

December

Monthly
Specials

2010

Grocery

Natur-a

Soy Beverages

Soy Original
Soy Vanilla
Soy Strawberry
Soy Chocolate
Soy Unsweetened

reg \$3.19 946ml

\$2.29 each

reg \$38.28 case 12

\$26.10 each



Natur-a

Rice Beverages

Rice Original
Rice Vanilla

reg \$2.99 946ml

\$2.19 each

reg \$35.88 case 12

\$24.96 each



Manna Organics

Sprouted Bread

Banana Walnut Hemp
Carrot Raisin
Cinnamon Date
Fig Fennel Flax
Fruit & Nut

reg \$3.69 400g

\$2.89 each



Millet Rice
Multigrain Oatbran
Sun Seed
Whole Rye

reg \$3.19 400g

\$2.39 each

Greek Gods

Yogurt

Organic Plain Traditional
Honey Traditional

reg \$6.39 650g

\$4.79 each



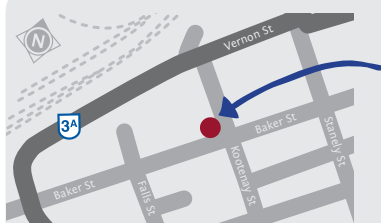
Mexi Snax

Flavoured Tortilla Chips

Pico de Gallo
Sesame
Nacho Cheese

reg \$4.49 255g

\$2.79 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



Nature's Path

Frozen Toaster Waffles

Assorted Varieties

reg \$4.19 210g

\$3.29 each



Purely Decadent

Frozen Desserts

Dairy Free - Lactose Free
Assorted Varieties

reg \$6.45 500g

\$3.99 each



Blue Diamond
Nut Thins

Assorted Varieties

reg \$3.84 210g

\$2.79 each



Mary's Organic
Crackers

Assorted Varieties

reg \$6.29 184g

\$5.59 each



Stahlbush Island Farms

Frozen Vegetables

Corn 350g
Green Peas 350g
Green Beans 300g
Mixed Vegetables 300g
Spinach 300g

reg \$3.29 pack

\$2.69 pack



Nature's Path

Bulk Granolas

Pomgran Plus
Flax Plus Vanilla Almond

reg \$10.99 kg

\$8.99 kg

Flax Pumpkin Plus
Hemp Plus
Ginger Zinger

reg \$9.89 kg

\$7.99 kg



Bulk, Fresh Crop

Thompson Raisins

reg \$10.39 kg

\$8.69 kg

reg \$117.83 11.34kg

\$93.62 cs



Bulk, Fresh Crop

Deluxe Nut Mix

Salted or Unsalted

reg \$15.49 kg

\$12.39 kg

reg \$175.65 11.34kg

\$133.48 cs





Deli

Local Kootenay Alpine Cheese Co.



See photos and profile for the local, Kootenay Alpine Cheese Company in the December edition of On The Table.

Request a sample from the Deli.

Emmi Swiss Cheese



Appenzeller Emmenthal

reg \$29.29 kg

\$24.89 kg

reg \$23.29 kg

\$19.79 kg

Nostrala

Nostrala is styled after the classic Italian cheese fontina, traditionally made in the Italian Alps

reg \$28.99 kg

\$23.19 kg

Alpindon

A firm cheese carefully modeled after French Beaufort d'Alpage

reg \$36.25 kg

\$28.99 kg

Raclette

reg \$34.00 kg

\$28.89 kg

Gruyere

reg \$28.59 kg

\$24.29 kg

This unique cheese from Switzerland is manufactured to an ancient recipe and has a mild yet pleasant Swiss cheese flavor. Great for cooking, sandwiches or snacking.



Prepared Foods



Local

Local

Francyn's Cuisine Mincemeat

reg \$14.50 kg

\$11.59 kg

World Eats Catering Egg Nog Cheesecake

reg \$4.49

\$3.59 each

Feast West Catering Cranberry Sauce

reg \$9.75 kg

\$7.79 each



Wellness

E3Live

E3Live Renew-Me

reg \$42.19 300 cap

\$31.59 each

reg \$26.39 90 cap

\$19.79 each



E3Live BrainON®

E3Live

E3Live (Frozen)

reg \$32.99 480ml

\$24.69 each

reg \$19.99 237ml

\$14.99 each

Brain On (Dried Powder)

reg \$39.99 75 cap

\$29.99 each

Brain On Supreme (Frozen)

reg \$22.99 237ml

\$16.99 each

Brain On (Frozen)

reg \$36.99 480ml

\$27.69 each

New Chapter

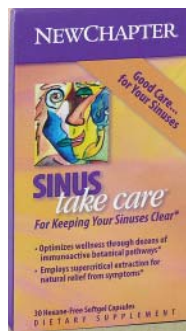


New Chapter products are made from a whole food complex of vitamins, minerals and herbs that contain all of the plant's active, natural biochemistries.

Sinus Take Care

reg \$29.69 30 cap

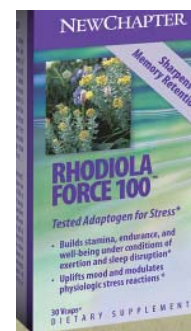
\$22.19 ea



Rhodiola

reg \$17.99 30 cap

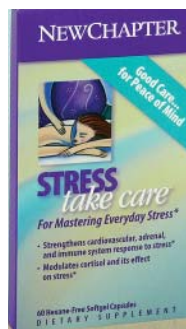
\$13.49 ea



Stress Take Care

reg \$32.99 60c

\$24.69 ea



Holy Basil

reg \$53.89 120c

\$40.39 ea





Honey Candles

100% Beeswax Candles

Beeswax Pillar 3 inch Natural

reg \$15.69 ea

\$12.59_{ea}

Beeswax Pillar
5 inch Natural

reg \$21.49 ea

\$16.99_{ea}

Beeswax Pillar
7 inch Natural

reg \$27.99 ea

\$22.39_{ea}

Beeswax Pillar 3 inch
Burgundy

reg \$16.49 ea

\$12.99_{ea}

Beeswax Pillar 5 inch
Burgundy

reg \$22.99 ea

\$18.39_{ea}

Beeswax Pillar 7 inch
Burgundy

reg \$30.49 ea

\$24.39_{ea}



Lead and Zinc Free Wicks

Honey Candles' wicks are top quality, 100% cotton or cotton with a paper twist, and are pre-waxed for easy lighting.

Wellness



Tealight 6 pack
3 Colour Mix - Natural,
Evergreen, Burgundy

reg \$9.99 ea

\$7.89_{ea}

Scented Votive 3 Pack
Kootenay Forest -
Mulled Spice

reg \$13.59 ea

\$10.89_{ea}

Spheres
Natural - Burgundy

reg \$15.69 ea

\$12.49_{ea}

Yule Trees
Natural - Green

reg \$13.19 ea

\$10.49_{ea}

Pine Cone - Natural

reg \$18.99 ea

\$14.99_{ea}

Honey Candles

Beeswax Pillar Square 3 inch Natural

reg \$17.79 ea

\$13.99_{ea}

Beeswax Pillar Square 5 inch Natural

reg \$25.59 ea

\$20.39_{ea}

Beeswax Pillar Square 7 inch Natural

reg \$34.29 ea

\$27.39_{ea}

Beeswax Pillar Square 3 inch Burgundy

reg \$18.99 ea

\$14.99_{ea}

Beeswax Pillar Square 5 inch Burgundy

reg \$27.59 ea

\$21.99_{ea}

Beeswax Pillar Square 7 inch Burgundy

reg \$37.59 ea

\$29.99_{ea}

Burn 100% pure beeswax Honey Candles® and embark on an experience like no other. 100% pure beeswax candles create beautiful ambiance with their warm amber glow, soft honey scent and air purifying effects. No need to worry about releasing toxins into your home as 100% pure beeswax candles are naturally derived and are the purest of all candle waxes. They make an elegant addition to your home or as a special gift for someone you cherish.



Wellness

Pure Potent WOW
Essential Nature Bath Salts
 Pure Natural Aromatherapy

Unwind-Your Mind,
 Sensuous,
 Muscle Soak

reg \$5.79 300g
\$4.59ea



Kootenay Soap Company
Kootenay Body Polish
 Citrus Sunrise, Lavender Fields, Thai Ginger,
 Emerald Forest

reg \$11.49 each
\$9.19ea



Weleda
Skinfood Cream
 With FREE Pomegranate
 Oil Sample

reg \$18.79 71g
\$14.99ea



Weleda
Pomegranate Body Oil
 With FREE Skinfood
 Sample

reg \$29.99 100ml
\$23.99ea



Prairie Naturals
Shampoo & Conditioner
 Duo Packs
 Assorted Varieties

reg \$27.79 pack
\$16.59ea



Ancestar Tea
Vibrancy 4oz
 reg \$12.99 112g
\$10.39each





Snap Botanicals

Herbal Formulas

Rest Formula
Relief Formula

reg \$22.39 60ml

\$17.89 each



Wellness

Mountain Sky

Assorted Lip Balms

Love Thy Lips

reg \$3.19 each

\$2.49 each



Gift Box Combos

1 Body Butter & 2 Soaps

reg \$16.69 Assorted Each

\$13.35 each

Sequel

Savi Seed

Cocoa, Caramel, Natural

reg \$9.99 5oz

\$7.99 ea

reg \$2.99 1oz

\$1.75 ea



A Sustainable Snack
Saviseeds are certified organic, fairly traded and sustainably produced. Known as the Inca Peanut and grown in Peru for centuries, SaviSeed crops aid in returning previously cleared land of the Amazon rainforest to its native state while supporting the economy for rural farmers.

Element Botanicals Hand Made Body Treats



Amazing Cream

reg \$17.69 ea

\$13.99 ea

Eye Serum

reg \$14.49 ea

\$11.59 ea

Facial Potion

reg \$17.69 ea

\$13.99 ea

Skin Deep Lotion

reg \$17.69 ea

\$13.99 ea

Bu Bu Bags

reg \$19.99 ea

\$15.99 ea

Winter Wonder Lotion

reg \$12.69 ea

\$9.99 ea

Winter Wonder Spritzer

reg \$15.39 ea

\$12.29 ea

Winter Wonder Bathsalts

reg \$8.99 ea

\$6.99 ea



December Store Closures

Regular Hours are Monday - Saturday 8-8, Sundays 10-6

December 11 - Closing at 6pm

December 24 - Closing at 4pm

December 25 - Closed

December 26 - Closed

December 31 - Closing at 4pm

January 1 - Closed