

bfc deals



USDA ORGANIC

LOCAL 60 MILES

7⁹⁹ ea
Reg. 9.99 ea

Sauerkraut 15 oz
REAL PICKLES | Greenfield, MA

NON GMO Project VERIFIED



Against the Grain

PIZZA SINGLES

THREE CHEESE

Made with SIMPLE INGREDIENTS + NO SEED OILS

GLUTEN-FREE & GRAIN-FREE CRUST

LOCAL VERMONT

2 for \$10
Reg. 6.99 ea

Three Cheese Pizza 6 oz
AGAINST THE GRAIN | Brattleboro, VT

CERTIFIED GLUTEN FREE



USDA ORGANIC

LOCAL VERMONT

2⁹⁹ ea
Reg. 3.99 ea

Organic Bunched Radishes
DEEP MEADOW | Windsor, VT

NON GMO Project VERIFIED

OCTOBER IS CO-OP MONTH



Cooperatives

BUILD

A BETTER WORLD



WWW.NFCA.COOP



bfc deals

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

Sale prices valid
Sept 30 - Oct 20
while supplies last.

BRATTLEBORO FOOD CO-OP

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

BFC.coop 802-257-0236



Prepacked
Random
Weights

8⁹⁹ lb

Reg. 10.99 lb

Beer Cheddar Trim

SHELBURNE FARMS | Shelburne, VT



18⁹⁹ lb

Reg. 29.49 lb

Swallow Tail Tomme

STONY POND FARM | Enosburg, VT



22⁹⁹ lb

Reg. 27.99 lb

Whitney Raclette

JASPER HILL FARM | Greensboro, VT

Prepacked
Random Weights



Prepacked
Random
Weights

2⁹⁹ lb

Reg. 3.99 lb

Chicken Drumsticks

MISTY KNOLL FARM | New Haven, VT

Serving Suggestion.



10⁹⁹ ea

Reg. 11.99 ea

Cold Brew Coffee 32 oz

WANDERING BEAR | NYC/USA



2 for \$6

Reg. 4.39 ea

Cold Brew Coffee Nitro 12 oz

DEAN'S BEANS | Orange, MA



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Fresh Case
or Prepacked
Random Weights

15⁹⁹ lb
Reg. 16.99 lb

Faroe Island Salmon

SEAFOOD



Fresh Case
or Prepacked
Random Weights

20⁹⁹ lb
Reg. 22.99 lb

Fresh Tuna Steak

SEAFOOD



Prepacked
Random
Weights

26⁹⁹ lb
Reg. 28.99 lb

Beef New York Strip Steak

PINELAND FARMS MEATS | Maine/USA



Gochujang
Chili Pepper Paste 17.6 oz

ROLAND | South Korea

9⁹⁹ ea
Reg. 11.99 ea



Prepacked
Random Weights

5⁹⁹ lb
Reg. 6.99 lb

Pork Chops Boneless

DUBRETON | Canada



30-Year Aged
Sherry Vinegar 12.7 oz

COLUMELA | Spain

10⁹⁹ ea
Reg. 12.99 ea

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Teriyaki Flavor
Mochi Rice Nuggets 2.47 oz
 WOODRIDGE SNACKS
 California/USA

2⁹⁹ ea
 Reg. 3.99 ea



Brussels Sprout
Sticky Rice Chips 1.06 oz
 WOODRIDGE SNACKS
 California/USA

3⁴⁹ ea
 Reg. 4.49 ea



Sea Salt
Tempura Seaweed Chips 1.41 oz
 WOODRIDGE SNACKS
 California/USA

3⁴⁹ ea
 Reg. 4.49 ea



Wild Pilchard Sardines
in Extra Virgin Olive Oil 4.2 oz
 SEA TALES | Netherlands

4⁹⁹ ea
 Reg. 5.49 ea



Wild Anchovy Fillets 1.6 oz
 SEA TALES | Netherlands

5⁹⁹ ea
 Reg. 6.99 ea



Albacore Tuna in Water
No Salt 5 oz
 SEA TALES | Netherlands

5⁴⁹ ea
 Reg. 6.39 ea



Albacore Wild Tuna in Water 5 oz
 SEA TALES | Netherlands

6⁴⁹ ea
 Reg. 7.99 ea

Red Lentil Penne 8 oz
4⁴⁹ ea
 Reg. 5.99 ea

Black Bean Spaghetti 8 oz
Edamame & Mung Bean Fettuccine 8 oz
4⁹⁹ ea
 Reg. 5.99 ea

EXPLORE CUISINE
 Italy/Thailand



"Creamy Chicken."
Tom Yum "Shrimp."
Spicy "Beef."
Black Garlic "Chicken."

Flavored Ramen Soup 2.4 oz
 IMMI | California/USA

3⁹⁹ ea
 Reg. 4.59 ea

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Angel Hair Style.
Fettuccine Style.

Shirataki Noodles 7 oz

MIRACLE NOODLE | Asia/USA



3.49 ea
Reg. 4.99 ea



Cascatelli.
Semolina Zucca.
Semolina Trumpets.
Whole Grain Reginetti.

Organic Pastas 12-16 oz

SFOGLINI
New York/USA



4.99 ea
Reg. 5.79 ea



Four Cheese Tortelloni.
Spinach & Cheese Ravioli.
Garlic & Roasted Veggie Ravioli.
Butternut Squash Ravioli.

Frozen Ravioli & Tortelloni 20 oz

WOODSTOCK
Italy



7.99 ea
Reg. 9.99 ea



Sea Salt Flakes 8.5 oz

MALDON | England

6.49 ea
Reg. 7.49 ea



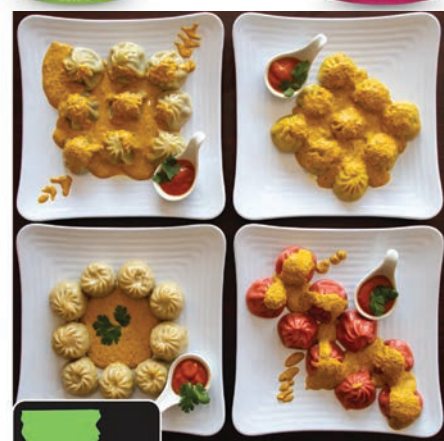
Smoked Sea Salt Flakes 4.4 oz

MALDON | England

5.29 ea
Reg. 6.29 ea



Beef.
Chicken.
Pork.
Vegan.



8.49 ea
Reg. 9.99 ea

Momo Dumplings 16 oz

SHERPA FOODS | Burlington, VT

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



Sparkling Pre/Probiotic Drinks 12 oz

WILD WONDER | California/USA

2.99 ea
Reg. 3.49 ea

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18⁹⁹ ea
Reg. 21.99 ea

Montepulciano Wine 750 ml
CANTINA ZACCAGNINI | Italy



10⁹⁹ ea
Reg. 12.99 ea

Cote Midi Chardonnay 750 ml
COTE MIDI | France



10⁹⁹ ea
Reg. 12.99 ea

Pinot Noir 750 ml
COTE MIDI | France



18⁹⁹ ea
Reg. 20.99 ea

Elaborate Metaphor
Hazy Pale Ale 12-Pk 12 oz/144 oz
BURLINGTON BEER CO | Burlington, VT



18⁹⁹ ea
Reg. 20.99 ea

Lighthouse Pilsner 12-Pk
12 oz/144 oz
BURLINGTON BEER CO | Burlington, VT



17⁹⁹ ea
Reg. 19.99 ea

NA Lapos Negroni 8 oz/32 oz
ZERO PROOF | Georgia/USA

Non Alcoholic



14⁹⁹ ea
Reg. 15.99 ea

Kin Lightwave Cocktails 4-Pk
KIN EUPHORICS | USA 8 oz/32 oz

Non Alcoholic



14⁹⁹ ea
Reg. 15.99 ea

Kin Awaken Spritz Cocktails 4-Pk
KIN EUPHORICS | USA 8 oz/32 oz

Non Alcoholic



14⁹⁹ ea
Reg. 15.99 ea

Kin Bloom Cocktails 4-Pk
KIN EUPHORICS | USA 8 oz/32 oz

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16⁹⁹ lb
Reg. 18.99 lb

Costa Rican Light Roast

MOCHA JOE'S
Brattleboro, VT

PLU#1811



8⁹⁹ lb
Reg. 10.99 lb

Frog Run Granola PLU#1917

TRADE WINDS FARM | Shoreham, VT



Peppered Caraway.
Traditional.
Ginger Beet.
Garlic Dill.

Sauerkrauts 16 oz

PIGEON COVE | Massachusetts/USA

8⁹⁹ ea
Reg. 10.99 ea



16⁹⁹ lb
Reg. 18.99 lb

Ethiopian Coffee

ESSELON | Hadley, MA

PLU#1849



17⁹⁹ lb
Reg. 19.99 lb

Guatemala PLU#1889

DUCHESS | Brattleboro, VT



17⁹⁹ lb
Reg. 19.99 lb

Ahab's Revenge PLU#1839

DEAN'S BEANS | Orange, MA



19⁹⁹ lb
Reg. 23.99 lb

Black Bear PLU#1855

FOGBUSTER | Greenfield, MA



Mango.
Ginger Devotion.
Bliss Berry.
Raspberry-Lime.
Pineapple.
Grape.

Kombucha 12 oz

KATALYST | Greenfield, MA

2 for \$5

Reg. 3.69 ea

Sale prices valid **Sept 30 - Oct 20**, while supplies last. No Rain Checks.

bfc deals



5⁹⁹ ea
Reg. 7.99 ea

Complete Care Toothpaste 5.29 oz

HIMALAYA | India



17⁹⁹ ea
Reg. 24.99 ea

Berberine Breakthrough 40 ct

BIOOPTIMIZERS | USA



BIOptimizers®



26⁹⁹ ea
Reg. 39.99 ea

Unflavored
Magnesium Breakthrough Powder

BIOPTIMIZERS | USA

4.13 oz



5⁹⁹ ea
Reg. 8.99 ea

Chewable Zinc 5 mg 42 ct

CARLSON | Norway

BIOptimizers®



26⁹⁹ ea
Reg. 39.99 ea

Cherry
Magnesium Breakthrough Powder

BIOPTIMIZERS | USA

5.36 oz



26⁹⁹ ea
Reg. 39.99 ea

Magnesium Breakthrough 60 ct

BIOPTIMIZERS | USA

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12⁹⁹ ea
Reg. 17.99 ea

Kava / oz
HERB PHARM | Oregon/USA



11⁹⁹ ea
Reg. 15.99 ea

Turmeric / oz
HERB PHARM | Oregon/USA

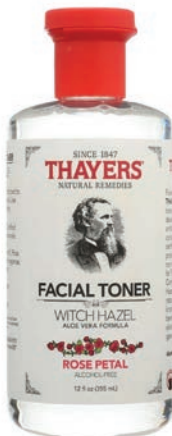


11⁹⁹ ea
Reg. 15.99 ea

Organic Ginger / oz
HERB PHARM | Oregon/USA



CRUELTY FREE



9⁹⁹ ea
Reg. 11.99 ea

Rose Petal Toner 12 oz
THAYERS | Connecticut/USA



26⁹⁹ ea
Reg. 36.99 ea

Lemon Flavored Cod Liver Oil 8.4 oz
CARLSON | Norway



11⁹⁹ ea
Reg. 15.99 ea

Astragalus / oz
HERB PHARM | Oregon/USA



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LOCAL
60
MILES

3⁹⁹ ea
Reg. 5.49 ea

Beet Kvass Beverage 10 oz
REAL PICKLES | Greenfield, MA



Real Pickles is a worker-owned co-op in Greenfield, MA that is committed to promoting human and ecological health by providing people with delicious, nourishing food, and by working toward a regional, organic food system.



LOCAL
60
MILES

7⁹⁹ ea
Reg. 9.99 ea

Red Pepper Hot Sauce 5 oz
REAL PICKLES | Greenfield, MA



LOCAL
60
MILES

10⁹⁹ ea
Reg. 13.99 ea

Organic Pickles Garlic 26 oz
REAL PICKLES | Greenfield, MA



LOCAL
60
MILES

9⁴⁹ ea
Reg. 11.99 ea

Organic Dill Pickles 26 oz
REAL PICKLES | Greenfield, MA



LOCAL
60
MILES

7⁹⁹ ea
Reg. 9.99 ea

Select Ferments 15 oz
REAL PICKLES | Greenfield, MA



LOCAL
60
MILES



Turmeric Kraut.
Kimchi.

Chili Kraut.
Ginger Carrots.

Garlic Kraut.
Small Batch Nettle Kraut.

8⁹⁹ ea
Reg. 10.99 ea

Krauts, Kimchi, Veggies, and Small Batch Ferments 15 oz
REAL PICKLES | Greenfield, MA



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Producer OF THE Month

OCTOBER 2026



Rogue Herbalist could not be a more fitting name for Chuck Riffenburg's apothecary business. Located in Morrisville, Vermont, Rogue Herbalist is the passion project of a man who has spent more than two decades studying herbalism, natural products, and the traditions surrounding plant medicine.

For Chuck, the word "rogue" indicates a willingness to do things differently, reflecting a lifelong habit of questioning assumptions, pursuing knowledge, and forging his own path where none have been clearly marked.

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



Come to the 2026 BFC

Annual Meeting

Tuesday, October 27, 5-7pm

at the Brattleboro Museum & Art Center

Food, Prizes, Cash Bar, Keynote Speaker

Sale prices valid **Sept 30 - Oct 20**, while supplies last. No Rain Checks.

Classes & Events

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

Free Sampling

ELECTROLYTE

Taste & Vote

Saturday/October 3

Noon - 2:00 pm

Drinking water. We all know that it helps in so many ways, and yet, it is not always easy to reach our hydration goals, especially as the weather turns cooler.

Did you know that in addition to tasting great, electrolytes help your body absorb water more efficiently?

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



Free Class

KID'S COOKING CLASS

Homemade Snickers Bars

Saturday/October 10

10:30 - 11:45 am

The leaves are falling and it's time to have fun in the kitchen! We will be making carrot soup, pumpkin muffins, and a homemade date-based snickers bar.

MORE CLASSES & EVENTS ON BACK PAGE!

bfc deals

Classes & Events *(continued from previous page)*

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

Free Sampling

COOKIES & COFFEE FEST

Taste & Vote

Saturday/October 17

Noon - 2:00 pm



Do you love a great chewy snickerdoodle? Come and vote for the best cookie in the land. And be sure to try some fresh, hot, single source coffees with Ben from Esselon Coffee and Adam from Dean's Beans.

Adult Class

Mocktails to Feel Better



Wednesday/October 21

Noon - 1:15 pm • \$15 pp

Support your health in comfort. Put aside working out or swallowing large capsules for this class and bring mind, body & soul back together by sipping something delicious with Herbalist Chuck Riffenberg, III, who will share recipes, expertise, and Vermont-made tinctures.

This class is free to Food For All participants.

Free Class

Adult Cooking Class DIY Baby Food



Thursday/October 22

Noon - 1:00 pm

Babyhood is a great time to start developing your baby's love of delicious fresh, home-cooked food and you can save a ton of cash by making your own baby food? WIC's

Kelsea Borelli & Bi-sek Hsaio and seasoned mom Liz Roberts, will be co-teaching this class. WIC recipients attending the class will each receive a free food mill!

Free Sampling

AHLBIN'S FIRE CIDER

Friday/October 23

11:30 am - 2:30 pm



Kara Peters started Ahlbin's in her kitchen, making organic Fire Cider for her family with ingredients from her own garden. She's taken her

fine-tuned recipe and is now producing it on a large scale for our community. Stop by to meet Kiley and learn about this wonderful elixir.



Free Class

COOKING CLASS Vintage Cinnamon Raisin Bread

Saturday/October 24

10:30 - 11:45 am

Move over, spinach. Did you know that cinnamon raisin bread was once advertised as "Bread of Iron" due to the mineral content of raisins? Take a step back in time and attend this 1920s cooking class. We will be making deviled eggs, vintage fruit salad, and cinnamon raisin bread.

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



Sale prices valid **September 30 - October 20**
While supplies last. No Rain Checks. Prices subject to change.

bfc deals