

# April

Monthly  
Specials  
2011

## Grocery

Manitoba Harvest  
**Hemp Bliss**  
Non Dairy Beverage  
Unsweetened - Original -  
Chocolate - Vanilla

reg \$4.89 946ml

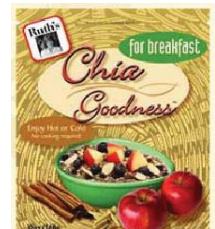
**\$3.69** each



Ruth's  
**Chia Cereal**  
Original - Apple Cinnamon -  
Chocolate - Cranberry Ginger

reg \$8.19 340g

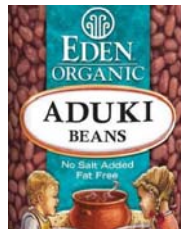
**\$6.19** each



Eden  
**Canned Whole  
Beans**  
Selected Varieties

reg \$3.19 398g

**\$2.29** each



Amy's  
**Canned Refried  
Beans**  
Black - Green Chili - Traditional

reg \$3.59 398ml

**\$2.79** each



Kettle Chips  
**Kettle Chips**  
Natural Salted - Chipotle Chili BBQ  
Salt & Fresh Ground Pepper

reg \$3.39 142g

**\$2.79** each



Cocoa Camino **Fair Trade**  
**Chocolate Bars**  
Selected Varieties

reg \$4.79 100g

**\$3.99** 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](mailto:customerservice@kootenay.coop)  
online: [www.kootenay.coop](http://www.kootenay.coop)

We reserve the right to correct printing errors

All Specials While Quantities Last

Monthly Specials | 1



Barbara's Bakery

### Cheese Puffs

Original - Jalapeno 198g  
Baked Original - Baked White Cheddar - 155g

reg \$3.79

**\$2.69** each



Barbara's Bakery

### Fig Bars

Blueberry - Multigrain  
Fat-Free Raspberry - Whole Wheat

reg \$5.99 340g

**\$4.29** each



Lara

### Fruit & Nut Bars

Selected Varieties

reg \$2.29 45g-51g

**\$1.59** each



Happy Planet

### Refrigerated Smoothies & Juices

Selected Varieties  
reg \$2.79 325ml

**\$2.19** each

Happiest Orange  
reg \$3.19 325ml

**\$2.39** each

+ deposit



Nuts To You

### Almond Butter

Raw - Regular

reg \$13.99 500g

**\$10.99** each



Oogies

### Gourmet Popcorn

Selected Varieties

reg \$3.99 141g

**\$2.99** each



Fillo Factory

### Frozen Pastry Dough & Shells

White

reg \$6.19 454g

**\$4.49** each

Whole Wheat

reg \$6.59 454g

**\$4.79** each

Spelt

reg \$8.29 454g

**\$5.99** each



Reed's

### China Colas & Virgil's Gourmet Sodas

Selected Varieties

reg \$1.99 355ml

**\$1.49** each + deposit



We reserve the right to correct printing errors

All Specials While Quantities Last



*Crofters*

## Super Fruit Spreads

Asian - European  
North American  
South American

reg \$6.49 260ml

**\$4.99** each



*Blue Sky*

## Natural Sodas

Cherry Vanilla - Cola  
Ginger Ale - Root Beer

reg \$.99 each

**\$.69** each

reg \$5.94 6 pack

**\$4.02** each

reg \$23.76 each

**\$15.59** each



Product of USA

+ deposit

*Ecover*

## Dish & Kitchen Cleaners

Dishwasher Powder  
reg \$10.99 1.36kg

**\$7.19** each

Dishwasher Tablets  
reg \$10.29 500g

**\$6.69** each



Cream Scrub  
reg \$4.29 500ml

**\$2.69** each

Dish Liquid  
Grapefruit - Herbal - Lemon  
reg \$6.29 1L

**\$4.19** each

Floor Soap  
reg \$7.19 1L

**\$4.79** each

Glass Cleaner  
reg \$6.49 500ml

**\$4.99** each

Rinse Aid  
reg \$7.69 500ml

**\$4.99** each



*Julie's*

## Frozen Sorbets

Blackberry - Mango Passion

reg \$5.19 473ml

**\$3.89** each



*Zico*

## Coconut Water

Natural - Lima Citron  
Pina Tropicale - Pomberry

reg \$3.69 414g

**\$2.89** each

+ deposit





# Bulk

## Big changes to our entire Bulk Foods Department!

Not only are we offering a selection of great monthly specials on Bulk, but this entire category has been overhauled to bring you unprecedented quality, selection and pricing. Read more in the newsletter and come into the store to see these changes for yourself:

**Pricing reduced by an average by 20.9% on identical products ~ More monthly sales ~ More Certified Organic bulk options ~ New improved signage ~ Wider product selection ~ Switch to pricing per 100g instead of per kg**



**Quinoa**

reg \$.75 100g

**\$.65**<sub>100g</sub>

reg \$85.05 11.34kg

**\$69.95 bag**



**Mango**

reg \$2.69 100g

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

reg \$51.51 2.27kg

**\$46.95 ea**



**Fruit & Nut Trail Mix**

reg \$3.09 100g

**\$2.85**<sub>100g</sub>



**Chocolate Nut Trail Mix**

reg \$3.49 100g

**\$3.15**<sub>100g</sub>



**Soynuts - Salted**

reg \$.99 100g

**\$.89**<sub>100g</sub>



**Gourmet Granola**

Original - Berry

reg \$1.99 kg

**\$1.75**<sub>100g</sub>



**Dried Sweetened Blueberries**

reg \$4.29 100g

**\$3.85**<sub>100g</sub>



**Dried Sweetened Cranberries**

reg \$1.49 100g

**\$1.45**<sub>100g</sub>



**Dried Bing Cherries**

reg \$3.29 100g

**\$2.95**<sub>100g</sub>



**Crystalized Ginger**

reg \$1.69 100g

**\$1.55**<sub>100g</sub>

We are switching to pricing per 100g instead of per kg to standardize with our competitors. This will enable you to more easily see the real value you are getting by choosing the Co-op! In addition, the majority of bulk purchases made by our members are well under 1kg - switching to /100g pricing should help you estimate the cost of your bulk purchases more easily.

We reserve the right to correct printing errors

All Specials While Quantities Last



Deli



Arla  
Cream Cheese Spread

reg \$4.99 200g  
**\$3.99**<sub>200g</sub>

All natural, fresh, creamy  
Organic Cream Cheese Spread.



Tre Stelle  
Brie

reg \$2.59 100g  
**\$2.10**<sub>100g</sub>



Rosenborg  
Traditional Blue

reg \$2.10 100g  
**\$1.69**<sub>100g</sub>



Emmi  
Cave-Aged Gruyere

reg \$2.75 100g  
**\$2.49**<sub>100g</sub>



Deli Bulk Foods

*lanson's Bread Spreads*  
Chive Hummus  
Red Pepper Hummus

reg \$1.60 100g  
**\$1.28**<sub>100g</sub>



Prepared Foods



*Feed Your Soul Foods*  
Bliss Balls  
Naked Bliss Balls

reg 2.69 each  
**\$2.19**<sub>each</sub>



*World Eats Catering*  
Chaing Mai Salad

reg \$ \$1.95 100g  
**\$1.59**<sub>100g</sub>



*World Eats Catering*  
Curried Lentil &  
Rice Salad

reg \$ \$1.79 100g  
**\$1.49**<sub>100g</sub>



## Wellness

*The Diva Cup*

### Menstrual Cup

Sizes 1 and 2  
reg \$37.69 each

**\$27.99** each

An award-winning,  
environmentally friendly  
alternative to tampons and pads



*Quantum Internationals*

### Survival Food Organic Zeolite Dietary Supplement

reg \$47.99 1oz

**\$39.99** each

Zeolite is a unique mineral, which acts like a collection agent removing unwanted toxic metals from the body to eliminate them through the various elimination systems in the body



*Erlendson Health Products*

### Ocean Wonder 100% Natural Sea Kelp

reg \$31.99 480ml

**\$26.99** each

Liquid nutritional nourishment  
for the entire family



*A Vogel*

### Ginkgo Forte

reg \$26.39 60 tablets

**\$18.39** each

Helps to improve blood flow. Helps in the symptomatic treatment of memory and concentration problems as well as cold hands and feet



*A Vogel*

### Menopause

reg \$26.89 30 tablets

**\$18.79** each

reg \$58.49 90 tablets

**\$40.89** each

Improves symptoms of menopause such as hot flashes, nightly sweats and excessive sweating



*Bio-Strath*

### Bio-Strath

Bio-Strath 100 Tablets  
Bio-Strath 100ml Drops  
Bio-Strath 250ml Original Elixir

reg \$25.89

**\$20.69** each

Bio-Strath 750ml Original Elixir  
reg \$56.49

**\$44.99** each



Bio-Strath Food Supplements are based on a nutritional yeast called *Saccharomyces cerevisiae*. This yeast has long been recognized for its immune system enhancing properties and for its rich source of natural B-vitamins



Wellness

Barleans

Greens

reg \$39.99 264g

\$31.99 each

Purify • Alkalinize • Cleanse  
Barlean's Greens are revered for supporting the purification and cleansing of vital organs, body tissues and blood supply



Extra Virgin Coconut Oil

reg \$17.99 473ml

\$14.39 each

100% organic, island fresh Extra-Virgin Coconut Oil which is hand selected, picked fresh and harvested at the peak of flavor and nutritional value



Hugo

Entire New Line of Luxurious and Beautifully Crafted Hugo Body Care Products

20% off



Nature Clean

Treehouse Body Care For Kids

Bubble Bath - Berry Blast

reg \$11.89 350ml

\$9.49 each

reg \$21.49 950ml

\$17.19 each

Foaming Hand Soap - Wacky Melon

reg \$8.99 250ml

\$6.99 each



Body Wash - Wacky Melon

Body Wash - Berry Blast

2 in 1 Shampoo - Berry Blast

2 in 1 Shampoo - Wacky Melon

Leave in Hair Detangler - Berry Blast

Leave in Hair Detangler - Wacky Melon

Body Lotion Unscented

reg \$11.89 350ml

\$9.49 each

New Roots

Liver Milkthistle Combo

reg \$36.99 90c

\$25.89 each

reg \$69.99 180c

\$48.99 each



Liver formula nutritionally supports the liver's ability to maintain normal liver function

Ultra B Complex 50mg

reg \$22.99 90c

\$15.99 each



B vitamins are responsible for a myriad of physiological functions which include the metabolism of fats, carbohydrates, proteins, the formation of red blood cells and factors in the maintenance of good health

We reserve the right to correct printing errors

All Specials While Quantities Last



# Wellness

Genuine Health

## Vegan Protein+Vanilla

reg \$43.99 90 840g

**\$37.39** each



## O3Mega 3679

reg \$30.99 120softgel caps

**\$23.19** each



## Transform+Pulse

reg \$29.99 297g

**\$25.49** each



## O3Mega 3679 Vanilla

reg \$26.99 200ml

**\$19.99** each

reg \$67.99 891g

**\$57.79** each

## Multi+Daily

- Bonebuilder
- Energy
- Glow
- Joy
- Trim

reg \$34.79 120 tablets

**\$25.99** each



## Liv-tone

reg \$20.69 90 tabs

**\$15.49** each



## Fast Joint Care+

reg \$37.59 30 veggie caps

**\$27.99** each



## Adrena+

reg \$20.69 60 tabs

**\$15.49** each



reg \$65.59 60 veggie caps

**\$48.99** each

## Grapes+

reg \$33.89 120c

**\$25.39** each



## Bonebuilder

reg \$38.99 150 softgel caps

**\$32.99** each



## Perfect Skin

reg \$26.99 60softgel caps

**\$19.99** each

reg \$45.69 120softgel caps

**\$34.29** each



From: [www.genuinehealth.com](http://www.genuinehealth.com)

“We believe everyone deserves a healthy, vibrant life – and a lean, well nourished body is the best way to get there. That’s why we search the world for the highest quality, all-natural ingredients to make the most innovative, nutrient-rich formulas based on leading research.

- We use only pure, natural ingredients
- We believe in a healthy, peaceful planet
- We’re research-driven and proven”