



Kootenay  
co-op

JANUARY 4 - 31

# january specials

new year **new**  
meal ideas

wellness tips for  
**2024 goals**

**citrus season**  
has arrived!

All specials are for active members only, while supplies last. We reserve the right to correct printing errors. E&OE.  
[www.kootenay.coop](http://www.kootenay.coop) | 777 Baker Street, Nelson, BC | 250-354-4077 | [shop.kootenay.coop](http://shop.kootenay.coop)



# cozy up with curry



**\$7.99**  
/EA

**20% OFF**

NAKED + SAUCY  
**Organic Soy-Free Sauces**  
All Varieties | 296ml



**\$4.99**  
/EA

**32% OFF**

CHA'S ORGANICS  
**Curry Paste**  
All Varieties | 55g



**\$4.99**  
/EA

**28% OFF**

MARUKAN  
**Organic Rice Vinegar**  
355ml



**\$4.49**  
/EA

**25% OFF**

NOBLE BEAN  
**Organic Original Tempeh**  
All Varieties | 240g

**30% OFF**



**2 for \$6**

STAHLBUSH ISLAND  
FARMS  
**Frozen Veggies**  
All Varieties | 350g



**\$18.99**  
/EA

**30% OFF**

EVERLAND  
**Coconut Milk**  
Full Case | 6x400ml



Lotus Foods brings you the highest quality organic rice and rice noodles, while promoting human and environmental welfare.

They source rice from smallholder farmers, giving them access to international markets and promote organic + regenerative practices to restore natural resources and slow climate change.



**\$4.99**  
/EA

**33% OFF**

LOTUS FOODS  
**Brown Rice Pad Thai Noodles**  
All Varieties | 227g



# butcher shop



**\$12<sup>22</sup>** /KG

**25% OFF**

FARMCREST  
**Whole Chicken**  
Frozen



**\$12<sup>22</sup>** /KG

**25% OFF**

BRADNER FARMS  
**Organic Whole Chicken**  
Frozen



**MADE  
HERE**

**\$27<sup>19</sup>** /KG

**20% OFF**

KOOTENAY COOP  
SMOKEHOUSE  
**Housemade Turkey Sausage**  
All Varieties

## greek lemon chicken

### ingredients

8 bone-in chicken thighs  
1/3 cup extra-virgin olive oil  
1/4 cup lemon juice  
4 garlic gloves minced  
1 tablespoon dried oregano

2 teaspoons dried thyme  
2 teaspoons Dijon mustard  
2 teaspoons kosher salt  
1 teaspoon freshly ground black pepper

### instructions

**Make the marinade:** In a small bowl, stir together the oil, lemon juice, garlic, oregano, thyme, mustard, salt, and pepper.

**Marinate the chicken:** Add the chicken thighs to a large bowl and pour the marinade on top. Marinate for 1 to 2 hours (and up to 8 hours) in the fridge.

**Transfer to baking dish:** Preheat the oven to 350°F (180°C). Place the chicken in a baking dish and pour the remaining marinade on top.

**Bake the chicken:** Bake for 40 to 45 minutes, until the chicken is fully cooked and registers 175°F (80°C) on an instant-read thermometer. Optionally, you can baste the chicken a few times while it cooks. And for extra crispy skin, turn on the top oven broiler in the last 2 to 3 minutes. If you're serving this dish up for a dinner party, you can garnish it with lemon slices if you'd like.



BRADNER FARMS  
**Boneless  
Skinless  
Organic  
Chicken  
Breast**  
Frozen | Multipack

**\$27<sup>19</sup>** /KG

**20% OFF**





# packed lunches

33% OFF



2 for \$6



PLUMM GOOD  
**Brown Rice Thins**  
All Varieties | 95g



\$4.49 /EA  
31% OFF

LOOP  
**Cold-Pressed Juice**  
All Varieties | 355ml

25% OFF



2 for \$7

GO MACRO  
**Protein Bars**  
All Varieties | 65g



\$4.99 /EA  
SAVE \$2

HARMLESS HARVEST  
**Coconut Smoothies**  
All Varieties | 296ml



\$7.99 /EA  
20% OFF

PAMELA'S  
**Gluten-Free Fig Bars**  
255g



\$3.99 /EA  
SAVE \$1

RAINCOAST TRADING  
**Skipjack Tuna**  
Salted | Unsalted | 142g

28% OFF



2 for \$4

BOB'S RED MILL  
**Bob's Bars**  
All Varieties | 50g



\$4.99 /EA  
29% OFF

KIND  
**Breakfast Bars**  
All Varieties | 4x50g



\$5.99 /EA  
25% OFF

GFB  
**Gluten-Free Bites**  
All Varieties | 113g



**SeaSnax** is a socially conscious, kid-inspired family business. They source only the highest quality of seaweed from Korea.

10% of their annual net profit is contributed to non-profits committed to making the world a better + gentler place for our children and our earth, including organizations like the Children's Miracle Network

40% OFF



2 for \$6

SEASNAX  
**Seaweed Snacks**  
All Varieties | 10g





# breakfast



**\$11.99**  
/EA  
**SAVE \$3**

KNUDSEN  
**Just Juice**  
Blueberry | Cranberry |  
Pomegranate | 946mL



**\$9.99**  
/EA  
**SAVE \$2**

ANITA'S  
**Gluten-Free  
Pancake Mix**  
800g



**\$9.99**  
/EA  
**SAVE \$3**

PATIENCE FRUIT CO  
**Organic  
Cranberry Juice**  
946ml



**\$5.99**  
/EA  
**25% OFF**

NEW WORLD  
**Organic  
Granola**  
1 lb



**\$5.99**  
/EA  
**SAVE \$1**

CROFTERS  
**Just Fruit  
Spread**  
All Varieties | 235ml



**\$18.99**  
/EA  
**SAVE \$3**

ELIAS  
**Squeeze-Bottle  
Honey**  
1kg



**\$6.99**  
/EA  
**SAVE \$1**

SILK  
**Coconut Yogurt**  
All Varieties | 680g



**\$12.99**  
/EA  
**SAVE \$3**

FROG FRIENDLY  
**Organic Coffee**  
All Varieties | 340g



**\$34.99**  
/EA  
**SAVE \$5**

THE GRANOLA KING  
**Gourmet  
Granola**  
All Varieties | 2kg



**\$9.99**  
/EA  
**SAVE \$3**



NATURE'S PATH  
**Eco-Pac Cereal**  
All Varieties

Nature's Path products were the **first certified organic cereals** on the market and since then their company and founders have worked tirelessly to keep organic advocacy at the forefront of their mission.

Nature's Path continually invests in farmland, converting it to organic, and always challenge organic standards to keep improving.



# grocery



**\$24<sup>99</sup>**  
/EA  
**SAVE \$4**

BREMNER'S  
**Organic Berry Blend**  
1.5kg



**\$5<sup>49</sup>**  
/EA  
**29% OFF**

YOGI  
**Organic Tea**  
16 bags



**\$10<sup>49</sup>**  
/EA  
**SAVE \$2**

EVIVE  
**Organic Smoothie Cubes**  
405g



**\$7<sup>49</sup>**  
/EA  
**SAVE \$1.50**

CAMINO  
**Organic Hot Chocolate**  
All Varieties | 336g



**\$5<sup>49</sup>**  
/EA  
**SAVE \$1.50**

SAUGEEN  
**Organic Yogurt + Kefir**  
908g



**\$15<sup>99</sup>**  
/EA  
**SAVE \$4**

NUTS TO YOU  
**Almond Butter**  
Smooth | Crunchy | 735g



**\$9<sup>99</sup>**  
/EA  
**SAVE \$3**

GENUINE TEA CO.  
**Iced Tea**  
All Varieties | 4 Pack



**\$4<sup>79</sup>**  
/EA  
**20% OFF**

SQUAMISH WATER  
KEFIR  
**Smoothie Builder**  
1L



**\$2<sup>99</sup>**  
/EA  
**SAVE \$1**

COVE  
**Gut-Healthy Soda**  
All Varieties | 355ml



**\$4<sup>99</sup>**  
/EA  
**SAVE \$1.50**

JUCAI  
**Açaí Sorbet**  
200ml



**\$6<sup>99</sup>**  
/EA  
**30% OFF**

MANITOBA HARVEST  
**Natural Hemp Hearts**  
227g



**\$15<sup>99</sup>**  
/EA  
**20% OFF**

ORGANIC TRADITIONS  
**Probiotic Lattes**  
All Varieties  
Macaccino also on sale



# winter salad *with kraut*



**\$7<sup>99</sup>**  
/EA

**33% OFF**

WILDBRINE  
**Raw Sauerkraut**  
All Varieties | 500ml

## SALAD

- ½ cup butternut squash, chopped
- ½ cup Brussels sprouts, chopped
- ½ cup beets, chopped
- 1 Tbsp olive oil
- 2 cups kale, shredded
- 2 Tbsp walnut pieces
- 2 Tbsp dried cranberries
- 2 Tbsp pomegranate seeds
- 2 Tbsp toasted pumpkin seeds
- ¼ cup Wildbrine Red Beet + Red Cabbage Organic Sauerkraut

## VINAIGRETTE

- ¼ cup olive oil
- 2 Tbsp champagne vinegar
- 1 Tbsp fresh lemon juice
- 1 tsp honey
- 1 tsp Dijon mustard
- ½ shallot, finely diced
- ¼ tsp salt
- ¼ tsp pepper

## METHOD

Preheat oven to 400°F.

Line a large baking tray with parchment paper.

In a large bowl, combine the Brussels sprouts, butternut squash and beets. Toss with 1 Tbsp. olive oil and a pinch of salt and pepper. Place the vegetables on the baking tray and bake for 30 minutes, tossing halfway through. Remove from oven and allow to cool.

While the vegetables are roasting, add all ingredients for the dressing into a blender or food processor and blend until smooth.

In a large bowl, combine all salad ingredients including the roasted vegetables and sauerkraut.

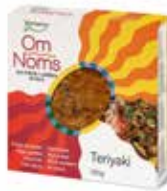
Slowly pour the dressing over the salad to your liking, mix well, then divide between two bowls. Store leftover dressing in the refrigerator for up to one week.



**\$19<sup>99</sup>**  
/EA

**SAVE \$8**

OMEGA NUTRITION  
**Apple Cider Vinegar**  
3.78L



**\$7<sup>49</sup>**  
/EA

**SAVE \$2**

OM NOMS  
**Soy Strips**  
150g



**\$4<sup>99</sup>**  
/EA

**SAVE \$1**

DAIYA  
**Dairy-Free Mac + Cheese**  
300g



**\$9<sup>99</sup>**  
/EA

**SAVE \$2**

FIELD ROAST  
**Plant-Based Burger**  
368g



**\$6<sup>99</sup>**  
/EA

**SAVE \$2**

WHOLLY VEGGIE  
**Whole Meals**  
Southwest Broccoli |  
Coconut Cauliflower |  
325g



**\$9<sup>99</sup>**  
/EA

**SAVE \$2**

BEYOND MEAT  
**Plant-Based Sausage**  
400g



**\$4<sup>49</sup>**  
/EA

**SAVE \$1**

GT'S KOMBUCHA  
**Raw Kombucha**  
All Varieties | 480ml



**\$4<sup>99</sup>**  
/EA

**29% OFF**

LE GRAND  
**Organic Vegan Butter**  
Salted | Unsalted | 227g



**\$4<sup>49</sup>**  
/EA

**25% OFF**

EARTH'S OWN  
**Oat Beverage**  
Original and Zero  
Sugar Varieties | 1.75L



# grocery



**\$12<sup>99</sup>**  
/EA  
**SAVE \$4**

ECOMAX  
**Hypoallergenic  
Laundry Pacs**  
30x18g



**\$8<sup>99</sup>**  
/EA  
**SAVE \$1**

BONTERRA  
**Bath Tissue**  
6 Rolls



**\$6<sup>99</sup>**  
/EA  
**SAVE \$2**

EVE'S CRACKERS  
**Sesame  
Crackers**  
108g



**2 for \$8**

KETTLE  
**Kettle Chips**  
All Varieties | 198g



**\$5<sup>99</sup>**  
/EA  
**SAVE \$1**

LUNDBERG  
**Mini Rice Cakes**  
142g



**\$10<sup>99</sup>**  
/EA  
**SAVE \$3**

MAISON ORPHEE  
**Organic  
Balsamic  
Vinegar**  
500ml



**\$5<sup>49</sup>**  
/EA  
**SAVE \$1**

HARDBITE  
**Root Veggie  
Chips**  
All Varieties | 150g



**\$4<sup>49</sup>**  
/EA  
**25% OFF**

NOOCHPOP  
**Popcorn**  
All Varieties | 120g



**\$7<sup>99</sup>**  
/EA  
**SAVE \$2**

GIMME  
**6-Pack  
Seaweed  
Snacks**  
All Varieties | 6x5g



**\$13<sup>99</sup>**  
/EA  
**SAVE \$3**

EDNA'S  
**Non-Alcoholic  
Cocktails**  
All Varieties | 4x355ml



**\$8<sup>99</sup>**  
/EA  
**SAVE \$2**

BRAGG  
**Apple Cider  
Vinegar**  
946ml



**2 for \$7**

ANNIE'S HOMEGROWN  
**Macaroni +  
Cheese**  
Classic Varieties | 170g



# grocery



**\$10<sup>99</sup>**  
/EA  
**SAVE \$2**

BUBBIES  
**Kosher Dill  
Pickles**  
1L



**SAVE  
\$1.50**

LITTLE NORTHERN  
BAKEHOUSE  
**Wide-Slice Loaf**  
All Varieties | 567g

**37%  
OFF**



**2 for \$5**

RXBAR  
**Protein Bars**  
All Varieties | 52g



**\$7<sup>49</sup>**  
/EA  
**SAVE \$1.50**

SIETE  
**Grain-Free  
Tortilla Chips**  
All Varieties | 142g



**\$7<sup>99</sup>**  
/EA  
**SAVE \$2**

NORA'S  
**Plant-Based Ice  
Cream**  
All Varieties | 473ml



**\$12<sup>99</sup>**  
/EA  
**SAVE \$7**

ALBERO DELLA VITA  
**Grapeseed Oil**  
1L

## log cabin latte

Featuring organic maple syrup, espresso of your choice from True Local coffee roasters, (Oso Negro or Lark) organic Kootenay Meadows whole milk or alternate milk of your choice.

**\$5<sup>49</sup>**  
/12OZ

## matcha smoothie

Go green and refresh this new year! Premium green tea Matcha from True Local supplier Virtue Tea, blended with organic fruit and organic coconut milk.

**\$7<sup>99</sup>**  
/EA





# pasta



**\$14.99** /EA  
**SAVE \$5**

CHOSEN FOODS  
**Avocado Oil**  
500ml

**25% OFF**



**2 for \$6**

GAROFALO  
**Pasta**  
All Varieties | 500g



**\$5.49** /EA  
**SAVE \$2**

EVERLAND  
**Organic Pasta Sauce**  
739ml



# chili



**\$4.99** /EA  
**SAVE \$1.50**

PACIFIC  
**Plant-Based Chili**  
All Varieties | 486g



**\$5.99** /EA  
**SAVE \$2**

PACIFIC  
**Organic Soup**  
All Varieties | 1L



**\$3.49** /EA  
**SAVE \$1**

GOBIO  
**Organic Chicken Bouillon Cubes**  
All Varieties | 66g

**25% OFF**



**2 for \$9**

AMY'S KITCHEN  
**Organic Soup**  
All Varieties | 398ml

**28% OFF**



**2 for \$5**

EVERLAND  
**Organic Canned Beans**  
All Varieties | 398ml



**\$4.49** /EA  
**SAVE \$1**

SAN REMO  
**Organic Diced Tomatoes**  
796ml



# cheese + tapas



**\$3<sup>99</sup>**  
/100G

**20% OFF**

COOMBE CASTLE  
**Port Wine  
Derby**



**\$4<sup>15</sup>**  
/100G

**20% OFF**

BELTON FARM  
**White  
Fox White  
Leicester**



**\$4<sup>27</sup>**  
/100G

**25% OFF**

BELTON FARM  
**Red Fox  
Smoked Red  
Leicester**



**\$3<sup>99</sup>**  
/100G

**20% OFF**

COOMBE CASTLE  
**Cheddar with  
Caramelised  
Onion**



**\$11<sup>99</sup>**  
/EA

**20% OFF**

WOOLWICH  
**Chevrai Trio**  
Roasted Garlic | Original |  
Cranberry Cinnamon |  
3x113g (339g)



**\$9<sup>19</sup>**  
/EA

**20% OFF**

WOOLWICH  
**Chevrai**  
Fine Herb | 300g



**\$5<sup>99</sup>**  
/EA

**20% OFF**

WOOLWICH  
**Crumbled Goat  
Feta**  
Original | Herbs | 175g



**\$8<sup>59</sup>**  
/EA

**20% OFF**

WOOLWICH  
**Goat Cheese**  
Mozzarella | Old  
Cheddar | Marble  
Cheddar | Cheddar |  
200g



**\$3<sup>99</sup>**  
/EA

**25% OFF**

WOOLWICH  
**Chevrai**  
All Varieties | 113g



**\$1<sup>39</sup>**  
/100G

**30% OFF**

DIVINA (OLIVE BAR)  
**Marinated Red  
Beet**



**\$2<sup>09</sup>**  
/100G

**30% OFF**

DIVINA (OLIVE BAR)  
**Spicy Pickled  
Brussels  
Sprouts**



**\$2<sup>41</sup>**  
/100G

**30% OFF**

DIVINA (OLIVE BAR)  
**Cipolline  
Onions in  
Balsamic**



# wellness

**\$14<sup>99</sup>** EA

**25% OFF**



50ml

A. VOGEL

## Arnica Gel

Highly concentrated formula providing fast-acting topical pain relief.



**\$11<sup>99</sup>** EA

**20% OFF**

All Varieties  
Overnight Diapers also on



**NEW**

BAMBO NATURE

## Diapers | Training Pants

**\$2<sup>99</sup>** EA

**25% OFF**

64ct



**NEW**

BAMBO NATURE

## Wipes

**\$5<sup>49</sup>** EA

**31% OFF**

All Varieties



**hot deal**

JASON

## Toothpaste

For a brilliantly white smile and fresh breath, use JASON toothpaste twice a day.



**\$6<sup>69</sup>** EA

**26% OFF**

Hand Soap | 377ml



**\$13<sup>99</sup>** EA

**26% OFF**

Kid's Soap | 960ml



**\$13<sup>99</sup>** EA

**26% OFF**

3-in-1 Soap | 960ml



**\$15<sup>99</sup>** EA

**27% OFF**

3-in-1 Lotion | 946ml

EVERYONE

## Body Care



MAD HIPPIE

## Face Care

Antioxidant and nutrient-rich solutions for your skin. Results-based, clean skin care products.

**21 %** OFF

All Varieties

**\$5<sup>49</sup>** EA

**21% OFF**

All Varieties | 135g



MOUNTAIN SKY

## Bar Soap

Mountain Sky Soaps are 100% biodegradable and river-friendly.

# wellness



**\$3.49** EA

**30% OFF**

All Varieties  
Tinted Lip Balms also on



MOODY BEE  
**Lip Balm**



**30% OFF**

Lavender | Lemon |  
Eucalyptus | Peppermint



NAKA  
**Essential Oils**



**\$14.99** EA

**25% OFF**

50ml



NATURAL FACTORS

**Tea Tree Oil**

Helps heal wounds, infections, and a wide range of skin conditions.



**25% OFF**

All Varieties



NEW ROOTS HERBAL  
**Exotic Beauty Oils**

Nourishing and healing oils that protect and rejuvenate the skin.



**25% OFF**

All Varieties

SUKIN  
**Face + Body Care**

Affordable natural skin care designed with botanical ingredients to address the specific needs of various hair and skin types.

Onsight care is a Nelson-based company committed to producing quality natural, plastic-free, personal care products that you can take with you on all of your adventures, without worrying about leaks or spills. Onsight Care donates 5% of all profits to organizations and people involved in the fight against human trafficking (currently Rise Collective).



**\$14.39** EA

**20% OFF**

All Varieties



ONSIGHT CARE

**Deodorant Bar | Shampoo + Conditioner Bar**



**\$12.39** 475ML

**27% OFF**



**\$12.99** 500ML

**28% OFF**

All Varieties  
Bulk hair care also on sale



ONEKA

**Hair Care | Hand Soap**

A Quebec-based family-owned company offering natural body care products made with organic and wildcrafted ingredients, many of which are harvested on their very own farm.



# wellness



**22% OFF**

All Varieties



## GREEN BEAVER Body Care

Products crafted with carefully selected natural, organic, and locally-grown ingredients that are better for people and the planet.



**20% OFF**

All Varieties



## GREEN BEAVER Oral Care

Optimized oral care formulated with antimicrobial xylitol and enamel-rebuilding hydroxyapatite.



**25% OFF**

All Varieties



## ORGANYC Beauty + Menstrual Care

Made from organic cotton for optimal softness, comfort and breathability.



**30% OFF**

All Varieties



## WELEDA Face Care



**30% OFF**

All Varieties



## WELEDA Baby + Mama Care

Nourishing and nutrient rich body care designed to pamper, protect, and revitalize skin using only the best ingredients of highest quality.



**30% OFF**

All Varieties



## SMART SOLUTIONS Natural Supplements for Women

Natural supplements for women of all ages to help optimize energy, assist with hormone balance at any stage, provide nutritional as well as sleep and stress support, optimizing wellbeing without compromise.



**31% OFF**

500ml



## ALPHA HEALTH Supreme Organic MCT Oil

Excellent source of energy-producing short-chain fatty acids to fuel your mind + body.



**30% OFF**

Crystals | Liquid  
Formula  
Acerola Powder  
also on sale



## FLORA Elderberry Products

This immune-supportive combination of elderberry, echinacea, and licorice offers potent anti-viral, anti-inflammatory, and mucus membrane soothing support to shorten the duration of cold and flu symptoms as well as prevent complications.



**25% OFF**

Select Varieties



## PRAIRIE DOCTOR Tinctures

These quality tinctures offer highly absorbable concentrated herbal actives for immune, heart, liver, nerve, and stamina support.



**21% OFF**

30t | 90t  
Save an  
**EXTRA \$5**  
at the till

## MEGA FOOD Blood Builder

Whole Food sourced iron combined with vitamin C, folic acid and B12 clinically shown to increase iron levels.



**NEW**

**20% OFF**

All Varieties  
Save an  
**EXTRA \$5**  
at the till

## MEGA FOOD Multivitamins

Integrating essential vitamins + minerals with real food from trusted farmer partners to optimize biochemical activity in the body by creating nutrient complexes that contain trace minerals, co-enzymes, phytochemicals, and antioxidants.



**\$24.99 EA**

**26% OFF**

150mg | 120c



## NEW ROOTS HERBAL Magnesium Bisglycinate Plus

Enjoy better sleep and fewer muscle cramps -- Delivers magnesium as an amino acid chelate to maximize intestinal absorption.



**\$29.99 EA**

**30% OFF**

500ml



## NAKA Vital Greens

Get a boost of essential nutrients to help energize + detoxify with just one easy liquid tablespoon a day.



**\$19.99 EA**

**20% OFF**

150c



## NAKA Platinum L-Theanine 250mg

Enhances calm mental focus, reduces mental chatter and reduces negative effects of caffeine.



**\$29.99 EA**

**25% OFF**

Liquid  
250g Powder also on sale



## NAKA Pro Osteo

Formulated with well-known bone-supportive nutrients calcium, magnesium, boron, zinc, silica, and Vitamin D and K2 as well as collagen.





**33% OFF**

60c



NATURAL FACTORS

## Active B Complex

Readily usable forms of B Vitamins for optimal nerve, energy, and cardiovascular support.



**\$12<sup>99</sup> EA**  
**41% OFF**

1000mg Bonus | 210t



NATURAL FACTORS

## B12 Methylcobalamin

Boosts energy, supports brain function and improves memory and learning.



**25% OFF**

60sg



NATURAL FACTORS

## Berberine LipoMigel 500mg

10 times more bioavailable for optimum blood sugar regulation.



**\$25<sup>49</sup> EA**  
**31% OFF**

100mg | 120c



NATURAL FACTORS

## CoQ 10

The cellular spark plug that supports heart health.



**SAVE \$20**

60mg Double Strength | 120 caps



NATURAL FACTORS

## Theracurmin

Micronized curcumin for superior absorption. Reduces inflammation to support better joint, brain, and cardiovascular health.



**\$19<sup>99</sup> EA**  
**20% OFF**

180c



NATURAL FACTORS

## MSM + Glucosamine Sulfate

Helps to maintain joint mobility as well as prevents ongoing bone and cartilage degeneration.



**25% OFF**

Betaine Hydrochloride | Papaya Enzymes | Bromelain 500mg | Activated Charcoal | Chewable Ginger | Deglycyrrhizinated Licorice Root

NATURAL FACTORS

## Digestive Products

Health starts with good digestion and optimal nutrient assimilation. Help alleviate nausea, fullness, and indigestion.



**25% OFF**

All Varities



NATURAL FACTORS

## Big Friends Multivitamin

Nutritional supplements formulated specifically to match the needs of growing children.

**25% OFF**



**REGENERLIFE**  
**Mitochondrial Energy**  
 Formulated with powerful, targeted nutritional compounds such as CoQ10, superoxide dismutase, Acetyl-L-carnitine, and glutathione to improve mitochondrial function and reduce oxidative stress and inflammation.



**REGENERLIFE**  
**NMN Surge**  
 Active form of vitamin B3 that is readily absorbed and converted to NAD+, a crucial molecule that optimizes mitochondrial energy production, supports DNA repair and prevents cells from dying.



**REGENERLIFE**  
**Ultra Strength Omega-3**  
 Highest dose of Omega-3 to optimize cardiovascular and brain health. Enteric plant coating for optimal delivery into small intestines.



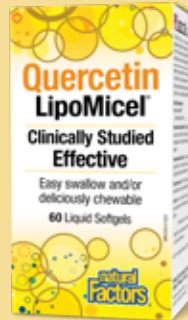
**REGENERLIFE**  
**Magnesium L-Threonate 48mg**  
 This form of magnesium crosses the blood brain barrier delivering magnesium to the brain + nerve cells to support optimal cognitive function.



**REGENERLIFE**  
**Liposomal Vitamin C**  
 Highly absorbable vitamin C buffered with calcium and supported with berry flavonoids to optimize long lasting anti-inflammatory effects.



**REGENERLIFE**  
**Resveratrol**  
 Powerful antioxidant that has been shown to offer brain, nerve cell, and cardiovascular protection.



**REGENERLIFE**  
**LipoMicel Matrix Quercetin 250mg**  
 10x increased bioavailability for optimal immune, cardiovascular, and histamine regulation support.



**REGENERLIFE**  
**Sleep Better**  
 Quick release and time release melatonin enhanced with 5HTP, L-theanine, valerian, passionflower, and hops for ultimate sleep support.



**Black Cumin Seed Oil**

Reduces inflammation and swelling, thins mucus, relieves congestion



**Wild Oregano C93**

Natural antimicrobial to ward off infection



**N-Acetyl-L-Cysteine**

A precursor to glutathione, an antioxidant which maintains + repairs lung tissue and thins mucus

**25% OFF**



NEW ROOTS HERBAL  
**Cold + Flu Support**



**17% OFF**



**REGENERLIFE**  
**Whey Protein Meal Replacement**

Delivers 25g of high alpha whey proteins along with quality carbohydrates and 5g of Low-FODMAP fibre to optimize blood sugar levels.



# it's a brand new year!

This year, commit to building healthy habits that can last a life time. On average it takes 66 days for a new behaviour to become a habit. Be gentle with yourself, be consistent, start small, and let the magic happen. In 2024, let's take control of our health, nurture our souls and make choices that lead to a healthier, happier future for us and our families.



## gut support

Maintaining a healthy digestive system is crucial for nutrient absorption, immune system function, and disease prevention. Fibre rich foods like fruits and veggies, legumes and whole grains help to keep us regular, lower cholesterol levels + balance blood sugar. Probiotic rich foods like sauerkraut and kimchi promote a healthy gut microbiome which is critical for digestive health. Probiotic supplements are a great way to increase healthy gut bacteria.

**25% OFF**

All Products



## RENEW LIFE Digestive Health + Cleansing Products

Opt for a fresh system reset -- detox holiday excess, with a full body liver, kidney, and bowel cleanse. Secondly focus on restoring the gut lining, optimizing digestion, and supporting your natural flora to get your health back on track.



**40% OFF**

1000iu | 500c



## PRAIRIE NATURALS Vitamin D

During the winter months, supplement with Vitamin D to prevent deficiency!



**\$39.99** EA

**25% OFF**

90c



## NEW ROOTS HERBAL Liver

Daily nutraceutical + herbal support to help protect liver cells and enhance the natural detoxification process.

## move your body

We all know exercise is a cornerstone to healthy living, but always seems to be the one that is the hardest to keep up. Set achievable goals to build your confidence and motivation high. A little goes a long way. Whether it's with home workouts, yoga classes, or getting outside for a walk -- whatever you choose, make it enjoyable to boost motivation and keep you coming back for more.



ORGANIKA  
**Enhanced Collagen**

**\$36<sup>99</sup>**  
EA  
**33% OFF**

600g  
**BUY 2 AT**  
**\$31<sup>99</sup>**/ea



## protein

Protein helps with muscle building and repair, it's a building block for all the tissues and cells in our body. Simple ways to boost your daily protein intake is to add high-quality protein powder to your smoothies, blend collagen in your coffee or tea, sprinkle hemp seeds on your salad, or add extra beans and legumes to your soups and stews.



**\$49<sup>99</sup>**  
EA

**24% OFF**

All Varieties

**BUY 2 AT**  
**\$45<sup>99</sup>**/ea

## VEGA Vega One Nutritional Shake

Whole food goodness in one scoop, providing you with protein, veggies, greens, EFAs and probiotic for complete nutritional support.

## essential fatty acids

They are called essential for a reason! EFA's, specifically omega-3's, are critical components of a healthy diet. They support brain, eye and heart healthy and do an excellent job moderating inflammation in the body. Find omega-3's in fish and nuts and seeds like walnuts or chia. Oils such as flax or hemp can be used in salad dressings, on popcorn, or drizzled onto your meal after it's cooked. You can supplement with a fish oil or plant-based omega to ensure you're meeting your daily needs.



## NUTRA SEA + NUTRA VEG Omega-3 Products

High-quality omega 3 supplements offering fish or plant derived options for optimal cardiovascular, eye, joint and brain support.

**20% OFF**

Original | Dry Eyes |  
High DHA | High EPA |  
ADHD | Kids | Plant



## eat your greens

Timeless advice from parents and a good reminder for us all. All fruits and veggies supply our bodies with important vitamins and minerals. But dark leafy greens also deliver nutrients, which act as antioxidants and protect us from free radical damage. An easy way to boost your greens intake is by adding a scoop of greens powder to water, juice or a smoothie.

**SAVE \$11**

All Varieties



## GARDEN OF LIFE Perfect Food

Nourish and revitalize with this blend of freshly juiced greens 6 x more concentrated than grass powders



**\$9<sup>99</sup>**  
EA  
**38% OFF**



ALPHA HEALTH  
**Flax Oil | 500ml**  
Rich source of anti-inflammatory omega-3 fats.



**\$19<sup>99</sup>**  
EA  
**23% OFF**



MANITOBA HARVEST  
**Hemp Oil | 946ml**  
A rich source of essential fatty acids.



## ORGANIC TRADITIONS Greens Powders

Microalgae and cereal grasses grown in ancient soil beds are a rich source of proteins, chlorophyll, vitamins + minerals and antioxidants. The ultimate alkalizing superfood!



**\$19<sup>99</sup>**  
EA  
**23% OFF**

Chlorella Powder | Super 5  
Grass Juice | Barley Grass Juice  
Powder | Wheat Grass Powder  
Spirulina Powder | Moringa Leaf  
Powder | Probiotic Super Greens with  
Turmeric also on sale



# wellness



**25% OFF**

Prost-Force | Trib-Force | Test-Force | Vigor-Force | Z-Mag-Force



PRAIRIE NATURALS

## Men's Health Support

Offering solutions for men's unique health challenges from prostate protection to stamina + energy production and recuperation.



### Pre-Workout

Provides fast, clean and lasting energy, power, focus, and stamina.



### BCAA Blast

Buffered with alkalizing electrolytes + amino acids to improve output + recovery.



### Creatine Blast

Optimizes muscle performance for better work outs.

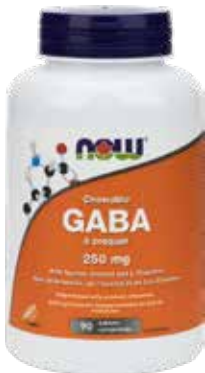


### Hydro Clear Whey Isolate

Refreshing clear whey to refuel after any workout.

4EVERFIT

## Sports Nutrition



**\$20<sup>99</sup> EA**

**25% OFF**

90t

NOW

## Gaba 250mg

Reduce the effects of stress + anxiety and boost the production of mood-supporting serotonin for better overall mental health.



**\$38<sup>99</sup> 500G**

**20% OFF**

WEDDERSPOON

## Manuka Honey 16+

Antimicrobial, soothing, delicious.



**\$7<sup>99</sup> EA**

**27% OFF**

120g

Organic Manuka Honey Pops also on sale



WEDDERSPOON

## Manuka Lozenges



### Deep Immune

Build up a strong defense to ward off infections.



### EchinaSeal

Take at the first sign of colds to kick that bug out of your system!



### Virafect

Suitable for flu-like symptoms with fever + headache.



### Stop It Cold Throat Spray

Prevents viral replication and soothes mucus membranes.

**25% OFF**



### Respiralect

Soothes cough, thins mucus, and protects from bacterial infection.

ST. FRANCIS HERB FARM

## Cold + Flu Immune Support



**\$19<sup>99</sup> EA**

**26% OFF**

90c

180c and 250g also on sale



NEW ROOTS HERBAL

## Vitamin C8

Providing complete support with eight forms of buffered Vitamin C and additional nutraceuticals, bioflavonoids, quercetin and rutin

# wellness



**23% OFF**

Zinc Gummies |  
Sambucus Relief |  
Vitamin D Gummies



NATURE'S WAY

## Cold + Flu Essentials

Strengthen your immune system with vitamin D, ward off cellular viral invasion with zinc, and fight infection with elderberry, echinacea, and geranium.



**33% OFF**

All Varieties



ORGANIKA

## Enhanced Collagen

Natural source of collagen-building peptides for skin, hair, joint and bone health, Sourced from grass-fed cows.



**\$28<sup>89</sup>** EA

**20% OFF**

Plant Protein | 715g



**\$19<sup>99</sup>** EA

**20% OFF**

Protein + Greens | 579g



**\$34<sup>99</sup>** EA

**SAVE \$10**

Whey Protein | 858g



**\$54<sup>99</sup>** EA

**SAVE \$15**

Whey Isolate | 916g

LEANFIT

## Plant + Whey Protein



**\$7<sup>99</sup>** EA

**20% OFF**

Immunity | Sport |  
Sport+

NUUN

## Electrolyte Tablets



**\$22<sup>49</sup>** EA

**25% OFF**

157g



ENERLIFE

## Sport Electrolyte Drink Mix

Perfect for pre/post workout to support muscle function and re-hydration.



**32% OFF**

400g



ORGANIKA

## Organic Gelatinized Maca

Supports healthy sexual function, hormone balance, and energy levels.



**30% OFF**

Chicken | Beef



ORGANIKA

## Bone Broth

Rich in collagen, glucosamine minerals, and protein and sourced from grassfed beef or cage free, organically grain fed chickens.



# wellness



## Vitamin A Drops

Supports healthy mucus membranes



## Zinc Bis-Glycinate 25mg

Helps to strengthen + modulate the immune system, reduces inflammation



## Healthy Lung

Thins mucus, reduces inflammation, and repairs lung tissue



## Cold-Pro Immune Formula

Prevents + aids in the speedy relief of cold + flu symptoms

**25% OFF**



## CANPREV Cold + Flu Products



**25% OFF**

120c | 15ml



## CANPREV D3 + K2

Vital nutrients that support the immune system and strengthen the building of healthy bone tissue.



**20% OFF**

60c | 180c



## ENEREX Serrapeptase

Natural proteolytic enzyme that effectively reduces inflammation, pain, and swelling, as well as mucus build up.



**20% OFF**

90t | 180c



## ENEREX

### Osteo

A balanced bone building formula combining chelated calcium and magnesium with ideal co-factors of bamboo silica, boron, vitamins D+K in a green kale superfood base.



**\$14.99 EA**

**25% OFF**

Original | Sugar-Free



## ENER LIFE

### Ener-C

A delicious way to energize + support your immune system with Vitamin C and B, as well as minerals.



**24% OFF**

Recovery Extra Strength | Recovery 3.0 | Curcumin  
All other Purica products also on sale

## PURICA Anti-Inflammatory + Joint Support

Target the root cause of inflammation and experience accelerated pain relief and recovery from acute or chronic injuries with expertly crafted formulas.



**24% OFF**

Immune 7 | Lion's Mane | Complete 360  
All other Purica products also on sale

## PURICA

### Medicinal Mushrooms

Potent medicinal mushrooms provide optimal immune, stress, cognitive, and cardiovascular support so you can feel revitalized no matter what life throws at you.

# organization of the month



## The Nelson Civic Theatre Society

NCTS runs The Civic Theatre - a cinema-primary venue has been a key community gathering place for more than 80 years, and home to year-round film screenings, community rentals, and signature events for all ages.

They have a vision to build on this history of local use by thoughtfully improving our historic auditorium to meet the needs of the present and our future growth.

Today, they are facing critical challenges with the recently-discovered issues with their roof. Until more theatres are added in 2024, donor support will be essential to keeping NCTS above water.



## make a donation

add \$2  
to your bill

drop cash in the  
change box

Kootenay  
co-op

sign up for  
our weekly  
newsletter

NEWS, DEALS, AND EXCLUSIVE  
GIVEAWAYS, DELIVERED  
DIRECTLY TO YOUR INBOX  
EVERY WEEK.

[kootenay.coop/#newsletter](https://kootenay.coop/#newsletter)

CATCH OUR WEEKLY  
**hot deals**  
[KOOTENAY.COOP/HOT-DEALS](https://KOOTENAY.COOP/HOT-DEALS)





# citrus guide



**tangelo** • A cross between a tangerine and a pomelo. Easier to peel than navel oranges. Sweet-tart flavour, with tangy floral notes + honey sweetness.



**cara cara** • Deep red flesh with a succulent + rich sweetness, like combining a tangerine and a grapefruit. Contains more Vitamin C + A than navel oranges!



**navel** • The sweetest of the citrus fruits with mild acidity + tang. Seedless, aromatic + easy-to-peel. A classic! Great for zesting + flavouring sauces.



**valencia** • Excellent for juicing with its nearly seedless pulp. Thin-skinned and extra juicy with a tangy-sweetness. Great in dressings, cocktails, and smoothies.



**pomelo** • Large yellow-green exterior with soft + tender flesh. Similar to a grapefruit, but less tart with sweet + floral notes. Easy to peel with a few seeds.



**grapefruit** • Iconic pink blushed skin, while the inside contains an intense + rich red flesh that holds delicious sweet-tart flavour. Cross-slice for the best experience!



**kumquat** • These small fruits are best eaten unpeeled + whole. Peel is sweet, subtly floral + fruity, balancing the tart + sour taste of the flesh. Zesty citrus zing!



**mandarin** • Clementines, satsumas, and tangerines are all types of mandarin oranges. All are sweet, easy-to-peel, and great for snacking.



**blood orange** • Bright orange skin tinged with a deep blush. Contains dark + juicy red flesh that has a fresh, sweet, and tangy flavour with raspberry undertones.