

May

Monthly
Specials

2011

Grocery

Natur-a
Rice
Non Dairy Beverage

Original, Vanilla
reg \$2.99 946ml

\$2.35 each

reg \$35.88 case

\$26.79 case



Natur-a
Soy
Non Dairy Beverage

Original, Vanilla,
Chocolate, Strawberry,
Unsweetened
reg \$3.19 946ml

\$2.45 each



reg \$40.68 case

\$27.93 case

Nature's Path
Flax Plus

Flaxseed Meal
reg \$5.49 425g

\$4.89 each



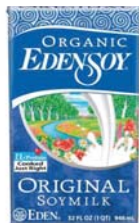
Eden
Soy Beverages

Unsweetend, Original, Vanilla
reg \$4.19 946ml

\$2.79 each

reg \$50.28 case

\$31.80 case



Annie Chun's
**Soup/Noodle
Bowls**

Selected varieties
reg \$4.99 155g

\$3.59 each



Daiya Shreds
**Cheese
Alternatives**

Cheddar, Mozzarella, Pepperjack
reg \$5.29 227g

\$3.99 each



GT's
**Raw Kombucha
Beverage**

Selected Varieties
reg \$3.99 473ml-480ml

\$2.99 each



Kootenay Country Store Co-op

295 Baker Street
Nelson, BC V1L 4H4

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

email: customerservice@kootenay.coop
online: www.kootenay.coop

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All Specials While Quantities Last

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Annie's Homegrown

Pasta & Cheese

Dinners

Rice Pasta & Cheddar
reg \$4.29 170g

\$3.39 each

Organic Shells & Cheddar
Organic Whole Wheat Shells
& Cheddar
reg \$3.89 170g

\$2.99 each



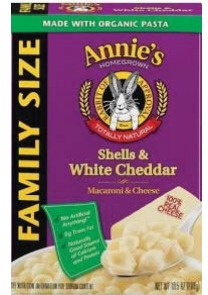
Bunny Shaped Pasta with
Cheese
Petite Shells & White Cheddar
Shells & Aged Wisconsin
Cheddar
Macaroni & Cheese Classic
reg \$2.89 170g

\$2.29 each



Family Size
Shells & White Cheddar
reg \$4.59 340g

\$3.39 each



Guayaki Yerba Mate Energy Beverage

Selected Varieties
reg \$2.99 473ml

\$2.39 each

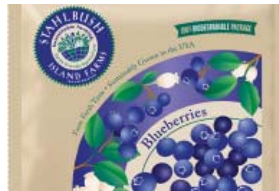


+ deposit

Stahlbush Island Farms Frozen Fruits

Selected Varieties
reg \$5.89 225g-300g

\$4.19 each



Camel Brand Halvah Bars

Selected Varieties
reg \$1.95 85g

\$1.59 each



Wholesome Sweeteners Sugar

Organic Dark Brown,
Organic Light Brown
reg \$7.39 681g

\$4.99 each

Organic Demerara,
Fair Trade Raw
reg \$6.89 681g

\$4.69 each

Organic Powdered
reg \$6.39 454g

\$4.39 each

Fair Trade Natural Cane
reg \$5.29 681g

\$3.59 each



Molasses

Organic Black Strap
reg \$8.39 472ml

\$5.69 each

reg \$11.99 944ml

\$8.19 each



Pamela's Wheat Free Cookies

Selected Varieties
reg \$4.29-4.39 150g

\$2.99 each



Rebar Nutritional Food Bars

Selected Varieties
reg \$2.29 50g

\$1.89 each



So Delicious Refrigerated Coconut Milk Beverage

Vanilla, Unsweetened,
Original
reg \$5.59 1.89L

\$4.49 each



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All Specials While Quantities Last

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Lakewood Juices

Pure Black Cherry
reg \$6.99 946ml

\$4.89 each

Organic Blueberry,
Organic Cranberry
reg \$15.99 946ml

\$10.99 each

Organic Blueberry Blend,
Organic Cranberry Blend
reg \$7.89 946ml

\$4.99 each

Organic Pure Carrot
Organic Pure Pineapple
reg \$7.49 946ml

\$5.59 each

Pure Cranberry
Pure Pomegranate
reg \$11.79 946ml

\$8.79 each

Mango, Organic Cranberry
Lemonade, Organic Lemonade
reg \$5.29 946ml

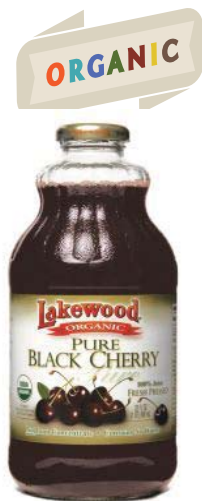
\$3.79 each

Organic Pomegranate Blend
Organic Pomegranate Blueberry
Organic Pomegranate Cranberry
reg \$6.99 946ml

\$4.59 each

Organic Veggie
Cocktail
reg \$6.65 946ml

\$4.29 each



+ deposit

Happy Planet Fruit Smoothies

Selected Varieties excluding
Clean Green

reg \$5.49 946ml

\$4.19 each

Clean Green
reg \$6.79 946ml

\$5.19 each



+ deposit

Vermints Natural Mints & Pastilles

Selected Varieties
reg \$4.39 40g

\$3.39 each



Purely Decadent Non Dairy Frozen Desserts

Selected Varieties
reg \$6.45 500ml

\$4.89 each



So Delicious Non Dairy Frozen Coconut Milk Desserts

Selected Varieties
reg \$7.59 500ml

\$5.79 each



Simply Natural Chunky Salsas

Black Bean/Corn
reg \$4.59 470ml

\$2.99 each

Mango, Medium,
Mild, Pineapple
reg \$4.19 470ml

\$2.79 each



Product of USA

Simply Natural Dressings

Selected Varieties
reg \$4.39 354ml

\$2.89 each



Product of USA

Earth Balance Natural Buttery Spreads

Organic 369g
Soy Free 425g
reg \$5.99

\$4.39 each



Bulk

The Spotlight on Bulk Foods Continues

In these days of rising food prices, the Co-op is bucking the trend. April 1st we rolled out price changes that reduced pricing on our entire bulk category by an average of over 20%. For the month of May we are continuing to put bulk foods in the spotlight with 12 bulk items on sale. Here is your opportunity to try new organic sprouted whole wheat and spelt flours from Anita's, or to stock up on legumes and brown flax seeds from Farmers Direct Co-operative - the first supplier in Canada to achieve the status of "certified domestic fair trade."



Skeet & Ik's
**Trail Mix
Fruit & Nut**
reg \$3.09 100g
\$2.85_{100g}



Skeet & Ik's
**Trail Mix
Choco Nut**
reg \$3.49 100g
\$3.15_{100g}



Anita's
**Sprouted Spelt
Flour**
reg \$.90 100g
\$.80_{100g}



Anita's
**Sprouted Whole
Wheat Flour**
reg \$.72 100g
\$.67_{100g}



Fair Trade

Farmer's Direct Co-op
Brown Flax
reg \$.53 100g
\$.47_{100g}



Fair Trade

Farmer's Direct Co-op
**Black Lentils
(Beluga)**
reg \$.68 100g
\$.59_{100g}



Fair Trade

Farmer's Direct Co-op
French Green Lentils
reg \$.65 100g
\$.59_{100g}



Fair Trade

Farmer's Direct Co-op
**Green Lentils
Red Lentils (not split)**
reg \$.63 100g
\$.59_{100g}

Natural Wasabi Peas
reg \$1.04 100g
\$.97_{100g}

Natural Rice Crackers
reg \$.86 100g
\$.79_{100g}

**Natural Peanut
Butter Pretzels**
reg \$1.50 100g
\$1.40_{100g}



Plain Gouda
reg \$2.48 200g
\$1.99_{100g}

Garlic & Dill Gouda
Herb Gouda
Peppercorn Gouda
reg \$3.10 100g
\$2.40_{100g}

Leicester Cheddar
reg \$2.88 100g
\$2.29_{100g}

Onion & Garlic Cheddar
Jalapeno Cheddar
reg \$3.15 100g
\$2.50_{100g}

Asiago
reg \$2.80 100g
\$2.23_{100g}

Jerseyland Cheese

{LOCAL}

ORGANIC



Deli

Parmesan
reg \$3.80 100g
\$3.00_{100g}

Plain Feta
reg \$2.49 100g
\$1.99_{100g}

Herb Feta
reg \$2.63 100g
\$2.09_{100g}

Cottage Cheese
reg \$1.39 100g
\$1.10_{100g}

Cheddar Curds
reg \$2.60 100g
\$2.09_{100g}



Jerseyland Organics is located in Grand Forks. Their wholesome organic cheeses are made from 100% certified organic jersey milk from their own herd of dairy cows. They believe in the humane treatment of animals and the responsible stewardship of farm lands.

Deli Bulk Foods

Organic Matters
Wheat Free Tamari
reg \$1.09 100g
\$.93_{100g}

ORGANIC

Organic Matters
Canola Oil
reg \$.89 100g
\$.76_{100g}

ORGANIC

Prepared Foods

{LOCAL}

Figtree Gluten-Free Bakery
Om Cookies
Choclolate, Lemon, Vanilla
reg 2.65 each
\$2.19_{each}

{LOCAL}

KootenayBakery Cafe Cooperative
**Beet & Spelt
Berry Salad**
reg 1.59 100g
\$1.99_{100g}

{LOCAL}

KootenayBakery Cafe Cooperative
**Creamy Potato
Salad**
reg 1.62 100g
\$1.29_{100g}



Badger

Sunscreen
SPF 30
SPF 30 Baby **New**
SPF 15

reg \$18.99 87ml

\$14.99 each



Wellness

Certified Natural sunscreen made with uncoated, non-Nano Zinc Oxide for the safest, most effective sun protection for the whole family. Their totally natural and chemical-free, environmentally friendly sunscreens are rich in certified organic ingredients, are naturally water resistant, safe for children of all ages, block both UVA and UVB rays, and thoroughly moisturize while they protect you from the sun.

Progressive

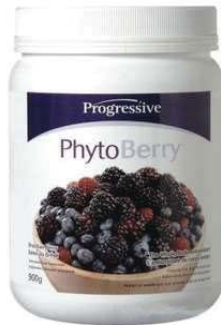
PhytoBerry

reg \$44.99 450g

\$31.49 each

reg \$79.99 900g

\$55.99 each



The Whole Body Antioxidant

PhytoBerry, specifically designed to offer whole body antioxidant protection, has been professionally formulated by renowned Naturopath Dr Mikhael Adams B.Sc., N.D., using only the finest quality, most stringently tested ingredients.

<http://www.progressivenutritional.com>

A Vogel

Pollinosan
Allergy Relief

reg \$18.59 120 tablets

\$13.89 each

Homeopathic medicine used for the treatment of symptoms associated with hay fever such as:

Sneezing, itchy nose, scratching throat, burning eyes & lacrimation



A Vogel

Pollinosan
Nasal Spray

reg \$17.99 20ml

\$13.49 each



Vega

Shake & Go Smoothie

reg \$24.89 300g

\$19.89 each

Tropical Tango
Bodacious Berry
Choca-lot
Vanilla Almond



Vega Shake & Go Smoothie is whole food goodness with a great blended smoothie taste!

A delicious, healthy, plant-based whole food beverage ideal for the entire family, it is packed full of protein, fibre, omega-3, probiotics, and greens. Just add water, shake, and go!

www.myvega.com



Wellness

Organic Traditions
Superfoods from Around the World

Vanilla Powder 100g
reg \$20.99
\$16.79ea



Ashwaganda Powder
reg \$14.99 200g
\$11.99ea



Kapikacchu Powder
Shatavari Powder
Holy Basil Tea
reg \$12.29 200g
\$9.79ea

Natural Traditions
Ethically Grown
Camu Camu Powder 100g
Golden Berries 454g **New**
reg \$20.99
\$16.79ea



Lily of the Desert
Aloe Vera
Aloe Vera Juice
Whole Leaf Aloe Vera Juice
reg \$11.49 464ml
\$7.99ea



Aloe Vera Juice
Whole Leaf Aloe Vera Juice
reg \$15.99 946ml
\$10.99ea

Aloe Vera Juice
Whole Leaf Aloe Vera Juice
reg \$34.59 3840ml
\$23.99ea



Weleda
Body Wash
Pomegranate, Sea Buckthorn,
Citrus, Rose
reg \$18.79 204g
\$14.99ea



The 100% organic pomegranate seed oil in Weleda's new Regenerating Body Care product line helps to promote skin renewal, protects against skin-damaging environmental influences and enhances your skin's vitality and natural radiance.

Toothpaste & Gels
Calendula, Children's,
Ratanhia, Plant, Salt
reg \$8.69 98g
\$6.89ea



Ratanhia Mouthwash Concentrate
reg \$9.99 50ml
\$7.99ea



Thoroughly cleanse your teeth and care for gums with the gentle power of minerals and the pure organic and natural plant extracts in this effective toothpaste.



Wellness

Purica

Recovery
Extra Strength

reg \$31.29 150g
\$24.99ea

reg \$64.49 350g
\$51.59ea

reg \$36.99 180c
\$29.59ea

reg \$69.99 360c
\$55.99ea



Purica

Immune 7X

reg \$43.39 120c
\$34.69ea

Red Reishi

reg \$49.39 120c
\$39.49ea

Cordyceps

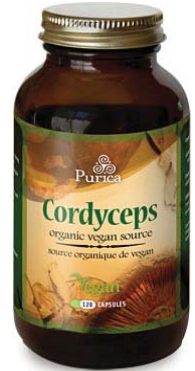
reg \$49.39 120c
\$39.49ea



Red Reishi for:
- Memory
- Stress
- Insomnia
- Energy



Cordyceps for:
-Libido enhancement for men and women
-Chronic fatigue
-Athletic performance enhancement



Immune 7X® is a potent immune formula containing 6 organic whole mushroom mycelia (nano-particles) and aqueous extracts in addition to Nutricol® & bromelain.

Fiberlicious

reg \$17.39 250g
\$13.89ea

Aztac Nopal Cactus

reg \$18.59 250g
\$14.89ea



Aztec Nopal for:
-Balancing blood sugar
-Reducing unhealthy lipids
-anti-oxidant and anti-inflammatory
-gentle digestive aid



Fiberlicious
-a mild laxative
-binds cholesterol to promote excretion
-promotes dental health

E3Live

E3Live

(Frozen)
reg \$32.99 480ml
\$24.69each

reg \$19.99 237ml
\$14.99each

E3Live Renew-Me

reg \$25.49 240c
\$18.99each

reg \$19.49 60c
\$14.59each



Brain-On

(Frozen)
reg \$36.99 480ml
\$27.69each

Supreme (Frozen)
reg \$20.99 237ml
\$15.69each

Dried Powder
reg \$44.49 120c
\$33.29each





Preserve

Recyclable Toothbrushes

Adult
reg \$3.69 each

\$2.89 each

Wellness

Junior
reg \$3.99 each

\$2.99 each



Flora

FlorEssence 7 Day Purification Program

reg \$35.99 each

\$26.99 each



DHA Vegetarian Algae Oil

reg \$28.59 60c

\$19.99 each



Probiotics **New**

reg \$33.99 60c

\$23.79 each

reg \$57.99 120c

\$40.59 each



Super Advanced Adult

reg \$34.99 30c

\$24.49 each

Udo's Choice

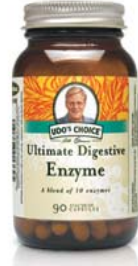
Ultimate Digestive Enzyme

reg \$22.99 90c

\$15.99 each

reg \$29.99 120c

\$20.99 each



reg \$57.99 60c

\$40.59 each

Super Children's

reg \$22.99 60c

\$15.99 each

Salus Tonics

Calcium & Magnesium bonus pack

reg \$63.99 500ml+250ml

\$40.89 each



Super Bifido Plus

reg \$58.99 30c

\$41.29 each

Floradix Floravit bonus pack

reg \$67.99 500ml+250ml

\$43.49 each



Super 8 Plus

reg \$25.99 30c

\$17.99 each



reg \$44.99 60c

\$31.49 each

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All Specials While Quantities Last



Aubrey Organics

Shampoos

Blue Chamomile Hydrating
Chamomile Luxurious
Island Naturals
Rosa Mosquetta Nourishing
GPB

reg \$12.99 325ml

\$9.69ea

B5 Design Hair Gel

reg \$13.99 237ml

\$10.49ea

Wellness



Conditioners

Blue Chamomile Hydrating
Chamomile Luxurious
Island Naturals
GPB

reg \$12.99 325ml

\$9.69ea

Rosa Mosquetta Nourishing
reg \$24.69 325ml

\$18.49ea

Natural Factors

Quercetin **Canadian**

reg \$28.59 90c

\$20.99each

Helps prevent the development of allergies, inflammation, diabetes, circulatory disorders, and heart disease



Super Multi - Iron Free

reg \$18.69 90c

\$11.99each



Hi Potency Multi

reg \$22.79 90c

\$14.79each



Hi Potency B Complex

50mg

reg \$17.39 90c

\$11.29each



Coenzyme Q10 - 100mg

reg \$42.29 150c

\$18.99each

Turmeric & Bromelain

reg \$21.49 90c

\$14.99each



Ultimate Protec Multi Probiotic

reg \$35.69 90c

\$24.99each



Wild Pacific Salmon Oil Enteric Coated

reg \$25.59 180c

\$17.89each



Triple Strength Rx **New** Omega-3 Fish Oil

reg \$49.99 150c

\$33.99each



- Restores and maintains healthy, balanced intestinal flora
- Limits the growth of putrefactive and pathogenic bacteria
- Supports immune function
- Prevents or repairs "leaky gut"
- Balances cholesterol levels
- Improves breath
- Enteric coated

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