

# September

Monthly  
Specials  
2011

## Grocery

### So Nice Non Dairy Soy Beverage

All Varieties  
reg \$3.19 946ml

**\$2.19** each

reg \$38.28 case 12 **35% off**  
**\$24.97** case

ORGANIC  
**30% off**



### Liberté Canadian Greek Style Yogurt multipacks

Blueberry  
Peach  
Vanilla **new**  
Strawberry  
reg \$4.29 4/100g multipacks

**\$3.29** pack



### Canadian Heritage Organics Canadian Maple Syrup

#2 Amber  
reg \$7.79 250ml

**\$6.59** each

#2 Amber **new**  
#3 Dark **new**  
reg \$14.99 500ml

**\$12.69** each

#1 Medium **new**  
#2 Amber  
#3 Dark  
reg \$29.89 1L

**\$25.49** each



ORGANIC Canadian

### Happy Planet Juices

Lemonade  
Raspberry Lemonade  
reg \$4.99 1.89L

**\$3.99** each

Select Varieties  
reg \$5.49 1.89L

**\$4.39** each

Happiest Orange  
reg \$6.99 1.89L

**\$5.59** each

### Smoothies

Select Varieties  
reg \$2.79 325ml

**\$2.19** each



Orange  
reg \$2.99 325ml

**\$2.39** each

### Gourmet Soups

All Varieties  
reg \$5.99 650ml

**\$4.79** each



### Cooking Sauces

All Varieties  
reg \$4.39 300ml

**\$3.49** each



WIN this wagon  
C/O Happy Planet!  
See our newsletter for  
more details...



## 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)

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All Specials While Quantities Last

Monthly Specials | 1



*Crudessence*  
**Kombucha**

All Varieties  
reg \$3.39 355ml  
**\$2.69** each

All Varieties  
reg \$8.49 1L  
**\$6.69** each



*Nuts to You* **Canadian**  
**Nut Butters**

Blanched Peanut Butter  
Smooth & Crunchy  
reg \$5.99 500g  
**\$4.69** each

Valencia Peanut Butter  
Smooth & Crunchy  
reg \$7.69 500g  
**\$5.99** each

Peanut Cashew Fruit  
reg \$8.59 500g  
**\$6.79** each

Almond Fruit  
Almond Hazelnut Fruit  
reg \$10.99 500g  
**\$8.69** each



*Cuisine Camino*  
**Baking Supplies**

Cocoa Powder  
reg \$8.29 224g  
**\$6.59** each

Cane Sugar  
reg \$7.49 1kg  
**\$5.99** each

Shredded Coconut  
reg \$4.19 200g  
**\$3.29** each



*Cuisine Camino is a Canadian Cooperative!*



Whole Brown Sugar  
reg \$8.49 1kg  
**\$6.79** each

Sugar  
reg \$4.49 454g  
**\$3.59** each

*Anita's Grain and Flour Mill* **Canadian**  
**Breakfast Boost Cereal**

Ancient Grains 250g  
Chia & Hemp 275g  
reg \$7.79  
**\$6.79** each

Nut & Seed  
reg \$9.29 250g  
**\$7.99** each



*Ecover*  
**Household Cleaners**

Cleaner Concentrate  
reg \$4.99 1L  
**\$3.79** each

Cream Scrub  
reg \$3.99 500ml  
**\$2.79** each

Floor Soap  
reg \$6.99 1L  
**\$4.99** each

Limescale  
reg \$6.99 500ml  
**\$4.99** each

Toilet Cleaner  
reg \$5.49 750ml  
**\$3.99** each

Glass Cleaner  
reg \$5.99 500ml  
**\$4.39** each



*Seventh Generation*  
**Dishwashing Products**

Dish Liquid  
Select Varieties  
reg \$4.99 739ml  
**\$3.89** each

Auto Dish Pacs  
Free & Clear  
Lemon  
reg \$6.89 15/pack  
**\$5.49** each

Dishwasher Powder  
reg \$6.89 1.3kg  
**\$5.49** each



Dishwasher Gel  
Free & Clear  
reg \$6.99 1.1L  
**\$5.59** each

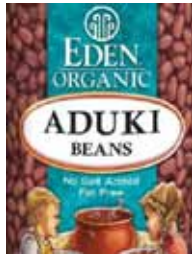


**33% off**

*Eden*  
**Canned Beans**

All Varieties  
reg \$2.99 398ml

**\$1.99** each



*Ruths Hemp Foods*  
**Hemp Power Bars**

All Varieties  
reg \$1.99 40g

**\$1.49** each

**25% off**



*Annie's* **39% off**  
**Pasta & Cheese**

Bunny Pasta  
Classic  
Petite Shells & Cheddar  
Wisconsin Shells & Cheddar  
reg \$2.89 170g

**\$1.59** each

Creamy Deluxe Macaroni Dinner  
reg \$4.89 269g

**\$2.99** each



Shells & Cheddar  
Whole Wheat Shells & Cheddar  
reg \$3.69 170g

**\$2.19** each

Petite Shells & Cheddar  
Family Size  
reg \$4.29 340g

**\$2.39** each

Rice Mac & Cheese  
reg \$3.99 170g

**\$2.39** each



*Harvest Sun*  
**Bouillon Cubes**

Chicken 72g  
Low Sodium 66g  
Miso 60g  
Yeast Free 72g  
reg \$3.99 6 cubes

**\$2.99** each

Herbal 72g  
Mushroom 66g  
onion 66g  
Vegetable 72g  
reg \$3.29 6 cubes

**\$2.49** each



*Kettle*  
**Baked Potato Chips**

All Varieties  
reg \$3.39 113g

**\$2.49** each



*Kettle*  
**Organic Chips**

Salted  
Chili BBQ  
Salt & Pepper  
reg \$3.39 142g

**\$2.49** each



*Rebar*  
**Fruit & Veggie Bar**

All Varieties  
reg \$2.29 50g

**\$1.79** each



*Amy's*  
**Canned Chili**

All Varieties  
reg \$3.99 398ml

**\$3.19** each



*Kiju*  
**Juices**

All Varieties  
reg \$3.39 1L

**\$2.59** each



*Guayaki*  
**Mate Energy Beverages**

All Varieties  
reg \$2.99 473ml

**\$2.29** each

*Pro Bar*  
**The Wholefood Bar**

All Varieties  
reg \$3.99 85g

**\$2.89** each

*Canadian*  
*Natures Path*  
**Envirokids Crispy Rice Bars**

All Varieties  
reg \$4.89 6/28g

**\$3.89** each



So Delicious



## Non-Dairy Frozen Desserts

All Varieties  
reg \$8.39 946ml

**\$6.29** each **25% off**

Annie Chun's

## Soup Bowls

All Varieties 155g

## Noodle Bowls

All Varieties 257g  
reg \$4.59

**\$3.49** each

So Delicious

## Coconut Beverage

Refrigerated  
Vanilla  
Organic Unsweetened  
Organic Original

reg \$5.59 1.89L  
**\$4.29** each



Julie's

## Frozen Sorbet Bars

All Varieties  
reg \$5.49 4/box

**\$3.99** each



Wholesome Sweeteners

**28% off**

## Agave

Blue Agave Light  
Raw Blue Agave Amber  
reg \$6.99 333g

**\$4.99** each

reg \$9.99 480ml

**\$6.99** each

reg \$14.99 900ml

**\$10.79** each



Maison Orphée

## Extra Virgin Olive Oils

Intense  
Classic  
reg \$10.29 500ml

**\$6.99** each

Delicate  
reg \$11.89 500ml

**\$7.99** each

reg \$15.99 750ml

**\$11.99** each

reg \$95.94 6/750ml

**\$68.99** case

Harmonious & Generous  
Fruity & Robust (Italy)

reg \$14.99 500ml

**\$9.99** each



## Oils

Canola  
reg \$9.89 500ml

**\$6.99** each

reg \$15.59 750ml

**\$10.99** each

Sunflower  
reg \$8.99 500ml

**\$5.99** each

reg \$13.29 750ml

**\$9.99** each

Sesame  
reg \$15.79 500ml

**\$10.99** each

Coconut  
reg \$13.99 454g

**\$9.99** each

**Canadian**



## Nut Oils

Walnut of Perigord  
reg \$12.49 250ml

**\$7.99** each

Hazelnut  
reg \$16.29 250ml

**\$10.99** each

Toasted Sesame  
reg \$14.59 250ml

**\$9.99** each



**25% off**



# Bulk

## The Spotlight on Bulk Foods Continues

For September, many of our bulk specials are of Canadian Origin: The Prairie Harvest Organic Pastas, the Anita's Organic Stone-ground Wheat Flour, and the Skeet & Ike's Gourmet Organic Granolas. Be assured that we are constantly striving to source and promote products that are as local as possible without sacrificing quality.

Our goal is to keep things constantly improving in the bulk section - new products are experimented with and slow selling products are replaced. Consequently, things do move around a fair bit and that can make it tricky to find things. Don't hesitate to ask one of our staff members to help you find your bulk items.

Don't miss our jaw-dropping low price on McCutcheon Organic Thompson Raisins - quantities from our supplier are limited but we have tried to secure an adequate amount to last the month.



Anita's

### Whole Wheat Stone-Ground Flour



reg \$ .22/100g

**\$.19**/100g

reg \$24.49/10kg

**\$19.00**/10kg bag

reg \$44.00/20kg

**\$36.00**/20kg bag

Golden Temple  
**Granola**  
Super Nut  
reg \$.97/100g  
**\$.78**/100g

Skeet & Ike's  
**Gourmet Granola**  
Original  
Berry  
reg \$1.99/100g  
**\$1.69**/100g



Thompson  
**Raisins**  
reg \$.53/100g  
**\$.39**/100g



**Natural Wasabi Peas**  
reg. \$1.04/100g  
**\$.93**/100g

**Natural Rice Crackers**  
reg \$.86/100g  
**\$.77**/100g

Prairie Harvest  
**Pasta**  
Linguine  
Penne  
Rotini  
Spaghetti  
reg \$.65/100g  
**\$.55**/100g





*Deli*

*Happy Days Goat Dairy*  
**Goat Cheese**

Mild Cheddar  
Cheddar  
reg \$2.70 /100g

**\$2.09**<sub>100g</sub>

Gouda  
Smoked Gouda  
reg \$2.70 /100g

**\$2.15**<sub>100g</sub>



{LOCAL}



*Deli Bulk Foods*

*Organic Matters*

ORGANIC

**Extra Virgin Olive Oil**

reg \$1.69 /100g

**\$1.35**<sub>100g</sub>

**Balsamic Vinegar**

reg \$.98 /100g

**\$.78**<sub>100g</sub>

*Prepared Foods*

*Feastwest*

{LOCAL}

**Thai Hot & Sour Soup**

Selected Frozen Portions  
reg \$.99 /100g

**\$.79**<sub>100g</sub>

*World Eats*

{LOCAL}

**Salads**

Chiang Mai  
Chipotle Quinoa  
reg \$1.95 /100g

**\$1.59**<sub>100g</sub>

*Laura Hyde's*

{LOCAL}

**Tweet Cookies**

Traditional  
reg \$2.49 /ea

**\$1.99**each

Chocolate  
reg \$2.99 /ea

**\$2.39**each



*Quality Bakery*

**Traditional Swiss Style Sourdough Bread**

Sunflower Rye  
Pumpernickel  
Prairie Grains  
Rocky Rye  
reg \$3.99/250g

**\$2.99**<sub>250g</sub>



ORGANIC

{LOCAL}

new

*Harmonic Resonance*

**Raw Chocolates**

Hemp Hero  
Cherry Hazelnut Heaven  
Kootenai Connection  
Grounded in the Heart  
reg \$2.29 /ea

**\$1.85**each

ORGANIC

{LOCAL}



## Wellness

### Andalou Naturals Body Care

#### Body Lotion

All Varieties  
reg \$11.99 326ml

**\$8.99** each

#### Body Butter

All Varieties  
reg \$13.49 236ml

**\$10.49** each

### Dr. Bronner's Magic Soap Pure Castile Soap

All Varieties  
reg \$15.99 944ml

**\$12.99** each

FAIR TRADE

ORGANIC



### Green Beaver Canadian Body Care

#### Natural Deodorant

All Varieties  
reg \$5.99 50g

**\$4.99** each

#### Natural Toothpaste

All Varieties  
reg \$5.79 75ml

**\$4.79** each

### St. Francis Canadian

#### Deep Immune

reg \$18.69 50ml

**\$13.69** each

reg \$27.99 100ml

**\$21.99** each

reg \$35.99 90c

**\$27.99** each



#### Virafect

reg \$18.69 50ml

**\$13.69** each

reg \$27.99 100ml

**\$21.99** each

#### Echinaseal

reg \$31.49 100ml

**\$24.49** each



#### Echinasera For Kids

reg \$19.79 50ml

**\$14.79** each

#### Deep Immune For Kids

reg \$18.69 50ml

**\$13.69** each

### Vega Canadian

#### Complete Whole Food Health Optimizer

Chocolate 1073g

Berry 1039g

Natural 1039g

Vanilla Chai 988g

reg \$69.99

**\$59.99** each



What makes Vega Whole Food Health Optimizer special? It's a natural all-in-one formula (so it covers your daily nutritional needs) that promotes optimal health while increasing energy and stamina.

#### Chocolate Blueberry Smoothie w/Lime

Recipe from the Vega Community Blog:  
[www.vegacommunity.com](http://www.vegacommunity.com)

- 1 serving of Chocolate Vega Whole Food Health Optimizer
- 1/2 Serving of Lemon-Lime Sport Performance Optimizer
- 1-2 cups Frozen Blueberries
- 1-2 cups Ice (as needed)
- 1/2-1 Banana
- 1 cup Almond Milk
- 1/2 Water





Wellness

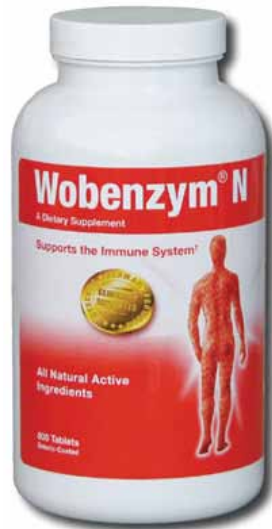
Wobenzym  
**Wobenzym**

reg \$36.99 100t

**\$27.99** each

reg \$60.69 200t

**\$48.69** each



Wobenzym N is a unique blend of systemic enzymes that provides temporary relief from aches, pain and muscle soreness due to everyday activity.

- supports the body's natural inflammation response
- leads to increased flexibility and mobility
- supports overall joint and tendon health.

Dr. Dünner  
**Sambu Guard**

reg \$27.99 175ml

**\$18.99** each



**Cold Guard for Kids**

reg \$25.36 175ml

**\$17.39** each



Salushaus  
**Kindervital**

With Calcium

reg \$27.99 250ml

**\$20.99** each

reg \$45.49 500ml

**\$34.49** each



Trophic Canadian  
**Greens Concentrate**

With Antioxidants

reg \$44.79 250g

**\$33.79** each



**High Potency EPA Omega**

Lemon

reg \$30.79 250ml

**\$21.79** each

**Multiple Vitamin & Minerals**

Iron Free, Albion Minerals

reg \$43.99 120vcaps

**\$30.99** each

**Supreme Mushroom**



9 Mushroom Blend

reg \$43.29 60vcaps

**\$30.29** each



**High Potency DHA Omega**

Lemon

reg \$43.49 250ml

**\$30.49** each

**Vita Kids Daily**

Lemon Lime

reg \$20.99 90t

**\$14.99** each





Wellness

*Efamol*  
**Efalex**  
 reg \$38.99 250ml  
**\$28.99**ea

reg \$42.79 180sgels  
**\$29.79**ea



**Evening Primrose Oil**  
 1000mg  
 reg \$29.99 90sgels  
**\$20.99**ea

reg \$47.99 180sgels  
**\$35.99**ea



*Vogel*  
**Ginkgo Forte**  
 Memory & Concentration  
 reg \$23.79 60t  
**\$16.79**ea



- Stimulates circulatory function
- improves memory and concentration
- may offer relief for headaches, migraines and tired sore legs
- clinically proven, potent fresh and organic

*Natural Factors* *Canadian*

**Natural Fruit Chews**  
**Vitamin C 500mg**

Jungle Juice  
 Mixed Fruit  
 Peach Passionflower mango  
 Blueberry Raspberry Boysenberry - **new**

reg \$12.49 90chews  
**\$8.49**ea

**Maximum Triple**  
**Strength RX Omega-3**

reg \$46.99 150sgels  
**\$32.99**ea



**Wild Pacific**  
**Salmon Oil**  
 1300mg enteric coated  
 reg \$25.59 180sgels  
**\$16.59**ea

**Garlic Rich**  
 Super Strength Garlic 50

reg \$17.79 90sgels  
**\$12.79**ea

**Resveratrol Rich**

Super Strength  
 reg \$39.69 60vcaps  
**\$26.69**ea

**PS(Phosphatidylserine)**

100mg  
 reg \$50.99 60sgels  
**\$34.99**ea



**Stress Relax Line**  
 Tranquil Sleep enteric coated

reg \$34.49 90sgels  
**\$24.49**ea

Tranquil Sleep - Tropical Fruit  
 reg \$23.99 60chews

**\$16.99**ea

Mental Calmness - Tropical Fruit  
 reg \$22.79 60chews

**\$15.79**ea

Natural Gaba 100mg - Tropical Fruit  
 reg \$25.59 60chews

**\$17.59**ea

Serenity Formula  
 reg \$17.59 60c

**\$12.59**ea



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**All Specials While Quantities Last**



## Wellness

Weleda

### Body Care

Arnica Massage Oil  
Citrus Body Oil  
reg \$22.49 100ml

**\$18.49** each

Lavender Relaxing Body Oil  
reg \$23.99 100ml

**\$19.99** each

Sea Buckthorn Body Oil  
reg \$25.99 100ml

**\$21.99** each

Pomegranate Regenerating Body Oil

Wild Rose Body Oil  
reg \$29.99 100ml

**\$24.99** each

Weleda - in harmony with the human being & nature for 90 years.

Since 1921 Weleda has been working in harmony with nature and the human being to create 100% certified natural skin, body and baby care products.



Renew Life

### Cleanse MORE

reg \$21.39 60c

**\$15.39** each



### Ultimate Flora

50 Billion  
reg \$36.49 30c

**\$25.49** each



### Liver DETOX

reg \$39.69 kit

**\$29.69** each

### Organic Clear Fiber

reg \$20.49 270g

**\$14.49** each



LiverDETOX Kit is a 30 day, two part cleansing program, designed to cleanse and detoxify the liver, while at the same time, support and enhance normal liver functions.

It will enhance both Phase I and Phase II liver detoxification and helps to regulate and normalize the production of hormones, enzymes, and blood sugar levels. Also helps stimulate the liver's production of bile.