

Sales Good July 12-18



Enjoy **EXTRA** Savings on these Deli Items and **MORE!**

## Member Appreciation Days

Sunday & Monday (7/15-7/16)

**Boar's Head**  
Deluxe Ham..... **8.49/lb** save 1.00  
**Boar's Head Prosciutto Di Parma**  
3 oz..... **5.99** save 50¢

**North Country Smokehouse**  
Black Forest Ham... **7.99/lb** save 1.00  
**Cabot Creamery Cooperative**  
Cheddar Cheese .... **5.99/lb** save 1.30

Members, **SAVE 10%\*** throughout the store!

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

### DAIRY

**Yoplait Yogurt**  
All varieties, 4-6 oz..... **2/1** save 29¢ ea  
**Cabot Creamery Cooperative**  
**Shredded Cheese**  
All varieties, 8 oz ..... **2/5** save 49¢ ea  
**Tropicana**  
**Pure Premium Orange Juice**  
All varieties, 89 fl oz ..... **5.49** save 2.50  
**Green Valley Organics**  
**Lactose-Free Plain Kefir**  
Select varieties, 32 fl oz .. **4.29** save 1.00  
**Noosa Finest Yoghurt**  
All varieties, 8 oz ..... **1.79** save 50¢

### BAKERY

**Pepperidge Farm Farmhouse**  
**Multi-Grain Bread**  
All varieties, 20-24 oz..... **2.99** save 1.00  
**Udi's Gluten-Free Hamburger Buns**  
10.4 oz ..... **3.99** save 1.00

### HEALTH AND BODY CARE

**Dr. Bronner's**  
**Peppermint Castile Soap**  
16 fl oz ..... **6.99** save 3.00  
**Badger Anti-Bug Shake & Spray**  
2.7 fl oz ..... **5.99** save 3.00  
**Solaray Once Daily**  
**High Energy Multi-Vita-Min**  
120 count ..... **17.99** save 12.00

### FROZEN

**Hilary's World's Best Veggie Burger**  
2-pack, 6.4 oz ..... **2/5** save 1.29 ea  
**Mrs. Paul's**  
**Lightly Breaded Haddock Fillets**  
8.5 oz ..... **3.49** save 1.50  
**Chloe's Frozen Fruit Pops**  
Select varieties, 10 fl oz **3.69** save 1.10  
**Klondike Ice Cream Bars**  
Select varieties,  
24-27 fl oz ..... **2.99** save 2.00  
**Gifford's Ice Cream**  
Select varieties, 64 fl oz **5.99** save 2.00

## Our Latest Big Deals

Available through July 18



**Alexia Crispy**  
**Seasoned Potato**  
**Puffs, 19 oz**  
**Co-op Members**  
**2/4** save 1.79 ea  
**Non-Members**  
**2.49** save 1.30



**Napa Valley**  
**Imported Organic**  
**Extra Virgin**  
**Olive Oil, 25.4 fl oz**  
**Co-op Members**  
**7.99** save 7.00  
**Non-Members**  
**9.99** save 5.00



**CLIF Organic**  
**Nut Butter**  
**Filled Bars**  
All varieties, 1.76 oz  
**Co-op Members**  
**5/5** save 79¢ ea  
**Non-Members**  
**1.29** save 50¢



**Alexia Potatoes**  
**or Fries**  
Select varieties,  
15-16 oz  
**Co-op Members**  
**2/4** save 1.49 ea  
**Non-Members**  
**2.49** save 1.00



**Green Mountain**  
**Gringo Yellow**  
**Corn Tortilla**  
**Strips, 8 oz**  
**Co-op Members**  
**2/3** save 99¢ ea  
**Non-Members**  
**1.99** save 50¢

## GROCERY

<b>Westbrae Organic Beans</b> All varieties, 15 oz	<b>2/3</b>	save 79¢ ea
<b>Boulder Canyon Potato Chips</b> Select varieties, 5.25-6 oz	<b>2/4</b>	save 1.29 ea
<b>thinkThin Protein Bars</b> All varieties, 2.1 oz	<b>3/4</b>	save 66¢ ea
<b>General Mills Cheerios</b> 8.9 oz	<b>2/5</b>	save 99¢ ea
<b>Divine Fair Trade Dark Chocolate Bar</b> Select varieties, 3.5 oz	<b>2/5</b>	save 99¢ ea
<b>Nabisco Chips Ahoy! Cookies</b> All varieties, 9.5-13 oz	<b>2/5</b>	save 1.09 ea
<b>Classico Pasta Sauce</b> All varieties, 15-24 oz	<b>2/5</b>	save 49¢ ea
<b>Snyder's Of Hanover Wholey Cheese! Baked Crackers</b> All varieties, 5 oz	<b>2/5</b>	save 1.19 ea
<b>Green Mountain Gringo Organic Tortilla Strips</b> Blue, White, 8 oz	<b>2/5</b>	save 99¢ ea
<b>Lundberg Farms Thin Stackers Organic Rice Cakes</b> Select varieties, 5.9 oz	<b>2/5</b>	save 49¢ ea
<b>Betty Crocker Suddenly Salad</b> Select varieties, 7.25-7.75 oz	<b>5/5</b>	save 1.39 ea
<b>San Remo Organic Pasta</b> All varieties, 16 oz	<b>2/6</b>	save 1.39 ea
<b>Capri Sun Juice Drink</b> Select varieties 10-pack, 60 fl oz	<b>2/6</b>	save 99¢ ea
<b>Barbara's Shredded Spoonfuls Cereal</b> , 14 oz	<b>3/4</b>	save 1.00
<b>The Backyard Food Company Salsa</b> Select varieties, 16 oz	<b>3/9</b>	save 1.30
<b>Spectrum Naturals Organic Unrefined Coconut Oil</b> 14 fl oz	<b>6/9</b>	save 2.80
<b>Annie's Naturals Organic Original BBQ Sauce</b> 12 oz	<b>2/6</b>	save 1.60
<b>Annie's Organic Shells &amp; White Cheddar</b> Family Size, 10.5 oz	<b>3/9</b>	save 1.00
<b>Lipton Tea Bags</b> 100 count	<b>3/9</b>	save 60¢
<b>Ultra Ecos Free &amp; Clear Liquid Laundry Detergent</b> 100 fl oz	<b>8/9</b>	save 5.00
<b>Cowboy Hardwood Lump Charcoal</b> 8.8 lb	<b>7/9</b>	save 1.50

## PRODUCE

<b>Organic Pluots</b>	<b>2/9</b> lb	save 1.00
<b>Organic Yellow Peaches</b>	<b>2/9</b> lb	save 1.00
<b>Organic Broccoli Crowns</b>	<b>2/4</b> lb	save 1.00
<b>Cherries</b>	<b>3/9</b> lb	save 7.00
<b>Rainier Cherries</b>	<b>4/9</b> lb	save 2.00
<b>Whole Seedless Watermelon</b>	<b>5/9</b>	save 1.00
<b>Limes</b>	<b>2/1</b>	save 19¢ ea
<b>Nectarines</b>	<b>1/5</b> lb	save 90¢
<b>Carrots, 1 lb bag</b>	<b>6/9</b> ¢	save 40¢
<b>Cauliflower</b>	<b>2/9</b>	save 1.00
<b>Corn</b>	<b>6/3</b> 50	save 30¢ ea
<b>English Cucumbers</b>	<b>9/9</b> ¢	save 1.00
<b>Large Green Peppers</b>	<b>1/4</b> lb	save 1.00
<b>Red Potatoes</b>	<b>7/9</b> ¢lb	save 70¢
<b>Yukon Gold Potatoes</b>	<b>7/9</b> ¢lb	save 90¢
<b>Miyoko's Organic Italian-Style Vegan Mozzarella</b> 8 oz	<b>8/9</b>	save 1.00

## BEVERAGE

<b>Hiball Sparkling Energy Water</b> All varieties, 16 fl oz	<b>2/4</b>	save 89¢ ea
<b>Kevita Organic Master Brew Kombucha</b> All varieties, 15.2 fl oz	<b>2/2</b>	save 70¢
<b>Gatorade</b> All varieties, 64 fl oz	<b>1/7</b>	save 80¢
<b>Honest Tea Organic Tea</b> All varieties, 16 fl oz	<b>1/1</b>	save 40¢

## NEW HAMPSHIRE STORES ONLY

<b>Moat Mountain Beer and Ales</b> All varieties, 4-pack cans, 64 fl oz	<b>8/9</b>	save 1.00
<b>Clos Du Bois Chardonnay</b> California, 750 ml	<b>1/1</b>	save 3.00

## VERMONT STORE ONLY

<b>Sierra Nevada Brewing Co. Beer and Ales</b> , All varieties, 12-pack, 144 fl oz	<b>1/5</b>	save 1.00
<b>Dark Horse Wine</b> , All varieties, California, 750 ml	<b>9/9</b>	save 2.00

## PREPARED FOODS

<b>Co-op Kitchen Mediterranean Chickpea Salad</b>	<b>6/9</b> lb	save 1.00
<b>Co-op Kitchen Take &amp; Bake Vegetarian Pizza</b> 24 oz	<b>8/9</b>	save 1.00

## MEAT

<b>Co-op Quality Fresh Ground Beef</b>	<b>4/2</b> lb	save 70¢
<b>Choice Grade Beef Sirloin Tips</b>	<b>9/9</b> lb	save 2.00
<b>Boneless Chicken Thighs</b>	<b>1/9</b> lb	save 50¢
<b>Schonland's Natural Casing Hot Dogs</b>	<b>4/9</b> lb	save 1.00
<b>Hatfield Italian Rope Sausage</b> Hot, Sweet	<b>2/9</b> lb	save 1.00
<b>Boar's Head Smoked Bacon</b> 16 oz	<b>5/9</b>	save 2.00

## SEAFOOD

## FishWise Green Choice

<b>Wellfleet Oysters</b> Farm-Raised, Each	<b>1/4</b>	save 50¢ ea
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## FishWise Yellow Choice

<b>Scallops</b> Wild-Caught, 10-20 count	<b>1/6</b>	save 2.00
<b>Halibut Fillets</b> Wild-Caught	<b>1/7</b>	save 2.00

## BULK

<b>Organic Steel Cut Oats</b>	<b>9/9</b> ¢lb	save 80¢
<b>Grandy Oats Organic Coconola Granola</b>	<b>8/9</b> lb	save 3.00
<b>Chunks of Energy</b> Select varieties	<b>6/9</b> lb	save 1.00
<b>Equal Exchange Fair Trade Whole Bean &amp; Ground Coffee</b> Select varieties, 10-12 oz	<b>6/9</b>	save 2.00

## CHEESE SHOP

<b>Fermín Chorizo Ibérico</b> 7.8 oz	<b>7/9</b>	save 2.00
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## Neighborly Farms of Vermont

Randolph Center, Vermont

<b>Organic Raw Milk Sharp Cheddar</b>	<b>1/3</b>	save 2.00
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## FLORAL

<b>2" Mini African Violet</b> Each	<b>3/4</b>	save 1.50
<b>Bug Out! Insect Repelling Candle</b> All varieties, 25 oz, 3-wick tub	<b>1/7</b>	save 6.00