



Kootenay
co-op

\$50 LIFETIME
MEMBERSHIP

EASY TO JOIN

CASE LOT

13 DAYS OF GREAT MEMBER SAVINGS

IN-STORE + ONLINE

Thursday, April 18TH - Tuesday, April 30TH

33%
OFF



BUY 6
\$13³³ /EA
REG \$19.99

O-LIVE
Extra-Virgin Olive Oil
1L | See pg 8. for more price options

45%
OFF



\$14⁹⁹ /EA
REG \$26.99

EVERLAND
Organic Coconut Milk
Guar gum free | 6x400ml

SAVE
\$21



\$39⁹⁷ /EA
REG \$60.99

**Organic Brown +
White Basmati Rice**
4.54kg

40%
OFF



\$23³⁹ /KG
REG \$38.90

EMMA
Organic Old Cheddar
1 kg Minimum

22%
OFF



\$19⁸⁰ /KG
REG \$25.28

BRADNER FARMS
Organic Lean Ground Beef
Frozen

27%
OFF



\$7⁹⁹ /EA
REG \$10.99

Organic Apples
Ambrosia + Gala | 5lb bag
Okanagan

36%
OFF



ORGANIKA
**Enhanced
Collagen**
500g
Pure collagen for joint, skin
gut + tissue health.

45%
OFF



NATURAL FACTORS
**Regenerlife Ultra
Omega 3 + D**
150c
Source of omega 3-EFAs for
cardiovascular, joint + brain
support.

38%
OFF



\$9⁹⁹ /EA
REG \$15.99

LILY OF THE DESERT
Aloe Vera Gelly
Pump | 454g

grocery

33% OFF



BUY 2
\$9.99 /EA
REG \$14.99

NUTS TO YOU
Organic Tahini
2x735g

27% OFF



BUY 4
\$2.75 /EA
REG \$3.79

HOT KID
Rice Crackers
All Varieties | 4x100g | Mix + Match

25% OFF



BUY 2
\$4.49 /EA
REG \$5.99

JERSEYLAND
Organic Yogurt
All Varieties | 2x750g | Mix + Match

36% OFF



\$8.99 /EA
REG \$13.99

CABOO
2-Ply Toilet Tissue
12 rolls

34% OFF



BUY 4
\$2.50 /EA
REG \$3.79

PATIENCE FRUIT CO
Organic Sour Dried Cranberries
All Varieties | 4x60g | Mix + Match

29% OFF



\$29.88 /EA
REG \$41.88

HORNBY ORGANIC
Organic Energy Bars
All Varieties | 12x80g



21% OFF



\$18.99 /EA
REG \$23.99

FEED YOUR SOUL FOODS
Spanakopita + Curry Triangles
6-pack

38% OFF



BUY 2
\$12.49 /EA
REG \$19.99

ELIMENTO
Almond Butter
Smooth | Crunchy | 2x1kg

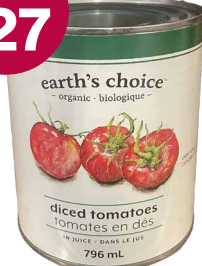
41% OFF



BUY 3
\$2.66 /EA
REG \$4.49

FILLO'S
Tamales
All Varieties | 3x113g | Mix + Match

SAVE \$27



\$44.88 /EA
REG \$71.88

EARTH'S CHOICE
Organic Canned Tomatoes
12x796ml | Diced + Crushed

33% OFF



BUY 6
\$3.32 /EA
REG \$4.99

RAINCOAST TRADING
Skipjack Tuna
Salted | Unsalted | 6x142g

grocery

UP TO 40% OFF

NON-GMO ORGANIC

Yogi
Lemon G

BUY 5
\$5.39 /EA
REG \$8.99

MOROCCAN MINT

NUMI + YOGI TEA
Organic Tea
Mix + Match | Buy 5

SAVE \$17

San Remo
100% EXTRA VIRGIN OLIVE OIL

\$52.99 /EA
REG \$69.99

SAN REMO
Extra-Virgin Olive Oil Tin
3L

27% OFF

Pamela's
Pancake & Baking Mix
Mélange à Crêpes

GLUTEN FREE

\$23.99 /EA
REG \$32.99

PAMELA'S
Gluten-Free Baking + Pancake Mix
1.81kg

33% OFF

FROM BC

HOLY NAPOLI
SACRÉMENT AUTHENTIQUE NEAPOLITAIN PIZZA

BUY 4
\$8.74 /EA
REG \$12.99

HOLY NAPOLI
Frozen Neapolitan Pizza
All Varieties | Buy 4 | Mix + Match

28% OFF

PLANT-BASED TRUE LOCAL

WILD ONION NUTBURGERS
NUTBURGERS

BUY 3
\$9.32 /EA
REG \$12.99

WILD ONION NUTBURGER
Nut Burgers
All Varieties | 3x360g | Mix + Match



SAVE \$13

ORGANIC

SAN REMO
ORGANIC STRAINED TOMATOES

\$44.48 /EA
REG \$57.48

SAN REMO
Organic Strained Tomatoes
12x720ml

SAVE \$10

ORGANIC

SAN REMO
ORGANIC CHICK PEAS

\$23.48 /EA
REG \$33.48

SAN REMO
Organic Canned Chickpeas
12x398ml

SAVE \$10

ORGANIC

SAN REMO
ORGANIC BLACK BEANS

\$23.48 /EA
REG \$33.48

SAN REMO
Organic Canned Black Beans
12x398ml

22% OFF

TRUE LOCAL ORGANIC

TREASURE LIFE
ORGANIC THICK ROLLED OATS

\$13.99 /EA
REG \$17.99

TREASURE LIFE
Organic Thick Rolled Oats
2.27kg

22% OFF

TRUE LOCAL ORGANIC

TREASURE LIFE
ORGANIC MULTIPURPOSE BAKING FLOUR

\$13.99 /EA
REG \$17.99

TREASURE LIFE
Organic Multipurpose Baking Flour
2.27kg



grocery

SAVE \$5

FROM BC ORGANIC



\$37⁹⁹ /EA
REG \$42.99

WARKENTIN FARM
Organic Frozen Blueberries
5lb

SAVE \$10

ORGANIC



BUY 3
\$10⁶⁶ /EA
REG \$13.99

EARTH'S CHOICE
Organic Lemon Juice
3x1L

38% OFF

ORGANIC



\$29⁸⁸ /EA
REG \$47.88

GUAYAKI
Yerba Mate
All Varieties | 12x458ml



kaslo
sourdough

KASLO

SAVE \$5

TRUE LOCAL



\$22⁹⁹ /EA
REG \$27.99

KASLO SOURDOUGH
Sourdough Pasta
Radiatori | Rotini | Elbow Mac | 2kg

SAVE \$8

TRUE LOCAL



\$39⁹⁹ /EA
REG \$47.99

KASLO SOURDOUGH
Sourdough Pasta
Spaghetti | Linguine | 3kg

25% OFF

GLUTEN FREE



BUY 4
\$4⁴⁹ /EA
REG \$5.99

GAROFALO
Gluten-Free Pasta
All Varieties | 4x400g

SAVE \$10

FAIR TRADE ORGANIC



BUY 4
\$6⁴⁹ /EA
REG \$8.99

CROFTERS
Premium Fruit Spread
Strawberry | Raspberry | Berry Harvest | Wild Blueberry | Apricot | 4x383ml | Mix + Match

30% OFF

GLUTEN FREE



\$23⁴⁸ /EA
REG \$33.48

KIND
Nut Bars
All Varieties | 12x40g

25% OFF

ORGANIC



\$20⁹⁹ /EA
REG \$27.99

OMEGA NUTRITION
Organic Apple Cider Vinegar
3.78L

39% OFF

NON-GMO



BUY 3
\$3³³ /EA
REG \$5.49

FILLO'S
Sofrito
All Varieties | 3x283g | Mix + Match

25% OFF



\$20⁹⁹ /EA
REG \$27.99

FIRST MATE
Pet Food
All Varieties

BYOC AND SAVE!

Remember to bring your own container to fill + get an additional 10% off!



20% OFF

ECO MAX
Laundry Soap
Hypoallergenic | Lavender

ECO MAX
Dish Soap
Hypoallergenic | Orange

SAVE \$22



\$74⁹⁷ /EA
REG \$96.99

Organic Dried Mango
2.27kg

SAVE \$18



\$49⁹⁷ /EA
REG \$67.99

Organic Raw Cashew Pieces
2.27kg

SAVE \$24



\$64⁹⁷ /EA
REG \$88.99

Organic Raw Almonds
2.27kg

SAVE \$13



\$29⁹⁷ /EA
REG \$42.99

Organic Dried Sweetened Cranberries
1.81kg

SAVE \$26



\$62⁹⁷ /EA
REG \$88.99

Organic Walnut Halves
2.27 Kg

SAVE \$6



\$18⁹⁷ /EA
REG \$24.99

Organic Thompson Raisins
1.81kg

44% OFF



2KG
\$12⁹⁷ /EA
REG \$22.99

10KG
\$55⁹⁷ /EA
REG \$99.99

Organic Fine Himalayan Salt
2kg | 10kg

SAVE \$10



\$44⁹⁹ /EA
REG \$54.99

SWAN VALLEY
True Local Honey
3kg



swan valley

Creston

bulk

35% OFF



\$14.97 /EA

REG \$22.99

Organic Cane Sugar

4.54kg

SAVE \$10



\$44.97 /EA

REG \$54.99

ANITAS

Organic Unbleached White Flour

10kg

SAVE \$6



\$18.97 /EA

REG \$24.99

Organic White Quinoa

2.27kg

SAVE \$4



\$10.97 /EA

REG \$14.99

Epsom Salt

2.5kg

SAVE \$15



\$14.97 /EA

REG \$29.99

Organic Split Red Lentils

2.27kg

SAVE \$6



\$33.97 /EA

REG \$39.99

RED STAR

Yeast Flakes

1kg

SAVE \$8



\$16.97 /EA

REG \$24.99

Organic Yellow Popcorn

3Kg

SAVE \$16



\$24.97 /EA

REG \$40.99

Organic Gummy Animals

1kg

SAVE \$18



\$24.97 /EA

REG \$42.99

Organic Vegan Wine Gums

1kg

SAVE \$10



\$34.97 /EA

REG \$44.99

PANDA

Natural Black Licorice

1.8Kg

SAVE \$17



\$24.97 /EA

REG \$41.99

Organic Gummy Fruit Sticks

1kg

SAVE \$16



\$24.97 /EA

REG \$40.99

Organic Vegan Gummy Sour Mix

1Kg

SAVE \$18



\$51⁹⁷ /EA
REG \$70

ORGANIC

Organic Thick Rolled Oats
11.34kg

SAVE \$9



\$24⁹⁷ /EA
REG \$33.99

ORGANIC

Organic Medjool Dates
1kg

SAVE \$7



\$24⁹⁷ /EA
REG \$31.99

ORGANIC

Organic Hemp Hearts
900g

SAVE \$10



\$48⁹⁹ /EA
REG \$58.99

FROM BC ORGANIC

NEW WORLD
Organic Salted Peanut Butter
Smooth | Crunchy | 4kg

SAVE \$8



\$16⁹⁷ /EA
REG \$24.99

ORGANIC

Organic Hulled Sunflower Seeds
2.27kg

SAVE \$11



\$27⁹⁷ /EA
REG \$38.99

ORGANIC

Organic Raw Pumpkin Seeds
2.27kg



peanut energy bites

Ingredients

- 1 cup dates, pitted (if dry, soak for 10 mins + drain)
- 3 Tbsp all-natural
- salted peanut or almond butter
- ¼ cup dark chocolate, roughly chopped
- 1 Tbsp hemp seeds (or sub chia seed)
- ⅔ cup rolled oats

Method

- Pulse pitted dates in a food processor or blender until they're in small pieces or start to form a ball.
- Add oats, chocolate, hemp seeds, and peanut butter (optional to add sunflower seeds, pumpkin seeds and/or nuts) and pulse or mix until combined. The mixture should have small pieces but not be over-processed.
- Carefully roll into 1-inch balls (30g per ball), using the warmth of your hands to mold them together. This recipe should yield 14-15 balls.
- To set, pop in fridge or freezer for 15 minutes. Will keep fresh in air-tight bag or container for up to a week. Freeze for longer-term storage.
- For different flavours, consider rolling the formed balls in coconut or cocoa powder.

the more you buy, the more you save!

UP TO 32% OFF

FROM BC ORGANIC

BUY 4	\$474 /EA
BUY 12	\$374 /EA

REG \$5.49

QUE PASA
Organic Chips + Salsa
All Varieties | Mix + Match

UP TO 33% OFF

FAIR TRADE ORGANIC

BUY 4	\$399 /EA
BUY 12	\$333 /EA

REG \$4.99

ALTER ECO
Organic Chocolate Bars
All Varieties

UP TO 36% OFF

FROM BC

BUY 2	\$999 /EA
BUY 6	\$749 /EA

REG \$10.99

EVERLAND
Coconut Water
4-pack

UP TO 39% OFF

FROM BC

BUY 1	\$999 /EA
BUY 2	\$799 /EA

REG \$12.99

ECOMAX
Laundry Strips
Fragrance-Free | Lavender | 32CT | Mix + Match

UP TO 50% OFF

ORGANIC

BUY 1	\$1499 /EA
BUY 2	\$999 /EA

REG \$19.99

NAKED NATURAL FOODS
Organic Refined Coconut Oil
857ml

UP TO 33% OFF

BUY 1	\$1699 /EA
BUY 6	\$1333 /EA

REG \$19.99

O-LIVE
Extra-Virgin Olive Oil
1L

UP TO 33% OFF

FROM BC

BUY 2	\$1249 /EA
BUY 4	\$999 /EA

REG \$29.98

FARMING KARMA
Fruit Soda
All Varieties | 285ml | 6-pack | Mix + Match

UP TO 41% OFF

FROM BC ORGANIC

BUY 1	\$1999 /EA
BUY 6	\$1583 /EA

REG \$26.99

MAISON ORPHEE
Organic Extra-Virgin Olive Oil
750ml

great prices for all family sizes!

UP TO
47% OFF



BUY 4
\$3.99 /EA
BUY 12
\$2.66 /EA
REG \$4.99

SEASNAX
Seaweed Snacks
All Varieties | 10g | Mix + Match

UP TO
41% OFF



BUY 4
\$3.24 /EA
BUY 12
\$2.66 /EA
REG \$4.49

BARBARA'S BAKERY
Cheese Puffs
All Varieties

UP TO
35% OFF



BUY 4
\$3.74 /EA
BUY 12
\$2.83 /EA
REG \$4.39

EARTH'S OWN
Oat Beverages
Original | Vanilla | Zero Sugar | 946ml

UP TO
29% OFF



BUY 2
\$13.49 /EA
BUY 4
\$11.99 /EA
REG \$16.99

OSO NEGRO
True Local Coffee
All Varieties

UP TO
32% OFF



BUY 4
\$5.74 /EA
BUY 12
\$4.74 /EA
REG \$6.99

EARTH'S OWN
Barista Blend Oat Beverage
946ml

UP TO
36% OFF



BUY 4
\$3.24 /EA
BUY 8
\$2.87 /EA
REG \$4.49

TAJ MAHAL
Indian Meals
All Varieties | Vegetarian | Mix + Match

UP TO
40% OFF



BUY 1
\$16.99 /EA
BUY 5
\$11.99 /EA
REG \$19.99

TERRA BREADS
Granola
Original | Pistachio | 800g | Mix + Match

UP TO
35% OFF



BUY 2
15% OFF
BUY 8
35% OFF

LA TORTILLA FACTORY
Organic Tortillas
All Varieties | Mix + Match

produce



100%
organic
produce



TRUE
LOCAL

spicer's farm
NAKUSP, BC

17% OFF

ORGANIC



\$9.99 /EA
REG \$11.99

Organic Grapefruit
Rio Red | 4lb bag
Mexico

17% OFF

ORGANIC



\$9.99 /EA
REG \$11.99

Organic Oranges
Valencia + Navel | 4lb bag
California

SAVE \$20

FROM BC ORGANIC



\$59.99 /EA
REG \$79.99

Organic Apples
Ambrosia + Gala | 40lb case
Okanagan

20% OFF

ORGANIC



\$19.99 /EA
REG \$24.99

Organic Spinach
Baby | 2lb bag
California

25% OFF

ORGANIC



\$5.99 /EA
REG \$7.99

Organic Lemons
2lb bag
California

13% OFF

ORGANIC



3 for \$6
REG \$6.87

Hass Avocado
Hass
Mexico

produce

18% OFF



\$8.99
/EA
REG \$10.99

SPICER FARMS

Organic Potatoes

Yellow, Russet, Huckleberry Gold + Violet/
Mulberry/Prince of Orange | 5lb bag

23% OFF



\$9.99
/EA
REG \$12.99

Organic Carrots

Orange | 5lb bag
California

25% OFF



\$5.99
/EA
REG \$7.99

Organic Onions

Yellow | 3lb bag
Oregon

olivier potato salad

Serves: 10 | Prep Time: 30 mins

Ingredients

- 6 potatoes, peeled
- 1 carrot, or more to taste
- 4 whole eggs
- 6 large pickles, cubed
- 1 (15oz) can peas, drained
- 1 tbsp chopped fresh dill
- ½ cup mayonnaise
- ½ cup cubed cooked ham (optional)

Method

1. Bring large pot of water to a boil
2. Add potatoes, bring to boil, cook for 5-10 mins
3. Add carrots + whole eggs, continue boil 10-15 mins - until potatoes are tender
4. Drain and slightly cool mixture
5. Chop potatoes and carrot, peel and chop eggs
6. Mix potatoes, carrot, eggs, pickles, peas, *ham, and dill together in large bowl
7. Stir in mayonnaise until salad is evenly coated

butcher shop

15% OFF



\$42⁹⁹ /KG
REG \$50.58

INTERCITY PACKERS
Whole Sockeye Salmon Fillets
Frozen | 3 Fillets

15% OFF



\$40⁹⁴ /EA
REG \$48.16

INTERCITY PACKERS
Salmon Lox
Frozen | 454g

15% OFF



\$33⁶⁴ /KG
REG \$39.58

INTERCITY PACKERS
Pacific Grey Cod
1.2kg Minimum



lemon butter cod

INGREDIENTS:

- 2 pieces Pacific Grey cod
- 2 Tbsp salted butter
- 2-3 cloves garlic, sliced
- 2 Tbsp fresh lemon juice
- Parsley, chopped

METHOD:

- Melt butter in pan over medium heat
- Sauté garlic until fragrant
- Place cod in pan, cover with lid + cook for 3 mins. Flip + cook covered on other side for another 3 mins.
- Once cooked, add lemon juice, salt + pepper + parsley.
- Add to noodle or rice bowl, or enjoy on its own with salad.

50% OFF



\$4⁹³ /KG
REG \$9.88

TARZWELL FARM
Beef Soup Bones

15% OFF



\$41¹² /KG
REG \$48.38

KOOTENAY NATURAL MEATS
Top Sirloin Steak
Frozen | 1.2kg

15% OFF



\$51⁴¹ /KG
REG \$60.48

KOOTENAY NATURAL MEATS
Striploin Steak
Frozen | 1.2kg

true local spotlight



tarzwell farm

CRESTON

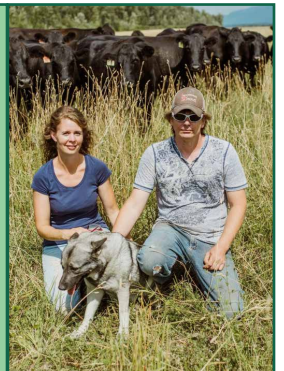
Tarzwell produce top grade, locally grown, natural beef year round that is born, raised, fed + processed in the Creston Valley. The animals are raised naturally without hormones or routine antibiotics.



kootenay natural meats

CRESTON

KNM raise their Angus herd in open pastures using farming practices that promote health. Operating with strict bio-security measures + a closed herd, all beef is grass-fed + finished.



butcher shop



15% OFF

MADE HERE

GRASS-FED ORGANIC

\$22.42 /KG

REG \$26.38

KOOTENAY CO-OP SMOKEHOUSE
Seasoned Burgers
 Frozen | 12-pack | made with organic Bradner Farm beef

25% OFF

FROM BC ORGANIC

\$25.49 /KG

REG \$33.99

BRADNER FARMS
Organic Chicken Breasts
 Frozen | Multi-pack

50% OFF

FROM BC GRASS-FED ORGANIC

\$4.93 /KG

REG \$9.88

BRADNER FARMS
Organic Beef Soup Bones

50% OFF

FROM BC ORGANIC

\$3.84 /KG

REG \$7.68

BRADNER FARMS
Organic Chicken Soup Bones

15% OFF

MADE HERE

GRASS-FED ORGANIC

\$29.66 /KG

REG \$34.90

KOOTENAY CO-OP SMOKEHOUSE
Beef Smokies
 6-pack | made with organic Bradner Farm beef

bc love

bradner farms

FRASER VALLEY + ASHCROFT/CACHE CREEK

A 4th-generation organic family farm compassionately, ethically + sustainably raising organic beef + poultry using regenerative farming practices. Chickens are free to roam, while 100% grass-fed beef have access to pastures year round.

cheese + tapas

TRUE LOCAL

jerseyland

GRAND FORKS

Jerseyland Organics is a family owned and operated dairy farm in Grand Forks, B.C. After completing its transition to *Certified Organic* status in 1994, Jerseyland Organics became BC's first organic dairy and producer of organic cheese and yogurt.



20% OFF

TRUE LOCAL

ORGANIC



\$26³⁹ /KG
REG \$32.90

JERSEYLAND
Gouda
750g Minimum | Unpasteurised

25% OFF



\$35⁶⁹ /KG
REG \$47.59

CAPRANO
Goat Cheddar
750g Minimum

35% OFF



\$21⁴⁰ /KG
REG \$32.90

JACKS CHEESE
Emmental
1 kg Minimum

35% OFF



\$25⁹⁰ /KG
REG \$39.90

LANDANA
Red Wax Mild Gouda
1 kg Minimum

25% OFF



ORGANIC

\$12⁷⁹ /EA
REG \$16.99

TRE STELLE
Mozzarella Ball 3-Pack
3x 250g

30% OFF



\$13⁹⁹ /EA
REG \$19.99

DU VILLAGE
Pleine Lune Brie
450g

UP TO 25% OFF



WOOLWICH
Chevrai
Mix + Match | Plain | Fine Herb | 300g

BUY 2
\$9⁵⁹ /EA

BUY 3
\$8⁹⁹ /EA

REG \$11.99

UP TO 30% OFF



STONEWALL KITCHEN
Jelly & Spreads
Mix + Match | All Varieties | 314ml (Mint Jelly is 347ml)

BUY 2
\$11¹⁹ /EA

BUY 3
\$9⁷⁹ /EA

REG \$13.99

cheese + tapas

40% OFF



\$22.79 /KG
REG \$37.90

SAN REMO
Castelvetrano Olive
Pitted | 1kg bag

40% OFF



\$21.49 /KG
REG \$35.90

SAN REMO
Castelvetrano Olive
With Pits | 1kg bag

33% OFF



\$23.49 /KG
REG \$34.90

DIVINA
Mediterranean Olive Medley
1kg bag

40% OFF



\$21.49 /KG
REG \$35.90

SAN REMO
Kalamata Olive
Pitted | 1kg bag

40% OFF



\$19.79 /KG
REG \$32.90

SAN REMO
Kalamata Olive
With Pits | 1kg bag

25% OFF



\$17.69 /EA
REG \$23.49

TRE STELLE
Cow Feta
1kg



olive tapenade

Ingredients

- 1 cup Castelvetrano olives, pitted
- ½ cup Kalamata olives, pitted
- ¼ cup flat leaf parsley
- 1 tbsp capers, drained
- ¼ cup extra virgin olive oil
- 2 medium cloves garlic, minced
- 1tbsp lemon juice

Method

1. In food processor, combine all of the ingredients and pulse 10 times.
2. Scrape down sides of jar, and pulse 5-10 more times until you reach the desired texture.
3. Serve + enjoy!

wellness

32% OFF



\$12.99 /EA
REG \$18.99

**EVERYONE
Kid's Soap**
All Varieties | 960ml

32% OFF



\$12.99 /EA
REG \$18.99

**EVERYONE
3-in-1 Soap**
All Varieties | 960ml
Shampoo, body wash +
bubble bath in one.

33% OFF



\$5.99 /EA
REG \$8.99

**EVERYONE
Hand Soap**
All Varieties | 377ml

32% OFF



\$14.99 /EA
REG \$21.99

**EVERYONE
3-in-1 Lotion**
All Varieties | 946ml
Light + moisturizing for face,
hands + body. Real plant
extracts + vitamin E.

31% OFF



\$8.99 /EA
REG \$12.99

**ORGANIC TRADITIONS
Cacao Butter**
227g

32% OFF



\$14.99 /EA
REG \$21.99

**ORGANIC TRADITIONS
Cacao Powder**
454g

31% OFF



\$24.99 /EA
REG \$35.99

**VEGA
Protein and
Greens**
Vanilla | Chocolate |
Berry | Plain | 590g

PLANT-BASED
NON-GMO

36% OFF



\$17.96 /EA
REG \$27.96

**MOUNTAIN SKY
Bar Soap**
Assorted | 4-pack

33% OFF



\$15.99 /EA
REG \$23.99

**WELEDA
Skin Food**
Cream | 75ml
Rich moisturizer for the
driest skin.

38% OFF



\$19.99 /EA
REG \$31.99

**NOW
Magnesium
Flakes**
One cup contains 19g
elemental magnesium.

36% OFF

\$7.39 /EA
REG \$11.49



**NOW
Essential Oil**
Lemon, Eucalyptus,
Lavender +
Peppermint | 30ml

\$7.39 /EA
REG \$11.49



**NOW
essential oil**
100% pure
eucalyptus

\$11.99 /EA
REG \$18.99



**now
essential oils**
100% pure
lavande

\$8.99 /EA
REG \$13.99



**now
essential oils**
100% pure
peppermint
menthe poivrée

wellness

UP TO
38% OFF



JASON
Toothpaste
Healthy Mouth | Sea Fresh | Powersmile

BUY 1
\$5.99 /EA
BUY 3
\$4.99 /EA
REG \$7.99

botanica
VANCOUVER

Finely crafted,
organic plant-based
supplements
formulated by
herbalists,
naturopaths +
nutritionists

SAVE
\$14



BOTANICA
Perfect Greens
Berry | Unflavoured |
216g

FROM BC ORGANIC



36% OFF



ALPHA HEALTH
Supreme Organic MCT Oil
60/40 | 1L
A great source of fatty acids.

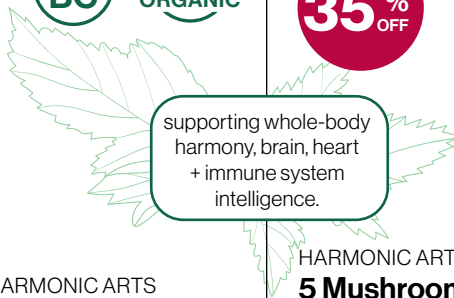
FROM BC ORGANIC

35% OFF



HARMONIC ARTS
Lion's Mane
60c

FROM BC ORGANIC



35% OFF

FROM BC ORGANIC



HARMONIC ARTS
5 Mushroom Blend
60c

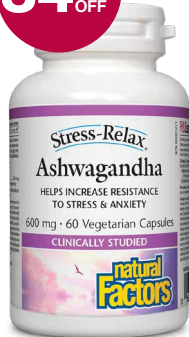
33% OFF



FLORA
Organic Flax Oil
941ml
Easily add to soup,
smoothies + salads for great
source of omega 3's.

FROM BC ORGANIC

34% OFF



NATURAL FACTORS
Ashwagandha
600mg | 60c
Stress support, alleviates
restlessness + fatigue.

\$18.99 /EA
REG \$28.99

FROM BC ORGANIC

36% OFF



NATURAL FACTORS
Gaba
100mg | 60 chew
Promotes relaxation + helps
with anxiety.

\$18.49 /EA
REG \$28.99

FROM BC ORGANIC

36% OFF



NATURAL FACTORS
Tranquil Sleep
Tropical Fruit | 60 chew
Helps to fall asleep quickly,
sleep soundly + wake up
feeling refreshed.

\$17.99 /EA
REG \$27.99

FROM BC ORGANIC

35% OFF



NATURAL FACTORS
Mental Calmness
100mg | 60 chew
Improves quality of sleep,
heightens mental acuity
+ reduces caffeine side
effects.

\$16.99 /EA
REG \$25.99

FROM BC ORGANIC

36% OFF



NATURAL FACTORS
Magnesium Citrate Powder
Tropical, Berry | 250g
Add hot water to create a
highly absorbable magnesium.

\$17.99 /EA
REG \$27.99

FROM BC ORGANIC

wellness

37% OFF



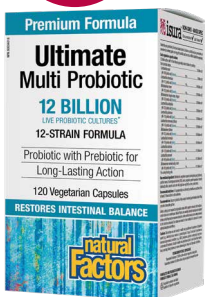
\$16.99 /EA

REG \$26.99

NATURAL FACTORS
L-Glutamine
300g

Accelerates gut lining healing + supports muscle recovery + growth.

34% OFF



NATURAL FACTORS
Ultimate Multi Probiotic
120c

Supports maintenance of healthy gut environment.

36% OFF



\$22.99 /EA

REG \$35.99

NATURAL FACTORS
N-Acetyl-L-Cysteine - Bonus
600mg | 180c

Repairs lung tissue + supports respiratory health.

40% OFF



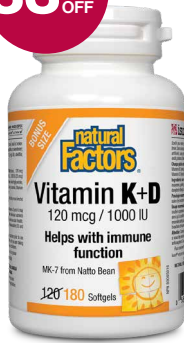
\$8.99 /EA

REG \$14.99

NATURAL FACTORS
Melatonin
3mg | 210t

Reduces time it takes to fall asleep and improves sleep quality.

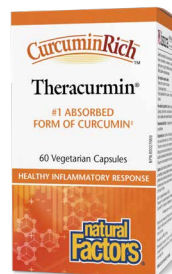
33% OFF



NATURAL FACTORS
Vitamin K&D
180c

Increases calcium absorption and building of strong bones.

34% OFF



NATURAL FACTORS
Theracurmin
30mg | 60c

Everyday anti-inflammatory support.

44% OFF



\$13.99 /EA

REG \$24.99

NATURAL FACTORS
Vitamin D
1000iu | 500c

Support for healthy immune system, strong bones + teeth + mental wellbeing.

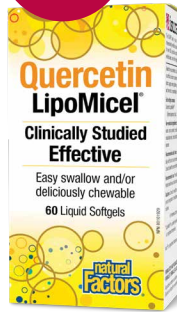
37% OFF



NATURAL FACTORS
Anti-Viral
100ml

Potent antiviral and immune system support all in one.

38% OFF



NATURAL FACTORS
LipoMicel Matrix Quercetin
250mg | 60 soft gel

For optimal immune, heart and histamine support.

41% OFF



\$12.99 /EA

REG \$21.99

NATURAL FACTORS
Vitamin B12
1000mg | 210t

Increases cellular metabolism + red blood cell formation for mental acuity + energy.

35% OFF



NATURAL FACTORS
BioCgel
210 soft gel

Liposomal C enhanced with flavonoids berry antioxidants.

43% OFF



TROPIC
Vitamin D Liquid
1000iu | 50ml

Essential for bone health, cold + flu protection.

wellness

52% OFF

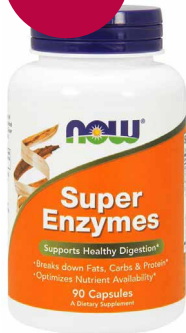


NAVITAS
Organic Superfood Blend
Adaptogen | Berry | Greens
180g | 150g

\$12.99 /EA

REG \$26.99

33% OFF

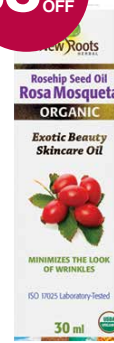


NOW
Super Enzymes
90c
Helps optimize breakdown of fats, carbohydrates + protein, with bromelain, ox bile, pancreatin + papain.

\$19.99 /EA

REG \$29.99

35% OFF



NEW ROOTS HERBAL
Rosa Mosqueta Oil
30ml
Nourishes dry skin + smoothes fine lines.

\$14.99 /EA

REG \$22.99

34% OFF



NEW ROOTS HERBAL
Body Muscle Massage Lotion
250ml
Increase circulation, alleviate pain + soothe sore muscles.

\$18.99 /EA

REG \$28.99

33% OFF



NEW ROOTS HERBAL
Ultra Iron
30mg | 90c
With vitamin C + B's for best absorption.

\$15.99 /EA

REG \$23.99

38% OFF



NEW ROOTS HERBAL
Ultra B Complex
50mg | 90c
Supports nerve function, enhance cellular metabolism + offers stress support.

\$19.99 /EA

REG \$31.99

37% OFF

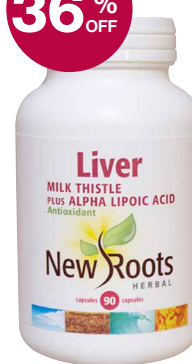


NEW ROOTS HERBAL
Ultra Zinc
30mg | 90c
Cellular support to protect against viral invasion.

\$11.99 /EA

REG \$18.99

36% OFF



NEW ROOTS HERBAL
Liver
90c
Daily herbal support to help protect liver cells + enhance natural detoxification.

\$33.99 /EA

REG \$52.99

36% OFF



NEW ROOTS HERBAL
Pure Magnesium Bisglycinate
130mg | 120c
Relaxes muscles + nerves, support brain + heart health.

\$22.99 /EA

REG \$35.99

36% OFF



ORGANIKA
Bone Broth
Chicken | Beef | 300g
Rich in glucosamine, collagen, minerals + protein.

37% OFF



ORGANIKA
Organic Gelatinized Maca
400g
Enhances endurance, energy and libido.

40% OFF



ORGANIKA
Electrolytes
Raspberry | Lemonade | Pineapple | 210g
Supports hydration, muscle function + energy production.

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Shop the Case Lot Sale Online at
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your co-op difference

100% OF PROFITS RE-INVESTED



community

Profits are given to local organizations who focus on local food security, climate action, education, and arts.



employees

Profits are reinvested back to our employees with increased wages + benefits, staff discounts, and bonuses.



our co-op

Profits create new member services, enhances shopping experiences, and ensures financial viability.



you

Profits are shared with you by way of our patronage return. The more you shop, the more you get back!