

bfc deals

BRATTLEBORO
FOOD CO-OP
50
YEARS
OF
COOPERATION



2 for \$3

Reg. 1.99 ea

Organic Baby Peeled Carrots 1 lb

BUNNY LUV
USA



1.49 lb

Reg. 1.99 lb

Loose Clementines

PLU#3383

USA



Fresh! 3.99 ea

Reg. 5.49 ea

Fresh Ovoline Mozzarella 8 oz

MAPLEBROOK FARM
Bennington, VT

From roots to generations, our legacy grows.



**Grow your own legacy:
Dig in at our Annual Plant Sale!**

50 incredible years of shared goals, cherished community connections, and creating a place where everyone truly feels at home. Thank you for being part of this wonderful journey with us!

Thank you for 50 years of cooperation. Look for special sales, events, and promotions throughout 2025!

bfc deals

April 30
- May 20

BRATTLEBORO FOOD CO-OP

2 Main Street • Brattleboro, VT

Monday-Saturday 8-8; Sunday 9-8

BFC.coop 802-257-0236



VEGGIE STARTS & FLOWER STARTS MAY 16•17•18



\$39⁹⁹ per flat

ALL VEGGIE STARTS

Veggies include Broccoli, Brussels Sprouts, Red & Green Cabbage, Cauliflower, Kale (3 types), Arugula, Beet, Celery, Chard, Spinach, Different lettuces, Tomatoes, Beans, Cucumber, Zucchini + more.

Reg. 49.90 per flat
10/4-packs per flat / 40 starts



\$31⁹⁹ per flat

ALL FLOWER STARTS

Flowers include Alyssum, Marigolds, Petunias, Pansies, Snapdragons, + more.

Reg. 39.92 per flat
8/6-packs per flat / 48 starts

SALE PRICE FOR FULL FLATS OF FLOWERS OR VEGGIES

Sale price applicable to full flats of Flowers **OR** Veggies. You will NOT receive sale price if flats are mixed (EG: Flowers AND Veggies).

true grace®



100% Fruiting Body

Lion's Mane or Cordyceps Capsules 60 ct
27⁹⁹ ea Reg. 31.99
TRUE GRACE



true grace®



One Daily, Women's One Daily, Shelf Stable Probiotics 30 ct
33⁹⁹ ea Reg. 37.99 ea
TRUE GRACE



10⁹⁹ ea Reg. 14.99 ea
B-12 Methyl Adenosylcobalamin 60 ct
KAL



13⁹⁹ ea Reg. 19.99
Quercetin Bromelain + Vitamin C 60 ct
SOLARAY



Enter to win a Tierra Farm Gift Basket!

Enter in the Bulk Department
near the Tierra Farm products.

EVERYONE IS WELCOME TO ENTER!

No purchase necessary to enter. Winner will be selected in a random drawing from entries received

Celebrating 50 Years of Cooperation in 2025!



Enter to win a

\$50

Gift Card in May!

We are giving away a \$50 BFC Gift Card every month in 2025 in celebration of our 50 year anniversary.

ENTER AT THE CUSTOMER SERVICE COUNTER

Winners will be chosen in a random drawing on the last Friday of each month from entries received by end of day on the last Thursday of the month. No purchase necessary to enter.



17⁹⁹ ea Reg. 28.99 ea
D-Mannose + Cranactin 60 ct
SOLARAY



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Apr 30th - May 20th While supplies last. Prices subject to



21⁹⁹ ea
Reg. 32.99 ea

Milk Thistle Capsules 90 ct

OREGON'S
WILD HARVEST



32⁹⁹ ea
Reg. 48.99 ea

Turmeric Capsules 120 ct

OREGON'S
WILD HARVEST



20⁹⁹ ea
Reg. 29.99 ea

Aller-Aid Capsules 90 ct

OREGON'S
WILD HARVEST



32⁹⁹ ea
Reg. 48.99 ea

Milk Thistle Dandelion Caps 180 ct

OREGON'S
WILD HARVEST



18⁹⁹ ea
Reg. 28.99 ea

Nettle Quercetin 60 ct

OREGON'S
WILD HARVEST



21⁹⁹ ea
Reg. 32.99 ea

Turmeric Capsules 60 ct

OREGON'S
WILD HARVEST



change. Prices valid during dates of sale only. No rain checks.

bfc deals



ALTEYA[®]
organics



15% off

All Organic Rosewater Products

ALTEYA

Happy Mother's
Day!

We Love You
Mom!

BRATTLEBORO FOOD CO-OP

BAUDELAIRE

We offer a nice variety of fabric patterns to choose from.



Suitable for HOT or COLD Therapy
Anywhere on the Body!



29⁹⁹ ea
Reg. 38.99 ea

Cherry Stone Neck Wrap
BAUDELAIRE
Swanzy, NH



BAUDELAIRE



14⁹⁹ ea
Reg. 19.99 ea

Bamboo Massager Brush

BAUDELAIRE
Swanzy, NH



BAUDELAIRE



Honey Soaps 3.5 oz

BAUDELAIRE
Swanzy, NH

4⁴⁹ ea
Reg. 5.49 ea



bfc deals

Apr 30th - May 20th While supplies last. Prices subject to



Electrolytes Supplement Drink Packets

with Pink Himalayan Sea Salt & Real Vitamin C

SUPERIEUR

9.99 ea
Reg. 13.99 ea

14 Pk/1.48 oz



Red Raspberry. Fresh Watermelon. Fresh Citrus. Strawberry Lemonade.

Electrolytes Supplement Drink Packets Singles

with Pink Himalayan Sea Salt & Real Vitamin C

SUPERIEUR

79¢ ea
Reg. 99¢ ea

0.1 oz



Electrolytes Supplement Drink 6.9 oz

with Pink Himalayan Sea Salt & Real Vitamin C

SUPERIEUR

19.99 ea
Reg. 27.99 ea



Since 1932
KAL
QUALITY

10,000 MCG Per Serving
Berry Flavor

Ultra Biotin Liquid 2 fl oz

KAL



9.99 ea
Reg. 12.99 ea

Since 1932
KAL
QUALITY

Lemon Lime.



Magnesium
Glycinate Calming Drink Mix
KAL

Cherry.



Blueberry.



21.99 ea
Reg. 26.99

9-9.8 oz



\$1.00 off

All Single Protein Packets 0.9 - 1.3 oz

SPROUT LIVING

All in-stock flavors.



21.99 ea
Reg. 26.99 ea

Organic Sunflower Seed Protein
SPROUT LIVING

16 oz



25.99 ea
Reg. 32.99 ea

Organic Pea Protein 16 oz
SPROUT LIVING



28.99 ea
Reg. 34.99 ea

Organic Pumpkin Seed Protein 16 oz
SPROUT LIVING



29.99 ea
Reg. 38.99 ea

Epic Protein Blend 16 oz
SPROUT LIVING



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bfc deals



HANDCRAFTED
Barts
ICE CREAM CO.
EST. 1976



LOCAL
60
MILES

Ice Cream Pints
BARTS ICE CREAM CO.
Greenfield MA

all flavors!

5⁷⁹ ea
Reg. 6.79 ea



Peppermint,
Wintergreen,
Ginger Mint,
Cinnamon.

2 for \$5

Organic Mints 1.41 oz Reg. 3.99 ea
VERMINTS
Braintree, MA



Classic Flavor
First Cold Pressed



10⁹⁹ ea
Reg. 13.99 ea

Extra Virgin Olive Oil 12.7 fl oz
COBRAM ESTATE
California/USA



COBRAM ESTATE

Classic Flavor
First Cold Pressed

15⁹⁹ ea
Reg. 19.99 ea

Extra Virgin Olive Oil 25.4 fl oz
COBRAM ESTATE
California/USA



Classic or French Dill.



5⁹⁹ ea
Reg. 5.49 ea

Organic Artisan Sauerkraut 16 oz
SAVERNE



100% California Select
First Harvest Cold Pressed



17⁹⁹ ea
Reg. 23.99 ea

Extra Virgin Olive Oil 25.4 fl oz
COBRAM ESTATE
California/USA



100% Australia Select
First Harvest Cold Pressed

11⁹⁹ ea
Reg. 15.99 ea

Extra Virgin Olive Oil 12.7 fl oz
COBRAM ESTATE
California/USA

bfc deals

Apr 30th - May 20th While supplies last. Prices subject to



Organic Legume Pasta 8 oz
EXPLORE CUISINE
Red Bank, NJ



Black Bean Spaghetti.
Mung Bean Fettuccine.
Chickpea Fusilli.
Red Lentil Penne.

3.99 ea
Reg. 4.99 ea



Everything.
Sweet Corn.
Coconut.
Guava.

3.49 ea
Reg. 3.99 ea

Corn Crisps 4 oz
CRAIZE



Popcorn 4.8-6 oz
LITTLE LADS
Brattleboro, VT

Classic Buttah.
Sea Salt & Olive Oil.
Garlic Buttah.
Savory Herbs.

Sweet Thai Chili.
Spicy Dill Pickle.
Korean Barbeque.

2 for \$5
Reg. 3.99 ea



5.69 ea
Reg. 6.99 ea

Herbamare Herbed Sea Salt 4.4 oz
A. VOGEL



11.49 lb
Reg. 12.49 lb

Ginger Lemon Granola PLU#1260
TRUE NORTH GRANOLA
Brattleboro, VT



11.99 lb
Reg. 13.99 lb

Ancient Grains Granola PLU#1217
BACK ROADS GRANOLA
Greenfield MA



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bfc deals



\$2.00 off/lb
Reg. 6.99 - 8.99 lb

House-Made Sausage

BFC MADE
Brattleboro, VT



Pork and Chicken
All Varieties
Prepacked / Random Weights



Fresh!

5.99 lb
Reg. 6.99 lb

Fresh Boneless Pork Chops

DUBRETON
CANADA

Prepacked
Random Weights



Fresh!
2/6 oz Patties!



7.99 ea
Reg. 8.99 ea

Fresh Ground Beef Patties

BLACK RIVER MEATS
North Springfield, VT

2 Pk/12 oz



Fresh! **8.99 lb**
Reg. 9.99 lb

Fresh Ground Turkey

MISTY KNOLL FARM
New Haven, VT

Prepacked
Random Weights



Fresh!

15.99 lb
Reg. 17.99 lb

Fresh New York Strip Steak

NORTHEAST FAMILY FARMS
New England/USA

Prepacked
Random Weights



9.99 lb
Reg. 10.99 lb

Haddock Fillets

FRESH SEAFOOD
Canada

Available in the Fresh Case and
Fresh Prepacks w/Random Weights

bfc deals

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May's Cave to Coop!



19⁹⁹ lb
Reg. 29.99 lb

Bleu de Champlain

CHAMPLAIN VALLEY CREAMERY
Burlington, VT

Prepacked
Random Weights



MAPLEBROOK
farm



Fresh! 4⁹⁹ ea
Reg. 6.49 ea

Cedarwood Smoked Feta 8 oz

MAPLEBROOK FARM
Bennington, VT



15⁹⁹ lb
Reg. 17.99 lb

Fresh Arctic Char Fillets

FRESH SEAFOOD
Canada

Available in the Fresh Case and
Fresh Prepacks w/Random Weights



Saturday, May 3

Green Up Day at the Co-op

Thursday, May 8

Botanical Bar Craft Book Talk

with Cassandra Elizabeth Sears



Saturday, May 17

Kids' Mix Compost & Plant a Seed



2⁴⁹ ea
Reg. 3.49 ea

Corn Tortillas 10 oz

MI TIERRA TORTILLAS
Hadley, MA



3⁴⁹ ea
Reg. 4.49 ea

Organic Corn Tortillas 10 oz

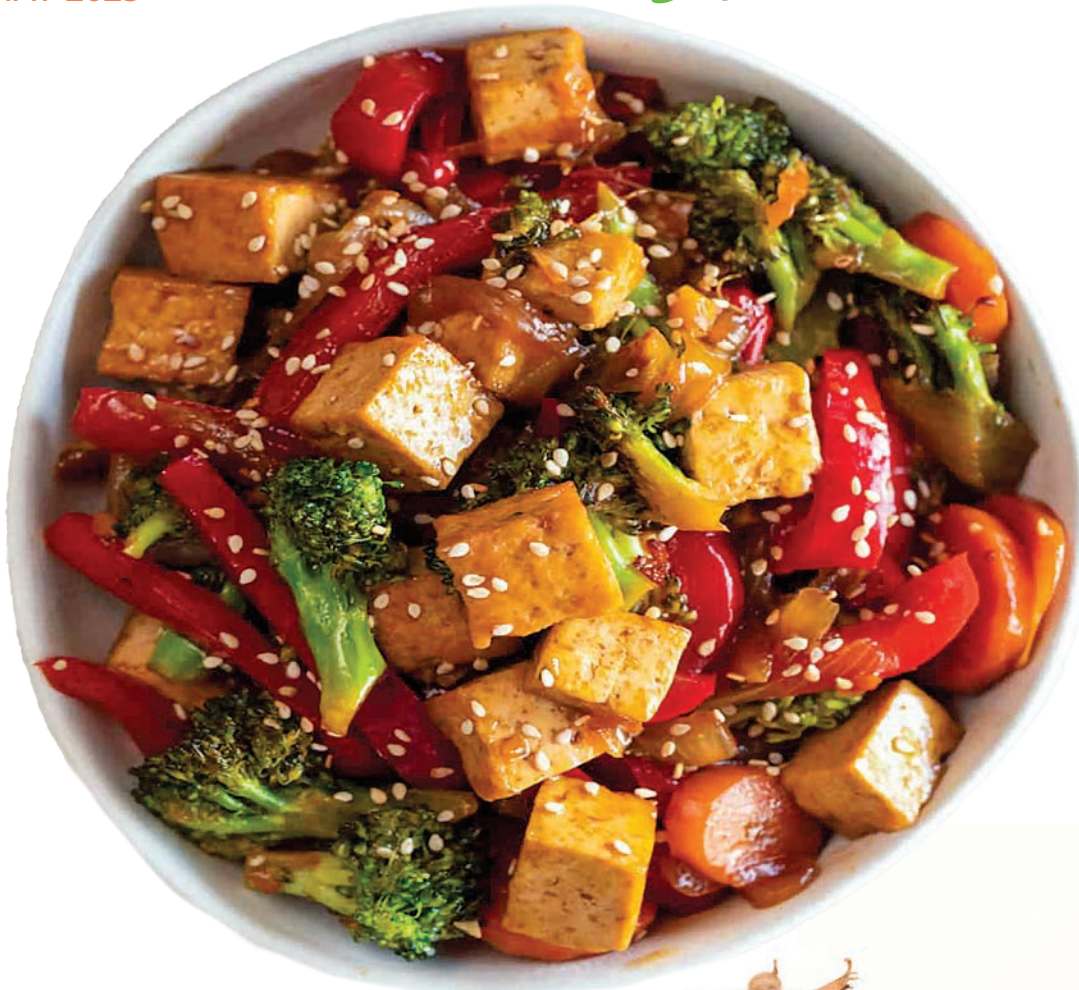
MI TIERRA TORTILLAS
Hadley, MA

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Producer OF THE Month

MAY 2025



Vermont Soy Hardwick, VT

Read the story online at BFC.coop/News
or scan the QR code at right.



SCAN ME



17⁹⁹ ea
Reg. 19.99 ea

Legendary IPA 12-Pk 12 oz/144oz
LAGUNITAS



17⁹⁹ ea
Reg. 19.99 ea

Lager Variety 12-Pk 12 oz/144oz
VON TRAPP BREWING
Stowe, VT



179 lb
Reg. 2.39 lb

Organic Quick Rolled Oats
BULK

PLU#1329



379 lb
Reg. 4.69 lb

Organic Banana Chips PLU#55004
BULK
Prepacked/Random Weights

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Sparkling Probiotic Tea 12 fl oz

KATALYST KOMBUCHA
Greenfield MA

2⁶⁹ ea
Reg. 3.69 ea

All In-Stock Flavors



14⁹⁹ lb
Reg. 16.19 lb

DECAF French Roast Coffee Beans

MOCHA JOE'S
Brattleboro, VT

PLU#1804



16⁹⁹ lb
Reg. 17.99 lb

Espresso Coffee Beans

ESSELOON
Hadley, MA

PLU#1831



17⁴⁹ lb
Reg. 18.99 lb

Coffee Beans

DUCHESS COFFEE
Brattleboro, VT

Guatemala Huehuetenango
Santa Cruz Barillas

PLU#1889



18⁹⁹ lb
Reg. 20.29 lb

Black Bear Coffee Beans

FOGBUSTER COFFEE CO.
Greenfield, MA

PLU#1855



2⁹⁹ lb
Reg. 3.99 lb

Organic Dried Mung Beans

BULK

PLU#1205



8⁴⁹ lb
Reg. 9.69 lb

Organic Dried Medjool Dates

BULK

Prepacked/Random Weights

PLU#55046



17⁴⁹ lb
Reg. 18.49 lb

Organic Raw Mixed Nuts

TIERRA FARM
Valatie, NY

PLU#9576



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bfc deals

Free Classes and Events

You don't need to be a shareholder to enjoy our classes and events. They are **FREE** to everyone in the community!

Free Yoga Classes

Join a virtual yoga class
with various teachers

Every Wednesday → Noon - 1:00 pm

Green Up Day @ the Co-op

Special Green Up Bags and
refreshments provided

May 3 → 8:00 am - Noon

BFC 2025

Wellness Fair

Free Samples and Swag

Local practitioners, orgs,
and businesses come
together to enhance your
knowledge of wellness. Lots
of samples, demos, and even
some prizes and swag.

May 3 → Noon - 3:00 pm



Scan code for more info and

REGISTER

for classes!

Even though there is no charge
to take a class, you **MUST**
register for them. Scan the QR
code with your smart phone or
visit **BFC.coop/Events**.

DIY Mocktails & Cocktails

Botanical Bar Craft

An author's book talk

with Cassandra Elizabeth Sears

May 8 → 6:30 - 7:45 pm

Registration not required for this event.

Kids Cooking Class:

Baklava for Eid Al-Adha

Eid Al-Adha is a holiday in
which generosity is
celebrated. Baklava is often
eaten on this holiday, so it's
time for us to melt some
butter, drizzle some honey,
chop some pistachios,
roll it all up, and share
something delicious
with our friends!

May 10 → 10:30 - 11:45 am

Adult Cooking Class: Crêpes

Sweet &/or Savory

Come make and fill crêpes
sarrasin from buckwheat
flour and/or crêpes from
white or gluten-free flour.

May 31 → 10:30 - 11:45 am

Remember your reusable bags.



Let's do good together.

Co-op basics

field
DAY



EVERY DAY
LOW PRICE

1.99 lb

Organic Yellow Mustard 8 oz

FIELD DAY



EVERY DAY
LOW PRICE

1.99 lb

Organic Vegetable Broth 32 fl oz

WILD HARVEST



EVERY DAY
LOW PRICE

1.99 lb

Black Sliced Olives 3.8 oz

FIELD DAY



WE ARE HIRING!

BFC.coop/Jobs

EVERYONE
WELCOME
@ the Co-op!

Apr 30th - May 20th

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