

# bfc deals

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



Bunched Scallions

PICADILLY FARM  
Winchester, NH

**2<sup>99</sup> ea**  
Reg. 3.99 ea

PLU#94512



**Fresh**

Fresh Boneless Pork Chops

DUBRETON  
Canada

**5<sup>99</sup> lb**  
Reg. 6.99 lb

Pre-Packed/Random Weights



Bunched Flat or Curly Parsley

OLD ATHENS FARM  
Putney, VT

**2<sup>99</sup> ea**  
Reg. 3.49 ea

PLU#94900

## Serious Grilling starts at the Co-op



**Fire up local flavor!**

From juicy steaks and burgers to farm-fresh veggies, picnic-ready sides, and locally made summer desserts, the Co-op has everything you need for the perfect Vermont cookout—including sustainable outdoor dining essentials like cutlery and plates.

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

bfc deals

June 18 - July 1

**BRATTLEBORO FOOD CO-OP**

2 Main Street • Brattleboro, VT  
Monday-Saturday 8-8; Sunday 9-8

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





**Fresh!**  
2/6 oz Patties!



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

**Fresh Ground Beef Patties**

**BLACK RIVER MEATS**  
North Springfield, VT

2 Pk/12 oz



**Vodka Seltzers 4-Pk**  
Black Cherry and Lemon  
HIGH NOON

12 fl oz/48 fl oz

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



**3<sup>39</sup> ea**  
Reg. 4.39 ea

Nice Nitro Cold Brew Coffee

12 fl oz

DEAN'S BEANS  
Orange, MA



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

Narragansett Lager 12-Pk

12 fl oz/144 fl oz

NARRAGANSETT BREWING CO



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

Summerfest Lager 12-Pk

12 fl oz/144 fl oz

SIERRA NEVADA BREWING

**bfc deals**

June 18 - July 1

While supplies last. Prices subject to



# Ready to Grill!



Serving suggestion.

**3<sup>99</sup> ea**  
Reg. 4.99 ea

Salmon Burgers 4 oz

LAGNIAPPE



Serving suggestion.

**9<sup>99</sup> ea**  
Reg. 11.99 ea

Black Bean and Falafel Burgers

VT BEAN CRAFTERS  
Warren, VT



Serving suggestion.

**8<sup>99</sup> lb**  
Reg. 9.99 lb

Fresh Ground Turkey

MISTY KNOLL FARMS  
New Haven, VT



**23<sup>99</sup> lb**  
Reg. 26.99 lb

Halibut Fillets

USA WILD CAUGHT

Prepacked  
Random Weights



Serving suggestion.

**23<sup>99</sup> lb**  
Reg. 25.99 lb

Boneless Beef Rib Eye Steak

NORTH EAST FAMILY FARMS  
New England / USA

Prepacked  
Random Weights



**99 ea**  
Reg. 13.99 ea

Roxa Rosé Wine 4-Pk

250 ml / 1000 ml

ITXAS HARRI WINES

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

**bfc deals**



# HERB PHARM®



**Stinging Nettle Blend**  
Respiratory Support

HERB PHARM

**11.99 ea**  
Reg. 15.99 ea

1 oz



# HERB PHARM®



1 fl oz

**12.99 ea**  
Reg. 17.99 ea

2 fl oz

**21.99 ea**  
Reg. 30.99 ea

4 fl oz

**39.99 ea**  
Reg. 57.99 ea

Kava (Nervous System Support)

HERB PHARM



**12.99 ea**  
Reg. 15.99 ea

Baby's Super Daily D3 0.86 fl oz

CARLSON

This product is  
PLASTIC NEUTRAL



**11.99 ea**  
Reg. 15.99 ea

Super Omega-3 Gems  
Wild Caught

50 Soft Gels

CARLSON



Poppy, Plum, Fig.

**15.99 ea**  
Reg. 19.99 ea

Hydrating Cheek & Lip Tint  
w/antioxidants  
MAD HIPPIE

.24 oz



**bfc deals**

June 18 - July 1

While supplies last. Prices subject to





**22<sup>99</sup> ea**  
Reg. 29.99 ea

## Active Creatine Powder

10.58 oz

**SUNWARRIOR**



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.

Sunny  
Disposition  
Included.



**13<sup>99</sup> ea**  
Reg. 15.99 ea

Ultra Sheer Body Lotion SPF 40+  
Zinc Oxide Sunscreen  
**MAD HIPPIE**



Sunny  
Disposition  
Included.



**18<sup>99</sup> ea**  
Reg. 22.99 ea

Luminizing Facial Lotion SPF 29+  
Zinc Oxide Sunscreen  
**MAD HIPPIE**



**14<sup>99</sup> ea**  
Reg. 16.99 ea

Magnesium Liquid 4 fl oz  
**SUNWARRIOR**



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

**bfc deals**





**4<sup>99</sup> ea**  
Reg. 5.99 ea

**Hummus Flavored Hummus 8 oz**

**HOLYOKE HUMMUS COMPANY**  
Holyoke, MA



**2 for \$5**

Almond Milk 32 fl oz Reg. 4.99 ea  
Unsweetened - Shelf Stable

CALIFIA FARMS



**2 for \$5**

Almond Milk 32 fl oz Reg. 4.99 ea  
Unsweetened Vanilla - Shelf Stable

CALIFIA FARMS



**Fresh**



Serving suggestion.



**Fresh 10<sup>99</sup> lb**  
Reg. 13.99 lb

**Creamy Goat Cheese**

Pre-Packed/Random Weights

VERMONT CREAMERY  
Webster, VT



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

**Cowles Ash Ripened Goat Cheese**

Pre-Packed/Random Weights

BARN FIRST CREAMERY  
Westfield, VT

June Cave to Coop



**20<sup>99</sup> lb**  
Reg. 24.99 lb

**Bayley Hazen Blue**

Pre-Packed/Random Weights

JASPER HILL FARM  
Greensboro, VT

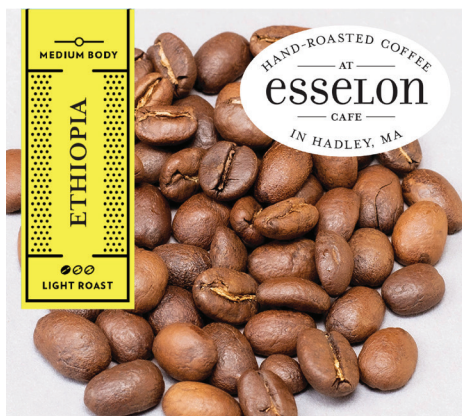
Co-op  
Champions  
for June

**bfc deals**

June 18 - July 1

While supplies last. Prices subject to





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

Ethiopia Coffee

PLU#1849

ESSELON ROASTERS  
Hadley, Ma



**18<sup>99</sup> lb**  
Reg. 19.99 lb

Lighthouse Coffee

PLU#1901

FOGBUSTER COFFEE  
Greenfield, MA



**14<sup>99</sup> lb**  
Reg. 16.29 lb

Hometown Blend Coffee

PLU#1802

MOCHA JOE'S  
Brattleboro, VT



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

3-Year Cheddar Trim

Pre-Packed/Random Weights

SHELBURNE FARMS  
Shelburne, VT

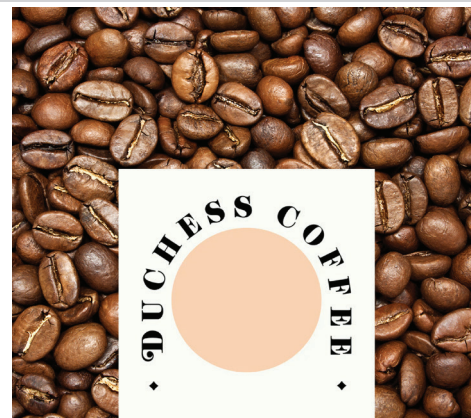


**19<sup>99</sup> lb**  
Reg. 20.99 lb

Uprising! Breakfast Blend Coffee

PLU#1801

DEAN'S BEANS  
Orange, MA



**20<sup>99</sup> lb**  
Reg. 22.99 lb

Elena Vasquez La Cienaga Colombia Antioquia

Coffee Beans

DUCHESS COFFEE CO.  
Brattleboro, VT

PLU#1999

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

**bfc deals**



# BFC Shareholders 20% off in June One Shop • Store-Wide

In honor of our fiftieth anniversary we want to celebrate our shareholders. We wouldn't be here without you. To say thank you, we are giving every shareholder

**a 20% off  
one-time  
store-wide  
coupon  
June 1-30**

This is a great chance to stock up in every department.

Discount excludes alcohol, pre-orders, and gift cards, but is stackable with all sales. This is a digital coupon already waiting on your account for shareholders who signed up prior to May 29, 2025.



Peanut Butter Cup.



Coconut Chocolate Almond.



Chocolate Chip Cookie Dough.



Peanut Butter and Chocolate Chip.



**new**

**2.29 ea**  
Reg. 3.29 ea

Organic Protein Bars 1.98 oz

ALOHA



Serving suggestion.

**new**

Soups, Chowders, Chilis, Stews 15 oz

*All Varieties.*

Reg. 5.49 ea

**4 for \$11**

HEYDAY CANNING CO.



**9.99 ea**  
Reg. 11.99 ea

Whole Wheat Pizza Crusts

Whole Wheat and Neapolitan Style. 2 Pk / 28 oz

BREAD SHED  
Keene, NH

**bfc deals**

June 18 - July 1

While supplies last. Prices subject to





Slow Dried Pastas 12-16 oz

SFOGLINI

Zucca.  
Cascatelli.  
Trumpets.  
Whole Grain Reginetti.

**4<sup>29</sup> ea**  
Reg. 5.49 ea



**2<sup>29</sup> ea**  
Reg. 3.29 ea

Sparkling Water Bubbly 11.5 fl oz  
Superdrink with Apple Cider Vinegar  
SHRUBBLY  
Hinesburg, VT



**1<sup>99</sup> lb**  
Reg. 2.49 lb

Pearled Barley

PLU#1935

BULK



**4<sup>99</sup> ea**  
Reg. 7.49 ea

Brown Rice Crisps Cereal 8 oz

ONE DEGREE



**2<sup>49</sup> lb**  
Reg. 2.99 lb

Red Lentils

PLU#1209

BULK



**2<sup>49</sup> lb**  
Reg. 3.39 lb

Pinto Beans

PLU#1215

BULK



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

Cocoa Crisp Cereal 8 oz

ONE DEGREE



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

**bfc deals**





## REAL PICKLES

FERMENTED & RAW



REAL PICKLES  
Greenfield, MA

Sauerkraut 15 oz

Red Cabbage 15 oz

Beets 15 oz

**7<sup>99</sup> ea**  
Reg. 9.99 ea



**8<sup>99</sup> ea**  
Reg. 10.99 ea

Red Napa Cabbage

Small Batch

REAL PICKLES  
Greenfield, MA

15 oz



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

Garlic Dill Pickles 26 oz

REAL PICKLES  
Greenfield, MA



**8<sup>99</sup> ea**  
Reg. 10.99 ea

Dilly Beans 15 oz

Small Batch

REAL PICKLES  
Greenfield, MA

**bfc deals**

June 18 - July 1

While supplies last. Prices subject to





REAL PICKLES  
Greenfield, MA

Ginger Carrots 15 oz  
Kimchi 15 oz  
Chile Kraut 15 oz  
Garlic Kraut 15 oz  
Turmeric Kraut 15 oz

**8<sup>99</sup> ea**  
Reg. 10.99 ea



**7<sup>99</sup> ea**  
Reg. 9.99 ea

Red Pepper Hot Sauce

5 fl oz

REAL PICKLES  
Greenfield, MA



**3<sup>99</sup> ea**  
Reg. 5.49 ea

Beet Kvass 10 fl oz

REAL PICKLES  
Greenfield, MA



Wild Ramp  
Kimchi.



Kimchi.



Sauerkraut.



Baby Carrots.



Dilly Beans.



Spicy Radish.



Sliced  
Red Onions.



Sliced  
Jalapeños.

**6<sup>99</sup> ea**  
Reg. 8.59 ea

Raw, Fermented, Probiotic  
Vegetables & Krauts 12 oz

SMALL TOWN CULTURES  
Plattsburgh, NY

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

**bfc deals**



# Classes & Events

You don't need to be a shareholder to enjoy our classes and events.

## Free Yoga Classes

Join a virtual yoga class with various teachers.

Interested in teaching a class? Email us for more info at [Shareholders@BFC.coop](mailto:Shareholders@BFC.coop)

Every Wednesday → Noon - 1:00 pm

## PAELLA

### Cooking Class + Meal

Learn how to make genuine Spanish Paella and have dinner together afterward with Pilar and the rest of the class.

with Pilar Journet Escuer  
\$25 per person.

June 25 → 4:30 - 6:30 pm

### Cooking Class: Vichyssoise and Rustic Fruit Dessert

We will be making Julia Child's favorite potato-leek soup, served at room temperature, and either apricot almond tart or cherry clafoutis!

June 28 → 10:30 - 11:45 am



Scan code for more info and **REGISTER** for classes!

Scan the QR code or visit [BFC.coop/Events](http://BFC.coop/Events).

## Dairy Month Celebration!

### Saturday June 21

### 11:30 am-2:30 pm



June is Dairy Month, and we will celebrate with milk and cheese tastings, a kids' activity, and a free giveaway!

- **Milk 'n' Cookies Taste & Vote!**

Try four local milks (with cookies!). Vote for which you think is best!

- **Cheese Tasting** with von Trapp Farmstead and Champlain Valley Creamery

- **Kids' Activity Station**

Coloring Station in the Café! Art supplies are provided, and pieces will be displayed in the Café. *Young artists must be accompanied by a caregiver.*

- **FREE GIVEAWAY!**

Enter to win a Cabot Cheese Gift Basket!

## Coop basics

field DAY



Sparkling Water 33.8 oz  
All Flavors

FIELD DAY

EVERY DAY  
LOW PRICE

**1.49**



Coconut Granola  
with Dark Chocolate & Almonds  
TRUE NORTH GRANOLA  
Brattleboro, VT

**11.49 lb**  
Reg. 12.49 lb

PLU# 1222



Chocolate Pecan Granola  
BACKROADS GRANOLA  
Brattleboro, VT

**11.99 lb**  
Reg. 13.99 lb

PLU# 1225



June 18 - July 1

**bfc deals**