

# bfc deals

BRATTLEBORO  
FOOD CO-OP  
**50**  
YEARS  
OF  
COOPERATION

**OLLOIS™**



**\$1.00 off**

Homeopathic Remedy Tubes

OLLOIS

Approx 80 pellets

Reg. 7.99 - 12.99 ea



**2.99 ea**

Reg. 3.99 ea

PLU#94638

Red Leaf Lettuce

USA



**16.99 ea**

Reg. 19.99 ea

Long Trail Ale 12-Pk 12 fl oz / 144 fl oz

LONG TRAIL BREWING CO.  
Bridgewater Corners, VT

## Half a century of celebrating Earth.

For what  
it's  
**Earth...**

**Shopping at the Co-op is a great start to shop Earth-Smart.**

Choose to make your shopping experience even more eco-friendly:

- Choose to shop with reusable bags.
- Choose to shop the Bulk department using refillable containers.
- Choose to buy local produce and products and supporting local farms and producers.
- Choose to become a shareholder of the Co-op, a business that cares about sustainability and environmental impacts.
- Choose to volunteer with the Co-op's partner organizations that fill vital needs in our community. *Shareholders earn discounts when they volunteer!*

Small steps like these can make a big difference! **Earth Day is April 22nd.**  
Choose to commit these small steps and become part of the solution.



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  
16 - 29

**BRATTLEBORO FOOD CO-OP**

2 Main Street • Brattleboro, VT

Monday-Saturday 8-8; Sunday 9-8

**BFC.coop 802-257-0236**





**LOCAL VERMONT** **USDA ORGANIC**  
**12<sup>99</sup> lb** Reg. 13.99 lb  
 Original Granola PLU#1216  
 BACK ROADS GRANOLA  
 Brattleboro, VT



**LOCAL VERMONT**  
**15<sup>99</sup> lb** Reg. 16.99 lb  
 Nutty No Grainer Granola PLU#1221  
 TRUE NORTH GRANOLA  
 Brattleboro, VT



## ATTENTION

Please plan your shopping ahead.

The Co-op will be closed Sunday, April 20th.



**USDA ORGANIC**  
**4<sup>99</sup> ea** Reg. 6.49 ea  
 Classic Pancake & Waffle Mix 16 oz  
 BIRCH BENDERS  
 Denver, Colorado



**USDA ORGANIC**  
**4<sup>99</sup> ea** Reg. 6.49 ea  
 Buttermilk Pancake & Waffle Mix 16 oz  
 BIRCH BENDERS  
 Denver, Colorado



**5<sup>99</sup> ea** Reg. 6.99 ea  
 Paleo Pancake & Waffle Mix 12 oz  
 BIRCH BENDERS  
 Denver, Colorado



**USDA ORGANIC**  
**2<sup>99</sup> ea** Reg. 3.99 ea  
 Red Leaf Lettuce PLU#94638  
 USA



**99¢ ea** Reg. 1.99 ea

Bunched Scallions

PLU#94068

USA

**bfc deals**

April 16<sup>th</sup> - 29<sup>th</sup>

While supplies last. Prices subject to



# CO-OP SHAREHOLDERS ALL BULK ITEMS IN APRIL ARE

# 19.75% off

## SAVE IN TWO

# GROOVY WAYS!

### 1.

#### Digital Coupon

A one-time use coupon\* on all pre-packed and loose (you-pack) Bulk department products PLUS receive your regular shareholder discount for this one-time purchase.

### 2.

#### Bulk Dep't Pre-Orders and Case-Lots\*\*

Discount available all month long but with no additional discounts.  
**Bulk dep't items only.**

#### \*Coupon:

A coupon has been uploaded to all active shareholder accounts, granting a one-time use discount of 19.75% on all Bulk department products April 1<sup>st</sup> to April 30<sup>th</sup>. The discount, along with any additional shareholder discounts you receive will be applied to the current marked prices (including sale items) on the day of redemption to any products that are in stock at the store at the time of purchase with the exclusion of Bulk Department case-lots\*\*.

#### \*\*Bulk Department Case-Lots/Pre-Orders:

All in-store Bulk Department case-lots, and pre-orders placed between April 1<sup>st</sup> and April 30<sup>th</sup>, are discounted 19.75% with no further discounts applicable. All currently stocked case-lot sticker prices reflect the 19.75% discount. Your receipt will not show any additional discounts.



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

 **bfc deals**





Vermont Cheddar

Sharp, Extra Sharp,  
or Seriously Sharp

Certified



Corporation

**10<sup>49</sup> ea**  
Reg. 12.49 ea

CABOT  
Waitsfield, VT

2 lb bars



**15<sup>99</sup> lb**  
Reg. 25.49 lb

Moses Sleeper

CELLARS AT JASPER HILL

Greensboro, VT

Prepacked Random Weights



**16<sup>99</sup> ea**  
Reg. 19.99 ea

Long Trail Ale 12-Pack 12 oz/144 fl oz

LONG TRAIL

Bridgewater Corners, VT



**16<sup>99</sup> ea**  
Reg. 19.99 ea

Mixed IPA 12-Pack

12 oz/144 fl oz

LONG TRAIL

Bridgewater Corners, VT



**4<sup>99</sup> ea**  
Reg. 6.49 ea

Coconut Aminos Lite 10 fl oz

BIG TREE FARMS  
Winooski, VT



**5<sup>49</sup> ea**  
Reg. 6.99 ea

Soy Free Ponzu Sauce 10 fl oz

BIG TREE FARMS  
Winooski, VT



**5<sup>49</sup> ea**  
Reg. 6.99 ea

Sriracha Sauce 10 fl oz

BIG TREE FARMS  
Winooski, VT



**bfc deals**

April 16<sup>th</sup> - 29<sup>th</sup>

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**18<sup>99</sup> ea**  
Reg. 24.99 ea

All 2 Ounce Organic Bitters

URBAN MOONSHINE  
Burlington, VT



**43<sup>99</sup> ea**  
Reg. 54.99 ea

Organic Original Bitters 8 oz  
URBAN MOONSHINE  
Burlington, VT



**11<sup>99</sup> ea**  
Reg. 17.99 ea

Multiflora Manuka Honey  
MGO 50+ 8.8 oz  
COMVITA



Shelf-Stable! **28<sup>99</sup> ea**  
Reg. 44.99 ea

Once A Day Women's Probiotic  
GARDEN OF LIFE 30 ct



Shelf-Stable! **28<sup>99</sup> ea**  
Reg. 44.99 ea

Once A Day Men's Probiotic  
GARDEN OF LIFE 30 ct



**10<sup>99</sup> ea**  
Reg. 13.99 ea

Organic Golden Milk Super Blend  
6 oz  
SUNFOOD



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**bfc deals**





**14<sup>99</sup> ea**  
Reg. 17.99 ea  
Organic Whole Psyllium Husk 12 oz  
BFC BRAND  
Brattleboro, VT



**11<sup>99</sup> ea**  
Reg. 13.99 ea  
Activated K-2 60 ct  
BFC BRAND  
Brattleboro, VT



**9<sup>99</sup> ea**  
Reg. 11.99 ea  
Arnicare Tabs 60 ct  
BOIRON



**14<sup>99</sup> ea**  
Reg. 16.99 ea  
Arnicare Arthritis Cream 2.5 oz  
BOIRON



**11<sup>99</sup> ea**  
Reg. 13.99 ea  
Lutein 20 mg 60 ct  
BFC BRAND  
Brattleboro, VT



**9<sup>99</sup> ea**  
Reg. 13.99 ea  
N-Acetyl Cysteine 60 ct  
BFC BRAND  
Brattleboro, VT



**9<sup>99</sup> ea**  
Reg. 11.99 ea  
Allergy Calm 60 ct  
BOIRON



**9<sup>99</sup> ea**  
Reg. 10.99 ea  
Allergy Calm Kids 60 ct  
BOIRON



**9<sup>99</sup> ea**  
Reg. 11.99 ea  
B-Complex 60 ct  
BFC BRAND  
Brattleboro, VT



**23<sup>99</sup> ea**  
Reg. 27.99 ea  
Mag Relax 16 oz  
BFC BRAND  
Brattleboro, VT



**9<sup>99</sup> ea**  
Reg. 10.99 ea  
Sinus Calm 60 ct  
BOIRON



**19<sup>99</sup> ea**  
Reg. 26.99 ea  
Pure Collagen Peptides 14.1 oz  
BFC BRAND  
Brattleboro, VT



**13<sup>99</sup> ea**  
Reg. 16.99 ea  
Magnesium Glycinate 90 ct  
BFC BRAND  
Brattleboro, VT

**bfc deals**

April 16<sup>th</sup> - 29<sup>th</sup>

While supplies last. Prices subject to





**6<sup>99</sup> ea**  
Reg. 8.99 ea

Itch Relief Stick .6 oz

BADGER  
Gilsum, NH



**11<sup>99</sup> ea**  
Reg. 13.99 ea

Creatine Monohydrate 8 oz

BFC BRAND  
Brattleboro, VT



  
**SPROUT LIVING**



**\$1<sup>00</sup> off**

All Protein Packets .9 oz - 1.3 oz

SPROUT LIVING



**13<sup>99</sup> ea**  
Reg. 17.99 ea

Active SPF 30 Sunscreen Cream

BADGER  
Gilsum, NH

2.9 fl oz

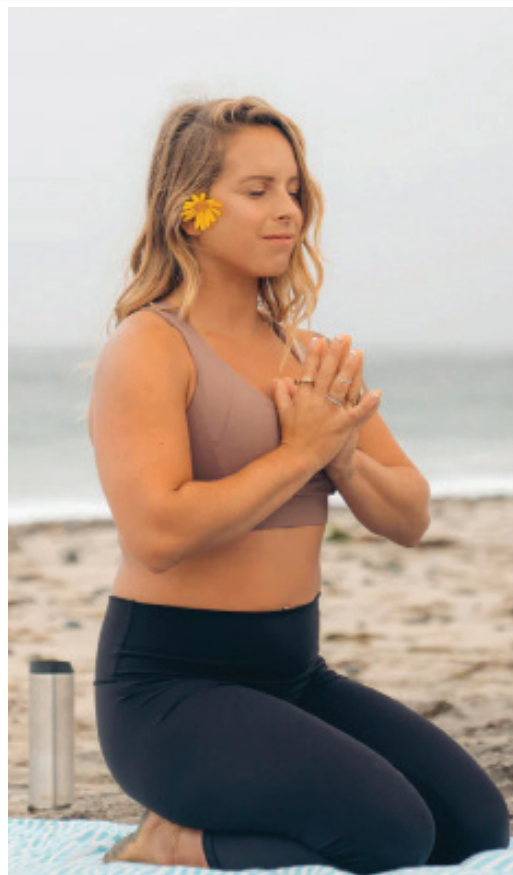


**12<sup>99</sup> ea**  
Reg. 14.99 ea

Adventure SPF 50 Sunscreen Tin

BADGER  
Gilsum, NH

2.4oz



**BADGER**



**5<sup>99</sup> ea**  
Reg. 7.99 ea

Aloe Vera Gel 4 fl oz

BADGER  
Gilsum, NH



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Matcha Vanilla,  
Hot Chocolate,  
or Peanut Butter Chocolate

**2 for \$4**

Reg. 2.99 ea

Plant Protein Bars 1.4 oz

MEZCLA



Extra Virgin Olive Oil  
or Spring Water

**2 for \$6**

Reg. 3.99 ea

Wild Sardines 4.25 oz

HENRY & LISA'S



Salted or Unsalted

**3 for \$7.99 ea**

Reg. 4.49 ea

Butter Sticks 2-Pk 8 oz

KATE'S  
Arundel, ME



## Producer OF THE Month

APRIL 2025



## GammelGarden Creamery

In 2004, as Stina Kutzer neared her fiftieth birthday, her husband surprised her with an unexpected but deeply meaningful gift: a three-day-old Jersey calf named Babette. For Stina, Babette was more than just a calf—she was the spark that reignited a long-held dream of running a small dairy, a vision Stina had carried since the early days of her marriage but had set aside for decades. The birth of Babette's twin daughters two years later only

deepened her appreciation for the cycles of life and the possibility of turning old dreams into new realities.

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



Reg. 5.69 ea

**2 for \$8**

Mac & Cheese Deluxe 10.6 oz

DAIYA



## Coop basics



Unsweetened



Unsweetened Light



**2 for \$2.99 ea**

Coconut Milk 13.5 fl oz

FIELD DAY



**bfc deals**

April 16<sup>th</sup> - 29<sup>th</sup>

While supplies last. Prices subject to





Serving Suggestion

**6.49 lb**

Reg. 7.49 lb

**Fresh Baby Back Pork Ribs**

DUBRETON  
CANADA

Prepacked  
Random Weights



Serving Suggestion

**7.99 lb**

Reg. 8.99 lb

**Fresh Boneless Beef Chuck Steak**

PINELAND FARMS  
Maine/USA

Prepacked  
Random Weights



Serving Suggestion



**10.99 lb**

Reg. 11.99 lb

**Fresh Boneless Chicken Breast**

MISTY KNOLL FARMS  
New Haven, NY

Prepacked  
Random Weights



Reg. 5.99 ea

**2 for \$8**

**Blue Cheeze Dressing 8.36 fl oz**

DAIYA



**3.99 ea**

Reg. 5.99 ea

**Agave Nectar Ketchup 24 oz**

ORGANICVILLE  
Sandpoint, ID



**9.99 ea**

Reg. 10.99 ea

**Mushroom Based Bacon 6 oz**

MY FOREST FOODS  
Albany, NY



**10.99 ea**

**Extra Virgin Olive Oil 16.9 fl oz**

FIELD DAY



**16.99 ea**

**Extra Virgin Olive Oil 33.8 fl oz**

FIELD DAY



**19.99 ea**

**Extra Virgin Olive Oil 33.8 fl oz**

FIELD DAY



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**bfc deals**









**We have**  
**WHITE EGGS for dyeing!**  
**6<sup>49</sup> Dozen**

Scan code for  
 DIY: NATURALLY  
 DYED EGGS!

MAPLE MEADOW Salisbury VT



**Spring Celebrations!**



**12<sup>99</sup> lb**  
 Reg. 14.99 lb  
**Fresh Faroe Islands Salmon**  
 FAROE ISLANDS



  **3<sup>75</sup> ea**  
 Organic Seeds!  
 HIGH MOWING SEEDS  
 Wolcott, VT



**Ready for  
 Spring  
 Planting!**

  **39<sup>99</sup> ea**  
 Vermont Compost Fort Light  
 VT COMPOST CO.  
 Montpelier, VT 45 Qts

**bfc deals**

April 16<sup>th</sup> - 29<sup>th</sup>

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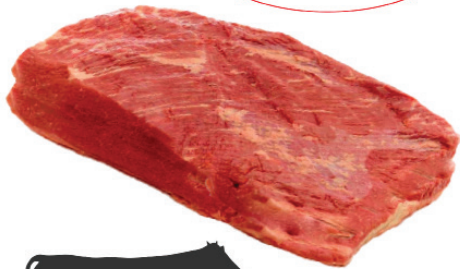


**13<sup>99</sup> lb**

Lamb Shanks

MOSNER FAMILY BRAND  
USA

Prepacked Random Weights



**13<sup>99</sup> lb**

Boneless Beef Brisket

PINELAND FARMS  
Maine / USA

Prepacked Random Weights



**16<sup>99</sup> lb**

Boneless Lamb Leg

MOSNER FAMILY BRAND  
USA

Prepacked Random Weights



**9<sup>99</sup> lb**

Reg. 12.99 lb

Fresh Fillet of Sole

SEAFOOD  
USA



**6<sup>99</sup> lb**

Spiral Ham

NIMAN RANCH  
Colorado / USA

Prepacked Random Weights



**11<sup>99</sup> lb**

Applewood Smoked Uncured Ham

NIMAN RANCH  
Colorado / USA

Prepacked Random Weights

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# 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*

## Kids Drop-In Activity: Plant a Seed Event

Mix compost, plant a seed,  
and get your hands dirty.

*April 19 → 11:00 am - 1:00 pm*

## Brattleboro-Hinsdale Island Invasive Plant Clean-Up

**Shareholder volunteer  
for hours opportunity!**

*April 26 → 9:00 am - 2:00 pm*

*April 27 → 9:00 am - 2:00 pm*

## Kids Drop-In Activity: What can I do to help the Earth?

Learn about recycling  
containers to plant flowers  
for pollinators, and more.

*April 26 → 11:30 am - 1:30 pm*

## Masters Class: Make Zero-Waste Body Care Crème

Make skin crème that  
includes vitamin E, a variety  
of oils, and aloe vera.

*with Debora Tramposh*

*April 26 → 1:30 - 2:45 pm*

## BEEC Invasive Plant Clean-Up

**Shareholder volunteer  
for hours opportunity!**

*April 29 → 9:30 am - 6:00 pm*

## 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*

## DIY Mocktails & Cocktails Botanical Bar Craft

*with Cassandra Elizabeth Sears*

*May 8 → 6:30 - 7:45 pm*

*Registration not required for this event.*

2025

wellness

fair

Saturday, May 3, 12-3 pm  
in the BFC Cafe



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**.

April 16<sup>th</sup> - 29<sup>th</sup>

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