



# Co-op Savings and Highlights

Visit [coopfoodstore.coop/enews](http://coopfoodstore.coop/enews)... it's this flier, but less trees!

Summer Growing Season Has Started

Upper Valley Grown

## Organic Zucchini & Yellow Squash

Arriving fresh from **Deep Meadow Farm—Windsor, Vt.**

>> Over 50 Varieties of Fresh Local Produce Arriving Daily



SALES GOOD JULY 5-11

### SEAFOOD

#### FishWise Green Choice

##### Wellfleet Oysters

Farm-Raised, Each..... **1.49** save 50¢ ea

#### FishWise Yellow Choice

##### Scallops

Wild-Caught,  
10-20 count..... **16.99lb** save 2.00

##### Halibut Fillets

Wild-Caught..... **17.99lb** save 2.00

### BULK

Organic Red Lentils ... **1.69lb** save 1.60

Grandy Oats High Antioxidant

Trail Mix..... **9.99lb** save 1.50

Co-op Food Stores

Organic Fair Trade Coffee

Select varieties..... **8.99lb** save 1.00

### FLORAL

Chrysanthemum Pom

Bunch..... **4.99** save 3.00

Bug Out! Insect Repelling Candle

All varieties, 16.5 oz,

2-wick tin..... **14.49** save 5.00

### DELI

North Country Smokehouse

Black Forest Ham..... **7.99lb** save 1.00

North Country Smokehouse

Smoked Provolone..... **5.99lb** save 1.00

Cabot Creamery Cooperative

Sharp Cheddar..... **5.99lb** save 1.30

Boar's Head Applewood

Smoked Turkey Breast  
8 oz..... **5.49** save 50¢

## 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¢**



Stonyfield Organic Yogurt All varieties, 32 oz

**Co-op Members 2/6 save 1.29 ea**

**Non-Members 3.79 save 50¢**

## GROCERY

<b>Progresso Bread Crumbs</b> All varieties, 15 oz.....	<b>2/3</b>	save 49¢ ea
<b>Bearitos Refried Beans</b> All varieties, 16 oz.....	<b>2/4</b>	save 89¢ ea
<b>Annie's Organic Macaroni and Cheese</b> , 6 oz.....	<b>2/4</b>	save 1.49 ea
<b>Simply Organic Guacamole Dip Mix</b> 4 oz.....	<b>2/4</b>	save 49¢ ea
<b>Chocolove Dark Chocolate Bar</b> Select varieties, 3.2 oz....	<b>2/5</b>	save 79¢ ea
<b>Franks Red Hot Buffalo Wing Sauce</b> 12 fl oz.....	<b>2/5</b>	save 89¢ ea
<b>Skippy Peanut Butter</b> All varieties, 15-16.3 oz	<b>2/5</b>	save 49¢ ea
<b>Quaker Chewy Granola Bars</b> All varieties, 6.7 oz.....	<b>2/5</b>	save 49¢ ea
<b>Post Great Grains Cereal</b> All varieties, 16 oz.....	<b>2/5</b>	save 2.09 ea
<b>Kettle Chips</b> Select varieties, 5 oz.....	<b>2/5</b>	save 49¢ ea
<b>Nature's Path</b> <b>Flax Plus Maple Pecan Crunch</b> 11.5 oz.....	<b>2/99</b>	save 2.00
<b>Stacy's Pita Chips</b> Select varieties, 7.33 oz	<b>2/39</b>	save 1.10
<b>Kii Naturals Nut &amp; Seed Crisps</b> Select varieties, 5.3 oz....	<b>4/49</b>	save 2.50
<b>Garden of Eatin' Blue Corn Chips</b> 16 oz.....	<b>3/49</b>	save 1.50
<b>Green Mountain Gringo Salsa</b> Select varieties, 16 oz.....	<b>3/49</b>	save 1.10
<b>Bearitos Yellow Corn Taco Shells</b> 5.5 oz.....	<b>2/99</b>	save 70¢
<b>San Remo Aged Balsamic Vinegar</b> 8.5 fl oz.....	<b>7/99</b>	save 5.00
<b>R.W. Knudsen Just Cranberry Juice</b> 32 fl oz.....	<b>5/39</b>	save 2.10
<b>Honest Organic Lemonades</b> All varieties, 32 fl oz.....	<b>1/69</b>	save 1.10
<b>Let's Do...Organic Sugar Cones</b> 4.6 oz.....	<b>3/29</b>	save 70¢
<b>Seventh Generation Dish Liquid</b> Select varieties, 25 fl oz	<b>2/6</b>	save 99¢ ea
<b>Scott Bath Tissue</b> 4 roll.....	<b>3/99</b>	save 70¢

## HEALTH AND BODY CARE

<b>Avalon Shampoo &amp; Conditioner</b> All varieties, 11 fl oz.....	<b>5/99</b>	save 4.00
<b>Solaray Children's Chewable Vitamins &amp; Minerals</b> 120 count.....	<b>8/49</b>	save 3.50
<b>OFF! Deep Woods Aerosol Spray</b> 6 oz.....	<b>4/89</b>	save 1.00

## PRODUCE

<b>Organic Pluots</b> .....	<b>2/99lb</b>	save 1.00
<b>Organic Yellow Peaches</b> .....	<b>2/99lb</b>	save 1.00
<b>Organic Broccoli Crowns</b> .....	<b>2/49lb</b>	save 1.00
<b>Cherries</b> .....	<b>3/99lb</b>	save 7.00
<b>Rainier Cherries</b> .....	<b>4/99lb</b>	save 2.00
<b>Whole Seedless Watermelon</b> .....	<b>5/99</b>	save 1.00
<b>Limes</b> .....	<b>2/1</b>	save 19¢ ea
<b>Nectarines</b> .....	<b>1/59lb</b>	save 90¢
<b>Carrots</b> , 1 lb bag.....	<b>6/9¢</b>	save 40¢
<b>Red Potatoes</b> .....	<b>7/9¢lb</b>	save 70¢
<b>Yukon Gold Potatoes</b>	<b>7/9¢lb</b>	save 90¢
<b>English Cucumbers</b> .....	<b>9/9¢</b>	save 1.00
<b>Cauliflower</b> Each.....	<b>2/99</b>	save 1.00
<b>Corn</b> .....	<b>6/350</b>	save 30¢ ea
<b>Large Green Peppers</b>	<b>1/49lb</b>	save 1.00
<b>Follow Your Heart Organic Vegemise Dressing and Sandwich Spread</b> , 16 oz.....	<b>5/99</b>	save 1.50

## MEAT

<b>Co-op Quality Fresh Ground Beef</b> .....	<b>4/29lb</b>	save 70¢
<b>Choice Grade Beef Sirloin Tips</b> .....	<b>9/99lb</b>	save 2.00
<b>Boneless Chicken Thighs</b> .....	<b>1/99lb</b>	save 50¢
<b>Schonland's Natural Casing Hot Dogs</b> .....	<b>4/99lb</b>	save 1.00
<b>Hatfield Italian Rope Sausage</b> Hot, Sweet.....	<b>2/99lb</b>	save 1.00
<b>Boar's Head Smoked Bacon</b> 16 oz.....	<b>5/99</b>	save 2.00

## CHEESE SHOP

<b>Vermont Creamery</b> —Websterville, Vt. <b>Chèvre</b> , Select varieties, 4 oz.....	<b>2/99</b>	save 1.30
<b>Artisan Meats of Vermont</b> Waitsfield, Vermont <b>Joan of Arc Salami</b> .....	<b>18/99lb</b>	save 5.00

## BAKERY

<b>Dave's Killer Bread Organic 21 Whole Grains and Seeds Thin-Sliced Bread</b> 20.5 oz.....	<b>3/99</b>	save 1.00
<b>Udi's Gluten-Free 9" Pizza Crust</b> 2-pack, 8 oz.....	<b>3/99</b>	save 1.00

## BEVERAGE

<b>Hubert's Lemonade</b> All varieties, 16 fl oz.....	<b>2/3</b>	save 69¢ ea
<b>Gatorade</b> , All varieties, 6-pack, 72 fl oz.....	<b>3/49</b>	save 1.10
<b>Poland Spring Sparkling Water</b> Select varieties, 8-pack, 135.2 fl oz.....	<b>3/49</b>	save 1.50
<b>Blue Sky Soda</b> , Select varieties, 6-pack, 72 fl oz.....	<b>2/69</b>	save 2.30

## NEW HAMPSHIRE STORES ONLY

<b>Long Trail Brewing Co. Beer and Ales</b> , All varieties, 12-pack, 144 fl oz.....	<b>1/449</b>	save 1.50
<b>Charles Smith Wines</b> , All varieties, Washington, 750 ml.....	<b>1/449</b>	save 1.50

## VERMONT STORE ONLY

<b>Shock Top Belgian White</b> 6-pack, 72 fl oz.....	<b>7/49</b>	save 1.00
<b>Barefoot Wine</b> , All varieties, California, 1.5 liter.....	<b>1/249</b>	save 1.50

## DAIRY

<b>Cabot Creamery Cooperative American Cheese Slices</b> All varieties, 12 oz.....	<b>2/4</b>	save 1.69 ea
<b>Chobani Non-Fat &amp; Lowfat Greek Yogurt</b> All varieties, 5.3 oz.....	<b>5/5</b>	save 49¢ ea
<b>Cabot Creamery Cooperative Whipped Cream</b> 14 oz.....	<b>3/49</b>	save 1.10
<b>Tropicana Pure Premium Juice</b> All varieties, 59 fl oz.....	<b>3/99</b>	save 1.00
<b>Silk Almond Milk</b> Select varieties, 64 fl oz..	<b>3/49</b>	save 50¢

## FROZEN

<b>Against The Grain Gourmet Gluten-Free Pizza Shell</b> 12 oz.....	<b>5/49</b>	save 1.50
<b>Ben &amp; Jerry's Non-Dairy Frozen Dessert</b> All varieties, 16 fl oz.....	<b>4/99</b>	save 1.00
<b>Gifford's Ice Cream</b> All varieties, 32 fl oz.....	<b>3/99</b>	save 1.50
<b>So Delicious Organic Coconutmilk Non-Dairy Dessert</b> Select varieties, 16 fl oz..	<b>3/49</b>	save 2.50

## PREPARED FOODS

<b>Co-op Kitchen Mediterranean Chickpea Salad</b> .....	<b>6/99lb</b>	save 1.00
<b>Co-op Kitchen Take &amp; Bake Vegetarian Pizza</b> 24 oz.....	<b>8/99</b>	save 1.00