



Kootenay
co-op

FEBRUARY 1 - 29

february specials

lunar
new year

weeknight
stir fry

get (and stay!)
heart healthy



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

grocery



\$8.99
/EA
SAVE \$4

DAVE'S GOURMET
Organic Pasta Sauce
All Varieties | 723g



\$5.49
/EA
21% OFF

CHICKAPEA
Organic Chickpea Pasta
All Varieties | 227g



\$5.49
/EA
21% OFF

JOVIAL
Cassava Pasta
All Varieties | 227g



25% OFF

OLD COUNTRY PASTA
Fresh Pasta
350g-450g



KASLO
SOURDOUGH
Pasta
All Varieties | 454g

SAVE \$1.50



pasta night



**INDIAN
curry**



20% OFF

Bulk Organic Jasmine Rice
White | Brown



\$24.99
/EA
SAVE \$5

NAKED NATURAL
FOODS
Refined Coconut Oil
1.6L



\$4.99
/EA
38% OFF

O'DOUGHS
Naan Dippers
Original | Garlic + Chive | 210g

38% OFF



2 for \$7

JYOTI
Indian Entrees
All Varieties | 425g

breakfast



FROM
BC

SAVE \$4

DOSE COFFEE
**Whole
Bean Coffee**
250g-500g



GLUTEN
FREE

NON-GMO

\$9.99
/EA
25% OFF

BOB'S RED MILL
**Wheat-Free
Rolled Oats**
907g



GLUTEN
FREE

\$25.99
/EA
SAVE \$7

PAMELA'S
**Baking +
Pancake Mix**
1.81kg



hot
deal



\$3.99
/EA
33% OFF

TWO BEARS
**Barista Oat
Beverage**
946ml



NON-GMO

2 for \$7

EARTH'S OWN
Oat Beverages
All Varieties | 946ml



ORGANIC

\$6.99
/EA
SAVE \$2

NUMI
Organic Tea
All Varieties | 18 bags



hot
deal

NON-GMO

GLUTEN
FREE

\$5.99
/EA
33% OFF

GRANOLA GIRL
Granola
All Varieties | 320g



GLUTEN
FREE

\$5.99
/EA
SAVE \$2

KIND
**Healthy Grains
Granola**
All Varieties | 312g



FAIR
TRADE

NON-GMO

ORGANIC

\$5.49
/EA
SAVE \$1.50

FOUR O'CLOCK TEA
Organic Tea
All Varieties | 16 Bag



hot
deal

FROM
BC

\$12.99
/EA
SAVE \$6

ELIAS
**Creamed
Honey**
375g

**100% pure canadian gourmet,
raw, and organic honeys**

Locally sourced, family owned and operated, bringing you
premium, Canadian varietal, raw and organic honeys



LUNAR NEW YEAR

long life noodles

SERVES 4

This dish is traditionally made with Yi Mein wheat noodles, but rice noodles make for an easily available alternative.

INGREDIENTS

- 12 oz Stir Fry Rice Noodles
- 1/8 tsp sugar
- 1/4 tsp salt (or to taste)
- 1 Tbsp hot water
- 3 tsp soy sauce
- 2 Tbsp oyster sauce
- 1/2 tsp sesame oil
- 3-4 Tbsp avocado oil (divided)
- White pepper
- 1 clove crushed garlic
- 5 shiitake mushrooms (thinly sliced)
- 3-4 green onions (cut into 2-inch long pieces, with the light and dark green parts separated)

METHOD

- Pre-cook your stir fry rice noodles al dente according to package instructions. Immediately drain and set aside.
- Dissolve sugar and salt in 1 tablespoon of hot water, and add the soy sauce, oyster sauce, sesame oil, garlic, and white pepper. Stir until combined.
- Heat the wok until just smoking, and spread 2 tablespoons of oil around the perimeter.
- Add the mushrooms and the light green parts of the scallion. Stir fry for 30 seconds.
- Add the noodles (they still should be warm but with no water dripping), and stir fry everything for another 20 seconds. Warming the noodles before adding the sauce is important!
- Spread the prepared sauce mixture evenly over the noodles, and stir-fry everything together for 1 minute, or until the soy sauce mixture is distributed evenly. Spread another tablespoon of oil around the perimeter of the wok to prevent sticking if you feel you need it. If the noodles stick together, drizzle a bit of oil directly over the noodles. You can also add a splash of hot water if the noodles are too dry.
- Mix gently so you don't break up the noodles--remember, you want to have long noodles to give longevity and prosperity to whoever's going to be eating this dish!
- Add in the remaining green parts of the scallion and mix until they turn bright green and the noodles are heated through (1-3 minutes).



26% OFF



GLUTEN FREE

2 for \$6⁶⁷

THAI KITCHEN
Stir Fry Rice Noodles
198g



hot deal

ORGANIC



\$1⁶⁷ /EA

63% OFF

EARTH'S CHOICE
Organic Coconut Milk
400ml



NON-GMO

GLUTEN FREE

\$7⁶⁷ /EA

SAVE \$1.80

SAN-J
Gluten-Free Tamari
592ml



\$1⁶⁷ /EA

27% OFF

KOYO
Ramen
All Varieties | 57g



NON-GMO

GLUTEN FREE

\$5⁶⁷ /EA

24% OFF

SAN-J
Stir-Fry Sauces
All Varieties | 296ml



FROM BC

ORGANIC

23% OFF

AMANO
Organic Miso
All Varieties | 400g



TRUE LOCAL

ORGANIC

\$4⁶⁷ /EA

22% OFF

SILVER KING SOYA FOODS
Organic Tofu
All Varieties | 220g-440g

LUNAR NEW YEAR

\$9.99
/EA

SAVE \$1

DANICA
Midi Studio Mug
Ember



\$12.99
/EA

SAVE \$2

DANICA
Studio Mug
Ember | 14oz



\$22.99
/EA

SAVE \$4

DANICA
To and Fro Tote Bag
Ember

\$4.99
/EA

SAVE \$1

DANICA
Swedish Dishcloth
Ember



\$19.99
/EA

SAVE \$3

DANICA
Linen Dishtowel Set
Ember | 2pc



CURRY stir fry

INGREDIENTS

- 4 Tbsp oil
- 2 Tbsp red curry paste
- 8 kaffir lime leaves
- 6 Thai chilies (or to taste), sliced
- 4 cloves garlic, minced
- 21 oz beef, sliced thin
- 1 Tbsp fish sauce
- 1 Tbsp sugar
- 6 Tbsp water or coconut milk

METHOD

Heat a wok or skillet over medium heat, add oil. Once hot, add red curry paste, kaffir lime leaves, garlic, and chilies. Cook for 20 seconds, or until fragrant.

Add beef or pork slices and cook until done.

Add sugar, fish sauce, and water or coconut milk. Stir-fry until well mixed and sugar dissolves. Serve immediately.

Add peppers or green beans for more vegetables, if desired.



\$23.76
/EA

10% OFF

CUTTER RANCH
Stir Fry Pork



BRADNER FARMS



TARZWELL FARMS

10% OFF

TARZWELL FARMS |
BRADNER FARMS
Stir Fry Beef

39% OFF



2 for \$6.67

THAI KITCHEN
Curry Paste
All Varieties | 112g



\$3.67
/EA

26% OFF

PEACOCK
Rice Vermicelli
White | Brown Rice |
200g

grocery



\$3³⁶
/100G

40% OFF

Bulk Deluxe Nut Mixes
Salted | Unsalted



\$3⁶⁶
/100G

40% OFF

Bulk Organic Brazil Nuts



MADE HERE

20% OFF

KOOTENAY CO-OP
Trail Mixes
200g



\$5⁴⁹
/EA

SAVE \$1.50

SAVOR
Organic Cookies
All Varieties |
300g-325g



32% OFF

2 for \$5

RUNA
Clean Energy Drinks
All Varieties | 355ml



\$4⁹⁹
/EA

29% OFF

EVERLAND
Chocolate Bark
All Varieties | 113g



\$11⁹⁹
/EA

SAVE \$3

NEW WORLD
Organic Peanut Butter
All Varieties | 1 Kg



20% OFF

2 for \$4

HORNBY ORGANIC
O Snack Bars
All Varieties | 45g



\$4⁹⁹
/EA

SAVE \$1

MOUNTAIN MUNCHIES
Enercheez
All Varieties | 70g



25% OFF

2 for \$6



GUAYAKI
Yerba Mate
All Varieties | 458ml



\$3⁵⁰
/EA

42% OFF

CHIMES
Ginger Chews
All Varieties 2 for \$7 |
100g



\$7⁹⁹
/EA

SAVE \$2

BLISS BALLS
Bliss Balls
All Varieties | 200g



FROM THEIR ORGANIC FAMILY TO YOURS

Proudly Canadian. Always Organic.



36% OFF



QUE PASA
Organic Tortilla Chips
All Varieties | 300g-350g

2 for \$8



NATURE'S PATH
Organic Boxed Cereal
All Varieties | 300g-400g

\$5.99 /EA
25% OFF



NATURE'S PATH
Eco-Pac Cereal
All Varieties | 675g-907g

\$8.99 /EA
SAVE \$4



\$10.99 /EA
SAVE \$4

NATURE'S PATH
Love Crunch Granola
All Varieties | 700g



\$8.99 /EA
SAVE \$4

ANITA'S
Organic Unbleached White Flour
2kg



2 for \$5

LOVE CHILD
Organic Purees
All Varieties | 128ml

grocery



\$5.49
/EA

SAVE \$1

DAIYA
Dairy-Free Shreds
All Varieties | 200g



\$3.99
/EA

27% OFF

VITA COCO
Organic Coconut Beverage
1L



\$3.99
/EA

25% OFF

LA PREFERIDA
Organic Refried Beans
Pinto | Black | 398ml



\$3.99
/EA

SAVE \$1

ALTER ECO
Organic Chocolate Bars
All Varieties | 75g-80g



\$7.99
/EA

SAVE \$2.50

LOTUS FOODS
Rice Ramen 4-Packs
All Varieties | 283g



\$10.99
/EA

SAVE \$2.50

GT'S KOMBUCHA
Raw Kombucha
All Varieties | 1.4L



\$6.99
/EA

30% OFF

ECOMAX
Dishwasher Pacs
20x18g



\$3.99
/EA

27% OFF

CASBAH
Falafel Mix
284g

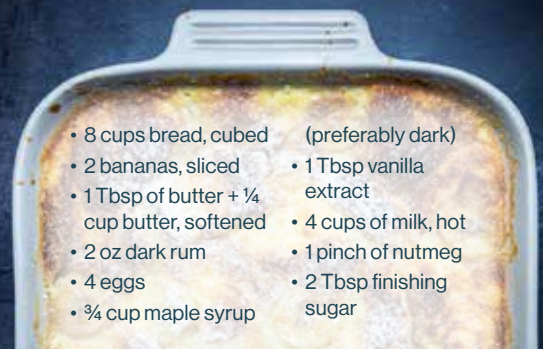


\$3.99
/EA

SAVE \$1

HABIB'S
Tzatziki Dip
200g

maple bread pudding



- 8 cups bread, cubed (preferably dark)
- 2 bananas, sliced
- 1 Tbsp of butter + ¼ cup butter, softened
- 2 oz dark rum
- 4 eggs
- ¾ cup maple syrup
- 1 Tbsp vanilla extract
- 4 cups of milk, hot
- 1 pinch of nutmeg
- 2 Tbsp finishing sugar

Preheat the oven to 180°C (350°F).
Butter a 25 cm by 25 cm (10 in by 10 in) mold and place the bread in it.
In a pan, roast the banana pieces in 15 g (1 tablespoon) of butter. Drizzle with dark rum. Set aside.
Scramble the eggs. Add the softened butter, maple syrup, vanilla and, gradually (so as not to cook the eggs), the hot milk. Pour over the bread.
Spread the banana peices on the bread and sprinkle with nutmeg.
Bake for 45 to 60 minutes, until the center is set.
Remove from the oven, sprinkle with finishing sugar.



\$24.99
/EA

SAVE \$5

CANADIAN HERITAGE ORGANICS
Organic Maple Syrup
All Varieties | 1L

grocery



\$3⁷⁹
/EA

SAVE \$1

HARDBITE
Kettle Chips
All Varieties | 150g



\$4⁷⁹
/EA

20% OFF

RICEWORKS
Rice Chips
All Varieties | 155g

22% OFF



2 for \$7

BARBARA'S BAKERY
Cheese Puffs
All Varieties | 198g



\$10⁹⁹
/EA

SAVE \$3

KARTHEIN'S
Organic Sauerkraut
All Varieties | 750ml



\$7⁴⁹
/EA

SAVE \$1.50

RAINCOAST TRADING
Sockeye Salmon
Traditional | Unsalted | 160g



\$4⁹⁹
/EA

23% OFF

PLUMM GOOD
Organic Rice Cakes
All Varieties | 185g



\$24⁹⁹
/EA

SAVE \$7

BLUEBIRD PROVISIONS
Chicken Bone Broth Powder
200g



\$5⁹⁹
/EA

SAVE \$1

BLUE DIAMOND
Nut Thins
All Varieties | 120g



\$4⁷⁹
/EA

12% OFF

ENDANGERED SPECIES
Fairtrade Chocolate Bars
All Varieties 2 for \$9 | 85g



\$5⁴⁹
/EA

31% OFF

GUSTA
Vegan Sausages
All Varieties | 350g



\$8⁹⁹
/EA

SAVE \$3

GREENHOUSE
Fresh Almond Milk
All Varieties | 946ml



\$9⁹⁹
/EA

SAVE \$3

ROCKY MOUNTAIN FLATBREAD CO.
Frozen Pizzas
Mozza | Sunny Goat | 310g-384g

grocery



\$8⁹⁹ /EA
SAVE \$4

FARMING KARMA
COCKTAILS
**Non-Alcoholic
Cocktails**
All Varieties | 4x 285ml



\$3⁹⁹ /EA
SAVE \$1

ALTERNATIVE KITCHEN
**Veggie Deli
Slices**
All Varieties | 100g



\$8⁴⁹ /EA
SAVE \$2.50

OAT + MILL
**Dairy-Free Ice
Cream**
All Varieties | 500ml



\$4⁹⁹ /EA
SAVE \$2

EVERLAND
Organic Salsa
All Varieties | 500ml



\$8⁴⁹ /EA
15% OFF

SIETE
**Grain-Free Taco
Shells**
156g



\$5⁹⁹ /EA
25% OFF

YUCATAN
**Authentic
Guacamole**
227g

Kootenay
co-op

butcher shop

We do more than just
put out packages –
we butcher whole
animals and make
our own sausages,
specialty cuts, and
marinades.



\$12²² /KG
25% OFF

BRADNER FARMS
**Organic Whole
Chicken**
Frozen



\$28¹⁴ /KG
20% OFF

KOOTENAY CO-OP
Chicken Sausage
All Varieties



\$27¹⁹ /KG
20% OFF

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



\$23⁷⁶ /KG
10% OFF

CUTTER RANCH
Pork Cubes

cheese + tapas



\$4.99
/EA

20% OFF

CELEBRITY
**Soft Sheep
Cheese (Brebis)**
All Varieties | 113g



\$7.90
/100G

15% OFF

CYPRESS GROVE
Lamb Chopper
Aged sheep cheese

sheep cheese



\$8.80
/100G

20% OFF

CENTRAL
**Sheep Cheese
with Truffle**



\$4.15
/KG

20% OFF

DOP
**Pecorino
Romano**
Extra aged hard sheep
cheese



\$7.90
/100G

15% OFF

CYPRESS GROVE
Midnight Moon
Aged goat cheese



\$5.19
/100G

20% OFF

JARLSBERG
Jarlsberg
Norweigan Swiss Style
cheese



\$6.99
/EA

30% OFF

TRE STELLE
Mozzarella balls
25% M.F. | 340g



\$1.80
/100G

40% OFF

OLIVE BAR (SAN REMO)
**Pitted Nicoise
Olives**



\$2.39
/100G

20% OFF

OLIVE BAR (DIVINA)
**Green Olive
Tapenade**



\$1.19
/100G

25% OFF

OLIVE BAR (SAN REMO)
**Black Sundried
Olives**

wellness



NEW

Andalou Naturals Deep Hydration

Each product deeply moisturizes skin and helps restore elasticity for a plumper-looking complexion. Bio-Designed Collagen delivers 20x more moisture than traditional marine collagen and helps plump, smooth, and repair skin's elasticity.

29% OFF

All Varieties



ANDALOU NATURALS Face + Body Care



\$4.89 EA

30% OFF

All Varieties



F.E.T.E. Bamboo Toothbrush

Natural + biodegradable bamboo toothbrushes are great for the whole family!



\$6.99 EA

30% OFF

All Varieties



GENIAL DAY Cotton Liners | Pads



\$16.99 EA

23% OFF

KALAYA Extra Strength Pain Relief Rub

Fast-acting and long-lasting relief for aches and pains.



\$3.99 EA

20% OFF

KL SKIN Bar Soap

Clean and simple, these handmade, long-lasting bar soaps lather richly, leave skin feeling soft and smell amazing.



TRUE LOCAL

\$11.99 EA

20% OFF

KL SKIN Whipped Shampoo Bar | Conditioner Bar

The eco-friendly hair care option. Each hand-whipped bar replaces 2-3 bottles of liquid shampoo and conditioner.



20% OFF

All Varieties

TRUE LOCAL

MOOI Skincare

Handmade, natural, and ethical body + beauty care products.

wellness



\$16⁹⁹ EA
26% OFF

30ml

NOW

Hyaluronic Acid Firming Serum



25% OFF

NOW

Xyliwhite Toothpaste | Toothgel

Fluoride-free toothpaste made with 25% natural Xylitol to promote healthy teeth that are whiter and stronger.



20% OFF

All Varieties



PURE POTENT WOW

Essential Oils

Organic, wildcrafted and sustainably sourced essential oils.



\$7⁹⁹ EA
20% OFF

All Varieties | 350ml

SAPADILLA

Hand Soap

Earth-friendly formulas made with 100% essential oils and plant-based ingredients.



30% OFF

All Varieties



WELEDA

Body Care

Nourishing and nutrient-rich body care designed to pamper, protect, and revitalize skin using only the highest quality ingredients at affordable prices.



\$12⁹⁹ EA
28% OFF

All Varieties | 473ml



DR. BRONNER'S

Liquid Castile Soap

Concentrated -- can be diluted up to 8 times!



\$6⁹⁹ EA
30% OFF

All Varieties | 140g
Hand Sanitizer also on sale



DR. BRONNER'S

All-One Toothpaste

Made with 70% organic ingredients. Free from synthetic detergents and foaming agents.



\$14⁷⁹ EA
20% OFF

All Varieties | 454g



KOOTENAY SOAP CO.

Bath Salts

Relax + rejuvenate by soaking in a rich blend of mineral + sea salt, with pure essential oils.



30% OFF



A. VOGEL

Cold + Flu Support

Made with fresh echinacea extract providing immune support as well as offering antiviral properties. Prevents and fights infection more effectively reducing cold and flu symptoms by 65%.



30% OFF

1000iu | 50ml



TROPIC

Vitamin D Liquid

Essential for bone health, cold + flu protection, and warding off those winter blues.



30% OFF

180c



SISU

Ultra Prim Evening Primrose Oil

Rich source of the skin nourishing, anti-inflammatory essential fatty acid GLA.



25% OFF

90c



CANPREV

Detox Pro

A one-step, 15-day detoxification solution that provides critical nutrients to help support your liver.



25% OFF

120c



CANPREV

Prenatal Multi Women | Iron Bisglycinate 25mg



25% OFF

Gaba 500mg

Supports relaxation, reduces effects of acute anxiety



Adrena-Pro

Increases energy and reduces the effects of stress



Thyroid Pro

Supports energy metabolism



L-Theanine

Improves sleep quality, heightens mental acuity



CANPREV

Stress Support



25% OFF

90c
500ml liquid also on sale



CANPREV

Bioactive B Complex

Readily usable form of B vitamins for optimal efficacy supporting heart and nerve health as well as optimizing energy metabolism.

wellness



20% OFF

All Varieties



HARMONIC ARTS

Cold + Flu Products

Expertly crafted tinctures and syrups for easy assimilation - designed to bolster immunity, fight off + clear infections, support digestive and liver health, or offer support for the nervous system.



20% OFF

All Varieties



HARMONIC ARTS

Concentrated Mushroom Extracts

Concentrated mushroom powders support whole-body harmony and immune system intelligence.



20% OFF

500ml



FLORA

MCT Oil

Excellent source of short-chain fatty acids providing fast fuel for brain + body.



17% OFF

941ml | 500ml |
500ml with DHA



FLORA

Udo's Oil 3-6-9 Blend

Unrefined oil blend designed to provide the ideal 2-to-1 ratio of omega-3 and omega-6 fatty acids.



\$25.99 EA

26% OFF

60t

Passion Flower 500ml
also on sale

A. VOGEL

Relax Passion Flower Complex

Calming nervines, passionflower, lemon balm, and valerian to support sleep + relaxation.



BOTANICA

Perfect Protein

All Varieties

Blend of rice + quinoa protein with targeted herbal formulas for nourishing the adrenals or brain.



BOTANICA

Perfect Greens

All Varieties

Alkalize, detoxify, and energize with concentrated doses of microalgae, grasses, and leafy greens.



BOTANICA

Liquid Phytocaps

All Varieties

Concentrated high-quality herbal extracts for mood, energy, and stress support

20% OFF

All Varieties

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



\$21.99 EA

27% OFF

460ml



CULTURED COCONUT

Nature's Finest Probiotic

Kefir-like probiotic drink, packs a gut supportive punch with 4 trillion live bacteria per tablespoon as well as postbiotic nutraceuticals.

FEBRUARY IS

heart health month

Optimizing our metabolic and vascular health is key to improving our overall health and longevity, and minimizes the natural toll that aging takes on the heart.

A healthy diet, regular exercise, avoiding smoking and alcohol consumption promotes heart health and reduces risk factors such as high blood pressure, elevated blood glucose, raised blood lipids and obesity. In addition to healthy lifestyle habits, there are many nutritional supplements that are shown to have cardioprotective effects.

Vitamin C

promotes vascular health by stimulating collagen production, protecting arteries against free radical damage, and reducing inflammation. Sisu Ester-C Supreme combines vitamin C with immune-boosting arabinogalactan and Quercetin, a powerful bioflavonoid antioxidant.



24% OFF

600mg | 120c



SISU
**Ester C
Supreme**

25% OFF

Sleep |
Stress Relief



CANPREV
Magnesium

Magnesium

plays an important role in energy production, glucose metabolism, regulating our stress response and improving sleep. Magnesium is necessary for stabilizing heart rhythm, regulating blood pressure and for transporting other electrolytes into the heart.



\$25.99 EA

21% OFF

100mg | 75c



NAKA PLATINUM
Nattokinase

Nattokinase

is a proteolytic enzyme derived from natto, a traditional Japanese ingredient made from fermented soy beans. It's been shown to be effective at helping dissolve blood clots, maintain blood vessel structure. It also has anti-platelet and anticoagulant effects similar to Aspirin, resulting in improved blood flow, healthy blood clotting and blood pressure, and lowered risk of heart disease.



\$21.99 EA

27% OFF

All Varieties



LEANFIT
**Beauty Collagen |
Collagen + Greens**

Collagen

provides structural support for our skin, bones, ligaments + tendons, and our blood vessels. It maintains the integrity of our veins and arteries. Fragile blood vessels increase the risk of atherosclerosis which can lead to increased risk of heart attack and stroke.



\$18⁹⁹
EA

24% OFF

120mcg | 120c



NATURAL
FACTORS
Vitamin K2



Vitamin K2

supplementation has been strongly associated with improved cardiovascular outcomes. K2 supports calcium absorption into the bones, keeping the calcium out of your blood vessels. Calcium deposits in arteries can lead to the development of blockages, hardening of the arteries, high blood pressure, kidney disease and more.

\$25⁹⁹
EA

26% OFF

90c



LIVING
ALCHEMY
**Black
Garlic Alive**



Garlic has been shown to have significant cardioprotective effects. It contains anti-inflammatory compounds and may also be helpful for lowering cholesterol, blood pressure and blood sugar levels. It also helps support healthy circulation by inhibiting platelet aggregation, or stickiness, in the blood vessels, which can lead to blood clots.

\$39⁹⁹
EA

20% OFF

100mg | 60c



NATURAL
FACTORS
Ubiquinol



CoQ10 is an important antioxidant made in the mitochondria of our cells. It is necessary for ATP (energy) production, with the highest concentrations of CoQ10 being found in our heart. Levels decrease with age and can be lower in people with heart disease and in those who take statins (cholesterol lowering drugs).

Ubiquinol, is the active form of CoQ10 and the form found most in blood circulation. For those with chronic health conditions, it is more bioavailable than the CoQ10 option.



Berries are a source of vitamins, minerals, fibre and flavonoids. They contain antioxidants and phytonutrients that reduce inflammatory cytokines, blood pressure, and protect blood vessels from damaging free radicals. Berry powders are a great way to boost your intake of these powerful nutrients.

22% OFF

All Varieties
Camu Camu
capsules
also on sale



ORGANIC
TRADITIONS
**Berry
Powders**

\$39⁹⁹
EA

33% OFF

150c



NATURAL FACTORS
**Rx Omega 3
Factors Triple
Strength**



Omega-3 essential fatty acids

promote heart health and protect against heart disease. Fish, particularly cold-water, fatty fish, is nature's best source of DHA and EPA, omega-3 fatty acids. Supplementing with fish oil may help lower triglycerides, the unhealthy fats in your blood, while increasing HDL (good) cholesterol.

25% OFF

All Varieties



SEALICIOUS
Omega 3



wellness



25% OFF

120 softgels



CANPREV

Inno-Cal Mag Advanced

Comprehensive Cal Mag formula with additional zinc, boron, and vitamin D + K2 for optimal bone-building support.



20% OFF

30t



KI

Cold + Flu Day Night | Immune Defense + Vitality

Strengthen your defenses or treat infections quickly.



\$14.99 EA

25% OFF

Raspberry | Orange | 30pk



ENER-LIFE

Ener-D

Energize your body with Vitamin C and B, as well as minerals. Now with added D for all your winter needs.



\$27.99 EA

20% OFF

226g

Magnesium Gummies, Calm Sleep also on sale



NATURAL CALM

Magnesium Citrate Powder



\$18.99 EA

24% OFF

4mg | 60sg



NATURAL FACTORS

Astaxanthin Plus

Critical antioxidant protection for joint, heart, brain eye, and skin health.



\$22.99 EA

21% OFF

60c



NAKA PLATINUM

Heme Iron

Helps to prevent iron deficiency anemia and associated fatigue. Animal sourced. Protein bound iron for easy assimilation.



20% OFF



NAKA PLATINUM

L-Glutamine 9000mg

Accelerates recovery time, increases energy, and supports muscle recovery and growth.



NAKA PLATINUM

Creatine 5000mg

Optimizes muscle performance for better workouts.



NAKA PLATINUM

Magnesium Bisglycinate 200mg

300c

A potent, therapeutic dose of 200mg of pure elemental magnesium in a form known for its superior absorption.



24% OFF

Magnesium Bisglycinate 200mg 150caps also on sale



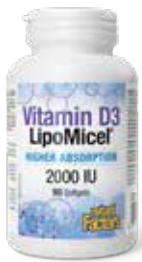
NAKA PLATINUM

Magnesium L-Threonate 48mg

120c

Crosses the blood-brain barrier providing optimal cognitive support.

wellness



**Vitamin D3
LipoMisel**

10 x higher absorption
than regular vitamin D

NATURAL FACTORS
Cold + Flu Products



**Lung, Bronchial +
Sinus Health**

NAC combined with
expectorant and
mucus membrane
soothing herbs



**Quercetin with
Zinc + Copper**

Reduces inflammation
and cytokine storm

**25%
OFF**



**Vitamin
K2 + D3 + A**

Synergistic blend
of key vitamins for
immune support



\$11.99^{EA}

40% OFF

5000mcg | 60t



NATURAL FACTORS
B12 Methylcobalamin

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



NATURAL FACTORS
Hi Potency B Complex 50mg
Supports energy production and proper brain +
nerve function.

\$27.99^{EA}

24% OFF

Bonus | 210c



NATURAL FACTORS
C 500 mg
Immune support for young and old alike in 3 different
delicious flavours.

\$17.99^{EA}

25% OFF

All Flavours | 180t



NATURAL FACTORS
Joint Optimizer
Combines the most trusted + effective herbal
supplements in a synergistic formula for natural joint
pain relief and healthy joint function.

**20%
OFF**

60c



NATURAL FACTORS
Lutein
Supports eyesight in conditions such as cataracts
and age-related macular degeneration.

\$16.99^{EA}

26% OFF

40mg | 30c



NATURAL FACTORS
Melatonin Time Release
Reduces time it takes to fall asleep and improves
sleep quality.

\$17.99^{EA}

25% OFF

10mg | 90t



NATURAL FACTORS
**Whey Factors
Natural Whey Protein**
Builds and maintains lean muscle mass. Regulates
blood sugar balance.

\$49.99^{EA}

SAVE \$10

All Varieties



wellness



Supplements

Bioenergetic supplements, formulated for superior bioavailability and quality. Delivering raw, whole food nutrition for optimum health benefits.



Greens + Proteins

A blend of fermented nutrient-dense foods including fruits and vegetables grown on Okanagan Farms.

20% OFF

All Varieties



31% OFF

Prenatal also on sale



WHOLE EARTH AND SEA Multivitamins 50+

Highest quality vitamins + minerals in a base of raw whole foods optimizing nutritional support.

WHOLE EARTH AND SEA

Supplements | Greens | Proteins



43% OFF

550c



PRAIRIE NATURALS

Vitamin D 2500

Higher dosage of vitamin D is now recommended for optimized immune support and mental wellbeing during the winter months.



\$13.99 EA

SAVE \$5

340g



MANITOBA HARVEST

Organic Hemp Hearts

Great tasting, nutritious seeds easily added to smoothies, soups, and salads.



\$14.99 EA

21% OFF

15ml

30ml, 50ml also on sale



HEDD WYN

Oregano Oil

Potent herbal antimicrobial that effectively tackles bacterial, yeast, fungal, and parasitic infections.



31% OFF

All Varieties



PRAIRIE NATURALS

Cough + Cold

Prevents viral replication, clears infection + inflammation to combat cold and flu symptoms.



PRAIRIE NATURALS

Citrus Soother

Soothing + protective lemon, honey + ginger, and vitamin D + zinc for all your cold and flu needs.



31% OFF

All Varieties



SALUS Tonics

Easily absorbable liquid mineral tonics created with wholesome herbal blends for optimal synergy.



wellness



\$179⁹⁹
EA

SAVE \$40

SANTEVIA Alkaline Gravity Water System

Multi-layered system that filters out harmful constituents and mimics the natural process of mineralization to create perfectly balanced alkaline water.



\$49⁹⁹
EA

SAVE \$10

SANTEVIA Mina Slim Water Pitcher

All Varieties
Filter replacements
also on sale



SISU Immune Support

Immune system basics of zinc, and vitamin D + C will support you during cold and flu season. Ester C lasts for up to 24 hours in the blood stream for optimal cellular absorption providing superior anti-inflammatory support.



24% OFF

Vitamin D | Zinc
Citrate | Ester C



\$19⁹⁹
EA

20% OFF

236ml
Concentrate, Kids also on sale



SURO Elderberry Syrup

Combining premium ingredients of elderberries, echinacea, propolis, and elderflower extract traditionally used for relief of cold + flu symptoms.



\$43⁹⁹
EA

25% OFF

180c
90c, Boron-Free also on sale



NEW ROOTS HERBAL Strong Bones

Helps build + maintain a strong, healthy skeletal system with a matrix of bone-building nutrients that help prevent the onset of osteoporosis.



\$31⁹⁹
EA

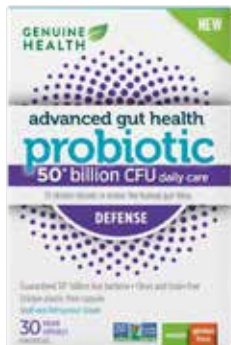
26% OFF

100c
Plant Digestive Enzymes
also on sale



NEW ROOTS HERBAL Digestive Enzymes HCL

Comprehensive digestive support combining pancreatin, betain, ox bile papain, and pepsin.



26% OFF

All Varieties



GENUINE HEALTH Probiotics

Boost your gut health with these probiotic formulas that mimic human gut flora for optimal support.



\$33⁷⁹
EA

25% OFF

60c



LIVING ALCHEMY Probiotics

Providing a whole food gut health solution of nutrients, enzymes, prebiotics, and probiotics.



25% OFF

60c



LIVING ALCHEMY Herbal Extracts + Formulas

Fermented to offer higher bioavailability of active constituents for enhanced effectiveness.

wellness



Shatavari also on sale



\$8.99
EA
25% OFF

ORGANIC TRADITIONS
Ashwagandha
200g

Balanced adaptogen that enhances stamina, promotes mental calmness, and encourages restful sleep.



\$10.49
EA
25% OFF

ORGANIC TRADITIONS
Maca X-6
200g

The perfect adaptogenic superfood -- enhances energy, libido, and physical endurance.



25% OFF

60t

HARMONY | HE

Menopause Max | Balance | Men's Formula

Unique formulas combining western and Traditional Chinese Medicine herbal extracts for broad-spectrum hormonal + nutritional support for men and women.



\$15.99
EA
20% OFF

Sun | Moon

NEW



NOORISH FOODS

Cocoa Ritual Sipping Chocolate

2 unique blends enhanced with adaptogenic herbs and mushrooms to either energize + elevate your day or to restore + nourish your nervous system at night.



\$22.99
EA
30% OFF

Unflavoured | 285g



LEANFIT

Beef Bone Broth

Good source of collagen and protein for daily nutritional enhancement.



\$10.99
EA
31% OFF

Whole Leaf | 946ml



LILY OF THE DESERT

Preservative-free Aloe Vera Juice

The original super juice. Enhances absorption of other nutrients and soothes gut inflammation.



26% OFF

Select Varieties

VEGA

Sport Product Line

Clean, plant-based sport nutrition specifically developed for optimum support before, during, and after workouts.



\$25.99
EA
26% OFF

SPROOS

Lattes | Hot Chocolate

Dairy-free, unsweetened, enhanced with 3g of marine collagen, MCT + coconut milk powder, and antioxidant-rich superfoods such as turmeric, matcha, cacao, and mushrooms.



26% OFF

SPROOS

Collagen Varieties

Incorporate these high quality collagens into your daily routine to maintain strong joints, glowing skin, and a healthy gut.

organization of the month



Safe Kids + Youth Coordinated Response

SKY Coordinated Response is a “made in the West Kootenay” rural adaptation of a Child + Youth Advocacy Centre. SKY helps children and youth that have experienced abuse and neglect receive the best possible response from service providers, providing a collaborative response that reduces the potential for system-induced trauma.



make a donation

add \$2
to your bill

drop cash in the
change box

NOW IN YOUR CO-OP CAFÉ...

cupid's kiss

- True Local espresso shot
- Housemade dark chocolate syrup
- Housemade raspberry syrup
- Organic Kootenay Meadows whole milk or alternate milk



Kootenay
co-op

february classes

A CULINARY TOUR OF INDIA: PART 1

Masala Magic: Exploring
Appetizers in Indian Cuisine **Feb. 8**

A CULINARY TOUR OF INDIA: PART 2

Tandoori Temptations:
Grilled Delicacies **Feb. 15**

A CULINARY TOUR OF INDIA: PART 3

Curry Chronicles: Mastering
the Art of Curries **Feb. 22**

Soups, Stews + Quick Breads **Feb. 27**

A CULINARY TOUR OF INDIA: PART 4

Sweet Indulgence: Making
Gulab Jamun with Rabri **Feb. 29**

www.kootenay.coop/co-op-classes



118+ true local suppliers

Supporting True Local farmers + artisans means supporting more than 118 local business owners, their families, and their employees – all who live, work and play in our communities.

true local tops the charts

20% of our largest suppliers are True Local! Your support for these suppliers ensures viability for these local businesses and their products – strengthening our local food security.

peak true local farming

In peak growing season, 40% of your produce department is True Local, supporting over 25 local farmers. You can also find True Local produce, beets, potatoes, cabbages, carrots, and squash all winter long.

Kootenay
co-op