

## Our Latest Big Deals

Available through August 15



Members:  
**50% OFF**

**Barbara's Puffins Cereal**  
Select varieties, 10-11 oz

**Co-op Members** 2/5 **save 2.49 ea**  
**Non-Members** 2<sup>99</sup> **save 2.00**



Members:  
**50% OFF**

**KIND Breakfast Bars**  
All varieties, 7.1 oz

**Co-op Members** 2/4 **save 1.99 ea**  
**Non-Members** 2<sup>49</sup> **save 1.50**



Members:  
**50% OFF**

**Mrs. Meyer's Liquid Hand Soap**  
Select varieties,  
12.5 fl oz

**Co-op Members**  
2/5 **save 2.49 ea**  
**Non-Members**  
2<sup>99</sup> **save 2.00**



Members:  
**48% OFF**

**Woodstock Farms Dark Chocolate Covered Almonds**

**Co-op Members**  
5<sup>99</sup>lb **save 5.50**  
**Non-Members**  
7<sup>99</sup>lb **save 3.50**



Members:  
**46% OFF**

**KIND Healthy Grains Bars**  
All varieties, 6.2 oz

**Co-op Members**  
2/4 **save 1.69 ea**  
**Non-Members**  
2<sup>49</sup> **save 1.20**



Members:  
**44% OFF**

**Brown Cow Whole Milk Yogurt**  
All varieties, 32 oz

**Co-op Members**  
2/5 **save 1.99 ea**  
**Non-Members**  
2<sup>99</sup> **save 1.50**



Members:  
**40% OFF**

**Talent Gelato**  
Select varieties,  
16 fl oz

**Co-op Members**  
2/6 **save 1.99 ea**  
**Non-Members**  
3<sup>99</sup> **save 1.00**

SALES GOOD AUGUST 9-15

### DAIRY

- Cabot Creamery Cooperative Cheese Slices**  
All varieties, 8 oz ..... **2/5** **save 1.19 ea**
- Brown Cow Cream Top Yogurt**  
All varieties, 5.3 oz ..... **79¢** **save 40¢**
- Florida's Natural Premium Juice**  
All varieties, 59 fl oz ..... **3<sup>29</sup>** **save 70¢**
- Silk Dairy-Free Soy Yogurt**  
All varieties, 5.3 oz ..... **1<sup>19</sup>** **save 30¢**
- Lifeway Kefir**  
Select varieties, 32 fl oz .. **3<sup>19</sup>** **save 60¢**

### FLORAL

- Mini Carnation**  
Bunch ..... **4<sup>99</sup>** **save 4.00**

### BULK

- Organic Pinto Beans** **1<sup>69</sup>lb** **save 1.00**
- Tierra Farm Trail Mix** **6<sup>49</sup>lb** **save 1.80**
- Vermont Artisan Coffee & Tea Co.**  
Waterbury Center, Vermont
- Organic Coffee**  
Select varieties, 12 oz ..... **9<sup>99</sup>** **save 2.00**

### PREPARED FOODS

- Co-op Kitchen Southwestern Bean Salad** ..... **6<sup>99</sup>lb** **save 2.00**
- Co-op Kitchen Tarragon Chicken Salad** ..... **9<sup>99</sup>lb** **save 2.00**
- RP's Pasta Gluten-Free Organic Chickpea Linguini Pasta**  
9 oz ..... **3<sup>99</sup>** **save 1.50**

### SEAFOOD

#### FishWise Green Choice

- Tilapia**  
Farm-Raised ..... **6<sup>99</sup>lb** **save 1.50**
- Char Fillet**  
Farm-Raised ..... **13<sup>49</sup>lb** **save 1.50**

#### FishWise Yellow Choice

- Fresh Shrimp, Wild-Caught,**  
16-20 count ..... **14<sup>99</sup>lb** **save 2.00**

### HEALTH AND BODY CARE

- Tom's of Maine Deodorant Stick**  
Select varieties, 2.25 oz **4<sup>99</sup>** **save 50¢**
- Shikai Shower Gel**  
12 fl oz ..... **6<sup>99</sup>** **save 2.00**
- Solaray B-Complex 100**  
100 count ..... **17<sup>49</sup>** **save 7.50**

## Wednesday & Thursday (8/15-8/16)

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>Simply Organic Guacamole Dip Mix</b> 4 oz.....	<b>2/4</b>	<b>save 49¢ ea</b>
<b>Wise Potato Chips</b> All varieties, 8.75-9 oz....	<b>2/4</b>	<b>save 1.99 ea</b>
<b>Silk Pure Almondmilk</b> Unsweetened, Unsweetened Vanilla, 32 fl oz.....	<b>2/5</b>	<b>save 49¢ ea</b>
<b>Quaker Life Cereal</b> Cinnamon, Original, 13 oz.....	<b>2/5</b>	<b>save 1.79 ea</b>
<b>Progresso Traditional Soup</b> All varieties, 18.5-19 oz	<b>4/5</b>	<b>save 1.34 ea</b>
<b>Prince Pasta</b> Select varieties, 16 oz.....	<b>5/5</b>	<b>save 69¢ ea</b>
<b>Equal Exchange Organic Fair Trade Tea</b> All varieties, 20 count.....	<b>2/6</b>	<b>save 99¢ ea</b>
<b>Cheez-It Baked Snack Crackers</b> All varieties, 9-12.4 oz.....	<b>2/6</b>	<b>save 1.29 ea</b>
<b>Full Circle Organic Beans</b> Select varieties, 15 oz.....	<b>89¢</b>	<b>save 50¢</b>
<b>KIND Raspberry Clusters with Chia Seeds</b> 11 oz.....	<b>399</b>	<b>save 1.00</b>
<b>Pirates Booty Multipack</b> 6 oz.....	<b>499</b>	<b>save 1.00</b>
<b>gimMe Seaweed Snacks</b> Select varieties, .35 oz....	<b>149</b>	<b>save 70¢</b>
<b>Angry Goat Hippy Dippy Green Avocado &amp; Kiwi Hot Sauce</b> 5 fl oz.....	<b>499</b>	<b>save 1.00</b>
<b>Annie's Naturals Salad Dressing</b> All varieties, 8 fl oz.....	<b>299</b>	<b>save 1.30</b>
<b>Old El Paso Taco Shells</b> Select varieties, 4.6-6.6 oz.....	<b>169</b>	<b>save 50¢</b>
<b>Lucini Italia Extra Virgin Olive Oil</b> 17 fl oz.....	<b>1449</b>	<b>save 4.00</b>
<b>Barilla Pasta Sauce</b> All varieties, 24 oz.....	<b>229</b>	<b>save 50¢</b>
<b>Back To Nature Chocolate Chunk Cookies</b> 9.5 oz.....	<b>349</b>	<b>save 80¢</b>
<b>Equal Exchange Organic Fair Trade Chocolate Bar</b> All varieties, 2.8 oz.....	<b>249</b>	<b>save 50¢</b>
<b>Earth Friendly Orange Plus Spray Cleaner</b> 22 fl oz.....	<b>2/6</b>	<b>save 99¢ ea</b>
<b>Field Day 100% Recycled 2-Ply Bath Tissue</b> 12 roll.....	<b>599</b>	<b>save 1.00</b>

## PRODUCE

<b>Organic Cantaloupe</b> 2/6	<b>save 99¢ ea</b>
<b>Organic Limes</b> .....	<b>169lb</b> <b>save 80¢</b>
<b>Organic Seedless Grapes</b> Green, Red.....	<b>349lb</b> <b>save 1.00</b>
<b>Organic Yellow Peaches</b> .....	<b>329lb</b> <b>save 70¢</b>
<b>Pennsylvania Yellow Peaches</b> .....	<b>199lb</b> <b>save 80¢</b>
<b>Strawberries, 16 oz</b> .....	<b>349</b> <b>save 1.50</b>
<b>Whole Seedless Watermelon</b> .....	<b>599</b> <b>save 1.00</b>
<b>Barlett Pears</b> .....	<b>179lb</b> <b>save 70¢</b>
<b>Plums: Black, Red</b> .....	<b>249lb</b> <b>save 1.30</b>
<b>Artichokes</b> .....	<b>2/4</b> <b>save 69¢ ea</b>
<b>Baking Potatoes</b> .....	<b>79¢lb</b> <b>save 40¢</b>
<b>Cauliflower</b> .....	<b>279</b> <b>save 1.00</b>
<b>Celery</b> .....	<b>179</b> <b>save 1.00</b>
<b>Baby Bella Mushrooms</b> 10 oz.....	<b>299</b> <b>save 1.00</b>
<b>Miyoko's Organic Italian-Style Vegan Mozzarella</b> 8 oz.....	<b>599</b> <b>save 4.00</b>

## FROZEN

<b>Cascadian Farm Organic Vegetables</b> Select varieties, 10 oz.....	<b>2/4</b>	<b>save 99¢ ea</b>
<b>Wyman's of Maine Fresh Frozen Wild Blueberries</b> 15 oz.....	<b>299</b>	<b>save 1.00</b>
<b>Ling Ling Potstickers</b> Chicken, Vegetable, 13 oz.....	<b>429</b>	<b>save 1.50</b>
<b>Barber Foods Stuffed Chicken Breast</b> Select varieties, 10 oz.....	<b>349</b>	<b>save 1.50</b>
<b>Halo Top Ice Cream</b> All varieties, 16 fl oz.....	<b>399</b>	<b>save 1.30</b>

## BAKERY

<b>Little Northern Bakehouse Delicious Seeds &amp; Grains Loaf</b> 17 oz.....	<b>399</b>	<b>save 2.50</b>
<b>Pepperidge Farm Hamburger Buns</b> 8 pack, 12.25 oz.....	<b>299</b>	<b>save 50¢</b>

## CHEESE SHOP

<b>Divina Roasted Tomatoes</b> .....	<b>899lb</b>	<b>save 1.00</b>
 <b>Vermont Creamery</b> Websterville, Vermont		
<b>Crumbled Goat Cheese</b> 4 oz.....	<b>399</b>	<b>save 1.00</b>

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<b>Boar's Head Monterey Jack Cheese</b> .....	<b>599lb</b>	<b>save 1.30</b>
<b>Boar's Head Ovengold Roasted Turkey Breast</b> .....	<b>799lb</b>	<b>save 1.50</b>
<b>Boar's Head Genoa Salami</b> .....	<b>799lb</b>	<b>save 1.30</b>
 <b>Vermont Salumi</b> —Plainfield, Vt.		
<b>Prosciutto Cotto</b> .....	<b>899lb</b>	<b>save 1.00</b>

## BEVERAGE

<b>Gatorade Thirst Quencher</b> All varieties, 64 fl oz.....	<b>2/4</b>	<b>save 59¢ ea</b>
<b>GT's Organic Raw Kombucha</b> Select varieties, 16 fl oz	<b>2/5</b>	<b>save 99¢ ea</b>
<b>Coca-Cola Soft Drinks</b> Select varieties, 6-pack, 45 fl oz.....	<b>2/5</b>	<b>save 69¢ ea</b>
<b>San Pellegrino Sparkling Beverage</b> All varieties, 6-pack, 66.9 fl oz.....	<b>469</b>	<b>save 80¢</b>

## NEW HAMPSHIRE STORES ONLY

<b>Henniker Brewing Co. Beer &amp; Ales</b> All varieties, 6-pack, 72 fl oz.....	<b>779</b>	<b>save 1.00</b>
<b>A to Z Pinot Noir</b> Oregon, 750 ml.....	<b>2199</b>	<b>save 1.00</b>

## VERMONT STORE ONLY

<b>Von Trapp Brewing Dunkel Lager</b> 6-pack, 72 fl oz.....	<b>899</b>	<b>save 1.00</b>
<b>90+ Cellars Wine</b> Select varieties, 750 ml...	<b>999</b>	<b>save 2.00</b>

## MEAT

<b>Co-op Quality Fresh Ground Beef</b> .....	<b>399lb</b>	<b>save 1.00</b>
<b>Al Fresco Breakfast Chicken Sausage</b> Select varieties, 8 oz.....	<b>279</b>	<b>save 90¢</b>
<b>Pork Tenderloin</b> .....	<b>329lb</b>	<b>save 70¢</b>
<b>Choice Grade Beef T-Bone Steak</b> .....	<b>1099lb</b>	<b>save 2.00</b>
<b>North Country Smokehouse Organic Smoked Bacon</b> 8 oz.....	<b>499</b>	<b>save 2.00</b>
<b>Smart Chicken Natural Chicken Tenders</b> Tray pack.....	<b>699lb</b>	<b>save 1.00</b>

 **Vermont Salumi**  
Plainfield, Vermont

<b>Sausages</b> 14 oz, All varieties.....	<b>599</b>	<b>save 1.00</b>
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