

fresh specials

January 21 —
February 3, 2026

Offers valid at both locations while supplies last



Winter Moon Roots • Hadley, MA

From December to March, Winter Moon Roots supplies our co-op with premium quality certified organic carrots, beets, parsnips, turnips, and radishes. A longtime co-op partner, we know we can count on Rosendo and his team at Winter Moon to keep our shelves stocked with fresh and crisp root veggies all winter long. Their delicious beets are on sale now, so stop by and stock up on the flavors of the season!

\$1.79_{lb}

Winter Moon Roots
Hadley, MA
Local Organic Beets
all varieties, SAVE \$1.20



3/\$3

Mexico
Organic Avocados
SAVE \$4.50



Sweet & tart with hints of raspberry!

5/\$4

USA
Blood Oranges
SAVE \$5.95

grocery

Bono Sicilian Extra Virgin Olive Oil is cold-pressed from premium Sicilian olives, offering rich, fruity character and fresh aroma — ideal for drizzling, dipping, sautéing, and finishing everyday dishes.

\$13.99

Bono
Organic Sicilian Extra Virgin
Olive Oil
16.9 fl oz, **SAVE \$10.00!**



Donkey Chips Salted Tortilla Chips deliver bold, crunchy flavor with simple, quality ingredients. Perfect for snacking anytime or pairing with your favorite dips, salsas, and toppings.

2/\$7

Donkey Chips
Salted Tortilla Chips
11 oz, **SAVE \$3.00**



2/\$4

Thompson Chocolates
Chocolate Hearts
1 oz, **SAVE \$1.60**



\$8.99

Cafe Mexicano
Veracruz Reserve
Ground Coffee
12 oz, **SAVE \$4.50**

La Louvière
chocolatier belge

\$10.99

La Louvière
Milk & White
Chocolate Love
Macaroons
3.6 oz, **SAVE \$3.50**



\$3.99

Laurel Hill
Mansfield, MA
Artichoke & Spinach
Spread
15.17 oz, **SAVE \$1.50**



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

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bulk savings



\$12.99^{lb}

Equal Exchange
West Bridgewater, MA
Organic Fair Trade Love Buzz Coffee
SAVE 1.00



\$2.79^{lb}

Organic Golden Flaxseed
SAVE 60¢



Scan code
below for an
**Nut Butter
& Flaxseed
Powerball**
recipe!



Find this recipe & many
more at grocery.coop



\$4.29^{lb}

Organic
Peanut Butter
SAVE 80¢



\$2.99^{lb}

Organic
French Lentils
SAVE 70¢



\$9.99^{lb}

Back Roads Granola
Brattleboro, VT
Ancient Grains Granola
SAVE \$2.90

from the deli



99¢

House-Made
Hot Chamomile
Ginger Lemon &
Honey Tea
8 oz, SAVE \$1.00



\$3.49^{ea}

Scratch-Made
Vegan Mint Chocolate
Mousse
SAVE 50¢



\$8.99^{ea}

Made-to-Order Grilled Chicken or Tofu Gyro
SAVE \$1.00

*A customer favorite, made with your choice of grilled chicken or tofu strips, romaine,
tomato, cucumber and onion with tzatziki sauce rolled in warm pita bread*

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meat & seafood



Pineland Farms • New Gloucester, ME
Chuck Roast
SAVE \$3.00

Pineland Farms' all natural chuck roast is a marbled cut that transforms into a melt-in-your-mouth centerpiece when slow-roasted. Its robust flavor pairs beautifully with root vegetables and herbs.



\$5.99_{lb}
Vande Rose Farms
Boneless Pork Chops
SAVE \$2.00



\$18.99_{lb}
Berkshire • Scotland
Fresh Farm Raised Steelhead
Trout Fillet
SAVE \$3.00



\$7.79
Niman Ranch
Uncured Corned Beef
6 oz, SAVE \$2.00



\$11.49_{lb}
Misty Knoll Farm
New Haven, VT
Boneless Chicken Breasts
SAVE \$2.50



\$7.99
Bilinski's
Chicken & Apple Sausage
12 oz, SAVE \$1.50



\$6.49
Plainville Farms
All Natural Ground
Dark Turkey Meat
16 oz, SAVE \$1.50

fresh specials

from wine & cheese

January Wine of the Month

Pierre & Antonin Petit Sauvage! Rouge

An exciting natural and certified vegan wine made from the Cabernet Cortis grape. An extraordinary varietal with strong resistance to vine diseases, resulting in a wine made without pesticides, copper, or added sulfur. Aromas of blackcurrant and cassis lead into hints of roasted pine, fig jam, and herbal undertones. Ripe red plum and blackberry fill the palate, followed by notes of graphite, bramble, and loamy earth. Velvety, vibrant, and deliciously rustic. An approachable introduction to natural wine. Try with tomato-based dishes or grilled poultry.



Wine of the Month Tasting Events

Northampton

Saturday, Jan. 3 • 1 – 3 pm
Saturday, Jan. 17 • 1 – 3 pm

Easthampton

Saturday, Jan. 10 • 1 – 3 pm
Saturday, Jan. 24 • 1 – 3 pm



\$19.99

Best Day Brewing
Non-Alcoholic Mix Pack
12-pack, SAVE \$3.00



\$12.99

The People's Pint
Greenfield, MA
Farmer Brown Ale
4-pack, SAVE \$1.00



\$13.99

Cabot Creamery
New England
Seriously Sharp Cheddar
2 lbs, SAVE \$1.00



\$2.00 OFF

Jasper Hill Farm
Greensboro, VT
Bayley Hazen Blue Cheese
on sale for \$27.99/lb, SAVE \$2.00



\$13.99

Côte Mas
Rouge Syrah Grenache
1 liter, SAVE \$1.00

*Intense & fruity notes of ripe
black fruits, pairs well with red
meat, cheese & charcuterie*



\$4.99

Stone & Skillet
Boston, MA
Original English Muffins
12 oz, SAVE \$1.00

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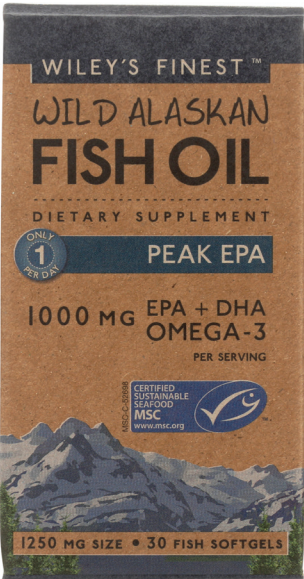
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health & wellness

Wiley's Finest Peak EPA delivers concentrated wild Alaskan fish oil Omega-3s in easy-to-take softgels, supporting overall wellbeing, heart health, and everyday nutritional balance in a once-daily dose.

\$19.99

Wiley's Finest Peak EPA Fish Oil 30 ct, **SAVE \$10.00!**



Boiron ColdCalm quick-dissolving tablets offer non-drowsy, easy-to-take cold relief with melt-away tablets designed to support comfort and ease during cold season.

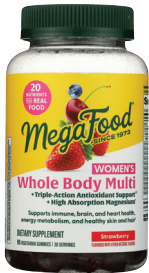
\$9.99

Boiron ColdCalm Meltaway Tablets 60 ct, **SAVE \$3.30**



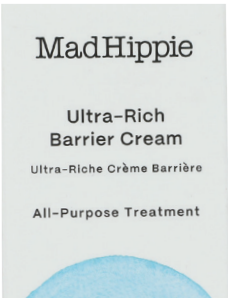
\$13.99

Urban Moonshine Burlington, VT Immune Zoom 2 fl oz, **SAVE \$4.00**



\$21.99

Megafood Manchester, NH Women's Whole Body Multi Gummies 90 ct, **SAVE \$10.00!**



\$12.99

Mad Hippie Ultra-Rich Barrier Cream 2 fl oz, **SAVE \$5.00**



\$22.99

Orgain Vanilla Protein Powder 1.02 lb, **SAVE \$5.00**

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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co-op owner

January 21 – January 3, 2026

Bonus Buys

Owner Exclusive Savings



LAUREL HILL
Mansfield, MA
Fruit Salsas
Assorted Varieties



\$5.19 16 oz
SAVE 60¢

AMALIAS COCINA
Chili Verde Sauce
\$5.19 12 oz
SAVE \$2.10

SAN REMO
DOP Basil Pesto
\$5.29 6.7 oz
SAVE \$1.70

BOWL CUT
Spicy Lemongrass
Stir Fry Sauce
\$6.89 10 oz
SAVE \$3.60

PASTABILITIES
Heart Shaped
Pasta
\$3.89 14 oz
SAVE \$2.10

TOST
Sparkling Cranberry
& Ginger White Tea
\$6.19 25.4 fl oz
SAVE \$1.80

BAR HARBOR FOODS
Whiting, ME
Seafood Stock
\$3.79 14.5 oz
SAVE \$2.00



BAR HARBOR FOODS
Whiting, ME
Wild Petite Sardines
in Olive Oil
\$3.79 4.2 oz
SAVE \$2.00



BAR HARBOR FOODS
Whiting, ME
Clam Chowder
\$3.89 14.5 oz
SAVE \$1.90



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

ONLINE CLASS

Wednesday, January 21 • 7 – 8 pm

Good Body Mechanics: Walking the Walk with Jess Kern, Founder & Owner, Goldfinch Physical & Mental Wealth

ONLINE CLASS

Wednesday, January 28 • 7 – 8 pm

Slice, Dice, Chop, Eat! with Emily Gilbert & Anna Leschen-Lindell Founders & Owners, Lilac Spoons

ONLINE CLASS

Wednesday, February 4 • 6:30 – 8 pm

Holistic Treatment for Allergies & Sensitivities with Shoshana Wirth, MBA, BSN, RN

ONLINE CLASS

Thursday, February 12 • 7 – 8 pm

Strength Training 101 with Amy Dawn Kotel, Personal Trainer

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

Kale & Blood Orange Salad

This salad is great to make-ahead of time or as meal prep for the week, since, unlike many tossed salads, it keeps for up to three days in the refrigerator.

Time: 20 minute

Servings: 6

Ingredients

4 medium blood oranges
Juice of 1 large lemon
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 clove garlic, smashed
1/4 cup olive oil
1 bunch kale, washed, stems removed
1/2 cup slivered red onions
8 ounces feta cheese, crumbled or cubed

Preparation

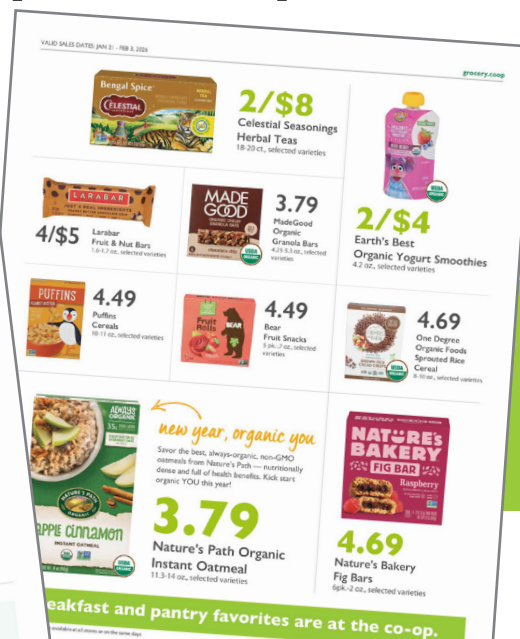
For the dressing, zest and juice one of the blood oranges into a small bowl or jar. Taste the juice. If it is very tart, add a tablespoon

of lemon juice; if it is very sweet, use two tablespoons blood orange juice and 2 tablespoons of lemon juice. Add salt, pepper, garlic and olive oil and whisk well or shake to combine. Set aside.

Roll the kale leaves up, cut crosswise into thin ribbons and place into a serving bowl. Pour the dressing over the kale and use your hands to toss, then massage for a minute or two to tenderize the leaves.

Peel and segment the remaining blood oranges, either with your fingers or with a knife, cutting between the membranes to make neat sections. Cut each segment into 2 or 3 pieces and add to the bowl with the kale. Add the red onions and feta, toss to mix and serve.

Don't miss even more great deals & in our Co+op Deals Flyer!



Find the flyer at the co-op or scan the QR code!