

March

Monthly
Specials

2011

Grocery

Blue Diamond
Almond Breeze
Non Dairy Beverage
Original
Original Unsweetened
Vanilla Unsweetened

reg \$5.99 1.89L

\$3.69 each

reg \$47.92 case 8

\$28.00 case



Product of USA

Blue Diamond
Almond Butter

Smooth
Crunchy

reg \$7.49 340g

\$5.19 each



Product of USA

Mandala
Organic Teas

Chai
Green Tea Chai
Chicory Chai
Rooibos Chai

reg \$9.49 50g

\$7.59 each

LOCAL

reg \$12.49 100g

\$9.99 each

ORGANIC



Taste Of Nature
Food Bars

Selected Varieties

reg \$1.99 40g

\$1.59 each

ORGANIC



Clif
Energy Bars

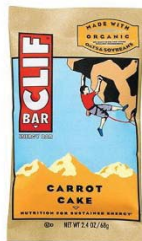
Assorted Varieties

reg \$1.69 68g

\$1.29 each

reg \$20.28 case 12

\$14.69 case

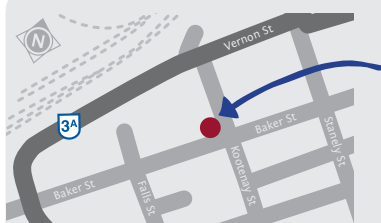
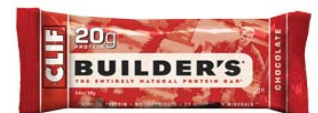


Clif
Builder's Natural Protein Bars

Chocolate
Peanut Butter

reg \$2.25 68g

\$1.79 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

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All Specials While Quantities Last

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Happy Planet
**Refrigerated
 Gourmet Soup**

Selected Varieties

reg \$5.99 650ml

\$4.99 each



ORGANIC

Happy Planet
**Shelf Stable
 Juices**

Mango Guava
 Apricot Peach
 Pineapple Kiwi
 Pomegranate Blueberry

reg \$3.89 946ml

\$2.99 each
 + deposit



ORGANIC

Annie's Homegrown
Bunny Crackers

Cheddar Bunnies
 Honey Bunny Grahams

reg \$5.29 213g

\$3.69 each



Annie's Homegrown
**Bunny Fruit
 Snack**

Strawberry
 Berry

reg \$6.59 115g

\$4.59 each

ORGANIC



Cuisine Camino
**Baking Chocolate
 Chips**

- Semi Sweet
 - Bitter Sweet

reg \$6.29 225g

\$5.19 each

Baking

- Bitter Sweet
 - Semi Sweet
 - Unsweetened

reg \$7.95 200g

\$6.59 each

ORGANIC



Cocoa Camino
**Chocolate
 Snack Bars**

Almond & Raisin
 Almond Butter Dark
 Peanut Butter Dark

reg \$1.49 32g

\$1.19 each

ORGANIC



Grainworks
Rye Flour

reg \$1.99 kg

\$1.59 kg

reg \$45.00 22.7kg

\$34.29 bag

ORGANIC



Kettle
**Baked Potato
 Chips**

Salted
 Aged Cheddar
 Hickory Honey BBQ
 Salt & Vinegar
 Salt & Pepper

reg \$3.39 113g

\$2.59 each



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Nature's Path
Puffed Cereals

Corn
Kamut
Millet
Rice

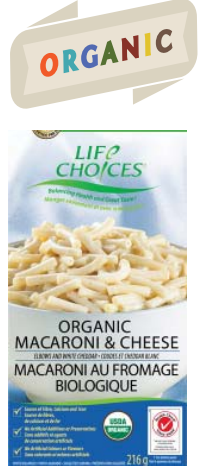
reg \$2.89 170g
\$2.29 each



Life Choices
Macaroni & Cheese Dinner

White Cheddar 216g
Yellow Cheddar 216g
Whole Wheat Flax 170g

reg \$3.15 each
\$2.39 each



Pamela's
Wheat Free Baking Mixes

Chocolate Frosting
Vanilla Frosting
reg \$6.39 340g

\$4.29 each

Vanilla Cake
reg \$7.49 595g

\$4.99 each

Bread
reg \$7.89 539g

\$5.29 each

Chocolate Cake
reg \$7.99 396g

\$5.39 each

Chocolate Brownie
reg \$8.49 454g

\$5.69 each

Pancake & Baking
reg \$9.99 680g

\$6.59 each



Immaculate Baking Co.
Cookie Dough

Refrigerated, Ready to Bake

Chocolate Chunk
Triple Chocolate
Oatmeal Raisin

reg \$6.19 398g
\$3.99 each



Simply Natural
Pasta Sauces

Selected Varieties

reg \$5.99 739ml
\$3.49 each



Stahlbush Island Farms
Frozen Vegetables

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

reg \$3.29 each
\$1.99 each





Kicking Horse
Fair Trade Coffee
 Selected Varieties

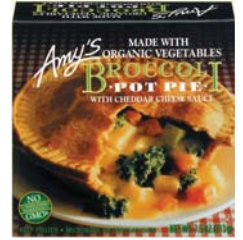
reg \$14.99 454g
\$12.99 each



Amy's
Frozen Entrees

Broccoli Pot Pie 213g
 Vegetable Pot Pie 213g
 Shepherd's Pie 227g

reg \$4.59 each
\$3.69 each



So Delicious
Non-Dairy Frozen Desserts
 Selected Varieties

reg \$8.39 946ml
\$6.39 each



Reed's
Ginger Brew
 Selected Varieties

reg \$1.89 355ml
\$1.39 each
 + deposit



Prairie Harvest
Wheat Pasta

Alphabets
 Elbow Macaroni
 Linguine
 Orzo
 Penne Rigate
 Rotini
 Small Shells
 Spaghetti

reg \$3.59 454g
\$2.89 each



Lasagna

reg \$4.49 454g
\$3.69 each

GT's
Raw Kombucha Beverage

Original
 Ginger
 Multi Green

reg \$4.29 480ml
\$2.99 each
 + deposit



Synergy
Raw Kombucha & Juice Beverages

Divine Grape
 Cosmic Cranberry
 Trilogy Raspberry/Lemon/Ginger

reg \$4.29 480ml
\$2.99 each
 + deposit



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All Specials While Quantities Last



Natural Pastures **BC** Artisan Cheeses

Deli

Camembert

World Championship Award Winner! This creamy, rich Camembert has a delicate note of mushroom and a tender bloomy rind.

Brie

A gentle flavour with a creamy buttery taste that exemplifies the traditional flavour of a superb, soft-ripened cheese.

reg \$32.29 kg

\$28.99kg

Boerenkaas

Boerenkaas is the Dutch word for “farmer’s cheese.” A rich tasting semi-hard cheese known for its slightly zippy taste and lovely seasonal flavours. Uniquely superb in soups, salads, omelettes, pizza and a star on cheese plates. Great with red or white wine.

reg \$37.89 kg

\$33.99kg

Amsterdammer

A favourite cheese with a sweet buttery taste with a mellow, soft infusion of herbs of the field. Nutty overtones with a tangy finish. All-around versatile cheese. Great for cooking, baking and sandwiches. Fabulous on cheese plates. Best with fruity white wines or well-balanced red wines.

reg \$35.49 kg

\$31.99kg



Verdelait Garlic Onion Verdelait Cumin Verdelait Cracked Pepper

reg \$35.49 kg

\$31.99kg



Verdelait Pacific Pepper

reg \$36.69 kg

\$32.99kg

Verdelait

Verdelait is the delicious, award-winning blend of cheddar, Dutch gouda and Swiss raclette, developed by Natural Pastures in Courtenay. Verdelait is the base for the five superbly flavoured cheeses. Versatile and wonderful for cooking, grating, fondues, sandwiches; melts beautifully. Good with red or white wine.

Aged Farmhouse

A ripened, firm, “Overall Champion Cheese”

reg \$38.79 kg

\$34.99kg



Prepared Foods

Bulk Foods



Feast West Catering

Wild Rice & Asparagus Salad

reg \$1.95 100g

\$1.59100g



Epiphany Cakes

Alpine Almond Butter Bars

reg \$2.19 each

\$1.79each



In Your Face Foods

Bulk Hummus

reg \$ \$15.99 kg

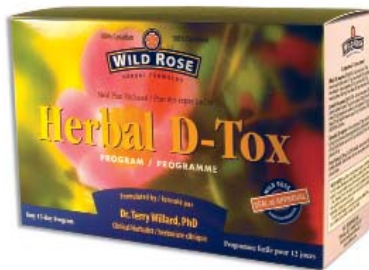
\$12.79kg



Wellness

Wild Rose
Herbal D-Tox

reg \$40.79 kit
\$32.59each



ONLY 12 DAYS TO:

- Promote weight loss
- Detoxify your body
- Increase Energy
- Support Digestion
- Eliminate Toxins

FREE MEAL PLAN INCLUDED

Trophic
Pure Essential Greens Concentrate

reg \$45.49 250g
\$31.79each



This formula offers a potent blend of SUPER FOODS and ANTIOXIDANTS to boost energy, fight fatigue and promote optimal immune function. Concentrated micro nutrients compliment the free radical and DNA protection needed in the contemporary diet. A single teaspoon is all that is required per day.

Weleda
Calendula Baby Care Line



- Diaper Cream** 81g
- Face Cream** 45g
- Shampoo & Body Wash** 204g

reg \$14.89
\$11.89each

Baby Lotion
reg \$15.69 194g
\$12.49each

Baby Oil
reg \$15.69 200ml
\$12.49each

Baby Cream
reg \$13.99 74g
\$10.99each

Baby Bar Soap
reg \$9.69 100g
\$7.69each



Weleda Baby's Calendula Line helps you nourish and hydrate your baby's delicate skin with the best ingredients nature can provide: oils from sun-ripened seeds and fruits, protective waxes, soothing plant extracts and pure essential oils.



Wellness

New Chapter

Prostate 5LX

reg \$32.99 60 softgels

\$26.39 each

Promotes healthy prostate function and normal urine flow

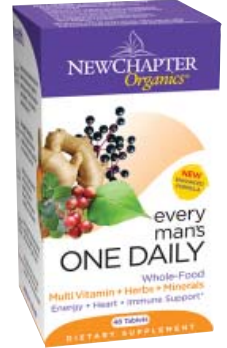


Everyman's One Daily Multi

reg \$42.99 48 tabs

\$34.39 each

- Energy • Heart • Immune Support
- Formulated specifically for the needs of active men
- Recognized by the body as food
- Easily digested, even on an empty stomach



Zyflamend

reg \$39.59 60 softgels

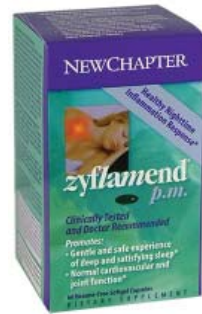
\$29.69 each

Zyflamend PM

reg \$32.99 60 softgels

\$26.39 each

Promotes: healthy inflammation response and normal cardiovascular and joint function



Maca Pro

Maca Pro XP

20:1

reg \$43.29 130 ml

\$34.59 each

For increased energy, libido and hormonal rejuvenation



Vega

Whole Food Smoothie Infusion

reg \$30.99 454g

\$24.79 each

Single Serving

reg \$3.19 30g

\$2.55 each



Vega Smoothie Infusion is made exclusively from natural plant-based whole foods. Alkaline-forming and easy to digest, it provides premium nutrition in a convenient, affordable format.

Wholefood Vibrancy Bar

Chocolate Decadence
Green Synergy
Wholesome Original

reg \$2.79 50g

\$2.19 each



Vega Whole Food Vibrancy Bars are a unique and utterly delicious blend of all-natural, raw, organic, and enzymatically-active plant-based superfoods including sprouted buckwheat, sprouted almonds, white chia seeds and hemp seeds.



Wellness

Bioforce/A. Vogel
Absolut Arnica Gel

reg \$15.29 50ml
\$11.39 each



Provides a high concentration of Arnica. Traditionally used to soothe muscle and joint inflammation with the associated pain due to sprains and bruises. Provides symptomatic relief of pain associated with osteoarthritis in the knee and hand. Fast acting.

{LOCAL}

new

Bohemian Essence
Flower Ambrosia Cream

reg \$37.99 60ml
\$29.99 each



Blossom Light Lotion

reg \$37.99 60ml
\$29.99 each



Rain Gel Serum

reg \$34.99 60ml
\$27.99 each



Seventh Generation
Chlorine-free Diapers

Stages 1-6
reg \$16.99 pack
\$14.99 each



Chlorine-free Wipes

Tub
reg \$4.69 pack
\$4.19 each

Refill
reg \$4.69 pack
\$4.19 each



Cloth-like comfort and premium absorbency. Super absorbent polymer is non-toxic and hypoallergenic. Stretchy leg gathers and resealable closure tabs.

{LOCAL}

new

Mountain Sky
SPF8 Lip Balm

Peach Flavour
reg \$2.99 4.25g
\$2.39 each



Peach Lip Balm with added titanium dioxide. Protect your lips from harsh weather.



Renew Life

Omega Super Critical

reg \$29.99 30 softgels

\$22.49 each

reg \$49.99 60 softgels

\$37.49 each



Wellness



Maximum strength
One-a-day Omega-3 Fish Oil



Omega Critical Care

reg \$28.99 60 softgels

\$21.69 each



Ultra-concentrated
One-a-day Omega-3 Fish Oil

- Helps lower the risk of coronary heart disease
- Supports heart, joint & immune health
- Easy-to-swallow, natural fish gelatin softgels
- Natural orange flavour
- 5-star rated for purity, potency & freshness
- With vitamin D3 to help decrease anxiety and occasional sleeplessness

MegaFood

Baby & Me Prenatal Vitamin

reg \$58.99 120 tabs

\$46.99 ea



Blood Builder Wholefood Iron Supplement

reg \$35.99 90 tabs

\$28.59 ea

reg \$19.99 30 tabs

\$15.99 ea



- Promotes healthy blood cell production and circulation
- Organic beet root nourishes the blood
- Easy to digest, vegan, non-constipating formula

MegaFood Baby & Me Pregnancy and lactation are two of the most nutritionally demanding times in a woman's life. Proper nutrient intake is not only essential for the health of the mother but of course for the developing child. With nutrients in their safe and gentle whole food form, this supplement is easy on the stomach and well-tolerated by moms to be who are suffering from morning sickness

- Safe and sound potencies of 100% whole food nutrients
- Excellent source of essential vitamins and minerals particularly important to supplement during pregnancy and lactation
- Can be used prior to and throughout pregnancy as well as during the period of lactation

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All Specials While Quantities Last



Natural Factors

Canadian

Wellness

Quercetin

reg \$28.59 90 tabs

\$19.99 each

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



The PGX Line promotes:

- Normalizing and stabilizing blood sugar
- Lowering insulin secretion
- Improving insulin sensitivity
- Lowering after-meal blood sugar levels
- Reducing the glycemic index of meals
- Controlling appetite for healthy weight loss
- Burning body fat
- Balancing cholesterol and reducing triglycerides

Vitamin B12

Methylcobalamin 1000mcg

reg \$20.49 180 tabs

\$14.29 each

- Supports the nervous system
- Helps memory and learning
- Boosts energy



PGX Daily 750mg & free book

reg \$31.89 120 softgel caps

\$26.99 each

reg \$56.29 240 softgel caps

\$47.79 each



Melatonin 3mg

reg \$11.99 90 tabs

\$8.39 each

Melatonin 5mg

reg \$17.79 90 tabs

\$12.39 each

- Promotes positive sleep/wake cycles
- Effective in relieving jet lag
- May improve SAD (seasonal affect disorder)
- Helps shift workers adjust to new sleep patterns



WellbetX PGX + Mulberry & free book

reg \$44.89 180 veggie caps

\$37.99 each

The revolutionary appetite and blood sugar regulator with PGX



Stress Relax Tranquil Sleep

reg \$23.99 60 tabs chewable

\$16.79 each

reg \$32.49 90 softgel caps

\$22.69 each

- Fall asleep more quickly
- Promotes a restful sleep
- Wake up feeling refreshed



Slim Styles PGX + Smooth Digest & free book

reg \$31.89 120 softgel caps

\$26.99 each



PGX Singles Unflavoured Granules & free book

reg \$19.99 30/packet

\$16.99 each



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