

Sales Good December 7–13

## Upper Valley Farmers Still Delivering



Blue Ox Farm—Enfield, N.H. Farm-to-Co-op 14 Miles

Organic Yellow Onions ..... <b>1.99/lb</b> save 80¢	Organic Red Beets ..... <b>1.79/lb</b> save 60¢
Organic Butternut Squash <b>1.19/lb</b> save 40¢	Organic Golden Beets ..... <b>2.49/lb</b> save 50¢

Edgewater Farm—Plainfield, N.H. Farm-to-Co-op 12 Miles

Red Beets ..... <b>99¢/lb</b> save 70¢	Red Onions ..... <b>1.39/lb</b> save 60¢
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### GROCERY

<b>Dr. McDougall's Thai Peanut Noodle Asian Entrée</b> 2 oz ..... <b>2/3</b> save 99¢ ea
<b>Annie's Organic Pasta Dinners</b> All varieties, 6 oz ..... <b>2/3</b> save 1.99 ea
<b>Endangered Species Chocolate Bar</b> Select varieties, 3-3.25 oz ..... <b>2/4</b> save 1.29 ea
<b>Quaker Old Fashioned Oats</b> 18 oz ..... <b>2/4</b> save 1.39 ea
<b>Snyder's of Hanover Pretzels</b> All varieties, 15.5-16 oz .. <b>2/5</b> save 99¢ ea
<b>Post Honey Bunches of Oats with Almonds</b> , 14.5 oz <b>2/5</b> save 1.79 ea
<b>Bigelow Tea</b> Select varieties, 20 count <b>2/5</b> save 49¢ ea
<b>Doritos Tortilla Chips</b> All varieties, 9.75 oz ..... <b>2/6</b> save 1.29 ea
<b>King Arthur Flour Gluten-Free Pancake Mix</b> 15 oz ..... <b>4.39</b> save 1.40
<b>Once Again Creamy Almond Butter</b> 16 oz ..... <b>8.99</b> save 3.00
<b>Crofter's Organic Premium Spread</b> Raspberry, Strawberry, 16.5 oz ..... <b>3.69</b> save 2.10
<b>Newman's Own Low Fat Fig Newmans</b> 10 oz ..... <b>3.39</b> save 1.40
<b>Pirate's Booty Puffed Snacks</b> Select varieties, 4-6 oz .... <b>1.99</b> save 1.00
<b>Guittard Chocolate Chips</b> Select varieties, 10-12 oz <b>3.99</b> save 1.30
<b>Domino Light Brown Sugar</b> 2 lb bag ..... <b>1.99</b> save 60¢
<b>Eden Organic Canned Beans</b> Select varieties, 15 oz .... <b>1.59</b> save 90¢
<b>Spectrum Naturals Organic Unrefined Coconut Oil</b> 14 fl oz ..... <b>7.99</b> save 1.80

### GROCERY

<b>Almond Dream Pumpkin Spice</b> 32 fl oz ..... <b>2.39</b> save 1.10
<b>Ghirardelli Double Chocolate Brownie Mix</b> 20 oz ..... <b>2.29</b> save 70¢
<b>Wellness Canned Cat Food</b> All varieties, 3 oz ..... <b>5/5</b> save 39¢ ea
<b>Bounty Basic Paper Towels</b> ..... <b>5.99</b> save 2.00

### DELI

<b>McKenzie Natural Artisan Deli Uncured Smoked Ham</b> ..... <b>9.99/lb</b> save 2.00
<b>McKenzie Natural Artisan Deli Oven-Roasted Turkey Breast</b> ..... <b>7.99/lb</b> save 2.00
<b>Plainville Farms Black Forest Ham</b> ..... <b>8.99/lb</b> save 1.50
<b>Cabot Creamery Cooperative Mild Cheddar Cheese</b> ..... <b>5.99/lb</b> save 1.30

### BULK

<b>Golden Temple Coconut Almond Granola</b> ..... <b>2.99/lb</b> save 2.00
<b>Co-op Food Stores Organic Fair Trade Coffee</b> Select varieties ..... <b>8.99/lb</b> save 1.00
<b>Roasted Salted Virginia Peanuts</b> ..... <b>1.99/lb</b> save 2.00
<b>Equal Exchange Organic Semi-Sweet Chocolate Chips</b> ..... <b>6.99/lb</b> save 1.00

### BAKERY

<b>Dave's Killer Bread Organic White Bread Done Right</b> 24 oz ..... <b>4.99</b> save 90¢
<b>Pepperidge Farm Swirl Breads</b> All varieties, 16 oz ..... <b>2.99</b> save 1.00

### PRODUCE

<b>Organic Mangoes</b> ..... <b>2/4</b> save 99¢ ea
<b>Organic Broccoli Crowns</b> ..... <b>2.59/lb</b> save 1.70
<b>Blueberries</b> , 6 oz ..... <b>3.49</b> save 2.30
<b>Clementines</b> , 3 lb bag <b>4.99</b> save 1.50
<b>Anjou Pear</b> ..... <b>1.49/lb</b> save 1.10
<b>Red Anjou Pear</b> ..... <b>1.79/lb</b> save 1.70
<b>Avocados</b> , each ..... <b>79¢</b> save 1.00
<b>Pink Grapefruit</b> , each <b>99¢</b> save 40¢
<b>Romaine Hearts</b> 3-pack ..... <b>2/6</b> save 99¢ ea
<b>Cauliflower</b> ..... <b>2.99</b> save 2.50
<b>English Cucumber</b> ..... <b>1.69</b> save 1.30
<b>Whole White Mushrooms</b> 8 oz ..... <b>1.69</b> save 1.00
<b>Imported Peppers</b> Orange, Red, Yellow ..... <b>2.99/lb</b> save 1.00
<b>Grape Tomatoes</b> , pint <b>3.69</b> save 80¢
<b>Nasoya Organic Extra Firm TofuPlus</b> 12 oz ..... <b>2/5</b> save 1.29 ea

### FROZEN

<b>Birds Eye Steamfresh Vegetables</b> Select varieties, 10-10.8 oz ..... <b>2/3</b> save 49¢ ea
<b>Eggo Homestyle Waffles</b> 12.3 oz ..... <b>2/4</b> save 79¢ ea
<b>Evol Burrito</b> All varieties, 6 oz ..... <b>2/4</b> save 99¢ ea
<b>Glutino Premium English Muffins</b> 17.1 oz ..... <b>4.99</b> save 1.30
<b>Annie Chun's Mini Wontons</b> Select varieties, 8 oz ..... <b>2.99</b> save 1.00
<b>Talenti Gelato</b> Select varieties, 16 fl oz <b>3.99</b> save 1.00

### FLORAL

<b>4" Holly Plant</b> ..... <b>6.99</b> save 3.00
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## DAIRY

**Dragone Ricotta:** Part Skim, Whole Milk,  
15 oz ..... **2/5** *save 69¢ ea*

**Liberté Organic Whole Milk Yogurt**  
All varieties, 5.5 oz ..... **4/5** *save 64¢ ea*

**Tropicana**  
**Pure Premium Orange Juice**  
All varieties, 89 fl oz ..... **4/99** *save 3.20*

**So Delicious**  
**Original Coconut Milk Creamer**  
16 fl oz ..... **1/69** *save 80¢*

**Vermont Creamery**—Websterville, Vt.  
**Crème Fraîche**, 8 oz .... **3/49** *save 80¢*

## CHEESE SHOP

**Three Little Pigs Pork-Free**  
**Mousse de Canard Au Foie Gras**  
8 oz ..... **12/99** *save 2.00*

**Cave-Aged Gruyere**  
Switzerland ..... **21/99lb** *save 2.50*

## HEALTH AND BODY CARE

**Ancient Nutrition**  
**Bone Broth Protein**  
Select varieties,  
0.78-0.89 oz packet ..... **2/5** *save 49¢ ea*

**Shikai Hand & Body Lotion**  
All varieties, 8 fl oz ..... **6/99** *save 2.00*

**Weleda Skin Food**  
2.5 fl oz ..... **11/99** *save 3.00*

## MEAT

**Co-op Quality**  
**Fresh Ground Beef** ..... **3/99lb** *save 50¢*

**Choice Grade Beef**  
**Flat Iron Steak** ..... **10/99lb** *save 1.50*

**Choice Grade Beef Strip Loin**  
**Steak, Roast** ..... **8/99lb** *save 2.00*

**Smart Chicken**  
**Organic Chicken Tenders**  
Tray-pack ..... **9/99lb** *save 1.50*

**Smart Chicken**  
**Boneless Chicken Thighs**  
Tray-pack ..... **5/49lb** *save 1.00*

**Shady Brook Farms**  
**93% Lean Ground Turkey**  
16 oz ..... **3/99** *save 60¢*

**McKenzie Country Classics Kielbasa**  
14 oz ..... **4/49** *save 1.00*

## SEAFOOD

## FishWise Green Choice

**Wild Sockeye Salmon**  
Previously Frozen ..... **12/49lb** *save 1.50*

**Ōra King Salmon**  
Farm-raised ..... **19/49lb** *save 1.50*

## FishWise Yellow Choice

**Mahi-Mahi**  
Wild Caught ..... **11/99lb** *save 1.50*

**Fresh Shrimp**, 16-20 count,  
Wild Caught ..... **15/99lb** *save 3.00*

## BEVERAGE

**R.W. Knudsen Sparkling Cider**  
750 ml ..... **2/5** *save 1.29 ea*

**San Pellegrino**  
**Sparkling Natural Mineral Water**  
16.9 fl oz ..... **7/9¢** *save 40¢*

**Snapple Tea**, All varieties,  
6-pack, 96 fl oz ..... **5/99** *save 2.00*

**Polar Mixers**  
All varieties, 1 liter ..... **7/9¢** *save 20¢*

## NEW HAMPSHIRE STORES ONLY

**The Shed Brewery Mountain Ale**  
12-pack, 144 fl oz ..... **12/99** *save 3.00*

**Eden Specialty Ciders**—Newport, Vt.  
**Heirloom Blend Ice Cider**  
375 ml ..... **26/99** *save 4.50*

## VERMONT STORE ONLY

**Guinness Draught**  
4-pack cans, 51.6 fl oz .... **6/99** *save 1.00*

**90+ Cellars Lot 50 Prosecco**  
Italy, 750 ml ..... **9/99** *save 2.00*

## PREPARED FOODS

**NEW! Co-op Kitchen Vegan Harvest**  
**Shepherd's Pie** ..... **7/99lb** *save 1.00*

**Breaded**  
**Chicken Tenders** ..... **5/29lb** *save 1.20*

**RP's Pasta Gluten-Free**  
**Organic Red Lentil Fusilli**  
9 oz ..... **3/99** *save 2.50*

## Our Latest Big Deals

Available through December 13

Members:  
**44%** OFF

**Woodstock Farms**  
**Dark Chocolate**  
**Covered Almonds**

**Co-op Members**  
**6/49lb** *save 5.00*

**Non-Members**  
**7/99lb** *save 3.50*

Members:  
**43%** OFF

**Nature's Path**  
**Organic Waffles**  
All varieties, 7.4 oz

**Co-op Members**  
**1/99** *save 1.50*

**Non-Members**  
**2/49** *save 1.00*

Members:  
**40%** OFF

**KeVita Organic**  
**Master Brew**  
**Kombucha**  
All varieties, 15.2 fl oz

**Co-op Members**  
**1/79** *save 1.20*

**Non-Members**  
**2/39** *save 60¢*

Members:  
**40%** OFF

**Chocolove**  
**Chocolate Bar**  
Select varieties, 3.2 oz

**Co-op Members**  
**1/99** *save 1.30*

**Non-Members**  
**2/5** *save 79¢ ea*

Members:  
**37%** OFF

**Montebello**  
**Organic Pasta**  
Select varieties, 16 oz

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

**Non-Members**  
**2/99** *save 1.00*