



river valley co-op

wild about local

fresh specials

**August 5 —
August 18, 2026**

Offers valid at both locations while supplies last



Wine of the Month Program

Each month, our Wine & Cheese team hand-selects a featured wine that celebrates the flavors of the season. From new arrivals and staff favorites to unique varietals, each pick is on sale all month and sampled on select Saturdays. This month, enjoy a bright, playful, low-intervention white blend from Slovenia that pairs beautifully with halibut, sushi, goat cheese, and more!

\$2.49^{lb}

Next Barn Over
Hadley, MA
Local Organic
Green Bell Peppers
SAVE \$1.50



\$2.49^{lb}

Next Barn Over
Hadley, MA
Local Organic
Eggplant
all varieties, SAVE \$1.20



Flavors of Summer!

99¢^{lb}

Bardwell Farm • Hatfield, MA
Local Slicing Cucumbers
SAVE \$1.00



grocery

**Back Roads
Granola Coconut
Crunch** is handcrafted
in Vermont with organic
oats, coconut, and
crunchy clusters. A local
favorite for breakfast,
yogurt, smoothie bowls,
or snacking.

\$7.49

Back Roads
Brattleboro, VT
Organic Coconut Crunch
Granola
10 oz, SAVE \$2.30



**Woodstock
Crunchy Peanut
Butter** is made
with organic roasted
peanuts for rich, nutty
flavor and satisfying
crunch. Perfect for
sandwiches, smoothies,
baking, or fresh fruit.

\$5.99

Woodstock
Organic Crunchy
Peanut Butter
16 oz, SAVE \$1.50



\$7.49

Primal Kitchen
Avocado Lime Dipping
Sauce
10 oz, SAVE \$2.30



\$3.99

Pasta Toscana
Organic Fusilli Pasta
16 oz, SAVE \$1.50



\$15.99

Farchioni
Extra Virgin Olive Oil
33.8 fl oz, SAVE \$11.30



2/\$6

Community Snacks
Lyme, CT
Potato Chips
assorted varieties,
5 oz, SAVE \$1.58



Looking to stretch your grocery budget? So are we! That's why we created our **Co+op Basics** program. Co+op Basics offers every day low prices on many popular grocery and household items. From chicken to cereal to paper towels, you'll find both new value-priced brands as well as new low prices on some old favorites.

It gets even better! We recently lowered the price on over **80** popular Co+op Basics items so you can save even more!

fresh specials

SALES VALID: August 5 – August 18, 2026 • While supplies last

bulk savings



\$6.29_{lb}

Walnut Halves & Pieces
SAVE \$1.90



Scan code for a recipe for *Slow Cooker Brownies with Walnuts!*



\$12.99_{lb}

True North Granola • Brattleboro, VT
First Date Granola • SAVE \$3.30

A vegan and gluten-free tasty blend of organic oats, dates, almonds, pecans, coconut, and cinnamon



\$7.69_{lb}

Organic
Medjool Dates
SAVE \$2.90



\$4.49_{lb}

Organic
Sesame Seeds
SAVE 60¢



\$3.39_{lb}

Organic Green Lentils
SAVE 50¢

from the deli



\$5.99_{ea}

House-Made
Watermelon Limeade
16 oz, SAVE 50¢



\$11.99_{ea}

Made-to-Order
Grilled Eggplant Burger
SAVE \$1.00

Grilled eggplant with yogurt-feta sauce and cucumbers served on a grilled brioche roll



\$24.99_{ea}

Scratch-Made
Blueberry Pie
SAVE \$1.00

Made with local berries!



\$5.49

Scratch-Made Local Corn Chowder
pint, SAVE 50¢

Rich and creamy with potatoes and fresh local sweet corn from Bemben Farm



fresh specials

SALES VALID: August 5 – August 18, 2026 • While supplies last

meat & seafood



\$5.99_{lb}

House-Made Beer Brats
*made with the exclusive
Abandoned Building Co-op Kölsch!*
SAVE \$2.00

Made fresh at the co-op and perfect for the grill, our customer-favorite beer brats are crafted with Abandoned Building Brewery's Co-op Kölsch, brewed exclusively for us with locally malted grain and Northfield-grown hops.



\$7.49_{lb}
Pineland Farms
New Gloucester, ME
All Natural Beef Burgers
SAVE \$1.50



\$11.99_{lb}
Misty Knoll Farm
New Haven, VT
Boneless Chicken Breast
SAVE \$2.50



\$5.79_{lb}
Vande Rose
Heritage Breed
Pork Loin Chop
SAVE \$1.50



\$5.99_{lb}
Smart Chicken
Boneless Chicken Thighs
SAVE \$1.50



\$7.49
Bilinski's
**Organic Wild Mushroom
with Italian Herbs
Chicken Sausage**
12 oz, **SAVE 50¢**



\$21.99_{lb}
Wulf's Fish
Boston, MA
**Fresh Wild Caught Black
Bass Fillet**
SAVE \$6.00

fresh specials

Product images are meant for illustrative purposes and are serving suggestions only

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from wine & cheese

August
Wine of the Month

Gönc Winery
The Little One

A bright, playful, low-intervention white blend from Slovenia featuring Pinot Blanc and Yellow Muscat. Lively aromatics of peach, pear, and white flowers. Yellow apple, citrus zest, and pear skin on the palate driven by acidity and a focused, refreshing mineral finish. Wine with a true sense of place. Pairs beautifully with halibut, sushi, yellow curry, pad Thai, and local goat cheese.

On Sale!
\$16.99
750 ml • SAVE \$4.00
PRICE VALID
UNTIL 8/30/26



Wine of the Month
Tasting Events

Easthampton

Saturday, August 1 • 1 – 3 pm
Saturday, August 15 • 1 – 3 pm

Northampton

Saturday, August 8 • 3 – 5 pm
Saturday, August 22 • 3 – 5 pm



\$5.49
Vermont Creamery
Websterville, VT
Clover Honey Chevre
4 oz, SAVE 50¢



\$9.99
Plymouth Artisan Cheese
Plymouth, VT
Sage Herb Cheddar
8 oz, SAVE \$1.00



\$10.99
Oxbow Brewing
Newcastle, ME
Farmhouse Pale Ale
6-pack, SAVE \$3.00



\$11.99
Amherst Brewing Co.
Amherst, MA
Jess IPA
4-pack, SAVE \$3.00



\$13.99
Summer Water
Rosé
750 ml, SAVE \$3.00
Dry, crisp, and refreshing with notes of grapefruit, watermelon, and lemon zest



\$16.99
Montinore Estate
Organic Pinot Gris
750 ml, SAVE \$4.00

health & wellness

Everyone Hand Sanitizer Spray helps keep hands clean on the go with plant-based alcohol and moisturizing ingredients. Perfect for summer adventures, picnics, and everyday outings.

2/\$6

Everyone
Lavender Aloe Hand Sanitizer Spray
2 fl oz, SAVE \$1.98



Everyone Hand Soap gently cleanses with plant-based ingredients and is available in a variety of refreshing scents. A simple, everyday essential for clean, soft hands!

\$4.49

Everyone
Hand Soap
assorted scents,
12.75 oz, SAVE \$1.50



\$12.99

Fat And The Moon
Aloe Lotion
2 oz, **SAVE \$7.00!**



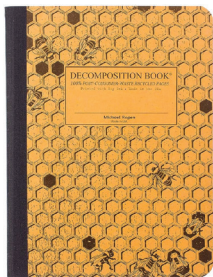
\$8.99

Everyone
Meyer Lemon Mandarin
Hand Soap Refill
32 fl oz, SAVE \$3.00



\$9.99

Oré
Mostly Mushrooms
2-pk Snack Containers
each, SAVE \$2.00



\$8.99

Michael Roger
Decomposition Notebook
each, SAVE \$2.00

River Valley Co-op Store Brand Vitamins, Herbs, Oils, & Supplements

Get 10% OFF co-op branded vitamins, herbs, essential oils, and body oils when you buy six or more of those items in one transaction!



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BACK TO NATURE
Fudge Striped
Cookies
\$5.29 7.7 oz
SAVE \$1.50

BACK TO NATURE
Classic Cream
Sandwich Cookies
\$4.39 9 oz
SAVE \$1.40

CHOLULA
Hot Sauce Original
\$3.79 5 fl oz
SAVE \$1.00

WOODSTOCK
Organic Smooth
Salted Peanut
Butter
\$10.59 35 oz
SAVE \$2.90

**ONCE AGAIN NUT
BUTTER**
Organic Tahini
\$7.89 16 oz
SAVE \$2.40

ANCIENT HARVEST
Organic Quinoa
\$5.69 14.4 oz
SAVE \$2.10



TOFURKY
Oven Roasted Turk'y
\$4.19 5.5 oz
SAVE \$1.10

HIPPEAS
Nacho Vibes
Tortilla Chips
2/\$7 5 oz
SAVE \$2.00

MAILLE
Original Gherkins
\$6.59 13.5 fl oz
SAVE \$1.90

SAHALE SNACKS
Valdosta Pecans
Glazed Mix
\$5.29 4 oz
SAVE \$1.50

Co-op Owner Bonus Buys are sale items available just to our co-op owners!
They are just one of the many perks of co-op ownership. Scan code to learn more or to join the co-op today!



Upcoming Events

IN-PERSON EVENT • EASTHAMPTON

Thursday, August 6 • 9 – 10 am

Summer Family Program: Wearable Art
with Mariah Freemole

IN-PERSON EVENT • NORTHAMPTON

Saturday, August 8 • 10 – 11 am

Yoga Classes at the Co-op: Yoga for All
with Michele Lyman, Serenity Yoga

IN-PERSON EVENT • NORTHAMPTON

Thursday, August 13 • 6 – 7:30 pm

**Yoga Classes at the Co-op: Yoga, Reiki
& Sound Healing** with Kathy McCarthy &
Tommy Mac, the Traveling Yoga Company

IN-PERSON EVENT • EASTHAMPTON

Sunday, August 16 • 9 – 9:45 am

All Levels Mat Pilates with Emily Coderre,
Pursuit Pilates Club

For more full event
descriptions and to
register, scan QR code
or visit rivervalley.coop



river valley co-op

One Co-op • Two Stores

330 North King Street
Northampton, MA 01060
(413) 584-2665

228 Northampton Street
Easthampton, MA 01027
(413) 529-4990

Both Locations Open Daily 8 am – 10 pm
info@rivervalley.coop • www.rivervalley.coop

Offers valid at both locations while supplies last

co-op owner appreciation week

August 17 – 23

Co-op Owners Get

10% OFF*

One Shopping Trip!



Co-op owners choose the day of the week that works best for them to get 10% OFF* their entire transaction!

*Discount excludes alcohol, fluid milk, co-op gift cards, Special Orders, and Buying Club.

Summer Family Program

at the Co-op

Join us at our **Easthampton** location this summer for **FREE**
family-friendly activities! These projects are designed for kids,
but everyone in the family is welcome! No registration required.
Visit rivervalley.coop or scan code to learn more!

