



bfc deals



Macintosh Apples

CHAMPLAIN ORCHARDS
Shoreham, VT/USA

1.99 lb

Reg. 2.99 lb

PLU#4019



Crumbled Goat Cheese 4 oz

VERMONT CREAMERY
Websterville, VT

5.49 ea

Reg. 6.99 ea



Loose Carrots

PICADILLY FARM
Winchester, NH/USA

1.49 lb

Reg. 1.99 lb

PLU#94562



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 19 - Sep 1
while supplies last.

BRATTLEBORO FOOD CO-OP

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

BFC.coop 802-257-0236

HAPPY LABOR DAY

from the
Brattleboro Food Co-op, Union Shop since 2012!



Salted.
Unsalted.

2 for \$8

Reg. 5.79 ea

Cultured Butter 8 oz

VERMONT CREAMERY
Webster, VT

**BACK ROADS
GRANOLA**
- EST 2010 -



10⁹⁹ lb

Reg. 14.99 lb

Original Granola

PLU#1216

BACK ROADS GRANOLA
Brattleboro, VT



Beer Washed Rind.



13⁹⁹ lb

Reg. 23.49 lb

Crossroads Coupe Cheese

TUCKER HILL FARM

Randolph, VT



8⁹⁹ ea

Reg. 11.99 ea

Chocolate Granola 12 oz

TRUE NORTH GRANOLA
Brattleboro, VT



bfc deals

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



LOCAL 60 MILES **USDA ORGANIC** **13⁵⁹ lb**
Reg. 17.59 lb

Organic Guatemalan Light

MOCHA JOE'S

PLU#1829



LOCAL 60 MILES **USDA ORGANIC** **14⁹⁹ lb**
Reg. 18.99 lb

Espresso

PLU#1831

ESSELON
Hadley, MA



LOCAL 60 MILES **USDA ORGANIC** **15⁹⁹ lb**
Reg. 19.99 lb

Coffee Uprising Organic PLU#1801

DEAN'S BEANS
Orange, MA



Feta Cheese 8 oz

MAPLEBROOK FARM
Bennington, VT

4⁹⁹ ea
Reg. 6.49 ea



18⁹⁹ lb
Reg. 22.99 lb

Vasquez Colombia Coffee

DUCHESS COFFEE
Brattleboro, VT

PLU#1999



23⁹⁹ lb
Reg. 28.99 lb

Moka Java

FOGBUSTER
Greenfield, MA

PLU#1857



Sale prices valid **Aug 19 - Sept 1**, while supplies last. No Rain Checks.

bfc deals



6⁹⁹ ea
Reg. 9.49 ea

Avocado Oil Mayonnaise 12 oz

PRIMAL KITCHEN



9⁴⁹ ea
Reg. 12.49 ea

Avocado Oil Mayonnaise 17 oz

PRIMAL KITCHEN
USA



9⁹⁹ ea
Reg. 13.99 ea

Almond Butter Crunchy 16 oz

WOODSTOCK
USA



Apple.
Berry.

2 for \$7

Reg. 4.99 ea

Juice Boxes 8-Pk 4.23 oz/33.84 oz

APPLE & EVE
USA



Smooth & Unsalted.

9⁹⁹ ea
Reg. 13.99 ea

Almond Butter Smooth 16 oz

WOODSTOCK
USA



Smooth.
Crunchy.

9⁹⁹ ea
Reg. 13.99 ea

Crunchy Peanut Butter 35 oz

WOODSTOCK
USA



bfc deals

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



Guava Calamansi Lime.
Pomegranate Apricot.

3⁹⁹ ea
Reg. 4.99 ea

Gummy Stars 1.8 OZ
BETTER SOUR



Chocolate Peanut Butter & Raspberry.
Cashew Butter & Blueberry.
Peanut Butter & Grape.
Sun Butter & Strawberry.

2 for \$5
Reg. 2.99 ea

Snack Bites 1.8 oz
SMASH FOODS
USA



Wild Berry.
Strawberry Banana.
Mango Pineapple.

2 for \$5
Reg. 3.29 ea

Fruit Bars 1.1 oz
GARDEN BAR
USA



Plain.
Everything Bagel.

5⁹⁹ ea
Reg. 6.99 ea

Egg White Wraps 6 oz
EGLLIFE
USA



Plant-Based Deli Slices 5.5 oz
USA

2 for \$6
Reg. 4.99 ea



USDA ORGANIC
White Cheddar.
Grillo's Pickles.

3⁴⁹ ea
Reg. 4.49 ea

Chickpea Snack Puffs 3.75 - 4 oz
HIPPEAS
USA



LOCAL 60 MILES
Chocolate Chip.
S'mores.
Salted Caramel.

4⁷⁹ ea
Reg. 5.99 ea

Select Cookies 5 oz
FANCYPANTS BAKING CO.
Walpole, MA



Sale prices valid Aug 19 - Sept 1, while supplies last. No Rain Checks.

bfc deals



4⁴⁹ ea
Reg. 5.69 ea
Dairy Free
Mac & Cheese Deluxe 10.6 oz
DAIYA
British Columbia



3⁴⁹ ea
Reg. 4.99 ea
Angel Hair, Fettuccine.
Shirataki Pasta 7 oz
MIRACLE NOODLE
Southeast Asia



2⁹⁹ ea
Reg. 4.29 ea
Hot Sauce & Chipotle Sauce 5 oz
CHOLULA
Mexico



5⁴⁹ ea
Reg. 7.99 ea
Beet Carrot, Broccomole.
Vegan Dip 8 oz
HARVEST MAINE
USA



3⁹⁹ ea
Reg. 4.79 ea
Genovese Pesto 7.9 oz
CUCINA & AMORE
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



11⁹⁹ ea
Reg. 13.99 ea
100% Tart Cherry Concentrate 16 oz
CHERRY BAY ORCHARDS
USA



11⁹⁹ ea
Reg. 13.99 ea
Instant Coffee Organic 3.53 oz
CAFE ALTURA
USA

bfc deals

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

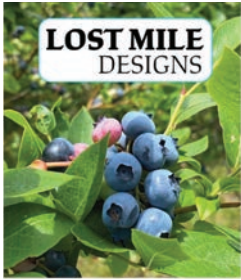
Producer OF THE Month

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!




25⁹⁹ ea
Reg. 39.99 ea

Magnesium Breakthrough 60 ct

BIOPTIMIZERS USA

USDA ORGANIC
PLASTIC NEUTRAL
NON GMO Project VERIFIED



5⁷⁹ ea
Reg. 8.49 ea

Pacific Kombu 1.76 oz

EMERALD COVE China

USDA ORGANIC
PLASTIC NEUTRAL
NON GMO Project VERIFIED



6⁹⁹ ea
Reg. 9.49 ea

Organic Pacific Nori 10 Ct 0.9 oz

EMERALD COVE China

USDA ORGANIC
PLASTIC NEUTRAL
GLUTEN FREE
NON GMO Project VERIFIED



6²⁹ ea
Reg. 8.49 ea

Pacific Wakame 1.76 oz

EMERALD COVE China

USDA ORGANIC
PLASTIC NEUTRAL
NON GMO Project VERIFIED



25⁹⁹ ea
Reg. 39.99 ea

Magnesium Breakthrough 5.36 oz

BIOPTIMIZERS USA

USDA ORGANIC
PLASTIC NEUTRAL
NON GMO Project VERIFIED



6⁹⁹ ea
Reg. 9.49 ea

Toasted Pacific Sushi Nori 10-Pk .9 oz

EMERALD COVE China

USDA ORGANIC
PLASTIC NEUTRAL
NON GMO Project VERIFIED



13⁹⁹ ea
Reg. 15.99 ea

Pacific Arame 1.76 oz

EMERALD COVE China

USDA ORGANIC
PLASTIC NEUTRAL
NON GMO Project VERIFIED



27⁹⁹ ea
Reg. 31.99 ea

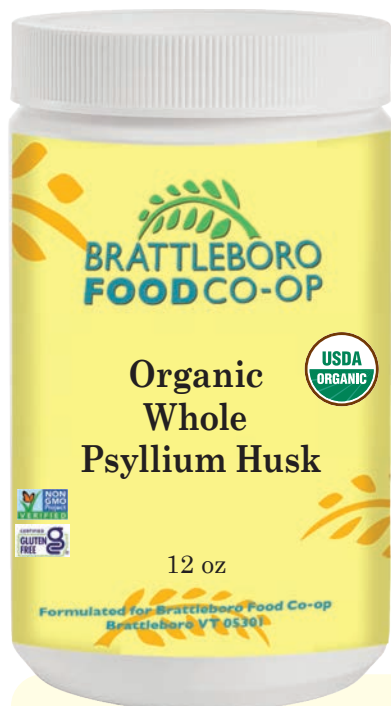
Pacific Sushi Nori 50-Pk 4.4 oz

EMERALD COVE China

USDA ORGANIC
PLASTIC NEUTRAL
NON GMO Project VERIFIED

Sale prices valid **Aug 19 - Sept 1**, 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 **Aug 19 - Sept 1**, while supplies last. No Rain Checks.

bfc deals



Orange.
Cool Mint.

5⁴⁹ ea
Reg. 6.99 ea

Kids Toothpaste 4 oz

HIMALAYA
India



5⁹⁹ ea
Reg. 7.99 ea

Neem Pomegranate Toothpaste

HIMALAYA
India

5.29 oz



5⁹⁹ ea
Reg. 7.99 ea

Complete Care
Whitening Toothpaste 5.29 oz

HIMALAYA
India



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

69¢ ea
Reg. 99¢ ea

Electrolyte Sticks .1 oz

SUPERIEUR
USA



5⁹⁹ ea
Reg. 7.99 ea

Complete Care Toothpaste

HIMALAYA
India

5.29 oz



8⁹⁹ ea
Reg. 11.99 ea

Hydroxyapatite Toothpaste 4 oz

HIMALAYA
India



Electrolyte Drink 6.9 oz

SUPERIEUR
USA

Fresh Watermelon.
Lola Lemon.
Strawberry Lemonade.

Fresh Citrus.
Concord Grape.
Red Raspberry.



20⁹⁹ ea
Reg. 27.99 ea

bfc deals

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



Chocolate Protein.
Green Goodness.
Strawberry Banana.

3⁴⁹ ea
Reg. 4.59 ea

Smoothies 15.2 oz

BOLTHOUSE
USA



Alkaline Spring Water 6-Pk

ETERNAL WATER
USA

9⁹⁹ ea
Reg. 12.99 ea

33.8 oz/202.8 oz



NATURALLY ALKALINE
SPRING WATER

2.5 L

2⁹⁹ ea
Reg. 3.99 ea

Alkaline Spring Water 84.5 oz

ETERNAL WATER
USA



5⁴⁹ ea
Reg. 6.99 ea

Creamy Peanut Butter 16 oz

ONCE AGAIN
USA

No Added Salt



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



Unsweetened.
Lightly Sweetened.

7⁴⁹ ea
Reg. 9.49 ea

Sunflower Seed Butters 16 oz

ONCE AGAIN
USA



Organic Wine 750 ml
DOMAINE BOUSQUET
Argentina

Malbec.
Brut.
Brut Rosé.

Rosé.
Chardonnay.
Cabernet.

7⁹⁹ ea
Reg. 9.99 ea



Sale prices valid Aug 19 - Sept 1, while supplies last. No Rain Checks.

bfc deals

Classes & Events

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

Free Cooking Class

Applesauce Pork Chops and Black Forest Cake

Thur/Aug 20
11 am - 12:15 pm



Free Lager Sampling

North Chair Brewing

Fri/Aug 21 • Noon - 3 pm



Free Cooking Class

Authentic Japanese Noodles & Cucumber Umeboshi Salad

Sat/Aug 22 • 10:30 am - 12:30 pm



Instructor: Nan Hyde

Free Cooking Class

Foolproof Whole Roast Chicken Supper

Thur/Aug 27 • 11 am - 1 pm



Free Kids Cooking Class

Cantaloupe Agua Fresca and Fish Tacos

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



SAVE THE DATES!

Our Truckload Sale
kicks off on
Friday 9/18 at 2 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

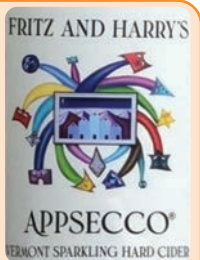
OPEN TO ALL
with exclusive prices
for shareholders.

No pre-orders — just show up and save.
Price list will be available prior to event.

FRITZ & HARRY'S
APPSECCO®

A Sparkling Hard Cider
Free Tasting
Friday, August 21st
3 - 6 pm

You must be 21+ w/valid ID to sample alcohol in Vermont.



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

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bfc deals