

October

Monthly
Specials
2011

Grocery

Yü  *Canadian*
**Non Dairy
Rice Beverages**

Rice - Original
Rice - Vanilla
reg \$3.69 946ml

\$2.79 each

reg \$44.28 case 12

\$31.80 case



Nature's Path
Eco Pac Cereals

Corn Flakes
Honey Corn Flakes
Mesa Sunrise
reg \$8.59 750g

\$7.29 each



 *Canadian*

Blueberry Muesli
Raspberry Muesli
reg \$11.49 750g

\$9.79 each

All Other Varieties
reg \$9.59 750g - 907g

\$7.99 each



Maison Orphée
**Extra Virgin
Olive Oils**

Intense
Classic
reg \$10.29 500ml

\$6.99 each

Delicate
reg \$11.89 500ml

\$7.99 each

reg \$15.99 750ml

\$11.99 each

reg \$95.94 6/750ml

\$68.99 case

Harmonious & Generous (Spain)
Fruity & Robust (Italy)

reg \$14.99 500ml

\$9.99 each



**25%⁺
off**

Oils 

Sunflower
reg \$8.99 500ml

\$5.99 each

reg \$13.29 750ml

\$9.99 each

Canola
reg \$9.89 500ml

\$6.99 each

reg \$15.59 750ml

\$10.99 each

Sesame
reg \$15.79 500ml

\$10.99 each

Coconut
reg \$13.99 454g

\$9.99 each

Nut Oils

Walnut of Perigord
reg \$12.49 250ml

\$7.99 each

Hazelnut
reg \$16.29 250ml

\$10.99 each

Toasted Sesame
reg \$14.59 250ml

\$9.99 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

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All Specials While Quantities Last

Monthly Specials | 1



Omega Nutrition
Apple Cider Vinegar

reg \$6.99 946ml

\$5.99 each



Apple Cider Vinegar (ACV) is an effective natural bacteria-fighting agent that contains many vital minerals and trace elements such as potassium, calcium, magnesium, phosphorous, chlorine, sodium, sulfur, copper, iron, silicon and fluorine that are vital for a healthy body.

Blue Sky
Natural Sodas **30% off**

All Varieties
reg \$0.99 354ml

69¢ each

reg \$5.94 6/pack

\$4.00 pack

reg \$23.76 24/case

\$15.70 case



Seventh Generation
Facial Tissue

reg \$3.59 box

\$2.89 each



Bathroom Tissue

reg \$14.99 12 rolls

\$10.99 each



Gentle on noses, our soft & absorbent Facial Tissues are made from 100% recycled paper, minimum 50% post-consumer content. Using tissues and other products made from recycled paper is an easy way to reduce your environmental impact.

Ecover
Dish Liquid

Grapefruit
Herbal
Lemon
reg \$5.99 1L

\$4.39 each





Yogi
Tea

All Varieties
reg \$5.99 16 bags

\$4.69 pack



Mary's
Crackers

All Varieties
reg \$5.99 184g

\$4.59 each



Knudsen
Sparkling Juices

All Varieties
reg \$4.99 750ml

\$3.99 each



Simply Organic
Bottled Spices & Grinders

Basil Leaf
reg \$5.29 15g

\$4.19 each

Cinnamon Powder 69g
Ginger Root Powder 46.5g
reg \$5.99

\$4.79 each

Cumin Seed Powder
reg \$6.49 65g

\$5.19 each

Garlic Powder
reg \$6.29 103g

\$4.99 each

Black Pepper Med
reg \$6.99 65.5g

\$5.59 each

Red Pepper Crushed 68g
Oregano Leaf 21g
reg \$5.79

\$4.59 each

Peppercorn Blend Grinder
Black Peppercorn Grinder
reg \$8.99 75g

\$7.19 each

Black Peppercorn
reg \$6.29 75g

\$4.99 each

Turmeric Powder
reg \$4.99 67.5g

\$3.99 each





Barbara's Bakery

Fig Bars

All Varieties
reg \$5.69 340g

\$4.29 each

Cheese Puffs

All Varieties
reg \$3.49 155g - 198g

\$2.69 each



Lärabar

Fruit & Nut Food Bars

All Varieties
reg \$2.29 45g - 51g

\$1.59 each



Choice

Organic Tea

Select Varieties
reg \$5.29 16 bags

\$4.29 each



Clif **28% off**
Bars

All Varieties
reg \$1.79 68g

\$1.29 each

reg \$21.48 12/68g

\$14.70 case



Builder's
Bars

All Varieties
reg \$2.29 68g

\$1.79 each

22% off



53% off!

Clif
Bars

Chocolate Almond Fudge
Chocolate Chip
Oat Raisin Walnut
reg \$9.49 6/68g

\$4.49 case of 6

Get this fantastic price when you purchase a pack of six of any of these three varieties only!



Manitoba Harvest

Non Dairy Hemp Bliss Beverage

All Varieties
reg \$4.89 946ml

\$3.89 each

reg \$58.68 12/case

\$44.35 case



Canadian

Cuisine Camino

Chocolate Bars

All Varieties
reg \$4.49 100g

\$3.49 each



Cuisine Camino is a Canadian Cooperative!

Alexia

Frozen Potatoes

Olive Salt Potato Wedges 425g
Oven Reds Parmesan Garlic 425g
Rosemary Garlic Wedges 450g
reg \$3.99

\$2.99 each

Sweet Potatoes Julienne
reg \$4.39 425g

\$3.29 each

Spicy Sweet Potato Julienne Fries
Waffle Fried Potatoes
reg \$5.29 567g

\$3.99 each

Lakewood

Juices

Pure Carrot
Pure Pineapple
reg \$7.49 946ml

\$5.79 each

Pure Cranberry
reg \$11.79 946ml

\$8.99 each

Mango
reg \$4.99 946ml

\$3.79 each



Nuts to You

Sesame Tahini

reg \$4.99 250g

\$3.99 each

reg \$8.39 500g

\$6.79 each

Canadian



Earth Balance

Spreads

Original Buttery Flavour Spread
reg \$10.99 1276g

\$8.99 each

Organic Whipped Butter Spread 369g
Soy Free Spread 425g
reg \$5.49

\$4.49 each





Taste of Nature
Food Bars

All Varieties 40g
reg \$1.99

\$1.49 each



Endangered Species
Chocolate Bars

All Varieties
reg \$3.99 85g

\$2.99 each

Bella's
Salsa

All Varieties
reg \$5.99 454g

\$4.69 each



Amy's
Canned Soup

Black Bean
Cream of Mushroom
reg \$4.29 398ml

\$3.29 each



All Other Varieties
reg \$3.59 398ml

\$2.79 each

Rocky Mountain
Frozen Flatbread Pizza

All Varieties
reg \$12.99 405 - 430g

\$9.99 each



GT's
Raw Kombucha Beverage

All Varieties
reg \$3.99 480ml

\$2.99 each



Vij's
Frozen Indian Cuisine Entrees

Coconut & Ginger Green Bean
Punjabi Daal
reg \$10.49 300g

\$7.99 each



Chicken Curry w/ Kalonji Spice
Punjabi Lamb
reg \$12.99 300g

\$9.99 each

Pamela's
Wheat Free Baking Mixes

Chocolate Frosting Mix
Vanilla Frosting Mix
reg \$5.99 340g

\$4.49 each

Vanilla Cake Mix
reg \$6.99 595g

\$4.99 each

Chocolate Cake Mix 595g
Bread Mix 539g
reg \$7.49

\$5.49 each

Chocolate Brownie Mix
reg \$7.99 454g

\$5.99 each

Chocolate Chunk Cookie Mix
reg \$6.99 386g

\$5.49 each



Bulk

The Spotlight on Bulk Foods Continues

Have you tried Date Sugar? The good news is we now have it in bulk! Date Sugar is made from dehydrated ground dates so it is a healthy alternative to sugar. It is excellent for adding a unique richness to foods and is so sweet you can use about 1/3 less than refined sugar in recipes. Be careful how you use it - Date Sugar will not dissolve like regular sugar.

This month, we've got great pricing on Chia Seeds, Pumpkin Seeds, Millet and Pastry Flour - all good things to stock up on with winter coming. We've also put Spike on sale for the first time. When was the last time you had Spike? It's something you might forget about for a few years but when you try it again - Mmmm! Where is the popcorn? Soup? Meat, Chicken or Tofu to rub? It's that versatile!

Anita's  Canadian
**Harvest Grain
Flake Mix**
reg. \$.59/100g
\$.49/100g



Anita's  Canadian
**Whole Wheat
Pastry Flour**
reg \$.35/100g
\$.30/100g



reg \$34.00/10kg
\$28.00/case

Spike Seasonings
Spike

reg \$2.45/100g
\$1.89/100g
Salt Free
reg \$3.49/100g
\$2.72/100g



Bob's Red Mill 
Date Sugar
reg \$1.52/100g
\$1.39/100g

**Raw Pumpkin
Seeds**
reg \$1.32/100g
\$1.19/100g



Black Chia Seeds
reg \$1.59/100g
\$1.45/100g



Skeet & Ike's
**Tamari Roasted
Pumpkin Seeds**
reg \$2.25/100g
\$2.00/100g



 Canadian

**Black Licorice
Nibs**
reg \$2.37/100g
\$2.09/100g



Millet
reg \$0.30/100g
\$0.27/100g



reg \$34.00/11.34kg
\$29.00/each



Deli

Cheese

Cloverleaf Canadian

Sharp Cheddar

reg \$1.89 /100g

\$1.59_{100g}

reg \$3.24 /100g

\$2.75_{100g}

Medium Cheddar

reg \$1.71 /100g

\$1.45_{100g}

reg \$3.19 /100g

\$2.71_{100g}

Mozzarella

Full Fat
reg \$1.69 /100g

\$1.43_{100g}

Part-Skim
reg \$1.72 /100g

\$1.46_{100g}

Deli Bulk Foods

LB Maple Treat
Maple Syrup

#3 Dark
reg \$1.79 /100g

\$1.59_{100g}

Canadian



Prepared Foods

Francyn's Cuisine
Apple Ginger Square

reg \$2.59 /ea

\$2.09_{each}

Ultimate Nut Square

reg \$2.99 /ea

\$2.39_{each}

Yen Hung Foods
Vegetarian Chow Mein

reg \$1.98 /100g

\$1.59_{100g}

Kootenay Bakery Cafe Cooperative
Salads

Southwestern
Coleslaw

reg \$1.99 /100g

\$1.59_{100g}

Spectrum
Apple Cider Vinegar

reg \$0.39 /100g

\$0.33_{100g}

Manzana
Sunflower Oil

reg \$0.95 /100g

\$0.81_{100g}





Wellness

ORGANIC

New Chapter Perfect Calm Multi

reg \$25.49 24t

\$18.49 each

new 25% off

reg \$47.99 72t

\$35.99 each



Perfect Energy Multi **25% off**

reg \$31.99 36t

\$23.99 each

reg \$56.99 72t

\$42.99 each



A new formula for those seeking enhanced energy, performance and endurance. It's a complete multi-vitamin, Perfect Energy contains a combination of 23 whole-food vitamins and minerals formulated to promote optimal health while targeting the nutrients your body needs to sustain energy production, like whole-food complexed Vitamins B, C, E, and Selenium.

Progressive Prenatal

reg \$47.59 120c

\$33.59 each



Seventh Generation

Diapers

Stages 1 to 6
reg \$16.99 pack

\$13.99 each



Baby Wipes

Refill
Tub
reg \$4.99 /70

\$3.49 each





Wellness

20% off

Barlean's Olive Leaf Complex

reg \$28.49 227g

\$22.49 each



Omega Swirl Fish Oil

Lemon Zest
Piña Colada
Mango Peach

\$27.29 each



Omega Swirl 3.6.9 Vegan

Pomegranate Blueberry
reg \$35.79 454g

\$28.79 each

Omega Swirl is emulsified and pre-micronized which allows for rapid digestion and assimilation through the intestinal tract and into the bloodstream. It's 9 times more bio-available than regular fish oil and has the taste and texture of a fruit smoothie.

Essential Women Swirl

Chocolate Raspberry
reg \$35.79 454g

\$28.79 each



Olive Leaf Complex is a super ORAC antioxidant, providing immune support, with anti-viral, anti-bacterial and anti-fungal properties. Barlean's olive leaves are fresh pressed to capture full-spectrum, nutritional potency.

Weleda Skin Care

Gentle Cleansing Milk 100ml
reg \$21.99

\$17.99 ea



Soothing Cleansing Lotion

Almond
reg \$22.99 75ml

\$18.99 ea

Cold Cream

reg \$16.99 30ml

\$13.59 ea

Refining Toner

reg \$19.99 100ml

\$15.99 ea

Hydrating Facial Lotion 30ml
Hydrating Facial Cream 30ml

Iris
reg \$23.99 30ml

\$18.99 ea



Firming Day Cream

Pomegranate
reg \$35.99 30ml

\$28.99 ea

Firming Night Cream

Pomegranate
reg \$39.99 30ml

\$31.99 ea

Firming Serum

Pomegranate
reg \$47.99 30ml

\$37.99 ea

Smoothing Facial Lotion Wild Rose 30ml

Smoothing Facial Cream Wild Rose 30ml

Firming Eye Cream Pomegranate 10ml

reg \$29.99

\$23.99 ea

Smoothing Facial Night Cream

Wild Rose

reg \$33.99 30ml

\$26.99 ea

Smoothing Eye Cream Wild Rose 10ml

Soothing Facial Oil Almond 50ml

reg \$25.99

\$20.99 ea

Hydrating Night Cream Iris

Soothing Facial Lotion Almond

Soothing Facial Cream Almond

reg \$24.99 30ml

\$19.99 ea



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All Specials While Quantities Last



Wellness

Vogel

29% off

Echinaforce

reg \$20.29 120t

\$14.29 each



reg \$18.99 50ml

\$12.99 each

reg \$28.59 100ml

\$19.59 each

Forte

reg \$18.29 30t

\$12.29 each

Junior

reg \$16.99 90t

\$11.99 each



Sore Throat Spray

reg \$15.79 30ml

\$10.79 each

Soothing Cough Syrup

reg \$14.49 100ml - for dry cough

\$9.49 each

Bronchosan

reg \$20.29 50ml - for wet cough

\$14.29 each

Echinacea Lozenges

reg \$3.99 30g

\$2.79 each



Echinaforce drops are a traditional remedy for people prone to cold-like illnesses. It also helps promote the recuperation process when taken during a cold. Echinaforce® drops help to:

- Boost the body's own defenses
- Ward off cold-like illnesses
- Alleviate colds with fevers

Enter for your chance to win a trip for two to Switzerland, valued at approximately \$4000 per person. The trip includes airfare, hotel, meals and a tour of Bioforce Switzerland. Draw date is April 9th 2012. Visit www.avogel.ca to enter.

Alaffia

Everyday Shea Lotion

Unscented
Lavender
Vanilla

Everyday Shea Shampoo & Conditioner

Lavender
Vanilla/Mint

Everyday Shea Bodywash

Lavender
Vanilla/Mint
Unscented

reg \$19.99 950ml

\$14.99 each



25% off

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All Specials While Quantities Last



Wellness

Genuine Health

Greens + Extra Energy

Cappucino 445g

Greens + Multi

Berry 507g

Greens + Multi

Vanilla 521g

Greens + Detox

Apple 414g

Greens + Perfect Skin

Chocolate Raspberry 469g

Greens + Bonebuilder

Vanilla 491g
Blackberry 442g
reg \$62.99

\$52.99 each



Greens +

Plain 510g
Berry 566g
reg \$80.99

\$69.99 each



Vegan Proteins +

Vanilla 840g
reg \$43.99

\$37.99 each

Sleep + Time Release

reg \$6.99 10c

\$4.99 each

reg \$14.79 30c

\$9.79 each



Fast Joint Care + 25% off

reg \$39.99 30c

\$29.99 each

Get relief and repair for sore joints in just 7 days! Based on leading research, **Fast Joint Care+** contains the patented ingredient Natural Eggshell Membrane providing essential nutrients, including collagen, to build and repair cartilage, while significantly reducing inflammation.

Fast Arthritis Relief+ 60c

Fast Back Care+ 90c

reg \$47.99

\$35.99 each

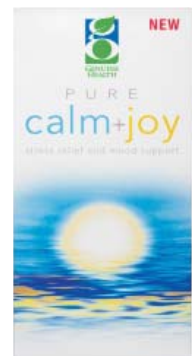


25% off



fast back care+ for non-drowsy, fast-acting relief of mild to moderate back pain, 3 capsules of fast back care+ provides an all natural remedy to relieve both acute symptoms and prevent future flare ups.

fast arthritis relief care+ to target the pain and inflammation of osteoarthritis, while also rebuilding the cartilage and joint space lost to its damaging effects



Pure Calm + Joy

reg \$25.69 42sgel

\$18.69 each

Liveprobiot + O3Mega

reg \$25.99 120c

\$18.99 each



Wellness

Hugo
Body Lotion

All Varieties
reg \$10.99 236ml

\$8.79 each

Shower Gel

All Varieties
reg \$10.99 355ml

\$8.79 each



20% off



Deodorant

All Varieties
reg \$7.79 43ml

\$5.99 each

Shampoos & Conditioners

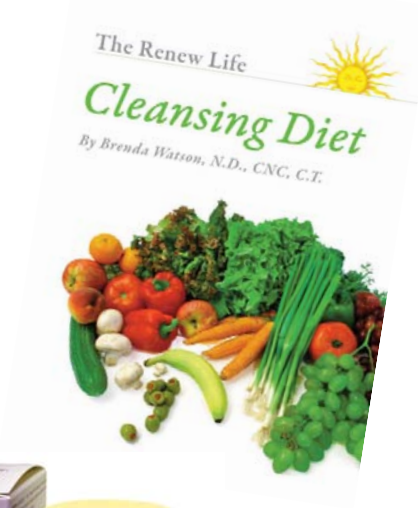
All Varieties
reg \$10.99 355ml

\$8.79 each

Renew Life
Cleansmart +
Fibersmart

reg \$47.99 Kit + 60c

\$27.99 each



42% off

Manitoba Harvest
Hemp Oil

reg \$21.99 946ml

\$18.99 each

Canadian





Wellness

Sisu

Ester C Chewables

Bonus Size
Wildberry
Orange
Citrus
reg \$21.39 500mg 120t

\$15.39ea



Vitamin C Buffered Powder

Unsweetened
Orange
reg \$23.99 200g

\$16.99ea



Ester C

Citrus Free
reg \$34.99 150t 1000mg Bonus

\$24.99ea

Citrus Bioflavonoids 600mg Bonus
reg \$28.79 150Vcaps

\$20.79ea

Citrus Bioflavonoids 600mg
reg \$44.99 240Vcaps

\$32.99ea

Supreme Bonus Citrus Free
reg \$37.99 150Vcaps

\$26.99ea

Energy Boost Vitamin Drink Mix
reg \$10.99 12pack

\$7.99ea



Cold & Flu Rescue

With Ester C
reg \$25.39 60Vcaps

\$18.39ea

A unique combination of four powerful ingredients, Ester-C®, andrographis, NAC, and echinacea, each of them proven in human research to lessen the severity and duration of cold and flu symptoms.



What exactly is Ester-C?

Ester-C takes Calcium ascorbate and, using a proprietary, water-based manufacturing process, produces a pH neutral product that contains active Vitamin C metabolites (that do not exist in any other form of Vitamin C, including Calcium ascorbate). These natural metabolites provide quick absorption and increase vitamin C levels in the body for up to 24 hours showing better retention than other forms of vitamin C.

Ester-C also functions biologically like other forms of Vitamin C, providing benefits for skin, joint and vision health, cardiovascular support, antioxidant protection and immune system wellness.

NAC 600mg

reg \$28.59 120Vcaps

\$19.59ea



Coldmune

reg \$19.69 30Vcaps

\$13.69ea

Coldmune: contains Ester C and a new ingredient called Wellmune, a patented polysaccharide extract from a proprietary strain of yeast which increases the effectiveness of the body's natural immune cells, priming and mobilizing them to destroy disease-causing germs and viruses.

NAC helps to increase levels of glutathione, which is considered the "master antioxidant". Glutathione helps to protect your lungs against respiratory illness, it significantly decreases the severity of symptoms even if you do catch a cold or flu. It also decreases the frequency of flare-ups and symptoms of chronic bronchitis.



Wellness

Canadian 25%+ off

Udo's Choice

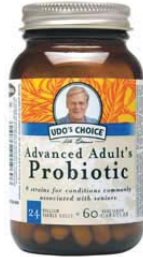
Super Adult Probiotic

reg \$34.29 60Vcaps

\$25.29 each

reg \$57.99 120Vcaps

\$42.99 each



Super Adult Advanced Probiotic

reg \$34.99 30Vcaps

\$25.99 each

reg \$57.99 60Vcaps

\$42.99 each

Super Bifido Plus Probiotic

reg \$58.99 30Vcaps

\$43.99 each



Super Children's Probiotic

reg \$22.99 60Vcaps

\$16.99 each

Super Toddler Probiotic

reg \$29.99 75g

\$21.99 each



Super 5 Plus Lozenge

reg \$22.99 60Vcaps

\$16.99 each

Super 8 Plus Probiotic

reg \$25.99 30Vcaps

\$18.99 each

reg \$47.59 60Vcaps

\$34.59 each

Adult's Enzyme

reg \$18.39 60Vcaps

\$13.39 each

Advanced Adult's Enzyme

reg \$23.99 60Vcaps

\$17.99 each

Anti-Inflammatory Enzyme

reg \$19.99 60Vcaps

\$13.99 each

Flor Essence Herbal Tea Blend

**Grab a \$5 coupon from the Wellness counter while quantities last!*

reg \$33.29 500ml

\$24.29 each



**Grab a \$2 coupon from the Wellness counter for extra savings on Flora products. While quantities last! (excludes Flor Essence products and Salus shrink wraps. Limit 1 coupon per purchase).*

Salus

Floradix + 250ml Bonus

Floravit + 250ml Bonus

reg \$67.99 500ml/250ml

\$45.99 each



Calcium + Magnesium

+ 250ml Bonus

reg \$63.99 500ml/250ml

\$43.99 each





Don't miss the fall
Kootenay Co-op



CASE LOT SALE

Starting, Sunday October 23rd



One week only!

*It's a great chance to stock up and
save on your favourite products.*

**Watch for the flyer to come out on Oct 13th
available in-store, on our website and via e-news*