

# CASE LOT SALE

Active Members Only - While Quantities Last

October  
23-29

2011

## Grocery

ORGANIC

### Quinoa

reg \$85.05 11.34kg

**\$72.00** bag



ORGANIC

### Black Beans

reg \$45.35 11.34kg

**\$35.00** bag



### Lundberg Short & Long Grain Brown Rice

Nutrafarmed  
reg \$34.00 11.34kg

**\$25.00** bag

### Anita's Flour

Unbleached White  
reg \$25.00 10kg

**\$20.00** bag



### Tinkyada **25% off** Brown Rice Pasta

Elbows, Spaghetti, Spirals, Penne  
reg \$34.70 4.54kg

**\$26.00** case



### Extra Fancy Jumbo Medjool Dates

reg \$53.00 2.27kg

**\$40.00** case

ORGANIC



### Dried Mango

reg \$51.51 2.27kg

**\$42.00** bag

ORGANIC



### Thai Kitchen **30% off** Coconut Milk

reg \$35.88 12x400ml

**\$25.00** case

ORGANIC



### Blue Diamond **30% off** Nut Thins

Almond  
Cheddar  
Pecan  
reg \$43.08 12/120g

**\$30.00** case



### Basmati Rice

Brown  
reg \$62.30 11.34kg

**\$50.00** bag

ORGANIC



We reserve the right to correct printing errors



## 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](http://www.kootenay.coop)

## Grocery

BioVert

### Laundry Detergent

200 loads  
reg \$39.99 10L

**\$31.00** each



**22% off**

Nature's Path

### Pancake Mix

Buttermilk  
Multi Grain  
reg \$41.34 6/738g

**\$34.00** case



Spectrum

### Mediterranean Olive Oil

reg \$137.94 6/1L

**\$100.00** case



**ORGANIC**

### Dish Liquid

reg \$35.99 10L

**\$28.00** each

Pacific

### Soups **43% off**

Cashew Carrot Ginger  
Spicy Black Bean  
Butternut Squash  
Creamy Tomato  
Roasted Red Pepper & Tomato

**\$17.00** 6/1L

Mix 'n Match 6  
Soups or Broths



### Broths

Chicken  
Low Sodium Chicken  
Vegetable  
Low Sodium Vegetable  
reg \$26.94 6/946ml

**\$17.00** case

Annie Chun

### Seaweed Snacks

Sesame  
Wasabi  
reg \$28.68 12/10g

**\$21.00** case



Blue Monkey

### Coconut Water

Without pulp  
reg \$59.76 24/520ml

**\$46.00** case



Prairie Harvest

### Pasta Sauce

Garden Herb  
Italian Herb  
Portabello Mushroom  
Roasted Garlic  
Tomato Basil  
reg \$64.68 12/796ml

**\$42.00** case

**35% off**



**ORGANIC**

Prairie Harvest

### Pasta

Spaghetti, Rotini, Penne  
reg \$29.50 4.54kg

**\$22.00** case

**ORGANIC**



**25% off**

## Deli

Ariah's Edible Creations

### Burritos **20%off** Samosas

Chili Lime  
Hearty Bean  
reg \$35.88 12 pack

**\$27.50** pack

Traditional  
Sweet Chutney Rice + Tofu  
reg \$43.00 18 pack

**\$34.00** pack



Cheese **30%off**  
reg \$39.48 12 pack

**\$27.50** pack

ORGANIC

LOCAL

### Greek Rolls

reg \$40.68 12 pack

**\$30.00** pack

ORGANIC

LOCAL

### E3 e-bars **20%off**

reg \$29.99 10 pack

**\$24.00** pack

ORGANIC

LOCAL

Nuts to You Canadian

### Almond Butter

Smooth  
reg \$67.40 4.09kg

**\$52.00** pail



### Tahini **20%off**

reg \$57.20 4.09kg

**\$46.00** pail



ORGANIC

Canadian

FAIR TRADE

L'Ancetre **25%off** Canadian

### Mozzarella **15%MF**

reg \$33.95kg

**\$25.00** kg

ORGANIC

### Raw Cheddar

Old  
reg \$35.95kg

**\$27.00** kg

ORGANIC

Medium  
reg \$34.95kg

**\$26.00** kg

ORGANIC

\*Case lot pricing applies to purchases greater than 1kg



## Wellness

Organic Matters

### Cinnamon

reg \$10.00 454g

**\$6.50** each

### Chilli

reg \$19.09 454g

**\$14.00** each

### Curry

reg \$18.18 454g

**\$13.00** each

### Garlic Granules

reg \$14.09 454g

**\$10.00** each

### Black Peppercorns

reg \$21.40 454g

**\$15.50** each

### Cacao Powder (raw)

reg \$19.99 500g

**\$14.50** each

ORGANIC



Wellness

Hempco **ORGANIC**  
**Hemp Seeds**

reg \$12.49 454g

**\$8.50** ea



Two Hills Tea  
**Matcha Green Tea**

reg \$31.99 200g

**\$24.00** each

**ORGANIC** **25% off**



Organic Matters **ORGANIC**  
**Coconut Oil**

reg \$77.49 3.5kg

**\$62.00** each



**Essential Oil**

Lavender  
reg \$87.55 500ml

**\$49.00** each

Sweet Orange  
reg \$15.99 500ml

**\$10.00** each



Harmonic Arts  
**Chlorella**

reg \$45.99 454g

**\$34.00** pack



**Golden Incan Berries**

reg \$24.99 454g

**\$16.50** pack



Honey Candles  
**6" Tube**

reg \$54.96 24/case

**\$38.00** pack/24

**Tea Lites**

reg \$61.92 48/case

**\$43.00** pack/48



**{ LOCAL }**

Kootenay Soap Co.

**6 Pack Soap** **25% off**

Unscented 6 pack  
Assorted scents 6 pack  
reg \$22.14

**\$16.50** pack/6



## Produce

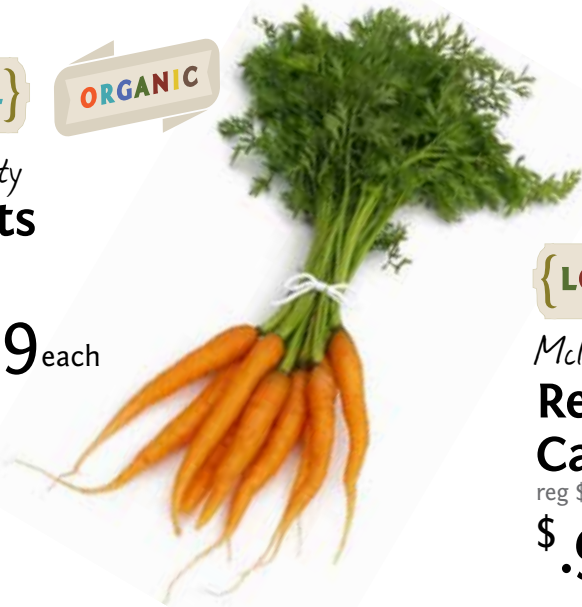
{LOCAL}

ORGANIC

### Canyon City Carrots

10lb bag  
reg \$13.99

**\$11.99** each



{LOCAL}

ORGANIC

### McIntyre Farm Red & Green Cabbages

reg \$1.19/lb

**\$.99**/lb



### Okanagan Apples

{LOCAL}

ORGANIC

#### Gala Braeburn Spartan Jonagold

5lb bag  
reg \$5.99

**\$4.99** each

10lb bag  
reg \$11.99

**\$9.99** each



{LOCAL}

ORGANIC

### Canyon City Red & Yellow Potatoes

5lb bag  
reg \$6.49

**\$5.49** each



## **new** New Financial Benefits

Effective November 1

- Member-only specials
- Case-lot Sales in April and October
- Annual Patronage Return (as recommended by the Board of Directors)
- Wellness Week Member Pricing
- 10% Discounts on case purchasing
- Purchases over \$300 receive a Co-op card valued at 10% of total purchase
- Discounts on cooking classes, wellness classes and events

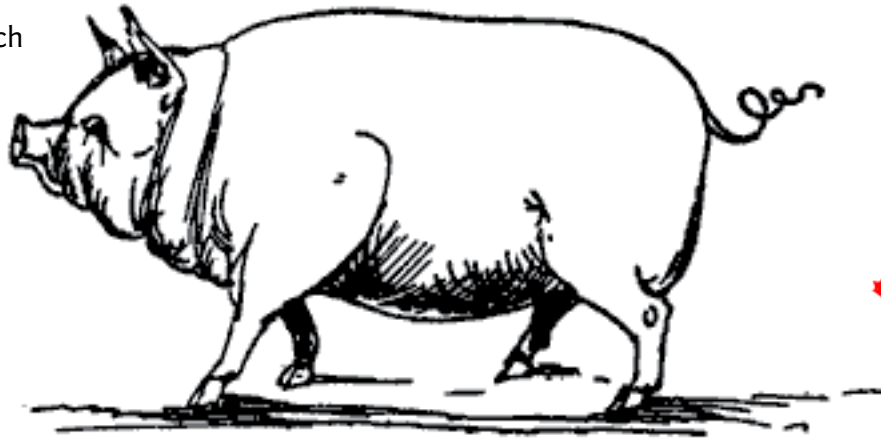
## Pork

Harris Family Farm

### Pork Packs

25lbs

\$150.00<sub>each</sub>



{LOCAL}

ORGANIC

🇨🇦 Canadian

**- Certified organic premium pork packs -**  
*Only 20 packs available! Pre-order starting 10am October 23rd*

#### Packs include:

Fresh ham and bacon. Frozen bone-in chops,  
sausage, spare ribs and a shoulder roast.

25 lbs of pork/\$150 (a \$50 deposit required)

***Please Note: Package pick up November 19th & 20th!***

