



bfc deals



1.99 lb
Reg. 2.99 lb

Organic Bartlett Pears PLU#94409
USA



2 for \$10
Reg. 6.99 ea

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



5.99 ea
Reg. 7.99 ea

Bagged Organic Spinach 8 oz
PICADILLY FARM | Winchester, NH/USA
PLU#93417

OCTOBER IS CO-OP MONTH



WWW.NFCA.COOP



bfc deals

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

Sale prices valid
Oct 21 - Nov 3
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

Prepacked
Random Weights



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.

14⁹⁹ lb
Reg. 16.99 lb

Haddock Fillets
SEAFOOD



Serving Suggestion.

Fresh Case or
Prepacked/Random
Weights.

14⁹⁹ lb
Reg. 15.99 lb

Sole Fillets
SEAFOOD



Serving Suggestion.

Prepacked/Random Weights.

9⁹⁹ lb
Reg. 11.99 lb

Beef Chuck Pot Roast
PINELAND FARMS NATURAL MEATS
Maine/USA



Gochujang
Chili Pepper Paste 17.6 oz

ROLAND | South Korea

9⁹⁹ ea
Reg. 11.99 ea



30-Year Aged
Sherry Vinegar 12.7 oz

COLUMELA | Spain

10⁹⁹ ea
Reg. 12.99 ea



Serving Suggestion.

Prepacked/Random Weights.

3⁴⁹ lb
Reg. 4.49 lb

Pork Shoulder Butt
DUBRETON | Canada

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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

USDA ORGANIC
Red Lentil Penne 8 oz
 Reg. 5.99 ea

4⁹⁹ ea
 Reg. 5.99 ea

Black Bean Spaghetti 8 oz
Edamame & Mung Bean Fettuccine 8 oz

EXPLORE CUISINE
 Italy/Thailand



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

3⁹⁹ ea
 Reg. 4.59 ea

Flavored Ramen Soup 2.4 oz
 IMMI | California/USA

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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

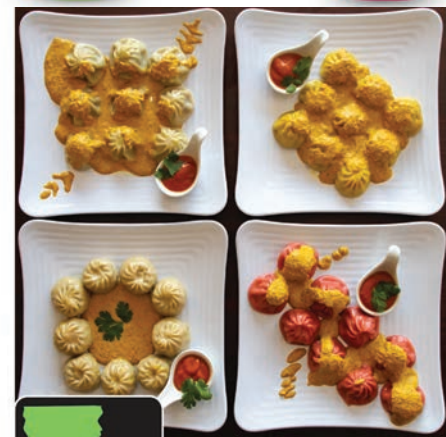
MALDON | England

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

Non Alcoholic



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



16⁹⁹ lb
Reg. 18.99 lb

Costa Rican Light Roast

MOCHA JOE'S
Brattleboro, VT

PLU#1811



S'mores.
Chocolate Chip.
Salted Caramel.



4⁶⁹ ea
Reg. 5.99 ea

Cookies 5 oz

FANCYPANTS BAKING CO
Walpole, MA



Peppered Caraway.
Traditional.
Ginger Beet.
Garlic Dill.

8⁹⁹ ea
Reg. 10.99 ea

Sauerkrauts 16 oz

PIGEON COVE | Massachusetts/USA



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.

2 for \$5

Kombucha 12 oz

KATALYST | Greenfield, MA

Reg. 3.69 ea

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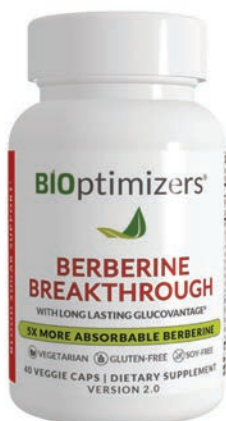
bfc deals



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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11.99 ea
Reg. 15.99 ea

Astragalus / oz
HERB PHARM | Oregon/USA



11.99 ea
Reg. 15.99 ea

Turmeric / oz
HERB PHARM | Oregon/USA



11.99 ea
Reg. 15.99 ea

Organic Ginger / oz
HERB PHARM | Oregon/USA



CRUELTY FREE



9.99 ea
Reg. 11.99 ea

Rose Petal Toner / 12 oz
THAYERS | Connecticut/USA



26.99 ea
Reg. 36.99 ea

Lemon Flavored Cod Liver Oil 8.4 oz
CARLSON | Norway



12.99 ea
Reg. 17.99 ea

Kava / oz

HERB PHARM | Oregon/USA



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bfc deals



LOCAL
60
MILES

3⁹⁹ ea
Reg. 5.49 ea

Beet Kvass Beverage 10 oz
REAL PICKLES | Greenfield, MA



LOCAL
60
MILES

10⁹⁹ ea
Reg. 13.99 ea

Spicy Dill Pickles 26 oz
REAL PICKLES | Greenfield, MA



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.

He is dedicated to deepening his community's knowledge about the abundant natural resources available to us and creating products that positively impact as many people as possible.

Chuck's interest in plants and medicine developed quite early in childhood. We love a heartwarming story about a family vocation passed down through generations, but that does not describe Chuck's journey.

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



Demos & Tastings

Stop by and try something new
and amazing at the Co-op!

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 try this wonderful elixir.

Free Tasting with LOCAL Breads!

BREAD DIPPING OILS

TASTE & VOTE

Saturday/November 7

Noon - 2:00 pm



Do you love great local bread? We do, too.

And if there is a bowl of fragrant, garlicky dipping oil alongside is even better. Stop by to evaluate which olive oil makes for the tastiest bread-dripping-with-oil experience.

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bfc deals

Classes & Events

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



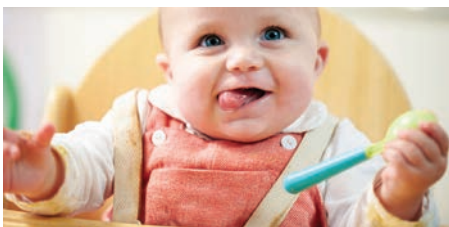
Adult Class

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 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 Class

COOKING CLASS

Vintage Cinnamon Raisin Bread

Saturday/October 24

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.

GUESS THE PUMPKIN WEIGHT

and you could
win candy,
a \$25 BFC
Gift Card,
and the
pumpkin itself!



The contest
runs through
October 25.
The winner
will be
announced
on Monday,
October 26.

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