

BUSINESS PARTNER PROGRAM 2011

Co-op members receive additional discounts with:

- Alchemistress- 10% off a body piercing or tattoo
- The Alexander Technique-Posture, Balance and Poise- 10% off first private lesson
- The Blackbird Café- free cup of in-house coffee with purchase of a sandwich
- Body Works Chiropractic- 10% off initial visit
- Chiropractic Office of Dr. Jamie Towle & Dr. Lisa Francey Towle- 10% off chiropractic services at both Canton and Malone locations
- Colton Massage Therapy- 10% off first massage or gift voucher
- Community Performance Series- 15% off any regular priced ticket
- the computer guys- 10% discount off computer peripherals in stock at both Potsdam and Canton locations
- Disaster Masters- 10% off all services
- Evans & White Ace Hardware & Rental- \$5 off 1 day carpet cleaning rental fee (one time only)
- The Frame Mill- 10% off custom framing
- Great Northern Screen Printing & Embroidery- 10% off custom screen & embroidery
- Jazzercise- 1 free trial class to new customers (may not be combined with other discounts)
- Julian's Restaurant- 10% off the purchase of an entrée (not valid with early dining specials)
- The Knead of Life- \$5 discount on first massage
- LaCasbah Restaurant- 10% off purchases
- Michael Greer Residential Carpentry- 5% discount
- North Country Center for Yoga and Health (Yoga Loft)- \$5 off the drop-in fee for any class (1 time offer- contact instructor to arrange)
- NorthCountrySites.com- 10% off services, website design, maintenance, & editing
- Northern Music and Video- 10% off all musical accessories/\$1 off all CDs & DVDs
- Packbasket Adventures- 10% off B&B including 1 meal, ski tours, canoe trips, and fishing trips
- Potsdam Center for Innovative Dental Technologies Terry Reed, DDS & Aaron Acres, DMD- 10% discount
- Purple Rice- \$2 off 1 lunch special (one time offer)
- Renew Architecture & Design PLLC- 5% discount on all architectural services
- Scoopuccino's- 10% off on Wednesdays
- St. Lawrence Chocolates- 10% discount
- St. Lawrence Nurseries- 10% off regularly priced stock
- Shabbie But Chic Thrift Store- 10% off all merchandise
- Strawberry Fields Music- \$1 off all purchases of \$10 or more
- SummerHaven Pool & Hearth- 10% off purchases over \$50 (excluding pellet & coal fuel)
- TAUNY Traditional Arts in Upstate NY- 10% discount on most items at the North Country Folkstore
- The UPS Store- 10 free self service copies daily (B&W, 8 * 11)
- Village Diner- FREE coffee, tea, or soft drink with any sandwich meal
- Willow Tree Florist & Landscaping, Inc.- 10% off fresh flowers (cash & carry)
- The World Artisan Fair Trade Shop & Gallery- 10% off all merchandise (excluding sale items)

Member-owned and operated in the 'North Country' since 1973.

The Co-op appreciates your business - We wouldn't be here if it weren't for this wonderful community!

We accept personal checks, debit, EBT, Visa and MC.

Open 8am to 7pm every day to everyone

To give credit: Pictures are ClipArt retrieved through Microsoft Publisher, and the words were typed by co-op employees and, perhaps, volunteers (past and present).

Potsdam Food Co-op & Carriage House Bakery

24 Elm Street Potsdam 315-265-4630 www.potsdamcoop.com

January Sales

stonyfield

Fat Free Yogurt, both 6 oz varieties

Regular Price: \$1.49

Member Price: \$1.39

golden temple Granolas:

Cherry Vanilla, Coconut Almond, Orange Cranberry, Pumpkin Spice, and Super Nutty

Regular Price: As Marked

Member Price: 10% OFF

new at the co-op:

Tazo Berry Blossom White Tea, 20 bags

regular price: \$5.29

p.j.'s organics

Organic Breakfast Burrito, 6 oz.

Regular Price: \$3.99

Member Price: \$3.39

& Highlights

Nature's path

Organic Hemp Granola, 26.4 oz.

Regular Price: \$10.19

Member Price: \$8.99

blue diamond growers

Almond Breeze, Original Unsweetened, 64 oz.

Regular Price: \$5.69

Member Price: \$5.29

barbara's bakery

Shredded Wheat, 13 oz.

Regular Price: \$5.79

Member Price: \$5.49

new at the co-op:

Yogi Relaxed Mind Tea, 16 bags

regular price: \$5.29





new at the co-op:

Drunken Goat Cheese

regular price: \$18.59/lb

Naked Goat Cheese

Regular price: \$16.79/lb



newman's own organics

Organic High-Protein Pretzels, 7 oz.

Regular Price: \$3.79

Member Price: \$3.39

New At The Co-op:

Dark Chocolate Covered Quinoa Puffs

Regular Price: \$13.59/lb

lakewood

Organic Pure Carrot Juice, 32 Oz.

Regular Price: \$6.99

Member Price: \$6.19



beanitos

Pinto Bean & Flax Chips, 6 oz.

Regular Price: \$3.99

Member Price: \$3.59

green mountain gringo

Salsa, all 16 oz. varieties

Regular Price: \$5.59

Member Price: \$4.79

Tortilla Strips, 8 oz

Regular Price: \$2.89

Member Price: \$2.49

Organic Blue Tortilla Strips, 8 oz.

Regular Price: \$3.79

Member Price: \$3.39

mt. viko spreads

Artichoke, 7.3 oz.

Regular Price: \$8.19

Member Price: \$6.99

Red Pepper & Feta, 7.7oz

Roasted Eggplant, 7.3 oz.

Regular Price: \$6.69

Member Price: \$5.89

tofurky

Vegan Cheese Pizza, 12 oz

Regular Price: \$10.29

Member Price: \$9.29

tandoor chef

Naan Bread, both 9 oz varieties

Regular Price: \$4.39

Member Price: \$3.89

sunrich foods

Edamame, both 12 oz. varieties

Regular Price: \$3.99

Member Price: \$3.49

new at the co-op:

DeBoles Organic Spinach Fettuccini

Regular Price: \$5.99/lb

check out our expanding Section of Oscar's Smokehouse and River Rat Cheese!

(located in the cheese cooler)

rising moon organics



Pizzas, all 11 oz varieties

Regular Price: \$8.79

Member Price: \$7.09

cedarlane natural

Chile Relleno, 10 oz.

Regular Price: \$5.49

Member Price: \$4.99

woodstock

Organic: Corn, Cut Green Beans, and Green Peas, 10 oz.

Regular Price: \$3.69

Member Price: \$3.09

pacific natural foods Soups, 32 oz.

Cashew Carrot Ginger

Regular Price: \$4.69

Member Price: \$4.19

Organic Roasted Red Pepper & Tomato and Organic Butternut Squash

Regular Price: \$4.99

Member Price: \$4.49

