

November

Monthly
Specials

2010

Grocery

Vitasoy
Beverages
original, Vanilla, Chocolate,
Unsweetend

reg \$2.99 946ml
\$2.49 each

reg \$35.88 case 12
\$28.38 each



Nature's Path
Eco Pac Cereals

Gran Hemp Plus 750g
Gran Flax Pumpkin 750g
Heritage Os 907g
Crispy Rice 750g
Multigrain 907g
Millet Rice 907g
Heritage Flakes 907g
Kamut Krisp 750g

reg \$9.59
\$8.15 each



Corn Flakes
Honey Corn Flakes
Mesa Sunrise

reg \$8.59 750g
\$7.29 each

Muesli Heritage Raspberry
Muesli Blueberry

reg \$11.49 750g
\$9.79 each

Nature's Path
**EnviroKidz
Crispy Rice Bars**

Chocolate, Peanut, Berry/Fruity,
Peanut Butter Chocolate, Fruity Burst

reg \$4.89 6/28g
\$4.15 each



Nature's Path
**Optimum Energy
Bars**

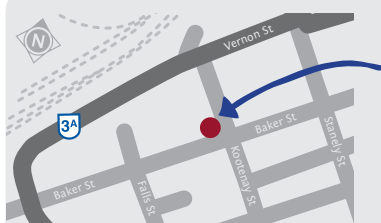
Blueberry, Peanut Butter, Pomegran
Cherry, Chocolate Orange

reg \$1.69 56g
\$1.43 each



Nature's Path
Granola Bars
Assorted Varieties

reg \$4.89 6/210g
\$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
online: www.kootenay.coop



Amy's
Refried Beans
Traditional, Black, Green Chili

reg \$3.89 398mlg
\$2.79 each



Taste Adventure
Soups & Flakes

Soups:
Split Pea, Black Bean, Curry
Lentil, Golden Pea, Sweet Corn
Chowder

Flakes:
Pinto Bean, Black Bean

reg \$3.99 946ml
\$2.59 each



Plum-m-Good
Rice Cakes
Assorted Varieties

reg \$3.99 185g
\$2.89 each



Crofters
Spreads
Fruit juice Sweetened

Strawberry, Blueberry, Raspberry,
Blackcurrant, Apricot, Blackberry

reg \$4.59 235ml
\$3.39 each

Superfruit Blends
reg \$6.49 260ml
\$4.69 each



Grainworks
Whole Wheat Flour

reg \$2.05 /kg
\$1.64 kg



Bulk, Fresh Crop
Almonds
Raw Supreme

reg \$14.99 kg
\$11.99 kg

reg \$169.99 11.34kg
\$129.17 cs



Bulk, Fresh Crop
Walnuts

reg \$18.99 kg
\$15.19 kg

reg \$215.35 11.34kg
\$170.29 cs



7th Generation
**Automatic Dishwasher
Detergent Pacs**

Free & Clear, Lemon

reg \$6.85 1.3kg
\$4.79 ea



7th Generation
**Natural Dish
Liquid**

Lemongrass, Free & Clear,
Lavender

reg \$4.99 739ml
\$3.39 ea



7th Generation
**Automatic Dishwasher
Detergent**

reg \$6.85 1.3kg
\$4.79 ea



7th Generation
**Automatic Dishwasher
Gel**

Lemon

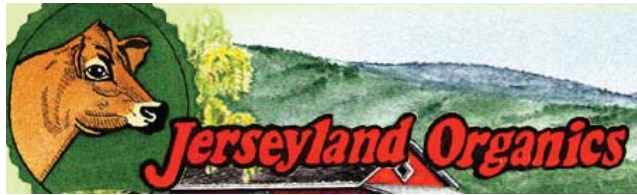
reg \$6.85 1.3kg
\$4.79 ea





Deli

Jerseyland Organic Cheeses
Local



Goudas

Plain
reg \$24.79 kg

\$19.79 kg

Garlic & Dill, Herb,
Peppercorn
reg \$30.09 kg

\$24.09 kg

Asiago

reg \$27.99 kg

\$22.39 kg

Cottage Cheese

reg \$13.89 kg

\$11.09 kg

Cheddars

Leicester
reg \$28.75 kg

\$22.99 kg

Fetas

Plain
reg \$24.85 kg

\$19.89 kg

Herb
reg \$26.29 kg

\$20.99 kg

Cheddar Curds

reg \$25.99 kg

\$20.79 kg

Jalapeno

reg \$31.49 kg

\$25.19 kg



Onion & Garlic
reg \$31.49 kg

\$25.19 kg

Parmesan

reg \$30.39 kg

\$37.99 kg



Nuts To You Organic Nut Butters

Tahini

reg \$13.59 kg

\$10.89 kg



Local Prepared Foods Local

Francyn's Cuisine

Risotto Cakes

Sweet Pea & Lemon, Red Pepper
reg \$1.95 each

\$1.59 each

Francyn's Cuisine

Salads

Smoked Salmon Rotini
reg \$2.10 100g

\$1.69 100g

Wild Rice & Kamut
reg \$1.89 100g

\$1.59 100g

World Eats Catering

Cookies

Chocolate Chip
reg \$1.99 each

\$1.59 each

Peanut Butter Plus
reg \$.85 each

\$.69 each



Manitoba Harvest

Hemp Protein & Fiber Powder

reg \$17.29 454g

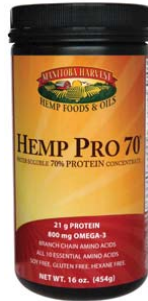
\$13.79 each

Hemp Pro 70

Water Soluble 70% Protein Concentrate

reg \$29.99 454g

\$23.99 each



Wellness

Manitoba Harvest

Hemp Seeds

reg \$10.99 227g

\$8.79 each



Manitoba Harvest

Hemp Seed Oil

reg \$24.79 946ml

\$19.79 each

Hemp Seed Oil

ORGANIC
reg \$10.29 250ml

\$8.19 each



Hemp Seed Oil

ORGANIC
reg \$18.69 500ml

\$14.89 each



Purica

Recovery Extra Strength

reg \$30.29 150g

\$22.69 ea

reg \$34.39 180c

\$25.79 ea

reg \$64.49 350g

\$48.29 ea

reg \$69.99 360c

\$52.49 ea



Purica

Immune 7X

reg \$43.39 120c

\$32.49 ea

Reishi

reg \$49.39 120c

\$36.99 ea

Cordyceps

reg \$49.39 120c

\$36.99 ea

Red Reishi

for:

- Memory
- Stress
- Insomnia
- Energy

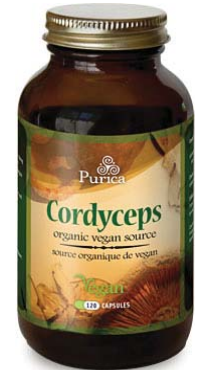


Immune 7x® is a potent immune formula containing 6 organic whole mushroom mycelia (nano-particles) and aqueous extracts in addition to Nutricol® & bromelain.



Cordyceps for:

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



Albi

Kama C.A.Z.E.

Kama Caze Chewables is a dynamic combination of Vitamin C, Zinc, Beta Carotene, Echinacea and much more. A soothing chewable tablet that eases cold and cough symptoms.

reg \$26.39 180T

\$16.99 ea

reg \$57.79 500T

\$37.49 ea





Wellness

Lotion

Lavender, Lemon, Mint, Rosemary

reg \$12.49 350ml
\$7.99 each



CoQ10 Lotion

reg \$17.99 235ml

\$11.69 each

Olive & Grapeseed Lotion

reg \$12.49 350ml

\$7.99 each

Avalon Organics Body Care

Shampoo

Lavender, Lemon, Mint, Rosemary, Olive & Grapeseed

reg \$8.79 325ml
\$5.69 each



Handsoap

Lavender, Lemon, Mint, Rosemary

reg \$6.99 350ml
\$4.54 each

Jason Toothpaste

170g: Cinnamon Mint, Power Smile, Sea Fresh, Vanilla MInt
125g: Healthy Mouth

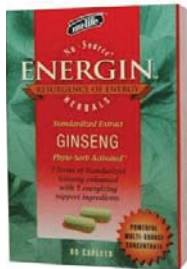
reg \$6.39 each
\$3.99 each



Nu Life Energin

reg \$21.89 60c

\$16.39 ea



Energin is an award-winning herbal formula that supports the immune system, rejuvenates the body and combats fatigue

Nu Life Proactive

reg \$25.19 60c

\$18.89 ea



An herbal formula containing standardized saw palmetto extract with 6 natural support ingredients to help relieve the urinary symptoms.

Nu Life - NuBeauty Silica

reg \$15.89 60c

\$11.89 ea



An herbal formula for skin, nail and hair care.

Enerex Greens

Original Low Gluten Formula

A scientific blend of Nature's most potent superfoods. Its nutrient density is greater than any other green product available.

reg \$43.69 250g
\$34.89 ea

reg \$69.29 400g
\$48.50 ea

