

HOUSEHOLD



\$1.58

**PRESERVE
FOOD STORAGE
CONTAINERS**

Regular Price \$2.19 • 8oz



\$3.22

**PRESERVE
FOOD STORAGE
CONTAINERS**

Regular Price \$6.49
Sandwich 2-Pack

FROZEN

\$4.49

**ORGANIC
BLAKE
CHICKEN POT PIES**

Regular Price \$6.49 • 8oz

\$4.89

**RUDI'S
GLUTEN-FREE
SANDWICH BREAD**

Regular Price \$7.19 • 18oz

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

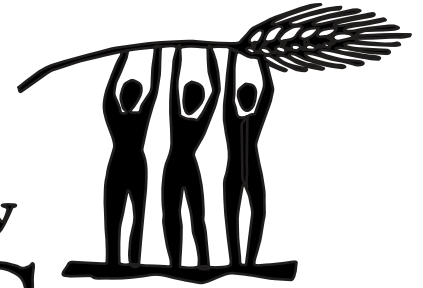
Non-Working Member: No work required, 5% discount

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 OCTOBER



\$8.47

THAYER WITCH HAZEL

Regular Price \$9.99 • 12oz
Lavender Aloe,
Rose Aloe,
Unscented

GROCERY

\$3.82

**ORGANIC BRAGG'S
APPLE CIDER
VINEGAR**
Regular Price \$4.49 • 16oz
Raw, Unfiltered

\$6.11

**ORGANIC BRAGG'S
APPLE CIDER
VINEGAR**
Regular Price \$7.19 • 32oz
Raw, Unfiltered

\$19.03

**ORGANIC BRAGG'S
APPLE CIDER
VINEGAR**
Regular Price \$22.39 • Gallon
Raw, Unfiltered

\$2.50

**BEARITOS
EXTRA CHEDDAR
CRUNCHITOS**
Regular Price \$3.69 • 6oz

\$2.00

**BOBO'S
OAT BARS**
Regular Price \$2.89 • 3oz
Assorted

\$2.79

**CROFTER'S
PREMIUM FRUIT
SPREADS**
Regular Price \$4.49 • 10oz
Assorted

\$3.29

**ORGANIC CROFTER'S
JUST FRUIT
SPREADS**
Regular Price \$4.99 • 10oz
Assorted

\$7.59

**ORGANIC
DR. BRONNER
COCONUT OIL**
Regular Price \$12.29 • 14oz
Whole Kernel

\$2.29

**FOOD SHOULD
TASTE GOOD
TORTILLA CHIPS**
Regular Price \$3.49 • 5.5oz
Assorted

\$4.29

**GOOD HEALTH
VEGGIE STIX**
Regular Price \$6.59 • 6/1oz
Single Serve Pack

\$1.25

KIND BARS
Regular Price \$2.09 • 1.4oz
Assorted

\$8.19

**ZOE
EXTRA VIRGIN
OLIVE OIL**
Regular Price \$11.99 • 25.5oz

\$9.49

**ORGANIC ZOE
EXTRA VIRGIN
OLIVE OIL**
Regular Price \$13.99 • 25.5oz

\$4.23

**NEW! OLOMOND
GLUTEN-FREE
ALMONDS**
Regular Price \$5.29 • 4oz
Cherry Vanilla,
Cinnamon Cayenne,
Vinegar Sea Salt

\$4.23

**NEW! OLOMOND
GLUTEN-FREE
PECANS**
Regular Price \$5.29 • 4oz
Maple Masala

\$2.69

**NEW! BLUE DIAMOND
HINT OF HONEY
NUT THINS**
Regular Price \$3.59
Cinnamon, Mustard

\$4.29

**BAKERY MAIN
GLUTEN-FREE
INSTANT OATMEAL**
Regular Price \$6.29 • 10.5oz
Carrot Cake

\$3.99

**GLUTINO
BREAKFAST BARS**
Regular Price \$6.49 • 12/1oz
Apple, Strawberry

\$2.59

**DEBOLES
NO-BOIL
LASAGNA NOODLES**
Regular Price \$3.89 • 10oz
Gluten-Free

\$2.50

**GLUTINO
GLUTEN-FREE
CRACKERS**
Regular Price \$3.49 • 4.25oz
Rosemary Olive Oil, Sea Salt

\$3.99

**JENNIES
COCONUT
MACAROONS**
Regular Price \$5.79 • 6/8.5oz

\$3.50

**UDI'S
GRANOLA BARS**
Regular Price \$5.79 • 6/5/1.23oz
Chocolate

\$3.99

**UDI'S
GLUTEN-FREE
GRANOLA**
Regular Price \$6.79 • 12oz
Au Natural, Vanilla

BULK

\$2.99/lb

**ORGANIC
COCONUT**
Regular Price \$3.84
Shredded, Unsweetened

\$3.69/lb

**ORGANIC
GOLDEN SULTANA
RAISINS**
Regular Price \$4.89

\$5.29/lb

**ORGANIC
RED
QUINOA**
Regular Price \$6.90

\$1.79/lb

**ORGANIC
RED SPLIT
LENTILS**
Regular Price \$2.34

\$2.89/lb

**ORGANIC
GRANOLA**
Regular Price \$4.39
French Vanilla Almond

\$2.29/lb

**ORGANIC
RICE**
Regular Price \$3.18
Lundberg Brown Basmati

\$1.29/lb

**ORGANIC
ROLLED OATS**
Regular Price \$1.59

REFRIGERATED

\$2.29

**WOODSTOCK
TOFU
WATERPACK**
Regular Price \$3.19 • 14oz
Firm, Extra Firm

\$1.09

**WHOLESOY
BLUEBERRY
YOGURT**
Regular Price \$1.65 • 6oz

\$3.79

**BLUE DIAMOND
ALMOND BREEZE**
Regular Price \$5.49 • 64oz
Vanilla Unsweetened

\$4.07

**HAIL MERRY
TARTS**
Regular Price \$4.79
Assorted

\$4.49

**NEW! GOOD BELLY
PROBIOTIC DRINK**
Regular Price \$4.99 • 32oz
Blueberry Acai,
Gluten-Free Tropical Orange

\$6.45

**FOLLOW
YOUR HEART
GEGENAISE**
Regular Price \$7.09 • 16oz
Grapeseed Oil

\$4.94

**TOFURKEY
SAUSAGES**
Regular Price \$5.49 • 14oz
Sweet Italian

\$4.61

**WESTSOY
SEITAN**
Regular Price \$6.59 • 18oz
Chicken Style