



# Co-op Savings and Highlights

Find over 1,000 specials online at [coopfoodstore.coop](http://coopfoodstore.coop)

## Our Latest Big Deals

Available through May 3



Members:  
**37% OFF**

**Brown Cow Whole Milk Yogurt**  
Select Varieties, 32 oz

**Co-op Members**  
2/5 **save 1.49 ea**

**Non-Members**  
2<sup>99</sup> **save 1.00**



Members:  
**42% OFF**

**Cascadian Farm Organic Fruit**  
All varieties, 8-10 oz

**Co-op Members**  
2/5 **save 1.79 ea**

**Non-Members**  
2<sup>99</sup> **save 1.30**



Members:  
**43% OFF**

**Stacy's Pita Chips**  
Select varieties, 7.33-8 oz

**Co-op Members**  
1<sup>99</sup> **save 1.50**

**Non-Members**  
2<sup>39</sup> **save 1.10**



Members:  
**49% OFF**

**Food Should Taste Good Tortilla Chips**  
Select varieties, 5.5 oz

**Co-op Members**  
1<sup>79</sup> **save 1.70**

**Non-Members**  
2/4 **save 1.49 ea**

SALES GOOD APRIL 20-26

### BULK

- Lundberg Farms Organic Wild Rice Blend.....**3<sup>99</sup>lb** **save 1.00**
- Organic Yellow Popcorn Kernels ..... **1<sup>49</sup>lb** **save 50¢**
- Bio-Pac Laundry Liquid..... **1<sup>69</sup>lb** **save 30¢**

### PREPARED FOODS

- Co-op Kitchens Ham & Swiss Grinder, 8 oz.....**4<sup>99</sup>** **save 1.00**
- Co-op Kitchens Greek Salad.....**3<sup>99</sup>** **save 1.00**
- Co-op Kitchens Tarragon Chicken Salad..... **10<sup>99</sup>lb** **save 1.00**

### HEALTH AND BODY CARE

- Shikai Shower Gel All varieties, 12 fl oz.....**6<sup>99</sup>** **save 2.00**
- Smarty Pants Kids Complete Multivitamin 120 count ..... **16<sup>99</sup>** **save 5.00**

## E-Waste Recycling Event

Safely dispose of your old computers, printers, TVs, DVD players, cell phones, and other electronic devices. *(No appliances, please.)*

APRIL 19-21

**THURSDAY and FRIDAY**

**10 a.m.-6 p.m.**

APRIL 22

**SATURDAY**

**9 a.m.-2 p.m.**

**LEBANON CO-OP ONLY**



Find Savings on The Earth Friendly Products Shown Below. On Sale this Week.

- If You Care Parchment Baking Paper 70 sq. ft..... **3<sup>29</sup>** **save 70¢**
- Earth Friendly ECOS Dishmate All varieties, 25 fl oz ..... **2<sup>99</sup>** **save 1.00**
- Earth Friendly Ultra Ecos Liquid Laundry Detergent All varieties, 100 fl oz ... **9<sup>99</sup>** **save 4.00**

- Seventh Generation Bath Tissue 2 ply, 4-pack..... **2<sup>99</sup>** **save 1.70**
- Seventh Generation Disinfecting Multi-Surface Cleaner 26 fl oz ..... **2<sup>99</sup>** **save 1.50**
- Seventh Generation Hand Wash All varieties, 12 fl oz..... **2<sup>99</sup>** **save 1.00**

- Preserve Mini Food Storage Container Each ..... **3/4** **save 66¢ ea**
- Preserve Green Cutlery 24 count ..... **3<sup>99</sup>** **save 1.80**

## GROCERY

- Annie's Organic Shells & White Cheddar, 6 oz...**2/3** save 1.99 ea
- Keebler Town House Original Crackers  
13.8 oz .....**2/4** save 2.29 ea
- Muir Glen Organic Diced Tomatoes  
28 oz .....**2/4** save 99¢ ea
- Justin's Organic Dark Chocolate Peanut Butter Cups  
1.4 oz .....**3/4** save 66¢ ea
- Tasty Bite Asian Noodle Entrée  
All varieties, 8.8 oz .....**2/5** save 99¢ ea
- Cascadian Farm Organic Cereal  
Select varieties, 14.6 oz ...**2/5** save 1.49 ea
- Ace of Diamonds Solid White Tuna in Water  
5 oz .....**4/5** save 54¢ ea
- Betty Crocker Fudge Brownie Mix  
Family Size, 18.3 oz .....**4/5** save 64¢ ea
- KIND Fruit & Nut Snack Bar  
All varieties, 1.6 oz .....**4/5** save 54¢ ea
- Near East Couscous  
10 oz .....**4/5** save 74¢ ea
- Bush's Best Baked Beans  
All varieties, 16 oz .....**5/5** save 79¢ ea
- King Arthur Flour Gluten-Free Pancake Mix  
15 oz .....**4/39** save 1.40
- Blue Diamond Nut-Thins  
Select varieties, 4.25 oz ...**2/39** save 90¢
- Pacific Foods Organic Low Sodium Chicken Broth 32 fl oz...**2/99** save 1.00
- R.W. Knudsen Simply Nutritious Morning Blend  
32 fl oz .....**2/39** save 1.40

## DELI

- McKenzie Country Classics Maple Cured Ham .....**6/99lb** save 1.00
- North Country Smokehouse Applewood Smoked Turkey Breast .....**9/99lb** save 1.00
- Mother Goose Smoked Liverwurst ....**4/99lb** save 1.50
- Cabot Creamery Cooperative Cheddar Cheese  
Sharp, Mild .....**6/49lb** save 80¢

## CHEESE SHOP

- Maplebrook Farm  
Bennington, Vt.
- Fresh Mozzarella .....**8/99lb** save 2.00

## PRODUCE

- Organic Baby Carrots  
16 oz .....**2/3** save 99¢ ea
- Organic Swiss Chard  
Rainbow, Red .....**2/4** save 99¢ ea
- Organic Zucchini Squash .....**1/69lb** save 1.80
- Strawberries, 16 oz .....**3/49** save 1.00
- Blueberries, 6 oz .....**3/49** save 1.50
- Kiwi Fruit .....**3/1** save 17¢ ea
- Whole White Mushrooms  
8 oz .....**1/69** save 70¢
- Vidalia Sweet Onions **8/9¢lb** save 60¢
- Imported Peppers  
Orange, Red, Yellow .....**2/99lb** save 1.00
- Red Potatoes .....**8/9¢lb** save 50¢
- Summer Squash .....**1/59lb** save 60¢
- Zucchini Squash .....**1/59lb** save 60¢

## BEVERAGE

- Hubert's Lemonade  
All varieties, 16 fl oz .....**2/3** save 79¢ ea
- KeVita Organic Sparkling Probiotic Drink  
All varieties, 15.2 fl oz .....**2/4** save 99¢ ea
- Polar Soda  
All varieties, 1 liter .....**7/9¢** save 20¢
- Zico Organic Fair Trade Coconut Water, 16.9 fl oz .....**2/29** save 1.00

## NEW HAMPSHIRE STORES ONLY

- New Belgium Brewing Company Fat Tire Belgian Style Ale  
12-pack, 144 fl oz .....**1/599** save 1.00
- Charles Smith Wines, All varieties,  
Washington, 750 ml .....**1/399** save 2.00

## VERMONT STORE ONLY

- Samuel Adams Beer and Ales  
Select varieties, 6-pack,  
72 fl oz .....**8/99** save 1.00
- Bota Brick, All varieties,  
California, 1.5 liter .....**1/199** save 2.00

## BAKERY

- Rudi's Organic Bakery Twisted Grains Bread  
All varieties, 12 oz .....**2/99** save 1.70
- Dave's Killer Bread  
21 Whole Grains and Seeds  
Thin-Sliced Organic Bread  
20.5 oz .....**3/99** save 1.00

## FLORAL

- Petite Bouquet .....**10/99** save 3.00

## MEAT

- Fresh Bone-In Lamb Legs .....**7/49lb** save 1.50
- Boneless Center Cut Pork Chops .....**2/99lb** save 1.00
- Boneless Pork Spare Ribs .....**2/49lb** save 1.00
- Boar's Head Smoked Bacon  
16 oz .....**5/99** save 1.00
- Co-op Natural Beef Pineland Farms Sirloin Steaks or Roasts .....**6/99lb** save 1.50
- Smart Chicken Natural Boneless Breast .....**6/79lb** save 70¢

## SEAFOOD

- Ducktrap of Maine Smoked Wild Sockeye Trim  
16 oz .....**10/49** save 1.50

## FishWise Yellow Choice

- Count Neck Clams  
Farm-raised, ea .....**4/9¢** save 20¢
- Wild Sockeye Salmon  
Previously Frozen .....**11/99lb** save 2.00
- Halibut Fillets  
Wild-caught .....**23/99lb** save 3.00

## DAIRY

- Noosa Finest Yoghurt  
All varieties, 8 oz .....**1/79** save 50¢
- Silk Unsweetened Almond Milk  
64 fl oz .....**2/99** save 1.00
- Tropicana Pure Premium Orange Juice  
All varieties, 89 fl oz .....**4/99** save 3.20
- Frigo String Cheese  
12 oz .....**2/99** save 1.90
- Evolution Fresh Watermelon & Lemon Juice Blend  
15.2 fl oz .....**3/49** save 80¢

## FROZEN

- Cascadian Farm Organic Garden Peas  
10 oz .....**2/3** save 1.49 ea
- Evol Burrito  
All varieties, 6 oz .....**2/4** save 99¢ ea
- Stouffer's French Bread Pizza  
All varieties,  
10.38-12.5 oz .....**2/5** save 49¢ ea
- Weaver Popcorn Chicken  
26 oz .....**4/29** save 1.40
- Halo Top Ice Cream  
All varieties, 16 fl oz .....**3/99** save 1.00