

bfc deals

BRATTLEBORO
FOOD CO-OP
50
YEARS
OF
COOPERATION



Celery

HIGH MEADOWS FARM
Putney, VT / USA

3.99 lb
Reg. 4.99 lb

PLU#94073



Frozen Novelties
NOT Sold Singly!

5.99 ea
Reg. 6.99 ea

Ice Pops — 8 Pk 14.8 fl oz

Blue Wave
JONNY POPS
Elk River, MN



Romaine Lettuce

PICADILLY FARM
Winchester, NH / USA

2.99 lb
Reg. 3.99 lb

PLU#94640



Celebrate America's Co-ops With Us!



**BRATTLEBORO
FOOD CO-OP**

This July, we are highlighting America's co-ops in the store. Look for navy blue and green labels in our store marking products from cooperatively-owned businesses. Co-ops come in all sizes — from big names like Ocean Spray and Blue Diamond to smaller ones like Tootie's Tempeh!

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

bfc deals

July 2 - 15

BRATTLEBORO FOOD CO-OP

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

BFC.coop 802-257-0236



2 for \$4

Sour Cream Dips 12 oz Reg. 2.99 ea

Choose from Salsa Grande, Ranch, Garden Veggie, and French Onion flavors.

CABOT CREAMERY
Cabot, VT



14⁹⁹ lb

Reg. 24.49 lb

Goredawnzola

GREEN MOUNTAIN BLUE
Highgate Center, VT

Prepacked/Random Weights

CAVE TO COOP
FOR JULY



5⁹⁹ lb

Reg. 7.99 lb

Pack-Your-Own Mozzarella

ROMA
Wisconsin, USA



Tootie's Tempeh is a worker-owned cooperative created to model how food production can support local and sustainable agriculture, foster a more democratic economy, and eliminate single-use plastics—all while satisfying discerning tastes. Their premium, organic tempeh is joyfully fermented without plastic bags and is completely free of bitter aftertaste.

As a cooperative, Tootie's is rooted in shared values and collective ownership, with ingredients sourced locally and regionally to support community resilience.

They are committed to replacing single-use plastics with recyclable vacuum-seal bags and are actively experimenting with truly plant-based, non-greenwashed packaging — proving that great food can also drive meaningful change.



Learn more at
TootiesTempeh.com



6⁴⁹ ea

Reg. 7.49 ea

Tempeh 8 oz / 2 Cakes
Traditional and Curry Seasoned
TOOTIE'S TEMPEH
Maine / USA



**GRAFTON
VILLAGE
CHEESE CO**

GREAT FOR BURGERS!



10⁹⁹ lb

Reg. 13.99 lb

Chili Smoked Cheddar

Prepacked/Random Weights

GRAFTON VILLAGE CHEESE
Grafton, VT



14⁹⁹ lb

Reg. 24.49 lb

Goredawnzola

Prepacked/Random Weights

GREEN MOUNTAIN BLUE
Highgate Center, VT

CAVE TO COOP
FOR JULY

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While supplies last. Prices subject to

Producer OF THE Month

JULY 2025

Barts
ICE CREAM CO.



Riley, Official Ice Cream Taster

Imagine owning a company that produces up to eight thousand pints of ice cream per day and still personally ensuring that every hand filled pint is filled to the brim and not lacking in inclusions. That's Tom Schmidt, owner of Bart's Ice Cream. The ice cream is still Tom's pride and obsession, even after owning the company for 8 years, and he does everything he can to make sure each pint represents his vision for the brand — clean, natural, quality, and local.

We also encourage you to imagine a spoonful of ice cream that almost ruins all other ice creams. One that has the perfect balance of decadence and freshness, with a full-bodied mouthfeel you need to close your eyes for. This is a "Super Premium" designated ice cream that can only be produced by using super premium ingredients, like 16% butterfat. Bart's is committed to using these high-quality ingredients and sourcing them as locally as possible — a local food economy double-whammy we are more than here for.

Read the entire article at
BFC.coop/news/
producer-of-the-month/
or scan QR code with your
smartphone to learn more
about this delicious company.



5.79 ea
Reg. 6.79 ea

Ice Cream Pints

BARTS ICE CREAM CO.
Greenfield MA

all flavors!



Choose from Rainbow Fruit Stacks, Cotton Candy Cloud, Blue Wave, and Tropical Paradise Punch flavors.



5.99 ea
Reg. 6.99 ea

Ice Pops — 8 Pk 14.8 fl oz

JONNY POPS
Elk River, MN



bfc deals

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



BADGER



LOCAL
60
MILES

5⁹⁹ ea

Reg. 8.99 ea

Itch Relief Stick .6 oz
Other select varieties also on sale.

BADGER
Gilsum, NH



LOCAL
60
MILES

7⁹⁹ ea

Reg. 11.99 ea

Anti Bug Balm Tin 2 oz
Other select varieties also on sale.

BADGER
Gilsum, NH



BADGER

LOCAL
60
MILES

6⁹⁹ ea

Reg. 9.99 ea

Anti-Bug Spray Travel Size 2.7 fl oz
Other select varieties also on sale.

BADGER
Gilsum, NH



Quick Natural Bug Bite Fixes!

Try a cold compress to ease swelling and numb the itch. Aloe vera gel is great for calming irritation, while a simple paste of baking soda and water can soothe itchy skin. A dab of honey or a drop of diluted essential oils like lavender or peppermint can also help reduce inflammation and promote healing.

If the bite worsens or you experience a stronger reaction, it's best to consult a healthcare provider.



Strawberry

LOCAL
60
MILES

21⁹⁹ ea

Reg. 15.99 ea

Magnesium Soft Chews 30 Chews
Other select varieties also on sale.

MEGAFOOD
Londonderry, NH



Heart
Support



14⁹⁹ ea

Reg. 22.99 ea

Hawthorn 90 Vcaps
Other select varieties also on sale.

OREGON'S WILD HARVEST
Redmond, Oregon



Mood
Support



19⁹⁹ ea

Reg. 28.99 ea

St. John's Wort 90 Vcaps
Other select varieties also on sale.

OREGON'S WILD HARVEST
Redmond, Oregon



Mood
Support



19⁹⁹ ea

Reg. 28.99 ea

St. John's Wort 90 Vcaps
Other select varieties also on sale.

OREGON'S WILD HARVEST
Redmond, Oregon



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LOCAL
60
MILES

8⁴⁹ ea
Reg. 12.99 ea

Anti-Bug Spray 4 fl oz
Other select varieties also on sale.

BADGER
Gilsum, NH



19⁹⁹ ea
Reg. 31.99 ea

Curcumin 95 60 Veggie Caps
Other select varieties also on sale.

JARROW FORMULAS
Chatsworth, CA



10⁹⁹ ea
Reg. 13.99 ea

Golden Milk Super Blend 6 oz
Other select varieties also on sale.

SUNFOOD
California / USA



32⁹⁹ ea
Reg. 39.99 ea

Jarro-Dophilus 50 Billion CFU
Other select varieties also on sale. 60 Veggie Caps

JARROW FORMULAS
Chatsworth, CA



Men's, Women's, and other varieties also on sale.



15⁴⁹ ea
Reg. 20.99 ea

Womens Multivitamin Gummies 60 ct

MARY RUTH'S®



3⁴⁹ ea
Reg. 4.49 ea

Jumbo Cotton Balls 100 ct
Other select varieties also on sale.

SKY ORGANICS



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Prepacked Fish are random weights.

12⁹⁹ lb
Reg. 14.99 lb

Faroe Island Salmon

FAROE ISLANDS
North Atlantic Ocean

Available in Fresh Case
and Prepacked Fresh
in the Seafood Grab & Go.
Also available in the
Frozen Seafood Case.



NEW!!



6⁴⁹ ea
Reg. 7.49 ea

Tempeh 8 oz / 2 Cakes
Traditional and Curry Seasoned
TOOTIE'S TEMPEH
Maine / USA



Serving suggestion.



9⁹⁹ lb
Reg. 10.99 lb

Boneless Chicken Breasts
Prepacked/Random Weights

MISTY KNOLL
New Haven, VT



Prepacked Fish are random weights.

13⁹⁹ lb
Reg. 15.99 lb

Cooked Shrimp

Seafood Fresh Case



Serving suggestion.



10⁹⁹ lb
Reg. 12.99 lb

Pork Tenderloin
Prepacked/Random Weights

DUBRETON
Saint-Bernard, Quebec, CANADA



16⁹⁹ lb
Reg. 18.99 lb

New York Strip Steak
Prepacked/Random Weights

NORTH EAST FAMILY FARMS
New England / USA

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7⁴⁹ ea
Reg. 8.49 ea

Spätzle 16 oz

THE VT SPÄTZLE CO
Arlington, VT



Choose from Carrot, Pink Grapefruit, and Pure Beet

5⁹⁹ ea
Reg. 7.99 ea

Pure Juice 32 fl oz

LAKEWOOD ORGANIC
Miami, FL



Choose from Mild, Medium, and Hot flavors.



7⁹⁹ ea
Reg. 9.49 ea

Small-Batch Fresh Salsa

16 oz

JALAPA JAR
Brooklyn Navy Yard, NY



Choose from Marinara,
Tomato Basil, and
Arrabbiata Sauces.

7⁴⁹ ea
Reg. 9.99 ea

Tomato Sauces 24 oz

CARBONE



12⁹⁹ ea
Reg. 13.99 ea

Rosé All Day 750 ML

ROSÉ ALL DAY
France



Choose from Mediterranean Kebabs,
Broccoli & Quinoa Burger, Mushroom Burger, and The Classic Burger.

9⁴⁹ ea
Reg. 10.99 ea

Plant-Based Burgers (4-Pk) & Kebabs (10-Pk) 12-16 oz

BOSTON VEGAN
Newton, MA



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Manchego & Olive Oil Crackers

- ¾ cup all-purpose flour
- 1½ cups finely grated Manchego cheese
- ¼ tsp. baking powder
- ¼ tsp. kosher salt
- ¼ cup water
- 3 tbs. Cobram Estate Classic Extra Virgin Olive Oil
- ½ tsp. coarse salt

Pulse flour, 1 cup cheese, baking powder, kosher salt, water, and 2 tbs. olive oil in a blender until a moist, crumbly dough forms. Roll dough out on a baking sheet, prick with a fork all over, brush with 1 tbs. olive oil, and top with ½ cup of cheese and the coarse salt. Bake for 15 minutes at 375°, cool, and break into bite size pieces.

This recipe, and others, are available at the Cobram Estate's website.



ENTER TO WIN A \$50 BFC GIFT CARD!

Everyone is welcome to enter this free drawing for a \$50 BFC Gift Certificate. A single winner will be selected in a random drawing from all entries submitted by the close of business on the last day of the month. No purchase necessary to enter. This giveaway offer is only available in store only.



First Cold Pressed

9.99 ea
Reg. 13.99 ea

Extra Virgin Olive Oil 12.7 fl oz

California/Classic Flavor

COBRAM ESTATE
California / USA



10.49 lb
Reg. 11.79 lb

Go Nuts Granola

PLU#1971

TRUE NORTH GRANOLA
Brattleboro, VT



First Cold Pressed

15.99 ea
Reg. 19.99 ea

Extra Virgin Olive Oil 25.4 fl oz

California/Classic Flavor

COBRAM ESTATE
California / USA



First Harvest
Cold Pressed

17.99 ea
Reg. 23.99 ea

Extra Virgin Olive Oil 25.4 fl oz

100% California Select

COBRAM ESTATE
California / USA



12.99 lb
Reg. 13.99 lb

Coconut Crunch Granola

PLU#1197

BACK ROADS GRANOLA
Brattleboro, VT



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749 ea
Reg. 5.49 ea

Portuguese Style Codfish 4.25 oz
In Extra Virgin Olive Oil

BELA



Reg. 4.39 ea

Sardines in Extra Virgin Olive Oil
4.23 oz

BELA

Choose from Smoke, Piri Piri & Smoke,
and Lemon & Smoke flavors.

2 for \$7



The better way to
salt your food

1/3 LESS
sodium than
regular table
salt.



949 ea
Reg. 7.69 ea

Herbed Sea Salt 8.8 oz

A. VOGEL
Herbamare



Choose from Peanut Butter Chocolate Chip
and Coconut Almond Chocolate Chip.

Macrobars 12-Pk 2.3 oz/27.5 oz

GOMACRO R
Viola, WI

949 ea
Reg. 12.99 ea



999 ea
Reg. 13.49 ea

Fair Trade Instant Coffee 3.53 oz
Regular and Decaffeinated

MT HAGEN
Mount Hagen, Papua New Guinea



Choose from Oatmeal Chocolate Chip Cookie
and Peanut Butter Cup.

Kids Macrobars 7-Pk 0.9 oz/6.3 oz

GOMACRO
Viola, WI

649 ea
Reg. 8.69 ea



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The Co-op will be
CLOSED
on the 4th of July.

Have a safe and happy holiday!



BRATTLEBORO FOOD CO-OP



17⁹⁹ ea
Reg. 19.99 ea

Pale Ale 12-Pk Cans
12 fl oz/144 fl oz

SIERRA NEVADA BREWING



20⁹⁹ ea
Reg. 22.99 ea

Lucky One Hard Lemonade 8-Pk
12 fl oz/96 fl oz
HIGH NOON
Fort Lawn, SC

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3⁷⁹ lb
Reg. 3.29 lb

White Quinoa

PLU#1343

BULK



18⁹⁹ lb
Reg. 20.49 lb

Espresso Dry Light Roast

PLU#1902

FOGBUSTER COFFEE WORKS
Greenfield, MA



16⁴⁹ lb
Reg. 17.99 lb

Guatemala Medium Roast

PLU#1808

ESSELON ROASTERS
Hadley, MA



3⁴⁹ lb
Reg. 4.39 lb

Flame Raisins Organic

PLU#55422

BULK



19⁹⁹ lb
Reg. 20.99 lb

Guatemala French Roast PLU#1814

DEAN'S BEANS
Orange, MA



16⁴⁹ lb
Reg. 17.99 lb

Mexico Light Roast

PLU#1816

MOCHA JOES
Brattleboro, VT



4⁹⁹ lb
Reg. 6.99 lb

Pumpkin Seeds

PLU#9565

BULK



Use reusable
containers when
you shop Bulk.



21⁹⁹ lb
Reg. 23.99 lb

La Chingona Modern Espresso

PLU#1998

DUCHESS COFFEE CO.
Brattleboro, VT

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

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Celebrating 50 Years of Co-operation!



July
CELEBRATING
AMERICA'S CO-OPS!

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

Every Wednesday → Noon - 1:00 pm

Grilled Cheese Sandwich Taste & Vote



We are using cheese produced by four different co-ops (Cabot Creamery, Organic Valley, Tine SA, and Grafton Village Cheese Co.)

Saturday, July 5 → 11:30 am - 2:30 pm

Peanut Butter Chocolate Chip Cookie Tasting



We are using four products produced by co-ops (King Arthur AP Flour, Cabot Creamery Unsalted Butter, Equal Exchange Semisweet Chocolate Chips, and BFC's Bulk Grind-Your-Own Peanut Butter)

Friday, July 18 → 11:30 am - 2:30 pm



Rice Bowl Demo

We are using two products produced by co-ops (Tootie's Curry Flavored Tempeh and Real Pickles).

Friday, July 25 → 11:30 am - 2:30 pm

Pie and Tart Festival Deadline for Submissions!



Submit your favorite pie or tart recipe by Noon, July 18th, to be included in the official Brattleboro Food Co-op 2025 Pie and Tart Festival Booklet.

The Festival will take place on August 23rd from 2:00 - 4:00 pm



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

Scan the QR code or visit BFC.coop/Events.

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