

Potsdam Food Co-op & Carriage House Bakery

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

BUSINESS PARTNER PROGRAM 2009 - 2010
Co-op members receive additional discounts with:

The Alexander Technique -Posture, Balance and Poise—10% off on first private lesson
 Argent's Jewelry—10% off regular prices and repairs
 Asian World Imports -Fair Trade Shop & Gallery—10% off all merchandise (excl. sale items)
 The Bagelry—10% off all platters & catering
 Big M Supermarket— 5% off on Thursdays (some items excl.)
 Blackbird Cafe— Free cup of in-house coffee with purchase of a sandwich
 The Copy Shop & Business Center—FREE - up to 10 self service copies daily (B&W, 8 1/2 X 11)
 The Computer Guys— 10% discount off computer peripherals in stock
 Digital Artisan—10% discount on graphic design services, brochures, flyers, business cards, logos & more
 Dr. Terence M. Reed, D.D.S.— Potsdam Center for Innovative Dental Technologies—10% discount
 Evans & White Hardware— FREE - 1 key duplication
 First Crush Wine Bistro—10% off between 7am - 10am(Monday - Friday only)
 The Frame Mill—110% off custom framing
 Great Northern Screen Printing & Embroidery—10% off custom screen and embroidery
 Hidden Meadow Inn—FREE - tours of trails for groups or individuals (by appt.); 50% off 1 night stay or 2nd night free, Breakfast included(1st timers only, some exclusions apply)
 Jane Khondker, Certified Jazzercise Instructor —FREE - 1 Introductory Class (not valid w/other discounts)
 Josie's Pizza—\$2 off full-sheet pizzas; \$1 off large & half-sheet pizzas; 50 off smaller pizzas & pizza rolls
 La Casbah—10% off purchases
 Little Italy Restaurant & Pizzeria—\$1 off any pizza
 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)
 NorthCountrySites.com—10% off website design, maintenance & editing services
 Northern Ice and Dance —10% off first purchase
 Northern Music and Video—10% discount on CDs, DVDs, musical instrument accessories
 Packbasket Adventures—10% off B&B including: 1 meal, ski tours, canoe trips, fishing trips
 Purple Rice— \$2 off 1 lunch special (1 time offer)
 Renew Architecture & Design PLLC— 5% discount on architectural services
 St. Lawrence Chocolates—10% off discount on purchase of \$25 or more (excl. gift baskets)
 Scoopuccino's—10% off on Wednesdays
 Sergi's Italian Restaurant & Banquet Hall— \$1 off all pick-up pizzas (not valid w/ any other offer)
 Shabbie But Ch'ic Thrift Store—10% off all merchandise
 Strawberry Fields Music\$—1 off all purchases of \$10 or more (excl. bonus cards)
 Summer Haven Pool & Hearth— 10% off \$50 or more (excluding pellet & coal fuel)
 TAUNY—10% off Folkstore items (except top shelf)
 Tim's Comic & Game— FREE - 1 back-issue comic
 Village Wine and Liquors— 5% off any wines on Wednesdays
 Wear On Earth—10% off regularly priced items (some exclusions apply)

Member-owned and operated in the 'North Country' since 1973.
Imagine a healthier you! Come and see our wide range of specialty and whole foods!
We accept personal checks, debit, EBT, Visa and MC.
OPEN 8AM TO 7PM EVERYDAY
(Some days excluded- such as holidays)

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).

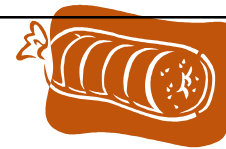
September SALES

MEMBERS and NONMEMBERS alike WELCOME!



RED FORK
**Chicken & Smoked
 Gouda Pizza**

Member Price: \$6.89
Sale Price: \$7.99
Regularly Priced: \$8.49



GLUTINO BAGELS
Plain and Gluten-Free

Member Price: \$6.29
Sale Price: \$7.29
Regularly Priced: \$7.89

Also, check out (in the freezer)
SNO PAC's
Organic Spinach

Member Price: \$2.69
Sale Price: \$3.29
Regularly Priced: \$3.99

SUNSHINE BURGERS
Gluten-Free, VEGAN

Barbeque, South West,
 Falafel and Garden Herb

Member Price: \$3.99
Sale Price: \$4.79
Regularly Priced: \$5.29

NEW-TO-STORE:
FOOD SHOULD TASTE GOOD

"All-Natural" "Gluten-Free"
TORTILLA CHIPS

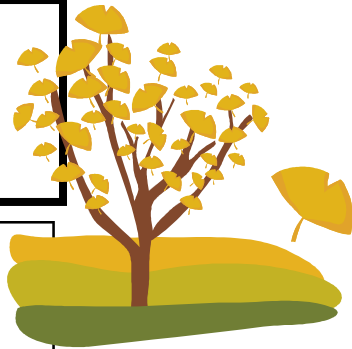
MULTIGRAIN, THE WORKS,
SWEET POTATO, LIME,
CHOCOLATE,
JALAPENO and OLIVE



INTRODUCTORY PRICE: \$3.29

SPECIAL ORDERING,

... ANOTHER REASON to join
(Co-op Members get an additional
discount on their special orders)



Food for Life CEREALS

Ezekiel 4:9 Organic Golden Flax
Ezekiel 4:9 Organic Almond

Member Price: \$5.19
Sale Price: \$5.99
Regularly Priced: \$6.89

FIZZY LIZZY sparkling juices
Pineapple, Pomegranate, and
Raspberry Lemon

Member Price: \$1.39tx
Regularly Priced: \$1.59tx

CHOCOLOVE dark chocolate bars

Chiles and Cherries in Dark Chocolate,
Cherries and Almonds in Dark Chocolate,
Raspberries in Dark Chocolate and
Extra Strong Dark Chocolate

Member Price: \$2.59
Regular Price: \$2.99

NATIVE FOREST

Organic Coconut Milk

Member Price: \$2.09
Sale Price: \$2.39
Regularly Priced: \$2.59

Routinely
SAVE
2%, and
with a little
work you
can save
even more!
ASK US
HOW!

NAIRN'S

Oat Crackers

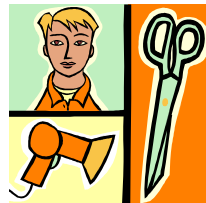
Member Price: \$2.49
Sale Price: \$2.99
Regularly Priced: \$3.29

BWC

Lavender Highland
Shampoo
and
Conditioner

ON SALE!

Member Price: \$6.29
Regular Price: \$7.09



COLAVITA OLIVE OIL

for 34OZ,
Member Price: \$11.39
Sale Price: \$13.09
Regular Price: \$14.99



for 3L Tin,
Member Price:
\$34.19
Regular Price: \$39.00

BETTER THAN BOUILLON

Organic Vegetable Base, Organic
Chicken Base & Organic Beef Base

Member Price: \$5.49
Regularly Priced: \$6.49



P.J.'s ORGANIC'S
5-Layer Organic
Chicken Supper BURRITO

Member Price: \$2.59
Sale Price: \$2.99
Regularly Priced: \$3.09

HEALTH IS WEALTH

"All Natural"
Vegan Chicken Nuggets

Member Price: \$5.59
Sale Price: \$6.39
Regular Price: \$6.89

CAFIX Instant

Member Price: \$6.49
Sale Price: \$7.39
Regularly Priced: \$7.69

ENJOY LIFE

"Nut and Gluten Free"
Cookies

No Oats Oatmeal,
Gingerbread Spice,
Chewy Chocolate Chip
and
Snickerdoodle

Member Price: \$3.49
Sale Price: \$3.99
Regular Price: \$4.19

Dr. MCDUGALL'S SOUPS IN CUPS

Organic Miso Ramen,
Vegan Split Pea,
Tortilla and Black Bean w/
Lime

Member Price: \$1.89
Sale Price: \$2.09
Regular Price: \$2.39