

Blooming Big Spring Specials

One Weekend Only! **May 6 – May 9**

Stock Up & Save

**Full cases
of popular
items at a
steep discount!**

FIELD DAY

Laundry Soap

Fragrance Free

\$28.79 4/100 fl oz

SAVE \$19.18 • **40% OFF!**

FIELD DAY

Paper Towels

100% Recycled

\$23.94 10/3 ct

SAVE \$15.96 • **40% OFF!**

FIELD DAY

Bath Tissue

100% Recycled

\$16.78 4/12 ct

SAVE \$11.18 • **40% OFF!**

AQUA CARPATICA

Mineral Water

Sparkling or Still

\$9.43 6/25.3 fl oz

SAVE \$6.28 • **40% OFF!**

AL DENTE

Pasta

Assorted Varieties

\$17.51 6/12 oz

SAVE \$9.43 • **35% OFF!**

OUR FAMILY GARDEN

Russel, MA

Applesauce

Assorted Varieties

\$19.99 6/26 oz

SAVE \$14.75 • **35% OFF!**



COCO GOODS

Coconut Water

Organic or Conventional

40% OFF 12/16.9 fl oz

SAVE UP TO \$14.35

COCO GOODS

CERTIFIED ORGANIC

Coconut Milk

Regular or Lite

\$21.53 12/13.5 fl oz

SAVE \$9.55 • **40% OFF!**

NATURE'S PATH

Cereal

Mesa Sunrise • Heritage Flakes

\$37.76 6/26.4 oz

SAVE \$16.18 • **30% OFF!**

PACIFIC FOODS

Broth

Beef, Chicken, or Vegetable

\$34.49 12/32 fl oz

SAVE \$22.99 • **40% OFF!**

TEDDIE Everett, MA

Local Peanut Butter

Smooth or Chunky

\$29.99 12/16 oz

SAVE \$21.49 • **42% OFF!**



EQUAL EXCHANGE

West Bridgewater, MA

Fair Trade Coffee

Assorted Varieties

\$40.00 5 lbs

SAVE UP TO \$14.95 • **27% OFF!**



TONNINO

Tuna in Water or Olive Oil

\$29.99 12/4.9 oz

SAVE \$15.49 • **34% OFF!**

WILD PLANET

Sardines

\$23.44 12/4.38 oz

SAVE \$10.04 • **30% OFF!**

BRIDGMONT FARM

Westhampton, MA

Local Ground Beef

Grass-Fed • Frozen

\$79.99 10/16 oz

SAVE \$15.50 • **16% OFF!**



ORCA BAY

Sockyeye Salmon

Portions

Wild-Caught • Frozen • 6 oz avg.

\$134.99 10 lbs

SAVE \$38.00 • **22% OFF!**

WELLNESS DEALS INSIDE THE STORE!

Glycerine Soap Bars.....**2/\$3**

Sanitizer Wipes & Sprays.....**\$2.98 OFF**

3-in-1 Liquid Soap.....**\$4.00 OFF**

All store brand supplements,
herbs, & essential oils.....**20% OFF**



Offers valid at both River Valley Co-op locations while supplies last

Blooming Big Spring Specials

May 4 – May 17



BACKYARD FOOD CO.

Warwick, RI

Salsa

Assorted Varieties

2/\$6 16 oz

SAVE \$7.98 • **50% OFF!**



BIG & BOLD

Popcorn

Assorted Varieties

2/\$4 6 oz

SAVE \$2.00 • **33% OFF!**

BIONATURAE

CERTIFIED ORGANIC

Pasta

Assorted Varieties & Sizes

20% OFF

SAVE UP TO 96¢

BIONATURAE

CERTIFIED ORGANIC

Tomatoes

Assorted Varieties & Sizes

20% OFF

SAVE UP TO 80¢

BOB'S RED MILL

GLUTEN-FREE

Instant Oatmeal

Assorted Varieties

2/\$7 9.88 oz

SAVE \$3.00 • **30% OFF!**

CAPITAL CITY

Wing Sauce

Assorted Varieties

\$7.99 12 oz

SAVE \$2.00 • **20% OFF!**

COCO GOODS

Coconut Water with Fruit Juice

Assorted Varieties

2/\$4 16.9 fl oz

SAVE \$1.00 • **20% OFF!**

COCO GOODS

CERTIFIED ORGANIC

Coconut Cream

2/\$4 13.5 fl oz

SAVE \$1.00 • **20% OFF!**

SPUDLOVE

CERTIFIED ORGANIC

Potato Chips

Assorted Varieties

2/\$6 5 oz

SAVE \$1.60 • **21% OFF!**

FROM THE GROUND UP

GLUTEN-FREE

Pretzels

Assorted Varieties

2/\$6 4.5 oz

SAVE \$2.00 • **25% OFF!**

VISTA HERMOSA

Tortilla Chips

Assorted Varieties

\$4.49 9 oz

SAVE \$2.30 • **34% OFF!**

GARDEN OF EATIN'

Tortilla Chips

Assorted Varieties

\$2.47 5.5 oz

SAVE 82¢ • **30% OFF!**

SANTA CRUZ ORGANIC

CERTIFIED ORGANIC

Lemonade

Assorted Varieties

\$2.29 32 fl oz

SAVE \$1.00 • **30% OFF!**

BOXED WATER IS BETTER

Purified Water

\$1.59 33.8 fl oz

SAVE 40¢ • **20% OFF!**

GEROLSTEINER

Sparkling Mineral Water

\$1.39 25.3 fl oz

SAVE 60¢ • **30% OFF!**

GOLDTHREAD

Herbal Tonics

Assorted Varieties

\$2.84 12 fl oz

SAVE 95¢ • **25% OFF!**



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May 4 – May 17



LOVE CORN

Roasted Corn Snacks

Assorted Varieties

\$1.83 4 oz

SAVE 46¢ • **20% OFF!**

MEDITERRANEAN ORGANIC

CERTIFIED ORGANIC

Stuffed Olives

Assorted Varieties & Sizes

30% OFF

SAVE UP TO \$2.10

BIONATURAE

CERTIFIED ORGANIC

Extra Virgin Olive Oil

\$17.43 25.4 fl oz

SAVE \$4.36 • **20% OFF!**

PAESANO

Extra Virgin Olive Oil

Assorted Varieties & Sizes

32% OFF

SAVE UP TO \$10.50

SAN REMO

CERTIFIED ORGANIC

Italian Extra Virgin Olive Oil

\$15.83 33.4 fl oz

SAVE \$3.96 • **20% OFF!**

SAN-J

Sauces

Peanut, Teriyaki, and more

\$2.84 33.4 fl oz

SAVE 95¢ • **25% OFF!**

STOKES

Natural 4 Season Fire Starters

\$6.99 10 oz

SAVE \$2.00 • **22% OFF!**

TASTY BITE

Entrees

Assorted Varieties

2/\$6 10 oz

SAVE \$1.60 • **21% OFF!**

UNREAL

Chocolate Candies

Assorted Varieties

\$4.99 5 oz

SAVE UP TO \$1.30 • **UP TO 20% OFF!**

WESTBRAE NATURAL

CERTIFIED ORGANIC

Beans

Assorted Varieties

\$1.79 15 oz

SAVE \$1.00 • **35% OFF!**

ZICO

Natural Coconut Water

\$2.29 16.9 fl oz

SAVE \$1.00 • **30% OFF!**

LEVAIN BAKERY

Chocolate Chip

Walnut Cookies

\$6.97 16 oz

SAVE \$2.32 • **25% OFF!**

OATLY

Non-Dairy Desserts

Assorted Varieties

\$4.39 16 oz

SAVE \$1.10 • **20% OFF!**

ALDEN'S ORGANIC

CERTIFIED ORGANIC

Ice Cream

& Ice Cream Snacks

Assorted Varieties & Sizes

25% OFF

SAVE UP TO \$1.32

ALEXIA

Frozen Mexican Style Corn

Assorted Varieties

\$4.49 10 oz

SAVE \$1.50 • **25% OFF!**

FOOD FOR LIFE

Bread & Tortillas

Assorted Varieties & Sizes

25% OFF

SAVE UP TO \$1.82

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May 4 – May 17



GARDEIN
Plant-Based
Meat Alternatives
Assorted Varieties & Sizes
25% OFF
SAVE UP TO \$2.00

MARIA & RICARDO'S
Tortillas
Assorted Varieties & Sizes
25% OFF
SAVE UP TO 95¢

SUKHI'S
Frozen Samosas
Assorted Varieties & Sizes
20% OFF
SAVE UP TO \$1.60

CAULIPOWER
Cauliflower Pizza
Assorted Varieties
\$6.29 10.9 oz
SAVE \$2.20 • **25% OFF!**

TALIA DI NAPOLI
Frozen Pizza
Assorted Varieties
\$8.49 14 oz
SAVE \$13.00 • **26% OFF!**

CHOBANI
Oatmilk Yogurt
Assorted Varieties
\$1.74 5.3 oz
SAVE \$1.55 • **30% OFF!**

CHOBANI
Greek Yogurt
Assorted Varieties
2/\$2 5.3 oz
SAVE \$1.00 • **33% OFF!**

CHOBANI
Oat Beverage
Assorted Varieties
\$13.14 52 oz
SAVE \$1.35 • **30% OFF!**

DAYIA
Cheddar Style
Vegan Shreds
\$3.59 7.1 oz
SAVE \$1.20 • **25% OFF!**

DAYIA
Vegan Cheeze Sticks
97¢ .77 oz
SAVE 32¢ • **25% OFF!**

FIELD ROAST
Plant-Based Pepperoni
Slices
\$3.74 5 oz
SAVE \$1.25 • **25% OFF!**

ORGANIC VALLEY
CERTIFIED ORGANIC
Large Brown Eggs
\$4.34 dozen
SAVE \$1.45 • **25% OFF!**



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