

# 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)  
 Jack & Weezie's Coffee House (Fields)—10% off purchases  
 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.  
**Co-op open to the public! Welcome!**  
**We accept personal checks, debit, EBT, Visa, and MC.**  
**OPEN 8AM TO 7PM EVERYDAY**  
*(Some days excluded— such as holidays)*

## July SALES

MEMBERS and NONMEMBERS alike WELCOME!

### SOY BOY



### TOFU NOT DOGS

Member Price: \$3.79  
 Sale Price: \$4.29  
*Regular Price: \$4.69*

how to **SAVE** more  
 (EVEN MORE!) ?  
 by becoming both a Co-op  
 member and  
 Co-op volunteer!!!

### STACY'S PITA CHIPS

Multi-grain; Cinnamon and  
 Sugar; Simply Naked; and  
 Tuscan Herb



Member Sale Price: \$2.69  
*Regular Price: \$3.29*

### HONEST MATE organic mate drinks

AGAVE MATE,  
 SUBLIME MATE,  
 TROPICAL MATE,  
 and  
 New-to-Store  
 MAQUI BERRY MATE

Member Price: \$1.69  
 Sale Price: \$1.89  
*Regular Price: \$2.09*

ON SALE until they're gone:  
 (look for them in the freezer)

**AMY's ESPECIAL Burrito**  
 and  
**AMY's BLACK BEAN Burrito**

SALE Price: \$3.09  
*Regular Price: \$3.49*

### ANCIENT HARVEST

Organic Quinoa Spaghetti  
 SALE Price: \$2.79  
*Regular Price: \$3.09*

THE CO-OP IS NOW  
**OPEN 8AM UNTIL 7PM**  
**SEVEN DAYS A WEEK!!!**  
**THAT'S SO GREAT!**

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), as well.

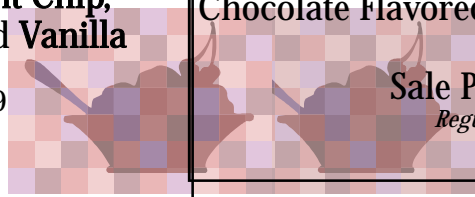
# SPECIAL ORDERing,

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

## ALDEN'S ICE CREAM

Blackberry, Mint Chip,  
Strawberry, and Vanilla

Member Sale: \$6.09  
Sale: \$6.99  
Regular Price: \$7.49



## SANTA CRUZ'S

Organic, Gluten-Free  
Chocolate Flavored SYRUP

Sale Price: \$4.29  
Regular Price: \$4.69

## FOOD FOR LIFE'S English Muffins

Cinnamon Raisin      Sprouted Grain

Member Sale: \$4.89      Member Sale: \$4.39  
Sale Price: \$5.59      Sale: \$5.39  
Regular Priced: \$5.99      Regular Price: 5.59

## RUDI'S HAMBURGER BUNS

Member Sale: \$4.39 Regularly Priced: 5.49

## BLAKE'S

"All Natural  
Organic Mac &  
Cheese"  
CHICKEN &  
BROCCOLI

Member Price:  
\$5.39

Regular Price: \$6.29

## RUDI'S Organic Bakery

HOT DOG BUNS  
(Wheat)

Member Price: \$3.49  
Sale Price: \$3.99  
Regular Price: \$4.39



## APPLEGATE FARMS

Beef Hot Dogs  
Antibiotic-Free

Member Sale: \$4.69  
Sale Price: \$5.39  
Regular Price: \$5.79

## ZICO's COCONUT WATER



Member Sale: \$2.39  
Sale Price: \$2.89  
Regular Price: \$3.09

Routinely **SAVE**  
2%, or 10%, or maybe even 23%  
ASK US HOW!

## Rising Moon Organics' PIZZA

Margherita,  
and  
Pesto & Buffalo Mozzarella



Member Sale: \$6.09  
Sale: \$7.69  
Regular Price: \$8.49



Follow Your Heart  
DRESSINGS

Chunky Bleu  
Cheese, and  
Miso Ginger

Member Sale: \$3.99  
Sale: \$4.59  
Regular Price: \$4.79

THE CO-OP IS NOW  
OPEN  
8AM UNTIL 7PM  
SEVEN DAYS A WEEK!!!  
(THAT'S SO GREAT)

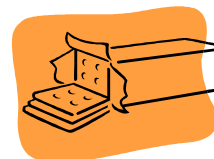
## SPECTRUM'S ORGANIC SAFFLOWER OIL

SALE Price: \$6.99  
Regular Price: \$7.59



## RYVITA's CRISPbread Fruit & Seed Crunch Pumpkin Seeds and Oats

MEMBER SALE: \$3.09  
Regularly Priced: \$3.79



AND

Sesame Rye

MEMBER PRICE: \$2.39  
SALE PRICE: \$2.79  
Regular Price: \$3.29

## BACK TO NATURE's CRACKERS

Stoneground Wheat,  
and  
Classic Rounds

Member Sale: \$3.29  
Sale Price: \$3.79  
Regular Price: \$3.99

[www.potsdamcoop.com](http://www.potsdamcoop.com)