

# November

Monthly  
Specials

2011

**NEW Member Benefits Start Now!**

## Member-only Specials

Case-lot Sales in April and October

Wellness Week Member Pricing

Annual Patronage Return  
(as recommended by the Board of Directors)

Discounts on cooking classes,  
wellness classes and events

Purchases over \$300 receive a gift  
card valued at 10% of total purchase

10% Discounts on  
case purchasing

### **Kootenay Country Store Co-op**

295 Baker Street Nelson, BC V1L 4H4

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

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

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



We reserve the right to correct printing errors

**Specials Pricing for Active Members Only**

**All Specials While Quantities Last**

Monthly Specials | 1



Blue Diamond

## Non Dairy Almond Beverage

All varieties

reg \$3.29 946ml

**\$1.99** each

reg \$39.48 12/946ml

**\$22.69** case



**40% off**

Blue Diamond

## Nut Thins

All Varieties

reg \$3.59 120g

**\$2.79** each



*Blue Diamond is a Cooperative!*

Raincoast Trading

## Canned Salmon & Tuna

Wild Smoked Albacore Tuna

reg \$8.29 150g

**\$6.49** each

Wild Pink Salmon

Wild Pink Salmon - no salt

reg \$3.69 160g

**\$2.89** each

reg \$44.28 12/160g

**\$32.95** case

Wild Pink Salmon - boneless, skinless

reg \$4.99 150g

**\$3.99** each

Wild Smoked Sockeye Salmon

reg \$8.49 150g

**\$6.79** 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

Frozen Smoked Salmon

reg \$9.99 113g

**\$7.99** each



## Wild Pacific Sardines

In Tomato Sauce

Dill & Parsley

Cumin & Coriander

Chili & Lime

In Spring Water

reg \$3.49 120g

**\$2.79** each

Canadian

**20% off**



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Specials Pricing for Active Members Only

All Specials While Quantities Last

Monthly Specials | 2



### Karthein's Sauerkraut

Simple  
Traditional  
Carrots & Ginger  
reg \$5.99 375ml

**\$4.99** each

reg \$9.99 750ml

**\$8.49** each



Canadian



### Wellington Crackers

All Varieties  
reg \$3.19 125g - 150g

**\$2.49** each



Eden Foods



### Pizza/Pasta Sauce

reg \$4.29 398ml

**\$2.99** each

**30%** off

### Canned Tomatoes

All Varieties

reg \$3.29 398ml

**\$2.39** each

reg \$4.49 796ml

**\$3.29** each



Ginger People

### Ginger enerGizer & Ginger Soother

reg \$2.39 354ml

**\$1.79** each

Ginger is said to soothe the throat and stomach, warm the internal organs, and ease nausea and ailments from colds to headaches.





*Canadian*  
Happy Planet

ORGANIC

### Juice

All Varieties  
reg \$5.49 - \$6.99 1.89L

**\$4.49** each



### Shots

All Varieties  
reg \$2.69 75ml

**\$2.29** each



*Canadian*

Udder Guys

### Premium Ice Cream

Udderly Chocolate  
Crème Caramel  
Mango  
Roasted Coconut  
Vanilla Bean



new

Dark Rum & Raisin  
Pure Maple & Walnut  
Pistachio  
reg \$6.69 500ml

**\$5.69** each

FAIR TRADE

ORGANIC

### Cuisine Camino Juice

Limeade  
reg \$3.89 946ml

**\$3.19** each

Guava, Mango, Mango Orange  
& Tropical  
reg \$4.69 946ml

**\$3.89** each



Cuisine Camino

### Hot Chocolate

Dark  
Milk  
reg \$8.29 336g

Drinking Chocolate  
Chili Spice  
reg \$8.89 275g

**\$6.69** each



*Canadian*  
Cuisine Camino is a  
Canadian Cooperative!

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Specials Pricing for Active Members Only

All Specials While Quantities Last

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*Taste Adventure*  
**Soup Mix**

Black Bean  
Curry Lentil  
Golden Pea  
Split Pea  
Sweet Corn Chowder  
reg \$3.99 110g - 141g

**30% off**



**Bean Flakes**

reg \$3.99 130g

**\$2.79** each

Vitasoy **ORGANIC**  
**Non Dairy Soy Beverage**

All Varieties  
reg \$2.99 946ml

**\$2.49** each



reg \$35.88 12/946ml

**\$28.39** each

*Divine Harvest*  
**Fruit Spread**

All Varieties  
reg \$6.99 212ml

**\$5.39** each



*Canadian*

*Oregon Chai*  
**Chai Tea Concentrate**

Original Dry Mix  
reg \$6.69 240g

**\$4.69** each

**30% off**

The Original Chai  
Slightly Sweet Chai  
Vegan Chai  
reg \$6.29 946ml

**\$4.39** each

The Original Chai  
reg \$37.74 6/946ml

**\$25.00** case



*Maisie Janes*  
**Almond Butter**

Smooth & Crunchy  
reg \$10.99 453g

**\$8.49** each





Eco-Max  *Canadian*  
**Laundry Liquid**

Select Varieties  
reg \$16.59 3L

**\$11.99** each

*Mexi Snax*  
**Flavoured Tortilla Chips**

All Varieties  
reg \$3.99 255g

**\$2.99** each

*Amy's*   
**Refried Beans**

All Varieties  
reg \$3.39 398ml

**\$2.69** each

*Daiya*  *Canadian*  
**Vegan Cheese**

All Varieties  
reg \$5.29 227g

**\$3.89** each

*Camel*  
**Halvah**

All varieties  
reg \$1.99 85g

**\$1.59** each

*Nature's Path*   
**Granola**

Select Varieties  
reg \$4.89 325g

**\$3.99** each

*Oogies'*  
**Popcorn**

Original Kettlecorn  
reg \$3.39 227g

**\$2.59** each 

All other varieties  
reg \$3.99 141g

**\$2.99** each

*Simply Natural*   
**Salsa**

Mango  
Medium  
Mild  
Pineapple  
reg \$3.99 470ml

**\$2.79** each

Black Bean & Corn  
reg \$4.29 470ml

**\$2.99** each





# Bulk

## The Spotlight on Bulk Foods Continues

*Cuisine Camino*  
**Cane Sugar**

reg \$0.37/100g

**33¢**/100g

This fall, we've seen almost all of our primary bulk foods distributors adjust their pricing - mostly in an upward direction. The good news is the Kootenay Co-op is able to absorb most of these pricing increases which is made fiscally possible by the changes to our Membership Benefit structure. Unfortunately, on some things like nuts, astute members will see some sticker price changes. What is interesting here is conventional bulk commodities have seen an even bigger increase than certified organic - so we are actually in very good shape comparatively speaking.

**Semi-Sweet Chocolate 56%**

**Bittersweet Chocolate 70%**

reg \$3.00/100g

**\$2.30**/100g



This November brings some pretty incredible pricing on delicious, bulk chocolate brought to you from Camino (La Siembria) - a Fair Trade, Certified Organic Canadian Co-operative. They also bring us our sugar which shares all of the same ethical origins and it is also on sale. Finally, Organic Milk Chocolate covered raisins are on sale for 40% off!



*Sunridge Farms*  
**Milk Chocolate Raisins**

reg \$2.77/100g

**\$1.66**/100g

**40% off**



*Cuisine Camino is a Canadian Cooperative!*

**Pecan Halves**

Raw  
reg. \$3.19/100g

**\$2.89**/100g



**Cashews**

Raw Pieces  
reg. \$2.09/100g

**\$1.89**/100g



*Skeet & Ikes*  
**Trail Mix Fruit & Nut**

reg \$3.09/100g

**\$2.59**/100g



*Skeet & Ikes*  
**Trail Mix Choco Nut**

reg \$3.49/100g

**\$2.99**/100g



**Spelt Sticks Natural Snacks**

With Organic Flour  
reg. \$0.96/100g

**87¢**/100g

**Wild Rice Sticks Natural Snacks**

With Organic Flour  
reg. \$0.87/100g

**79¢**/100g

**Garbanzo Beans**

reg. \$0.42/100g

**38¢**/100g



*Golden Temple*  
**Super Nutty Granola**

reg \$0.89/100g

**69¢**/100g



## Deli

### Cheese

**ORGANIC** {LOCAL}

#### Jerseyland Cheese

Mild Gouda  
reg \$2.49 100g  
**\$2.00**<sub>100g</sub>

Garlic & Dill Gouda  
Herb Gouda  
Peppercorn Gouda  
reg \$2.99 100g  
**\$2.40**<sub>100g</sub>

Leicester Cheddar  
reg \$2.89 100g  
**\$2.30**<sub>100g</sub>

Onion & Garlic Cheddar  
reg \$3.19 100g  
**\$2.55**<sub>100g</sub>

Jalapeño Cheddar  
reg \$3.19 100g  
**\$2.55**<sub>100g</sub>

Asiago  
reg \$2.81 100g  
**\$2.25**<sub>100g</sub>

Parmesan  
reg \$3.80 100g  
**\$3.00**<sub>100g</sub>

Feta  
reg \$2.50 100g  
**\$2.00**<sub>100g</sub>

Herb Feta  
reg \$2.64 100g  
**\$2.10**<sub>100g</sub>

Cottage Cheese  
reg \$1.39 100g  
**\$1.10**<sub>100g</sub>

Cheddar Curds  
reg \$2.39 100g  
**\$1.90**<sub>100g</sub>

Canadian



### Deli Bulk Foods

Cook Flavoring Co.  
**Vanilla**  
reg \$3.49 100g

**ORGANIC**

**\$2.65**<sub>100g</sub>



Bioagaves De La Costa  
**Agave Syrup**  
reg \$1.09 100g

**ORGANIC**

**90¢**<sub>100g</sub>



### Prepared Foods

Feastwest Catering

{LOCAL}

#### Butternut Quinoa Salad

reg \$1.95 100g  
**\$1.55**<sub>100g</sub>



**ORGANIC**  
new

Feastwest Catering

{LOCAL}

#### Chocolate Oat Bars

reg \$2.69 each  
**\$2.15**each

Figtree Gluten Free Fare

#### Gluten Free Cookies

{LOCAL}

Chocolate, Almond, Lemon  
reg \$2.69 each

**\$2.19**each

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## Wellness

### Ergogenics

#### New Zealand Whey

Unflavoured  
Vanilla Bean  
reg \$34.49 445g

**\$29.49** each

reg \$53.99 910g

**\$48.99** each



New Zealand Whey Protein comes strictly from dairy herds which graze on healthy (pesticide-free, chemical-free) natural green grass pastures, even in winter. This all-year outdoor pasture farming results in dairy products that are acclaimed worldwide for their goodness, nutrition, energy and taste.

**25% off**

#### Naturally Nova Scotia

#### Neptune Krill Oil 500mg

reg \$31.49 60 softgels

**\$23.49** each



Canadian

These essential fatty acids (EFAs) are largely in the phospholipid form, a more biologically active than other EFA sources such as fish.

Krill oil has proven cardiovascular and anti-inflammatory benefits. It lowers total cholesterol, low density lipoprotein (LDL) and triglyceride (TG), while increasing high density lipoprotein (HDL). It contains astaxanthin, a powerful antioxidant.

Harvested in an environmentally friendly and sustainable manner.

Boiron **18-22% off**

#### Influenzium 9CH

reg \$13.49 5 doses

**\$10.49** each



#### WHAT IS Influenzium?

A homeopathic dilution of the yearly updated influenza vaccine.

2011-2012 blend composition:

A/California/7/2009 (H1N1)

A/Perth/16/2009 (H3N2)

B/Brisbane/60/2008

#### Oscillococcinum

reg \$14.99 6 doses<sup>1</sup>

**\$11.99** each



**Oscillococcinum** helps rid you of the flu, from the very start. Fever, chills, body aches, headache? Take Oscillo and reduce the length and intensity of your flu symptoms.

reg \$23.99 12 doses

**\$18.99** each

#### Stodal Cough

reg \$10.49 125ml

**\$8.49** each



**Stodal** is a pasteurized honey-based cough syrup that is formulated to relieve dry through productive coughs in children. Specifically formulated for children 1 year and older.

#### Coryzalia Cold

reg \$16.49 30 doses

**\$13.49** each



**Coryzalia** relieves symptoms of cold in infants and children and provides symptomatic relief for runny nose and nasal congestion. Specifically formulated for infants 1 month and older.



# Wellness

## Mega Food Blood Builder (daily food)

reg \$18.99 30t

**\$14.99** each

reg \$36.99 90t

**\$29.99** each



Blood Builder provides 100% whole food iron with synergistic nutrients and organic beet root to maintain healthy levels of iron.

The inclusion of 100% whole food vitamin C enhances iron bioavailability and utilization for maximum nutritional benefit.

## Sisu Canadian B Stress with Rhodiola Bonus Size

reg \$28.99 150c

**\$23.49** each



**19% off**

B Stress provides the complete B vitamin complex to support metabolism, brain function and nervous system.

Each vegetarian capsule is enhanced with rhodiola (roseroot), one of the best known herbal adaptogens for comprehensive protection against the effects of stress.

## Baby & Me (100% wholefood)

reg \$59.99 120t

**\$51.99** each



Baby & Me is composed of 100% whole food nutrients.

It is an excellent source of essential vitamins and minerals, particularly important to supplement during pregnancy and lactation.

## Purica Immune 7 Beyond Immune Support

reg \$41.99 120c

**\$35.99** ea

 Canadian



A potent immune formula containing 6 organic whole mushroom mycelia (nano particles) and aqueous extracts in addition to Nutricol\* and bromelain.

\*A proprietary blending of green tea and grape bioflavonoid concentrates that provides a high concentration of exceptionally active antioxidants to further boost the immune response.

## Health Matters Camu C 500mg

reg \$23.99 90c

**\$17.99** ea

**25% off**



Delivers 100 mg of real vitamin C in every capsule, along with naturally-occurring bioflavonoids, anthocyanins, and other vital food co-factors.

Camu berries are one of the richest and most bioavailable sources of food form vitamin C on the planet(30-60 times more vitamin C than an orange!) and contain powerful antioxidant, anti-viral and immune-supporting properties

Camu C is a source of beta-carotene, calcium, iron, niacin, phosphorus, riboflavin, thiamin as well as the amino acids serine, valine and leucine. It contains a significant amount of chemical compounds with anti-depressant properties

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Specials Pricing for Active Members Only

All Specials While Quantities Last

Monthly Specials | 10



## Wellness

**16-24% off**

### Progressive Vitamin C Complex

reg \$16.99 60 v caps

**\$12.99** each

reg \$27.49 120 v caps

**\$21.99** each

This unique formulation contains a synergistic combination of both isolated and botanical forms of Vitamin C, along with a specialized array of complementary nutrients designed specifically to enhance Vitamin C uptake, absorption and utilization while maximizing anti oxidant activity.



**Canadian**

### Vega Wholefood Smoothie Infusion

reg \$28.99 454g

**\$24.49** each



Give your favorite shake or smoothie an instant boost of complete protein, fiber, Omega 3 EFAs and green foods!

Just blend Vega Smoothie Infusion with some fruit, ice, water or juice to create a whole food fortified custom smoothie creation your entire family will enjoy!

### VegeGreens

reg \$39.99 255g

**\$32.99** each

reg \$69.99 510g

**\$58.99** each

Blueberry Medley

reg \$39.99 265g

**\$32.99** each

Blueberry Medley

reg \$69.99 530g

**\$58.99** 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.

### Antioxidant EFA Oil Blend

reg \$17.99 250ml

**\$15.99** each

reg \$26.99 500ml

**\$23.99** each



Rich in Omega 3 & 6 EFAs, antioxidants and phytonutrients, Vega Antioxidant EFA Oil Blend is coldpressed without chemicals or solvents from pure, unrefined organic botanicals including hemp.

### Renew Life

#### Digest More

reg \$20.49 90c

**\$17.49** each

#### Digest More HCL

reg \$21.49 90c

**\$18.49** each



DigestMORE is a powerful blend of digestive enzymes that help ensure the proper breakdown of food so that it can be utilized by the body. Proper digestion is vital for good health and energy.

DigestMORE contains herbs that help to soothe and repair damage that may exist in the intestinal tract, making it much more than just an enzyme supplement.

#### Heartburn Stop

reg \$16.49 30t

**\$14.49** each

Natural digestive enzyme supplement & heartburn remedy, great-tasting formula for relief of occasional heartburn & indigestion





Wellness

Prairie Naturals  
Vitamin D 1000iu

reg \$23.49 500 softgels

\$14.99 each

32% off



Getting Enough Vitamin D?

Summer or winter, our need for Vitamin D is often far greater than we are getting.

Researchers now know that previous recommendations for optimal levels of Vitamin D were much too low! Vitamin D not only helps strengthen bones, vitamin D also protects against dementia, depression, certain cancers and MS. Prairie Naturals Vitamin D3 is the most readily absorbed form.

Aroma Crystal  
Gardener's Dream Cream

reg \$17.49 90ml

\$14.49 each

reg \$27.99 180ml

\$22.99 each



The cream for all you can dream of - including skin conditions, skin rashes, a full body treatment and much more!

Green Bay Harvest  
Manuka Honey Lozenges

Pure, Blackcurrant, Lemon, Red Superfruits

reg \$5.99 22g

\$4.99 each

new

ORGANIC



The Manuka Honey Lozenges are made from 100% Active Manuka Honey with proven anti-bacterial and anti-inflammatory properties.

They have no added sugar or artificial additives and have been shown to relieve symptoms of gingivitis and periodontal disease.

New Roots  
Wild Oregano C93  
Oil

reg \$14.99 15ml

\$9.99 each

33% off



Imported directly from the Mediterranean, steam distilled, hand-picked and chemical-free, Wild Oregano C93 is an effective nutritional supplement for colds, flu, bacteria, viruses and parasites.

Wild Oregano C93 is blended with premium, cold-pressed, extra virgin, certified organic olive oil to offer a powerful antiviral, antibacterial and antifungal agent with an extra-mild taste.



Wellness

Sukin **15-18% off**  
Organic Skin Care



Sukin is an environmentally conscious, natural personal care company from Australia. They offer carefully crafted products using ingredients that are the best nature has to offer.

Sukin products do not contain sulphates, synthetic fragrances, animal derivatives, harsh detergents, petro-chemicals, artificial colours, triethanolamine, mineral oils, EDTA, PABA or parabens.

Read more at [www.sukinorganics.com](http://www.sukinorganics.com)

- Facial Cleanser 125ml
- Cream Cleanser 125ml
- Facial Scrub 125ml
- Hydrating Mist Toner 125ml
- Facial Moisturizer 125ml
- Hand and Nail Creme 125ml
- Deodorant 125ml
- Body Scrub 200ml
- Hydrating Body Lotion 250ml
- Shampoo 250ml  
Purifying  
Moisture Restoring  
Protein
- Conditioner 250ml  
Nourishing  
Moisture Restoring  
Protein



**Botanical Protein Treatment**  
reg \$9.99 100ml  
**\$8.49**ea

**Night Creme** 120ml  
**Eye Serum** 3 5ml  
reg \$19.49  
**\$16.49**ea

**Hydrating Body Lotion** 500ml

**Shampoo**  
Purifying  
Moisture Restoring  
Protein

**Conditioner**  
Nourishing  
Moisture Restoring  
Protein

reg \$14.99 500ml  
**\$12.49**ea



**Travel Pack**  
reg \$23.99 kit  
**\$19.99**ea

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# Price reductions throughout the store!



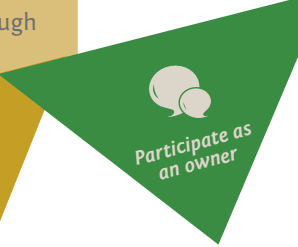
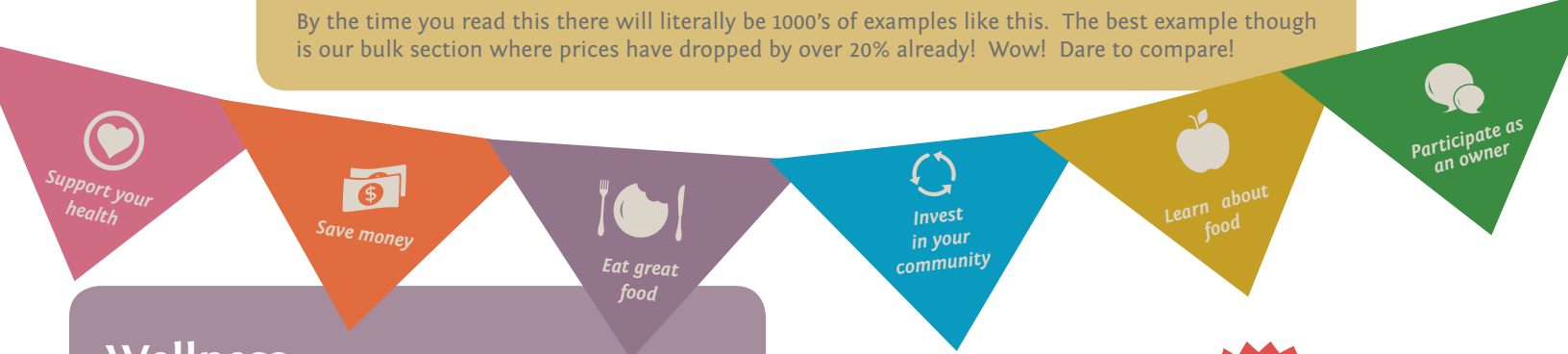
## Grocery

Grocery Department sales come from an astonishing total of more than 5000 unique products (including most Bulk Foods.) Lowering our retail pricing as a result of changes in the Membership Benefit Structure has been happening gradually over the past 3 months due to the sheer volume of products to process. Price reductions will continue right through to the New Year and beyond. We are very excited about our new ability to show how competitive we are with other retailers. To date, we've lowered approximately 1/5 of our prices.

*Here's a taste:*  
Blue Diamond Nut Thins  
Was \$4.19 now \$3.59.

Organic Eggs, 1 Dozen  
Was \$6.99 now \$5.99.

By the time you read this there will literally be 1000's of examples like this. The best example though is our bulk section where prices have dropped by over 20% already! Wow! Dare to compare!



## Wellness

Look for new pricing on 100's of items:

**10-20% lower** on many items from some of our most popular brands, including:

Natural Factors      Flora Health  
Vogel                      New Roots              And many more!

*Here's a taste:*  
Flora Organic Flax Oil 941ml  
Was \$22.49, now \$18.49

Natural Factors Hi Potency vitamin B 90caps  
Was \$17.39 now \$13.99



## Deli

To date the Deli has reduced many of our Bulk liquids. We will continue to see more reductions in the coming months.

*Including:*  
Organic Maple Syrup: 15% less  
Organic Canola Oil: 10% less  
Organic Vanilla Extract: 15% less  
Brown Rice Syrup: 10% less  
Organic Extra Virgin Olive Oil: 10% less

We have also increased the number of Deli items included in our monthly and Case Lot sales by 10% and will continue to add to these numbers!