

PRICING FOR MEMBERS ONLY

EASY TO JOIN

# Kootenay

co-op

## ON SPECIAL = THIS WEEK =

Prices are for members only while supplies last. We reserve the right to correct errors.

### 7-DAY SALE MAY 11 - MAY 17



ORGANIC TRUE LOCAL

**\$8<sup>99</sup>** EA  
10% OFF

Hummingbird Farm  
**Organic Tulips**  
Vallican, BC



ORGANIC TRUE LOCAL

**\$5<sup>99</sup>** /LB  
SAVE \$2  
\$13.18/kg

Mobetta Farm  
**Organic Asparagus**  
Grand Forks, BC

### 3-DAY SALE MAY 11 - 13

ORGANIC



**\$3<sup>99</sup>** EA  
SAVE \$3

**Organic Strawberries**  
(1lb box)  
Mexico



FROM BC ORGANIC

**\$1<sup>79</sup>** /LB  
40% OFF  
\$3.94/kg

**Organic Apples**  
Okanagan | All Varieties



ORGANIC

**\$2<sup>99</sup>** PINT  
25% OFF

**Organic Cherry Tomatoes (clamshell)**  
Mexico



FROM BC

**\$10<sup>34</sup>** /LB  
10% OFF  
\$22.75/kg

Yarrow Meadows Farm  
**Chicken Legs**  
Fraser Valley, BC | Seasoned



ORGANIC

**\$2<sup>79</sup>** EA  
20% OFF

**Organic Black Kale**  
Mexico



ORGANIC

**\$1<sup>49</sup>** EA  
**\$19<sup>99</sup>** 18CASE  
25% OFF SAVE \$5

**Organic Ataulfo Mangos**  
Mexico



TRUE LOCAL

**\$10<sup>25</sup>** /LB  
10% OFF  
\$22.55/kg

Kootenay Natural Meats  
**Extra Lean Ground Beef**  
Creston, BC | Pasture-raised



TRUE LOCAL

**\$54<sup>99</sup>** 4L  
SAVE \$15

Mountain Sky  
**Castille Soap**  
Crescent Valley, BC



**\$15<sup>59</sup>** /LB  
20% OFF  
\$34.30/kg

**Fresh Arctic Char Fillets**  
Iceland | Ocean Wise



TRUE LOCAL

**\$15<sup>29</sup>** /LB  
10% OFF  
\$33.64/kg

Tarzwell Farms  
**Beef Kebabs**  
Creston, BC | Pasture-raised

## EAT WELL. BE WELL.