



bfc deals



wildwonder®

CHERRY LEMONADE
STRAWBERRY PASSION
PINEAPPLE PARADISE
GUAVA ROSE
RASPBERRY LYCHEE

USDA ORGANIC

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

NON GMO PROJECT VERIFIED



Misty Knoll Farms

Serving Suggestion.

3.99 lb
Reg. 4.99 lb

LOCAL VERMONT

Chicken Drumsticks

MISTY KNOLL FARM
New Haven, VT

PREPARED BY MISTY KNOLL FARMS

Prepacked/Random Weights



sweet basil
deliciously inspired great meals

VEGETABLE MOUSSAKA
Roasted eggplant layered with mushrooms and string beans in a tangy tomato sauce, covered in a yogurt enriched béchamel.

Net wt 11.5 oz (680g)

sweet basil
deliciously inspired great meals

VEGETABLE PASTITSIO
Pasta layered between a filling of pumpkin puree, kale and tangy feta cheese topped with crispier cheese and herb breadcrumb.

Net wt 11.5 oz (680g)

All Natural • Made in Vermont • Keep Frozen

Vegetable Moussaka.
Vegetable Pastitsio.

2 for \$10
Reg. 6.99 ea

Frozen Mediterranean Entrées

SWEET BASIL
Townsend, VT

11.5 oz

FRESH FROM OUR COMMUNITY.



ENDS POLICY #3: An organization that contributes to a just and resilient local economy.



bfc deals

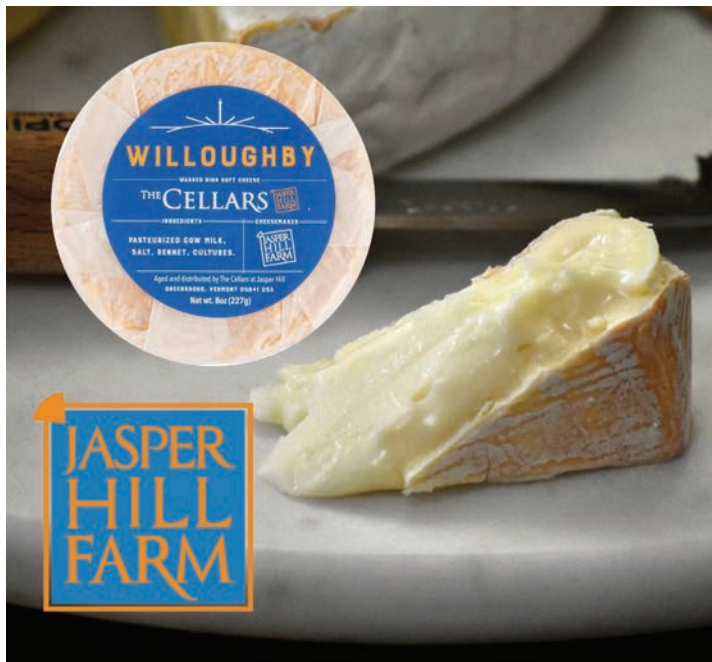
Discover great savings, seasonal finds, classes, events, and more at the Co-op.

Sale prices valid
Jul 15 - Aug 4
while supplies last.

BRATTLEBORO FOOD CO-OP

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

BFC.coop 802-257-0236



9¹² ea
Reg. 15.99 ea

Willoughby Washed Rind 8 oz

JASPER HILL
Greensboro Bend, VT



7⁹⁹ lb
Reg. 9.99 lb

Domestic Parmesan

ROMA

Prepacked/Random Weights



8⁴⁹ ea
Reg. 10.99 ea

Mini Artisan Pizza Crusts 4-Pk
22 oz

THE BREAD SHED
Keene, NH



8⁴⁹ ea
Reg. 10.49 ea

Neapolitan Pizza Crusts 2-Pk 26 oz

THE BREAD SHED
Keene, NH

bfc deals

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6⁹⁹ lb
Reg. 7.99 lb

Bulk Fresh Mozzarella

ROMA

Prepacked/Random Weights



Serving Suggestion.

Prepacked/Random Weights

6⁹⁹ lb
Reg. 7.99 lb

Baby Back Pork Ribs

DUBRETON



In the fresh case or
Prepacked/Random Weights

14⁹⁹ lb
Reg. 16.99 lb

Salmon Faroe Island

SEAFOOD



Serving Suggestion.



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

5⁹⁹ lb
Reg. 7.99 lb

House-made Pork Sausage

BFC MADE
Brattleboro, VT

Prepacked/Random Weights



Sale prices valid **July 15 - August 4**, while supplies last. No Rain Checks.

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Bread & Butter.
Sliced Dill.
Whole Kosher Dill.
Spicy Dill Chips.

4.99 ea
Reg. 5.99 ea

Select Pickles 24 oz



WOODSTOCK



Original.
Hickory.

4.99 ea
Reg. 5.99 ea

BBQ Sauce 18 oz



WOODSTOCK



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

EAT BECAUSE
★
WOODSTOCK
★ IT'S GOOD! ★



3.49 ea
Reg. 4.79 ea

Organic Ketchup 20 oz

WOODSTOCK



4.99 ea
Reg. 5.99 ea

Organic Sweet Relish 16 oz

WOODSTOCK



2.99 ea
Reg. 3.99 ea

Stoneground Mustard 8 oz

Yellow Mustard 8 oz

Dijon Mustard 8 oz

WOODSTOCK



Kosher Dill Spears.
Kosher Baby Dill.

Kosher Dill Pickles 24 oz

WOODSTOCK

5.99 ea
Reg. 6.99 ea



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6³⁹ ea

Reg. 7.49 ea

Beet Juice 16.9 oz

BIOTTA



7⁹⁹ ea

Reg. 9.49 ea

Elderberry Juice 16.9 oz

BIOTTA



Non-Alcoholic



Watermelon Lime.
Blackberry Lemon.
Peach Mango.

11⁹⁹ ea

Reg. 14.99 ea

Non-Alcoholic Social Tonic

HIYO

12 oz/48 oz



2 for \$5

Reg. 4.39 ea

Nitro Cold Brew Coffee 12 oz

DEAN'S BEANS
Orange, MA



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



Strawberry Banana.
Dragon Fruit Punch.
Blackberry Lemonade.
Mango Clementine.
Georgia Peach.
Strawberry Lemonade.

19⁹⁹ ea

Reg. 25.00 ea

Hydration Drinks 12-Pk/Case

Single Flavors Only.

ROAR ORGANIC

18 oz/216 oz



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18⁹⁹ ea
Reg. 20.99 ea

Lighthouse Lager 12-Pk 12 oz/144 oz

BURLINGTON BEER CO
Burlington, VT



9⁹⁹ ea
Reg. 11.99 ea

Sauvignon Blanc 750 ml

AQUAMARINE WINES



Non-Alcoholic
Hazy IPA, Golden,
Brewveza, and Juicy IPA!

17⁹⁹ ea
Reg. 19.99 ea

Non-Alc Mix Pack 12 0oz/144 oz

SIERRA NEVADA BREWING



Black Cherry.
Grapefruit.

11⁹⁹ ea
Reg. 13.99 ea

Vodka Hard Seltzer 48 oz

HIGH NOON



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19⁹⁹ ea
Reg. 29.99 ea

K Complete 45 ct

CARLSON



9⁹⁹ ea
Reg. 14.99 ea

Kids Herbal Hug 1 oz

HERB PHARM



9⁹⁹ ea
Reg. 14.99 ea

Kids Mullein Garlic Ear Oil 1 oz

HERB PHARM



15⁹⁹ ea
Reg. 19.99 ea

Psyllium Powder 12 oz

YERBA PRIMA



24⁹⁹ ea
Reg. 39.99 ea

Hemp Uplift 2 oz

ROGUE HERBALIST
Morrisville, VT



18⁹⁹ ea
Reg. 26.99 ea

Warming CBD Salve 2 oz

ROGUE HERBALIST
Morrisville, VT



Wild Rose.
Raspberry Leaf.

17⁹⁹ ea
Reg. 25.99 ea

Select Extracts 2 oz

ROGUE HERBALIST
Morrisville, VT



24⁹⁹ ea
Reg. 39.99 ea

Hemp Nerve 2 oz

ROGUE HERBALIST
Morrisville, VT



24⁹⁹ ea
Reg. 34.99 ea

King Solomon's Hemp Salve 2 oz

ROGUE HERBALIST
Morrisville, VT



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VEGETABALL'S Fresh Basil Pesto



LOCAL
60
MILES

12⁹⁹ ea
Reg. 14.99 ea

Pesto 11.5 oz

VEGETABALLS
Claremont, NH

VEGETABALL'S Fresh Basil Pesto



LOCAL
60
MILES

Regular
or No Salt.

7⁹⁹ ea
Reg. 9.99 ea

Pesto 6.5 oz

VEGETABALLS
Claremont, NH



Stain fighting power
with enzymes

Free & Clear **10⁹⁹ ea**
Reg. 16.99 ea
Laundry Sheets 50 ct

ECOS



USDA
ORGANIC

Real French
Vinaigrette.
Rich Poppy Seed.

4⁹⁹ ea
Reg. 6.49 ea

No Sugar Dressings 10 oz

BRIANNAS



NON
GMO
PROJECT
VERIFIED



USDA
ORGANIC

6⁹⁹ ea
Reg. 8.99 ea

Original Sourdough Bread 13 oz

PACHA BREAD

CERTIFIED
GLUTEN
FREE
NON
GMO
PROJECT
VERIFIED



Free & Clear **11⁹⁹ ea**
Reg. 18.99 ea
Liquid Laundry Soap 100 oz

ECOS



Small Batch Vinegar 8.5 oz

AMERICAN VINEGAR WORKS
New England / USA

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

11 49 ea
Reg. 13.99 ea

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Producer OF THE 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!



10⁹⁹ lb
Reg. 14.99 lb

Coconut Crunch Granola PLU#1197

BACK ROADS GRANOLA
Brattleboro, VT



10⁹⁹ lb
Reg. 14.99 lb

Granola Blues Granola PLU#1972

TRUE NORTH GRANOLA
Brattleboro, VT



3⁹⁹ ea
Reg. 5.39 ea

Assorted Fruit Pops 25-Pk 4.49 oz

CHARMS
Tennessee / USA



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



Assistant Grocery Manager,
Pete Kenney, sports our new
BFC "cammo" hat.

Not only do we have the coolest new merch, but it was made at Worx Printing, a worker-owned union cooperative based in Worcester, MA. Worx Printing's mission is to ensure that cutting-edge print technology is coupled with the highest bars of manufacturing and labor standards, escaping the "race to the bottom" currently present in most industries.

We have a limited run of 24 of these BFC "cammo" hats, so come in and grab one quick.

You'll be supporting two awesome co-ops!

EST. 2002 | WORKER OWNED | USW 2936
WORX PRINTING
UNION CO-OP



LOCAL 60 MILES | USDA ORGANIC
16.99 lb
Reg. 19.99 lb
Peru French Roast PLU#1834
MOCHA JOES
Brattleboro, VT



LOCAL 60 MILES | USDA ORGANIC
16.99 lb
Reg. 19.99 lb
Brazil
DUCHESS
Brattleboro, VT



LOCAL 60 MILES | USDA ORGANIC
17.99 lb
Reg. 21.99 lb
Fogbuster PLU#1854
FOGBUSTER
Greenfield, MA



LOCAL 60 MILES | USDA ORGANIC
17.99 lb
Reg. 21.99 lb
Peru French Roast Decaf
DEAN'S BEANS
Orange, MA
PLU#1805



LOCAL 60 MILES | USDA ORGANIC
15.99 lb
Reg. 18.99 lb

French Roast PLU#1880

ESSELON
Massachusetts / USA



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Classes & Events

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

FREE TASTE & VOTE

Local Energy Bars

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

In the greater Brattleboro area, we have three wonderful entrepreneurs; Battenkill Brittle Energy Bars, Garuka Bars, and O.W.L. Energy Bars that all taste like homemade, are made with real food ingredients, and are lower in sugar than many commercially available snack options.

Come taste them and vote for your favorite!



For the entire month of August shareholders will receive a one-time use digital coupon to save 20% on all products in the Meat & Seafood department.

It is only applicable to a single shopping trip, so make it count!

Sign up to become a shareholder any time before August 29th to take advantage of this amazing promotion.



FREE COMMUNITY EVENT

Annual Pie and Tart Festival Extravaganza!

Scheduled for August 16th
Noon - 1:30 pm

Visit **BFC.coop/Events** for info about entering your pies & tarts, and for more details about the event as it becomes available.

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



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While supplies last. No Rain Checks. Prices subject to change.

bfc deals