

Sales Good through 4/17

## Easter Essentials on Sale

### Domino Granulated Sugar

4 lb..... **2/5** save 69¢ ea

### King Arthur Unbleached Flour

5 lb bag..... **2/6** save 99¢ ea

### Jell-O Pudding

All varieties, 1-3.9 oz..... **89¢** save 30¢

### MRS. SMITH'S

#### Original Flaky Crust Pie

All varieties, 35-37 oz.... **4.99** save 1.80

#### Cool Whip Frozen Topping

Select varieties, 8 oz..... **1.29** save 70¢

#### Chrysanthemum Pom Bunch

Each..... **4.99** save 3.00



>> Complete your meal with these and many other sale items

## Our Latest Big Deals

Available through April 17



### Lightlife Tempeh

Select varieties, 8 oz

**Co-op Members**  
**2/4** save 1.99 ea

**Non-Members**  
**2.49** save 1.50



### Hilary's Organic World's Best Veggie Burgers

Select varieties, 6.4 oz

**Co-op Members**  
**2/4** save 1.79 ea

**Non-Members**  
**2.49** save 1.30



### Natural Sea Solid White Albacore Tuna

No Salt, Salted, 5 oz

**Co-op Members**  
**2/4** save 1.29 ea

**Non-Members**  
**2.49** save 80¢



### Vermont Smoke & Cure Mini Meat Sticks

Select varieties, 3 oz

**Co-op Members**  
**2/6** save 1.79 ea

**Non-Members**  
**3.99** save 80¢



### Westbrae Organic Beans

All varieties, 15 oz

**Co-op Members**  
**2/3** save 79¢ ea

**Non-Members**  
**1.99** save 30¢



### Natures Path Organic Cereal

Select varieties, 26.4-32 oz, ECO PAC

**Co-op Members** save  
**5.99** 2.00-3.00

**Non-Members** save  
**6.99** 1.00-2.00



### Alden's Organic Ice Cream

Select varieties, 48 fl oz

**Co-op Members**  
**5.99** save 2.00

**Non-Members**  
**6.99** save 1.00



### Cascadian Farm Organic Fruit

Select varieties, 28-32 oz

**Co-op Members**  
**7.99** save 2.00

**Non-Members**  
**8.99** save 1.00



### Seventh Generation Laundry Detergent

Select varieties, 100 fl oz

**Co-op Members**  
**9.99** save 5.50

**Non-Members**  
**11.99** save 3.50



### Seventh Generation Dish Liquid

Select varieties, 25 fl oz

**Co-op Members**  
**2/6** save 1.29 ea

**Non-Members**  
**3.49** save 80¢

## Monday & Tuesday

Members, save 10%\* on everything throughout the store!

\*Alcohol and Service Center excluded. Save 10% applies when members shop on the 15th-16th each month.

## GROCERY

<b>Santa Cruz Organic Raspberry Lemonade</b> 32 fl oz .....	<b>2/4</b>	save 79¢ ea
<b>Jif Peanut Butter</b> Chunky, Creamy, 16 oz ...	<b>2/4</b>	save 79¢ ea
<b>Angie's BOOMCHICKAPOP Popcorn</b> Select varieties, 4.5-7 oz	<b>2/4</b>	save 1.29 ea
<b>Muir Glen Organic Tomatoes</b> Select varieties, 28 oz .....	<b>2/4</b>	save 1.29 ea
<b>Lay's Potato Chips</b> All varieties, 7.75-8 oz ...	<b>2/5</b>	save 79¢ ea
<b>Snyder's of Hanover Pretzel Pieces</b> All varieties, 8-14.4 oz ...	<b>2/5</b>	save 1.39 ea
<b>Montebello Organic Pasta</b> Select varieties, 16 oz .....	<b>2/6</b>	save 99¢ ea
<b>Cascadian Farm Organic Raisin Bran</b> 12 oz .....	<b>2/6</b>	save 99¢ ea
<b>General Mills Chex Cereal</b> Select varieties, 12-14 oz	<b>2/7</b>	save 1.00
<b>RXBAR Protein Bar</b> Select varieties, 1.83 oz	<b>1/7</b>	save 50¢
<b>Bonne Maman Fruit Preserves &amp; Jellies</b> All varieties, 13 oz .....	<b>3/6</b>	save 80¢
<b>Wholesome! Organic Cane Sugar</b> 32 oz .....	<b>3/9</b>	save 2.00
<b>Lundberg Farms Organic Brown Basmati Rice</b> 2 lb .....	<b>4/9</b>	save 2.00
<b>Back to Nature Fudge Mint Cookies</b> 6.4 oz .....	<b>3/4</b>	save 2.30

## BAKERY

<b>Little Northern Bakehouse Sprouted Honey Oat Bread</b> 17 oz .....	<b>3/9</b>	save 1.00
<b>Silver Hills Sprouted Bakery Sprouted Power Bagels</b> Plain, Sesame Sunflower, 14 oz .....	<b>3/4</b>	save 1.50

## HEALTH AND BODY CARE

<b>Preserve Kids Soft Toothbrush</b>	<b>2/4</b>	save 1.59 ea
<b>Dr. Bronner's Castile Soap</b> Select varieties, 32 fl oz	<b>9/9</b>	save 5.00
<b>Manitoba Harvest Natural Hemp Hearts</b> 8 oz .....	<b>6/9</b>	save 2.00

## PREPARED FOOD

<b>Co-op Kitchen Macaroni Salad</b> .....	<b>3/9</b> lb	save 1.00
<b>Co-op Kitchen Spicy Asian Noodles</b>	<b>9/9</b> lb	save 1.00

## BEVERAGE

<b>Rebbl Super Herbs Elixir</b> All varieties, 12 fl oz .....	<b>2/6</b>	save 1.29 ea
<b>Polar Soda</b> All varieties, 1 liter .....	<b>7/9</b> ¢	save 30¢
<b>Poland Spring Sparkling Water</b> All varieties, 1 liter .....	<b>7/9</b> ¢	save 30¢
<b>Gatorade</b> All varieties, 32 fl oz .....	<b>1/1</b>	save 70¢

## NEW HAMPSHIRE STORES ONLY

<b>Harpoon Brewery Beer and Ales</b> All varieties, 12-pack, 144 fl oz .....	<b>14/9</b>	save 1.00
<b>Bota Box Wine</b> All varieties, California, 3 liter .....	<b>18/9</b>	save 3.00

## VERMONT STORE ONLY

<b>Von Trapp Brewing Helles Lager</b> 6-pack, 72 fl oz .....	<b>8/9</b>	save 1.00
<b>90+ Cellars Wine</b> Select varieties, 750 ml,	<b>10/9</b>	save 1.00

## MEAT

<b>Co-op Natural Fresh Ground Beef</b> .....	<b>6/4</b> lb	save 50¢
<b>Choice Grade Beef Sirloin Tips</b> .....	<b>8/9</b> lb	save 2.00
<b>Teriyaki Beef Tips</b> .....	<b>9/9</b> lb	save 2.00
<b>Boneless Chicken Breast</b> .....	<b>3/4</b> lb	save 50¢
<b>Pineland Farms Natural Meats London Broil Steak</b> .....	<b>5/9</b> lb	save 1.00
<b>Shady Brook Farms 93% Lean Ground Turkey</b> 16 oz .....	<b>3/7</b>	save 80¢

## SEAFOOD

## FishWise Yellow Choice

<b>Halibut Fillets</b> Wild-Caught .....	<b>18/9</b> lb	save 1.00
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## BULK

<b>Organic Whole Wheat Pastry Flour</b> .....	<b>1/1</b> lb	save 30¢
<b>Equal Exchange Fair Trade Whole Bean &amp; Ground Coffee</b> Select varieties, 10-12 oz	<b>6/9</b>	save 2.00


## DELI

<b>North Country Smokehouse Applewood-Smoked Turkey Breast</b> .....	<b>8/9</b> lb	save 2.00
<b>Land O Lakes American Cheese</b> All varieties .....	<b>4/9</b> lb	save 1.00

## PRODUCE

<b>Organic Mangoes</b> .....	<b>1/7</b>	save 2.00
<b>Organic Bartlett Pears</b> .....	<b>1/9</b> lb	save 1.30
<b>Organic Pineapple</b> .....	<b>4/9</b>	save 1.00
<b>Organic Zucchini Squash</b> .....	<b>1/7</b> lb	save 1.50
<b>Blueberries, 6 oz</b> .....	<b>2/6</b>	save 1.99 ea
<b>Strawberries, 16 oz</b> .....	<b>3/9</b>	save 2.00
<b>Cantaloupe</b> .....	<b>2/5</b>	save 79¢ ea
<b>Mini Watermelon</b> .....	<b>3/9</b>	save 3.00
<b>Asparagus</b> .....	<b>3/9</b> lb	save 1.00
<b>Cucumbers</b> .....	<b>6/9</b> ¢	save 30¢
<b>Lettuce</b> Red Leaf, Green Leaf .....	<b>1/5</b>	save 90¢
<b>Whole White Mushrooms</b> 8 oz .....	<b>1/7</b>	save 1.00
<b>Red Onions</b> .....	<b>1/0</b> lb	save 70¢
<b>Red Peppers</b> .....	<b>1/9</b> lb	save 1.00
<b>Baking Potatoes</b> .....	<b>7/9</b> ¢lb	save 40¢
<b>Grape Tomatoes</b> Pint .....	<b>1/5</b>	save 1.00
<b>Lightlife Smart Dogs Veggie Protein Links</b> 12 oz .....	<b>2/9</b>	save 2.00

## CHEESE SHOP

<b>Nettle Meadow Farm Kunik New York</b> .....	<b>28/9</b> lb	save 3.00
 <b>Maplebrook Farm</b> Bennington, Vermont		
<b>Feta, 8 oz</b> .....	<b>3/9</b>	save 1.00

## FROZEN

<b>Cascadian Farm Organic Fruit</b> All varieties, 8-10 oz .....	<b>3/4</b>	save 80¢
<b>Amy's Organic Burrito</b> Select varieties, 5.5-6 oz	<b>2/2</b>	save 70¢
<b>Klondike Ice Cream Bars</b> Select varieties, 27 fl oz	<b>2/9</b>	save 2.00

## DAIRY

<b>Cabot Creamery Cooperative Cracker Cuts, All varieties,</b> 7 oz .....	<b>2/4</b>	save 1.49 ea
<b>Land O Lakes Butter</b> Salted, Unsalted, 16 oz ...	<b>3/2</b>	save 2.00
<b>Noosa Finest Yoghurt</b> All varieties, 8 oz .....	<b>1/8</b>	save 40¢

## FLORAL

<b>Alstroemeria Bunch</b> ...	<b>6/9</b>	save 5.00
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