

bfc deals

SAVE JULY 3rd - JULY 16th

BEVERAGES

LOCAL VERMONT All Flavors **USDA ORGANIC**

AQUA VITEA KOMBUCHA
Middlebury, VT **2 for \$4**
Aqua Seltzer Cans 12 fl oz Reg 2.79 ea

BEVERAGES

All Flavors

AQUA VITEA KOMBUCHA
Middlebury, VT **2 for \$5**
Kombucha Cans 12 fl oz Reg 2.99 ea

BEVERAGES

USDA ORGANIC **LOCAL VERMONT**

AQUA VITEA KOMBUCHA
Middlebury, VT **2 for \$6**
Bottled Kombucha 16 fl oz Reg 3.99 ea

GROCERY

BELA
CODFISH
IN EXTRA VIRGIN OLIVE OIL
Portuguese Style

Packed in extra virgin olive oil.
All natural / Wild Caught

BELA Portugal
Portuguese Style **3.99 ea**
Wild Caught Codfish 4.23 oz Reg 5.49 ea

BEVERAGES

SHRUBBLY
BUBBLY SUPERDRINK

SHRUBBLY Hinesburg VT **2.29 ea**
Bubbly Superdrinks 11.5 fl oz Reg 3.29 ea

FERMENTS

SMALL TOWN CULTURES
Dairy Free
Certified GF Gluten-Free VEGAN

SMALL TOWN CULTURES Plattsburgh, NY **6.99 ea**
All 12 Oz Ferments 12 oz Reg 8.59 ea

GROCERY

Cane Sugar Sweetened Tangerine or Spearmint.

GLEE
NATURAL CHEWING GUM

Sugar Free
Peppermint or Wintergreen.

GLEE 16 pc **1.49 ea**
Natural Chewing Gum Reg 2.29 ea

GROCERY

Cake Style

LET'S DO ORGANIC
ORGANIC ICE CREAM CONES
CAKE STYLE

USDA ORGANIC

LET'S DO ORGANIC **2.99 ea**
Ice Cream Cones 1.2 oz Reg 3.99 ea

GROCERY

Rolled Style

LET'S DO ORGANIC
GLUTEN FREE

LET'S DO ORGANIC **3.99 ea**
Sugar Cones 4.6 oz Reg 4.99 ea



SAVE JULY 3 through JULY 16



CHEESE



Fresh cow milk mozzarella for your caprese!

ROMA **Fresh 6⁹⁹ lb**
Fresh Mozzarella Reg 8.99 lb

GROCERY



DIVINA
Greece **3⁵⁹ ea**
Reg 4.99 ea
Dolmas — Stuffed Grape Leaves 7 oz

GROCERY

Peruvian Pollo La Brasa.
Mexican Pollo Asado.
Jamaican Jerk.



A DOZEN COUSINS **2 for \$5**
Seasoning Sauces 3 fl oz Reg 2.99 ea

CHEESE

Prepacked / Random Weights
American cheese done right!



NEW SCHOOL
AMERICAN CHEESE **9⁹⁹ lb**
California / USA
American Cheese Reg 12.99 lb

GROCERY



DIVINA
Greece **3⁷⁹ ea**
Reg 4.99 ea
Fig Spread 9 oz

GROCERY

Classic Refried Beans.
Mexican Pinto Beans.
Cuban Black Beans.



A DOZEN COUSINS **2 for \$6**
Beans 10 oz Reg 4.49 ea

BEVERAGES



USDA ORGANIC 4-Packs
LOCAL VERMONT
All Flavors
AQUA VITEA **6⁹⁹ ea**
Middlebury VT Reg 9.99 ea
Aqua Seltzer 4/12 fl oz

GROCERY



DIVINA
Greece **3⁷⁹ ea**
Reg 5.79 ea
Kalamata Spread 8.5 oz

GROCERY



Packed in organic extra virgin olive oil, Cayenne pepper flavored olive oil, or lemon flavored olive oil.
BELA Portugal **3⁴⁹ ea**
Reg 3.99 ea
Lightly Smoked Portuguese Sardines 4.23 oz

BEVERAGES



LOCAL VERMONT 4-Packs
USDA ORGANIC All Flavors
AQUA VITEA **7⁹⁹ ea**
Middlebury VT Reg 10.99 ea
Kombucha 4/12 fl oz

GROCERY



DIVINA
Greece **5⁴⁹ ea**
Reg 6.99 ea
Muffuletta Olive Salad 13 oz

GROCERY



Marinara. Tomato Basil. Arrabbiata.
CARBONE **7⁴⁹ ea**
Reg 9.99 ea
Pasta Sauces 24 oz





SAVE JULY 3 through JULY 16



FROZEN

Cheddar Scallion Potato, Lemongrass Pork, Curried Sweet Potato, Cheeseburger.



MEI MEI **14⁴⁹ ea**
Dumplings 14 oz Reg 15.99 ea

DAIRY (NON)



V LOCAL 60 MILES
Garlic & Herb, Smoked Paprika & Garlic, Pepper Jack, Green Onion & Chive.



FAUXMAGGIO Holyoke, MA **6⁴⁹ ea**
6.5 oz Reg 7.99 ea
Vegan Cultured Tree Nut Cheese

DAIRY (NON)



LOCAL 60 MILES
V VEGAN

FAUXMAGGIO Holyoke, MA **7⁴⁹ ea**
Vegan Pesto 6.3 oz Reg 8.99 ea

BULK



BULK PLU#1204 **2⁴⁹ lb**
Reg 2.99 lb
Garbanzo Beans

BULK



BULK PLU#1206 **2⁹⁹ lb**
Reg 3.59 lb
Kidney Beans

BULK



BULK PLU#55422 **3⁹⁹ lb**
Reg 4.39 lb
Flame Raisins

BULK



BULK PLU#9565 **4⁹⁹ lb**
Reg 6.99 lb
Pumpkin Seeds

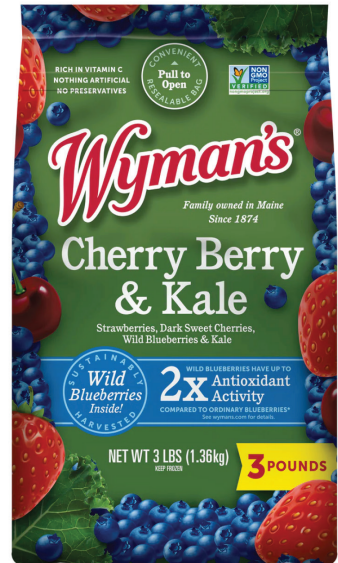
FROZEN

Wyman's

Cherry Berry & Kale



100% FRUIT



WYMAN'S

99 ea

Smoothie Mix 3 lbs

Reg 14.49 ea

GROCERY

No Sugar Added.



FAMILIA Switzerland **8⁴⁹ ea**
Swiss Muesli 29 oz Reg 9.99 ea

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



SAVE JULY 3 through JULY 16



INCREDIBLE



bulk

SALE

**ALL Bulk Nuts, Seeds,
Trail Mix, and Sesame Sticks!**

Everyone saves

5%

Save up to 25% with Shareholder Benefits!

- ALL shareholders will receive **10% off**
- Working shareholders receive **15% off**
- Food for All (FFA) Shareholders receive **20% off**
- Working FFA Shareholders receive **25% off**

- Discounts taken at register.
- Chocolate covered nuts not included in this sale.
- Sale limited to in-stock product only. No rain checks.

BULK COFFEE



TIERRA FARMS
Valatie, NY
13⁶⁹ lb
Papua New Guinea Reg 14.69 lb

BULK COFFEE



MOCHA JOES
Brattleboro, VT
13⁸⁹ lb
Brazil Decaf Reg 14.89 lb

BULK COFFEE



DEANS BEANS
Orange, MA
13⁹⁹ lb
Birdwatchers Blend Reg 14.99 lb

BULK COFFEE



ESSELON COFFEE
Hadley, MA
14⁹⁹ lb
Guatemalan Reg 15.99 lb

BULK COFFEE



FOGBUSTER COFFEE
Greenfield, MA
15⁹⁹ lb
Fogbuster Reg 17.29 lb

BULK COFFEE



DUCHESS COFFEE
Brattleboro, VT
17⁴⁹ lb
Honduras Honey Reg 18.99 lb