

25% OFF FOR MEMBERS ★ 10% OFF FOR NON-MEMBERS

# FIRST FRIDAY SUPPLEMENT SALE

OUR BIGGEST SALE OF THE MONTH!



ALL SUPPLEMENTS  
JANUARY 5 & 6  
**25% OFF!**  
ALL SUPPLEMENTS

ANCIENT NUTRITION  
**25% OFF!**



SOLARAY  
**25% OFF!**



GAIA HERBS  
**25% OFF!**







barnana  
**plantain chips**

**2/\$7**

5 oz  
reg. \$5.49



four sigmatic  
**mushroom coffees**

**\$11.99**

12 oz  
reg. \$19.99



gimme  
**seaweed snack packs**

**2/\$9**

6 pk  
reg. \$7.29



go macro  
**protein bars**

**\$7.99**

9.2 oz  
reg. \$12.79-12.99



hu  
**chocolate bars**

**2/\$7**

2.1-3.5 oz  
reg. \$5.79



kettle brand  
**potato chips**

**\$2.79**

4.25-5 oz  
reg. \$4.49-4.99



laird superfood  
**select creamer powders**

**\$5.99**

8 oz  
reg. \$9.49



muir glen  
**pasta sauces**

**\$2.79**

23.5 oz  
reg. \$4.79



terra chips  
**select veggie chips**

**2/\$6**

5-6 oz  
reg. \$4.59-5.29



blue diamond  
**nut-thins crackers**

**2/\$6**

4.25 oz  
reg. \$3.99-4.99



catalina crunch  
**breakfast cereals**

**\$5.99**

9 oz  
reg. \$9.99



roar  
**hydration drinks**

**4/\$7**

18 oz  
reg. \$2.79



hop wtr  
**sparkling hop waters**

**\$8.99**

6 pk  
reg. \$12.99



champignon  
**cambozola black**

**30% OFF!**



wyman's  
**triple berry**

**\$11.99**

48 oz  
reg. \$19.99



bulk  
**organic garbanzo beans**

**\$1.99/lb**

reg. \$2.79/lb



bulk  
**organic white quinoa**

**\$1.99/lb**

reg. \$3.29/lb



pet supply  
**frozen pet food**

**20% OFF!**



WE SOURCE FROM OVER  
270 LOCAL VENDORS







grillo's select pickles

**\$4.99**

32 oz  
reg. \$8.29-8.49



perfect bar snack bars

**\$2.29**

1.4-2.5 oz  
reg. \$3.79



sweet earth burritos

**2/\$5**

5.5 oz  
reg. \$4.49



milk select almond or oat milk

**2/\$9**

28 oz  
reg. \$7.79



once upon a farm food pouches

**\$2.29**

3.2-4 oz  
reg. \$3.79



siggi's select yogurts

**2/\$9**

24 oz  
reg. \$7.99



wyman's mango berry

**\$9.99**

48 oz  
reg. \$16.49



alexandre family farm select a2 kefir

**\$5.49**

28 oz  
reg. \$8.99



fage greek yogurts

**\$5.49**

32 oz  
reg. \$10.49



wild caught, fresh true cod fillets

**\$9.99/lb**

reg. \$12.99/lb



wild caught, fresh rockfish fillets

**\$6.99/lb**

reg. \$7.99/lb



wild caught, fresh dover sole fillets

**\$7.99/lb**

reg. \$9.99/lb



organic fuji apples

**\$1.99/lb**

reg. \$2.99/lb



organic honeycrisp apples

**\$2.49/lb**

reg. \$3.49/lb



organic blueberries

**\$6.99**

6 oz  
reg. \$9.99



organic avocados

**2/\$4**

reg. \$3

or get small avocados, 2/\$2!



organic cauliflower

**\$3.99/lb**

reg. \$4.99/lb



salmon creek farms pork tenderloin

**\$4.49/lb**

reg. \$6.49/lb



organic brussels sprouts

**\$6.99/lb**

reg. \$7.99/lb



organic english cucumbers

**\$2.99/ea**

reg. \$3.99/ea



organic romaine lettuce

**\$2.99/ea**

reg. \$3.99/ea



organic mini mixed peppers

**\$6.99**

1 lb  
reg. \$9.99



organic broccoli

**\$2.99/lb**

reg. \$4.99/lb



organic broccolini bunches

**\$3.99/ea**

reg. \$4.99/ea



LOCAL MEANS FROM IDAHO OR WITHIN 150 MILES FROM OUR STORES







epsoak  
pure or lavender  
epsom salts

**\$3.99**

2 lbs  
reg. \$5.79-  
5.99



dr. bronner's  
toothpastes

**\$3.99**

5 oz  
reg. \$5.99



dr. bronner's  
liquid soaps

**\$6.99**

16 oz  
reg. \$10.99



apis  
local bath  
salts

**\$9.99**

10 oz  
reg. \$13.99



housemade  
chill chaser

**20% OFF!**

12 or 16 oz  
reg. \$6.49-  
\$7.99



**ALL SUPPLEMENTS 25% OFF  
FOR CO-OP MEMBERS!**



**NON-MEMBERS SAVE 10%**

pressed juicery  
assorted juices

**2/\$7**

12 oz  
reg. \$5.29



giesen  
sauvignon blanc  
0% alcohol

**20% OFF**

750 ml  
reg. \$16.99



avaline wines  
organic white  
blend

**20% OFF**

750 ml  
reg. \$22



avaline wines  
organic red  
blend

**20% OFF**

750 ml  
reg. \$22



waterbrook  
clean cabernet  
sauvignon

**20% OFF**

750 ml  
reg. \$13.99



athletic brewing  
select non  
alcoholic beers

**20% OFF**

6 pk  
reg. \$10.49-  
10.99



**BOISE CO-OP  
MARKET**

north end · the village  
pet supply · wine shop · uncorked!

restrictions may apply · cannot be used or  
combined with other offers or discounts limited to  
stock on hand · we reserve to right to correct  
printing errors · pictures are for illustration  
purposes only, and may not reflect actual product