



bfc deals



Winter Squash

VERMONT FARMS | USA

1.99 lb

Reg. 2.99 lb

All Varieties!

PLU#94759

HALFDAY®
PREBIOTIC ICED TEA



Peach.
Lemon.
Honey & Ginseng.

Iced Tea 12 oz
HALFDAY | USA

2.19 ea

Reg. 2.49 ea



Mixed Bell Peppers
Red, Yellow, Green, Orange.

PICADILLY FARM | Winchester, NH

3.99 lb

Reg. 5.99 lb

PLU#94088

TRUCKLOAD SALE & Harvest Street Fair on Flat Street (drive over or take the Whetstone Foot Bridge)

Friday, September 18th
2 pm - 7 pm

Saturday, September 19th
9 am - 4 pm

The truckload sale kicks off Friday at 2:00 pm with
a special Harvest Street Fair starting at 4:00 pm
featuring food, tunes, and activities!

The Truckload Sale will
then continue on
Saturday 9 am - 4 pm.



bfc deals

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

Sale prices valid
Sept. 16 - 29
while supplies last.

BRATTLEBORO FOOD CO-OP

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

BFC.coop 802-257-0236



Almond.
Chocolate

19⁹⁹ ea
Reg. 24.99 ea

GF Frozen Cakes 21 oz

MAYFAIR | Harrisville, NH



Raspberry Passion.
Blackberry Hibiscus.

2⁹⁹ ea
Reg. 3.69 ea

Chia Beverage 10 oz

MAMMA CHIA | USA



21⁹⁹ lb
Reg. 29.99 lb

Giselle

Cider Washed Goat & Cow Cheese

BOSTON POST DAIRY | Enosburg Falls, VT



7⁹⁹ lb
Reg. 9.99 lb

Truffle Cheddar Trim

GRAFTON VILLAGE CHEESE | Grafton, VT



Watermelon Lime.
Blackberry Lemon.
Peach Mango.

11⁹⁹ ea
Reg. 14.99 ea

Organic Tonics 4-pk 12 oz/48 oz

HIYO | USA

Non-Alcoholic



19⁹⁹ lb
Reg. 31.49 lb

Vermont Herdsman Cheese

PARISH HILL CREAMERY | Westminster West, VT

bfc deals

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The Co-op has your



Oktoberfest Brews



14⁹⁹ ea

Festbier Lager 4-Pk 16 oz/64 oz
LAWSON'S FINEST LIQUIDS
Waitsfield, VT



17⁹⁹ ea
Reg. 19.99 ea

Oktoberfest Lager 12-Pk
12 oz/144 oz
SIERRA NEVADA BREWING | USA



13⁹⁹ ea
Reg. 14.99 ea

Leafen Peepen Oktoberfest 4-pk
16 oz/64 oz
WHETSTONE CRAFT BEER | Brattleboro, VT



13⁹⁹ ea

Oktoberfest Lager 4-Pk 16 oz/64 oz
ZERO GRAVITY
Burlington, VT



13⁹⁹ ea
Reg. 14.99 ea

Oktoberfest Marzen 4-Pk
16 oz/64 oz
NORTH CHAIR BREWING | Brattleboro, VT



13⁹⁹ ea

Good Company Festbier 4-Pk
16 oz/64 oz
BURLINGTON BEER CO. | Burlington, VT



17⁹⁹ ea

Oktoberfest 12-Pk 12 oz/144 oz
ZERO GRAVITY
Burlington, VT



20⁹⁹ ea

Good Company Festbier 12-Pk
12 oz/144 oz
BURLINGTON BEER CO. | Burlington, VT

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bfc deals

cole's 
Anytime, Anywhere



6²⁹ ea
Reg. 7.29 ea

Smoked Trout In Olive Oil 3.2 oz

COLE'S | Chile

WIXTER SEAFOOD | Global



American Shrimp 12 oz

11⁹⁹ ea
Reg. 13.99 ea



Sockeye
Alaskan Salmon 12 oz

18⁹⁹ ea
Reg. 22.99 ea



American Scallops 12 oz

24⁹⁹ ea
Reg. 29.99 ea



5⁹⁹ ea
Reg. 7.99 ea

Diced Pancetta 4 oz

COLAMECO'S PRIMO NATURALE | USA



Fresh Case or
Fresh Prepacked
(Random Weights).

15⁹⁹ lb
Reg. 17.99 lb

Wild Caught Cod Fillet

SEAFOOD DEPT.



Cold Smoked Arctic Salmon 4 oz

5⁴⁹ ea
Reg. 6.99 ea

Smoked Salmon Pepper 4 oz

5⁹⁹ ea
Reg. 7.49 ea

Norwegian Atlantic
Roasted Salmon 4 oz

5⁹⁹ ea
Reg. 7.49 ea

Original Atlantic
Salmon Burgers 14 oz

7⁴⁹ ea
Reg. 9.99 ea

BLUE CIRCLE FOODS | USA



11⁹⁹ lb
Reg. 14.99 lb

Maple Cranberry Granola

PLU#1317

BACK ROADS GRANOLA | Brattleboro, VT



11⁹⁹ lb
Reg. 14.99 lb

Maple Vanilla Granola PLU#1237

TRUE NORTH | Brattleboro, VT

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Berry.
Peach.
Coconut.
Strawberry.

Plant-Based Yogurt 5.3 oz

SIGGI'S | USA/Canada

1.59 ea
Reg. 2.49 ea



Plain.
Vanilla.

Plant-Based Yogurt 24 oz

SIGGI'S | USA/Canada

6.49 ea
Reg. 8.99 ea



Cheddar.
Pizza.
Sour Cream & Onion

GF Baked Crackers 4 oz

SIMPLE MILLS | USA

3.99 ea
Reg. 5.49 ea



12.99 lb
Reg. 17.59 lb

Cameroon Espresso PLU#1844

MOCHA JOE'S | Brattleboro, VT



14.99 lb
Reg. 18.99 lb

Sumatra PLU#1853

ESSELON | Hadley, MA



Black Truffle.
Iberian Ham Flavor.
EVOO.
Caviar Flavored.

Gourmet Potato Chips 4.41 oz

TORRES | Spain

5.99 ea
Reg. 7.49 ea



15.99 lb
Reg. 19.99 lb

Amor Prohibido PLU#1991

DUCHESS | Brattleboro, VT



15.99 lb
Reg. 19.99 lb

Ring of Fire PLU#1812

DEAN'S BEANS | Orange, MA



19.99 lb
Reg. 26.99 lb

Defogger Decaf PLU#1859

FOGBUSTER | Greenfield, MA



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madhava
clean & simple



Red Wine.
White Wine.

3⁹⁹ ea
Reg. 4.29 ea

Wine Vinegars 16.9 oz

MADHAVA | Italy



7⁹⁹ ea
Reg. 9.69 ea

Balsamic Glazé 8.5 oz

DE NIGRIS | Italy



Aged.
Dark Cherry.

9⁹⁹ ea
Reg. 11.99 ea

Balsamic Vinegars 8.5 oz

DE NIGRIS | Italy



9⁹⁹ ea
Reg. 13.99 ea

Alo Vert Imperial Picpoul 750 ml

JAIS NOIR | France



9⁹⁹ ea
Reg. 13.99 ea

Carignan Languedoc 750 ml

JAIS NOIR | France



12⁹⁹ ea
Reg. 15.49 ea

Balsamic Platinum Vinegar 8.5 oz

DE NIGRIS | Italy



9⁹⁹ ea
Reg. 14.99 ea

Reserva Rosé 750 ml

CONFIDENCIAL | Portugal



9⁹⁹ ea
Reg. 13.99 ea

Reserva Red Wine 750 ml

CONFIDENCIAL | Portugal



10⁹⁹ ea
Reg. 19.99 ea

Reserva Red Blend 750 ml

COLOSSAL | Portugal

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



Producer ^{OF THE} Month

Hundreds of years ago a fiddler and apple lover scattered some apple seeds on his property in Shaftsbury, VT, and now, as a result of that, here we are ripping around an orchard of baby trees at top speed on a farm cart, blasting hard rock from a bluetooth speaker. More on this in a bit, but ah, the unintended and unforeseeable blossoming of positive consequence from something as small as an apple seed – a great reminder to follow your joys as far as you can, as often as you can.

Cein Watson and Bleeker Wheeler travel to the ends of the earth – or at least the ends of Vermont and surrounding states – to source wild apples for their cider, in addition to using those from their own orchards.

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



Original.
Lemon Lime.

2 for \$8
Reg. 5.99 ea

Seltzer 8-Pk 12 oz/ 96 oz
RAMBLER | USA



Green Curry Paste 4.23 oz

MIKE'S
Thailand

6.99 ea
Reg. 8.49 ea



**Remember
your reusable
containers,
jars, and bags.**

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bfc deals



8⁹⁹ ea
Reg. 11.99 ea

Arnicare Tabs 60 ct

BOIRON | France



8⁹⁹ ea
Reg. 11.99 ea

Arnicare Arthritis 60 ct

BOIRON | France



10⁹⁹ ea
Reg. 13.99 ea

Chestal Kids Pellets 160 ct

BOIRON | France



Coconut Melon.
Cedar Eucalyptus.
Sandalwood Vanilla.
Fig & Green Tea.
Amber Sage Charcoal.

Lavender.
Vanilla Mint.
Siberian Fur.
Hibiscus Mint.

4⁹⁹ ea
Reg. 7.99 ea

Deodorants 2.1 oz

STINKBUG | USA



10⁹⁹ ea
Reg. 14.99 ea

Stevia Sweetener Drops 4 oz

SWEET LEAF | USA



3⁹⁹ ea
Reg. 5.49 ea

Monkfruit Sweetener 1.7 oz

Unflavored

SWEET LEAF | USA

bfc deals

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8⁹⁹ ea
Reg. 11.99 ea

Kids Chestal Cold & Cough 6.7 oz

BOIRON | France



10⁹⁹ ea
Reg. 13.99 ea

Coldcalm Kids 30 ct

BOIRON | France



Echinacea,
Herbal Hug,
Black Elderberry,
Lemon Balm Calm.

10⁹⁹ ea
Reg. 14.99 ea

Kids Remedies 1 oz

HERB PHARM | USA



Kids Immune Avenger,
Kids Mullein Garlic Oil.

10⁹⁹ ea
Reg. 14.99 ea

Kids Remedies 1 oz

HERB PHARM | USA



5⁹⁹ ea
Reg. 7.99 ea

Arnica Cream 1.33 oz

BOIRON | France



5⁹⁹ ea
Reg. 7.99 ea

Arnica Gel 1.5 oz

BOIRON | France



8⁹⁹ ea
Reg. 10.99 ea

All 200ck
Homeopathic Remedies

BOIRON | France

aprox. 80 pellets



BOIRON
World Leader in
Homeopathic Medicines

A **Single
Active
Ingredient**
for
**Targeted
Relief**

5⁹⁹ ea
Reg. 7.99 ea

All 30c Homeopathic Remedies

BOIRON | France

aprox. 80 pellets

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bfc deals



34⁹⁹ ea
Reg. 44.99 ea

Deep Immune Health
Mushroom Caps 60 ct

WHOLESUN WELLNESS | USA



WHOLESUN
WELLNESS



29⁹⁹ ea
Reg. 39.99 ea

Deep Immune Health
Mushroom Powder 1.06 oz



29⁹⁹ ea
Reg. 39.99 ea

Lions Mane
Mushroom Caps 60 ct



34⁹⁹ ea
Reg. 44.99 ea

Deep Brain Health
Mushroom Caps 60 ct



29⁹⁹ ea
Reg. 39.99 ea

Cordyceps Mushroom Caps 60 ct



34⁹⁹ ea
Reg. 44.99 ea

Lions Mane Mushroom Powder
2.12 oz



29⁹⁹ ea
Reg. 39.99 ea

Deep Brain Health
Mushroom Powder 1.06 oz



36⁹⁹ ea
Reg. 47.99 ea

Cordyceps Mushroom Powder
2.12 oz

bfc deals

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34⁹⁹ ea

Reg. 44.99 ea

Deep Sleep Health
Mushroom Caps 60 ct



34⁹⁹ ea

Reg. 44.99 ea

Real Energy Mushroom Caps
60 ct



29⁹⁹ ea

Reg. 39.99 ea

Ultra D Mycofusion Caps 60 ct



**Dissolvable
Tablets**



18⁹⁹ ea

Reg. 23.99 ea

Mycolytes Electrolyte Tabs 30 ct



29⁹⁹ ea

Reg. 39.99 ea

Turkey Tail Mushroom Caps 60 ct



34⁹⁹ ea

Reg. 44.99 ea

Turkey Tail
Mushroom Powder 2.12 oz

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Classes & Events

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



Free Class
Satiating
Snacking Strategies

Friday/September 18

10:30 am - 12:30 pm

We are body positive here at the store. We love every shape, every size, and the big heart inside. In this class we will explore many strategies, and eat plenty of delicious foods, that can help with the fasting side of the equation. Our focus will be on nourishment and healthy, flexible approaches that promote satisfaction, feelings of food security, and gut health. The class will be co-taught by BFC's Jeremiah (Wellness Manager) and Lisa (Educator).

Free Cooking Class
Chocolate Babka
Saturday/September 26

10:30 - 11:45 am

Let's make this fall a festive one with fuss-free recipes that will add sparkle to your table without stressing you out. In addition to the make-ahead babka recipe, we will enjoy cucumber pomegranate salad and smoked salmon mousse.

Free Sampling
Shuug Sauces

Thursday • September 24

11:30 am - 2:30 pm

Fall in love with these traditional sauces, which feature pure olive oil, hot peppers, herbs and spices.



Taste & Vote: Electrolytes

Saturday • October 3 • Noon - 2 pm

This is a wonderful opportunity to try five electrolytes side-by-side and find your favorite.

SAVE THE DATE: Cookies & Coffee Fest

Saturday • October 17 • Noon - 2 pm

CO-OP
CLOSING EARLY!

The Co-op will be
closing at 3:30 pm

Tuesday
September 22nd
for an Employee
Appreciation Day.

Please note that the Deli and Hot Bar/Salad Bar will close at 3 pm.

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



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bfc deals