

# bfc deals

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



Vidalia Onions

USA

**1.99 lb**

Reg. 2.99 lb

PLU#94159



Bunched Fresh Cilantro PLU#94500

OLD ATHENS FARM  
Putney, VT

**1.99 ea**

Reg. 3.49 ea



**duBreton**

**Fresh**

Fresh Baby Back Pork Ribs

DUBRETON  
Canada

**5.99 lb**

Reg. 7.49 lb



**The Co-op will be closed Monday, May 26<sup>th</sup>**



**HEAT up the grill and CHILL with friends.**

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

May 21  
- June 3

**BRATTLEBORO FOOD CO-OP**

2 Main Street • Brattleboro, VT

Monday-Saturday 8-8; Sunday 9-8

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





**Misty Knoll Farms**



**Fresh 9<sup>99</sup> lb**  
Reg. 10.99 lb

**Fresh Boneless Chicken Breasts**

**MISTY KNOLL FARM**  
New Haven, VT



**7<sup>99</sup> lb**  
Reg. 8.99 lb

**Boneless Beef Chuck Steak**

**PINELAND BEEF**  
Maine/USA



**MAPLEBROOK farm**



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

**Cedarwood Smoked Feta 8 oz**

**MAPLEBROOK FARM**  
Bennington, VT



**Fresh 12<sup>99</sup> lb**  
Reg. 15.99 lb

**Wild Caught Cod Fillets**  
USA



**Fresh 17<sup>99</sup> lb**  
Reg. 19.99 lb

**Tuna Steak**  
USA



May's Cave to Coop!



**19<sup>99</sup> lb**  
Reg. 29.99 lb

**Bleu de Champlain**

**CHAMPLAIN VALLEY CREAMERY** *Prepacked  
Random Weights*  
Burlington, VT

**bfc deals**

**May 21<sup>st</sup> - June 3<sup>rd</sup> While supplies last. Prices subject to**



# LAGUNITAS

BREWING CO.



**17<sup>99</sup> ea**

Reg. 19.99 ea

Unlimited Release IPA 12-Pk

LAGUNITAS  
California, USA

12oz/144 fl oz

# LAGUNITAS

BREWING CO.



**17<sup>99</sup> ea**

Reg. 19.99 ea

Maximus IPA 12-Pk

12oz/144 fl oz

LAGUNITAS  
California, USA

# von Trapp

BREWING



**17<sup>99</sup> ea**

Reg. 19.99 ea



Lager Variety 12-Pk 12 oz/144oz

VON TRAPP BREWING  
Stowe, VT



Ice Cream Pints

BARTS ICE CREAM CO.  
Greenfield MA

HANDCRAFTED  
**Barts**  
ICE CREAM CO.  
EST. 1976



*all flavors!*



**5<sup>79</sup> ea**

Reg. 6.79 ea

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

**bfc deals**





**ALTEYA**  
organics



**15% off**

**All Organic Rosewater Products**

**ALTEYA**

**true grace**



100% Fruiting Body

**27<sup>99</sup> ea**  
Reg. 31.99  
Lion's Mane or Cordyceps Capsules 60 ct

TRUE GRACE



**true grace**



**33<sup>99</sup> ea**  
Reg. 37.99 ea  
One Daily. Women's One Daily.

Shelf Stable Probiotics 30 ct

TRUE GRACE



**BAUDELAIRE**



LOCAL  
60  
MILES

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

**Bamboo Massager Brush**

BAUDELAIRE  
Swanzy, NH



**BAUDELAIRE**



LOCAL  
60  
MILES

**Honey Soaps 3.5 oz**

BAUDELAIRE  
Swanzy, NH

**4<sup>49</sup> ea**  
Reg. 5.49 ea



**bfc deals**

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## Electrolytes Supplement Drink Packets

with Pink Himalayan Sea Salt & Real Vitamin C

SUPERIEUR

**9<sup>99</sup> 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<sup>99</sup> ea**  
Reg. 27.99 ea



10,000 MCG Per Serving  
Berry Flavor

**9<sup>99</sup> ea**  
Reg. 12.99 ea

Ultra Biotin Liquid 2 fl oz

KAL



SOLARAY

**17<sup>99</sup> ea**  
Reg. 28.99 ea

D-Mannose + Cranactin 60 ct



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

B-12 Methyl Adenosylcobalamin

KAL

60 ct



SOLARAY

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

Quercetin Bromelain + Vitamin C



60 ct



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

All Single Protein Packets 0.9 - 1.3 oz

SPROUT LIVING

All in-stock flavors.



Magnesium Glycinate Calming Drink Mix

KAL

**21<sup>99</sup> ea**  
Reg. 26.99

9-9.8 oz



**21<sup>99</sup> ea**  
Reg. 26.99 ea

Organic Sunflower Seed Protein

SPROUT LIVING

16 oz



**25<sup>99</sup> ea**  
Reg. 32.99 ea

Organic Pea Protein 16 oz

SPROUT LIVING



**28<sup>99</sup> ea**  
Reg. 34.99 ea

Organic Pumpkin Seed Protein 16 oz

SPROUT LIVING



**29<sup>99</sup> ea**  
Reg. 38.99 ea

Epic Protein Blend 16 oz

SPROUT LIVING



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

**bfc deals**





**21<sup>99</sup> ea**

Reg. 32.99 ea

Milk Thistle Capsules 90 ct

OREGON'S  
WILD HARVEST



**32<sup>99</sup> ea**

Reg. 48.99 ea

Turmeric Capsules 120 ct

OREGON'S  
WILD HARVEST



**20<sup>99</sup> ea**

Reg. 29.99 ea

Aller-Aid Capsules 90 ct

OREGON'S  
WILD HARVEST



**32<sup>99</sup> ea**

Reg. 48.99 ea

Milk Thistle Dandelion Caps 180 ct

OREGON'S  
WILD HARVEST



**18<sup>99</sup> ea**

Reg. 28.99 ea

Nettle Quercetin 60 ct

OREGON'S  
WILD HARVEST



**21<sup>99</sup> ea**

Reg. 32.99 ea

Turmeric Capsules 60 ct

OREGON'S  
WILD HARVEST



**bfc deals**

May 21<sup>st</sup> - June 3<sup>rd</sup> While supplies last. Prices subject to





**16<sup>99</sup> lb**  
Reg. 17.99 lb

Espresso Coffee Beans

ESSELON  
Hadley, MA

PLU#1831



**14<sup>99</sup> lb**  
Reg. 16.19 lb

DECAF French Roast Coffee Beans

MOCHA JOE'S  
Brattleboro, VT



PLU#1804



**17<sup>49</sup> lb**  
Reg. 18.99 lb

Coffee Beans  
DUCHESS COFFEE  
Brattleboro, VT

Guatemala Huehuetenango  
Santa Cruz Barillas

PLU#1889



**18<sup>99</sup> lb**  
Reg. 20.29 lb

Black Bear Coffee Beans

FOGBUSTER COFFEE CO.  
Greenfield, MA

PLU#1855



Guatemalan French Roast



**19<sup>49</sup> lb**  
Reg. 20.99 lb

Coffee Beans

DEANS BEANS  
Orange, MA

PLU#1814



**12<sup>99</sup> lb**  
Reg. 13.99 lb

Original Granola

BACK ROADS GRANOLA  
Brattleboro, VT

PLU#1216



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

**bfc deals**





**3<sup>29</sup> ea**  
Reg. 4.49 ea

Fair Trade Chocolate Bars 3 oz

DIVINE



**NO MORE PLASTIC!**

Remember your reusable bags during Earth Month.



**Let's do good together.**

**bfc deals**

**BIGGER THAN A BAR®**  
**gomacro**

Compostable Tray

Compostable Tray

**8<sup>99</sup> ea**  
Reg. 12.99 ea

Macrobars 12-Pk 12/2.3 oz

USDA ORGANIC

GOMACRO

TERRACYCLE

Peanut Butter Chocolate Chip  
Coconut Almond Butter Chocolate Chip



We partner with a company called TerraCycle that specializes in recycling certain product packaging that would otherwise end up in the landfill.

Terracycle provides us with free shipping labels to send them certain packaging from products we carry.

Currently we accept packaging from GOMACRO, Shikai, Tom's of Maine, Weleda, Lundberg Family Farms, and all baby food squeeze pouches from Peter Rabbit, Happy Baby, Serenity, Cerebelly, Happy Tot, and GoGoSqueez.



Choclate Chip Cookie Dough.  
Peanut Butter Cup.

Kids Macrobars 7-Pk .09 oz/6.3 oz

GOMACRO

**6<sup>99</sup> ea**  
Reg. 8.69 ea



May 21<sup>st</sup> - June 3<sup>rd</sup> While supplies last. Prices subject to





Soy & Scallion.  
Spicy Soy.  
Tingly Chili.

Flavored Noodles 5-Pks  
MOMOFUKU

**8<sup>99</sup> ea**  
Reg. 12.99 ea

3.35 oz / 16.93 oz

# CHICKAPEA



Spirals.  
Shells. Penne.  
Spaghetti.

High Protein GF Penne 8 oz  
CHICKAPEA

**3<sup>79</sup> ea**  
Reg. 5.69 ea



PLC#1392

**14<sup>99</sup> lb**  
Reg. 16.49 lb

Roasted & Salted Cashews  
TIERRA FARM  
Valatie, NY



**2<sup>49</sup> ea**  
Reg. 3.49 ea

Corn Tortillas 10 oz  
MI TIERRA TORTILLAS  
Hadley, MA



Popcorn 4.8-6 oz

LITTLE LADS  
Bartleboro, 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



**3<sup>49</sup> ea**  
Reg. 4.49 ea

Organic Corn Tortillas 10 oz  
MI TIERRA TORTILLAS  
Hadley, MA

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

**bfc deals**





**Lemons**  
USA

**99¢ ea**  
Reg. 1.29 ea

PLU#94053



## CAPRESE PASTA SALAD

### INGREDIENTS

- 12 OZ fusilli pasta
- 2 TBS freshly squeezed lemon juice
- 2 TSP lemon zest
- 1/4 CUP olive oil
- 1/2 TSP salt
- 1/2 TSP fresh ground black pepper
- 8 OZ fresh mozzarella balls, small (or large ball cut up into bite-sized pieces)
- 2 CUPS cherry tomatoes, halved
- 1 CUP arugula leaves, torn

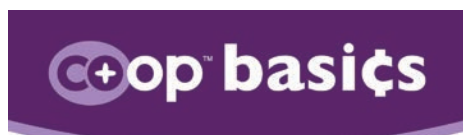
### PREPARATION

In a large bowl, whisk lemon juice, zest, olive oil, salt & pepper. Add mozzarella, tomatoes, and arugula, and toss.

Cook the rotini according to package directions until al dente; drain and rinse well with cool water. Add pasta to the bowl and toss to mix.

Serve immediately.

Recipe Credit: Grocery.coop



**field**  
DAY

**EVERYDAY  
LOW PRICES**



Fusilli Pasta 12 oz  
FIELD DAY

**2.79 ea**  
Reg. ea



**field**  
DAY

**EVERYDAY  
LOW PRICES**



Extra Virgin Olive Oil 16.9 oz  
FIELD DAY

**10.99 ea**  
Reg. ea



**Fresh! 3.99 ea**  
Reg. 5.49 ea

Fresh Ovoline Mozzarella 8 oz  
MAPLEBROOK FARM  
Bennington, VT

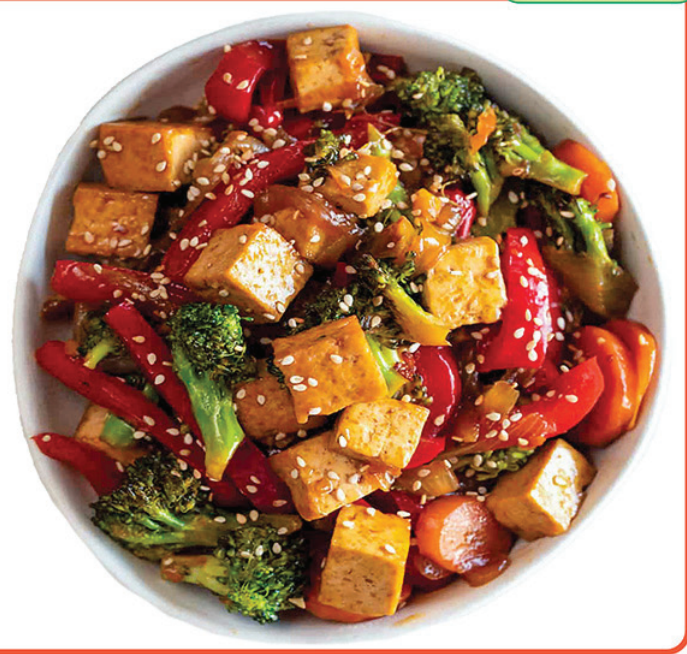
**bfc deals**

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# Producer OF THE Month

MAY 2025



## Handcrafted Tofu with Deep Roots and a Clear Vision

Vermont Soy began in the early 2000s as a small but determined effort to bring locally sourced, authentically made soy products to the people of the Northeast. It was founded by Andrew Meyer, a Hardwick dairy farm native with a passion for sustainable food systems, and his longtime friend Todd Pinkham, who learned the art of tofu-making under the mentorship of Dr. Guo—a food functional scientist from China who came to the University of Vermont. Dr. Guo passed along traditional soy food techniques that laid the foundation for Vermont Soy's dedication to quality and authenticity.

Read the full story online at [BFC.coop/News](https://bfc.coop/News) or scan the QR code at right.

## Vermont Soy



Sparkling Probiotic Tea 12 fl oz

KATALYST KOMBUCHA  
Greenfield MA

**2.69 ea**  
Reg. 3.69 ea

All In-Stock Flavors



Orange,  
Grape,  
Lemon,  
Mixed Berry.

**2 for \$5**  
Reg. 3.29 ea

Recharge Sports Beverage 32 fl oz

KNUDSEN



**bfc deals**

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# Free Classes and Events

Our classes and events are **FREE** and open to **EVERYONE!**

You do not have to be a shareholder to enroll, but you must register for them.

## Free Yoga Classes

Join a virtual yoga class  
with various teachers via Zoom.

(See events calendar for passcodes)

**Every Wednesday → Noon - 1:00 pm**

Would you like to earn shareholder hours  
teaching Yoga? We are seeking a 4<sup>th</sup> week  
instructor. Contact Ruth@BFC.coop.

## 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**

## Kids Cooking Class

**Gazpacho and Baked  
Spanish Tortilla**

**June 14 → 10:30 - 11:45 am**



Even though there is no charge  
to take a class, you **MUST**  
**REGISTER** for them.

Please enroll early and be sure to  
include any dietary restrictions.

Scan the QR code (above) or visit  
**BFC.coop/Events** for more  
information and/or to register.

All young chefs must be accompanied  
by a parent or caregiver.

## Community Event

**Meet our Commitment to  
Community Partners**

Shareholders earn a discount  
on their Co-op purchases  
by volunteering with our  
C2C partners. Find out more  
about these organizations  
and how your talents and  
skills can be used to  
volunteer in our community.

**June 14 → 1:00 - 4:00 pm**

## Dairy Month Celebration

Bring the kids and vote for  
your favorite milk & cook-  
ies. Also, enjoy a very special  
cheese tasting by NOFFP  
(Northeast Organic Family  
Farm Partnership).

**June 21 → 11:30 am - 2:30 pm**

## Adult Cooking Class

**Vichyssoise and  
Rustic Fruit Dessert**

**June 28 → 10:30 - 11:45 am**



# WE ARE HIRING!

## BFC.coop/Jobs

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

## EVERYDAY LOW PRICES

**Coop basics**

field  
DAY



Tomato Paste 6 oz  
FIELD DAY

**1.39 ea**  
Reg. ea



**Coop basics**

field  
DAY



Garbanzo Beans 15 oz  
FIELD DAY

**1.49 ea**  
Reg. ea



**Coop basics**

field  
DAY



Classic Coconut Milk 13.5 fl oz  
FIELD DAY

**2.29 ea**  
Reg. ea



**Coop basics**



Choose from Crunchy & Unsalted, Crunchy & Salted, Smooth & Unsalted, or Smooth & Salted.

**EVERY DAY  
LOW PRICE!**

Peanut Butter 18 oz  
Smooth or Crunchy  
FIELD DAY

**4.99 ea**



May 21<sup>st</sup> - June 3<sup>rd</sup>

**bfc deals**