

# September

Monthly  
Specials

2010

## Grocery

ORGANIC

### Blue Diamond Almond Breeze Non Dairy Beverage

Original  
Unsweetened Original  
Chocolate  
Unsweetened Chocolate  
Vanilla  
Unsweetened Vanilla



reg \$3.29 946ml

**\$1.99** each

reg \$39.48 case

**\$22.69** each

### Manna Organics Sprouted Bread

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



reg \$3.69 400g

**\$2.99** each

Millet Rice  
Multigrain Oatbran  
Sun Seed  
Whole Rye

reg \$3.19 400g

**\$2.15** each

### Thai Kitchen Cooking & Dipping Sauces

Fish  
Plum Spring Roll  
Spicy Thai Chili  
Sweet Red Chili  
reg \$4.39 200g



Pad Thai  
Peanut Satay  
reg \$6.29 200g

**\$4.99** each

**\$3.59** each

### Thai Kitchen Curry & Chili Pastes

Green Curry  
Red Curry  
Yellow Curry  
Roasted Red  
reg \$3.99 112g



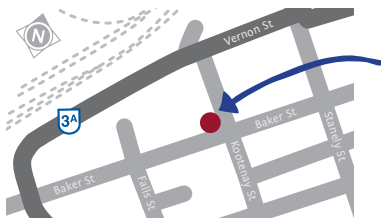
**\$3.39** each

### Green Cuisine Tempeh Burgers

Original 170g  
Indonesian 225g  
BBQ 170g

reg \$4.49

**\$3.99** each



## Kootenay Country Store Co-op

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online: [www.kootenay.coop](http://www.kootenay.coop)



**ORGANIC**

Nature's Path  
**Hot Oatmeals**

- Original
- Apple Cinnamon
- Flax
- Hemp Plus
- Maple Nut
- Raisin
- Cinnamon Blueberry
- Cranberry Ginger
- Variety



reg \$4.69 6/50g  
**\$3.89** pack

**ORGANIC**

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
- Envirokidz Gorilla Munch 650g
- Envirokidz Panda Puffs 700g
- Envirokidz Koala Crisp 725g
- Heritage Flakes 907g
- Kamut Krisp 750g

reg \$9.59  
**\$7.99** each

**ORGANIC**

- Corn Flakes
- Honey Corn Flakes
- Mesa Sunrise

reg \$8.59 750g  
**\$6.99** each

- Muesli Heritage Raspberry
- Muesli Blueberry

reg \$11.49 750g  
**\$9.59** each

**ORGANIC**

Aunt Trudy's  
**Fillo Pocket**

Frozen Sandwiches

- 3 Bean Veggie Chili
- Asian Vegetable
- Spinach & Feta



reg \$4.19 142g  
**\$3.59** each

Terra Nostra  
**Chocolate Bar**

Non Dairy Rice Milk

- Rice Milk Choco With Almonds
- Dark Truffle Centre



reg \$3.79 100g  
**\$3.19** each

Teccino Herbal  
**Coffee Alternative**

- Original Chocolate
- Hazelnut
- Java
- Vanilla Nut



reg \$10.15 225g  
**\$8.99** each

**ORGANIC**

Santa Cruz  
**Apple Juice**



reg \$11.99 2.84L  
**\$6.49** each

**ORGANIC**

Blue Diamond  
**Nut Thins**

- Original
- Cheddar Cheese
- Country Ranch
- Smokehouse
- Pecan



reg \$3.79 120g  
**\$2.99** each

Cuisine Camino  
**Sugar**

Golden Cane

reg \$7.65 1kg  
**\$6.79** each



Whole Brown  
reg \$8.70 1kg  
**\$7.69** each

**FAIR TRADE**

Lundberg  
**Risotto Mixes**

- Alfredo 155g
- Florentine 160g
- Porcini 166g
- Tuscan 160g



reg \$4.39 each  
**\$3.69** each

**ORGANIC**

Lundberg  
**Brown Rice Syrup**

- Sweet Dreams

reg \$8.59 460g  
**\$7.29** each





**Bulk**

*Nature's Path*  
**Bulk Granolas**  
Flax Vanilla  
Pomegran Plus



reg \$10.99 kg  
**\$9.99**kg

*Nature's Path*  
**Bulk Granolas**  
Ginger Zinger  
Hemp Plus  
Pumpkin Flax Plus



reg \$9.89 kg  
**\$8.89**kg

*Grainworks Organics*  
**Brown Flax Seeds**



reg \$4.29 kg  
**\$3.43**kg



**Deli**

*Happy Days Goat Dairy*  
**Cream Cheeses**  
Garlic & Parsley  
Lemon Pepper  
Plain

reg \$4.69 150g  
**\$3.79**each

Mild Cheese  
Cheddar Cheese

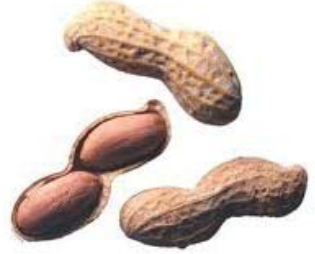


reg \$25.19 kg  
**\$20.19**each

*Nuts to You*  
**Nut Butters**  
Crunchy Peanut Butter  
Smooth Peanut Butter



reg \$10.89 kg  
**\$8.69**kg



*Feed Your Soul Foods*  
**Apple Brown Betty Bars**

reg \$2.89 each  
**\$2.39**each

*Feed Your Soul Foods*  
**Indonesian Rice Salad**

reg \$1.47 100g  
**\$1.19**100g

*Feast West Catering*  
**Roasted Marinated Vegetable Salad**

with Feta  
reg \$1.95 100g  
**\$1.59**100g



Wellness

Tree House by Nature Clean  
**Kids Bath Products**

2 in 1 Berry Blast Shampoo 350ml  
Body Wash Wacky Melon 350ml  
Bubble Bath Berry Blast 350ml  
Leave On Detangler Berry Blast 350ml  
Body Lotion Unscented 350ml  
reg \$12.49

**\$9.99** each



Foaming Hand Soap Wacky Melon 250 ml  
reg \$8.99

**\$7.19** each

2 in 1 Berry Blast Shampoo 950ml  
reg \$22.89

**\$18.29** each

Foaming Hand Soap Wacky Melon 950ml  
reg \$15.39

**\$12.29** each

Aroma Crystal  
**Vibrational Therapy**

Ohm Facial Cream  
reg \$34.39 50ml

**\$25.79** each



Morning Dew Moisturizer  
reg \$22.69 125ml

**\$16.99** each

Crystal Clear Face & Body Wash  
reg \$15.49 250ml

**\$11.59** each

Mountain Sky  
**Lip Balm**

Assorted  
reg \$3.19 each

**\$2.49** each



The Diva Cup  
**Menstrual Cup**

Size 1 and 2  
reg \$37.99

**\$28.49** each



Flora  
**Udo's Oil  
3-6-9**

With complimentary  
Bija Bar  
reg \$44.99 941ml

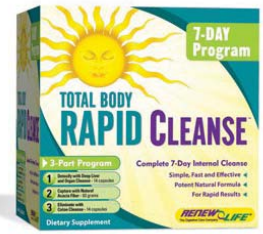
**\$31.49** each



Renew Life  
**Rapid  
Cleanse Kit**

reg \$31.99

**\$23.99** each





## Vega Health Optimizer

Plain  
Chocolate  
Berry  
Vanilla Chai



reg \$72.99 1030g  
**\$57.99** each

Mini Packs Assorted  
reg \$4.49 20g  
**\$3.59** each

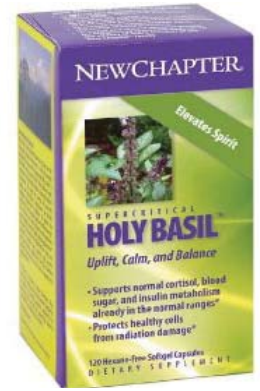
## New Chapter Whole Food Supplements

Holy Basil  
reg \$53.89 120c  
**\$37.69** each

Holy Basil  
reg \$32.99 60c  
**\$22.99** each

Stress Take Care  
reg \$32.99 60c  
**\$22.99** each

Rhodiola  
reg \$17.99 30c  
**\$12.59** each



## Barleans Omega Swirls

Fish Oil Lemon Zest  
reg \$34.49 454g  
**\$27.59** each

Flaxseed Oil Pomegranate/Blueberry  
reg \$38.49 125ml  
**\$30.79** each



### Optimal Living Section

*In the past month we have created an Optimal Living section within the Wellness Department. This contains products that we, as staff, feel not only help support physical health, but nourish and uplift total vitality. It includes raw super-foods, adaptogenic herbs, rich mineralizers, auspicious elixirs and some of the most ancient and revered remedies from the world pharmacopeia. Come in and ask us about some of the exciting, delicious super foods and herbs that inspire us!*



# Sign up for eNEWS

**CO-OP eNEWS**  
**Subscribe Now!**

## What is eNEWS?

eNEWS is the Kootenay Co-op's email program that sends you hot-off-the-press, short and snappy updates, so you have information you need, when you need it.

## Could you give me an Example?

- You like to plan your weekend menus? Every Thursday we send out the upcoming weekend Produce specials to help you plan your weekend shop.
- You don't want to miss registering for the Canning and Jamming Class in the new Fall Cooking School, so we send you a heads-up when registration begins.
- We just got a surprise deal on pasta sauces and we're offering them at 50% off while quantities last. You want to know about it, right?

## Can I get only the updates I want?

You sign up for exactly what you want. Want just the Newsletter? You got it! No more - no less.

## How often are updates sent? I don't want to be bombarded!

Produce updates are usually weekly, Newsletter is monthly, and Events, Classes and Workshops are as they come up. Sometimes we send interim reminders, but we promise you we keep it all to a minimum. And of course, your email address is kept under wraps with us.

## What if I change my mind?

You can unsubscribe at any time with the click of a mouse. At the foot of every eNEWS is an unsubscribe button, right at your fingertips.

## How easy is it to sign up?

So easy it takes only a few seconds. Go to [www.kootenay.coop](http://www.kootenay.coop) and click this button on the home page and it will ask you to indicate what you want to sign up for:

- Co-op Events, Classes and Workshops
- Monthly Newsletter and Specials
- Weekly Produce Specials

It's THAT easy, so on, give it a try right now. Make the most of your Co-op.

**CO-OP eNEWS**  
**Subscribe Now!**