



# bfc deals



**9<sup>12</sup> ea**  
Reg. 15.99 ea

Willoughby Washed Rind 8 oz

CELLARS AT JASPER HILL  
Greensboro Bend, VT



Vegetable Moussaka,  
Vegetable Pastitsio.

**2 for \$10**  
Reg. 6.99 ea

Frozen Mediterranean Entrées

SWEET BASIL  
Townsend, VT

11.5 oz



Regular  
or No Salt.

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

Pesto 6.5 oz

VEGETABALLS  
Claremont, NH

## LOCAL STRAWBERRIES ARE AT THE CO-OP!



Dutton Farm • Deep Meadow Farm • Harlow Farm — All Vermont! All Fresh!

### bfc deals

Discover great savings, seasonal finds, classes, events, and more at the Co-op.

Sale prices valid  
**July 1 - 14**  
while supplies last.

### BRATTLEBORO FOOD CO-OP

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

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

**BOSTON VEGAN**



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

**Wild Caught Cod Fillets**  
FRESH SEAFOOD



Classic Burger.  
Mediterranean Kebabs.  
Mushroom Burger.  
Beet Burger.  
Veggie Burger.

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

**Vegan Burgers & Kebabs 16 oz**

**BOSTON VEGAN**  
Massachusetts / USA



Serving Suggestion.



Hot Italian.  
Sweet Italian.  
Breakfast.  
Chorizo. Maple.

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

**House-made Pork Sausage**

**BFC MADE**  
Brattleboro, VT

Prepacked/Random Weights 

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## Ground Turkey

MISTY KNOLL  
New Haven, VT

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

Prepacked/Random Weights



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

## Boneless Pork Chops

DUBRETON  
Canada

Prepacked/Random Weights



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

## Domestic Parmesan

ROMA  
Wisconsin / USA

Prepacked/Random Weights



**6<sup>99</sup> lb**  
Reg. 7.99 lb

## Bulk Fresh Mozzarella

ROMA  
Wisconsin / USA

Prepacked/Random Weights

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Cherry Lemonade.  
Strawberry Passion.  
Pineapple Paradise.  
Guava Rose.  
Raspberry Lychee.

**2 for \$5**

Reg. 3.49 ea

**Probiotic Sparkling Drink 12 oz**

**WILD WONDER**  
California / USA



**2.29 ea**  
Reg. 3.29 ea

**Sparkling Mineral Water 23.3 oz**  
GEROLSTEINER  
Germany

**Non Alcoholic**



Watermelon Lime.  
Blackberry Lemon.  
Peach Mango.

**11.99 ea**  
Reg. 14.99 ea

**Social Tonic 4-Pk**  
HIYO  
California / USA



**18.99 ea**  
Reg. 20.99 ea

**Lighthouse Lager 12-Pk 12 oz/144 oz**  
BURLINGTON BEER CO  
Burlington, VT



**9.99 ea**  
Reg. 11.99 ea

**Zagare Vermentino 750 ML**  
ZAGARE  
Italy



**9.99 ea**  
Reg. 11.99 ea

**La Bacca**  
**Nerello Sicilian Red 750 ML**  
LA BACCA  
Italy

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**4<sup>99</sup> ea**

Reg. 6.49 ea

Frozen Strawberries 10 oz

WOODSTOCK  
New Jersey / USA



**4<sup>49</sup> ea**

Reg. 5.99 ea

Frozen Dark Sweet Cherries 10 oz

WOODSTOCK  
New Jersey / USA



**3<sup>99</sup> ea**

Reg. 5.49 ea

Frozen Tropical Fruit Blend 10 oz

WOODSTOCK  
New Jersey / USA



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

Reg. 22.99 ea

Maca Extreme 8 oz

SUNFOOD  
California / USA



**Mamma Chia**  
SEED YOUR SOUL.

**We  
LOVE  
chia.**



Blackberry Hibiscus.  
Raspberry Passion.

**2 for \$5**

Reg. 3.69 ea

Chia Beverage 10 oz

MAMMA CHIA  
California / USA



**Biotta**



**6<sup>39</sup> ea**

Reg. 7.49 ea

Beet Juice 16.9 oz

BIOTTA  
Switzerland



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

Peru French Roast PLU#1834

MOCHA JOES  
Brattleboro, VT



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

Brazil PLU#1966

DUCHESS  
Brattleboro, VT



**11<sup>99</sup> lb**  
Reg. 14.99 lb

Coconut Crunch Granola

BACK ROADS GRANOLA  
Brattleboro, VT



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

Pesto 11.5 oz

VEGETABALLS  
Claremont, NH



**17<sup>99</sup> lb**  
Reg. 21.99 lb

Peru French Roast Decaf

DEANS BEANS  
Orange, MA



**17<sup>99</sup> lb**  
Reg. 21.99 lb

Fogbuster PLU#1854

FOGBUSTER  
Greenfield, MA



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

Granola Blues Granola PLU#1972

TRUE NORTH GRANOLA  
Brattleboro, VT



**3<sup>29</sup> ea**  
Reg. 4.29 ea

Original English Mustard 3.53 oz

COLEMAN'S OF NORWICH  
United Kingdom



**15<sup>99</sup> lb**  
Reg. 18.99 lb

French Roast PLU#1880

ESSELON  
Massachusetts / USA



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

Granola Blues 12 oz

TRUE NORTH GRANOLA  
Brattleboro, VT



**3<sup>99</sup> ea**  
Reg. 5.39 ea

Assorted Fruit Pops 25-Pk 4.49 oz

CHARMS  
Tennessee / USA



Elite Omega 3 Gems 180 CT

CARLSON  
Norway



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

Kids Mullein Garlic Ear Oil 1 oz

HERB PHARM  
Montana / USA

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# Producer <sup>OF THE</sup> Month

**sweet basil**  
deliciously inspired greek meals

**“Food that’s frozen, not frozen food.”**

This is Connie Fassuliotis’ favorite way of describing what Sweet Basil frozen meals are to people who have never tried them. Another apt description would be real home cooking. Imagine you’ve just had a lovely family gathering and your freezer is full of all the leftovers you look forward to throughout the year. Your grandmother brought one classic favorite. Your aunt brought another. Your brother brought another. It’s the food that has been passed down and refined over generations, has become a deep comfort, and allows the spirit of eating together to linger just a little bit longer after everyone has gone home.



Read the entire story at  
**BFC.coop/News**  
or scan the QR Code!



Original. Caraway Rye. **3.99 ea**  
Reg. 5.49 ea

Finn Crisps 7 oz  
FINN CRISP  
Finland



**Small Batch Vinegar 8.5 oz**

AMERICAN VINEGAR WORKS  
New England / USA

Rice Wine Vinegar.  
Red Rice Vinegar.  
Chardonnay Vinegar.  
Apple Cider Vinegar.

**1.49 ea**  
Reg. 13.99 ea

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# Classes & Events

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



## FREE KIDS COOKING CLASS

*No-Bake Cookies*

**Saturday, July 11th • 10:30-11:45 am**

It may be too hot to bake, but here at the Co-op, we still want to make homemade cookies! While the cookies chill, we will put together some delicious pasta salad. All chefs must be accompanied by a parent or caregiver.

## FREE TASTE & VOTE

*Local Energy Bars*

**Saturday, July 18th • 11:30 am - 1:30 pm**

In the greater Brattleboro area, we have three wonderful local energy bar makers; Battenkill Brittle Energy Bars, Garuka Bars, and O.W.L. Energy Bars. They all taste like homemade, are made with real food ingredients, and are lower in sugar than many commercially available snack options. Come taste them side-by-side and vote for your favorite!



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

*Have a safe and happy holiday!*

## FREE COMMUNITY EVENT

*Annual Pie and Tart Festival Extravaganza!*

**Scheduled for August 16th**

**Noon - 1:30 pm**

Visit [BFC.coop/Events](http://BFC.coop/Events) for info about entering your pies and tarts, and more details about the event.



You must **REGISTER** for all of our classes!  
Scan the QR code or visit **BFC.coop/Events**

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