

coop deals®

FEB 4 - FEB 17, 2026



BUY ONE, GET ONE
FREE

Reg. \$4.49

The Good
Crisp Company
Potato Crisps

15 oz.
select varieties



BUY ONE, GET ONE
FREE

Reg. \$7.99

Virgil's
Sodas

4/12 fl. oz.
select varieties



2/\$6
Reg. \$3.99

Barbara's
Cheese Puffs
7 oz.
select varieties



4.69
Reg. \$5.99

Mi Nina
Corn Chips
12 oz.
select varieties



3.99
Reg. \$4.99

Frontera Foods
Salsas
16 oz.
select varieties



MIDDLEBURY
NATURAL
FOODS
CO-OP

LOCALLY GROWN,
COMMUNITY OWNED
SINCE 1976

OPEN DAILY 8AM-7PM
9 Washington St.
(802) 388-7276
Middlebury.coop

GAME DAY ESSENTIALS

- ① **Grillo's Pickles**
Pickle De Gallo
14 fl. oz.
\$4.39 | 4.49

- ② **Mt. Vikos**
Organic Feta
6 oz., select varieties
\$5.99 | Reg. \$8.99

- ③ **Tierra Farms**
Organic Flavored Cashews
PLU #20 & #803
\$13.99 | 18.99 lb.

- ④ **Jeff's Garden**
Pickled Peppers
12 fl. oz., select varieties
BOGO FREE | 3.49

- ⑤ **Green Valley**
Organic Yogurt
16 oz., select varieties
\$5.69 | 5.99

- ⑥ **Quinn**
Gluten Free Pretzels
5.6 oz., select varieties
2/\$7 | 4.49



Game Day Recipe

WHIPPED FETA DIP WITH DILL

Feta cheese becomes a creamy, tangy dip when whipped with thick yogurt, and it's perfect for a last-minute appetizer or light meal. Paired with an assortment of veggie dippers, it's a colorful addition to any table.

Ingredients

6 ounces feta cheese
3/4 cup plain Greek yogurt
1 clove garlic, pressed
2 teaspoons lemon juice
2 tablespoons extra virgin olive oil
1/2 teaspoon freshly ground black pepper
2 tablespoons fresh dill
2 tablespoons toasted pistachios (optional)
1 small cucumber, cut into wedges
1/2 cup grape tomatoes
Pita or GF alternative

Preparation

1. Drain the feta and place in a food processor bowl. Process until pureed. Scrape down and add the yogurt, garlic, lemon, olive oil and pepper, and process for a minute to whip. Scrape into a wide, low bowl.
2. Top with dill and pistachios, if using, and serve with cucumber, tomatoes and pita bread for dipping.

Total Time: 10 minutes | Servings: 6

160 calories | 13 g. fat | 30 mg. cholesterol | 340 mg. sodium
6 g. carbohydrate | 1 g. fiber | 8 g. protein

BULK



11.99^{lb}

Reg. \$13.99

Partners in Adventure
Strawberry Barn Granola
PLU #1133



6.99^{lb} Organic
Medjool
Dates
Reg. \$10.99
PLU #210



7.99^{lb} Sugar
Sweetened
Organic
Dried
Cranberries
Reg. \$8.99
PLU #982



2.49^{lb} Organic
Black Beans
Reg. \$2.99
PLU #41



1.69^{lb} Organic
Quick Oats
Reg. \$2.29
PLU #91



2.19^{lb} Organic
Multicolor
Popcorn
Reg. \$2.99
PLU #148



9.99^{lb} Marich
Dark Chocolate
Sea Salt
Caramels
Reg. \$10.99
PLU #848

**SAVE EVEN MORE with
BULK CASE ORDERS!**

To place an order, scan the QR code
or visit www.middlebury.coop/bulk



SNACKS



4.49 HU
Chocolate Bars
Reg. \$5.49 2.1 oz.

2/\$4

Reg. \$2.49

**Gimme
Organic Seaweed Snack**

.35 oz.
select varieties



5.49 Tony's Chocolonely
Chocolate Bars
Reg. \$6.99 6.35 oz.
select varieties



4.99 Kettle Brand
Potato Chips
Reg. \$6.49 13 oz.
select varieties



2/\$6 Boulder Canyon
Avocado Oil
Potato Chips
Reg. \$4.49 5.25 oz.
select varieties



2/\$10

Reg. \$7.99

**Waterloo
Sparkling Water**

12/12 fl. oz.
select varieties



3/\$6 Olipop
Sodas
Reg. \$2.49 12 fl. oz.
select varieties

No Reservations Required

Why go out when you can build a romantic cheese and wine board at home with items from the Co-op? This spread starts with a unique apple-grape rosé from local vintner **Chertok Wines**, paired with two standout cheeses: Bijou, a goat milk brie from **Vermont Creamery**, and a washed-rind raclette with pink peppercorns from **La Station de Compton**. We rounded it out with dried Turkish apricots and everything bagel cashews from our bulk section, Greek mixed olives from our olive bar, and Maine Crisps Crackers from **Better With Buckwheat**. A handful of **Marich** dark chocolate-covered caramels with sea salt adds a final sweet flourish.

Good food, zero pressure. The Co-op has you covered.

① **Better With Buckwheat**
Maine Crisps Cranberry Almond Crackers
4 oz.
\$4.99 | 6.49

② **Greek**
Mixed Olives with Pits
9.99 lb.

③ **La Station**
Raclette with Pink Peppercorns
27.99 lb.

④ **Marich**
Dark Chocolate Sea Salt Caramels
PLU # 848
\$9.99 | 10.99

⑤ **Terra Farms**
Organic Everything Bagel Cashews
\$13.99 lb. | 18.99-lb.

⑥ **Organic**
Dried Turkish Apricots
PLU #1005
8.99 lb.

⑦ **Vermont Creamery**
Bijou
4 oz.
\$6.99 | 12.99

⑧ **Chertok Wines**
Shekhina
14 fl. oz.
\$21.99



PANTRY ESSENTIALS



BUY ONE, GET ONE
FREE

Reg. \$4.99

**Chickapea
Organic Pasta**

8 oz.
select varieties



2/\$6 Muir Glen
Organic Tomatoes
28 oz.
select varieties



7.49 Bachan's
Sauces
Reg. \$8.99
17 fl. oz.
select varieties



5.99 Garden Of Eatin'
Taco Kit
Reg. \$7.99
9.4 oz.
select varieties



2/\$6 Annie's Homegrown
Organic Mac & Cheese
Reg. \$4.49
6 oz.
select varieties



5/\$6 Koyo
Ramen
Reg. \$1.79
2.1 oz.
select varieties

2/\$8

Reg. \$5.49

**Tasty Bite
Organic
Prepared Meals**

10 oz.
select varieties



PANTRY ESSENTIALS



6.99 Food For Life
Organic Cereal
Reg. \$8.99 16 oz.
select varieties

BUY ONE, GET ONE
FREE

Reg. \$2.99

**Bobo's
Oat Bars**

3 oz.



8.99 Artisanas Organics
Tahini
Reg. \$11.49 14 oz.



3.29 Ancient Harvest
Organic Polenta
Reg. \$4.49 18 oz.
select varieties



14.99 Dr. Bronner's
Organic Coconut Oil
Reg. \$19.99 30 fl. oz.



2/\$8

Reg. \$5.49

**Choice Organics
Teas**

16 ct.
select varieties



2.99 Bob's Red Mill
Cornbread Mix
Reg. \$3.99 24 oz.
select varieties

Treat Yo' Self

Exceptional chocolate from local makers.
Only the best—for your Valentine, Galentine,
or whoever you're celebrating.



① Lake Champlain Chocolate
Chocolate Filled Hearts
\$12.99

② Big Picture Farm
Farmstead Caramels
\$10.49

③ Daily Chocolate
**Assorted Valentine's
Chocolate Hearts**
\$8.99

④ Daily Chocolate
Chocolate Heart Lollipops
\$2.59

⑤ Lake Champlain Chocolates
**Organic Celebration
Chocolate Heart Box**
\$13.99

⑥ Big Picture Farm
**Farmstead Dark Chocolate
Milk Caramels**
\$13.49

⑦ Daily Chocolates
Chocolate Hearts
\$8.99

REFRIGERATOR



2.19 Cocojune
Coconut
Yogurts
Reg. \$2.49
4 oz.
select varieties



2.39 Ellenos
Yogurts
Reg. \$2.99
5.3 oz.
select varieties



5.49 Chobani
Creamer
Reg. \$6.49
24 fl. oz.
select varieties



4.99 Good Karma
Flax Milks
Reg. \$5.99
64 fl. oz.
select varieties



2/\$6 Gts
Kombucha
Reg. \$3.99
16 fl. oz.
select varieties



6.49 Kite Hill
Tortellini
Reg. \$8.99
9 oz.
select varieties



3.99 Hodo Foods
Organic Tofu
Reg. \$4.49
10 oz.
select varieties



4.99 Follow Your Heart
Veganise
Reg. \$5.49
14 fl. oz.
select varieties



3.99 Follow Your Heart
Non-Dairy
Parmesan Shreds
Reg. \$4.49
4 oz.



4.99 Organic Valley
Cheese Shreds
Reg. \$5.99
6 oz.
select varieties



4.39 Green Valley Creamery
Organic Sour Cream
Reg. \$4.49
8 oz.

FROZEN



BUY ONE, GET ONE
FREE

Reg. \$14.99

**Against The Grain
Pizzas**

22.4-24 oz



8.99 Rao's Pizzas
Reg. \$12.99 18.3 oz.



5.49 Tuscon Tamales
Reg. \$7.49 10 oz.



2/\$8 Cascadian Farm
Reg. \$5.69 Spud Puppies 16 oz.



4.99 Alexia Fries
Reg. \$6.49 15 oz.



2/\$9 Quorn Meat Free
Reg. \$6.49 Nuggets 3 lb



2/\$7 Evol Burritos
Reg. \$3.49 6 oz.



6.99 Feel Good Foods
Reg. \$9.99 Appetizers 8-10 oz.

HEALTH & WELLNESS



25.99

Reg. \$33.99

**Primal Kitchen
Collagen Peptides**

1.2 lbs.



18.99

Reg. \$25.99

**Kal
Magnesium
Glycinate 350**

160ct.



7.99

Reg. \$12.49

**Bach
Rescue Remedy**

50 g.



18.99

Reg. \$26.49

**Smarty pants
Organic
Gummie-vites**

120 ct.



5.39

Reg. \$6.99

**Traditional Medicinals
Teas**

16 ct.
select varieties



21.99

Reg. \$29.99

**Gaia Herbs
Turmeric Supreme**

60 ct.

23.99

Reg. \$32.99

**Garden Of Life
Elderberry Gummies**

120 ct.



RUN FOR THE CO-OP BOARD

Help shape the future of the Middlebury Co-op
PLUS receive a yearly stipend & store discount.

2026
MNFC CO-OP
BOARD
ELECTIONS

For more information, scan the QR code below, pick up
an info packet at the Co-op or visit **middlebury.coop**

Questions? Contact **board@middlebury.coop**
or call **802-388-7276 x377** at the Co-op.

DEADLINE **MARCH 27**



WELLNESS & BODY CARE



BUY ONE, GET ONE

FREE

Reg. \$3.99

Aura Cacia Mineral Bath

2.5 oz.



8.99

Reg. \$13.99

**Hibar, Inc
Shampoo Bars**

3.2 oz.
select varieties



BUY ONE, GET ONE

FREE

Reg. \$3.49

Badger Lip Balm

.15 oz.



11.99

Reg. \$13.99

**Alaffia
Everyday Soaps**
32 fl. oz.
select varieties



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LOCALLY GROWN,
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SINCE 1976

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