



river valley co-op

wild about local

fresh specials

**September 30 —
October 20, 2026**

Offers valid at both locations while supplies last



Fall Festival at the Co-op!

Come to our Easthampton location on **Saturday, October 24 from 12 – 4pm** for our fun and free Fall Festival & Artisan Fair! There will be local artists and makers selling their wares, festive live music, pumpkin decorating, face painting, and much more! Everyone welcome!

\$1.49^{lb}

Next Barn Over
Hadley, MA
Local Organic
Red Beets
SAVE \$1.50



99¢^{lb}

Bardwell Farm
Hatfield, MA
Local Butternut or
Spaghetti Squash
SAVE 50¢



Flavors of the Season!

\$2.49^{lb}

Apex Orchards • Shelburne, MA
Local Honeycrisp Apples
SAVE \$1.50



grocery

Sweet on Vermont Maple Almond Brittle combines crunchy almonds with rich local Vermont maple flavor for a deliciously sweet, buttery treat perfect for snacking or gifting.

\$6.99

Sweet on Vermont
Burlington, VT
Maple Almond Candy Brittle
2 oz, SAVE \$1.80



Hampstead Organic Teas are 100% organic and biodynamic, with plastic-free packaging. Try the Pure Green Tea for its fresh flavor and naturally occurring antioxidants.

\$5.99

Hampstead
Organic Tea
assorted varieties
20 ct, SAVE \$2.30



\$5.49

Archer
Original Grass Fed
Beef Jerky
2.5 oz, SAVE \$1.50



\$3.99

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



\$4.99

Peeled Snacks
Old Lyme, CT
Organic Dried Mango
2.8 oz, SAVE \$1.30



\$4.99

Franklin Barbecue
Original BBQ Sauce
18 oz, SAVE \$1.80



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: September 30 – October 20, 2026 • While supplies last

bulk savings



\$3.39_{lb}
Organic White Quinoa
SAVE 70¢



Scan for Quinoa Salad with Sweet Potatoes & Peppers recipe!



\$9.99_{lb}
Back Roads • Brattleboro, VT
Coconut Ginger Granola • SAVE \$2.90

Grain-free, paleo, and vegan organic granola made with roasted coconut flakes, crystallized ginger, and Brazil nuts



\$12.99_{lb}
Organic Dried Mango
SAVE \$2.50



\$10.49_{lb}
Organic Whole Almonds
SAVE \$2.30



\$2.79_{lb}
Organic Garbanzo Beans
SAVE \$1.00

from the deli



\$2.49_{ea}
Scratch-Made
Pumpkin Spice
Buttermilk Scone
SAVE 50¢



\$10.99_{lb}
Scratch-Made
Baked Potato Fries with Truffle Oil
& Parmesan Cheese
SAVE \$.100



\$7.49_{ea}
House-Made
Pumpkin Pie Shake
16 fl oz, SAVE 50¢
Pumpkin pie shake, with
graham cracker, pumpkin
and High Lawn ice cream



\$10.99_{ea}
House-Made
Grilled Goat Cheese & Fig Sandwich
SAVE \$1.00
With caramelized onions, arugula, and a balsamic glaze

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meat & seafood



\$9.99_{lb}

Pineland Farms
Shoulder Steak

SAVE \$3.00

Pineland Farms, based in New Gloucester, Maine, offers all-natural beef from New England family farms, raised with care and without antibiotics or added growth hormones.



\$5.49_{lb}

Smart Chicken
Natural Boneless
Chicken Breasts
SAVE \$2.50



\$18.99_{lb}

Wulf's Fish • Boston, MA
Fresh Farm Raised
Loch Duart
Product of Scotland
SAVE \$3.00



\$9.99_{lb}

Niman Ranch
Quarter Sliced Ham
SAVE 2.00



\$4.99

Applegate Naturals
Pork & Beef Pepperoni
4 oz, SAVE \$1.80



\$5.79_{lb}

Vande Rose
Pork Loin Chop
SAVE \$1.50



\$7.49

Bilinski's
Organic Mushroom and
Chicken Sausage
12 oz, SAVE \$1.50

fresh specials

Product images are meant for illustrative purposes and are serving suggestions only SALES VALID: September 30 – October 20, 2026 • While supplies last

from wine & cheese

October

Wine of the Month

Bodegas Arraez
Vivir Sin Dormir
Organic Monastrell

One of our favorites for a long time, this luscious Spanish red pops off with bright red fruit like cherry and pomegranate, then slides to darker notes of leather and tobacco. Medium-bodied, versatile, with a hint of spice on the end. Excellent with anything from grilled veggies and rice, to charred pork loin or steak tips. Try it with Manchego too!

On Sale!
\$11.99
750 ml • SAVE \$4.00
PRICE VALID
UNTIL 10/31/26



Wine of the Month
Tasting Events

Northampton

Saturday, Oct. 3 • 3 – 5 pm
Saturday, Oct. 7 • 3 – 5 pm

Easthampton

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



\$8.99
Vermont Farmstead
Cheese Co.
VT Farmstead Brie
6.5 oz, SAVE \$1.00



\$5.99
Thomas Farm
Sunderland, MA
Fresh Goat Cheese
4 oz, SAVE \$1.00



\$11.99
Citizen Cider
Burlington, VT
Unified Press Hard Cider
4-pack, SAVE \$2.00



\$14.99
Four Star Farm
Northfield, MA
Bine Cutter IPA
4-pack, SAVE \$3.00



\$12.99
Mary Tayor
Bordeaux Rouge
750 ml, SAVE \$3.00



\$15.99
Ptujaska Klet
Pullus Amber Pinot Grigio
750 ml, SAVE \$3.00

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health & wellness

Ahlbin's Fire Cider is produced in Greenfield, MA, using traditional recipes and locally sourced ingredients. Their handcrafted fire cider brings a zesty, flavorful kick to everyday wellness!

\$12.99

Ahlbin's
Greenfield, MA
Local Fire Cider
8 fl oz, SAVE \$3.00



Ursa Major Fantastic Face Wash is made in Vermont with sugar maple, white tea, and bilberry. We love this face wash because it gently cleanses and refreshes skin without drying it out.

\$18.99

Ursa Major
Burlington, VT
Fantastic Face Wash
4 fl oz, **SAVE \$7.00!**



\$15.99

Sprout Living
Gelatinized Maca
Powder
1 lb, SAVE \$4.00



\$2.79

Aura Cacia
Lavender Mineral Bath
Sachet
each, SAVE \$3.60



\$3.99

Good Light
Desert Juniper Candle
Tin
2 oz, SAVE \$1.00



\$9.99

Dr. Hauschka
Lip Care Stick
each, SAVE \$5.00

Fall Wellness Stock Up Sale!

Get **20% OFF** all River Valley Co-op store brand vitamins, herbs, oils, & supplements September 20 through November 3!



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AGAINST THE GRAIN
Brattleboro, VT

**Frozen Uncured
Pepperoni Pizza
Singles**

\$4.99 6 oz

SAVE \$1.80



AGAINST THE GRAIN
Brattleboro, VT

**Frozen Gluten Free
Pesto Pizza**

\$10.59 2.4 oz

SAVE \$3.40



DAIYA
**Dairy-Free Mac
& Cheese**

2/\$7 10.6 oz

SAVE \$3.00

EXPLORE CUISINE
**Organic Black Bean
Spaghetti**

\$4.39 8 oz

SAVE \$1.40

WOODSTOCK
**Frozen Vegan
Organic Butternut
Ravioli**

\$7.99 20 oz

SAVE \$2.00

WOODSTOCK
**Organic Spinach
Cheese Ravioli**

\$7.99 20 oz

SAVE \$2.00

GUITTARD
CHOCOLATE CO.
**Milk Chocolate
Baking Chips**

\$6.99 9 oz

SAVE \$2.00

MCCANNS
Irish Oatmeal Tin

\$5.99 28 oz

SAVE \$2.30

TREE HUGGER
**Citrus Berry
Bubble Gum**

2/\$4 1.59 oz

SAVE \$1.60

R.W. KNUDSEN
Cider & Spice Juice

\$3.69 32 fl oz

SAVE \$1.60

SUNBUTTER
**Chocolate
Sunflower Butter**

\$5.69 16 oz

SAVE \$1.80

SUNBUTTER
**Organic
Sunflower Butter**

\$7.99 16 oz

SAVE \$2.00



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

Sunday, October 3 • 10 – 11 am

Slowing Down: Preparing Body & Mind for the Fall with Katerina Tzouganaki

ONLINE WEBINAR

Wednesday, October 8 • 7 – 8 pm

Advanced Cholesterol Testing with David Stuckey, DO

ONLINE WEBINAR

Thursday, October 15 • 7 – 8 pm

Homeopathy: Matching Symptoms to Remedies with Abby Beale

IN-PERSON EVENT • NORTHAMPTON

Taste of River Valley Local Vendor Fair

Friday October 16 • 1 – 5 pm

Meet over 20 local farmers and producers and sample their delicious products!

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

October 5-11

co-op owner appreciation week

Owners get **10% OFF*** one shopping trip!

Co-op owners may only use their discount once during the week at either location or online.

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

AVAILABLE FOR PRE-ORDER!

Fresh & Local New England Turkeys



Reed Farm • Sunderland, MA
Diemand Farm • Wendell, MA
Misty Knoll Farm • New Haven, VT
Stonewood Farm • Orwell, VT

Reserve yours today!
Scan code or visit
www.rivervalley.coop



Pre-order your fresh local turkey or turkey breast by **November 15th** and receive a coupon for **\$10 OFF** a purchase of \$50 or more when you pick it up!