



river valley co-op

wild about local

fresh specials

July 1 —
July 14, 2026

Offers valid at both locations while supplies last

**RIBEYE • SIRLOIN • BABY BACKS
TENDERLOINS • BEEF PATTIES • & MORE!**

July 2 – 6

**BUTCHER
BLOCK
SALE**



Summer Butcher Block Sale

Our popular Butcher Block Sale is back for the Fourth of July weekend! Stop by the Meat & Seafood department to find great savings on fresh cuts of all natural sustainably raised beef, pork, chicken, and seafood, hand selected by our co-op butchers.

\$2.49

Canada
Mini Seedless
Cucumbers
6 ct, SAVE \$2.50



\$2.49^{lb}

Canada
Red Bell Peppers
SAVE \$2.50



Flavors of the Season!

\$5.99^{lb}

**USA
Organic Cherries
SAVE \$6.00**



grocery

Woodstock Berry Medley Frozen Fruit Bars are a delicious blend of sweet strawberries, ripe raspberries, succulent cherries, tart blueberries – a perfect summertime treat!

\$4.49

Woodstock
Berry Medley
Fruit Bars
4 ct, SAVE \$1.50



*Crisp,
refreshing,
& bubbly!*

2/\$4

Gerolsteiner
Sparkling Natural
Mineral Water
25.3 fl oz, SAVE \$1.60



\$9.99

Curio Spice
Cambridge, MA
Herb Goddess Spice
Blend
3 oz, SAVE \$1.80



\$2.29

Woodstock
Organic Banana Water
16.9 fl oz, SAVE \$1.00



2/\$8

La Cocina Foods
Original Tortilla Chips
14.1 oz, SAVE \$2.60



\$24.99

San Remo
Italian Extra Virgin
Olive Oil
34 fl oz, **SAVE \$11.00!**



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: July 1 – July 14, 2026 • While supplies last

bulk savings



\$12.99_{lb}

Equal Exchange • West Bridgewater, MA
Organic Fair Trade Espresso Coffee
SAVE \$1.00



\$10.49_{lb}

Back Roads Granola • Brattleboro, VT
Organic Original Granola
SAVE \$2.40



\$3.79_{lb}

Organic
Flame Raisin
SAVE \$1.30



\$3.19_{lb}

Organic
White Quinoa
SAVE 50¢



\$6.49_{lb}

Organic Pumpkin Seeds
SAVE \$1.40



from the deli



\$5.99_{lb}

Scratch-Made
Coleslaw
SAVE \$1.00

Available in 24oz picnic
containers!



river
valley
co-op

wild about local

\$11.99_{ea}

Made-to-Order Chicken Cutlet Hoagie
SAVE \$1.00

A house made breaded chicken cutlet and local
Grafton maple smoked cheddar with bell peppers,
arugula and sliced tomatoes served on a hoagie



\$7.99_{lb}

Scratch-Made
Potato Salad
SAVE \$1.00

Available in 24oz picnic
containers!



\$6.49_{ea}

Made-to-Order
Red, White, & Blueberry Smoothie
SAVE 50¢

Banana, blueberry, and strawberry blended
to perfection with almond milk

fresh specials

SALES VALID: July 1 – July 14, 2026 • While supplies last

meat & seafood



\$11.29

The Great Organic
Uncured Beef Hot Dog
14 oz, SAVE \$2.50

Great Organic Beef Hot Dogs
are made with 100% grass-fed organic beef
and simple ingredients – perfect for grilling
and enjoying the flavors of summer!



\$6.99_{lb}

House-Made
Beer Brats
SAVE \$2.00
*Made with local Berkshire
Brewing Co. lager!*



\$16.99_{lb}

Brandt Beef
Hanger Steak
SAVE \$3.00



\$7.49

Bilinski's Organic
Wild Mushroom & Italian
Herbs Chicken Sausage
12 oz, SAVE \$1.50



\$5.49_{lb}

Vande Rose
Boneless Pork Chops
SAVE \$1.50



\$4.99_{lb}

Farmers Focus
Organic Bone-In
Chicken Thighs
SAVE \$1.00



\$12.99_{lb}

Wulf's Fish
Fresh Farm Raised
Salmon Steak
product of Canada • SAVE \$3.00

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

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from wine & cheese

July

Wine of the Month

Cosimo Maria Masini
Biodynamic Chianti

Classic in style, but fresh, lean, organic and biodynamic! Rustic cherry nose, well-developed tannins, dark red fruit, and a juicy, earthy finish. This summer red hits all the marks for a the perfect backyard BBQ companion!



Wine of the Month
Tasting Events

Northampton

Saturday, July 4 • 3 – 5 pm
Saturday, July 18 • 3 – 5 pm

Easthampton

Saturday, July 11 • 1 – 3 pm
Saturday, July 25 • 1 – 3 pm



\$11.99

Artifact Cider Project
Florence, MA
Feels Like Home
Hard Cider
4-pack, SAVE \$1.00



\$10.99

Zero Gravity Brewing
Burlington, VT
Green State Lager
4-pack SAVE \$1.00



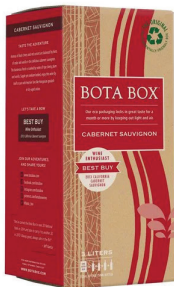
\$5.99

Vermont Creamery
Websterville, VT
Crème Fraîche
8 oz, SAVE \$1.00



\$9.99^{lb}

Cabot Creamery
New England
Extra Sharp Cheddar
SAVE \$1.00



\$20.99

Bota Box
Cabernet Sauvignon
3 liters, SAVE \$3.00



\$16.99

Vincent Roussely
L'Escale Touraine
Sauvignon Blanc
750 ml, SAVE \$2.00

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health & wellness

Dr. Bronner's Peppermint All-One Toothpaste delivers a refreshing peppermint clean with organic ingredients and a smooth formula. The convenient 1 oz size is perfect for summer travel, camping, or keeping on the go.

2/\$4

Dr. Bronner's Travel Size All-One Peppermint Toothpaste
1 oz, SAVE \$1.50



Griffin Remedy Daily Renewal Shampoo gently cleanses and refreshes hair with nourishing botanicals and a soothing formula. Made for everyday use, it helps leave hair feeling clean, balanced, and revitalized.

\$8.99

Griffin Remedy Daily Renewal Shampoo
8 fl oz, SAVE \$3.00



2/\$6

Sprout Living Organic Pumpkin Seed Protein Packet
30 g, SAVE \$1.98
New at the co-op!



\$1.69

Host Defense Matcha Mycobrew Packet
each, SAVE 60¢



2/\$7

Sprout Living Vanilla Lucuma Epic Protein Packet
38 g, SAVE \$1.78
New at the co-op!



\$16.99

Solaray Magnesium Glycinate
120 ct, SAVE \$5.50

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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ECOS
Free & Clear
Laundry Detergent
Sheets
\$13.49 50 ct
SAVE \$3.00

ECOS
Magnolia
Laundry Liquid
\$15.29 100 fl oz
SAVE \$3.00

GREEN MOUNTAIN
CREAMERY
Plain Greek Yogurt
\$5.79 32 oz
SAVE \$1.70



RIEGA FOODS
Organic Chicken
Fajita Seasoning
\$1.29 0.71 oz
SAVE 50¢

SEA TALE
Albacore Tuna
in Water
\$4.49 5 oz
SAVE \$1.50

FINN CRISP
Sourdough Rye Thins
2/\$7 6.2 oz
SAVE \$2.00



WOODSTOCK
Organic Kosher
Dill Pickles
\$5.29 24 fl oz
SAVE \$1.70

WOODSTOCK
Organic Blueberries
\$6.99 10 oz
SAVE \$1.80

WOODSTOCK
Organic Tomato
Ketchup
\$4.99 32 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 • NORTHAMPTON

Thursday, July 9 • 6 – 7:30 pm

Yoga Classes at the Co-op: Yoga, Reiki & Sound Healing with Kathleen McCarthy & Tommy McCarthy

IN-PERSON EVENT • EASTHAMPTON

Sunday, July 12 • 9 – 9:45 am

All-Levels Mat Pilates with Emily Coderre

IN-PERSON EVENT • NORTHAMPTON

Thursday, July 14 • 9 – 10 am

Yoga Classes at the Co-op: Morning Mindful Movement with Beth Tascione

IN-PERSON EVENT • EASTHAMPTON

Tuesday, July 28 • 5:30 – 7 pm

Compost Clinic with Margot Wise, Holyoke Food & Equity Collective

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



Taste *of* River Valley

Saturday, July 25 • 11 am – 3 pm



Join us on Saturday, July 25 at our **Easthampton** location for Taste of River Valley, a local vendor fair at the co-op!

Meet your local farmers and producers who will be at the co-op sampling their delicious food and products. Everyone welcome!