

## Upcoming Wellness Event:

JANUARY  
22

### HERBS TO STIMULATE & SUPPORT DIGESTION

📍 *Concord Co-op Cafe | 5:30 PM-6:30 PM*

In this free class, Maria Noel Groves will focus on herbs that enhance and support healthy digestive function including digestive bitters, aromatic carminatives, and sours. She will share how each category of herbs benefits digestive function, why this aids overall health, and feature a few favorite examples of each—such as ginger, fennel, dandelion, and chamomile. Learn how, why, and when they work best as well as recipe tips and tricks.



Tuesday  
FEBRUARY  
17

### THE BASICS OF PLANT-BASED NUTRITION

📍 *The Hotel Concord | 4:30 pm-5:30 pm*

Discover how simple, delicious, and empowering plant-based eating can be with Jenny Cheifetz, wellness coach from The Flirty Vegan. This beginner-friendly workshop introduces the core principles of a whole-food, plant-based lifestyle—without overwhelm or restriction. Whether you're "veg-curious," working toward better health, concerned for the animals, environmentally-conscious, or wanting to eat more nourishing foods, this class offers guidance, practical tips, and supportive inspiration.



## Stay in the loop!



@concordfoodcoop



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Concord Food Co-op

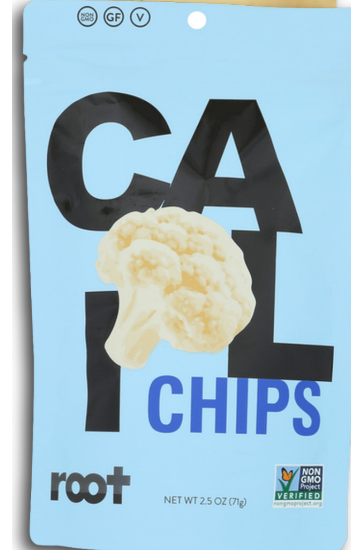
JAN  
2026

# MEMBER Deals!

Exclusive member-only offers



**In need of a New Year's resolution?**  
Commit to eating local, organic foods with a Co-op membership!



**5.49**

Root Foods  
Vegetable Chips  
Assorted Flavors  
2.5 oz

## NEW YEAR, NEW SNACKS!



## Protein Packed Foods



**4.49**

**Yankee Farmer's Market**  
Buffalo Snack Stick  
1.74 oz



**4.49**

**Drink Wholesome**  
Protein Powder  
Select Single-Serve Flavors



*Give me granola!*



**13.99/lb**

**Back Roads Granola**  
Select Varieties  
Found in the Bulk Section

## Drinks for Every Occasion



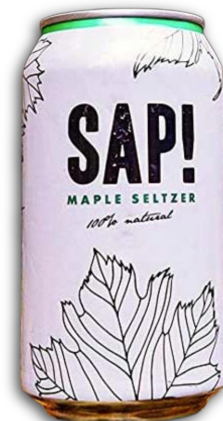
**7.99**

**Belvoir**  
Select Lemonades  
25.4 fl oz



**9.99**

**Sap**  
Maple Soda and Seltzer  
4 - 12 fl oz cans



**11.99**

**Mind Your Manna**  
Fire Brew  
Unsweetened  
8 fl oz



**9.49**

**Boiron**  
Throat Calm  
60 ct

*Shop the wellness section for all-natural essentials!*



**6.49**

**Seaweed Bath Co.**  
Hand Cream  
Rosemary Mint  
2 fl oz



**2.49**

**Sappo Hill Soap**  
Glycerin Cream Oatmeal  
Soap  
3.5 oz