

Members, Vote for the Co-op Board of Directors



Voting continues through April 30

Vote in stores or at www.MyCoopVote.com. Find candidate statements and ballots online and in each store location.

SALES GOOD APRIL 12-18

GROCERY

Eden Organic Beans Select varieties, 15 oz	2/3	save 99¢ ea
Frontera Guacamole Mix 4.5 oz pouch	2/3	save 49¢ ea
Late July Clásico Tortilla Chips All varieties, 5.5 oz	2/4	save 1.29 ea
Beanitos Bean Chips Select varieties, 6 oz	2/5	save 1.39 ea
Snyder's of Hanover Pretzels All varieties, 16 oz	2/5	save 1.19 ea
Lake Champlain Five Star Chocolate Bar All varieties, 1.7-2.2 oz	2/5	save 49¢ ea
Keebler Town House Original Crackers 13.8 oz	2/5	save 1.79 ea
Keebler Rainbow Chips Deluxe Cookies 12.9 oz	2/5	save 1.69 ea
Quaker Life Cereal 13 oz	2/5	save 1.79 ea
Knorr Pasta or Rice Sides Select varieties, 4-5.7 oz	5/5	save 59¢ ea
Woodstock 5 Grain Cereal 18.5 oz	2/19	save 80¢
CLIF Energy Bar All varieties, 2.4 oz	99¢	save 26¢
RXBAR Protein Bar Select varieties, 1.83 oz	1/79	save 50¢
GoGo Squeez Organic Applesauce Select varieties, 4-pack, 12.8 oz	2/99	save 1.00
Primal Kitchen Greek Avocado Oil Dressing & Marinade 8 fl oz	4/69	save 1.30
Campbell's Chunky Soup & Chowder 18.6-19 oz	1/29	save 1.40
Annie's Family Size Shells & Cheddar 10.5 oz	2/69	save 1.30

GROCERY

Apple & Eve Naturally Cranberry Juice , 64 fl oz	3/49	save 1.10
Tazo Refresh Herbal Tea 20 count	2/99	save 1.50
Seventh Generation Natural Laundry Detergent 100 fl oz	10/99	save 4.50
Seventh Generation 100% Recycled Paper Towels	1/99	save 1.00

PRODUCE

Organic Kale Green, Lacinata, Red	1/99	save 1.00
Organic Avocados	1/19	save 80¢
Organic Medjool Dates	9/99lb	save 3.00
Kiwi Fruit	2/1	save 19¢ ea
Seedless Grapes Green, Red	2/19lb	save 1.00
Mangoes	1/29	save 1.00
Cucumbers	2/1	save 29¢ ea
Cauliflower	2/99	save 1.50
Squash Summer, Zucchini	1/49lb	save 1.10
Cluster Tomatoes	2/49lb	save 80¢
Nasoya Organic Extra Firm TofuPlus 12 oz	2/39	save 1.40

Lēf Farms—Loudon, N.H.

Greens Blends , 4 oz	3/29	save 70¢
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Blue Ox Farm—Enfield, N.H.

Organic Shallots	4/99lb	save 1.00
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PREPARED FOODS

Co-op Kitchen Garden Salad	2/99	save 1.00
Co-op Kitchen Black Bean & Vegetable Torta	7/99lb	save 1.00

BEVERAGE

Gatorade All varieties, 64 fl oz	2/3	save 99¢ ea
Guayaki Enlighten Mint Yerba Mate Tea 15.5 fl oz	2/4	save 29¢ ea
Crystal Geyser Alpine Spring Water 6-pack, 101.4 fl oz	99¢	save 60¢
Hubert's Lemonade All varieties, 16 fl oz	1/29	save 90¢
Rebbl Super Herbs Elixir All varieties, 12 fl oz	2/99	save 1.00

NEW HAMPSHIRE STORES ONLY

Von Trapp Brewing Variety Pack 12-pack, 144 fl oz	14/99	save 1.00
90+ Cellars Wine Select varieties, 750 ml	1/199	save 1.00

VERMONT STORE ONLY

Long Trail Brewing Company Beer and Ales All varieties, 12-pack, 144 fl oz	16/99	save 1.00
Dark Horse Wine All varieties, California, 750 ml	9/99	save 2.00

BAKERY

La Tortilla Factory Handmade-Style Corn Tortillas 8-pack, 11.57 oz	2/4	save 1.29 ea
Pepperidge Farm Farmhouse Breads 22-24 oz	2/99	save 1.00

BULK

Co-op Food Stores Organic Raw Cashews	1/199lb	save 1.00
Organic Pitted Dates	4/39lb	save 1.60
Chunks Of Energy Chocolate Almond Chip	5/99lb	save 2.00

Sunday & Monday

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.

SALES GOOD APRIL 12-18

MEAT

- Co-op Quality Fresh Ground Beef.....**3.99/lb** save 1.00
- Choice Grade Beef: Sirloin Steak or Rump Roast.....**5.99/lb** save 1.50
- Boneless Chicken Breast.....**2.99/lb** save 50¢
- Shady Brook Farms 93% Lean Ground Turkey 16 oz.....**2.99** save 1.60
- al Fresco Fully Cooked Dinner Sausages All varieties, 12 oz.....**3.99** save 1.00
- Boar's Head Smoked Bacon 16 oz.....**5.99** save 2.00
- McKenzie Country Classics Kielbasa 14 oz.....**3.99** save 1.50

SEAFOOD

FishWise Yellow Choice

- Pollock Wild-Caught.....**5.99/lb** save 1.00
- Yellowfin Tuna Wild-Caught.....**14.99/lb** save 4.00
- Prince Edward Island Mussels Farm-Raised.....**2.79/lb** save 1.00

FLORAL

- High Mowing Organic Seeds All varieties.....**2/4** save 75¢ ea

FROZEN

- Cascadian Farm Organic Garden Peas, 10 oz.....**2/4** save 99¢ ea
- Klondike Ice Cream Bars Select varieties, 24-27 fl oz.....**2.99** save 2.00
- Woodstock Farms Organic Dark Sweet Cherries 10 oz.....**3.99** save 60¢
- Food For Life Organic Ezekiel 4:9 Bread 24 oz.....**4.79** save 1.00
- American Flatbread Tomato Sauce & Three Cheese Pizza 15.5 oz.....**5.99** save 4.00

DAIRY

- Cabot Creamery Cooperative Cheese Slices All varieties, 8 oz.....**2/5** save 1.19 ea
- The Greek Gods Greek Yogurt Select varieties 24 oz.....**2/6** save 99¢ ea
- Evolution Fresh Organic Orange Juice 15.2 fl oz.....**2.69** save 1.30
- So Delicious Unsweetened Coconutmilk 64 fl oz.....**2.69** save 1.30
- Nestlé Toll House Chocolate Chip Cookie Dough 16.5 oz.....**2.99** save 80¢

DELI

- North Country Smokehouse Nitrate-Free Boneless Ham.....**8.49/lb** save 2.00
- North Country Smokehouse Applewood-Smoked Turkey Breast.....**8.99/lb** save 2.00
- Boar's Head White American Cheese 8 oz.....**3.99** save 1.00
- Plainville Farms Oven-Roasted Turkey Breast 7 oz.....**4.49** save 1.50

CHEESE SHOP

- Cracked Green Olives Greece.....**4.99/lb** save 1.30

Thistle Hill Farm

North Pomfret, Vermont

- Organic Tarentaise....**17.99/lb** save 3.00

HEALTH AND BODY CARE

- Tom's of Maine Wicked Fresh Mouthwash 16 fl oz.....**3.99** save 2.00
- Seventh Generation Hand Wash All varieties, 12 fl oz.....**3.39** save 60¢
- Solaray Once Daily High-Energy Multi-Vita-Min 120 count.....**17.99** save 12.00

Our Latest Big Deals

Available through April 18



Members: **44%** OFF

Brown Cow Whole Milk Yogurt
All varieties, 32 oz

Co-op Members
2/5 save 1.99 ea

Non-Members
2.99 save 1.50



Members: **42%** OFF

Rudi's Organic Bakery English Muffins
All varieties, 12 oz

Co-op Members
2/5 save 1.79 ea

Non-Members
2.99 save 1.30



Members: **40%** OFF

Talent Gelato
Select varieties, 16 fl oz

Co-op Members
2/6 save 1.99 ea

Non-Members
3.49 save 1.50



Members: **40%** OFF

California Olive Ranch Everyday Olive Oil
16.9 fl oz

Co-op Members
7.49 save 5.00

Non-Members
8.99 save 3.50



Members: **37%** OFF

Cascadian Farm Organic Cereal
Select varieties, 8.6-14.6 oz

Co-op Members
2/5 save 1.49 ea

Non-Members
2.99 save 1.00