

BULK

\$12.29/lb NEW!

ORGANIC
TIERRA FARMS
THAI SPICED
CASHEWS
Regular Price \$14.13

\$12.99/lb

ORGANIC
TIERRA FARMS
RAW CACAO NIBS
Regular Price \$14.93

\$12.39/lb

DEANS BEANS
NO CO2 CARBON
NEUTRAL COFFEE
Regular Price \$12.99

\$12.39/lb

SUMATRA
FRENCH ROAST
COFFEE
Regular Price \$12.99

\$1.79/lb

ORGANIC
BULGUR
Regular Price \$2.37

\$3.99/lb

ORGANIC NO SALT.
DRY ROASTED
PEANUTS
Regular Price \$5.36

\$1.69/lb

ORGANIC
DARK RED
KIDNEY BEANS
Regular Price \$2.25

\$7.99/lb

ORGANIC
BLACK CHIA SEEDS
Regular Price \$10.69

\$2.79/lb

ORGANIC
SHELLED RAW
SUNFLOWER SEEDS
Regular Price \$3.71

\$2.89/lb

GOLDEN TEMPLE
GRANOLAS
Regular Price \$4.39

French Vanilla Almond,
Cherry Vanilla,
Coconut Almond,
Strawberry Vanilla, Hemp

\$.99/lb

LUNDBERG
SHORT GRAIN
BROWN RICE
Regular Price \$1.59

Eco-Farmed

\$1.29/lb

LUNDBERG
LONG GRAIN
BROWN RICE
Regular Price \$1.79

Eco-Farmed

\$1.47/lb NEW!

BLACK LENTILS
Regular Price \$2.20

MEMBERSHIP OPTIONS

To join, fill out a membership form at the Co-Op and pay the annual \$5 membership fee.

Working Member: Must work 2 hours each quarter throughout the year to receive a 10% discount

Core Worker: 2 hours per week, 20% discount

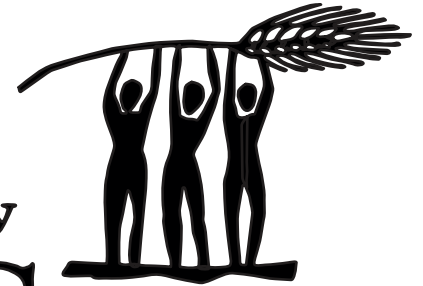
Non-Working Member: No work required, 5% discount

Senior Member: 62 or wiser, no work requirement, 10% discount

NORTH COUNTRY CO-OP

25 Bridge Street • 518-561-5904 • M-F 9-7 • Sat 9-5 • Sun 12-5

Don't forget 10% discounts for bulk/case orders!



North Country
Food Co-op

For the community. By the community.

SALES FLYER JULY



\$1.19

RICE DREAM
DREAM PIES
Regular Price \$1.75



\$3.79

ORGANIC
SUNSHINE BURGERS
Regular Price \$5.49 • 2 Pack Original

\$5.59

FIELD ROAST
BURGERS
Regular Price \$7.69

\$7.49

THE PIGGERY
LEMONGRASS/GINGER
PORK SAUSAGES
Regular Price \$7.99 • 12oz

\$5.99

CONROY
GROUND BEEF
Regular Price \$6.99 • 1lb

*Fastest.moooooving cows
in the North Country!*

GROCERY

\$3.39

GALIL STUFFED GRAPE LEAVES
Regular Price \$3.99 • 14oz

\$1.99

BANH PRO MEDIUM PAD THAI NOODLES
Regular Price \$2.50 • 16oz

\$9.59

AEGEAN STUFFED GRAPE LEAVES
Regular Price \$10.99 • 70oz

\$1.99

SUMMIT THIN PAD THAI NOODLES
Regular Price \$2.50 • 12oz

\$3.49

DANDIE VEGAN MARSHMALLOWS
Regular Price \$5.29 • 10oz

\$1.45

SIMPLE FOODS CAROB RICE CAKES
Regular Price \$1.69
Mint, Almond Butter, Plain



\$1.75

ALTERNATIVE BAKING COMPANY COOKIES
Regular Price \$2.05
All Flavors

\$1.60

ALTERNATIVE BAKING COMPANY GLUTEN-FREE COOKIES
Regular Price \$1.89
All Flavors

\$2.39

MARUKA RICE VINEGAR
Regular Price \$3.59 • 12oz

\$4.99

MOUNTAIN RISE ORGANICS GRANOLA
Regular Price \$5.99
Vegan, Chunky Cocoa (vegan), Monkey Business, Spice of Life

\$1.79

DIVINE 85% DARK CHOCOLATE
Regular Price \$2.99 • 5oz

\$2.49

FIELD DAY ASSORTED SALAD DRESSINGS
Regular Price \$3.99 • 8oz

\$3.19

GOOD HEALTH VEGGIE STIX
Regular Price \$4.69 • 6.75oz

\$3.19

COOL FRUITS FOUR FLAVOR FREEZER POPS
14oz

\$2.49

ORGANIC GREEN MOUNTAIN GRINGO BLUE TORTILLA STRIPS
Regular Price \$3.79 • 8oz

\$4.49

ORGANIC WOODSTOCK PICKLES
Regular Price \$6.69 • 24oz
Kosher Dill, Bread & Butter, Sweet

\$2.79

SUSTAINABLE SEAS ALBACORE IN WATER TUNA
Regular Price \$4.29 • 4.1oz



\$7.49

ORGANIC NATURE'S PATH CEREALS
Regular Price \$10.49 • 26.4oz
Eco Packs, Mesa Sunrise, Honey'd Corn Flake

\$8.59

ORGANIC NATURE'S PATH CEREALS
Regular Price \$11.99 • 32oz
Eco Packs, Heritage Flakes

GROCERY



\$2.00

VITA COCO PURE COCONUT WATER
Regular Price \$2.99 • 500ml



\$2.49

ORGANIC WOODSTOCK MUSTARD
Regular Price \$3.79 • 8oz
Yellow, Regular, Dijon, Stoneground



\$3.99

ORGANIC BEARITOS BLUE CORN TORTILLA CHIPS
Regular Price \$6.49 • 16oz



\$4.89

REED'S GINGER BREW
Regular Price \$7.09 • 4/12oz
Original, Lite, Extra, Premium



\$1.89

GREEN MOUNTAIN GRINGO TORTILLA STRIPS
Regular Price \$2.89 • 8oz



\$3.79

GREEN MOUNTAIN GRINGO SALSA
Regular Price \$5.79 • 16oz

REFRIGERATED

\$1.29

CHOBANI YOGURT
Regular Price \$1.89 • 5.3oz

\$4.69

FOLLOW YOUR HEART VEGANAISE WITH GRAPESEED OIL
Regular Price \$7.59

\$2.99

LIGHTLIFE FAT FREE SMART DOGS
Regular Price \$4.99

\$3.99

WILDWOOD ORIGINAL TOFU BURGERS
Regular Price \$4.59

\$7.49

THE PIGGERY PIGDOGS
Regular Price \$7.99 • 12oz