

January

Monthly
Specials
2012

Specials Pricing for Active Members Only
Easy to join!

Clif

Builder Bar

All Varieties
reg \$2.29 68g

\$1.69 each



Energy Bar

All Varieties
reg \$1.79 68g

\$1.29 each



Blue Diamond

Almond Beverage

Original
Unsweetened
Vanilla Unsweetened
reg \$5.89 1.89L

\$3.99 each

reg \$47.92 8/1.89L
\$30.32 case

32% off

37% off



Blue Diamond is a Cooperative

Greek Gods Yogurt

Plain Honey
Honey Strawberry
Honey Vanilla
reg \$6.39 650g

\$4.99 each



Nature's Path Eco Pac Cereals

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

\$6.99 each

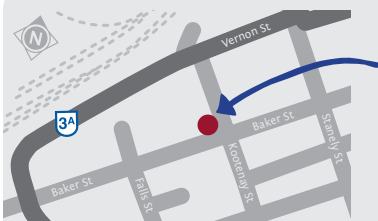
Heritage Blueberry Muesli
Heritage Raspberry Muesli
reg \$11.49 750g

\$9.79 each

All Other Varieties
reg \$9.59 650g - 907g

\$7.99 each

Canadian



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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Tazo Tea
Teas
 All varieties
 reg \$6.99 24 bags
\$4.99 each



Tazo Tea
Chai
 reg \$7.99 946ml
\$5.99 each



Annie's Homegrown
**Pasta & Cheese
 Dinners**

Rice Pasta & Cheddar
 reg \$3.79 170g
\$2.69 each



Bunny Pasta with Cheese
 Petite Shells & White Cheddar
 Shells & Aged Wisconsin
 Cheddar
 Macaroni & Cheese Classic
 reg \$2.59 170g

\$1.89 each



Family Size
 Shells & White Cheddar
 reg \$3.99 340g
\$2.79 each



Organic Shells & Cheddar
 Organic Whole Wheat Shells
 & Cheddar
 reg \$3.49 170g
\$2.39 each



Deluxe Shells &
 Cheddar
 reg \$4.89 312g
\$3.49 each

Nuts to You Canadian
Peanut Butter

Crunchy ~ Smooth
 reg \$6.29 500g
\$4.99 each



Nut & Fruit Butter
 Almond Fruit ~ Almond Hazelnut Fruit
 reg \$10.49 500ml
\$8.59 each

Peanut Cashew Fruit
 reg \$8.99 500ml
\$7.59 each

Ezekial
Cereal
 Almond ~ Cinnamon Raisin
 reg \$7.49 454g
\$5.99 each

Original ~ Golden Flax
 reg \$6.99 454g
\$5.59 each



Choice
Organic Teas

All Varieties
 reg \$5.29 16 bags
\$3.99 each



reg \$6.29 20 bags
\$4.69 each

Thai Kitchen
Coconut Milk
 Regular ~ Light
 reg \$2.89 400ml
\$2.29 each



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Specials Pricing for Active Members Only

All Specials While Quantities Last

Monthly Specials | 2



Drink Me **Canadian Beverages**

Green
Green3
Ruby
reg \$7.79 450ml

\$5.99 each



new

1 drinkme beverage =
3 1/2 - 5 1/2 servings of
fruit + vegetables!

Celestial Seasoning
Tea

Select Varieties
reg \$3.99 20 bags

\$2.99 each

Sleepytime Tea
reg \$7.39 40 bags

\$5.49 each



Anita's Grain and Flour Mill **Canadian Breakfast Boost Cereal**

Ancient Grains 250g
Chia & Hemp 275g
Nut & Seed 250g
reg \$7.99

\$6.69 each



Happy Planet **Canadian Soups**

All Organic Varieties
reg \$5.69 650ml

\$4.69 each



Red Lentil
Thai Coconut
reg \$5.69 650ml

\$4.69 each

25% off



Happy Planet **Canadian Juice**

All Varieties
reg \$5.49 1.89L

\$4.49 each





Spectrum
Oils

Extra Virgin Olive
reg \$18.39 750ml

\$14.69 each

Extra Virgin Olive
reg \$10.99 375ml

\$8.79 each

Organic Extra Virgin Olive
reg \$20.49 750ml

\$15.99 each ORGANIC

Organic Extra Virgin Olive
reg \$12.49 375ml

\$9.99 each ORGANIC

Mediterranean Olive
reg \$22.99 1L

\$17.99 each ORGANIC

Canola
reg \$5.99 375ml

\$4.49 each

Canola
reg \$8.99 750ml

\$6.99 each

Organic Canola
reg \$8.49 375ml

\$6.69 each ORGANIC

Organic Canola
reg \$14.29 750ml

\$10.99 each ORGANIC

Canola Oil Spray
reg \$10.69 453g

\$8.39 each

Almond
reg \$10.99 375ml

\$8.49 each

Asian Stir Fry
reg \$10.99 375ml

\$8.49 each ORGANIC

Organic Safflower
reg \$10.99 375ml

\$8.49 each ORGANIC



Taste Nirvana
Coconut Water

All Varieties
reg \$2.59 280ml

\$1.99 each

Lundberg
Rice Cakes

All Varieties
reg \$4.49 241-255g

\$3.29 each ORGANIC

Biovert *Canadian*

Laundry Supplies

Laundry Detergent
Original, Fresh Cotton HE
reg \$9.99 1.8L

\$7.99 each

Laundry Liquid
Fragrance Free HE
reg \$16.99 3.7L

\$13.99 each

Laundry Detergent
Morning Dew
reg \$38.99 10L

\$31.99 each

Amy's
Soups

Select Varieties
reg \$3.59 398ml

\$2.99 each

Black Bean
Cream of Mushroom
reg \$4.29 398ml

\$3.49 each





Bulk

Spotlight on Bulk

Rice and Beans as January monthly bulk specials? After the extravagance of the holidays, this seems very appropriate to me.

Our heirloom bean blend is stunning to look at, to eat, and even to say aloud: Kidney Beans, Mayacoba Beans, Appalosa Beans, Cannelini Beans, Jacob's Cattle Beans, Tongue of Fire Beans, Black-eyed Peas, French Navy Beans and Flageolet Beans.

Bhutanese red rice is grown in the mountain kingdom of Bhutan where it is their staple rice. Bhutanese red rice is unique in a number of ways; it has a very short cooking time and is pale pink, soft and slightly sticky. Interestingly, this rice is Bhutan's only agricultural export. Perhaps it is not surprising that Bhutan only has a single agricultural export considering Bhutan's king pioneered the phrase "Gross National Happiness." "Gross National Happiness is more important than Gross National Product." Bhutanese King (1972 to 2005) Jigme Singye Wangchuk.

Lundberg
Long & Short Grain Brown Rice 

reg. \$0.43/100g
37¢ /100g
reg \$48.75 /11.34kg

Lundberg
Sushi White Rice 

reg. \$0.56/100g
47¢ /100g
reg \$63.50 /11.34kg
\$50.63 /bag

Heirloom Bean Blend
reg. \$0.89/100g
79¢ /100g 




Bhutanese Red Rice
reg. \$0.85/100g
77¢ /100g 

 **Canadian Harvest Grain Flake Mix** 

reg. \$0.59/100g
49¢ /100g

 **Canadian Spelt Flakes** 

reg. \$0.59/100g
49¢ /100g

Cashews
Raw Pieces
reg \$2.09 /100g
\$1.95 /100g 

Cashews
Whole Raw
reg \$2.20 /100g
\$1.99 /100g 

Cashews
Whole Roasted Salted
reg \$2.48 /100g
\$2.29 /100g 

Milk Chocolate Raisins 
reg. \$2.77/100g **30% off**  

\$1.95 /100g



Deli

Fish

Cheese

Natural Pastures Canadian

Smoked Boerenkaas

reg \$4.85 100g

\$4.40 100g



Boerenkaas

reg \$3.85 100g

\$3.50 100g

Camembert & Brie

reg \$3.29 100g

\$3.00 100g



Amsterdaamer

reg \$3.65 100g

\$3.30 100g

Verdelait

Garlic, Cracked Pepper

reg \$3.65 100g

\$3.30 100g

Albion Fisheries *Ocean Wise* Wild Sockeye Salmon

Pin Bone Out, Skin-On Fillets,
Previously Frozen

reg \$2.19 100g

\$1.90 100g



Ocean Wise works directly with restaurants and markets, ensuring that they have the most current scientific information regarding seafood and helping them make ocean-friendly buying decisions.

The Ocean Wise logo next to a menu item is a guarantee that the item is a good choice for keeping ocean life healthy and abundant for generations to come.

Deli Bulk Foods

San-J

Wheat Free Tamari

reg \$1.03 100g

83¢ 100g



Lundberg

Brown Rice Syrup

reg \$0.70 100g

56¢ 100g



Prepared Foods

Epiphany Cakes



Date Squares

reg \$1.99 each

\$1.60 ea

Kootenay Bakery Cafe Cooperative



Quinoa Tabouleh Salad

Beet & Speltberry Salad

reg \$1.99 100g

\$1.60 100g



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Wellness

Vega Canadian

Pre-Workout Energizer

Lemon-Lime

Acai Berry

reg \$46.99 540g

\$39.99 each

Assorted Single Servings

reg \$2.49 18g

\$1.99 each

Electrolyte Hydrator

Lemon-Lime

Pom-Berry

reg \$28.99 Box 30



\$24.49 each

Assorted Single Servings

reg \$0.99 ea

.79¢ each

Vega Sport is the first, complete, all-natural, plant-based sport performance system, specifically developed in three comprehensive stages to help you perform at your best, without compromise—before, during and after training.

Formulated by Brendan Brazier, professional Ironman triathlete and best-selling author on plant-based nutrition, Vega Sport is a synergistic collection of purpose-driven products for those that demand results.

The Vega Sport performance system is 100% plant-based, free from dairy, gluten and soy, and contains no artificial flavours, colours or sweeteners.



Vega Sport Performance System

Endurance Gel

Raspberry

Orange Zest

reg \$22.99 Box 12



\$19.49 each

Assorted Single Servings

reg \$1.99 ea

\$1.59 each

Performance Protein

Berry 810g

Chocolate 947g

Vanilla 827g

reg \$59.99

\$52.99 each

Assorted Single Servings

reg \$3.39 ea

\$2.89 each

Endurance Bar

Mocha

Acai Berry

reg \$3.39 60g



\$2.89 each

Protein Bar

Chocolate Coconut

Chocolate Savi Seed

reg \$3.39 60g



\$2.89 each

Recovery Accelerator

Apple Berry

Tropical

reg \$37.99 tub



\$31.99 each

Assorted Single Servings

reg \$2.49 ea

\$1.99 each

ENTER TO WIN THE VEGA SWEEPSTAKES WITH OVER \$30,000 IN PRIZES! Win a Vega Sport Adventure Trip! Cycle, raft, and explore your way through Nicaragua, Costa Rica, and Panama for 15 days plus \$5000 in Vega Sport product (\$15,000 total value) PLUS 85 other prizes to be won. Enter at vegasport.com/sweepstakes



Wellness

Natural Factors Canadian

Stress Relax Formulas

Tranquil Sleep - Enteric Coated
reg \$29.99 90 gels

\$23.99_{ea}

Tranquil Sleep
Tropical Fruit
reg \$20.99 60 chews

\$16.49_{ea}

Mental Calmness
Tropical Fruit
reg \$19.99 60 chews

\$15.49_{ea}

Serenity Formula
reg \$14.99 60 caps

\$11.49_{ea}



Ultimate Multi Probiotic

reg \$19.99 60 vcaps

\$15.99_{ea}

reg \$38.49 120 vcaps

\$30.49_{ea}



Double Strength Probiotic

reg \$38.49 60 vcaps

\$30.49_{ea}

Double Strength Probiotic restores and maintains healthy intestinal flora balance and limits the growth of putrefactive and pathogenic bacteria inside the digestive system. It also helps immune system functions, protects gut surfaces, controls “leaky gut”, helps to manage food allergies, intolerances and other reactions.

Hi Potency B Complex

BONUS 210 caps
reg \$25.99 50mg

\$19.99_{ea}



Garlic Rich

Super Strength Garlic
reg \$14.99 90 gels

\$11.49_{ea}

Melatonin 3mg

reg \$9.99 90 s tabs

\$6.99_{ea}

Melatonin 5mg

reg \$14.99 90 s tabs

\$11.49_{ea}

Co Q 10

reg \$27.99 60mg/ 120 gels

\$15.49_{ea}

Co Q 10

reg \$39.99 100mg/ 120 gels

\$21.99_{ea}

45% off



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Wellness

Natural Factors Echinamide Formulas Canadian

Sore Throat Relief
Natural Orange
Natural Cherry
reg \$6.69 60 chews
\$4.99_{ea} 



Sore Throat Spray
reg \$9.99 30ml
\$7.49_{ea}

Anti-Viral
Potent Fresh Herbal Tincture
reg \$12.99 50ml
\$9.99_{ea}



reg \$23.99 50ml
\$18.99_{ea}

Anti-Cold
Echinacea and Goldenseal
reg \$13.99 50ml
\$10.99_{ea}

reg \$25.99 100ml
\$19.99_{ea} 



Anti-Cold
Cold and Cough Syrup
reg \$15.99 150ml
\$11.99_{ea}

Echinamide®, a super-extracted Echinacea purpurea liquid with guaranteed high levels of alkylamides, polysaccharides and cichoric acid, the three key actives responsible for echinacea's effectiveness in clinical studies.

Echinamide contains these actives in a base of the whole herb, Echinacea purpurea, because this species contains the highest levels of alkylamides, cichoric acid and polysaccharides.

Organically grown in accordance with the California Organic Foods Act of 1990 and certified by the North Okanagan Organic Association (NOOA).

Enerex

Greens
Original
reg \$37.99 250g
\$30.99_{ea}

reg \$56.99 120 400g
\$48.99_{ea}

Greens
Mixed Berry
reg \$41.99 250g
\$33.99_{ea}

reg \$62.49 400g
\$52.99_{ea}



Enerex GREENS whole food products have powerful antioxidant & anti-inflammatory properties, boost immune, metabolism, energy, endurance & brain function, solubilize fats & lower cholesterol, aid in detoxification, digestion & elimination, and they replenish intestinal flora with The Friendly Trio® probiotic.

As there are no standardized herbal extracts in our GREENS products, they are safe during pregnancy, nursing, childhood, and retirement - perfect for the whole family.

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Wellness

Minami **new**

MarinEPA
reg \$24.99 60 gels
\$20.99 each



MorEPA
reg \$32.99 60 gels
\$26.99 each

MorEPA Mini Junior
reg \$19.99 60 gels
\$16.49 each

CardiO-3
reg \$22.99 30 gels
\$18.99 each



Plus EPA-Mind Formula
reg \$26.99 30 gels
\$22.49 each

MorDHA Prenatal
reg \$31.99 60 gels
\$26.49 each



MorDHA Mini IQ
reg \$13.99 30 gels
\$11.49 each

VeganDHA
reg \$35.99 60 gels
\$29.99 each

plus \$3 off coupon!

- up to 90 - 95% omega-3 per single softgel
- eco-friendly, certified, omega-3 fish oil (EMAS certified)
- eco-friendly supercritical purification process (low temperature, no use of chemical solvents like hexane and no saturated fat as filler)
- scientifically proven supplements

Andalou Naturals
Shampoos & Conditioners

Lavender Biotin Volume 340ml
Sunflower Citrus Shine 340ml
Sweet Orange Argan Moisture 340ml
reg \$9.49
\$7.49 each

Styling Products

Lavender Biotin Volume Style Spray 242ml
Sunflower Citrus Hold Style Spray 242ml
Sunflower Citrus Shine Style Gel 200ml
Sweet Orange Argan Moisture Style Cream 200ml
reg \$9.49
\$7.49 each



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Renew Life
Diet Smart

reg \$27.49 Kit

\$23.49 each



Rapid Cleanse

reg \$27.49 Kit

\$23.49 each



Simply Trim

reg \$31.49 30c

\$26.99 each

Super Critical Omega

reg \$25.99 30 gels

\$21.99 each

Smokers Cleanse

reg \$39.99 Kit

\$36.99 each



Smokers Cleanse works to help alleviate 3 of the most common 'triggers' that cause people to fail in their attempt to quit smoking. By helping reduce the likelihood of these problems, it helps make quitting easier. Smokers Cleanse also helps improve the overall health of the respiratory system and provides antioxidant support.

Sisu *Canadian*

**Ester-C Chewables
500mg**

Bonus Size

Citrus Punch
Wildberry
Orange

reg \$18.49 120t

\$13.99 each

**Ester-C 600mg
with Citrus Bioflavonoids
Bonus Size**

reg \$24.99 150Vcaps

\$19.99 each

**Ester-C
600mg Bonus Size
with Citrus Bioflavonoids**

reg \$41.49 240Vcaps

\$32.99 each

**Ester-C
1000mg Citrus Free**

Bonus Size

reg \$29.99 150t

\$23.99 each



**Ester-C
Energy Boost
Vitamin Drink Mix**

reg \$10.99 12 pack

\$7.99 pack



**Ester-C Supreme
600mg Bonus Size
Citrus Free**

reg \$32.99 150Vcaps

\$25.99 each

Coldmune

reg \$16.79 30 vcaps

\$12.99 each





Hello 2012!



Did you know that you can shop for dozens of additional specials throughout the store each and every month?

- Produce specials throughout the week. We're happy to let you know about them. *Simply click on the Enews button at via www.kootenay.coop*
- Co-op Deals: Short term grocery specials that are on sale only while quantities last.

On Thursday, January 12th, 2pm-4pm come in to the store and help us celebrate the start of the UN's International Year of Cooperatives!

