

Hanover: 8 AM-8 PM • Lebanon: 7 AM-9 PM  
White River Junction: 7 AM-8 PM

We welcome coupons, EBT  
Cards, and WIC vouchers.



Not responsible for typographical errors.



# Look for these Specials and More

on Sale through November 13

## PRODUCE

- Pears: Bartlett, Bosc..... **1.59/lb** save 1.00
- Golden Pineapple, each..... **2.99** save 3.00
- POM Wonderful Pomegranates  
Each..... **2.49** save 1.50
- Brussels Sprouts..... **2.59/lb** save 1.40
- Green Cabbage..... **49¢/lb** save 50¢
- Cucumbers, each..... **59¢** save 70¢
- Green Peppers..... **1.49/lb** save 1.00

## GROCERY

- Post Grape Nuts Cereal  
Original, Fit, Flakes, 18-24 oz..... **2.99** save 1.00-1.30
- Post Selects and Great Grains Cereal  
All varieties, 13.5-16 oz..... **2.99** save 1.30
- Post Shredded Wheat Cereal  
Select varieties, 15-20 oz..... **2.99** save 1.00-1.30
- Shurfine Hot Cocoa Mix  
All varieties, 20 oz canister... **2.49** save 50¢
- Progresso Vegetable Classics Soup  
Select varieties, 18-19 oz..... **1.29** save 1.00
- Shurfine Saltines Crackers  
All varieties, 16 oz..... **1.59** save 70¢
- Del Monte Vegetables  
Select varieties, 14.5-16 oz .. **99¢** save 60¢
- Del Monte Fruit, Select varieties,  
15-15.25 oz can..... **2/3** save 59¢ ea
- Del Monte Tomatoes  
Select varieties, 14.5 oz..... **99¢** save 70¢
- Newman's Own Spaghetti Sauce  
All varieties, 24 oz..... **2.29** save 50¢
- Newman's Own Salad Dressing  
All varieties, 16 fl oz..... **2.99** save 90¢
- Newman's Own Salsa  
All varieties, 16 oz..... **1.99** save 50¢
- Barilla Tortellini  
All varieties, 8 oz..... **3.29** save 70¢
- Shurfine Evaporated Milk  
12 fl oz..... **79¢** save 40¢
- Bounty Paper Towels  
Select varieties, 6 rolls,  
384-684 count..... **6.99** save 4.40-4.60

## MEAT

- Choice Grade Beef  
Sirloin Tips..... **8.49/lb** save 1.50
- Choice Grade Beef  
Eye Round Roast..... **4.79/lb** save 1.20
- Choice Grade Beef  
Thin Sandwich Steak..... **6.99/lb** save 1.00
- Smart Chicken Organic  
Chicken Tenders..... **9.99/lb** save 1.00
- Smart Chicken Organic Chicken  
Sausage: Sweet Apple, Andouille,  
12 oz..... **5.79** save 1.00

## SEAFOOD

- Stuffed Tilapia..... **8.99/lb** save 1.00
- Henry & Lisa's Natural Seafood**  
Dover, New Hampshire
- Wild Alaskan Breaded  
Fish Nuggets, 12 oz..... **5.99** save 1.00
- Gluten Free Wild Alaskan  
Fish Nuggets, 12 oz..... **5.99** save 1.00
- FishWise Yellow Choice**
- Tilapia Fillets..... **7.49/lb** save 1.30

## DELI

- McKenzie Country Classics Oven  
Roasted Turkey Breast..... **8.49/lb** save 1.10
- Alpine Lace  
Swiss Cheese..... **6.99/lb** save 1.00
- Applegate Naturals  
Uncured Black Forest Ham  
6 oz..... **7.49** save 1.00
- Applegate Naturals  
Provolone Cheese, 8 oz..... **5.79** save 70¢

## Save money

(every time you shop )

It's quick. It's easy.

It's another member benefit.

- Filter products by food preferences and allergies
- Choose to see a list of savings on only your favorite foods
- Create and save shopping list online



To learn more and sign up visit  
[www.coopfoodstore.com](http://www.coopfoodstore.com) or scan this  
QR code. **Another Co-op Member Benefit.**

## Time to order your Fresh Vermont Turkey

**STONEWOOD FARM**  
Orwell, Vermont

**MISTY KNOLL FARM**  
New Haven, Vermont



- USDA inspected
- No antibiotics
- No growth hormones
- No animal by-products
- Raised on fresh air and whole grain
- Tasty and worth every penny

**Call 603-643-2667**

Hanover Meat Counter Ext 6314  
Lebanon Meat Counter, Ext 4414  
White River Junction, Ext 5516

## SPECIALTY CHEESE

- Neighboring Farms of Vermont**  
Randolph Center, Vermont
- Organic Chipotle Cheddar  
Cheese..... **11.49/lb** save 1.00

## BAKERY

- NEW!** Dutch Maid 7" Raspberry White  
Chocolate Cake, 32 oz..... **9.99** save 1.50
- Stonefire Italian Artisan Pizza Crust  
10 oz..... **2.29** save 1.00
- Stonefire Naan Bread, 8 oz **2.19** save 80¢

## DAIRY

- Florida's Natural Premium  
Orange and Grapefruit Juice  
All varieties, 59 fl oz..... **2.59** save 1.40
- Newman's Own Lemonade,  
Limeade and Juice Drinks  
All varieties, 59 fl oz..... **1.79** save 60¢
- Philadelphia Soft Cream Cheese  
Select varieties, 8 oz..... **1.69** save 60¢-1.20
- Land O Lakes Butter Quarters  
All varieties, 16 oz..... **2.39** save 1.20
- Fage Total Yogurt Cups  
All varieties (excluding Fruyo varieties),  
5.3-7 oz..... **99¢** save 60¢

## FROZEN

- Newman's Own Skillet Meals  
All varieties, 24 oz..... **5.99** save 2.40
- Kemp's Frozen Yogurt  
Fat Free, Low Fat, 48 fl oz..... **2.99** save 2.00
- Birds Eye Diced Butternut Squash  
20 oz..... **2/3** save 49¢ ea
- Marie Callender's Pies  
Apple, Pumpkin, Razzleberry,  
36-46 oz..... **5.99** save 2.30

## NATURAL & SPECIALTY

- NEW!** Equal Exchange Organic  
Fair Trade Chocolate Chips  
Semi-sweet, Bittersweet,  
10 oz..... **3.99** save 1.50
- Equal Exchange  
Organic Baking Cocoa  
8 oz..... **5.69** save 2.00
- Equal Exchange  
Organic Hot Cocoa Mix  
Original, Spicy, 12 oz..... **5.69** save 2.00
- Stonewall Kitchen  
New England Cranberry Relish  
13 oz..... **3.99** save 70¢
- Krave Jerky  
All varieties, 3.25 oz..... **4.99** save 1.00
- Laurel Hill Tortilla Chips  
All varieties, 6.5 oz..... **2.49** save 50¢
- Laurel Hill Salsa  
All varieties, 16 oz..... **3.99** save 1.00
- Truly Indian Cooking Sauce  
All varieties, 15.87 oz..... **2.99** save 1.50
- Lundberg Family Farms  
Organic Brown Rice  
Long Grain, Short Grain,  
2 lb bag..... **3.99** save 1.30
- Olave Premium Selection  
Extra Virgin Olive Oil  
33.8 fl oz..... **15.89** save 4.00

## BULK

- NEW!** Equal Exchange Fair Trade  
Yogurt Covered Raisins..... **7.99/lb** save 1.00
- Tierra Farm Organic  
Dry Roasted Cashews  
Salted, No Salt..... **9.99/lb** save 3.00
- Equal Exchange Organic  
Mind, Body and Soul  
Whole Bean Coffee..... **9.99/lb** save 1.00

## HEALTH & BEAUTY

- New Chapter Wholemega Fish Oil  
1000 mg, 60 count..... **17.95** save 14.00
- Boiron Oscilloccinum  
6 dose..... **8.99** save 6.00

## FLORAL

- Florist Mum, 4.5" plant..... **5.99** save 1.00

## BEVERAGE

- Fever-Tree Premium Mixers  
All varieties, 4 pack,  
27.2 fl oz..... **4.99** save 1.00

## VERMONT STORES ONLY

- Parker Station Pinot Noir  
California, 750 ml..... **11.99** save 2.00
- Kendall-Jackson  
Vintner's Reserve Zinfandel  
California, 750 ml..... **13.99** save 2.20
- 90+ Cellars Lot 66 Riesling  
Germany, 750 ml..... **10.99** save 1.00

## NEW HAMPSHIRE STORES ONLY

- Primaterra Prosecco  
Italy, 750 ml..... **14.99** save 4.00
- Peltier Station Hybrid Petite Sirah  
California, 750 ml..... **10.99** save 2.00
- Bota Box  
All varieties, 3 liter..... **21.99** save 4.00