

# bfc deals

Save March 13<sup>th</sup> - April 2<sup>nd</sup>

## PRODUCE



Reg 1.99 lb

**99¢ lb**

Organic Green Cabbage

USA

PLU# 94069

## SEAFOOD



Reg 14.99 lb

**12.99 lb**

Fresh Cod Fillets

Perfect for St. Patty's Day Fish & Chips!

## MEAT



Reg 14.99 lb

**12.99 lb**

Seasoned Brisket Corned Beef "Style"

BFC MADE Brattleboro, VT

Prepacked Random Weights

## GROCERY

Cream of Mushroom  
No Salt Added—  
Minestrone  
Tomato  
Vegetable  
Low Sodium—  
Chicken Noodle  
Chicken & Rice



Reg 4.29 ea

**2 for \$7**

Organic Soups 14.5 - 15 oz

HEALTH VALLEY

## GROCERY

Lightly Smoked in Olive Oil.  
Lightly Smoked in Cayenne Pepper Flavored Olive Oil.  
Lightly Smoked in Lemon Flavored Olive Oil.  
In Spring Water.



Reg 5.49 ea

**2 for \$6**

Portuguese Sardines 4.23 oz

BELA Wild Caught, All Natural, Packed Fresh

## GROCERY



Reg 5.99 ea

**2 for \$8**

Blue Cheese Plant Based Dressing

DAIYA

8.36 oz



## CHEESE



Reg 8.99 ea

**7.49 ea**

Cheddars 8 oz

SWEET ROWEN FARMSTEAD West Glover, VT

## BEVERAGES



Reg 3.69 ea

**2.69 ea**

Kombucha Cans 12 fl oz

KATALYST KOMBUCHA Greenfield MA

LOCAL 60 MILES

All in-stock flavors.

## BEVERAGES



Reg 3.69 ea

**2.69 ea**

Kombucha Bottles 16 fl oz

KATALYST KOMBUCHA Greenfield MA



# SAVE MARCH 13<sup>th</sup> - APRIL 2<sup>nd</sup>



## FERMENTS

Northeast GROWN & PRODUCED by a Worker's Co-op



USDA ORGANIC LOCAL 60 MILES

Reg 5.49 ea **3.99 ea**

Beet Kvass 10 oz  
REAL PICKLES Greenfield, MA

## FERMENTS

Northeast GROWN & PRODUCED by a Worker's Co-op



USDA ORGANIC LOCAL 60 MILES

Reg 9.49 ea **7.99 ea**

Red Cabbage 15 oz  
REAL PICKLES Greenfield, MA

## GROCERY

LILY'S



NON GMO Project VERIFIED FAIRTRADE

Semi-Sweet Style. Dark Chocolate.

Reg 7.99 ea **6.99 ea**

Baking Chips 9 oz  
LILY'S

## GROCERY

BELA



CODFISH IN EXTRA VIRGIN OLIVE OIL Portuguese Style

Reg 5.49 ea **3.99 ea**

CODFISH IN OLIVE OIL 4.25 oz  
BELA Wild Caught, All Natural, Packed Fresh

## FERMENTS

Northeast GROWN & PRODUCED by a Worker's Co-op



USDA ORGANIC LOCAL 60 MILES

Reg 9.49 ea **7.99 ea**

Sauerkraut 15 oz  
REAL PICKLES Greenfield, MA

## FERMENTS

Northeast GROWN & PRODUCED by a Worker's Co-op



USDA ORGANIC LOCAL 60 MILES

Reg 9.99 ea **8.49 ea**

Red Pepper Hot Sauce 5 oz  
REAL PICKLES Greenfield, MA

## GROCERY

With Cocoa. With Cocoa and Milk.



USDA ORGANIC CERTIFIED GLUTEN FREE

Reg 6.49 ea **4.99 ea**

Hazelnut Spreads 8.82 oz  
NOCCIOLATA

## GROCERY

BOBO'S



CERTIFIED GLUTEN FREE NON GMO Project VERIFIED

Reg 2.99 ea **2.29 ea**

Oat Bars 3 oz  
BOBO'S All Flavors

## FERMENTS

Northeast GROWN & PRODUCED by a Worker's Co-op



USDA ORGANIC LOCAL 60 MILES

Reg 9.99 ea **8.49 ea**

Beets 15 oz  
REAL PICKLES Greenfield, MA

## FERMENTS

Northeast GROWN & PRODUCED by a Worker's Co-op



USDA ORGANIC LOCAL 60 MILES

Reg 10.99 ea **9.49 ea**

Turmeric Kraut 15 oz  
REAL PICKLES Greenfield, MA

## GROCERY

daiya



CERTIFIED GLUTEN FREE NON GMO Project VERIFIED

Reg 5.69 ea **2 for \$8**

Deluxe Mac & Cheese 10.6 oz  
DAIYA

## GROCERY

BOBO'S



Reg 2.99 ea **2.29 ea**

Stuff'd Oat Bars 2.5 oz  
BOBO'S All Flavors

## FERMENTS

Northeast GROWN & PRODUCED by a Worker's Co-op



USDA ORGANIC LOCAL 60 MILES

Reg 10.99 ea **9.49 ea**

Garlic Kraut 15 oz  
REAL PICKLES Greenfield, MA

## FERMENTS

Northeast GROWN & PRODUCED by a Worker's Co-op



USDA ORGANIC LOCAL 60 MILES

Reg 10.99 ea **9.49 ea**

Ginger Carrots 15 oz  
REAL PICKLES Greenfield, MA

## FERMENTS

Northeast GROWN & PRODUCED by a Worker's Co-op



USDA ORGANIC LOCAL 60 MILES

Reg 10.99 ea **9.49 ea**

Kimchi 15 oz  
REAL PICKLES Greenfield, MA

## BEVERAGES

BOBO'S



CERTIFIED GLUTEN FREE NON GMO Project VERIFIED

Reg 4.99 ea **3.79 ea**

Oat Bites 1.3 oz  
BOBO'S All Flavors





# SAVE MARCH 13<sup>th</sup> - APRIL 2<sup>nd</sup>



## GROCERY

Lightly Smoked in Spring Water



Reg 5.49 ea

**2 for \$6**

Portuguese Sardines 4.23 oz

BELA Wild Caught, All Natural, Packed Fresh

## GROCERY

Lightly Smoked in Lemon Flavored Olive Oil



Reg 5.49 ea

**2 for \$6**

Portuguese Sardines 4.23 oz

BELA Wild Caught, All Natural, Packed Fresh

## GROCERY

Lightly Smoked in  
Cayenne Pepper Flavored Olive Oil



Reg 5.49 ea

**2 for \$6**

Portuguese Sardines 4.23 oz

BELA Wild Caught, All Natural, Packed Fresh

## CHEESE

Lightly Smoked in Olive Oil



Reg 5.49 ea

**2 for \$6**

Portuguese Sardines 4.23 oz

BELA Wild Caught, All Natural, Packed Fresh

## GROCERY



Reg 4.29 ea

**2 for \$7**

Vegetable Soup 15 oz

HEALTH VALLEY

## GROCERY



Reg 4.29 ea

**2 for \$7**

Minestrone Soup 15 oz

HEALTH VALLEY

## GROCERY



Reg 8.99 ea

**7.49 ea**

Garlic Tomato Cheddar 8 oz

SWEET ROWEN FARMSTEAD West Glover, VT

## CHEESE



Reg 18.99 lb

**11.99 lb**

Lille Coulmiers

VERMONT FARMSTEAD South Woodstock, VT

## BEVERAGES



Reg 4.29 ea

**2 for \$7**

Tomato Soup 15 oz

HEALTH VALLEY

## GROCERY



Reg 4.29 ea

**2 for \$7**

Chicken and Rice Soup 15 oz

HEALTH VALLEY

## GROCERY



Reg 8.99 ea

**7.49 ea**

Horseradish Chive Cheddar 8 oz

SWEET ROWEN FARMSTEAD West Glover, VT

## CHEESE



Reg 23.99 ea

**18.99 lb**

Invierno (Invierno means Winter)

VERMONT SHEPHERD Westminster West, VT

## BEVERAGES



Reg 4.29 ea

**2 for \$7**

Chicken Noodle Soup 15 oz

HEALTH VALLEY

## GROCERY



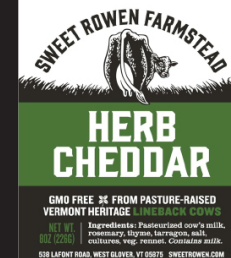
Reg 4.29 ea

**2 for \$7**

Cream of Mushroom Soup 15 oz

HEALTH VALLEY

## GROCERY



Reg 8.99 ea

**7.49 ea**

Herb Cheddar 8 oz

SWEET ROWEN FARMSTEAD West Glover, VT

## CHEESE



Reg 26.49 lb

**21.49 lb**

Invierno extra aged (2 year)

VERMONT SHEPHERD Westminster West, VT

While supplies last • Prices subject to change • Prices valid during dates of sale only



# SAVE MARCH 13<sup>th</sup> - APRIL 2<sup>nd</sup>



## BULK COFFEE

**DEAN'S BEANS**  
LOCAL 60 MILES  
USDA ORGANIC  
Beware: contains the highest caffeine content of any organic coffee  
FAIR TRADE CERTIFIED

Reg 13.99 lb **12.49 lb**

Ahab's Revenge  
DEANS BEANS Orange, MA

## BULK COFFEE

**MOCHA JOE'S**  
Made in Vermont  
USDA ORGANIC  
FAIR TRADE CERTIFIED

Reg 15.49 lb **13.99 lb**

Costa Rica Light Roast  
MOCHAJOES Brattleboro, VT

## BULK COFFEE

HAND-ROASTED COFFEE  
AT **esseelon**  
CAFE  
IN HADLEY, MA  
LOCAL 60 MILES  
USDA ORGANIC  
FAIR TRADE CERTIFIED

Reg 15.99 lb **14.49 lb**

Sumatra  
ESSELOH Hadley, MA

## BULK COFFEE

**MR. ROASTED**  
BY PIERCE BROS. COFFEE  
**FOGBUSTER**  
COFFEE WORKS  
LOCAL 60 MILES  
USDA ORGANIC  
FAIR TRADE CERTIFIED

Reg 17.29 lb **15.79 lb**

Fogbuster  
FOGBUSTER Greenfield, MA

## BULK COFFEE

**DUCHESS COFFEE**  
Made in Vermont  
USDA ORGANIC  
FAIR TRADE CERTIFIED

Reg 18.99 lb **17.49 lb**

Bruja  
DUCHESS COFFEE Brattleboro, VT

## BULK BUTTERS

**Once Again**  
UNSWEETENED  
PEANUT BUTTER  
Reg 49.99 ea **39.99 ea**  
Creamy Peanut Butter 9 lb tub  
ONCE AGAIN Unsweetened

**Once Again**  
UNSWEETENED  
PEANUT BUTTER  
Reg 49.99 ea **39.99 ea**  
Crunchy Peanut Butter 9 lb tub  
ONCE AGAIN Unsweetened

**Once Again**  
UNSWEETENED  
PEANUT BUTTER  
Reg 69.99 ea **61.99 ea**  
Creamy Peanut Butter 9 lb tub  
ONCE AGAIN Unsweetened

**Once Again**  
UNSWEETENED  
PEANUT BUTTER  
Reg 69.99 ea **61.99 ea**  
Crunchy Peanut Butter 9 lb tub  
ONCE AGAIN Unsweetened

**Once Again**  
UNSWEETENED  
ALMOND BUTTER  
Reg 104.99 ea **94.99 ea**  
Creamy Almond Butter 9 lb tub  
ONCE AGAIN Unsweetened & Roasted

**Once Again**  
UNSWEETENED  
ALMOND BUTTER  
Reg 104.99 ea **94.99 ea**  
Crunchy Almond Butter 9 lb tub  
ONCE AGAIN Unsweetened & Roasted

## BULK GRANOLA

**BACKROADS**  
Made in Vermont  
USDA ORGANIC  
NON GMO Project VERIFIED  
Reg 11.99 lb **10.99 lb**  
Maple Cranberry Granola  
BACKROADS Brattleboro, VT  
Vn VEGAN

## BULK GRANOLA

**NUTTY NO GRAINER**  
ORIGINAL  
**True North**  
USDA ORGANIC  
LOCAL VERMONT  
Reg 16.99 lb **15.99 lb**  
Nutty No Grainer  
TRUE NORTH GRANOLA Brattleboro, VT  
GLUTEN FREE Vn

While supplies last • Prices subject to change • Prices valid during dates of sale only • No rain checks



**BRATTLEBORO FOOD CO-OP**

802-257-0236 • Mon-Sat 8-8; Sun 9-8 • BFC.coop

**EVERYONE WELCOME**  
@ the Co-op!