bfc deals



1.99 lb
Reg. 2.99 lb

Gold Potatoes *PLU#94728*

PICADILLY FARM | *Winchester, NH/USA*

NON GMO Project VERIFIED



Prepacked/ Random Weights

7.99 lb
Reg. 9.99 lb

Beef Top Round Roast

PINELAND BEEF | *Maine/USA*



3.99 lb
Reg. 4.99 lb

Organic Leeks *PLU#94629*

| *USA*

NON GMO Project VERIFIED

THE TURKEYS ARE COMING!

Available Frozen, NOW!

Ferndale market



These will also be available, thawed, closer to Thanksgiving.

2.99 lb

Young Whole Turkeys

FERNDALE MARKET | *Minnesota/USA*

Arriving by Monday, November 23.

Stonewood Farm



LOCAL VERMONT

4.49 lb

Fresh Young Whole Turkeys

STONEWOOD FARM | *Orwell, VT*

Arriving by Tuesday, November 17.

Mary's TURKEY



USDA ORGANIC

5.99 lb

Fresh Whole Turkeys

MARY'S TURKEY | *California/USA*

No turkey pre-orders necessary or accepted
Shop early for best size selections!

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

Sale prices valid
Nov 4 - 17
while supplies last.

BRATTLEBORO FOOD CO-OP
2 Main Street •Brattleboro, VT
Monday-Saturday 8-8; Sunday 9-8
BFC.coop 802-257-0236



LOCAL VERMONT

Prepacked/ Random Weights

9.99 lb

Reg. 10.99 lb

Ground Turkey

MISTY KNOLL FARM | *New Haven, VT*



Fresh Case or Prepacked/ Random Weights

16.99 lb

Reg. 18.99 lb

Wild Caught Cod Fillet

SEAFOOD



Fresh Case or Prepacked/ Random Weights

16.99 lb

Reg. 18.49 lb

Fresh Swordfish Steak

SEAFOOD |



Prepacked/ Random Weights

4.99 lb

Reg. 5.99 lb

Pork Loin Roast

DUBRETON | *Canada*



LOCAL VERMONT

16.99 lb

Reg. 25.49 lb

Madison Blue Cheese

Prepacked/Random Weights

BOUCHER FAMILY FARM | *Highgate Center, VT*

MIFROMA



19.99 lb

Reg. 22.99 lb

Swiss Gruyere *Prepacked/Random Weights*

MIFROMA | *Switzerland*

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



+

Help Us Support Indigenous Foodways Education and Facilitate Indigenous Food Access!

Now through November 17th we all have the opportunity to support the collaboration between two incredible food organizations that align closely with our Co-op mission: **Field Day** and **NATIFS**. We don't even have to do all that much to make a difference! **Field Day will donate $0.05 from every Field Day product sold during this promotion to NATIFs**, an organization dedicated to addressing the economic and health crises affecting Native communities by re-establishing Native Foodways.



The vision of NATIFS is to rekindle and empower Indigenous food sovereignty through a thriving network of regional hubs that celebrate and elevate Indigenous culinary traditions. With a deep commitment to healing, cultural reconnection, and economic empowerment, NATIFS envisions a future where every tribal community across the nation reclaims its food heritage, fosters sustainable local economies, and nurtures the overall well-being of its people.

Natifs has recently opened their first Indigenous Food Lab, a marketplace in Minneapolis selling Indigenous-grown staples like wild rice, corn, honey and beans, in addition to Indigenous-made products like jewelry, artwork, soap, and body care items. The Food Lab is also a pioneering culinary space, offering contemporary Indigenous meals and beverages. The Food Lab is a concept that NATIFS is working towards replicating across the country.

Any time you purchase select Field Day products from November 4th to November 17th you are supporting the NATIFS cause! For those unfamiliar with Field Day, it's worth considering purchasing these products if you care about both eating organic and sticking to a budget! Field Day produces an impressively wide array of USDA certified organic while working hard to remain affordable. **This is our Co-op Basics brand!** Bearing the USDA Organic seal ensures that products are grown and processed according to federal guidelines addressing soil qualities, animal raising practices, the use of additives and more.

North American Traditional Indigenous Food Systems (NATIFS), was founded by James Beard award winner The Sioux Chef, and is dedicated to addressing the economic and health crises affecting Native communities by re-establishing Native foodways.

Look for sale signs on field DAY products!

Learn more about this amazing organization at **NATIFS.org**.



Yellow.
Stoneground.
Dijon.

2.99 ea
Reg. 3.79 ea

Organic Mustards 8 oz

WOODSTOCK | Global



2.69 ea
Reg. 3.29 ea

Organic Capers 3.5 oz

WOODSTOCK | Global



Pitted Kalamata.
Garlic Stuffed.
Red Pepper Stuffed.

4.49 ea
Reg. 5.29 ea

Garlic Stuffed Olives 8.5 oz

WOODSTOCK | Global

Sale prices valid **November 4 - 17**, while supplies last. No Rain Checks.

bfc deals



Masala Chai.
London Fog.
Turmeric Ginger Chai.

5.99 ea
Reg. 7.99 ea

Chai Concentrates *32 oz*

RISHI TEA | *Wisconsin/USA*

NON GMO Project VERIFIED



8.99 ea
Reg. 11.49 ea

Sencha Green Tea *1.37 oz*

RISHI TEA | *Wisconsin/USA*

NON GMO Project VERIFIED



14.99 ea
Reg. 17.99 ea

Drinking Cacaos *8 oz*

EMBUE | *Brattleboro, VT*

Semuliki Forest.
Zorzal.

NON GMO Project VERIFIED

HALFDAY®
PREBIOTIC ICED TEA



Lemon.
Peach.
Green.

1.99 ea
Reg. 2.49 ea

Prebiotic Iced Tea *12 oz*

HALFDAY | *Pennsylvania/USA*



Ginger Meyer Lemon.
Lavender Cucumber.
Basil Berry.

1.79 ea
Reg. 2.29 ea

Herbal Sparkling Waters *12 oz*

AURA BORA | *California/USA*



2 for $4
Reg. 3.29 ea

Lightly Sparkling Waters *11.5 oz*

SHRUBBLY | *Hinesburg, VT*

NON GMO Project VERIFIED



15.99 lb
Reg. 18.99 lb

Guatemalan Coffee *PLU#1808*

ESSELON COFFEE ROASTERS
Hadley, MA



16.99 lb
Reg. 19.99 lb

Migration Celebration Coffee

DEAN'S BEANS
Orange, MA
PLU#1869



16.99 lb
Reg. 19.99 lb

Bruja Espresso Coffee *PLU#1888*

DUCHESS COFFEE | *Brattleboro, VT*



14.99 ea
Reg. 19.99 ea

- Ahab's Revenge
- Birdwatcher Blend
- Colombian
- French Sumatra
- Mexican Chiapas
- Ring of Fire
- Peruvian French Decaf

Whole Bean Coffees *16 oz*

DEAN'S BEANS | *Orange, MA*



19.99 lb
Reg. 22.99 lb

French Roast Decaf Coffee

MOCHA JOE'S | *Brattleboro, VT*
PLU#1804



23.99 lb
Reg. 28.99 lb

Moka Java Coffee *PLU#1857*

FOGBUSTER | *Greenfield, MA*



11.99 lb
Reg. 14.99 lb

Maple Pecan Granola *PLU#1281*

BACK ROADS
Brattleboro, VT



11.99 lb
Reg. 14.99 lb

First Date Granola *PLU#1421*

TRUE NORTH
Brattleboro, VT

Sale prices valid **November 4 - 17**, while supplies last. No Rain Checks.

bfc deals

Producer of the Month

NOVEMBER 2026

Joe's Kitchen™ at Screamin' Ridge Farm™



We don't know if Joe Buley is a cat person, but we do know he has lived many lives. Joe's current role as Vermont's Favorite Soup-Maker, a moniker bestowed by us based on the general enthusiasm we've experienced surrounding this soup, is one of many food-related vocations he's held. Food and community are also what brought him back to his home state of Vermont in 1999 after years of travelling the country and the world.

Elementary-school-aged Joe did not necessarily dream of ladled soup while he was growing up, but he did spend a great deal of quality time cooking with his mother and grandmother as a way of making up for his inability to be outside during allergy season, which was most every season for Joe, who had severe asthma at a time when there wasn't much effective medication for such a thing. But who needs to play outside when you can obsess over the infamously difficult French soufflé?

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



11.99 ea
Reg. 14.99 ea

GF Pie Shells 2-pk 22 oz

HILLSIDE LANE FARM | *Randolph, VT*

CERTIFIED GLUTEN FREE





9.99 ea
Reg. 11.99 ea

12 - 13.6 oz

Bean Burgers, Falafels, Fritters

VT BEAN CRAFTERS | *Warren, VT*



2.99 ea
Reg. 3.99 ea

Garlic Butter 3 oz

BETTER BUTTER | *Idaho/USA*



5.79 ea
Reg. 6.79 ea

Ice Cream Pints 16 oz

BART'S | *Massachusetts/USA*

all flavors!

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



Classic.
Simple.
Unsweetened
Coconut Milk *13.5 oz*

2 for $5
Reg. 3.99 ea

NATIVE FOREST
Thailand/Sri Lanka



Ginger.
Original.
Chocolate Chip.

4.49 ea
Reg. 6.49 ea

Gluten Free Oat Grahams *5.64 oz*

NAIRN'S OATCAKES | *Scotland*



Mixed Berries.
Strawberries.

4.99 ea
Reg. 6.49 ea

Organic Frozen Fruit *10 oz*

WOODSTOCK | *Global*



3.49 ea
Reg. 4.79 ea

Genovese Pesto *7.9 oz*

CUCINA & AMORE | *Peru*



Sunfower Butter Strawberry.
Chocolate Peanut Butter Raspberry.
Cashew Butter Blueberry.
Peanut Butter Grape.

2 for $5
Reg. 2.99 ea

Jammy Protein Bites *1.8 oz*

SMASH FOODS | *NYC/USA*



3.99 ea
Reg. 5.49 ea

Apple Juice Boxes 8-Pk *54 oz*

LAKEWOOD | *Florida/USA*



5.99 ea
Reg. 7.29 ea

Smoked Trout In Olive Oil *3.2 oz*

COLE'S | *Chili*



2 for $10
Reg. 6.99 ea

All Butters, Spreads, Preserves, Jams, and Marmelades *8.5 - 9 oz*

SIDEHILL FARM | *Brattleboro, VT*



8.99 ea
Reg. 10.49 ea

Creamy Almond Butter *16 oz*

OCTONUTS
California/USA





7.99 ea
Reg. 9.69 ea

Organic Balsamic Glaze *8.5 oz*

DE NIGRIS | *Italy*

Sale prices valid **November 4 - 17**, 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**
Bengal Bites *60 ct*	Reg. 12.99 ea ..... **Now 9.99 ea**
L-Carnitine *30 ct*	Reg. 15.99 ea ..... **Now 11.99 ea**
Creatine Monohydrate *16 oz*	Reg. 24.99 ea ..... **Now 19.99 ea**
L-Glutamine *50 ct*	Reg. 7.99 ea ..... **Now 5.99 ea**
L-Lysine 500 mg *50 ct*	Reg. 7.99 ea ..... **Now 5.99 ea**
L-Lysine 500 mg *100 ct*	Reg. 12.99 ea ..... **Now 9.99 ea**
L-Lysine1000 mg *120 ct*	Reg. 17.99 ea ..... **Now 13.99 ea**
L-Theanine 200 mg *60 ct*	Reg. 22.99 ea ..... **Now 17.99 ea**
Organic Plant Protein Chocolate *14.5 oz*	Reg. 28.99 ea ..... **Now 22.99 ea**
Organic Plant Protein Vanilla *13.4 oz*	Reg. 28.99 ea ..... **Now 22.99 ea**
Organic Spirulina mg *100 ct*	Reg. 10.99 ea ..... **Now 8.49 ea**

DIGESTIVE HEALTH

Acidophilus *100ct*	Reg. 10.99 ea ..... **Now 7.99 ea**
Acidophilus Bifidus *100 ct*	Reg. 19.99 ea ..... **Now 15.99 ea**
Apple Cider Vinegar *60ct*	Reg. 12.99 ea ..... **Now 9.99 ea**
Berberine Chromium *60 ct*	Reg. 21.99 ea ..... **Now 16.99 ea**
DGL *90 ct*	Reg. 12.99 ea ..... **Now 9.99 ea**
Enzyme Caps *100 ct*	Reg. 21.99 ea ..... **Now 16.99 ea**
Green Tea Extract *90 ct*	Reg. 11.99 ea ..... **Now 9.49 ea**
Liver Detox *60 ct*	Reg. 15.99 ea ..... **Now 12.99 ea**
Milk Thistle 175 mg *50 ct*	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 13.99 ea**
Probiotic Quattro *50 ct*	Reg. 15.99 ea ..... **Now 11.99 ea**
Organic Whole Psyllium *12 oz*	Reg. 17.99 ea ..... **Now 13.99 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 13.99 ea**
Ultimate Eye Formula *60 ct*	Reg. 33.99 ea ..... **Now 26.99 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

CoQ10 100 mg *30 ct*	Reg. 16.99 ea ..... **Now 12.99 ea**
CoQ10 100 mg *60 ct*	Reg. 26.99 ea ..... **Now 19.99 ea**
CoQ10 30 mg *60 ct*	Reg. 11.99 ea ..... **Now 9.99 ea**
CoQ10 60 mg *30 ct*	Reg. 10.99 ea ..... **Now 8.49 ea**
Garlic 100:1 *250 ct*	Reg. 13.99 ea ..... **Now 10.99 ea**
Garlic 500 mg *100 ct*	Reg. 7.99 ea ..... **Now 5.99 ea**
Ginkgo Biloba 60 mg *60 ct*	Reg. 10.99 ea ..... **Now 7.99 ea**
Grape Seed Extract 50 mg *60 ct*	Reg. 12.99 ea ..... **Now 9.99 ea**
Healthy Blood Pressure *60 ct*	Reg. 11.99 ea ..... **Now 8.99 ea**
High Allicin Garlic 500 mg *60 ct*	Reg. 11.99 ea ..... **Now 9.49 ea**
Lecithin 1200 mg *100 ct*	Reg. 11.99 ea ..... **Now 8.99 ea**
Red Yeast Rice *60 ct*	Reg. 13.99 ea ..... **Now 10.99 ea**
Veg COQ10 100 mg *30 ct*	Reg. 13.99 ea ..... **Now 10.99 ea**

IMMUNE & ANTIOXIDENT SUPPORT

Echinacea 400 mg *100 ct*	Reg. 14.99 ea ..... **Now 11.99 ea**
Glutathione 500 mg *30 ct*	Reg. 17.99 ea ..... **Now 13.99 ea**
Organic Cranberry *30 ct*	Reg. 13.99 ea ..... **Now 10.99 ea**
Zinc Lemon Lozenges *60 ct*	Reg. 8.99 ea ..... **Now 6.99 ea**
Zinc Picolinate 30 mg *100 ct*	Reg. 11.99 ea ..... **Now 8.99 ea**

JOINT, BONE, AND BEAUTY

Bromelain 500 mg *90 ct*	Reg. 21.99 ea ..... **Now 16.99 ea**
Evening Primrose *90 ct*	Reg. 14.99 ea ..... **Now 11.99 ea**
Evening Primrose *180 ct*	Reg. 22.99 ea ..... **Now 17.99 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 15.99 ea**
Glucosamine Chondroitin *90 ct*	Reg. 25.99 ea ..... **Now 19.99 ea**
Glucosamine Chondroitin *180 ct*	Reg. 46.99 ea ..... **Now 36.99 ea**
Gluco/Chondroitin MSM *120 ct*	Reg. 27.99 ea ..... **Now 21.99 ea**
Hyaluronic Acid 100 mg *50 ct*	Reg. 19.99 ea ..... **Now 15.99 ea**
MSM *120 ct*	Reg. 18.99 ea ..... **Now 13.99 ea**
Pure Collagen Peptides *14.1 oz*	Reg. 26.99 ea ..... **Now 19.99 ea**
Veg Glucosamine 750 mg *60 ct*	Reg. 16.99 ea ..... **Now 12.99 ea**

MINERALS

- Alpha-Lipoic Acid *30 ct*
- Alpha-Lipoic Acid *60 ct*
- Alpha-Lipoic Acid 300 mg *60 ct*
- Cal-Mag Citrate *100 ct*
- Cal-Mag Citrate *250 ct*
- Cal-Mag-Zinc *100 ct*
- Chelated Calcium Mag. *250 ct*
- Chelated Magnesium *90 ct*
- Chromium Picolinate 200 mcg *100 ct*
- Daily Essential Minerals *60 ct*
- Iron Ccomplex 29 mg *30 ct*
- Kelp *250 ct*
- Magnesium L-Threonate *90 ct*
- Mega Magnesium *90 ct*
- Methyl B-12 1000 mcg *100 ct*
- Methyl B-12 5000 mcg *60 ct*
- Potassium 99 mg *100 ct*
- Selenium 100 mcg *100 ct*

VITAMIN E VITAMIN D

- Calcium Citrate + Vit D *60 ct*
- Calcium Citrate + Vit D *120 ct*
- D-3 400 IU *100 ct*
- D-3 400 IU *250 ct*
- D3 1000 IU *100 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*

Save BIG during our BFC Supplement Sale.

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

up to 30%

on select BFC Supplements!



Reg. 7.99 ea	**Now 5.99 ea**
Reg. 15.99 ea	**Now 11.99 ea**
Reg. 25.99 ea	**Now 19.99 ea**
Reg. 14.99 ea	**Now 11.99 ea**
Reg. 24.99 ea	**Now 19.99 ea**
Reg. 11.99 ea	**Now 9.49 ea**
Reg. 23.99 ea	**Now 18.99 ea**
Reg. 11.99 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 5.49 ea**
Reg. 12.99 ea	**Now 9.99 ea**
Reg. 32.99 ea	**Now 25.99 ea**
Reg. 14.99 ea	**Now 11.99 ea**
Reg. 14.99 ea	**Now 11.99 ea**
Reg. 19.99 ea	**Now 15.99 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. 14.99 ea	**Now 11.99 ea**
Reg. 5.99 ea	**Now 4.99 ea**
Reg. 11.99 ea	**Now 8.99 ea**
Reg. 7.99 ea	**Now 5.99 ea**
Reg. 10.99 ea	**Now 8.49 ea**
Reg. 19.99 ea	**Now 15.99 ea**
Reg. 14.99 ea	**Now 11.99 ea**
Reg. 15.99 ea	**Now 11.99 ea**
Reg. 11.99 ea	**Now 9.49 ea**
Reg. 7.99 ea	**Now 5.99 ea**
Reg. 31.99 ea	**Now 24.99 ea**

MULTIVITAMINS

Basic-Multi *30 ct*	Reg. 9.99 ea ..... **Now 7.99 ea**
Basic-Multi *90 ct*	Reg. 17.99 ea ..... **Now 12.99 ea**
Basic-Multi *180 ct*	Reg. 25.99 ea ..... **Now 19.99 ea**
Complete Food Multi *60 ct*	Reg. 18.99 ea ..... **Now 14.99 ea**
Hair Skin & Nails Multi *60 ct*	Reg. 18.99 ea ..... **Now 14.99 ea**
Healthy Aging Multi *60 ct*	Reg. 13.99 ea ..... **Now 10.99 ea**
Healthy Aging Multi *120 ct*	Reg. 23.99 ea ..... **Now 18.99 ea**
Iron Free Basic Multi *90 ct*	Reg. 20.99 ea ..... **Now 15.99 ea**
Prenatal Once Daily Multi *60 ct*	Reg. 14.99 ea ..... **Now 11.99 ea**

VITAMINS & FOLATE

B-Complex *60 ct*	Reg. 11.99 ea ..... **Now 9.49 ea**
B-Complex *60 ct*	Reg. 12.99 ea ..... **Now 10.99 ea**
B12 1000 mcg Lozenge *100 ct*	Reg. 12.99 ea ..... **Now 9.99 ea**
B6 100 mg *100 ct*	Reg. 8.99 ea ..... **Now 6.99 ea**
Balanced B-100 *90 ct*	Reg. 23.99 ea ..... **Now 18.99 ea**
Balanced B-50 *90 ct*	Reg. 13.99 ea ..... **Now 10.99 ea**
Biotin 5 mg *60 ct*	Reg. 10.99 ea ..... **Now 8.99 ea**
Biotin 10 mg *60 ct*	Reg. 14.99 ea ..... **Now 11.99 ea**
Biotin 500 mcg *30 ct*	Reg. 5.99 ea ..... **Now 4.49 ea**
Folic Acid 800 mcg *250 ct*	Reg. 11.99 ea ..... **Now 8.99 ea**
Methyl Folate *90 ct*	Reg. 13.99 ea ..... **Now 10.99 ea**
Niacin *100 ct*	Reg. 10.99 ea ..... **Now 8.49 ea**
Vitamin B Supreme Stress *100 ct*	Reg. 35.99 ea ..... **Now 27.99 ea**

ESSENTIAL FATTY ACIDS

Cod Liver Oil *250 ct*	Reg. 16.99 ea ..... **Now 12.99 ea**
Concentrated Omega-3 *60 ct*	Reg. 16.99 ea ..... **Now 12.99 ea**
Concentrated Omega-3 *120 ct*	Reg. 30.99 ea ..... **Now 23.99 ea**
Omega-3 One/Day *90 ct*	Reg. 29.99 ea ..... **Now 23.99 ea**
Organic Flaxseed Oil *180 ct*	Reg. 23.99 ea ..... **Now 18.99 ea**

VITAMIN C

Ascorbyl Palmitate 500 mg *90 ct*	Reg. 16.99 ea ..... **Now 12.99 ea**
Chewable C *50 ct*	Reg. 9.99 ea ..... **Now 7.99 ea**
Bio C Caps Vitamin C 250 mg *250 ct*	Reg. 35.99 ea ..... **Now 27.99 ea**
Bio C Caps Vitamin C 500 mg *100 ct*	Reg. 16.99 ea ..... **Now 12.99 ea**
Buffered C 1000 mg *100 ct*	Reg. 20.99 ea ..... **Now 15.99 ea**
Chewable C *100 ct*	Reg. 19.99 ea ..... **Now 15.99 ea**
Chewable Calcium *60 ct*	Reg. 10.99 ea ..... **Now 8.99 ea**
Vit C 1000 mg w/RHips *100 ct*	Reg. 15.99 ea ..... **Now 11.99 ea**
Vit C 1000 mg w/RHips *250 ct*	Reg. 28.99 ea ..... **Now 22.99 ea**
Vit C 500 mg w/RHips *250 ct*	Reg. 19.99 ea ..... **Now 15.99 ea**
Vit C Caps 1000 mg *100 ct*	Reg. 16.99 ea ..... **Now 12.99 ea**
Vit C Crystal Powder *4 oz*	Reg. 13.99 ea ..... **Now 10.99 ea**

SLEEP & STRESS RELIEF

5-HTP 100 mg *60 ct*	Reg. 19.99 ea ..... **Now 15.99 ea**
Mag Relax Powder *16 oz*	Reg. 29.99 ea ..... **Now 23.99 ea**
Melatonin 1 mg Lozenge *60 ct*	Reg. 5.99 ea ..... **Now 4.99 ea**
Melatonin 3 mg *60 ct*	Reg. 6.99 ea ..... **Now 5.49 ea**
Melatonin 3 mg *120 ct*	Reg. 11.99 ea ..... **Now 8.99 ea**
Melatonin 10 mg *60 ct*	Reg. 11.99 ea ..... **Now 9.49 ea**
Melatonin 10 mg *120 ct*	Reg. 21.99 ea ..... **Now 16.99 ea**
Melatonin Plus *100 ct*	Reg. 11.99 ea ..... **Now 8.99 ea**
Melatonin Plus 5 mg *50 ct*	Reg. 6.99 ea ..... **Now 5.49 ea**
Sleep Support w/Melatonin *50 ct*	Reg. 11.99 ea ..... **Now 9.49 ea**

MEN'S & WOMEN'S HEALTH

Prostate Support *60 ct*	Reg. 32.99 ea ..... **Now 25.99 ea**
Men's Food Multi 45+ *90 ct*	Reg. 24.99 ea ..... **Now 19.99 ea**
Men's Once Daily Multi *90 ct*	Reg. 33.99 ea ..... **Now 26.99 ea**
Women's 45+ Multi *90 ct*	Reg. 24.99 ea ..... **Now 19.99 ea**
Women's Once Daily Multi *90 ct*	Reg. 34.99 ea ..... **Now 27.99 ea**
Women's Support Probiotic *60 ct*	Reg. 27.99 ea ..... **Now 21.99 ea**

BRATTLEBORO **FOOD** CO-OP

Sale prices valid **November 4 - 17**, while supplies last. No Rain Checks.

bfc deals

AHLBIN'S
Tried & True



3.99 ea Reg. 4.99 ea
Fire Cider
Wellness Swig *2 oz*



11.99 ea Reg. 15.99 ea
Fire Cider *8 oz*

19.99 ea Reg. 25.99 ea
Fire Cider *16 oz*



LOCAL 60 MILES

AHLBIN'S HOMEMADE | *Greenfield, MA*



18.99 ea Reg. 23.99 ea
Mycolytes
Electrolyte Dissolvable Tablets

WHOLESUN WELLNESS | *USA* *30 ct*



35.99 ea Reg. 44.99 ea
Turkey Tail
Mushroom Powder *2.12 oz*

WHOLESUN WELLNESS | *USA*



31.99 ea Reg. 39.99 ea
Deep Immune
Health Mushroom Powder *1.06 oz*



35.99 ea Reg. 44.99 ea
Deep Immune
Health Mushroom Caps *60 ct*

WHOLESUN WELLNESS | *USA*



2 for $3 Reg. 1.99 ea
Mushroom
Morning Blend Packet *.28 oz*

OM | *California/USA*



Berry Pomegranate.
Lemonade.

2 for $3 Reg. 1.99 ea
Hydration Powder Packets *.29 oz*

CURE | *NYC/USA*



25.99 ea Reg. 35.99 ea
Mushroom
Morning Energy Blend *8.47 oz*

OM | *California/USA*

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



Red Blend.
White Blend.
Environmentally Friendly

11.99 ea Reg. 12.99 ea

Les Fleurs Wine Blends *750 ml*

LES FLEURS | *France*



16.49 ea Reg. 17.99 ea

Côtes du Rhône *750ml*

PAUL AUTARD | *France*



22.99 ea Reg. 27.99 ea

Hazel Pinot Noir *750 ml*

HAZEL WINE COMPANY | *Oregon/USA*



LOCAL VERMONT

17.99 ea Reg. 19.99 ea

Long Trail Ale 12-pk *12 oz/144 oz*

LONG TRAIL | *Bridgewater Corners, VT*



LOCAL VERMONT

10.99 ea Reg. 11.99 ea

Double Bag Ale 6-pk *12 oz/72 oz*

LONG TRAIL | *Bridgewater Corners, VT*



LOCAL VERMONT

17.99 ea Reg. 19.99 ea

IPA Mix Pack 12-pk *12 oz/144 oz*

LONG TRAIL | *Bridgewater Corners, VT*

Remember to bring your reusable containers & bags.



Thank you for being ecologically conscious!



USDA ORGANIC

POWERFUL
Biobased
Clean

4.49 ea Reg. 5.99 ea

Free & Clear
All Purpose Cleaner *23 oz*

SEVENTH GENERATION | *USA*

Classes & Events

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

Free Sampling
Krin's Bakery



Fri/Nov 6 • 11:30 am - 2:30 pm

Sample a new line of freshly baked local cookies. Krin's Bakery in Huntington, Vermont has been growing by leaps and bounds and we, certainly, are excited to try every one! Stop by to meet a Krin's employee and enjoy a taste.

Free Sampling
Shrubbly



Fri/Nov 6 • 11:30 am - 2:30 pm

Do you want something cool, flavorful, and bubbly, but without the sugar rush? How about some Shrubbly? This sparkling water is produced in Vermont using local ingredients. Stop by to meet Kiley and try a sip of this amazing locally made sparkling water.

Free Sampling
BREAD DIPPING OILS
TASTE & VOTE



Sat/Nov 7
Noon - 2:00 pm

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

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.

Free Sampling
MUSHROOM POWDERS



Thurs/Nov 19
Noon - 1:45 pm

Did you know that not all mushroom powders are created equal? Stop by Wellness Department to meet Anne from WholeSun Wellness, and learn more about what makes mushroom powders supportive of your family's health at this challenging time of year.

Save the Date!
Free Adult Cooking Class
HOW TO MAKE MAPLE SUGAR & MAPLE CREAM PIE

Sat/Nov 21 • 10:30 am - 12:30 pm

Save the Dates!
Free Kids Workshop
DECORATE GINGERBREAD HOUSES WITH DRIED FRUIT



Sat/Nov 28 or Sat/Dec 12
10:30 - 11:30 am or Noon - 1:00 pm

LET US DO THE COOKING.

BFC MADE

You Enjoy the Day!

LOCAL VERMONT

Order a **Turkey Feast** or a **Vegan Feast**



Full Dinners for 2 (two) and four (4) people with all the trimmings ready to heat and eat.

Place your order (online only) by 5:00 pm Friday, November 20th for pick up on Wednesday, November 25th.



BFC.coop/Feasts

You must **REGISTER** for all classes!

Scan QR code or visit

BFC.coop/Events

Sale prices valid **November 4 - 17**
While supplies last. No Rain Checks. Prices subject to change.

bfc deals