

EASY  
TO JOIN

# Kootenay

co-op

## ON SPECIAL = THIS WEEK =

7-DAY SALE  
JANUARY 5 - 11

### Organic Lemons

2lb bag  
California



REG \$6.99  
**\$4.99**  
/BAG



SAVE \$2

### Organic Grapefruit

California



REG \$2.49  
**\$1.99**  
/LB

\$4.38/kg

20% OFF



3-DAY SALE  
JANUARY 5 - 7

15% OFF

### Kombucha on Tap

All Kootenay Kombucha Flavours  
South Slokan

REG \$8.49  
**\$7.21**  
/KG



TRUE  
LOCAL

### Organic Navel Oranges

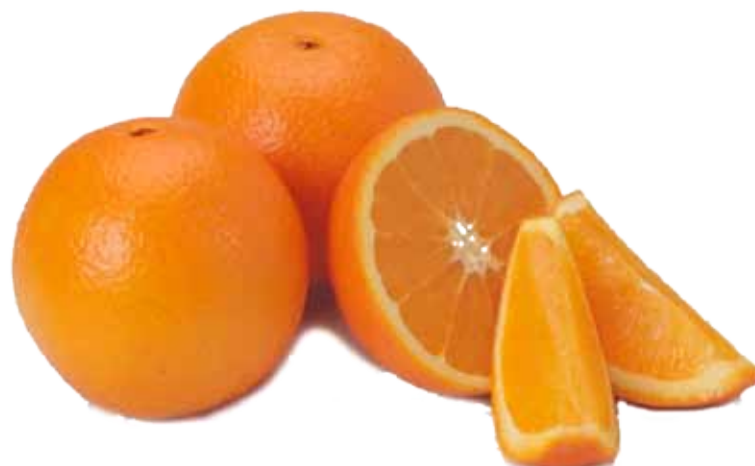
California



REG \$2.49  
**\$1.99**  
/LB

\$4.38/kg

20% OFF



### Organic Pears

D'Anjou ~ Bosc  
Okanagan, BC



REG \$2.49  
**\$1.99**  
/LB

\$4.38/kg

20% OFF



### Yarrow Meadow Chicken Legs

Frasier Valley, BC



REG \$7.49  
**\$6.74**  
/LB

\$14.83/kg

10% OFF



Free-range

### Organic Broccoli Crowns

Mexico



REG \$3.49  
**\$2.99**  
/LB

\$6.58/kg

14% OFF



### McIntyre Farms Organic Red Potatoes

Argenta, BC



REG \$1.99  
**\$1.49**  
/LB

\$3.28/kg

25% OFF



### Beef Short Ribs

REG \$8.99  
**\$7.64**  
/LB

\$16.81/kg

15% OFF



Beef chuck (stew) also on sale.

### Organic Avocados

2lb bag  
Mexico



REG \$6.99  
**\$5.99**  
/BAG

SAVE \$1



### Organic Black Kale

California



REG \$3.49  
**\$2.99**  
EA

14% OFF



### Wild Fresh Sole Fillets

REG \$9.49  
**\$8.54**  
/LB

\$18.79/kg

10% OFF



## EAT WELL. BE WELL.