



bfc deals



5⁹⁹ ea
Reg. 6.99 ea

Organic Cherry Tomato Pints

LOCAL VERMONT FARMS
OLD ATHENS OR HIGH MEADOW
Putney, VT OR DEEP ROOTS New York/USA

PLU#93051



Salted.
Unsalted.

2 for \$8
Reg. 5.79 ea

Cultured Butter 8 oz

VERMONT CREAMERY
Webster, VT



2⁹⁹ ea
Reg. 3.99 ea

Organic Bunched Beets

PICADILLY FARM
Winchester, NH

PLU# 94539



SHAREHOLDERS SAVE 20%!

ONE-TIME USE 20% OFF COUPON IN AUGUST
All Meat & Seafood Department Items

Sign up to become
a shareholder in
August to take
advantage of this
amazing promotion!

Must allow 48 hours after joining
to apply promo to your account.

Please join before August 29.

20% OFF
in AUGUST
Meat & Seafood
Department

MORE DETAILS

No rainchecks. While supplies last.
Does not apply to pre-orders or cases of any kind.

Discount does not stack with other
shareholder discounts with the exception of
Employee Shareholders and Board Members,
who receive an additional 5%.

This sale applies to all products categorized
in the Meat & Seafood Department according
to the Co-op's database; meat and seafood
products that are categorized in other
departments are not included in the sale.

Signs will clarify which products are
and are not part of the promotion.

The BFC reserves the right to apply the guidelines of
this sale however the BFC deems it appropriate.

All Meat & Seafood Department Items Valid All August!



bfc deals

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

Sale prices valid
Aug 5 - 18
while supplies last.

BRATTLEBORO FOOD CO-OP

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

BFC.coop 802-257-0236



Beet Carrot.
Broccomolé.

5⁴⁹ ea
Reg. 7.99 ea

Vegan Dip 8 oz

HARVEST MAINE
USA



Chocolate Protein.
Green Goodness.
Strawberry Banana.

3⁴⁹ ea
Reg. 4.59 ea

Smoothies 15.2 oz

BOLTHOUSE
USA



2 for \$7
Reg. 4.99 ea

100% Apple Juice 64 oz

APPLE & EVE
USA



**TASTE-FIRST
COLD BREW
WITHOUT THE
BAD STUFF**
MADE WITH 2 INGREDIENTS:
Filtered water; organic
coffee (100% Arabica)



9⁹⁹ ea
Reg. 11.99 ea

Organic Cold Brew Coffee 32 oz

WANDERING BEAR
USA



Everything Bagel

5⁹⁹ ea
Reg. 6.99 ea

Egg White Wraps 6 oz

EGGLIFE
USA



6⁵⁹ ea
Reg. 8.59 ea

White Quinoa 14.4 oz

ANCIENT HARVEST
USA



10⁹⁹ lb
Reg. 14.99 lb

Original Granola PLU#1216

BACK ROADS GRANOLA
Brattleboro, VT



8⁹⁹ ea
Reg. 11.99 ea

Chocolate Granola 12 oz

TRUE NORTH GRANOLA
Brattleboro, VT



7⁹⁹ ea
Reg. 10.99 ea

Quinoa Flakes 12 oz

ANCIENT HARVEST
USA



bfc deals

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



4⁹⁹ ea
Reg. 6.49 ea

Feta Cheese 8 oz

MAPLEBROOK FARM
Bennington, VT



5⁴⁹ ea
Reg. 6.99 ea

Crumbled Goat Cheese 4 oz

VERMONT CREAMERY
Websterville, VT



Salted.
Unsalted.

7⁹⁹ ea
Reg. 9.99 ea

Cultured Butter 8 oz

PLOUGHGATE CREAMERY
North Bennington, VT



13⁹⁹ lb
Reg. 23.49 lb

Crossroads Coupe Cheese

TUCKER HILL FARM
Randolph, VT

Sale prices valid **August 5 - 18**, while supplies last. No Rain Checks.

bfc deals

small changes.
big wins for our planet.



Resealable
& Compostable
Zip Snack Bags 50 ct

5.49 ea
Reg. 6.99 ea

now your leftovers can
leave lighter footprints



Resealable
& Compostable
Zip Sandwich Bags 50 ct

5.99 ea
Reg. 7.99 ea

make lunch, not landfill.



Resealable
& Compostable
Zip Quart Bags 50 ct

6.99 ea
Reg. 8.29 ea



7.99 ea
Reg. 9.99 ea

MyBacon
Mushroom Based Vegan Bacon 6 oz

MYFOREST
USA

ANIMAL-FREE • GLUTEN-FREE • DAIRY-FREE • SOY-FREE

100% PLANT BASED



compostic
compostable
resealable
freezer safe bags

gallon size
10.5in" x 10.5in"
10 bags

Resealable
& Compostable
Zip Freezer Bags 10 ct

3.99 ea
Reg. 5.29

wash & re-use for up
to **12 months** & store
in a cool, dry place.

- ✓ 100% home compostable
- ✓ 12-24 weeks and it's gone
- ✓ plastic & BPA free
- ✓ water or soy based inks
- ✓ compostable & recyclable packaging



compostic life cycle



Remember
your reusable
containers
& bags.



Resealable
& Compostable
Cling Wrap 150 sq ft

4.99 ea
Reg. 5.99 ea



Resealable
& Compostable
Cling Wrap 250 sq ft

6.99 ea
Reg. 8.99 ea

compostic™

COMPOSTIC
New Zealand



2.99 ea
Reg. 3.99 ea

Original.
Garlic.

Naan 8.8 oz

STONEFIRE
Canada

bfc deals

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

My School Lunch Box



Wild Berry,
Strawberry Banana,
Mango Pineapple.

Fruit Bars 1.1 oz
GARDEN BAR
USA

2 for \$5
Reg. 3.29 ea



Apple, Berry.

100% Juice Boxes 8-Pk
APPLE & EVE
USA

2 for \$7
Reg. 4.99 ea

4.23 oz/33.84 oz



Smooth.
Crunchy.

9.99 ea
Reg. 13.99 ea

Easy Spread Peanut Butter 35 oz

WOODSTOCK
USA



Crunchy & Unsalted
Almond Butter 16 oz

WOODSTOCK
USA

9.99 ea
Reg. 13.99 ea

Pack a
PROTEIN
For
Energy!



White Cheddar,
Grillo's Pickles.

Chickpea Snack Puffs 3.75 - 4 oz

HIPPEAS
USA

3.49 ea
Reg. 4.49 ea



Smooth & Unsalted.

9.99 ea
Reg. 13.99 ea

Almond Butter 16 oz

WOODSTOCK
USA



smash FOODS

Choc Peanut Butter & Raspberry.
Cashew Butter & Blueberry.
Peanut Butter & Concord Grape.
Sunflower Butter & Strawberry.

2 for \$5
Reg. 2.99 ea

Jammy Protein Bites 1.8 oz

SMASH FOODS
USA



Sale prices valid **August 5 - 18**, while supplies last. No Rain Checks.

bfc deals



5.49 ea

Reg. 6.99 ea

Creamy Peanut Butter 16 oz

ONCE AGAIN
USA

No Added Salt



Unsweetened.
Lightly Sweetened.

7.49 ea

Reg. 9.49 ea

Sunflower Seed Butter 16 oz

ONCE AGAIN
USA



9.69 ea

Reg. 11.69 ea

Creamy Tahini 16 oz

ONCE AGAIN
USA

Unsweetened



10.99 ea

Reg. 14.69 ea

Creamy Cashew Butter 16 oz

ONCE AGAIN
USA

16 oz



Fudge Striped.
Fudge Mint.

5.29 ea

Reg. 6.79 ea

Fudge Cookies 5.5 - 7.7 oz

BACK TO NATURE
USA



bfc deals

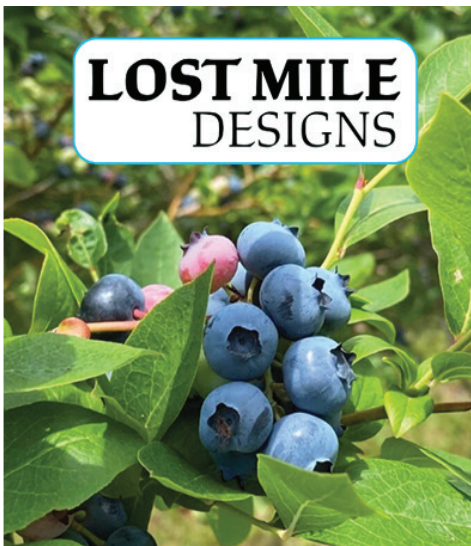
Discover great savings, seasonal finds, classes, events, and more at the Co-op.

Producer OF THE Month

AUGUST 2026



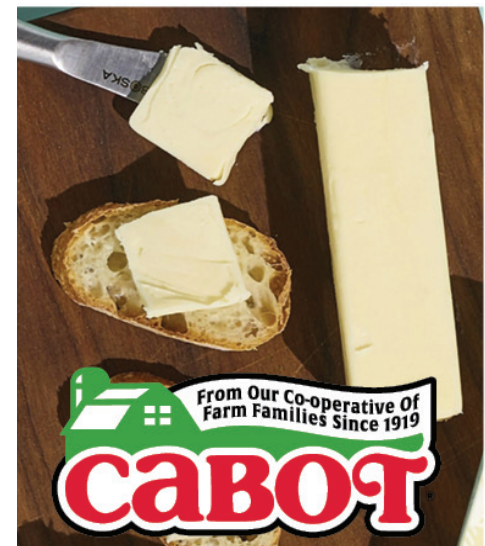
Throughout most of history, pie crusts were as simple as possible – just flour, water, and salt – creating a vessel of necessity to facilitate easier travel. Some pies even had crusts so hard, they really weren't meant for eating at all. In Tudor England, these crusts were called coffyns and sometimes needed to be sawed open. That probably doesn't sound too appealing, but there was an apparently well-known slogan: "If it's good, tis better in a Coffyn," which I do think is as good as any slogan written today. Most pies were savory and filled with whatever was on hand that needed to be eaten, which is one possible reason the food ended up with the name pie.



Even as pie developed into the softer, flakier, dessertier versions we know today (the Greeks beat everyone on the flaky-crust front with traditional filo dough), they remained a way of preserving and making use of resources. Fruit pies are symbols of abundance and a wise choice at a time of peak harvest. Who else has excitedly stocked up on berries only to see them mold before being able to eat them all? We're looking at you, strawberries. If you aren't making jam or some other preserve, a pie is a great way to make use of berry abundance. Sweet fruit pies became popular in New England as sweeteners became more affordable and New England actually came to be known as "America's Pie Belt." We know a thing or two about pie here, apparently!

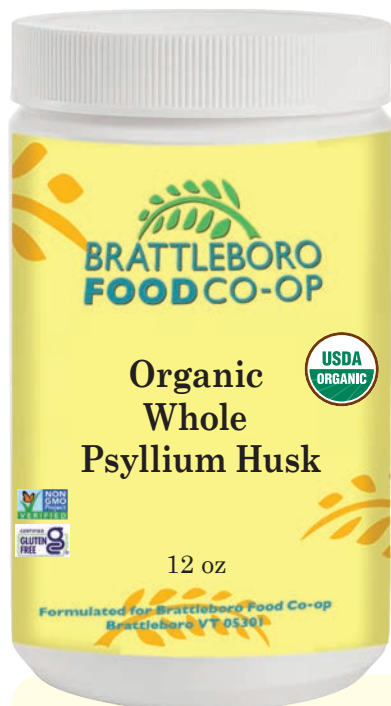


Read the entire story at
BFC.coop/News
or scan the QR Code!



Sale prices valid **August 5 - 18**, while supplies last. No Rain Checks.

bfc deals



Save

AMINO ACIDS & SPORTS NUTRITION

Acetyl L-Carnitine 30 ct	Reg. 14.99 ea Now 11.99 ea
L-Carnitine 30 ct	Reg. 15.99 ea Now 12.99 ea
Creatine Monohydrate 8 oz	Reg. 13.99 ea Now 10.99 ea
Creatine Monohydrate 16 oz	Reg. 24.99 ea Now 18.99 ea
Glutathione 500 mg 30 ct	Reg. 17.99 ea Now 14.99 ea
L-Glutamine 50 ct	Reg. 7.99 ea Now 6.99 ea
L-Lysine 500 mg 50 ct	Reg. 7.99 ea Now 6.99 ea
L-Lysine 500 mg 100 ct	Reg. 12.99 ea Now 10.99 ea
L-Lysine 1000 mg 120 ct	Reg. 17.99 ea Now 13.99 ea
N-Acetyl Cysteine 60 ct	Reg. 13.99 ea Now 11.99 ea
Organic Plant Protein Chocolate 14.5 oz	Reg. 28.99 ea Now 21.99 ea
Organic Plant Protein Vanilla 13.4 oz	Reg. 28.99 ea Now 21.99 ea

DIGESTIVE HEALTH

Apple Cider Vinegar 60 ct	Reg. 12.99 ea Now 9.99 ea
Acidophilus 100 ct	Reg. 10.99 ea Now 8.99 ea
Acidophilus Bifidus 100 ct	Reg. 19.99 ea Now 15.99 ea
Bromelain 500 mg 90 ct	Reg. 21.99 ea Now 16.99 ea
DGL 90 ct	Reg. 12.99 ea Now 10.99 ea
Enzyme Caps 100 ct	Reg. 21.99 ea Now 17.99 ea
Liver Detox 60 ct	Reg. 15.99 ea Now 12.99 ea
Milk Thistle 175 mg	Reg. 10.99 ea Now 8.99 ea
Milk Thistle 350 mg 60 ct	Reg. 24.99 ea Now 19.99 ea
Plant Fiber Complex 10.5 oz	Reg. 17.99 ea Now 14.99 ea
Probiotic Quattro 50 ct	Reg. 15.99 ea Now 12.99 ea
Organic Whole Psyllium 12 oz	Reg. 17.99 ea Now 13.99 ea
Women's Support Probiotic 60 ct	Reg. 27.99 ea Now 22.99 ea

EYE HEALTH

Beta Carotene 25000IU 100 ct	Reg. 21.99 ea Now 16.99 ea
Lutein 20 mg 60 ct	Reg. 13.99 ea Now 10.99 ea
Ultimate Eye Formula 30 ct	Reg. 17.99 ea Now 14.99 ea
Ultimate Eye Formula 60 ct	Reg. 33.99 ea Now 27.99 ea

VITAMINS A & K

Activated K-2 60 ct	Reg. 13.99 ea Now 10.99 ea
Vitamin A 10,000 IU 100 ct	Reg. 7.99 ea Now 5.99 ea
Vitamin A&D 100 ct	Reg. 7.99 ea Now 5.99 ea

HEART & CIRCULATORY HEALTH

Berberine Chromium 60 ct	Reg. 21.99 ea Now 16.99 ea
CoQ10 100 mg 30 ct	Reg. 16.99 ea Now 12.99 ea
CoQ10 100 mg 60 ct	Reg. 26.99 ea Now 21.99 ea
CoQ10 30 mg 60 ct	Reg. 11.99 ea Now 8.99 ea
CoQ10 60 mg 30 ct	Reg. 10.99 ea Now 8.99 ea
Garlic 100:1 250 ct	Reg. 13.99 ea Now 11.99 ea
Garlic 500 mg 100 ct	Reg. 7.99 ea Now 6.99 ea
Ginkgo Biloba 60 mg 60 ct	Reg. 10.99 ea Now 8.99 ea
Healthy Blood Pressure 60 ct	Reg. 11.99 ea Now 9.99 ea
High Allicin Garlic 500 mg 60 ct	Reg. 11.99 ea Now 9.99 ea
Lecithin 1200 mg 100 ct	Reg. 11.99 ea Now 9.99 ea
Red Yeast Rice 60 ct	Reg. 13.99 ea Now 11.99 ea
Veg COQ10 100 mg 30 ct	Reg. 13.99 ea Now 11.99 ea

IMMUNE & ANTIOXIDANT SUPPORT

Alpha-Lipoic Acid 30 ct	Reg. 7.99 ea Now 6.99 ea
Alpha-Lipoic Acid 60 ct	Reg. 15.99 ea Now 10.99 ea
Alpha-Lipoic Acid 300 mg 60 ct	Reg. 25.99 ea Now 18.99 ea
Echinacea 400 mg 100 ct	Reg. 14.99 ea Now 12.99 ea
Grape Seed Extract 50 mg 60 ct	Reg. 12.99 ea Now 10.99 ea
Green Tea Extract 90 ct	Reg. 11.99 ea Now 9.99 ea
Organic Cranberry 30 ct	Reg. 13.99 ea Now 10.99 ea
Organic Spirulina 100 ct	Reg. 10.99 ea Now 8.99 ea

JOINT, BONE, AND BEAUTY

Evening Primrose 90 ct	Reg. 14.99 ea Now 11.99 ea
Evening Primrose 180 ct	Reg. 22.99 ea Now 19.99 ea
Evening Primrose 1300 mg 90 ct	Reg. 24.99 ea Now 19.99 ea
Glucosamine 500 mg 120 ct	Reg. 19.99 ea Now 14.99 ea
Glucosamine Chondroitin 90 ct	Reg. 25.99 ea Now 20.99 ea
Glucosamine Chondroitin 180 ct	Reg. 46.99 ea Now 37.99 ea
Glucosamine Chondroitin MSM 120 ct	Reg. 27.99 ea Now 22.99 ea
Hyaluronic Acid 100 mg 50 ct	Reg. 19.99 ea Now 15.99 ea
MSM 120 ct	Reg. 18.99 ea Now 14.99 ea
Pure Collagen Peptides 14.1 oz	Reg. 26.99 ea Now 21.99 ea
Veg Glucosamine 750 mg 60 ct	Reg. 16.99 ea Now 13.99 ea

MINERALS

Cal-Mag Citrate 100 ct	
Cal-Mag Citrate 250 ct	
Cal-Mag-Zinc 100 ct	
Calcium Citrate + Vit D 60 ct	
Calcium Citrate + Vit D 120 ct	
Chelated Calcium Mag. 250 ct	
Chelated Magnesium 90 ct	
Chelated Zinc 30 mg 100 ct	
Chromium Picolinate 200 mcg 100 ct	
Daily Essential Minerals 60 ct	
Iron Ccomplex 29 mg 30 ct	
Kelp 250 ct	
Mag Relax Powder 16 oz	
Magnesium Glycinate 90 ct	
Magnesium Glycinate 180 ct	
Magnesium L-Threonate 90 ct	
Mega Magnesium 90 ct	
Potassium 99 mg 100 ct	
Selenium 100 mcg 100 ct	
Zinc Lemon Lozenges 60 ct	
Zinc Picolinate 30 mg 100 ct	

VITAMIN E VITAMIN D

D-3 2000 IU 120 ct	
D-3 2000 IU 240 ct	
D-3 400 IU 100 ct	
D-3 400 IU 250 ct	
D3 1000 IU 100 ct	
D3 1000 IU 250 ct	
D3 5000 IU 60 ct	
D3 5000 IU 120 ct	
Vit E 400 IU w/Selenium 60 ct	
Vitamin E 1000 IU 30 ct	
Vitamin E 200 IU 90 ct	
Vitamin E 400 IU 30 ct	
Vitamin E 400 IU 180 ct	

bfc deals

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

up to 30%

on select BFC Supplements!



Reg. 14.99 ea **Now 11.99 ea**
Reg. 24.99 ea **Now 22.99 ea**
Reg. 11.99 ea **Now 9.99 ea**
Reg. 8.99 ea **Now 6.99 ea**
Reg. 14.99 ea **Now 11.99 ea**
Reg. 23.99 ea **Now 18.99 ea**
Reg. 11.99 ea **Now 9.99 ea**
Reg. 10.99 ea **Now 8.99 ea**

Reg. 9.99 ea **Now 7.99 ea**
Reg. 12.99 ea **Now 9.99 ea**
Reg. 6.99 ea **Now 5.99 ea**
Reg. 12.99 ea **Now 9.99 ea**
Reg. 29.99 ea **Now 21.99 ea**
Reg. 16.99 ea **Now 13.99 ea**
Reg. 26.99 ea **Now 21.99 ea**
Reg. 32.99 ea **Now 25.99 ea**
Reg. 14.99 ea **Now 11.99 ea**
Reg. 8.99 ea **Now 6.99 ea**
Reg. 9.99 ea **Now 7.99 ea**
Reg. 8.99 ea **Now 6.99 ea**
Reg. 11.99 ea **Now 9.99 ea**

Reg. 9.99 ea **Now 7.99 ea**
Reg. 15.99 ea **Now 12.99 ea**
Reg. 5.99 ea **Now 4.99 ea**
Reg. 11.99 ea **Now 9.99 ea**
Reg. 7.99 ea **Now 6.99 ea**
Reg. 14.99 ea **Now 11.99 ea**
Reg. 10.99 ea **Now 8.99 ea**
Reg. 19.99 ea **Now 15.99 ea**
Reg. 14.99 ea **Now 11.99 ea**
Reg. 15.99 ea **Now 12.99 ea**
Reg. 11.99 ea **Now 9.99 ea**
Reg. 7.99 ea **Now 5.99 ea**
Reg. 31.99 ea **Now 25.99 ea**

MULTIVITAMINS

Basic-Multi 90 ct
Basic-Multi 180 ct
Bengal Bites 60 ct
Multitabs 30 ct
Complete Food Multi 60 ct
Hair Skin & Nails Multi 60 ct
Healthy Aging Multi 60 ct
Healthy Aging Multi 120 ct
Iron Free Basic Multi 90 ct
Men's Food Multi 45+ 90 ct
Men's Once Daily Multi 90 ct
Prenatal Once Daily Multi 60 ct
Women's 45+ Multi 90 ct
Women's O/D Multi 90 ct

VITAMINS B & FOLATE

B-Complex 60 ct
B-Complex 60 ct
B12 1000 mcg Lozenge 100 ct
B6 100 mg 100 ct
Balanced B-100 90 ct
Balanced B-50 90 ct
Biotin 5 mg 60 ct
Biotin 10 mg 60 ct
Biotin 500 mcg 30 ct
Folic Acid 800 mcg 250 ct
Methyl B-12 1000 mcg 100 ct
Methyl B-12 5000 mcg 60 ct
Methyl Folate 90 ct
Niacin 100 ct
Vitamin B Supreme Stress 100 ct

ESSENTIAL FATTY ACIDS

Cod Liver Oil 250 ct
Concentrated Omega-3 60 ct
Concentrated Omega-3 120 ct
Omega-3 One/Day 90 ct
Organic Flaxseed Oil 180 ct

Reg. 17.99 ea **Now 15.99 ea**
Reg. 25.99 ea **Now 24.99 ea**
Reg. 12.99 ea **Now 9.99 ea**
Reg. 9.99 ea **Now 6.99 ea**
Reg. 18.99 ea **Now 14.99 ea**
Reg. 18.99 ea **Now 14.99 ea**
Reg. 13.99 ea **Now 10.99 ea**
Reg. 23.99 ea **Now 18.99 ea**
Reg. 20.99 ea **Now 14.99 ea**
Reg. 24.99 ea **Now 19.99 ea**
Reg. 33.99 ea **Now 26.99 ea**
Reg. 14.99 ea **Now 11.99 ea**
Reg. 24.99 ea **Now 19.99 ea**
Reg. 34.99 ea **Now 27.99 ea**

Reg. 11.99 ea **Now 9.99 ea**
Reg. 12.99 ea **Now 10.99 ea**
Reg. 12.99 ea **Now 9.99 ea**
Reg. 8.99 ea **Now 6.99 ea**
Reg. 23.99 ea **Now 18.99 ea**
Reg. 13.99 ea **Now 11.99 ea**
Reg. 10.99 ea **Now 8.99 ea**
Reg. 14.99 ea **Now 11.99 ea**
Reg. 5.99 ea **Now 4.99 ea**
Reg. 11.99 ea **Now 8.99 ea**
Reg. 14.99 ea **Now 11.99 ea**
Reg. 19.99 ea **Now 15.99 ea**
Reg. 13.99 ea **Now 10.99 ea**
Reg. 10.99 ea **Now 8.99 ea**
Reg. 35.99 ea **Now 28.99 ea**

VITAMIN C

Ascorbyl Palmitate 500 mg 90 ct
Chewable C 50 ct
Bio C Caps Vitamin C 250 ct
Bio C Caps Vitamin C 100 ct
Buffered C 1000 mg 100 ct
Chewable C 100 ct
Chewable Calcium 60 ct
Vit C 1000 mg w/RHips 100 ct
Vit C 1000 mg w/RHips 250 ct
Vit C 500 mg w/RHips 250 ct
Vit C Caps 1000 mg 100 ct
Vit C Crystal Powder 4 oz

Reg. 16.99 ea **Now 12.99 ea**
Reg. 9.99 ea **Now 8.99 ea**
Reg. 35.99 ea **Now 28.99 ea**
Reg. 16.99 ea **Now 13.99 ea**
Reg. 20.99 ea **Now 16.99 ea**
Reg. 19.99 ea **Now 15.99 ea**
Reg. 10.99 ea **Now 8.99 ea**
Reg. 15.99 ea **Now 12.99 ea**
Reg. 28.99 ea **Now 23.99 ea**
Reg. 19.99 ea **Now 15.99 ea**
Reg. 16.99 ea **Now 13.99 ea**
Reg. 13.99 ea **Now 11.99 ea**

SLEEP & STRESS RELIEF

5-HTP 100 mg 60 ct
L-Theanine 200 mg 60 ct
Melatonin 1 mg Lozenge 60 ct
Melatonin 3 mg 60 ct
Melatonin 3 mg 120 ct
Melatonin 10 mg 60 ct
Melatonin 10 mg 120 ct
Melatonin Plus 100 ct
Melatonin Plus 5 mg 50 ct
Sleep Support w/Melatonin 50 ct

Reg. 19.99 ea **Now 15.99 ea**
Reg. 22.99 ea **Now 18.99 ea**
Reg. 5.99 ea **Now 4.99 ea**
Reg. 6.99 ea **Now 5.99 ea**
Reg. 11.99 ea **Now 9.99 ea**
Reg. 11.99 ea **Now 9.99 ea**
Reg. 21.99 ea **Now 16.99 ea**
Reg. 11.99 ea **Now 8.99 ea**
Reg. 6.99 ea **Now 5.99 ea**
Reg. 11.99 ea **Now 9.99 ea**

MEN'S HEALTH

Prostate Support 60 ct

Reg. 32.99 ea **Now 25.99 ea**

**BRATTLEBORO
FOODCO-OP**

Sale prices valid **August 5 - 18**, while supplies last. No Rain Checks.

bfc deals



Orange.
Cool Mint.

5.49 ea

Reg. 6.99 ea

Kids Toothpaste 4 oz

HIMALAYA
India



25.99 ea

Reg. 39.99 ea

Magnesium Breakthrough 60 ct

BIOOPTIMIZERS
USA



6.99 ea

Reg. 9.49 ea

Organic Pacific Nori 10 Sheets/.9 oz

EMERALD COVE
China



Cherry Flavor.

25.99 ea

Reg. 39.99 ea

Magnesium Breakthrough 5.36 oz

BIOOPTIMIZERS
USA



drink
SUPERIEUR
[electrolytes]

Fresh Citrus.
Red Raspberry.
Fresh Watermelon.
Strawberry Lemonade.

69¢ ea

Reg. 99¢ ea

Electrolyte Citrus Sticks .1 oz

SUPERIEUR
USA



Electrolyte Drink 6.9 oz

SUPERIEUR
USA

Fresh Watermelon.
Lola Lemon.
Strawberry Lemonade.

Fresh Citrus.
Concord Grape.
Red Raspberry.

20.99 ea

Reg. 27.99 ea



bfc deals

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



17⁹⁹ ea
Reg. 19.99 ea

Light Lager 12-Pk 12 oz/144 oz

VON TRAPP BREWING
Stowe, VT



17⁹⁹ ea
Reg. 19.99 ea

Variety Lager 12-Pk 12 oz/144 oz

VON TRAPP BREWING
Stowe, VT

Rosé.

Chardonnay.

Cabernet.

Malbec.

Brut.

Brut Rosé.



Bousquet Or 750 ml
DOMAINE BOUSQUET
Argentina

DOMAINE BOUSQUET
Naturally Elegant Wines™

7⁹⁹ ea
Reg. 9.99 ea



Sale prices valid **August 5 - 18**, while supplies last. No Rain Checks.

bfc deals



13⁵⁹ lb

Reg. 17.59 lb

Organic Guatemalan Light

MOCHA JOE'S
Brattleboro, VT

PLU#1829



14⁹⁹ lb

Reg. 18.99 lb

Organic Espresso

PLU#1831

ESSELON
Hadley, MA



15⁹⁹ lb

Reg. 19.99 lb

Uprising

PLU#1801

DEAN'S BEANS
Orange, MA



18⁹⁹ lb

Reg. 22.99 lb

Vasquez Colombian

PLU#1999

DUCHESS COFFEE
Brattleboro, VT

bfc deals

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



Original
Cornichons Gherkins 13.5 oz

MAILLE
France

6⁹⁹ ea
Reg. 8.99 ea



Whole Grain Mustard 7.3 oz

MAILLE
France

4⁹⁹ ea
Reg. 6.29 ea



Sweet Red
Fire Roasted Peppers 12 oz

LAUREL HILL
Spain

2⁹⁹ ea
Reg. 3.69 ea



Chipotle Lime Mayonnaise 8.5 oz

PRIMAL KITCHEN
USA



5⁹⁹ ea
Reg. 7.49 ea

PRIMAL
KITCHEN®



Chipotle Lime Chicken Salad
Recipe at PrimalKitchen.com



Garlic Aioli 8.5 oz

PRIMAL KITCHEN
USA



5⁹⁹ ea
Reg. 7.49 ea



Organic Moka Java

FOGBUSTER
Greenfield, MA



23⁹⁹ lb
Reg. 28.99 lb

PLU#1857



Organic Instant Coffee 3.53 oz

CAFE ALTURA
USA



11⁹⁹ ea
Reg. 13.99 ea

Cold-Extracted!



Extra Virgin Olive Oil 33.8 oz

BARBERA
Italy



19⁹⁹ ea
Reg. 24.99 ea

Sale prices valid **August 5 - 18**, while supplies last. No Rain Checks.

bfc deals

Classes & Events

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

Cooking Class

Prenatal and Postpartum

Nourishment (\$5 Class Fee)

Fri/Aug 14 • Noon - 2 pm

This class aims to demystify what a new family needs to thrive and how community members can best serve with a nourishing, home-cooked meal. Learn how to make collagen-rich broth and other foods traditionally used for post-birth nourishment, healing, and ample milk supply.



Instructor: Melissa Boyles Skuja is women's health care practitioner providing birth preparation, postpartum services and holistic pelvic care.

Strafford Creamery

FREE Ice Cream Tasting

Sat/Aug 15 • 11 am - 2 pm

Meet Kiley from Strafford Creamery and eat ice cream! How does this creamery make such delicious ice cream? It starts with cream from the farm's grass-fed Guernsey cows which are a heritage breed. It is then thickened with the yolks of eggs produced on the farm.



Sounds tastier than guar gum or carrageenan, no? Flavorings include mint from the garden, local blackberries, and organic cocoa.

You must **REGISTER**

for all of our classes!

Scan the QR code

or visit **BFC.coop/Events**



SAVE THE DATES!

Our Truckload Sale kicks off on
Friday 9/18 at 2:00 pm,
with a special Harvest Street Fair
from 4:00 - 7:00 pm

featuring food, tunes, and activities!

**The Truckload sale will continue
through Saturday from 9-4 pm.**



**Score deals on cases of pantry staples,
household essentials, and more!**

TRUCKLOAD SALE

OPEN TO ALL

with exclusive prices for shareholders.

No pre-orders – Just show up and save.

Price list will be available prior to event.

Save the date for the 2026 BFC

Annual Meeting

Tuesday, October 27

at the Brattleboro Museum & Art Center

Stay tuned for more details.

bfc deals

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

Maple Butter Cookies

FREE Taste & Vote

Sun/Aug 16
11:30 am - 1:30 pm

Are you a butter aficionado?

How do you feel about maple syrup? Help us find out which local



butter makes the best maple leaf cookies. Sample three homemade maple cookies, made using Ploughgate, Vermont Creamery and Cabot butter.

Let's see if you can taste a difference and then cast a vote.

Free Cooking Class

Applesauce Pork Chops and Black Forest Cake

Thur/Aug 20
11 am - 12:15 pm



Learn to make delicious and tender pork chops along with a mouth-watering cake for dessert made with chocolate, cherries, and whipped cream.



North Chair Brewing

Free Lager Sampling

Fri/Aug 21 • Noon - 3 pm

Start your weekend with a taste of a local brewery. According to a reviewer, North Chair Brewing can hold its own next to its Belgian cousins.

Stop by to meet Brayton and support your local lager!

Must be 21+ with a valid ID to sample alcohol in accordance with Vermont state law.

Free Cooking Class

Authentic Japanese Noodles w/Cucumber Umeboshi Salad

Sat/Aug 22
10:30 am - 12:30 pm

Instructor: Nan Hyde

Nan's background and nature make for the most delightful and delicious classes. Very early registration is recommended to reserve your spot.



Free Cooking Class

Foolproof Whole Roast Chicken Supper

Thur/Aug 27 • 11 am - 1 pm

Make supper with us! We will be roasting a chicken and serving it with a local-ingredients salad with homemade dressing, and Maple pudding for dessert. Whole chickens are more affordable than cut-up chicken, make the kitchen smell amazing!

Free Kids Cooking Class

Cantaloupe Agua Fresca and Fish Tacos

Sat/Aug 29
10:30 am - 12:30 pm



How amazing would it be if you could stick a straw into a melon and just start to drink?

In this class, we will make an agua fresca drink that tastes like you have done just that.

We will also make fish tacos, served on Mi Tierra tortillas.



Pie and Tart Festival

FREE COMMUNITY EVENT

Sun/Aug 16 • Noon - 1:30 pm

Last year's Pie & Tart Festival brought people from all across New England to the Brattleboro Food Co-op to enjoy pies of all kinds! Join us this year for another pie extravaganza to celebrate home bakers, our Brattleboro Food Co-op bakers, and, of course, pie!

The BFC Café will be full of pies, free for the tasting and for the voting from all of our "tasters." There will be berry pies, apple pies, meat pies, savory pies, and whatever type of pie our amazing and creative entrants submit.

Pie Fest attendees will taste and vote on their favorite pies and the Co-op will crown a People's Choice winner, who will receive a \$25 King Arthur Baking Company gift certificate.

That's not the only pie prize! EVERY baker who enters a pie into the competition will be entered into a free random drawing for a \$25 BFC gift certificate and a other prizes from the Co-op.

Everyone is invited to eat pie and vote, however, if you plan to enter your own creation, be sure to go to the events page (BFC.coop/Events) and fill out a registration form!

Sale prices valid **August 5 - 18**
While supplies last. No Rain Checks. Prices subject to change.

 **bfc deals**