- Raw Cheddar
 - Smoked Cheddar
 - Maple Cheddar
 - Gewurtztraminer
 - Horseradish Monterey Jack
- reg \$3.05 100g
- \$2.69**_{100g}

Emmi Swiss Cheese

Emmenthal
reg \$2.45 100g
\$2.09_{100g}

Gruyere
reg \$3.09 100g
\$2.59_{100g}

Cave Aged Gruyere
reg \$2.99 100g
\$2.49_{100g}



Rainforest Trading Co. Canadian

Wild Smoked Salmon Lox
Select
reg \$9.99 113g
\$8.49_{113g}



Deli Bulk Foods

Extra Virgin Olive Oil
reg \$1.69 100g
\$1.44_{100g}

Molasses
reg \$0.50 100g
44¢ 100g

Prepared Foods

Feed Your Soul Foods

Apple Betty
reg \$2.89 each
\$2.29_{ea}

Nutty Heaven
reg \$2.95 each
\$2.39_{ea}

Apricot Coconut Square
reg \$2.49 each
\$1.99_{ea}

Feastwest Catering

Lemon Dill Orzo Salad
Udon Seaweed Salad
reg \$1.95 /100g
\$1.56_{100g}

Kootenay Kitchen Paté
Herb Curry
reg \$4.99 each
\$4.29_{ea}



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Wellness

Progressive

VegeGreens

The Ultimate Super Food

Original
Blueberry Medley
reg \$39.99 255g

\$32.99 each

reg \$69.99 510g-530g

\$58.99 each



Vitamin C

reg \$27.49 120 veggie caps

\$21.99 each

VegeGreens is a comprehensive combination of over 60 land, sea and cruciferous vegetables, as well as super green foods, EFAs, pre and probiotics, enzymes and herbal extracts. A daily dose is equivalent to six to eight servings of vegetables, and offers a full spectrum of nutrient-rich and highly alkaline foods. Professionally formulated and energetically tested, Vege Greens contains no artificial flavours, colours, or sweeteners, and no hidden ingredients.

Mega Food

Women Over 40 one daily

Men Over 40 one daily

reg \$33.89 30t

\$27.89 each

reg \$53.89 60t

\$45.89 each



- MegaFood's FoodState Concentrates are made with fresh, colorful and raw whole foods, not refined food powders or juices.
- Wholesome nourishment for life in a convenient one tablet daily formula
- 100% Whole Food Nutrients that are readily recognized and utilized by the body
- Restorative organic herbs to address specific physiological needs.

Vega *Canadian*

Pre-Workout Energizer

Lemon-Lime
Acai Berry
reg \$46.99 540g

\$39.99 each

Recovery Accelerator

Apple Berry
Tropical
reg \$37.99 540g

\$31.99 each

Endurance Bar

Mocha ~ Acai Berry
reg \$3.39 60g

\$2.89 each



Protein Bar

Chocolate Coconut
Chocolate Savi Seed
reg \$3.39 60g

\$2.89 each



Vega Sport Performance System

Whole Food Health Optimizer

Berry 1039g ~ Chocolate 1073g
Plain 1039g ~ Vanilla 988g
reg \$69.99

\$44.99 each



With additional \$5 off coupon - you pay \$39.99

Performance Protein

Berry 810g
Chocolate 947g
Vanilla 827g
reg \$59.99

\$52.99 each

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Specials Pricing for Active Members Only

All Specials While Quantities Last

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Wellness

Nordic Naturals

A great way to introduce young children to a daily multi.

Nordic Berries

reg \$22.99 120 Gummy Berries

\$19.99^{ea}



Nordic Omega 3 Gummie Worms

reg \$26.49 30s

\$22.99^{ea}



Chewy strawberry fish oil treats for children ages two years and over.

- No artificial flavorings, colorings, or preservatives
- Great taste
- Gluten FREE
- Yeast FREE
- Milk derivative FREE
- Easy to chew

Wild Rose Canadian

Herbal D-tox

reg \$38.99 kit

\$32.99^{ea}



With additional \$3 off coupon - you pay \$29.99

Dr Dünner

Sambu®Guard

reg \$23.99 175ml

\$19.99^{ea}

Sambuguard contains a unique blend of elderberry concentrate and extract as well as freshly pressed echinacea and vitamin C. Also includes elderberry fruit concentrate made of wild-grown elderberries, elderflower extract made of wild-grown elderberry blossoms, echinacea from certified organically grown Echinacea purpurea plants and acerola cherry powder supplying natural vitamin C.

Cold Guard for Kids

reg \$21.99 175ml

\$18.99^{ea}

Used in Herbal Medicine to help fight off infections, especially of the upper respiratory tract. Supportive therapy in the treatment of upper respiratory tract infections (e.g. common colds). Helps to relieve the symptoms and shorten the duration of upper respiratory tract infections.

Sambu Elderberry Concentrate

reg \$20.99 175ml

\$17.99^{ea}



Sambuguard Lozenges

reg \$14.49 40t

\$12.49^{ea}

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Specials Pricing for Active Members Only

All Specials While Quantities Last

Monthly Specials | 8



Wellness

Everyday Shea Shampoo & Conditioner

Lavender Mint
Vanilla Orange
reg \$18.99 950ml

\$12.99_{ea}



32% off

Sisu  Canadian CoQ10 Bonus Size

reg \$29.99 100mg 150c

\$22.99_{ea}



Seventh Generation

Diapers

Stages 1 to 6
reg \$16.99 pack

\$14.99_{each}



Baby Wipes

Refill & Tub
reg \$4.99 /70

\$3.99_{each}

New Chapter Perfect Prenatal

reg \$42.99 96t

\$35.99_{ea}



Multi for Men
Multi for Women

reg \$48.99 72t

\$36.99_{ea}



PLUS additional \$5 off coupon for these 3 products

Whole Mega

1000mg
reg \$27.99 60 softgels

\$19.99_{ea}

1000mg
reg \$44.99 120 softgels

\$37.99_{ea}



New Chapter supplements are whole food. Easily recognized and absorbed.

New Chapter vitamin, mineral and herbal supplements are a whole-food complex – something your body easily recognizes and absorbs. Sourced from nature’s bounty of organic fruits, vegetables, herbs and superfoods and cultured in probiotics to deliver the full spectrum of Nature’s benefits.

Because New Chapter’s vitamins, minerals and herbs are a whole-food complex, they’re gentle on your stomach. So gentle that you can even take them on an empty stomach. In fact, New Chapter doesn’t even consider them food supplements, but supplemental food.



Wellness

Kiss My Face **33% off**
Toothpaste Value Duo Pack

Triple Action

Whitening

reg \$11.98 96gx2

\$7.99 each



Dr Bronners
Soap Bars

All Varieties

reg \$4.29 140g

\$3.59 each



Desert Essence

Dental Care

Dental Floss 50 yards

Dental Tape 30 yards

reg \$3.99

\$2.99 each



Organika Canadian

Full Spectrum
Enzymes

reg \$47.99 260c

\$36.99 each



Vogel

Echinaforce

reg \$16.49 120t

\$13.49 each

reg \$15.99 50ml

\$12.99 each

reg \$24.49 100ml

\$19.49 each

Forté

reg \$14.99 30t

\$11.99 each

Junior

reg \$13.99 90t

\$11.49 each



Soothing Cough Syrup

reg \$11.99 100ml - for dry cough

\$8.99 each

Bronchosan

reg \$16.99 50ml - for wet cough

\$13.99 each

Andalou Naturals
Face Care

Apricot Probiotic Cleansing Milk

Meyer Lemon Creamy Cleanser

Citrus Kombucha Cleansing Gel

Blosson & Leaf Toning Refresher

reg \$11.99 178ml

\$9.99 each

Find all Andalou
Naturals face care
products on sale
in-store for February.

17% off



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Specials Pricing for Active Members Only

All Specials While Quantities Last

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